

| Word/Phrase | Lesson | Page | Part of speech | Pronunciation | German | French | Italian | Definition | Example |
|---------------------------|--------|------|----------------|----------------------------|---|---------------------------|--|--|--|
| crossword | 1A | 6 | n | 'krɔswɜ:d | Kreuzworträtsel | mots croisés | cruciverba | a word game in which you write the answers to questions in a pattern of numbered boxes | I've done the whole of the crossword in today's newspaper, except for one clue. |
| creative pastime | 1A | 6 | n | kri'eɪtv 'pɑ:stɑɪm | kreativer Zeitvertreib | passe-temps créatif | passatempo creativo | something that you use your imagination to do because you think it is enjoyable or interesting | We're going to pottery classes because Martin wanted to try a more creative pastime than cycling. |
| martial art | 1A | 6 | n | 'mɑ:ʃəl 'ɑ:t | Kampfkunst | art martial | arte marziale | a sport such as judo or karate, in which you fight with your hands and feet. Martial arts were developed in Eastern Asia | Many martial arts use coloured belts to indicate the level you have reached. |
| keep-fit activity | 1A | 6 | n | 'ki:p 'fɪt æk,tɪvəti | Aktivität zum Fitbleiben | activité de maintien | attività per mantenersi in forma | something that you do to exercise and keep healthy | Swimming is a good all-round keep-fit activity. |
| outdoor pursuit | 1A | 6 | n | 'aʊtdɔ: pə'sju:t | Aktivität im Freien | activité de plein air | attività all'aperto | something that you do outside as a sport or hobby | My favourite outdoor pursuits are golf and horse-riding. |
| online gaming | 1A | 6 | n | 'ɒnlain 'geɪmɪŋ | Online-Spiele | jeu en ligne | giochi online | the activity of playing computer games with players on other computers connected to the internet | My cousin has entered an international online gaming competition. |
| blockbuster | 1A | 6 | n | 'blɒk,bʌstə | Blockbuster | blockbuster | blockbuster | a book or film that is very good or successful | This film, set in the Irish countryside, is very different to the blockbusters the actor usually stars in. |
| performing | 1A | 6 | n | pə'fɔ:mɪŋ | darstellende Kunst | arts du spectacle | arti dello spettacolo | doing something to entertain people, for example by acting in a play or playing a piece of music | Ifra loves all kinds of performing, but dance is her favourite. |
| fancy taking up something | 1A | 6 | v phr | 'fænsi 'teɪkɪŋ 'ʌp ,sʌmθɪŋ | Lust auf eine bestimmte Aktivität haben | avoir envie de faire qc | avere voglia di cominciare (a fare) qualcosa | to become interested in (a new activity) and want to spend time doing it | I fancy taking up kite-surfing but it takes a lot of practice to get good. |
| grow on somebody | 1A | 6 | phr v | 'grəʊ ɒn ,sʌmwʌn | langsam beginnen, etwas zu mögen | commencer à aimer | piacere sempre di più a qualcuno | if something grows on you, you gradually like it more and more | I hated his music at first, but it grows on you. |
| be hopeless at something | 1A | 6 | v phr | bi'həʊpləs ət ,sʌmθɪŋ | ein hoffnungsloser Fall sein | être nul en | essere un disastro in qualcosa | to be terrible at doing (something) | My brother was always pretty hopeless at ball games. |
| hype | 1A | 6 | n | haɪp | Rummel, Hype | matraquage (publicitaire) | gonfiatura | attempts to make people think something is good or important by talking about it a lot on television, the radio, etc. – used to show disapproval | Despite the media hype, I found the film very disappointing. |
| let off steam | 1A | 6 | v phr | 'let ɒf 'sti:m | sich austoben | se défouler | scaricarsi | to get rid of your anger, excitement or energy in a way that does not harm anyone by doing something active | I like to take the children to the park after school so that they can let off steam. |
| nothing beats | 1A | 6 | v phr | 'nʌθɪŋ 'bi:ts | nichts ist besser als | rien ne vaut | non c'è niente di meglio che | used to say that something is much better and more enjoyable than anything else | Nothing beats homemade cake. |
| switch off | 1A | 6 | phr v | 'swɪtʃ 'ɒf | abschalten | se détendre | staccare la spina | to relax for a short time | I like to switch off by listening to music. |
| take to something | 1A | 6 | phr v | 'teɪk tu ,sʌmθɪŋ | Freude an etwas finden | plaire à qn | trovarsi bene con qualcosa | to start to like (something) | Kai took to water polo straightaway. |
| very encouraging | 1A | 6 | adj | 'veri ɪn'kʌrədʒɪŋ | sehr ermutigend | très encourageant | molto incoraggiante | giving you a lot of hope and confidence | Your test results are very encouraging. Keep working hard and you will do well. |
| babysit | 1B | 8 | v | 'beɪbɪsɪt | babysitten, aufpassen auf | faire du babysitting | badare a | to take care of children while their parents are away for a short time | I often babysit my sister's children at the weekend. |
| let someone down | 1B | 8 | phr v | 'let ,sʌmwʌn 'daʊn | jemanden im Stich lassen | décevoir qn | deludere qualcuno | if somebody lets you down, they do not do something that you trusted or expected them to do | That's the second time that plumber has let us down. Next time we'll use a different one. |
| comfort | 1B | 8 | n | 'kʌmfət | Trost | réconfort | conforto | someone or something that helps you feel calmer, happier or more hopeful after you have been worried or unhappy | Louisa's been a great comfort to me since Mary died. |
| mourn | 1B | 8 | v | mɔ:n | trauern um | pleurer | piangere la morte di qualcuno | to feel very sad and to miss (someone) after they have died | Thousands of people gathered to mourn the dead president. |
| desperate | 1B | 8 | adj | 'despəreɪt | verzweifelt | désespéré | disperato | willing to do anything to change a very bad situation and not caring about danger | I had no money left and was getting desperate. |

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| apprenticeship | 1B | 8 | n | ə'prentɪsʃɪp | Lehre | apprentissage | apprendistato | the job of being an apprentice (= someone who works for an employer for a fixed period of time in order to learn a particular skill or job) or the period of time in which you are an apprentice | He served an apprenticeship as a printer. |
| down | 1B | 8 | adj | daʊn | niedergeschlagen | déprimé | giù | unhappy or sad | She's been feeling down since that argument with Jack. |
| bill | 1B | 8 | n | bɪl | Rechnung | facture | conto | a list showing how much you have to pay for food you have eaten in a restaurant | It's getting late. Shall we ask for the bill? |
| mentor | 1B | 8 | n | 'mentɔː | Mentor | mentor | mentore | an experienced person who advises and helps a less experienced person | Experienced business people are asked to act as mentors to students about to enter their field of work. |
| expertise | 1B | 8 | n | ˌekspɜː'tiːz | Expertise, Erfahrung | compétence | competenza | special skills or knowledge in a particular subject, that you learn by experience or training | His father, who was also a lawyer, shared his legal expertise to help civil rights groups. |
| sleep rough | 1B | 8 | v phr | ˌsliːp 'rʌf | im Freien übernachten | passer la nuit dehors | dormire all'addiaccio | to sleep outside with nothing to protect you from the weather, especially because you have no home to live in | The charity offers support to the increasing numbers of people sleeping rough on the city's streets. |
| grab | 1B | 8 | v | græb | schnappen | saisir | prendere | to get (some food) quickly because you are busy | Hang on while I grab a cup of coffee and a sandwich. |
| stranded | 1B | 8 | adj | 'strændɪd | gestrandet | bloqué, coincé, abandonné | rimasto bloccato | a person or vehicle that is stranded is unable to move from the place where they are | Air travellers were left stranded because of the icy conditions. |
