

1 Relationships

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bond /bɒnd/ Noun

if there is a **bond** between people, they have developed an ability to work or live together based on trust and respect and friendship

a close/strong/deep bond | create/develop/form a bond | strengthen a bond

there's a deep bond between us | an emotional bond between the two survivors | the ability of mother and daughter to form a bond with each other | We spent long hours in the labs, but this only strengthened the bonds between fellow classmates

Verb: *bond*

bond with someone

the team has bonded together well | she found it easy to bond with her students | I met her when I went to college and we bonded immediately

brother-in-law /ˈbrʌðər ɪn lɔː/ Noun

your **brother-in-law** is the brother of your husband or wife. All the relatives of your husband or wife are your **in-laws**

my brother-in-law lives in California | I've got three sisters and one brother-in-law

faithful /ˈfeɪθf(ə)l/ Adjective

someone who is **faithful** is very loyal to someone else and always supports them

her most faithful companion was her dog | a talented and faithful servant to the emperor | he remained faithful to her for the next forty four years

Adverb: *faithfully* | Noun: *faithfulness*

he faithfully did everything that Pat asked of him | his faithfulness was recognised by the king

fiancée /fiˈɒnseɪ/ Noun

someone's **fiancée** is a woman who they are going to marry. Someone's **fiancé** is a man they are going to marry

he met his fiancée when they were at university | let me introduce you to my fiancée, Jennifer | we're looking forward to meeting your fiancé

flatmate /ˈflæt.meɪt/ 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

good mate /ɡʊd meɪt/ Noun

in informal English, a **mate** is a friend. If you say you are **good mates** with someone, you mean that you are close friends

we were good mates at school | Jonny and I have always been good mates | she's my best mate

mutual /ˈmjuːtʃuəl/ Adjective

mutual feelings are shared by two people. For example, if you do not like someone and they do not like you, you can say that the feeling is mutual mutual feelings | a mutual friend

the two shared a mutual respect | they met through a mutual friend (someone that they both knew) | without mutual understanding, there can be no friendship | the divorce was by mutual consent

Adverb: *mutually*

we developed a mutually useful relationship

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. An odd couple are two people who are married or in a relationship, but who seem very different from each other

make an odd couple

they made an odd couple – a sixty-year-old librarian and a thirty-year-old professional cyclist | they might look like an odd couple, but they've been together for over thirty years

passing acquaintance /ˈpɑːsɪŋ əˈkweɪntəns/ Noun

an **acquaintance** is someone you know. A **passing acquaintance** is someone you might have met once or twice, so you know them, but not very well

at the time she was just a passing acquaintance, but three years later we got married | I had only a passing acquaintance with Angus

stuff /stʌf/ Noun uncount

you can use **stuff** as a general word to refer to any kind of thing without saying exactly what it is

you can buy all sorts of stuff there | he put his stuff on the table | whose is this stuff? | they get stressed because of exams and stuff | we did football and boxing and stuff like that | I don't like poetry and that sort of stuff | we need to buy some stuff for the party tomorrow

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associate /əˈsəʊsi,eɪt/ Verb

if you **associate** one thing with another, you see that there is a link between them and they have something in common, often that one is the cause of the other

there are lots of risks associated with smoking | I always associate Wales with stormy weather | the financial costs associated with long-term illness

candy /kændi/ Noun uncount

candy is small pieces of food made from sugar or that taste like fruit, which children like to eat. Candy is American English. In British English, people say sweets

candy is bad for your teeth | I never eat candy | my uncle gave me some candy | he ran a small candy store in Brooklyn

considerate /kən'sɪd(ə)rət/ Adjective

someone who is **considerate** thinks carefully about how they behave towards other people and always tries to make sure their actions do not have a bad effect on other people's feelings or needs

he's great fun, and what's striking is how considerate he is | Louis was a kind and considerate young man | Anthea is polite, considerate and well-mannered | please be considerate of our neighbours and leave the restaurant quietly

Adverb: *considerately* || Opposite – Adjective: *inconsiderate*

cyclists are asked to use the path carefully and considerately | it was very inconsiderate of him to play his music so loudly | inconsiderate motorists | a problem with inconsiderate neighbours

definite /def(ə)nət/ Adjective

something that is **definite** is certain or sure to be true
no one can give a definite answer to this question | I don't have any definite plans for tonight | there's no definite right or wrong here – you have to use your judgement

Adverb: *definitely*

it's definitely going to rain | I'm definitely coming to the party | War and Peace is definitely my favourite book | that's definitely not a film I want to see

dependable /dɪ'pendəb(ə)l/ Adjective

if someone is **dependable**, you can trust them and know that they will do the right thing every time
Kate is a really dependable friend | George is entirely trustworthy and dependable | I need an assistant who will be completely reliable and dependable

Verb: *depend*

depend on someone or something

I have twenty employees who depend on me keeping the business going

energetic /enə(r)'dʒetɪk/ Adjective

something or someone that is **energetic** 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*

the children were playing energetically in the garden

get on well with /ɡet ɒn wəl wɪð/ Phrasal verb

if you **get on** with someone, you like them and have a friendly relationship with them

get on with someone

do you get on with the people you work with? | I

never got on with my boss | we don't get on with our neighbours | I get on well with the people in the office | I had a feeling they wouldn't get on | they get on together very well

go round to /ɡəʊ raʊnd tuː/ Phrasal verb

if you **go round** to someone's house or flat, you visit them there socially

I've been round to his house several times | she asked us to go round after work | four of us are going round to Terry's on Saturday | are you going round to Dan's later?

hang out with /hæŋ aʊt wɪð/ Phrasal verb

if you **hang out** with someone, you spend a lot of your free time with them

hang out with someone | hang out together | she started hanging out with Ellie and Jay | we used to hang out together all the time | they hang out behind the bus station

hound dog /haʊnd dɒɡ/ Noun

a **hound dog** is a dog, especially one that is used for or is good at hunting

it was a tough, intelligent hound dog | hound dogs have a very good sense of smell | a pack of hound dogs (a group of them all together)

hug /hʌɡ/ Verb

if you **hug** someone, you put your arms round them and hold them tightly because you want to show them love or friendship

she's always hugging me. I wish she wouldn't | he hugged us all, then waved as the train left the station | I love kissing and hugging my children | everyone screamed with delight and hugged each other

Noun: *hug*

give someone a hug

give me a hug before you go | we gave each other a long hug | can I have a hug?

keep up with /kiːp ʌp wɪð/ Phrasal verb

if you **keep up with** someone, you are in contact with them regularly and share information about your lives with each other

we keep up with each other on Facebook | I kept up with her for years after we left university | it's a shame you didn't keep up with Geoff

laid-back /leɪd bæk/ Adjective

if someone is **laid-back**, they are always very calm and relaxed and never seem to worry about anything

he's very laid-back and just seems to lie around all day | they have a rather laid-back approach to parenting | she was very laid-back about her exams | I enjoyed the laid-back atmosphere at my last school

outgoing /aʊt'ɡəʊɪŋ/ Adjective

someone who is **outgoing** is friendly and lively, and likes meeting new people

Sandra remembers him as a very outgoing person | he's very funny and outgoing | we're both quite chatty and outgoing | she has a very outgoing personality

sanctuary /ˈsæŋktʃuəri/ Noun

a **sanctuary** is a place where people or animals are cared for and looked after, and protected from danger

a bird sanctuary | a wildlife sanctuary (where animals are protected) | he sought sanctuary in a nearby church

sociable /ˈsəʊjəb(ə)/ Adjective

someone who is **sociable** likes meeting other people and being with other people in social situations

some people are just naturally sociable | I wish my flatmate was more sociable | they're very sociable and always have people staying with them | they didn't speak much English, but they were friendly and sociable

Adverb: *sociably* || Opposite – Adjective: *unsociable*
we sat together sociably until the restaurant closed | he's often quiet and unsociable, but he's nice when you get to know him | a rude and unsociable old man

stand by /stænd baɪ/ Phrasal verb

if you **stand by** someone, you help and support them when they have problems or difficulties

Kate has always stood by me when I've needed help | he was the only one to stand by the president during the trial | don't worry, I'll stand by you

striking /ˈstraɪkɪŋ/ Adjective

something that is **striking** catches your attention because it is very noticeable and makes you look at it or think about it a lot

the two books have striking similarities | the second example was even more striking | what's striking is how considerate he was | her Facebook page had a number of striking photos

Adverb: *strikingly* | Verb: *strike*

strike someone as something
her own conclusions were strikingly different | doesn't his behaviour strike you as odd? | the first thing that struck me was how few people were there

unreliable /ˌʌnrɪˈlaɪəb(ə)/ Adjective

if someone is **unreliable**, they often do not do what they need to do and you can never be sure that they will do what they say they will do. If something is **unreliable**, it does not always work properly or in the way that it is meant to

Tony's a lovely man but he's so unreliable | the buses here are a bit unreliable | the newspaper report was based on an unreliable source | the ferry was slow and unreliable

Opposite – Adjective: *reliable*

she's very reliable – if she says she'll do something, then she'll do it | a friendly and reliable taxi driver | a reliable worker | the trains aren't very reliable (they're often late) | an old and not very reliable car

PAGES 12–13**burden** /ˈbɜː(r)d(ə)n/ Noun

a **burden** is something difficult or unpleasant that you have to deal with, especially because you feel responsible for it

be a burden on someone | bear/carry a burden

we don't want to be a burden on her | I was tired of bearing the whole burden of childcare | it's an unfair burden to place on anyone

Adjective: *burdened* | Verb: *burden*

by the end of the year he was burdened with debt | not wanting to burden her parents, she took a job as a teaching assistant

dutiful /ˈdjuːtɪf(ə)/ Adjective

someone who is **dutiful** makes sure they do everything that they are asked to do or are expected to do in a loyal way

I'm sure she will be dutiful and look after us | a dutiful daughter | he was dutiful towards his parents | the children were taught to be dutiful and obedient

Adverb: *dutifully* | Noun: *duty*

I write dutifully to my parents every week | he dutifully did what she asked and drove her to the airport | it's your duty to make sure your brother doesn't fall into the river

ideology /ˌaɪdɪˈɒlədʒi/ Noun

an **ideology** is a particular set of opinions and beliefs about the world that influence the way people choose to live and organise themselves

different ideologies are fighting against each other | a dangerous mix of nationalist ideology and international politics | the army was used as an instrument for spreading ideology | his writing is a challenge to Western ideology

Adjective: *ideological*

there were ideological differences between the three brothers | a man of ideological principles

material benefit /məˈtɪəriəl ˈbenɪfɪt/ Noun

material benefits are things that help to make people's lives more comfortable, such as warm and dry housing with a clean water supply, availability of fresh food, good quality clothing, etc

the economic boom has brought enormous material benefits | life in the city offered material benefits compared to life in the country | we enjoy many more material benefits than our grandparents did

nursing home /ˈnɜːsɪŋ həʊm/ Noun

a **nursing home** is a place where people live and are looked after, especially older people who are no longer able to look after themselves

I want the best nursing home money can buy for my parents | her mother has been in a nursing home for the last three years | he died a week later in a nursing home

overtake /əʊvə(r)'teɪk/ Verb

if you have **overtaken** someone, you have developed and improved more quickly than them and are now more successful or at a more advanced stage in a process

she has now overtaken her parents in spoken English | the internet is fast overtaking TV as a popular form of entertainment | she overtook me in our last year at university and got much better exam results

rebellious /rɪ'beljəs/ Adjective

if someone is **rebellious**, they start to fight against or oppose the people who have authority over them
rebellious teenagers | his rebellious attitude caused him problems at school

Adverb: *rebelliously* | Noun: *rebel* /reb(ə)l/ | Verb: *rebel* /rɪ'bel/ | Noun: *rebellion*

rebel against something

teenagers behaving rebelliously | the town was attacked by rebels during the night | 26 soldiers and eight rebels were killed in the battle | when she was told she could not go to university, she openly rebelled | he eventually rebelled and left home without even saying goodbye | the rebellion was quickly crushed | an armed rebellion

slang /slæŋ/ Noun uncount

slang is language that is considered to be very informal or even wrong, used by particular groups of people such as young people or criminals

prison slang | she taught her mother the latest slang | a dictionary of slang | my dad hates it when I use slang

supportive /sə'pɔː(r)tɪv/ Adjective

if people are **supportive**, they understand your situation and help you

her parents want to be supportive | my colleagues are very supportive | luckily, I've got a supportive boss | thank you for being so supportive while I've been in hospital

Verb: *support* | Noun: *support*

offer someone support

we'll support you whatever you decide to do | his parents offered him financial support

PAGES 14–15**ancestral roots** /æn'sæstrəl ruːts/ Noun plural

your **ancestral roots** are your family and the places they lived a long time ago in the past

landing in Jamaica felt like returning to my ancestral roots | his mother had ancestral roots in Massachusetts | the McNeil family had ancestral roots in both Ireland and Scotland

approval /ə'pruːv(ə)l/ Noun uncount

someone's **approval** of something is their saying that they think it is good or right and they think it should continue

give your approval

you need your parents' approval if you want to leave school before you're 17 | he couldn't get the prime

minister's approval so the project never got started | will you give your approval to the proposal? | the agreement is awaiting approval from the president

Verb: *approve* | Opposite – Noun: *disapproval* | Verb: *disapprove*

approve of someone or something

my dad didn't approve of our marriage | I can't stop you leaving university, but I don't approve | he doesn't approve of my friends | she expressed her disapproval (said that she disapproved) | they both disapproved of his girlfriend

characteristic /ˌkærɪktə'rɪstɪk/ Noun

a **characteristic** is a particular quality or feature that is typical of someone or of a group of people

the men in the village shared a number of physical characteristics | our personality characteristics influence the decisions we make | it's a family characteristic

common sense /'kɒmən sɛns/ Noun uncount

common sense is an ability to make good judgements about things and make sensible decisions

it's common sense to want a secure job | a common sense suggestion | just use your common sense and you'll be fine

free spirit /friː 'spɪrɪt/ Noun

a **free spirit** is someone who does exactly what they want to do in life, and does not care if they do not do what is expected of them

we were young, in love, and free spirits | Beverly was a free spirit and always said exactly what she thought | Nick has always been a free spirit by nature

inherit /ɪn'herɪt/ Verb

if you **inherit** characteristics from your parents, you have those characteristics because of the genes you share with them

she has dark brown hair, probably inherited from her Mexican grandmother | she suffers from a condition inherited from both her parents | he had inherited his father's nose

make sense /meɪk sɛns/ Phrase

if something **makes sense**, it seems sensible and right to you

make sense to someone | make sense to do something

we all agreed that it made sense to wait till it had stopped raining | it doesn't make any sense to emigrate if you're happy here | her suggestion made perfect sense to me

melting pot /'mɛltɪŋ pɒt/ Noun

a **melting pot** is a place where there are lots of different sorts of people or things all existing together

New York has always been a big melting pot | London is a melting pot of different cultures | Boston is just as big a melting pot as New York City

sense of belonging /sɛns ɒv bɪ'lɒŋɪŋ/ Noun singular
 if you have a **sense of belonging**, you feel comfortable somewhere and think that it is the right place for you to live
we all have a strong sense of belonging here | I never had any sense of belonging when I was living in Berlin | children really need a sense of belonging

sense of direction /sɛns ɒv dɪ'rekʃən/ Noun uncount
 your **sense of direction** is your instinctive ability to know where you are relative to other places and to be able to find your way somewhere without needing to look at a map
 lose your sense of direction | a good sense of direction
once it got dark I lost all sense of direction | she had a terrible sense of direction and got lost within minutes | Jo had a good sense of direction and got us back to the hotel in time for dinner

sense of duty /sɛns ɒv 'dʒʊti/ Noun singular
 your **sense of duty** is the feeling you have that makes you do everything that you are responsible for
my grandfather had a strong sense of duty | the king said he felt a sense of duty to the country | as a doctor, he felt a sense of duty to the weak and sick | I visited him out of a sense of duty

stepmother /'step,mʌðə(r)/ Noun
 someone's **stepmother** is the woman who has married their father after their biological mother has died or divorced
Tomas didn't like his new stepmother | her stepmother was very good to her | it's not easy being a stepmother

trace /treɪs/ Verb
 if you **trace** the beginning and development of something, you find out how it started and what happened as it developed through time
the project aims to trace the route taken by our ancestors from Africa | I've traced my family tree back to the start of the fifteenth century | the article traces the history of cricket from its origins to the present day

turn to /tɜ:n tu:/ Phrasal verb
 if you **turn to** someone when you have problems, you go to them for help, advice and support
I had no one else to turn to | you know you can turn to me if you have any problems | she's the first person I would turn to

PAGES 16–17

ask after /ɑ:sk 'ɑ:ftə/ Phrasal verb
 if you **ask after** someone, you ask someone else about them because the other person has seen them more recently and can tell you if they are well and what they are doing now
he was asking after you, actually | she always asks after him when I see her | did he ask after me? | Mr Barrell asked after my wife

tanned /tænd/ Adjective
 someone who is **tanned** has healthy skin that is darker than normal because they have been out in the sun
you're looking very tanned and relaxed | his arms were nicely tanned | she had fair hair and perfectly tanned skin

fingers crossed /'fɪŋgəz krɒst/ Phrase
 if you say "**fingers crossed**", you are saying that you hope something will be successful
I've sent off my job application – fingers crossed | fingers crossed for good weather tomorrow

freelance /'fri:lɑ:ns/ Adjective
 a **freelance** journalist, photographer, etc. is someone who works for different organisations, but not as an employee
he's working as a freelance photographer | a freelance translator | Marvin quit his job to become a freelance editor
 Adverb: *freelance* | Noun: *freelance* or *freelancer*
I prefer working freelance | a group of freelancers who meet for lunch once a month

get on /ɡet ɒn/ Phrasal verb
 if someone is **getting on** well, they are successful in what they are doing and making progress
how is George getting on? | she's getting on very well since she started her new job | how do you think he'll get on in his exams? | parents need to know how their children are getting on at school

plantation /plɑ:n'teɪʃ(ə)n/ Noun
 a **plantation** is a large area of land where crops such as tea, rubber, sugar etc. are grown
before 1865, large southern plantations used slaves | his grandfather established a tea plantation here | they worked on a banana plantation

rush /rʌʃ/ Verb
 if you **rush**, or **rush** somewhere, you try and go there as soon as you can and as quickly as possible
 rush to do something
no need to rush, the train's not due for another ten minutes | he rushed to the hospital as soon as he heard the news | people rushed to lift the car off him | he rushed in ten minutes late for the lesson | we all rushed out when the fire alarm went off
 Noun: *rush*
 (be) in a rush | a great rush | a mad/frantic rush | a sudden rush | a rush to do something
we were in a rush to get to the station | a sudden rush for the exit (people suddenly trying to get out of a building quickly) | I can't stop to talk, I'm in an awful rush! | a mad rush to buy the latest iPhone

PAGES 18–19

devastation /dɪvəsteɪʃən/ Noun uncount
devastation is a lot of destruction and damage over a wide area
it's difficult for us to understand the sheer scale

of the devastation | the storm caused widespread devastation across the region | a scene of utter devastation

Verb: devastate | Adjective: devastating | Adverb: devastatingly | Adjective: devastated

if there's an accident it could devastate the whole area | a bomb devastated the city centre | the country has been devastated by war | we saw the devastating effects of the bombing | the devastating consequences of flooding | the utterly devastating power of modern weapons | a devastatingly powerful bomb | the attack was devastatingly successful | aid was sent in to the devastated region | the rebuilding of devastated cities after the war

dubious distinction /dubiəs dɪstɪŋkʃən/ Noun

a **dubious distinction** is an achievement that you are not proud of

they had the dubious distinction of losing the first five matches of the season | our school holds the dubious distinction of never sending anyone to university | the city has the dubious distinction of having more pubs than shops

faith /feɪθ/ Noun uncount

if you have **faith** in someone or something, you believe in them and trust them very strongly

have faith (in someone or something) | lose faith (in someone or something) | restore faith (in someone or something)

I have faith in people to do the right thing | he has lost faith in the present government | we need to restore people's faith in the national football team

gutsy /gətsi/ Adjective

someone who is **gutsy** shows a lot of courage and determination

my grandmother was a gutsy and adventurous woman | the team put in a gutsy performance against a strong Barcelona side | it was a very gutsy attempt to beat the record

infrastructure /ˈɪnfəˌstrʌktʃə(r)/ Noun uncount

infrastructure is all the basic facilities and services that are required for a city or town to operate successfully, such as roads, water supply, electricity supply, etc.

they built 200 new houses but there's no infrastructure in place yet | the transport infrastructure has been improved over the last five years | over the past 30 years, China has concentrated on building physical infrastructure such as roads and ports

process /ˈprəʊses/ Verb

to **process** a claim, application, business transaction etc. means to check that everything is acceptable and to approve it

it takes three weeks to process a passport application | the machine wouldn't process the transaction | all the applications are now processed electronically (using computers) | we'll process the claim and the money should reach your bank account early next week

Noun: process

the approval process normally takes two weeks

moving /ˈmuːvɪŋ/ Adjective

something that is **moving** makes you feel a strong emotion such as happiness, sadness, or sympathy

I found his poetry very moving | a really moving story | the scene at the end was very moving | I find the music really moving | seeing them together again was a very moving sight

Verb: move

his speech really moved me | the song moved her to tears

renovation /ˌrenəʊˈveɪʃən/ Noun uncount

renovation is the activity of repairing and improving a building

the building needs some renovation, but it's basically in good condition | renovation of the station cost over £2m | the renovation took over three years to complete | the last major renovation was in 1984

Verb: renovate

the church was renovated two years ago

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support network /səˈpɔːt ˈnetwɜːk/ Noun

a **support network** is a group of people who can provide help, advice, and support to people who have problems or difficulties on their life

we've lost a valuable support network now that we're all in nuclear families | having a good support network is essential | an online support network | you should consider joining a support network

2 Storytelling

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adaptation /ˌædæp'teɪʃ(ə)n/ Noun

an **adaptation** of a book or play for cinema or television is a version of it that has been written as a film script

a film/television/TV adaptation | a faithful adaptation | a loose adaptation

some film adaptations work very well | a television adaptation of Orwell's 1984 | she's working on an adaptation of her second novel | a faithful adaptation of King's novel (one that stays very close to the original story) | the film was a loose adaptation of Madame Bovary (did not follow the original story very closely)

Verb: **adapt**

her second novel was adapted for the big screen (to be shown in cinemas) | Andrew Davis adapted War and Peace for the BBC

box office /'bɒks ɒfɪs/ Noun

at a theatre or cinema, the **box office** is the place where you can buy tickets. A **box-office** success is a play or film that is very popular and sells a large number of tickets

the film was a box-office success despite what the critics wrote | Jaws was the first film to take \$100 million at the box office | his second film did not do well at the box office | It has broken box-office records in 15 countries

budget /'bʌdʒət/ Noun

the **budget** for a particular activity is the amount of money that is available to be spent on it

a tight budget | go over budget

his next film had a budget of \$1 million | he made his first film on a very tight budget (with very little money) | a low-budget film (one that did not cost a lot of money to make) | the project went over budget (spent more money than it had available)

capture /'kæptʃə(r)/ Verb

something that **captures** the meaning or importance of something else is able to express that meaning so that people recognise and understand it

the film brilliantly captures the atmosphere of wartime London | the photographs capture the essence of life in Eastern Siberia | That description captures perfectly the feeling of being a stranger in big city

cast /kɑːst/ Noun

the **cast** of a film or play is all the actors who play the individual parts

an all-star cast

the film had a great cast | the all-star cast included

Cate Blanchett and Kate Beckinsale | she joined the cast of East Enders in 2015 | the whole cast performed brilliantly | posters for the film announced a cast of thousands

Verb: **cast**

be cast as

Sandra Bullock was originally cast as Rafi | the producer decided to cast his daughter in the main role

imaginary /ɪ'mædʒɪnəri/ Adjective

something that is **imaginary** is not real but exists only in someone's mind

Tolkien created a very original imaginary world | as a child, I had an imaginary friend called Daisy | he pulled out an imaginary gun and pretended to shoot me | doctors encounter a number of imaginary diseases

native /'neɪtɪv/ Adjective

someone's **native** country, town, city, etc is the country, town, or city where they were born and grew up

Jackson returned to his native New Zealand | I live in Manchester but my native town is Windsor

spirit /'spɪrɪt/ Noun

the **spirit** of an action or statement is the way it is meant to be understood, not necessarily its literal meaning

the spirit of something

the film remains true to the spirit of the book | complaints are made in the spirit of improving a service | the display was put on in the spirit of fun | this is certainly against the spirit of the law (even if it is legal, it is not what the law intended to allow)

storyline /'stɔːrɪlaɪn/ Noun

the **storyline** of a book or film is the plot and the development of everything that happens in it

a film with a great storyline | the storyline was just ridiculous | the main storyline involved a man whose children had been killed

stunning /'stʌnɪŋ/ Adjective

something that is **stunning** is extremely impressive and beautiful

absolutely stunning | stunning scenery | a stunning view

the film is visually stunning | a stunning building | the room looked stunning and was decorated beautifully | a stunning view from the hotel window | the cottage is set in stunning scenery | the stunning countryside of Wensleydale

Adverb: **stunningly**

a stunningly beautiful landscape

varied /ˈveəriəd/ Adjective

something that is **varied** consists of lots of different kinds of things

the varied scenery of New Zealand | it's a very varied job | the work is interesting and very varied | a very varied group of people | a varied range of products

Verb: *vary* | Noun: *variety*

a variety of something

prices vary quite a lot | the college offers a wide variety of courses

PAGES 22–23**approach** /əˈprəʊtʃ/ Noun

your **approach** to a problem or situation is the way you decide to deal with it or think about it

a new/different/alternative approach | a traditional approach | take an approach (to something)

Lauda and Hunt had a very different approach to life | a traditional approach to staff development | it is time for a dramatically new approach | if it is impossible to find an alternative approach, then the experiment should be halted

Verb: *approach*

approach a problem/task/matter/issue

people approached the issue in different ways | think about how you intend to approach the problem

background /ˈbækgraʊnd/ Noun

the **background** to a story is all the things that lead up to the events of the story but are not part of the main action

the background to something

chapter one provides all the background the reader needs | let me give you a little background to the story

baking hot /ˈbeɪkɪŋ ˈhɒt/ Adjective

if it is **baking hot**, the air around you is very hot indeed

it was baking hot on the beach | last summer was baking hot | a baking hot day in August

bank /bæŋk/ Noun

a **bank** is a raised area of ground, often along the side of something such as a field, river, canal, road etc
the car hit a bank and burst into flames | there was a ditch on the other side of the bank

bonnet /ˈbɒnɪt/ Noun

the **bonnet** of a vehicle such as a car or van is the front part that covers the engine

the cow landed on the bonnet of their van | she opened the bonnet to check the oil | the bonnet was a different colour from the rest of the car | he leaned against the bonnet of the car and waited

bounce back /ˌbaʊns ˈbæk/ Phrasal verb

if something **bounces back**, it moves quickly in the direction it came from after forcefully crashing into something solid

the car bounced back and burst into flames | the ball

hit the tree next door and bounced back into the garden

bumpy /ˈbʌmpi/ Adjective

a **bumpy** surface is very uneven and has a lot of raised parts on it. A **bumpy** ride is uncomfortable because the car or plane you are in is bouncing up and down a lot

a bumpy road/track | a bumpy ride/drive/journey
the path was bumpy in places | after a very bumpy ride, they arrived at the farmhouse | the plane made a bumpy landing | a bumpy flight through a thunderstorm

Noun: *bump*

he braked too late and hit the bump at speed | the car rattled loudly as it went over the bumps in the road | a speed bump (a deliberately raised strip across a road which is meant to make drivers slow down)

burst into flames /bɜː(r)st ɪntə ˈfleɪmz/ Phrase

if something **bursts into flames**, it suddenly starts to burn with a lot of uncontrollable flames

the car burst into flames | the plane hit the ground and burst into flames | two men died after their helicopter burst into flames

cliff /klɪf/ Noun

a **cliff** is an area of land which has an extremely steep side that goes down a long way, usually to the sea or a river

he looked down over the cliff | a high cliff rose above the sea | a rocky cliff above the waves of the Atlantic | keep away from the edge of the cliff

collapse /kəˈlæps/ Verb

if a building or something solid **collapses**, it becomes destroyed because it breaks and falls to the ground

part of the mine collapsed, blocking their exit | the bridge collapsed during the floods | I put up some shelves on Sunday but they collapsed on Monday! | a boy was killed when the wall of his classroom collapsed yesterday afternoon

Noun: *collapse*

the bridge collapse happened at 7 o'clock this morning | measures were taken to protect the building from collapse

context /ˈkɒntekst/ Noun

the **context** in which something happens is the particular set of circumstances around it that might influence it or help to explain it

the novel reflects two very different cultural contexts | with no sensible context the film was just a series of violent scenes

copper miner /ˈkɒpə(r) maɪnə(r)/ Noun

a **copper miner** is a worker who works in a copper mine, getting copper out of the ground

33 copper miners were trapped for over two months | in 1797, copper miners here earned around £2 a month | her father was a copper miner | copper miners went on strike demanding better pay

Noun: *copper mine*

Chilean copper mine workers are among the highest-paid miners in South America | the copper mine closed ten years ago and is now a tourist attraction

emerge /ɪ'mɜ:(r)dʒ/ Verb

if someone or something **emerges**, they appear from somewhere where they have been hidden or out of sight

after 69 days, 33 copper miners emerged into the sunlight | the road ran through a short tunnel before emerging again at the other end | the moon emerged from behind a cloud

extreme /ɪk'stri:m/ Adjective

extreme means very great in degree or very severe in effect

he suffered extreme burns | how would you define extreme poverty? | extreme cold kills twice as many people as extreme heat | Arkansas is known for extreme weather and many storms | such extreme temperatures can be a threat to health (very hot or very cold temperatures) | crop damage was extreme

Adverb: *extremely*

an extremely difficult task | in November, the situation became extremely dangerous

faint /feɪnt/ Verb

if you **faint**, you become unconscious, for example because you are not well or because you are too hot or because you have had a strong emotional shock

his wife fainted when she saw his face | I think I'm going to faint | she almost fainted when she heard the news | he had never fainted in his life | she was the sort of girl who wouldn't scream and faint in a crisis

Adjective: *faint*

feel faint

I feel a bit faint (as if I am going to faint)

go ahead /ˌgəʊ ə'hed/ Phrasal verb

if something **goes ahead**, it takes place as it was planned to do and is not cancelled

Hunt wanted the race to go ahead | the project is still going ahead despite the budget cuts | the game will go ahead as planned unless the weather gets a lot worse

intense /ɪn'tens/ Adjective

something that is **intense** is very extreme in strength, degree, or amount

he was trapped in the intense heat for over a minute | a week of intense cold weather | an emotionally intense conversation | he was under intense pressure to resign

Adverb: *intensely* | Noun: *intensity* | Verb: *intensify*

an intensely bright light | her paintings have a rich intensity of colour | the storm intensified during the night

marshal /'mɑ:(r)(ə)/ Noun

a **marshal** is one of the people whose job is to supervise everything that happens at a public event including controlling the crowds who are there

two safety marshals pulled him out of the car | all the marshals were wearing yellow jackets | marshals asked the crowd to stand back while the ambulance came through

pits /pɪts/ Noun plural

in motor racing, the **pits** are the places at the edge of the track where the drivers bring their cars when they need to get petrol or change tyres during a race

he came into the pits three times during the race | the mechanics waited in the pits with the new tyres | there was nearly a crash as they both left the pits at the same time

plastic surgery /ˌplæstɪk 'sɜ:(r)dʒəri/ Noun uncount

if someone has **plastic surgery**, they have a medical operation to repair damage to their skin or to improve their appearance

just six weeks after his plastic surgery he was back in a racing car | my plastic surgery cost over £4,000 | he had to undergo plastic surgery after the accident | she denied having had plastic surgery

Noun: *plastic surgeon*

a good plastic surgeon will be able to hide the scars

plot /plɒt/ Noun

the **plot** of a story, film, or play is all the events that happen during it and the way they are connected to each other

a complicated/simple plot | a plot twist

the film had a very complicated plot | it was a long book with a surprisingly simple plot | can you describe the plot in two sentences? | a great story with a shocking plot twist at the end (an unexpected event in the story that is meant to surprise people)

plunge /plʌndʒ/ Verb

if someone or something **plunges**, they fall a long way downwards and very quickly

it plunged 70 metres to the road below | she plunged into the water | the car plunged over the edge of the bridge

Noun: *plunge*

the plane started a steep plunge when the engine caught fire

put to sleep /ˌpʊt tə 'sli:p/ Phrase

to **put** an injured animal **to sleep** is to kill it without pain because it is too ill to survive and would suffer a lot otherwise

the cow had to be put to sleep | as a vet, I often have to put an animal to sleep | we were worried that our dog would have to be put to sleep

set off /ˌset 'ɒf/ Phrasal verb

if someone **sets off**, they begin a journey

the runners set off at 12:00 | we're setting off at 6am tomorrow | they set off early the next day | do you want something to eat before we set off?

setting /'setɪŋ/ Noun

the **setting** for the story in a book or film is the place and time where the action happens

the plot and setting of the film reminded me of Mad

Max | *the second series introduced new characters but kept the same setting* | *a version of Hamlet in a modern setting*

Verb: set

the play is set in the family home in Moscow

trapped /træpt/ Adjective

if someone is **trapped** somewhere, they cannot move, for example because they are held there by something heavy or because something is blocking their way out

he was trapped inside the burning car | *twenty people were trapped when the building collapsed* | *we were trapped for over two hours* | *a tree fell across the doorway leaving us trapped* | *seven miners were trapped underground*

Verb: trap

the rising water trapped us upstairs

turning point /'tɜ:(r)niŋ pɔɪnt/ Noun

a **turning point** is a moment during a process or sequence of events when things start to change and develop in a different way and therefore change the eventual result

the turning point in the story came when the narrator's wife left him | *the election marked a turning point in the country's history* | *a turning point in the strike came a week later* | *the invasion of Russia proved to be a turning point in the war*

PAGES 24–25

animation /ˌæni'meɪʃ(ə)n/ Noun

an **animation** is a film that uses drawings or computer images that appear to move, rather than using real people or objects. **Animation** is also the process used in making these films

a studio that specializes in video animations | *Disney films use both traditional and computer animation* | *animation software* | *we used a combination of animation and live-action (involving real people)*

Adjective: animated | Noun: animator

an animated movie about dinosaurs | *over 300 animators worked on the film*

blogging /'blɒɡɪŋ/ Noun uncount

blogging is the activity of regularly writing for a particular blog (a page or set of pages on a website where someone writes short articles and where other people can add things)

I started blogging three years ago | *she stopped blogging when she got a Twitter account* | *blogging took up a lot of my time last year*

Noun: blog | Noun: blogger | Verb: blog

blog post

his blog is read by thousands of people | *a blog post (a single article on the blog)* | *a political blog (a blog about politics)* | *a very active political blogger (who writes about politics)* | *Hadley blogs about fashion*

bring a story to life /ˌbrɪŋ ə 'stɔ:ri tə laɪf/ Phrase

if you **bring a story to life**, you tell it or show it in an exciting way that makes your reader or audience very interested in it

not everyone can bring a story to life visually | *his excellent Russian accent really brought the story to life* | *she used music as well as pictures to bring the story to life*

combine /kəm'baɪn/ Verb

if you **combine** a number of different things, you mix them or join them together to make a single thing

combine something with something

the show combines music and drama | *a holiday which combined culture and sunbathing* | *a busy city which successfully combines the ancient and the modern* | *different methods may be combined together to get the best results* | *video games combine physical actions with expression*

Noun: combination | Adjective: combined

the show was a combination of music and dance | *there's a combination of reasons for the decision* | *the doctor recommended a combination of drugs for her illness* | *a combined business trip and weekend break*

data /'deɪtə/ Noun

data is facts or information that can be analysed and used for making calculations or decisions

data analysis

in infographics, people combine data and images to communicate information | *none of the personal data collected is ever passed on* | *the data is then analysed and recorded* | *data analysis* | *the study was based on data from 1000 adults aged between 20 and 35*

delight /dɪ'laɪt/ Noun uncount

delight is a feeling of great pleasure and happiness

to someone's delight | feel delight at something
their youthful delight is clearly visible in the photo | *to my surprise and delight, Jenny organised a big party for my 40th birthday* | *you can imagine my delight when I saw what she'd posted on Facebook about me* | *she felt huge delight at the idea of returning to Venice*

Adjective: delightful | Adjective: delighted | Verb: delight

we spent a delightful evening in Bristol | *I was delighted to hear you passed your exam!* | *the play delighted audiences throughout January and February*

engage /ɪn'geɪdʒ/ Verb

if you **engage** someone or **engage** their attention, you make them interested in what you are saying or doing so that they pay close attention to it

engage the reader/viewer/listener | engage the audience

a good photo engages the viewer immediately | *she really engaged the audience from the very beginning of the show* | *the party never engaged the public properly and lost the election heavily* | *a well-*

written novel that engages the reader from the very first page

Noun: *engagement* | Adjective: *engaged*
it was hard work trying to ensure student engagement | the website has built a large and engaged audience

express /ɪk'spres/ Verb

if you **express** something, especially an emotion, you communicate it to someone using words, pictures, music, etc

the frequent use of images to express ideas | I just want to express my thanks for your help last week | she expressed a desire to visit her nephew in Godalming | everyone has the right to express their opinion on this topic | he'd always found it hard to express his feelings

Noun: *expression* | Adjective: *expressive* | Adverb: *expressively*

an expression of something
an expression of sympathy | the look on his face was very expressive | her eyes grew larger and more expressive | he smiled at her expressively

icon /'aɪkən/ Noun

an **icon** is an image on a computer screen that is used to represent a particular function or idea as a picture rather than as words

click on the icon to open the document | what does this icon mean? | the screen was full of icons | use this icon to delete the file

infographic /ɪnfə'græfɪk/ Noun

an **infographic** is a visual charts or graph that represents information in an interesting and understandable way

she uses a lot of infographics in her blog | I saw an interesting infographic on his Twitter feed | an infographic about the amount of sugar in the average person's diet | infographics are very effective because they catch the eye in a way that words on the page simply can't

insert /ɪn'sɜ:(r)t/ Verb

if you **insert** something into something else, you put it inside the other thing

insert something in/into something
the user can easily insert a photo into their tweet | insert the new battery into the back of the phone | how can I insert my signature into a pdf document? | the doctor inserted a needle into my arm | her hand shook slightly as she inserted the key in the lock

Noun: *insertion* | Noun: *insert*

regular insertion and removal of the plug can make the wires come loose | some advertisers place inserts in the magazine (loose pages carrying advertising)

launch /lɔ:ntʃ/ Verb

if you **launch** a new product, book, website, etc., you start to make it available and let a lot of people know about it so that they can buy it or make use of it

Facebook was launched in 2004 | we're launching a new product next month | they're launching an electric car at the Motor Show | they've launched a new range of laptop computers

Noun: *launch*

60 journalists turned up for the book launch | the successful launch of the Royal website

life jacket /laɪf,dʒækɪt/ Noun

a **life jacket** is a jacket with no sleeves that helps you float in water, for example if you have fallen into a river or the sea

put your life jacket on before getting into the boat | there were no life jackets on board the ship | tell your friends that wearing a life jacket is important | a bright orange life jacket was floating on the sea

migrant crisis /'maɪgrənt ,kraɪsɪs/ Noun

the **migrant crisis** is the situation in which millions of people from a number of countries are forced to leave their homes because of war, poverty, or hunger and try to reach safety in Europe

he helped bring the migrant crisis to the world's attention | Europe needs to do more to solve the migrant crisis | the migrant crisis has got worse over the last year

refugee /ˌrefjuː'dʒi:/ Noun

a **refugee** is someone who has had to leave their country because of war or their political or religious beliefs, or because of an event such as an earthquake, flood, etc

a refugee camp

the ship's captain agreed to take the refugees to the safety of Malaysia | the war has created thousands of refugees | Germany welcomed more than 1 million refugees in 2015 | there were over 2,000 people in the refugee camp

risk /rɪsk/ Verb

if you **risk** doing something, you do it because you want the benefit it will give you if it succeeds, even though there is a strong chance that it will fail and have a bad effect on you

risk doing something

they risked crossing the sea to get to Greece | we'll just have to risk telling him he can't come | it's dangerous, but I'll risk it if you will

Noun: *risk* | Adjective: *risky*

take a risk

are you willing to take the risk? | it was a risk, but it paid off (it was a success) | it's risky to put all your money in shares | oil exploration is a risky business

social networking /ˌsəʊʃəl 'netwɜ:(r)kɪŋ/ Noun

uncount **social networking** is the use of social media, such as Facebook, Twitter, Instagram etc. to share information, find people with similar interests, etc.

