



Wordlist Gold B2 First (chronological)

Headword	Pronunciation	Part of speech	German	French	Italian	Definition
Unit 1						
absolutely	'æbsəlu:tli, ,æbsə'lu:tli	adv	vollkommen	absolument	assolutamente	completely and in every way
accustomed to	ə'kʌstəmd tə	adj	gewöhnt an	habitué à	abituato a	to be familiar with something and accept it as normal
achieve	ə'tʃi:v	v	erreichen, erzielen	atteindre	conseguire	to successfully complete something or get a good result, especially by working hard
ambitious	æm'biʃəs	adj	ehrgeizig		ambizioso	determined to be successful, rich, powerful, etc.
anti-establishment	'ænti ɪ'stæblɪʃmənt	n	gegen das Establishment	contestataire, d'opposition	contro l'establishment, contro il sistema	opposed to or working against the government or another power structure in society
appeal	ə'pi:l	n	Aufruf	appel	appello, ricorso	an urgent request for something important
attraction	ə'trækʃən	n	Anreiz, Verlockung	attrait	attrattiva, fascino	a feature or quality that makes something seem interesting or enjoyable
baking-hot	'beɪkɪŋ hɒt	adj	brütend heiß	torride	torrido	really hot
band	bænd	n	Band	groupe	band, gruppo musicale	a group of musicians, especially a group that plays popular music
based	beɪst	adj	sein Büro haben in, niedergelassen sein	basé à	con sede a	if you are based somewhere, that is the place where you work or where your main business is
blogger	'blɒgə	n	Blogger/in	blogueur/blogueuse	blogger	someone who writes about their experiences, opinions, etc., on a website, often with images and links to other sites
campsite	'kæmpsaɪt	n	Campingplatz	terrain de camping	campeggio	an area where people can camp, often with a water supply and toilets

can't stand	kɑ:nt stænd	v	nicht ausstehen können	ne pas supporter	non sopportare	to have a strong dislike for something or someone
cater for	'keɪtə fɔ:	phrv	jmd versorgen, verpflegen	pourvoir aux besoins de	provvedere alle necessità di	to provide a particular group of people with the things they need or want
clubbing	'klʌbɪŋ	n	abends ausgehen	sortir en boîte	frequentare locali notturni, andare in discoteca	the activity of going to nightclubs
computer game	kəm'pjʊ:tə geɪm	n	Computerspiel	jeu informatique	videogioco	a game that is played on a computer
confirm	kən'fɜ:m	v	bestätigen	confirmer	confermare	to show that something is definitely true, especially by providing more proof
crash	kræʃ	v	abstürzen	planter	smettere di funzionare, bloccarsi	an occasion when a computer or computer system suddenly stops working
cultural event	'kʌltʃərəl ɪ'vent	n	kulturelle Veranstaltung	événement culturel	evento culturale	an event relating to an artistic or social theme
dried-up	'draɪd-'ʌp	adj	ausgetrocknet	asséché	secco	without water or moisture – completely dry
enjoy	ɪn'dʒɔɪ	v	mögen, Gefallen finden an	aimer, se jouir de	piacere, gradire	to get pleasure from something
exercise	'eksəsaɪz	n	(Körper-)Training	activité physique	esercizio fisico	physical activities that you do in order to stay healthy and become stronger
exploit	ɪk'splɔɪt	v	ausbeuten	exploiter	sfruttare	to treat someone unfairly by asking them to do things for you, but giving them very little in return – used to show disapproval
extravagant	ɪk'strævəgənt	adj	übertrieben, extravagant	excessif	eccessivo, stravagante	spending or costing a lot of money, especially more than is necessary or more than you can afford
facilities	fə'sɪlɪtɪz, fə'sɪlətɪz	n	Einrichtung, Ausstattung	installations	servizi	rooms, equipment, or services that are provided for a particular purpose
festival	'festɪvəl, 'festɪvəl	n	Festival	festival	festival	an occasion when there are performances of many films, plays, pieces of music, etc., usually happening in the same place every year
flock	flok	v	strömen, herbeiströmen	affluer	affollarsi	if people flock to a place, they go there in large numbers because something interesting or exciting is happening there
fortune	'fɔ:tʃən	n	Vermögen	fortune	fortuna, patrimonio	a very large amount of money
free-time	fri: taɪm	n	Freizeit	temps libre	tempo libero	spare time you use for hobbies and other activities you enjoy

friend	frend	n	Freund/in	ami/e	amico/-a	someone who you know and like very much, and enjoy spending time with
gain	geɪn	v	bekommen, erhalten	recevoir, obtenir	guadagnare, ottenere	to obtain or achieve something you want or need
genre	'ʒɒnrə	n	Genre	genre	genere	a particular type of art, writing, music, etc., which has certain features that all examples of this type share
gig	ɡɪɡ	n	Gig, bezahlter Auftritt	concert	esibizione, concerto	a performance by a musician or a group of musicians, for e.g., playing modern popular music or jazz, or a performance by a comedian
gist	dʒɪst	n	das Wesentliche	essentiel	sostanza, essenza	the main idea and meaning of what someone has said or written
go from strength to strength	ɡəʊ frəm streŋθ tə streŋθ	phrase	immer stärker werden, immer erfolgreicher werden	aller de succès en succès	continuare a crescere, andare di bene in meglio	to become more and more successful
guitar	ɡɪ'tɑ:	n	Gitarre	guitare	chitarra	a musical instrument usually with six strings that you play by pulling the strings with your fingers or with a plectrum (= a small piece of plastic, metal, etc.)
gym	dʒɪm	n	Fitnessstudio	salle de sport	palestra	a special building or room that has equipment for doing physical exercise
hardly ever	'hɑ:dli 'evə	adv	kaum	presque jamais	quasi mai	almost never
headliner	'hedlaɪnə	n	Headliner, Hauptband	vedette, tête d'affiche	star, artista principale	the main performer or band in a concert
heatstroke	'hi:tstrəʊk	n	Hitzschlag	coup de chaleur	colpo di calore	fever and weakness caused by being outside in the heat of the sun for too long
host	'həʊst	v	Gastgeber sein	accueillir	ospitare	to provide the place and everything that is needed for an organized event
I'm really into	aɪm 'ri:əli 'ɪntə	idiom	begeistert sein von	être passionné de	piacere davvero	to really like or enjoy something
iconic	aɪ'kɒnɪk	adj	kultig, Kult-	iconique, emblématique	iconico	in recent times this has come to refer to highly original, influential or unique works or art, artists or performers who have become very popular and stylish
impoverished	ɪm'pɒvərɪʃt	adj	verarmt	appauvri, ruiné	impoverito	reduced to poverty
inspiration	ˌɪnspə'reɪʃən, ˌɪnspɪ'reɪʃən	n	Inspiration	inspiration	ispirazione	a good idea about what you should do, write, say, etc., especially one which you get suddenly
inspire	ɪn'spaɪə	v	inspirieren	inspirer	ispirare	to encourage someone by making them feel confident and eager to do something

irresistible	,ɪrɪ'zɪstəbəl, ,ɪrɪ'zɪstɪbəl	adj	unwiderstehlich	irrésistible	irresistibile	so attractive, desirable, etc., that you cannot prevent yourself from wanting it
keen on	ki:n ɒn	phrv	scharf sein auf, Lust haben auf	aimer, être avide de	essere appassionato di	to like someone or something
line-up	laɪn ʌp	n	Line-up, Aufstellung, auftretende Künstler	programmation	elenco degli artisti	a group of people, especially performers, who are involved in an event
Be located	ləʊ'keɪt	v	sich befinden, liegen	être situé	trovarsi	to be in a particular position or place
mainstream	'meɪnstri:m	n	etabliert, massenkompatibel	populaire, grand public	convenzionale	common or popular ideas or methods
merchandise	'mɜ:tʃəndaɪz, 'mɜ:tʃəndaɪs	n	Waren, Produkte	marchandise	merce	goods that are being sold
miss out on	mɪs aʊt ɒn	phrv	verpassen	manquer, rater	lasciarsi sfuggire	miss a chance to do or achieve something
monopoly	mə'nɒpəli	n	Monopol	monopole	monopolio	a company or government that has complete control so others cannot compete with it
museum	mju:'ziəm	n	Museum	musée	museo	a building where important cultural, historical, or scientific objects are kept and shown to the public
music	'mju:zɪk	n	Musik	musique	musica	a series of sounds made by instruments or voices in a way that is pleasant or exciting
now and again	naʊ ənd ə'gen	adv	hin und wieder	de temps à l'autre	di tanto in tanto	sometimes
online	'ɒnlaɪn	adj	online	en ligne	online	connected to other computers through the Internet, or available through the Internet
overshadow	,əʊvə'ʃæd	v	etwas in den Schatten stellen	éclipser	offuscare, eclissare	to make someone or something else seem less important
playlist	'pleɪlɪst	n	Playlist, Wiedergabeliste	liste de chansons, playlist	playlist, elenco dei brani	the list of songs that a radio station plays
prefer	pri'fɜ:	v	bevorzugen	préférer	preferire	to like someone or something more than someone or something else
present	pri'zent	v	präsentieren	présenter	presentare	to show or describe someone or something
profitable	'prɒfətəbəl, 'prɒfɪtəbəl	adj	profitabel	rentable	redditizio	producing a profit or a useful result
promoter	prə'məʊtə	n	Veranstalter/in, Organisator/in, Promoter/in	organisateur/-trice, imprésario	promotore/ promotrice	someone who arranges and advertises concerts or sports events

quite	kwaɪt	predetermined, adv	recht, ziemlich	assez	abbastanza	very, but not extremely
reality	ri'æləti, ri'ælɪti	n	Wahrheit	réalité	realità	what actually happens or is true, not what is imagined or thought
recognise	'rekəɡnaɪz, 'rekənaɪz	v	erkennen	reconnaître	riconoscere	to know who someone is or what something is, because you have seen, heard, experienced, or learned about them in the past
release	rɪ'li:s	v	freilassen	libérer	scarcerare	to let someone go free, after having kept them somewhere
resolve	rɪ'zɒlv	v	lösen	résoudre	risolvere	to find a satisfactory way of dealing with a problem or difficulty
situated	'sɪtʃuɪtəd, 'sɪtʃuɪtɪd	adj	gelegen sein, sich befinden	situé	situato	to be in a particular position or place
social media	'səʊʃəl 'mi:diə	n	soziale Medien	média social	social media	websites and apps that people use to create or share content, or as a way to make friends or keep in touch with people they know
splash out	splæʃ aʊt	phrv	tief in die Tasche greifen	faire une folie, se payer	sperperare, spendere una pazzia	to spend a lot of money on something
stroke of genius	strəʊk əv 'dʒi:niəs	idiom	Geniestreich	coup de génie	colpo di genio	Something done in an excellent or creative way
switch off	swɪtʃ ɒf	phrv	ausschalten	éteindre	spegnere	to turn off a machine, light, radio, etc., using a switch
take after	teɪk 'ɑ:ftə	phrv	jmd ähneln	être le portrait craché de qn.	somigliare a	to look or behave like an older relative
take back	teɪk bæk	phrv	zurückbringen	retourner, rendre	restituire	to return something you have bought to a shop because it is not suitable
take into account	teɪk 'ɪntə ə'kaʊnt	idiom	berücksichtigen	tenir compte de	tener conto di	to consider or include particular facts or details when making a decision or judgment about something
take off	teɪk ɒf	phrv	abheben	décoller	decollare, avere successo	to suddenly become successful
take over	teɪk 'əʊvə	phrv	übernehmen	prendre le contrôle de	rilevare	to take control of something
take up	teɪk ʌp	phrv	annehmen	accepter	accettare	to accept a suggestion, offer or idea
taste	teɪst	n	Geschmack	goût	sapore	the feeling that is produced by a particular food or drink when you put it in your mouth
track	træk	n	Musikstück	morceau	traccia	one of the songs or pieces of music on a record, CD, etc.
venue	'venju:	n	Veranstaltungsort	lieu	luogo di incontro	a place where an organized meeting, concert, etc., takes place

vinyl	'vaɪnəl, 'vaɪnɪl	n	Vinyl, LP	vinyle	vinile	records, made of a strong type of plastic, played on a record player
yoga	'jəʊgə	n	Yoga	yoga	yoga	a system of exercises that help you control your mind and body in order to relax
Unit 2						
accessible	ək'sesəbəl, ək'sesɪbəl	adj	erreichbar, zugänglich	accessible	accessibile	a place, building, or object that is accessible is easy to reach or get into
according to	ə'kɔːdɪŋ tə	prep	zufolge, gemäß	selon, d'après	secondo	as shown by something or stated by someone
accounting	ə'kaʊntɪŋ	n	Rechnungswesen	comptabilité	contabilità, ragioneria	the profession or work of keeping or checking financial accounts, same as accountancy
admiration	ˌædmə'reɪʃən	n	Bewunderung	admiration	ammirazione	a feeling of great respect and liking for something or someone
adventurous	əd'ventʃərəs	adj	waghalsig, kühn	aventureux	audace	not afraid of taking risks or trying new things
age gap	eɪdʒ ɡæp	n	Altersunterschied	différence d'âge	differenza d'età	the difference in age between two people
alter	'ɔːltə	v	sich verändern	changer	cambiare	to change, or to make someone or something change
avoid	ə'vɔɪd	v	vermeiden	éviter	evitare	to prevent something bad from happening
be prepared to	bɪ prɪ'peəd tə	v	bereit sein zu	prêt pour	essere preparato per	be willing to do something
benefit from	'benɪfɪt, 'benɪfɪt frəm	v	profitieren von, Nutzen ziehen aus	bénéficier de	trarre vantaggio da	if you benefit from something, it gives you an advantage, improves your life or helps you in some way
bond	bɒnd	n	Bindung	lien	legame	something that unites two or more people or groups, such as love, or a shared interest or idea
break into	breɪk 'ɪntə	phrv	eindringen in	percer	penetrare, inserirsi	to become involved in a new job or business activity
brief spell	briːf spel	n	kurze Zeit	un petit moment	breve periodo di tempo	a short period of time
care	keə	n	Pflege	soins	cure, assistenza	the process of looking after someone, especially because they are ill, old, or very young
carry on	'kæri ɒn	phrv	fortfahren, weitermachen	continuer, poursuivre	continuare	to continue doing something
caution	'kɔːʃən	n	Vorsicht	prudence	cautela	the quality of being very careful to avoid danger or risks
characteristic	ˌkærəktə'rɪstɪk, ˌkærɪktə'rɪstɪk	adj	typisch, charakteristisch	caractéristique	caratteristico, tipico	a quality or feature of something or someone that is typical of them and easy to recognize
close relationship	kləʊz rɪ'leɪʃənʃɪp	n	enges Verhältnis zu	lien étroit	rapporto stretto	if you have a close relationship with someone you like or love each other very much
combination	ˌkɒmbə'neɪʃən, ˌkɒmbɪ'neɪʃən	n	Kombination	combinaison	combinazione	two or more different things that exist together or are used or put together

comfort	'kʌmfət	n	Bequemlichkeit	confort	comodità	a feeling of being physically relaxed and satisfied, so that nothing is hurting you, making you feel too hot or cold, etc.
compelling	kəm'pelɪŋ	adj	zwingend	pressant, urgent	convincente, plausibile	an argument, etc., that makes you feel certain that something is true or that you must do something about it
competitive	kəm'petətɪv, kəm'petɪtɪv	adj	wettbewerbsfähig	compétitif	competitivo	determined or trying very hard to be more successful than other people or businesses
consider	kən'sɪd	v	betrachten, ansehen	considérer	considerare	to think of someone or something in a particular way or to have a particular opinion
contradictory	kən'træ'dɪktəri	adj	widersprüchlich	contradictoire	contraddittorio	two statements, beliefs, etc., that are contradictory are different and therefore cannot both be true or correct
convince	kən'vɪns	v	überzeugen	convaincre	convincere	to make someone feel certain that something is true
cope (with)	kəʊp (wɪð)	v	zurechtkommen	gérer	fare i conti con	to succeed in dealing with a difficult problem or situation
copyright	'kɒpraɪt	n	Copyright, Urheberrecht	droit d'auteur, copyright	diritto d'autore	the legal right to be the only producer or seller of a book, play, film, or record for a specific length of time
criticise	'krɪtɪsaɪz, 'krɪtɪsaɪz	v	kritisieren	critiquer	criticare	to find fault with or judge something/someone negatively
crystal	'krɪstl	n	Kristall	cristal	cristallo	very high quality clear glass
define	dɪ'faɪn	v	definieren	définir, préciser	definire, descrivere	to describe something correctly and thoroughly, and to say what standards, limits, qualities, etc., it has that make it different from other things
deliberately	dɪ'lɪbərətli, dɪ'lɪbərɪtli	adv	absichtlich	intentionnellement	deliberatamente	done in a way that is intended or planned
desirable	dɪ'zaɪərəbəl	adj	wünschenswert, erstrebenswert	désirable	desiderabile	something that is desirable is worth having or doing
destiny	'destəni, 'destɪni	n	Schicksal	destinée	destino	the things that will happen to someone in the future, especially those that cannot be changed or controlled
determined	dɪ'tɜ:mənd, dɪ'tɜ:mɪnd	adj	entschlossen, bestimmt	résolu	determinato	having a strong desire to do something, so that you will not let anyone stop you
discourage	dɪs'kʌrɪdʒ	v	jmd abhalten, abratzen von	dissuader qn	scoraggiare, dissuadere	to persuade someone not to do something, especially by making it seem difficult or bad
divided	dɪ'vaɪd, də'vaɪd	adj	geteilt	divisé	diviso	if something divides, or if you divide it, it separates into two or more parts
drama	'drɑ:mə	n	Spielfilm	drame, film dramatique	dramma, opera drammatica	a play for the theatre, television, radio, etc., usually a serious one, or plays in general
dynasty	'dɪnəsti	n	Dynastie	dynastie	dinastia	a family of kings or other rulers whose parents, grandparents, etc., have ruled the country for many years

emotion	ɪ'məʊʃən	n	Emotion	émotion	emozione	a strong human feeling such as love, hate, or anger
enlist	ɪn'lɪst	v	anwerben, anheuern	engager	procurarsi	to persuade someone to help you to do something
equally	'i:kwəli	adv	ebenso, gleichermaßen	tout aussi	ugualmente	to the same degree or amount
extended family	ɪk'stendəd 'fæməli	n	erweiterte Familie, Großfamilie	famille élargie	famiglia allargata	a family group that consists not only of parents and children but also of grandparents, aunts, etc.
extreme	ɪk'stri:m	adj	extrem	extrême	estremo	very great in degree
fabulous	'fæbjələs, 'fæbjʊləs	adj	fabelhaft	fabuleux	favoloso, magnifico	extremely good or impressive
fake	feɪk	n	Fälschung	contrefaçon	falso, imitazione	a copy of a valuable object, painting, etc., that is meant to deceive people
field	fi:ld	n	Feld	champ	campo	an area of land in the country, especially one where crops are grown or animals feed on grass
firm	fɜ:m	n	Firma, Unternehmen	firme	azienda, ditta	a business or company, especially a small one
fixed personality	fɪkst 'pɜ:sə'næləti	n	feste Persönlichkeit	personnalité fixe	personalità delineata	to have a personality that does not change
follow in (sb's) footsteps	'fɒləv ɪn 'fʊtstɛps	phrase	in jmds Fußstapfen treten	suivre les traces de qn	seguire le orme (di qcn.)	to do the same thing as someone else, e.g. one of your parents, has done
form	'fɔ:m	v	sich bilden, entstehen	se former	formarsi	to start to exist, or make something start to exist, especially as the result of a natural process
generosity	'dʒenə'rɒsəti, 'dʒenə'rɒsɪti	n	Großzügigkeit	générosité	generosità	a generous attitude, or generous behaviour (= willing to give money, spend time to help someone, etc.)
get away	get ə'weɪ	phrv	wegkommen	pouvoir partir	andare via	to leave a place, especially when this is not easy
get on with	get ɒn wɪð	phrv	zurechtkommen mit	s'entendre avec	andare d'accordo con	if people get on with each other, they like each other and have a friendly relationship
give up	gɪv ʌp	phrv	aufgeben	arrêter de faire qc	rinunciare	to stop trying to do something
harm	hɑ:m	n	Schaden	mal	danno	damage, injury, or trouble caused by someone's actions or by an event
high-status	haɪ 'steɪtəs	n	hoch angesehen	statut élevé	alto rango, grande prestigio	a person who is greatly respected in society or their professional is high-standing
ideal	'aɪ'diəl	adj	ideal, ideal-	idéel	ideale	the best or most suitable that something could possibly be
impact	'ɪmpækt	n	Auswirkung	impact	impatto	the effect or influence that an event, situation, etc., has on someone or something
improve your chances	ɪm'pru:v jə tʃɑ:ns	phrase	seine Chancen verbessern	augmenter vos chances	aumentare le possibilità	increase the likelihood of something happening

in common	ɪn 'kɒmən	idiom	gemeinsam	en commun	in comune	to share or have the same characteristics or experiences as someone else
in reality	ɪn ri'æləti	idiom	in Wahrheit, tatsächlich	en réalité	in realtà	used to say that something is different from what people think
in that respect	ɪn ðæt rɪ'spekt	adv	in dieser Hinsicht	à cet égard	a tale riguardo	in this respect refers back to an idea or point previously expressed in a statement
inconsistent	ɪnkən'sɪstənt	adj	nicht übereinstimmend	contradictoire, incohérent	incongruente	two statements that are inconsistent cannot both be true
independent	ɪndə'pendənt, ɪndɪ'pendənt	adj	unabhängig	indépendant	indipendente	an independent organization is not owned or controlled by, or does not receive money from, another organization or the government
inevitable	ɪ'nevətəbəl, ɪ'nevɪtəbəl	adj	unvermeidbar	inévitabile	inevitabile	certain to happen and impossible to avoid
influence	'ɪnfluəns	n	Einfluss	influence	influenza, ascendente	the power to affect the way someone or something develops, behaves, or thinks, without using direct force or orders
inherit	ɪn'herɪt, ɪn'herət	v	erben	hériter	ereditare	to receive money, property, etc., from someone after they have died
initially	ɪ'nɪʃəli	adv	ursprünglich, zuerst	initialement	inizialmente	at the beginning
intellectual property	ɪntə'lektʃuəl 'prɒpəti	n	geistiges Eigentum	propriété intellectuelle	proprietà intellettuale	something which someone has invented or has the right to make or sell, especially something that cannot legally be copied by other people
intelligence	ɪn'telədʒəns, ɪn'telɪdʒəns	n	Intelligenz	intelligence	intelligenza	the ability to learn, understand, and think about things
intensify	ɪn'tensəfaɪ, ɪn'tensɪfaɪ	v	sich verstärken, sich intensivieren	s'intensifier	intensificare	to increase in degree or strength, or to make something do this
investigator	ɪn'vestəgeɪtə, ɪn'vestɪgeɪtə	n	Ermittler	enquêteur/-trice	investigatore/ investigatrice	someone who investigates things, especially crimes
jealousy	'dʒeləsi	n	Eifersucht	jalousie	gelosia	a feeling of being jealous
make it	meɪk ɪt	verb phrase	schaffen	arriver à temps	farcela	to succeed in getting somewhere in time for something or when this is difficult
make (perfect) sense	meɪk 'pɜ:fɪkt sens	phrase	Sinn machen	avoir du sens	avere (perfettamente) senso	to have a clear meaning and be easy to understand
market trader	'mɑ:kət 'treɪdə	n	Markthändler	marchand/e	commerciante del mercato	someone who works on a market stall selling items

