

1 Culture and identity

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dress /dres/ Noun uncount

a particular kind of **dress** is the clothing that is typical or traditional for a particular country or culture

traditional dress

I like the colours of traditional Native American dress | the women all wore African dress

feed /fi:d/ Verb

if you **feed** a person or an animal, you give them something to eat

did you feed the dog this morning? | it costs a lot of money to feed a family of five (a family with five people in it) | she went upstairs to feed the baby

identity /aɪ'dentɪti/ Noun

the **identity** of a person or group is all the qualities and beliefs that they have, which make an individual person different from everyone else or a group different from other groups

a sense of identity | an identity crisis

the only time I feel worried about my identity is when Pakistan play England at cricket | everyone in society contributes equally to a nation's identity | an identity crisis (a time when you start to have doubts about things that you have always believed about yourself) | I grew up with a strong sense of identity

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influence /'ɪnfluəns/ Verb

if something **influences** you, it has an effect on the way you think, behave, or develop

the city has influenced a number of writers | what he saw in Baltimore influenced his decision to become a politician | a teacher who influenced my opinions when I was still at school | Foster was heavily influenced by classical music

Noun: *influence* | Adjective: *influential*

have influence on/over someone or something

he has a lot of influence in the school | she used her influence over the president to make him change his mind | his father had a great influence over him | one of the most influential writers of the 20th century | two of them became influential leaders within the church

curious /'kjʊəriəs/ Adjective

if you are **curious** about something, you want to know more about it

very curious | be curious (to know/hear/learn) about something

he was very curious when he saw the bottle with a message inside | the museum has a lot to offer the curious visitor | I'm very curious to know what's

inside the suitcase | she wasn't in the least curious about where he had been

Noun: *curiosity* | Adverb: *curiously*

curiosity about something | satisfy your curiosity | out of curiosity

just out of curiosity, how much did it cost you? | the article did little to satisfy his curiosity about the event | she looked curiously into all the cupboards and wardrobes

individual /ˌɪndɪˈvɪdʒuəl/ Adjective

individual things or people are separate from other things or people and exist as a single person or thing

we provide support to each individual child in the school | students work at their own individual pace | the Soviet Union had 15 individual republics | each individual committee has a different job to do

Noun: *individual* | Adverb: *individually*

how can we help individuals lead longer, healthier lives? | he's one of the wealthiest individuals in the United States | the rooms in the hotel are individually decorated | the programme is designed to benefit students individually

behaviour /bɪ'heɪvjə(r)/ Noun uncount

someone's **behaviour** is the way they normally do and say things

good/bad behaviour

they changed their behaviour as a result of the experience | this sort of behaviour is unacceptable | you'll get extra pocket money for good behaviour

Verb: *behave*

he's been behaving very strangely this week | some of the children behaved very badly

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anger /'æŋɡə(r)/ Noun uncount

anger is the feeling you have when you think something is seriously wrong and you are being badly treated and want to fight back or shout at someone

the longer they kept him waiting, the more his anger grew | an anger management course (to learn how to stay calm in difficult situations) | he found it hard to control his anger | her anger was understandable

Adjective: *angry* | Adverb: *angrily*

she had never seen him so angry before | she sounded very angry over the phone | he threw his coat down angrily | he stared at the policeman angrily

bravery /'breɪvəri/ Noun uncount

bravery is the quality and behaviour involved in doing dangerous or difficult things without showing fear. Someone who acts in this way is **brave**

show/display bravery

it was an act of great bravery | he was awarded a medal for bravery | George displayed great bravery in the war | they have shown extraordinary bravery and determination

Adjective: **brave** | Adverb: **bravely**

it was an incredibly brave thing to do | the bravest man I ever knew | it was brave of her to go back into the water | they fought bravely, but without success

cheerful /tʃɪə(r)f(ə)l/ Adjective

someone who is **cheerful** is happy and pleased
why are you so cheerful today? | she's such a cheerful person | I always feel cheerful on Friday – no work tomorrow! | the shop assistant was cheerful and helpful

Adverb: **cheerfully** | Noun: **cheerfulness**

she waved cheerfully from the other side of the street | he smiled cheerfully when he saw us | I admired him for his bravery and cheerfulness

happiness /hæpɪnəs/ Noun uncount

if you are **happy**, you are very pleased and feel good. The feeling you have is **happiness**

my dogs give me a lot of happiness | feelings of great happiness | she sometimes thought she would never find happiness | this is the secret of true happiness

Adjective: **happy** | Adverb: **happily** || Opposites – Noun: **unhappiness** | Adjective: **unhappy** | Adverb: **unhappily**

you look happy today | everyone is happy when they find a bargain | she was very happy with her exam results | she smiled happily | my childhood felt like years of unhappiness | what is the cause of your unhappiness? | I was very unhappy in my first term at university | why are you so unhappy? | an unhappily married couple

jersey /dʒɜː(r)zi/ Noun

a **jersey** is a shirt worn as part of a uniform in sports such as football

Froome wore the yellow jersey for the last eight days of the race | I had to wash eleven football jerseys in time for the match on Sunday | he took off his muddy jersey

knowledge /nɒlɪdʒ/ Noun uncount

your **knowledge** of something is everything you know about it

she has a detailed knowledge of modern Russian literature | my knowledge of physics is very basic | I used my local knowledge to work out how to get back to the hotel | a general knowledge quiz (a competition with questions on a range of different subjects)

Adjective: **knowledgeable** | Verb: **know**

knowledgeable about something | know about something

our guide spoke good English and was very knowledgeable | she became quite knowledgeable about Egyptian history | do you know much about cricket? | he knows all there is to know about Ferrari cars (he is very knowledgeable about them)

positive /pɒzətɪv/ Adjective

if you are **positive** about something, you believe you are in a good situation and that you will succeed, and you do not think about any bad possibilities

everyone who works here has a really positive attitude | she was always smiling, positive, and hard-working | if you take a positive approach to your exams you'll be fine

Adverb: **positively** || Opposite – Adjective: **negative**

I had to start thinking positively, otherwise I was going to fail | you shouldn't be so negative about the job | her attitude was so negative it was obvious she'd fail the exams

power /'paʊə(r)/ Noun uncount

power is the ability to have a strong influence on people or events. People who have this ability are **powerful**

power over someone or something

she used her power carefully | he had a remarkable power over the people who worked for him | the only one with real power in our family is my mother

Adjective: **powerful**

the president of the United States is the most powerful person in the world | big businesses are more powerful than governments in the 21st century

pride /praɪd/ Noun uncount

if you feel **proud** of something, you have a feeling of great satisfaction because you have done something well. This feeling is **pride**

take pride in (doing) something

people take pride in what they do here | she showed us her award with great pride | she could see the pride in her parents' faces | with immense pride she hung her medal round her neck

Adjective: **proud** | Adverb: **proudly**

be proud of something | be proud to do something

she was so proud of herself when she passed the exam | he's particularly proud of this painting | I'm proud to announce that I'm now a grandfather | Jack walked in proudly holding the fish he'd caught | she smiled proudly as her daughter collected her degree certificate

symbol /ˈsɪmb(ə)l/ Noun

a **symbol** is an object, picture, or shape that is used to represent a particular idea or feeling in art or literature

a symbol of something

Picasso painted a white dove as a symbol of peace | the national symbol of England is a lion | a uniform with the national symbol on the sleeve | the ring is a symbol of their love for each other | the dog in the painting is a symbol of loyalty

Adjective: **symbolic** | Verb: **symbolize** | Noun: **symbolism**

animals were highly symbolic figures in Egyptian art | the flowers are symbolic of life (they represent it) | a dove is often used to symbolize peace | the event symbolizes the country's struggle for democracy | an analysis of the symbolism in the painting

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globalization /gləʊbəlaɪ'zeɪʃ(ə)n/ Noun uncount

globalization is the process by which the world is becoming one single economy with all countries following the same rules, rather than each country having its own way of doing things

thanks to globalization, you can buy Nike shoes anywhere in the world | some people think that globalization will create more problems than it solves | it's not possible to stop globalization, it's gone too far now

Adjective: *globalized* | Verb: *globalize* | Adjective: *global* | Adverb: *globally*

we live in an increasingly globalized world | this kind of business won't survive in a globalized economy | the industry needs to globalize or it will be left behind | the global economic crisis | global warming | a globally important industry

goods /gʊdz/ Noun plural

goods are products that are made to be sold in shops
it's cheaper to buy electronic goods online | a shop selling luxury goods | the goods are transported by road | a goods train (carrying things, not passengers) | buying and selling goods in different countries is not a new activity

henna /'henə/ Noun uncount

henna is a red- or brown-coloured substance that is used to colour people's hair or for putting patterns onto their skin

a bottle of henna shampoo | I got a henna tattoo this morning | she painted her hands and nails with henna

in-thing /ɪn-θɪŋ/ Noun

if you say that something is the **in-thing**, you mean it has suddenly become very fashionable and will probably go out of fashion just as quickly

Japanese food is the latest in-thing in Europe | long hair was the in-thing when I was 16 | it's the in-thing to go travelling before going to university

market /'mɑː(r)kɪt/ Noun

the **market** for a particular sort of goods is all the places and opportunities for selling them

the worldwide market for mobile phones is still growing | there's no market for paper dictionaries any more – everyone goes online | we need to increase our share of the market

mutton /'mʌt(ə)n/ Noun uncount

mutton is the meat that you get from an adult sheep
they serve mutton instead of beef | we had roast mutton with potatoes and carrots | I've never eaten mutton | mutton has a much stronger taste than lamb

values /'væljuːz/ Noun plural

the **values** of a particular culture are the ways of behaving and traditions that are considered to be important and worth keeping

a TV show that teaches Chinese values | we share the same values as them, even though we don't live in the same town | these are the values I learned in my childhood

view /vjuː/ Noun

your **view** of something is what you think about it and your opinion of it

in someone's view

she has a very positive view of the situation (thinks it is good) | in my view (I think) you should take the job | he had a very pessimistic view of things after his illness | what's your view on the proposal?

Verb: *view*

how do you view our chances in the cup final?

PAGES 16–17

check out /tʃek aʊt/ Phrasal verb

if you **check out** something you look at it or try it to see what it is like and decide what you think about it

you should check out our new website – it's really cool | we're going to check out the new restaurant at the weekend | don't forget to check out our new gym when it opens

closely /'kləʊslɪ/ Adverb

if you work **closely** with someone, you work together and communicate with each other the whole time

we work closely with small hotels in twelve different countries | the two companies have been closely linked for five years | we have been working closely together on the proposal

courteous /'kɜː(r)tiəs/ Adjective

someone who is courteous behaves very politely and respectfully towards other people

she remained courteous throughout our meeting | a courteous American helped me with my suitcase | Spencer was kind, courteous, and spoke very good English | a courteous young man

Adverb: *courteously* | Noun: *courtesy*

he shook my hand courteously and showed me into the office | the bishop stood up to greet him courteously | they treated us with courtesy and kindness

field /fiːld/ Noun

a **field** is a particular kind of activity

lots of people want to get into that field | maths is a very broad field of study | Jeff wanted to enter the engineering field | we lead the field in designing personalized trips

impression /ɪm'preʃ(ə)n/ Noun

if something or someone gives you a particular

impression, they make you have a particular feeling about them or form a particular opinion about them
get an impression (about something) | give someone an impression | make an impression | a first/initial impression | a wrong/false impression | a good/bad impression

you need to make a good impression in the interview | the photo creates a false impression | I got the impression that someone had died | I got the distinct impression (the very strong impression) that we weren't welcome | I don't want to give you the wrong impression | what was your first impression of her?

Verb: *impress* | Adjective: *impressive* | Adverb: *impressively*

what impressed me about the film was the quality of the acting | his piano playing was really impressive | an impressive achievement | the view from the hotel towards the Eiffel Tower was impressive | an impressively large collection of CDs

pleasure /'pleɪə(r)/ Noun

pleasure is happiness you get from doing something that you enjoy. **Pleasure** is also used in some phrases, such as *it's a pleasure to meet you*, which you say to be polite the first time you meet someone, or *it's my pleasure*, which is a polite way of replying to someone who has thanked you for something *the pleasure of gardening was her latest discovery | we had the pleasure of going to two weddings last month | I always enjoy the pleasure of your company | it's been a pleasure talking to you | enjoy life's simple pleasures while you can*

Adjective: *pleasurable* || Opposite – Noun: *displeasure*
we spent a pleasurable afternoon watching cricket | the party was not as pleasurable as he had expected it to be | he expressed his displeasure in a series of tweets

punctual /'pʌŋktʃuəl/ Adjective

if you are **punctual**, you arrive somewhere at the right time and are not late
you need to be punctual for your interview | he's always punctual | her visitor was punctual, as usual | I like the punctual trains in Japan

Adverb: *punctually* | Noun: *punctuality*
she arrived punctually at eight o'clock | he walked in punctually at half past two | punctuality is very important in this job | his punctuality improved after he was threatened with the sack

stay in touch /steɪ ɪn tʌtʃ/ Phrase

if you **stay in touch** with someone, you regularly talk to them by phone or exchange emails or text messages after you no longer live near each other and can't meet in person often
let's stay in touch | we stayed in touch after James moved to Scotland | we didn't stay in touch when she left London and I don't know where she's living now

PAGES 18–19

amuse /ə'mju:z/ Verb

if someone or something **amuses** you, they do or say something that you think is funny
my friend always amuses me with his funny stories | dad used to amuse us by singing on long car journeys

| it amused me to watch him trying to skateboard

Adjective: *amusing* | Adjective: *amused* | Noun: *amusement*

my boss was not amused when I told him I was leaving | she was easily amused by old jokes | something very amusing happened to me this morning | a collection of four amusing poems | he laughed, his eyes shining with amusement | the show was ten minutes of amusement followed by an hour of sheer boredom

depth /depθ/ Noun

the **depth** of something is the range of interesting qualities it has, especially when these qualities are not obvious straight away but become apparent as you think about it

nowhere has a depth of culture like India | there's a great depth to the music of Beethoven | as he listened to the lecture, he became aware of the depth of her ideas

feature /'fi:tʃə(r)/ Noun

a **feature** is something noticeable or interesting about someone's face

her eyes are her best feature | I'd recognize his features anywhere | can you describe his facial features? (what his face looked like)

hospitable /hə'spɪtəb(ə)l/ Adjective

someone who is **hospitable** is very friendly and generous towards people they do not know, and is always ready to welcome them into their home

our hosts were extremely hospitable and friendly | everyone in the village was most hospitable | she stayed with a very hospitable family in the mountains

Noun: *hospitality*

thanks for your warm and generous hospitality | we accepted their hospitality for the night (we stayed at their house overnight)

landscape /'læn(d),skeɪp/ Noun

the **landscape** is the view that you can see when you are in the country, away from towns and buildings, including things like hills, fields, rivers, etc

a beautiful landscape | the natural landscape and setting was beautiful | a rocky and windswept landscape

particular /pə(r)'tɪkjʊlə(r)/ Adjective

if you say you are talking about a **particular** person or thing, you mean you are talking about one person or thing (and not any other), even though you have not said exactly which one

some violent criminals share a particular gene | I don't belong to any particular political party | in this particular town, there were three churches | one particular book had a huge influence on my life

remote /rɪ'məʊt/ Adjective

somewhere that is **remote** is a long way from towns or cities

*it takes a long time to get there as it's quite remote
| he comes from a remote town in Australia | a
remote corner of Scotland | a remote village in the
mountains | his travels took him to the remotest
regions of China*

shepherd /ˈʃepə(r)d/ Noun

a **shepherd** is someone whose job is to look after
sheep and make sure they are safe and do not get lost
*the shepherd has two dogs to help him move the
sheep across the land | one of my grandfathers was
a shepherd in Cumbria | it's a very hard life being a
shepherd*

2 Performing

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act /ækt/ Noun

an **act** is a short performance by a singer, magician, comedian etc that is part of a show in a theatre or on TV

his act lasted 20 minutes | did you see her act last night? It was brilliant | the audience cheered at the end of his act | his act didn't go down very well (the audience did not like it)

amateur /'æmətə(r)/ Noun

an **amateur** is someone who takes part in an activity for fun and not as a job or for money

they were all amateurs who just sing in their free time | he played golf as an amateur until he was 22, when he turned professional | he was an enthusiastic amateur, keen to learn more

Adjective: *amateur*

a group of amateur cyclists followed the Tour de France route | each story featured an amateur detective

audience /'ɔ:diəns/ Noun

the **audience** is the group of people who watch or listen to a performance, programme or speech
attract an audience

the film is aimed at a middle-class cinema audience | I've performed in front of an audience of 5,000 people | the president spoke to an audience of young people | the show attracted a huge audience | the film is trying to reach a wider audience | the audience clapped loudly when she appeared on the stage

ballet /'bæleɪ/ Noun uncount

ballet is an entertainment in which dancers tell a story through dance and music but not words

a ballet dancer | I fell asleep during the ballet performance | do you prefer ballet or opera? | classical ballet

choir /kwaɪə(r)/ Noun

a **choir** is an organized group of singers who perform together at concerts or just for pleasure

I've been a member of the choir for 20 years | they asked her to join the choir | the choir gives three concerts a year | a church choir | she sings in the choir every Thursday

choreographer /ˌkɒrɪˈbɡrəfə(r)/ Noun

a **choreographer** is someone whose job is to plan the steps and movements that dancers take in a particular dance and give them instructions about how to perform them

she's a choreographer for the Royal Ballet Company | the head choreographer at the Paris Opera | he's been a dancer, choreographer and director over the years

Noun: *choreography* | Verb: *choreograph*

the performance benefited from excellent choreography | we changed the choreography after a week | he has choreographed more than 20 ballet productions | the show was choreographed by Frederick Ashton

clown /klaʊn/ Noun

a **clown** is a performer in a circus who tries to make people laugh by behaving in a silly way and wearing silly clothes and a lot of makeup

the clowns pretended to throw a bucket of water over us | two of the clowns kept falling over the whole time | a clown with red hair and long, pointed shoes

comedian /kə'mi:diən/ Noun

a **comedian** is someone who stands on a stage or appears on TV and tells jokes to entertain an audience

he was described as a comedian, not an actor | the show featured three comedians and two singers | like many comedians, Milligan is actually a very serious person | Peter Cook was the funniest comedian I ever saw

Noun: *comedy*

I don't like his sort of comedy | the show included comedy as well as songs from musicals

concert /'kɒnsə(r)t/ Noun

a **concert** is an event in which musicians play music in front of an audience

my mum took me to a concert for my birthday | a lot of people are travelling to Wembley for the big concert | I'm going to a concert on Saturday | the band are giving a concert in London | a rock concert | I've got tickets for a pop concert

conductor /kən'dʌktə(r)/ Noun

a **conductor** is someone who stands in front of musicians or singers and directs the way they play or sing

the internationally famous conductor Sir Simon Rattle | he's been the conductor of the National Youth Orchestra for the last ten years | she stopped playing violin in the orchestra and trained to become a conductor

Verb: *conduct*

who's going to conduct the concert? | he was still conducting at the age of 83

director /də'rektə(r)/ Noun

the **director** of a play or film is the person who tells the actors, camera operators, lighting people etc., what to do

a famous film director | several Hollywood directors came to the dinner | after 20 years as an actor he switched to being a director | my favourite film director is David Lean | an Australian theatre director

Verb: *direct*

the film was directed by Clint Eastwood

drama /ˈdrɑ:mə/ Noun

a **drama** is a play for the theatre or television

some dramas deal with current issues such as AIDS | a drama about the Second World War | a new TV drama | my favourite hospital drama on TV | she's starring in a new drama series on BBC1

entertainer /ˌentə(r)ˈteɪnə(r)/ Noun

an **entertainer** is someone such as a singer, dancer, comedian, etc., who performs in front of an audience

he tried to earn some money as a street entertainer (performing in the street) | Edwards was a popular entertainer who sold millions of records | she is a great entertainer and a great singer

Verb: *entertain* | Noun: *entertainment* | Adjective: *entertaining*

he entertained the children with stories and songs | a singer entertained the audience until the star appeared on stage | a series of concerts and other entertainment | the airline offers in-flight entertainment (films you can watch during a plane journey) | an entertaining speech | we had an entertaining evening at the theatre

magician /ˈmædʒɪʃ(ə)n/ Noun

a **magician** is an entertainer who performs tricks, doing things that seem impossible as if using the special powers of magic

the last act in the show was a magician who cut his assistant in half | magicians are not allowed to explain how they do their tricks | Penn and Teller are the best magicians I've ever seen | a famous TV magician (who appears regularly on TV)

Noun: *magic*

a magic trick

musical /ˈmju:zɪk(ə)l/ Noun

a **musical** is a play or film in which the actors sing a lot as well as talk

we went to see a musical last night | there are always lots of musicals in London | a popular musical | another hit musical by Andrew Lloyd Webber | I can't stand musicals (don't like them at all)

musician /ˈmjʊzɪʃ(ə)n/ Noun

a **musician** is someone who plays a musical instrument

a jazz musician | the musicians walked onto the stage | the musicians played beautifully | the band was five musicians who'd started playing together at school

Noun: *music*

what sort of music do you listen to? | pop music

opera /ˈɒp(ə)rə/ Noun

opera is an entertainment in which performers act out a play by singing rather than speaking

a great opera singer | we try and go to the opera at least twice a year | opera tickets are really expensive | an opera by Verdi

orchestra /ˈɔ:(r)kɪstrə/ Noun

an **orchestra** is a large group of musicians who perform concerts, especially of classical music

the London Symphony Orchestra | I'm a member of the school orchestra | the orchestra went on tour to Austria and Slovakia | the stage wasn't big enough for the whole orchestra

Adjective: *orchestral*

he wrote a lot of orchestral music

play /pleɪ/ Noun

a **play** is a story that is performed in front of an audience by actors who speak the words of the people who are in the story and who behave as if they are the people

write a play | act in a play | see a play

we went to the theatre and saw an amazing play | she has written three plays for radio | the play was performed for the first time last night | he's been writing and directing plays for television

show /ʃəʊ/ Noun

a **show** is a performance in a theatre

we're going to a show tonight | the show will last two and a half hours | did you enjoy the show? | we're planning a show for the end of term | the show was a huge success

standard /ˈstændə(r)d/ Noun

the **standard** of something is its level of quality

the standard of food in the restaurant was excellent | his singing was not up to standard (not of an acceptable quality) | the standard of their written homework has improved over the last term

PAGES 22–23

catchy /ˈkætʃi/ Adjective

if a song, tune, or phrase is **catchy**, you like it when you first hear it and remember it easily

the show is full of catchy songs | the book had a very catchy title | the album had a couple of catchy tunes on it | advertisers are always looking for a catchy phrase

download /ˌdaʊnˈləʊd/ Noun

a **download** is music, video, or other material that you have got from the internet and put on your computer

a free music download | we have to pay for our video downloads | illegal downloads are a problem for musicians | it's available as an e-book or a PDF download | software updates are provided as free downloads

Verb: *download* || Opposites – Noun: *upload* | Verb: *upload*

it took an hour to download the film | you can download the whole book from our site | he's been downloading music all evening | the upload took nearly an hour | she uploaded the pictures to her Facebook page

lively /ˈlaɪvli/ Adjective

lively means full of life, energy, enthusiasm, or people enjoying themselves

a very lively class | a lively teacher | it's a very lively area | the school has a lively atmosphere

Noun: *liveliness*

the performance was full of warmth and liveliness

release /rɪˈliːs/ Verb

if you **release** a film, book, game, song, etc, you make it available for people to see or buy for the first time

the band have just released their third album | the game was released a couple of weeks later than advertised | singers now release their music online

Noun: *release*

the film goes on general release next Friday | what do you think of the band's latest release?

repetitive /rɪˈpetətɪv/ Adjective

something that is **repetitive** happens again and again, often in a very boring way

working in the factory involved doing a series of repetitive tasks | his poetry is very repetitive | the repetitive nature of his job

Verb: *repeat* | Adverb: *repetitively* | Noun: *repetitiveness*

my music practice involves repeating the same exercise several times | protestors repetitively shouted "No, no, no" | I found the repetitiveness of the music very annoying

streaming /ˈstriːmɪŋ/ Noun uncount

streaming is the activity of bringing music or video directly onto a computer or other digital device from the internet and watching or listening to it as it arrives, without having to store the data

music streaming services like Spotify | online video streaming

Verb: *stream* | Noun: *stream*

the opera was streamed to cinemas across the country | the event will be live streamed from 10 o'clock | a live stream will be available from 10 o'clock | something went wrong with the stream and we missed the end of the film

tuneless /ˈtjuːnləs/ Adjective

music that is **tuneless** is not pleasant to listen to because it does not have a nice combination of musical notes

the songs were rather tuneless, in my view | her tuneless singing was really annoying | he played a tuneless version of Happy Birthday on the piano

Adverb: *tunelessly* || Opposites – Adjective: *tuneful* | Adverb: *tunefully*

he whistled tunelessly as he walked down the street | the music was beautifully tuneful and relaxing | a tuneful song | they sang tunefully and happily

wide /waɪd/ Adjective

a **wide** range of things is a lot of different sorts

a wide selection of mobile phones | you'll get a much wider choice online | they discussed a wide range of suggestions

PAGES 24–25

cheer up /tʃɪər ʌp/ Phrasal verb

if you **cheer up**, you start to feel happier. If you **cheer** someone **up**, you do something to make them feel happier

I need to do something to cheer myself up | I'm sure she'll cheer up soon | cheer up – it's not that bad | I bought her some flowers to cheer her up | he needs cheering up

feel like /fiːl laɪk/ Phrase

if you **feel like** doing something, you want to do it now

feel like doing something

that song makes me feel like crying | Jo suggested going to the cinema but I didn't feel like it | I was hungry but didn't feel like cooking anything | I feel like a walk (I want to go for a walk)

injury /ˈɪndʒəri/ Noun

if you have an **injury**, a part of your body has been hurt and needs time to recover

suffer an injury

my injuries ended my career as a dancer | I got a really bad knee injury | she suffered a serious injury in the accident | proper shoes can also help prevent injuries | his injuries took a long time to heal

Verb: *injure* | Adjective: *injured*

he injured his shoulder playing football | he came home with an injured foot

joke /dʒəʊk/ Noun

a **joke** is a very short story, or something that someone says, that is funny and makes people laugh

tell a joke | make jokes

my uncle's really good at telling jokes | do you know any funny jokes? | they all laughed at the joke | have you heard the joke about the lion and the bicycle? | I didn't get the joke (didn't understand it, and didn't know why it was funny) | a book of jokes | he's always making jokes

Verb: *joke*

he's always joking about my hair | they were laughing and joking all evening

mood /muːd/ Noun

if you are in a particular **mood**, that is the way you are feeling. For example, if you are in a **good mood**, you are happy and feel good; if you are in a **bad mood**, you feel bad and become angry very easily

be in a good/bad mood | be in no mood to do something

she looks like she's in a good mood today | she's been in a bad mood all day | listening to music always puts me in a good mood | I'm not in the mood to go out this evening | ignore him – he's in a funny mood (behaving strangely) | he was in no mood to accept my apology

speech /spi:tʃ/ Noun

a **speech** is a talk that someone gives to an audience at an important event
give/make a speech | deliver a speech
my dad gave a speech at my wedding | the president's speech was shown on television | her speech lasted over an hour | I found his speech really boring | a speech about the future of the United Nations | she delivered a speech thanking the fans for their support

stressed out /streɪt aʊt/ Adjective

if you are **stressed**, or **stressed out**, you are very worried about something and cannot relax
I got really stressed out before my driving test | you look stressed out – why don't you have a day off? | I'm feeling very stressed about the new project | a very angry and stressed out young man came into my class
Noun: stress
be under stress
he's under a lot of stress at work | moving house can cause a lot of stress