Vkontakte is a Russian social networking site | social networking played an important part in the American presidential election | social networking has changed the way we interact with each other | the site offers plenty of social networking features

Noun: *social network*

finding customers is easy with social networks | Social networks are an important tool of online marketing

striking /ˈstraɪkɪŋ/ Adjective

something that is **striking** is very noticeable and impressive

the website has some striking images | a striking example of modern architecture | a striking feature of the house was the huge window at the back | an unusual, striking and very beautiful design

Adverb: *strikingly* | Verb: *strike*

the station's strikingly modern appearance | I was struck by the quality of the food

take off /ˌteɪk ˈɒf/ Phrasal verb

if an activity **takes off**, it starts to become popular and involve a large number of people

blogging took off in the mid-2000s | hockey didn't take off here until after the Olympic Games in 2016

upload /ˈʌpˌləʊd/ Verb

if you **upload** data files, you transfer them from your personal computer, tablet, or phone to a larger computer where other people will be able to find them and open them

it's easy to upload your photos | it took nearly an hour to upload all my video files | we'll email you instructions on how to upload your files

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

the upload failed because the disk was full | All uploads are done automatically | I've just downloaded the latest episode of House of Cards | she moved the download to her work folder

visual /ˈvɪʒʊəl/ Adjective

something that is **visual** involves the use of pictures or other things that you can see

these charts are a very useful visual tool | he's an expert at visual storytelling | try and create a visual image in your mind | I prefer painting and other visual arts to music | in my presentation I used a lot of visual aids (images to help the audience understand what was being said)

Adverb: *visually* | Verb: *visualize*

the opera was very visually exciting | the app is visually beautiful, but it's very slow | he makes it easy for the reader to visualise the building

youthful /ˈjuːθf(ə)l/ Adjective

behaviour or feelings that are **youthful** are typical of children and young people, especially showing enthusiasm and lack of worry

their youthful delight is clearly visible in the photo | his piano playing shows a youthful exuberance (energy and cheerfulness) | the girls were full of youthful enthusiasm | he is youthful, passionate and fearless

Noun: *youthfulness*

I admired his youthfulness and love of life

PAGE 26-27

acceptable /əkˈseptəb(ə)l/ Adjective

something that is **acceptable** is agreed by people to be suitable for a particular situation or group

be acceptable to someone | be acceptable to do something

he wanted the stories to be acceptable to children's parents | it took hours of talking to reach an acceptable solution | a driving licence is acceptable as proof of identity | it's not acceptable to fall asleep during the lesson | a solution that was acceptable to both companies

Verb: *accept* | Noun: *acceptance*

his theory has never been widely accepted | we simply accept that behaviour as normal | there is greater acceptance that technology can play an important role | new crops were introduced and gained international acceptance

bad temper /ˌbæd ˈtempə(r)/ Noun uncount

if someone has a **bad temper**, they become angry very quickly and easily, even if there is not really a good reason

my father had a really bad temper | a young boy with a very bad temper | he walked out in a fit of bad temper (a sudden moment of anger and annoyance) | he arrived in a bad temper because he had had to walk from the station

Adjective: *bad-tempered*

there's no need to be so bad-tempered about it | it was only after they married that she noticed how bad-tempered he had become | I was questioned for ten minutes by a bad-tempered policeman

claim /kleɪm/ Verb

if you **claim** something is true, you say it is true even though other people do not believe it

the brothers claimed they were just keeping records of tales | he also claimed that his laptop had been stolen | police said 1,000 people were on the march, but organisers claimed the figure was closer to 10,000 | he claimed that he never met the president

Noun: *claim*

her claim is entirely false | the police promised to investigate the claims

devoted /dɪˈvəʊtɪd/ Adjective

if something is **devoted** to a particular topic or activity, everything about it is related to that topic or activity

devoted to something

a theme park devoted to the stories of the Brothers Grimm | the evening was devoted to music by Chopin | his whole life is devoted to football – playing it, watching it, and reading about it | a museum devoted to photography

Verb: *devote*

he devoted his whole life to working for the church

edition /ɪˈdɪʃ(ə)n/ Noun

an **edition** is a particular version of a book that is printed and put on sale at one time

early editions had no illustrations | a first edition of *Moby Dick* is worth about \$50,000 | later editions corrected some of the mistakes | I bought a new edition of my chemistry textbook

enchancing /ɪn'tʃɑ:ntɪŋ/ Adjective

something that is **enchancing** is extremely attractive and pleasant

a library of old books with tales more **enchancing** than they had ever heard before | the view from the hotel window was **enchancing** | Venice is the most **enchancing** city in Italy | the most **enchancing** place to spend a holiday

Verb: *enchant* | Adjective: *enchanted* | Noun: *enchantment* | Adverb: *enchancingly*

the lake **enchanted** me from the moment I first arrived there | we were **enchanted** by the atmosphere of the old town | he was so **enchanted** with the village that he took photographs of every house | I was in a state of complete **enchantment** with the music | an **enchancingly** beautiful garden lay behind the house

ensure /ɪn'ʃʊ:(r)/ Verb

to **ensure** that something happens means to do something that makes certain that it will happen

ensure that something happens

please **ensure** your child returns the signed letter to us | you must **ensure** that all the doors are locked when you leave the house | precautions to **ensure** the safety of all passengers | use a tape measure to **ensure** you know the exact size you need

evil /'i:v(ə)/ Adjective

someone who is **evil** is very cruel and enjoys hurting other people

the **evil** stepmother in the story of *Snow White* | the judge described the three men as **evil** and sentenced them to life in prison | I don't believe that people are born **evil** | she was unpleasant, but I wouldn't call her **evil**

Noun: *evil*

pure evil

he believed he was fighting **evil** | I looked in his eyes and all I could see was pure **evil**

fairy tale /'feəri teɪl/ Noun

a **fairy tale** is a story for children involving magic and imaginary beings

a book of **fairy tales** | **fairy tales** help children to understand how the world works | as a child, I never liked **fairy tales** | most **fairy tales** have happy endings, but not all

faraway /'fɑ:rə'weɪ/ Adjective

a **faraway** place is a long way from where you are a faraway land/place

stories that would fascinate people in **faraway** lands | a series of films about **faraway** places | they spent two weeks on a **faraway** beach where the sun shone every day

fascinate /'fæsɪneɪt/ Verb

if something **fascinates** you, you are very attracted to it and think it is extremely interesting

geology is a subject that has always **fascinated** me | a book that will **fascinate** all its readers | her beauty and charm **fascinated** him | Shakespeare's plays have **fascinated** audiences for over 400 years

Adjective: *fascinating* | Adjective: *fascinated* | Adverb: *fascinatingly*

I found her story absolutely **fascinating** | Berlin is one of the most **fascinating** places I've ever visited | Kevin watched, **fascinated**, as they showed him their magic tricks | he was **fascinated** with modern technology and engineering | I'd be **fascinated** to know what she said to him | Eden is a **fascinatingly** complicated character | she had deep blue eyes and a **fascinatingly** beautiful face

fatten /'fæt(ə)n/ Verb

to **fatten** an animal is to provide it with plenty of food before killing it so that it will provide a lot of meat for people to eat

sheep were being **fattened** ready to go to market | the barley is useful for **fattening** the pigs

Adjective: *fattened*

a **fattened** calf

folk tale /'fəʊk teɪl/ Noun

a **folk tale** is an old story that has existed for hundreds of years by people telling it to each other rather than writing it down formally

the brothers listened carefully to the **folk tales** that people told them | according to **folk tales**, the town fell into the sea | an old Danish **folk tale** | he spent years studying **Ukrainian folk tales**

folklore /'fəʊk'lɔ:r/ Noun uncount

folklore is all the traditional stories and beliefs from a particular community

a student of local **folklore** | *Sadko* became a hero of **Russian folklore** | their aim is to preserve **Slovak folklore** tradition | *Bolivia* has a rich **folklore**

illustration /,ɪlə'streɪʃ(ə)n/ Noun

an **illustration** is a picture in a book that shows a scene from a story or provides information about something

there are 16 colour **illustrations** in the middle of the book | a book with beautiful **illustrations** | the **illustrations** were mostly photographs, with a few drawings as well | the **illustrations** are simple and very colourful

Verb: *illustrate* | Adjective: *illustrated* | Noun: *illustrator*

she **illustrates** children's books as well as medical textbooks | an **illustrated** guidebook to *Istanbul* | I need an **illustrator** for my book about bread making

inspired /ɪn'spaɪə(r)d/ Adjective

if someone is **inspired**, something has given them a lot of enthusiasm which makes them want to do or get involved in something

inspired, the brothers began collecting their own

stories | feeling inspired, she began writing a novel | I'm sorry you were bored - I honestly thought you'd be inspired

Verb: inspire | Adjective: inspiring | Noun: inspiration || Opposites – Adjective: uninspired | Adjective: uninspiring

his writing inspired thousands of people all over the world | an inspiring teacher | he got his inspiration from a trip he made to Tunisia | the whole event felt uninspired and I was glad when it ended | a rather uninspiring painting of the Palace of Westminster

keep a diary /ki:p ə "daɪəri/ Phrase

if you **keep a diary**, you regularly write something in it about yourself. A **diary** is a book which has a space for every day of the year, and you use it to write down the interesting things that happen to you every day

I've been keeping a diary since I was 14 | many people find it helpful to keep a diary of their activities | I kept a diary for three years until I left university

keep an eye on /ki:p ən 'aɪ ɒn/ Phrase

if you **keep an eye on** a situation, you make sure you know what is happening so that you can take action at the right moment or if something goes wrong or needs attention

I need to keep an eye on the time as I've got a train at six | they have to keep an eye on the weather because a frost can destroy the crop | keep an eye on the pan and turn the heat down when the water boils | keep an eye on the petrol gauge – we might not have enough to get home

keep records /ki:p 'rekɔ:(r)dz/ Phrase

if you **keep a record of** something or **keep records**, you write down things that have happened so that you can check the information at a later date

keep a record of something

we keep records of all our students' exam results | the brothers were just keeping records of tales | you should keep detailed records of every meeting | records are kept for ten years and then destroyed

Noun: record-keeping

effective record-keeping is very important in a hospital | set up a record-keeping system to keep track of your spending

keep track of /ki:p 'træk ɒv/ Phrase

if you **keep track of** something, you follow what is happening so that you are always aware of how it is developing

it's difficult to keep track of all the changes | make sure you keep track of your progress | he started a diary to keep track of how much he was eating

keep you /ki:p ju:/ Phrase

if you say to someone "I don't want to **keep you**", you mean that you need their attention for a short time but that you do not want to make them spend more time than is absolutely necessary with you because you know they have other things they want or need to do

I don't want to keep you – I've just got a quick question | don't let me keep you if you've got a train to catch

keep your chin up /ki:p jə(r) 'tʃɪn ʌp/ phrase

if you say to someone "**keep your chin up**", you are encouraging them to stay positive and cheerful even though they are in a difficult situation

try to keep your chin up – things can't get any worse | keep your chin up, and good luck with the exam | keep your chin up, and it will all be over by tomorrow

manual /mænjuəl/ Noun

a **manual** is a book that gives instructions about how to do certain things or how to behave in certain situations

an instruction manual

I've lost the instruction manual for the dishwasher | the owner's manual for the car | he said he couldn't get the TV to work so I told him to read the manual | the manual is available online

monstrous /'mɒnstɹəs/ Adjective

something that is **monstrous** is large, unpleasant, and ugly

she sees past the monstrous looks of the Beast | a group of seven monstrous creatures

obey /əbeɪ/ Verb

if you **obey** someone or **obey** an order or set of rules, you do what you have been told to do or what you are expected to do

he reluctantly obeyed his father and took a job in the family firm | if you don't obey, you will be punished | their orders must be obeyed without question | children are taught to obey their parents

Adjective: obedient | Adverb: obediently | Noun: obedience || Antonyms -- Verb: disobey | Adjective: disobedient | Noun: disobedience

complete/blind/unquestioning obedience | civil disobedience

he is very obedient and never gets into trouble | she had never been an obedient child | Patrick rose obediently and went to the door | Obediently, I took a few steps forward | she demanded complete obedience from her staff | unquestioning obedience to the regulations of the army | I want co-operation, not blind obedience (complete obedience that does not involve any thought) | Nelson won the battle, but had disobeyed direct orders | those who appeared to disobey were quickly arrested | don't you dare disobey me! | as a child, he was naughty and disobedient | a mischievous and disobedient child | the time has come for non-violent civil disobedience (when lots of people peacefully break the law as a way of protesting against something) | an act of disobedience

oral /'ɔ:rəl/ Adjective

something that is **oral** involves speech and not writing

the Carrier language has an oral tradition | oral history interviews (interviews asking people about

things they experienced a long time ago to try and learn about the past) | the exam involved a written test and an oral presentation | I had an oral agreement with him, so there are no documents we can refer to | I failed my French oral exam (a test to see how well I could speak French)

Adverb: orally

these stories are passed down orally through the generations | I was informed of the decision orally on Monday, and in writing on Wednesday

phenomenon /fə'nomɪnən/ Noun

a **phenomenon** is something that can be seen to exist or be happening. If you refer to a particular sort of **phenomenon**, you mean it is an excellent or impressive example of what it is. The plural is *phenomena*

a global publishing phenomenon | the film became a cultural phenomenon | The most interesting phenomena in nature are mind, life, and the universe itself

Adjective: phenomenal | Adverb: phenomenally

she had a phenomenal memory (a very impressive memory) | Jaws was a phenomenally successful film

rags to riches /ˌrægz tə ˈrɪtʃɪz/ Phrase

you use **rags to riches** when talking about people who began life very poor but who later become successful and rich

Cinderella is a classic 'rags to riches' story | his life was one of rags to riches, but then sadly back to rags | her journey from rags to riches is an inspiration to us all | a classic tale of rags to riches

reshape /ˌriːʃeɪp/ Verb

if you **reshape** something, you make changes to the way it is organised

Wilhelm continued to reshape and improve the stories | the new boss arrived determined to reshape the department | they want to reshape Irish society | it will take years to reshape the economy

take up /ˌteɪk ˈʌp/ Phrasal verb

if something **takes up** a certain amount of space or time or energy, it uses up that amount of it

the footnotes took up as much space as the stories | the wardrobe took up half the bedroom | learning French was taking up all my spare time

theme park /θi:m pa:(r)k/ Noun

a **theme park** is a large area outside with a lot of activities for people to enjoy. You have to pay to go into a theme park, and the activities are usually based on the same topic

my friend used to spend her whole holiday at a theme park | the number of theme parks in China is growing | they visited the Disneyland theme park in Paris | we went on some great rides at the theme park

untouched /ʌn'tʌtʃt/ Adjective

something that is left **untouched** is not changed, edited, or affected by anyone or anything else

leave something untouched | remain untouched

unpleasant details of the stories were left untouched | the beauty of the Lake District remains untouched | they reorganised most of the company but our department was untouched

wise /waɪz/ Adjective

someone who is **wise** knows and understands a lot of things and can make sensible decisions. If someone's actions or choices are wise, they have used their knowledge and understanding very well

my English teacher was a very wise man | it was a wise decision to go to university | my grandad was the wisest man I ever met | mixing orange juice with milk was not a wise choice

Adverb: wisely | Noun: wisdom || Opposite –

Adjective: unwise | Adverb: unwisely

he wisely decided not to try and swim across the river | that's a lot of money, make sure you spend it wisely | wisdom comes with experience – you cannot learn it | it was unwise of her to tell him he was stupid | rather unwisely, he started arguing with his boss

PAGES 28–29

animal trap /ˌænɪm(ə)l ˈtræp/ Noun

an **animal trap** is a device that someone puts down on the ground in order to catch a wild animal

Rowan's foot was caught in a metal animal trap | animal traps are cruel | when I was a boy I used to put animal traps out to catch rabbits

awkward /ˈɔːkwə(r)d/ Adjective

an **awkward** situation is one in which people feel embarrassed because it is difficult for them all to do what they want to do, and they do not want to make things difficult for the others

it's a bit awkward with three people trying to use the kitchen at once | it was quite awkward having his ex-wife at the wedding | she thought it would be too awkward if all her friends were there too

Adverb: awkwardly | Noun: awkwardness

we shook hands a little awkwardly, then I left | after some initial awkwardness, they agreed to work together on the project

bend /bend/ Verb

if you **bend** something that was straight, or of it **bends**, it stops being straight and starts to have a curve or an angle in it

I bent the key trying to force it into the lock | a strong metal that won't bend easily | I can't bend my arm | it was very difficult to bend the wire | if you use cheap metal it can easily bend or break

Adjective: bent

the wheel was bent out of shape | a bent stick

bump /bʌmp/ Noun

a **bump** is a raised, uneven part on a surface

one of the tyres burst when I hit a bump in the road | he braked too late and hit the bump at speed | the car rattled loudly as it went over the bumps | a speed bump (a deliberately raised strip across a road which is meant to make drivers slow down)

Adjective: *bumpy*

a bumpy road/track | a bumpy ride/drive/journey
the path was bumpy in places | after a very bumpy ride, they arrived at the farmhouse | the plane made a bumpy landing | a bumpy flight through a thunderstorm

catch /kætʃ/ Verb

if you **catch** what someone is saying, you manage to hear it and understand it. If you don't catch what they are saying, you don't hear it properly and do not understand what they mean

He mumbled something about it being unfair, but I couldn't catch his exact words | they spoke so fast I didn't catch anything at all | can you say that again? I didn't quite catch it | I waited by the door trying to catch what they were saying | sorry, I never caught your name

cautiously /kɔːʃəsli/ Adverb

if you do something **cautiously**, you do it very carefully, making sure not to take any risks
we moved cautiously along the narrow path | the proposals were cautiously welcomed by teachers | she held out her hand cautiously | the company adopted new technology more cautiously than its rivals

Adjective: *cautious* | Noun: *caution*

he's very cautious | a cautious driver | the police decided to adopt a cautious approach | the animals should be approached with great caution | caution is advised when driving in snow

clamp /klæmp/ Verb

if you **clamp** things together or if something **clamps** itself, two things are held together very firmly so that neither of them can move

clamp something to something | clamp things together

an animal trap had clamped itself firmly to his ankle | be careful not to clamp them together too firmly or they might break | then another frame is clamped tightly to the first frame

Noun: *clamp*

hold the two pieces together with a clamp until the glue dries | I used a clamp to hold the wood while I was cutting it

cover /'kʌvə(r)/ Verb

if you **cover** a certain distance, that is how far you manage to walk, cycle, drive etc. at one time
they had only covered a kilometre in the last half an hour | we tried to cover twenty miles before stopping for lunch | they'd covered only half the distance by the time it got dark

cry /kraɪ/ Verb

if someone **cries** or **cries out**, they say something in a very loud voice, for example because they are in pain or trying to get someone's attention

cry for something

"I can't move," cried Rowan | "I hate you," she cried angrily | the wounded men were crying for help |

Alan suddenly cried out and pointed to the smoke coming from the house

Noun: *cry*

he heard a cry of terror | a loud cry broke the peace of the afternoon

encouragingly /ɪn'kʌrɪdʒɪŋli/ Adverb

if you do something **encouragingly**, you do it in a way that you hope will help someone, for example by saying positive things to them in order to make them do something good

"it's not much further now," he said encouragingly | the teacher smiled encouragingly

Adjective: *encouraging* | Verb: *encourage* | Noun: *encouragement*

encourage someone to do something | give/offer encouragement

our teachers were very encouraging | the doctor gave me an encouraging smile | we try to encourage each other when things are difficult | my parents encouraged me to play a musical instrument | my friends offered some encouragement | young children need quite a lot of encouragement

get caught on /get 'kɔːt ɒn/ Phrase

if something **gets caught on** something else, it becomes hooked or trapped on the other thing and cannot move freely

my trousers got caught on the door handle | the fishing line got caught on a branch | her scarf got caught in the wheel of the car

get stuck /get 'stʌk/ Phrase

if someone or something **gets stuck** somewhere, they cannot move easily or get away even though they want to

the lift got stuck between two floors | we got stuck behind a tractor on a narrow road | my wedding ring got stuck on my finger and I haven't taken it off for 12 years | the key got stuck in the door

hiking /haɪkɪŋ/ Noun uncount

hiking is the activity of walking for pleasure over a long distance in the country

he was tired from hiking through the jungle | a hiking holiday in Scotland | my hobbies are cycling and hiking

Verb: *hike* | Noun: *hike* | Noun: *hiker*

we hiked across the Lake District from one youth hostel to the next | they hiked twenty miles to the coast | it's a ten-mile hike from here | we're going on a hike tomorrow | she could see two hikers coming down the side of the hill

leap to one's feet /li:p tə wʌnz 'fi:t/ Phrase

if you **leap to your feet**, you suddenly get up very quickly from where you have been sitting or lying

he leapt to his feet and ran to the door | she leapt to her feet when the doorbell rang

moan /məʊn/ Verb

if you **moan** about someone or something, you

complain about them in a very unhappy way
moan about something or someone

Rowan was moaning about his sore feet | will you stop moaning! | she's always moaning about the buses | there's no point moaning; it won't change anything | don't be such a moaning Minnie (someone who is annoying because they are always complaining) | "I hate you! You never let me stay out late," he moaned

Noun: *moan* | Noun: *moaner*

I don't want to listen to your moans! | he had a moan about the referee after the match | don't be such a moaner | he's one of the biggest moaners I know

mumble /ˈmʌmb(ə)/ Verb

if you **mumble**, you say something in a way that is difficult for people to hear clearly

he mumbled something about it being unfair | 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

mutter /ˈmʌtə(r)/ Verb

if you **mutter**, you say something very quietly in a way that is difficult for people to hear clearly

Jess kept muttering something under her breath | he walked out of the room muttering to himself | she muttered an apology | he heard several voices muttering angrily | still muttering, he got out of the car and opened the gate

Noun: *mutter* | Noun: *muttering*

we could hear the mutter of his voice in the next room | there were angry mutterings from the boys, but they calmed down when they saw the food arriving

odd /ɒd/ Adjective

something that is **odd** is strange or unusual

I had a very odd phone call from Jennifer this morning | it seemed odd watching my brother in a Hollywood movie | did you notice anything odd about his behaviour that evening? | I know it might sound odd, but I can assure you it's true

Adverb: *oddly*

oddly enough

oddly enough, we saw him again outside the restaurant the following evening

panic /ˈpænik/ Verb

if you **panic**, you suddenly start behaving in a slightly wild way because you are very frightened or worried about something

panic about something

two people completely panicked when the lift got stuck | whatever you do, don't panic | there's no need to panic | just stop panicking about it and calm down | I panicked and ran into the garden | everyone was panicking and trying to find a way out

Noun: *panic* | Adjective: *panicky*

widespread panic | blind panic | panic breaks out/sets in | in a panic

the news caused widespread panic across the continent | he went into a blind panic when he thought he'd lost the baby | a panic attack (a sudden feeling of panic) | panic broke out when smoke was seen coming out of the kitchen | in a panic, he jumped out of the second floor window | he felt panicky as soon as he stepped inside the plane

reboot /ˈriːbuːt/ Verb

if a computer **reboots**, or if you **reboot** it, it closes down completely and then starts up again

all my files were still there after I rebooted the computer | no one could do anything until they rebooted the central server | close all your applications, then reboot | you will need to reboot after you've installed the program

Noun: *reboot*

luckily, the reboot was successful and I didn't lose any work | after the reboot, you should be able to see your files again

regain /ˈrɪɡeɪn/ Verb

if you **regain** something you once had but have now lost, such as an ability or quality, you get it back again

regain control | regain your health | regain consciousness

she almost fell but managed to regain her balance | the important thing is to rest and regain your health | he collapsed and never regained consciousness (he died) | Radcliffe regained the lead 500 metres from the finish and held on to win | government forces regained control of the city after a night of heavy fighting

relief /ˈrɪliːf/ Noun singular

if something is a **relief**, it manages to stop you worrying about a bad or difficult situation. If something provides **relief** from pain, it stops the pain for a while

it must have been a relief to get your money back | it was such a relief to know I'd passed the exam | effective methods of pain relief

Verb: *relieve*

a good way to relieve stress | this should help relieve the pain | ways to relieve the pressure at work

sigh /saɪ/ Noun

a **sigh** is a deep breath that someone lets out, for example when they are disappointed, very tired, or suddenly relieved

heave a sigh | a sigh of relief

"Let's try your way," she said with a sigh | he gave a sigh of relief, then turned and smiled at me | Edmund heaved a disappointed sigh (breathed out very heavily because of disappointment) | there was an audible sigh of relief (a sigh that could be heard) from the audience

Verb: *sigh*

she sighed heavily and stepped back | he sighed and shook his head

steep /sti:p/ Adjective

a **steep** hill, slope, etc. rises very quickly and so is difficult to go up or down
 a steep hill/path/road/slope
there was a steep drop to our left | be careful how you walk, the steps are very steep just here | it was a steep climb back to the hotel
 Adverb: steeply
the path climbs steeply, but there's a fabulous view from the top | the beach slopes steeply into deep water

straighten /streɪt(ə)n/ Verb

if you **straighten** something, or if it **straightens**, it becomes straight again after it has become bent or crooked
the key snapped when I tried to straighten it | I can't straighten my leg | the road curved round the hill then straightened again | make sure you straighten your tie before you go into the interview room

stranded /strændɪd/ Adjective

if someone is **stranded** somewhere, they are in a place where they do not want to be any more and are not able to get away from it
the last train had just left so I was stranded in Manchester for the night | she drove off and left me stranded in Ipswich | some stranded motorists had to sleep in their car | the boat drifted into the middle of the lake leaving us stranded

struggle /strʌɡ(ə)l/ Verb

if someone is **struggling**, they are trying hard to do something that is very difficult
 struggle with something | struggle to do something
Chris knew that Rowan was struggling | Anna has always struggled with maths | we're struggling to cope with all this work | this is a subject where I'm really struggling
 Noun: struggle
 a struggle to do something
it was a struggle to understand her when she spoke so fast | she found the course a bit of a struggle

sympathise /sɪmpəˈθaɪz/ Verb

if you **sympathise** with someone or with their problems, you feel sorry for them because they are sad or in a bad situation
 sympathise with someone or something
the neighbours came round to sympathise when they heard the news | why should I sympathise with a criminal? | I didn't expect him to understand or sympathise | believe me, I can sympathise with your problem
 Noun: sympathy | Adjective: sympathetic | Adverb: sympathetically
 feel/have/show/express sympathy (for/towards someone) | deepest/heartfelt sympathy
she got no sympathy from her sister, who was secretly delighted | I felt no sympathy for him | do you have any sympathy for her? | would it help if I go and lend him a sympathetic ear? (go and listen

to him sympathetically) | Albert had been very sympathetic, but he could do nothing to make the situation better | she listened sympathetically as he poured out his grief | "Poor old you", he said sympathetically

thorn bush /θɔ:(r)n bʊʃ/ Noun

a **thorn bush** is any sort of bush that has thorns (thin sharply pointed parts) sticking out of the branches
I scratched myself on a thorn bush | the ball was stuck deep in a thorn bush so I left it there | she tore her skirt on a thorn bush

transfer /trænsˈfɜ:(r)/ Verb

if you **transfer** to one thing or place from another thing or place, or if someone **transfers** you, you move to a different place or thing from where you were to start with
 transfer to somewhere (from somewhere)
another bus came along and we all transferred onto that one | at Folkestone, passengers transfer from the train to a coach to go through the tunnel | several employees chose to transfer to the Glasgow branch | I started doing philosophy at university but then transferred to the law department
 Noun: transfer
her parents demanded a transfer to a different school | a coach doing airport transfers (taking passengers from the airport to their hotel)

trip /trɪp/ Verb

if you **trip**, your foot hits something by accident and you fall or lose your balance
 trip on/over something
Jenny tripped on a rock and almost fell | I tripped over the cable | it's really icy so be careful you don't trip! | she tripped while she was running down the stairs
 Noun: trip
it was only a little trip but she broke her arm badly

under one's breath /ˌʌndə(r) wʌnz 'breθ/ Phrase

if you say something **under your breath**, you say it very quietly so that people near you cannot hear what you are saying
Jess kept muttering something under her breath | he swore under his breath | she laughed softly under her breath

walk back /ˌwɔ:k 'bæk/ Phrasal verb

if someone **walks back** somewhere, they return in the direction they came from by walking
Chris walked back slowly to see what the problem was | I had to walk back home after the car broke down | we walked back along the footpath looking for my scarf

worn /wɔ:(r)n/ Adjective

if something is **worn**, the surface has become smooth because it has been used a lot
the tyres are badly worn | the carpets were old and worn | replace any damaged or worn parts in the engine

PAGES 30–31

awesome /ˈɔːs(ə)m/ Adjective

something that is **awesome** is extremely impressive and sometimes a little frightening

getting to the top of the mountain was awesome | the equipment in the new gym is awesome | your bike looks awesome | Ray did an awesome job of the cooking

bummer /ˈbʌmə(r)/ Noun

in very informal English, a **bummer** is a bad or unpleasant situation

it was a big bummer discovering we'd climbed the wrong mountain | Monday's a real bummer this term – maths in the morning and again in the afternoon | your dad won't let you come to the party? What a bummer! | it will be a real bummer if we miss the last train home

in good time /ɪn ˌɡʊd ˈtaɪm/ Phrase

if you start doing something **in good time**, you make sure that you have more than enough time available for you to finish it so that you will not be late. If you arrive somewhere **in good time**, you arrive some time before you need to be there

we set off in good time, but the car broke down outside Abingdon | he got to the cinema in good time and had a cup of coffee while he waited for Alex | we got everything ready for the party in good time

off-route /ˈɒfruːt/ Adjective

if you are **off-route** or go **off-route**, you are following a path or course which is not the one that you had originally planned to use or wanted to use

maybe we're a bit off-route | we went a few hundred metres off-route to visit the church in a field | when we saw the bridge, we realised we were seriously off-route

peak /piːk/ Noun

a **peak** is the top of a mountain

we reached the peak just as the sun was coming up | Mont Blanc is the highest peak in Europe | the mountain peak was still a long way ahead of us | snow-covered peaks

peel off /piːl ˈɒf/ Phrasal verb

if something **peels off**, or if you **peel it off**, it comes away from the surface it was attached to in a thin layer

the rock was peeling off like sheets of paper | I fell asleep on the beach and now my skin is peeling off | paint was peeling off the doors and window frames | can you peel the skin off this garlic for me?

pick one's way /ˌpɪk wʌnz ˈweɪ/ Phrase

if you **pick your way** somewhere, you walk or climb there very carefully, picking (choosing) where to put your feet with great care

we picked our way up the side of the mountain | she picked her way through the puddles (pools of rainwater) outside the bus station | I picked my way down the ladder

register /ˈredʒɪstə(r)/ Noun

a **register** is a book which records events that happen, for example the names and numbers of visitors to a place or the attendance of children in a class at school

we looked at the summit register (a book signed by the people who have reached the summit of the mountain) | the hotel register showed that he had stayed there in July | the teacher called the register (read out the name of each child to find out who is present and who is absent)

ridge /rɪdʒ/ Noun

a **ridge** is a long thin area where the land drops away on either side, usually high up on a mountain

we started to make our way across the ridge | there's a narrow ridge leading up to the main peak | a ridge extends northwards with narrow valleys on either side | he pointed to a small ridge of land ahead of them | the city was surrounded by various mountains and ridges

summit /ˈsʌmɪt/ Noun

the **summit** of a mountain is its highest point

we needed to reach the summit before dark | the summit of Everest is over 29,000 feet up | he's the youngest person to have climbed the seven summits (the highest mountain of each of the seven continents)

tough /tʌf/ Adjective

something that is **tough** is very difficult to do successfully. A **tough** situation is one that is difficult to deal with

the race was tough, but I managed to get through it and finish | I ran a marathon last year; it was tough, but I really enjoyed it | it's a very tough exam | it was a tough decision to leave | she had a tough time at school (had many problems)

treacherous /ˈtreɪʃərəs/ Adjective

a path, road, or route that is **treacherous** is dangerous, for example because it is not smooth or because it is icy

the ridge they had to go along was treacherous | the roads were treacherous after the snow had fallen | a steep and treacherous path up the side of the hill | police warned of treacherous road conditions in the north

vertical /ˈvɜː(r)ɪk(ə)l/ Adjective

something that is **vertical** rises or goes straight up

below us was a vertical drop of 200 feet to the road | on this chart, the rows go across horizontally and the columns are vertical | a jacket with vertical stripes | the wall was not quite vertical

Adverb: *vertically*

it looked as if the plane was climbing vertically

vertical face /ˈvɜː(r)ɪk(ə)l ˈfeɪs/ Noun

on a mountain, a **vertical face** is a part where the side of the mountain goes straight up, making it impossible to walk up it

the western side was a vertical face, so we approached from the east | we started up a steep slope which quickly became a vertical face | the vertical face of the cliff rose 100 metres above the beach

3 Science and technology

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global warming /'gləʊbəl 'wɔːmɪŋ/ Noun uncount
global warming is the gradual and dangerous increase in the temperature of the Earth, caused by things such as the burning of coal, petrol, etc
global warming is the biggest problem we face at the moment | just because it's snowing doesn't mean that global warming isn't happening | scientists are agreed that we need to act to stop global warming

only a matter of time /'əʊnli ə 'mætər ɒv taɪm/ Phrase
 if you say that it is **only a matter of time** before something happens, you mean that it is almost certain that it will happen
it's only a matter of time before someone works out how to do it | if he hasn't succeeded yet, it's only a matter of time until he does | another economic crisis is only a matter of time

PAGES 34–35

appropriate /ə'prəʊpriət/ Adjective
 something that is **appropriate** is suitable for a particular purpose or situation
shouting at your teacher is not an appropriate way to show you disagree | the only appropriate response is to say you're sorry | is this an appropriate use of the money? | we need to decide whether further action is appropriate
 Adverb: *appropriately* || Opposite – Adjective: *inappropriate*
you should dress appropriately for the occasion | this method works well when used appropriately | 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

congestion /kən'dʒestʃ(ə)n/ Noun uncount
congestion is a situation when there is so much traffic on the roads that vehicles can only move very slowly and spend a lot of time not moving at all
 severe congestion | ease congestion
the radio warned us of congestion on the roads into Manchester | the bridge was closed, causing severe congestion on the roads nearby | the government brought in controls on car use to try and ease congestion | traffic congestion is a serious problem here
 Adjective: *congested*
Oxford's roads are congested, polluted and dangerous | plan your journey in advance to avoid congested areas | the congested streets of New York

epidemic /ˌepɪ'demɪk/ Noun
 when there is an **epidemic**, a serious disease affects a large number of people at the same time

the flu epidemic of 1919 | the epidemic spread very rapidly into neighbouring countries | the epidemic caused at least 1000 deaths | they suffered epidemics throughout the 19th century

era /'ɪərə/ Noun
 an **era** is a long period of time that has a particular feature or characteristic
back in the Soviet era, there weren't many cars on the roads in Russia | the Internet era took off in the 1990s | the industrial era | the era of social media has just begun

famine /'fæmɪn/ Noun
 a **famine** is a period of time when there is not enough food to supply a large area and many people become ill or die
the district suffered a severe famine in 1770 | the Irish famine of 1846–1847 | approximately 3 million people died during the famine | governments need to do more to prevent famine

hungry /'hʌŋɡri/ Adjective
 if you are **hungry**, you want to eat something. If people **go hungry**, they do not have enough food to live a healthy life
 go hungry
my mother often went hungry to make sure we children had enough to eat | close to a billion people go hungry in the world every day | if children go hungry, their bones won't develop properly
 Noun: *hunger*
one of the main problems in the village is hunger

nanotechnology /'nænəʊteknɒlədʒi/ Noun
nanotechnology involves making and using things that are extremely small by controlling and moving individual atoms or molecules
scientists have made great progress with nanotechnology | cheaper food might be possible with the help of nanotechnology | nanotechnology is increasingly important in medical research

peak /piːk/ Noun
 the **peak** of something is the time when it is biggest or most successful
 hit/reach a peak
the prison population hit a peak of 450,000 in 2006 | inflation reached a peak of 15% last year | share prices have risen to an all-time peak | the peak period for tourism | the price of petrol has fallen from its peak of £1.49 a litre | a young tennis player who hasn't reached his peak yet | Murray is at his peak now
 Verb: *peak*
interest rates peaked at 16% | the band's popularity peaked in the 1990s | oil production will soon peak and then decline

pesticide /ˈpestɪsaɪd/ Noun

pesticides are chemicals that are used to kill insects and stop them from eating crops that farmers are growing

better pesticides helped boost food production | I don't use pesticides in the garden | some of the pesticide was washed off the soil into the river

starve /staː(r)v/ Verb

if people **starve**, they have so little food that they become seriously ill or die

starve to death

if we don't send help, a million people will starve to death there | we starved for weeks until finally food arrived by ship | he was starved and kept in a cell for months | millions were starving during the war

Adjective: *starving* | Noun: *starvation*

the papers carried photos of starving children | many villagers died of starvation

turn down /tɜːn daʊn/ Phrasal verb

if you **turn down** a piece of equipment, you make it work less hard so that it becomes quieter, cooler, less bright, etc

could you turn the lights down, please? | it's too loud – turn it down! | I'm just going to turn down the heating

Opposite – Phrasal verb: *turn up*

I can't hear the radio – can you turn it up? | it got too cold so we turned up the heating | do you mind if I turn up the volume (make the sound louder)?