| pull over | 1B | 8 | phr v | ˌpʊl 'əʊvə | zur Seite fahren | se ranger sur le côté | accostare | to drive to the side of the road and stop your car, or to make someone else do this | The policeman signalled to him to pull over. |
| welcoming | 1B | 8 | adj | 'welkəmɪŋ | freundlich, offen | accueillant | accogliente | someone who is welcoming is friendly when you arrive in a place | Everyone was very welcoming on my first day at work. |
| rave review | 1B | 8 | n phr | ˌreɪv rɪ'vjuː | begeisterte Kritik | critique dithyrambique | recensione entusiasta | strong praise for a new play, book, restaurant, etc., especially in a newspaper or magazine or on a website | Critics gave the performance rave reviews. |
| scheme | 1B VB | 156 | n | ski:m | Plan | plan | schema | an official plan that is intended to help people in some way, for example by providing education or training | The new scheme aims to reduce street crime by 30%. |
| take under your wing | 1B VB | 156 | idiom | ˌteɪk ʌndə jə 'wɪŋ | unter seine Fittiche nehmen | prendre qn sous son aile | prendere sotto la propria protezione | to help and protect (someone who is younger or less experienced than you are) | Humza, who works in my department, took me under his wing for the first few weeks. |
| put at ease | 1B VB | 156 | idiom | ˌpʊt ət 'iːz | die Nervosität nehmen, beruhigen | mettre à l'aise | mettere qualcuno a suo agio | to make someone feel relaxed | She had an ability to put her students at ease. |
| moral support | 1B VB | 156 | n | ˌmɒrəl sə'pɔːt | moralische Unterstützung | soutien moral | sostegno morale | encouragement that you give by expressing approval or interest, rather than by giving practical help | Dad came along to give me some moral support. |
| reassure | 1B VB | 156 | v | ˌriːə'ʃʊə | versichern | rassurer | rassicurare | to make (someone) feel calmer and less worried or frightened about a problem or situation | He tried to reassure me that my mother would be okay. |
| grant | 1B VB | 156 | n | grɑːnt | Stipendium | bourse | borsa di studio | an amount of money given to someone, especially by the government, for a particular purpose | He received a research grant to study the effect of pollution on the environment. |
| make allowances for someone | 1B VB | 156 | v phr | ˌmeɪk ə'laʊənsɪz fə ˌsʌmwʌn | jmd Zugeständnisse machen | être indulgent envers | avere riguardo per qualcuno | to let (someone) behave in a way you do not normally approve of, because you know there are special reasons for their behaviour | Mike's department is under a lot of pressure at the moment, so you have to make allowances for him. |
| go easy on someone | 1B VB | 156 | v phr | ɡəʊ 'iːzi ɒn ˌsʌmwʌn | nachsichtig sein mit jmd | y aller doucement avec | andarci piano con qualcuno | to be more gentle and less strict or angry with (someone) | Go easy on Leo for a while – he's having a hard time at school. |
| encouragement | 1B VB | 156 | n | ɪn'kʌrɪdʒmənt | Ermutigung | encouragement | incoraggiamento | ways of giving someone the courage or confidence to do something | My parents always gave us a lot of encouragement. |
| be in the same boat | 1B VB | 156 | idiom | ˌbiː ɪn ðə ˌseɪm 'bəʊt | im selben Boot sitzen | être dans le même bateau | essere nella stessa barca | to be in the same unpleasant situation as someone else | Everyone has lost their job. We're all in the same boat. |
| have a go at someone | 1C | 10 | v phr | hæv ə 'ɡəʊ ət ˌsʌmwʌn | jmd runtermachen | s'en prendre à qn | prendersela con qualcuno | to criticise (someone) | Mum had a go at me for not doing my homework. |

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| jam | 1C | 10 | v | dʒæm | klemmen, stecken bleiben | se coincer | incepparsi | if a moving part of something jams, or if you jam it, it no longer works properly because something is preventing it from moving | The paper has jammed in the printer again. |
| irritation | 1C | 10 | n | ˌɪrɪˈteɪʃən | Störung | irritation | irritazione | something that makes you annoyed | The noisy office is an irritation for him when he's trying to work. |
| at fault | 1C | 10 | adv phr | ət ˈfɔ:lt | schuldig | être en faute | in torto | if someone is at fault, they are responsible for something bad that has happened | The police said that the other driver was at fault. |
| go on and on about something | 1C | 10 | v phr | gəʊ ˌɒn ənd ˈɒn əbaʊt ˌsʌmθɪŋ | pausenlos über etwas sprechen | ne pas arrêter de parler de qc | continuare a parlare | to talk too much about (something) | He just went on and on about his new girlfriend. |
| come up with something | 1C | 10 | phr v | kʌm ˈʌp wɪð ˌsʌmθɪŋ | sich etwas einfallen lassen | imaginer, inventer qc | farsi venire in mente qualcosa | to think of (an idea, answer, etc.) | We've been asked to come up with some new ideas. |
| undermine someone | 1C | 10 | v | ˌʌndəˈmaɪn ˌsʌmwʌn | jmd schwächen, jmd zusetzen | saper l'autorité de qn | minare qualcuno | to gradually make (someone or something) less strong or effective | The constant criticism was beginning to undermine her confidence. |
| point the finger of blame | 1C | 10 | v phr | ˌpɔɪnt ðə ˌfɪŋgə ɒv ˈbleɪm | mit dem Finger auf jmd zeigen | pointer un doigt réprobateur sur | puntare il dito contro qualcuno | to say that someone has done something wrong | I don't want to point the finger of blame at anyone, but someone left the door unlocked. |
| pointless | 1C | 10 | adj | ˈpɔɪntləs | zwecklos | inutile | inutile | worthless or not likely to have any useful result | I think it would be pointless to discuss this issue again. |
| distract | 1C | 10 | v | dɪˈstrækt | ablenken | distraine | distrarre | to take someone's attention away from something by making them look at or listen | Try not to distract the other students. |
| fellow worker | 1C | 10 | n | ˈfeləʊ ˈwɜ:kə | Kollege/Kollegin | collègue | compagno/compagna di lavoro | a person that you work with | Most days I get a lift to the office with two fellow workers. |
| smash something into little pieces | 1C | 10 | v phr | ˌsmæʃ ˌsʌmθɪŋ ɪntə ˈlɪtl ˈpi:səz | etwas (in kleine Teile) zertrümmern | casser qc en mille morceaux | sfasciare qualcosa | to break into small pieces violently or noisily, or to make (something) do this by dropping, throwing or hitting it | Rob lost his temper and smashed his phone into little pieces. |
| device | 1C | 10 | n | | Gerät | appareil | dispositivo | a small, useful and cleverly-designed machine or tool | It's a useful device for charging your mobile quickly. |
| pointless | 1C VB | 156 | adj | ˈpɔɪntləs | zwecklos | inutile | inutile | worthless or not likely to have any useful result | The meeting was a pointless exercise. |
| it was hopeless | 1C VB | 156 | adj | ˈhəʊpləs | es war hoffnungslos | c'était sans espoir | non c'era speranza | if something that you try to do is hopeless, there is no possibility of it being successful | We tried to stop the flames from spreading, but we knew it was hopeless. |
| worthless | 1C VB | 156 | adj | ˈwɜ:θləs | wertlos | sans valeur | senza valore | something that is worthless has no value, importance or use | The house was full of worthless junk. |
| careless | 1C VB | 156 | adj | ˈkeələs | unachtsam | négligent | imprudente | not paying enough attention to what you are doing, so that you make mistakes, damage things, etc. | It was careless of you to leave your purse lying about. |
| meaningless | 1C VB | 156 | adj | ˈmi:nɪŋləs | bedeutungslos | vide de sens | senza significato | not having a meaning that you can understand or explain | Chinese characters are just meaningless symbols to me. |
| disorganised | 1C VB | 156 | adj | dɪsˈɔ:gənəɪzd | unorganisiert | désorganisé | disorganizzato | not arranged or planned in a clear order, or lacking any kind of plan or system | The conference was completely disorganised. |