PAGES 26–27

aching /'eɪkɪŋ/ Adjective

if you have an **aching** body, you have a pain somewhere that is not serious but lasts a long time
I need to rest my aching body | an aching throat | my aching leg muscles kept me awake | I put my aching feet into a bowl of warm water
Verb: ache | Noun: ache
I've got a temperature and my whole body aches | my back's aching | my legs were aching from all that cycling | my head was still aching when I woke up | I've got an ache in my stomach | as you get older, you get more aches and pains

beg /beg/ Verb

if someone **begs**, they stop people in the street and ask them for money
most of these people are begging, not working | she managed to beg enough money for a bowl of soup
Noun: begging | Noun: beggar
he had no money at all and spent the afternoon begging outside the station | a street beggar | a poor beggar

costume /'kɒstjʊ:m/ Noun

a **costume** is a special set of clothes that people wear for a particular occasion or event, such as a parade or street festival
we all dressed up in a costume for the parade | a national costume | she was wearing a very colourful

costume

donation /dəʊ'neɪʃ(ə)n/ Noun

a **donation** is money someone gives to help or support a charity or other organization such as a museum
make a donation | a generous donation
we've received some very generous donations | the money was raised through private donations | a donation of £5 is requested from all visitors to the exhibition | these donations have helped the theatre stay open | entrance is free, but donations are gratefully accepted
Verb: donate | Noun: donor
donate something to something
they donated £2,000 to the hospital | using a credit card, you can donate online | donors have given over £30,000 | an anonymous donor | the donor countries (the countries who gave money)

illustrate /'ɪləstreɪt/ Verb

to **illustrate** something means to create an explanation of it or show what it is like using only visual methods, for example by having pictures in a story book
a group of actors stood in positions to illustrate a scene | this chart illustrates the rise in wages since 1978 | a video illustrating the problem was available on the website
Noun: illustration | Noun: illustrator
the illustration was a photograph taken in 1889 | a book with 20 colour illustrations | a Belgian author and illustrator

licence /'laɪs(ə)ns/ Noun

a **licence** is an official document that gives you permission to do something
a driving licence
musicians need a licence to play music on the street | do you need a licence to ride a motorbike? | you must have a full driving licence to hire a car | he was found guilty of dangerous driving and lost his licence for two years (he wasn't allowed to drive as a punishment)

makeup /'meɪkʌp/ Noun

makeup is different coloured stuff such as lipstick or powder that some people put on their faces to make themselves more attractive. Actors use makeup so that the audience can see them more clearly
all you need is some makeup and a costume I need to buy some more lipstick and other makeup | don't forget to take your makeup off before you go to bed | my mother hated wearing makeup

pavement /'peɪvmənt/ Noun

the **pavement** is the slightly raised area at the side of a street where people can walk and where cars are not allowed
I never park on the pavement | walking along the pavement | a narrow pavement | a car mounted the pavement (drove on to it) | we had a coffee at a pavement cafe) a cafe with tables outside on the

pavement)

resident /ˈrezɪd(ə)nt/ Noun

a **resident** is someone who lives in a place
local resident

local residents were woken by a loud bang when the bomb went off | the other residents were very kind to us when we first arrived | residents of California have to pay a sales tax | the city centre has very few residents left | many residents are leaving to live in the country

Verb: *reside* | Adjective: *residential*

approximately 30 families still reside in the apartment block | Hampstead is an expensive residential area of north London

reward /rɪˈwɔː(r)d/ Verb

to **reward** something or someone means to do something in return for payment or as a way of showing thanks

her hard work was rewarded with good exam results | our patience was rewarded when Beyoncé finally appeared | the government rewarded him with the title Lord Lloyd Webber

Noun: *reward*

her reward took the form of a dinner at an expensive restaurant

selfie /ˈselfi/ Noun

a **selfie** is a photo that you take of yourself using your mobile phone, often to show you are in an interesting place or with an interesting person

I got a selfie with Andy Murray! | tourists were taking selfies outside the Houses of Parliament | she posted another selfie on Facebook | I'll send you a selfie when I get to Red Square

sight /saɪt/ Noun

a **sight** is something you can see easily in a public place, such as a famous building or the guards at Buckingham Palace

we spent the afternoon looking at the sights of Paris | red buses and black taxis are a common sight all over London | my cousin showed us the sights in the old town

statue /ˈstætʃuː/ Noun

a **statue** is a large copy of a person or animal made of wood, metal, or stone

there are statues of lions in Trafalgar Square | a statue of Churchill | there's a statue of Dick Whittington outside the hospital | an equestrian statue (a statue of someone on a horse) | the Statue of Liberty is 46m high

PAGES 28–29

although /ɔːlˈðəʊ/ Conjunction

you use **although** to introduce information that is slightly different from what you have just said or are about to say

although he is more famous as a film director, he has also directed opera | although he was very successful as a writer, his first novel did not sell well | she

enjoyed her time in Naples, although she found the heat difficult

appeal /əˈpiːl/ Verb

if something **appeals** to you, you think it is interesting and want to know more about it or get more involved in it

appeal to someone

there was something nice about him which appealed to her | a range of books designed to appeal to children up to the age of 10 | what appealed to us about him was his sense of humour | watching another action film doesn't really appeal to me

Noun: *appeal* | Adjective: *appealing*

broad/popular appeal | have/hold appeal

a movie with a lot of appeal | the sport has broad appeal | as a tourist destination, the town holds no appeal | his manner is very appealing | a very appealing design

consequently /ˈkɒnsɪkwəntli/ Adverb

you use **consequently** to introduce a statement about something that happens or exists as a result of what has just been said

consequently, his films are always fast and exciting | temperatures rose, and consequently the ice started melting | he lost his job in February and consequently had to cancel the holiday he'd booked for that summer

Noun: *consequence*

you can't ignore the economic consequences of leaving the EU

despite /dɪˈspaɪt/ Preposition

you use **despite** to introduce a statement that seems to contradict what you have just said

he got a job as a swimming teacher despite the fact that he can't swim | sales were very good despite the high prices | despite arriving late for the interview, she got the job

dull /dʌl/ Adjective

something that is **dull** is not interesting or exciting but boring

the job's a bit dull but the pay is good | I started studying law, but it was so dull | Mr Hewitt's lessons were always incredibly dull | the meeting was rather dull

Noun: *dullness*

I soon got bored with the dullness of the countryside

entertaining /ˌentə(r)ˈteɪnɪŋ/ Adjective

something that is **entertaining** is interesting and gives people pleasure, like a good film or book

it was quite an entertaining film | he tried to make his lessons entertaining | an entertaining speech | we had an entertaining evening at the theatre

Noun: *entertainment* | Verb: *entertain* | Noun: *entertainer*

there was live musical entertainment at the restaurant | it's an important centre for culture, entertainment, and leisure | he entertained the

children with stories and songs | he tried to earn some money as a street entertainer (performing in the street)

fancy /'fænsi/ Verb

if you **fancy** something, or **fancy** doing something, you think you would like it or like to do it
fancy doing something

I've always fancied going to Albania | do you fancy a coffee? | do you fancy watching a film tonight? | I've never fancied yoga | I fancy doing something different tonight

fascinating /'fæʃɪnɪtɪŋ/ Adjective

something that is **fascinating** is very interesting

I found her story absolutely fascinating | he gave a fascinating talk about polar bears | Berlin is one of the most fascinating places I've ever visited | it'll be fascinating to see who wins

Verb: fascinate | Adjective: fascinated | Adverb: fascinatingly

fascinated by/with something

geology is a subject that has always fascinated me | as a child, Kevin was fascinated by dinosaurs | he was fascinated with modern technology and engineering | I'd be fascinated to know what she said to him | Eden is a fascinatingly complex character | she had deep blue eyes and a fascinatingly beautiful face

marathon /'mæɪəθ(ə)n/ Noun

a **marathon** is a running race over a distance of more than 26 miles (42 kilometres). You can refer to any event, activity, or process that takes a long time as a **marathon**

a kind of comedy marathon for children | a 48 hour dance marathon | it was quite a marathon painting the whole of the outside of the house at the weekend

Adjective: marathon

we had four different salads at the start of a marathon meal

marvellous /'mɑ:(r)vələs/ Adjective

something that is **marvellous** is very enjoyable or is impressively good

we had a marvellous time on holiday in Corfu | Christmas was marvellous last year | the British Museum is the most marvellous place in the world | the view from the hotel window was absolutely marvellous

nevertheless /,nevə(r)ðə'les/ Adverb

you use **nevertheless** to introduce a statement that is surprising because of what has been said before it

she was ill for a week before the Olympics but nevertheless managed to win a bronze medal | the film was nevertheless a great success

on the other hand /ɒn ði 'ʌðə hænd/ Phrase

you use **on the other hand** to introduce information that makes a contrast with what has just been said

she was very tidy but her brother, on the other hand, hardly ever tidied up his bedroom | the Americans, on the other hand, have a president as a head of state, not a king or queen

spectacular /spek'tækjʊlə(r)/ Adjective

if something is **spectacular**, it is extremely impressive to look at or watch

absolutely/truly spectacular | spectacular scenery | a spectacular view

a spectacular show | a spectacular firework display | the dancing was absolutely spectacular | a spectacular view of the mountains | the scenery is absolutely spectacular

Adverb: spectacularly

Salisbury is the most spectacularly beautiful cathedral in Britain | the theatre is spectacularly decorated

terrible /'terəb(ə)l/ Adjective

something that is **terrible** is very bad

he made a terrible mess in the kitchen | a terrible crime | they worked in terrible conditions | I've got a terrible pain in my leg | what a terrible film that was! | I made a terrible mistake

Adverb: terribly

it was obvious that something was terribly wrong | that winter was terribly cold

terrific /tə'rifɪk/ Adjective

something that is **terrific** is very impressive and very enjoyable

they have a terrific website | we had a terrific time in Cornwall | you look terrific in that suit | it was a terrific match which ended 4-3 to Barcelona

thrilling /'θrɪlɪŋ/ Adjective

something that is **thrilling** is extremely exciting

the movie is a thrilling adventure set the in 23rd century | the book describes the thrilling journey across three continents | in a thrilling match, Italy beat Germany 3-1 | meeting David Beckham was thrilling

Adjective: thrilled | Verb: thrill

she was thrilled to be offered the job | the match thrilled a crowd over 40,000 spectators

unforgettable /,ʌnfə(r)'getəb(ə)l/ Adjective

something that is **unforgettable** is so good or bad or interesting or exciting that you think you will never forget it

it was an unforgettable meal | an unforgettable visit to St Petersburg | the boat trip was an unforgettable experience | an unforgettable camping adventure | the view from the top of the mountain was unforgettable

Adverb: unforgettably

we had an unforgettably beautiful week in Cannes

verse /vɜ:(r)s/ Noun uncount

verse is poetry, writing that has a regular rhythm

in verse

the play is written in verse | a verse translation of Eugene Onegin | Pope's Essay on Man is written in rhyming verse

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ancient /ˈeɪnʃ(ə)nt/ Adjective

something that is **ancient** is very old

an ancient legend | an ancient burial site (where people were buried a long time ago) | we cannot accurately estimate the population of ancient Rome

beat /bi:t/ Noun

the **beat** of a piece of music is the regular rhythm of stressed sounds

the music had a fast beat | she sang the words to a rhythmic beat | her songs usually have a slow beat | I wanted to dance to the beat of the jazz band

boundary /ˈbaʊnd(ə)ri/ Noun

the **boundary** of a physical area is the edge, where one area stops and another starts

the 14th-century wall marks the old city boundary | the river forms the boundary to the south | the county boundary was moved last year

bunch /bʌntʃ/ Noun

a **bunch** of people or things is a group of them

a bunch of friends/colleagues/kids

a bunch of us met up for a meal at the weekend | they're a nice bunch of kids | he was hanging out near the station with a bunch of friends

drain /dreɪn/ Verb

if you **drain** something, you release everything from inside it so that nothing is left. If you **drain** from something, you use something that cannot be replaced and do not provide anything back yourself
if you don't give and everyone else is giving, then you're draining from them | you need to drain the radiator (empty out all the water) before you take it off the wall

fresh /freʃ/ Adjective

you use **fresh** to talk about experiences or events that have just happened. For example, if someone is **fresh off the boat**, they have just arrived somewhere. If a computer is **fresh out of the box**, someone has

just taken it out after buying it and is about to start using it

we had apples fresh off the tree | he started work fresh out of university | he arrived at the office fresh from the airport

mind /maɪnd/ Noun

your **mind** is the part of yourself that is not your physical body, but is your thoughts and feelings

spring/come to mind | cross someone's mind | have something in mind

my mind was full of thoughts about the concert | can the power of the mind keep you in good health? | it never crossed my mind to ask Angela (I never considered asking her) | we need a good driver, and your name came to my mind (I thought of you) | what did you have in mind for dinner tonight? | you need to stay healthy in body and mind

pain /peɪn/ Noun

pain is the physical feeling you have when a part of your body hurts because it has been hit or cut or because you have been using it too much

be in pain

you just have to carry on through the pain (not stop despite being in pain) I was in a lot of pain until the doctor arrived | can you feel any pain in your arm? | I just want the pain to go away | the doctor gave me some medicine to relieve the pain

pioneer /ˌpaɪəˈniə(r)/ Noun

a **pioneer** is someone who has an idea and is the first to do something in a particular area of activity

she became a pioneer in the field of solar energy | a pioneer of modern architecture | an early Internet pioneer

Verb: *pioneer* | Adjective: *pioneering*

the company pioneered the use of computers in the classroom | pioneering heart surgery

unity /ˈjuːnəti/ Noun uncount

unity is the state of being complete, with all parts fitting together or working together as one thing

it's important to preserve national unity | a festival that celebrates peace and unity | unity and cooperation are essential in difficult times

warrior /ˈwɒriə(r)/ Noun

a warrior is a **soldier**, especially in former times

several towns were attacked by Native American warriors | after several days of fighting, nearly all the warriors were killed | he led an army of warriors across the river

3 Water

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diving /ˈdaɪvɪŋ/ Noun uncount

diving is the activity of swimming deep below the surface of the sea, usually wearing special equipment so that you can breathe while you are under the water for a long time

she's a trained diving instructor | I tried diving on holiday last year, but I didn't like it | we spent most of the afternoon diving near the coral reef | diving equipment is very expensive

Verb: *dive* | Noun: *diver*

the deepest I've ever dived is 200 feet | two of the divers needed help to get back onto the boat

jet-skiing /dʒet-ˈskiːɪŋ/ Noun uncount

jet-skiing is the activity of moving very fast on the sea or a lake using a machine with an engine that looks a little bit like a motorbike

I prefer sunbathing to jet-skiing | we did some jet-skiing in the afternoon | I tried jet-skiing but I kept falling off

Verb: *jet-ski* | Noun: *jet-ski*

she's learning to jet-ski | we rented jet-skis for the afternoon

kayaking /ˈkaɪækɪŋ/ Noun uncount

kayaking is the activity or sport of using a kayak (a boat like a canoe that you use with a single paddle)

kayaking is more relaxing than jet-skiing | we'd never been kayaking before, and it was great fun | kayaking is easy to do even if you have no experience | kayaking is very good exercise

Noun: *kayak*

she bought a kayak before going on holiday

rafting /ˈrɑːftɪŋ/ Noun uncount

rafting is the activity of sailing down a river on a raft (a platform that floats, made from pieces of wood or other material that are tied together)

I love rafting on the Zambezi | I was too scared to try white-water rafting (rafting down a very fast flowing river) | we spent the afternoon river rafting

Noun: *raft*

we had a raft race across the river

rowing /ˈrəʊɪŋ/ Noun uncount

rowing is the activity or sport of moving a small boat through the water using oars (poles with a flat blade at the end)

a rowing race | I gave up football and took up rowing | a rowing boat | a rowing team

Verb: *row* | Noun: *rower*

we rowed back to the side of the river | an Olympic rower (someone who rowed in the Olympic Games)

snorkelling /ˈsnɔːkəlɪŋ/ Noun uncount

snorkelling is the activity of swimming just below the surface of the water, using a pipe that sticks out above the water so that you can breathe in air

it's a popular spot for snorkelling | we tried rafting, windsurfing, and snorkelling | guests can enjoy snorkelling in the clear, warm water

Verb: *snorkel* | Noun: *snorkel*

we snorkelled across the lake | I left my snorkel behind

stream /striːm/ Noun

a **stream** is a small river

the stream was too shallow for us to go swimming | after the rain the stream was flowing very fast | there's a stream at the bottom of the field | sheep were drinking out of the stream

thrill /θrɪl/ Noun

a **thrill** is a feeling of great excitement or fear that you get, for example when doing something different or dangerous

experience/feel a thrill | a thrill of something

the thrill of white-water rafting | Harry felt a thrill of excitement when he saw the mountain | experience the thrill of flying your own plane | seeing Niagara Falls was the biggest thrill of the holiday

Verb: *thrill* | Adjective: *thrilling* | Adjective: *thrilled*

Keith Jarrett thrilled his audience with his hour-long solo | a thrilling tale of adventure in the Canadian wilderness | Wales won 19-16 in a thrilling match | I was thrilled when I realized George Clooney was in the same restaurant | he'll be thrilled when he hears we're going to New York for the weekend

waterfall /ˈwɔːtə(r)fɔːl/ Noun

a **waterfall** is a place where a stream or river comes over the edge of a cliff or rock and falls downward through the air

they walked for nearly two miles to see the waterfall | tourists come to the waterfall every day during the summer | a 20-metre high waterfall

water-skiing /ˈwɔːtə-ˈskiːɪŋ/ Noun uncount

water-skiing is the activity or sport of being pulled across water by a boat, with two long blades (water-skis) attached to your feet so that you are standing upright while moving

water-skiing is very difficult if you haven't done it before | it's a great lake for water-skiing | they used to show water-skiing on TV | a water-skiing instructor

Verb: *water-ski* | Noun: *water-ski* | Noun: *water-skier*

she tried to teach me to water-ski | a pair of new water-skis will cost you at least £100 | she's a very good water-skier

windsurfing /ˈwɪnd,sɜːfɪŋ/ Noun uncount

windsurfing is the activity or sport of moving across water while standing on a board that has a sail attached to it

the weather was too calm to go windsurfing | the beaches on the other side are very popular for windsurfing | she went water-skiing while her brother went windsurfing

Noun: windsurfer

he's a keen windsurfer

PAGES 34–35

bank /bæŋk/ Noun

the **banks** of a river are the areas of land along either side of it

I live near the river, and you can walk for miles along the banks | their house is on the south bank of the river | the banks of the river Adur | it was lying in the sun on the opposite bank

missing /ˈmɪsɪŋ/ Adjective

if someone is **missing**, they are not where they should be and no one knows where they are

go missing | my mum realized I was missing and called for help | she's been missing for two days | police are looking for a missing person who left home last Tuesday and has not been seen since | there are still several missing passengers following the plane crash | his son went missing two years ago

rapids /ˈræpɪdz/ Noun plural

rapids are a section of a river where the water flows very fast and very roughly, making it difficult and dangerous to sail down it

we tried rafting down the rapids | these rapids are too dangerous for inexperienced rafters | he nearly drowned in the rapids

sea snake /siː sneɪk/ Noun

a **sea snake** is a poisonous snake that lives in water in warm areas

there are no sea snakes in the Atlantic | all sea snakes are poisonous | sea snakes feed mostly on fish and their eggs

white-water /waɪt-ˈwɔːtə/ Adjective

the **white-water** section of a river is where the water runs very fast and the bottom is uneven, making a sort of white foam on the surface of the water

an exciting white-water experience | white-water rafters went past us very fast

PAGES 36–37

debris /ˈdebriː/ Noun uncount

debris is the broken pieces of something that remain after it has been destroyed somehow

there was debris all over the road | debris from the wreck came onto the beach | firefighters started to remove the debris | mud and debris flowed through the village after the storm

iceberg /ˈaɪs,bɜː(r)g/ Noun

an **iceberg** is a very large lump of ice floating in the sea, some of which is visible above the surface of the sea but most of which is under the surface

the ship collided with an iceberg and sank | we could see the tip of an iceberg about three miles away | icebergs are melting because of global warming | only 10% of an iceberg is visible above the water

remains /rɪˈmeɪnz/ Noun plural

the **remains** of someone or something are all that is left of them after they have died or been destroyed

the remains of someone/something | human/animal remains | I'd asked people to treat Titanic's remains with respect | they uncovered the remains of three 12th century monks | there were traces of human remains in the cellar | the charred remains of the house (what was left after a fire)

seabed /ˈsiːbɛd/ Noun

the **seabed** is the land at the bottom of the sea, under the water

the wreck had been lying for over 40 years on the seabed | there are some interesting creatures living on the seabed | divers looked for debris on the seabed

submarine /ˈsʌbməriːn/ Noun

a **submarine** is a kind of ship that can travel underneath the surface of the sea

two submarines disappeared in the 1960s | he served on submarines during the war | a submarine can stay underwater for weeks at a time | a US navy submarine

wreck /rek/ Noun

a **wreck** is what is left of a ship after it has sunk to the bottom of the sea

they found the wreck of a battleship that sunk in 1942 | divers went down to explore the wreck | the wreck is lying in 34 metres of water near the coast of Greece

Verb: wreck

the ship was wrecked off the coast of Scotland

yacht /jɒt/ Noun

a **yacht** is a boat, either with sails or a motor, used for racing or for leisure

a yacht was found floating in the middle of the ocean | they spent all summer on a yacht in the Mediterranean | the harbour was full of yachts | the yacht has room for ten people and a crew of three

PAGES 38–39

bodysurf /ˈbɒdɪsɜːf/ Verb

if you **bodysurf**, you try and lie on waves to move through the sea, using your body as a sort of surfboard

I tried to bodysurf one wave to the shore but went under the water | he learned to bodysurf in Cornwall last year | this is the beach where people bodysurf

Noun: bodysurfer

did you know Obama was a good bodysurfer?

crawl /krɔ:l/ Verb

when you **crawl**, you move along the ground on your hands and knees, or you move along very slowly
he crawled out of the water onto the beach | babies learn to crawl at about six months old | I managed to crawl to the phone | we had to crawl through the entrance to the tent

fault /fɔ:lt/ Noun

if a bad situation or a mistake is your **fault**, you are responsible for causing it. When this happens, you can also say that you are **at fault**
 be someone's fault | be at fault
it was my own fault – I didn't check the time before I set off | do we know whose fault it was? | it was an unfortunate accident, but the school was not at fault

race /reɪs/ Verb

if your heart **races**, it beats much faster than normal because you are excited or afraid
I tried to stay calm but my heart was racing | my heart races when I think about what happened | this will make your heart race!

sore /sɔ:(r)/ Adjective

if a part of your body is **sore**, it is painful and uncomfortable
 a sore throat
I've got a blocked nose and a horrible sore throat | your eyes may feel dry and sore | his left arm was getting stiff and sore | my whole body was sore
 Noun: soreness
the soreness should only last for a few days

swallow /'swɒləʊ/ Verb

if you **swallow** something, you make it go down from your mouth into your stomach
you shouldn't swallow chewing gum | I can't swallow this pill | she swallowed a chicken bone by accident | my throat hurts when I swallow

PAGES 40–41**bay** /beɪ/ Noun

a **bay** is a section of the edge of the sea where the land curves inwards so that the sea has land on three sides of it
the town was built by the edge of a bay | we sailed into the bay to shelter from the wind | there's a good beach on the south side of the bay

boiling /'bɔɪlɪŋ/ Adjective

if the weather is **boiling**, or **boiling hot**, it is very hot. You can say you are **boiling** or **boiling hot** when you are very hot
they said it's going to be boiling hot all week | I'm boiling – can you open the window? | it's boiling in here

cargo /'kɑ:(r)gəʊ/ Noun

the **cargo** of a ship, plane, lorry, etc., is all the goods that it is transporting somewhere

the ship lost its cargo during the storm | the plane carried a cargo of flour and rice | a cargo ship (one used to transport goods rather than passengers) | it took most of the day to unload the cargo from the ship

clutch /klʌtʃ/ Verb

if **clutch** something, you hold it with a very firm grip
everyone was clutching odd shoes | he arrived at the door clutching a bunch of flowers | she clutched tightly to the handle of the suitcase | he closed his eyes and clutched her hand

collapse /kə'læps/ Verb

if someone **collapses**, they suddenly fall down or lie down because they are very tired or ill
at the end of the game we all collapsed on the sand | he said he was all right, but he collapsed ten minutes later and had to go to hospital | I was ready to collapse when we reached the top of the hill

do the dishes /du: ðə 'dɪʃɪz/ Phrase

if you **do the dishes**, you wash and dry the plates, cups, bowls, etc., that you have just used during a meal
whose turn is it to do the dishes? | I'll do the dishes after we've watched the film | let's do the dishes before we go out

exhausted /ɪg'zɔ:stɪd/ Adjective

if you are **exhausted**, you are very tired
I was exhausted by the time we got home | sit down – you must be exhausted | I was too exhausted to argue with him | I'm absolutely exhausted
 Adjective: exhausting | Verb: exhaust | Noun: exhaustion
 exhaust yourself
I just want to sleep. It's been an exhausting day | he had exhausted himself even before the concert started | all this fresh air has exhausted me | he collapsed out of physical exhaustion | she was suffering from exhaustion

grab /græb/ Verb

if you **grab** something, you take hold of it quickly and roughly
grab your things and let's go | he grabbed my bag and ran off | she grabbed hold of the branch to stop herself from falling | he grabbed the knife and stabbed the burglar in the leg | Julie suddenly grabbed his arm

lid /lɪd/ Noun

a **lid** is a cover for a container
 put a lid on something
we put a lid across the top of the tank | put a lid on the pan | keep the lid on while the potatoes are cooking | I lifted the lid | a tight-fitting lid | a saucepan lid | the dustbin lid

odd /ɒd/ Adjective

odd shoes, socks, etc., are a pair of them consisting of two items that do not match, instead of two that are the same

he went to school wearing odd socks | I got dressed in the dark and didn't realize I put on odd shoes

packed /pækt/ Adjective

if a place or object is **packed**, it is very full of people or things

packed with something

it was a hot day and the beach was packed | every museum was packed with tourists | the train was so packed that I couldn't sit down | the centre of town was absolutely packed this morning | the drink is packed with vitamins | an action-packed film (full of action)

pour /pɔː(r)/ Verb

if it is **pouring**, it is raining very hard. You can also say that it's **pouring** with rain, or that the rain is **pouring down**

it was pouring outside so we stayed in all afternoon | rain poured down all night | it's not just raining, it's absolutely pouring

Adjective: *pouring*

he had to walk home through the pouring rain

race /reɪs/ Verb

if you **race** somewhere, you go there very fast

the kids raced along the street | the rabbit raced across the road | the boys raced ahead and got home 5 minutes before us | two cyclists raced past us down the hill

sink /sɪŋk/ Noun

a **sink** is an open container in a kitchen or bathroom that you can fill with water and use for washing things

a kitchen/bathroom sink
the kitchen sink was very dirty | put the dishes in the sink | the cloth is in the cupboard under the sink | fill the sink with warm water | the sink's blocked (water won't flow out of it properly)

stare /steə(r)/ Verb

if you **stare** at something or someone, you look at them for a long time and with a lot of concentration

stare at someone or something

everyone was staring out to sea | they have to stare at a computer all day | it's rude to stare at people | she was staring into space | I couldn't stop staring at her | he stared intently at the floor

tank /tæŋk/ Noun

a **tank** is a container, usually made of glass or clear plastic, that you fill with water so that you can keep fish in it

a fish tank

the fish had jumped out of the tank | I hate cleaning the fish tank | we've got so many fish now that the tank is too small

wander /ˈwɒndə(r)/ Verb

if you **wander** somewhere, you walk there casually, without any real purpose

I wandered along the beach, enjoying the silence | she wandered into the gallery not knowing what to expect | they wandered round the exhibition getting bored | we wandered through the old town | the kids had wandered off

Noun: *wander*

a wander round somewhere

I'm going to have a wander round the market | we went for a wander round the shops

PAGES 42-43

aspect /ˈæspekt/ Noun

an **aspect** of something is one of the different parts involved in it

the most enjoyable aspect of my job is meeting new people | I like the fashion and design aspect of the business | you have to consider the practical aspects of living on a boat | the book covers various aspects of political science

awesome /ˈɔːs(ə)m/ Adjective

something that is **awesome** is extremely impressive

the highest mountain on our awesome planet | the view from the hotel room was awesome | have you seen their new website? It's awesome | we got here yesterday, and I can tell you that Moscow is absolutely awesome

concept /ˈkɒnsept/ Noun

the **concept** of something is the main idea about it, especially the original idea that made it happen

the original concept

the concept of the project was to travel and explore the Amur river | it was an interesting concept, but we didn't have enough money to develop it | we all worked together on it, but it was Alan's concept originally (he had the first idea for it)

free-flowing /friːˈfləʊɪŋ/ Adjective

something that is **free-flowing** moves along or progresses naturally and is not blocked by people or anything that people have built

the longest free-flowing river on the planet | the Mississippi is a relatively free-flowing river | once we got on the motorway, the traffic was free-flowing

light /laɪt/ Adjective

something that is **light** is enjoyable and not very serious

light entertainment (music and comedy that is not very serious) | we made light conversation while we waited for the lecture to start | Dostoevsky was very intense - I want something light to read now

memorable /ˈmem(ə)rəb(ə)l/ Adjective

something that is **memorable** is so good or impressive that you will always remember it very clearly

my most memorable holiday was in China | your wedding should be the most memorable day of your life | visiting a studio in Hollywood was a memorable experience | the teachers did everything they could to make it a memorable occasion

Adverb: *memorably*

it was memorably shown on TV in 1984

passionate /ˈpæʃ(ə)nət/ Adjective

someone who is **passionate** is very enthusiastic about what they are doing, and believes in it very strongly

passionate about something

passionate teachers make a difference | people here are passionate about football | we are extremely passionate about social media | a passionate critic of the government

Adverb: *passionately* | Noun: *passion*

he passionately believed in the freedom of the individual | she spoke passionately about the need to change the law | his great passion in life is cricket

perspective /pə(r)ˈspektɪv/ Noun

your **perspective** is the way you see or understand a situation

from our perspective, we don't see enough police on the streets | the story is seen from the mother's perspective | my illness has given me a new perspective on life | try to see things from a broader perspective

pursue /pə(r)ˈsjuː/ Verb

if you **pursue** someone or something, you chase them and try and get close to them because you want to get them to do something for you or because you want to have them

we were pursuing sponsors for our new video | John was pursuing a new job opportunity (was trying to get a new job)

showcase /ˈʃəʊ.keɪs/ Verb

if you **showcase** something, you present it for people to see in a way that emphasizes the good and interesting qualities that it has

our goal with showcasing a river was to let people fall in love with it | we've produced a video to showcase what our company can do for you | the exhibition showcased a wide range of students' work | YouTube provides plenty of opportunity for you to showcase your film-making skills

sponsor /ˈspɒnsə(r)/ Noun

a **sponsor** is a person or organization who provides money for a particular event or activity. Companies sometimes provide money for big public events, usually in exchange for being allowed to advertise at the event

some sponsors are large national and multinational companies | original corporate sponsors included two local banks

Verb: *sponsor* | Noun: *sponsorship*

Disney sponsored three research field trips | Samsung has sponsored the team since 2000 | many years ago, the cricket World Cup was sponsored by a tobacco company | BP is providing £1m of sponsorship | commercial sponsorship of women's football is growing

4 Opportunities

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badly paid /'bædli peɪd/ Adjective

if a job is **badly paid**, the people who do it do not earn a lot of money from it

I started work in a supermarket, but it was very badly paid so I took a job as a van driver | he had a badly-paid job in the local factory | even though she worked very hard she was very badly paid | the work was boring and badly paid

Opposite – Adjective: *well paid*

teaching in England has never been a well-paid job | graduates in this field tend to be well paid

challenging /'tʃælɪndʒɪŋ/ Adjective

something that is **challenging** makes you work very hard or think very hard in order to succeed at it

the course will be challenging, but worthwhile | yoga can be a physically challenging activity | it's a very challenging job | driving in Italy was a challenging experience

Noun: *challenge* | Verb: *challenge*

climbing this mountain will be a real challenge | my job's become boring – I need a new challenge | do you enjoy a challenge? | films that challenge the viewer (make people think very hard)

dirty /'dɜ:(r)ti/ Adjective

something that is **dirty** has dirt or dust on it and is not clean. A job or task that is **dirty** is one that will make you dirty as you do it

get dirty

wear a dark shirt because it will get dirty | some of the jobs on the farm are dirty and smelly | cleaning the oven was dirty work

Noun: *dirt*

his jacket was covered in dirt

responsible /rɪ'spɒnsəb(ə)l/ Adjective

a **responsible** job is one that means you have to take important decisions and be in charge of other people

she was very young to have such a responsible job | he was promoted to a very responsible position in the company

Noun: *responsibility*

I wasn't ready to take on that much responsibility

stressful /'stresf(ə)l/ Adjective

something that is **stressful** makes you very worried and stops you being able to relax

a stressful experience/time/situation

I had a stressful day at work | the job interview was very stressful | a stressful job | moving house is a very stressful experience | try to avoid stressful situations

Noun: *stress* | Adjective: *stressed*

be under stress

he's under a lot of stress at work | moving house can cause a lot of stress | I got really stressed before my driving test | students felt stressed during their exams

PAGES 46–47

driverless /'draɪvələs/ Adjective

a **driverless** car, train, or other vehicle is one that follows a route automatically and does not have a person controlling it all the time

two people were hit and injured by a driverless car | union members are opposed to the introduction of driverless trains | the future of driverless vehicles will be very interesting

elderly /'eldə(r)li/ Adjective

if you describe someone as **elderly**, you are saying in a polite way that they are old. **The elderly** are people who are old

an elderly lady sat down next to me on the bus | our neighbours are an elderly couple | I met an elderly gentleman who has lived in Shipley all his life

Noun: *the elderly*

winter causes many problems for the elderly | you should show more respect to the elderly

fold /fəʊld/ Verb

if you **fold** a piece of paper or cloth, you bend it so that one part of it covers the other. If you **fold** something **up**, you fold it so that it becomes smaller and easier to carry

he folded the shirt and put it in a drawer | he folded up the newspaper and put it back in his briefcase | can you help me fold this map?