PAGES 36–37**bond** /bɒnd/ Verb

if things **bond**, or if you **bond** them, they become firmly stuck to each other

the two panels are bonded together using a very strong glue | a layer of pure silver was permanently bonded to the surface | the two items will bond within five minutes

Noun: *bond*

if the bond is not strong enough, the panel will come apart

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 walls and build houses

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

cardboard /ˈkɑː(r)d,bɔː(r)d/ Noun uncount

cardboard is very thick, stiff paper used to make boxes

a cardboard box | we can recycle cardboard here but not plastic bottles | cardboard won't burn easily when it's wet | he used cardboard to make a model ship

cartridge /ˈkɑː(r)trɪdʒ/ Noun

a **cartridge**, or an **ink cartridge**, is a container for powdered ink that is used in office or home printers

a replacement cartridge | the ink cartridge is empty | can you believe how much the cartridge cost? | the cartridge should last at least three months

charger /ˈtʃɑː(r)dʒə(r)/ Noun

a **charger** is a device that puts electricity back into batteries so that you can use them again. Batteries that let you do this are called rechargeable batteries

can I borrow your phone charger? | I bought a battery charger for my camera | unplug the charger when it's not in use

Verb: *charge*

I need to charge my phone

concrete /ˈkɒŋkri:t/ Noun uncount

concrete is a solid substance used for building, made from water, sand, small stones and cement

the kitchen floor is concrete | a concrete road surface | the tunnel had concrete walls

customised /ˈkʌstəmaɪzd/ Adjective

something that is **customised** has been specially made for a particular customer

customised products are very expensive | many insurance companies offer fully customised services | the kitchen had customised units along one wall

Verb: *customise*

the restaurant customised a menu for our party | you can customise the setup of your computer before you buy it

hook /hʊk/ Noun

a **hook** is a curved piece of metal, wood, or plastic that is attached to a vertical surface such as a wall or door, where you can hang a coat, jacket, hat, etc

a coat hook | leave your jacket on the hook there | you can use the hook behind the door | is there a hook where I can put my hat?

layer /ˈleɪə(r)/ Noun

a **layer** is a flat amount of something that covers something else, or that is between two other things

a layer of something

the 3D printer builds them up layer by layer | if you peel the tape away, some layers of ink come off | the roof was a single layer of steel sheets | put a layer of potatoes in the bottom of the dish, then a layer of onions

mass-produce /mæs prəˈdjuːs/ Verb

to **mass-produce** things means to make a large number of them to be sold, usually quickly and efficiently in a factory

you can't mass-produce things with a 3D printer | they started mass-producing motor cars in the 1920s | it became cheaper to mass-produce them once we installed new equipment in the factory | they were mass-produced and very cheap

Noun: *mass-production*

before mass-production, everything had to be made by hand | the mass-production of boots for the army

replacement /rɪˈpleɪsmənt/ Noun

a **replacement** is something that takes the place of another thing that you no longer have or can use
a replacement for something

they gave him a replacement for his watch | a hip replacement (an artificial hip used to replace someone's real hip) | replacement car parts | some of the furniture requires replacement | several of the sales team are leaving, so we'll have to find replacements for them | if a suitable replacement is not available, a full refund will be issued | a replacement TV

Verb: replace

we need to replace the batteries | the V8 engine was replaced by a new unit | a brick wall replaced the old wooden fence

set /set/ Verb

when a liquid or a soft substance **sets**, it becomes hard and solid

some materials set naturally | it takes several hours for the concrete to set | wait a few minutes for the glue to set | I put the jelly in the fridge to make it set faster

PAGES 38–39

affordable /əˈfɔː(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 technology | 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

cutting-edge /ˈkʌtɪŋ ɛdʒ/ Adjective

cutting-edge techniques or products are the very latest and most advanced that are available

cutting-edge technology | cutting-edge video equipment | social media is no longer cutting-edge | she is conducting cutting-edge research

Noun: cutting edge

their research is at the cutting edge of 21st century science

eco-friendly /iːkəʊ-ˈfrendli/ Adjective

something that is **eco-friendly** does not cause damage to the environment

an eco-friendly electric car hire scheme | an eco-friendly tourist agency offering cycle tours | an eco-friendly alternative to air travel

economical /iːkəˈnɒmɪk(ə)l/ Adjective

something that is **economical** does not need a lot of money or energy to work efficiently

it's a very economical car – it costs about 7 pence a mile to run | advertising on the web is more economical than advertising on TV | an economical method of making plastic

Adverb: economically

we need to manufacture our goods more economically

empower /ɪmˈpaʊə(r)/ Verb

if something **empowers** someone, it helps them become independent and no longer reliant on other people or organisations

he wanted to empower the poorer villagers of India | we empower our employees to take decisions for themselves | my grandfather was determined to empower himself by studying in the evenings

Noun: empowerment | Adjective: empowering |

Adjective: empowered

local involvement and empowerment is essential | the school offers an empowering environment for all students | our nation cannot be strong unless its women are fully empowered

handy /ˈhændi/ Adjective

something that is **handy** is useful, efficient, and easy to use

a handy little tool | a handy kitchen gadget | a handy app that shows you the weather forecast for the next week | it's very handy and fits into a jacket pocket easily

highlight /ˈhaɪlaɪt/ Verb

if you **highlight** something, you talk or write about it in a way that draws special attention to it because you think it is important

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

labour-saving /ˈleɪbə-ˈseɪvɪŋ/ Adjective

labour-saving devices do things quickly and effectively so that people do not have to spend time or effort doing them

if you can afford it, buy a labour-saving device such as a washing machine | a kitchen full of labour-saving gadgets | labour-saving machinery

neat /ni:t/ Adjective

something that is **neat** is simple and effective

this was a neat solution to the problem | that's a neat way of looking at the issue | this is a really neat website | that's a neat idea

Adverb: neatly

his final paragraph neatly summarised the problem | the material is neatly divided into four separate subject areas

recycled /ˈrɪːsaɪkld/ Adjective

if you **recycle** things that you no longer need or use, you send them away so that they can be treated in

special factories and used again somehow. **Recycled** things and materials are the result of this process

a table made from recycled packing cases | we use recycled materials for our products | recycled plastic bags

Verb: *recycle* | Noun: *recycling*

we recycle as much as we can | you can recycle those plastic bottles | we've been recycling our old newspapers for years | we should do more to encourage recycling | recycling is an important activity

run on /rʌn ɒn/ Phrasal verb

if a machine **runs on** a particular source of energy, that is the kind of energy it needs to operate properly

the central heating system runs on oil | a car that runs on petrol | the whole village runs on solar panels

sewing machine /ˈseʊɪŋ məˈʃiːn/ Noun

a **sewing machine** is a device that you use for sewing, usually powered by electricity but sometimes by pushing a pedal with your feet or by turning a wheel with your hand

a 60-year-old sewing machine | it was much quicker to make the curtains using a sewing machine | I'm going to buy a new sewing machine next week

shell /ʃel/ Verb

if you **shell** corn, you separate the kernels (small yellow pieces) from the cob (the main part of the plant)

a device for shelling corn

sophisticated /səˈfɪstɪˌkeɪtɪd/ Adjective

something that is **sophisticated** is very complicated, advanced, and efficient

a sophisticated solution to the problem of dirty drinking water | a sophisticated car alarm system | sophisticated electronic equipment | they use sophisticated software to identify new customers

Noun: *sophistication*

despite the sophistication of the app, I found it very easy to use

time-consuming /taɪm kənˈsjuːmɪŋ/ Adjective

an activity or process that is **time-consuming** takes up a lot of time

the job-interview process was time-consuming and stressful | backing up the computer is a time-consuming activity | film editing is time-consuming and expensive | writing dictionaries is a time-consuming job

water purifier /ˈwɔːtə ˈpjʊəɪfaɪə/ Noun

a **water purifier** is a device that removes harmful or dirty substances from water to make it good to drink

if you don't have a water purifier, you should boil the water before drinking it | I drink water from the tap, but only after it's been through the water purifier

PAGES 40–41

adjust /əˈdʒʌst/ Verb

to **adjust** something means to change it slightly in order to make it better or more effective

the machine adjusts the temperature automatically | the body adjusts how much cholesterol it produces based on what you eat | you'll probably need to adjust the seatbelt | add the cream and adjust the seasoning

Adjective: *adjustable* | Noun: *adjustment*

make an adjustment | an adjustable seatbelt/strap

these seats are adjustable | is the temperature of the room adjustable? | these trousers have an adjustable waist | we'll try it out and see whether we need to make some adjustments

basin /ˈbeɪs(ə)n/ Noun

a **basin** is an open container that you can fill with water and use for washing things

the basin in the bathroom is blocked | a wash basin | fill the basin with water

code /kəʊd/ Noun

a **code** is a sequence of letters and or numbers that are used to let you unlock something, operate an alarm, etc

enter the code then press the button at the side | I've forgotten the code for the burglar alarm | you need to remember the code, and don't give it to anyone else

flicker /ˈflɪkə(r)/ Verb

if something such as a flame or a light **flickers**, it shines in an irregular way

the light bulb is flickering on and off | the lights on car began to flicker | if the screen flickers, switch it off then switch it back on again | the candle flickered briefly, then went out

Noun: *flicker*

I could see the flicker of a TV screen through the thin curtain

manual /ˈmænjʊəl/ Noun

a **manual** is a small book or a document on a computer that gives information and instructions about how to use a particular piece of equipment

a user manual | I've lost the manual for the camera | there's no printed manual, you have to read it online | the manual is available in 14 different languages | please refer to the user manual if this warning light comes on

my pleasure /maɪ ˈpleɪʒə/ Phrase

you say "**my pleasure**" to someone after they have thanked you for something you have done as a way of saying that you were happy to have helped them

"Thank you so much for your help this afternoon" – "My pleasure"

override /əʊvə'raɪd/ Verb

if you **override** an action or decision that has already been made, you use your authority to change it or cancel it. An **override** is the action of doing this
these controls usually allow a manual override | there is an override code, but I need to get it from the manager

Verb: override

federal laws override any local laws | she decided to override his earlier decision

pop over /pɒp 'əʊvə/ Phrasal verb

if you **pop over** somewhere that is not very far away, you go there quickly and not for a long time
could you pop over and look at my bike some time? | I'm just popping over to see Auntie Jenny. Won't be long | I was just about to pop over and see you

purchase /'pɜː(r)tʃəs/ Noun

purchase is the act of buying something. A purchase is something that you have bought

an impulse purchase (something you buy suddenly without planning to buy it) | I went home with my purchases | they put pressure on us to make a purchase | the receipt shows the date of purchase | local restaurants offer delicious food for purchase | the full purchase price will be returned, excluding shipping costs

Verb: purchase | Noun: purchaser

the original property was purchased in 1933 | do you recommend purchasing tickets in advance? | the house was sold to a private purchaser | we are negotiating with a number of potential purchasers

refund /'rɪ:fʌnd/ Noun

if you get a refund, a shop gives you back the money you paid for something because it is broken or does not work properly. You can also get a refund if you have accidentally paid too much for something or if you have paid for a service that was not properly provided

claim/request/demand a refund | receive/obtain/get a refund

he took the watch back and they gave him a refund | I got a tax refund | passengers can claim a refund if they are delayed more than two hours | we received a refund after we complained to the manager | return order within seven days for replacement or refund if goods are unsatisfactory

Verb: refund

refund monies/money

the amount you paid will be fully refunded | we will refund all monies you have paid us | we will only refund tickets if the performance has been cancelled

signal /'sɪgn(ə)/ 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! | the wi-fi signal is very weak on the fourth floor

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 railways system | if you want any gardening tips, ask my uncle Stan | a few tips on how to make your computer run faster

undo /ʌn'duː/ Verb

if you **undo** something that is tied or fastened together, you loosen it or release it so that it can open

he undid the strap round the suitcase | he undid the top button on his shirt | the knot was so tight I couldn't undo it

upgrade /ʌp'greɪd/ Noun

an **upgrade** is a change to a better or more recent form of something that you already have

do you need help to install the upgrade? | my laptop needs an upgrade | I downloaded an upgrade from the Internet | I can get an upgrade for my phone next month

Verb: upgrade

I want to upgrade my phone to the latest version | can I upgrade my laptop to Windows 10? | we'll be upgrading the website at the end of the month | the airline upgraded me to first class

PAGES 42–43

flex /fleks/ Verb

if you **flex** a muscle or a part of your body, you move or bend it slightly, often as a part of doing exercise

if I flex my muscles, the artificial hand opens and closes the fingers | lie on your back and flex your knees | he held up his hands and flexed his fingers

prototype /'prəʊtətaɪp/ Noun

a **prototype** is the first example of a device or machine to be made. It is tested to see if it works well and changes are made to it if necessary, after which large numbers are made to be sold

this is the prototype, and we start production next month | the prototype collapsed during testing | we're still developing the prototype | the prototype flew for the first time last year | we're still at the prototype stage but hope to start production next year

range /reɪndʒ/ Noun

a **range** is the limit of what someone is able to do or afford. If something is **within** your **range**, you can afford it. If it is **out of** your **range**, it costs more money than you are prepared to pay

at £1,200 it's within range of most families | it's nice, but it's out of my range, I'm afraid | it was the only laptop within my range

underserved /ʌndəsɜːvd/ Adjective

if a group of people are **underserved**, they do not have access to as much help or assistance as most other people

children are still underserved by the prosthetics industry | they live in an underserved area, with no hospital within 40 miles | we are trying to improve things for underserved groups

PAGE 44

emit /i'mɪt/ Verb

to **emit** harmful gases or other substances is to release them into the atmosphere

we need to produce electricity without emitting CO2 | using wind power means we won't emit dangerous gases | the explosion emitted clouds of poisonous gas into the air

Noun: *emission*

a reduction in greenhouse gas emissions | carbon emissions are at a dangerous level

storage /stɔːrɪdʒ/ Noun uncount

storage is the activity of keeping something in the same place over a period of time so that it is available for you when you need it

there's a lot of storage space above the garage | the energy storage market is about to boom | research into carbon storage | improved energy storage will bring a long-term benefit

4 Art and creativity

PAGE 45

acrobat /ˈækɹəˌbæt/ Noun

an **acrobat** is someone who entertains people by doing difficult and impressive physical actions, such as jumping, balancing, or moving their body in artistic ways

a circus acrobat | he's a very good acrobat | I prefer watching the acrobats to seeing animals in a circus | he started work as an acrobat when he was 18

Adjective: *acrobatic* | Noun: *acrobatics*

she has great acrobatic skill | they performed some amazing acrobatics

busker /ˈbʌskə(r)/ Noun

a **busker** is someone who plays music in the street and gets money from some of the people who walk past

I stopped to listen to the busker outside the tube station | I usually give buskers money if I like their music | there's often a busker singing by the Town Hall | a good busker can earn over £30 an hour

Verb: *busk* | Noun: *busking*

they busked in Trafalgar Square last week | he started busking when he was just 15

gig /gɪg/ Noun

a **gig** is a performance in public, usually by a musician or band of musicians

play a gig

we played 25 gigs in 28 days on tour | the gig was cancelled after she fell ill in Denver | their first live gig was a huge success | I helped my cousin organise the gig

put on /pʊt ɒn/ Phrasal verb

if you **put on** something such as a performance or a show, you organise it by booking the venue and the performers, selling the tickets, etc

she puts on shows of circus skills most weekends | I didn't realise how much work was involved in putting on a gig | they put on a fantastic firework display for New Year

stand out /stænd aʊt/ Phrasal verb

if someone **stands out**, you notice them because they are slightly different from the other people around and often more interesting or exciting

he never really stands out in a group | as soon as I arrived, one person stood out and grabbed my attention | I don't want to stand out, I'd prefer to remain in the background

Adjective: *standout*

she was the standout candidate for the job

venue /ˈvenjuː/ Noun

a **venue** is the place where an event is happening or is going to happen

it's an amazing venue for a party | a perfect venue for weddings | a popular concert venue | the World Cup is held at various venues across the country | the venue we'd chosen for the gig was just outside the city

PAGES 46–47

arty /ˈɑː(r)ti/ Adjective

someone who is **arty** is very interested in the arts – films, poetry, music, painting, etc

the cafe was full of arty people discussing the latest exhibition at Tate Modern | my roommate was very arty and put a lot of pictures up on the wall | I've never been very arty – I prefer playing football

attention /əˈtenʃ(ə)n/ Noun uncount

attention is the thought or interest you give to something you are watching or listening to. If you draw attention to something, you make people notice it and think about it

pay attention (to something) | give your attention to something | draw someone's attention to something

we just want to draw their attention to the problem | babies cry when they want attention | you need to pay attention in class | can I have your attention, please? | he loves being the centre of attention (with everyone looking at him) | I could tell that he wasn't giving me his attention | you have my full attention (I am listening to you very carefully)

blank /blæŋk/ Adjective

a **blank** surface has no writing, pictures, or decoration on it

a blank piece of paper | the wall was blank | my laptop screen suddenly went blank | if you don't know what to put, just leave that part of the form blank

commit /kəˈmɪt/ Verb

if someone **commits** a crime or other illegal act, they do it

he hadn't committed any crime | he admitted that he committed murder | his second attempt to commit suicide | since leaving prison he has not committed any further offences

consideration /kənˌsɪdəˈreɪʃ(ə)n/ Noun

consideration for something is careful thought about it so that you can make a sensible decision about it

give consideration to something | be under consideration

they never gave any consideration to the cost | they gave serious consideration to the idea of opening a new shop in Leeds | after long consideration, the judge decided not to send him to prison | two new laws are under consideration

Verb: *consider*

you should consider your decision carefully, then ring me to let me know

demolish /dɪ'mɒlɪʃ/ Verb

to **demolish** a building means to destroy it completely, for example because it is old and no longer safe or because you are going to put a new building there. **Demolish** is a formal word; in ordinary spoken English, people usually say *knock down*

the slums were demolished to make way for a golf course | they demolished the old cinema last week | the old school is going to be demolished | most of the remaining buildings were demolished in 2010 | the farm buildings were demolished and replaced by four new houses

Noun: *demolition*

the demolition of something

the factory continued making cars until its closure and demolition in 1997 | they won the contract for the demolition and removal of the old bridge

drastic /'dræstɪk/ Adjective

something that is **drastic** is very serious and severe
the government took drastic measure to control inflation | a drastic reduction in the number of people who smoke | there have been drastic changes in the weather over the last ten years | what happened later was even more drastic

Adverb: *drastically*

you need to drastically reduce the amount of sugar you eat | things at home changed drastically after I lost my job

effort /'efə(r)t/ Noun

effort is the work involved in trying to do something. If you make an effort to do something, you try very hard to do it

make an effort (to do something) | take effort | put effort into something

they think cheating will bring success without effort | it took a lot of effort to get the piano up the stairs | he put a lot of effort into his language studies | if you don't make an effort, you'll never pass the exam

fine arts /faɪn ɑ:ts/ Noun plural

fine arts are things such as paintings and sculptures that are made to be looked at and enjoyed
he studied fine arts at university | a museum of fine arts | the fine arts section of the bookshop | Chicago is home to a lively fine arts community

Noun: *fine artist*

it's difficult to earn a living as a fine artist | many of his students became successful fine artists

mural /'mjʊərəl/ Noun

a **mural** is a picture that is painted directly onto a wall

there are two important murals in the church | the first mural was painted here in 1473 | the mural took 14 weeks to complete | the two artists created the mural in 2002

spray-paint /spreɪ peɪnt/ Verb

if you **spray-paint** something, you paint on it using a can that forces the paint out under pressure rather than with a brush

he spray-painted the car blue | take the cover off then spray-paint the inside | the wall was spray-painted with stars

Noun: *spray-paint*

a tin of spray-paint

the arts /ði ɑ:ts/ Noun plural

you use **the arts** to refer to all the activities such as painting, writing poetry, dance, etc. that involve creative imagination

government funding for the arts | her personal interests include foreign travel and the arts | we're very grateful that many local businesses support the arts

tunnel /'tʌn(ə)l/ Noun

a **tunnel** is a long passage under the ground that carries trains, cars, etc underneath hills, rivers, etc.

the tunnel is 20 metres long | the train broke down (stopped working) halfway through the tunnel | the tunnel was dark and wet | the tunnel under the English Channel

Verb: *tunnel*

ten prisoners tunnelled out of the jail

ultimately /'ʌltɪmətli/ Adverb

you use **ultimately** to emphasize that you are referring to the most important consideration in a situation

making a profit is ultimately what matters to me | all laws were ultimately based on religious beliefs

PAGES 48–49

buzzing /'bʌzɪŋ/ Adjective

something that is **buzzing** is very lively and involves lots of interesting things and people

there's a buzzing arts scene in Sydney | the place is buzzing with new ideas | London was the crazy, buzzing capital of fashion

carnival /'kɑ:(r)nɪv(ə)l/ Noun

a **carnival** is a big public event in a city when people parade in the streets, often singing and dancing, wearing special costumes

the children wore carnival masks and costumes | the city is transformed during the carnival | carnival is next weekend, the most important weekend of the year for us | there's a carnival atmosphere out there today

cosmopolitan /'kɒzmə'pɒlɪt(ə)n/ Adjective

somewhere that is **cosmopolitan** has people from lots of different countries and cultures

Vilnius is a cosmopolitan city with interesting architecture | an attractive town with a cosmopolitan atmosphere | Odessa's cosmopolitan nature was described by Pushkin who lived there for a year

| two words sum up Milan today: modern and cosmopolitan

muddy /'mʌdi/ Adjective

if something is **muddy**, it is covered in mud
the camp site was really muddy | muddy boots | my clothes had got muddy | the floor was all muddy

Noun: mud

the mud was really deep | wash the mud off your boots before you come in

non-participation /nɒn pɑːtɪsɪ'peɪʃən/ Noun uncount
non-participation is the fact of not taking part in an event

one of the main reasons for non-participation was fear of failure | he warned me that there would be consequences for non-participation

participate /pɑː(r)'tɪsɪpeɪt/ Verb

if you **participate** in an activity, you take part in it.
Participate is a slightly formal word

we try and encourage more people to participate in the arts | 12 students participated in the research programme | the defence minister participated in talks with the Russians | our school team participated in the national tournament

Noun: participant

the conference is limited to 50 participants | participants must be aged 18 or over

PAGES 50–51

conquest /'kɒŋkwest/ Noun

conquest is success in getting control or full understanding of something

a kind of intellectual conquest | the conquest of space (when humans were finally able to send people into space)

fortune /'fɔː(r)tʃən/ Noun

a **fortune** is a large amount of money

cost/spend/pay a fortune | earn/make a fortune | be worth a fortune

he spent an absolute fortune on his cars | the house must be worth a small fortune now (a surprisingly large amount of money) | your salary is a fortune compared to mine | he made a fortune on the stock market

fulfil /fʊl'fɪl/ Verb

to **fulfil** a duty, requirement, or obligation means to succeed in doing or providing what is necessary

music fulfils a deep psychological need for calm and order | on top of his research, he had to fulfil his normal teaching duties | the school made sure it fulfilled its legal obligations

Noun: fulfilment

this was the fulfilment of the promise made two years ago

goosebumps /guːsbʌmps/ Noun plural

if something gives you **goosebumps** or if you get **goosebumps**, you feel a sudden thrill of excitement or shock

hearing 70,000 Welshmen sing gave me goosebumps | I get goosebumps just thinking about it | we both got goosebumps watching the video

injustice /ɪn'dʒʌstɪs/ Noun

injustice is unfair treatment of people

she had a strong feeling of injustice | the fight against racism and injustice | she sang about the pain of social injustice

intellectual /ɪntə'lektʃuəl/ Adjective

intellectual means relating to someone's ability to think in an intelligent way and understand ideas and information clearly

everyone has different intellectual strengths and weaknesses | an intellectual conversation | the film was too intellectual for me | she had a high degree of intellectual curiosity | music operates on an intellectual as well as an emotional level

Noun: intellectual | Noun: intellect

my uncle is a well-known intellectual | she had a brilliant intellect and a sharp sense of humour

key /kiː/ Adjective

a **key** event, thing, or person is one that is very important in a particular situation

two key events had an important influence on the region | a key figure in the French Revolution | a key part of the course is the two weeks work experience on a farm | write down the three key points from chapter 1

lullaby /'lʌləbaɪ/ Noun

a **lullaby** is a song with a soft, gentle rhythm that you sing quietly to a baby to help him or her get to sleep

a calming lullaby can help babies sleep | he sang her a lullaby | he fell asleep before the lullaby had finished

pattern /pə'tɜ(r)n/ Noun

a **pattern** is a series of repeated shapes, lines, or sounds

pop music follows different patterns to traditional Chinese music | these patterns are very strong, even though we don't notice them straight away | I love the pattern on your curtains | the vase was decorated with geometric patterns (with regular shapes like squares and triangles)

Adjective: patterned

a patterned shirt

regulate /'regjuleɪt/ Verb

if you **regulate** something, you control the intensity of it so that it does not become too strong or powerful

sad music can help us regulate negative feelings | a device that regulates the temperature in the building

soothe /suːð/ Verb

if something **soothes** you, it makes you feel calm and less stressed

just being by the water soothes many people | Dan was trying to soothe the baby | music can soothe the soul

Adjective: *soothing*

the music was soothing and relaxing

stimulate /ˈstimjʊleɪt/ Verb

if you **stimulate** someone, you make them think a lot in an enjoyable or useful way

music can stimulate us both emotionally and intellectually | toys help stimulate the child's creativity | getting a new teacher really stimulated his interest in the subject

Adjective: *stimulating*

the concert was entertaining and quite stimulating

unpredictable /ˌʌnpɪrɪˈdɪktəb(ə)l/ Adjective

something that is **unpredictable** behaves or acts in a way that you cannot guess in advance

the music moved in an unpredictable direction | his rate of recovery is unpredictable, I'm afraid | the ending of the film was totally unpredictable | the weather round here is highly unpredictable

Opposite – Adjective: *predictable*

the plot was boring and predictable

PAGES 52–53

bear /beə(r)/ Verb

if you can't **bear** something, you dislike it very much and do not want it to continue any more

I'm thinking of leaving. I just can't bear it here | he couldn't bear the pain of losing his only son | I couldn't bear the thought of waking up in prison | they couldn't bear the idea of being separated

convex /ˈkɒnveks/ Adjective

a **convex** surface curves outward

a convex mirror makes everything look upside-down | the marble floor was slightly convex | each wing has a convex upper surface and a flat lower surface

Opposite – Adjective: *concave*

concave buttons

out of place /aʊt ɒv pleɪs/ Phrase

if something is **out of place**, it does not fit in very well with its surroundings

the new office block is rather out of place next to a fifteenth century church | she felt very out of place as the only woman in the meeting | his suit was fine but the trainers were out of place

scene /si:n/ Noun

a **scene** is a part of a film or play that happens in the same place. To **set the scene** is to describe or act out something that gives the audience an idea of where the action is happening and gives them some information that will help them understand the rest of the film or play as it progresses

the opening scene of the Lion King is brilliant | the final scene was terribly sad | all the animals appeared on the stage to set the scene

spellbound /ˈspelˌbaʊnd/ Adjective

if you are **spellbound**, you are so interested in something that is happening that you cannot look at or think about anything else

keep someone **spellbound** | hold someone **spellbound**

the film kept the children spellbound for an hour and a half | everyone in the audience was spellbound | she sat in front of the TV, spellbound | the last few pages of the book held me spellbound

Adjective: *spellbinding*

the exhibition was absolutely spellbinding | a collection of spellbinding adventure stories

tint /tɪnt/ Noun

a **tint** is a small but noticeable amount of a particular colour

you can see the reflection of the sky, but with a red tint | Jan dyed her hair in a stronger red tint

Adjective: *tinted*

a car with tinted windows (having coloured glass so the driver can see out but no one can see in)

PAGES 54–55

anonymous /əˈnɒnɪməs/ Adjective

if someone is **anonymous**, they do not let anyone know their name

remain **anonymous**

she won over £1m on the lottery and chose to remain anonymous | an anonymous caller told the police where to find the body | we don't allow anonymous blog postings on our site

Adverb: *anonymously* | Noun: *anonymity*

it was published anonymously on the Web | you can call this number anonymously and get advice | the newspaper will not publish letters sent anonymously | no need to register, so anonymity is guaranteed | the witness demanded anonymity before agreeing to appear in court

auction /ˈɔːkʃ(ə)n/ Noun

an **auction** is a sale at which people offer increasing amounts of money until nobody wants to offer any more. The item is then bought by the person who made the last and highest offer

hold/conduct an auction | buy/sell something at auction

let's hold an auction to raise some money | the contents of the house were sold at public auction | the eight paintings were sold at auction | an auction house (a business which holds auctions) | an online auction site (where you can make offers over the Internet) | a charity auction raised nearly £1 million

Verb: *auction* | Noun: *auctioneer*

auction something off

the office closed down and all the contents were auctioned off | the silver will be auctioned tomorrow and the pictures on Tuesday | buyers were gathered round the auctioneer's table

campaign /kæmˈpeɪn/ Noun

a **campaign** is a set of organised activities that people do because they want to change a situation or persuade people about something

a campaign against something | a campaign for

something | an advertising/marketing campaign | an election campaign

a campaign against the new tourist development | an extensive public education campaign | the campaign was successful and management dropped the plan | the election campaign was limited to 90 days

Verb: *campaign* | Noun: *campaigner*

campaign against something | campaign for something

a protest group campaigned against the proposed reforms | campaigning for a change in the law | a campaigner for political freedom | local campaigners protested outside the factory

elusive /ɪˈluːsɪv/ Adjective

someone or something that is **elusive** is difficult to find

he's one of the world's most famous and elusive artists | the truth of the matter was highly elusive | they are shy and elusive animals | he's very elusive, and I only ever met him once

epitomize /ɪˈpɪtəmaɪz/ Verb

if one thing **epitomizes** another, it is a good and typical example or reflection of the other thing

she epitomizes the capability and independent spirit of modern women | both actors came to epitomize the Hollywood star

Noun: *epitome*

her work is an epitome of community service | he was the epitome of a great husband

expose /ɪkˈspəʊz/ Verb

if you **expose** something, you take away any covering it has so that you can see what is inside or underneath

she dug away the soil to expose the roots of the tree | they took up the carpet to expose the wooden floor underneath | he pulled up his sleeve to expose the scar

Adjective: *exposed*

it's dangerous to leave exposed electrical wires in the house | make sure you clean all exposed surfaces thoroughly

ideal /aɪˈdɪəl/ Adjective

something or someone that is **ideal** is the most suitable person or thing for a particular situation

the setting for this sort of at is ideal | swimming conditions at the beach are ideal | she was the ideal choice for the job | the hotel was in an ideal location

Adverb: *ideally*

the cafe is ideally situated between the cathedral and the museum

phone booth /fəʊn buːð/ Noun

a **phone booth** is a small building or shelter in a public place with a telephone in it that people can pay to use. **Phone booths** were used much more in the days before mobile phones

a typical red phone booth in London | do you know where the nearest phone booth is? | the last time I used a phone booth was to keep dry while it was raining

protest /ˈprəʊtest/ Noun

protest is action or behaviour that shows strong and sometimes violent disagreement with a plan or situation

a protest by students | she went on a protest march | the city saw a weekend of violent protest | peaceful protests continued for several weeks