| disrespectful | 1C VB | 156 | adj | ˌdɪsrɪˈspektfʊl | respektlos | irrespectueux | irrispettoso | treating something or someone rudely or as if it is/they are not important | Shouting out the answer is disrespectful to the teacher and your classmates. |
| dishonest | 1C VB | 156 | adj | dɪsˈɒnɪst | unehrlich | malhonnête | disonesto | deceiving or cheating people | People are no longer surprised to find that politicians are dishonest. |
| unrealistic | 1C VB | 156 | adj | ˌʌnrɪəˈlɪstɪk | unrealistisch | peu réaliste | irrealistico | unrealistic ideas or hopes are not reasonable or sensible | It is unrealistic to expect these changes to happen overnight. |
| unreasonable | 1C VB | 156 | adj | ʌnˈri:zənəbəl | unerhört, unverschämt | déraisonnable | irragionevole | not fair or sensible | It's unreasonable to expect you to work seven days a week. |
| unclear | 1C VB | 156 | adj | ˌʌnˈkliə | unklar | pas clair | poco chiaro | difficult to understand or be sure about, so that there is doubt or confusion | The terms of the contract are very unclear. |
| unequal | 1C VB | 156 | adj | ʌnˈi:kwəl | ungleich | inégal | impari | not equal in number, amount or level | The documentary highlights the unequal distribution of wealth in Brazil. |
| unsuitable | 1C VB | 156 | adj | ʌnˈsu:təbəl, -ˈsju:- | ungeeignet | inapproprié | inadatto | not having the right qualities for a particular person, purpose or situation | The book is unsuitable for children. |
| untidy | 1C VB | 156 | adj | ʌnˈtaɪdi | unordentlich | en désordre | disordinato | not neat | Her clothes were in an untidy heap on the floor. |
| unaware | 1C VB | 156 | adj | ˌʌnəˈweə | ahnungslos | pas conscient de | ignaro | not noticing or realising what is happening | She was totally unaware that she was being watched. |
| be irrelevant | 1C VB | 156 | adj | ɪˈreləvənt | irrelevant | pas pertinent | irrelevante | not useful or not relating to a particular situation and therefore not important | His age is completely irrelevant if he can do the job. |

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| irrational | 1C VB | 156 | adj | ɪˈræʃənəl | irrational | irrationnel | irrazionale | not based on clear thought or reason | My mother has an irrational fear of the sea. |
| irregular | 1C VB | 156 | adj | ɪˈregjələ | unregelmäßig | irrégulier | irregolare | having a shape, surface, pattern, etc. that is not even, smooth or balanced; not happening at times that are an equal distance from each other | Beamish only returned to Britain at irregular intervals. |
| irresponsible | 1C VB | 156 | adj | ˌɪrɪˈsponsəbəl | verantwortungslos | irresponsable | irresponsabile | doing careless things without thinking or worrying about the possible bad results | It was irresponsible of him to leave the children on their own in the pool. |
| immature | 1C VB | 156 | adj | ˌɪməˈtʃʊə | unreif | immature | immaturo | someone who is immature behaves or thinks in a way that is typical of someone much younger – used to show disapproval | He seems immature compared to his brother, who is saving to buy a house. |
| impatient | 1C VB | 156 | adj | ɪmˈpeɪʃənt | ungeduldig | impatient | impaziente | very eager for something to happen and not wanting to wait | Alec strode down the street, impatient to be home. |
| immoral | 1C VB | 156 | adj | ɪˈmɔrəl | unmoralisch | immoral | immorale | wrong, based on your ideas about what is right, rather than on what is legal or practical | Deliberately making people suffer is immoral. |
| improper | 1C VB | 156 | adj | ɪmˈprɒpə | unangebracht, falsch | inadéquat | scorretto | dishonest, illegal or morally wrong | It is improper for a police officer to accept gifts. |
| imperfect | 1C VB | 156 | adj | ɪmˈpɜːfɪkt | unvollkommen | imparfait | imperfetto | not completely correct or perfect | We live in an imperfect world – but we can always try to improve it. |
| insecure | 1C VB | 156 | adj | ˌɪnsɪˈkjʊə | unsicher | peu sûr de soi | insicuro | not feeling at all confident about yourself, your abilities or your relationships with | She felt lonely and insecure away from her family. |
| inexperienced | 1C VB | 156 | adj | ˌɪnɪkˈspɪəriənst | unerfahren | inexpérimenté | inesperto | not having had much experience | It is thought that the accident may have occurred because the pilot was |
| inadequate | 1C VB | 156 | adj | ɪnˈædəkwət | unangemessen | inapproprié | inadeguato | not good enough, big enough, skilled enough, etc. for a particular purpose | The parking facilities are inadequate for a busy shopping centre. |
| insufficient | 1C VB | 156 | adj | ˌɪnsəˈfɪʃənt | ungenügend | insuffisant | insufficiente | not enough, or not great enough | At the moment, there's insufficient evidence to arrest anyone. |
| inconsistent | 1C VB | 156 | adj | ˌɪnkənˈsɪstənt | uneinheitlich | inconsistant | incostante | inconsistent behaviour, work, etc. changes too often from good to bad | The team's performance has been very inconsistent this season. |
| incompetent | 1C VB | 156 | adj | ɪnˈkɒmpɪtənt | inkompetent | incompétent | incompetente | not having the ability or skill to do a job properly | The report blames the company's failure on weak, incompetent leadership. |
| row | 1D | 12 | n | raʊ | Streit | dispute | lite | a short angry argument, especially between people who know each other well | He had just had a row with his wife. |
| dispute | 1D | 12 | n | dɪˈspjuːt | Auseinandersetzung | dispute | disputa | a serious argument or disagreement | The firm is involved in a legal dispute with a rival company. |
| mediate | 1D | 12 | v | ˈmiːdi.eɪt | vermitteln, schlichten | arbitrer | mediare | to try to end a quarrel between two people, groups, countries, etc. | The court was set up to mediate in civil disputes. |
| tension | 1D | 12 | n | ˈtenʃən | Spannung | tension | tensione | the feeling that exists when people or countries do not trust each other and may suddenly attack each other or start arguing | The obvious tension between Warren and Anne made everyone else uncomfortable. |
| clear the air | 1D | 12 | v phr | ˌkliə ðɪ ˈeə | eine Situation klären | apaiser les tensions | chiarire la situazione | to do something to end an argument or bad situation, for example discuss a problem calmly | I invited Yorgos to go for a coffee after work, in an attempt to clear the air between us, but he refused. |
| on speaking terms | 1D | 12 | adv phr | ɒn ˈspiːkɪŋ ˌtɜːmz | wieder miteinander reden | se parler | in buoni rapporti | if two people are not on speaking terms, they do not talk to each other, usually because they have argued | He was not on speaking terms with his brother or sisters. |
| make up | 1D | 12 | phr v | ˌmeɪk ˈʌp | sich versöhnen | se réconcilier | fare pace con qualcuno | to become friendly with someone again after you have had an argument | Have you made up with Maddy yet? It's been two weeks since you had that row. |
| side with | 1D | 12 | phr v | saɪd | sich auf jmds Seite schlagen | se rallier à | mettersi dalla parte di qualcuno | to support or argue against a person or group in a quarrel, fight, etc. | Frank sided with David against their mother. |
| escalate | 1D | 12 | v | ˈeskəleɪt | eskalieren | s'aggraver | intensificarsi | if fighting, violence or a bad situation escalates, or if someone escalates it, it becomes much worse | The fighting on the border is escalating. |
| ongoing dispute | 1D | 12 | n | ˌɒŋɡəʊɪŋ dɪˈspjuːt | andauernde Auseinandersetzung | dispute continu | disputa continua | a continuing serious argument or disagreement | He is having an ongoing dispute with the company about his contract. |
| come to blows | 1D | 12 | v phr | ˌkʌm tə ˈbləʊz | sich prügeln | en venir aux mains | venire alle mani | if two people come to blows, they start arguing or hitting each other because they disagree about something | They almost came to blows over the money. |