meaning	'mi:nɪŋ	n	Bedeutung	sens	significato	the thing or idea that a word, expression, or sign represents
modify	'mɒdɪfaɪ, 'mɒdɪfaɪ	v	verändern, anpassen	modifier	modificare, cambiare	to make small changes to something in order to improve it and make it more suitable or effective
mood	mu:d	n	Stimmung, Laune	humeur	umore	the way you feel at a particular time
natural talent	'nætʃərəl 'tælənt	n	Naturtalent	talent naturel	talento naturale	a natural ability to do something
neatly	'ni:tli	adv	ordentlich	avec soin	accuratamente	tidy and carefully arranged
negative	'negətɪv	adj	negativ	négatif	negativo	harmful, unpleasant, or not wanted
occur to (sb)	ə'kɜ:tə	phrv	jmd in den Sinn kommen	venir à l'esprit de qn	venire in mente a (qcn.)	if an idea or a thought occurs to you, it suddenly comes into your mind
open doors	'əʊpən dɔ:z	v	Türen öffnen	ouvrir des portes	aprire le porte	to give an opportunity to someone to do something
outlook	'aʊtlʊk	n	Blick	point de vue	punto di vista, atteggiamento	your general attitude to life and the world
oversimplify	'əʊvə 'sɪmpləfaɪ	v	übermäßig vereinfachen	simplifier à l'extrême	semplificare eccessivamente	to describe something in a way that is too simple and ignores many facts
personality	,pɜ:sə'næləti, ,pɜ:sə'nælɪti	n	Persönlichkeit	personnalité	personalità	someone's character, especially the way they behave towards other people
perspective	pə'spektɪv	n	Perspektive	perspective	prospettiva	a way of thinking about something, especially one which is influenced by the type of person you are or by your experiences
pessimist	'pesəmɪst, 'pesɪmɪst	n	Pessimist/in	pessimiste	pessimista	someone who always expects that bad things will happen
positive	'pɒzətɪv, 'pɒzɪtɪv	adj	positiv	positif	positivo	if you are positive about things, you are hopeful and confident, and think about what is good in a situation rather than what is bad
practical	'præktɪkəl	adj	praktisch	pratique	pratico	relating to real situations and events rather than ideas, emotions, etc.
prediction	pɪ'dɪkʃən	n	Vorhersage	prédiction	previsione	a statement about what you think is going to happen, or the act of making this statement
pressure	'preʃə	n	Druck	pression	pressione	an attempt to persuade someone by using influence, arguments, or threats
put (sb) off	put ɒf	phrv	jmd abstoßen	dégoûter qn	scoraggiare (qcn.)	to make you dislike something or not want to do something
realistic	riə'lɪstɪk	adj	realistisch	raisonnable, réaliste	realistico	judging and dealing with situations in a practical way according to what is actually possible rather than what you would like to happen

regret	rɪ'gret	v	bedauern, bereuen	regretter	rimpiangere	to feel sorry about something you have done and wish you had not done it
relevant	'reləvənt, 'relɪvənt	adj	relevant, wichtig	pertinent, important	rilevante, importante	directly relating or linked to the subject or problem being discussed or considered
reliability	rɪ,laiə'bi:ləti, rɪ,laiə'bi:lɪti	n	Zuverlässigkeit	fiabilité	affidabilità	someone or something that has reliability can be trusted or depended on
relieved	rɪ'li:vɪd	adj	erleichtert	soulagé	sollevato	feeling happy because you are no longer worried about something
rely on	rɪ'lai ɒn	phrv	sich verlassen auf	compter sur	contare su	to trust or depend on someone or something to do what you need or expect them to do
reputation	,repjə'teɪʃən, ,repju'teɪʃən	n	Ruf, Ansehen	réputation	reputazione	the opinion that people have about someone or something because of what has happened in the past
right	raɪt	n	Recht	droit	diritto	something you are morally, legally, or officially allowed to do or have
role model	rəʊl 'mɒdl	n	Vorbild	modèle, exemple	nodello, esempio da seguire	someone whose behaviour, attitudes, etc., people try to copy because they admire them
set up	set ʌp	phrv	gründen	installer, fonder	fondare	to start a company, organization, committee, etc.
shared memory	ʃeəd 'meməri	n	gemeinsame Erinnerung	mémoire partagée	ricordi condivisi	to have the same memory of an event as someone else
sibling	'sɪblɪŋ	n	Geschwister	frère/soeur	fratello/sorella	a brother or sister
slight chance	slaɪt tʃɑ:ns	n	geringe Möglichkeit	petite chance	remota possibilità	a small possibility of something happening
specialise in	'speʃəlaɪz ɪn	v	sich spezialisieren auf	se spécialiser en	specializzarsi in	to limit all or most of your study, etc., business, etc., to a particular subject or activity
stage	'steɪdʒ	n	Runde, Etappe	étape, phase	tappa, fase	one of the parts which something such as a competition or process is divided into
stand-up comedian	'stænd ʌp kə'mi:diən	n	Stand-Up-Comedian, Kabarettist	humoriste	cabarettista	a comic performer who usually speaks directly to the live audience they perform in front of
sum (st) up	sʌm ʌp	phrv	etw zusammenfassen	résumer qc	riassumere (qcs.)	to describe someone/something using only a few words
support (sb)	sə'pɔ:t	v	unterhalten, ernähren, unterstützen	subvenir aux besoins de qn	mantenere, provvedere a (qcn.)	to provide enough money for someone to pay for all the things they need
sympathy	'sɪmpəθi	n	Sympathie, Mitgefühl, Verständnis	compassion, sympathie	comprensione, empatia	the feeling of being sorry for someone who is in a bad situation

take after (sb)	teɪk 'ɑ:ftə	phrv	jmd ähneln, nach jmd kommen	être le portrait craché de qn	somigliare a (qcn.)	to look or behave like an older relative
take risks	teɪk rɪks	collocation	Risiken eingehen	prendre des risques	correre dei rischi	to continue with an action which might be dangerous
talk (sb) into (st)	tɔ:k 'ɪntə	phrv	jmd zu etw überreden	convaincre qn de faire qc	convincere (qcn.) a fare (qcs.)	to persuade someone to do something
tend to do (st)	tend tə du:	v	dazu neigen, etw zu tun	avoir tendance à faire qc	tendere a fare (qcs.)	if something tends to happen, it happens often and is likely to happen again
thoughtful	'θɔ:tfəl	adj	rücksichtsvoll, umsichtig	attentionné	premuroso	always thinking of the things you can do to make people happy or comfortable
thrill-seeker	'θrɪl ,si:kə	n	Adrenalinsüchtige/r	casse-cou	chi cerca il brivido	someone who does things that are dangerous because they like the feeling of excitement it gives them
track (sb/st) down	træk daʊn	phrv	ausfindig machen, aufspüren	trouver	trovare (qcs./qcn.)	to find someone or something that is difficult to find by searching or looking for information in several different places
treat	tri:t	v	behandeln	traiter	trattare	to behave towards someone or something in a particular way
undercover	ˌʌndə'kʌvə	adj	verdeckt, geheim	clandestin, secret	segreto	undercover work is usually done secretly by the police in order to catch criminals or find out information
unimaginative	ˌʌnɪ'mædʒənətɪv, ˌʌnɪ'mædʒɪnətɪv	adj	fantasielos	peu imaginaire	poco creativo	lacking the ability to think of new or unusual ideas
uninspiring	ˌʌnɪn'spaɪərɪŋ	adj	uninspirierend	terne	non interessante, poco stimolante	not at all interesting or exciting
unrealistic	ˌʌnrɪə'lɪstɪk	adj	unrealistisch	irréaliste	irrealistico	unrealistic ideas or hopes are not reasonable or sensible
unsociable	ʌn'səʊʃəbəl	adj	ungesellig	peu sociable	poco socievole	not wanting to be with people or at a time which doesn't fit with people's usual routines
vaguely	'veɪɡli	adv	vage, ungenau	vaguement	vagamente	slightly
wander	'wɒndə	v	spazieren, wandern	flâner	andare in giro	to walk slowly across or around an area, usually without a clear direction or purpose
weird	wɪəd	adj	seltsam, merkwürdig	bizarre, étrange	strano	very strange and unusual, and difficult to understand or explain
wholesale business	'həʊlseɪl 'bɪznəs	n	Großhandel	vente en gros	attività all'ingrosso	a business involved in the sale of goods to retailers, industrial commercial businesses, etc., - generally involved in the sale of goods to anyone other than standard consumers
work out	wɜ:k aʊt	phrv	gelingen, gut gehen, sich lösen	résoudre, trouver une solution	risolversi	if a problem or complicated situation works out, it gradually gets better or gets solved

Unit 3

absence	'æbsəns	n	Fehlen, Abwesenheit	manque, absence	assenza	the lack of something or the fact that it does not exist
alien	'eɪliən	adj	fremdartig, fremd	étranger	straniero	very different from what you are used to, especially in a way that is difficult to understand or accept
ambition	æm'biʃən	n	Ehrgeiz, Ziel	ambition	ambizione	a strong desire to achieve something
appropriate	ə'prəʊpri-ət, ə'prəʊpri-ɪt	adj	angemessen, geeignet	approprié	adatto	correct or suitable for a particular time, situation, or purpose
attachment	ə'tætʃmənt	n	Verbundenheit, Bindung	attachement	attaccamento	a feeling that you like or love someone or something and that you would be unhappy without them
bargain	'bɑ:gən, 'bɑ:gɪn	n	Schnäppchen, Angebot	occasion	affare	something you buy cheaply or for less than its usual price
be involved in	bi'ɪn'vɒlvd'ɪn	v	beteiligt sein an	participer à	essere coinvolto in	to take part in an activity or event, or be connected with it in some way
be lost without	bi'lɒst wɪð'ɔ:t	v	verloren sein ohne	être perdu sans	essere perso senza	to not feel confident about what to do or how to behave
boredom	'bɔ:dəm	n	Langeweile	ennui	noia	the feeling you have when you are bored, or the quality of being boring
bury	'beri	v	vergraben	enfouir	nascondere, seppellire	to cover or hide something
by far	baɪ fɑ:	idiom	bei weitem	de loin	di gran lunga	by a great deal, very much
cause	kɔ:z	v	verursachen	causer	causare	to make something happen, especially something bad
cheer up	tʃɪə'ʌp	phrv	bessere Laune bekommen	retrouver le sourire	risollevarsi, tirarsi su di morale	to become less sad, or to make someone feel less sad
claim	kleɪm	v	behaupten	prétendre	sostenere, affermare	to state that something is true, even though it has not been proved
community	kə'mju:nəti, kə'mju:nɪti	n	Gemeinde	quartier	comunità	the people who live in the same area, town, etc.
compare	kəm'peə	v	vergleichen	comparer	confrontare	to consider two or more things or people, in order to show how they are similar or different
comparison	kəm'pærəsən, kəm'pærɪsən	n	Vergleich	comparaison	paragone	the process of comparing two or more people or things
concept	'kɒnsept	n	Konzept	conception	concetto, idea	an idea of how something is, or how something should be done
confused	kən'fju:zd	adj	durcheinander, verwirrt	confus, désorienté	confuso	unable to understand or think clearly about what someone is saying or what is happening
considerate	kən'sɪdərət, kən'sɪdəɪt	adj	aufmerksam	attentionné	premuroso	always thinking of what other people need or want and being careful not to upset them

construction	kən'strʌkʃən	n	Bau, Errichtung	construction	costruzione	the process of building things such as houses, bridges, roads, etc.
content	'kɒntent	adj	zufrieden	content, satisfait	contento	happy and satisfied
contrasting	kən'trɑ:stɪŋ	adj	kontrastierend	contrasté	contrastante	two or more things that are contrasting are different from each other, especially in a way that is interesting or attractive
control	kən'trəʊl	v	kontrollieren	contrôler	controllare	to have the power to make the decisions about how a country, place, company, etc., is organized or what it does
crucial	'kru:ʃəl	adj	entscheidend, zentral	crucial, essentiel	cruciale	something that is crucial is extremely important, because everything else depends on it
damp	dæmp	adj	feucht	humide	umido	slightly wet, often in an unpleasant way
debt	det	n	Schulden	dette	debito	a sum of money that a person or organization owes
dedicated	'dedəkeɪtəd, 'dedɪkeɪtəd	adj	engagiert	dédié	dedito, dedicato	someone who is dedicated works very hard at what they do because they care a lot about it
designer brand	dɪ'zɑɪnə brænd	n	Designermarke	marque de créateur	marchio di design	a make of clothing or a product which is popular and fashionable, relating to a particular designer/company
desperate	'despəreɪt, 'despəɪt	adj	verzweifelt	désespéré	disperato	willing to do anything to change a very bad situation, and not caring about danger
directly	də'rektli, dɪ'rektli, daɪ-	adv	direkt	directement	direttamente	with no other person, action, process, etc., between
disadvantaged	ˌdɪsəd'vɑ:ntɪdʒd	adj	benachteiligt	défavorisé	svantaggiato	having social problems, such as a lack of money or education, which make it difficult for you to succeed
distraction	dɪ'strækʃən	n	Ablenkung	distraktion	distrazione	something that stops you paying attention to what you are doing
embarrassed	ɪm'bærəst	adj	verlegen	gêné	imbarazzato, a disagio	feeling uncomfortable or nervous and worrying about what people think of you, for example because you have made a silly mistake, or because you have to talk or sing in public
embrace	ɪm'breɪs	v	annehmen	adopter, épouser	accettare, abbracciare	to eagerly accept a new idea, opinion, religion, etc.
engage	ɪn'geɪdʒ	v	fesseln, wachhalten	engager	attrarre, coinvolgere	to attract someone's attention and keep them interested
enthusiasm	ɪn'θju:ziæzəm	n	Begeisterung	passion	entusiasmo	a strong feeling of interest and enjoyment about something and a keenness to be involved in it
fascinated	'fæsəneɪtəd, 'fæsɪneɪtəd	adj	fasziniert	fasciné	affascinato	extremely interested by something or someone

financing	'faɪnænsɪŋ	n	Finanzierung	financement	finanziamento	to provide money, especially a lot of money, to pay for something
force	'fɔːsɪz	n	Kraft	force	forza	something or someone who is powerful and has a lot of influence on the way things happen
generation	'dʒenə'reɪʃən	n	Generation	génération	generazione	all people of about the same age
get your hands on	get jə hændz ɒn	phrase	in die Hände bekommen	mettre la main sur qc	mettere le mani su	to get something that you really want or that you have a lot of time looking for
go to almost any lengths	gəʊ tə 'ɔːlməʊst 'eni leŋkθs	phrase	zu allem bereit sein	être prêt à tout	fare di tutto	to try very hard or do whatever is necessary to achieve something that is important (to you)
grab	græb	v	packen, ergreifen	saisir	afferrare	to take hold of someone or something with a sudden or violent movement
happen to do (st)	'hæpən tə duː	v	zufällig etw tun	faire qc par hasard	capitare di fare (qcs.)	if you happen to do something, you do it by chance
highs and lows	haɪz ənd ləʊz	phrase	Höhen und Tiefen	des hauts et des bas	alti e bassi	feelings of great happiness or excitement and ones of great sadness and disappointment
impress	ɪm'pres	v	beeindrucken	impressionner	impressionare	to make someone feel admiration and respect
in public	ɪn 'pʌblɪk	idiom	in der Öffentlichkeit	en public	in pubblico	if you do something in public, you do it where anyone can see
in triumph	ɪn 'traɪəmf	idiom	triumphierend	trionphalement	in segno di trionfo	with a feeling of success of victory at completing or achieving something
incapable	ɪn'keɪpəbəl	adj	unfähig	incapable	incapace	not able to do something
inhibit	ɪn'hɪbət, ɪn'hɪbɪt	v	stören, behindern	inhiber	inibire	to prevent something from growing or developing well
inner	'ɪnə	adj	innerer	intérieur	interno	on the inside or close to the centre of something
irresponsible	'ɪrɪ'spɒnsəbəl, 'ɪrɪ'spɒnsɪbəl	adj	verantwortungslos	irresponsable	irresponsabile	doing careless things without thinking or worrying about the possible bad results
let (sb) down	let daʊn	phrv	jmd enttäuschen, hängen lassen	décevoir	deludere (qcn.)	to not do something that someone trusts or expects you to do
let go	let gəʊ	idiom	loslassen	relâcher	lasciare andare	to accept that you cannot change something and stop thinking or worrying about it
linked to	lɪŋkt tə	v	verbunden mit	lié à	legato a	if two things are linked, they are related in some way
madness	'mædnəs, 'mædnɪs	n	Wahnsinn	folie	pazzia	very stupid behaviour that could be dangerous or have a very bad effect
manage	'mænɪdʒ	v	leiten	gérer, diriger	gestire	to direct or control a business or department and the people, equipment, and money involved in it
means	miːnz	n	Mittel	moyens	mezzi	the money or income that you have
nation	'neɪʃən	n	Nation	nation	nazione	a country, considered especially in relation to its people and its social or economic structure

obsession	əb'seʃən	n	Obsession, Besessenheit, Sucht	obsession	ossessione	an extreme unhealthy interest in something or worry about something, which stops you from thinking about anything else
obsessive	əb'sesɪv	adj	besessen, zwanghaft	obsédé	ossessivo	thinking or worrying about something all the time, so that you do not think about other things enough – used to show disapproval
openly	'əʊpənli	adv	offen	franchement	apertamente	in a way that does not hide your feelings, opinions, or the facts
overwhelming	ˌəʊvə'welmɪŋ	n	überwältigend	accablant	schiacciante, travolgente	having such a great effect on you that you feel confused and do not know how to react
passion	'pæʃən	n	Leidenschaft	passion	passione	a very strong liking for something
pay rise	peɪ raɪz	n	Gehaltserhöhung	augmentation de salaire	aumento di stipendio	an increase in the amount of money you are paid for doing your job
possession	pə'zefən	n	Besitz	possession	bene, proprietà	something that you own or have with you at a particular time
project	'prɒdʒekt	n	Projekt	projet	progetto	a carefully planned piece of work to get information about something, to build something, to improve something, etc.
publicity	pʌ'blɪsəti, pʌ'blɪsɪti	n	öffentliche Aufmerksamkeit, Publicity	publicité	pubblicità	the attention that someone or something gets from newspapers, television, etc.
qualify	'kwɒləfaɪ, 'kwɒlɪfaɪ	v	sich qualifizieren	remplir les conditions requises	avere i requisiti, essere idoneo	to have the right to have or do something, or to give someone this right
react	ri'ækt	v	reagieren	réagir	reagire	to behave in a particular way or show a particular emotion because of something that has happened or been said
regard	ri'gɑ:d	v	schätzen, hoch ansehen	estimer	stimare	to think about someone or something in a particular way
rehearsal	ri'hɜ:səl	n	Probe	répétition	prova	a time when all the people in a play, concert, etc., practise before a public performance
resource	ri'zɔ:s, ri'sɔ:s	n	Ressource	ressource	risorsa	something such as useful land, or minerals such as oil or coal, that exists in a country and can be used to increase its wealth
self-destructive	ˌself dɪ'strʌktɪv	adj	selbstzerstörerisch	autodestructeur	autodistruttivo	deliberately doing things that are likely to seriously harm or kill yourself
self-help	ˌself 'help	n	Selbsthilfe	développement personnel	auto-aiuto	the use of your own efforts to deal with your problems, instead of depending on other people
sense	sens	n	Gefühl	sense	senso	a feeling about something

sob	sɒb	v	schluchzen	sangloter	piangere singhiozzando	to cry noisily while breathing in short sudden bursts
spurt	spɜ:t	v	spritzen, lecken	jaillir, gicler	sprizzare, schizzare	if liquid or flames spurt from something, they come out of it quickly and suddenly
squeal	skwi:l	v	quieken	crier	strillare	to make a long loud high sound or cry
standard of living	'stændəd əv 'lɪvɪŋ	n	Lebensstandard	niveau de vie	standard di vita	the amount of wealth, comfort, and other things that a particular person, group, country, etc., has
state	steɪt	n	Zustand	état	stato	the physical or mental condition that someone or something is in
straightforward	,streɪt'fɔ:wəd	adj	unmissverständlich	simple, facile	semplice, facile	simple and easy to understand
stream	stri:m	n	Strom, Zustrom	flot	flusso	a long and continuous series of events, people, objects, etc.
sympathetic	,sɪmpə'tetɪk	adj	verständnisvoll, mitfühlend	compatissant	comprensivo, solidale	caring and feeling sorry about someone's problems
tablet	'tæblət, 'tæblɪt	n	Tablet	tablette	tablet	a very thin, portable computer without a lid, usually powered by batteries and with a touchscreen instead of a keyboard
tease	ti:z	v	necken	taquiner	prendere in giro	to laugh at someone and make jokes in order to have fun by embarrassing them, either in a friendly way or in an unkind way
thin on the ground	θɪn ɒn ðə graʊnd	phrase	dünn gesät	rare	raro	few in number, limited or scarce
tight budget	taɪt 'bʌdʒət	n	knappes Budget	budget serré	budget limitato	when money is limited and you have to be careful of how you spend it
treasure	'treɪzə	n	Schatz	trésor	tesoro	a group of valuable things such as gold, silver, jewels, etc.
uncharacteristically	,ʌnkærɪtə'rɪstɪkli, ,ʌnkærətə'rɪstɪkli	adv	untypischerweise	inhabituellement	stranamente	not typical of someone or something and therefore surprising
uncontrollable	,ʌnkən'trəʊləbəl	adj	unkontrollierbar	irrépressible, irrésistible	incontrollabile, irrefrenabile	if an emotion, desire, or physical action is uncontrollable, you cannot control it or stop yourself from feeling it or doing it
untranslatable	,ʌntræns'leɪtəbəl	adj	unübersetzbar	intraduisible	non traducibile	not able to be put into another form, language or style
urge	ɜ:dʒ	v	drängen	pousser, inciter	incitare, spronare	to strongly suggest that someone does something
value for money	'vælju: fə 'mʌni	phrase	Schnäppchen, gutes Preis-Leistungs- Verhältnis	rapport qualité-prix	rapporto qualità- prezzo	if something is value for money, it is well worth the money spent on it (= a bargain)
waste of money	weɪst əv 'mʌni	phrase	Geldverschwendung	gaspillage d'argent	spreco di soldi	if something is a waste of money, it is not worth spending money on it as it has little or no value in return

wealthy	'welθi	adj	wohlhabend, reich	riche	ricco, facoltoso	having a lot of money, possessions, etc.
well-being	wel 'bi:ɪŋ	n	Wohlbefinden	bien-être	benessere	a feeling of being comfortable, healthy, and happy
wetsuit	'wetsu:t	n	Taucheranzug, Schwimmanzug	combinaison de plongée	muta	a tight piece of clothing, usually made of rubber, worn by people who are swimming, surfing, etc., in the sea
witness	'wɪtnəs, 'wɪtnɪs	n	Zeuge/Zeugin	témoïn	testimone	someone who sees a crime or an accident and can describe what happened
witness	'wɪtnəs, 'wɪtnɪs	v	Zeuge sein von	être témoin de	assistere a, essere testimone di	to see something happen, especially a crime or accident
working day	'wɜ:kɪŋ deɪ	n	Arbeitstage	journée de travail	giorno lavorativo	a day of the week when most people work. In Britain and the US this is usually Monday to Friday
worth the money	wɜ:θ ðə 'mʌni	phrase	sein Geld wert sein	valoir la dépense	valere la spesa	if something is worth the money, it has value and the money was well spent