Verb: *protest* | Noun: *protester*

protest against something | protest about something
hundreds of thousands of people protested against the war | many local people protested about the new building plans | protesters set fire to the offices | police refused to negotiate with the protesters

slave labour /sleɪv ˈleɪbə/ Noun uncount

slave labour is the use of people as workers without paying them wages but treating them as property, owned by their bosses. Slave labour was common in the South of the United States until the middle of the nineteenth century, when it became illegal to buy and sell people as slaves

the local people were used as slave labour | cotton production depended on slave labour | thousands of people were transported to America as slave labour

spy /spaɪ/ Noun

a **spy** is someone whose job is to find secret information about another country or organisation and pass this information to their own government or employer

he told us he'd been a spy but no one believed him | it's a dangerous job being a spy | three men were arrested and shot for being spies | he denied being a spy

Verb: *spy*

spy on someone or something

she had been spying on the Russians for over thirteen years

tear off /teər ɒf/ Phrasal verb

if you **tear** something **off**, you use force to remove it from the surface it is attached to

people are willing to tear the boards off to get to the pictures underneath | I tore off a strip of loose wallpaper | the roof was torn off during the storm

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launch /ˈprəʊtest/ Verb

to **launch** a major activity, a career, a big investigation, etc means to start it going in a successful way

the festival has launched the careers of several famous comedians | they launched an enquiry into the causes of the accident | his latest book was launched at a party in Oxford last Thursday | this was the film that launched her on a fifty-year career as a Hollywood star

Noun: *launch*

a book launch (a party to help promote a new book)

5 Development

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boost /bu:st/ Verb

to **boost** something means to improve it or increase it.

this could help to boost profits | an attempt to boost tourism in the area | this win has boosted the team's confidence | the hot weather dramatically boosted demand for cold drinks

Noun: *boost*

give something a boost

this should provide a boost for the economy | a boost for her confidence | some tips on how to give your Facebook profile a much-needed boost

diversity /daɪvɜː(r)səti/ Noun uncount

a **diversity** of things is a lot of different sorts of them in the same place or area

a diversity of something

there's a great diversity of wildlife around the lake | its cultural diversity was what attracted me to Cardiff | the quality and diversity of the restaurants in the city is amazing

Adjective: *diverse* | Verb: *diversify* | Noun: *diversification*

the university offers courses covering a diverse range of subjects | London has a diverse population | the EU is attempting to diversify its energy supply (make sure it gets its energy from several different places) | it was important to diversify the business rather than rely on just one successful product | discovery of oil and gas led to further diversification and growth

enhance /ɪn'hɑːns/ Verb

to **enhance** something means to improve it or make it look more attractive

moving to the country enhanced our quality of life | this skill will greatly enhance your musical creativity | in what ways can technology enhance traditional methods? | hearing poetry enhances our understanding of it

Noun: *enhancement*

an enhancement to something

the company is planning further enhancements to the product

renewable /rɪ'njuːəb(ə)l/ Adjective

renewable energy and materials do not use up the earth's supply of things like coal, oil, or gas, but instead use the power of the sun or the power of wind or waves that will not run out

renewable energy

the boat is powered by renewable energy | the water used for renewable power generation | we should get this material from renewable sources | forests are renewable natural resources

Noun: *renewable*

renewables don't cause any pollution

reservoir /ˈrezə(r)vɔː(r)/ Noun

a **reservoir** is a deep hole covering a large area of land and holding water that is used to supply towns and cities

if we don't get some rain soon the reservoirs will dry out | the western reservoir has a capacity of 2,180 million litres | the two reservoirs are situated south of the A3050 Hurst Road

thrive /θraɪv/ Verb

someone or something that is **thriving** is very successful and developing or living in a very healthy way

thrive on something

she's at university now, and thriving | the arts thrive in a multicultural environment like this one | as an actor, he thrives on all this attention | very few insects thrive in the winter | other department stores thrive in the city centre

Adjective: *thriving*

Lancaster has a thriving art community | a thriving cotton industry

PAGES 58–59

ambitious /æm'bɪʃəs/ Adjective

someone who is **ambitious** wants to be very successful and works hard to make sure that they succeed. A project that is **ambitious** is one that is difficult, but that people work hard to achieve

their business plan was very ambitious | the project was too ambitious and eventually they ran out of money | he's very bright, but not very ambitious | I was very ambitious at the start of my career

Noun: *ambition* | Adverb: *ambitiously*

he finally realised his ambition when he became CEO of the company | my ambition is to be a top designer | he ambitiously attempted to translate War and Peace within three months | the budget set an ambitiously high target for growth

block /blɒk/ Noun

a **block** is a large building in a town or city, for example one containing a lot of offices (an office block) or a lot of apartments (an apartment block)

they knocked down the old cinema and built a new apartment block | I work in an office block in the city centre | a 12 storey tower block

drug dealing /drʌg 'diːlɪŋ/ Noun uncount

drug dealing is the illegal buying and selling of drugs

he was arrested on suspicion of drug dealing | the area is known for drug dealing | there are problems with drug dealing on the estate | he served a prison term for drug dealer

Noun: *drug dealer*

she was convinced her bother was not a drug dealer | a drug dealer was seen waiting outside the school

heritage /ˈherɪtɪdʒ/ Noun uncount

a country's **heritage** is its cultural traditions that have developed over a long time, its important and historical buildings, and its history

a rich heritage | a national/cultural heritage

people should appreciate their own heritage | buildings that are part of our heritage | the country's rich cultural heritage | I think Dubai has rejected its heritage

high-rise /haɪ raɪz/ Adjective

a **high-rise** building is one that is very tall and has lots of floors

she lives on the twelfth floor of a high-rise apartment block | high-rise development has been banned here | high-rise residential buildings

Noun: *high-rise*

there are plans to build four more high-rises along the river

intersection /ˈɪntə(r),sekʃ(ə)n/ Noun

an **intersection** is a place where two large roads come together and cross each other

most motorcycle accidents occur at intersections | a large motorway intersection | at the next intersection, leave the motorway and get onto the A38 | a busy intersection

Verb: *intersect*

three major roads intersect at this point

knock down /nɒk daʊn/ Phrasal verb

to **knock down** a building means to destroy it completely, for example because it is old and no longer safe or because you are going to put a new building there. **Knock down** is used in informal and spoken English; a more formal word is *demolish*

the slums were knocked down to make way for a golf course | they thought the Eiffel Tower was so ugly it should be knocked down | my old school is going to be knocked down | they're knocking down some of the old high-rise blocks | I think it's time they knocked it down

leisure /ˈleɪzə(r)/ Noun uncount

leisure is the activities that you do for pleasure when you are not working. A leisure centre is a place with rooms and equipment where you can exercise, play basketball, go swimming, etc

there are two swimming pools in the leisure centre | what do you like to do in your leisure time? | leisure activities | I'll have plenty of leisure after I retire

mall /mɔːl/ Noun

a **mall**, or a **shopping mall**, is a very large building in a city with a lot of shops inside it

the main shopping mall gets over 5 million visitors a year | the downtown mall was nearly empty | a retail mall | there was a police car parked outside the mall

modernise /ˈmɒdə(r)naɪz/ Verb

if something **modernises**, or if you **modernise** it, it changes because methods, equipment, ideas, etc are replaced by new ones

they've got plans to modernise the old factory | the existing buildings were modernised and extended | the money was aimed at modernising learning spaces | this profession is changing rapidly as the insurance industry modernises

Noun: *modernisation*

a modernisation plan was started in early 1940 | an intensive modernisation programme will attempt to lower production costs | the railways are in urgent need of modernisation | the station complex is undergoing modernisation

pearl diver /pɜːl ˈdaɪvə/ Noun

a **pearl diver** is someone whose job is to dive into the sea to find oysters (a kind of sea creature with a hard shell) that have pearls (small round white balls that are used to make necklaces) inside them

the village relied on its fishermen and pearl divers | pearl divers can swim as deep as 30 metres below the surface | his older sister married a pearl diver in Bandar Abbas

pedestrian /pəˈdestriən/ Noun

a **pedestrian** is someone who is walking in a street, rather than driving or cycling or being a passenger on a bus. A **pedestrian** zone is a street or set of streets where motor vehicles are not allowed

most of the Old Town is a pedestrian zone during the day | the car ran off the road and hit a pedestrian | watch out for pedestrians round this corner | a pedestrian crossing (a place where people can cross safely to the other side of the road)

Adjective: *pedestrianised*

Sheep Street is now completely pedestrianised

redevelop /ˌriːdɪˈveləp/ Verb

to **redevelop** an area of land means to knock down the buildings that were there and replace them with new buildings, streets, etc

there are plans to redevelop the site of the old car factory | the site was redeveloped as a luxury hotel | the city has redeveloped the area along the canal | the centre was redeveloped after the war

Noun: *redevelopment*

the latest redevelopment saw a new shopping mall open on the site | the campus is undergoing a programme of redevelopment

residential /ˌreziˈdenʃ(ə)l/ Adjective

a **residential** area is one where most of the buildings are houses and flats where people live, rather than shops or offices

a residential area/neighbourhood/suburb

a popular residential area to the south of the city | the campus is largely surrounded by residential neighbourhoods | the suburb is primarily residential | a mix of commercial, residential and industrial areas

Noun: *resident* | Noun: *residence*

local residents were told to stay inside | the city centre has few residents left | the fire destroyed several residences nearby | his residence stood in the centre of the little town

scale /skeɪl/ Noun

the **scale** of something is its size or extent
the (sheer) scale of something | on a big/small etc scale
it's difficult for us to understand the sheer scale of the devastation | they had never seen flooding on such a scale before | the scale of the problem was frightening | a large scale research project | there was evidence of fraud on a massive scale

suspicion /sə'spɪʃ(ə)n/ Noun

if you have a **suspicion** about someone or something, you think there is probably something wrong or dishonest about them

raise/arouse suspicion | dispel suspicion

I have the suspicion that he knows something | our suspicions turned out to be unfounded (not true) | any of these signs should arouse suspicion | his attempts failed to dispel the suspicion (make people stop having the suspicion)

Adjective: *suspicious* | Adverb: *suspiciously* | Verb: *suspect* | Noun: *suspect*

suspicious behaviour | suspicious activity | deeply/highly suspicious | act suspiciously | suspect someone of something

if you see anything suspicious, call the police | his behaviour was highly suspicious | the police suspect him of fraud | she saw a man acting suspiciously outside the shop | the main suspect in a murder case

wonder /'wʌndə(r)/ Noun uncount

wonder is the feeling of surprise and admiration you get when you see or hear of something that is very impressive

she watched with a mixture of wonder and amazement | she held her breath with wonder and delight | a place of magic, mystery, and wonder | my children give me a sense of wonder

Adjective: *wonderful*

we listened to some wonderful music

zone /zəʊn/ Noun

a **zone** is an area where particular activities happen or are allowed

they're going to turn the High Street into a pedestrian zone | an industrial zone (where there are a lot of factories) | many civilians were trying to escape the war zone

PAGES 60–61

balance /'bæləns/ Noun

if there is a **balance** between two things, there is not too much of either of them and they exist together very well

strike a balance

do you have a good balance between work and

relaxation? | it can be hard to find the right balance between work and leisure | I'm trying to strike a balance between explaining what I feel and listening to others

Verb: *balance* | Adjective: *balanced*

it's difficult balancing the demands of work and family | a balanced diet (the right amounts of different kinds of food)

competitive /kəm'petətɪv/ Adjective

if an activity is **competitive**, everyone doing it is trying hard to do better and be more successful than everyone else

an enjoyable and competitive match between Arsenal and Spurs | advertising is a highly

competitive industry | a very competitive market | the mobile phone business is very competitive

Verb: *compete* | Noun: *competition*

small companies find it hard to compete in the market | there's a lot of competition for jobs | the company faces competition from abroad

cultivate /'kʌltɪveɪt/ Verb

if someone **cultivates** plants, they prepare the land and grow plants on it in a methodical way, especially for food

rice and other crops are cultivated in the valleys | for centuries these farmers have cultivated this land with amazing skill | coffee is cultivated commercially on five continents

Noun: *cultivation*

be under cultivation

cultivation of crops has been going on here for three thousand years | we have 60 hectares under cultivation (being used for crops)

decent /'diːs(ə)nt/ Adjective

something that is **decent** is of a reasonable or acceptable quality

she had to move to the city to find a decent job | are there any decent schools near here? | you can get a pretty decent meal there | I think the carpenter did a decent job of those bookshelves

demonstrator /'demən'streɪtə(r)/ Noun

demonstrators are people who go onto the streets in large numbers to protest about something

demonstrators marched from Trafalgar Square to Parliament | police arrested over 100 demonstrators | twelve demonstrators were injured during the protest | demonstrators set fire to the American flag

Verb: *demonstrate*

demonstrate against something

hundreds of thousands of people took to the streets to demonstrate against the Iraq war

exotic /ɪg'zɒtɪk/ Adjective

somewhere that is **exotic** is far away and very different from the place where you live, and seems to be very interesting and exciting

she loves going on holiday to exotic places | it was so exotic, sailing through the South Pacific islands | they

shot the film in several exotic locations | I don't think you can call Huddersfield exotic

fertile /fɜː(r)tʌl/ Adjective

land that is **fertile** is very good for growing things in because the soil is very good quality

the land here is incredibly fertile | the fertile regions of Ukraine | these herbs don't need very fertile soil | fertile farm land

Noun: *fertility*

this measures the soil fertility level

green /ɡriːn/ Adjective

you use **green** to refer to things or places that are natural and good for the environment, and not spoiled by things humans have done or made, such as cars, buildings, etc.

there aren't enough green spaces in the city | it's a really green city, with lots of parks and gardens | the company is trying to be more green (trying to help the environment) | a discussion about green issues | I'm a member of the Green Party

hectic /ˈhektɪk/ Adjective

if things are **hectic**, you are very busy and have to deal with lots of different things very quickly

a hectic lifestyle | at a hectic pace | a hectic day/week/month

she leads a really hectic life | life continues at a hectic pace on the farm | high-stress jobs and hectic lifestyles | another hectic day at the office | work has been hectic for months | this week has been pretty hectic

Adverb: *hectically*

leading a hectically busy life | I've been working hectically trying to meet the deadline

knowledgeable /ˈnɒlɪdʒəb(ə)/ Adjective

someone who is **knowledgeable** knows quite a lot about something, or quite a lot about a number of different things

knowledgeable about something

our guide spoke good English and was very knowledgeable | she became quite knowledgeable about Egyptian history | he was a knowledgeable and thoughtful politician | a highly knowledgeable expert

Noun: *knowledge* | Verb: *know*

she has a detailed knowledge of modern Russian literature | 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) | do you know much about cricket? | he knows all there is to know about Ferrari cars (he is very knowledgeable about them)

literate /ˈlɪt(ə)rət/ Adjective

someone who is **literate** can read and write

highly literate

most of the population is highly literate | over 90% of the population is literate | in 1600, very few ordinary people were literate | an influential and literate middle class

Noun: *literacy* || Opposite – Adjective: *illiterate*

we need to improve adult literacy rates (increase the number of adults who can read and write) | they had basic literacy and numeracy (they could read and write and do basic arithmetic) | most of the population was illiterate in the 12th century

peaceful /ˈpiːsf(ə)/ Adjective

somewhere that is **peaceful** is pleasantly quiet and does not have any lively activity going on

I found a peaceful spot to sit and eat my sandwiches | a peaceful village on the Norfolk coast | it feels very peaceful here after a week spent in London

Adverb: *peacefully* | Noun: *peacefulness* | Noun: *peace* peace and quiet

the two sisters sat peacefully in the garden | the beauty and peacefulness of the lake | it's hard to find peace and quiet in the city

quality of life /ˈkwɒlɪtɪ ˈɒv ˈlaɪf/ Noun uncount

your **quality of life** is how much you are able to enjoy it and stay healthy

we have a good quality of life here in Skye | she earned a lot of money, but her quality of life was not good | we moved out of London to get a better quality of life

reform /rɪˈfɔː(r)m/ Noun

a **reform** is a change to an existing law, system, or institution

the reforms introduced last year have brought about a recovery in the economy | the reforms came too late | educational reform was an important topic during the election | the last major tax reform was in 1986 | the process of carrying out the reforms took several years

Verb: *reform* | Noun: *reformer*

an attempt to reform the House of Lords | the government are about to reform the tax system | the announcement was welcomed by educational reformers

remarkable /rɪˈmɑː(r)kəb(ə)/ Adjective

something or someone that is **remarkable** is unusual in a way which makes people surprised or impressed truly/quite remarkable

Kerala is a remarkable place | we met some truly remarkable people | a remarkable journey | she made a remarkable recovery | it's a remarkable achievement | the show was a remarkable success

Adverb: *remarkably*

Mr Galvin was remarkably successful in the local elections | you've done remarkably well this year

strike /straɪk/ Noun

if there is a **strike**, people refuse to work because they want their employer to make changes, such as increase their pay or improve their conditions

go/be on strike | come out on strike

we're thinking of going on strike if they don't agree to our demands | a strike over pay and working conditions | a strike for better pay | 200 workers have come out on strike | more people have now joined

the strike | there are often strikes on the buses | we were on strike for three weeks

Verb: *strike* | Noun: *striker*

teachers are threatening to strike over pay | strikers met with employers to discuss the issues

tolerant /'tɒlərənt/ Adjective

if you are **tolerant**, you accept other people's right to have opinions and beliefs that are different from your own

the people here are very tolerant of the different groups in society | a tolerant and open-minded father | we're an open and tolerant society

Noun: *tolerance* | Noun: *toleration* | Verb: *tolerate* | Adjective: *tolerable* | Adverb: *tolerably* || Opposites – Noun: *intolerance* | Adjective: *intolerant* | Adjective: *intolerable* | Adverb: *intolerably*

he has no tolerance for political extremism | to encourage mutual respect and tolerance | he campaigned for religious toleration and the reform of parliament | her father would not tolerate lying | the noise was annoying and barely tolerable | the flat was tolerably large | religious prejudice and intolerance | he became intolerant of opposition | the situation was intolerable | the room was intolerably hot

tranquil /'træŋkwɪl/ Adjective

somewhere that is **tranquil** is very quiet and peaceful
the tranquil atmosphere of the church | a colourful, tranquil flower garden | his tranquil life was about to change for ever | a tranquil residential area not far from the sea

Noun: *tranquillity*

feelings of peace and tranquillity

wealthy /'welθi/ Adjective

someone who is **wealthy** has a lot of money or owns a lot of property. A place that is **wealthy** has a lot of wealthy people living in it

he had married a wealthy businesswoman | you'll need to work hard if you want to become wealthy | she was born in a wealthy suburb of Paris | his wife was from a wealthy family

Noun: *the wealthy* | Noun: *wealth* || Opposite – Adjective: *poor*

these changes won't affect the wealthy, only the poor | 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 | a poor suburb of Manchester | he came from a poor family

well-off /wəl ɒf/ Adjective

someone who is **well-off** has enough money to be able to live comfortably, even though they might not be very rich

most of the people round here are reasonably well-off | she's a doctor, and comes from a well-off family | we were well-off enough to have two cars and two foreign holidays a year | you could hardly describe him as well-off

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adaptable /ə'dæptəb(ə)l/ Adjective

someone or something that is **adaptable** can change when necessary in order to succeed at something
these plants are highly adaptable to most environments | the recipe is very adaptable; for example you could use carrot instead of celery | you need to hire someone who is more adaptable

Verb: *adapt* | Noun: *adaptation*

we need to adapt to living with climate change | the novel was adapted for television in 1998 | plants have evolved many adaptations to cope with fire

adolescence /ˌædə'les(ə)ns/ Noun uncount

adolescence is the period of time in your life when you start to change physically, and when you start to change from being a child to being an adult

many smokers began the habit in their adolescence | she had a very ordinary childhood and adolescence | adolescence can be a very confusing time of life | once he reached adolescence, his parents could no longer control him

Noun: *adolescent*

today's adolescents all grew up with social media

fall apart /fɔ:l ə'pɑ:t/ Phrasal verb

if something **falls apart**, it breaks into pieces because it is old or not well made

my shoes are falling apart | an old book that was falling apart | the suitcase just fell apart while I was packing it | the shed fell apart as soon as we tried to move it

fall behind /fɔ:l bɪ'hɑ:nd/ Phrasal verb

if you **fall behind**, you do not make as much progress as you should in a particular job or activity

fall behind with something

after a week off school, I fell behind with my maths | if you don't make more effort, you'll fall behind the others | don't fall behind with your project work | several students fell behind during the winter and never caught up

fall for /fɔ:l fɔ:/ Phrasal verb

if you **fall for** someone, you fall in love with them

she fell for him straight away | we had already fallen for each other before we left school | I couldn't fall for someone who watches football all the time

fall out /fɔ:l aʊt/ Phrasal verb

if you **fall out** with someone, you have an argument with them and you both stop being friends or talking to each other

fall out with someone | fall out over something

we fell out over a girl | look – I don't want to fall out with you about this | have those two fallen out or something?

Noun: *falling out*

have a falling out

we had a big falling-out a few years ago | the incident caused a major falling-out between the two men

fall through /fɔ:l θru:/ Phrasal verb

if an arrangement, plan, or agreement **falls through**, it doesn't happen because something goes wrong or because someone decides they do not want to be involved

I couldn't find my tent, so the camping trip fell through | the house sale fell through because our buyer couldn't raise the money | the plan fell through because of objections by local residents | the proposal fell through after a couple of weeks

infancy /'ɪnfənsi/ Noun uncount

your **infancy** was the period of time in your life when you were an infant – a baby or very young child
his brother died in infancy | during his infancy they lived in Wolverhampton | throughout infancy and childhood, a personality develops | she showed an interest in music, even in early infancy

Noun: *infant*

infants under 2 years of age travel free

novelty /'nɒv(ə)lti/ Noun uncount

novelty is the quality of being new and still being interesting

be (something of) a novelty | the novelty wears off
having a gas cooker was still something of a novelty | after two weeks, the novelty of my new job wore off (it became less interesting because I had become familiar with it) | I enjoyed the novelty of being married

Adjective: *novel*

entirely/totally novel | a novel approach/method/concept

they introduced an entirely novel method of treating patients with flu | selling on the Internet is hardly a novel concept any more

peer /piə(r)/ Noun

your **peers** are people who are the same as you in terms of education, age, and status

peer pressure

engineers in the UK are not as well paid as their peers in France | he started smoking because of peer pressure (because he wanted to be like the other people he was friends with and who smoked) | by the age of 13 she was noticeably taller than most of her peers

seek /si:k/ Verb

if you **seek** something, you try very hard to find it or get it

sensation-seeking teenagers | if you still feel ill after a week, then seek medical advice | police are still seeking a third suspect | you should seek another opinion before agreeing to have the operation

Noun: *seeker*

job seekers

spur of the moment /spɜ:r ɒv ðə 'məʊmənt/ Noun singular

if you do something on the **spur of the moment**, you suddenly decide to do it without having planned it or thought about doing it before

on the spur of the moment

on the spur of the moment, I decided to book a holiday to Tunisia | it was a spur of the moment decision | I usually do my clothes shopping on the spur of the moment

stair rail /steə reɪl/ Noun

a **stair rail** is the top part of a banister (a thing like a wall at the side of steps that you can hold on to and that stops you falling over the side)

he tried skateboarding down the stair rail | a wooden stair rail | the stair rail was broken

stereotypical /,steriə'tɪpɪk(ə)l/ Adjective

something that is **stereotypical** is thought to be typical of a particular person, place, or thing, especially when this belief is unfair or untrue

she spoke with a stereotypical Liverpool accent | a stereotypical businessman with briefcase and umbrella | a stereotypical adolescent, staring forever at his phone

Noun: *stereotype* | Adverb: *stereotypically* | Verb: *stereotype*

the stereotype of a granny is an old lady with white hair and glasses | changing stereotypes about computer programmers isn't easy | women are stereotypically more emotional than men | the police are often stereotyped as slow and stupid in films

toddler /'tɒdlə(r)/ Noun

if small children **toddle** somewhere, they walk there in a rather unsteady way taking short steps. Young children who are just starting to walk are called **toddlers** because of the unsteady way in which they walk

when Jake was a toddler, I did the childcare most days | I sat down on the bus opposite a young man and his toddler son | I go to a mother and toddler group on Tuesday mornings | these toys have been designed by parents for toddlers and young kids

Verb: *toddle*

the child toddled across the field towards her grandmother | she's only 14 months old and she's already started toddling

vital /'vaɪt(ə)l/ Adjective

something that is **vital** is very important and is needed in order for something to work properly and be successful

vital that | vital to something | be vital to do something

it's vital that we help each other | effective communication is vital to all businesses | it's vital to keep the equipment clean | these are vital work skills | the captain of a cricket team plays a vital role | this is another vital area of research

Adverb: *vitality*

good schools are vitally important in any community | planes brought vitally needed aid to the region

willingness /'wɪlɪŋnəs/ Noun uncount

willingness is being ready and prepared to do something without complaining or objecting to it
willingness to do something

his willingness to help was appreciated | they showed a willingness to take risks | willingness to learn is very important | a good language learner demonstrates a willingness to practise and use the language in real communication.

Adjective: *willing* | Adverb: *willingly* || Opposites:
Noun: *unwillingness* | Adjective: *unwilling* | Adverb:
unwillingly

be willing to do something | perfectly/quite willing |
be unwilling to do something

are you willing to take the risk? | I am perfectly willing to wait | finding a willing helper is easier than you think | I would willingly pay extra for a seat in the front row | I could understand his unwillingness to spend so much money | he was unwilling to go to the police | rather unwillingly, she agreed to the proposal

PAGES 64–65

as a result /æz ə rɪ'zʌlt/ Phrase

you use **as a result** to say what happens or what a situation is after you have mentioned a cause or reason for it

as a result of something

he fell ill and, as a result, lost his job | she was very shy, and as a result very lonely | one person was injured as a result of flying glass

concentrated /'kɒns(ə)ntreɪtɪd/ Adjective

if something is **concentrated**, there is a lot of it in a very small area or in a very short time

the problems are more concentrated in the city | a concentrated burst of gunfire | the industry became concentrated in three major regions

Verb: *concentrate*

the attacks were concentrated on three government buildings

disturbance /dɪ'stɜ:(r)bəns/ Noun

a **disturbance** is something annoying and unpleasant that happens which spoils the peace and quiet of a place

cause a disturbance

we'll try not to cause too much disturbance during the building work | there were complaints about noise disturbance from the park | police arrived following reports of a disturbance in the town centre | we've had no more disturbances since the neighbours moved out

Verb: *disturb*

the sound of an ambulance disturbed the peace of our Sunday afternoon | don't let anyone disturb you when you're revising

emergence /ɪ'mɜ:(r)dʒ(ə)ns/ Noun uncount

the **emergence** of something is when it first comes into existence

the emergence of something

the 1960s saw the emergence of new political organisations | the emergence of digital learning has transformed higher education | the sudden

emergence of new technologies in the music industry | we have seen the emergence of what are called megacities

Verb: *emerge* | Adjective: *emerging*

more details about the bombing have emerged | new political parties emerged after the country gained independence | the gallery shows work by young and emerging artists (artists who are just beginning to be recognised) | the gap between rich nations and emerging economies (countries that are still developing)

exaggeration /ɪg,zædʒə'reɪʃ(ə)n/ Noun

an **exaggeration** is a statement that claims something is bigger, better or more extreme than it really is

a gross/slight exaggeration

OK, I admit, that was a slight exaggeration | to describe it as a failure is a gross exaggeration | it was a ridiculous exaggeration, and no one believed him | the report was full of exaggeration and lies

Verb: *exaggerate*

greatly/grossly/wildly exaggerate something

these newspaper reports are always grossly exaggerated | stop exaggerating - things weren't that bad! | the dangers of eating raw eggs have been wildly exaggerated

factor /'fæktə(r)/ Noun

a **factor** is one of several things that have to be considered when discussing a particular problem or situation

what factors are important for a good quality of life? | factors such as smoking and bad diet can lead to heart attacks | this is only one of many factors involved | even the environment and pollution can be factors

in addition /ɪn ə'dɪʃ(ə)n/ Phrase

you use **in addition** when adding extra information to what you have just said

in addition to something

in addition, around one million birds a year are killed by plastic pollution | this will bring your temperature down and in addition it will help you sleep better | in addition, they can provide jobs and a more interesting life | this payment will be made in addition to your normal salary

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

you use **on the other hand** to introduce a fact that is different from what you have been saying but that is just as important

on the other hand, LED lights are more expensive | I'd like to visit Florence, but on the other hand I need to save money to buy a car | his TV was very old, but his computer, on the other hand, was very new

outweigh /,aʊt'weɪ/ Verb

if one consideration **outweighs** another, it is considered to be more important or useful than the other thing

far outweigh something | outweigh the benefits/

advantages/disadvantages

I think the negatives far outweigh the positives | it seems these fears are outweighed by real concern about rising food costs | but the possible gains outweigh any risks that might be made | the needs of the group outweigh the needs of the individual | the benefits of quitting smoking outweigh the disadvantage of weight gain

ramp /ræmp/ Noun

a **ramp** is a slope between two level pieces of land
they built a ramp outside the library so people in wheelchairs could get in | a skateboard ramp

spoil /spɔɪl/ Verb

to **spoil** something means to do something that stops it being good, pleasant, or enjoyable

I don't want to spoil their fun, but I think they should have to stop before midnight | Jen's parents were there the whole time which completely spoiled the party | my new shoes got spoiled in the rain

PAGES 66–67

barrier /'bæriə(r)/ Noun

a **barrier** is a physical object or area that makes it difficult to get from one side of a place to another
the English Channel served as an effective barrier during World War II | the police put a metal barrier at the entrance to the square | the river has always been a barrier separating the two halves of the city | the car crashed into a concrete barrier

consortium /kən'sɔ:(r)tiəm/ Noun

a **consortium** is a group of separate companies who come together to work on a single very large project
the consortium consists of 22 companies from 12 different countries | a consortium of three Sydney businesses | the plane was built by consortium partners from all over Europe | a British-based consortium bought the site for redevelopment

converge /kən'vɜ:(r)dʒ/ Verb

if two or more things **converge**, they come together and join at a particular point

the rivers converge just north of the city | three roads converge on the town | you can take either path as they converge after another half a mile

dangle /'dæŋg(ə)/ Verb

something that is **dangling** is hanging in the air quite loosely

a single electric bulb dangled from the ceiling | his tie was dangling in the soup | I could see the phone wire dangling outside the window | the bridge dangles from 160 cables

from scratch /frəm skrætʃ/ Phrase

if you do something **from scratch**, you do it without using anything that had been used or prepared before
they had to build the whole from scratch | you'll just have to start again from scratch | the station was rebuilt from scratch in 1968 | I've never made a cake from scratch before

frustrating /'frʌstreɪtɪŋ/ Adjective

something that is **frustrating** is very annoying because it stops you from doing what you want to do

having to wait so long is incredibly frustrating | this has been an extremely frustrating experience | we spent a frustrating three hours at the embassy waiting to see someone | it's incredibly frustrating having to stay indoors and revise when the weather is so good outside

Noun: *frustration* | Verb: *frustrate*

I understand your frustration at this situation | his unpleasant remark made her explode with frustration | his constant questions frustrated me

metropolis /'mɜ:(r)dʒ(ə)ns/ Noun

a **metropolis** is a very large city with a lot of exciting and interesting activity going on in it
there are numerous museums throughout the metropolis | Tokyo is a lively metropolis | after ten years in the metropolis, village life felt very slow and dull

obstruct /əb'strʌkt/ Verb

if something **obstructs** you, or **obstructs** your view, it is in your way and making it difficult to move past it or see past it

the new building completely obstructs our view of the park | please do not obstruct this doorway | do not stop on the trail and obstruct the traffic | the trees were obstructing the traffic light

Noun: *obstruction*

trains were delayed because of an obstruction on the line

setback /set,bæk/ Noun

a **setback** is a sudden problem that temporarily stops you making progress in what you are trying to achieve

suffer a setback | overcome a setback

hopefully this is just a setback rather than an end to his career prospects | I wouldn't say it's a disaster – just a slight setback | her preparations for the World Cup suffered a serious setback when she broke her leg in training | within days she had overcome this setback and astonished doctors with the speed of her recovery

Phrasal verb: *set back*

the project was well on schedule, but then the floods set us back by two weeks | it won't stop progress altogether, but it will set them back slightly

shoreline /'ʃɔ:(r)laɪn/ Noun

the **shoreline** is the land next to the sea or a river, where the water and land come together

the airport is situated right by the shoreline | the resort has 12 miles of shoreline | the railway line ran parallel with the shoreline | which US state has the longest ocean shoreline?

soar /sɔ:(r)/ Verb

if something **soars**, it is impressively tall or high up in the air

the Burj Khalifa soars over Dubai | a city of soaring skyscrapers | eagles soared high above us

strait /streɪt/ Noun

a **strait** is a narrow strip of water between two larger areas of water

there's a strong current in the strait | car ferries cross the strait three times a day | several bridges cross the strait

unleash /ʌnˈliːʃ/ Verb

if you **unleash** something strong or powerful, you take away any control over it so that it can operate freely without interference

they threatened to unleash a new wave of terrorism | the speech unleashed a political storm | news of the murder unleashed protests across the capital

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drawback /ˈdrɔːbæk/ Noun

a **drawback** is a disadvantage in a plan or course of action

we want to keep a balance between benefits and drawbacks | one obvious drawback was that the battery had a very short life | the only drawback was that the screen was too small | the weight of the equipment was a serious drawback

fund /fʌnd/ Verb

if someone **funds** something, they provide the money that is needed to pay for it

the government should fund more research | the project was funded by a major oil company | the latest study was funded by Goethe University | we're looking for someone to fund an expedition to the South Pole

Noun: *funding*

the funding ran out before we'd finished the research | private universities do not receive government funding

impact /ˈɪmpækt/ Noun

the **impact** of something is the strong effect it has on a situation

a major/enormous/significant impact | a negative/serious/disastrous impact | have an impact | an impact on something

the campaign had little impact on the way people voted | it seemed important, but it had a relatively small impact | exercise can reduce the impact of the disease | cleaning the water supply will have a significant impact on public health | unemployment is known to have a negative impact on health

Verb: *impact*

impact on something

the strike severely impacted the company's profits | several countries were impacted by the crisis | the cuts will certainly impact on service delivery

plant /plɑːnt/ Noun

a **plant** is a large industrial site such as a factory or power station

the plant has helped Laos to become energy independent | the biggest car plant in Europe | they have eight manufacturing plants across the country | his first job was at an aircraft assembly plant

resettle /ˌrɪːˈset(ə)/ Verb

when people are **resettled**, they are provided with a new home after they have been forced to leave the place where they used to live because of war, natural disaster, etc

thousands of people had to be resettled after the war | 52,000 families had been resettled by the end of last year | we need to do more to help resettle these people | Sweden accepted 18,000 and Australia resettled a further 6,000

6 Alternative travel

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airline /ˈeə(r)laɪn/ Noun

an **airline** is a company that makes regular plane flights carrying passengers from one place to another
a low-cost airline (that charges only a small amount of money) | an airline pilot | the airline flies to 87 different airports across Europe and Asia | how many airlines operate out of Heathrow?

cable car /ˈkeɪbl kɑː/ Noun

a **cable car** is a small vehicle that hangs from wires overhead and is used for carrying people up mountains, for example when they want to go skiing
it takes ten minutes to get to the top in a cable car | there's been a cable car here since the 1950s | we had to wait 20 minutes for a cable car

day off /deɪ ɒf/ Noun

a **day off** is a working day or a school day when you are allowed not to go to work or school
they let me take the day off on Friday | how many days off do you get a year? | I always have a day off on my birthday | enjoy your day off tomorrow!

downside /ˈdaʊnsaɪd/ Noun

a **downside** is a disadvantage that exists in a situation that is otherwise very good
the only downside is that it's not cheap | the other downside is that you have to get up at five in the morning | you need to think about possible downsides | you have to pay three months in advance, and that's a big downside

dramatic /drəˈmætɪk/ Adjective

if something is **dramatic**, it is quite exciting and impressive
a dramatic painting of the Battle of Trafalgar | Cumbria is famous for its dramatic scenery | the story ended in a highly dramatic fashion | the whole experience was quite dramatic
 Adverb: *dramatically* | Noun: *drama*
he kicked open the door and leapt dramatically into the room | we had quite a drama finding the hotel

self-catering /ˌself ˈkeɪtərɪŋ/ Adjective

self-catering houses, flats, accommodation etc are places where you can stay for a while and where you can cook and eat your own food instead of having to use restaurants or cafes
we rented a self-catering cottage for a week in North Wales | a self-catering holiday | all our cottages are self-catering

there are no strict rules and where people can do whatever they want to do

it's a school where anything goes | they're very casual and relaxed there – anything goes | I asked about what I should wear and they said anything goes

barbecue /ˈbɑː(r)bɪˌkjuː/ Noun

a **barbecue** is a meal cooked outdoors, for example in someone's garden or on the beach, often as a social occasion

we've been invited to a barbecue tomorrow night | there were over thirty guests at the barbecue | the garden has a barbecue area away from the house | I hope it doesn't rain for the barbecue

Verb: *barbecue* | Noun: *barbecue*

Australians like to barbecue their meat | put some ore sausages on the barbecue

delay /dɪˈleɪ/ Noun

if there is a **delay**, something is not going to happen when it is meant to but will happen at a later time
 a long/short/brief delay | a delay of something | without delay

there were long traffic delays because of the accident | after a brief delay, the concert continued | there will be a delay of about half an hour | you must leave the country without delay (immediately)

Verb: *delay*

delay something until something | delay doing something

I often delay doing things I don't enjoy | they have decided to delay the start of the game until three o'clock | the train was delayed by two hours | a storm delayed our departure from Southampton

hiking /ˈhaɪkɪŋ/ Noun uncount

if you go **hiking**, you walk a long distance in the country for pleasure

we went hiking in the mountains in Scotland | my hobbies are hiking and playing the piano | a hiking holiday

Verb: *hike* | Noun: *hiker*

we hiked from Forres to Findhorn at the weekend | she could see two hikers coming down the side of the hill

itinerary /aɪˈtɪnərəri/ Noun

an **itinerary** is a list of all the places that you will go to and activities you will do on a journey

a busy itinerary | have you seen the itinerary for tomorrow? | you can see the itinerary on their web page | I'm afraid the museum is not on the itinerary

put off /pʊt ɒf/ Phrasal verb

if something **puts** you **off** something, it makes you dislike it or not want to do it

put someone off doing something

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anything goes /ˈɛniθɪŋ ɡəʊz/ Phrase

you say **anything goes** to refer to a situation where

don't be put off by the cost – I can lend you some money | if we punish these two it might put the others off | I felt so sick afterwards that it put me off smoking for life | the smell from the kitchen put me off eating there | don't let that one bad experience put you off golf

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

Segway /ˈseg weɪ/ Noun

a **Segway** is a short platform for your feet with a wheel underneath at each end and a central upright post to hold on to, that has a motor and that you can ride

riding a Segway is easier than it looks | we rented Segways for the afternoon | how much does a new Segway cost?