Noun: *fold* || Opposite – Verb: *unfold*

make sure the folds in the tablecloth are straight | we unfolded the tent and spread it out flat

likely /'laɪkli/ Adjective

if something is **likely**, it will probably happen

be likely to do something

it's likely to be a week before we get an answer | it's likely that she will go to university next year | do you think it's likely to rain this afternoon? | the most likely outcome is that he will win the election

Opposite – Adjective: *unlikely*

highly likely | likely that

it's highly unlikely that he will win the election | it's unlikely that she'll ring now – it's after 11 o'clock

PAGES 48–49

apply /ə'plai/ Verb

if you **apply** for something such as a place at a college or university, or a job, you write to say that you want to have it

apply for something | apply to somewhere

she applied to Oxford University | you should start applying for jobs before you leave university | did you apply for that job at the BBC? | 300 people applied for just one job at the studio | I applied for a grant to study physics at Cambridge

Noun: *application* | Noun: *applicant*

an application form

send in your application by email | they sent me an application form (a set of questions you have to answer to apply for something) | she sent out 30 job applications in one week | there were 200 applicants for just three jobs

apprentice /ə'prentɪs/ Noun

an **apprentice** is someone who learns how to do a skilled job by working for someone who teaches them

I'd rather become an apprentice than go to college | she spent a year as an apprentice electrical engineer in Dover | we have three apprentices working for us at the moment

Noun: *apprenticeship*

a five-year apprenticeship (a period of five years working as an apprentice in order to become qualified)

degree /dɪ'ɡri:/ Noun

a **degree** is the qualification you get if you pass the exams after following a course of study at a university

get a degree | do a degree

I'm the first person in my family to get a degree | I did a degree in Spanish | you need a degree to get a job in the BBC | my brother was a very successful businessman even though he didn't have a degree

entrance exam /'entrəns ɪg'zæm/ Noun

an **entrance exam** is an exam that students take and have to pass in order to be allowed to study at a particular school or college or university

sit an entrance exam

most private schools want you to take an entrance exam | she failed the entrance exam and decided to try and join the army instead | 350 children sat the entrance exam, and just 30 of them got into the school

graduate /'ɡrædʒueɪt/ Verb

when you **graduate**, you leave university having successfully passed the final exams and with a degree. Someone who does this is a **graduate** /'ɡrædʒuət/.

graduate from somewhere

she graduated with a degree in history and economics | I graduated from UCL in 2009 | our first batch of students graduated last month

Noun: *graduate*

a university/college graduate

many university graduates had trouble finding a job in the 1980s | many of our recent graduates went into teaching

reapply /,ri:'eɪplai/ Verb

if you **reapply** for something, you apply for it again because you did not succeed the first time

unsuccessful candidates have to wait six months before reapplying | I'm going to reapply for a grant to do research | in some cases, the student will be invited to reapply

redo /,ri:'du:/ Verb

if you **redo** something, you do it again, often because your first attempt was not very successful

we redid the decoration in the living room | she had to redo her first year at college | we'd set the equipment up badly and had to redo the entire experiment | 80% of the software had to be redone

reread /,ri:'ri:d/ Verb

if you **reread** something, you read it again

I decided to reread Madame Bovary for the first time since I was at university | he read the letter, then reread it to make sure he'd understood it properly | if you reread the instructions, you'll see that you missed out one part of the process

retake /,ri:'teɪk/ Verb

if you **retake** a course or an exam, you take it for a second time because you failed it the first time

I had to retake my final exams | you are allowed to retake three of the 6 exams | you have to retake the exam within 18 months | the course may only be retaken once

Noun: *retake*

my retakes are in January

retrain /,ri:'treɪn/ Verb

if you **retrain**, you learn new skills, either because you need these new skills for your current job or because you want to work in a different field

retrain as something

he taught in a school for six years before retraining as a lawyer | doctors have to retrain every few years | he was a former fighter pilot who retrained as an airline pilot

rewrite /,ri:'raɪt/ Verb

if you **rewrite** something, you write it again and try to do it better the second time

my essay was so bad I had to rewrite it | the book was rewritten and republished ten years later | I didn't have time to rewrite the article

step /step/ Noun

a **step** is one part of a process that needs several things to happen, one after the other

step by step | take (a) step(s)

his next step was to hire an office manager | here are the basic steps needed to create your own development plan | he took steps to improve the department's finances | the plan must be carried out step by step (in the right order, and not trying to do everything at once)

PAGES 50–51

bonus /'bʌnəs/ Noun

a **bonus** is extra money you get from your employer because you have worked hard or done well
 an annual bonus
he gets a big bonus every year on top of his salary | all the staff get an end-of-year bonus | I'll get a bonus if I meet all my sales targets | a Christmas bonus | she gets a good salary plus a generous annual bonus

cellphone /'sɛlˌfəʊn/ Noun

a **cellphone** is what Americans call a mobile phone, a phone that you can carry with you wherever you go
the battery in my cellphone is flat | he left his cellphone in the restaurant and had to go back for it the next morning | please turn your cellphones off before the performance begins

clock on /klɒk ɒn/ Phrasal verb

when workers **clock on**, they record the time they arrive at work. At the end of the working day, they **clock off** so that their employer can check how many hours they have worked
we clock on and off by putting a card into a machine by the entrance | if you clock on late more than twice a month, you have to see the manager | I was late clocking on yesterday morning so I had to stay at work for an extra hour
 Opposite – Phrasal verb: *clock off*
what time do you clock off on Fridays?

discount /'dɪsˌkaʊnt/ Noun

if you get a **discount**, you are allowed to pay a smaller amount of money than normal for something a discount on something
we get a discount on all company products | students get a 10% discount in this café | you get a discount if you buy three or more chairs at the same time | the museum gives a discount to groups of 15 people or more | with your 5% discount, the cost will be just £17.37

flexitime /'fleksɪˌtaɪm/ Noun uncount

flexitime is an arrangement that allows workers to start work or finish work at different times, while always doing the same number of hours each week, rather than to start and finish at the same time every day
employees can choose to work flexitime if they want | they introduced flexitime at my office last year | working flexitime means I can finish early on Fridays

long hours /lɒŋ 'aʊəz/ Noun plural

the **hours** you work are the amount of time you spend at work. If you work **long hours**, you have to spend a long time at work every day
my hours are from 9 till 6, with an hour off for lunch | we all worked long hours last week to try and finish the project | the hours were long, but the pay was good

overtime /'əʊvə(r)ˌtaɪm/ Noun uncount

overtime is extra work that you do outside normal working hours, for which you get paid more than the normal rate of pay

she did six hours overtime last week | most of us do at least five hours overtime a week because we need the money | each hour of overtime is paid at 1.5 times the usual hourly rate

Adverb: *overtime*

work overtime

they've asked me to work overtime on Saturday, but I said no

paid holiday /peɪd 'hɒlədeɪ/ Noun

paid holiday is the time when you do not have to work but are still paid by your employer. In most jobs, workers are allowed a certain number of days **paid holiday** every year

we get 4 weeks' paid holiday a year | I'm self-employed, so I don't get any paid holidays | I've used up all my paid holiday for this year

part-time /pɑːt taɪm/ Adjective

if you have a **part-time** job, you work for some of the time, but not all the time

I had to take a part-time job when I was a student | the company employs a lot of part-time staff | part-time work is available over the summer

Adverb: *part-time* || Opposite – Adjective: *full-time* | Adverb: *full-time*

I've been working part time at the sports shop | I'm looking for a full-time job | he's over 70 but he still works full-time

pay rise /peɪ raɪz/ Noun

if you get a **pay rise**, your employer increases the amount of money you are paid

after 12 months in the job, you will get a 2% pay rise | we went on strike demanding a pay rise | she hasn't had a pay rise for nearly three years | my manager refused to give me a pay rise

pension /'penʃ(ə)n/ Noun

a **pension** is money that a government or company pays to someone regularly when they do not work any more because they are old

a state pension | a private pension | draw a pension | a pension scheme

a company pension scheme (a arrangement where the employer and the employee pay towards a pension) | I'll receive a small pension when I retire | everyone gets the state pension (from the government) | he gets quite a generous pension from the bank | you can start to draw your pension when you're 65 (receive it) | I put 10% of my salary into a private pension

prepaid phonecard /ˌpriːpeɪd fəʊnkɑːd/ Noun

a **prepaid phonecard** is a card that you can use instead of money to pay for using a public telephone
workers are given prepaid phonecards so they

can talk to their families every week | a prepaid phonecard that will let you talk for 30 minutes

promotion /prə'məʊʃ(ə)n/ Noun

promotion within an organization is an official change in job to a better, more important, and better-paid job

there are plenty of opportunities for promotion if you work hard | he went four years without a promotion | if I get a promotion, we'll be able to buy a new car | I've asked to be considered for promotion

Verb: promote

be promoted to something

she was promoted to the post of regional sales director

salary /sæləri/ Noun

your **salary** is the money that you receive each month for doing your job. If you are paid every week, you usually refer to your **wages**

a monthly salary | an annual salary

I want a job with a good salary | they pay us a fixed salary | he gets a good salary | an annual salary of £60,000 a year | people on low salaries | they're asking for an increase in their basic salary | an monthly salary of £3,400

typing /taɪpɪŋ/ Noun uncount

typing is the activity of writing words onto paper or onto a computer screen by using a keyboard

a typing error (a mistake made while typing something) | my typing skills are not very good | excellent typing and editing skills are necessary for this job

Verb: type | Noun: typist

I can type 40 words a minute | he finished typing chapter one of his new book | the office used to employ several typists | a trained typist could do the job in half an hour

urban /'z:(r)bən/ Adjective

you use **urban** to refer to places, people, or situations in towns or cities rather than in the countryside

by 2030, the urban population of China will be 60% | public transport in urban areas is much better than in the country | an urban way of life | I grew up in a very urban, industrial environment

Opposite – Adjective: rural

there were noticeable differences between the views of urban voters and rural voters | she grew up in a rural village

wage /weɪdʒ/ Noun

your **wages**, or your **wage**, is the amount of money you are paid for your job, especially if you are paid every week. If you are paid every month, you usually talk about your **salary**

an hourly/daily/weekly wage

the minimum wage then was £5.73 an hour | he earns a good wage | they've always paid low wages at that factory | my first job paid an hourly wage of £3.50 | food prices have gone up faster than wages

PAGES 52–53

available /ə'veɪləb(ə)l/ Adjective

if someone is **available**, they are not busy doing something else and are free to go somewhere or do something

I am available for interview any day next week | are you available for a meeting at 2 o'clock? | I'm afraid Don isn't available at the moment, so we'll have to start without him

Noun: availability

what's your availability next week? Can you see me on Tuesday?

benefit /'benɪfɪt/ Noun

the **benefits** of a job are some of the things that your employer gives you, such as paid holidays, discount on the company's products, private medical insurance, etc

salary: £42,000 plus benefits | the job comes with a lot of benefits | the company had to cut back on the benefits it provided

conscientious /ˌkɒnʃi'ɛnʃəs/ Adjective

someone who is **conscientious** always makes sure they do their job very thoroughly and very well

she was a conscientious student | if you'd been a bit more conscientious this mistake wouldn't have happened | a clever and very conscientious young woman

Adverb: conscientiously

he prepared for the meeting conscientiously | carefully and conscientiously, she checked every room before leaving the house

creative /kri'eɪtɪv/ Adjective

someone who is **creative** is able to use their imagination well to think of new and interesting things. Their ideas and actions can also be called **creative**

turning data into usable information is a creative process | she had loads of creative ideas for new apps | he made a number of very creative suggestions | we need a bit of creative thinking to solve this problem

Verb: create | Adverb: creatively

she created some beautiful artwork | you should create a new spreadsheet for each project | you need to think creatively to solve this problem

database /'deɪtəbeɪs/ Noun

a **database** is a large amount of information stored in a computer and organized so that it is possible to find detailed and individual pieces of information very easily

our database has details of over 30,000 customers | she learned how to search the database | you need a password to open the database | an online database that is available to the public | he is a specialist in database management

energetic /ˌenə(r)'dʒetɪk/ Adjective

someone who is **energetic** has a lot of energy and does things in a very lively and enthusiastic way

the band were loud and energetic on stage | the dogs were very active and energetic | he had been much more energetic when he was younger

Adverb: *energetically* | Noun: *energy*

he spoke energetically in favour of building a new library

hard-working /hɑ:d 'wɜ:kɪŋ/ Adjective

if you are **hard-working**, you always work hard

his brother was a hard-working farmer | hard-working families deserve to be treated with respect | she is a hard-working and conscientious lawyer

methodical /mə'θɒdɪk(ə)l/ Adjective

if you are **methodical**, you always do things in a thorough and well-organized way. You can also say that the way you do things is **methodical**

he was very methodical in the way he approached his work | a methodical and efficient member of staff | she went about her job in a very methodical way

Adverb: *methodically* | Noun: *method*

it's important to work methodically, otherwise the end result will be a disaster | they methodically went through every one of the reports | she developed a good method for getting the job done

referee /ˌrefə'ri:/ Noun

a **referee** is someone who agrees to give you a reference – a statement that gives information about you, your character and your abilities. You often need a reference when you are applying for a job, and your **referee** is someone who knows you, or who you have worked for

will you be a referee for me? | I've been asked to be a referee for Jennifer – she's trying to get a job at the BBC | we still haven't heard from your referee

Noun: *reference*

Mr Atkins wrote a good reference for me last year

self-confident /self 'kɒnfɪdənt/ Adjective

if you are **self-confident**, you feel confident about your own abilities

we want our children to be self-confident and happy | a strong, self-confident young man | the course helped me become more self-confident

Noun: *self-confidence* | Adverb: *self-confidently*

his lack of self-confidence meant he couldn't get a better job | you could tell just by looking at her that she was full of self-confidence | she walked into the interview room quickly and self-confidently

PAGES 54–55

bonus /'bʌnəs/ Noun

a **bonus** is extra money or a valuable gift you get from your employer because you have worked hard or done well

an annual bonus

Hillary gave them all a watch as a bonus | my salary is £37,000 a year plus an annual bonus of about 10% | he gets a big bonus every year on top of his salary | all the staff get an end-of-year bonus | I'll get a bonus if I meet all my sales targets | a Christmas bonus

ethnic /eθnɪk/ Adjective

you use **ethnic** to refer to a particular group of people of the same race or who have the same culture and traditions

the Sherpa are one of 70 ethnic groups in Nepal | there are a lot of ethnic Turks living in Germany | they come from the same ethnic background | an ethnic minority (a group of people who live among a lot of other people who are different from them in some way)

Adverb: *ethnically*

London is an ethnically exciting city

expedition /ˌekspe'dɪʃ(ə)n/ Noun

an **expedition** is a journey that a group of people make, especially one that they make because they want to go somewhere where no one has gone before or do something that has not been done before

this hut was the starting point for Scott's expedition | the expedition will start in June and will take seven weeks | on December 14th, Amundsen's expedition reached the South Pole | Sir John Hunt led the expedition on Mount Everest in 1953 | two expedition members left the ship in Buenos Aires

healthcare /'helθkeə/ Noun uncount

healthcare is a system that provides doctors and hospitals for all the people in a country. Some **healthcare** systems are private, and people have to pay for them, but some countries provide **healthcare** for everyone and pay for it out of taxes

is there a good healthcare system in your country? | in America, healthcare is mostly private | demand for healthcare services is growing | campaigners demanded universal free healthcare (free for everyone)

idyllic /ɪ'dɪlɪk/ Adjective

a place or situation that is **idyllic** is peaceful, calm, and has no problems or difficulties

an idyllic rural lifestyle | a relaxing holiday in idyllic surroundings | the village is quite idyllic and hasn't changed for hundreds of years | when the war began, their idyllic life in the countryside ended

Noun: *idyll*

the film is set in Weardale, a rural idyll far from any cities or town

income /'ɪŋkʌm/ Noun

your **income** is the money that you earn from the job you do or the things you sell

my income hasn't gone up for four years | people on low incomes (who do not earn a lot of money) | the job has a starting income of £22,000 which will rise to £25,000 after two years

influx /'ɪnflʌks/ Noun

an **influx** of people or things is the arrival of large numbers of them

an influx of something

the influx of tourists brought a lot of money to the area | a large influx of immigrants from Europe | the

government was not ready for the sudden influx | we expect an influx of visitors over Easter

lament /lə'ment/ Verb

if you **lament** something, you express your sadness about it

they lamented the fact that people were giving up the old way of life | my friend in Seattle was lamenting about the state of American politics | the poem laments the death of her father | Ewing lamented his failure to learn German

Noun: *lament*

the poem was a lament for the soldiers who never returned

lifestyle /'laɪf,staɪl/ Noun

someone's **lifestyle** is the way they live, the things they do for work and pleasure, the way they spend their money, etc.

a healthy lifestyle | a simple lifestyle | an active lifestyle

people's lifestyles are too busy these days | we lived a simple lifestyle out in the country | his lifestyle hasn't changed since he got his new job | our job is to encourage a healthy lifestyle for our customers

migrate /maɪ'greɪt/ Verb

if someone **migrates**, they leave the country where they were born and go and live in a different country
my family migrated from Russia after the Revolution | about 3% of the city's population have migrated abroad since the end of the war | Indians migrated to East Africa in the nineteenth century

Noun: *migrant* | Noun: *migration*

most migrants work hard and pay their taxes | a migrant worker | migration has had a serious effect on schools in the city

settle /'set(ə)/ Verb

if a number of people **settle** in a place, or if they **settle** it, they start to live there together and make it their home

the Sherpa settled the higher regions of the Himalayas | they moved south and settled just outside Hastings | Europeans settled the area in the 18th century | after years of travelling, we finally settled in Ireland

Noun: *settler*

nearly all the early settlers were farmers | the first settlers arrived here in 1701

span /spæn/ Noun

a **span** is a period of time during which something happens or lasts

attention span | life span

within the span of three generations, everything changed completely | he has a very short attention span (he cannot concentrate for long) | in the 16th century, the average human life span was much shorter than it is today | the expected life span of the satellite is three to five years

substantial /səb'stænʃ(ə)/ Adjective

something that is **substantial** is very large, significant, or important

we lost a substantial amount of money | they faced a substantial repair bill after the ceiling collapsed | there was a substantial increase in car crime last year | we've made substantial reductions in our operating costs | we're very grateful for your substantial contribution to the project

Adverb: *substantially*

the population of cities like Delhi and Mumbai will rise substantially | oil prices have dropped substantially compared to last year

summit /'sɪdɪk/ Verb

the **summit** of a mountain is the very top of it. If you **summit** a mountain, you succeed in climbing to the top

when Hillary summited Everest, he gave all the Sherpas a watch | some of the guides on Mount Kilimanjaro have summited over 20 times | the mountain was summited by Wilfred Thesiger in 1938 |Noun: *summit*

the summit was another 1,000 feet above them | when we reached the summit the view was amazing

wealth /welθ/ Noun uncount

wealth is ownership of money and property

in terms of average wealth per person, India comes 130th in the world | his wealth is estimated at £2m | 80% of the wealth belongs to only 20% of the people | engineers contribute significantly to global wealth creation

Adjective: *wealthy* | Noun: *the wealthy*

he had married a wealthy businesswoman | you'll need to work hard if you want to become wealthy | these changes won't affect the wealthy (people who are rich), only the poor

5 Wellbeing

PAGE 57

fist /fɪst/ Noun

your **fist** is your hand when your fingers are bent tightly inwards, making a sort of ball shape
clench your fist | a clenched fist

I clenched my fist (tightly bent my fingers inwards) getting ready to punch him | he held up his clenched fist | his fists were too small for him to be a good boxer | Graham banged his fist angrily on the table | the driver shook his fist at me (made a gesture with his fist to show that he was angry)

guide /gaɪd/ Noun

a **guide** is something that helps you make a decision or judgement about something

a rough guide

use your body as a guide when working out how much to eat | your heart rate is a rough guide (not precise) to your general state of health | the temperature of the water is a useful guide to what sort of fish there are likely to be

handful /'hæn(d)ful/ Noun

a **handful** is the amount of something you can hold in your hand

a handful of something

eat a handful of peanuts in the middle of the afternoon | two handfuls of popcorn | they each took a handful of sweets from the jar

palm /pɑ:m/ Noun

the **palm** of your hand is the inside surface of your hand that does not include your fingers or thumb

the palm of someone's hand

the piece of meat should be no bigger than the palm of your hand | he swept the crumbs off the table with the palm of his hand | she held out two coins in the palm of her hand

portion /'pɔ:(r)(ə)n/ Noun

a **portion** of food is an amount that is served to one person at a meal

a portion of something

it was quite expensive and the portions were very small | the portions there are very generous | you need two slices of chicken per portion | I ordered a sandwich and a portion of chips

squash /skwɒʃ/ Noun

a **squash** is a vegetable that has a hard, thick skin
my sister made squash soup with salad | I tried growing tomatoes and squashes last year | the squash had a nice flavour but the potatoes were horrible

sweet potato /swi:t pə'tetəʊ/ Noun

a **sweet potato** is a vegetable that looks rather like a

potato, has brown skin and yellow flesh, and tastes sweeter than a potato

peel the sweet potatoes while they're still warm | I usually boil sweet potatoes, but you can also roast them | a recipe for sweet potato pie

PAGES 58–59

ban /bæn/ Verb

if someone in authority **bans** something, they make a law to say that it is not allowed. If they **ban** someone from doing something, they do not allow them to do it

ban someone from doing something

they're going to completely ban smoking next year | cigarette advertizing was banned years ago | my parents banned me from playing computer games for a week | he was banned from driving for five months

Noun: *ban* | Adjective: *banned*

a ban on something

the government has introduced a ban on smoking | two cyclists tested positive for banned substances (had taken drugs that were not allowed)

crust /krʌst/ Noun

the **crust** of a loaf or piece of bread or of the bottom of a pizza is the outside edge of it that is harder than the softer inside

the crust has a really nice flavour | the crust mustn't be more than two centimetres thick | I made some bread yesterday but the crust was like rock | the crust was burnt

Adjective: *crusty*

a crusty loaf (with a crisp crust)

ferment /fə(r)'ment/ Verb

when food or drink **ferments**, or when you **ferment** it, a chemical change happens to it, for example when the sugar in something changes to alcohol

you have to ferment it before you can eat it | the apple juice had started to ferment because I forgot to put it back in the fridge | fermenting some foods actually increases the vitamin content

Adjective: *fermented* | Noun: *fermentation*

fermented grape juice | kimchi is a Korean dish of fermented cabbage | the fermentation process takes two or three days

manuscript /'mænɪʃkript/ Noun

a **manuscript** is an old document that has been written by hand rather than being printed

it's difficult to read these old manuscripts because the handwriting is very strange | we had to wear gloves when examining the older manuscripts | the manuscript was found four hundred years after

it vanished | the manuscript is full of interesting information about the Norfolk family in the fourteenth century

millennium /mɪˈleniəm/ Noun

a **millennium** is a period of one thousand years. The plural of millennium is **millennia**

the region has been inhabited for millennia | a millennium later, the whole village had disappeared | the city's history goes back at least three millennia

rival /ˈraɪv(ə)/ Noun

a **rival** is a person or organisation who is competing with you to achieve the same things

someone's main/nearest/chief/closest/fiercest rival | a bitter rival

his closest rival was injured two weeks before the race | they'd been bitter rivals for 20 years, but now they've found friendship | Radcliffe finished the race nearly two minutes ahead of her nearest rival

Noun: **rivalry**

fierce/bitter rivalry | sibling rivalry | rivalry between people

the rivalry between the two cities occasionally erupted into violence | a bitter rivalry that lasted 20 years | sibling rivalry is quite normal (rivalry between brothers or sisters)

sparkling /ˈspɑː(r)k(ə)lɪŋ/ Adjective

liquid, especially water or wine, that is **sparkling** has lots of little bubbles in it that make it pleasant to drink sparkling wine/water

a bottle of sparkling wine | we ordered one bottle of sparkling and one bottle of still water

spiral /ˈspaɪrəl/ Noun

a **spiral** is a line that curves round and round a central point with each curve getting further from the central point

in a spiral

bend the wire round the post in a tight spiral | she drew a spiral with a triangle in the centre of it | the stones were laid out on the ground in a spiral

Adjective: **spiral**

a spiral staircase

status /ˈsteɪtəs/ Noun

the **status** of someone or something is the particular way they are seen by other people

high/low status

my grandfather's family had very low social status | an Oxford degree gave her increased status when she went back to her home town | the book achieved the status of a masterpiece

suitable /ˈsuːtəb(ə)/ Adjective

if something is **suitable**, it is right for a particular person, situation, or purpose

suitable for someone or something

this smaller one might be more suitable | the film isn't suitable for young children | it's going to be cold, so make sure to bring suitable clothes | it's

not really suitable for a family car | the classes are suitable for complete beginners

Adverb: **suitably** | Noun: **suitability**

we couldn't find a suitably large house in the area that we could afford | she questioned his suitability for the job

PAGES 60–61

avoid /əˈvɔɪd/ Verb

if you **avoid** something, you make sure you do not do it or experience it

avoid going outdoors in bright sunlight | try to avoid repeating words when you write | I managed to avoid the rush hour by leaving an hour early | I think Sam is avoiding me (trying not to see me or speak to me)