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| quarrel | 1D | 12 | v | 'kwɒrəl | sich streiten | se disputer | litigare | to have an argument | I always seem to be quarrelling with my parents. |
| kick someone out | 1D | 12 | phr v | 'kɪk ,sʌmwʌn 'aʊt | jmd hinauswerfen | virer qn | buttare fuori qualcuno | to make (someone) leave a place, job, etc. | Bernard's wife kicked him out. |
| be willing to compromise | 1D | 12 | v phr | bi ,wɪlɪŋ tə 'kɒmpromaɪz | zum Kompromiss bereit sein | être prêt à faire des compromis | essere disposto a scendere a compromesso | to want to reach an agreement, even if it means that everyone involved accepts less than what they wanted at first | The employers will have to be willing to compromise if they want to avoid a strike. |
| irritate | 2A | 14 | v | 'ɪrɪteɪt | reizen | irriter | irritare | to make (a part of your body) painful and sore | This cream may irritate sensitive skin. |
| bump | 2A | 14 | v | bʌmp | anstoßen | heurter | sbattere contro | to hit or knock against something | The roof was so low he bumped his head. |
| come down with something | 2A | 14 | phr v | kʌm 'daʊn wɪð ,sʌmθɪŋ | etwas ausbrüten | attraper qc | prendere qualcosa | to get an illness | I think I'm coming down with a cold. |
| stomach bug | 2A | 14 | n | 'stʌmək ,bʌg | Magenbeschwerden | mal à l'estomac | influenza intestinale | an illness you can catch that affects your stomach | He's off work with a stomach bug. |
| strain | 2A | 14 | v | streɪn | zerren | se froisser | stirare | to injure (a muscle or part of your body) by using it too much or making it work too hard | I've strained a muscle in my shoulder. |
| spinal | 2A | 14 | adj | 'spʌɪnəl | Wirbelsäulen... | spinal | spinale | belonging to or affecting your spine | I consulted a doctor who specialises in spinal conditions. |
| kidney | 2A | 14 | n | 'kɪdni | Niere | rein | rene | one of the two organs in your lower back that separate waste products from your blood and make urine | My grandfather only has one kidney. |
| failure | 2A | 14 | n | 'feɪljə | Versagen | insuffisance | insufficienza | an occasion when part of your body stops working properly | Khalil is being treated for heart failure. |
| bash | 2A | 14 | v | bæʃ | anschlagen an | cogner | picchiare | to hit (someone or something) hard, in a way that causes pain or damage | He bashed his head on the back of the seat. |
| develop | 2A | 14 | v | dɪ'veləp | verursachen | développer | sviluppare | if you develop a disease or illness, or if it develops, you start to have it | Some alcoholics develop liver disease. |
| arthritis | 2A | 14 | n | ɑ:'θraɪtɪs | Arthritis | arthrite | artrite | a disease that causes the joints of your body to become swollen and very painful | I have arthritis in both knees. |
| be out cold | 2A | 14 | v phr | bi ,aʊt 'kəʊld | bewusstlos sein | être inconscient | essere incosciente | to be unconscious | Paola fell off a horse and was out cold for ten minutes. |
| limp | 2A | 14 | v | ,'lɪmp 'ɒf | humpeln | boiter | zoppiare | to walk slowly and with difficulty because one leg is hurt or injured | Moreno limped off the field with a foot injury. |
| be out of action | 2A | 14 | v phr | bi ,aʊt əv 'ækʃən | außer Gefecht setzen | être immobilisé | essere fuori combattimento | injured and unable to do anything | The injury will keep him out of action for a month. |
| swollen | 2A | 14 | adj | 'swəʊlən | geschwollen | enflé | gonfio | a part of your body that is swollen is bigger than usual, especially because you are ill or injured | Her ankle was so swollen that she couldn't walk. |
| joint | 2A | 14 | n | dʒɔɪnt | Gelenk | articulation | articolazione | a part of your body that can bend because two bones meet there | My knee joint has been permanently damaged since the car crash. |
| transplant | 2A | 14 | n | 'trænsplɑ:nt | Transplantation | transplantation | trapianto | the operation of moving an organ, piece of skin, etc. from one person's body and putting it into another as a form of medical treatment | In the last two decades there have been huge advances in heart transplant surgery. |
| organ donor | 2A | 14 | n | 'ɔ:gən ,dəʊnə | Organspender/in | donneur/-euse d'organe | donatore/donatrice di organi | someone who gives a part of the body that has a particular purpose, such as the heart | Not all patients who die are suitable as organ donors. |
| vomit | 2A | 14 | v | 'vɒmɪt | sich übergeben | vomir | vomitare | to bring food or drink up from your stomach out through your mouth, because you are ill | I knew I was really in trouble when I began vomiting blood. |
| beat black and blue | 2A | 14 | adj phr | ,'blæk ən 'blu: | blau und grün schlagen | rouer de coups | riempire di botte | skin that is black and blue has bruises (= dark marks) on it as a result of being hit | The burglars beat Tom black and blue and left him unconscious. |
| itchy | 2A | 14 | adj | 'ɪtʃi | juckend | qui démange | pruriginoso | if part of your body is itchy, it feels slightly unpleasant and you want to rub it with your nails | My eyes sometimes get red and itchy in the summer. |
| severely restrict | 2A | 14 | v phr | sə ,vɪəli rɪ'strɪkt | stark einschränken | limiter gravement | limitare gravemente | to greatly limit (someone's actions or movements) | The cast on his leg has severely restricted Mehmet's ability to use the stairs. |
| mobility | 2A | 14 | n | məʊ'brɪləti | Beweglichkeit | mobilité | mobilità | the ability to move easily | It improves the strength and mobility of joints. |
| awareness | 2B | 16 | n | ə'weənəs | Bewusstsein | conscience | coscienza | knowledge or understanding of a particular subject or situation | Health officials have tried to raise awareness about Ebola. |

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|-------------------|-------|-----|-----|------------------|---------------------------|---------------------|--------------------------|--|--|
| campaign | 2B | 16 | n | kæm'peɪn | Kampagne | campagne | campagna | a series of actions intended to achieve a particular result relating to politics or business, or a social improvement | The government is leading a 'walk to school' campaign. |
| campaign | 2B | 16 | v | kæm'peɪn | eine Kampagne durchführen | faire campagne pour | condurre una campagna | to lead or take part in a series of actions intended to achieve a particular social or political result | The group is campaigning against the destruction of the rain forests. |
| deprivation | 2B | 16 | n | ˌdeɪrɪ'veɪʃən | Entbehrung, Mangel | privation | privazione | the lack of something that you need in order to be healthy, comfortable or happy | Low birth weight is related to economic deprivation. |
| empower | 2B | 16 | v | ɪm'paʊə | stärken, befähigen | valoriser | dare il potere | to give (someone) more control over their own life or situation | The charity is working with local organisations to empower minority groups. |
| expertise | 2B | 16 | n | ˌekspɜː'tiːz | Kompetenz | compétence | competenza | special skills or knowledge in a particular subject, that you learn by experience or training | The country lacks the expertise, equipment and finance to deal with the disaster. |
| lobby | 2B | 16 | v | 'lɒbi | Druck ausüben | faire du lobbying | fare pressioni | to try to persuade the government or someone with political power that a law or situation should be changed | The group is lobbying for a reduction in defence spending. |
| reclaim | 2B | 16 | v | rɪ'kleɪm | zurückholen | récupérer | reclamare | to get back something that you have lost or that has been taken away from you | I want to reclaim the championship that I lost in 2018. |
| sustainable | 2B | 16 | adj | sə'steɪnəbəl | nachhaltig | viable | sostenibile | able to continue without causing damage to the environment | Cycling is a totally sustainable form of transport. |