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

soap opera /səʊp ˈɒpərə/ Noun

a **soap opera** is a TV show that is on several times a week, telling a story about the same group of people

Coronation Street is Britain's longest-running soap opera | we never watched soap operas at home when I was growing up | do you like soap operas? | I'm sure I've seen her in a soap opera

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 realised George Clooney was in the same restaurant | he'll be thrilled when he hears we're going to New York for the weekend

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boarding pass /ˈbɔːdɪŋ pɑːs/ Noun

to **board** a plane or ship means to get on it. A

boarding pass is the piece of paper or the screenshot on your phone that you show as you get on to prove that you should be allowed on

you should print your boarding pass at home before you set off for the airport | I dropped my boarding pass when we went through the security checks | the boarding pass has your seat number on it | they insisted on seeing my boarding pass before letting me on the plane

Verb: *board*

we can't board the plane for another half an hour

bush walk /bʊʃ wɔːk/ Noun

the **bush** is the wild areas in Australia or some

countries in Africa. A **bush walk** is when someone goes on foot into one of these areas, for pleasure or to explore it and learn about it

we went for a ten-hour bush walk | a guided bush walk | an early evening bush walk along an elephant path

chef /ʃef/ Noun

a **chef** is someone who works in the kitchen of a restaurant or hotel and prepares the food

he's the head chef in a big London hotel | chefs have to work very long hours | her ambition is to become a chef

crop /krɒp/ Noun

a **crop** is a plant such as wheat or corn that is grown by farmers in order to sell it

a frost can destroy the crop | they grow a variety of crops | a staple crop (that provides most of someone's food) | a cash crop (that someone grows to sell) | they grew crops in large open fields | rice is the principal crop cultivated here

disabled /dɪsˈeɪb(ə)ld/ Adjective

someone who is **disabled** cannot use all their body completely or easily because of illness, injury etc.

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 | the cinema has disabled access (there are no steps and people in wheelchairs can get in easily) | a summer camp for disabled children

Noun: *disability*

Stephen Hawking overcame a serious disability to become a famous scientist | the Paralympic Games are for athletes with physical disabilities

fill out /fɪl aʊt/ Phrasal verb

if you **fill out** a form, you write information in spaces on a piece of paper or on a computer screen, for example your name, address, credit card number, etc
please fill out this form and return it to the hospital | I had to fill out a lot of forms to get my new passport | fill out our fast, online application | there's five pages of questions, but it's quite easy to fill out

gap year /gæp jɪə/ Noun

a **gap year** is a year between finishing school and starting university, when some people do not study but work or travel in order to earn some money or have interesting experiences

take/have a gap year

she spent a gap year travelling across Asia and Australia | taking a gap year was the best thing I did | at the interview, they'll ask you why you want to have a gap year | Mark is working in Mumbai during his gap year

host /həʊst/ Noun

your **host** is the person whose home you are staying in, or the person who has invited you to an event such as a party

we need to take a present for our host | our host welcomed us at the door | I spent six months living with a host family in Rome

Verb: *host*

we hosted a dinner for several of our neighbours

lotion /ləʊʃ(ə)n/ Noun

lotion is a thick liquid. Suntan lotion is a thick liquid that you put on your skin to stop yourself getting burnt when you are out in the sun

don't forget to pack your suntan lotion | apply the lotion before you go outside | do not spread the lotion near your eyes | a bottle of hand lotion

monastery /ˈmɒnəst(ə)ri/ Noun

a **monastery** is a building or set of buildings where monks (Christian men who live apart from other people) live and work

they've been restoring a 300-year-old monastery | the most important monastery in Italy | he spent the next ten years of his life in a monastery | the monastery was built in 1608

restore /rɪˈstɔː(r)/ Verb

if you **restore** something that was very old, broken, or not working properly, you repair it so that it is as good as it was when it was new

they've been restoring the old palace for years | they restored the old mosque to its original condition | the church has been beautifully restored | he spends his weekends restoring old cars

Noun: *restoration*

restoration of the cathedral took over seven years

rewarding /rɪˈwɔː(r)dɪŋ/ Adjective

an activity that is **rewarding** is good because you get pleasure or some benefit from it

hugely/richly rewarding | a rewarding hobby/pastime | a rewarding experience

the journey was a hugely rewarding experience | it's a very rewarding job | it's financially rewarding | emotionally rewarding

Verb: *reward* | Noun: *reward*

enjoy/obtain/get a reward (for/from something)

he got the rewards for all his hard work | she was rewarded with promotion to sergeant

site /saɪt/ Noun

a **site** is a place where something is or where something happens

a building site

it's on the site of a much older church | a building site (where building work is going on) | an ancient burial site | a landfill site (for burying rubbish in the ground) | the most visited archaeological site in Mexico | the power station occupies a 24 hectare site

Verb: *site*

their cities were typically sited near rivers | the three main passenger terminal buildings are sited next to each other

trail /treɪl/ Noun

a **trail** is a path that goes through countryside

we walked the trail from Winchester to Eastbourne | you can see the trail on the map here | follow the trail for another three miles, then you'll see the youth hostel on your right

upcoming /ˈʌpˌkʌmɪŋ/ Adjective

an **upcoming** event is going to happen fairly soon

dates of upcoming courses can be found on our website | we're busy with the arrangements for our upcoming wedding | check on their upcoming concerts on their Facebook page

Phrasal verb: *come up*

there's an interesting new series coming up on Netflix

vaccination /ˌvæksɪˈneɪʃ(ə)n/ Noun

a **vaccination** is a medical injection of a substance into your body that is intended to prevent you catching a particular disease

I had to have several vaccinations before I went to Malawi | some parents are still refusing vaccination for their children | doctors recommend that people receive annual influenza vaccinations

Verb: *vaccinate* | Noun: *vaccine*

vaccinate someone against something | vaccine for something

all children should be vaccinated against measles | more than 90% of Brazil's infant population was vaccinated | a safe and effective vaccine | the vaccine was administered to approximately 10,000 children | is there a vaccine for malaria?

valid /ˈvælɪd/ Adjective

an official document that is **valid** is still acceptable because it has not yet reached the date when it expires (stops being acceptable)

my passport is valid for another three years | if your passport is no longer valid, you'll have to get a new one before you go to Finland | is your driving licence still valid?

wildlife reserve /ˈwaɪldlaɪf rɪˈzɜːv/ Noun

a **wildlife reserve** is a large area of land where wild animals are protected

I spent a year working in a wildlife reserve in West Africa | we saw a lot of elephants in the wildlife reserve | explore the wildlife reserve from the comfort of a Jeep

PAGES 74-75

badly-behaved /'bædli br'heɪvd/ Adjective
if someone is **badly-behaved**, they are rude or do annoying things
my niece is an incredibly badly-behaved little girl | badly-behaved pupils will be reported to the headteacher

balcony /'bælkəni/ Noun
a **balcony** is a platform outside a window upstairs where you can sit or stand
I stood on the balcony watching the traffic | we keep pots of flowers on the balcony | our hotel room had a lovely large balcony | I have a balcony where I can hang the washing

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

change your mind /tʃeɪndʒ jɔː maɪnd/ Phrase
if you **change your mind**, you make a different decision from one that you have already made
I was going to go out this evening, but then I changed my mind | if you change your mind, ring me and I'll come and pick you up | it's too late to change your mind now, you've already accepted the invitation

chest of drawers /tʃest ɒv drɔːz/ Noun
a **chest of drawers** is a piece of furniture with several drawers (containers) that you can pull out and push back in, used for storing clothes, sheets, etc
there's a wardrobe and a chest of drawers in the bedroom | we'll have to empty the chest of drawers before we move it | the cat was hiding under the chest of drawers

claustrophobic /ˌkloʊstrə'fəʊbɪk/ Adjective
claustrophobia is a fear of being of being in a very small space. Someone who is **claustrophobic** suffers from claustrophobia. A space that is claustrophobic is very small and makes you feel very uncomfortable
the rooms are small and incredibly claustrophobic | my husband is claustrophobic and won't travel by plane | I hope you're not claustrophobic – the car's very tiny | inside the cave it was dark and claustrophobic

Noun: *claustrophobia*

don't go in there if you suffer from claustrophobia

corridor /'kɒrɪdɔː(r)/ Noun
a **corridor** is a passage in a building with doors to rooms on one or both sides of it
go down the corridor and you'll find my office on the left | a corridor ran the length of the building (went from one end to the other) | go up the stairs at the end of the corridor

damp /dæmp/ Adjective
something that is **damp** is slightly wet in a unpleasant way
the room was cold, damp and dark | my shirt is still damp | it was very damp in the cellar | the carpet feels damp

Noun: *dampness*

dampness can cause damage to a building

former /'fɔː(r)mə(r)/ Adjective
you use **former** to say what someone or something was in the past, because they are no longer the same now
St Petersburg is the former capital of Russia | a former police officer | Rob is a former electrician who has become a successful singer | the restaurant is in the former town prison
Adverb: *formerly*
the building was formerly a library

ghost town /gəʊst taʊn/ Noun
a **ghost town** is a town where no one lives any more, because there are no jobs and everyone has left to go and work somewhere else
within four months, it became a ghost town | there used to be 3,000 people living here, but now it's a ghost town | without any tourists, this place would become a ghost town

gold rush /gəʊld rʌʃ/ Noun
a **gold rush** is a period of time when lots of people go to a particular area because they think they will be able to find gold in the ground and become rich. The first famous gold rush was in California in 1848
the town was built during the first great gold rush | the Australian gold rush started in 1851 | he made a lot of money in the gold rush

have a lot on your mind /hæv ə lɒt ɒn jɔː maɪnd/ Phrase
if you **have a lot on your mind**, you have a lot of problems that you think about all the time
I've had a lot on my mind recently, which is why I haven't been in touch | don't disturb your dad this evening, he's got a lot on his mind

in two minds /ɪn tuː maɪndz/ Phrase
if you are **in two minds**, you are having difficulty making a decision about something
be in two minds about something
I'm in two minds about taking the job | I was in two minds until the last minute | she was in two minds about what to do

makeover /'meɪkəʊvə(r)/ Noun
if you give something a **makeover**, you clean it or repair it or change it in some way to make it more attractive
give something a makeover
we've given the kitchen a complete makeover | the house is in need of a makeover | the hotel has had a £1 million makeover

mattress /ˈmætrəs/ Noun

a **mattress** is a soft surface on a bed that you lie on to sleep

a really comfortable mattress | this mattress is too soft for me | we need a new mattress for the spare bed | you should replace your mattress every eight years

mind you /maɪnd ju/ Phrase

you say “**mind you**” when you are about to say something that explains or emphasizes what you have just said

It's not a nice room. Mind you, for \$12 a night, what do you expect? | yes, that's me. Mind you, the photo is twelve years old

peasant /ˈpez(ə)nt/ Noun

in the past, a **peasant** was someone who worked as a farmer and did not have much money or education
peasants left the countryside to look for work in the big cities | her grandfather was a peasant who could not read or write | life as a peasant was very hard | the peasants there lived in wooden huts

period /ˈpɪəriəd/ Noun

period furniture, costume, cars, etc are typical of a particular time in history

they filled the house with period furniture | the actors all wore period costume | we had to find several period cars for the film

porch /pɔː(r)tʃ/ Noun

a **porch** is a small roof over the entrance to a house or church

we took shelter from the rain under the porch | the church porch dates back to the 15th century | the front porch was damaged in the storm

primitive /ˈprɪmətɪv/ Adjective

something that is **primitive** is not very modern, and is uncomfortable or does not work very well

conditions in the hotel were primitive | a primitive washing machine | their website is really primitive

prospector /prəˈspektə(r)/ Noun

a **prospector** is someone who goes to an area and tries to find something valuable in the ground such as gold or diamonds

the bar was full of prospectors | prospectors found several oil fields in the state | most of the prospectors left without finding anything

Verb: *prospect*

prospect for something

the company is prospecting for gold in the north of the country

put your mind to something /pʊt jɔː maɪnd tuː ˈsʌmθɪŋ/ Phrase

if you **put your mind to** something, you make a determined effort to do it

you'll succeed if you put your mind to it | if Ken had really put his mind to it, he'd have finished by now | this shows what people can achieve if they only put their mind to it

shutters /ˈʃʌtəz/ Noun plural

shutters are solid pieces of wood or metal that swing across to cover a window

there were wooden shutters in the upstairs windows | I've never lived in a house with shutters | he got up and opened the shutters to let in the morning light

vaulted /ˈvɔːltɪd/ Adjective

if something such as a ceiling is **vaulted**, it is not flat but curves upwards towards the middle then back down again

the room has white walls and a high vaulted ceiling | a vaulted stone arch | a vaulted cellar

PAGES 76-77

alternatively /ɔːl'tɜː(r)nətɪvli/ Adverb

you use **alternatively** when making a new or different suggestion

you could take a taxi, or alternatively use the bus | the document is available as a pdf, or alternatively in Microsoft Word

Noun: *alternative*

another alternative would be to take the train

compensation /ˌkɒmpən'seɪʃ(ə)n/ Noun uncount

compensation is money or goods that you are given because a person or organisation has done something bad to you

compensation for something | in compensation | as compensation | demand/claim compensation | award someone compensation

they offered a gift as compensation | she is demanding compensation for the damage to her property | he was later awarded £10,000 in compensation | we were given just £20 as compensation

Verb: *compensate*

compensate someone for something

he was compensated for the loss of his left hand in the accident | he was ordered to compensate the victims of his actions

couch /kaʊtʃ/ Noun

a **couch** is a long, soft chair that two or more people can sit on at the same time

there's a big couch in the living room | they sat down on the couch | we need to buy a new couch | she lay on the couch for a few minutes | a comfortable couch | we sat on the couch watching TV

dissatisfaction /dɪs,sætɪs'fækʃ(ə)n/ Noun uncount

dissatisfaction is a feeling of unhappiness and disappointment that you get because something is not acceptable

dissatisfaction with something

there was widespread dissatisfaction with the proposals | she wrote an email expressing her dissatisfaction with the hotel | I share your dissatisfaction | there was deep dissatisfaction that the police hadn't done more to prevent the violence

Adjective: *dissatisfied* || Opposites – Noun: *satisfaction* | Adjective: *satisfied*

another dissatisfied customer | he was becoming dissatisfied with the service he was getting from his internet provider | they found strong customer satisfaction among users of the library | another satisfied customer

feel free /fi:l fri:/ Phrase

you say **feel free** to do something when telling someone that they have your permission to do it
feel free to do something
feel free to call round any time | feel free to send us your suggestions | please feel free to pick the apples

hospitality /ˌhɒspɪˈtæləti/ Noun uncount

hospitality is friendly and welcoming behaviour towards visitors
we pride ourselves on our hospitality | thanks for your warm and generous hospitality | we accepted their hospitality for the night (we stayed at their house overnight)

Adjective: *hospitable* | Adverb: *hospitably* || Opposite – Adjective: *inhospitable*

our hosts were very hospitable and friendly | they offered us a warm and hospitable welcome | Zora went to California, where she was hospitably entertained | the front door stood hospitably open | my aunt Julia was a most inhospitable woman – I never even saw inside her house

impression /ɪmˈpreʃ(ə)n/ Noun

if you get an **impression** about something, you get a feeling about it or form an opinion about it
get an impression (about something) | give someone an impression | leave someone with an impression | a first/initial impression | a strong impression | a good/bad impression | a vivid impression
I got the distinct impression (the very strong impression) that we weren't welcome | I don't want to give you the wrong impression | it left me with the impression that she's not very happy | what was your first impression of her? | the painting gives a vivid impression of London in 1850 childhood?

obligation /ˌɒblɪˈgeɪʃ(ə)n/ Noun

an **obligation** is something that you have to do, especially as a duty
be under obligation to do something | feel an obligation
your only obligation is to make a room available in your own home | you mustn't feel under any obligation to help out | I felt an obligation to stay and wash up
Adjective: *obliged*
be obliged to do something
you're not obliged to wear a tie in the office

opt /ɒpt/ Verb

if you **opt** to do something, you decide to do that thing rather than something else. If you **opt** for something, you choose it from among several possibilities

opt to do something | opt for something

we opted to dine in the hotel restaurant | several states have opted to increase taxes | I opted for drama school rather than university | she opted for a leather jacket and jeans

Noun: *option* | Adjective: *optional*

of course, an electric car would be another option (another thing you could choose) | there are plenty of additional options available | the digital radio is an optional extra (you can choose to have it but it is not compulsory)

pick up /pɪk ʌp/ Phrasal verb

if you **pick** someone **up** in a car, you collect them and drive them somewhere
they sent a taxi to pick me up at the station | I'll come and pick you up at the airport | I have to pick the children up from school

PAGES 78-79

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 your life is a disaster! | 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* | Adjective: *blameless* | Adverb: *blamelessly*

the blame lies/rests with someone | get the blame (for something) | 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 | she had led a blameless life | she knew her own conduct had not been entirely blameless | she acted blamelessly throughout the whole process

catch /kætʃ/ Verb

if you **catch** someone, you succeed in seeing them to talk to before they have left somewhere and gone somewhere else
I wanted to catch you before you left for the airport | you'll have to hurry if you want to catch him | I managed to catch her just as she was going out the door

figure out /ˈfɪɡər aʊt/ Phrasal verb

if you **figure out** a problem or a situation, you think about it until you have an answer to it or an understanding of it
I'm trying to figure out where you are | it didn't take long to figure out that he had stolen all my money | she wouldn't tell me where she'd put it, so I had to figure it out for myself

shot /ʃɒt/ Noun

a **shot** is a picture taken by a camera or a sequence of pictures in a film
a close-up shot

he managed to get an exclusive shot of Madonna as she left the hotel | he took several shots of the inside of the restaurant | a close-up shot of her earrings | the film opened with a shot of Obama entering the White House

Verb: *shoot*

we're going to Ireland to shoot the final scenes of the film

stick to /stɪk tuː/ Phrasal verb

if you **stick to** something, you continue to do it or use it rather than changing to something different

let's stick to the original plan | I always find it hard to stick to a diet | he stuck to his principles | she stuck to her word (she did what she had promised to do)

tough /tʌf/ Adjective

something that is **tough** is very difficult to do successfully. A **tough** situation is one that is difficult to deal with

I ran a marathon last year; it was tough, but I really enjoyed it | it's a very tough exam | it was a tough decision to leave | she had a tough time at school (with many problems)

weird /wɪə(r)d/ Adjective

something that is **weird** is very strange

it was a great exhibition, but the paintings were a bit weird | her brother's rather weird | we listened to some weird music | it felt weird having lunch outside with snow on the ground | I know it sounds weird, but that's how it was

Adverb: *weirdly*

she was wearing a rather weirdly shaped coat

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attentive /ə'tentɪv/ Adjective

if you are **attentive**, you are paying attention to what is happening and to what people are saying to you

attentive to something

they're less attentive than I'd like them to be | she was very attentive to what they were saying to her | he was considered an attentive student

Adverb: *attentively* | Noun: *attentiveness*

he listened attentively to the tour guide | the class sat attentively throughout the lesson | attentiveness to detail is very important in this job | Bryce watched him with increasing attentiveness

backpack /'bæk,pæk/ Noun

a **backpack** is a large bag that you carry on your back, for example when you are hiking or travelling

leave your backpack in the tent | my backpack was absolutely full | I could see her brightly-coloured backpack from a long way away | a waterproof backpack

Noun: *backpacking*

she went backpacking round Asia before going to university

chew /tʃu:/ 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 | don't chew gum during the lecture

grain /greɪn/ Noun

grains are the seeds of cereals such as wheat or corn, used as food

vegetables, grains, meat and fish | the main crops were fruit and grain | we feed our chickens grain | grain supplies were at a very low level | a sack of grain

heart condition /hɑ:t kən'dɪʃən/ Noun

a **heart condition** is a serious problem with someone's heart that might make them seriously ill if it is not treated or controlled

his doctor wouldn't let him fly because of his heart condition | she was born with a heart condition | if you've got a heart condition, you should stop now | his father and grandfather both died of a heart condition

intrigued /ɪn'tri:gd/ Adjective

if you are **intrigued** by something, it interests you and makes you want to find out more about it

intrigued by something | intrigued to do something

I was intrigued to read that they only eat fish during

the winter | he sounded intrigued when I told him I'd just come back from Ulan Bator | her colleagues were intrigued by her ideas

Verb: *intrigue*

the film intrigued me from the very beginning

mask /mɑ:sk/ Noun

a **mask** is something that covers part or all of someone's face. People sometimes wear masks when they have a cold to stop their breath or germs reaching other people

you often see people in the street wearing masks | a face mask | you can get a disposable mask from the chemist

processed food /'prəʊsɛst fu:d/ Noun

processed food is food that has been prepared in a factory and has had substances added to it to make it keep longer, taste sweeter, improve its colour, etc

eating too much processed food is not good for you | eat fresh rather than processed food | the western diet has too many processed foods

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 something

we have a wide range of electric cookers in stock | this is the best one in the entire range | you should eat a range of foods

Verb: *range*

range from something to something

prices range from £15 to £250

respectful /rɪ'spektf(ə)l/ Adjective

if you are **respectful**, you behave in a way that shows you believe someone is important and should be treated politely

be respectful of/towards someone or something

he was always very respectful towards my parents | she appreciated his respectful manner | it's not very respectful to keep your hat on in church

Adverb: *respectfully* | Noun: *respect* | Verb: *respect* | Adjective: *respected*

the audience listened respectfully to all the speeches | he answered my questions honestly and respectfully | 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

rush hour /rʌʃ 'aʊə/ Noun uncount

rush hour is the time of day in the morning and evening when there is a lot of traffic and a lot of people on buses and trains because everyone is going to work or school or going home after work or school

rush hour traffic

I left an hour early to avoid the rush hour | the roads were full of rush hour traffic | there's a train every ten minutes during the rush hour | rush hour starts at four in the afternoon | the morning rush hour

shelf /ʃelf/ Noun

a **shelf** is a flat surface attached to a wall or in a cupboard, which you can put things on

a shelf of something | the top shelf | the bottom shelf
the batteries are on the bottom shelf | the shelves were full of tins of food | there are some towels on the top shelf in the bathroom | I need more shelves for my books | the shelves in the supermarket were nearly empty at the end of the day

sneeze /sni:z/ Verb

if you **sneeze**, you suddenly force a lot of air out your nose or mouth without being able to prevent it, for example, when you have a cold

my eyes get red and I sneeze all the time | he was coughing and sneezing all night | the dust was making me sneeze | he sneezed loudly

Noun: *sneeze*

the disease can spread through coughs and sneezes

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

don't just stare at your phone the whole time | 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

sugary /'ʃʊgəri/ Adjective

something that is **sugary** contains a lot of sugar
sugary foods | sugary drinks are not good for you | the dessert looked nice but was too sugary

Noun: *sugar*

he put two spoons of sugar in his coffee

PAGES 82–83

bring up /brɪŋ ʌp/ Phrasal verb

when parents **bring up** their children, they look after them and care for them until they become adults

I didn't want to bring up my children in a city, so we moved to a small village in Suffolk | I was brought up in a small town in Lancashire | it's hard work bringing up three children as a single parent | a well-brought-up child

charity shop /'tʃærɪti ʃɒp/ Noun

a **charity shop** is a shop that sells things that people give for free in order to raise money for charity

I found this book in a charity shop | he's always coming back with things from the charity shop | there are three charity shops in the High Street

disobey /ˌdɪsə'beɪ/ Verb

if you **disobey** someone, or **disobey** an order, you deliberately do not do what you were told to do

if you disobey me again you will be punished | Nelson won the battle, but had disobeyed direct orders | those who appeared to disobey were quickly arrested | don't you dare disobey me! | his instructions were disobeyed by the whole class | he would never dare to disobey his father

Adjective: *disobedient* | Noun: *disobedience* ||

Antonyms: Verb: *obey* | Adjective: *obedient* | Adverb: *obediently* | Noun: *obedience*

civil disobedience | complete/blind/unquestioning obedience

as a child, he was naughty and disobedient | a mischievous and disobedient child | the time has come for non-violent civil disobedience (when lots of people peacefully break the law as a way of protesting against something) | an act of disobedience | he reluctantly obeyed his father and took a job in the family firm | if you don't obey, you will be punished | their orders must be obeyed without question | he is very obedient and never gets into trouble | she had never been an obedient child | Patrick rose obediently and went to the door | Obediently, I took a few steps forward | she demanded complete obedience from her staff | unquestioning obedience to the regulations of the army | I want co-operation, not blind obedience (complete obedience that does not involve any thought)

doll's house /dɒlz haʊs/ Noun

a **doll's house** is a small model of a house that children use for playing with dolls

I still have the doll's house my grandfather made for me when I was four | she got a doll's house for Christmas | an expensive doll's house

fizzy drink /'fɪzi drɪŋk/ Noun

a **fizzy drink** is a sweet drink with lots of bubble of air in it

fizzy drinks will damage your teeth | my parents never let us have fizzy drinks when we were young | you can have water, or there are some fizzy drinks if you prefer

nag /næg/ Verb

if you **nag** someone, you keep telling them to do something in a very annoying way

nag someone to do something | nag someone about something

my mum's always nagging me to clean my room | the doctor keeps nagging me about giving up smoking | I don't mean to nag, but when are you going to pay back the £10 you borrowed?

proficient /prə'fɪʃ(ə)nt/ Adjective

if you are **proficient** at something, you are very good at it and can do it very well

proficient at something

Noun: *proficiency* | Adverb: *proficiently*

you must submit proof of proficiency in English and

two other languages | he can plan and cook a three-course meal very proficiently

rebel /ˈreb(ə)l/ Verb

if you **rebel** against someone or something, you deliberately refuse to do what they tell you to do or what you are expected to do

rebel against someone or something

I started rebelling against my parents when I was about 14 | when she was told she could not go to university, she openly rebelled | he eventually rebelled and left home without even saying goodbye

Noun: *rebel* /ˈreb(ə)l/ | Adjective: *rebellious*

he was a bit of a rebel as a teenager | rebellious teenagers | his rebellious attitude caused him problems at school

reward /rɪˈwɔː(r)d/ Verb

to **reward** someone means to give them something that they want or like after they have done something good or that you approve of

be handsomely/generously rewarded | reward someone with something

my mum used to reward me with chocolate if I tried hard in my music lessons | they were handsomely rewarded for their hard work | our patience was rewarded when the results were announced

Noun: *reward* | Adjective: *rewarding*

richly/immensely/hugely rewarding

if you do it right, the rewards are much greater than the risks | rewards such as extra holiday were offered to the most productive team | the approach used is simple reward-based learning | seeing the patient recover was reward enough | teaching is an immensely rewarding job | the whole experience was very rewarding

shame /ʃeɪm/ Verb

to **shame** someone means to make them feel guilty and bad about something wrong that they have done

shame someone into doing something

he tried to shame them into changing their behaviour | there was no need to shame them in public | I felt so shamed I didn't go out for a week

Noun: *shame*

feelings of guilt and shame

soft /sɒft/ Adjective

you can say that someone is **soft** if they are not strict enough and if they allow things to happen that they do not want

be soft on someone or something

these mothers are too soft on their children | the government is soft on drugs | he's too soft with his kids | community service is seen as a soft option (prison would be a better punishment)

spoil /spɔɪl/ Verb

to **spoil** children means to always give them what they want or ask for, with the result that their characters and personalities develop in a very selfish

way

my older brother was spoiled because my parents didn't know any better | my grandmother would spoil us the whole time we were there | her parents spoiled her rotten (spoiled her very much) for the first six years of her life | I always thought my mother spoiled my brother and was cruel to me

strict /strikt/ Adjective

someone who is **strict** makes sure people obey rules all the time

be strict with someone

my dad was very strict with us | a strict teacher | the school is very strict about what students wear | I'm under strict orders from the doctor to rest (the doctor says it's very important for me to rest) | the school applies strict discipline | I had a very strict upbringing (my parents were very strict when I was growing up)

Adverb: *strictly*

we were brought up very strictly (our parents were very strict when we were growing up)

tell off /tɛl ɒf/ Phrasal verb

if you **tell** someone **off**, you speak to them angrily and in a strongly critical way after they have done something wrong

she told me off for getting my shirt dirty | they were told off for making too much noise on the bus | he's always telling me off and I've never done anything wrong!

Noun: *telling-off*

give someone a telling-off

his dad gave him a right telling-off for being late

PAGES 84–85

bacon /ˈbeɪkən/ Noun uncount

bacon is meat from a pig that has been cured (treated with smoke or dried in a special way to make it keep longer) and that you eat as food

bacon and eggs | a rasher (slice) of bacon | you don't need to cook the bacon for long | a bacon sandwich

cereal /ˈsɪəriəl/ Noun

cereal, or breakfast cereal, are a food made from dried grain, usually eaten with milk at breakfast

a bowl of cereal | do you put sugar on your cereal? | I have orange juice instead of milk with my cereal | would you like cereal for breakfast?

dairy /ˈdeəri/ Adjective

dairy foods are things such as milk, butter, and cheese that come from cow's milk

the dairy section of the supermarket | I can't eat dairy products | dairy farmers | they sell a wide range of dairy foods

indigenous /ɪnˈdɪdʒənəs/ Adjective

the **indigenous** people of a place are the people who belong there and already lived there before other people came

the indigenous people of northern Alaska | the island

has no indigenous inhabitants | the sport is very popular among the indigenous community

ketchup /ˈketʃəp/ Noun uncount

ketchup is a cold, sometimes spicy tomato sauce that you eat with a main meal

a bottle of tomato ketchup | does anyone want some ketchup? | is there any ketchup left | I got some ketchup on my shirt

lamb /læm/ Noun uncount

lamb is the meat from a young sheep that you eat as food

roast lamb and new potatoes | garlic goes well with lamb | trim the fat away from the lamb before you put it in the oven | lamb is my favourite meat

napkin /ˈnæpkɪn/ Noun

a **napkin** is a piece of cloth or paper that you use when you are eating food to stop the food going onto your clothes accidentally

a clean napkin | a paper napkin | put the napkins on the table | a box of six napkins

nutrient /ˈnjuːtriənt/ Noun

nutrients are the substances in food that people, animals, and plants need in order to grow and stay healthy

essential nutrients | a range of nutrients are present in green leaf vegetables | eat healthy meals full of nutrients and vitamins

protein /ˈprəʊtiːn/ Noun

protein is an important substance in some foods such as eggs, meat, milk, etc, that you need to eat in order to have a healthy body

it's important to have enough protein in your diet | you'll get ill if you don't eat enough protein | egg white is 87% water and 10% protein | the meat has about 28 grams of protein per portion

vitamin /ˈvɪtəmiːn/ Noun

vitamins are substances in food which are necessary to keep your body healthy. Each vitamin is given a name using a letter of the alphabet

fresh fruit is full of vitamins | green vegetables are a great source of essential vitamins | vitamin C tablets | vitamin pills | nuts contain vitamin E | vitamin B12

PAGES 86–87

account /əˈkaʊnt/ Noun

an **account** of an event is a written or spoken description of what happened

give an account | an account of something

he gave an account of what happened after the car came round the corner | according to her account, the man slipped at the top of the stairs | the police didn't believe his account and arrested him

all the same /ɔːl ðə seɪm/ Phrase

if something is **all the same** to you, you do not mind whether it happens in one way or another way

all the same to someone

it's all the same to me if you stay or go | we could eat out or cook something at home – it's all the same to me | I'll take the red one if it's all the same to you

anecdotal /ˌænɪkˈdɔʊt(ə)l/ Adjective

something that is **anecdotal** is based on stories that someone has heard rather than on proper evidence anecdotal evidence

there is only anecdotal evidence to support this belief | the reasons he gave were mostly anecdotal | any supposed benefits are just anecdotal | his book is based on research rather than being anecdotal

Noun: anecdote | Adverb: anecdotally

the book is full of fascinating anecdotes | the drug has been linked, anecdotally, to several cases of heart attack

casually /ˈkæʒjuəli/ Adverb

if people dress **casually**, they wear comfortable clothes that are suitable for informal occasions

dress casually | casually dressed

he was casually dressed in trainers, jeans and a sweatshirt | more and more employees are dressing casually for work | you shouldn't dress casually for the interview

Adjective: casual

casual wear/clothes/clothing/style

we stock casual clothing for all the family | her designs tend towards a casual style | smart casual wear is acceptable in the club

difference of opinion /ˈdɪfrəns ɒv əˈpɪnjən/ Noun

if you have a **difference of opinion** with someone, you disagree with them about something

we didn't argue – we just had a difference of opinion | they've had their differences of opinion in the past | he quit the company after a difference of opinion with his boss | we occasionally have a difference of opinion, but it's never very serious

fold /fəʊld/ Verb

if you **fold** your arms, you bend them and hold them across your body

she folded her arms and stared at him | he sat there with his arms folded

insignificant /ˌɪnsɪɡˈnɪfɪkənt/ Adjective

something that is **insignificant** is not very important *the differences between the two are insignificant | his threats were insignificant | he spent too much of his essay discussing insignificant details | my problems were insignificant compared to hers*

Adverb: insignificantly | Noun: insignificance

|| Opposites – Adjective: significant | Adverb: significantly | Noun: significance

the cost was insignificantly small | I had a feeling of insignificance | a significant moment during the election campaign | rain made the driving conditions significantly worse | I didn't at first realise the significance of what he had said

lean /liːn/ Verb

if you **lean**, you move your body forward, backward, or sideways slightly so that you are not standing or sitting straight

lean forward/back

she smiled and leaned forward to hear better | Alexandra leaned back against the cushions | Matt leaned over and handed me an envelope | he leant out of the window and shouted after me

make no difference /meɪk nəʊ 'dɪfrəns/ Phrase

if you say that something **makes no difference**, you mean that you do not mind how something happens because you will feel the same about it whatever happens

make no difference to someone

it makes no difference to me where we eat – the Ivy will be fine if you want to go there | well if it makes no difference to you, let's watch another episode on Netflix

minimal /'mɪnɪm(ə)l/ Adjective

something that is **minimal** uses or involves the smallest amount possible of something

the difference between the two is minimal | he went into the exam after minimal preparation | trade between the two countries was minimal