Noun: **avoidable**

the accident was perfectly avoidable – he just wasn't careful enough

chew /tʃuː/ Verb

when you **chew** food, you use your teeth to squash the food in your mouth so that you can then swallow it

he carried on chewing the crust without speaking | it's polite to chew with your mouth closed | I chewed the sweet and found it tasted of lemon

cut down on /kʌt daʊn ɒn/ Phrasal verb

if you **cut down on** something, you reduce the amount of it that there is, or that you eat or drink of it

you need to cut down on fatty foods | I'm trying to cut down on sweets | she cut down on coffee and stopped smoking altogether

cut out /kʌt aʊt/ Phrasal verb

if you **cut** something **out**, you stop eating it or doing it because you think it is bad for your health

starting next week, I'm going to cut out chips and crisps | she tried to cut out chocolate for a week, but found it too difficult | you can carry on drinking tea, just cut out the sugar

fatty /ˈfæti/ Adjective

fatty food has a lot of fat in it and is considered to be unhealthy

you should cut down on fatty food | he had too much fatty meat in his diet | cut down on fatty milk products

give up /ɡɪv ʌp/ Phrasal verb

if you **give up** something that you do regularly, you stop doing it

give up doing something

It's really hard to give up smoking | I used to collect stamps, but I gave it up when I went to university | my parents gave up their restaurant business and went back to Scotland

junk food /dʒʌŋk fuːd/ Noun uncount

junk food is cheap food that is quick and easy to buy and eat but that is not very good for you

I spent my three years at university eating junk food | don't eat too much junk food | it's all right to have junk food occasionally, but not regularly | no wonder you're so fat! You eat junk food and never take any exercise

obesity /əʊ'bi:səti/ Noun uncount

obesity is the serious physical condition of someone being so heavy that it has a dangerously bad effect on their health

obesity rates | childhood obesity

rising obesity rates are a major concern | childhood obesity is a global health concern | worldwide, obesity has more than doubled since 1980

Adjective: obese

morbidly obese | clinically obese

her mother is morbidly obese (so obese that her life is at risk) | currently 10% of children worldwide are either overweight or obese | none of these women is clinically obese (obese according to the medical definition of the word)

overweight /,əʊvə(r)'weɪt/ Adjective

someone who is **overweight** is not healthy because they weigh more than they should do

I was overweight and needed to lose at least ten kilos | more and more people are overweight these days | I was overweight when I was younger, but playing tennis has helped me stay a healthier weight | overweight children tend to grow up to be overweight adults

take up /teɪk ʌp/ Phrasal verb

if you **take up** a new activity, you start doing it
she took up tennis when she was 50 | you should take up swimming – it's a great way to stay fit | after my mum died, my dad took up bird watching | I was so overweight I decided to take up running

willpower /'wɪl,pəʊə(r)/ Noun uncount

your **willpower** is your ability to make yourself do things that you know you need to do but that you do not enjoy and do not really want to do

strong willpower

giving up smoking takes a lot of willpower | she has strong willpower and I'm sure she'll succeed | you need to show some willpower if you're going to finish the task on time

PAGES 62–63

alertness /ə'lɜ:tənəs/ Noun uncount

alertness is the state of being awake and able to think quickly and intelligently

his mental alertness improved when he started drinking coffee | activities such as driving that require alertness | he reacts to his surroundings with great alertness | alertness drops as the evening progresses

Adjective: alert

you need to stay alert during the exam | stress can happen if you are constantly alert | he lay in the hospital bed, conscious and alert, but physically very weak

asthma /'æsmə/ Noun uncount

asthma is a medical condition which affects someone's chest. People who have **asthma** cough a lot and sometimes have difficulty breathing

suffer from asthma | an asthma attack | severe/acute/chronic asthma

one in seven primary-school children now suffers from asthma | she was taken to hospital after an asthma attack | her daughter has chronic asthma (asthma that never goes away properly) | cases of asthma are rising by about 5% every year

Adjective: asthmatic | Noun: asthmatic

an asthmatic attack | an asthmatic patient

I'm asthmatic, and so are my children | provision of care for asthmatic patients | a bad asthmatic attack | this medicine should not be given to children or asthmatics | she's been an asthmatic for the last 20 years

beneficial /,benɪ'fɪj(ə)l/ Adjective

something that is **beneficial** has a good effect on someone or something

prove beneficial | highly beneficial

there are many beneficial effects of eating less meat | getting a good night's sleep will be very beneficial | everyone knows that regular exercise is beneficial to your health | changing jobs proved highly beneficial

blood pressure /bləd 'preʃə/ Noun uncount

your **blood pressure** is the force with which blood moves around your body. If your blood pressure is too high or too low, it can make you ill

high/low blood pressure | take someone's blood pressure

if your blood pressure drops too much it can be dangerous | I'm taking pills for high blood pressure | the doctor took my blood pressure (measured it) | she suffers from low blood pressure

disease /dɪ'zi:z/ Noun

a **disease** is a serious illness

heart disease

rats can cause disease | he died of heart disease | she suffers from a blood disease | I don't want to catch the disease

Adjective: diseased

he had a transplant to replace his diseased heart with a healthy one from another person

habit-forming /'hæbɪt-'fɔ:mɪŋ/ Adjective

a **habit-forming** drug or activity is one that you keep using or doing even though you know it is bad for you

a habit-forming drug | swimming is habit-forming – the more you do it the more you want to do it | watching daytime TV can be habit-forming

harmful /'hɑ:(r)mf(ə)l/ Adjective

something that is **harmful** can cause harm or damage to someone or something

coffee can have several harmful effects on the body | smokers expose themselves to a range of harmful chemicals | too much rainwater can be harmful to buildings

Verb: *harm* | Noun: *harm*

come to harm

looking directly at the sun can harm your eyes | no animals were harmed in the making of the film | the factory has already caused great harm to the environment | these drugs can cause serious harm to the body | luckily, we didn't come to any harm when we were caught out in the storm

ingredient /ɪn'ɡri:diənt/ Noun

the **ingredients** of a dish of food or a drink are all the different things that go into it

I haven't got all the ingredients I need to make the cake | mix the ingredients thoroughly | a list of ingredients | our chef uses fresh, local ingredients | add the rest of the ingredients after 10 minutes

mood-changing /mu:d-'tʃeɪndʒɪŋ/ Adjective

something that is **mood-changing** has the effect of making you feel different, for example feeling more awake and alert, feeling happier, feeling more depressed, etc

caffeine is the world's most popular mood-changing drug | it was a mood-changing moment when they turned the lights down

neuroscientist /,njʊərəʊ'saɪəntɪst/ Noun

neuroscience is the study of the way the brain and the nervous system works. Somebody who studies this subject or who is an expert in this subject is a **neuroscientist**

a neuroscientist at Harvard Medical School | 200 neuroscientists gathered for a conference in Munich | neuroscientists still can't agree about the the answer to this question

Noun: *neuroscience*

she has degrees in mental health and neuroscience | neuroscience offers several solutions to these problems

relieve /rɪ'li:v/ Verb

if something **relieves** pain or an illness, it reduces the pain or illness or makes it go away altogether

a good way to relieve stress | this should help relieve the pain | having a neck massage is one way to relieve headaches | caffeine can relieve pain, apparently

Noun: *relief*

relief from something | pain/stress relief | effective relief

effective methods of pain relief | the medicine provided temporary relief from stress and helped her sleep | he felt relief spread through his body as the drugs took effect

shift work /ʃɪft wɜ:k/ Noun uncount

the period of time someone spends at work, for example in a factory, is a **shift**. If someone is on **shift work**, they work at different times of the day over a period of time, for example working during the night for a week, then working during the day for a week

do shift work | be on shift work

it's hard doing shift work, especially when you have young children | I chose to do shift work because the pay is better | he'd been on shift work for nearly a year | shift work can cause problems with sleeping patterns

PAGES 64–65

bill /bɪl/ Noun

a **bill** is a list which shows you how much you have to pay for something that you have received

pay a bill

could we have the bill please? | I forgot to pay the electricity bill | they sent me a bill for £300 | our gas bills are now paperless (they come by email and are not sent to us through the post) | the restaurant made a mistake with the bill

course /kɔ:(r)s/ Noun

in a meal, the **courses** are the separate dishes that you eat, one after the other. You usually have a starter as the first course, then the main course, then a dessert

first course | main course

a three-course meal | I won't have a first course, thank you | the first two courses were lovely, but the dessert was horrible | what are you having for your main course?

dessert /dɪ'zɜ:(r)t/ Noun

a **dessert** is a dish of sweet food that you eat at the end of a meal

I never eat desserts | would you like to see the dessert menu? | what's for dessert? | all the desserts were delicious

fritter /'frɪtə(r)/ Noun

a **fritter** is a thin piece of food that is dipped in a mixture of flour and eggs and then fried

have you ever tried plantain fritters? | I'm going to make fritters tonight | the fritters had got cold | you can freeze the fritters then have them next week

inedible /ɪn'edəb(ə)l/ Adjective

food that is **inedible** cannot be eaten, either because it does not taste nice or because it is rotten or poisonous

they put bleach on the food to make it inedible | the fruit looks pretty but it's actually inedible | the grapes were small, hard, and inedible | my last attempt at cooking was completely inedible

Opposite – Adjective: *edible*

all these plants have edible fruit | it's not always easy to identify edible mushrooms

profit /'prɒfɪt/ Noun

profit is money that you get by selling something or doing business. Your **profit** is the difference between the amount it cost you to produce the thing you sold and the amount you received when you sold it
make a profit | sell something at a profit | profits rise/fall

this will lead to less waste and more profit for you | companies are always trying to increase their profits | I sold my history textbooks on eBay at a huge profit | the company made a profit of £10m last year | profits rose for the third year in a row | profits fell because the cost of paper went up

savoury /'seɪvəri/ Adjective

something that is **savoury** tastes of salt or spice rather than tasting sweet

a savoury snack | I much prefer savoury food to sweet food | plantain is a sort of savoury banana | I like to finish a meal with something savoury

scrap /skræp/ Verb

if you **scrap** something such as a plan, project, or activity, you decide not to carry on with it

my favourite TV show has been scrapped | the university scrapped several of its language courses | the project was scrapped at the last minute because of lack of money | the government has decided to scrap its plans to introduce ID cards

sell-by date /sɛl-baɪ deɪt/ Noun

the **sell-by date** of food, flowers, etc., is the date after which they should not be sold because they will not be fresh any more

most food is still fit to eat a few days after the sell-by date | I always check the sell-by date before I buy a carton of milk | these doughnuts are past their sell-by date

soak /səʊk/ Verb

if you **soak** something, or if you let it **soak**, you put it into water or another liquid and leave it there for a time, often as part of food preparation

soak something in something | soak in something
soak the beans overnight | leave them to soak for a few hours | soak them in cold water for two hours | in another pot, soak the salted fish

Noun: *soak*

they cook very quickly after a soak overnight

starter /'stɑː(r)tə(r)/ Noun

a **starter** is a small dish that you eat at the beginning of a meal, before the main course

for starters

would you like a starter, sir? | the starters were very expensive | I won't have a starter – I'll have a dessert later instead | the price includes a starter, main dish, and dessert | who's having a starter? | I'm having soup for starters

tip /tɪp/ Noun

a **tip** is an extra amount of money that you give when you pay for a meal in a restaurant or for a service that you have had to thank the person who has dealt with you
leave a tip

shall we leave a tip, or is the service included? | we left a generous tip (a large amount of money) | most hairdressers rely on tips because their pay is very low | taxi drivers in Japan don't expect a tip

Verb: *tip*

it's usual to tip the waiter | did you tip the porter at the hotel?

unsold /ʌn'səʊld/ Adjective

things that are **unsold** were available for people to buy, but no one bought them

remain unsold

the unsold food could be given to homeless people | a pile of unsold copies of Jeffrey Archer's latest novel | there were still over 1,000 unsold tickets on the morning of the concert | the house remained unsold for another year

unwanted /ʌn'wʌntɪd/ Adjective

something that is **unwanted** is not wanted by someone

unwanted food should not be thrown away but given to people in need | we tried to sell some of our unwanted furniture | he felt unwanted as he listened to his parents arguing

PAGES 66–67

annually /'ænjuəli/ Adverb

something that happens **annually** happens once a year

I used to go to the dentist every six months but now I just go annually | the event was held annually until 2012 | the mayor is elected annually | St George's Day is celebrated annually on April 23rd

Adjective: *annual*

an annual trip to the dentist | our annual summer holiday

breathe in /briːð ɪn/ Phrasal verb

if you **breathe in**, you take air into your lungs

breathe in deeply

if you feel nervous, breathe in slowly, then breathe out again | he sat up and breathed in deeply | she breathed in slowly, concentrating hard

Opposite – Phrasal verb: *breathe out*

raise your head and shoulders and breathe out slowly | measure your waist just after you breathe out

crowd /kraʊd/ Verb

if people **crowd** a place or **crowd** into it, large numbers of them go in there so that there is not much room for any more people

thousands of fish sellers crowd the seafood market in Tokyo | demonstrators crowded the streets around the Parliament building | forty journalists crowded into the tiny courtroom

Noun: *crowd* | Adjective: *crowded*

the crowd outside was larger than we'd expected | a crowd of curious tourists watched the Queen arrive at the palace | Oxford Street is the most crowded street in London | the shop was crowded with people wanting to buy the new iPhone

cute /kju:t/ Adjective

something that is **cute** is small and attractive, in a slightly childish way

what a cute little dog | it's such a cute little teddy bear | she's so cute

fool /fu:l/ Verb

if something **fools** you, it tricks you into believing something that is not true

fool someone into doing something

we're not trying to fool you – we really did win the lottery! | you might be able to fool your father, but you can't fool me | I had to fool people into thinking they were hearing a full orchestra | he wasn't fooled a second time

licence /'laɪs(ə)ns/ Noun

a **licence** is an official document that gives you permission to do something

fugu chefs need a licence to prepare and sell puffer fish | do you need a licence to ride a motorbike? | you must have a full driving licence to hire a car | he was found guilty of dangerous driving and lost his licence for two years (he wasn't allowed to drive as a punishment)

major /'meɪdʒə(r)/ Adjective

major means important, significant, and serious

sugar is a major cause of ill health | her death had a major effect on my life | three major sporting events will take place in the city next year | global warming is the major issue that will be discussed at the conference | there were demonstrations in all major cities across the country

poison /'pɔɪz(ə)n/ Noun uncount

poison is a substance that can make you ill or kill you if you eat, drink, or breathe it

some snakes have poison in their teeth | rat poison (for killing rats) | the poison had already entered his bloodstream

Adjective: *poisonous* | Verb: *poison*

some types of mushroom are poisonous | he was bitten by a poisonous snake | poisonous gases | chemicals are poisoning our lands and rivers | approximately 2 million people are accidentally poisoned each year

regulation /ˌregjʊ'leɪʃ(ə)n/ Noun

regulations are the rules that apply to a particular process or activity

check the regulations before you enter the competition | the regulations say you have to be over 16 to take part in the race | the regulations covered 12 pages when I printed them off! | new safety regulations were introduced after the accident

sick /sɪk/ Adjective

if you are **sick**, you are not well and become ill

get sick | be off sick | sick leave

I was too sick to go to school | what happens if I get sick while I'm in America? | Jack's off sick again today (not at work or school because of being ill) | he had to take a week's sick leave (a week of not going to work because of illness)

Noun: *sickness*

there's a strange sickness going around the school at the moment | he never had a day's sickness in his life

6 Mysteries

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background /'bækgraʊnd/ Noun

the **background** is everything that is behind the main thing or person that you are looking at, for example in a photograph or painting
in the background

you could see it in the background | what's going on in the background? | look, that's Rick in the background | the light wasn't very good and the background has come out too dark

Opposite – Noun: foreground

in the foreground

as usual, Jerry smiled at the camera in the foreground

eyelash /'aɪ,læʃ/ Noun

your **eyelashes** are the hairs that grow from your eyelids above and below your eyes

he had unusually long eyelashes for a man | she had the longest eyelashes I'd ever seen | her eyebrows and eyelashes were black

genuine /'dʒenjuɪn/ Adjective

something that is **genuine** is not a copy and has not been changed but is really what it seems to be
this jacket is genuine leather | a genuine fur coat | it's a genuine Picasso (it really was painted by Picasso) | the photo is genuine, it hasn't been photoshopped

Adverb: genuinely

he is a genuinely warm and caring man

parasailing /'pærəseɪlɪŋ/ Noun uncount

parasailing is an activity in which someone is pulled through the water by a motor boat while wearing a sort of parachute so that they rise into the air

he had a serious parasailing accident | the weather was perfect for some parasailing | parasailing is a popular activity at our local beach | I tried jet-skiing, parasailing, and water-skiing on holiday last year

PAGES 70–71

drawing pin /'drɔɪŋ pɪn/ Noun

a **drawing pin** is a short, pointed piece of metal with a wide cap that you use to attach pieces of paper to a noticeboard

I trod on a drawing pin | a box of drawing pins | I only had two drawing pins but had three notices I needed to put up

drip /drɪp/ Verb

if a liquid **drips**, it falls downwards from somewhere continuously in small drops

make sure the wax doesn't drip on the floor | the tap was dripping (water was coming out in small drops) | milk was dripping off his chin | the sound of dripping water

Noun: drip

put a bucket under the drip to protect the carpet

open /'əʊpən/ Adjective

if your mind is **open**, you have not made any firm decision about something yet and are ready to consider all sorts of different possibilities

keep an open mind

your brain needs to be relaxed and open when you approach this problem | he said he'd keep an open mind, so I'm hoping he'll agree once he's heard what we have to say | I came into the meeting with an open mind

wax /wæks/ Noun uncount

wax is a solid substance that becomes soft and liquid when it gets very hot and is used to make candles
candle wax

some candle wax dripped onto the table | wax turns to liquid as it melts | hot wax ran onto the top of the table

workplace /'wɜː(r)kpleɪs/ Noun

your **workplace** is the factory, office, studio, shop, etc., where you are when you are at work

better training could help prevent more accidents in the workplace | posters were put on display in public areas such as schools, workplaces and bus stations | the number of workplace injuries went up again last year | police came to his workplace to ask him about the shooting

PAGES 72–73

clear /klɪə(r)/ Adjective

something that is **clear** can be seen, heard, or understood easily

the lines didn't become clear until it was possible to see them from the air | the outline of the mountains became clear once the rain stopped | the clear, musical sound of the church bells

Adverb: clearly

the ship was clearly visible on the horizon

diagram /'daɪəgræm/ Noun

a **diagram** is a simple drawing that shows how something such as a machine works, or what something looks like

this diagram shows how the frame fits together | it's difficult to explain in words, but this diagram might help | a wiring diagram (showing how electrical wires should be connected) | each point in the diagram represents an exact position in space

drawing /'drɔɪŋ/ Noun

if you **draw** something, you use a pen or pencil to make a picture of it. The picture that you make is

called a **drawing**, and the activity of doing this is also called **drawing**

a drawing of something or someone

what a lovely drawing | a drawing of the Eiffel Tower | a book of pencil drawings | we saw his drawings in an exhibition in Paris

Verb: *draw* | Noun: *drawing*

it's easy to draw a horse | can you draw a picture of your house? | drawing is good fun | she's good at drawing

figure /fɪɡə(r)/ Noun

a **figure** is something that is in the shape of a human, especially in a picture, drawing, or photograph

I could see a figure standing by the gate | an abstract sculpture based on human figures | the two figures in the painting represent love and loyalty | I can't draw figures very well, so I prefer doing landscapes

ground /graʊnd/ Noun singular

the **ground** is the surface of the earth, or the surface that is under your feet when you are outside

it was difficult to put the tent up because the ground was so hard | I slipped and fell to the ground | he dug a hole in the ground and buried the dog in it | the ground was very rough and I was glad I was wearing boots

line /laɪn/ Noun

a **line** is a long and straight mark on a piece of paper or other surface

a straight line

can you draw a straight line without using a ruler? | draw a line from one side of the page to another | the diagram was made up of lines and circles | a dotted line (a line drawn with dots, with a small space between them)

Adjective: *lined*

lined paper (paper that has lines marked across to make it easier to write on)

pattern /pætə(r)n/ Noun

a **pattern** is a series of shapes and lines that are repeated regularly on a surface

he always wears shirts with a colourful pattern | the teacher got us to draw some complicated patterns | I love the pattern on your curtains | the vase was decorated with geometric patterns (with regular shapes like squares and triangles)

Adjective: *patterned*

babies like to look at patterned objects | she bought a skirt patterned with roses

plug in /plʌg ɪn/ Phrasal verb

if you **plug** something **in**, you connect it to a supply of electricity or to another piece of equipment

can I plug my phone in here? | you just plug it into a power socket and it should work straight away | is it plugged in? | you can plug your phone into the computer and it will charge up | I thought it wasn't working, but I'd simply forgotten to plug it in

Noun: *plug* || Opposite – Verb: *unplug*

put the plug into the socket | don't unplug my phone, it's still charging

shape /ʃeɪp/ Noun

the **shape** of someone or something is their outer edge, and whether they are round, square, etc

can you see that cloud – it's in the shape of a horse | the lake was roughly square in shape | the shape of the dome is like an onion | we make clothes for people of all shapes and sizes | create the body by drawing a rounded shape

stuck /stʌk/ Adjective

if you are **stuck** somewhere, you cannot get away even though you want to

they're probably stuck in traffic | people got stuck in their cars overnight | we were stuck inside thanks to the rain | I'm going to be stuck in London all summer | the van got stuck in the mud (was unable to move) | we were stuck in a lift for 30 minutes

PAGES 74–75

attempt /ə'tempt/ Verb

if you **attempt** to do something, especially something difficult, you try very hard to do it

attempt to do something

he attempted to cross the Atlantic in a canoe | two prisoners were shot when they attempted an escape | anyone attempting to solve the problem soon found how difficult it was | he unsuccessfully attempted to become an MP

Noun: *attempt*

an attempt to do something

they lowered taxes in an attempt to win the election | it was a good attempt, but it still failed

book /bʊk/ Noun

a **book** is a lot of pieces of paper with writing printed on them that are held together in a cover so that you can read them, one page after another

several books have been written about it | I always take a book to read on a long train journey | the house was full of books | she hadn't read a book since leaving school

capture /'kæptʃə(r)/ Verb

to **capture** someone means to catch them and make them a prisoner

the captured two enemy soldiers during the night | nine of the terrorists were captured | the captured pilot was eventually returned to his own country | the prisoner injured a security guard before being captured by police

Noun: *capture*

he avoided capture for several weeks | newspapers reported the capture of both gunmen

contact /'kɒntækt/ Noun uncount

if you are in **contact** with someone, you are able to communicate easily with them, or you already communicate regularly

be in contact | keep in contact | lose contact (with someone or something)

contact was lost after three hours | we kept in contact after we left university | there's been no contact with the ship for 12 hours | are you still in contact with your cousin in Bahrain?

Verb: contact

you can contact me by email or post something on my Facebook page

distinguish /dɪ'stɪŋɡwɪʃ/ Verb

if you **distinguish** between two things or people, you successfully identify each of them by seeing the differences between them

distinguish between things/people | distinguish one person/thing from another

they need a big sample of DNA to distinguish between Earhart's DNA and anybody else's | he has difficulty distinguishing between blue and green | as children, we have to learn to distinguish good from bad | looking at the shape helps you to distinguish individual words

Noun: distinction

there's an important distinction between income and wealth

finance /faɪnæns/ Verb

to **finance** an activity or event is to provide the money that is needed to organise it

his family is financing part of the project | the new museum was financed by several local businesses | nobody wanted to finance the new bridge, so the project was scrapped | over the years, we have financed four expeditions to Mount Everest

Noun: finance

we couldn't get the finance to build a new yacht

fly /flaɪ/ Verb

if you **fly** somewhere, you go there in a plane

we flew to Helsinki | I'd rather go by train than fly | you can fly direct from London to Seattle (without stopping on the way) | we flew economy to Berlin (we had the cheapest possible tickets) | I've only once flown business class (in more comfortable and more expensive seats) | British Airways flies to over 300 different airports in the world

Noun: flight

it's a ten hour flight (journey in a plane) | our flight time this afternoon will be two hours and 20 minutes | we hope you enjoyed the flight | you can get really cheap flights to Prague

genetic profile /dʒɪ'netɪk 'prəʊfaɪl/ Noun

someone's **genetic profile** is a description of their genes, which can help doctors decide how to treat them if they have certain illnesses

our patients are treated differently depending on their genetic profile | A DNA match means that a set of human remains have been identified by matching the genetic profile of the remains to those of family relatives

identical /aɪ'dentɪk(ə)/ Adjective

if things are **identical**, they are exactly the same as each other

a row of identical houses | they were wearing almost identical suits | the boats were ten feet long and nearly identical | identical twins (two children born at the same time to the same mother who look exactly the same as each other)

Adverb: identically

they were wearing identically shaped hats

land /lænd/ Verb

when a pilot **lands** a plane, or when the plane **lands**, it comes down to the ground after a journey through the air

our plane landed on time | we're due to land at 6:30 | we didn't get off the plane for nearly an hour after we landed | she planned to land on a tiny Pacific island

Noun: landing

the landing was rather bumpy (it wasn't smooth)

navigator /'nævɪgeɪtə(r)/ Noun

a **navigator** is someone who works out a route on a long or difficult journey and keeps track of where a ship, plane, car etc., is and the direction it is going in

no one knows what happened to Earhart and her navigator | good knowledge of maths is useful for a ship's navigator | the captain was an excellent navigator | a Spanish explorer and navigator

Verb: navigate | Noun: navigation

I'll drive if you navigate | we navigated our way out of the city centre | navigation has become easier with satnavs and GPS

plan /plæn/ Verb

if you **plan** to do something, you decide that you are going to do it and work out how you will do it

we're planning to move to Edinburgh | when are you planning to retire? | they're planning a new railway line between here and Doncaster | we haven't planned our holiday yet for this summer

Noun: plan

that sounds like a good plan | do you think the plan will work? | do you have any holiday plans? | everything went according to plan

record /'rekɔː(r)d/ Noun

a **record** of an event is all the information about it that is kept so that people can look at it later

keep records

the records show that the house was originally built in 1908 | no record remains of the trial in 1644 | if you don't keep records properly it will cause problems later | I'll check my records to see when the accident happened

Verb: record

record your results as accurately as possible

remains /rɪ'meɪnz/ Noun plural

the **remains** of someone or something are all that is left of them after they have died or been destroyed
 human/animal remains | the remains of someone/something
archaeologists uncovered the remains of three 12th century monks | traces of human remains in the cellar | the charred remains of the house (what was left after a fire)

sample /'sɑ:mp(ə)/ Noun

a **sample** is a small amount of a substance that is used for scientific analysis
 a sample of something | collect/obtain a sample
scientists plan to take samples of her DNA from letters she wrote | researchers are collecting samples of earth from the contaminated area | blood/urine samples
 Verb: *sample*
they were carefully sampled for further analysis in a laboratory

solo /'səʊləʊ/ Adverb

if you do something **solo**, you do it on your own without anyone else being with you to help
the first woman to fly solo around the world | the song can be performed solo or with a choir
 Adjective: *solo* | Noun: *solo*
the piece was written for solo piano | he performed a solo concert in Los Angeles | a ten-minute guitar solo

test /test/ Verb

if you **test** something, you do what is necessary in order to make a decision about whether it is good, true, acceptable, etc
 test something on something
they want to test the suggestion that Earhart's body has been found | lots of cosmetics are tested on animals before they go on sale | I tested my new car on the motorway
 Noun: *test*
tests proved that the victim had been dead for over a year

turtle /'tɜ:(r)t(ə)/ Noun

a **turtle** is an animal with very short legs and a hard outer shell, that lives in or near water
the bone probably belonged to a turtle | these turtles are often seen in large groups | the turtles are friendly and very old | every turtle makes a nest of around 150 eggs

PAGES 76–77**accidentally** /æksɪ'dent(ə)li/ Adverb

if you do something **accidentally**, you do not do it on purpose and do not want it to happen. If something happens **accidentally**, it happens even though no one wanted it to
someone accidentally cut through an underground cable | I accidentally knocked the glass off the table | he accidentally swallowed his chewing gum | she

accidentally dropped the books on her way out of the library

Adjective: *accidental* | Noun: *accident*
 by accident

you'll have to pay for it even if the damage was accidental | I'm sorry I broke the vase – it was an accident | I found the website by accident (not on purpose)

apparently /ə'pærəntli/ Adverb

you use **apparently** to introduce some information that might be surprising but that is actually true, or that you have only just learned about
apparently, the cable was left exposed after heavy rain | I'd always assumed he was American, but apparently he's Canadian | the thief apparently escaped through a window at the back of the shop | the fight was apparently caused by a disagreement about politics
 Adjective: *apparent*
 become apparent
it soon became apparent that he was not going to win the election | he was found dead in an apparent suicide a week later

arrest /ə'rest/ Verb

when the police **arrest** someone, they take them away as a prisoner because they think the person has committed a crime
 arrest someone for something
the woman was arrested for damaging property | police arrested him last night at the house where the body was found | a man was arrested after stealing 10 kilos of bananas | Hamilton was arrested for dangerous driving

atmosphere /'ætməs,fɪə(r)/ Noun singular

the **atmosphere** is the air and all the other gases around the earth
the atmosphere allows some sunlight to pass through | global warming is caused by too much carbon in the atmosphere | the spaceship re-entered the atmosphere at 11:53 this morning
 Adjective: *atmospheric*
atmospheric carbon dioxide (carbon dioxide in the atmosphere) influences global temperatures

cable /'keɪb(ə)li/ Noun

a **cable** is a thick wire that carries electricity or digital information
she tripped over a loose cable | an electric cable | an underground cable | the signals are transmitted on three separate cables

coincidentally /kəʊɪnsɪ'dent(ə)li/ Adverb

a **coincidence** is when two related things happen at the same time by chance. When this happens, it is **coincidental**, or the things happen **coincidentally**
coincidentally, internet services failed in other regions last week | his first name, coincidentally, was also Ryan | they both arrived on the same train coincidentally