| tackle | 2B | 16 | v | 'tækəl | in Angriff nehmen | aborder | affrontare | to try to deal with (a difficult problem) | The government has failed to tackle the problem of youth crime. |
| worthy | 2B | 16 | adj | 'wɜːði | wert | digne | degno | deserving to be thought about or treated in a particular way | A couple of other books are worthy of mention. |
| awareness | 2B VB | 157 | n | ə'weənəs | Bewusstsein | conscience | coscienza | knowledge or understanding of a particular subject or situation | Young people's political awareness often increases when they go to university. |
| probability | 2B VB | 157 | n | ˌprɒbə'bɪləti | Wahrscheinlichkeit | probabilité | probabilità | how likely something is, sometimes calculated in a mathematical way | The probability of being struck by lightning is pretty low. |
| freedom | 2B VB | 157 | n | 'friːdəm | Freiheit | liberté | libertà | the right to do what you want without being controlled or restricted by anyone | The people were given political freedom for the first time in the country's history. |
| mobility | 2B VB | 157 | n | məʊ'bɪləti | Mobilität | mobilité | mobilità | the ability to move easily | The key to the army's effectiveness is its increased mobility. |
| investment | 2B VB | 157 | n | ɪn'vestmənt | Investition | investissement | investimento | the use of money to get a profit or to make a business activity successful, or the money that is used | Public expenditure in declining areas will attract future private investment. |
| expansion | 2B VB | 157 | n | ɪk'spænjən | Expansion | expansion | espansione | when something increases in size, range, amount, etc. | Investors think the hotel chain is ripe for further expansion. |
| conclusion | 2B VB | 157 | n | kən'kluːʒən | Schlussfolgerung | conclusion | conclusione | something you decide after considering all the information you have | I soon came to the conclusion that she was lying. |
| deprivation | 2B VB | 157 | n | ˌdeɪrɪ'veɪʃən | Entbehrung | privation | privazione | the lack of something that you need in order to be healthy, comfortable or happy | We watched a documentary about the deprivations of prison life. |
| donation | 2B VB | 157 | n | dəʊ'neɪʃən | Spende | don | donazione | something, especially money, that you give to a person or an organisation in order to help them | She made generous donations to various charities. |
| the establishment | 2B VB | 157 | n | ði ɪ'stæblɪʃmənt | das Establishment | establishment | l'establishment | the group of people in a society or profession who have a lot of power and | The measures were introduced despite protests from the medical establishment. |
| homelessness | 2B VB | 157 | n | 'həʊmləsnes | Obdachlosigkeit | absence de domicile | condizione di senzatetto | the state of being without a home | The government has pledged to tackle homelessness in UK cities. |
| consciousness | 2B VB | 157 | n | 'kɒnʃəsnəs | Bewusstsein | conscience | coscienza | the condition of being awake and able to understand what is happening around you; when you know that something exists or is true | This will increase public consciousness of the pollution issue. |
| effectiveness | 2B VB | 157 | n | ɪ'fektɪvnes | Wirksamkeit | efficacité | efficacia | being successful and working in the way that was intended | Experts question the effectiveness of reducing the speed limit as a means of reducing accidents. |
| supervision | 2B VB | 157 | n | ˌsuːpə'vɪʒən | Kontrolle | surveillance | supervisione | when someone is in charge of an activity or person and makes sure that things are done in the correct way | You need to be good at working alone without constant supervision. |
| comprehension | 2B VB | 157 | n | kəm'prɪ'hɛnjən | Verständnis | compréhension | comprensione | the ability to understand something | They don't have the least comprehension of what I'm trying to do. |

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|---------------------|-------|-----|-------|---------------------|--------------------------|------------------------|--------------------------|--|--|
| persuasion | 2B VB | 157 | n | pə'sweɪʒən | Überredung | persuasion | persuasione | the act of persuading someone to do something | It had taken a great deal of persuasion to get him to accept. |
| astonishment | 2B VB | 157 | n | ə'stɒnɪʃmənt | Erstaunen | étonnement | sorpresa | complete surprise | To my astonishment, the car had disappeared. |
| embarrassment | 2B VB | 157 | n | ɪm'bærəsmənt | Blamage, Peinlichkeit | embarras | imbarazzo | the feeling of being uncomfortable or nervous and worrying about what people think of you | His resignation should save the government any further embarrassment. |
| amusement | 2B VB | 157 | n | ə'mju:zmənt | Belustigung | amusement | divertimento | the feeling you have when you think something is funny | It caused great amusement when he opened the car door and fell out. |
| capability | 2B VB | 157 | n | ˌkeɪpə'bɪləti | Fähigkeit | capacité | capacità | the natural ability, skill or power that makes a machine, person or organisation able to do something, especially something difficult | Does the company have the capability to change to meet market needs? |
| authenticity | 2B VB | 157 | n | ˌɔ:θen'tʃɪtɪ, -θən- | Echtheit | authenticité | autenticità | the quality of being real or true | Archaeological evidence may help to establish the authenticity of the statue. |
| security | 2B VB | 157 | n | sɪ'kjʊərəti | Sicherheit | sécurité | sicurezza | things that are done to keep a person, building or country safe from danger or crime | There is heightened security around Heathrow following the bomb threats. |
| stardom | 2B VB | 157 | n | 'stɑ:dəm | Berühmtheit | célébrité | celebrità | the state of being a famous performer | Ellen shot to stardom as a model last year. |
| boredom | 2B VB | 157 | n | 'bɔ:dəm | Langeweile | ennui | noia | the feeling you have of being tired and impatient because you do not think | We played a game to relieve the boredom of the long journey. |
| wisdom | 2B VB | 157 | n | 'wɪzdəm | Klugheit | sagesse | saggezza | good sense and judgement, based especially on your experience of life | Local people are questioning the wisdom of spending so much money on a new road. |
| opposition | 2B VB | 157 | n | ˌɒpə'zɪʃən | Widerstand | opposition | opposizione | strong disagreement with, or protest against, something such as a plan, law or system | The development went ahead in spite of considerable opposition. |
| recognition | 2B VB | 157 | n | ˌrekəg'nɪʃən | Erkennen | reconnaissance | riconoscimento | the act of knowing someone or something because you have known or learned about them in the past; public respect and thanks for someone's work or achievements | He stared at her, but there was no sign of recognition. |
| concentration | 2B VB | 157 | n | ˌkɒnsən'treɪʃən | Konzentration | concentration | concentrazione | the ability to think about something carefully or for a long time | Halfway through the game, he seemed to lose concentration. |
| abandoned | 2C | 18 | adj | ə'bændənd | verlassen | abandonné | abbandonato | an abandoned building, car, boat, etc. has been left by the people who owned or used it | The car was found abandoned in Bristol. |
| bankrupt | 2C | 18 | adj | 'bæŋkrʌpt | bankrott | en faillite | bancarotta | without enough money to pay what you owe | Many small businesses will go bankrupt unless interest rates fall. |
| decline | 2C | 18 | v | dɪ'klaɪn | zurückgehen | décliner | diminuire | to decrease in quantity or importance | Car sales have declined by a quarter. |
| demolish | 2C | 18 | v | dɪ'mɒlɪʃ | zerstören | démolir | demolire | to completely destroy (a building) | The entire east wing of the building was demolished in the fire. |