Adverb: *minimally*

the treatment was only minimally effective

norm /nɔː(r)m/ Noun

the **norm** is the usual or expected way that something happens

we quickly notice any variation from the norm | in our team, working together is the norm | heavy rain is the norm at this time of year | beards were the norm in Victorian England

pause /pɔːz/ Noun

a **pause** is a short period of time between one thing happening or being said and the next thing happening or being said

there was a long pause before he started his reply | there are lots of pauses in Chekhov's plays | an uncomfortable pause | let's take a pause before we go on to the next topic

Verb: *pause*

we paused at the bottom of the hill to get ready to start the climb

perceive /pə(r)'siːv/ Verb

if you **perceive** something, you experience it and think about it in a particular way

perceive someone or something as someone or something

different cultures perceive space differently | I perceived an atmosphere of unhappiness in the house | women are often perceived as better designers | Paris is perceived as a city of rich culture

Noun: *perception*

colour perception gets worse as we get older

respond /rɪ'spɒnd/ Verb

if you **respond**, you do or say something as a reply to what someone else has said or done

how long does the other person wait before responding | Jerry responded by saying he'd never been there before | we will try and respond to all emails within 24 hours | the police responded by arresting two of the organisers

Noun: *response*

we waited a long time for his response

sing a different tune /sɪŋ ə 'dɪfrənt tjuːn/ Phrase

if you say that someone is **singing a different tune**, you mean that they have changed their mind and are now saying something that is the opposite of what they previously said

if you had no money you'd be singing a different tune | he always said the Oscars were stupid, but now that he's won one he's singing a different tune

smartly /'smɑːtli/ Adverb

if someone dresses **smartly**, they wear clothes that are clean and nice

dress smartly for your interview | a smartly-dressed young man | she was dressed very smartly for the occasion

Adjective: *smart*

I had to buy some smart trousers for work | you should wear something smart | she looked very smart in her new dress

supposed /sə'pəʊzd/ Adjective

when you talk about **supposed** things, you are saying that some people believe they are true but you do not think that they really are true

I decided to investigate these supposed differences in more detail | and when did this supposed attack take place? | police are investigating the real or supposed threats

talk over /tɔːk 'əʊvə/ Phrasal verb

if you **talk over** someone, you speak at the same as they do and make it difficult for what they say to be heard

they often talk over one another when they get excited | I can't hear what Sam is saying if you talk over her | don't talk over me like that – wait till I've finished

variation /ˌveəri'eɪʃ(ə)n/ Noun

a **variation** in things is a slight difference in the way they are or the way they happen

variation in something | variation from something

we quickly notice any variation from the norm | there was never any variation in his morning routine | small variations in colour are bound to occur | there is great variation among the regions

Verb: *vary* | Adjective: *variable*

the hours he worked varied from week to week | insurance costs vary depending on your address | the interest rate is variable

PAGES 88–89

bride /braɪd/ Noun

at a wedding, the **bride** is the woman who is getting married

a photo of the bride and groom | the bride arrived at the door of the church with her father | the best man proposed a toast to the bride | the bride's mother looked so proud

Adjective: *bridal*

a traditional bridal dress

climax /ˈklaɪmæks/ Noun

the **climax** of an event is the end of it, especially when this is the most exciting part of it

a huge fireworks display came at the climax of the festival | the music gradually built up to an emotional climax | Saturday night sees the climax of the celebrations

Verb: *climax*

the ceremony climaxed with the lighting of the Olympic flame

engagement /ɪnˈɡeɪdʒmənt/ Noun uncount

the **engagement** of two people is their decision that they will get married

announce an engagement

they announced their engagement at a party for family and friends | they got married after a 10 month engagement | she broke off the engagement

Adjective: *engaged*

be/get engaged to someone

I'm engaged to Simon, didn't you know? | we got engaged the day after we left university

fiancée /fiˈnseɪ/ Noun

someone's **fiancée** is the woman that they are going to marry. Someone's **fiancé** is the man that they are going to marry

she met her fiancé while she was at university | this is Simon, my fiancé | his fiancée works for a bank in Amsterdam

groom /ɡruːm/ Noun

at a wedding, the **groom** is the man who is getting married

the bride and groom left in a Rolls Royce | here's a toast to the bride and groom | on the day of the wedding, the groom is not meant to see his bride before the ceremony | the bride and groom were followed by the best man and the bridesmaid

hen do /hɛn duː/ Noun

a **hen do** is a party arranged for a woman and her female friends shortly before she gets married

I'm going to Jenny's hen do on Thursday | the bar was full of women on a hen do | we've been organising your hen do

mark /mɑː(r)k/ Verb

if something **marks** an important occasion, it is done or is made to celebrate the occasion

a party to mark his retirement from the company

| the statue was placed there to mark the 100th anniversary of his birth | we ought to do something special to mark the occasion

parade /pəˈreɪd/ Noun

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 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

prosperity /prɒˈsperəti/ Noun uncount

prosperity is the state of being relatively rich

the 1960s was a time of prosperity for his grandfather | the country enjoyed greater prosperity after the war | economic prosperity was short-lived (did not last long) | trade led to increased prosperity | our future prosperity depends on the result of this election

Adjective: *prosperous* | Verb: *prosper*

the city has always been quite prosperous | her father was a prosperous banker | the company prospered for the next thirty years

reception /rɪˈsepʃ(ə)n/ Noun

a **reception** is a big formal party for a celebration such as a wedding

there were 200 guests at my wedding reception | my brother's holding his wedding reception on a boat | a reception for 500 people was held in the evening | the couple were given £2,000 towards their wedding reception (to help pay for it)

stag do /stæg duː/ Noun

a **stag do** is a party arranged for a man and his male friends shortly before he gets married

we're going to Glasgow for Henry's stag do | the stag do is going to be a week before the wedding | the bar was full of people on a stag do

symbolize /ˈsɪmbəlaɪz/ Verb

if an object, picture, shape, or event **symbolizes** a particular idea, feeling, or occasion, it represents that idea, feeling, or occasion

it symbolizes the end of life as a single person | the cat symbolizes jealousy | a dove is often used to symbolize peace | the event symbolizes the country's struggle for democracy

Noun: *symbol* | Adjective: *symbolic* | Noun: *symbolism*

the dog in the painting is a symbol of loyalty | the dove is traditionally the symbol of peace | the picture is heavy with symbolic meaning | animals were highly symbolic figures in Egyptian art | trying to analyse the symbolism in the painting

unique /juːˈniːk/ Adjective

if something is **unique**, there is only one of it, and there is nothing else that is exactly the same

the country's unique culture developed over the next 200 years | 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)

veil /veɪl/ Noun

a **veil** is a thin, mostly transparent piece of material that is worn over the face by a woman as part of her wedding dress

she pulled back her veil before they walked out of the church | a white net veil | her veil was blowing about in the wind

PAGES 90–91

advocate /ˈædvəkeɪt/ Noun

an **advocate** of someone or something is someone who speaks strongly in support of them

an advocate of/for someone or something

he became an advocate of healthy eating | he remains a firm advocate of gun control | she's a passionate advocate for change | safety advocates worry that the new regulations are not strong enough

Verb: *advocate*

several MPs strongly advocated independence for Scotland | they advocate education as the best way to escape poverty

brim /brɪm/ Verb

if something or someone **brims** with a substance or quality, they are full of that substance or quality

brim with something

insects are brimming with vitamins | he was brimming with enthusiasm for his new job | the kids are brimming with energy

cocktail /ˈkɒk.teɪl/ Noun

a **cocktail** is a dish of food made up of several different foods mixed together. For example, a **prawn cocktail** contains prawns, salad and a sauce

a prawn cocktail | a seafood cocktail | a fruit cocktail

dessert /dɪˈzɜː(r)t/ Noun

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

a fruit dessert | I don't want dessert – just the bill please | I never eat desserts | would you like to see the dessert menu? | what's for dessert? | all the desserts were delicious

garnish /ˈɡɑː(r)nɪʃ/ Noun

a **garnish** is a small amount of food, such as herbs, that is put on a plate with the main items of food to make it look nice

a garnish of something

the fish came with a simple garnish of herbs | steak with a salad garnish | the garnish looked nice, but I didn't want to eat it | it's a perfect garnish for any fish dish

Verb: *garnish*

serve cold, garnished with herbs | garnish with sliced green onions

gourmet /ˈɡʊə(r)meɪ/ Adjective

a **gourmet** is someone who enjoys and knows about good food. **Gourmet** foods are good quality foods

a gourmet restaurant | a gourmet fish recipe | a range of gourmet meals | turn your salad into a gourmet experience

Noun: *gourmet*

as well as being an actor, Price was well-known for being a gourmet

lollipop /ˈlɒlɪ.pɒp/ Noun

a **lollipop** is a piece of hard food on a stick that you lick. **Lollipops** are usually sweet, and are eaten especially by children

a raspberry lollipop | she was sucking a lollipop | a sticky lollipop

munch /mʌntʃ/ Verb

if you **munch** something or **munch on** it, you eat it noisily and enthusiastically

munch on something

kids aren't the only people munching on bugs | he munched at the bread hungrily | they sat munching their way through breakfast | take this to munch on in case you get hungry

niche market /nɪʃ ˈmɑːkɪt/ Noun

a **niche market** is an opportunity to sell a special product to a small group of people

there's a niche market for sugar-free chocolate | it's aimed at a niche market, which is why it's so expensive | electric cars are no longer a niche market

revolting /rɪˈvɒltɪŋ/ Adjective

something that is **revolting** smells or tastes horrible

avocado ice cream sounds revolting | our school dinners were absolutely revolting | there's a revolting smell coming from the fridge | a revolting mixture of cheese and rice

snob /snɒb/ Noun

a **snob** is someone who thinks they are better than other people because they come from a higher social class or because they have better taste in literature, music, etc.

he's a complete snob and only talks to people who went to the 'right' school | she's too much of a snob to wear jeans | my brother's an intellectual snob who thinks Harry Potter books are only for children | their clothes are expensive to give them snob appeal (make them attractive to snobs)

Adjective: *snobbish* | Adverb: *snobbishly* | Noun:

snobbishness | Noun: *snobbery*

their snobbish attitudes made them unpopular with their neighbours | he was arrogant and snobbish | Norman Mailer snobbishly said of the book "That's not writing. It's typing!" | he was snobbishly upset not to be invited to the General's party | he admits to snobbishness when it comes to classical music | she pronounced her name as if it was French out of snobbishness | it's just snobbery to laugh at her accent

sound /saʊnd/ Adjective

something that is **sound** is reliable and effective and acceptable to people

eating insects is environmentally-sound (doesn't harm the environment) | it was sound advice | his judgement is usually sound | the essence of your argument is sound enough | it was a financially sound proposal

stir fry /stɜː fraɪ/ Noun

a **stir fry** is a dish of food that has been fried very quickly over a very hot heat with a small amount of oil

I'm making a stir fry – it will be ready in a couple of minutes | a delicious chicken stir fry | eat your stir fry before it gets cold

Verb: *stir fry*

stir fry the chicken and peanuts for another three minutes | stir-fried vegetables

REVIEW PAGE 92**big deal** /big di:l/ Noun

if you say that something is a **big deal**, you mean it is important and people are very serious about it

here, lunch is a big deal | starting college is a really big deal | a bit of rain is no big deal

province /ˈprɒvɪns/ Noun

a **province** is a region of a country that is distant from the capital. When people talk about **the provinces**, they often mean that they think these places are not as advanced culturally as the capital

each province has its own government | the province has a large tourism industry | she said she didn't want to live in the provinces | out in the provinces, the shops stay shut on Sundays

Adjective: *provincial*

she was born in a provincial village

8 Hopes and ambitions

PAGE 93

ambition /æm'biʃ(ə)n/ Noun

your **ambition** is your strong wish to become successful at what you do, or to achieve a particular thing

an ambition to do something | realise/fulfil an ambition | have high ambitions

her ambition was to become a doctor | he had high ambitions when he started at university | she was determined to fulfil her ambition of playing professional soccer | her ambitions to enter politics | he realised a lifelong ambition by meeting the queen

Adjective: *ambitious* | Adverb: *ambitiously*

highly ambitious

a highly ambitious junior doctor | he has never been in the least ambitious | he ambitiously attempted to walk across the continent

chalk /tʃɔ:k/ Noun

chalk is a soft sort of rock that is made into short sticks that you can write with

a stick of chalk | teachers used to write on boards with chalk | coloured chalks

expectation /,ekspek'teɪʃ(ə)n/ Noun

an **expectation** is a situation that you think will or should happen

exceed/surpass expectations | fulfil/meet expectations

the film exceeded all our expectations | the meal surpassed my expectations (was much better than I thought it would be) | unfortunately, the hotel did not meet our expectations | if you keep your expectations reasonable, you won't be disappointed

Verb: *expect*

I didn't expect to get such a high mark | she was expecting a new bike for Christmas

goal /gəʊl/ Noun

your **goals** are the things you want to achieve in your life

achieve/accomplish a goal

he has worked hard to achieve his goals | my goal is to be a senior lecturer by the time I'm 35 | write out a plan of how you can reach your goals | make sure your goals are realistic and achievable

live up to /lɪv ʌp tu:/ Phrasal verb

if you **live up to** what people expect you to be or do, you succeed in being as good as they hoped you would be

live up to expectations

the hotel was called "Sea View" and it certainly lived up to its name | the film didn't live up to expectations | she certainly lived up to her reputation

overall /,əʊvər'ɔ:l/ Adjective

overall means including and considering every aspect of something, not just individual parts of it

25% of the overall mark is from coursework | the overall area of the flat is 60 square metres | his overall score was 74% | the overall winner is the rider that finishes first in the final round

Adverb: *overall*

she finished second overall | overall, it was a disappointing match

tap /tæp/ Noun

a **tap** is an object that controls the flow of water, for example into a sink or bath. If you drink **tap** water, you drink water that has come from a tap and not from a bottle

turn a tap on/off | a hot/cold tap

could we have a jug of tap water please? | the bathroom had gold-coloured taps | the cold tap was stuck (the tap that sends out cold water) | turn the hot tap off if the water gets too hot

target /'tɑ:(r)ɡɪt/ Noun

a **target** is something you are trying to achieve in your life or an objective you have as part of your job

reach a target | miss a target | set a target

over 70% of students fail to reach their earnings target | our target is to reduce inflation to less than 5% | a meeting to set our targets for next year | our initial target was to raise £3m | he missed his sales target for March

PAGES 94–95

bound for /baʊnd fɔ:/ Phrase

if you are **bound for** somewhere, you are on a journey going to that place

a spacecraft bound for the moon | the bus set off, bound for the south of France | we got on a ship bound for Cairo | most of us in my class were bound for university

deserve /dɪ'zɜ:(r)v/ Verb

if you say that someone **deserves** something, you think it is right for them to get it, either as a reward for something good that they have done, or as a punishment for something bad that they have done

he doesn't deserve the extra money | I think you deserve a holiday after all that studying | we deserved to win that game | you deserve to be thrown out of university if you cheat in an exam

flexible /'fleksəb(ə)l/ Adjective

something that is **flexible** can be easily changed. A person who is **flexible** can make changes to the way they work or do things very easily

flexible working hours (where you work the same

number of hours each week but different numbers of hours each day) | the arrangements are quite flexible, so you could come on Friday if you prefer | a flexible management style that treated everyone as individuals

Adverb: *flexibly*

you need to be able to respond flexibly to new challenges

legal firm /'li:ɡəl fɜ:m/ Noun

a **legal firm** is a company made up of lawyers who sell their services giving advice about the law and representing people in court

she works for a top legal firm in New York | a highly successful legal firm | a London-based legal firm

numerous /'nju:mərəs/ Adjective

something that is **numerous** exists in large numbers

you can probably think of numerous similar examples | she has written blogs about this on numerous occasions | the crimes he's committed are too numerous to list in full | over the years, he made numerous attempts to give up smoking

policy /'pələsi/ Noun

a **policy** is a set of rules that a person or organisation decides to follow

my policy is always to tell the truth | it's company policy to employ equal numbers of men and women | he made it his policy never to talk about his experiences in the war | they've changed the policy on school uniform again

recognition /,rekəɡ'nɪʃ(ə)n/ Noun uncount

if you get **recognition** for something, people see and understand what you have done and show their approval

she hopes they will now get the recognition they deserve | the campaign has received international recognition | after years of effort, he finally got recognition for his achievements | it's a shame she didn't get that public recognition during her lifetime

Verb: *recognise*

the award recognised her achievements over the last ten years

successful /sək'sesf(ə)/ Adjective

if something or someone is **successful**, they manage to do what they were meant to do or wanted to do

a successful businesswoman | a successful space mission | his attempt to swim across the English Channel was finally successful | the operation was successful and he was able to walk again

Adverb: *successfully* | Noun: *success* | Verb: *succeed* || Opposite – Adjective: *unsuccessful* | Adverb: *unsuccessfully*

succeed in doing something

a bridge was successfully built in 2007 | this type of advertising can work successfully | there are several reasons for the team's success | the party was a great success | I succeeded in getting a job in advertising | if at first you don't succeed, try again | the search

was unsuccessful | he tried unsuccessfully to give up smoking

PAGES 96–97

accountant /ə'kaʊntənt/ Noun

an **accountant** is someone whose job is to organise the financial records for a company or for a person
he's an accountant for a big law firm | I need to talk to my accountant | my accountant sorts out all my finances | a qualified accountant

Noun: *accountancy*

he wants to study accountancy | both my brothers went into accountancy

airmiles /eəmaɪlz/ Noun plural

airmiles are points that passengers can get when they pay for flights on some airlines. These points can then be used instead of money to pay for another flight

he had enough air miles to fly to Zagreb | she's been saving airmiles for a trip to Bermuda | you get more air miles if you buy a business class ticket

PAGES 98–99

alarmed /ə'lɑ:(r)md/ Adjective

if you are **alarmed** by something, you suddenly become very worried because of it

alarmed by something

an alarmed neighbour called the police when she heard shouting | she sounded quite alarmed when she phoned | I was angry and alarmed | they were alarmed by what they saw | don't worry, there's nothing to be alarmed about

Verb: *alarm* | Adjective: *alarming*

his response alarmed me | they succeeded in alarming everyone with their talk of war | the rate of global warming is truly alarming

axe /æks/ Noun

an **axe** is a tool with a wooden handle and a heavy, sharp metal blade at the end, used for chopping up wood or cutting down trees

using a hand axe, they cut down the tree | can I borrow your axe for a while? | he carried the axe on his shoulder

back-breaking /bæk-'breɪkɪŋ/ Adjective

back-breaking work is very hard, physical work

it took weeks of back-breaking work to get the garden finished | he spent a back-breaking afternoon moving tons of earth | it was a boring and back-breaking job

bleak /bli:k/ Adjective

if the future looks **bleak**, you think there is not much hope that things will improve or be good

her prospects of finding a job in publishing were bleak | the future is looking very bleak for the company | the economic outlook is bleak | chances of a recovery remain bleak | the 1930s were a bleak time for my family

Noun: *bleakness*

when the next day came, the bleakness of our situation became even more apparent

delight /dɪ'laɪt/ Noun uncount

delight is a feeling of great pleasure and happiness about something

I could see the delight in his face when he heard the news | she gave a shout of delight | a feeling of delight and relief came over him

Verb: *delight* | Adjective: *delighted* | Adjective: *delightful*

I'm sure this will surprise and delight you | everyone was delighted when they heard the news | I'd be delighted to accept your invitation | the house is surrounded by a delightful garden | the view from the window was delightful

desperate /'desp(ə)rət/ Adjective

if someone or something is **desperate**, they are in a very difficult situation and want or need something very badly

be desperate for something | be desperate to do something

they're desperate for more staff | the hungrier people are, the more desperate they are | we were getting desperate | he's desperate to get a job | they're in desperate need of help | a desperate effort to reach an agreement | she grew more and more desperate as her money ran out

Adverb: *desperately* | Noun: *desperation*

they desperately need food | people are heading for the cities in desperation

greed /gri:d/ Noun uncount

greed is the quality of always wanting more of something than you need, especially food or money *in an ideal world, there would be no greed or violence | financial crime is motivated by pure greed | there will always be human greed | personal greed is just another aspect of human nature*

Noun: *greediness* | Adjective: *greedy* | Adverb: *greedily*

a novel about greediness and money in the 21st century | she's quite greedy when it comes to chocolate | he was in the kitchen, greedily finishing the last of the stew

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

majestic /mə'dʒestɪk/ Adjective

something that is **majestic** is very large and impressive

the majestic sight of Mount Snowdon came into view

| a majestic castle high on the hill | a row of majestic trees led to the house | the majestic central building of the university | the mountains behind the village were majestic

Adverb: *majestically* | Noun: *majesty*

the castle stands majestically over the village | enjoy the majesty of the mountains from on board a helicopter

medicinal /mə'dɪs(ə)nəl/ Adjective

something that is **medicinal** can be used to cure or treat illnesses

the area is rich in medicinal plants | a herb with medicinal benefits | olive oil is used for medicinal purposes | he poured himself a glass of whisky saying it was medicinal

small-scale /smɔ:l skeɪl/ Adjective

something that is **small-scale** is very limited in size or extent

can small-scale producers like them make a profit? | the district has mostly small-scale industries | a small-scale agricultural operation

Noun: *small scale* || Opposite – Adjective: *large-scale* | Noun: *large scale*

he set up as a farmer on a very small scale | large-scale projects take a long time to set up | they started to produce cars on a large scale

timber /'tɪmbə(r)/ Noun uncount

timber is wood from trees that have been cut down to be used for things like building houses, making furniture, etc

a lot of the forest has been cut down for timber | we use only the best quality timber | a timber merchant (someone who sells timber as a job) | it's important to choose the right sort of timber

wide-eyed /waɪd-aɪd/ Adjective

someone who is **wide-eyed** is very surprised and impressed by something

the children sat there wide-eyed and delighted | the whole class was wide-eyed watching the demonstration | the visitors were wide-eyed with amazement

PAGES 100–101

flashing /flæʃɪŋ/ Adjective

flashing pictures, screens, etc, shine very brightly for a short time, then go dark, then shine brightly again and so on

flashing red lights mean you are meant to stop | there are flashing yellow lights at the street crossing outside the school | a police car with blue flashing lights

go one better /gəʊ wʌn 'betə/ Phrase

if you **go one better** than someone, you succeed in doing something more successfully than they did *advertisers try to go one better than their competitors | Jack went one better than his brother and passed his driving test first time | the girls' team went one better than the boys' and won their competition*

laundry /'lɔːndri/ Noun

a **laundry** is a place that washes clothes, towels, bed sheets, etc. **Laundry** is also clothes, towels etc. that need washing or have just been washed

can you pick up the clothes from the laundry on your way home | we send everything to the laundry at the end of the week | I have my laundry done once a week | the van collects the laundry every Monday and brings it back on Wednesdays

Verb: *launder*

freshly laundered shirts | launder your work clothes separately from your bedding

nosy /'nəʊzi/ Adjective

someone who is **nosy** is always trying to find out about things that are none of their business

nosy neighbours | don't be so nosy. It's private | everyone in their family is really nosy

overheated /,əʊvə(r)'hi:tɪd/ Adjective

a place that is **overheated** is too warm because the heating system is turned up too high

overheated hotel rooms | make sure the bathroom isn't overheated | when we went out it was too cold, and when we came back the room was overheated

spicy /'spaisi/ Adjective

spicy food has a strong flavour because it is cooked with special seeds or powders called spices

it was served with a spicy sauce | it wasn't spicy enough for me | I find Indian food too spicy

Noun: *spice*

I love to cook with herbs and spices | the shop on the corner sells excellent spices

takeaway /'teɪkəweɪ/ Noun

a **takeaway** is a restaurant where you can buy a hot meal to take away and eat at home. You can also refer to the meal you have from there as a **takeaway**

we got an Indian meal from the local takeaway | shall we get something from the takeaway? | there's a new takeaway opening on the High Street | I don't want to cook tonight so I'll get us a takeaway

Adjective: *takeaway*

a takeaway meal

whisper /'wɪspə(r)/ Verb

if you **whisper**, you say something very quietly, not using your voice

whisper something to someone

he whispered in the child's ear | they whispered "I love you" to each other | he leaned towards me and whispered his name | speak up, James. Don't whisper

Noun: *whisper*

in a whisper | a hushed whisper

his voice sank to a whisper | she spoke in a whisper, hoping the teacher would not hear | all I heard was a hushed whisper

PAGES 102–103**contradiction** /,kɒntrə'dɪkʃ(ə)n/ Noun

a **contradiction** is something that is the opposite of something else, leading you to think that they cannot both be true at the same time

there's a contradiction in what he says about money | an apparent contradiction | the article was full of contradictions

Verb: *contradict*

the writer contradicts himself twice in the first paragraph

desire /dɪ'zaɪə(r)/ Verb

if you **desire** something, you want it very much

desire to do something

if you desire it enough, you will succeed | a talk aimed at anyone desiring to know more about local history | he desperately desires to be liked and admired

Noun: *desire* | Adjective: *desirable*

I had a strong desire to become a teacher | a house in a highly desirable area (where lots of people would like to live)

faintest /'feɪntɪst/ Adjective

you use **faintest** to emphasize something negative. For example, if you say you haven't the faintest idea, or haven't the faintest, you are emphasizing that you really do not know something. If someone hasn't the faintest hope of succeeding at something, it's almost impossible that they will succeed

I haven't the faintest idea where he went | have you the faintest idea how much that cost me? | she hasn't the faintest hope of getting into university | she hadn't the faintest doubt about what he really wanted

guidance /'gaɪd(ə)ns/ Noun uncount

if someone gives you **guidance**, they give you advice about something

I want some careers guidance | don't be afraid to ask for guidance | he needed a lot of guidance during his first term at university

inspirational /,ɪnspə'reɪʃ(ə)n(ə)l/ Adjective

someone or something that is **inspirational** gives you an idea or makes you believe more strongly in yourself

an inspirational speech | she was an inspirational teacher | her story was inspirational | she became an inspirational leader

Noun: *inspiration* | Verb: *inspire* | Adjective: *inspiring*

an inspiration to someone

Beckham was an inspiration to me when I was a child | I got inspiration from a visit to Windsor Castle | my English teacher inspired me to become a writer | her example inspired lots of girls to start playing football | the president gave an inspiring speech | the film was really inspiring

master /ˈmɑːstə(r)/ Noun

a **master** of a particular activity is someone who can do it very well

a master of something

she's a master of her sport | a master tennis player | she trained under a master instructor | a master carpenter

Verb: master | Noun: mastery

don't expect to master these skills quickly – it takes time | after a year in Germany he felt he had mastered the language

miserable /ˈmɪz(ə)rəb(ə)/ Adjective

if someone is **miserable**, they are very sad

I felt a bit miserable when everyone had left | why are you always so miserable? | a miserable old man | he feels completely miserable going in to an office every day

Noun: misery

you could see the misery in his face

no object /nəʊ ˈɒbdʒɪkt/ Phrase

if you say that money or expense is **no object**, you mean that you are willing to pay as much as is needed for something, even if it is a large amount of money

choose whichever necklace you want – money is no object | if expense is no object, there are plenty of hotels to choose from

retch /retʃ/ Verb

if you **retch**, you cough uncomfortably as if you are about to be sick

the smell made me retch | he retched, then ran to open the window | I could hear him coughing and retching in the bathroom | she felt her stomach heave and retched again

vocational /vəʊˈkeɪʃ(ə)nəl/ Adjective

vocational means relating to the skills and knowledge needed for a particular job or profession

the college offers a range of vocational training courses | a national system of vocational qualifications | an emphasis on practical and vocational skills

vomit /ˈvɒmɪt/ Verb

if you **vomit**, food that you have eaten come backs from your stomach and out through your mouth

I thought I was about to vomit and ran to the bathroom | he began vomiting almost as soon as he got outside | she vomited several times during the night

REVIEW PAGE 104**socket** /ˈsɒkɪt/ Noun

a **socket** is a place with holes in a wall or machine where you can connect electrical equipment

there's a socket behind you on the wall | make sure you plug the keyboard into the correct socket

waterproof /ˈwɔːtə(r),pruːf/ Adjective

clothing that is **waterproof** is specially made to stop rain getting through, so that you will stay dry when you are wearing it

a pair of waterproof trousers | is your jacket waterproof? | don't forget to take waterproof clothes if you go to Scotland | I need some waterproof boots

Noun: waterproofs

good waterproofs are essential in the winter months | did you bring your waterproofs?

windproof /wɪnd pruːf/ Adjective

clothing that is **windproof** is specially made to stop the wind getting through so that you do not get too cold when you are wearing it on a windy day

you need windproof clothing if you're going up the mountain | my jacket isn't windproof | a windproof cycling jacket | a strong, windproof fabric

9 The news

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dedication /ˌdedɪˈkeɪʃ(ə)n/ Noun uncount
someone's **dedication** is their determination to do a task thoroughly and well
his dedication to keeping fit was admirable | finishing medical school took years of dedication | her lifelong dedication to classical music
Verb: *dedicate*
she is dedicated to providing the best customer service possible

mat /mæt/ Noun
a **mat** is a piece of cloth that you put on the floor like a carpet
wipe your feet in the mat before you come in | a mat for doing yoga on | we're just using a couple of mats until we can afford a carpet

only child /ˈəʊnli tʃaɪld/ Noun
an **only child** is someone who doesn't have any brothers or sisters
he was an only child of wealthy parents | Cerys was single and an only child | didn't you feel lonely as an only child?

settle /ˈset(ə)/ Verb
if you **settle** someone somewhere, or if they get **settled** there, they become comfortable where they are and have become familiar with it
settle down
parents are keen to settle them into college life | we're happily settled here now | the kids have settled down and are in bed now

PAGES 106–107

accuse /əˈkjuːz/ Verb
if you **accuse** someone of doing something, you tell them that you believe they have done something bad or illegal
accuse someone of (doing) something
he's been accused of a number of crimes | the two men were accused of murder | opposition leaders regularly accuse the government of failure
Noun: *accusation* | Noun: *accuser* | Noun: *the accused*
make an accusation | a serious accusation | a wild accusation
she made a serious accusation against her boss | officials denied all accusations that they were responsible | he plans to pursue legal action against his accusers | you need to face your accusers | the accused had spent three months awaiting trial

admit /ədˈmɪt/ Verb
if you **admit** something, you say that you have done

something wrong or something that people will not approve of
admit doing something | admit to (doing) something | admit that
he admitted stealing the car | he hasn't admitted anything yet | they'll never openly admit being wrong | he admitted to being a liar | the farmers finally admitted that they had acted wrongly
Noun: *admission*
admission of something
an admission of guilt

beg /beg/ Verb
if you **beg** someone for something, you ask them for it in an anxious or desperate way
beg someone for something | beg someone to do something | beg for something | beg something | beg of someone
he begged her forgiveness | I beg you to reconsider | let me have it, I beg of you | can I beg a slice of bread from you? | he came round begging for another chance

blanket /ˈblæŋkɪt/ Noun
a **blanket** is a large, thick piece of cloth that you use as a cover to keep yourself warm when you are in bed
we need to provide them with food and blankets | the blanket slid off the bed during the night and I woke up really cold | the blanket was the same colour as the curtains

claim /kleɪm/ Verb
if you **claim** something, you say it is true, although you do not give any proof, and so some people do not believe you
claim that
he claimed that his father had been an MP | she claimed that she had a degree, but I know that she never went to university | he still claims that he is innocent | he claimed that he never got my email
Noun: *claim*
the company made some false claims about the quality of its products

convince /kənˈvɪns/ Verb
if you **convince** someone, you succeed in making them believe something that they did not believe to start with
convince someone of something | convince someone that
the professor is trying to convince me that I could waste less | he managed to convince them of his honesty | the article wouldn't convince all its readers, but it was well written
Adjective: *convincing* | Adjective: *convinced*

it was a very convincing article | I'm convinced he'll be back at work next week

deny /dɪˈnaɪ/ Verb

if you **deny** something, you say that it is not true

deny doing something

I thought he'd taken my laptop, but he denied it | it was you wasn't it? Don't deny it | he denied taking the laptop | the rumours were denied by both policemen

Noun: *denial*

his denials were ignored by everyone

erase /ɪ'reɪz/ Verb

if you **erase** something, you do something that makes it go away or disappear as if it had never been there

time had erased her youth | all our progress was erased by the storm | it will take a few years to erase the debt

hardship /'hɑː(r)dʃɪp/ Noun uncount

hardship is a situation in which your life is very difficult, for example because you do not have much money

she suffered hardship throughout her childhood | losing his job caused him great hardship | he faced hardship to get through university | the country went through a period of severe hardship during the war

invade someone's privacy /ɪn'veɪd 'sʌmwʌnz 'prɪvəsi/ Phrase

to invade someone's privacy means to do something without their permission that they do not like because it unfairly involves their private life

they were worried about their privacy being invaded | you can't just walk in and invade my privacy like that! | ringing your doorbell isn't really invading your privacy

Noun: *invasion of privacy*

if your boss is reading all your emails, it's a definite invasion of privacy

refugee /ˌrefjʊ'dʒiː/ Noun

a **refugee** is someone who has left their country to escape from war or danger

the war has created thousands of refugees | thousands of people live in the refugee camp | more refugees arrived by boat last week | life is very difficult as a refugee

swear /sweə(r)/ Verb

if you **swear** something, you promise very firmly that it is true or that you will do it

swear that

I swear I didn't take your phone | he had a gun, I swear it! | Jan swore that the door was locked when he left the office

telephoto lens /ˈteliˈfəʊtəʊ lɛnz/ Noun

a **telephoto lens** is a piece of equipment on the front of a camera that allows you to take photographs of

things or people that are a very long way away

a new digital camera with a telephoto lens | the safest way to photograph the tigers is with a telephoto lens

threaten /'θret(ə)n/ Verb

if someone **threatens** you, they frighten you by telling you they will hurt you or do something bad to you

threaten to do something

"I'll call the police," he threatened | he followed me home and started threatening me | the government threatened to close the university | lack of money threatened the survival of the school | the crowd was threatening violence against the president

Noun: *threat* | Adjective: *threatening*

they faced threats of violence | global warming is a serious threat to the human race | he was charged with sending a threatening letter to his teacher

unethical /ʌn'eθɪk(ə)l/ Adjective

unethical behaviour is morally wrong

is it unethical to take photos without people's permission? | he was accused of unethical conduct | his methods were clearly unethical | it was neither illegal nor unethical

Adverb: *unethically* || Opposite – Adjective: *ethical* | Adverb: *ethically*

the doctor acted unethically on several occasions | they insist on the highest ethical standards | is it ethically acceptable to keep them in prison for so long?

urge /ɜː(r)dʒ/ Verb

if you **urge** someone to do something, you encourage them very strongly to do it

urge someone to do something | urge that

he urged me to think again | shoppers have been urged to change their habits | parents who smoke are strongly urged to quit | we strongly urge you to vote "no" | we urge our best students to consider graduate study | he urged that peace talks should start

Noun: *urge*

feel an urge (to do something)

Annie felt an urge to phone her mother (wanted very much to phone her)

victim /ˈvɪktɪm/ Noun

a **victim** is someone who suffers as a result of a crime committed against them or as a result of an event that they cannot control

a victim of something

I've been a victim of three burglaries | another victim died two days later | about half of dog bite victims are children | flood victims were unable to return to their homes for weeks

warn /wɔː(r)n/ Verb

if you **warn** someone, you tell them about something bad that might happen to them

warn someone about something | warn someone that | warn someone not to do something
she warned us that it was going to rain | it's good to warn other people so they're prepared for the worst | we were warned about the danger before we set off | I warned you not to do that

Noun: *warning*

the bomb went off without warning | they ignored the warnings to stay away | Tom shouted a warning, but it was too late

weathered /'weðəd/ Adjective

if something is **weathered**, the surface has started to look old and worn, like something that has been outside in the wind and rain for a long time

her skin had weathered over the years | his face was weathered and he looked older than his 38 years | the building had a weathered appearance

PAGES 108–109

aerosol /'eərəʊsəl/ Noun

an **aerosol** is a liquid kept under pressure that you spray out of a metal container

don't leave aerosol containers near the cooker | don't use aerosol cleaners on the furniture | aerosols are the main reason for the hole in the ozone layer

astonishing /ə'stɒnɪʃɪŋ/ Adjective

something that is **astonishing** makes you very surprised and impressed

it was an astonishing achievement | the island is home to an astonishing variety of birds | the paintings were absolutely astonishing | the results were astonishing