Noun: *coincidence* | Adjective: *coincidental*

any similarity between us is entirely coincidental | I don't believe his arrival was coincidental | it was a lucky coincidence that she was in Paris at the same time | by coincidence, we both went to the same university

deliberately /dɪ'lɪb(ə)rətli/ Adverb

if someone does something **deliberately**, they do it because they mean to do it and not by accident
hackers deliberately tried to shut down the bank's system | he was being deliberately unhelpful | he was playing his music deliberately loud | she deliberately chose not to come to the party | I think he's deliberately avoiding me

Adjective: *deliberate*

a deliberate attempt to get me into trouble | it was all a deliberate lie

exposed /ɪk'spəʊzd/ Adjective

if something is **exposed**, it has no cover or any other protection and risks being damaged
landslides left the cable exposed | we spent the night on the side of the mountain, exposed, and with no tent or other shelter | it's dangerous to leave exposed electrical wires in the house | the cottage was in a very exposed position at the edge of the sea

Verb: *expose*

she dug away the soil to expose the roots of the tree

forged /fɔ:(r)dʒd/ Adjective

something that is **forged** has been made unofficially or illegally and is not what it seems to be
a forged £10 note | these blue notes are no good – they're forged | experts identified three forged paintings | two prisoners escaped using forged documents

Verb: *forge* | Noun: *forgery* | Noun: *forger*

he started forging Picasso drawings when he was a student | the letter was shown to be a forgery | the painting looked genuine, but was actually a modern forgery | a skilled forger can make you a new passport in a couple of days

fortune /'fɔ:(r)tʃən/ Noun

a **fortune** is a large amount of money
cost/spend/pay a fortune | earn/make a fortune | be worth a fortune

she must be earning a fortune in her new job | he made a fortune on the stock exchange | they spent an absolute fortune on their holidays | the house must be worth a small fortune now (a surprisingly large amount of money) | your salary is a fortune compared to mine

gradually /'grædʒuəli/ Adverb

if something happens **gradually**, it happens over a period of time and not all at once

I've been here a week now and I'm gradually getting used to it | things gradually settled into a routine | the attacks gradually became more frequent and more violent | the company gradually lost all its customers

Adjective: *gradual*

there's been a gradual reduction in traffic in the city centre | a gradual introduction of tax increases

immediately /ɪ'mi:diətli/ Adverb

if someone does something **immediately**, they do it quickly and with no delay

engineers immediately went to the site of the problem | come here immediately! | the restaurant was immediately closed after rats were found in the kitchen | the police immediately began a search of the area

Adjective: *immediate*

the change in the law has had an immediate effect

landslide /'lænd(d),slaɪd/ Noun

a **landslide** is an occasion when a large quantity of loose soil, rocks, etc comes uncontrollably down a hill, often causing a lot of damage

several houses were destroyed by the landslide | they managed to get away just moments before the landslide struck the village | a landslide in 2001 killed 71 people | the landslide was caused by heavy rain during the night

meteorite /'mi:tɪərɪt/ Noun

a **meteorite** is a piece of rock or metal from space that has landed on Earth

a number of small meteorites were found nearby | the largest meteorite was about 1 kilogram | in 1868, over 100,000 meteorite fragments fell in Poland | a meteorite shower (when a meteorite breaks into hundreds of small pieces as it comes through the atmosphere)

spade /speɪd/ Noun

a **spade** is a tool with a long handle and a fairly wide blade that you use for digging in the ground

she accidentally cut through the cable with a spade | when I worked as a gardener I had to provide my own spade and other tools | he broke the spade when he tried to dig out the tree roots | I bought a new spade last week for £20

temporarily /'tempərəri/ Adverb

something that happens or exists **temporarily** is only meant to last for a short time

several roads were temporarily closed during the storms | I'm temporarily living with my sister until my new flat is ready

Adjective: *temporary* || Opposites – Adverb: *permanently* | Adjective: *permanent*

a temporary job | a temporary contract | temporary workers | living in temporary accommodation | a temporary address | his knee was permanently damaged in the accident | he's looking for a permanent job | a mixture of permanent and temporary staff

unfortunately /ʌn'fɔ:(r)tʃ(ə)nətli/ Adverb

if something is **unfortunate**, it is rather sad and unlucky. You say **unfortunately** when you are describing something unfortunate that has happened

unfortunately, I got there too late and missed my plane | My uncle, unfortunately, had to stay behind | our cat was unfortunately bitten by a dog

Adjective: *unfortunate* || Opposites -- Adverb: *fortunately* | Adjective: *fortunate*

he was unfortunate enough to miss the first week of the training course through illness | it was unfortunate for us all when the factory closed | fortunately for us, the next train arrived almost immediately | we are fortunate that it's such a good school | she is fortunate in having a good team working for her

PAGES 78–79

buoy /bʊɪ/ Noun

a **buoy** is an object floating on a river or in the sea to warn people of possible danger, such as rocks, shallow water, etc., or to show areas which are safe
there was a green buoy 200 yards ahead | you must keep to the right of the buoy | a line of buoys warned of danger

coast /kəʊst/ Verb

if you **coast** somewhere in a car or boat, you go there without using any power from the engine or motor
we coasted down the hills to try and save petrol | he turned the motor off and coasted towards the buoy

eyewitness /ˈaɪ.wɪtnəs/ Noun

an **eyewitness** is someone who sees something happen, especially something serious like a car crash or a crime, and who is able to give the police information about what they have seen
one eyewitness said the gunman laughed as he walked away | an eyewitness account (a description of an incident given by someone who was there) | according to eyewitnesses, the motorbike came round the corner too fast | Morton was the only eyewitness to the murder

head off /hɛd ɒf/ Phrasal verb

if you **head off** somewhere, you start to go in that direction
I headed off towards the buoy | it's time for me to head off for home | we headed off along the river bank | she said goodbye and headed off down the street

hump /hʌmp/ Noun

a **hump** is a small raised area of land or of something solid
some camels have two humps | he saw a hump in the water about 20 metres away | there were several humps in the grass out in the back garden

motor /ˈməʊtə(r)/ Noun

a **motor** is an engine that provides power to a car, boat, piece of machinery, etc

I turned the motor off and let the boat drift | I had to shout to be heard over the noise of the motor | an electric motor | I couldn't get the motor started

roughly /ˈrʌfli/ Adverb

you use **roughly** to say that a number, quantity, amount etc is not exact

I judged roughly where it disappeared | there were roughly 100 people at the concert | roughly 1.6 million tourists come to the country every year | the film was roughly an hour and a half | elections are held roughly every four years

Adjective: *rough*

at a rough guess, I'd say he was 30

spotter /ˈspɒtə(r)/ Noun

a **spotter** is someone who is interested in a particular kind of thing and spends some of their free time trying to see them

a train spotter | three plane spotters were arrested at an airport in Greece

submerge /səbˈmɜː(r)dʒ/ Verb

if something **submerges** or if you **submerge** it, it goes completely under the surface of some water
it's surprising how quickly submarines can submerge | the village was completely submerged by the flood | there's a risk that the sea will submerge whole islands | they submerged their bodies in the water for 30 seconds | he submerged his victim's head in the water until he drowned

yard /jɑː(r)d/ Noun

a **yard** is a measurement of length equal to 0.91 metres

a cricket pitch is 22 yards long | there are 1,760 yards in a mile | his house is about 100 yards down the road | the garden is 20 yards wide

7 Living space

cramped /kræmpt/ Adjective

somewhere that is **cramped** does not have enough space for all the people that are there or for all the activity that takes place there

it's very cramped and noisy in our house | the office was small and we worked in very cramped conditions | the cabin was very cramped with five of us inside it | the garden is very big, but it's very cramped inside the house

flatmate /'flætmeɪt/ Noun

your **flatmate** is someone who shares the flat that you live in

my flatmates usually go away at the weekend | she lived there for two years with the same three flatmates | I'm lucky, my flatmate is a brilliant cook | the flatmates took it in turns to do the cleaning

habitat /'hæbɪtæt/ Noun

the **habitat** of living things such as animals or plants is the sort of place where they exist in nature, rather than a place that has been made or changed a lot by people

natural habitat

we need to do more to protect their natural habitat | these natural habitats are being destroyed by pollution | it lives in forest habitats | this is not the preferred habitat for foxes

privacy /'prɪvəsi/ Noun uncount

privacy is a state in which no one can see you or know what you are doing

in the privacy of somewhere

many people will fight to protect their privacy | the high fence around the garden ensured a degree of privacy | some like having neighbours nearby, while others like the idea of complete privacy | I can say what I want in the privacy of my own home

Adjective: private

she's a very private person (she never says much about herself to anyone) | he has the right to a private life (to live without people watching and reporting on what he does)

shared /ʃeəd/ Adjective

something that is **shared** belongs to or is used by several people

I live in a shared house in Walthamstow | a small flat with a shared bathroom | my cousins and I have a shared set of grandparents

Verb: share

Jack suggested sharing a flat together to make it cheaper

shelter /'ʃeltə(r)/ Noun

a **shelter** is somewhere that gives you protection, for example from rain, cold, danger, etc

take shelter

a bus shelter (where people keep dry when they are waiting for a bus) | they took shelter under the entrance to a supermarket | the lizard was looking for shelter under a rock | the sun was very strong and there was no shelter in the middle of the field

Verb: shelter | Adjective: sheltered

four of us sheltered under the branches of an oak tree | a nice sheltered spot for a picnic

PAGES 82–83

atmosphere /'ætməˌfɪə(r)/ Noun singular

the **atmosphere** of a place is the feeling you get when you are there

the restaurant has a really good atmosphere | the hotel has a lovely friendly atmosphere | I didn't like the atmosphere at the party so I left early | the atmosphere was tense (people were worried and not very friendly) at the start of the meeting

bear /beə(r)/ Noun

a **bear** is a large, sometimes fierce, animal with thick fur

polar bears have white fur, but most other bears have brown fur | we thought we saw a bear on the other side of the lake | if you see a bear, don't make any sudden movements

beaver /'biːvə(r)/ Noun

a **beaver** is an animal with short legs, thick fur, and a wide flat tail. Beavers build dams (walls) across rivers and streams

I've only ever seen a beaver in a zoo | there are lots of beavers in this part of Canada | a hat made from beaver fur

block /blɒk/ Noun

a **block** is a group of buildings in a town or city with streets on all sides

we took a walk around the block | walk five blocks, then turn left | I live just three blocks away from my office

built-up /bɪlt-ʌp/ Adjective

a **built-up** area is one where there are a lot of buildings and streets and not very much open space

Beijing is one of the most built-up areas in the world | the total built-up area is 54000 square metres | the neighbourhood became much more built-up after the war

financial /faɪ'nænʃ(ə)l/ Adjective

financial things and activities are related to money and the control of money

an important business and financial district (where there are a lot of banks) | Switzerland is a financial centre with a lot of banks | I have some financial

problems | a financial advisor | the financial crisis of 2008

Adverb: *financially* | Noun: *finance*

he's been very successful financially | a meeting of European finance ministers | the company's finances were steadily improving | she works in the finance department

grassland /ˈɡrɑːslænd/ Noun

grassland is an area of land which is always covered in grass

to the south was open grassland | the river ran through grassland for several miles | the village was surrounded by forest and grasslands | grasslands once covered a quarter of the earth

marsh /mɑː(r)/ Noun

a **marsh** is an area of land that is very wet all year round

you can't walk far through the marsh | there's a lot of interesting wildlife (animals, insects, etc) on the marshes | my boots were muddy from walking by the marsh

neighbourhood /ˈneɪbə(r)hʊd/ Noun

your **neighbourhood** is the area of the town or city around where you live

we live in a nice neighbourhood | it's a dangerous neighbourhood after dark | it's a very quiet neighbourhood | everyone in the neighbourhood knows my dad

potential /pəˈtenʃ(ə)/ Noun uncount

if a place or person has **potential**, there is a big possibility that they can develop and become different or better in the future

reach/realize your (full/true) potential

the house has got real potential | the area has enormous potential | he's only a young player, but he has potential | she hasn't reached her full potential yet

Adjective: *potential* | Adverb: *potentially*

he is thought of as a potential prime minister | we exhibited our work for potential employers | a potentially lucrative (well-paid) contract

resident /ˈrezɪd(ə)nt/ Noun

the **residents** of a place are the people who live there

a local resident

local residents were told to stay inside | the city centre has few residents left | residents were too scared to talk to the police | he's been a permanent resident here since 2004

Adjective: *residential*

a residential area/neighbourhood/suburb

new residential areas are still being developed | a mix of commercial, residential and industrial areas

skin /skɪn/ Noun

the **skin** of an animal is its outer covering, especially when this is cut away and used for material to make clothes, belts, hats, etc

it's cruel to use beaver skin for clothing | an illegal trade in animal skins | the carpet looked like a tiger skin

skyscraper /ˈskaɪskreɪpə/ Noun

a **skyscraper** is a very tall building in a city

the views from the skyscrapers are spectacular | Paris does not have many skyscrapers | if you want to see skyscrapers, go to New York | the Burj Khalifa in Dubai is the tallest skyscraper in the world

spot /spɒt/ Noun

a **spot** is a particular place

choose a spot in the shade | this would be a good spot for a picnic | the farmhouse occupied a lovely spot on the side of the valley | a beauty spot (a place in the countryside which is considered to be very beautiful)

turkey /ˈtʊː(r)ki/ Noun

a **turkey** is a large bird that looks like a very big chicken. In Britain, turkeys are traditionally eaten on Christmas day, and in the US they are traditionally eaten at Thanksgiving

a turkey farm | one turkey will feed at least eight people

PAGES 84–85

brick /brɪk/ Noun

bricks are solid blocks that are laid on the ground, then put together one on top of another in order to make the outside walls of a building

lay bricks

a brick building | he had a job laying bricks (putting them in place) | the houses were built of red bricks | a pile of bricks | a brick wall

cloth /klɒθ/ Noun

cloth is material that is used for making clothes, curtains, tents, etc.

the cloth for the curtains cost £30 a metre | the factory makes different sorts of cloth | the windows are covered with cloth in hot weather to keep the heat out

design /dɪˈzaɪn/ Noun

the **design** of something is the way it has been put together and the way that it looks

the design of the phone is very simple | the design stage took over a year | your shirt is a really nice design | what do you think of the design of her new car?

Verb: *design* | Noun: *designer*

my friend designed this ring | Jonathan Ive designed the original iPhone | all our products are designed and made in the UK | a famous dress designer

flood /flʌd/ Noun

a **flood** is an occasion when large amounts of water pour into an area, for example after there has been a lot of very heavy rain or if a water pipe bursts

there've been a lot of floods with all this rain | the village was cut off by floods | the flood water

rose rapidly overnight | the need for better flood defences | the area has regular floods

Verb: *flood* | Noun: *flooding*

fears that the river could flood | thousands of homes are now flooded | the river broke its banks and flooded the village | if the rain continues, there might be some flooding tonight | the station is closed because of flooding

ger /gɛə(ɹ)/ Noun

a **ger** is a kind of tent used by people in Central and East Asia who do not stay in one place for long but regularly move to a new place and put up their gers every time they move

a ger is a traditional Mongolian dwelling | it was surprisingly cool inside the ger

rock /rɒk/ Noun uncount

rock is a very hard, solid substance that occurs naturally, and that forms most of the surface of the Earth

their houses were carved into the rock | the mountain was one huge lump of rock | the ground was bare rock, so no plants could grow on it

stilt /stɪlt/ Noun

stilts are long, strong supports that are used to support a building and keep it above the ground, for example in an area where there is a lot of flooding

they architect suggested using concrete stilts | we passed a number of houses on stilts as we sailed down the river | the block of flats was on stilts with a car park underneath

untidy /ʌn'taɪdi/ Adjective

if a place is **untidy**, the things in it are not in their right place and it is not very neat. If a person is **untidy**, they are not good at keeping their things neat and well organized

the garden gets untidy very quickly in warm weather | just look how untidy the kitchen is | I hate sharing a bedroom with my sister – she's so untidy | an untidy pile of papers on his desk

Adverb: *untidily* || Opposites – Adjective: *tidy* |

Adverb: *tidily*

shoes lay untidily all across the room | the newspaper was left untidily by the kitchen sink | Nick's room is always very tidy | I'm not a very tidy person | make sure your room is tidy before you go out | put your things away tidily before you go upstairs

PAGES 86–87

artist /'ɑ:(r)tɪst/ Noun

an **artist** is someone who draws or paints pictures or who makes sculptures. If someone is good at this, you can say they are **artistic**

Picasso was a famous artist of the 20th century | she had always wanted to be an artist | the cafe was popular with artists, writers and other creative people | Leo is a very gifted artist (he has a lot of skill)

Adjective: *artistic*

her artistic style developed over the years | I'm not very artistic and I've never been able to draw

bench /bentʃ/ Noun

a **bench** is a long chair for more than one person to sit on, often outside

the central square had fountains and stone benches | we sat on a long bench to have lunch | the school had to buy another six wooden benches

benefit /'benɪfɪt/ Noun

a **benefit** is something that is good or useful that you get from something

one of the benefits of working from home is that you don't waste time travelling twice a day | the health benefits of swimming | the new arrangement will be of benefit to everyone in the community | this change brought no benefit to most of the students

Verb: *benefit* | Adjective: *beneficial*

beneficial to something

we believe the new policy will benefit everyone, not just the rich | the children benefit greatly from having so much space to play in outside | regular exercise is beneficial to health

centre /'sentə(r)/ Noun

the **centre** of something is the middle of it

the city centre is very quiet on Sundays | here in the centre of the forest we found peace and quiet | we live in the centre of England, a long way from the sea | how can you calculate the distance from the centre of a circle to the edge?

Adjective: *central*

the central area of the city | the countries of central Europe | the hotel was in a central location next to the railway station

clap /klæp/ Verb

if you **clap**, you hit your hands together to make a noise, for example to show that you have enjoyed a performance, or to join in when you are listening to music

they clapped in time to the music | the audience clapped and cheered when McCartney appeared on the stage | please don't clap until the end of the symphony

coast /kəʊst/ Noun

the **coast** is the region of land alongside the sea

we moved down to the coast after I retired | the weather along the coast is always a bit warmer | the coast road always has a lot of traffic | the east coast of Scotland

Adjective: *coastal*

spectacular coastal paths | the smaller coastal towns were very pretty | coastal areas were badly affected by the storm

development /dɪ'veləpmənt/ Noun

a **development** is a set of new buildings, or changes made to an area of land so that it can start being used for a different purpose

a mining development | the new development on the edge of the town created a lot of jobs | a campaign against the new tourist development | a housing development is now being planned along the canal | the industrial development was financed by foreign investment | today, residential developments are replacing farms

Verb: develop | Noun: developer

a property developer

the site will be developed for new housing | private developers built the new housing estate | a property developer failed to get permission to build a new block of flats there

dreamy /dri:mi/ Adjective

something that is **dreamy** is quietly pleasant and peaceful and does not seem real

the dreamy atmosphere of Adjuntas | we spent a dreamy afternoon by the river | the film had a dreamy quality

economy /ɪ'kɒnəmi/ Noun singular

a country's **economy** is all the commercial and business activity that goes on. When business is successful, the economy is strong. When businesses are failing, the economy is weak

how has the economy changed in your country? | the economy is recovering after the crisis of 2008 | the government is introducing new policies to strengthen the economy | the global economy is still very weak

Adjective: economic | Noun: economics

the economic crisis of 2008 | the political and economic situation was getting worse | our economic policy has failed | free-market economics (where the state does not control business activity)

energy /'enə(r)dʒi/ Noun uncount

if you have **energy**, you feel strong and able to do things without getting tired

doing more work needs more energy | children have got so much energy! | he's full of energy | I haven't got the energy to do any more

Adjective: energetic | Adverb: energetically

he's over 70 but still active and energetic | she raced over energetically and jumped into the pool

fact /fækt/ Noun

a **fact** is a piece of information which is true

some of these facts were really interesting | the article was full of facts about Walt Disney | the fact is that he's been in prison for the last year | I had to learn 10 facts about the Second World War for homework

Adjective: factual

I like watching factual TV shows rather than cartoons

history /'hɪst(ə)ri/ Noun uncount

history is all the things that have happened in the past, especially the important things that have had an influence on the way the world has developed

ancient history

if we don't study history we won't be able to understand the present | she knew a lot about the history of the island | at school, I thought history was boring | the same mistakes have been made many times throughout history | the history of the Roman Empire | she teaches ancient history (the history of the world 2,000 or more years ago)

Adjective: historic

many historic buildings were destroyed in the fire | the entire district is listed as a national historic landmark | he has already restored several historic houses

improvise /ɪm'prəvaɪz/ Verb

if you **improvise**, or **improvise** something, you do something without having planned it in advance and have to make it up as you go along

I forgot my lines (the words an actor has to say) and had to improvise | if you haven't got anything to write with, you'll just have to improvise | I don't know how to make a beef stew so I'll just improvise | she began to improvise a song about her garden

Adjective: improvised | Noun: improvisation

an improvised explosive device (a bomb) | an improvised picnic table | luckily, she was good at improvisation and no one knew she had left the script behind

nation /'neɪʃ(ə)n/ Noun

a **nation** is a country with its own government and laws

women play an important part in building the nation | one of the world's poorest nations | an industrial nation | our nation is over a thousand years old

Adjective: national

a national park | a national competition (involving all parts of a country) | the national government

nature /'neɪtʃə(r)/ Noun uncount

nature is all the plants, animals, mountains, rivers etc., that are not made by people but exist independently. Things that exist in nature and that are not made by people are **natural**

we can learn a lot from nature | she teaches nature studies at a local primary school | I've been interested in nature since I was little (very young)

Adjective: natural | Adverb: naturally

just get outdoors and enjoy the natural world | natural gas (gas that exists in the ground and is not made by burning coal)

nod /nɒd/ Verb

if you **nod**, or **nod** your head, you move your head up and down, either to show that you agree with what someone has just said or because you are

enjoying something you are listening to
Jack nodded when I asked him if he wanted another cup of tea | they were all nodding their heads in time to the music

origin /ˈɒrɪdʒɪn/ Noun
 the **origin** of something is the way it started or where it came from
the origins of the city go back to the fourteenth century | the word is of unknown origin | a name whose origin is uncertain | the date of origin must be before 1066

Adjective: *original* | Adverb: *originally*
our house is 200 years old but it still has the original front door | the original idea came from Arthur Lomas | the game originally involved two teams on horses | the canal was originally just 20 km long | our house was originally a baker's shop | the book was originally published in Russian

parade /pə'reɪd/ Verb
 a **parade** is a big public event when a lot of people or vehicles go through the streets of a town as part of a big celebration. The people and vehicles **parade** through the streets
soldiers paraded through the city centre | I wanted to parade with all the others but my parents wouldn't let me

Noun: *parade*
the parade took over an hour to pass by the front of our shop | a military parade | there were street parades and then fireworks in the evening | the parade marched along 5th Avenue in Manhattan

person /ˈpɜː(r)s(ə)n/ Noun
 a **person** is a man, woman, or child. Things related to a single person are **personal**. The plural of **person** is **people**
his dad's a really nice person | were there many people at the concert? | I met a really interesting person at the party | lots of people came to the funeral

Adjective: *personal* | Adverb: *personally*
my personal finances | they asked for my personal details (how old I am, where I live, etc) | that's a very personal question (one that asks for information that people don't usually tell to strangers) | my personal view is that we should wait another year | the concert was good, though personally I prefer Lady GaGa to Madonna | the prime minister personally visited the survivors in hospital

reforestation /ˌrɪːfɒrɪ'steɪʃ(ə)n/ Noun uncount
reforestation is the planting of new trees to bring a forest back as a forest after the earlier trees had been cut down
we need to start a reforestation programme | reforestation will take at least ten years

respectfully /rɪˈspektf(ə)li/ Adverb
 if you do something **respectfully**, you do in a way that shows you believe someone is important and should be treated politely

the audience listened respectfully to all the speeches | he answered my questions honestly and respectfully | he shook hands respectfully and bowed slightly
 Adjective: *respectful* | Noun: *respect* | Verb: *respect* | Adjective: *respected*

be respectful of/towards someone or something
he was always very respectful towards my parents | she never had any respect for her father | you should show more respect to your teachers | we were taught to respect our parents | he was a highly respected journalist

rhyme /raɪm/ Noun
 a **rhyme** is a word that ends in the same sound as another word, for example "light" and "bright"
 a rhyme for something
apparently, there's no rhyme for "orange" in English | I can't think of a rhyme for "elephant"
 Verb: *rhyme*
 rhyme with something
what rhymes with "stranger"? | the last two lines of the poem didn't rhyme

romance /rəʊ'mæns/ Noun uncount
romance is all the feelings and behaviour of people who are beginning to love each other and starting a relationship
it was difficult to find romance in a small village with hardly any other young people | their romance began on social media | an office romance (when two people who work together start a relationship)
 Adjective: *romantic*
a romantic dinner | we had a romantic weekend in Paris | a romantic novel (about two people falling in love) | he's so romantic | red roses are very romantic

shine /ʃaɪn/ Verb
 if someone's eyes or face **shine**, they have a happy look on their face
he eyes shone with happiness | looking at their shining faces | his dark brown eyes shone with pleasure

tap /tæp/ Verb
 if you **tap** your feet, you hit the ground repeatedly with your foot or feet in time to a piece of music
they were clapping and tapping and nodding to the music | 200 people all tapping their feet at the same time made a very strange noise

working-class /ˈwɜːkɪŋ klɑːs/ Adjective
 the **working class** is one of the groups which people in a society are divided into according to their jobs, education, background, etc. People who are **working-class** do jobs that do not require a lot of education and do not have as much money or status as people who are middle-class or upper-class
wages haven't risen this year for working-class families | a working-class area of Leeds | she was brought up in a working-class family
 Noun: *working class*
most of the new housing was for the working classes

PAGES 88–89

budget /'bʌdʒɪt/ Noun

your **budget** is the amount of money that you have available to spend on a particular activity

an annual/monthly/weekly budget | a tight budget | a fixed/limited budget

he's never learned how to manage a budget | they worked out their monthly budget to the last euro | he made the film on a very tight budget (with no money to spare) | we do what we can with a very limited budget | prices to suit every budget (for people with very little money as well as people with a lot of money) | we have a weekly budget of £50 for food

Verb: *budget*

budget for something

we didn't budget for a new washing machine

fit /fɪt/ Adjective

if someone is **fit**, they are healthy and can do physical exercise without becoming tired

get fit | keep fit

our team might have won if all our players had been fit | I need to get fit if I'm going to walk 20 miles | Montero is hoping to be fit for his semi-final match on Sunday | cycling keeps me fit

Noun: *fitness*

he needs to work on his fitness if he's going to win | Amy is a real fitness fanatic – she cycles everywhere

mix /mɪks/ Noun

a **mix** of people or things is a lot of different people or things all together in the same place

the residents, a mix of older people and new arrivals | an interesting mix of shops and restaurants | I liked the mix of architectural styles in Barnstaple

nightmare /'naɪt.meə(r)/ Noun

a **nightmare** is a very frightening dream. You can refer to a really unpleasant or worrying situation as a **nightmare**

turn into a nightmare

the holiday was a complete nightmare – it rained the whole time | their dream of a new home turned into a nightmare | driving in the city centre is a nightmare

picturesque /ˌpɪktʃə'resk/ Adjective

something that is **picturesque** is very attractive, often because it is old-fashioned and looks very interesting

the streets in Sandgate are picturesque | the town has a picturesque castle in the middle | a picturesque fishing village called Sesimbra | a picturesque little church stood on the bank of the river

reasonable /'ri:z(ə)nəb(ə)l/ Adjective

if you think the price of something is **reasonable**, you think it is not too expensive and is good value for money

a reasonable price

the bill was very reasonable | the prices here are quite reasonable | I think £20 for a day at the cricket is reasonable | it's difficult to get a good meal for a reasonable price near the station

Adverb: *reasonably*

reasonably priced

the evening meal was tasty and reasonably priced | at £60 a night, it's a reasonably priced hotel

stage /steɪdʒ/ Noun

a **stage** is a particular period of time during a process the early/final stages of something

at this stage, it's too early to say if we'll finish on time | the medicine was still in the experimental stage | we're still in the early stages of the project | the building is in its final stage, and should be finished next month | most pupils start here at the age of 11, but some join the school at a later stage