Unit 4

absence	'æbsəns	n	Fehlen	absence, manque	assenza	the lack of something or the fact that it does not exist
acquire	ə'kwaɪə	v	erwerben, sich aneignen	acquérir	acquire	to gain knowledge or learn a skill
adequate	'ædɪkwət, 'ædɪkwɪt	adj	ausreichend, genügend	suffisant	adeguato	enough in quantity or of a good enough quality for a particular purpose
affect	ə'fekt	v	betreffen	affecter	colpire	to do something that produces an effect or change in something or in someone's situation
airgun	'eəgʌn	n	Luftgewehr	fusil à air comprimé	fucile ad aria compressa	a gun that uses air pressure to fire small round bullets
anticipatory	æn'tɪsə'peɪtəri, æn'tɪsɪ'peɪtəri	adj	vorwegnehmend, erwartungsvoll	anticipatif	che anticipa	to expect that something will happen and be ready for it
attainable	ə'teɪnəbəl	adj	erreichbar	réalisable	raggiungibile	if something is attainable, it can be achieved – usually after a lot of effort
attribute	'ætrɪbjʊ:t, 'ætrəbjʊ:t	n	Eigenschaft	attribut, caractéristique	qualità, caratteristica	a quality of feature, especially one that is considered to be good or useful
avalanche	'ævələ:ntʃ	n	Lawine	avalanche	valanga	a large mass of snow, ice, and rocks that falls down the side of a mountain
avoid	ə'vɔɪd	v	vermeiden	éviter	evitare	to deliberately not do something, especially something wrong, dangerous or harmful
awareness	ə'weənəs, ə'weənɪs	n	Bewusstsein, Kenntnis	conscience, connaissance	consapevolezza	knowledge or understanding of a particular subject or situation
be classed as	bi klɑ:st əz	v	klassifiziert sein als	être classé comme	essere classificato come	to consider people, things, etc., as belonging to a particular group, using an official system

bravery	'breɪvəri	n	Mut, Unerschrockenheit	courage	coraggio, audacia	actions, behaviour, or an attitude that shows courage and confidence
breathtaking	'breθ,tɛɪkɪŋ	adj	atemberaubend	à couper le souffle	mozzafiato	very impressive, exciting, or surprising
brush against	brʌʃ ə'genst	phrv	streifen über	effleurer	sfiorare	to touch someone or something lightly when passing them
build up	bɪld ʌp	phrv	sich ansammeln	s'accumuler	accumularsi	if something builds up somewhere, or if you build it up, it gradually becomes bigger or greater
by chance	bɑɪ tʃɑːns	idiom	zufällig	par hasard	per caso	the way some things happen without being planned or caused by people
capable (of)	'keɪpəbəl əv	adj	fähig, in der Lage zu	capable de	capace (di)	having the qualities or ability needed to do something
catch (sb's) eye	kæt aɪ	phrase	jmds Blick auf sich ziehen	attirer le regard de qn	catturare lo sguardo (di qcn.)	to attract someone's attention and make them look at something
cause	'kɔːz	v	verursachen	causer	causare	to make something happen, especially something bad
cell	sel	n	Zelle	cellule	cellula	the smallest part of a living thing that can exist independently
characterise	,kærəktəraɪz, ,kærɪktəraɪz,	v	auszeichnen, kennzeichnen	caractériser	caratterizzare	to describe the qualities of someone or something in a particular way
chink	tʃɪŋk	n	Spalt	fente	fessura	a small hole in a wall, or between two things that join together, that lets light or air through
clear	klɪə	v	reinigen, befreien von	déneiger	sgomberare	to make somewhere emptier or tidier by removing things from it
cognitive	'kɒgnətɪv, 'kɒgnɪtɪv	adj	kognitiv	cognitif	cognitivo	related to the process of knowing, understanding, and learning something
come face to face	kʌm feɪs tə feɪs	phrase	plötzlich gegenüberstehen	se retrouver nez à nez avec	trovarsi faccia a faccia	to meet someone, especially in a way that surprises or frightens you
condition	kən'dɪʃən	n	Krankheit, Beschwerde	maladie	malattia, stato di salute	an illness or health problem that affects you permanently or for a very long time
confirm	kən'fɜːm	v	bestätigen	confirmer	confermare	to show that something is definitely true, especially by providing more proof
consecutive	kən'sekjətɪv, kən'sekjʊtɪv	adj	aufeinanderfolgend	consécutif	consecutivo	consecutive numbers or periods of time follow one after the other without any interruptions
cure	'kjʊə	v	heilen	guérir	curare	to make an illness or medical condition go away
descendant	di'sendənt	n	Nachkomme	descendant	discendente	someone who is related to a person who lived a long time ago, or to a family, group of people, etc., that existed in the past

desert island	'dezət 'aɪlənd	n	verlassene Insel	île déserte	isola deserta	a small tropical island that is far away from other places and has no people living on it
deterioration	dɪˌtɪərɪ'reɪʃən	n	Verschlechterung	détérioration	deterioramento	in a worsening condition
diagnose	'daɪəgnəʊz	v	diagnostizieren	diagnostiquer	diagnosticare	to find out what illness someone has, or what the cause of a fault is, after doing tests, examinations, etc.
diagonally	daɪ'æɡənəli	adv	diagonal	diagonalement	diagonalmente	following a sloping angle
distrustful	dɪs'trʌstfəl	adj	misstrauisch, skeptisch	méfiant	diffidente	unable or unwilling to trust something or someone
dizzy	'dɪzi	adj	schwindlig	pris de vertige, étourdi	stordito, frastornato	feeling unable to stand steadily, for example because you are looking down from a high place or because you are ill
draw out	drɔː	v	herausziehen	sortir	estrarre	to take something out of a container, pocket, etc.
drawback	'drɔːbæk	n	Nachteil	désavantage	svantaggio	a disadvantage of a situation, plan, product, etc.
efficiency	ɪ'fɪʃənsi	n	Effizienz	efficience	efficienza	the quality of doing something well and effectively, without wasting time, money, or energy
endanger	ɪn'deɪndʒə	v	gefährden	mettre en danger	mettere a rischio	to put someone or something in danger of being hurt, damaged, or destroyed
endurance	ɪn'dʒʊərəns	n	Ausdauer	endurance	resistenza	the ability to continue doing something difficult or painful over a long period of time
equivalent	ɪ'kwɪvələnt	n	Äquivalent	équivalent	equivalente	having the same value, purpose, job, etc., as a person or thing of a different kind
eventually	ɪ'ventʃʊəli	adv	schließlich	finalement	alla fine	after a long time, or after a lot of things have happened
face	feɪs	v	ertragen, entgegensehen, gegenüberstehen	faire face à	affrontare, fronteggiare	if you face or are faced with a difficult situation, it is going to affect you and you must deal with it
far-fetched	fɑː fetʃt	adj	weit hergeholt	tiré par les cheveux	improbabile	extremely unlikely to be true or to happen
fatigue	fə'tiːɡ	n	Müdigkeit, Erschöpfung	fatigue	stanchezza	very great tiredness
fear	fɪə	v	fürchten	craindre	temere, avere paura di	to feel afraid or worried that something bad may happen
feat	fi:t	n	Leistung, Kraftakt	prouesse	impresa	something that is an impressive achievement, because it needs a lot of skill, strength, etc., to do
fire	'faɪ	v	feuern	tirer	sparare	to shoot bullets or bombs
force	fɔːs	v	zwingen	forcer	forzare, costringere	to make someone do something they do not want to
functional	'fʌŋkʃənəl	adj	funktional	fonctionnel	funzionale	designed to be useful rather than beautiful or attractive
function	'fʌŋkʃən	n	Funktion	fonction	funzione	the purpose that something has, or the job that someone or something does

genetic	dʒə'netɪk, dʒɪ'netɪk	adj	genetisch	génétique	genetico	relating to genes (= part of a cell in a living thing that controls what it looks like, how it grows, and how it develops.
get cold feet about (st)	get kəʊld fi:t ə'baʊt	phrase	kalte Füße bekommen wegen etw.	avoir la frousse	tirarsi indietro, avere ripensamenti su (qcs.)	to suddenly feel that you are not brave enough to do something you planned to do
get your head around (st)	'get jə/jɔ: hedz ə'raʊnd	phrase	verstehen, den Überblick behalten	comprendre	capire (qcs.)	to be able to understand something
gift	ɡɪft	n	Gabe, Talent	don	talento	a natural ability or talent
give up	ɡɪv ʌp	phrv	aufgeben	abandonner	rinunciare	to stop trying to do something
glacier	'glæsiə	n	Gletscher	glacier	ghiacciaio	a large mass of ice which moves slowly down a mountain valley
heat	'hi:t	v	erwärmen, erhitzen	chauffer	riscaldare	to make something become warm or hot
heatstroke	'hi:tstrəʊk	n	Hitzschlag	coup de chaleur	colpo di calore	fever and weakness caused by being outside in the heat of the sun for too long
holder	'həʊldə	n	Halter/in	détenteur/ détentriche	detentore/ detentriche	someone who owns or controls something
hydrated	haɪ'dreɪtɪd	adj	hydriert	hydraté	idratato	to be supplied with water to keep healthy and in good condition
immunity	ɪ'mju:nəti, ɪ'mju:nɪti	n	Immunität	immunité	immunità	the state or right of being protected from particular laws or from unpleasant things
impact	'ɪmpækt	n	Auswirkung	impact	impatto	the effect or influence that an event, situation, etc., has on someone or something
impatient	ɪm'peɪjənt	adj	ungeduldig	impatient	impaziente	annoyed because of delays, someone else's mistakes, etc.
impressive	ɪm'presɪv	adj	beeindruckend	impressionnant	impressionante	something that is impressive makes you admire it because it is very good, large, important, etc.
in progress	ɪn 'prɒʊgres	idiom	im Gange	en cours	in corso	happening now, and not yet finished
indecisive	ɪndɪ'saɪsɪv	adj	unentschieden	indécis	indeciso	unable to make clear decisions or choices
inhospitable	ɪnhə'spɪtəbəl	adj	unwirtlich	inhospitalier	inospitale	an inhospitable place is difficult to live or stay in because the weather conditions are unpleasant or there is no shelter
initial	ɪ'nɪʃəl	adj	Anfangs-, Erst-	initial	iniziale	happening at the beginning
insight	'ɪnsaɪt	n	Einblick	connaissance	comprensione	a sudden clear understanding of something or part of something, especially a complicated situation or idea
intense	ɪn'tens	adj	stark, hochgradig	intense	intenso	having a very strong effect or felt very strongly
keep a straight face	ki:p eɪ streɪt feɪs	phrase	keine Miene verziehen	garder son sérieux	rimanere serio	to not laugh or smile, even though something is funny

keep an eye on (sb/st)	ki:p ən aɪ ɒn	phrase	ein Auge werfen auf jmd	garder un oeil sur	tenere d'occhio (qcn./qcs.)	to look after someone or something and make sure they are safe
kidney	'kɪdni	n	Niere	rein	rene	one of the two organs in your lower back that separate waste products from your blood and make urine.
lactic acid	ˌlæktɪk 'æsəd	n	Milchsäure	acide lactique	acido lattico	an acid produced by muscles after exercising and found in sour milk
lead to	li:d tə	phrv	führen zu	mener à	portare a	to cause something to happen or cause someone to do something
legal	'li:ɡəl	adj	legal	légal	legale	if something is legal, you are allowed to do it or have to do it by law
legendary	'ledʒəndəri	adj	legendär	légendaire	leggendario	very famous and admired
link	lɪŋk	n	Verbindung	lien, rapport	legame, rapporto	a relationship or connection between two or more people, countries, etc.
logical	'lɒdʒəkəl, 'lɒdʒɪkəl	adj	logisch	logique	logico	seeming reasonable and sensible
lose touch with (sb/st)	lu:z tʌtʃ wɪð	phrase	den Kontakt verlieren zu	perdre le contact avec	perdere il contatto con (qcn./qcs.)	if you lose touch with a situation or group, you are then no longer involved in it and so do not know about it or understand it
marathon	'mærəθən	n	Marathon	marathon	maratona	a long race of about 26 miles or 42 kilometres
medical	'medɪkəl	adj	Medizin-	en médecine	di medicina	relating to medicine and the treatment of disease or injury
meditation	ˌmedə'teɪʃən, ˌmedɪ'teɪʃən	n	Meditation	méditation	meditazione	the practice of emptying your mind of thoughts and feelings, in order to relax completely or for religious reasons
miner	'maɪnə	n	Minenarbeiter	mineur	minatore/ minatrice	someone who works under the ground in a mine to remove coal, gold, etc.
muscle	'mʌsəl	n	Muskel	muscle	muscolo	one of the pieces of flesh inside your body that you use in order to move, and that connect your bones together
mutation	mju:'teɪʃən	n	Mutation	mutation	mutazione	a change in the genetic structure of an animal or plant that makes it different from others of the same kind
myostatin	maɪou'stætɪn	n	Myostatin	myostatine	miostatina	A protein which regulates the size of muscles.
myth	mɪθ	n	Mythos	mythe	mito	an idea or story that many people believe, but which is not true
observe	əb'zɜ:v	v	beobachten	observer	osservare, studiare attentamente	to see and notice something
occur	ə'kɜ:	v	auftreten, vorkommen	se produire	verificarsi	to happen
osteoporosis	ˌɒstiəʊpə'rəʊsəs, ˌɒstiəʊpə'rəʊsɪs	n	Osteoporose	ostéoporose	osteoporosi	a medical condition in which your bones become weak and break easily

patch	pætʃ	n	Flecken	carré	pezzo	a small area of something that is different from the area around it
pellet	'pelət, 'pelɪt	n	Flocken, Pellet	granulé	pellet	a small ball of a substance
performance	pə'fɔ:məns	n	Leistung	performance	prestazione, performance	how well or badly a person, company, etc., does a particular job or activity
plateau	'plætəu	n	Plateau, Hochebene	plateau	altopiano	a large area of flat land that is higher than the land around it
polar bear	'pəʊlə beəz	n	Eisbär	ours blanc	orso polare	a large white bear that lives near the North Pole
potential	pə'tenʃəl	adj	potenziell	potentiel	potenziale	likely to develop into a particular type of person or thing in the future
potentially	pə'tenʃəli	adv	potenziell, möglicherweise	potentiellement	potenzialmente	something that is potentially dangerous, useful, etc., is not dangerous, etc., now, but may become so in the future
practice	'præktəs, 'præktɪs	n	Praktik	pratique	pratica	to be the usual and accepted way of doing something
prematurely	'premətʃəli	adv	verfrüht, zu früh	prématurément	prematuramente	happening before the natural or proper time
professional	prə'feʃənəl	n	Experte, Profi	professionel/le	professionista	someone who works in a job that needs special education and training, such as a doctor, lawyer, or architect
property	'prɒpəti	n	Eigenschaft	propriété	proprietà	a quality or power that a substance, plant, etc., has
protein	'prəʊti:n	n	Protein	protéine	proteina	one of several natural substances that exist in food such as meat, eggs, and beans, and which your body needs in order to grow and remain strong and healthy
psychologist	sai'kɒlədʒəst, sai'kɒlədʒɪst	n	Psychologe/Psychologin	psychologue	psicologo/-a	someone who is trained in psychology
put your foot down	put jə fʊt daʊn	phrase	ein Machtwort sagen	taper du poing	puntare i piedi	to say very firmly that someone must do something or must stop doing something
put your foot in it	'put jə fʊt ɪn ɪt	phrase	ins Fettnäpfchen treten	mettre les pieds dans les plats	fare una gaffe	to say something without thinking carefully, so that you embarrass or upset someone
put up	'put ʌp	phrv	errichten	construire	costruire	to build or erect something such as a wall, fence, building, etc.
raft	rɑ:ft	n	Floß	radeau	zattera	a flat floating structure, usually made of pieces of wood tied together, used as a boat
rarity	'reərəti, 'reərɪti	n	Seltenheit	rareté	rarietà	to not happen or exist very often
reaction	ri'ækʃən	n	Reaktion	réaction	reazione	your ability to move quickly when something dangerous happens suddenly
refer to	rɪ'fɜ:tə	phrv	etwas ansprechen	mentionner	accennare a	to mention or speak about someone or something
reflexes	'ri:flɛksɪz	n	Reflexe	réflexes	riflessi	the natural ability to react quickly and well to sudden situations

regulate	'regjələɪt, 'regjʊləɪt	v	regulieren	réguler	regolare	to make a machine or your body work at a particular speed, temperature, etc.
relate to	rɪ'leɪtə tə	v	zusammenhängen mit	se rapporter à	essere in relazione con	if two things relate to each other, they are connected in some way
remain	rɪ'meɪn	v	bleiben	rester	rimanere, restare	to continue to be in the same state or condition
remarkably	rɪ'mɑ:kəbli	adv	bemerkenswert	remarquablement	eccezionalmente	in an amount or to a degree that is unusual or surprising
resist	rɪ'zɪst	v	unempfindlich sein für, standhalten gegen	résister à	resistere	to not be changed or harmed by something
respond	rɪ'spɒnd	v	reagieren auf	réagir à, répondre à	rispondere, reagire	to do something as a reaction to something that has been said or done
responsible	rɪ'spɒnsəbəl, rɪ'spɒnsɪbəl	adj	verantwortlich	responsable	responsabile	if someone is responsible for an accident, mistake, crime, etc., it is their fault or they can be blamed
restricted	rɪ'strɪktəd, rɪ'strɪktɪd	adj	begrenzt	limité, restraint	limitato, ristretto	small or limited in size, area, or amount
rod	rɒd	n	Stange	perche	asta	a long thin pole or bar
role model	rəʊl 'mɒdl	n	Vorbild	modèle, exemple	modello, esempio da seguire	someone whose behaviour, attitudes, etc., people try to copy because they admire them
rough	rʌf	adj	unruhig	agité	tempestoso, burrascoso	when connected to the weather or sea, with strong winds or storms
samurai	'sæmʊraɪ	n	Samurai	samouraï	samurai	a member of a powerful military class in Japan in the past
seal	si:əlz	n	Seehund	phoque	foca	a large sea animal that eats fish and lives around coasts
see eye to eye	si: aɪ tə aɪ	phrase	einer Meinung sein	être d'accord	vedere le cose allo stesso modo	if two people see eye to eye, they agree with each other
severe	sə'vɪə, sɪ'vɪə	adj	schlimm, rau, schlecht	extrême, violent	rigido	severe weather is very bad and very extreme, and very hot, dry, cold, etc.
shed	ʃed	n	Schuppen	abri de jardin, cabane	baracca, capanno	a small building, often made of wood, used especially for storing things
shelter	'ʃeltə	n	Unterschlupf	refuge, abri	rifugio, riparo	a place to live, considered as one of the basic needs of life
side effect	sɑɪd ə'fekts	n	Begleiterscheinung, Nebenwirkung	effet secondaire	effetto collaterale	an unexpected or unplanned result of a situation or event
skid	'skɪd	v	schleudern, rutschen	déraper	slittare, sbandare	if a vehicle or wheel on a vehicle skids, it suddenly slides sideways and you cannot control it
slice	slaɪs	v	durchschneiden	couper, découper	tagliare	to cut something easily with one movement of a sharp knife or edge
South Pole	sauθ pəʊl	n	Südpol	pôle Sud	Polo Sud	the most southern point on the surface of the Earth

split up	splɪt ʌp	phrv	sich trennen	se séparer	separarsi	if people split up, or if someone splits them up, they end a marriage or relationship with each other
state	steɪt	n	Staat	état	stato	one of the areas with limited law-making powers that together make up a country controlled by a central government, such as the US and Australia
strength	streŋθ, strenθ	n	Kraft	force	forza	the physical power and energy that makes someone strong
study	'stʌdi	n	Untersuchung, Studie	étude	studio, ricerca	a piece of work that is done to find out more about a particular subject or problem, and usually includes a written report
submerge	səb'mɜ:dʒ	v	überschwemmen	immerger	sommergere	to cover something completely with water or another liquid
suffer	'sʌfə	v	leiden	souffrir	soffrire	to experience physical or mental pain
superhuman	,su:pə'hju:mən	adj	übermenschlich	surhumain	sovrumano	much greater than ordinary human powers or abilities
survival skills	sə'vaɪvəl skɪlz	n	Überlebenskünste	techniques de survie	capacità di sopravvivenza	a set of skills that will help you to continue to live or exist after an accident, war, etc.
survive	sə'vaɪv	v	überleben	survivre	sopravvivere	to continue to live normally in spite of many problems
suspect	sə'spekt	v	verdächtigen	soupçonner	sospettare	to think that something is probably true, especially something bad
tedious	'ti:diəs	adj	langweilig, öde	ennuyeux	noioso	something that is tedious continues for a long time and is not interesting
thankfully	'θæŋkfəli	adv	zum Glück	heureusement	fortunatamente	used to say that you are glad that something has happened, especially because a difficult situation has ended or been avoided
the wild	ðə waɪld	n	die Wildnis, die Natur	la nature	natura, regione selvaggia	in nature
theoretically	θɪə'retɪkli	adv	theoretisch	théoriquement	teoricamente	used to say what is supposed to be true in a particular situation, especially when the opposite is true
threat	θret	n	Drohung	menace	minaccia	a statement in which you tell someone that you will cause them harm or trouble if they do not do what you want
title	'taɪtl	n	Titel	titre	titolo	the name given to a particular book, painting, play, etc.
track	træk	v	verfolgen	pister, suivre	inseguire	to search for a person or animal by following the marks they leave behind them on the ground, their smell, etc.
treatment	'tri:tmənt	n	Behandlung	traitement	trattamento, cura	something that is done to cure someone who is injured or ill
tropical	'trɒpɪkəl	adj	tropisch	tropical	tropicale	coming from or existing in the hottest parts of the world
ultra	'ʌltrə	prefix	ultra	ultra-	ultra	extremely

unaffected	,ʌnə'fektəd, ,ʌnə'fektɪd	adj	nicht betroffen	non affecté, non touché	non influenzato, non interessato	not changed or influenced by something
unaware of	,ʌnə'weə əv	adj	unwissend, ahnungslos	pas conscient de	inconsapevole di	not noticing or realizing what is happening
unexplored	,ʌnɪk'splɔ:d	adj	unentdeckt	inexploré	inesplorato	an unexplored place has not been examined or put on a map
unimaginable	,ʌnɪ'mædʒənəbəl, ,ʌnɪ'mædʒɪnəbəl	adj	unvorstellbar	inimaginable	inimmaginabile	not possible to imagine
unique	ju:'ni:k	adj	einzigartig	unique	unico	unusually good and special
unlock	ʌn'lɒk	v	aufdecken	révéler, dévoiler	scoprire	to discover important factors about something
violent	'vaɪələnt	adj	heftig, brutal, stark	violent	violento	a physical feeling or reaction that is very painful or difficult to control
volcano	vɒl'keɪnəʊ	n	Vulkan	volcan	vulcano	a mountain with a large hole at the top, through which lava (=very hot liquid rock) is sometimes forced out
weakness	'wi:knəs, 'wi:knɪs	n	Schwäche	faiblesse	debolezza	the state of being physically weak