Adjective: *astonished* | Noun: *astonishment* | Verb: *astonish*
 in *astonishment*

they both looked astonished when I told them the news | Howard was too astonished to say anything | his mouth fell open in astonishment | she made no attempt to hide her astonishment | Harold did something that astonished us all

charming /'tʃɑ:(r)mɪŋ/ Adjective

someone or something that is **charming** is very pleasant and attractive

she had such a charming personality | he's a very charming man | he found her utterly fascinating and charming | she gave me a charming smile

Noun: *charm*

he had great personal charm

cure /kjʊə(r)/ Noun

a **cure** for an illness is something that stops the illness and makes someone well again

a cure for something

there's no cure for the common cold | scientists are still searching for a cure | she wants to discover a cure for cancer | this is not a permanent cure (it won't last for ever)

Verb: *cure* | Adjective: *curable* || Opposite – Adjective: *incurable*

cure someone 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 | you can't cure a common cold | a curable illness | he's got an incurable medical condition

discipline /'dɪsəplɪn/ Verb

to **discipline** someone means to punish them because they have broken the rules of an organisation that they are part of

the bus company apologised and disciplined the driver | six members of staff were disciplined for smoking in the toilets | she threatened to discipline anyone who spoke to the local newspaper

Noun: *discipline* | Adjective: *disciplinary*

he imposed tough discipline whenever anyone was late for work | we had to take disciplinary action against him

engaging /ɪn'geɪdʒɪŋ/ Adjective

something that is **engaging** keeps you interested all the time

her lessons were always very engaging | not all the stories in the book were so fresh and engaging | an engaging, interactive display | every night there were engaging and educational activities

entitled /ɪn'taɪtld/ Adjective

if you are **entitled** to have something or do something, you have a right to have it or do it

entitled to something | entitled to do something | the law says you are entitled to keep the car | the bank is entitled to refuse to lend you the money | I'm not entitled to a company car yet | you are entitled to free legal advice

Noun: *entitlement* | Verb: *entitle*

entitlement to something | entitle someone to something

the children's entitlement to free school meals | this will entitle you to free medical care for the next year

fabric /'fæbrɪk/ Noun

fabric is cloth or material used for making clothes, sheets, covering for furniture, etc

a light cotton fabric | silk is my favourite fabric for this sort of dress | a shop window displaying several colourful fabrics | a roll of fabric

furnish /'fɜ:(r)nɪʃ/ Verb

if you **furnish** a house or flat, you get the furniture that you need and put it in there

we gave him an armchair to help him furnish his flat | over the years we furnished the house with some very fine furniture | a fully-furnished flat

Noun: *furniture*

there was hardly any furniture in the room – just a bed and a chair

honesty /'ɒnɪsti/ Noun uncount

honesty is the quality of always telling the truth and never cheating or stealing things

honesty is very important in this job | a high degree

of honesty is required in this job | you can go far through hard work and honesty | I really appreciate your honesty

Adjective: **honest** | Adverb: *honestly* || Opposites – Noun: *dishonesty* | Adjective: *dishonest* | Adverb: *dishonestly*

her father was a kind, honest man | my parents taught me to be honest | he lived his life honestly | his dishonesty was obvious | if they think you're dishonest they won't give you a job | the judge decided she had acted dishonestly

life expectancy /laɪf ɪks'pektənsi/ Noun uncount
your **life expectancy** is the number of years you can reasonably expect to be alive

life expectancy in the UK for women is now over 82 years | life expectancy rose throughout the 20th century but might now drop | the inhabitants of Liechtenstein have the longest life expectancy in Europe | lower than average life expectancy | the life expectancy of a horse is 25 to 30 years

lottery /'lɒtəri/ Noun

a **lottery** is a sort of game where you choose a set of numbers, and you win money if the numbers you chose are the right ones
do/play the lottery | win the lottery | win (money) on the lottery | lottery ticket

a weekly lottery | a national lottery (you can buy tickets anywhere in the country) | a lottery ticket | I dream of winning the lottery | the lottery jackpot (the biggest prize in the lottery) | I do the lottery every week | she won £200 on the lottery

ozone layer /'əʊzəʊn 'leɪə/ Noun singular

the **ozone layer** is the part of the atmosphere about 10 km above the earth that is made up of ozone (a kind of oxygen) and that protects the earth from some of the possible harmful effects of strong sunshine

there's a dangerous hole in the ozone layer | these chemicals have a bad effect on the ozone layer | during winter, the ozone layer increases in depth

riot shield /raɪət ʃɪld/ Noun

a **riot shield** is a piece of equipment used by the police when there is a violent protest on the streets. It is made from thick, strong, transparent metal or plastic to protect them from stones, bottles, etc being thrown at them

police with riot shields stood outside the station | metal riot shields were introduced in 1970 | some metal riot shields have a small window at eye level

sledge /sledʒ/ Verb

a **sledge** is an object people use to travel over snow. It has pieces of metal or wood instead of wheels so that it can slide. If you **sledge**, you ride on a sledge
we sledged down the hill | they sledged 11 miles to reach the lake | we sledged through the storm to get back to the cabin | we spent the afternoon sledging down the hill behind the house

Noun: *sledge*

the children were outside making a sledge | I fell off the sledge half way down the hill

slow down /sləʊ daʊn/ Phrasal verb

if a process or activity **slows down**, or if you **slow it down**, it starts to happen less quickly

products that will slow down the ageing process | is there any way we can slow down population growth? | progress has been slowing down for several months now | you can't stop the process, just slow it down if you're lucky

PAGES 110–111

bad publicity /bəd pʌb'lɪsɪti/ Noun uncount

bad publicity is news or information about someone or about an organisation that has a bad effect on them because it makes people think worse of them
afraid of bad publicity, he refused to do a newspaper interview | last week, thanks to bad publicity, the airline backed down and offered everyone a refund | we don't want any more bad publicity

be lost for words /biː lɒst fɔː wɜːdz/ Phrase

if you are **lost for words**, you are so surprised or shocked by something that you cannot think of what to say

she fell silent, lost for words | I'm lost for words – I just never expected to win the whole tournament | for once, Mr Trump seemed lost for words

betray /bɪ'treɪ/ Verb

if someone **betrays** you, they do something that has a bad effect on you when it was their job or duty to be loyal to you

Judith was betrayed by her own brother | if you betray me, I will kill you | he felt betrayed by his boss | he was accused of betraying his country by spying for the Russians

Noun: *betrayal*

the novel deals with murder and betrayal

clear your name /kliə jɔː neɪm/ Phrase

if you **clear your name**, you prove that you are not guilty of something bad or illegal that you have been accused of doing

it took me three years to clear my name | he was able to clear his name thanks to a lot of help from a journalist friend | he asked the company to issue a statement to clear his name

fail /feɪl/ Verb

when something such as a machine or an important part of your body **fails**, it stops working properly
both engines failed within an hour of taking off | the brakes failed in the wet conditions | she was only 11 when her kidneys failed

Noun: *failure*

he pulled out of the race with engine failure | heart failure is a common cause of death | the probable cause was mechanical failure

give your word /gɪv jɔː wɜːd/ Phrase

if you **give your word**, you promise something
give someone your word

I give you my word that I'll pay back the money | he gave his word that he would keep the library open | I want you to give me your word that you didn't steal it

let down /lɛt daʊn/ Phrasal verb

if someone **lets you down**, they don't do something that they were meant to do, and this causes a problem for you

I'm determined not to let you down | it wasn't the first time that she had been let down by her brother | he had let down both his crew and his passengers | we're relying on you, Wayne. Don't let us down

Adjective: *let down*

the incident left him feeling let down and upset | despite what she said, she felt terribly let down

miraculously /mə'reɪkjʊləsli/ Adverb

if something good happens **miraculously**, it actually happens even though people were afraid that it would not happen and that people would be hurt or things would be damaged

he miraculously survived by holding onto a tree | the operation was miraculously successful | his mother and brother miraculously swam to safety

Adjective: *miraculous* | Noun: *miracle*

the doctor said her survival was simply miraculous | he made a miraculous recovery | if he passes his exams it will be a miracle

rumour /ru:mə(r)/ Noun

a **rumour** is information that passes from one person to another, and that is not certain to be true

rumours started that he had been sacked | have you heard the rumours about David Beckham? | the rumours were obviously untrue | it's surprising how quickly rumours spread

Verb: *rumour*

she was rumoured to have been poisoned | it was widely rumoured that he had recently come back from Syria

runway /ˈrʌnweɪ/ Noun

a **runway** is a long, straight strip of land at an airport where planes take off and land

the runway here is over 4,000 metres long | nobody wants to see a third runway built at Heathrow | a concrete runway was installed in 1954 | the plane climbed steadily after leaving the runway

take someone's word for it /teɪk 'sʌmwʌnz wɜ:d fɔ:r ɪt/ Phrase

if you **take someone's word for it**, you believe what they say even though they have given no evidence for it

don't take my word for it, go and see for yourself | it sounds unlikely, but I'll take your word for it | we'll just have to take his word for it and hope he's right

transformation /ˌtrænsfə(r)'meɪʃ(ə)n/ Noun

a **transformation** is a complete change

the transformation of something (into something) | a complete/total transformation | undergo a transformation

she proposed a radical transformation of the health service | the transformation phase of the process | she underwent an amazing transformation | the building's transformation from a school to a community centre | the party has undergone a complete transformation

Verb: *transform*

the whole house has been transformed | they transformed the old station into a hotel

wing flap /wɪŋ flæp/ Noun

a **wing flap** is a section of the wing of an aeroplane that can be moved up or down in order to control the movement of the aeroplane

wing flaps help reduce the plane's speed when landing | the pilot adjusted the wing flaps ready for take-off

word goes round /wɜ:d gəʊz ə'raʊnd/ Phrase

if **word goes round** or **gets round**, information passes from one person to another so that eventually a lot of people know it

word went round that McCartney was coming back to Liverpool | word went round that our new neighbours were from Albania | somehow, word got round that my dad had been in prison

word of mouth /wɜ:d ɒv maʊθ/ Phrase

if information is carried by **word of mouth**, it gets known by people talking to each other, rather than through advertisements, TV programmes, the Internet, etc

the hotel relies on word of mouth for new customers | the best sales technique is still word of mouth | you should always listen to word-of-mouth recommendations

PAGES 112–113

fake /feɪk/ Adjective

something that is **fake** is a copy of a real, valuable, or official object, that has been made in order to deceive people

he was arrested for trying to enter the country on a fake passport | a fake CV | the paper was accused of publishing fake news | the paintings were fake

Noun: *fake* | Verb: *fake*

the painting was a fake | he faked her signature on the cheque | he entered the country using faked documents

genuine /dʒenjuɪn/ Adjective

someone who is **genuine** is really what they appear to be and does not pretend to be different

he seems like a genuine guy | she's honest, sincere, and genuine | you've been a genuine friend to me

gossip /ˈɡɒsɪp/ Noun uncount

gossip is talking about things in not a very serious way, often about personal things to do with other people that might not be true

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 (newspaper)

columns about famous people) | 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)

proper /ˈprɒpə(r)/ Adjective

someone or something that is **proper** is correct, and is exactly how they are meant to be

he's a proper doctor | you should eat a proper meal, just a sandwich | my father always said that being a musician isn't a proper job | you need to do a proper search of the house | the proper way to carry them is like this | make sure he gets proper medical treatment

Adverb: properly

the fish wasn't cooked properly | my phone isn't working properly

PAGES 114–115

coordinate /kəʊˈdɪn(eɪ)t/ Verb

if you **coordinate** something with someone else, you arrange to do something at the same time as them so that you will get the exact result that you want

they coordinate their attacks to overwhelm their prey | we need to coordinate our approach to him | you should coordinate this activity with the school librarian

Adjective: coordinated

they launched a coordinated attack from both sides of the city

dip /dɪp/ Verb

if you **dip** something in a liquid, you put it into a liquid briefly, just long enough to get it wet

dip something into something

I like to dip my biscuits into my tea | dip the brush into the paint pot | I dipped my toe in the water to see how cold it was

flipper /ˈflɪpə(r)/ Noun

a **flipper** is the flat arm or leg of a sea animal such as a whale or a penguin

whales move easily through water because of their flippers | it had flippers instead of feet | the flippers help it swim very fast

immune /ɪ'mju:n/ Adjective

if you are **immune** to an illness, you cannot catch it because your body is able to resist it

immune to something

I had measles as a baby so I'm immune to it now | the doctor told me not to worry as I was immune | the body's immune system (the chemicals in one's body that fight disease and infection)

Noun: immunity

immunity to something

children build up their natural immunity to simple colds | immunity can be passed from a mother to her baby

overwhelm /ˌəʊvə(r)'welɪn/ Verb

if you **overwhelm** someone or something, you manage to get complete control over them despite their attempts to stop you

they coordinate their attacks to overwhelm their prey | 300 troops overwhelmed the city in a night time attack | we were overwhelmed by a much stronger army

Adjective: overwhelming

the use of overwhelming force

pack /pæk/ Noun

a **pack** is a group of animals that live and hunt together

a pack of something | in packs

a pack of dogs | these animals hunt in packs | a pack of eight wolves

prey /preɪ/ Noun uncount

prey is an animal or animals that another animal is hunting to eat as food

lions will attack prey that are larger than them | a bird of prey (a bird that hunts and kills other animals) | spiders use webs to catch their prey | when chasing prey they can run at speeds of 30 km/h | smaller snakes eat smaller prey

Verb: prey

prey on/upon something

these birds prey on mice and other small mammals

put off /put ɒf/ Phrasal verb

if something **puts** you **off** something, it makes you dislike it or not want to do it

put someone off (doing) something

don't be put off by the smell – it tastes lovely | I felt so sick afterwards that it put me off smoking for life | the adverts for the film put me off wanting to see it | don't let that one bad experience put you off golf

Adjective: off-putting

the smell from the kitchen was rather off-putting

ruthless /ˈru:θləs/ Adjective

someone who is **ruthless** makes sure they achieve what they want and does not care if other people are hurt in the process

the newspaper described him as a ruthless killer | Stalin was a ruthless dictator | I never knew you could be so ruthless | a ruthless enemy

Adverb: ruthlessly | Noun: ruthlessness

we were ruthlessly punished for the smallest offences | the ruthlessly ambitious daughter of King Uther | he was known for his ruthlessness and cruelty | he achieved his aims thanks to a combination of ruthlessness and skill

splash /splæʃ/ Verb

if liquid **splashes**, it flies up in small drops and makes something wet

the coffee splashed over the tablecloth | the paint splashed against the wall when I dropped the tin

Noun: *splash*

Benny jumped into the water with a huge splash

swipe /swaɪp/ Verb

if you **swipe** something or **swipe** at it, you hit it in a slightly uncontrolled way

she swiped at the wasp | she swiped me right across the nose by accident | the dog swiped him with its tail

Noun: *swipe*

he took a swipe at me

REVIEW PAGE 116**misbehave** /ˌmɪsbɪˈheɪv/ Verb

if someone **misbehaves**, they behave very badly

he'd been misbehaving all afternoon | if you misbehave again you'll have to go to your room and stay there | he always misbehaves when we have visitors | they were severely punished if they misbehaved

Noun: *misbehaviour* || Opposite – Verb: *behave*

any future misbehaviour will be punished | make sure you behave when the visitors are here

missing /ˈmɪsɪŋ/ Adjective

something that is **missing** is not where it is meant to be and you do not know where it is. If someone **goes missing**, they disappear from their home and people worry about them because they do not know where the person is

go missing

she's been missing for three weeks | he went missing after school on Tuesday | a missing child | police found the missing couple in Barnsley

naughty /ˈnɔːti/ Adjective

if children are **naughty**, they behave badly and do things they are not supposed to do

Yamato did something very naughty | his children are really naughty | she can be quite naughty sometimes | you've been a very naughty boy | that was very naughty of you | my neighbour talks to me as if I were a naughty schoolchild

shelter /ˈʃeltə(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 | he found a military shelter in the forest

Verb: *shelter* | Adjective: *sheltered*

four of us sheltered under the branches of an oak tree | a nice sheltered spot for a picnic

10 Talented people

PAGE 117

background /'bækgraʊnd/ Noun

someone's **background** is the sort of family and education they have

musicians from many different backgrounds | she's a journalist now, but her background was in medicine (she studied medicine) | a middle-class background

bathe /beɪð/ Verb

to **bathe** a person or animal means to put them in a bath or other container of water in order to wash them. If you **bathe**, you wash yourself in a bath or you swim in some water outdoors

the elephant has to be fed and bathed every day | we bathed in the sea twice when we were on holiday | are you going to bathe the twins tonight?

log /lɒg/ Noun

a **log** is a long piece of wood that has been cut from a tree, either from the trunk or a branch

some elephants will carry logs down the hill | a log cabin (a simple house or hut made from logs) | a log fire | you have to leave the logs for a year before they will burn properly

pass down /pɑːs daʊn/ Phrasal verb

something that is **passed down** is given by parents to their children, who then give it to their children, and so on

the family Bible has been passed down through seven generations of my family | these skills have been passed down from mother daughter | I promised my grandfather I would pass it down to my own son when he reached the age of 21

qualification /ˌkwɒlɪfɪ'keɪʃ(ə)n/ Noun

your **qualifications** are the exams you have passed and the courses of study you have successfully completed, for example at university

do you have any qualifications? | he left school with no qualifications | if you don't get any qualifications, you won't get a good job

quality /'kwɒləti/ Noun

someone's **qualities** are the natural characteristics they have, especially their good and positive features

make sure they can tell what your best qualities are during the interview | she seems to have the right experience and qualities for the job | we need someone to show leadership qualities

trade /treɪd/ Noun

someone's **trade** is the job that they do to earn a living, especially when it is a job that involves making or fixing things with their hands

I wanted to learn a trade so I didn't go to university | as long as you have a trade, you'll always have work |

he practised his trade in the north of England

Noun: *tradesman*

her father was a tradesman

PAGES 118–119

altitude /'æltɪtjuːd/ Noun

altitude is the height of something above the ground, often measured as being above the height of the sea

passenger planes fly at altitudes of 30,000 or 40,000 feet above sea level | the experimental aircraft reached an altitude of 200,000 feet | at altitude (very high up), the air is much thinner and it's more difficult to breathe

celebrity /sə'lebrəti/ Noun

a **celebrity** is a famous person who appears on TV or in films, and who is written about in newspapers and magazines

Armstrong was a worldwide celebrity | we're joined by a host of celebrities for tonight's awards | he became an international celebrity | using celebrities to advertise products is nothing new | celebrity endorsement is an effective way to boost sales

experimental /ɪk'sperɪ'ment(ə)l/ Adjective

an **experiment** is a scientific test that you do to see what happens under certain conditions. Activities that you do like this and the equipment that you use are **experimental**

experimental methods/data/results

he conducted the first flight of the experimental aircraft | the experimental methods of Dr Hughes | an experimental research project | the experimental nature of the scheme | the experimental results were encouraging

Noun: *experiment* | Verb: *experiment* | Adverb: *experimentally*

do/conduct/carry out/perform an experiment | an experiment shows/proves something

permission to conduct the experiment was granted | the experiment was a failure | the experiment showed no harmful effects of the drug | we need to experiment further | surgeons experimented on rabbits before using the technique on humans | the theory cannot be tested experimentally | this can be demonstrated experimentally under laboratory conditions

helmet /'helmt/ Noun

a **helmet** is a hard hat that you wear to protect your head

put a helmet on | take a helmet off

luckily, I was wearing my helmet | a cycle helmet | always wear a helmet on a motorbike | put your helmet on | she took off her helmet

hire /'haɪə(r)/ Verb

if you **hire** someone, you choose them to start a job for you or for the company or organisation you are responsible for

Armstrong was hired to do a particular job | you should get in touch with Jaguar – they're hiring at the moment | the local factory announced it was hiring another 12 machine operators

interference /ˌɪntə(r)'fɪərəns/ Noun uncount

interference is unwanted electronic noise that you sometimes hear on the radio, TV or during a phone call

when I was a child, we had so much interference on our TV | I don't know where this interference is coming from | try using a different aerial to reduce the interference

mankind /mæn'kaɪnd/ Noun uncount

you use **mankind** to refer to all the people who are alive on the Earth at the moment, and who have ever lived in the past

Armstrong said it was a giant leap for mankind | climate change is the biggest challenge facing mankind at the moment | he felt a love for all mankind | mankind needs to act now before it is too late

mystery /'mɪst(ə)ri/ Noun

a **mystery** is something or someone you do not know very much about or cannot explain, although you want to know more about them and to understand them

his private life remains a mystery to us all | a mystery that has puzzled scientists for centuries | the cause of the fire remains a mystery | there is some mystery surrounding his early life

Adjective: *mysterious* | Adverb: *mysteriously*

he died in mysterious circumstances | her mysterious disappearance is still unexplained | Arthur vanished mysteriously after leaving work on Friday

passion /'pæʃ(ə)n/ Noun

if you have a **passion** for something, you are very keen on it and want to be very involved with it a passion for something

Armstrong had a passion for flying | my true passion is learning languages | her passion in life is distance running | his passion has been collecting old books

Adjective: *passionate*

passionate about something

she has always been passionate about her job

reflection /rɪ'flekʃ(ə)n/ Noun

a **reflection** is an image or picture that you see in something such as a mirror or an area of smooth water

he saw his reflection in the shop window (the image of himself) | a reflection of the trees on the surface of the lake | I couldn't see the TV screen properly because of the reflection of the lamp

Verb: *reflect*

the mirror reflected light from the street lamp outside

PAGES 120–121**click** /kɪk/ Verb

if something **clicks**, or if you **click** something, a short and sharp sound is made

Kish clicks his tongue to help him find his way around | Ted clicked his fingers to attract the waiter's attention | the lid clicked open

Noun: *click*

there was a click, and then the door opened

deaf /def/ Adjective

someone who is **deaf** cannot hear anything

go deaf

he started going deaf when he was in his sixties | his second daughter has been deaf since birth | I think he's deaf, which is why he didn't react when you shouted at him

Noun: *deafness*

he suffered from total deafness

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

he can't distinguish between a duck and a goose | 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

eyesight /'aɪsaɪt/ Noun uncount

your **eyesight** is how well you are able to see things good/keen eyesight | bad/poor eyesight | failing eyesight as we get old, our eyesight gets worse | my father had poor eyesight from when he was a child | I've never had any problems with my eyesight | they test your eyesight as part of your driving test | failing eyesight meant he could no longer play the piano

fence /fens/ Noun

a **fence** is a wooden or metal barrier that separates two areas of land

we used to sit on the fence and watch the cows in the field | the fence blew down during the storm | my dad put up a new fence around the garden | they climbed over the security fence

fully-sighted /'fʊli 'saɪtɪd/ Adjective

someone who is **fully-sighted** has good eyesight and does not have any problems with their eyes

her fully-sighted colleagues were always willing to help | he wants to train fully-sighted firefighters to develop the same skills

hard of hearing /hɑ:d ɒv 'hɪərɪŋ/ Adjective

someone who is **hard of hearing** cannot hear very well I've become rather hard of hearing over the last

few years | anyone who is hard of hearing will have found that film difficult to watch | after years playing loud rock music in a band, he was now quite hard of hearing | being hard of hearing causes more problems than you realise

keen /ki:n/ Adjective

you use **keen** to emphasise the way someone's senses work very well. For example, someone who has keen eyesight can see very well

a successful pilot must have keen eyesight | he had a keen eye for small details | dogs have a keen sense of smell

Adverb: *keenly* | Noun: *keenness*

they were keenly aware of the danger that lay ahead | he was keenly observant of everything that happened in the school | he sat up, listening keenly to the voices in the next room | they followed the news with the greatest keenness

nickname /ˈnɪk,neɪm/ Noun

a **nickname** is an informal name people use for someone that is not their real name

at school, his nickname was "Hyde" because his surname was Park | they gave me the nickname "Speedy" because I always won the running races | did you have a nickname when you were younger?

Verb: *nickname*

neighbours nicknamed the man "Milko" because he was always drinking milk

numb /nʌm/ Adjective

if you are **numb**, or if part of your body is numb, you have no sensations there and cannot feel anything such as heat, cold, pain, etc

my arm went numb from being pressed against the wall for so long | her body began to turn numb from cold | my lips were numb and I couldn't breathe properly | I left the dentist with my mouth still numb from the injection

Verb: *numb*

the dentist gave me an injection to numb the pain

potential /pə'tenʃ(ə)l/ 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/realise 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

sensitive /sensə'tɪv/ Adjective

sensitive parts of the body notice smells, sights, sounds, etc. very quickly, even if they are very faint *she doesn't eat ice-cream, saying her teeth are too sensitive to cold | a sensitive sense of smell | his eyes were sensitive to the slightest change of brightness*

short-sighted /ʃɔ:t 'saɪtɪd/ Adjective

someone who is **short-sighted** cannot easily see things that are some distance away

being short-sighted, I have to wear glasses when I'm driving | he wore thick glasses because he was so short-sighted | I always sat at the front of the class because I was short-sighted

Opposite – Adjective: *long-sighted*

if you're long-sighted, you can probably read the notice on the other side of the road

welcome /ˈwelkəm/ Verb

if you **welcome** something, you say that you are pleased about it and approve of it

it's a description Kish welcomes | any research that can help develop new treatment has to be welcomed | the president welcomed the opportunity to meet a group of business leaders | he welcomed the announcement of a new enquiry into the disaster | the proposals were cautiously welcomed by campaigners

PAGES 122–123

assume /ə'sju:m/ Verb

to **assume** a particular role or title means to take it on for yourself

she assumed the role of queen | the prime minister assumed office (became prime minister) exactly two years ago | the military assumed power after they arrested the president

monument /ˈmɒnjumənt/ Noun

a **monument** is something that is built to remind people of something important in the past

a monument to someone or something

you'll go past a monument on your right | a historic monument | a monument to the people who died in the war | the monument was built 300 years after the battle

relegate /ˈreləgeɪt/ Verb

if someone is **relegated** to a lower position or rank, they are put into a less important role or job

he was relegated to second-in-command | both players were relegated to the second eleven | after six years as chairman, he was relegated to being deputy president of the company

revenge /rɪ'vendʒ/ Noun uncount

revenge is the action of doing something harmful or bad to someone because you think they did something bad or harmful to you

seek revenge | take/get revenge

relatives of the victim were seeking revenge | she got her revenge by accusing him of theft | 12 people died in a revenge attack | police suspect a revenge killing

Verb: *revenge*

revenge yourself (by doing something)

he revenged himself by stealing the car keys | he was determined to revenge his father's murder

self-conscious /self 'kɒnʃəs/ Adjective

if you are **self-conscious**, you worry about what people think of you and often feel embarrassed when you are in public

I was too self-conscious to go up to her | she was very self-conscious about her nose | a rather shy, self-conscious man in his forties | I do feel self-conscious at parties

Adverb: *self-consciously* | Noun: *self-consciousness*

Charles looked at his watch self-consciously | he waved self-consciously as his aunt got off the train | as they danced, her self-consciousness started to vanish

self-control /self kən'trəʊl/ Noun uncount

self-control is the ability to stop yourself from doing you something you would like to do but that you know might not have a good result

it took a lot of self-control to give up smoking | using all his self-control, he followed the diet for another eight weeks | children need to learn self-control before they leave school | you should exercise more self-control

self-help /self help/ Noun uncount

self-help is using your own efforts and making your own decisions without relying on other people

I've read several self-help books | a local self-help group | over the weekend, I learned a lot about self-help

self-interest /self 'ɪntrɪst/ Noun uncount

self-interest is an attitude that makes you do things that will benefit yourself without considering the effects on other people

he always acts out of self-interest | individual self-interest made cooperation unlikely | every nation will respond in its own self-interest | he promised to serve as president without any self-interest

self-made /self meɪd/ Adjective

a **self-made** man or woman is someone who has become successful entirely through their own efforts, and hasn't had to have help or borrow a lot of money from other people

my father was a self-made man | a self-made millionaire | a rich, self-made industrialist | there's no such thing as a self-made politician

unmistakably /ˌʌnmɪ'steɪkəb(ə)li/ Adverb

something that is **unmistakably** true is obviously true

her body is unmistakably a woman's | her accent was unmistakably English, not American | 12 passengers were unmistakably dead, but two managed to survive the crash | this time, unmistakably, the surprise was genuine

PAGES 124–125

bright /braɪt/ Adjective

someone who is **bright** is very clever and intelligent

he's very bright – always top of his class | a very

bright young man | the brightest girl in her class | an exceptionally bright student | he was slow at learning compared to his much brighter sister

commit /kə'mɪt/ Verb

if you **commit** to doing something, or if you are **committed** to it, you are determined that you will do it and promise yourself or other people that you will be committed to (doing) something

I'm committed to staying with the firm for at least another five years | I'm committed to doing the best job I can | I understand that you don't want to commit until you know about the company | she committed herself to staying another year in Rome

concept /'kɒnsept/ Noun

a **concept** is an idea

I've read about what they do and I think it's a brilliant concept | the concept behind the plan is very complicated | the basic concept is described in chapter 2 | the original concept of the light bulb was very clever

consultancy /kən'sʌltənsi/ Noun uncount

consultancy is the job of advising businesses about a particular aspect of what they do

she took a job with a large consultancy firm | last year, the company spent over £1m on consultancy fees | a management consultancy

cooking utensil /'kʊkɪŋ ju(:)'tensl/ Noun

a **cooking utensil** is a tool that you use in the kitchen when you are preparing food, such as a bowl, knife, frying pan, etc

the kitchen is fully equipped with cooking utensils | we had to supply our own cooking utensils | metal cooking utensils

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**

a creative and adaptable professional | 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* | Noun: *creativity*

she created some beautiful artwork | you need to think creatively to solve this problem | they encouraged creativity at my school

curious /'kjʊəriəs/ Adjective

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

curious about something | 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 | out of curiosity

easy-going /'i:zi 'gəʊɪŋ/ Adjective

someone who is **easy-going** is always relaxed and never gets worried or stressed about anything

they're both easy-going types who are passionate about travel | we encourage a friendly, easy-going atmosphere | I'm lucky my boss is so easy-going | she was talkative, cheerful and very easy-going

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

independent-minded /ˌɪndɪˈpɛndənt ˈmaɪndɪd/ Adjective

someone who is **independent-minded** makes their own decisions and does what they want rather than doing what other people want them to do
a curious and independent-minded person | an independent-minded politician who often disagreed with his own party | even as a child she was independent-minded and rebellious

paperwork /ˈpeɪpə(r), wɜ:(r)k/ Noun uncount

paperwork is forms that are being filled in, reports that are being written, etc, typically thought of as being dull and uninteresting

the job mostly involves paperwork | I'm trying to finish all this paperwork before I go on holiday | you need to collect all the necessary paperwork together | she had a mountain of paperwork to get through | even more paperwork arrived this morning

passionate /ˈpæʃ(ə)nət/ Adjective

if you are **passionate** you feel very fond of and enthusiastic about something

she was very passionate about her work | his manager described him as a passionate and committed employee | the university was looking for passionate students

persuasive /pə(r)'sweɪsɪv/ Adjective

someone or something that is **persuasive** convinces you that something is true or that you should do something

his analysis is highly persuasive | there was persuasive evidence of his guilt | he was so persuasive I eventually agreed to the proposal | there were persuasive reasons for staying in Prague

Verb: *persuade* | Adverb: *persuasively* | Noun: *persuasiveness* | Noun: *persuasion*

they didn't need much persuading | how do I persuade my colleagues to help? | no one was persuaded by his argument | she spoke clearly and persuasively | the author persuasively argues for tax reform | buyers make purchases based on the persuasiveness of the salesperson | his persuasiveness overcame all the objections | he didn't need much persuasion to come to the cinema | I'm open to persuasion (I'm prepared to listen to what someone has to say)

spreadsheet /ˈspredʃi:t/ Noun

a **spreadsheet** is a computer program that displays information in rows and columns, and that can do calculations with the data it displays. **Spreadsheets** are used especially for financial information

I've handed out the spreadsheet of current figures | I created a spreadsheet for our household expenses | this spreadsheet will help you work out how much your electricity bills are likely to be | the spreadsheet is updated at the end of every working day

suited /su:tɪd/ Adjective

if you are **suited** to something, you have the right qualifications, experience, or personality for it suited to something

I think I'm quite suited to the job | not everyone is suited to working in an office | they were perfectly suited to each other

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

PAGES 126–127

capability /ˌkeɪpəˈbɪləti/ Noun

someone's or something's **capabilities** are the things that they are good at doing or that they are able to do

she waited for a chance to show her capabilities | these capabilities are what makes humans different from animals | so they have the capability to finish the project on time? | the camera has an automatic focusing capability

Adjective: *capable*

we're lucky to have so many capable individuals in our department

civil war /ˈsɪvl wɔ:/ Noun

civil war is a war fought between groups of people within one country

Syria is being torn apart in a civil war | the English civil war was nearly 400 years ago | after the revolution of 1917, Russia faced several years of civil war

controversy /ˈkɒntɹəvɜː(r)si Noun

controversy is a serious disagreement among a number of people about an important subject
cause/provoke/arouse (a) controversy

there's been some controversy about how they drill for oil | the proposals have caused a lot of controversy | some recent controversies in the media | the proposal aroused a fierce controversy | there is some controversy surrounding his place in history

Adjective: *controversial* | Adverb: *controversially*
highly/deeply controversial | a controversial subject/issue/topic | a controversial decision | a controversial remark/comment

a highly controversial issue | a controversial politician | the referee made a number of controversial decisions | the government controversially decided to withdraw its support for the project | controversially, there were no women in the new cabinet

elegant /ˈelɪɡənt/ Adjective

someone who is **elegant** always dresses very well and has a good figure

he was charmed by the elegant Egyptian queen | his mother was an elegant woman of 53 | I felt so elegant in my new clothes

Adverb: *elegantly* | Noun: *elegance*

she always dressed elegantly when she went out | we were impressed by her charm and elegance

grief /ˈɡriːf/ Noun uncount

grief is great sadness that you feel when someone you know and like dies

his grief was so great that he killed himself | he didn't know how to talk about his grief | I'd never experienced grief like this before | her early death caused much grief among her family and friends

Verb: *grieve*

he was still grieving a year after his wife had died

infuriate /ɪnˈfjuəriət/ Verb

if something **infuriates** you, it makes you very angry

his attitude infuriated her | he has the ability to infuriate people with his opinions | it just infuriates me that they are allowed to do such things | what infuriated him was that she did not even apologise for being so late

Adjective: *infuriating* | Adverb: *infuriatingly* | Adjective: *infuriated*

it was infuriating to be told I was too old | it was the most infuriating film I've ever seen | my train to work is late on an infuriatingly regular basis | she became so infuriated that she slammed the door on her way out

overjoyed /ˌəʊvə(r)ˈdʒɔɪd/ Adjective

if someone is **overjoyed**, they are very happy about something

she was overjoyed to hear that he wasn't hurt in the crash | we were overjoyed when he came back alive from the war | he was overjoyed to hear the plan was finally working

rival /ˈraɪv(ə)l/ Noun

a **rival** is a person or organisation who is competing with you to achieve something that only one of you can have

someone's main/nearest/chief/closest/fiercest rival | a bitter/deadly 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 (rivalry between brothers or sisters)

rug /rʌɡ/ Noun

a **rug** is a thick piece of cloth that is used to cover part of the floor in a room

a beautiful Turkish rug | it has the soft feel of a wool rug | a blue rug with matching cushions

seize /siːz/ Verb

to **seize** a place or to seize control of somewhere means to use force to take control there

seize control | seize power | seize the throne

two weeks later she seized the throne | rebels seized control of the presidential palace | they seized public buildings and the airport | Lenin was finally able to seize power in October 1917 | he seized the city of Vidin in 1365

Noun: *seizure*

there were reports of land seizures in the east of the country | the seizure of the city brought an end to two years of fighting

successor /səkˈsesə(r)/ Noun

the **successor** to someone is the person who takes their place and does their job after they die or stop doing the job

after he resigned, it took the firm over four months to appoint a successor | her successor sadly died three weeks later | he did not want to resign until they had decided on a successor | I'm sure my successor will continue to grow the business

Verb: *succeed* | Noun: *succession*

Williams succeeded his father as head of the company | Prince Charles will be the oldest person to succeed to the British throne | we have planned the succession carefully

throne /θrəʊn/ Noun

a **throne** is a special chair that a king or queen sits on at formal occasions. People also talk about **the throne** to refer to the role and function of being a king or queen

succeed to the throne | be on the throne

she succeeded to the throne in 1952 | she's been on the throne (queen) for 65 years | the throne passed from father to son | Henry VII claimed the throne after the Battle of Bosworth Field