PAGES 90–91

atmosphere /'ætməsfɪə(r)/ Noun singular

the **atmosphere** is the air and all the other gases around the earth. You also use the word **atmosphere** when talking about the quality of the air that you breathe in a particular place

all the traffic has a bad effect on the city's atmosphere | the atmosphere by the sea felt a lot more healthy

bright /braɪt/ Adjective

something that is **bright** can be seen or heard clearly because it shines or because it gives off strong radio signals

a cell phone on Mars would be the brightest radio object in the sky | several of the stars were bright enough to see without a telescope

Adverb: *brightly* | Noun: *brightness*

the moon shone brightly that night | scientists have measured the brightness of the star

cordless /'kɔ:(r)dləs/ Adjective

cordless equipment works by having a battery inside and is not physically connected to a supply of electricity

a cordless phone | a one hour charge will give you 60 minutes of cordless use | a cordless floor sweeper | I've got several cordless hand tools

downtown /ˌdaʊn'taʊn/ Noun

in American English, the **downtown** is the central district of a city or town, where all the shops and businesses are

the bar is in the historic downtown of Boston | there was a lot of traffic when we drove through the downtown | efforts are being made to rebuild the downtown

Adjective: *downtown* | Adverb: *downtown*

a restaurant in downtown Manhattan | a downtown store | you'll have to go downtown to find a doctor's surgery

gasoline /'gæsəli:n/ Noun uncount

gasoline is the American word for *petrol*, the liquid that you put in a car or other vehicle to make the engine work. It is usually shortened to **gas**

the price of gasoline has risen recently | a can of gasoline | a truck crashed on the highway and spilled its load of gasoline | I need to put some gas in the car | a gas station (a place where you can fill your car with gasoline)

ironic /aɪˈrɒnɪk/ Adjective

something that is **ironic** is surprising because it seems to be almost the opposite of what you would expect
it's ironic that we're using a lot of technology but we don't have any mobile phones | it's ironic that the first goal was scored by a defender | it's slightly ironic that he plays football for England although he was born in Canada

Noun: *irony* | Adverb: *ironically*

there was a certain irony when the police car was stolen | ironically, the mistake was discovered by a student, not by any of the teachers

Milky Way /ˈmɪlki weɪ/ Noun

the **Milky Way** is the collection of stars that includes the Sun and all its planets, including Earth

the Milky Way contains about 200 billion stars | no one knows exactly how the Milky Way came to exist

noise /nɔɪz/ Noun uncount

noise, or radio **noise**, is radio signals that interfere with scientific equipment and make the equipment work badly

there's too much radio noise in the city centre | scientists blamed the failure of the experiment on unexpected noise

signal /ˈsɪɡn(ə)l/ Noun

a **signal** is electrical waves that carry sound and pictures to mobile phones, computers, etc

I can't hear you very well, there's a really bad signal here | I can never get a signal in the back garden | there's no signal on the island, so I'll send you a postcard!

store /stɔː(r)/ Noun

store is the usual American word for *shop*

a local store | I need to go to the store to get some bread | a grocery store | the store was about to close | a department store (a large shop which sells a wide range of goods in different departments) | the streets are dominated by chain stores (businesses which have similar shops in lots of different towns and cities)

telescope /ˈtelɪskəʊp/ Noun

a **telescope** is an instrument in the shape of a tube with a piece of special glass at one end that makes things which are a long way away seem nearer and larger. A **radio telescope** is a very large piece of scientific equipment that uses radio waves to see a long way into space

the telescope was developed in the seventeenth century | even with a telescope he couldn't see the island | the radio telescope at Ohio State University

unique /juːˈniːk/ Adjective

if something is **unique**, there is only one of it, and there is nothing else that is the same

she only made one ring like this, so it's unique | this is a unique opportunity | the band had a unique style of music | I met a lot of interesting and unique people

Adverb: *uniquely*

her language ability makes her uniquely qualified for the job (no one else has the same skills as her)

utilize /juːˈtɪlaɪz/ Verb

to **utilize** something means to use it

we can't utilize any electrical equipment while we're here | the course utilizes the latest learning methods | we need to be careful how we utilize our natural resources

Noun: *utilization*

utilization of smartphones increased again last year

wireless /ˈwaɪə(r)ləs/ Adjective

wireless technology uses radio waves to send information to equipment such as computers and mobile phones

wireless access to the internet | wireless switches control the lighting system | a wireless microphone | free wireless internet is available

Noun: *wireless*

the hotel provides wireless in every room

8 Travel

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essentials /ɪ'sɛnʃəlz/ Noun plural

the **essentials** are the things that are absolutely necessary in a situation

take a backpack with the essentials | the first four items on the list are the essentials | here are the five essentials you will need | he packed two cases with clothes, towels and other essentials

Adjective: **essential**

a helmet is essential if you're going to cycle down the mountain | a bottle of water is essential when you're walking in hot weather

tip /tɪp/ Noun

a **tip** is a piece of useful advice

give someone a tip

each speaker offers a travel tip | do you have any tips on where to stay in Volgograd? | she gave me a few tips about the German railway system | if you want any gardening tips, ask my uncle Stan

PAGES 94–95

blank /blæŋk/ Adjective

if your mind is **blank** or goes blank, you suddenly cannot think properly and cannot remember something that is actually quite obvious

she asked me how to say "I love you" in Russian and my mind just went blank | she looked up confidently, then suddenly her mind went blank | for a moment my mind was blank, then it all came back to me

board game /bɔ:d geɪm/ Noun

a **board game** is an indoor game that you play using a board, moving pieces around on it according to the numbers that are shown when you throw a dice (a small cube with one of the numbers one to six on each side)

it was raining, so we played board games all afternoon | my favourite board game is Monopoly | it can take hours to finish a board game

character /'kærɪktə(r)/ Noun

a **character** is a letter in an alphabet or a written symbol in languages like Chinese or Japanese

I'm not very good at reading Chinese characters | a tweet cannot be longer than 140 characters | the document contained 12,437 characters

cliff /klɪf/ Noun

a **cliff** is an area of land which has an extremely steep side that goes down to the sea or a river

a high cliff rose above the sea | a rocky cliff above the waves of the Atlantic | keep away from the edge of the cliff | the highest cliffs in Europe | the white cliffs of Dover

head /hed/ Verb

if you **head** in a particular direction, you start to go in that direction

it's time for me to head for home | we headed up the lane towards the church | we're going to head to the lake this afternoon | she said goodbye and headed down the street

step /step/ Verb

if you **step** somewhere, you move a short distance there on foot. For example, you can **step** onto a train or **step** off it. When someone asks you to come into a room, they might ask you to **step** inside

I gave Millie a kiss, then stepped onto the train | would you step inside my office, please | she stepped up to the window and looked inside the hall | I'm just going to step outside to get some fresh air

Noun: **step**

she took a step backwards

PAGES 96–97

aerial /'eəriəl/ Adjective

aerial activity takes place from high up in the air, for example from an aeroplane or helicopter

aerial photography is the act of taking photographs from the air | an aerial survey | an aerial view of the city | a set of aerial photographs taken from a helicopter

dig up /dɪg ʌp/ Phrasal verb

if you **dig up** the ground, you use heavy equipment to move the earth from the surface of the ground so that you can get to whatever lies underneath. If you **dig** something **up**, you take it out of the ground by removing whatever is on top of it

they dug up a huge area of land | I dug up an old pot while I was gardening

malaria /mə'leəriə/ Noun uncount

malaria is a serious disease that is caused by some kinds of mosquito (flying insect that bites people) in hot countries

malaria was once common in southern Europe | advice on malaria prevention | a rise in malaria cases can be expected | each year, about one million children under the age of five die from malaria

redwood /redwʊd/ Noun

a **redwood**, or a **redwood tree**, is a tree that grows in the west of the United States. **Redwoods** are the tallest trees in the world

a row of Californian redwood trees | a redwood forest | I'd never seen a redwood before | one redwood in California is 2,200 years old

save /seɪv/ Verb

if you **save** someone or something that is in danger, you do something that successfully protects them from being harmed, damaged, or destroyed

Mike Fay wants to save the wilderness | we need to do more about global warming if we want to save the planet | he wants to save the world from nuclear weapons | she saved his life by pulling him out of the fire

survey /'sʊ:(r)veɪ/ Noun

a **survey** is an examination of several related things to try and find out as much about them as possible
conduct a survey

he'd just finished a survey of redwood trees in California | they asked us to conduct a survey of the river valley | a recent survey suggests there are only five eagles left in the area | a 2015 survey reported that just 20% of car owners kept their car in a garage overnight

Verb: survey

they surveyed 35 schools in the county and found that only five had a swimming pool

trek /trek/ Verb

if you **trek** somewhere, you go on a long and difficult journey by walking

he spent two years trekking through South America | we trekked up the river for a few days | by afternoon, we had trekked 15 miles

Noun: trek | Noun: trekking

a two-week-long trek | the 10 kilometre trek took seven hours to complete | a pony trekking holiday (riding on ponies instead of walking) | a book about trekking in Peru

vast /vɑ:st/ Adjective

something that is **vast** is extremely big

they've destroyed vast areas of land | they travelled a vast distance to get here | Canada is a vast country north of the United States | a vast region with no roads

Noun: vastness

the trip gave him a good idea of the vastness of Australia

wilderness /'wɪldə(r)nəs/ Noun

a **wilderness** is a large area of land where everything is wild and where people hardly ever go

we trekked for three days through the wilderness | most of the area to the south of the mountains is wilderness | a remote wilderness | after a week in the wilderness I was glad to get back home

a factory making household appliances as well as industrial machinery | never take electrical appliances into the bathroom

backpacking /'bæk,pækɪŋ/ Noun uncount

backpacking is the activity of travelling to different places, carrying all your luggage in a single backpack
she spent a year on a backpacking trip in Asia after she left school | backpacking is great fun, but can sometimes be dangerous | we met in Bali when we were both backpacking

challenge /'tʃæləndʒ/ Noun

a **challenge** is something difficult which you want to or have to try and do

set (someone) a challenge | rise to the challenge | we want to set our readers a challenge | climbing this mountain will be a real challenge | my job's become boring – I need a new challenge | do you enjoy a challenge? | teachers have to provide a challenge for their students | the orchestra rose to the challenge of Schubert's 9th symphony (they played a difficult piece of music very well)

Verb: challenge | Adjective: challenging

the exam will really challenge your powers of concentration | it's a very challenging job

charge /tʃɑ:(r)dʒ/ Verb

if someone **charges** you an amount of money, they ask you to give them that amount when they sell something to you, do a job for you, or allow you to do a particular activity

charge (someone) for (doing) something | they decided to charge tourists a tax of two euros a day | they charge for using the motorway | they charged us £100 for bringing the car back a day late | the taxi driver charged me £18 for just three miles! | the doctor charges \$30 to come to the house

Noun: charge

free of charge

there's a delivery charge of £5 | entry to the museum is free of charge (you don't have to pay)

cruise /kru:z/ Noun

a **cruise** is a holiday you take on a ship, often stopping at some interesting places. The ships that take people on these holidays are **cruise ships**

a large cruise ship can carry up to 6,000 people | we went on a cruise round the Caribbean | I can't think of anything worse than spending three weeks on a cruise | she went on her first cruise at the age of 76

Verb: cruise

cruising the Mediterranean is an expensive way to relax

ecotourism /'i:kəʊ,tʊərɪz(ə)m/ Noun uncount

ecotourism is the business of helping people take holidays in places that are environmentally interesting and where the activities do not cause any harm to the environment

the rise of ecotourism over the last few years | Dunedin is a centre for ecotourism | a popular destination for ecotourism | ecotourism is important for the local economy

PAGES 98–99

appliance /ə'plaɪəns/ Noun

an **appliance** is a piece of equipment, usually electrical, that you use in your home, such as a washing machine, hair dryer, cooker, etc

domestic/household appliances | a modern appliance | an electrical appliance

the kitchen was well-equipped with modern appliances | a shop selling domestic appliances |

Noun: *ecotourist*

the forest is popular with ecotourists

equipment /ɪ'kwɪpmənt/ Noun uncount

equipment is things like tools and machinery that are used for a particular task

industrial equipment | we needed to buy a lot more equipment when we opened the second factory | the equipment in the school chemistry laboratory was very old | cameras and other photographic equipment | heavy farm equipment

fresh water /frɛʃ 'wɔ:tə/ Noun uncount

fresh water is water that is clean and suitable for drinking or cooking

the island has no fresh water supply | make sure your dog has plenty of fresh water in hot weather | fresh water was available in the next village

household /'haʊs'həʊld/ Adjective

household means connected with a house or flat and all the people living in it

I'm working for a company that sells household goods | their total household income has dropped significantly | household appliances | household bills | household expenses

Noun: *household*

the problem is worse for households with children

low-impact /ləʊ 'ɪmpækt/ Adjective

low-impact activities do not cause much damage to the environment

low-impact tourism such as ecotourism | the architect was asked to design a low-impact housing development | we moved to the country to try and adopt a low-impact way of life

pollution /pə'lju:ʃ(ə)n/ Noun uncount

pollution is things like chemicals and smoke from factories that damage the air that we breathe or the rivers and land

air pollution | noise pollution | industrial pollution | there's a lot of pollution in Beijing | air pollution is a big problem in London | the government should do more to tackle pollution (to stop the problem) | people near the airport suffer from noise pollution

Verb: *pollute* | Adjective: *polluted*

for years, the factory has polluted the river | the soil was polluted by waste from the chemical factory | the lake is badly polluted so no one swims in it

route /ru:t/ Noun

a **route** is the exact direction you follow to get from one place to another

there are sometimes queues of climbers on the route to the top of Everest | I'm going to try a different route when we go to Scotland next week | what's the shortest route home from here? | it's important to plan your route before you set off | we took the scenic route (not the fastest way, but the prettiest)

rubbish /'rʌbɪʃ/ Noun uncount

rubbish is stuff that people throw away

put your rubbish in the bin in the corner | the streets were full of rubbish | please do not leave rubbish here | our rubbish is collected every Monday (someone comes to take it away) | a rubbish tip (a place where people can take big pieces of rubbish) | a rubbish bin

tax /tæks/ Noun

tax is money that a government makes you pay, for example when you earn money (income tax), when you buy something (sales tax), when you use an airport (airport tax), etc

a tax on something

there's a 6% sales tax on top of the original price | I have to send in my tax return tomorrow (a form saying how much you have earned so that the government can tell you exactly how much tax you must pay) | income tax was raised to 24% last year | tourists are charged a tax of two euros a day | they raised the tax on cigarettes again

Verb: *tax*

the government was accused of wanting to tax and spend

PAGES 100–101

baggage allowance /'bæɡɪdʒ ə'laʊəns/ Noun

when you travel on a passenger plane, your **baggage allowance** is the number of bags, or the weight of the bags, that you are allowed to take with you on the flight

check the baggage allowance with your airline before you go to the airport | your baggage allowance is explained on your ticket | your handbag is not counted as part of your baggage allowance | a baggage allowance of 20kg plus hand luggage

customs check /kʌstəmz tʃek/ Noun

when you arrive in a foreign country, the **customs check** is when you have to say or show what you are bringing into the country so that the authorities can decide if you need to pay any tax or if you are carrying anything illegally

there were long delays for the customs check at Miami airport | there are no customs checks here for passengers arriving from EU countries | customs checks are carried out before you leave the ship

jetlagged /'dʒetlæɡd/ Adjective

if you are **jetlagged**, your body is slightly confused because you have travelled a long distance and there is a big time difference between where you are and where you have travelled from

whenever I fly to New York I'm jetlagged for the first three days | I had to go into the meeting jetlagged and exhausted | a group of jetlagged tourists stepped off the plane | it's been a long flight and I'm jetlagged

Noun: *jetlag*

jetlag can last up to three days | she still hadn't got over her jetlag when the meeting started

pigeon /ˈpɪdʒ(ə)n/ Noun

a **pigeon** is a grey or brown bird that often lives in towns or cities

there were hundreds of pigeons in Trafalgar Square | people used to feed the pigeons here, but it's not allowed now | several pigeons flew overhead

temperature /ˈtemprɪtʃə(r)/ Noun

if you have a **temperature**, your body is slightly warmer than it should be because you are ill. A normal temperature is about 37° centigrade
have a temperature | a high temperature | take someone's temperature

I'll call a doctor if you still have a temperature in the morning | she had a temperature of 38.5 last night | he had a high temperature so his mother kept him off school | when I took her temperature (measured it), it was normal

travel sickness /ˈtrævl 'sɪknɪs/ Noun uncount

travel sickness is a feeling of being unwell and wanting to be sick that some people get when travelling in a car, plane, or ship

travel sickness can be much worse on a ship | travel sickness is more common in children than in adults | travel sickness tablets (to make someone feel better)

Adjective: *travel sick*

I get travel sick after 10 minutes in a car

PAGES 102–103**binoculars** /bɪˈnɒkjʊlə(r)z/ Noun plural

binoculars are a piece of equipment consisting of two connected tubes, each with special glass in them. You look through the tubes, one with each eye, and distant objects appear closer to you and you see them in more detail

a pair of binoculars

I always take a pair of binoculars when I go for a walk in the country | she could clearly see the bird's blue feathers through the binoculars | the best way to see them is through binoculars

blood /blʌd/ Noun uncount

blood is the red liquid that carries oxygen around your body, and which is pumped by your heart. **Blood** is essential for life. If you say that something is **in your blood**, you mean that it is very important to you and a very necessary part of the way you live
exploration is in people's blood | I can't live without music – it's in my blood | football is in his blood, it's all he ever wants to do

curious /ˈkjʊəriəs/ Adjective

if you are **curious** about something, you want to know more about it

very curious | be curious (to know/hear/learn) about something

all children are curious about the world around them | the museum has a lot to offer the curious visitor | I'm very curious to know what's inside the suitcase | she wasn't in the least curious about where he had been

Noun: *curiosity* | Adverb: *curiously*

curiosity about something | satisfy your curiosity | idle curiosity | out of curiosity

just out of curiosity, how much did it cost you? | the article did little to satisfy his curiosity about the event | she looked curiously into all the cupboards and wardrobes

drive /draɪv/ Verb

if something **drives** you to achieve something, it makes you believe you want to achieve that thing and leads you to try very hard

that's what drives people to the highest mountains | wanting to impress her father is what drove her to start water-skiing | he was driven by the desire to buy a bigger car

Noun: *drive*

she showed great drive and determination

engage /ɪnˈɡeɪdʒ/ Verb

if you **engage** with something, you take it seriously and become properly involved with it

engage with something

it helped me engage more fully with the world | he never engaged with university life

Noun: *engagement*

a strong sense of engagement with the local church

grow /ɡrəʊ/ Verb

if people **grow**, they develop and learn more things and become more interesting people

a few months in Australia will help her grow | he grew into a well-respected doctor

headlamp /ˈhed.læmp/ Noun

a **headlamp** is a lamp or torch that you wear on a helmet or strapped to your head so that you can have light without having to hold a torch in your hand

using a headlamp means both my hands are free | she turned her head to point the headlamp at the tree | the battery on my headlamp is flat

paddle /ˈpæd(ə)l/ Verb

if you **paddle**, you make a boat move by using a paddle, a long handle with a blade at the end of it
we paddled to the edge of the river | after paddling for twenty minutes, I was quite tired | don't stop paddling – we're nearly there

Noun: *paddle*

a wooden paddle

paintbrush /ˈpeɪnt.brʌʃ/ Noun

a **paintbrush** is an object with thin, slightly stiff pieces of plastic or hair which you use to put paint onto a surface

I'm not very good with a paintbrush – I prefer using a pencil | it's not worth buying a cheap paintbrush, it won't last long | make sure you clean the paintbrush straight away

power /ˈpaʊə(r)/ Noun uncount

power is the supply of electricity to a place

we lost power for an hour in the afternoon | the power came back on at five o'clock | 200 homes were without power after the storm

sunblock /ˈsʌnˌblɒk/ Noun uncount

sunblock is a liquid that you put on your skin to stop your skin getting burnt

don't forget to put on some sunblock | make sure the children put the sunblock on | a bottle of sunblock

vehicle /ˈviːɪk(ə)l/ Noun

a **vehicle** is something you use to record or express your ideas and impressions about something

I never leave home without a vehicle or other way of recording my experiences | my music is a vehicle for letting my emotions out

9 Shopping

PAGE 105

cosmetics /kɒz'metiks/ Noun plural

cosmetics are things like lipstick and powder that people put on their faces to look more attractive
I spend a lot of money on cosmetics | a factory that produces cosmetics | none of our cosmetics are tested on animals | a range of expensive cosmetics

Adjective: *cosmetic*

we stock a wide range of cosmetic products

toiletries /'tɔɪlətrɪz/ Noun plural

toiletries are the things you use for washing yourself, such as soap, shampoo, toothpaste, etc

keep food separate from toiletries | the hotel bathroom had free toiletries | please bring your own towels and toiletries

PAGES 106–107

amount /ə'maʊnt/ Noun

an **amount** of something is a particular quantity of it
we buy the same amount of shopping every week | a large amount of money | the amount and type of packaging will depend on the parcel being sent | she gets paid the same amount as I do

distribute /dɪ'strɪbjʊt/ Verb

to **distribute** goods means to send them to all the different places where they are going to be sold
the books were distributed to all 273 bookshops across the country | we produce and distribute the best bikes in New Zealand | the company is now distributing these tools to 12 cities in the mid-west

Noun: *distribution* | Noun: *distributor*

we have full control over production and distribution of all our products | a separate company does the distribution for them | he works in the sales and distribution department | we need a distributor in Japan

package /'pækɪdʒ/ Verb

if you **package** something, you put it in a container or wrap it separately so that it is ready to be sold
vegetables don't have to be packaged | they package the strawberries in plastic containers | the last stage of the process is to package the goods ready to be sent to the shops

Noun: *packaging*

supermarkets use far too much packaging these days

shipping /'ʃɪpɪŋ/ Noun uncount

shipping is the process of sending goods over a long distance

we have a specialized firm to handle our shipping | shipping costs went up again last year | price is \$12.50 plus \$2 for shipping | overnight shipping is

available | orders to Canada add 20% for shipping and handling

ship: verb

they shipped over 12 million mobile phones to Europe last year

stuff /stʌf/ Noun uncount

you can use **stuff** to refer to things such as a substance, a collection of things, events, ideas, or the contents of something in a general way without mentioning the thing itself by name

most of this supermarket stuff has to be eaten within a couple of days | just dump your stuff in the corner, we'll show you your room later | we need to buy some stuff for the house | the Beatles? That's the kind of stuff my dad listens to | we played games like Monopoly and stuff like that

track /træk/ Verb

if you can **track** an item that is being delivered somewhere, you can find out where it is at any stage of its journey to the delivery point using the internet or an app

click here to track your parcel | a new order tracking app | if you pay a little bit extra, you'll be able to track the package

PAGES 108–109

afford /ə'fɔ:(r)d/ Verb

if you can't **afford** something, you don't have enough money to be able to pay for it

a few of my friends use taxis regularly, but I can't afford to | she can't afford a new car | I can't afford to buy a flat | I could never afford to live in London | she could only just afford to pay her rent

Adjective: *affordable*

the flights are more affordable if you book in advance

budget /'bʌdʒɪt/ Noun

if you have a **budget**, you have worked out how much money you have available to spend on a particular thing or activity

draw up your budget before you go to the shop | we have a budget of £200 (we don't want to spend more than £200) | prices to suit every budget (for people with very little money as well as people with a lot of money) | we have a weekly budget of £50 for food

Verb: *budget*

we budgeted £300 for the car hire

change /tʃeɪndʒ/ Noun uncount

change is money in the form of coins rather than paper bank notes. **Small change** is coins of low value

she kept her small change in a leather purse | I had a lot of loose change in my pocket (not in a purse) | do you have change for a five pound note? (can you give me coins to the value of £5)

checkout /tʃekəʊt/ Noun

the **checkout** is the place where you go in a supermarket or other shop to pay for the things that you are buying

there was a long queue at the checkout | only two out of six checkouts were open | he got a job working on the checkout at Safeway | this checkout is for customers with 12 items or fewer

deal /di:l/ Noun

a **deal** is a lower than usual price for something
do a deal

there are lots of good deals during the sale | she went online to see if she could find a good deal on a tennis racket | we can do you a deal if you buy an armchair as well as the sofa

goods /gʊdz/ Noun plural

goods are things that are made to be sold in shops
it's cheaper to buy electrical goods online | a shop selling luxury goods | the goods are transported by road | a goods train (carrying things, not passengers)

purchase /ˈpɜː(r)tʃəs/ Noun

a **purchase** is something you have just bought.
Purchase is also the act of buying something
we can help you pack your purchases | he put all the purchases in the boot of the car | I bought an extra bag to bring all my purchases home from holiday | he showed us his recent purchase: a huge sofa | the book is available for online purchase | 27% of global consumers made their last purchase online

Verb: *purchase*

tickets can be purchased in advance | my husband and I recently purchased our first home | he accidentally purchased the wrong item

receipt /rɪˈsi:t/ Noun

a **receipt** is a piece of paper or an email from a shop that shows where and when you bought something, and proves that you have paid

have you got a receipt and the box it came in? | you need to keep your receipt | can I have a receipt, please? | I forgot to get a receipt so I can't take it back | an old-fashioned shop where they write the receipts with a pen

special offer /ˈspeʃəl ˈɒfə/ Noun

when goods are on **special offer**, they are on sale for a much lower price than usual
on special offer

don't miss out on our special offers – only available today | flat screen TV on special offer for £225 | this special offer will last until 14th May | a special offer price of just £99.99

PAGES 110–111

cart /kɑː(r)t/ Noun

a **cart** is a vehicle with two or four wheels, usually pulled by a horse or donkey, and used for transporting goods

a horse and cart | he sold fruit from his cart in the market | the farmer's cart had a broken wheel | the cart was piled high with cabbages

chest /tʃest/ Noun

a **chest** is a container in the shape of a very large box
a treasure chest (one containing something interesting or valuable) | we had to take a few things out because the chest was too heavy to carry | have you got a key for the chest? | the chest has been up in the attic for years

copper /ˈkɒpə(r)/ Noun uncount

copper is a reddish-brown metal

copper lamps | they used copper for the gas pipes | a large copper pot | copper wire is used for carrying electricity

date /deɪt/ Noun

a **date** is a small, sweet, sticky brown fruit with a stone in the middle

a stall selling dates and figs | a box of dates | we usually have dried dates as a treat near Christmas

fig /fɪɡ/ Noun

a **fig** is a soft, sweet fruit with a lot of tiny seeds inside it. **Figs** are usually green or purple

a bowl of figs | dried figs | a fig tree | you'll get ill if you eat too many figs

merchant /ˈmɜː(r)tʃ(ə)nt/ Noun

a **merchant** is someone who buys and sells goods
the merchants in the market were setting up their stalls | merchants came from all over central Asia | his grandfather was a rich merchant dealing in hand-made carpets

Noun: *merchandise*

a ship carrying merchandise from Corunna to Veracruz

olive /ˈɒlɪv/ Noun

an **olive** is a small green or black fruit with a stone in the middle. **Olives** grow in warm countries around the Mediterranean and are eaten or pressed to make olive oil

an olive grove (a group of olive trees) | a bottle of olive oil | a bowl of olives | add the cheese, olives and onions

slogan /ˈsləʊɡən/ Noun

a **slogan** is a short phrase, easy to remember, usually with an advertising or political message

they sold a range of T-shirts with slogans on them | protesters were shouting anti-government slogans | their advertising slogan was: "go to work on an egg" | Obama's slogan in 2008 was "Yes, we can"

sword /sɔː(r)d/ Noun

a **sword** is a weapon that has a long metal blade, used especially in the past before guns were widely used

a sword fight | he drew his sword (took it out) and waited for the attack | every cavalry soldier has a sword | if you live by the sword, you'll die by the sword (if you do something bad to get what you want, something bad will probably happen to you too)

PAGES 112–113

available /ə'veɪləb(ə)l/ Adjective

if something is **available**, someone can have it or use it straight away

make something available

it showed up as available on the website | do you have any rooms available for the 15th and 16th of June? | the video was made available on YouTube | three of the blue ones are available but not the red, I'm afraid

Noun: *availability* || Opposite – Adjective: *unavailable*
please contact us to check availability | there is limited parking availability at the station | we were told the table we wanted is unavailable

courteous /'kɜː(r)tiəs/ Adjective

someone who is **courteous** is very polite and treats people with respect

the shop assistant was very courteous | staff in the restaurant could not have been more courteous (they were very courteous) | we were met by a courteous waiter | it's courteous to ask permission before photographing local people

Noun: *courtesy* | Adverb: *courteously*
my mother thought courtesy was the most important quality she should teach me | she greeted me courteously and took my coat

delivery /dɪ'lɪv(ə)ri/ Noun

delivery is the act of taking things such as goods or letters to a place

my job was to prepare all the orders for delivery | we make daily deliveries | send it by express delivery (very quick) | order by 3 pm for next-day delivery | a supermarket delivery van

Verb: *deliver*

we can deliver direct to your door | the postman delivered three letters and a parcel

exchange /ɪks'tʃeɪndʒ/ Verb

if you **exchange** something, you give it back to a shop and they give you something else in its place

can I exchange this shirt? It doesn't fit properly | they wouldn't give us our money back but offered to exchange it for a different model | we can try and exchange it if you really don't like it

Noun: *exchange*

in exchange

we took it back and got a blue one in exchange

gift-wrap /ɡɪft ræp/ Verb

if you **gift-wrap** something, you wrap it nicely in pretty paper as a present for someone

I asked the shop assistant to gift-wrap it for me | no need to gift-wrap it – it's for me | the box had been beautifully gift-wrapped

Noun: *gift-wrapping*

we don't do gift-wrapping in this department

model /'mɒd(ə)l/ Noun

a **model** is a particular type of item that a company makes

what's the model name? | the latest model costs over £1,000 | I just want a basic model (ordinary, and without any extra things) | this model sells at £9,700 | at least three different models are available

reference number /'rɛfrəns 'nʌmbə/ Noun

a **reference number** is a number that tells someone what exact item something is or where a particular piece of information is

the reference number for the sofa is SFD93700 | here's a reference number so you can contact your insurance company | please make a note of the reference number | I paid the bill online, but I didn't get a reference number so I can't prove I paid it

return /rɪ'tɜː(r)n/ Verb

if you **return** something to a shop where you bought it, you take it back, for example because there is something wrong with it, it is the wrong size, or the person you bought it for does not like it. Some shops give you your money back, and other shops let you exchange it for something else of the same value

can we return it if it's the wrong size? | I had to return those trousers, they were just too tight | you can't return it after three weeks | go to the customer service desk if you're returning something

stock /stɒk/ Noun singular

the **stock** of a shop or company is the amount of goods it has that are available and ready to be sold or sent out to customers. The goods that are available are **in stock**. If it no longer has a particular item, that item is **out of stock**

in stock | out of stock

we've got plenty of blue ones in stock | stock control is very important in our business | we don't carry much stock because the shop is so small | I'm afraid the leather sofa is out of stock

Verb: *stock* | Noun: *stockist*

the shop was poorly stocked (did not have many goods) | we stock more than forty different kinds of cheese | check our website for details of your nearest stockist (shop that sells a particular item)

tag /tæg/ Noun

a **tag** is a piece of paper or plastic that is fixed to something to give information about it

your jacket has still got the price tag on | the shop assistants were all wearing name tags | dogs should

have a collar and tag | make sure you put a luggage tag on your suitcase

Verb: tag

make sure your suitcase is properly tagged

till /tɪl/ Noun

a **till** is a box with a drawer where shops keep their money. When you pay with cash, they open the drawer and put your money in it

the tills are over by the door | they empty the till twice a day | there was over £1,000 in the till when we closed | he put the notes and coins in the till | thieves took £400 from the till

PAGES 114–115

arrange /ə'reɪndʒ/ Verb

if you **arrange** a price with someone, you both agree a price for something after discussing it

after ten minutes of bargaining, we finally arranged a price | what did you manage to arrange?