Unit 5

abandon	ə'bændən	v	aufgeben	abandonner	abbandonare	to stop having a particular idea, belief or attitude
adapt	ə'dæpt	v	sich gewöhnen an, anpassen	s'adapter	adattarsi	to gradually change your behaviour and attitudes in order to be successful in a new situation
addicted to	ə'dɪktəd tə	adj	süchtig sein nach	dépendant de	dipendente da	unable to stop taking a harmful substance, especially a drug
addictive	ə'dɪktɪv	adj	süchtig machend	addictif	che dà dipendenza	if a substance, especially a drug, is addictive, your body starts to need it regularly and you are unable to stop taking it
affordable	ə'fɔ:dəbəl	adj	bezahlbar	abordable	accessibile, che ci si può permettere	to have enough money to buy or pay for something
aggressive	ə'gresɪv	adj	aggressiv	aggressif	aggressivo	behaving in an angry threatening way, as if you want to fight or attack someone
algae	'ældʒi:, 'ældgi:	n	Algen	algues	alga	a very simple plant without stems or leaves that grows in or near water
almond	'ɑ:mənd	n	Mandel	amande	mandorla	a flat pale nut with brown skin that tastes sweet, or the tree that produces these nuts
appreciate	ə'pri:ʃieɪt	v	wertschätzen, anerkennen	comprendre, apprécier à sa juste valeur	apprezzare	to understand how serious or important a situation or problem is or what someone's feelings are

assembly line	ə'sembli laɪn	n	Montageband	chaîne de montage	catena di montaggio	a system for making things in a factory in which the products move past a line of workers who each make or check one part
astronaut	'æstrɒnɔ:t	n	Astronaut	astronaute	astronauta	someone who travels and works in a spacecraft
atmosphere	'ætməsfɪə	n	Atmosphäre	atmosphère	atmosfera	the feeling that an event or place gives you
authentically	ɔ:'θentɪkli	adv	authentisch	authentiquement	in modo autentico	done or made in the traditional or original way
balanced diet	'bælənst 'daɪət	n	ausgewogene Ernährung	alimentation équilibrée	dieta equilibrata	a balanced diet is a healthy diet that contains the right foods in the right amounts
be limited to (st)	bi 'lɪmɪt tə	v	begrenzt sein auf	être limité à	essere limitato a (qcs.)	to exist or happen only in a particular place, group, or area of activity
beetroot	'bi:tru:t	n	rote Bete	betterave	barbabietola	a plant with a round dark red root that you cook and eat as a vegetable
blend	'blend	v	vermengen, mischen	mélanger	mescolare	to thoroughly mix together soft or liquid substances to form a single smooth substance
boiling	'bɔɪlɪŋ	adj	kochend heiß	brûlant	torrido	very hot
caffeine	'kæfi:n	n	Koffein	caféine	caffeina	a substance in tea, coffee, and some other drinks that makes you feel more active
calorie	'kæləri	n	Kalorie	calorie	caloria	a unit for measuring the amount of energy that food will produce
capsaicin	kæp'seɪsɪn	n	Capsaicin	capsicine	capsaicina	a colourless and bitter compound present in capsicum (= a type of chilli pepper)
catch the public imagination	kætʃ ðə 'pʌblɪk ɪ,mædʒə'neɪʃən	phrase	Das Publikum begeistern, fesseln	capter l'imagination de l'opinion publique	attirare l'attenzione del pubblico	to make people feel very interested and excited
chilling	'tʃɪlɪŋ	adj	unheimlich, gruselig	effrayant	agghiacciante, spaventoso	something that is chilling makes you feel frightened, especially because it is cruel, violent, or dangerous
chimpanzee	ˌtʃɪmpæn'zi:, ˌtʃɪmpən'zi:	n	Schimpanse	chimpanzé	scimpanzé	an intelligent African animal that is like a large monkey without a tail
concoction	kən'kɒkʃən	n	Gebräu	concoction, mélange	miscela, miscuglio	something, especially a drink or food, made by mixing different things, especially things that are not usually combined
confine to	kən'faɪn tə	v	beschränken auf	limiter à	limitare a	to keep someone or something within the limits of a particular activity or subject
consume	kən'sju:m	v	zu sich nehmen	consommer	consumare	to eat or drink something
consumption	kən'sʌmpʃən	n	Verbrauch	consommation	consumo	the amount of energy, oil, electricity, etc., that is used
count	kaʊnt	v	zählen	compter	contare	thought to be important or valuable
creator	kri'eɪtə	n	Erfinder/in	créateur/-trice	creatore/creatrice	someone who made or invented a particular thing

critic	'krɪtɪk	n	Kritiker	critique	critico/-a	someone whose job is to make judgments about the good and bad qualities of art, music, films, etc.
criticism	'krɪtəsɪzəm, 'krɪtɪsɪzəm	n	Kritik	critique	critica	remarks that say what you think is bad about someone or something
cultivate	'kʌltəveɪt, 'kʌltɪveɪt	v	kultivieren	cultiver	coltivare	to prepare and use land for growing crops and plants
dairy	'deəri	n	Milchprodukte	produits laitiers	latticini	a place on a farm where milk is kept and butter and cheese are made
date back	deɪt bæk	phrv	stammen aus	remonter à	risalire a	to have existed since a particular time in the past
decade	'dekeɪd, de'keɪd	n	Jahrzehnt	décennie	decade	a period of 10 years
declining	dɪ'klaɪnɪŋ	adj	schwindend, rückgängig	en déclin	calante	to decrease in quantity or importance
décor	'deɪkɔː	n	Dekor	décoration	arredamento, decorazione	the way that the inside of a building is decorated
demand	dɪ'mɑːnd	n	Nachfrage	demande	domanda	the need or desire that people have for particular goods and services
digest	daɪ'dʒest, də'dʒest	v	verdauen	digérer	digerire	to change food that you have just eaten into substances that your body can use
diner	'daɪnə	n	Gast (in einem Restaurant)	client/e	commensale	someone who is eating in a restaurant
discover by accident	dɪs'kʌvə baɪ 'æksədənt	phrase	zufällig entdecken	découvrir par hasard	scoprire per caso	to find something by chance
dissolve	dɪ'zɒlv	v	auflösen, zersetzen	dissoudre	dissolvere, disciogliere	if a solid dissolves, or if you dissolve it, it mixes with a liquid and becomes part of it
do away with	duː ə'weɪ wɪð	phrv	abschaffen	en finir avec	sopprimere, abolire	to get rid of something or stop using it
donate	dəʊ'neɪt	v	spenden	donner	donare	to give something, especially money, to a person or an organization in order to help them
double	'dʌbl	v	verdoppeln	doubler	raddoppiare	to become twice as big or twice as much, or to make something twice as big or twice as much
downside	'daʊnsaɪd	n	Nachteil	inconvénient	svantaggio	the negative part or disadvantage of something
economise	ɪ'kɒnəmaɪz	v	sparen	économiser	economizzare	to reduce the amount of money, time, goods, etc., that you use
enable	ɪ'neɪbəl	v	ermöglichen	permettre	permettere	to make it possible for someone to do something, or for something to happen
entitle	ɪn'taɪtl	v	betiteln, den Titel haben	intituler	intitolare	if a book, play, etc., is entitled something, that is its name

estimate	'estəmət, 'estɪmət	v	schätzen	estimer	stimare	to try to judge the value, size, speed, cost, etc., of something, without calculating it exactly
evidence	'evədəns, 'evɪdəns	n	Beweis, Nachweis	preuve	prova	facts or signs that show clearly that something exists or is true
expand	ɪk'spænd	v	sich ausdehnen	prendre de l'expansion	espandersi	to become larger in size, number, or amount, or to make something become larger
expectation	'ekspek'teɪʃən	n	Erwartung	attente, espoir	aspettativa	what you think or hope will happen
extract	'ɪkstrækt	n	Extrakt	extrait	estratto	a substance obtained from something by using a special process
feast	fi:st	n	Feier, Fest	festin, banquet	banchetto	a large meal where a lot of people celebrate a special occasion
first-rate	'fɜ:st 'reɪt	adj	erstklassig	de premier choix	di prima qualità	of the very best quality
for the sake of (sb/st)	fə ðə seɪk əv	phrase	zuliebe	dans l'intérêt de	per il bene di (qcn./qcs.)	in order to help, improve, or please someone or something
formal	'fɔ:məl	adj	formal	formel	formale	done in a very organised way
functional	'fʌŋkʃənəl	adj	funktional	fonctionnel	funzionale	designed to be useful rather than beautiful or attractive
fund	fʌnd	n	Fonds	fonds	fondo	an amount of money that is collected and kept for a particular purpose
get the impression	get ðə ɪm'preʃən	phrase	einen Eindruck bekommen	avoir l'impression	avere l'impressione	to have an idea, opinion or feeling about someone or something because of the way they seem
go viral	gəʊ 'vaɪərəl	idiom	sich schnell verbreiten	se propager	diventare virale	if something, e.g. a video, image or story, goes viral, it spreads quickly and widely on the Internet through social media, etc.
have none of it	'hæv nʌn əv ɪt	phrase	nichts davon wissen wollen	ne vouloir pas en entendre parler	non volerne sapere	used to say that someone refused to allow someone to do something or to behave in a particular way
hit upon	hɪt ə'pʊn	phrv	auf etwas kommen	trouver	escogitare	to have an idea or discover something suddenly or unexpectedly (also "hit on")
hunger	'hʌŋgə	n	Hunger	faim	fame	lack of food, especially for a long period of time, that can cause illness or death
hybrid	'haɪbrəd, 'haɪbrɪd	n	Hybrid	hybride	ibrido	an animal or plant produced from parents of different breeds or types
identify	aɪ'dentəfaɪ, aɪ'dentɪfaɪ	v	identifizieren	identifier	identificare	to recognize and correctly name someone or something
increase	ɪn'kri:s	v	wachsen	augmenter	aumentare	if you increase something, or if it increases, it becomes bigger in amount, number, or degree
insist	ɪn'sɪst	v	bestehen auf	insister	insistere	to say firmly and often that something is true, especially when other people think it may not be true

intake	'ɪnteɪk	n	Aufnahme, Einnahme	consommation	assunzione	the amount of food, drink, etc., that you take into your body
investor	ɪn'vestə	n	Investor/in	investisseur	investitore/ investitrice	someone who gives money to a company, business, or bank in order to get a profit
junk food	dʒʌŋk fu:d	n	Junkfood, Fraß	malbouffe	cibo spazzatura	food that is not healthy, for example because it contains a lot of fat, sugar, etc.
keep up with	ki:p ʌp wið	phrv	mithalten mit	être à la hauteur de	tenere il passo di	if one process keeps up with another, it increases at the same speed and by the same amount
lentil	'lentl, 'lentəl	n	Linse	lentille	lenticchia	a small round seed like a bean, dried and used for food
lose weight	lu:z weɪt	collocation	abnehmen	perdre du poids	perdere peso	to reduce your weight through exercise, diet, etc.
maintain	meɪn'teɪn, mən'teɪn	v	beibehalten, aufrechterhalten	entretenir	mantenere	to make something continue in the same way or at the same standard as before
minimise	'mɪnəmaɪz, 'mɪnɪmaɪz	v	möglichst gering halten, minimieren	minimiser	minimizzare	to reduce something that is difficult, dangerous, or unpleasant to the smallest possible amount or degree
miraculous	mɪ'rækjələs, mɪ'rækjʊləs	adj	wundersam	miraculeux	miracoloso	very good, completely unexpected, and often very lucky
mixture	'mɪkstʃə	n	Mischung	mélange	misto	a combination of two or more different things, feelings, or types of people
natural state	'nætʃərəl steɪt	n	Naturzustand	état naturel	stato naturale	without additions, in a pure form as from nature
network	'netwɜ:k	v	miteinander verbinden	interconnecter	collegare tra loro	to connect several computers together so that they can share information
novel	'nɒvəl	adj	neuartig	nouveau, novateur	nuovo, originale	not like anything known before, and unusual or interesting
nutrient	'nju:triənt	n	Nährstoff	nutriment	sostanza nutritiva	a chemical or food that provides what is needed for plants or animals to live and grow
nutritionist	nju:'trɪʃənəst, nju:'trɪʃənɪst	n	Ernährungsberater/i n	nutritionniste	nutrizionista	someone who has a special knowledge of nutrition
nutritious	nju:'trɪʃəs	adj	nahrhaft	nutritif	nutritivo	food that is nutritious is full of the natural substances that your body needs to stay healthy or to grow properly
obesity	əʊ'bi:səti, əʊ'bi:sɪti	n	Fettleibigkeit	obésité	obesità	when someone is very fat in a way that is unhealthy
objection	əb'dʒekʃən	n	Einwand	objection	obiezione	a reason that you have for opposing or disapproving of something, or something you say that expresses this
on offer	ɒn 'ɒfə	idiom	im Angebot	en promotion	in vendita	available to be bought, chosen, or used
organic	ɔ:'gænɪk	adj	biologisch, organisch	biologique	organico	relating to farming or gardening methods of growing food without using artificial chemicals, or produced or grown by these methods

outdated	,aʊt' deɪtəd, ,aʊt' deɪtɪd	adj	altmodisch	démodé	datato	if something is outdated, it is no longer considered useful or effective, because something more modern exists
overpriced	,əʊvə'praɪst	adj	überteuert	trop cher	troppo caro	Something that is overpriced is more expensive than it should be
package	'pækɪdʒ	v	verpacken	empaqueter	confezionare	to put food or other goods into a bag, box, etc., ready to be sold or sent
policy	'pɒləsi, 'pɒlɪsi	n	Regel, Vorschrift	politique	politica, linea di condotta	a way of doing something that has been officially agreed and chosen by a political party, a business, or another organization
preserve	pri' zɜ:v	v	erhalten, bewahren	préserver	tutelare, proteggere	to save something or someone from being harmed or destroyed
protection	prə'tekʃən	n	Schutz	protection	tutela, protezione	when someone or something is protected
queue	kju:	v	sich anstellen, Schlange stehen	faire la queue	essere in fila	to form or join a line of people or vehicles waiting to do something or go somewhere
rapidly	'ræpədli, 'ræpɪdli	adv	rapide, schnell	rapidement	rapidamente	very quickly and in a very short time
reach the end of the line	ri:tʃ ðə end əv ðə laɪn	phrase	an ein Ende kommen	être terminé	essere al capolinea	to get to the end of a process, activity or state
reaction	ri'ækʃən	n	Reaktion	réaction	reazione	something that you feel or do because of something that has happened or been said
recommend	,rekə'mend	v	empfehlen	conseiller	consigliare	to advise someone to do something, especially because you have special knowledge of a situation or subject
reluctant	ri'laktənt	adj	widerwillig	réticent	riluttante	slow and unwilling
replace	ri'pleɪs	v	ersetzen	remplacer	sostituire	to start doing something instead of another person, or start being used instead of another thing
replacement	ri'pleɪsmənt	n	Ersatz	de remplacement	sostituzione, ricambio	when you get something that is newer or better than the one you had before
research	ri'sɜ:tʃ	v	untersuchen	faire des recherches sur	svolgere ricerche	to study a subject in detail, especially in order to discover new facts or test new ideas
respond	ri'spɒnd	v	reagieren auf, antworten	répondre, réagir	rispondere, reagire	to do something as a reaction to something that has been said or done
review	ri'vju:	n	Kritik, Besprechung	critique	critica, recensione	an article in a newspaper or magazine that gives an opinion about a new book, play, film, etc.
risk	rɪsk	n	Risiko	risque	rischio	the possibility that something bad, unpleasant, or dangerous may happen
rocket science	'rɒkət 'saɪəns	n	Raketentechnologie	ingénierie aérospatiale	missilistica	used to say that something is not difficult to do or understand

satisfying	'sætəsfaɪ-ɪŋ, 'sætɪsfaɪ-ɪŋ	adj	befriedigend	satisfaisant	soddisfacente	making you feel pleased and happy, especially because you have got what you wanted
schedule	'fedʒu:l, 'skedʒu:l	n	Zeitplan	horaire	orario, programma	a plan of what someone is going to do and when they are going to do it
seaweed	'si:wi:d	n	Algen	algues	alga	a plant that grows in the sea
serving	'sɜ:vɪŋ	n	Portion	portion	porzione	an amount of food that is enough for one person
shared	ʃeəd	adj	gemeinsam	commun	comune, condiviso	if something is shared, it is enjoyed or used with other people so everyone can benefit from it
smoothie	'smu:ði	n	Smoothie	smoothie	smoothie	a thick drink made of fruit and fruit juices mixed together, sometimes with ice, milk, or yoghurt
socialise	'səʊʃəlaɪz	v	verkehren, Umgang haben mit	voir des gens, fréquenter	socializzare	to spend time with other people in a friendly way
solid	'sɒləd, 'sɒlɪd	adj	fest	solide	solido	hard or firm, with a fixed shape, and not a liquid or gas
soya bean	'sɔɪbi:n	n	Sojabohne	soja	seme di soia, soia	the bean of an Asian plant from which oil and food containing a lot of protein are produced
speech	spi:tʃ	n	Rede, Vortrag	discours	discorso	a talk, especially a formal one about a particular subject, given to a group of people
squeeze in	skwi:z ɪn	phrv	hineinzwängen	faire rentrer	far entrare	to try to make something fit into a space that is too small, or to try to get into such a space
stress	'stres	v	hervorheben, betonen	souligner	stress	to emphasize a statement, fact, or idea
strict	strikt	adj	streng	strict	rigido, severo	expecting people to obey rules or to do what you say
struggle	'strʌɡəl	v	kämpfen, sich abquälen	avoir du mal (à faire qch)	fare fatica	to try extremely hard to achieve something, even though it is very difficult
sumo	'su:məʊ	n	Sumo	sumo	sumo	a Japanese form of wrestling, done by men who are very large
survive	sə'vaɪv	v	überleben	survivre	sopravvivere	to continue to live after an accident, war, or illness
switch to	swɪtʃ tə	phrv	wechseln zu	passer à	passare a, cambiare	to change from doing or using one thing to doing or using another
theory	'θɪəri	n	Theorie	théorie	teoria	an idea or set of ideas that is intended to explain something about life or the world, especially an idea that has not yet been proved to be true
thrilled	θɪɪld	adj	aufgeregt, begeistert	très content, aux anges	emozionato, elettrizzato	very excited, happy, and pleased
under pressure	'ʌndə 'prefə	phrase	unter Druck	sous pression	sotto pressione	a way of working or living that causes you a lot of anxiety, especially because you feel you have too many things to do

unintended	,ʌnɪn'tendɪd	adj	unbeabsichtigt	involontaire	non intenzionale	something which is not planned or done on purpose or deliberately
unnatural	ʌn'nætʃərəl	adj	unnatürlich	contre nature, anormal	innaturale	different from what you would normally expect
version	'vɜːʃən	n	Version	version	versione	a copy of something that has been changed so that it is slightly different
vitamin	'vɪtəmən, 'vɪtəmɪn	n	Vitamin	vitamine	vitamina	a chemical substance in food that is necessary for good health
wealth	welθ	n	Wohlstand, Reichtum	richesse	benessere, ricchezza	a large amount of money, property, etc., that a person or country owns
whatsoever	,wɒtsəʊ'veə	adv	gar nichts	aucun, pas le moindre	di sorta, affatto	used to emphasize a negative statement
wireless networking	'waɪələs 'netwɜːkɪŋ	n	Funkvernetzung	réseau sans fil	connessione wi-fi	(also known as Wi-Fi) a way of connecting computers or other electronic machines to a network by using radio signals rather than wires
with any luck	wɪð 'eni lʌk	phrase	mit etwas Glück	avec un peu de chance	con un po' di fortuna	you say this if things happen in the way that you want
wonderful	'wʌndə	adj	wunderbar	merveilleux	meraviglioso	very good and effective
wrestler	'reslə	n	Ringer/in, Wrestler/in	lutteur/ lutteuse, catcheur/ catcheuse	lottatore/ lottatrice, wrestler	someone who takes part in wrestling

Unit 6

abstract	'æbstrækt	adj	abstrakt	abstrait	astratto	based on general ideas or principles rather than specific examples or real events
account	ə'kaʊnt	n	Erzählung, Erklärung	rapport, récit	resoconto	a written or spoken description that says what happens in an event or process
additional	ə'dɪʃənəl	adj	zusätzlich	supplémentaire	aggiuntivo	more than what was agreed or expected
admire	əd'maɪə	v	bewundern	admirer	ammirare	to respect and like someone because they have done something that you think is good
advent	'ædvent	n	Ankunft, Aufkommen	avènement	avvento	the time when something first begins to be widely used
all things considered	ɔːl θɪŋz kən'sɪdəd	phrase	alles in allem, unterm Strich	tout bien considéré	a conti fatti	when you consider all the parts or events of a situation
allegedly	ə'ledʒədli, ə'ledʒɪdli	adv	angeblich	prétendument	presumibilmente	used when reporting something that people say is true, although it has not been proved
antisocial	,æntɪ'səʊʃəl	adj	asozial	antisocial	asociale	antisocial behaviour is violent or harmful to other people, or shows that you do not care about other people

appreciate	ə'pri:ʃieɪt	v	für etwas dankbar sein, zu schätzen wissen	comprendre, apprécier à sa juste valeur	apprezzare	to understand how serious or important a situation or problem is or what someone's feelings are
approval	ə'pru:vəl	n	Einverständnis, Zustimmung	approbation	approvazione	when a plan, decision, or person is officially accepted
astonishing	ə'stɒnɪʃɪŋ	adj	erstaunlich	étonnant	sorprendente	so surprising that it is difficult to believe
attention seeker	ə'tenʃən 'si:kɪŋ	adj	jdm, der die Aufmerksamkeit anderer sucht	en quête d'attention de quelqu'un	chi cerca attenzioni	someone who is trying to find or get attention from others
audition	ɔ:'dɪʃən	n	Vorsprechen, Vorsingen, Vorspielen	audition	audizione	a short performance by an actor, singer, etc., that someone watches to judge if they are good enough to act in a play, sing in a concert, etc.
aware of	ə'weə əv	adj	sich bewusst sein, kennen	conscient de, informé de	consapevole di	if you are aware that a situation exists, you realize or know that it exists
belief	bə'li:f, br'li:f	n	Glaube	croyance	fedele, fiducia	the feeling that something is definitely true or definitely exists
better off	'betə ɒf	adj	wohlhabender, bessergestellt	plus riche	più ricco	having more money than someone else or than you had before
blockbuster	'blɒk ,bʌstə	n	Blockbuster	blockbuster	campione di incassi, blockbuster	a book or film that is very good or successful
broadcasting	'brɔ:dkɑ:stɪŋ	n	Fernsehen und Rundfunk	audiovisuel	telecomunicazioni	the business of making television and radio programmes
build into	bɪld 'ɪntə	phrv	integrieren, einbauen	intégrer	includere in	to make something a permanent part of a system, agreement, etc.
cast	kɑ:st	n	Besetzung (Film)	acteurs	cast, complesso di attori	all the people who perform in a play, film, etc.
chip	tʃɪp	n	Chip	puce	chip	a small piece of silicon that has a set of complicated connections on it and is said to store and process information in computers
compensate	'kɒmpənsət	v	kompensieren, ausgleichen	compenser	compensare, controbilanciare	to replace or balance the effect of something bad
considerable	kən'sɪdərəbəl	adj	beträchtlich	considérable	considerevole	fairly large, especially large enough to have an effect or be important
consult	kən'sʌlt	v	konsultieren, zu Rate ziehen	consulter	consultare	to ask for information or advice from someone because it is their job to know something
contact lens	'kɒntækt lenz	n	Kontaktlinse	lentille de contact	lenti a contatto	a small round piece of plastic that you put on your eye to help you see clearly

contemporary	kən'tempərəri, kən'tempəri	adj	zeitgenössisch	contemporain	contemporaneo	belonging to the present time
contribute	kən'trɪbjʊ:t	v	Teilnehmen, beitragen	participer, contribuer	partecipare, contribuire	to give money, help, ideas, etc., to something that a lot of other people are also involved in
controversial	ˌkɒntrə'vɜ:ʃəl	adj	umstritten	controversé	controverso	causing a lot of disagreement, because many people have strong opinions about the subject being discussed
costume	'kɒstjʊm	n	Kostüm	costume	costume	a set of clothes worn by an actor or by someone to make them look like something such as an animal, famous person, etc.
crucial	'kru:ʃəl	adj	entscheidend, zentral	crucial, décisif	cruciale	something that is crucial is extremely important, because everything else depends on it
cyber	'saɪbə	prefix	Cyber-	cyber-	ciber-, cyber-	relating to computers, especially to messages and information on the Internet
decline	dɪ'klaɪn	n	Rückgang	déclin	calo	a decrease in the quality, quantity, or importance of something
desire	dɪ'zaɪə	n	Wunsch, Wille	désir	desiderio	a strong hope or wish
destructive	dɪ'strʌktɪv	adj	zerstörerisch	destructeur	distruttivo	causing damage to people or things
domestic	də'mestɪk	adj	Haus-, heimisch	ménager, domestique	domestico	used in people's homes
enviable	'enviəbəl	adj	beneidenswert	enviable	invidiabile	an enviable quality, position, or possession is good and other people would like to have it
excel	ɪk'sel	v	sich hervortun in	exceller en	eccellere	to do something very well, or much better than most people
excess	ɪk'ses, 'ekses	n	Überschüssiges	surplus	eccesso	a larger amount of something than is allowed or needed
excessive	ɪk'sesɪv	adj	zu viel, übermäßig	excessif	eccessivo	much more than is reasonable or necessary
fantasy	'fæntəsi	n	Fantasie, Vorstellung	fantasme, rêve	fantasia	an exciting and unusual experience or situation you imagine happening to you, but which will probably never happen
fictional	'fɪkʃənəl	adj	fiktional	fictif	fittizio	fictional people, events, etc., are imaginary and from a book or story
fixed	fkst	adj	festgelegt	fixe	fisso	fixed times, amounts, meanings, etc., cannot be changed
fragile	'frædʒaɪl	adj	zerbrechlich	fragile	fragile	easily broken or damaged
gadget	'gædʒət, 'gædʒɪt	n	Gerät	gadget	arnese	a small, useful, and cleverly-designed machine or tool
genuine	'dʒenjuən, 'dʒenjuɪn	adj	echt, wahr	véritable	vero, autentico	something genuine really is what it seems to be
get away with	get e'wei wɪð	phrv	durchkommen mit	s'en tirer avec	cavarsela con	to do something without experiencing any problems or difficulties, even though it is not the best thing to do