| neglect | 2C | 18 | v | nɪ'gлект | vernachlässigen | négliger | trascurare | to fail to look after (someone or something) properly | The building has been badly neglected. |
| outdated | 2C | 18 | adj | ˌaʊt'deɪtɪd | veraltet | dépassé | sorpassato | if something is outdated, it is no longer considered useful or effective, because | The factory can't continue to run much longer with such outdated equipment and |
| restore | 2C | 18 | v | rɪ'stɔ: | restaurieren | restaurer | restaurare | to repair (an old building, piece of furniture or painting, etc.) so that it is in its original condition | The church was carefully restored after the war. |
| shrink | 2C | 18 | v | ʃrɪŋk | schrumpfen | rétrécir | ridursi | to become or to make (something) smaller in amount, size or value | The company's staff had shrunk to only four people. |
| take over | 2C | 18 | phr v | ˌteɪk 'əʊvə | die Kontrolle übernehmen | prendre le contrôle de | assumere il controllo | to take control of (something) | Ruth moved into our apartment and promptly took over. |
| turn into something | 2C | 18 | phr v | ˌtɜ:n 'ɪntə ˌsʌmθɪŋ | verwandeln in | transformer en | trasformarsi in qualcosa | to become (something different), or to make someone or something do this | The sofa turns into a bed. |
| bungalow | 2C VB | 157 | n | 'bʌŋgələʊ | Bungalow | pavillon | bungalow | a house that is all on ground level | My grandmother is planning to move to a bungalow because she find stairs difficult these days. |
| dam | 2C VB | 157 | n | dæm | Damm | barrage | diga | a special wall built across a river or stream to stop the water from flowing, especially in order to make a lake or produce electricity | The Oroville Dam was built to withstand strong earthquakes. |

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|-------------------------|-------|-----|-------|--------------------------|--|-------------------------------|--------------------------------------|---|--|
| dock | 2C VB | 157 | n | dɒk | Dock | dock, quai | molo | a wide wall or flat area built out into the water, used for getting on and off boats | We tied the boat up at the dock and went and explored the island. |
| hut | 2C VB | 157 | n | hʌt | Hütte | cabane | capanna | a small simple building with only one or two rooms | They managed to reach a tiny hut on the mountain, where they sheltered from the blizzard. |
| mansion | 2C VB | 157 | n | 'mænjən | Villa | manoir | dimora | a very large house | It's a beautiful country mansion which has been turned into a care home for the elderly. |
| memorial | 2C VB | 157 | n | mə'mɔ:riəl | Denkmal | mémorial | memoriale | something, especially a stone with writing on it, that reminds people of someone who has died | An appeal has been launched to build a lasting memorial to the composer. |
| pier | 2C VB | 157 | n | pɪə | Pier, Anlegestelle | jetée | molo | a structure that is built over and into the water so that boats can stop next to it or people can walk along it | The fish are unloaded from the boats directly onto lorries at the pier. |
| reservoir | 2C VB | 157 | n | 'rezəvwa: | Stausee | réservoir | lago artificiale | a lake, especially an artificial one, where water is stored before it is supplied to people's houses | Several villages were flooded in order to create the reservoir. |
| blow a gale | 3A | 22 | v phr | 'bləʊ ə 'geɪl | ein Sturm bläst | ça souffle | soffiare una bufera | to be very windy | It was blowing a gale last night and several trees fell down. |
| sticky | 3A | 22 | adj | 'stɪki | schwül | moite | afoso | weather that is sticky makes you feel uncomfortably hot, wet and dirty | It was hot and sticky and there was nowhere to sit. |
| humid | 3A | 22 | adj | 'hju:mɪd | feucht | humide | umido | if the weather is humid, you feel uncomfortable because the air is very wet and usually hot | Tokyo is extremely humid in midsummer. |
| brighten up | 3A | 22 | phr v | 'braɪtn 'ʌp | sich aufhellen | se dégager | schiarirsi | if the weather brightens up, the sun begins to shine and it becomes lighter | Let's hope the weather brightens up later. |
| glorious | 3A | 22 | adj | 'glɔ:riəs | grandios | splendide | splendido | glorious weather is sunny and hot | We had two weeks of glorious sunshine, which is quite unusual for the west of Ireland. |
| miserable | 3A | 22 | adj | 'mɪzərəbəl | trist | triste | deprimente | miserable weather is cold and dull, with no sun shining | It was a miserable grey day. |
| bitter cold | 3A | 22 | adj | 'bɪtə | eiskalt | froid glacial | gelido | unpleasantly cold | I never got used to the bitter cold of the Midwestern winters. |
| spit | 3A | 22 | v | sprɪt | tröpfeln | bruiner | pioviggenare | to rain very lightly | You don't need an umbrella - it's only spitting. |
| pour down | 3A | 22 | phr v | 'pɔ: daʊn | gießen | pleuvoir à verse | piovere dirotto | to rain heavily without stopping | It poured down all night. |
| get soaked | 3A | 22 | v phr | get 'səʊkt | bis auf die Haut nass werden | se faire tremper | bagnarsi | to become very wet because of heavy rain | It was raining so hard we got soaked very quickly. |
| chilly | 3A | 22 | adj | 'tʃɪli | kühl | froid | freddo | chilly weather or places is/are cold enough to make you feel uncomfortable | The mornings are getting chilly now we're in November. |
| frost | 3A | 22 | n | frost | Frost | gelée | gelata | ice that looks white and powdery and covers things that are outside when the temperature is very cold | Even in May we can sometimes get a late frost. |
| crisp | 3A | 22 | adj | kɪsp | frisch | frais | fresco | weather that is crisp is cold and dry | It was a beautiful, crisp, clear autumn day. |
| breeze | 3A | 22 | n | bri:z | Brise | bise | brezza | a gentle wind | The boats were moving up and down in the sea breeze. |
| thunderstorm | 3A | 22 | n | 'θʌndəstɔ:m | Unwetter | orage | temporale | a storm with thunder and lightning | There was a huge thunderstorm in the night and several thousand homes were left without power. |
| flood | 3A | 22 | v | flʌd | überschwemmen | inonder | inondare | to cover a place with water, or to become covered with water | Towns and cities all over the country have been flooded. |
| plead guilty/not guilty | 3B | 24 | v phr | 'pli:d 'ɡɪlti/nɒt 'ɡɪlti | sich schuldig bekennen/ sich nicht schuldig bekennen | plaider coupable/non coupable | dichiararsi colpevole/innocente | to state in a court of law whether or not you are guilty of a crime | Henderson pleaded/pled guilty to burglary. |
| award custody | 3B | 24 | v phr | ə,wɔ:d 'kʌstədi | die Vormundschaft übertragen | confier la garde à | affidare la custodia | to legally allow the right to take care of a child to one of their parents when they have divorced | The court will decide who will be awarded custody of the couple's six-year-old daughter. |
| award damages | 3B | 24 | v phr | ə,wɔ:d 'dæmɪdʒɪz | Entschädigung zusprechen | accorder des dommages | accordare un risarcimento | to legally order someone to pay money to someone else as a punishment for harming them or their property | The court awarded him £15,000 in damages. |
| crack down on | 3B | 24 | v phr | 'kræk 'daʊn ɒn | hart durchgreifen | sévir contre | prendere dure misure contro qualcuno | to become more strict in dealing with (a crime) and punishing the people involved | The police are cracking down hard on violent crime. |

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|-------------------------------------|-------|-----|-------|--|---|--|-------------------------------------|--|---|
| petty crime | 3B | 24 | n | ˌpeti ˈkraɪm | Kleinkriminalität | petite délinquance | reato bagatellare | (a) crime that is not serious, for example stealing things that are not very valuable | He has convictions for a number of thefts and similar petty crimes. |