Noun: arrangement

come to an arrangement

we came to an arrangement that we were both happy with, and I think I got a bargain

cheat /tʃi:t/ Verb

if you **cheat** someone, or if you **cheat**, you do something dishonest or illegal in order to get an advantage over someone or to get money from them

they're not trying to cheat you | if you paid more than £10 for it then you've been cheated | he never cheated the locals, but if he saw a tourist he'd ask for twice the price

fixed /fɪkst/ Adjective

something that is **fixed** stays the same and cannot be changed

we don't have a fixed price for these carpets | the job comes with a fixed salary | rent is one of the company's fixed costs | a pension that offers a fixed income for life

kaftan /'kæftæn/ Noun

a **kaftan** is a long piece of clothing like a coat worn in some Asian countries

I bought this kaftan in Istanbul | kaftans were very fashionable in the 1960s | several of the men in the market were wearing kaftans

pressure /'prefə(r)/ Verb

if you **pressure** someone into doing something, you forcefully try and persuade them to do it

pressure someone into doing something | pressure someone to do something

the sellers will really try and pressure you into making a purchase | party officials pressured several candidates to withdraw | the mayor pressured the police to make a swift arrest

Noun: pressure

under pressure | put pressure on someone

the council is coming under pressure to save money | my dad put a lot of pressure on me to get into Oxford

vendor /'vendə(r)/ Noun

a **vendor** is someone who is trying to sell something

one vendor sold kaftans and another was selling jewellery | street vendors (people selling things on the street) | we wanted to buy the house, but the vendor decided he didn't want to sell after all | there were several flower vendors outside the station

10 No limits

PAGE 117

Base jumping /beɪs 'dʒʌmpɪŋ/ Noun uncount

Base jumping is the activity of jumping from very high places using a parachute

he died in a base jumping accident last year | base jumping in the city centre is illegal | base jumping is just too dangerous for me

Noun: *base jump* | Verb: *base jump* | Noun: *base jumper*

her first base jump was last year, in California | the three of them base jumped from the highest waterfall in the world | an American climber and base jumper

bungee jumping /'bʌndʒi 'dʒʌmpɪŋ/ Noun uncount

bungee jumping is the activity of jumping from a high place such as a cliff or a bridge while attached to a very strong elastic cord that stops you hitting the ground

I've always wanted to try bungee jumping | bungee jumping can be quite dangerous | bungee jumping and white-water rafting are popular activities here

Noun: *bungee jump* | Verb: *bungee jump* | Noun: *bungee jumper*

my first bungee jump was off a bridge in New Zealand | he was planning to bungee jump off the Eiffel Tower | at 70 years of age, she is Britain's oldest bungee jumper

cave diving /keɪv 'daɪvɪŋ/ Noun uncount

cave diving is the activity of diving under the surface of the water in deep caves

one of the dangers while cave diving is getting lost in the caves | cave diving became popular in the 1970s | cave diving requires courage and a lot of skill

Noun: *cave dive* | Verb: *cave dive* | Noun: *cave diver*
we made two cave dives that weekend | I learned to cave dive in Australia | we cave dive because we love to go where no person has gone before | an experienced cave diver

dune /dju:n/ Noun

a **dune**, or a **sand dune**, is a small hill in a sandy place such as a beach or a desert

he crawled up the sand dune on his hands and knees | the dunes can reach 750 feet high | a row of dunes behind the beach

free climbing /fri: 'klaɪmɪŋ/ Noun uncount

free climbing is the activity of climbing rocks or mountains using only equipment that will help prevent injury if you fall but that does not help you to go upwards

there are obvious risks involved in free climbing | he showed me a good free climbing route | free climbing is increasingly popular

Noun: *free climb* | Verb: *free climb* | Noun: *free climber*

a list of long free climbs in Yosemite | after 23 hours, she had free climbed the entire route | two of the three climbers reached the top by 11 o'clock

ultrarunning /'ʌltrə 'rʌnɪŋ/ Noun uncount

ultrarunning is the sport of running over very long distances in a race. **Ultrarunning** races are not all the same distance, but they have to be longer than a marathon (42 kilometres)

for me, ultrarunning is a great opportunity to test my fitness | ultrarunning forces you to push yourself to your limits | I took up ultrarunning last year

PAGES 118–119

astronomer /ə'strɒnəmə(r)/ Noun

an **astronomer** is someone who studies objects in space such as the planets and stars

astronomers are looking outside the solar system for other planets | astronomers have discovered the largest gas cloud in the universe | American astronomer Edwin Hubble proved that ours was not the only galaxy in the universe | astronomers spend some of their time looking through telescopes

Noun: *astronomy* | Adjective: *astronomical*

I've been reading several books about astronomy | Strugatsky studied astronomy at Leningrad university | these astronomical observations were made using a powerful telescope

orbit /'ɔ:(r)ɪt/ Noun

the **orbit** of an object in space is the path it follows as it goes round the sun or around a planet in orbit

astronomers were able to work out the planet's orbit | the satellite left Earth orbit in June 2003 | India currently has 10 satellites in orbit around the Earth

Verb: *orbit*
the two stars orbit each other every 505 days | the first astronaut to orbit the Earth

PAGES 120–121

appointment /ə'pɔɪntmənt/ Noun

an **appointment** is an arrangement to see someone at a particular time

make an appointment | keep an appointment

I've got an appointment with the dentist at 3 o'clock | she telephoned to say she couldn't keep the appointment (couldn't go to the meeting at the agreed time) | I called the doctor to make an appointment | I'm afraid you can't see the manager unless you have an appointment

bionic /baɪˈɒnɪk/ Adjective

bionic devices use electricity to provide the power to help someone walk or run who cannot otherwise walk or run without help

he was fitted with a bionic leg | we spent months testing a bionic hand

blade /bleɪd/ Noun

a **blade** is an artificial leg with a curved strip of metal at the bottom of the foot, used by disabled athletes
it takes a while to learn how to run on blades | good running blades are very expensive | training became much easier once I got some blades

control /kənˈtrəʊl/ Verb

if you **control** something or **control** how it develops, you make it do what you want it to do

it's not possible for government to control the internet | he still controls the company even though he lives in France now

Noun: *control*

keep control of something | in control | be under control | be out of control

you need to keep control of your spending | don't worry; I'm in control of the situation | the situation was very bad for a while, but it's now under control | in 2008, the economy went completely out of control

cure /kjʊə(r)/ Verb

to **cure** someone, or **cure** their illness, means to stop them from being affected by an illness

be cured of something

she's now completely cured of the disease | it's likely to be several weeks before he's fully cured | this disease used to be fatal, but now it can be cured | antibiotics can't cure a common cold

Noun: *cure* | Adjective: *curable* || Opposite --

Adjective: *incurable*

a cure for something

there's no cure for the common cold | scientists are still searching for a cure | if the disease is caught early it is often curable | a curable illness | he's got an incurable medical condition

device /dɪˈvaɪs/ Noun

a **device** is a machine or tool that does a particular job

an electronic device | a device for (doing) something

you can watch YouTube on mobile devices | please turn off your electronic devices | an ingenious little device | some sophisticated devices | a device for measuring electrical flow | it's fitted with a special anti-locking device | all our vehicles have the latest hi-tech safety devices

disability /ˌdɪsəˈbɪləti/ Noun

a **disability** is a serious physical condition that prevents someone from using all their body completely or easily

Stephen Hawking overcame a serious disability to become a famous scientist | the Paralympic Games are for athletes with physical disabilities | the accident left him with a permanent disability | their first son was born with severe disabilities

Adjective: *disabled*

you have to overcome many barriers when you're disabled | he's been disabled since birth | a car crash left him disabled at the age of 17

feature /ˈfi:tʃə(r)/ Verb

to **feature** something means to include it as an important part

a documentary featuring some famous Paralympians | the Olympic Games feature around thirty sports | the film features several well-known Hollywood actors | the new model features an improved engine design

Noun: *feature*

a car with a lot of special features

heal /hi:l/ Verb

if an injury **heals**, or if something **heals** it, it recovers and becomes well again

it's quite a nasty cut. It'll take a while to heal | most patients heal within 8 weeks of treatment | continue treatment until the skin is healed | this dressing will help to heal the wound

hurt /hɜ:(r)t/ Verb

if part of your body **hurts**, or if something **hurts** you, you feel pain there

my knee really hurts | stop hitting me – it really hurts | let me look at your eye. Don't worry, it won't hurt | it hurts when I try and bend my elbow | when I woke up, my neck was still hurting

Adjective: *hurt*

are you hurt? | no one was hurt in the accident | he was badly hurt when he fell off his bike

hurtful /ˈhɜ:(r)tʃ(ə)l/ Adjective

if someone says something **hurtful** to you, you feel very sad because you think they have deliberately tried to offend you

she said some very hurtful things to me | a hurtful comment about my clothes | that's the most hurtful thing anyone has ever said to me

Verb: *hurt* | Adjective: *hurt*

the newspaper article hurt him very deeply | I felt very hurt after reading the letter

injection /ɪnˈdʒekʃ(ə)n/ Noun

an **injection** is a medical action in which a needle is put into your body and a medicine is pushed through the needle directly into your body

give someone an injection

the injection didn't hurt at all | I've had three injections already this week | the nurse came in to give her an injection | I don't want an injection

Verb: *inject*

he has to inject himself twice a day

injured /ˈɪndʒə(r)d/ Adjective

if you are **injured**, part of your body has become damaged, for example in an accident

as you get older, you're more likely to get injured playing sport | luckily, no one was injured in the fire | two people were seriously injured in the accident

| no one was badly injured | the injured player was taken to hospital

Verb: *injure* | Noun: *injury*

suffer an injury | a serious injury | a fatal injury
I injured my back playing rugby | he injured his shoulder and missed the first match of the season | he suffered a serious injury when he fell off his motorbike | police say the injuries were not life-threatening (not likely to cause death) | a fatal head injury (an injury that killed someone)

limb /lɪm/ Noun

your **limbs** are your arms and legs
patients who have lost the use of a limb | he felt pain in his lower limbs (legs) | my limbs were aching after swimming across the lake | she had relatively short limbs

monitor /ˈmɒnɪtə(r)/ Verb

if you **monitor** a situation, you make sure you know what is happening all the time so that you are ready to take action as soon as it is necessary
police are monitoring the situation at the airport very closely | we strictly monitor the amount of water we use | we use remote cameras to monitor the traffic in the city centre

pain /peɪn/ Noun uncount

pain is the unpleasant physical feeling you have when a part of your body has been hit or cut
 be in pain | a lot of pain | relieve/ease the pain
I was in a lot of pain until the doctor arrived | can you feel any pain in your arm? | I just want the pain to go away | the doctor gave me some medicine to relieve the pain
 Adjective: *painful*
my leg is really painful | a painful knock on the head

Paralympics /ˌpærəˈlɪmpɪks/ Noun

the **Paralympics**, or the **Paralympic Games**, are a big athletics event held after the Olympic Games for athletes with disabilities
her ambition is to represent Great Britain at the next Paralympics
 Adjective: *paralympic* | Noun: *Paralympian*
a paralympic athlete | a competitor in the paralympic swimming event | a documentary about British Paralympians

prosthetic /prɒsˈθetɪk/ Adjective

a **prosthetic** body part is an artificial one that replaces the original, natural arm or leg
prosthetic arms which can receive signals from the brain | he uses a prosthetic leg | the factory makes prosthetic devices
 Noun: *prosthetic* | Noun: *prosthesis*
his right arm is actually a prosthetic | he hopes the get a new prosthesis in the next few weeks

range /reɪndʒ/ Noun

a **range** of things is a number of them that are all different, but of the same sort or type
 a range of things

the range of bionic devices is growing all the time | we have a wide range of electric cookers in stock | this is the best one in the entire range

treat /tri:t/ Verb

when a doctor **treats** a patient or an illness, he or she gives someone medicine or other things to make them better
we need better medicine to treat people with cancer | there weren't enough doctors to treat everyone who caught the flu | he's being treated for head injuries
 Noun: *treatment*
she needed treatment for her broken leg | he was taken to hospital for treatment | he's having treatment for cancer

wheelchair /ˈwi:l,tʃeə(r)/ Noun

a **wheelchair** is a chair with two large wheels at the side and smaller wheels near the front, which a disabled person can use to move around, either by turning the large wheels with their hands or by being pushed by someone
wheelchair basketball (basketball played by teams of people in wheelchairs) | I never thought I could play rugby in a wheelchair | after the accident, his only way of getting around was in a wheelchair

wounded /ˈwu:ndɪd/ Adjective

if a soldier is **wounded**, his or her body is damaged by a bullet or explosion during a battle
there were 12 dead and 14 wounded in the attack | the wounded soldiers were taken out by helicopter | I could hear the cries of the wounded men
 Verb: *wound* | Noun: *wound*
the bomb went off at 11 o'clock killing two people and wounding another four | he died of his wounds two days later

PAGES 122–123

crack /kræk/ Verb

if a surface **cracks**, it starts to break and develops long lines or narrow holes
the ice cracked open | the window cracked, but luckily it didn't break into pieces | I dropped the cup and cracked it
 Noun: *crack*
there's a crack there, in the corner of the window

failure /ˈfeɪljə(r)/ Noun

failure is an unsuccessful action that does not work or does not achieve what it was meant to. A **failure** is someone or something that has not been successful
people don't try enough because they fear failure | the whole project ended in failure | I was blamed for our failure to win the contract | his first novel was a total failure | I felt I was a complete failure
 Verb: *fail*
fail to do something
his attempt to become an MP failed at the election | she failed her exams | the bomb failed to explode

joke /dʒəʊk/ Verb

if you **joke**, you do or say something silly to try to make other people laugh

joke about something

"if that's true, then I'm an elephant," he joked | she's always joking about my hair | stop joking! | you're joking (I don't believe you)!

Noun: joke | Adverb: jokingly

tell a joke

my uncle's really good at telling jokes | do you know any funny jokes? | they all laughed at the joke | I didn't get the joke (didn't understand it, and didn't know why it was funny) | he jokingly suggested cycling to Manchester

mud /mʌd/ Noun uncount

mud is earth that is very wet and soft

her boots were covered in mud | don't get mud on the kitchen floor! | the campsite was one whole field of mud | the children loved playing in the mud

Adjective: muddy

she left her muddy boots by the door | the camp site was really muddy | muddy boots | the floor was all muddy

nominate /nəˈmɪneɪt/ Verb

if you **nominate** someone for a job or a prize, you officially say that you think they should get it

she's been nominated for an Oscar | his local party nominated him to be their candidate at the next election | who did you nominate for the job? | you cannot nominate family members for this prize

Noun: nomination | Noun: nominee

Meryl Streep has had 12 nominations for best actress | his nomination was supported by six of the committee members | the nominees learn the name of the winner at the same time as we do | a full list of nominees is available online

short-term memory /ʃɔːt tɜːm 'meməri/ Noun uncount

your **short-term memory** is your ability to remember things that happened recently. Sometimes older people have trouble with their short-term memory and cannot remember what they did the day before even though they can remember details of what they did sixty or seventy years earlier

short-term memory loss | his short-term memory is getting worse | the doctor wanted to test her short-term memory

Opposite – Noun: long-term memory

he's very ill, but his long-term memory is not affected

supply /səˈplaɪ/ Noun

your **supply** of something is the amount of it that is available for you to use

a supply of something

her water supplies were running low (there was not much water left) | the plane brought doctors and medical supplies | do you have an adequate supply of water? | in the south of the country, food supply was inadequate | an abundant supply of coal, oil and gas | a limited supply of fresh fruit

surgery /ˈsɜː(r)dʒəri/ Noun uncount

surgery is medical treatment that involves cutting into someone's body in order to repair or take out a part that is diseased or damaged

undergo surgery | major/minor surgery | emergency surgery

it happened while I was undergoing major surgery | you may need further surgery | she had to have emergency surgery | heart surgery | brain surgery

Adjective: surgical | Adverb: surgically | Noun: surgeon

a surgical procedure/treatment

a surgical procedure to remove the lump | pioneering new surgical techniques | the lump was surgically removed | a newly-qualified surgeon | surgeons worked through the night to treat victims of the plane crash

unexpected /ˌʌnɪkˈspektɪd/ Adjective

if something is **unexpected**, no one thought it was going to happen

she noticed one unexpected result: she could run for hours without stopping | the film had a totally unexpected ending | he went through a difficult time after the unexpected death of his mother | the actual result was completely unexpected

Adverb: unexpectedly || Opposite – Adjective: expected | Verb: expect

the government unexpectedly called a new election | she came home unexpectedly and found him still asleep | the expected completion date is February 2019 | as expected, he passed all his exams | I didn't expect to get home till after midnight | we're expecting a visit from my aunt in Australia

PAGES 124-125

actually /ˈæktʃuəli/ Adverb

you use **actually** to emphasize that what you are saying is true

I'm feeling a lot better, actually | I don't actually know where they went | he's actually an actor, not a singer | it's actually a really good car

antihistamine /ˌæntiˈhɪstəmiːn/ Noun

an **antihistamine** is a substance that you put on your skin or swallow to help stop the effects of an allergy (a bad reaction to something you eat or come into contact with)

a bottle of antihistamine tablets | antihistamine cream (to put on your skin) | I've been taking antihistamines for the last three days

bite /baɪt/ Noun

if you **bite** something, you use your teeth to cut into it or make a hole in it. A **bite** is an injury or mark on your skin where an insect or other animal has bitten you

I woke up covered in mosquito bites | he had a nasty bite on his leg | I got a painful bite from something

Verb: bite

we were bitten by mosquitoes when we were asleep | does Jack's rabbit bite?

blade /bleɪd/ Noun

a **blade** is a flat piece of metal with a sharp edge that is part of a knife or pair of scissors
never point the blade at anyone | be careful, that blade is very sharp | a 6-inch blade

by the way /baɪ ðə weɪ/ Phrase

you use **by the way** to introduce something that is not related to the topic you are discussing
OK. See you next week. Oh, by the way, can you send me Jim's email address | I'm Alan, by the way. I don't think we've met before | thanks for your help. Your English is very good, by the way

difficulty /ˈdɪfɪk(ə)lti/ Noun

if you have a **difficulty** or **difficulties**, there is a particular thing that you cannot do easily
 difficulty with something
at home, he collapsed with breathing difficulties (he could not breathe easily) | I've always had difficulty with English spelling | she successfully overcame these difficulties and went on to become managing director of the company
 Adjective: *difficult*
maths is a really difficult subject | that's a difficult question | it was difficult to get up at five in the morning

dilemma /dɪˈlemə/ Noun

a **dilemma** is a difficult situation that forces you to make a decision that is not easy
 face a dilemma | be in a dilemma
after two years I faced a dilemma – whether to stop now or carry on for another year | to I'm in a dilemma about which university to choose | a moral dilemma | this is the dilemma facing many teachers today

ignore /ɪɡˈnɔː(r)/ Verb

if you **ignore** something, you do not pay any attention to it
you shouldn't ignore it, it might be serious | I usually ignore online quizzes | if you ignore my advice you'll be sorry

itchy /ɪtʃi/ Adjective

if part of your body feels **itchy**, it is uncomfortable and you want to scratch your skin to stop it feeling like that
 an itchy scalp/rash | itchy skin
I soon felt dirty and itchy | the rash will be itchy, but try not to scratch it | they also had itchy skin, fever, and loss of appetite | a sore throat, a runny nose and an itchy scalp (top of the head)
 Noun: *itch* | Verb: *itch* | Noun: *itchiness*
I've got an itch just here, where I can't scratch it | his scalp wasn't itching any more | the itchiness should go away if you use this cream

obviously /ˈɒbvɪəsli/ Adverb

you use **obviously** to emphasize that something is true and that the person you are talking to almost certainly knows this too

I'd have to give up my job, obviously | she doesn't speak French, so she obviously won't get the job | the house was obviously very old | our main uncertainty is obviously the weather

of course /ɒv kɔːs/ Adverb

you use **of course** to say that something is obviously true and that the people you are talking to probably know that too
I'd have to give up my current job, of course | of course no one wants to start a war | what happened, of course, was most unfortunate | of course we'll all have to pay more tax in the future

so /səʊ/ Adverb

you use **so** to start a new sentence in a conversation, often to introduce a new topic or to ask a question
so, what do you think? | so, Jeremy, how are you enjoying the holiday?

sprain /spreɪn/ Noun

if you **sprain** your knee, ankle, wrist etc., you hurt it and damage it by twisting it suddenly. The injury you get is a **sprain**
this was a severe sprain and needed months of therapy | you haven't broken it – it's only a sprain | I've hurt my ankle but I think it's just a sprain
 Noun: *sprain* | Adjective: *sprained*
you've probably just sprained it, but we'll do an X-ray to check | a sprained ankle | she had a sprained wrist | he suffered a sprained left shoulder

sting /stɪŋ/ Noun

if an insect **stings** you, it sticks a sharp part of its body into you and hurts you. A **sting** is the action of the insect that causes you pain
the wasp gave me a painful sting | I could feel a sudden sting on my foot | take this with you to put on insect bites or stings
 Verb: *sting*
a bee stung me and my whole arm swelled up | she got stung by a jellyfish on the beach

stitch /stɪtʃ/ Noun

if you have **stitches**, a doctor uses a strong thread to close up your skin where you have had a deep cut
 have stitches | have stitches out
she had to have four stitches in her knee | I'm going back in a week to have the stitches out (have them removed) | who put the stitches in? | dissolvable stitches (stitches that will disappear naturally and won't need to be removed)
 Verb: *stitch* | Phrasal verb: *stitch up*
the surgeon managed to stitch Joel's finger back together | a nurse washed and stitched up the wound | right, all done. Can you stitch him up now, please?

surgery /ˈsɜː(r)dʒəri/ Noun

a **surgery** is the place where a doctor or group of doctors work and see their patients
I'll ring the surgery and make an appointment | the surgery opens at 8 in the morning | the local surgery has four doctors on duty during the day

swollen /'swəʊlən/ Adjective

if a part of your body is **swollen**, it is bigger than usual because of an injury or illness

his knee was painful and swollen | the joints in her hands are really swollen | a swollen ankle/foot/hand

Verb: *swell (up)* | Noun: *swelling*

my arm had swollen up from the bee sting | whenever we fly, my ankles tend to swell | put some ice on it to reduce the swelling | a large swelling came up on my knee

the thing is /ðə θɪŋ ɪz/ Phrase

you use **the thing is** to introduce something that you think is very important for the discussion you are having

the thing is, I was hoping I could borrow some money | the thing is, we need to find a hotel before it gets dark | dad wants me to go to university in September, but the thing is I want to travel for a year first

trip /trɪp/ Verb

if you **trip**, you lose your balance because your foot has unexpectedly hit something

trip over | trip up

I tripped up on the carpet and fell over | I'm always tripping over and bumping into things | she leapt up, stumbled, tripped and fell | he accidentally tripped over a step and broke his wrist

trouble /'trʌb(ə)/ Noun

trouble is problems or difficulties

be in trouble | have trouble with something | have trouble doing something

I've been having a lot of car trouble recently (my car hasn't been working properly) | there'll be trouble if I get home late again | he's always in trouble for fighting at school (being punished) | there's trouble at the factory | we're having trouble with the computer | I had trouble finding somewhere to park the car

worry /'wʌri/ Noun

if you have **worries**, there is something that is a problem for you and that you think about a lot, and you are afraid that you might not be able to make the situation better

money worries (not enough money) | health worries (thinking you are ill) | changing school can be a worry to young children | I went to the cinema to try and forget all my worries

Verb: *worry*

worry about something

she was worried about her children | you shouldn't worry, everything will be fine

PAGES 126–127

brilliant /'brɪljənt/ Adjective

brilliant colours are very bright

we were looking down on brilliant white clouds | she always dresses in brilliant colours | the sky was a brilliant blue

Noun: *brilliance*

I was amazed at the brilliance of the moon that night

connected /kə'nektɪd/ Adjective

if you feel **connected** to someone or something, you feel that you have a common link or association with them

connected to someone or something

our families are now connected through marriage | although I spent three years there, I don't feel I'm connected to the place

Noun: *connection*

connection with someone or something

I felt a strong connection with the other musicians in the orchestra

crewmate /kru:'meɪt/ Noun

a team of people who work together, for example on a ship or in a plane or spaceship, are called a **crew**. If you are a member of a crew, your **crewmates** are the other members of the team

I got on very well with my crewmates | two of his crewmates died before the ship got back to Plymouth | Neil Armstrong's crewmates on his mission to the moon were Buzz Aldrin and Mike Collins

Noun: *crew*

the plane was carrying seven crew and 112 passengers | one of the crew members helped me with my luggage

curvature /'kɜ:(r)vətʃə(r)/ Noun

the **curvature** of something is the way it curves and makes the shape of a circle

from that height, you can clearly see the curvature of the earth | the curvature of the roof helps get rid of rainwater | doctors were beginning to worry about the curvature of his spine

Verb: *curve*

the road curved gently round the hill

float /fləʊt/ Verb

if you **float**, you move slowly on the surface of water or in the air

I dreamt I was floating inside the space station | he floated for a while in the middle of the pool | a plastic bag was floating in the river

miss /mɪs/ Verb

if you **miss** someone or if you **miss** a place, you feel slightly sad that you are not with that person or in that place any more

you start thinking about the things you're missing at home | I really missed my dog when I went on holiday | you'll miss me when I'm gone! | one thing I didn't miss when I left school was maths lessons

orientation /ˌɔ:riən'teɪʃ(ə)n/ Noun

the **orientation** of something is where it is in relation to other things

from space we were looking at them from different orientations | using the online map we can explore the orientation of the island

11 Connections

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bookmark /'bʊk,mɑ:(r)k/ Verb

if you **bookmark** a page on the internet, you create a link to it so that you can find it again very quickly and easily

don't forget to bookmark our page | I forgot to bookmark it and I can't find it now | it's easy to bookmark the page – just click here | I'll bookmark your blog and make sure I read it next week | I'm going to bookmark this recipe