get (sb) down	get daʊn	phrv	runterziehen, fertigmachen	déprimer qn	deprimere (qcn.)	to make someone feel unhappy and tired
get into (st)	get 'ɪntə	phrv	sich mit etwas beschäftigen	accrocher, se mettre dans qc	interessarsi a (qcs.)	to begin to enjoy something or be interested in it
get over (st)	get 'əʊvə	phrv	etwas überwinden	se remettre de, récupérer	superare (qcs.)	to begin to feel better after a very upsetting experience
get round to	get raʊnd tə	phrv	zu etwas kommen	trouver le temps de	trovare il modo di	to do something that you have been intending to do for some time
get through to	get θru: tə	phrv	jmd erreichen	atteindre qn	raggiungere, mettersi in contatto con	to reach a place or person that is difficult to reach
go ahead with (st)	gəʊ ə'hed wɪð	phrv	loslegen, beginnen mit etwas	y aller avec	procedere con (qcs.)	to start to do something, especially after planning it or asking permission to do it
holographic	'hɒləgrɑ:fɪk	adv	holografisch, dreidi mensional	holographique	olografico	relating to a hologram (= a kind of photograph made with a laser that looks 3D when looked at from an angle)
hoverboard	'hɒvəbɔ:d	n	Hoverboard	hoverboard	hoverboard, monopattino elettrico	a two-wheeled scooter which, like a skateboard, requires balance
injure	'ɪndʒə	v	verletzen	blesser	ferire	to hurt yourself or someone else, for example in an accident or an attack
intention	n'tenʃən	n	Absicht	intention	intenzione	a plan or desire to do something
interactive	ˌɪntər'æktɪv	adj	interaktiv	interactif	interattivo	an interactive computer program, television system, etc., allows you to communicate directly with it, and does things in reaction to your actions
invest	ɪn'vest	v	investieren	investir	investire	to buy shares, property, or goods because you hope that the value will increase and you can make a profit
lazy	'leɪzi	adj	faul	paresseux	pigro	not liking work and physical activity, or not making any effort to do anything
make up for	meɪk ʌp fə	phrv	wieder gutmachen	compenser	compensare	to make a bad situation better, or replace something that has been lost
mathematical formula	ˌmæθə'mæɪtɪkəl 'fɔ:mjələ	n	mathematische Formel	formule mathématique	formula matematica	a mathematical rule or principle, usually expressed in symbols
mega	'megə	adj	mega	méga-	enorme, mega	very big and impressive or enjoyable
microchip	'maɪkrəʊˌtʃɪp	n	Mikrochip	puce (électronique)	microchip	a very small piece of silicon containing a set of electronic parts, which is used in computers and other machines
misinterpret	ˌmɪsɪn'tɜ:prət, ˌmɪsɪn'tɜ:prɪt	v	falsch verstehen	mal interpréter	interpretare male	to not understand the correct meaning of something that someone says or does, or of facts that you are considering

narcissistic	,nɑ:sə'sɪstɪk, ,nɑ:sɪ'sɪstɪk	adj	narzisstisch	narcissique	narcisistico	when someone is too concerned about their appearance or abilities or spends too much time admiring them – used to show disapproval
nip into	nɪp 'ɪntə	phrv	kurz vorbeischaun	passer en vitesse	recarsi velocemente	to go somewhere quickly or for a short time
on duty	ɒn 'dju:ti	idiom	im Dienst	en service	di turno	to be working at a particular time, especially when you're doing a job which people take turns to do, so that someone is always doing it
outweigh	aʊt'weɪ	v	überwiegen	l'emporter sur	superare	to be more important or valuable than something else
passive	'pæsɪv	adj	passiv	passif	passivo	someone who is passive tends to accept things that happen to them or things that people say to them, without taking any action
pay its way	peɪ its weɪ	phrase	kostendeckend sein	couvrir ses dépenses	sostenere le spese	if a shop or business makes as much profit as it costs to run, it pays its way
population	,pɒpjə'leɪʃən, ,pɒpjʊ'leɪʃən	n	Bevölkerung	population	popolazione	the number of people living in a particular area, country, etc.
portray	pɔ:'treɪ	v	porträtieren, darstellen	représenter	raffigurare	to describe or show someone or something in a particular way, according to your opinion of them
potential	pə'tenʃəl	n	Potenzial	potentiel	potenziale	the possibility that something will develop in a particular way, or have a particular effect
predate	pri:'deɪt	v	zurückdatieren, zeitlich vorangehen	précéder	precedere, essere antecedente a	to happen or exist earlier in history than something else
priority	praɪ'bræti, praɪ'brɪti	n	Priorität	priorité	priorità	the thing that you think is most important and that needs attention before anything else
project	prɒ'dʒekt	v	hochrechnen, vorhersagen	prévoir, prédire	prevedere	to calculate what something will be in the future, using the information you have now
promotion	prə'məʊʃən	n	Beförderung	promotion	promozione	a move to a more important job or position in a company or organization
psychological	,saɪkə'lɒdʒɪkəl	adj	psychologisch	psychologique	psicologico	relating to the way that your mind works and the way that this affects your behaviour
reward	ri'wɒd	v	belohnen	récompenser	ricompensare	to give something to someone because they have done something good or helpful or have worked for it
rise	'raɪz	v	ansteigen	monter	salire, aumentare	to increase in number, amount, or value
sake	seɪk	n	Wohl, Interesse	bien, intérêt	interesse, bene	in order to help, improve, or please someone or something
script	skɪpt	n	Textbuch, Rollenheft	script, texte	copione	the written form of a speech, play, film, etc.

self-esteem	,selfɪ'sti:m	n	Selbstbewusstsein	estime de soi, amour-propre	autostima	the feeling of being satisfied with your own abilities, and that you deserve to be liked or respected
selfie	,selfɪ	n	Selfie	selfie	selfie	a photograph, usually posted on social media, taken with a smartphone or digital camera where the person taking it is in the photograph
shameless	'ʃeɪmləs	adj	schamlos	sans gêne	sfrontato	not seeming to be ashamed of your bad behaviour although other people think you should be ashamed
signal	'sɪgnəl	v	erkennen lassen, signalisieren	signaler	segnalare	to make something clear by what you say or do – used in news reports
situational comedy	,sɪtʃu'eɪʃənəl 'kɒmədi	n	Situationskomödie	comédie de situation	sitcom	abbreviated to sitcom, is a type of comedy focusing on a fixed set of characters and what happens to them
specific	spə'sɪfɪk, spɪ'sɪfɪk	adj	bestimmt	particulier	specifico	a specific thing, person, or group is one particular thing, person, or group
spontaneous	spɒn'teɪniəs	adj	spontan	spontané	spontaneo	something that is spontaneous has not been planned or organized, but happens by itself, or because you suddenly feel you want to do it
spotlight	'spɒtlɑɪt	n	Strahler, Spotlight	spot, projecteur	riflettore	a light with a very bright beam which can be directed at someone or something. Spotlights are often used to light a stage when actors or singers are performing
status update	'stetəs 'ʌpdet	n	Statusaktualisierung	mise à jour du statut	aggiornamento dello stato	a short, text-based entry on a social media site which tells your friends what you're doing or shares information, pictures or links
still life	stɪl laɪf	n	Stilleben	nature morte	natura morta	a picture of an arrangement of objects, for example flowers or fruit
strengthen	'streŋθən, 'strenθən	v	stärker werden	se renforcer	rafforzare	to become stronger or make something stronger
subsidise	'sʌbsədaɪz, 'sʌbsɪdaɪz	v	subventionieren	subventionner	sovvenzionare	if a government or organization subsidises a company, activity, etc., it pays part of its costs
summarise	'sʌməraɪz	v	zusammenfassen	résumer	riassumere	to make a short statement giving only the main information and not the details of a plan, event, report, etc.
superficial	,su:pə'fɪʃəl	adj	oberflächlich	superficiel	superficiale	someone who is superficial does not think about things that are serious or important – used to show disapproval
surround sound	sə'raʊnd saʊnd	n	Surround-Sound, Raumklang	son multicanal	audio surround	a system of four or more speakers (=pieces of equipment that sound comes out of) used so that sounds from a film or television programme come from all directions

suspect	sə'spekt	v	den Verdacht haben, vermuten	souçonner	sospettare	to think that something is probably true, especially something bad
take a year out	teɪk eɪ jɪə aʊt	phrase	sich ein Jahr Auszeit nehmen	prendre une année sabbatique	prendersi un anno di pausa	to not continue to university immediately after finishing school but instead to take a year to travel, work, etc.,
tarmac	'tɑ:mæk	n	Asphalt	asphalte	asfalto	a mixture of tar and very small stones, used for making the surface of roads
therapeutic	,θerə'pjʊ:tɪk	adj	therapeutisch, wohltuend	thérapeutique	terapeutico	making you feel calm and relaxed
therapy	'θerəpi	n	Thérapie	thérapie	terapia	the treatment of an illness or injury over a fairly long period of time
threat	θret	n	Bedrohung	menace	minaccia	someone or something that is regarded as a possible danger
time-consuming	'taɪmkən ,sju:mɪŋ	adj	zeitaufwändig	long, prenant	che richiede tempo	taking a long time to do
timetabled	'taɪmteɪbəld	adj	terminieren, einplanen	planifier, prévoir	in programma	planned to happen at a particular time in the future
ultimately	'ʌltəmətli, 'ʌltɪmətli	adv	letztlich	en fin de compte	in conclusione	finally, after everything else has been done or considered
update	'ʌpdeɪt	n	Aktualisierung	mise à jour	aggiornamento	the most recent news or information about something
value	'vælju:	v	Wert legen auf	estimer	apprezzare	to think that someone or something is important
virtual	'vɜ:tʃuəl	adj	virtuell	virtuel	virtuale	made, done or seen, etc., on the Internet or on a computer, rather than in the real world
widen the appeal	'waɪdn ðə ə'pi:l	phrase	die Attraktivität vergrößern	accroître l'attractivité	aumentare l'attrattiva	to make more attractive and popular
wide-reaching	waɪd 'ri:tʃɪŋ	adj	weitreichend	de grande envergure	di ampio respiro	enjoyed by many
work ethic	wɜ:k 'eθɪk	n	Arbeitsethos	éthique de travail	etica del lavoro	a belief in the moral value and importance of work
worsen	'wɜ:sən	v	verschlimmern	s'aggraver	peggiorare	to become worse or make something worse

Unit 7

abundance	ə'bʌndəns	n	Überfluss, Fülle, große Menge	abondance	abbondanza	a large quantity of something
adaptation	,ædæp'teɪʃən	n	Adaption	adaptation	adattamento	a film or television programme that is based on a book or play
applause	ə'plɔ:z	n	Applaus	applaudissements	applauso	the sound of many people hitting their hands together and shouting, to show that they have enjoyed something
back (sb/st) up	bæk ʌp	phrv	etwas/jmd verstärken	soutenir qn	sostenere, aiutare (qcn./qcs.)	to provide support or help for someone or something
be in a temper	bɪ ɪn ə'tempə	phrase	schlechter Laune sein	être de mauvaise humeur	essere arrabbiato	be angry

basis	'beɪsəs, 'beɪsɪs	n	Basis	base	base	relating to a regular activity or event which takes place
broaden the mind	'brɔ:dn ðə maɪnd	phrase	den Horizont erweitern	élargir ses horizons	aprire la mente	helps you to increase your knowledge or something
build up	bɪld ʌp	phrv	sich ansammeln, aufstauen	s'accumuler	accumulare	if a feeling builds up, or if you build it up, it increases gradually over a period of time
bustling	'bʌsəlɪŋ	adj	belebt, betriebsam	animé	indaffarato, affaccendato	a bustling place is very busy
by choice	bɑɪ tʃɔɪs	idiom	freiwillig	de plein gré	per scelta	if you do something by choice, you do it because you want to do it and not because you are forced to do it
captain	'kæptən, 'kæptɪn	n	Kapitän	capitaine	capitano	the sailor in charge of a ship, or the pilot in charge of an aircraft
chilly	'tʃɪli	adj	kühl	froid	freddo, fresco	chilly weather or places are cold enough to make you feel uncomfortable
clapboard house	'klæpbɔ:d haus	n	Schindelhaus	maison en bardeaux	casa ricoperta da assicelle di legno	a design of house which is covered in horizontal wooden boards
commitment	kə'mɪtmənt	n	Verpflichtung	engagement	impegno	a promise to do something or to behave in a particular way
consistently	kən'sɪstəntli	adv	ständig, regelmäßig	régulièrement	costantemente	always behaving in the same way or having the same attitudes, standards, etc., - usually used to show approval
cosy	'kəʊzi	adj	behaglich, gemütlich	confortable	accogliente	a place that is cosy is small, comfortable and warm
customary	'kʌstəməri	adj	üblich	conventionnel	consueto	something that is customary is normal because it is the way something is usually done
cut off from	kʌt ɒf frəm	phrv	abgeschnitten von	coupé de	tagliato fuori	to be a long way from other places and be difficult to get to
dependent on (sb/st)	dɪ'pendənt ɒn	phrv	abhängig von (etwas/jmd)	dépendant de	dipendente da (qcn./qcs.)	to need the support, help or existence of someone or something in order to exist, be healthy, be successful, etc.
disapprove	ˌdɪsə'pru:v	v	missbilligen	désapprouver	disapprovare	to think that someone or their behaviour, ideas, etc., are bad or wrong
dissatisfaction	dɪ,sætəs'fækʃən, dɪ,sætɪs'fækʃən, dɪs,sæ-	n	Unzufriedenheit	mécontentement	insoddisfazione	a feeling of not being satisfied
empower	ɪm'paʊə	v	stärken	responsabiliser	dare pieni poteri a	to give someone more control over their own life or situation
extent	ɪk'stɛnt	n	Ausmaß	étendue, mesure	in parte	used to say how true something is or how great an effect or change is
face	feɪs	v	jmd ins Auge sehen, anschauen	faire face à qn	essere di fronte a	be opposite someone or something, or to be looking or pointing in a particular direction

financial commitment	fə' nænʃəl kə' mɪtmənt	n	finanzielle Verpflichtung	obligation financière	impegno finanziario	an amount of money that you have to pay regularly
fluently	'flu:əntli	adv	fließend	couramment	fluentemente	able to speak a language very well
fly the nest	flaɪ ðə nest	phrase	das Nest verlassen	quitter le nid	abbandonare il nido	if a young bird flies the nest, it has grown old enough to look after itself and is no longer dependent on its parents
geyser	'gi:zə	n	Geysir	geyser	geyser	a natural spring that sends hot water and steam suddenly into the air from a hole in the ground
ground rules	graʊnd ru:l	n	Grundregeln	règles fondamentales	regole di base	the basic rules or principles on which future actions or behaviour should be based
guided tour	'gaɪdɪd tʊə	n	Führung	visite guidée	tour guidato	if someone takes you on a guided tour, they show you around a place of interest and tell you all about it
household name	'haʊshəʊld neɪm	n	allgemein bekannter Name	nom très connu	nome familiare, nome noto	a name of a product, company, etc., that is very well known
imaginary	ɪ'mædʒənəri, ɪ'mædʒɪnəri	adj	imaginär	imaginaire	immaginario	not real, but produced from pictures or ideas in your mind
implication	ˌɪmplə'keɪʃən, ˌɪmplɪ'keɪʃən	n	Implikation	implication	implicazione	a possible future effect or result of an action, event, decision, etc.
imply	ɪm'plai	v	implizieren, andeuten	insinuer, laisser entendre	implicare	to suggest that something is true, without saying this directly
impressive	ɪm'presɪv	adj	beeindruckend	impressionnant	impressionante	something that is impressive makes you admire it because it is very good, large, important, etc.
in tune with	ɪn tju:n wɪð	phrase	in Harmonie mit	en harmonie avec	in armonia con	to feel in harmony with someone or something
inaccessible	ˌɪnək'sesəbəl, ˌɪnək'sesɪbəl	adj	unerreichbar	inaccessible	irraggiungibile	difficult or impossible to reach
increasingly	ɪn'kri:ʃɪŋli	adv	zunehmend	de plus en plus	in misura crescente	more and more all the time
indifference	ɪn'dɪfərəns	n	Gleichgültigkeit	indifférence	indifferenza	lack of interest or concern
inspiring	ɪn'spaɪərɪŋ	adj	inspirierend	qui inspire	che è fonte d'ispirazione	giving people a feeling of excitement and a desire to do something great
institution	ˌɪnstə'tju:ʃən, ˌɪnstɪ'tju:ʃən	n	Institution	institution	istituzione	a large organization that has a particular kind of work or purpose
international relations	ˌɪntə'næʃənəl rɪ'leɪʃənz	n	internationale Beziehungen	relations internationales	relazioni internazionali	the political relationships between countries, or the study of this
isolated	'aɪsələɪtəd, 'aɪsələɪtɪd	adj	isoliert	isolé	isolato	an isolated building, village, etc., is far away from any others
job security	dʒɒb sɪ'kjʊərəti	n	Arbeitsplatzsicherheit	sécurité de l'emploi	sicurezza del posto di lavoro	how permanent your job is likely to be

lava	'lɑ:və	n	Lava	lave	lava	hot liquid rock that flows from a volcano, or this rock when it has become solid
let (sb) off (st)	let ɒf	phrv	jmd frei geben	laisser qn partir	lasciare andare (qcn.), esonerare (qcn.) da (qcs.)	if something in authority lets you off something you should do, they give you permission not to do it
lifestyle	'laɪfstaɪl	n	Lebensweise	mode de vie	stile di vita	the way a person or group of people live, including the place they live in, the things they own, the kind of job they do, and the activities they enjoy
live up to (sb's) expectations	lɪv ʌp tə ,ekspek'teɪʃənz	phrase	jmds Erwartungen erfüllen	être à la hauteur des attentes de qn	essere all'altezza delle aspettative (di qcn.)	if something or someone lives up to your expectations, they live up the standards or did as well as they were expected to do
loan	ləʊn	n	Kredit	prêt	prestito	an amount of money that you borrow from a bank, etc.
long-term	ˌlɒŋ 'tɜ:m	adj	langfristig	à long terme	a lungo termine	continuing for a long period of time, or relating to what will happen in the distant future
luxurious	lʌg'zjʊəriəs, læg'zjʊəriəs	adj	luxuriös	luxueux	lussuoso	very expensive, beautiful, and comfortable
magnificent	mæg'nɪfɪsənt, mæg'nəfɪsənt	adj	wundervoll	magnifique	stupendo	very good or beautiful, and very impressive
mature student	mə'tʃʊə stju:dənt	adj	ältere/r Student/in	étudiant/e plus âgé/e	studente/studentessa che riprende gli studi a un'età successiva a quella regolare	a student at a university or college who is over 25 years old
misty	'mɪsti	adj	neblig	brumeux	nebbioso	misty weather is weather with a lot of mist
misunderstanding	ˌmɪsʌndə'stændɪŋ	n	Missverständnis	malentendu	malinteso	a problem caused by someone not understanding a question, situation, or instruction correctly
mixed feelings	mɪkst 'fi:əlɪŋz	n	gemischte Gefühle	sentiments contradictoires	sentimenti misti	if you have mixed feelings about something, you are not sure whether you like, agree with, or feel happy about it
move out	mu:v aʊt	phrv	ausziehen	déménager	andare via di casa	to leave the house where you are living now in order to go and live somewhere else
moving	'mu:vɪŋ	adj	bewegend	émouvant, touchant	commovente, toccante	making you feel strong emotions, especially sadness or sympathy
mysterious	mɪ'stəriəs	adj	geheimnisvoll	mystérieux	misterioso	mysterious events or situations are difficult to explain or understand
norm	nɔ:m	n	Norm	norme	norma	the usual or normal situation, way of doing something, etc.
objective	əb'dʒektɪv	n	Ziel	objectif, but	obiettivo	something that you are trying hard to achieve, especially in business or politics

offend	ə'fend	v	beleidigen, verletzen	offenser	offendere	to make someone angry or upset by doing or saying something that they think is rude, unkind, etc.
out of fashion	aʊt əv 'fæʃən	phrase	aus der Mode, altmodisch	démodé	fuori moda	no longer fashionable
out-of-the-way	ˌaʊt əv ðə 'weɪ	adj	abgelegen	isolé	sperduto, fuori mano	an out-of-the-way place is in an area where there are few people
overestimate	ˌəʊvər'estəmeɪt, ˌəʊvər'estɪmeɪt	v	überschätzen	surestimer	sopravalutare	to think something is better, more important, etc., than it really is
pace	peɪs	n	Tempo	vitesse	rapidità	the speed at which something happens or is done
package tour	'pækɪdʒ tʊə	n	Pauschalreise	voyage organisé	viaggio organizzato	a holiday organised by a company at a fixed price that includes the cost of travel, hotel, etc.
paradise	'pærədəɪs	n	Paradies	paradis	paradiso	a place or situation that is extremely pleasant, beautiful, or enjoyable
paraphrase	'pærəfreɪz	v	umschreiben, mit anderen Worten ausdrücken	paraphraser	parafrasare	to express in a shorter, clearer, or different way what someone has said or written
pity	'pɪti	v	bemitleiden	avoir pitié de	provare compassione per	to feel sorry for someone because they are in a very bad situation
polluted	pə'lu:təd, pə'lu:tɪd	adj	verschmutzt, verseucht	pollué	inquinato	dangerously dirty and not suitable for people to use
pop in	pɒp ɪn	phrv	vorbeischauen	faire un saut	fare un salto	to go somewhere quickly, suddenly or in a way that you did not expect
privacy	'prɪvəsi, 'praɪvəsi	n	Privatsphäre	intimité, vie privée	privacy	the state of being able to be alone, and not seen or heard by other people
put (sb) up	pʊt ʌp	phrv	jmd beherbergen	héberger	ospitare (qcn.)	to let someone stay in your house and give them meals
remote	rɪ'məʊt	adj	entlegen	isolé, perdu	remoto, lontano	far from towns or other places where people live
ripe	raɪp	adj	reif	mûr	matturo	ripe fruit or crops are fully grown and ready to eat
run-down	ˌrʌn 'daʊn	adj	heruntergekommen	décrépit	in rovina, cadente	a building or area that is run-down is in very bad condition
sand dune	sænd dju:n	n	Sanddüne	dune	duna di sabbia	a hill formed of sand in a desert or near the sea
seafront	'si:frʌnt	n	Strandpromenade	front de mer	lungomare	the part of a town where the shops, houses, etc., are next to the beach
seasonal	'si:zənəl	adj	saisonal	saisonnier	stagionale	happening, expected, or needed during a particular season
secluded	sɪ'klu:dəd, sɪ'klu:dɪd	adj	versteckt, abgeschieden	isolé, retiré	solitario	very private and quiet
self-reliance	ˌself ri'laɪənts	n	Eigenständigkeit, Autarkie	autonomie, indépendance	autonomia	able to do or decide things by yourself, without depending on the help or advice of other people