| online fraud | 3B | 24 | n | ˌɒnlain ˈfrɔ:d | Internetbetrug | fraude en ligne | frode informatica | the crime of using the internet to deceive people in order to gain something such as money or goods | The government is introducing measures to crack down on online fraud, which is on the increase. |
| rule in favour of/against | 3B | 24 | v phr | ˌru:l ɪn ˈfeɪvər əv/əˈɡenst | zu Gunsten/ zu Ungunsten von jmd entscheiden | rendre un jugement en faveur/contre | pronunciarsi a favore/contro | to make an official decision for or against (someone) in a court, etc. | The judge ruled in favour of the claimants and ordered the newspaper to pay £300,000 in damages. |
| claimant | 3B | 24 | n | kleɪmənt | Kläger/in, Anspruchsberechtigte/r | demandeur/-euse | richiedente | someone who claims something, especially money, from the government, a court, etc. because they think they have a right to it | Claimants using a product while drunk will not receive damages. |
| restrict | 3B | 24 | v phr | rɪˈstrɪkt | einschränken | restreindre | limitare | to limit or control the size, amount, or range of (something) | Removing these posts from the website restricts people's right to freedom of |
| people's rights | 3B | 24 | n | ˌpi:pəlz ˈraɪts | Menschenrechte | droits de l'Homme | diritti civili | something that people are morally, legally or officially allowed to do or have | The new charter establishes the rights and duties of citizens. |
| access to information | 3B | 24 | n phr | ˌæksɛs tu ˌɪnfəˈmeɪʃən | Zugang zu Information | accès à des informations | accesso all'informazione pubblica | the right to read or know facts or details that tell you something about a situation, person, event, etc. | You may need to restrict access to certain files. |
| appeal against | 3B | 24 | v phr | əˈpi:l əˈɡenst | anfechten, Berufung einlegen | contester, faire appel contre | fare ricorso contro | to make a formal request to a court or someone in authority asking for (a decision) to be changed | González appealed against the ruling, but the national football authority did not lift the ban on his next three matches. |
| ruling | 3B | 24 | n | ru:lɪŋ | Urteil | décision | sentenza | an official decision, especially one made by a court | The newspapers have reported on the recent Supreme Court ruling on defendants' rights. |
| verdict | 3B | 24 | n | ˈvɜ:dɪkt | Urteil, Verurteilung | verdict | verdetto | an official decision made in a court of law, especially about whether someone is guilty of a crime or how a death happened | Both men insist that they are innocent and intend to appeal against the verdict. |
| charges | 3B | 24 | n pl | ˈtʃɑ:dʒɪz | Anklage | charge, accusation | accusa | an official statement by the police that someone may be guilty of a crime | The men have denied the charges of theft against them. |
| corruption | 3B | 24 | n | kəˈrʌpʃən | Korruption | corruption | corruzione | dishonest, illegal or immoral behaviour, especially from someone with power | The CEO denied the charges of widespread corruption within the company. |
| testify for the prosecution/defence | 3B | 24 | v phr | ˈtestɪfaɪ fə ðə ˌprɒsɪˈkju:ʃən/dɪˈfens | für den Ankläger/die Verteidigung aussagen | témoigner pour l'accusation/la défense | testimoniare per l'accusa/la difesa | to make a formal statement of what is true, especially in a court of law, in support of the lawyers who are trying to prove that someone is guilty/not guilty of a crime | Later, the witness who had testified for the prosecution withdrew his statement. |
| be accused of causing | 3B | 24 | v phr | bɪ əˈkju:zd əv ˈkɔ:zɪŋ | beschuldigt werden, etwas verursacht zu haben | être accusé d'avoir provoqué | esser accusato di aver causato | when someone says that they believe you are guilty of causing something to happen | I've been accused by the other driver of causing the crash, but he was on the wrong side of the road. |
| crash | 3B | 24 | n | kræʃ | Absturz | accident aérien | scontro | an accident in which a vehicle violently hits something else | Forty-one people were killed in the plane crash. |
| (public) nuisance | 3B | 24 | n | ˈnju:səns | (öffentliche) Ruhestörung | nuisance publique | disturbo (della quiete pubblica) | the use of a place or property in a way that causes public annoyance | The nightclub has been accused of causing a public nuisance. |
| break the terms of | 3B | 24 | v phr | ˌbreɪk ðə ˈtɜ:mz əv | die Konditionen nicht einhalten | enfreindre les conditions | infrangere i termini di | to ignore or not meet the conditions that were set for (an arrangement, contract, arrangement, etc.) | The terms of the tenancy agreement had been broken. |
| agreement | 3B | 24 | n | əˈɡri:mənt | Vereinbarung | accord | accordo | an arrangement or promise to do something, made by two or more people, companies, organisations, etc. | Under the agreement, most agricultural prices will remain at the same level. |
| patent | 3B | 24 | n | ˈpeɪnt, ˈpæ- | Patent | brevet | brevetto | a special document that gives you the right to make or sell a new invention or product that no one else is allowed to copy | The terms of the patent had been broken by another manufacturer who had launched a very similar device. |
| be armed | 3B VB | 158 | v phr | bɪ ˈɑ:md | bewaffnet sein | être armé | essere armato | to be carrying weapons, especially guns | The thieves were armed with knives. |
| hold up someone | 3B VB | 158 | phr v | ˌhəʊld ˈʌp ˌsʌmwʌn | überfallen | faire un hold-up | rapinare qualcuno | to rob or try to rob (a place or person) by using violence | Two armed men held up a petrol station on the Windsor Road last night. |
| go into hiding | 3B VB | 158 | v phr | ˌɡəʊ ɪntə ˈhaɪdɪŋ | untertauchen | se cacher | nascondersi | to stay somewhere in secret, especially because you have done something illegal or are in danger | He went into hiding in 1973, following the bank robbery. |

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|----------------------------|-------|-----|---------|---------------------------------|-------------------------------------|--------------------------|-----------------------------|---|--|
| make off with something | 3B VB | 158 | phr v | ˌmeɪk ˈɒf wɪð ˌsʌmθɪŋ | etwas mitgehen lassen | prendre la fuite avec qc | scappare con qualcosa | to steal (something) and take it away with you | Thieves broke into the school and made off with computer equipment worth £40,000. |
| be on the run | 3B VB | 158 | v phr | bɪ ˈɒn ðə ˈrʌn | auf der Flucht sein | être en fuite | essere in fuga | to be trying to escape or hide, especially from the police | Photos were shown on the TV news of three wanted criminals on the run from police. |
| in custody | 3B VB | 158 | adj phr | ɪn ˈkʌstədi | in Gewahrsam | en garde à vue | in custodia | when someone is kept in prison until they go to court, because the police think they | A man is being held in police custody in connection with the murder. |
| open fire on someone | 3B VB | 158 | v phr | ˌəʊpən ˈfaɪə ɒn ˌsʌmwʌn | das Feuer auf jmd. eröffnen | ouvrir le feu sur | aprire il fuoco | to start shooting at (someone or something) | Troops opened fire on the demonstrators. |
| raid | 3B VB | 158 | n | reɪd | Hausdurchsuchung | rafle | irruzione | a surprise visit made to a place by the police to search for something illegal | Four people were arrested during a raid on a house in London. |
| seize | 3B VB | 158 | v | si:z | beschlagnahmen, sicherstellen | saisir | sequestrare | if the police or government officers seize something, for example illegal drugs, they take legal possession of it | Police seized two trucks on arrival at the ferry port. |
| wound | 3B VB | 158 | v | wu:nd | verletzen | blesser | ferire | to injure (someone) with a knife, gun, etc. | Gunmen killed two people and wounded six others in an attack today. |
| assault | 3B VB | 158 | v | ə ˈso:lt | angreifen | attaquer | aggreire | to attack (someone) in a violent way | Two men assaulted him after he left the bar. |