REVIEW PAGE 128**accommodate** /ə'kɒmədeɪt/ Verb

if a place can **accommodate** a certain number of people, it can hold them all at the same time

*a holiday cottage that can accommodate six people
| the school was built to accommodate about 300
students | the hall can accommodate 700 spectators*

Noun: *accommodation*

it provides accommodation for around 260 students

debris /'deɪbrɪ:/ 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*

module /'mɒdju:l/ Noun

a **module** is a part of a spacecraft that can operate on its own when it separates from the rest of the spacecraft

*a landing module | a lunar module (that is designed
to land on the moon) | the lunar module separated
from the command module*

11 Knowledge and learning

PAGE 129

acquire /ə'kwɪə(r)/ Verb

if you **acquire** knowledge or a skill, you get it by learning about it and practising it

children can acquire foreign languages more easily than adults | I'm keen to acquire new skills | his ability to sing was acquired through years of training

Noun: *acquisition*

child language acquisition (the process by which children learn to speak a language)

get /get/ Verb

when someone understands something difficult or complicated, you can say that they **get it**

do you get my meaning? | oh yes, now I get it | he just didn't get how difficult the project was going to be

hands-on /hændz ɒn/ Adjective

hands-on educational materials let you touch and use things to help you learn about them rather than just read about them

there's a lot of hands-on stuff in the museum | a hands-on laboratory experiment | classroom discussions and hands-on activities

interactive /ˌɪntər'æktɪv/ Adjective

an **interactive** system, display, computer program, etc changes what it does in reaction to the way you communicate with it

an interactive computer game | interactive teaching methods | the workshops are interactive and great fun | the website has an interactive demonstration of the software

pick up /pɪk ʌp/ Phrasal verb

if you **pick up** a new skill, you learn it over a period of time and without a lot of effort

she picked up some Spanish when she was living in Madrid | I never learned to play the guitar properly - I just picked it up by watching videos | we picked up a few phrases from our German neighbours

take in /teɪk ɪn/ Phrasal verb

if you **take in** information, you read it or see it or hear it and then remember it

better take notes, there's a lot to take in | the lecturer spoke so fast I couldn't take it all in | I've read it twice and I still haven't taken it in

unaware /ˌʌnə'weə(r)/ Adjective

if you are **unaware** of something, you do not know about it or do not know that it exists

unaware of something | unaware that

I was unaware of that fact | they were unaware of the problems that lay ahead | everyone else

was unaware that she was in such pain | we were unaware that the shop was going to close at 5 o'clock

Noun: *unawareness* || Opposites – Adjective: *aware* | Noun: *awareness*

unawareness of something | be aware of something | aware that | awareness of something

there were reasons for his unawareness of the importance of the document | I wasn't aware that she was back in London | I was made aware of the danger by my doctor | she had a keen awareness of the danger (she understood the danger very well) | we need to raise public awareness of the issue (tell people about it)

PAGES 130–131

by heart /baɪ ha:t/ Adverb

if you learn something **by heart** or know something **off by heart**, you can remember it and repeat it without having to read any of it

we had to learn two poems by heart for homework | I've heard it so often I know it off by heart | she knew the play by heart

cram /kræm/ Verb

if you **cram**, you do a lot of revision for an exam very quickly and at the last minute

cram for something

she spent the night cramming for her French literature exam | we've been cramming since lunchtime

democratic /ˌdemə'krætɪk/ Adjective

if an activity is **democratic**, it is organised in a way that has the agreement or approval of the majority of people who are involved

school life was far from democratic | English has always been a thoroughly democratic language | the office is democratic and we each organise our own work

Adverb: *democratically* | Noun: *democracy*

a democratically managed organisation | the factory operated as a democracy

drop out /drɒp aʊt/ Phrasal verb

if you **drop out** of a course of study, you stop doing it and leave the institution where you were studying. A person who does this is a **dropout**

drop out of something

he had to drop out of school and earn money for his family | he went back to college, but dropped out for a second time | my mother was furious when I dropped out of university | about one third of students drop out of the course by the end of the second year

Noun: *dropout*

it's not easy to find work if you're a dropout | there's a proven link between poverty and college dropout rates

ensure /ɪnʃʊə(r)/ Verb

to **ensure** that something happens means to make certain that it happens

ensure that

please ensure your child returns the signed letter to us | you must ensure that all the clips are done up securely | precautions to ensure the safety of all passengers

exam /ɪgˈzæm/ Noun

an **exam** is an important test that you do at school or university. When you do it, you are taking an **exam**. If you pass the **exam**, you are successful. If you fail the **exam**, you are not successful

I spent all weekend studying for an exam | when do your exams start? | she passed all her exams | he did all right in maths but failed his English exam | I have to take my exams at the end of the year | I'm revising for my final exams (the last exams at the end of a course of study)

in time /ɪn taɪm/ Adverb

if you do something or get somewhere **in time**, you do it or get there before it is too late

there's not much traffic so we should get there in time | we arrived in plenty of time to have a drink before the film started | make sure you're in time for the opening speech | why do you never hand your homework in in time?

mark /mɑː(r)k/ Noun

a **mark** is the score or grade you get for a piece of schoolwork or an exam. When teachers **mark** work, they correct it and give it a score or grade

top marks | a pass mark

she expected to get a better mark after all that work | I was surprised to get such a high mark | he got top marks in the test (the highest marks possible) | get a low mark | the pass mark is 40 per cent (if you get less than 40%, you have failed the exam) | you lose marks for bad spelling

Verb: mark

the teacher hasn't finished marking all the exam papers yet

regular /ˈregjʊlə(r)/ Adjective

someone or something that is **regular** is normal and ordinary, rather than being special or important

having regular employees there makes the meetings more honest | I'm just a regular bus driver

revise /rɪˈvaɪz/ Verb

if you **revise** a subject, you read your notes and textbooks about it in preparation for an exam

revise for something

I'm revising for my history exams | you need to spend at least six hours a day revising | she spent the

weekend revising that week's material | the library was full of students revising for their final exams

Noun: revision

you should start your revision at least three weeks before the exams | last-minute revision

speak up /spiːk ʌp/ Phrasal verb

if you **speak up**, you say in public what your opinion is about something

then another boy spoke up and said the school dinners were disgusting | no one spoke up when they had the chance | she waited a few seconds before speaking up

PAGES 132–133

conscious /ˈkɒnʃəs/ Adjective

if you are **conscious** of something, you are aware of it and know it is happening or present

conscious of something | conscious that

I was conscious of what was happening, but I couldn't feel anything | she was very conscious that she hadn't done her best in the interview | he wasn't conscious of being tired even though he'd been up for 20 hours | Tom was suddenly conscious of the fact that he was lost

Adverb: consciously

we might not consciously experience this as fear

grateful /ˈɡreɪt(ə)l/ Adjective

if you are **grateful** for something, you thank someone and say that you are glad that it has happened or that you have it

be/feel grateful for something | be/feel grateful to someone

the families are very grateful for the job I've done | I'm grateful for all your help | I'd be very grateful if you could phone me | they were very grateful to us after we found their dog

Adverb: gratefully | Noun: gratitude || Opposite – Adjective: ungrateful | Noun: ingratitude

express gratitude

all suggestions will be gratefully received | I can't express my gratitude enough | my sincere gratitude to you and all the nurses | I don't mean to be ungrateful, but I don't need another tie | shocked by her ingratitude he walked out of the meeting

recall /rɪˈkɔːl/ Verb

if you can **recall** something, you are able to remember it. The word **recall** is rather formal, and the usual word to use is **remember**

I can't recall the name of the artist | everyone can recall moments like this | if I recall correctly, they cost £12 each | I don't recall exactly, but it must have been three or four years ago

Noun: recall

my powers of recall are not as good as when I was younger

selective /sɪˈlektɪv/ Adjective

if you are **selective** when you have a choice, you are very careful about what you choose, and do not choose something unless you are absolutely sure it is the best choice you can make. If you have a selective memory, you pretend that you do not remember certain things, usually because you know they might embarrass you or be unhelpful to you

his selective memory means he won't admit he failed his driving test twice before he finally passed it | we need to be more selective when it comes to hiring new staff | I am very selective about what hotels I stay in

Verb: select

ten people were selected from over 500 job applicants

urgent /ˈɜː(r)dʒ(ə)nt/ Adjective

if something is **urgent**, it is very important and you need to deal immediately

if it's urgent, I'll get her to ring you as soon as she comes back | I need to talk to Arthur – it's very urgent | he was in need of urgent medical attention | that afternoon, Adkin got an urgent call from the hospital

Adverb: urgently | Noun: urgency

we need your help urgently | unless we act urgently, climate change will get out of control | there is great urgency to complete the building work before winter arrives

wise /waɪz/ Adjective

someone who is **wise** knows and understands a lot of things and can make sensible decisions. If someone's actions or choices are **wise**, they have used their knowledge and understanding very well

it was a wise decision to go to university | my grandad was the wisest man I ever met | mixing orange juice with milk was not a wise choice | reading books will help you know more, but it won't make you wiser

Adverb: wisely | Noun: wisdom || Opposite – Adjective: unwise | Adverb: unwisely

he wisely decided not to try and swim across the river | that's a lot of money, make sure you spend it wisely | wisdom comes with experience – you cannot learn it | it was unwise of her to tell him he was stupid | rather unwisely, he started arguing with his boss

PAGES 134–135

beak /biːk/ Noun

a bird's **beak** is the hard, sometimes pointed part of the front of its face around its mouth

it has a black beak and yellow legs | a long slender beak | I drew the bird all right, but got the shape of its beak wrong

hesitation /ˌhezɪˈteɪʃ(ə)n/ Noun

a **hesitation** is a short pause before you say or do something, for example because you are nervous or worried about what you are going to say or do without hesitation

John asked if she liked him and without hesitation she said "No" | after a long hesitation he agreed to come and visit me | I said yes with not a moment's hesitation

Verb: *hesitate* | Adjective: *hesitant* | Adverb: *hesitantly* | Adverb: *hesitatingly* || Opposites – Adjective: *unhesitating* | Adverb: *unhesitatingly*
hesitant to do something | hesitant about (doing) something

he hesitated a moment before he answered | you can't afford to hesitate, I need an answer straight away | she was hesitant to tell him the bad news straight away | I was a bit hesitant about calling them again | he hesitantly agreed to her suggestion | she smiled hesitantly and shook hands | he stepped forward hesitatingly when his name was called | she answered hesitatingly at first, but gradually grew in confidence | his voice was clear and unhesitating | the answer was immediate and unhesitating | she unhesitatingly accepted the offer | to all these questions he replied unhesitatingly and truthfully

learn from your mistakes /lɜːn frɒm jɔː mɪsˈteɪks/ Phrase

if you **learn from your mistakes**, you think about something you did wrong or badly and make sure you do not do the same thing again

the film was a disaster, but he learned from his mistakes and the next one he made was a great success | each time he fails, he learns from his mistakes and improves his efforts | the trouble with Barbara was that she never learned from her mistakes

learn to walk before you can run /lɜːn tuː wɔːk bɪfɔː juː kæn rʌn/ Phrase

if you tell someone that they have to **learn to walk before they can run**, you mean that they are trying to do something too quickly and need to do it step by step to make sure that they are doing it right all the time

you can do that maybe next year, but you need to learn to walk before you can run

learn your lesson /lɜːn jɔː ˈlesn/ Phrase

if you have **learned your lesson**, a painful or embarrassing experience has taught you something you did not know and this knowledge will help you avoid making the same mistake

I'm glad you didn't get hurt, and I hope you've learned your lesson | I learned my lesson not to rely on what the weather forecast says | the judge added "You went to prison once before, but you obviously didn't learn your lesson" | he manages his money much better now, and says he's learned his lesson

live with it /lɪv wɪð ɪt/ Phrase

if you tell someone they have to **live with it**, you mean that they have to accept a difficult situation and not complain any more because there is nothing that can be done to change it

learn to live with it

it's too late now. I've taken the job in Manchester and you'll just have to live with it | I don't think dad will pay for you to go back to college, so you'll have to learn to live with it

mispronounce /ˌmɪsprəˈnaʊns/ Verb

if you **mispronounce** a word, you say it incorrectly

Daffydd gets annoyed when people mispronounce his name – it should sound like Davith and rhyme with “with” | it’s easy to mispronounce English words because the spelling often doesn’t give you any help | my French teacher isn’t French and mispronounces words all the time

ripe /raɪp/ Adjective

ripe fruit or crops have grown enough to be ready to eat

make sure you use only ripe tomatoes | ripe bananas will turn black within a few days | wait until the grapes are properly ripe before you pick them

Verb: ripen

leave them on the tree for another week to ripen

the tricks of the trade /ðə trɪks ɒv ðə treɪd/ Phrase

the tricks of the trade are good ways to do certain things that most people do not know about

learn the tricks of the trade

he showed me a few tricks of the trade | I spent a week in the factory learning the tricks of the trade | now he’s passing on the tricks of the trade to his son | I got a few tricks of the trade off their website

walnut /ˈwɔːlnʌt/ Noun

a **walnut** is a nut (the seed of a tree) that you can eat. It has a very hard, brown shell that you have to break to get to the nut inside

the bird has a brain the size of a walnut | we have two walnut trees in our garden | does the cake have walnuts in it? | cracking walnuts (breaking the shells)

PAGES 136–137**enquire** /ɪnˈkwɪə(r)/ Verb

if you **enquire** about something, you ask a question intended to get some information about it. The spelling **inquire** is also used

enquire about something

I’m just calling to enquire about some prices | I’m phoning to inquire whether you have any rooms available | when I originally enquired about the course you told me there were no places left | he politely inquired what I was doing

Noun: enquiry or inquiry

we try to answer written enquiries within 24 hours | a polite enquiry

hold back /həʊld bæk/ Phrasal verb

to **hold** someone or something **back** means to prevent their development or progress in some way
half of all teachers believe children are being held back by health and safety regulations | all this red tape is holding back the development of a new energy industry | the housing crisis is holding back the economy | he missed three weeks of school, which has held him back a bit this year

previous /ˈpriːviəs/ Adjective

previous means happening or existing at some time before the present

the previous owner now lives in Spain | in previous years, we kept the hotel open at Christmas | I had no previous knowledge of car mechanics | my previous laptop only had a 10GB hard disk

Adverb: previously

he works for a national newspaper, but previously he was at the BBC | it was previously reported that the election would be in June | as I mentioned previously, we are hoping to finish the job next week

PAGES 138–139**chant** /tʃɑːnt/ Noun

a **chant** is a word or group of words that people say or sing over and over again

the yoga lessons always begin with a chant | the football fans began a new chant | a traditional Buddhist chant | someone started a chant of “Freedom, Freedom”

Verb: chanting

the crowd started chanting his name after the second goal | protesters made their way to Parliament Square chanting anti-capitalist slogans

deforestation /diːˈfɒrɪˈsteɪʃ(ə)n/ Noun uncount

deforestation is the process of cutting down trees to clear the land for other uses

deforestation can have a seriously bad effect on wildlife | we need to slow down the rate of deforestation in South America | the Pacific region is experiencing rapid deforestation along with all the problems that come with it

heal /hiːl/ Verb

if a wound or a broken bone **heals**, or if something **heals** it, it recovers and becomes well again

the cut will heal quicker if you leave it open to the air | it took several weeks for the wound to heal | give it time and it will heal itself | she was healed by the latest medical treatment

isolated /ˈaɪsəˌleɪtɪd/ Adjective

an **isolated** place does not have other houses, towns, or cities nearby

the camp site was quite isolated | living in an isolated rural area | Hawker has explored some of the most remote and isolated places in the world | we rented an isolated farmhouse in Normandy

Noun: isolation

in isolation

their culture survived because they lived in relative isolation | railways and telegraphs broke down the geographical isolation

multiply /ˈmʌltɪplaɪ/ Verb

if something **multiplies**, it creates more and more of itself

these plants are healthy and multiplying | it's amazing how fast these weeds multiply | his debts had multiplied greatly

reserve /rɪ'zɜ:(r)v/ Noun

a **reserve** is a large area of land where wild animals are protected

a wildlife/nature reserve

I spent a year working in a wildlife reserve in West Africa | we saw a lot of elephants in the wildlife reserve | there's a nature reserve near Pulborough where people go to watch birds

REVIEW PAGE 140

asylum /ə'saɪləm/ Noun uncount

asylum is the right to stay in a country. It is given by a government to someone who is unable to return to their own country for political reasons

grant someone asylum | seek asylum | political asylum | an asylum seeker

over 500 refugees were granted asylum | a growing number of these people are seeking political asylum | the regulation was put in place to protect asylum seekers

dialect /'daɪəlekt/ Noun

a **dialect** is a form of a language that is slightly different from the form that most people use, and is spoken by people in a particular region or from a particular social group

regional/local dialect

she spent a year learning the local dialect | dozens of dialects are spoken in Japan | "twitten" is a Sussex dialect word for a narrow path in a town or village | when we first moved to that part of the country, we couldn't really understand the dialect

12 Money

PAGE 141

buying power /ˈbaɪɪŋ ˈpaʊə/ Noun singular

buying power is a measure of how much a person or organisation can buy with the money they have available

when the pound fell against the dollar, my buying power went down too | workers' buying power grew over the following decade | a country with a lot of buying power

haves and have nots /hævz ænd hæv nɒts/ Noun

if you talk about the **haves and the have nots**, you are talking about people who have a lot of money and possessions and people who do not have much money or many possessions

the gap between the haves and the have nots is getting wider | our country is divided between the haves and have nots

income gap /ˈɪŋkʌm ɡæp/ Noun

the **income gap** is the difference between the amount of money that is earned by well-paid people and the amount earned by low-paid people

in Japan, the income gap between rich and poor is very small | the income gap continued to grow between 2009 and 2011 | Hong Kong's income gap is the greatest in the Asia/Pacific region | a 31 per cent gender income gap (men earn on average 31% more than women)

standard of living /ˈstændəd ɒv ˈlɪvɪŋ/ Noun singular

the **standard of living** is a measure of how much wealth and comfort people have in their lives

we moved out of London to try and improve our standard of living | the standard of living declined substantially during the war | Ottawa has a high standard of living | the standard of living is lower in the north of the country

PAGES 142–143

consistently /kənˈsɪstəntli/ Adverb

if something happens **consistently**, it usually or regularly happens

Norway is consistently listed as one of the five happiest countries in the world | the government consistently refuses to change the law | boys consistently show more anger than girls | Southern Rail consistently fail to run their trains on time

dream /dri:m/ Verb

if you **dream**, your mind sees things and events while you are asleep. If you **dream of** something, you imagine something that does not exist or that is unlikely to happen to you

dream of something

Norway offers a quality of life that other countries can only dream of | she won the lottery and now has more money than she could ever dream of | he was still dreaming of living in New York

Noun: *dream*

working for the BBC was the job of my dreams

owe /əʊ/ Verb

if you **owe** someone money, you have to give it to them because you borrowed it from them or because you have to pay them for something they have done for you or sold to you

owe someone something | owe something to someone

I still owe the bank another £2,000 | I owe you three Euros from yesterday | do you owe any money to anyone? | you need to pay back what you owe them by the end of the month

pension fund /ˈpɛnʃən fʌnd/ Noun

a **pension fund** is a large amount of money that is saved by a government or organization to be able to pay the pensions of people after they retire

Norway has the biggest pension fund in the world | there's not enough in the company pension fund to pay everyone a decent pension | the director of a pension fund

reserves /ˈrɪzɜ:(r)vz/ Noun plural

reserves of oil, coal, gas etc are the amounts that are still in the ground somewhere waiting to be dug up oil/gas/coal reserves

Russia has the biggest reserves of natural gas and wood | their gas reserves will last another 30 years | Egypt has huge oil reserves | the region is known to have extensive mineral reserves

subsidized /ˈsʌbsɪdaɪzd/ Adjective

if an activity is **subsidized**, it gets money from a government or other organization so that it can take place, because there is not enough money available otherwise for it to happen

the industry is still heavily subsidized | subsidized childcare | subsidized housing | students here get subsidized internet access

Verb: *subsidize* | Noun: *subsidy*

Ontario has subsidized solar power energy | the department subsidizes higher education through student loan programmes | an agricultural subsidy | subsidies from the European Union | small producers are given massive subsidies | the government pays huge subsidies to farmers

work ethic /wɜ:k ˈɛθɪk/ Noun uncount

someone's **work ethic** is their belief that it is important and morally right to work hard

I respect his work ethic | we need people with a

strong work ethic | the work ethic was particularly strong in my uncle's family

PAGES 144–145

alteration /ˌɔːltə'reɪʃ(ə)n/ Noun

if you make **alterations** to a piece of clothing, you make changes to it so that it fits you properly

I need to take my suit in for alteration | I've had some alterations done on the trousers | are you sure the collar doesn't need alteration?

Verb: *alter*

it will be fine once it's been altered

child-minding /tʃaɪld 'maɪndɪŋ/ Noun uncount

child-minding is the activity of looking after young children while their parents are at work

a lot of what I earn goes to pay for child-minding | child-minding services are available five days a week | are there any child-minding facilities?

Noun: *child-minder*

our child-minder lives in the next street

handyman /'hændi,mæn/ Noun

a **handyman** is someone who does small jobs for people, such as doing small repairs and other practical things

we pay our handyman £12 an hour | Dan said we didn't need a handyman but he still hasn't fixed the bathroom tap | my usual handyman is in hospital so I had to call out an electrician

install /ɪn'stɔːl/ Verb

to **install** something means to put it in place and make it work

we need someone to install our new kitchen (to put all the cupboards, electrical equipment, sink etc. in place) | our neighbours have just had a new bathroom installed | we need to install some heating | they've installed security cameras in the car park | the supermarket installed solar power | she installed three more apps on her phone

Noun: *installation*

the installation of a new security system

kitchen cabinet /'kɪtʃɪn 'kæbɪnɪt/ Noun

a **kitchen cabinet** is a cupboard in a kitchen, usually fixed to the wall, for storing pots and pans and other kitchen utensils

the door just fell off our kitchen cabinet | our kitchen cabinets are white, but the walls are yellow | we need some new kitchen cabinets

nanny /'næni/ Noun

if you have a **nanny**, you have someone who stays in your house to look after your children while you are at work and at other times when you are busy

she works as a nanny for a family in Kensington | we needed a nanny when I went back to work | they have a nanny for their three children | the nanny looks after our kids and puts them to bed

personal shopper /'pɜːsnl 'ʃɒpə/ Noun

a **personal shopper** is someone who advises people about what to buy or who buys things on someone else's behalf

she's been working as a personal shopper for over a year | I don't need a personal shopper, thanks, I'm happier choosing for myself

personal trainer /'pɜːsnl 'treɪnə/ Noun

a **personal trainer** is someone who advises you individually on what exercise to do to get fit and stay fit

I found a personal trainer on the Internet | Jeremy recommends his personal trainer, who used to be an Olympic athlete | he sees a personal trainer three times a week

take things to extremes /teɪk θɪŋz tu :ɪks'triːms/ Phrase

if someone **takes things to extremes**, they do something much more than is normal or reasonable

it was a good idea to buy a second car, but a Jaguar is taking things to extremes | trust Jeff to take things to extremes – that's the fourth time he's been to see that film

valid /'vælɪd/ Adjective

ideas or opinions that are **valid** are based on reasonable thinking and can be justified even if you do not agree with them

a valid reason/excuse | a valid argument/opinion/point | a valid objection

a different view, but one that is equally valid | not enough evidence to reach a valid conclusion | I just don't agree that his criticism was valid | do you have any valid reasons for thinking that? | they raised a number of valid objections | there is no valid argument against the proposal

Noun: *validity* | Antonym: *invalid*

assessing the validity of his explanation | questioning the validity of her beliefs | most of his arguments in favour of the plan were invalid

PAGES 146–147

buzz /bʌz/ Noun

if there is a **buzz** around something, people are interested in it and are talking about it on social media and on TV or radio

a buzz about/around something | create a buzz

there's a fantastic buzz about Cardiff at the moment | it's expensive to live there, but London has a real buzz | I get a real buzz every time I step onto the stage (start performing in public) | the exhibition has already created a buzz after just two days

catchy /'kætʃi/ Adjective

something that is **catchy** gets your attention quickly and is easy to remember

her latest song has a really catchy opening | a catchy tune | it's an easy tune to remember – so catchy | a great song with a catchy chorus | a catchy slogan

fraction /'frækʃ(ə)n/ Noun

a **fraction** of something is a very small amount or quantity of it

a fraction of something

they set up the business at a fraction of the cost of opening a new restaurant | Nibali finished just a fraction of a second after Froome | only a fraction of the money was ever paid back

fuel /'fju:əl/ Verb

to **fuel** something means to provide it with the coal, gas, electricity, etc that it needs to operate. If you **fuel** yourself, you eat or drink something to give you energy

the boiler is fuelled by wood | the use of uranium to fuel nuclear power stations | eating together is not just fuelling ourselves, it's a social occasion

Noun: *fuel*

airlines pay no tax on aviation fuel (fuel that powers aeroplanes) | damage to the planet caused by burning fossil fuels (coal, gas, or oil which comes out of the ground) | we ran out of fuel

initially /ɪ'nɪʃ(ə)li/ Adverb

you use **initially** to describe what happens at the start of a process or series of events, especially when this later changes

initially, I didn't enjoy the job | the company was quite successful initially | Williams was initially reluctant but eventually agreed to the proposal

Adjective: *initial*

his initial reaction was positive | after an initial success, the business failed in 2009

loyal /'lɔɪəl/ Adjective

someone who is **loyal** supports someone or something reliably and without changing

fiercely loyal | loyal support | remain loyal (to someone or something)

luckily we have a large number of loyal customers | he's very loyal — always there for you when you need him | only a few remained loyal to the prime minister | you can be sure of our loyal support | 25 years' loyal service to the company | she is fiercely loyal to her family and her job

Adverb: *loyally* | Noun: *loyalty* || Opposite – Adjective: *disloyal*

fierce/great loyalty | blind loyalty | inspire loyalty | show loyalty | demand/expect loyalty

the servants showed great loyalty even when times were difficult | he inspires extraordinary loyalty among his staff | despite the setbacks, they loyally supported him | after 20 years with the company, it felt disloyal to leave and work for a competitor

passing fashion /'pɑ:ʃɪn 'fæʃən/ Noun

a **passing fashion** is something that becomes very successful and fashionable but then very quickly goes out of fashion and stops being successful

social media is surely not just a passing fashion | people thought neckties were a passing fashion, but they lasted over 100 years | shoes that represent timeless style, not passing fashion

pick up on /pɪk ʌp ɒn/ Phrasal verb

if you **pick up on** something, you become aware of it and react to it

he picked up on the feeling that food was important | the audience picked up on what he was trying to say and started laughing | am I the only person to have picked up on what's happening out there?

plugged-in /plʌgd ɪn/ Adjective

if you are **plugged-in**, you are aware of what is happening among the group of people who are like you because you follow social media

a group of plugged-in young followers | the latest track appeals to the plugged-in fans in the US as well as those in Britain | our plugged-in culture

recession /rɪ'seʃ(ə)n/ Noun

if there is a **recession**, there is much less business activity in a country, so some businesses do not make enough money to survive and some people lose their jobs

a global/worldwide/world recession | a deep/severe recession | a prolonged recession | a recession deepens | be in recession

the whole world is facing a global recession | an economic recession | the recession deepened in November | the country is in recession | since the recession ended, companies have created nearly 4.5 million jobs | the economy could sink into recession again | the measure failed to get the country out of recession

regular /'regjʊlə(r)/ Noun

a **regular** is a customer who often goes to the same shop, pub, restaurant, etc

he's been a regular here for nearly 30 years | you can tell who the regulars are because they get served straight away | they offer special discounts for regular customers

set up /set ʌp/ Phrasal verb

if you **set up** something such as a business, you make all the necessary preparations for it to start and to work properly

she wants to set up her own business when she finishes university | I run the company now, but it was my father who set it up | life was very hard when they were setting up the company

sticker /'stɪkə(r)/ Noun

a **sticker** is a piece of paper, usually with writing or a picture on it, that you can attach to something

the trucks were covered with colourful stickers | you have to put a sticker on the bag to show that you have paid | a sticker on the sofa said it was reduced to £750

trend /trend/ Noun

a **trend** is a new fashion or activity that lots of people start to like or get involved in

the current trend is to invest heavily in tech companies | this hairstyle is the latest trend | Hollywood has been a major influence on fashion and trends in many areas of life

Adjective: *trendy*

he always managed to look trendy whatever he was wearing

truck /trʌk/ Noun

a **truck** is a large road vehicle that is used for carrying goods. A **food truck** is a truck that carries food and cooking equipment and that stops somewhere and sells cooked meals to people

there was a long line of cars stuck behind a truck | there were several food trucks at the music festival | he drove a truck for a living | it took half an hour to load the truck | heavy trucks had damaged the road | the cafe was full of truck drivers

upmarket /ʌp'mɑː(r)kɪt/ Adjective

upmarket goods or services are very expensive and are made for people who are prepared to spend a lot of money on them

an upmarket restaurant in Pimlico | an upmarket sports car brand | there are several upmarket hotels by the harbour | they tried to move their cars more upmarket to appeal to the American market

van /væn/ Noun

a **van** is a road vehicle used for carrying things. **Vans** are bigger than cars but smaller than trucks or lorries
an ice-cream van (that carries and sells ice-creams) | we had to hire a van to get the wardrobe home | the two men were taken away in a police van | there was a white van outside the house | I never keep my equipment in the van overnight

viral /vaɪrəl/ Adjective

when something on the internet goes **viral**, it suddenly becomes very popular and lots of people see it or download it and talk about it

go viral

a number of their advertisements have gone viral | his blog went viral and a social media storm began | the video went viral with over a million views | viral videos can earn a lot of money through advertising

Adverb: *virally*

spread virally

news about the game spread virally through blogs and Twitter | the ad was shown online and promoted virally

PAGES 148–149

commitment /kə'mɪtmənt/ Noun

a **commitment** is a promise you have made or something that you legally must do and that you cannot avoid doing

paying rent for the next ten years is a big commitment | a minimum commitment of three months is required | a time commitment to the club of eight hours per month | I can't come to the meeting on Thursday because I have other commitments

Adjective: *committed*

we remain committed to supporting this agreement

follow-up /fɒləʊ ʌp/ Noun

a **follow-up** is something that is done to add to earlier work or to check that earlier work was done properly and successfully

a follow-up study confirmed the findings | a follow-up visit to the doctor two weeks after the operation | patients with this condition require follow-up on a regular basis | he refused to answer my follow-up questions

Phrasal verb: *follow up*

both groups were followed up after six months

get-out clause /ɡet aʊt kləʊz/ Noun

a **get-out clause** in a contract or lease is something that allows one side or the other to break the contract or leave some time before the stated end
it's a ten-year lease with a get-out clause after six years | we couldn't agree about the get-out clause | they chose to activate the get-out clause after three months

in someone's shoes /ɪn 'sʌmwʌnz juːz/ Phrase

you talk about being **in someone's shoes** when you are trying to explain what the best course of action would be for that person

if I were in your shoes, I wouldn't sign the contract | put yourself in his shoes and try and imagine what he should do | in your shoes, I'd go to a private doctor rather than wait any longer

innovative /ɪ'nəveɪtɪv/ Adjective

something that is **innovative** involves the use of new ideas to create something that is original

an innovative approach to traffic management | the new packaging has an innovative design | it was a highly innovative product when it was launched | his ideas did not seem very innovative

Verb: *innovate* | Noun: *innovation* | Noun: *innovator*
all organisations need to constantly innovate and learn | those who do not innovate will simply not survive | the industry grew rapidly thanks to the latest innovations | technological innovations came rapidly as the 20th century advanced | Ron was an innovator – an "ideas" man | we need to identify the next generation of innovators

lease /liːs/ Noun

a **lease** is a legal agreement that lets someone use a building, car, piece of land etc for a certain period of time, usually in exchange for regular payments

a ten-year lease | the lease is up soon (the period of time will soon end) | we want to renew our lease (start a new one) | the lease has a get-out clause after three years

posture /'pɒstʃə(r)/ Noun

your **posture** is the way you hold your body. If you have **good posture** you stand or sit very straight

good posture is important if you want to create a good impression in the interview | his posture was relaxed and confident | his back pain was the result of bad posture | there are several health risks associated with poor posture

PAGES 150–151

consolidate /kən'splɪdeɪt/ Verb

when a business **consolidates** its activities, it starts combining different parts or different activities in order to try and work more efficiently

we're having to consolidate the range of services we provide | the companies consolidated into four main businesses | the Bristol factory was closed, and operations were consolidated at the Newcastle centre

Noun: *consolidation*

a period of consolidation followed the takeover

flip side /flɪp saɪd/ Noun

the **flip side** of a good situation is a disadvantage that it has

on the flip side

the hotel was comfortable, but on the flip side, the weather was dreadful | the shop was still open, but on the flip side, they'd run out of bread

greenhouse /'ɡriːn,haʊs/ Noun

a **greenhouse** is a small building with glass sides and a roof that people use for growing seeds and for plants that need to be warm

we have a small greenhouse at the bottom of the garden | a south-facing greenhouse | I grow tomatoes and cucumbers in the greenhouse

harvest /'hɑː(r)vɪst/ Noun

harvest is the process of collecting crops from the fields where they have been growing. A **harvest** is all the crops once they have been collected

better farming techniques will lead to better harvests | the weather stayed fine throughout the harvest | the harvest takes between 10 and 30 days | after three weeks, the harvest was all gathered in | the wheat harvest yielded 2,500 tons of grain | there was a record harvest in 2014 (the biggest amount ever was collected)

Verb: *harvest*

boys were released from school to help the farmers harvest their crops | the crop was harvested early to make room for summer vegetables

herb /hɜː(r)b/ Noun

a **herb** is a plant with leaves that are used to add flavour to food

mint is an easy herb to grow in your garden | add some chopped herbs before you serve it | use fresh herbs if you can get them | a jar of mixed, dried herbs

inventory /'ɪnvəntəri/ Noun

a shop's **inventory** is all the items it has available for sale at one time

shops use barcode scanners to keep track of inventory | their inventory includes over 3,000 separate items | inventory control is essential for a successful business

massive /'mæsɪv/ Adjective

something that is **massive** is very big and very serious or impressive

we suffer massive inventory losses | they live in a massive house in Newport | the factory is absolutely massive | the massive shape of Mount Snowdon appeared through the mist | we faced massive costs for repairing the house

pebble /'peb(ə)l/ Noun

a **pebble** is a small, smooth stone found especially on beaches by the sea

most of the beach is covered in pebbles | running over pebbles in bare feet is quite uncomfortable | I prefer sandy beaches to ones with pebbles | she collects pebbles with holes in them

quality over quantity /'kwɒləti 'əʊvə 'kwɒntəti/ Phrase

if you talk about **quality over quantity**, you are saying it is better to have a small amount of good quality things than a large amount of things of poor quality

I'd choose quality over quantity every time | it's time we concentrated on quality over quantity | with furniture, choose quality over quantity

retail area /'riːteɪl 'eəriə/ Noun

a **retail area** is part of a building or place where goods are sold to the public

the ground floor is a massive retail area | we plan to expand the retail area at the farm (make it bigger) | this is the main retail area of the town | Manchester has two large retail areas

shipping container /'ʃɪpɪŋ kən'teɪnə/ Noun

a **shipping container** is a very large metal container for transporting goods that can be easily transferred from lorries onto ships and back onto lorries

a standard 40 foot long shipping container | the invention of shipping containers in 1956 completely changed the way goods were transported | the company bought another 12 shipping containers

soil /sɔɪl/ Noun uncount

soil is the earth in which plants grow

fertilisers that will improve the soil | a good fertile soil | struggling to grow crops in poor soils | a sandy soil | a clay soil | well drained soil is essential for these plants | these soil samples were analysed

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human nature /'hjuːmən 'neɪtʃə/ Noun uncount

human nature is the usual and general way in which people behave

someone will offer to help – that's human nature after all | it's human nature to ask questions | it's in human nature to want to keep things the same | making mistakes is human nature too

ladder /'lædə(r)/ Noun

a **ladder** is a piece of equipment that you use to climb up to high places, consisting of two long sides connected by wooden or metal bars for your feet

I fell off a ladder and broke my leg | I'll need a ladder to clean the upstairs windows | the ladder wasn't long enough to reach the roof | can you hold the bottom of the ladder while I climb up it?