setting	'setɪŋ	n	Umgebung	cadre	ambiente, scenario	the place where something is or where something happens, and the general environment
soothing	'su:ðɪŋ	adj	beruhigend	apaisant	calmante	to make someone feel calmer and less anxious, upset, or angry
source of income	sɔ:s əv 'ɪŋkʌm	n	Einkommensquelle	source de revenu	fonte di reddito	a thing, place, activity, etc., where you get your money/income from
speculate	'spekjələɪt, 'spekjʊləɪt	v	spekulieren	s'interroger sur, spéculer sur	fare ipotesi	to guess about the possible causes or effects of something, without knowing all the facts or details
spiritual	'spɪrətʃuəl, 'spɪrɪtʃuəl	adj	spirituell	spirituel	spirituale	relating to your spirit rather than to your body or mind
spoiled	spɔɪld	adj	verwöhnt	gâté	viziato	a spoilt or spoiled person, especially a child, is rude and behaved badly because they have always been given what they want and allowed to do what they want
spot	spɒt	v	entdecken, erblicken	repérer	notare	to notice someone or something, especially when they are difficult to see or recognize
spread your wings	spred jə wɪŋz	phrase	seine Flügel ausbreiten	déployer les ailes	spiccare il volo	to start to have an independent life and experience new things
stand on your own feet	stænd ɒn jə əʊn fi:t	phrase	auf eigenen Füßen stehen	voler de ses propres ailes	camminare con le proprie gambe	to be able to do what you need to do, earn your own money, etc., without help from others
stimulating	'stɪmjələɪtɪŋ, 'stɪmjʊləɪtɪŋ	adj	anregend	stimulant	stimolante	exciting or full of new ideas
stunning	'stʌnɪŋ	adj	umwerfend	éblouissant	splendido	extremely attractive or beautiful
supporting	sə'pɔ:tɪŋ	adj	unterstützend, begleitend	à l'appui, complémentaire	di sostegno	facts or data showing that an idea or statement is correct
supportive	sə'pɔ:tɪv	adj	eine Stütze seiend	qui soutient beaucoup	che sostiene	giving help or encouragement, especially to someone who is in a difficult situation – used to show approval
take (sb/st) for granted	teɪk fə 'grɑ:ntəd	phrase	als selbstverständlich ansehen	considérer comme normal	dare per scontato (qcn./qcs.)	to expect that someone or something will always be there when you need them and never think how important or useful they are
take out	teɪk aʊt	phrv	aufnehmen (Kredit)	contracter, prendre	richiedere	make a financial or legal arrangement with a bank, company, law court, etc.
the outside world	ðəaʊt'saɪd wɜ:lɪd	n	die Außenwelt	le monde extérieur	il mondo esterno	the rest of the world
throw (st) out	θrəʊ aʊt	phrv	wegwerfen	jeter	buttare via (qcs.)	to get rid of something that you do not want or need
tranquil	'træŋkwəl, 'træŋkwɪl	adj	ruhig	tranquille	tranquillo	pleasantly calm, quiet, and peaceful
treehouse	'tri:haʊs	n	Baumhaus	cabane dans les arbres	casa sull'albero	a wooden structure built in the branches of a tree for children to play in

underwater	ˌʌndə'wɔ:tə	adj	Unterwasser-	sous-marin	subacqueo	below the surface of an area of water, or able to be used there
uplifting	ʌp'ɪftɪŋ	adj	aufbauend, erhebend	inspirant, exaltant	edificante	making you feel happier and more hopeful
valuable	'væljuəbəl, 'væljəbəl	adj	wertvoll	précieux	prezioso	valuable help, advice or information, etc., is very useful because it helps you to do something
volunteer programme	'vɒlən'tɪə 'prəʊgræm	n	Freiwilligenprogramm	programme de volontariat	programma di volontariato	a program where most, if not all, of the work is done by volunteers (= people who do a job willingly without being paid)
Unit 8						
accuse	ə'kju:z	v	beschuldigen, anklagen	accuser	accusare	to say that you believe someone is guilty of a crime or of doing something bad
adapt	ə'dæpt	v	anpassen	s'adapter	adattarsi	to gradually change your behaviour and attitudes in order to be successful in a new situation
applicant	'æplɪkənt	n	Bewerber/in	candidat/e	candidato/-a	someone who has formally asked, usually in writing, for a job, university place, etc.
base	bɛɪs	v	sich niederlassen	baser, installer	avere la propria sede	to have your main place of work, business, etc., in a particular place
blood pressure	blʌd 'preʃə	n	Blutdruck	pression sanguine	pressione del sangue	the force with which blood travels through your body
blow (sb's) mind	bləʊ maɪnd	phrase	jmd umwerfen	stupéfier	stupire (qcn.), lasciare (qcn.) a bocca aperta	to make you feel very surprised and excited by something
burst with (st)	bɜ:st wɪð	phrv	platzen vor etwas	déborder de	scoppiare di (qcs.)	to have a lot of something or be filled with something, e.g. pride, energy, excitement
calculate	'kælkjələɪt, 'kælkjʊləɪt	v	berechnen	calculer	calcolare	to find out how much something will cost, how long something will take, etc., by using numbers
civilization	'sɪvəlaɪ'zeɪʃən	n	Zivilisation	civilisation	civiltà	a society that is well organized and developed, used especially about a particular society in a particular place or at a particular time
complex	'kɒmpleks	adj	komplex	complexe	complesso	consisting of many different parts and often difficult to understand
confide	kən'faɪd	v	anvertrauen	confier à	confidare	to tell someone you trust about personal things that you do not want other people to know
counselling	'kaʊnsəlɪŋ	n	Beratung	consultation	consulenza	advice and support given by a counsellor to someone with problems, usually after talking to them

counsellor	'kaʊnsələ	n	Berater	conseiller/ conseillère	consulente	someone whose job is to help and support people with problems
cover for (sb)	'kʌvə fə	phrv	vertuschen	couvrir, étouffer, dissimuler	coprire (qcn./qcs.)	if you cover for or cover up for someone, you prevent them from getting into trouble by lying for them, especially about where they are or what they are doing
deadline	'dedlaɪn	n	Termin	date limite	scadenza	a date or time by which you have to do or complete something
deal with	di:l wɪð	phrv	sich um etwas kümmern	s'occuper de	occuparsi di	to take the necessary action, especially in order to solve a problem
dedication	,dedə'keɪʃən, ,dedɪ'keɪʃən	n	Hingabe	dévouement	dedizione, impegno	hard work or effort that someone puts into a particular activity because they care about it a lot
demanding	dɪ'mɑ:ndɪŋ	adj	anspruchsvoll, fordernd, anstrengend	exigeant	impegnativo	needing a lot of ability, effort, or skill
deny	dɪ'naɪ	v	leugnen	nier	negare	to say that something is not true, or that you do not believe something
enormity	ɪ'nɔ:məti, ɪ'nɔ:miti	n	Ungeheuerlichkeit	énormité	enormità	the great size, seriousness, or difficulty of a situation, problem, event, etc.
exotic	ɪg'zɒtɪk	adj	exotisch	exotique	esotico	something that is exotic seems unusual and interesting because it is related to a foreign country – use this to show approval
explorer	ɪk'splɔ:rə	n	Entdecker	explorateur/ exploratrice	esploratore/ esploratrice	someone who travels through an unknown area to find out about it
extended	ɪk'stendəd, ɪk'stendɪd	adj	verlängert	prolongé	prolungato	made longer or bigger
fall	fɔ:l	n	Sturz	chute	caduta	movement towards the ground or a lower position
fingers crossed	'fɪŋgəz krɒst	phrase	die Daumen drücken	croisons les doigts	dita incrociate	to hope that something will happen the way you want
forever	fə'revə	adv	für immer	pour toujours	per sempre	for all future time
freelance	'fri:lɑ:ns	adj	freiberuflich	free-lance, indépendant	freelance, indipendente	working independently for different companies rather than being employed by one particular company
frustrated	frʌ'streitəd, frʌ'streitɪd	adj	frustriert	frustré	frustrato	feeling annoyed, upset, and impatient, because you cannot control or change a situation, or achieve something
hand in your notice	hænd ɪn jə 'nəʊtɪs	phrase	kündigen	démissionner	rassegnare le dimissioni	to tell your employer that you will be leaving your job soon
have the travel bug	hæv ðə 'trævəl bʌg	phrase	Reisefieber haben	avoir le virus du voyage	avere la mania di viaggiare	to become very interested in travelling

hit on (st)	hɪt ɒn	phrv	kommen auf	trouver	escogitare (qcs.)	to have an idea or discover something suddenly or unexpectedly
iceberg	'aɪsbɜ:g	n	Eisberg	iceberg	iceberg	a very large mass of ice floating in the sea, most of which is under the surface of the water
in the middle of nowhere	ɪn ðə 'mɪdl əv 'nəʊweə	phrase	mitten im Nirgendwo	au milieu de nulle part	nel mezzo del nulla	a long way from the nearest big town
issue	'ɪʃu:, 'ɪʃju:	n	Thema, Frage	question	questione	a subject or problem that is often discussed or argued about, especially a social or political matter that affects the interests of a lot of people
job vacancy	dʒɒb 'veɪkənsi	n	freie Stelle	poste vacant	posto di lavoro vacante	a job that is still available for someone to start doing
key	ki:	adj	wichtig, entscheidend	clé	chiave, fondamentale	very important or necessary
make redundant	meɪk rɪ'dʌndənt	collocation	entlassen	licencier	licenziare	if you are made redundant, your employer no longer has a job for you
marketing	'mɑ:kətɪŋ, 'mɑ:kɪtɪŋ	n	Marketing	marketing	marketing	the activity of deciding how to advertise a product, what price to charge for it, etc., or the type of job in which you do this
migrant worker	'maɪgrənt 'wɜ:kə	n	Arbeitsmigrant	travailleur migrant/ travailleuse migrante	lavoratore/ lavoratrice immigrato/-a	someone who goes to live in another country for work
none of your business	nʌn əv jə 'bɪznəs	phrase	geht dich nichts an	ça ne te/vous regarde pas	non sono affari tuoi	if something is not your business or none of your business, you should not be involved in it or ask about it
obtain	əb'teɪn	v	bekommen, erhalten	obtenir	ottenere	to get something that you want, especially through your own effort, skill, or work
on demand	ɒn dɪ'mɑ:nd	idiom	nach Bedarf	sur demande	su richiesta	whenever someone asks
opportunity	,ɒpə'tju:nəti, ,ɒpə'tju:nɪti	n	Gelegenheit	occasion	opportunità	a chance to do something or an occasion when it is easy for you to do something
overall	,əʊvər'ɔ:l	adj	gesamt	total	complessivo	considering or including everything
overtime	'əʊvətɑɪm	n	Überstunden	heures supplémentaires	lavoro straordinario	time that you spend working in your job in addition to your normal working hours
permit	pə'mɪt	v	erlauben, gestatten	permettre	permettere, consentire	to allow something to happen, especially by an official decision, rule, or law
possess	pə'zes	v	haben, besitzen	avoir	essere in possesso di	to have a particular quality or ability
prospective	prə'spektɪv	adj	voraussichtlich	potentiel, futur	futuro, possibile	someone who is likely to do a particular thing or achieve a particular position

qualification	,kwɒləfə'keɪʃən, ,kwɒlɪfə'keɪʃən	n	Abschluss	qualification, diplôme	qualifica	if you have a qualification, you have passed an examination or course to show you have a particular level of skill or knowledge in a subject
robotics	rəʊ'bɒtɪks	n	Robotik	robotique	robotica	the study of how robots are made and used
runway	'rʌnweɪ	n	Startbahn, Landebahn	piste	pista	a long specially prepared hard surface like a road on which aircraft land and take off
sacrifice	'sækrəfajs, 'sækrɪfajs	n	Opfer	sacrifice	sacrificio	when you decide not to have something valuable, in order to get something that is more important
settle in	'setl ɪn	phrv	sich eingewöhnen	s'établir, s'installer	sistemarsi	to begin to feel happy and relaxed in a new situation, home, job, or school
snake bite	sneɪk baɪt	n	Schlangenbiss	morsure de serpent	morso di serpente	the bite of a poisonous snake
social worker	'səʊʃəl 'wɜ:kə	n	Sozialarbeiter/in	travailleur social	operatore/ operatrice sociale	someone who is trained to help people who are poor, have family problems, etc.
stumble across	'stʌmbəl ə'krɒs	phrv	stoßen auf	tomber sur	scoprire per caso	to find or discover something by chance and unexpectedly
surgery	'sɜ:dʒəri	n	Arztpraxis	cabinet médical	ambulatorio	a place where a doctor or dentist gives treatment
survival	sə'vaɪvəl	n	Überleben	survie	sopravvivenza	the state of continuing to live or exist
tell tales	tel teɪəlz	collocation	petzen	cajarder	fare la spia	to tell someone in authority about something wrong that someone else has done
try	traɪ	n	Versuch	essai	tentativo	an attempt to do something
uninhabited	,ʌnɪn'hæbətəd, ,ʌnɪn'hæbɪtəd	adj	unbewohnt	inhabité	disabitato	an uninhabited place does not have anyone living there
untouched	,ʌn'tʌtʃt	adj	unberührt	intact, sauvage	intatto	not changed, damaged, or affected in any way
vertical farmer	'vɜ:ɪkəl 'fɑ:mə	n	Vertikalfarmer	qui pratique l'agriculture verticale	agricoltore/ agricoltrice verticale	someone who produces food and medicine using an indoor farming technique where the surfaces used for production are vertically stacked
Yours faithfully	jɔ:z 'feɪθfəli	phrase	Mit freundlichen Grüßen	Veillez agréer, Monsieur/Madame, mes salutations distinguées	distinti saluti	the usual polite way of ending a formal letter, which you have begun with Dear Sir/Madam

Unit 9

accomplish	ə'kʌmplɪʃ	v	erreichen	atteindre, accomplir	portare a termine	to succeed in doing something, especially after trying very hard
agonize	'æɡənaɪz	v	sich quälen, sich martern	se tourmenter	tormentarsi	to think about a difficult decision very carefully and with a lot of effort

assemble	ə'sembəl	v	sich versammeln	se rassembler	radunarsi	if you assemble a large number of people or things, or if they assemble, they are gathered together in one place, often for a particular purpose
brake	breɪk	v	bremsen	freiner	frenare	to make a vehicle or bicycle go more slowly or stop by using its brake(s)
bully	'bʊli	v	drangsalieren	tyranniser, harceler	fare il bullo, tiranneggiare	to threaten to hurt someone or frighten them, especially someone smaller or weaker
capability	,keɪpə'bɪləti, ,keɪpə'bɪlɪti	n	Fähigkeit, Potenzial	capacité	capacità	the natural ability, skill, or power that makes a machine, person, or organization able to do something, especially something difficult
cloud (sb's) judgement	klaʊd dʒʌdʒmənt	phrase	das Urteilsvermögen trüben	faire perdre les facultés de discernement à	offuscare il giudizio (di qcn.)	to make someone less able to think clearly or make sensible decisions
commuter	kə'mju:tə	n	Pendler/in	banlieusard/e	pendolare	someone who travels a long distance to work every day
consequence	'kɒnsəkwəns, 'kɒnsɪkwəns	n	Folge, Konsequenz	conséquence	conseguenza	something that happens as a result of a particular action or set of conditions
cope	kəʊp	v	zurechtkommen	s'en sortir, se débrouiller, faire face à	far fronte	to succeed in dealing with a difficult problem or situation
correct yourself	kə'rekt jɔ:'self	phrase	sich korrigieren	se corriger	correggersi	to change something you have said so it is true or correct
data	'deɪtə, 'dɑ:tə	n	Daten	données	dati	information or facts
deer	dɪə	n	Hirsch	cerf	cervo	a large wild animal that can run very fast, eats grass, and has horns
economist	ɪ'kɒnəmɪst, ɪ'kɒnəmɪst	n	Ökonom, Wirtschaftler	économiste	economista	someone who studies the way in which money and goods are produced and used and the systems of business and trade
emerge	ɪ'mɜ:dʒ	v	herauskommen	apparaître	spuntare	to appear or come out from somewhere
enforced	ɪn'fɔ:st	adj	erzwungen, verstärkt	forcé	forzato	made to happen, especially by things you cannot control
failure	'feɪljə	n	Misserfolg	échec	fallimento	a lack of success in achieving or doing something
fame	feɪm	n	Ruhm	célébrité	fama	the state of being known about by a lot of people because of your achievements
flip	flɪp	v	schnippen	rabattre, ouvrir d'un doigt	rovesciare	to move something with a quick sudden movement so that it is in a different position
fulfil	fʊl'fɪl	v	erfüllen	réaliser un rêve	esaudire	if you fulfil a hope, wish, or aim, you achieve the thing that you hoped for, wished for, etc.

give up on (sb/st)	ɡɪv ʌp ɒn	phrv	etwas/jmd aufgeben	laisser tomber qc	rinunciare a (qcn./qcs.)	to stop hoping that someone or something will change or improve
heads or tails	hedz ɒnd teɪəlz	phrase	Kopf oder Zahl	pile ou face	testa o croce	said when deciding something, by asking someone which side of a coin they guess will be showing when you throw it in the air and it lands
ignore	ɪɡ' nɔ:	v	ignorieren	ignorer	ignorare	to deliberately pay no attention to something that you have been told or that you know about
imagery	'ɪmɪdʒəri	n	Symbolik	imagerie	raffigurazione	the use of words or pictures to describe ideas or actions in poems, books, films, etc.
indicate	'ɪndəkeɪt, 'ɪndɪkeɪt	v	auf etwas hinweisen	indiquer	indicare, dimostrare	to show that a particular situation exists, or that something is likely to be true
intervention	ɪntə'veɪnjən	n	Intervention	intervention	intervento	the act of becoming involved in an argument, fight, or other difficult situation in order to change what happens
laid-back	ˌleɪd 'bæk	adj	entspannt	décontracté	rilassato	relaxed and seeming not to be worried about anything
launch	lɔ:ntʃ	v	starten	lancer	lanciare, avviare	to start something, usually something big or important
leap into action	li:p 'ɪntə 'ækʃən	phrase	einsatzbereit sein	passer à l'action	passare all'azione	if you leap or spring into action, you suddenly start doing something
limitation	ˌlɪmə'teɪʃən, ˌlɪmɪ'teɪʃən	n	Begrenzung	limitation	limitazione	the act or process of controlling or reducing something
log on	lɒɡ ɒn	phrv	sich anmelden	se connecter	connettersi	to do the necessary actions on a computer system that will allow you to begin using it
lucky charm	'lʌki tʃɑ:m	n	Glücksbringer	porte-bonheur	ciondolo portafortuna	a very small object worn on a chain or bracelet and believed to bring good luck
majority	mə'dʒɔrəti, mə'dʒɔrɪti	n	Mehrheit	majorité	maggioranza	most of the people or things in a group
medallist	'medləst, 'medlɪst	n	Medallengewinner	médaille/e	vincitore/vincitrice di medaglia	someone who has won a medal in a competition
moral dilemma	'mɔrəl də'lemə	n	moralischer Zwiespalt	dilemme moral	caso di coscienza	a situation in which it is very difficult to decide what to do based on your moral principles, because all the choices seem equally good or equally bad
motivation	ˌməʊtə'veɪʃən, ˌməʊtɪ'veɪʃən	n	Motivation	motivation	motivazione	eagerness and willingness to do something without needing to be told or forced to do it
obey	əʊ' beɪ, ə' beɪ	v	gehörchen	obéir	obbedire	to do what someone in authority tells you to do, or what a law or rule says you must do
opponent	ə' pəʊnənt	n	Gegner/in	adversaire	avversario/-a	someone who you try to defeat in a competition, game, fight, or argument

overload	,əʊvə'ləʊd	n	Überlastung, Überflutung	surcharge	carico eccessivo	too much of something
perfect	pə'fɛkt	v	perfektionieren	perfectionner	perfezionare	to make something as good as you are able to
perfectionist	pə'fɛkʃənəst, pə'fɛkʃənɪst	n	Perfektionist/in	perfectionniste	perfezionista	someone who is not satisfied with anything unless it is completely perfect
powerful	'paʊəfəl	adj	mächtig	puissant	potente	a powerful person, organization, group, etc., is able to control and influence events and other people's actions
principle	'prɪnspəl, 'prɪnsɪpəl	n	Prinzip	principe	principio	the basic idea that a plan or system is based on
process	'prəʊses	n	Prozess	processus	processo	a series of actions that are done in order to achieve a particular result
prompt	pɒmpt	v	veranlassen	pousser à	spingere	to make someone decide to do something
propose	prə'pəʊz	v	vorschlagen	proposer	proporre, suggerire	to suggest something as a plan or course of action
random	'rændəm	adj	zufällig	aléatoire	casuale	happening or chosen without any definite plan, aim, or pattern
raw talent	rɔ: 'tælənt	n	natürliche Begabung	talent naturel	talento naturale	someone with raw talent is naturally good at something, but has not developed their ability yet
recall	rɪ'kɔ:l	v	sich erinnern	se rappeler	ricordarsi	to remember a particular fact, event, or situation from the past
resign	rɪ'zaɪn	v	kündigen	démissionner	dare le dimissioni	to officially announce that you have decided to leave your job or an organization
single-minded	,sɪŋgəl 'maɪndɪd	adj	zielstrebig	déterminé, résolu	determinato	someone who is single-minded has one clear aim and works very hard to achieve it
spectacle	'spektəkəl	n	Spektakel	spectacle	spettacolo	a very impressive show or scene
status quo	,steɪtəs 'kwəʊ	n	Status quo	status quo	status quo	the state of a situation as it is
stick with/to	stɪk wɪð	phrv	etwas beibehalten	se tenir à	attenersi a	to continue doing something the way you did or planned to do before
strategy	'strætədʒi, 'strætɪdʒi	n	Strategie	stratégie	strategia	a planned series of actions for achieving something
streak	stri:k	n	Zug, Charakterzug	tendances, côté	vena, punta	a part of someone's character that is different from the rest of their character
strike	straɪk	n	Streik	grève	sciopero	a period of time when a group of workers deliberately stop working because of a disagreement about pay, working conditions, etc.
superb	sju: 'pɜ:b, su: 'pɜ:b	adj	hervorragend	superbe	superbo, eccellente	extremely good
superstitious	,su:pə'stɪʃəs	adj	abergläubisch	superstitieux	superstizioso	influenced by superstitions

target	'tɑ:gət, 'tɑ:ɡɪt	n	Ziel	objectif	obiettivo	something that you are trying to achieve, such as a total, an amount, or a time
toss a coin	tɒs eɪ kɔɪn	phrase	eine Münze werfen	tirer à pile ou face	fare testa o croce	to throw a coin in the air, so that a decision will be made depending on which side faces upwards when it lands
tragic	'trædʒɪk	adj	tragisch	tragique	tragico	a tragic event or situation makes you feel very sad, especially because it involves death or suffering