Noun: *bookmark*

I currently have over 300 bookmarks! | a list of bookmarks | you should sort your bookmarks into categories

catch up /kætʃ ʌp/ Phrasal verb

if you **catch up** with something, you find out the latest information about it

catch up with something | catch up on something | I catch up with the news at weekends | she caught up with the latest gossip about Hollywood | I need to catch up on what's been happening in parliament

celebrity /sə'lebrəti/ Noun

a **celebrity** is a famous person in entertainment or sport

the newspaper carries a lot of celebrity news | he became an international celebrity | using celebrities to advertise products is nothing new | she's supposed to be a celebrity but I've never heard of her

click /kɪk/ Verb

if you **click** on something on a computer screen, you press a button on the mouse to make the computer do something, for example to open a new document or page on a website

right-click | left-click | double-click

click on the link to see a video of the event | click on the little x to close the application | click "yes" to continue | if you right-click, you will get a list of options (click the button on the right-hand side of the mouse) | double-click the file name to open the document (click twice)

Noun: *click*

it takes about six clicks to get to the right page on the website | and with one click of the mouse, he shut down the computer

current affairs /'kʌrənt ə'feəz/ Noun plural

current affairs are stories in newspapers, TV documentaries etc., about important facts, events and activities relating to politics and economics that are happening in the world at the moment

I enjoy watching current affairs programmes on TV | a current affairs journalist | do you follow current affairs? | a weekly current affairs magazine | current affairs never interested me when I was younger

entertainment /,entə(r)'teɪnmənt/ Noun

entertainment is things that give people pleasure, like films, concerts, television, etc

a series of concerts and other entertainment | there's plenty of entertainment in the evenings | a home entertainment centre (a large TV with good quality pictures and sound) | the village was really quiet and there was no entertainment for the children | the airline offers in-flight entertainment (films you can watch during a plane journey)

Adjective: *entertaining* | Verb: *entertain* | Noun: *entertainer*

an entertaining speech | we had an entertaining evening at the theatre | he entertained the children with stories and songs | a singer entertained the audience until the star appeared on stage | Edwards was a popular entertainer who sold millions of records | she is a great entertainer and a great singer

feature /'fi:tʃə(r)/ Noun

a **feature** is a newspaper article or a TV programme that deals with a topic in a lot of detail

the features editor for a national newspaper | it took three weeks to do the research for the feature in tomorrow's paper | I bought the magazine on Tuesday but didn't read the features pages till Saturday

gossip /'ɡɒsɪp/ Noun uncount

gossip is talking about things in a not very serious way, often about personal things to do with other people that might not be true. In a newspaper or magazine, a **gossip column** includes short articles about the private lives of famous people such as actors or singers

I try not to get involved in office gossip | this wasn't idle gossip (probably untrue), it was absolutely true | her divorce was in all the gossip columns | a celebrity gossip site (on the internet) | he enjoys spreading gossip whenever he can

Verb: *gossip* | Noun: *gossip*

gossip about someone or something

they're always gossiping about the boss's husband | we can't spend all day gossiping – I'm going back to work | the village gossip (someone in a village who is always gossiping)

live stream /'laɪv stri:m/ Noun

a **stream** is a broadcast of a TV programme over the Internet. A **live stream** is one that is made available as it happens and so is live rather than being a recording

there are live streams of news programmes all day long | over one million people logged in to watch the live stream | I saw the live stream on my phone | the live stream will begin in 20 minutes

Verb: *live stream* | Adjective: *live-streamed*

they're going to live stream the boxing match on Saturday night | the whole event was live-streamed

society /sə'saɪəti/ Noun uncount

society is used to refer to people who are fashionable and well-known, and who are written about in newspapers and magazines

she's always appearing in the society pages of the Times | a society hostess (a woman who often has parties of rich and famous people)

PAGES 132–133

blog /blɒg/ Noun

a **blog** is a page or set of pages on a website where someone writes short articles about a particular subject and where other people can add comments

his blog is read by thousands of people | I always read her blog before I start work in the morning | a blog post (a single article on the blog) | a political blog (a blog about politics) | a food blog (a blog about food)

Noun: *blogger* | Verb: *blog*

he's a very active political blogger (who writes about politics) | a fashion blogger (who writes about fashion)

eclipse /ɪ'kliːps/ Noun

when there is an **eclipse** of the sun, the moon passes between the sun and the Earth and stops the light from the sun reaching the Earth.

tomorrow's eclipse will start at 17:47 and last for about half an hour | have you ever seen an eclipse? | the eclipse will be visible from the northern half of Scotland | the last eclipse of the sun was three years ago

instant messaging /ɪnstənt 'mɛsɪdʒɪŋ/ Noun uncount

instant messaging is when you can send short pieces of text to another person who sees what you have written immediately and can send a reply straight away

the device allows emailing and instant messaging | instant messaging lets you stay connected wherever you are | instant messaging is more efficient than long strings of emails

Noun: *instant message* | Verb: *instant message*

users can send instant messages whenever they are logged on | he instant messaged me as soon as he got back home

search engine /sɜːtʃ 'ɛndʒɪn/ Noun

a **search engine** is computer software that helps you find documents and websites on the Internet

we're developing a faster search engine | Google is the search engine that most people use | most search engines put our site at the top of their results

social media /səʊʃəl 'mɪdiə/ Noun uncount

social media is apps such as Facebook, Twitter, Instagram, etc., which people use to share pictures and send messages to each other

we chat on social media every day | my dad doesn't do social media (doesn't use it) | social media is very useful for keeping in touch

PAGES 134-135

access /ækses/ Noun uncount

access to somewhere or something is the fact of being able to go there or use it

access to something

they charged a lot for internet access in the hotel room | access to the car park is via a staircase | the library provides access to thousands of books | access is limited to employees only | a hotel that offers free wi-fi access

Verb: *access* | Adjective: *accessible*

the information can be instantly accessed and easily examined | guests can access several tennis courts and the swimming pool | the club's website is accessible to everyone

affairs /ə'feəz/ Noun plural

affairs are important facts, events and activities relating to the government, economy, etc., of a particular place

foreign affairs | local affairs

he's actively involved in community and local affairs | she's an expert in foreign affairs (political/ economic events in other countries) | international law prohibits nations from interfering in the internal affairs of other countries | Britain has played a significant role in international affairs

affordable /ə'fɔː(r)dəb(ə)l/ Adjective

if something is **affordable**, it has a reasonable price that is not too expensive, so most people would be able to buy it

affordable housing

mobile phones are an example of affordable technology | they're looking for an affordable flat | there isn't enough affordable housing in the city | good quality products at affordable prices | health insurance simply isn't affordable for people on low wages

Verb: *afford*

we can't afford a holiday abroad on my salary

benefit /'benɪt/ Noun

a **benefit** is something that is good or useful that you get from something

better Internet access will be a great benefit to the village | one of the benefits of working from home is that you don't waste time travelling twice a day | the health benefits of swimming | the new arrangement will be of benefit to everyone in the community | this change brought no benefit to most of the students

Verb: *benefit* | Adjective: *beneficial*

prove beneficial | highly beneficial

we believe the new policy will benefit everyone, not just the rich | the children benefit greatly from having so much space to play in outside | there are many beneficial effects of eating less meat | everyone knows that regular exercise is beneficial to your health | changing jobs proved highly beneficial

debate /dɪˈbeɪt/ Verb

if you **debate** with someone, or if you **debate** a topic, you have a serious discussion about something important

the committee debated the proposal to raise the membership fee | Mrs May refused to debate with Mr Corbyn during the campaign | we debated what to do if we ran out of money | experts are still debating the issue and can't reach an agreement | the plan was debated in parliament last week

Noun: *debate*

a debate about/on something

there is a debate about how to achieve better results | we need a public debate on this subject | a heated debate (in which people become angry) | a very lively debate about climate change

dial /ˈdaɪəl/ Verb

if you **dial** a number, you enter the whole of a telephone number into your phone in order to get connected to someone so that you can talk to them or listen to them

users dial the number of the network to get to hear local stories | mobile phones store numbers so you don't have to dial the whole number every time | I think you've dialled the wrong number

enable /ɪnˈeɪb(ə)l/ Verb

to **enable** something to happen means to make it possible for that thing to happen

the long holiday enabled us to finish the repairs to the farmhouse | good communication enabled them to increase efficiency in the office | this option enables you to print your ticket before going to the airport | mobile technology enabled me to keep in touch with my family while I was on the expedition

highlight /ˈhaɪlaɪt/ Verb

if someone **highlights** something, they talk or write about it in a way that draws special attention to it because they think it is an important part of what they are saying

highlight issues/concerns/areas

psychologists highlight several stages that nearly everyone goes through | the report highlights four key trends in youth crime | the minister was right to highlight the issue | she also highlighted concerns about late-night traffic noise

issue /ˈɪʃuː/ Noun

an **issue** is an important subject affecting society that people discuss

a controversial issue | a big/key/major issue | raise an issue

health issues | environmental issues | climate change is still a rather controversial issue | immigration is a major issue in the current election campaign | one of the biggest issues is education | it's a topic which raises a number of complex issues

lack /læk/ Noun singular

if you have a **lack** of something, you do not have it, or do not have enough of it, although it would be useful if you did

a lack of something

there was a lack of evidence | the idea failed because of a lack of interest (people weren't interested in it) | lack of Internet access was not the only problem in the village | there was no lack of excitement in the film (it was very exciting)

Verb: *lack*

be lacking in something

he simply lacks the ability to behave properly | the government lacks support for this latest proposal | his manager was lacking in any personal skills | the rice was well cooked but lacking in flavour

link /lɪŋk/ Verb

if someone or something **links** two things, or if the two things **are linked**, there is a connection between them and they can communicate with each other

these five families were closely linked | the technology helps link communities across a wide area | the two villages are now linked by a brand new road

Noun: *link*

a rail link between Cardiff and Aberystwyth

media /miːdiə/ Noun

the **media** is television, radio, newspapers, magazines, etc., which prepare and send out information and entertainment for people to watch, listen to, or read. These are sometimes referred to as **traditional media**. Things like the internet and mobile phones are also examples of the **media**, and are sometimes referred to as **new media**

media coverage | mass media

I tried for months to get a job in the media | the election got a lot of media coverage (there were a lot of articles or programmes about it) | she's written a book about the influence of the mass media (newspapers, TV, etc. that are seen by large numbers of people) on social attitudes | last year, there were media reports that the prime minister was going to resign | most of the news media supported the president

network /ˈnet,wɜː(r)k/ Noun

a **network** is a group of organizations that are connected and that work towards achieving the same things

a current affairs network that sends news out to mobile phones | the local library information network has 98 computers in its 23 branches

overcome /ˌəʊvə(r)'kʌm/ Verb

to **overcome** something that is difficult means to succeed in doing what you want to do by despite the problems that are involved

overcome an obstacle/barrier/difficulty | successfully overcome something

many local communities are managing to overcome the problem | even the most challenging of our issues were successfully overcome | our role is to help students overcome these obstacles | these

translations made it possible to overcome the language barrier | how have they tried to overcome their difficulties?

rural /ˈrʊərəl/ Adjective

something that is **rural** is in the countryside or connected to the countryside and not to do with towns or cities

they live in a small rural community | a rural landscape | only 5% of the rural population had access to the internet | we need to encourage rural development | in many rural areas there are no bus services | the rural economy will improve with better internet access

Opposite – Adjective: **urban**

urban areas suffer more from pollution caused by traffic | an urban landscape (a view where there are just buildings and roads)

PAGES 136-137

app /æp/ Noun

an **app** is a piece of software that is designed for a particular purpose, especially one used on a tablet computer or mobile phone. **App** is short for *application*

a new dictionary app is now available | is there a free app? | you can download the app from our online store | I'm having trouble installing the app | an app that lets you send video as well as text

handle /ˈhænd(ə)/ Verb

if you **are handling** something, you are dealing with it because it is your responsibility

you're handling those apartments, aren't you? | who's handling the sale of the old factory? | I'll do the shopping – can you handle the cleaning this weekend?

PAGES 138-139

click /kɪk/ Verb

if something **clicks**, it suddenly starts to make sense to you

I used to hate learning French, but then I spent a month in Paris and it all clicked | once it clicked, I wanted to learn more about it | she knew something was wrong but it didn't click what it was | it never clicked that he was her brother's best friend

grade /greɪd/ Noun

in schools in the US, a **grade** is a whole year of education. Children start in first grade, aged about six, and continue until twelfth grade, aged about 18

I was really young then, in first grade I think | what grade is she in? | he was my English teacher in fourth grade

grasp /ɡrɑːsp/ Verb

if you **grasp** an idea, you succeed in understanding it well

grasp the meaning of something | grasp the

significance of something

sorry – I hadn't grasped all that | Harry was quick to grasp the situation | he didn't grasp my meaning to start with | she suddenly grasped the significance of the letter | after grasping the basics of counting to ten, children are ready to move on to simple addition

Noun: *grasp*

it requires a firm grasp of legal language | I read it three times before I got a proper grasp of the proposal

kindergarten /ˈkɪndə(r)ɡɑː(r)t(ə)n/ Noun

a **kindergarten** is a school for very young children

she's going to start kindergarten next week | after two years in kindergarten, I started proper school | there were 32 children in my kindergarten | the school takes children from kindergarten through to twelfth grade

legible /ˈledʒəb(ə)/ Adjective

if writing is **legible**, it is clear enough for you to be able to read it without difficulty

his writing isn't very legible | the ink was so faint that it wasn't legible | make sure your answers are legible

Adverb: *legibly* | Noun: *legibility* || Opposite – Adjective: *illegible* | Adverb: *illegibly*

make sure you write the address legibly on the envelope | use black ink on white paper to help with legibility | his handwriting is completely illegible | she wrote her name illegibly on the back of an envelope

mumble /ˈmʌmb(ə)/ Verb

if you **mumble**, you say something in a way that is difficult for people to hear clearly

she mumbled something without raising her head | stop mumbling! | he doesn't say much to other people, but he's often mumbling to himself | he didn't answer directly, just mumbled something we couldn't understand

Noun: *mumble*

there was a low mumble of voices

recess /rɪˈses/ Noun

in school, **recess** is a time during the day when children are not in the classroom but are allowed to play outside

recess starts at 10:30 | we'd go outside for recess | we used to play the same games every recess when I was a kid | if it was raining during recess we had to stay in the classroom

swamp /swɒmp/ Noun

a **swamp** is an area of land that is mostly thick mud or water. You can refer to something that is difficult to understand as a **swamp**

a bureaucratic swamp (where there are too many complicated rules) | these trees grow well near swamps

wade /weɪd/ Verb

if you **wade** through water or mud, you walk through it

wade through something | wade across something

we had to wade across the river | they waded through a field that was mostly mud | he waded ashore (onto the bank of a river or the edge of a lake)

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ferry /'feri/ Noun

a **ferry** is a boat or ship that carries passengers regularly from one place to another

take a ferry

the ferry from Dover to Calais takes about 90 minutes | we didn't take the ferry this time, instead we used the tunnel | there's a ferry to the island every hour | the ferry service runs every day except Sunday

fetch /fetʃ/ Verb

if you **fetch** someone or something, you go to where they are and then take them back to where they need to be

we usually go and fetch them in September | I went to fetch another chair from the dining room | can you fetch the children from school this afternoon? | I got up to fetch a jug of water

grain /greɪn/ Noun uncount

grain is the seeds of cereals such as wheat or corn
the main crops were fruit and grain | we feed our chickens grain | grain supplies were at a very low level | a sack of grain

PAGES 142–143

fur /fɜ:(r)/ Noun

fur is the soft, hairy skin of an animal that is used for clothing such as coats or gloves

if they'd worn furs, they wouldn't have suffered from frostbite | a fur hat | her gloves were lined with rabbit fur | some people say it's cruel to use fur for clothing

rare /reə(r)/ Adjective

if something is **rare**, it is not very common or it does not happen very often

the museum houses a number of rare and valuable exhibits | winters are cold, although snow is rare | only a few hundred copies were ever printed, so they are quite rare now | tea was a rare and expensive luxury

Adverb: *rarely*

he used to be keen, but he rarely plays the piano now | temperatures here rarely reach freezing point

survival /sə(r)'vaɪv(ə)/ Noun uncount

survival is successfully staying alive or healthy in a dangerous or difficult situation

his chances of survival were not very good | his survival depends on finding enough money for the operation | they learned survival techniques from the local Inuit people | our survival was dependent on finding a village before it got dark

Verb: *survive* | Noun: *survivor*

you can't survive for long in the desert | it's difficult to survive on so little money | no one survived the crash (they all died) | there were no survivors of last night's plane crash (all the passengers died)

PAGES 144–145

extinct /ɪk'stɪŋkt/ Adjective

if a type of animal or plant is **extinct**, it no longer exists anywhere in the world

become extinct

an expert on extinct mammal species | if we don't do more to protect bees, they could become extinct | it's been extinct since 1908 | how can we know what these extinct animals ate? | the panda is in danger of becoming extinct

Noun: *extinction*

face extinction

they're on the verge of extinction (almost extinct) | these bears are facing extinction (are at risk of becoming extinct)

gear /gɪə(r)/ Noun uncount

gear is the equipment you need when you are doing a particular activity. For example, when you go camping, your camping **gear** will include a tent, sleeping bag, etc

fishing/swimming/cycling etc gear

put your gear in the back of the truck | don't forget to bring your fishing gear | he was wearing his cycling gear | the car was full of camping gear | did you bring your swimming gear?

healer /'hi:lə(r)/ Noun

a **healer** is someone who is believed to have special powers to cure people who are ill without using modern medicine

the local healer brought me some of the local medicine | his grandfather was the village healer | the healer used prayer to cure his patients

Verb: *heal*

I didn't believe he could heal me, but he did

inadequate /ɪn'ædɪkwət/ Adjective

something that is **inadequate** is not good enough or not enough in quantity or quality for a particular purpose

we had nets, but they were totally inadequate | he failed the exam due to inadequate preparation | facilities in the hotel were considered to be inadequate | there was an inadequate supply of hospital beds

Opposite – Adjective: *adequate*

the aircraft did not have adequate safety equipment | the manager must ensure staffing levels are adequate to safely operate the machinery

inappropriate /ɪnəˈprəʊpriət/ Adjective

something that is **inappropriate** is not suitable in a particular situation or not suitable for a particular purpose

inappropriate behaviour can lead to a student being sent home early | several comments on the blog post were considered to be inappropriate and were removed | there is no such thing as bad weather, only inappropriate clothing

Adverb: *inappropriately* || Opposites – Adjective: *appropriate* | Adverb: *appropriately*

his voice sounded inappropriately loud in the church | shouting at your teacher is not an appropriate way to show you disagree | the only appropriate response is to say you're sorry | dress appropriately for hot weather

net /net/ Noun

a **net** is a large piece of cloth with holes in it that allow air or water to pass through but not solid objects. **Nets** are used to catch fish, or to stop insects getting close to people and biting them while they are sleeping

we had nets over our heads | a mosquito net | the net was too small and I got bitten

researcher /rɪˈsɜː(r)tʃə(r)/ Noun

if you do **research**, you study a subject in detail to find new information about it. This work is called **research**, and someone who does research is a **researcher**

researchers have decided to stop using animals in their experiments | a wildlife researcher | researchers found that cigarette smoking did not help concentration | researchers repeated the experiment and got the same result

Verb: *research* | Noun: *research*

do research (into something)

I'm researching my family history | each student had to research a different topic | research shows that bilingual children are better at solving problems | scientific research | a research project | we need to do more research into the causes of cancer

taste /teɪst/ Noun

if you get a **taste** of something, you experience it a little so that you have some idea of what it would be like to do it properly or all the time

a taste of something

I got my first taste of camping last weekend | this will give you a taste of what it's like working in an office | a taste of things to come (an early experience of what is going to happen in the future)

PAGES 146–147

appeal /əˈpiːl/ Noun singular

the **appeal** of something is its quality of making people like it

broad/popular appeal | lose appeal | have/hold appeal

the appeal of the samurai is linked to his being a great action figure | the UK is worried it will lose

its appeal | a movie with a lot of appeal | the sport has great appeal | as a tourist destination, the town holds no appeal

Verb: *appeal* | Adjective: *appealing*

a range of books designed to appeal to children up to the age of 10 | his manner is very appealing | a very appealing design

blame /bleɪm/ Verb

if you **blame** someone, you accuse them of being responsible for something bad that has happened

blame someone for something | blame something on someone or something | be to blame

don't blame me if you don't get the job | nobody is blaming you – it was an accident | Murray blamed his defeat on a lack of concentration | she blamed me for the accident | he was to blame for our being late

Noun: *blame*

the blame lies/rests with someone | get the blame | put/pin the blame on someone

some of the blame lies with the hospital | I always got the blame when my sister was naughty | he pinned the blame on the prime minister

code /kəʊd/ Noun

a **code** is a set of rules that say what you are allowed to do

is there a dress code for the party? (rules about what sort of clothes you are allowed to wear) | a penal code (the system of criminal laws in a country) | I had to sign the company's code of conduct (rules about how to behave in business)

ethics /eθɪks/ Noun plural

ethics are moral rules that people are expected to obey

the course covered business ethics as well as financial management | the university ethics committee (a committee that makes sure the moral rules are properly obeyed) | for doctors, medical ethics are very important

fierce /fɪə(r)s/ Adjective

someone who is **fierce** is angry and ready to fight or attack someone

the samurai look very fierce | a fierce warrior and a respected leader | lions, tigers and other fierce animals

glory /ˈɡlɔːri/ Noun uncount

glory is the praise and respect that someone gets for having achieved something very good

he joined the samurai in search of glory | they returned home covered in glory | a powerful desire for personal glory

goggles /ˈɡɒɡ(ə)lz/ Noun plural

goggles are glasses that fit closely against your face and protect your eyes from dust, wind, water, etc

a pair of goggles

some pupils were required to wear goggles while using the tools | all staff and visitors must wear safety goggles in the laboratory | I always wear goggles

when I go swimming | a photo of a pilot in the 1930s wearing goggles and a leather jacket

honour /ˈɒnə(r)/ Noun uncount

someone's **honour** is their sense of strong moral beliefs and behaviour that make people respect them

honour and loyalty are very important qualities for the samurai | a man of honour | she has a strong sense of honour

Adjective: *honourable* | Adverb: *honourably*
an honourable man | he did the honourable thing and resigned | she always behaved honourably towards everyone

landowner /ˈlændəʊnə(r)/ Noun

a **landowner** is someone who owns a lot of land
rich landowners employed private soldiers for protection | her family were once major landowners in the area | some landowners refused to allow the canals to be built on their property

lone /ləʊn/ Adjective

a **lone** person or thing is the only one in a particular place or situation

a lone swordsman facing dozens of enemies | the lone survivor of a plane crash | a lone passenger got off the train | a lone figure cycled down the hill

loyalty /ˈlɔɪəlti/ Noun uncount

if someone shows **loyalty**, they support someone or something reliably and without changing

loyalty to someone or something | fierce/great loyalty | blind loyalty | inspire loyalty | show loyalty | demand/expect loyalty

the servants showed great loyalty even when times were difficult | workers had a fierce loyalty to each other | he inspires extraordinary loyalty among his staff | he demanded unquestioning loyalty in return for his support

Adjective: *loyal* | Adverb: *loyally* || Opposites – Noun: *disloyalty* | Adjective: *disloyal*

fiercely loyal | loyal support | disloyal to someone or something

only a few remained loyal to the prime minister | you can be sure of our loyal support | she is fiercely loyal to her family and her job | despite the setbacks, they loyally supported him | the new government loyally accepted the American proposals | he was accused of disloyalty for writing a critical article | I believe you are being disloyal to the company

martial art /ˈmɑːʃəl ɑːt/ Noun

martial arts are sports such as judo and karate in which competitors fight each other using their hands and feet. Martial arts started in Asia, especially in Japan

a martial arts movie | she's trained in several martial arts | his martial arts skills | this later developed into a martial art

sacrifice /ˈsækrɪfaɪs/ Noun uncount

sacrifice is behaviour in which you give something up in order to be able to do or have something else instead

we lent them some money, but that meant making sacrifices ourselves | being president demands a lot of sacrifice | many volunteers went out there, often at great personal sacrifice

Verb: *sacrifice*

we need to increase productivity without sacrificing quality | I sacrificed another night's sleep to go and pick him up from the airport

unarmed /ʌnˈɑː(r)md/ Adjective

unarmed fighting is fighting that does not involve weapons, only people's hands and feet. A person who is **unarmed** does not have a weapon with them
jujitsu is a form of unarmed fighting | he was trained in unarmed combat | an unarmed policeman was shot in the city centre last night | nineteen unarmed civilians were killed in the riot | 32 protesters were killed, all of them unarmed

Opposite -- Adjective: *armed*

armed police patrolled the streets of Westminster | the situation got worse, leading eventually to armed conflict (fighting with weapons)

PAGES 148–149

home /həʊm/ Noun

your **home** is the house or flat where you live at home

I was a guest in their home | I work at home | my home is in Wales | she left home when she was 17 (she went to live somewhere away from her parents) | I'm going to stay at home tonight | what's your home address?

Adverb: *home*

go home

it's time to go home

gift /ɡɪft/ Noun

a **gift** is a present that you give to someone, for example on their birthday or as a way of saying thank you for something nice they have done for you

there are strict rules about accepting gifts from clients | he offered me a generous gift of £100 | the two presidents exchanged gifts before the meeting began | the car was a birthday gift from his parents | as a police officer, he could not accept the gift

guest /ɡest/ Noun

a **guest** is someone who is staying in someone else's house for a short time

we've got guests this weekend (people are coming to stay with us) | I cooked dinner for the three of us plus six guests | our guests gave us a lovely bunch of flowers

normal life /ˈnɔːməl laɪf/ Noun uncount

normal life is your usual activities and behaviour that you do most of the time, such as going to work or school, doing the shopping, cleaning the house, etc., as opposed to being on holiday or doing exciting things that do not do very often

they're getting on with their normal life | the children are leading a normal life again

photo /'fəʊtəʊ/ Noun

a **photo** is a picture that you make by using a camera. The word **photo** is short for photograph
take a photo

do you have any photos of your children? | let me take a photo of you | I took a photo of my meal in the restaurant | she took hundreds of photos of her holiday | a photo of my family | click this link to add a photo to your Facebook page

stay /steɪ/ Noun

if you **stay** somewhere, you live there for a short while. The time you spend there is your **stay**
during your stay you must speak English all the time | after a brief stay in Zurich they moved on to Paris | he went back home after a two-week stay in Cornwall | we hope you will enjoy your stay with us
Verb: stay

which hotel did you stay in? | we stayed in Cardiff for a few days before going to Bangor

tourist /'tʊərɪst/ Noun

a **tourist** is someone who is visiting somewhere on holiday or for pleasure
Trafalgar Square was full of foreign tourists | a queue of tourists at the Eiffel Tower | a tourist bus | tourists spend a lot of money here | a coach stopped outside the cathedral and 50 tourists got off

Noun: *tourism*

tourism has increased a lot in the south of the country | we want to have more tourism on the island

PAGES 150–151

camouflage /'kæməflɑːʒ/ Verb

to **camouflage** something means to cover it in something that looks very similar to the background where it is in order to make it difficult to see. If an animal **camouflages** itself, it has colours or it changes colour to make itself hard to see

no other animals can camouflage so easily | they wore animal skins to camouflage themselves | the tiger's stripes help to camouflage it

Noun: *camouflage* | Adjective: *camouflaged*

the owl's colouring provides good camouflage | they are well camouflaged and very difficult to see

ink /ɪŋk/ Noun uncount

ink is a dark liquid inside the body of some animals such as an octopus or squid which it sends out at times of danger to make it difficult for a predator to see it

the octopus can release a dark ink to confuse a predator | the dish was served with lemon and dots of squid ink

pack /pæk/ Noun

a **pack** of wild animals such as dogs or wolves is a large group of them who live and move around together

a pack of dogs | in packs

these wolves tend to hunt in packs | a pack of noisy dogs

predator /'predətə(r)/ Noun

a **predator** is an animal that kills and eats other animals. The animals that it eats are its **prey**
mice are at risk from several predators, especially cats | other predators include foxes and wolves | the eagle has no natural predators | adult birds escape these predators by flying into the trees

Noun: *prey*

bird/beast of prey

their natural predators are birds of prey (birds that kill and eat other animals) | it uses its sense of smell to find its prey

release /rɪ'liːs/ Verb

to **release** something means to let it go out of the place where it has been

some animals release a strong smell when they are in danger | most of the rescued animals were released back into the forest | when you run, energy is released as heat

school /skuːl/ Noun

a **school** of fish is a large group of them who live and move around together

a school of fish

dogfish sharks travel in large schools | we saw two separate schools of dolphin

surroundings /sə'raʊndɪŋz/ Noun plural

your **surroundings** are the place where you are or where you live and all the things that are around you there

polar bears are the same colour as their surroundings | the castle stands in beautiful surroundings | I was glad to get back to familiar surroundings | impressive views over the scenic surroundings

welfare /'welfeə(r)/ Noun uncount

the **welfare** of a person or animal is their state of health and their safety

animal welfare is very important to us | an international organization concerned with child welfare | the welfare of the dogs is not my responsibility | Cadbury took the welfare of his employees very seriously