Unit 10

affair	ə'feə	n	Angelegenheit	affaire	affare	public or political events and activities
approach	ə'prəʊtʃ	n	Ansatz, Annäherung	approche	approccio	a method of doing something or dealing with a problem
bear any relation to	beə 'eni rɪ'leɪʃən tə	phrase	einen Bezug haben zu	avoir une relation avec	essere in relazione con	to be similar to someone or something else
blind date	blaɪnd deɪt	n	Verabredung mit einer/einem Unbekannten	rendez-vous à l'aveugle	appuntamento al buio	an arranged meeting between a man and woman who have not met each other before
charm	tʃɑ:m	n	Charme	charme	fascino	a special quality someone or something has that makes people like them, feel attracted to them, or be easily influenced by them – used to show approval
cling to	klɪŋ tə	v	festhalten an	s'accrocher à	appigliarsi a	to continue to believe or do something, even though it may not be true or useful any longer
come across	kʌm ə'krɒs	phrv	zufällig finden	trouver par hasard	imbattersi in, trovare per caso	to meet, find, or discover someone or something by chance
come across	kʌm ə'krɒs	phrv	den Eindruck machen	donner l'impression d'être	dare l'impressione di essere	if someone comes across in a particular way, they seem to have particular qualities
come into	kʌm 'ɪntə	phrv	zu etwas kommen	toucher, recevoir	ereditare, entrare in possesso	to receive money, land, or property from someone after they have died
come out	kʌm aʊt	phrv	herauskommen	sortir	venire a galla	if information comes out, people learn about it, especially after it has been kept secret
come round to	kʌm raʊnd tə	phrv	nachgeben, sich überzeugen lassen	se ranger à l'avis de qn	cambiare opinione su	to change your opinion so that you now agree with someone or are no longer angry with them
come through	kʌm θru:	phrv	etwas überstehen	survivre qc	sopravvivere a	to continue to live, be strong, or succeed after a difficult or dangerous time
come up with	kʌm ʌp wɪð	phrv	sich etwas ausdenken	trouver	ideare, farsi venire in mente	to think of an idea, answer, etc.
be coming up	bɪ 'kʌmɪŋ ʌp	phrv	bevorstehen	à l'horizon	essere imminente	to be going to happen soon
companionship	kəm'pænjənʃɪp	n	Gesellschaft	compagnie	compagnia	when you are with someone you enjoy being with, and are not alone

completion	kəm'pli:ʃən	n	Fertigstellung	achèvement	completamento	the state of being finished
contrast	'kɒntrɑ:st	n	Gegensatz	contraste	contrasto	a difference between people, ideas, situations, things, etc., that are being compared
date back to	deɪt bæk tə	phrv	stammen aus	remonter à	risalire a	to have existed since a particular time in the past
destined	'destənd, 'destɪnd	adj	bestimmt	destiné à	destinato	seeming certain to happen at some time in the future
dishonesty	dɪs'ɒnəsti, dɪs'ɒnɪsti	n	Unehrlichkeit	malhonnêteté	disonestà	behaviour in which you deceive or cheat people
disloyalty	dɪs'lɔɪəlti	n	Illoyalität	déloyauté	infedeltà	doing or saying things that do not support your friends, your country, or the group you belong to
doom	du:m	v	zum Scheitern verurteilen	condamner à	destinare, condannare	to make someone or something certain to fail, die, be destroyed, etc.
fate	fet	n	Schicksal	destin	fato	the things that happen to someone or something, especially unpleasant things that end their existence or end a particular period
founding father	'faʊndɪŋ 'fɑ:ðə	n	Gründungsvater	père fondateur	padre fondatore	someone who begins something such as a new way of thinking, or a new organization
get it	get ɪt	v	verstehen	comprendre	capire	to understand something
hard-headed	hɑ:d 'hedəd	adj	unnachgiebig	têtu, obstiné	testardo, ostinato	practical and able to make difficult decisions without letting your emotions affect your judgment
helping hand	'helpɪŋ hænd	n	helfende Hand	coup de main	mano, aiuto	to give physical assistance to someone
idealise	aɪ'diəlaɪz	v	idealisieren	idéaliser	idealizzare	a British spelling of idealize (= to imagine or represent something or someone as being perfect or better than they really are)
implicitly	ɪm'plɪsətli, ɪm'plɪsɪtli	adv	stillschweigend	implicitelement	implicitamente	suggesting or understood without being stated directly
level-headed	'levəl 'hedəd	adj	besonnen, vernünftig	sensé, raisonnable	con la testa sulle spalle	calm and sensible in making judgements or decisions
loyalty	'lɔɪəlti	n	Treue, Loyalität	loyauté	fedeltà	the quality of remaining faithful to your friends, principles, country, etc.
mass	mæs	n	Masse	masse	massa	a large amount of a substance which does not have a definite or regular shape
match	mætʃ	n	Spiel (Sport)	match	partita, incontro	an organized sports event between two teams or people
match made in heaven	mætʃ meɪd ɪn 'hevən	phrase	perfektes Paar	être faits l'un pour l'autre	coppia perfetta	a marriage of two people who are exactly right for each other
messily	'mesɪli	adv	unordentlich	salement	disordinatamente	making someone or something dirty or untidy
mild-mannered	,maɪld'mænəd	adj	freundlich gestimmt, sanft	doux	dai modi gentili	gentle and polite

modest	'mɒdəst, 'mɒdɪst	adj	bescheiden	modeste	modesto	someone who is modest does not want to talk about their abilities or achievements
myth	mɪθ	n	Mythos	mythe	mito	an idea or story that many people believe, but which is not true
opinionated	ə'pɪnjəneɪtəd, ə'pɪnjəneɪtɪd	adj	rechthaberisch	qui a des opinions arrêtées	testardo, ostinato	expressing very strong opinions about things
perfection	pə'fekʃən	n	Perfektion	perfection	perfezione	the state of being perfect
pragmatic	præg'mætɪk	adj	pragmatisch	pragmatique	pragmatico	dealing with problems in a sensible practical way instead of strictly following a set of ideas
preoccupation	pri:'ɒkjə'peɪʃən, pri:'ɒkjʊ'peɪʃən	n	Sorge, Hauptsorge	préoccupation	preoccupazione	when someone thinks or worries about something a lot, with the result that they do not pay attention to other things
provided that	prə'vaɪdəd ðæt	conjunctio n	vorausgesetzt, dass	à condition que	purché, a condizione che	used to say that something will only be possible if something else happens or is done
psychology	sai'kɒlədʒi	n	Psychologie	psychologie	psicologia	the study of the mind and how it influences people's behaviour
regardless of	rɪ'gɔ:dləs əv	adv	unabhängig von	en dépit de	senza badare a	without being affected or influenced by something
reliant on	r'laɪənt ɒn	adj	abhängig von	dépendant de	che dipende da	dependent on someone or something
resist	rɪ'zɪst	v	widerstehen	résister	resistere	to stop yourself from having something that you like very much or doing something that you want to do
revolutionary	ˌrevə'lu:ʃənəri	adj	revolutionär	révolutionnaire	rivoluzionario	completely new and different, especially in a way that leads to great improvements
set eyes on (sb/st)	set aɪz ɒn	phrase	etwas zu Gesicht bekommen	poser les yeux sur	mettere gli occhi su (qcn./qcs.)	to see something or meet someone, especially for the first time
shorthand	'ʃɔ:θænd	n	Kurzschrift	sténo, abréviation	abbreviazione	a shorter but less clear way of saying something
short-lived	ˌʃɔ:t 'lɪvd	adj	kurzlebig	de courte durée	fugace	existing or happening for only a short time
sick with nerves	sɪk wɪð nɜ:vz	phrase	krank vor Lampenfieber	malade de trac	molto nervoso	incredibly nervous or anxious, enough to make you feel physically sick or nauseous
social class	'səʊʃəl klɑ:s	n	soziale Schicht	classe sociale	classe sociale	relating to your position in society, according to your job, family, wealth, etc.
soulmate	'səʊlmeɪt	n	Seelenverwandte/r	âme soeur	anima gemella	someone you have a very close relationship with because you share or understand the same emotions and interests
strong-willed	ˌstrɒŋ 'wɪld	adj	willensstark	résolu, déterminé	determinato	knowing exactly what you want to do and being determined to achieve it, even if other people advise you against it
suit	su:t	v	stehen	aller à	stare bene a	clothes, colours, etc., that suit you; make you look attractive

twist	twɪst	v	verstauchen	tordre	torcersi	to hurt your wrist etc by pulling or turning it too suddenly while you are moving
unconventional	ˌʌnkənˈvenʃənəl	adj	unkonventionell	peu conventionnel	non convenzionale	very different from the way people usually behave, think, dress, etc.
unity	ˈjuːnəti, ˈjuːnɪti	n	Einheit, Einigkeit	unité	unità	when a group of people or countries agree or are joined together
widely	ˈwaɪdli	adv	weit, weithin	largement	ampiamente	in a lot of different places or by a lot of people
Unit 11						
addict	ˈædɪkt	n	Süchtige/r	toxicomane	tossicodipendente	someone who is unable to stop taking drugs
adequately	ˈædɪkwətli, ˈædɪkwɪtli	adv	ausreichend	suffisamment	sufficientemente	fairly good but not excellent, same meaning as satisfactory
adrenaline	əˈdrenələn, əˈdrenəlɪn	n	Adrenalin	adrénaline	adrenalina	a chemical produced by your body when you are afraid, angry, or excited, which makes your heart beat faster
alarming	əˈlɑːmɪŋ	adj	alarmierend	inquiétant	allarmante	making you feel worried or frightened
arctic	ˈɑːktɪk	n	Arktis	arctique	Artide	relating to the most northern part of the world
be cut off	bɪ kʌt ɒf	phrv	abgeschnitten von	coupé du monde	essere tagliato fuori	if a place is cut off, people cannot leave it or reach it
befriend	bɪˈfrend	v	sich mit jmd anfreunden	devenir ami avec	diventare amico	to behave in a friendly way towards someone, especially someone who is younger or needs help
boundary	ˈbaʊndəri	n	Grenze	frontière	confine	the real or imaginary line that marks the edge of a state, country, etc., or the edge of an area of land that belongs to someone
break away	breɪk əˈweɪ	phrv	weglaufen, sich lossagen	quitter	allontanarsi	to leave your home, family, or job and become independent
break down	breɪk daʊn	phrv	eine Panne haben	tomber en panne	guastarsi	if a car or machine breaks down, it stops working
break out	breɪk aʊt	phrv	ausbrechen	éclater	scoppiare	if something unpleasant such as a fire, fight, or war breaks out, it starts to happen
breathtaking	ˈbreθˌteɪkɪŋ	adj	atemberaubend	à couper le souffle	mozzafiato	very impressive, exciting, or surprising
broke	breʊk	adj	pleite	fauché	al verde	having no money
bungee jump	ˈbʌndʒɪ dʒʌmp	n	Bungeesprung	saut à l'élastique	bungee jumping, salto con elastico	a sport in which you jump off something very high with a long length of special rope that stretches tied to your legs, so that you go up again without touching the ground
bunk	bʌŋk	n	Koje	couchette	letto a castello, cuccetta	a narrow bed that is attached to the wall, for example on a train or ship
call (st) off	kɔːl ɒf	phrv	absagen	annuler	annullare (qcs.)	to decide that a planned event will not take place
capable of	ˈkeɪpəbəl ɒv	adj	fähig zu	capable de	capace di	having the qualities or ability needed to do something

carer	'keərə	n	Pfleger/in, Betreuer/in	aidant/e	badante	someone who looks after an old or ill person at home
challenge	'tʃæləndʒ, 'tʃælɪndʒ	n	Herausforderung	défi	sfida	something that tests strength, skill, or ability, especially in a way that is interesting
cinematography	ˌsɪnəmə'tɒgrəfi, ˌsɪnɪmə'tɒgrəfi	n	Filmkunst	cinématographie	cinematografia	the skill or study of making films
comfort zone	'kʌmfət zəʊn	n	Komfortzone	zone de confort	zona di sicurezza	your comfort zone is the range of activities or situations that you feel happy and confident in
commonplace	'kɒmənpləs	adj	weit verbreitet	répandu	comune	happening or existing in many places, and therefore not special or unusual
counterproductive	ˌkaʊntəprə'dʌktɪv	adj	kontraproduktiv	contre-productif	controproducente	achieving the opposite result to the one that you want
courage	'kʌrɪdʒ	n	Mut	courage	coraggio	the quality of being brave when you are facing a difficult or dangerous situation, or when you are very ill
devoted	dɪ'vəʊtəd, dɪ'vəʊtɪd	adj	treu	fidèle	devoto	giving someone or something a lot of love and attention
dramatic	drə'mætɪk	adj	dramatisch, erheblich	spectaculaire	drammatico	great and sudden
eliminate	ɪ'lɪmɪneɪt, ɪ'lɪmɪneɪt	v	überflüssig machen	éliminer	eliminare	to completely get rid of something that is unnecessary or unwanted
eye-opening	aɪ 'əʊpənɪŋ	adj	die Augen öffnend, erhellend	révélateur	illuminante	an experience from which you learn something surprising or new
face up to	feɪs ʌp tə	phrv	etwas ins Auge sehen	faire face à	accettare, affrontare	to accept and deal with a difficult fact or problem
factual	'fæktʃʊəl	adj	faktenbasiert	factuel	fattuale, basato sui fatti	based on facts or relating to facts
get by	get baɪ	phrv	zurechtkommen	s'en sortir	cavarsela	to have enough money to buy the things you need, but no more
go off	gəʊ ɒf	phrv	hochgehen, explodieren	exploser	esplodere	to explore or fire
grip	grɪpt	v	packen	captiver, fasciner	colpire, impressionare	to hold someone's attention and interest.
hedonistic	ˌhi:dən'ɪstɪk	adj	hedonistisch	hédoniste	edonistico	someone who believes that pleasure is the most important thing in life
hyperactive	ˌhaɪpər'æktɪv	adj	hyperaktiv	hyperactif	iperattivo	someone, especially a child, who is hyperactive is too active, and is not able to keep still or be quiet for very long
hypothetical	ˌhaɪpə'θetɪkəl	adj	hypothetisch	hypothétique	ipotetico	based on a situation that is not real, but that might happen

inaccurate	ɪn'ækjərət, ɪn'ækjʊrət	adj	unzutreffend, ungenau	inexact	inesatto, impreciso	not completely correct
interwar	ˌɪntə'wɔː	adj	Zwischenkriegs-	de l'entre-deux- guerres	interbellico	happening or relating to the period between the First and the Second World Wars
irrational	ɪ'ræʃənəl	adj	irrational	irrationnel	irrazionale	not based on clear thought or reason
jammed	dʒæmɪd	adj	eingeklemmt	coincé	bloccato	stuck and impossible to move
justified	'dʒʌstəfaɪd, 'dʒʌstɪfaɪd	adj	gerechtfertigt	justifié	giustificato	having an acceptable explanation or reason
limit	'lɪmət, 'lɪmɪt	n	Grenze	limite	limite	the greatest or least amount, number, speed, etc., that is allowed
live to regret (st)	lɪv tə rɪ'gret	phrase	etwas sein Leben lang bereuen	regretter toute sa vie	rimpiangere (qcs.) per tutta la vita	if you live to regret something, you wish that it had not happened or that you had not done it
mental block	'mentl blɒk	n	Blackout	blocage mental	blocco mentale	a difficulty in remembering something or in understanding something
mind-blowing	'maɪnd ,bləʊɪŋ	adj	überwältigend	époustouflant	sorprendente, sconvolgente	very exciting, shocking, or strange
mind-numbing	'maɪnd nʌmɪŋ	adj	todlangweilig	abrutissant	monotono, noioso	if an event or experience is mind-numbing, it is so bad, boring or great that you cannot think clearly about it
minimise	'mɪnɪmaɪz, 'mɪnɪmaɪz	v	auf ein Minimum reduzieren	réduire au minimum	minimizzare	to reduce something that is difficult, dangerous, or unpleasant to the smallest possible amount or degree
misbehave	ˌmɪsbɪ'heɪv	v	sich schlecht benehmen	mal se conduire	comportarsi male	to behave badly, and cause trouble or annoy people
moody	'muːdi	adj	launisch, mürrisch	morose, maussade	di cattivo umore	annoyed or unhappy
nominate	'nɒmɪneɪt, 'nɒmɪneɪt	v	ernennen	nommer	designare	to officially suggest someone or something for an important position, duty, or prize
orphanage	'ɔːfənɪdʒ	n	Waisenhaus	orphelinat	orfanatrofio	a large house where children who are orphans live and are taken care of
overhear	ˌəʊvə'hiə	v	mithören, aufschnappen	entendre par hasard	sentire per caso	to accidentally hear what other people are saying, when they do not know that you have heard
paralyze	'pærəlaɪz	v	lähmen	paralyzer	paralizzare	if something paralyses you, it makes you lose the ability to move part or all of your body, or to feel it
phenomenon	fɪ'nɒmənən, fɪ'nɒmɪnən	n	Phänomen	phénomène	fenomeno	something that happens or exists in society, science, or nature, especially something that is studied because it is difficult to understand
phobia	'fəʊbiə	n	Phobie	phobie	fobia	a strong unreasonable fear of something

predate	pri:'deɪt	v	zeitlich vorangehen, vordatieren	précéder	precedere, esistere prima di	to happen or exist earlier in history than something else
productively	ˌprɒdʌk'tɪvli	adv	produktiv	efficacement	in modo produttivo	producing or achieving a lot
push yourself	pʊʃ jɔ:'self	phrase	sich viel abverlangen	se donner à fond	impegnarsi al massimo	to encourage or force yourself to do something or work hard to achieve something
put (sb/st) off	pʊt ɒf	phrv	verschieben	reporter, repousser	posticipare (qcs.)	to delay doing something or to arrange to do something at a later date, especially because there is a problem or you do not want to do it now
be racing	'reɪsɪŋ	adj	rasen	se bousculer	andare all'impazzata, correre	if your heart or mind is racing, it is working harder and faster than usual, for example because you are afraid or excited.
reckless	'rekləs	adj	rücksichtslos, fahrlässig	imprudent	spericolato, imprudente	not caring or worrying about the possible bad or dangerous results of your actions
regrettable	rɪ'gretəbəl	adj	bedauernswert	regrettable	spiacevole	something that is regrettable is unpleasant, and you wish things could be different
reinforce	ˌri:ən'fɔ:s, ˌri:ɪn'fɔ:s	v	untermauern, stützen	renforcer	rafforzare	to give support to an opinion, idea, or feeling, and make it stronger
retrain	ˌri:'treɪn	v	umschulen	se recycler	riqualificare	to learn or to teach someone the skills that are needed to do a different job
rhythmic	'rɪðmɪk	adj	rhythmisch	rythmique	ritmato	having a strong rhythm
risk-averse	rɪsk ə'vɜ:s	adj	dem Risiko abgeneigt	prudent	avverso al rischio	not willing to take risks
scuba-dive	'sku:bə daɪv	n	Schnorcheln	plongée sous- marine	immersione subacquea	the sport of swimming under water while breathing through a tube that is connected to a container of air on your back
security	sɪ'kjʊərəti, sɪ'kjʊərɪti	n	Sicherheit	sécurité	sicurezza	things that are done to keep a person, building, or country safe from danger or crime
see (sb) off	si: ɒf	phrv	wegbringen	faire ses adieux à qn	salutare (qcn.)	to go to an airport, train station, etc., to say goodbye to someone
skydive	'skaɪ daɪv	v	fallschirmspringen	faire du saut en parachute	praticare il paracadutismo	the sport of jumping from a plane and falling through the sky before opening a parachute
stage fright	steɪdʒ fraɪt	n	Lampenfieber	trac	panico da palcoscenico	nervousness felt by someone who is going to perform in front of a lot of people

strap yourself into	stræp jɔ: 'self 'ɪntə	phrv	sich anschnallen	attacher à	allacciarsi	to fasten someone in place with one or more straps (= a narrow band of strong material used to tie, hang or hold onto something)
superhuman	,su:pə'hju:mən	adj	übermenschlich	surhumain	sovrumano	much greater than ordinary human powers or abilities
supernatural	,su:pə'nætʃərəl	adj	übernatürlich	surnaturel	soprannaturale	impossible to explain by natural causes, and therefore seeming to involve the powers of gods or magic
symptom	'sɪmptəm	n	Symptom	symptôme	sintomo	something wrong with your body or mind which shows that you have a particular illness
tell (sb) off	tel ɒf	phrv	jmd anschnauzen, rügen	réprimander	rimproverare (qcn.)	to tell someone officially that something they have done is very wrong
threatening	'θreɪnɪŋ	adj	bedrohlich	menaçant	minaccioso	likely to harm or destroy something or someone
throw yourself in at the deep end	θrəʊ jɔ: 'self ɪn ət ðə di:p end	idiom	ins kalte Wasser springen	se jeter à l'eau	tuffarsi a capofitto	to choose to do or be made to do a very difficult job without having prepared for it
timid	'tɪməd, 'tɪmɪd	adj	schüchtern	timide	timido	not having courage or confidence
towering	'taʊəɪŋ	adj	hoch aufragend	gigantesque, imposant	gigantesco	very tall
trapped	træpt	adj	eingeschlossen, gefangen	pris au piège	intrappolato	unable to escape from somewhere, especially a dangerous place
trembling	'treɪnbəlɪŋ	adj	zitternd	tremblant	tremolante	shaking slightly in a way that you cannot control, especially because you are upset or frightened
vulnerable	'vʌlnərəbəl	adj	verletzlich	vulnérable	vulnerabile	someone who is vulnerable can be easily harmed or hurt
wear off	wɛə ɒf	phrv	nachlassen, abklingen	s'estomper	svanire	if pain or the effect of something wears off, it gradually stops
witty	'wɪti	adj	geistreich	plein d'esprit, drôle	arguto, spiritoso	using words in a clever and amusing way
work off	wɜ:k ɒf	phrv	abbauen	réduire	smaltire	to get rid of something, especially a feeling such as anger, nervousness, etc., by doing something that uses a lot of your energy

Unit 12

acquit	ə'kwɪt	v	freisprechen	acquitter	assolvere	to give a decision in a court of law that someone is not guilty of a crime
annihilation	ə,naɪə'leɪʃən	n	Vernichtung	annihilation	distruzione totale	to destroy something or someone completely
anonymous	ə'nɒnəməs, ə'nɒnɪməs	adj	anonym	anonyme	anonimo	unknown by name
antispyware	ænti'spaɪwɛə	n	Anti-Spionage-Software	logiciel anti-espionnage	antispyware	computer software that is designed to detect and remove spyware (= software which gathers information about a person or organisation without their knowledge or consent)

antivirus software	ænti'vaɪərəs	n	Anti-Virus-Software	logiciel antivirus	software antivirus	a type of software that looks for and removes viruses in programs and documents on your computer
arc	ɑ:k	n	Bogen	arc	arco	a curved shape or line
ban	bæn	n	Verbot	interdiction	bando, divieto	an official order that prevents something from being used or done
bellow	'beləʊ	v	brüllen	beugler, hurler	urlare	to shout loudly in a deep voice
brandish	'brændɪʃ	v	schwingen	brandir	agitare nell'aria, sventolare	to wave something around in a dangerous or threatening way, especially a weapon
browser	'braʊzə	n	Browser	navigateur	browser	a computer program that finds information on the Internet and shows it on your computer screen
brutal	'bru:tl	adj	brutal	brual	brutale, crudele	very cruel and violent
cell	sel	n	Zelle	cellule	cella	a small room in a prison or police station where prisoners are kept
cling to	klɪŋ tə	v	festhalten an	s'accrocher à	aggrapparsi a	to continue to believe or do something, even though it may not be true or useful any longer
commit	kə'mɪt	v	begehen	commettre	commettere	to do something wrong or illegal
consent	kn'sent	n	Erlaubnis, Zustimmung	accord	consenso	permission to do something
courtroom	'kɔ:tru:m, 'kɔ:trʊm	n	Gerichtssaal	salle d'audience	aula di tribunale	a room in a law court where cases are judged
cowardice	'kauədəs, 'kauədɪs	n	Feigheit	lâcheté	codardia	lack of courage
crazed	kreɪzd	adj	verrückt, wirr	fou	pazzo	behaving in a wild and uncontrolled way like someone who is mentally ill
culprit	'kʌlprət, 'kʌlprɪt	n	Schuldige/r	coupable	colpevole	the person who is guilty of a crime or doing something wrong
cut down on	kʌt daʊn ɒn	phrv	reduzieren	réduire	ridurre	to reduce the amount of something
cybercrime	'saɪbəkraɪm	n	Cyberkriminalität	cybercriminalité	crimine informatico, cybercrimine	criminal activity that involves the use of computers or the Internet
defendant	dɪ'fendənt	n	Angeklagte/r	accusé/e	imputato/-a	the person in a court of law who has been accused of doing something illegal
detached	dɪ'tætʃt	adj	distanziert, neutral	neutre	distaccato, obiettivo	not reacting to or becoming involved in something in an emotional way
device	dɪ'vaɪs	n	Gerät	appareil	dispositivo	a machine or tool that does a special job
differentiate	dɪfə'renʃiət	v	unterscheiden	différencier	distinguere	to recognize or express the difference between things or people
dominate	'dɒmənɪt, 'dɒmɪnɪt	v	dominieren	dominer	dominare	to control someone or something or to have more importance than other people or things

ensure	ɪn'ʃʊə	v	sicherstellen	assurer	assicurare	to make certain that something will happen properly
faux	fəʊ	adj	falsch, unecht	faux	falso, finto	artificial, but made to look real
fingerprint	'fɪŋgə,prɪnt	v	Fingerabdruck	empreinte digitale	prendere le impronte digitali	to take someone's fingerprints (= the mark made by the pattern of lines at the end of a person's finger, which is used by the police to find out who has committed a crime)
flock	flok	v	herbeiströmen	affluer	affollarsi	if people flock to a place, they go there in large numbers because something interesting or exciting is happening there
follow through	'fɒləʊ θru:	phrv	durchziehen, zu Ende bringen	mener à terme	portare a termine	to do what needs to be done to complete something or make it successful
footstep	'fʊtstep	n	Schritt	bruit de pas	passo	the sound each step makes when someone is walking
fraud	frɔ:d	n	Betrug	fraude	frode	the crime of deceiving people in order to gain something such as money or goods
fraudster	'frɔ:dstə	n	Betrüger/in	escroc, arnaqueur	truffatore/truffatrice	someone who has committed a fraud
fraudulent	'frɔ:dʒələnt, 'frɔ:dʒʊlənt	adj	betrügerisch	frauduleux	fraudolento	intended to deceive people in an illegal way, in order to gain money, power, etc.
free	fri:	v	befreien, freilassen	libérer	liberare	to allow someone to leave prison or somewhere they have been kept as a prisoner
function	'fʌŋkʃən	n	Anlass	cérémonie, activité	funzione	a large party or official event
guilty	'gɪlti	adj	schuldig	coupable	colpevole, responsabile	feeling very ashamed and sad because you know that you have done something wrong
hammer-throw	'hæmə θrəʊ	n	Hammerwerfen	lancer du marteau	lancio del martello	a sport in athletics in which a hammer (attached to a metal wire) is thrown for distance from a specific starting point using two hands
hotspot	'hɒtspɒt	n	Hotspot	hotspot	hotspot	a place in a public building where there is a computer system with an access point, which allows people in the building with a wireless computer a blue-tooth mobile phone to connect to a service such as the Internet
impromptu	ɪm'prɒmptju:	adj	spontan	impromptu	spontaneo	done or said without any preparation or planning
infect	ɪn'fekt	v	infizieren, befallen	infecter, contaminer	infettare	if a virus infects your computer or memory device, it changes or destroys the information on it
insane	ɪn'seɪn	adj	irrsinnig, verrückt	fou	folle	completely stupid or crazy, often in a way that is dangerous
instinctively	ɪn'stɪŋktɪvli	adv	instinktiv	instinctivement	istintivamente	based on instinct and not involving thought
intervene	ɪntə'veɪn	v	eingreifen	intervenir	intervenire	to become involved in an argument, fight, or other difficult situation in order to change what happens

investigate	in'vestəgert, in'vestɪgert	v	untersuchen	enquêter	investigare	to try to find out the truth about something such as a crime, accident, or scientific problem
judge	dʒʌdʒ	n	Richter	juge	giudice	the official in control of a court, who decides how criminals should be punished
jury	'dʒʊəri	n	Geschworene	jury, jurés	giuria	a group of often 12 ordinary people who listen to the details of a case in court and decide whether someone is guilty or not
knelt	nelt	past simple/past participle	kniete	se mit à genoux	si inginocchiò	the past tense and past participle of kneel
likelihood	'laɪklihʊd	n	Wahrscheinlichkeit	probabilité	probabilità	the degree to which something can reasonably be expected to happen
locker	'lɒkə	n	Spind	casier	armadietto	a small cupboard with a lock in a school, sports building, office, etc., where you can leave clothes or possessions while you do something
mEEK	mi:k	adj	sanftmütig, bescheiden	doux, humble	mite, mansueto	very quiet and gentle and unwilling to argue with people
missile	'mɪsaɪl	n	Rakete	missile	missile	a weapon that can fly over long distances and that explodes when it hits the thing it has been aimed at
obligation	'ɒblə'geɪʃən, 'blɪ'geɪʃən	n	Verpflichtung, Pflicht	obligation	obbligo	a moral or legal duty to do something
optician	ɒp'tɪʃən	n	Optiker/in	opticien/ne	ottico/-a	someone who tests people's eyes and sells glasses in a shop
pacifism	'pæsəfɪzəm, 'pæsɪfɪzəm	n	Pazifismus	pacifisme	pacifismo	the belief that war and violence are always wrong
padlock	'pædlɒk	n	Verhängeschloss	cadenas	lucchetto	a lock that you can put on a gate, door, bicycle, etc.
Parade ground	pə'reɪd graʊnd	n	Exerzierplatz	terrain de manœuvres	piazza d'armi	a place where soldiers practise marching or standing together in rows.
plead	pli:d	v	flehen	supplier	supplicare	to ask for something that you want very much, in a sincere and emotional way
precaution	pri:kə:ʃən	n	Vorsichtsmaßnahm en	précaution	precauzione	something you do in order to prevent something dangerous or unpleasant from happening
the press	ðə pres	n	die Presse	la presse	la stampa	people who write reports for newspapers, radio, or television

primitive	'prɪmətɪv, 'prɪmɪtɪv	adj	primitiv, urzeitlich	primitif	primitivo	belonging to a simple way of life that existed in the past and does not have modern industries and machines
prohibit	prə'hɪbət, prə'hɪbɪt	v	verbieten	prohiber	proibire	to say that an action is illegal or not allowed
promenader	,prɒmə'nɑ:də	n	Spaziergänger/in	promeneur/-euse	chi ama passeggiare	someone who likes a leisurely walk, taken in a public place so as to meet or be seen by others
pull yourself together	pʊl jɔ:'self tə'geðə	phrv	sich zusammenreißen	se reprendre, se ressaisir	ricomporsi	to force yourself to stop behaving in a nervous, frightened, or uncontrolled way
put on probation	pʊt ɒn prə'beɪʃən	phrase	mit Bewährung	mettre en liberté surveillée	mettere in libertà vigilata	when a criminal is given a set period of time (by a judge) during which they must behave well and not commit any more crimes, in order to not be sent to prison
rehabilitate	,ri:hə'bɪləteɪt, ,ri:hə'bɪlɪteɪt	v	rehabilitieren	réinsérer, rééduquer	riabilitare	to help someone to live a healthy, useful, or active life again after they have been seriously ill or in prison
road rage	rəʊd reɪdʒ	n	aggressive Fahrweise	violence routière	rabbia al volante	violence and angry behaviour by car drivers towards other car drivers
safeguard	'seɪfɡɑ:d	v	schützen, absichern	protéger	tutelare	to protect something from harm or damage
scam	skæm	n	Betrug	amaque	truffa	a clever but dishonest way to get money
send (sb) spinning	send 'spɪnɪŋ	phrase	jmd aus der Bahn werfen	bouleverser	far girare la testa (a qcn.), sconvolgere (qcn.)	if you send someone spinning, you make them feel dizzy or faint because they are shocked or excited
set aside	set ə'saɪd	phrv	beiseite stellen	mettre de côté	mettere da parte	to be moved aside so not in the way
shop-lifting	ʃɒp lɪftɪŋ	n	Ladendiebstahl	vol à l'étalage	taccheggio	the crime of stealing things from shops, for example by hiding them in a bag or under your clothes
short-sighted	ʃɔ:t 'saɪtəd	adj	kurzsichtig	myope	miope	unable to see objects clearly unless they are very close
stalk	stɔ:k	v	stalken, belästigen	suivre	tampinare	to follow and watch someone over a long period of time in a way that is very annoying or threatening, and that is considered a crime in some places
suspect	'sʌspekt	n	Verdächtige/r	suspect/e	sospetto/-a	Someone who is thought to be guilty of a crime
suspended sentence	sə'spendɪd 'sentəns	n	Bewährungsstrafe	condamnation avec sursis	sospensione della pena	a punishment given by a court, in which a criminal is told they will be sent to prison if they do anything else illegal within the time mentioned
symbol	'sɪmbəl	n	Symbol	symbole	simbolo	a picture or shape that has a particular meaning or represents a particular organization or idea
synonymous with	sə'nɒnəməs wɪð	phrase	synonym mit, gleichbedeutend mit	synonyme de	sinonimo di	something that is synonymous with something else is considered to be very closely connected with it

tempting	'temptɪŋ	adj	verlockend	tendant	allettante	something that is tempting seems very good and you would like to have it or do it
token	'təʊkən	n	Alibi	pour la forme, symbolique	partecipazione simbolica	someone who is included in a group to make everyone think that the group has all types of people in it, when this is not really true.
tone	təʊn	n	Ton	ton	tono	the way your voice sounds, which shows how you are feeling or what you mean
transaction	træn'zækʃən	n	Transaktion	transaction	transazione	a business deal or action, such as buying or selling something
trial	'traɪəl	n	Prozess	procès	processo	a legal process in which a judge and often a jury in a court of law examine information to decide whether someone is guilty of a crime
troll	trəʊl, trɒl	n	Troll, Provokateur	troll	troll	a person who posts deliberately offensive or provocative (intended to make people upset or angry) posts online
unfold	n'fəʊld	v	sich entwickeln	se dérouler	evolversi	if a story unfolds, or if someone unfolds it, it is told
valuables	'væljuəbəlz, 'væljəbəlz	n	Wertsachen	objets de valeur	oggetti di valore	things that you own that are worth a lot of money, such as jewellery, cameras, etc.
victim	'vɪktəm, 'vɪktɪm	n	Opfer	victime	vittima	someone who has been attacked, robbed, or murdered
victory blow	'vɪktəri bləʊ	n	Siegesschlag	coup de la victoire	colpo fatale, colpo della vittoria	the winning or last, and potentially fatal blow (= a hard hit with someone's hand, or a tool or a weapon)
voyeur	vwa:'jɜ:	n	Voyeur	voyeur/-euse	guardone/-a	someone who enjoys watching other people's private behaviour or suffering
weighty	'weɪti	adj	gewichtig	grave, important	importante, serio	important and serious
yell	jel	v	rufen, schreien	hurler, crier	gridare	to shout or say something very loudly, especially because you are frightened, angry, or excited

Audio Scripts

altitude sickness	'æltətju:d 'sɪknəs	n	Höhenkrankheit	mal des hauteurs	vertigini, mal di montagna	sickness that affects people at altitude (= at a great height above sea level)
argumentative	,ɑ:gjə'mentətɪv, ,ɑ:gju'mentətɪv	adj	streitlustig	ergoteur	polemico	someone who is argumentative often argues or likes arguing
ballad	'bæləd	n	Ballade	ballade	ballata	a slow love song
be spared	bɪ speəd	v	verschont bleiben	être épargné	essere risparmiato (a qcn.)	be saved from strain, discomfort, embarrassment or from a particular cause of it
birth order	bɜ:θ 'ɔ:də	n	Geburtenfolge	rang de naissance	ordine di nascita	The order in which siblings are born
blame (st) on (sb)	bleɪm dɒn	phrv	jmd für etwas die Schuld geben	tenir responsable	dare la colpa di (qcs.) a (qcn.)	to say or think that someone or something is responsible for something bad

bother	'bɒðə	v	sich die Mühe machen	prendre la peine de faire	degnarsi di	to make the effort to do something
boxer	'bɒksə	n	Boxer	boxeur/-euse	pugile	someone who boxes, especially as a job
bring about	'brɪŋ ə 'baʊt	phrv	herbeiführen	amener	mettere in atto, causare	to make something happen
brother-in-law	'brʌðər ɪn 'lɔ:	n	Schwager	beau-frère	fratellastro	the brother of your husband or wife
bypass surgery	'baɪpɑ:s 'sɜ:dʒəri	n	Bypass-Operation	pontage coronarien	intervento di bypass	an operation to direct blood through new veins (= blood tubes) outside the heart because the veins in the heart are blocked or diseased
car chase	kɑ: tʃeɪs	n	Autojagd	poursuite automobile	inseguimento in automobile	when a car is in quick pursuit of another
charity	'tʃærəti, 'tʃærɪti	n	Wohltätigkeitsorganisation	association caritative	organizzazione benefica	an organization that gives money, goods, or help to people who are poor, sick, etc.
chew	'tʃu:	v	kauen	mâcher	masticare	to bite food several times before swallowing it
client	'klaɪənt	n	Kunde/Kundin	client/e	cliente	someone who gets services or advice from a professional person, company, or organization
compass	'kʌmpəs	n	Kompass	boussole, compas	bussola	an instrument that shows directions and has a needle that always points north
conflict	'kɒnflɪkt	n	Konflikt	conflit	conflitto	a state of disagreement or argument between people, groups, countries, etc.
conservation	'kɒnsə'veɪʃən	n	Schutz, Erhaltung	sauvegarde, préservation	tutela	the protection of natural things such as animals, plants, forests, etc., to prevent them from being spoiled or destroyed
contender	kən'tendə	n	Konkurrent/in	concurrent/e, candidat/e	candidato/-a, concorrente	someone or something that is in competition with other people or things
crevasse	krɪ'væs	n	Spalt, Gletscherspalte	crevasse	crepaccio	a deep open crack in the thick ice on a mountain
crush	krʌʃ	v	fertigmachen	anéantir	schiacciare, distruggere	to make someone lose all hope, confidence, etc.
cute	kju:t	adj	niedlich	mignon	carino	very pretty or attractive
damaged	'dæmɪdʒd	adj	verletzt	blessé	lesionato	something that is damaged has been harmed or injured
doubt	daut	n	Zweifel	doute	dubbio	a feeling of being not sure whether something is true or right
dress up	dres ʌp	phrv	sich verkleiden	se déguiser	mascherarsi	to wear special clothes for fun, or to put special clothes on someone
drop out	dɹɒp aʊt	phrv	verlassen, rausfliegen	abandonner	abbandonare	to leave a school or university before your course has finished

earphone	'iəfəʊn	n	Ohrhörer, Kopfhörer	écouteur	auricolare	a small piece of equipment connected by a wire to a radio, personal stereo, etc., which you put in or over your ears so that only you can listen to it
emptier	'emptiə	comparative	leerer	plus vide	più vuoto	more unhappy because nothing in your life seems interesting or important
encourage	ɪn'kʌrɪdʒ	v	Mut machen, ermutigen	encourager	incoraggiare	to give someone the courage or confidence to do something
encouragement	ɪn'kʌrɪdʒmənt	n	Ermutigung	encouragement	incoraggiamento	when you encourage someone or something, or the things that encourage them
endure	ɪn'dʒʊə	v	dauern, wahren	durer	durare	to continue to exist for along time
entrepreneur	ˌɒntrəprə'nɜː	n	Unternehmer/in	entrepreneur	imprenditore/ imprenditrice	someone who starts a new business or arranges business deals in order to make money, often in a way that involves financial risks
exceptional	ɪk'sepʃənəl	adj	außerordentlich	exceptionnel	eccezionale	unusually good
expedition	ˌɛkspə'dɪʃən, ˌɛksprɪ'dɪʃən	n	Expedition	expédition	spedizione	a long and carefully organised journey, especially to a dangerous or unfamiliar place, or a group of people that make this journey
feel	fi:l	v	fühlen	se sentir	avere, sentire	to experience a particular physical feeling or emotion
find out	'faɪnd aʊt	phrv	herausfinden	trouver des informations sur	scoprire	to get information, after trying to discover it or by chance
first-born	fɜːst bɔːn	n	Erstgeborene/r	aîné/e	primogenito/-a	your first child
freedom	'friːdəm	n	Freiheit	liberté	libertà	the right to do what you want without being controlled or restricted by anyone
funding	'fʌndɪŋ	n	finanzielle Unterstützung, Förderung	financement	finanziamento	money that is provided by an organization for a particular purpose
generation gap	ˌdʒenə'reɪʃən gæp	n	Generationenkonflikt	fossé entre les générations	gap generazionale	the lack of understanding or the differences between older people and younger people
get your head around	get jə hed ə'raʊnd	phrase	verstehen, den Überblick behalten	comprendre	capire	be able to understand something
globe	gləʊb	n	Globus	globe	globo	a round object with a map of the Earth drawn on it
graduation ceremony	ˌgrædʒu'eɪʃən 'serəməni	n	Diplomfeier, Abschlussfeier	remise des diplômes	cerimonia di laurea	a ceremony at which you receive a university degree or a diploma from an American high school
harsh	hɑːʃ	adj	hart	dur	duro	harsh conditions are difficult to live in and very uncomfortable
have something in common	hæv 'sʌmθɪŋ ɪn 'kɒmən	phrase	etwas gemeinsam haben	avoir qc en commun	avere qualcosa in comune	to have the same interests or opinions as someone else

heavy metal	'hevi 'metl	n	Heavy Metal	heavy metal	heavy metal	a type of rock music with a strong beat, played very loudly on electric guitars
highlight	'haɪlaɪt	n	Höhepunkt	temps fort	punto saliente	the most important, interesting or enjoyable part of something such a holiday, performance, or sports competition
hoody	'hʊdi	n	Kapuzenpulli	sweat à capuche	felpa con cappuccio	a loose jacket or top made of soft material, which has a hood
humanity	hju: 'mænəti, hju: 'mænɪti	n	Menschheit	humanité	umanità	people in general
hunk	hʌŋk	n	Brocken, großes Stück	gros morceau	pezzo	a thick piece of something, especially food, that has been taken from a bigger piece
ice age	aɪs eɪdʒ	n	Eiszeit	période glaciaire	era glaciale	any period of time during which glaciers covered a large area of the earth's surface
inspirational	ˌɪnspə'reɪʃənəl, ˌɪnspɪ'reɪʃənəl	adj	inspirierend	inspirant	che ispira	providing encouragement or new ideas for what you should do
insular	'ɪnsjələ, 'ɪnsjʊlə	adj	Insel-	insulaire	insulare	if a something or someone is insular, it is isolated or separate from its surroundings
irritating	'ɪrɪteɪtɪŋ, 'ɪrɪteɪtɪŋ	adj	nervig, ärgerlich	énervant	irritante	an irritating habit, situation, etc., keeps annoying you
keep up	ki:p ʌp	phrv	weitermachen, beibehalten	continuer	continuare	to continue doing something
kingdom	'kɪŋdəm	n	Königreich	royaume	regno	a country ruled by a king or queen
last	lɑ:st	determiner /adverb	letzter	dernier	ultimo	most recent or nearest to the present time
lend	lend	v	leihen	prêter	prestare	to let someone borrow money or something that belongs to you for a short time
letdown	'letdaʊn	n	Enttäuschung, Reinfall	déception	delusione	an event, performance, etc., that is not as good as you expected it to be
lonelier	'ləʊliə	comparativ e	einsamer	plus seul, plus désolé	più solo	the comparative form of lonely (= unhappy because you are alone or because you have no friends)
mad about (sb/st)	mæd ə'baʊt	phrase	verrückt nach	fou de	pazzo per (qcn./qcs.)	to like someone or something very much
miserable	'mɪzərəbəl	adj	elend, unglücklich	malheureux, triste	miserabile, infelice	extremely unhappy, for example because you feel lonely, cold, or badly treated
monastery	'mɒnəstri	n	Kloster	monastère	monastero	a place where monks live
multimillionaire	ˌmʌltɪˌmɪljə'neə	n	Multimillionär	multimillionnaire	multimilionario/-a	someone who has many millions of pounds or dollars
navigation equipment	ˌnævə'geɪʃən ɪ'kwɪpmənt	n	Navigationsausrüstung	matériel de navigation	apparecchiature di navigazione	devices or equipment which help to show position, location, distance travelled and direction

not worth it	nɒt wɜ:θ ɪt	phrase	es nicht wert sein	ne vaut pas la peine	non valerne la pena	if something is not worth it, it's not important or useful to make an effort doing it
nurture	'nɜ:tʃə	v	aufziehen, ziehen	cultiver	coltivare	to help a plan, idea, feeling, thing etc., to develop
on the point of (st)	ɒn ðə pɔɪnt əv	phrase	am Punkt angelangt ... zu tun	sur le point de	sul punto di (qcs.)	about to do something
parallel	'pærəlel	n	Parallele	parallèle	parallelismo	a relationship or similarity between two things, especially things that exist or happen in different places or at different times
pay back	peɪ bæk	phrv	zurückzahlen	rembourser	restituire denaro, ripagare	to give someone the same amount of money that you borrowed from them
pesticide	'pestəsəɪd, 'pestɪsəɪd	n	Pestizid	pesticide	pesticida	a chemical substance used to kill insects and small animals that destroy crops
point of view	pɔɪnt əv vju:	n	Perspektive, Blickwinkel	point de vue	punto di vista	a particular way of thinking about or judging a situation
poverty	'pɒvəti	n	Armut	pauvreté	povertà	the situation or experience of being poor
privileged	'prɪvəlɪdʒd, 'prɪvɪlɪdʒd	adj	privilegiert	privilegié	privilegiato	having advantages because of your wealth, social position, etc.
prospects	'prɒspekts	n	Aussichten, Perspektive	perspective	prospettive	chances of future success or opportunities
proudest	'praʊdɪst	superlative	stolzester	le plus fier	più orgoglioso, più fiero	feel pleasure or satisfaction as a result of your own achievements, qualities or possessions, or those of someone with whom you are closely associated
put you in the mood	put jə ɪn ðə mu:d	phrase	Lust machen zu	donner envie à qn de faire qc	mettere (qcn.) dell'umore adatto	to motivate you or put you in a particular state of mind for doing something
raw	rɔ:	adj	roh	cru	crudo	not cooked
recruit	rɪ'kru:t	v	einstellen, anwerben	recruter	reclutare	to find new people to work in a company, join an organization, do a job, etc.
relatively	'relətɪvli	adv	relativ	relativement	relativamente	something that is relatively small, easy, etc., is fairly small, easy, etc., compared to other things
release date	rɪ'li:s deɪt	n	Datum der Veröffentlichung	date de sortie	data di rilascio	the date when a product, press release or news story will be made public
reputation	ˌrepjə'teɪʃən, ˌrepju'teɪʃən	n	Ruf	réputation	reputazione	the opinion that people have about someone or something because of what has happened in the past
respect	rɪ'spekt	v	respektieren	respecter	rispettare	a feeling of admiring someone or what they do, especially because of their personal qualities, knowledge, or skills
routinely	ru:'ti:nli	adv	routinemäßig	systematiquement, habituellement	regolarmente, abituamente	if something is routinely done, it is done as a normal part of a process or job

satisfaction	ˌsætəs'fækʃən, ˌsætɪs'fækʃən	n	Befriedigung	satisfaction	soddisfazione	a feeling of happiness or pleasure because you have achieved something or got what you wanted
scary	'skeəri	adj	beängstigend	effrayant	spaventoso	frightening
sense of relief	sens əv rɪ'li:f	phrase	(Gefühl der) Erleichterung	soulagement	senso di sollievo	a feeling of cheerfulness or positivity that follows the removal of anxiety, pain or distress
shelter	'feltə	n	Obdach	abri	rifugio, riparo	a place to live, considered as one of the basic needs of life
silver screen	'sɪlvə skri:n	n	Leinwand	le grand écran	cinema, grande schermo	the film industry, especially in Hollywood
similarity	ˌsɪmə'lærəti, ˌsɪmɪ'lærəti	n	Ähnlichkeit	similarité	analogia	if there is a similarity between two things or people, they are similar in some way
spacious	'speɪʃəs	adj	geräumig	spacieux	spazioso	a spacious house, room, etc., is large and has plenty of space to move around in
stand out	stænd aʊt	phrv	hervorstechen	se détacher de	spiccare	to be very easy to see or notice
stay in touch	steɪ ɪn tʌtʃ	phrase	in Kontakt bleiben	rester en contact	rimanere in contatto	to keep writing or talking to someone, even though you do not see them very often
stepfather	'stepfɑ:ðə	n	Stiefvater	beau-père	patrigno	a man who is married to your mother but who is not your natural father
streaming	'stri:mɪŋ	n	Streaming	streaming	streaming	playing sound or video on your device directly from the Internet, rather than downloading and saving it as a file and then playing it
supervision	ˌsu:pə'vɪʒən	n	Betreuung	surveillance, supervision	supervisione	when you supervise (= are in charge of) someone or something and make sure things are done correctly
take (sb) ages	teɪk 'eɪdʒ ɪz	phrase	ewig brauchen	prendre des années	volerci secoli	take a long time (to do something)
theme	θi:m	n	Thema	sujet	argomento	the main subject or idea in a piece of writing, speech, film, etc.
tough going	tʌf 'gəʊɪŋ	phrase	zäh, schwierig	pénible	arduo, difficile	difficult
transform	træns'fɔ:m	v	verändern, verwandeln	transformer	trasformare	to completely change the appearance, form, or character of something or someone, especially in a way that improves it
turn back	tɜ:n bæk	phrv	umkehren	rebrousser chemin	tornare indietro	to go back in the direction you came from, or to make someone or something do this
twin	twɪn	n	Zwilling	jumeau/jumelle	gemello/-a	one of two children born at the same time to the same mother
up and running	ʌp ənd 'rʌnɪŋ	adj	in Betrieb	en état de marche	operativo	if a system is up and running, it has just started to work
water-skiing	'wɔ:tə ski:ɪŋ	n	Wasserskilaufen	ski nautique	sci nautico	a sport in which you ski over water while being pulled by a boat

yacht	jot	n	Yacht	yacht	yacht	a large boat with a sail, used for pleasure or sport, especially one that has a place where you can sleep
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