| conviction | 3B VB | 158 | n | kən ˈvɪkʃən | Verurteilung | condamnation | condana | a decision in a court of law that someone is guilty of a crime, or the process of proving that someone is guilty | Jason had a previous criminal conviction for theft. |
| make an example of someone | 3B VB | 158 | v phr | ˌmeɪk ən ɪg ˈzɑ:mpəl əv ˌsʌmwʌn | an jmd. ein Exempel statuieren | faire un exemple de qn | fare di qualcuno un esempio | to punish (someone) so that other people are afraid to do the same thing | Our maths teacher made an example of Molly for talking. He made her stand at the front for the whole lesson. |
| free someone | 3B VB | 158 | v | fri: ˌsʌmwʌn | jmd. freilassen | relâcher | rilasciare qualcuno | to allow (someone) to leave prison or somewhere they have been kept as a prisoner | The two men were arrested only a week after they were released from prison. |
| offensive | 3B VB | 158 | adj | ə ˈfensɪv | Angriffs... | offensif | offensivo | used for attacking someone | Jan was convicted of possession of an offensive weapon. |
| bail | 3B VB | 158 | n | beɪl | Kaution | caution | cauzione | money left with a court of law to make sure that a prisoner will return when their trial starts | Judge Philip Moscone set bail at \$2 million. |
| front | 3B VB | 158 | n | frʌnt | Fassade | façade | copertura | a legal business that someone operates in order to hide the illegal activities that they are involved in | The casino was used as a front for cross-border smuggling operations. |
| pose as someone | 3B VB | 158 | v phr | ˈpəʊz əz ˌsʌmwʌn | sich als jmd. ausgeben | se faire passer pour | spacciarsi per qualcuno | to pretend to be (someone else), in order to deceive people | Bryce was caught posing as a lawyer. |
| stand trial | 3B VB | 158 | v phr | ˌstænd ˈtraɪəl | sich vor einem Gericht verantworten | passer en justice | essere processato | to be judged in a court of law | Doctors said he was unfit to stand trial. |
| undercover | 3B VB | 158 | adj | ˌʌndə ˈkʌvə | geheim, verdeckt | clandestin | sotto copertura | undercover work is done secretly by the police in order to catch criminals or find out information | M15 ran an undercover operation to seek out the terrorist leaders. |
| bribe | 3C | 27 | n | braɪb | Bestechungsgeld | pot-de-vin | tangente | money or a gift that you illegally give someone to persuade them to do something for you | They issued passports to people who gave them bribes. |
| be disqualified | 3C | 27 | v phr | bɪ dɪs ˈkwɒlɪfaɪd | disqualifiziert werden | se faire disqualifier | essere squalificato | to be stopped from taking part in an activity because you have broken a rule | The team was disqualified for fielding an underage player. |
| neck and neck | 3C | 27 | n phr | ˌnek ən ˈnek | Kopf an Kopf | être au coude à coude | testa a testa | if two competitors or groups are neck and neck in a competition or race, they are level with each other | Opinion polls show the two main parties are neck and neck. |
| lap | 3C | 27 | n | læp | Runde, Etappe | tour de piste | giro | a single journey around a race track | Max Verstappen finished a lap ahead of his team-mate. |
| burn off | 3C | 27 | phr v | ˌbɜ:n ˈɒf | verbrennen | brûler | bruciare | to use (energy that is stored in your body) by doing physical exercise | I decided to go for a run to try and burn off a few calories. |
| dive | 3C | 27 | v | daɪv | eine Schwalbe machen | tomber volontairement | tuffarsi | in football, to fall down deliberately in order to unfairly win a free kick or a penalty | Rainsberry was given a yellow card for diving. |
| turn pro | 3C | 27 | v phr | ˌtɜ:n ˈprəʊ | Profi werden | devenir professionnel | diventare professionista | to start to be paid to play a sport that other people do for pleasure | Most young talented players are determined to turn pro. |
| foul | 3C | 27 | v | faʊl | foulen | commettre une faute sur | fare un fallo a | if a sports player fouls another player, they do something that is not allowed by the | Britton fouled Maggiulli in the scoring circle. |

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|--------------------------|-------|-----|-------|-------------------------|-----------------------------|---|----------------------------------|---|--|
| possession | 3C | 27 | n | pə'zefən | Ballbesitz | possession | possesso | when a person or team has control of the ball in some sports | Pittsburgh got possession and scored. |
| stroke | 3C | 27 | n | strəʊk | Schlag | coup | colpo | the action of hitting the ball in games such as tennis, golf and cricket | Krajewski played a backhand stroke right down the line. |
| sponsorship | 3C | 27 | n | 'spɒnsəʃɪp | Sponsoring | sponsorat | sponsorizzazione | financial support for an activity or event | The expedition is looking for sponsorship from one of the major banks. |
| talk back | 3C | 27 | phr v | ,tɔ:k 'bæk | widersprechen | répondre (insolemment) à | rispondere male | to answer someone in authority such as a teacher or parent in a rude or impolite way | We've been asked to go into school because Jenny has been talking back to the teacher. |
| work out | 3C VB | 158 | phr v | ,wɜ:k 'aʊt | trainieren | faire du sport | allenarsi | to make your body fit and strong by doing exercises | He works out with weights twice a week. |
| workout | 3C VB | 158 | n | 'wɜ:k aʊt | Training | entraînement (physique) | allenamento | a period of physical exercise, especially as training for a sport | I go for a daily workout in the gym after work. |
| break in | 3C VB | 158 | phr v | ,breɪk 'ɪn | einbrechen | entrer par effraction | entrare (per rubare) | to enter a building by using force, in order to steal something | Thieves broke in and stole £10,000 worth of computer equipment. |
| break-in | 3C VB | 158 | n | 'breɪk ɪn | Einbruch | cambriolage | irruzione | an act of entering a building illegally and by force, especially in order to steal things | Since the break-in we've had all our locks changed. |
| go ahead | 3C VB | 158 | phr v | ,gəʊ ə'hed | stattfinden | avoir lieu comme prévu | avere luogo | if an event or process goes ahead, it happens | A judge has ruled that the music festival can go ahead. |
| go-ahead | 3C VB | 158 | v phr | 'gəʊ əhed | Genehmigung | le go | via libera, semaforo verde | permission to start doing something | The company has been given the go-ahead to build a new supermarket. |
| turn out | 3C VB | 158 | phr v | ,tɜ:n 'aʊt | teilnehmen | venir | partecipare | if a lot of people turn out for an event, they go to watch it or take part in it | About 70% of the population turned out for the election. |
| turnout | 3C VB | 158 | n | 'tɜ:n aʊt | Besucherszahl | monde, participation | partecipazione | the number of people who go to a party, meeting or other organised event | I was disappointed by the turnout for our home match. |
| mix up | 3C VB | 158 | phr v | ,mɪks 'ʌp | vermischen mit | mélanger, confondre | mescolare | to change the way things have been arranged, often by mistake, so that they are no longer in the same order | Books on Scottish history were mixed up with books on volcanoes. |
| mix-up | 3C VB | 158 | n | 'mɪks ʌp | Durcheinander | confusion | confusione | a mistake that causes confusion about details or arrangements | There was a mix-up over the hotel booking. |
| write up | 3C VB | 158 | phr v | ,raɪt 'ʌp | ausarbeiten, schreiben | rédigier | scrivere | to write (a report, article, etc.) using notes that you made earlier | I have to write up my report before the meeting. |
| write-up | 3C VB | 158 | n | 'raɪt ʌp | Rezension | critique | recensione | a written opinion about a new book, play or product in a newspaper, magazine, etc. | Her new novel got a really good write-up in the online reviews. |
| lie down | 3C VB | 158 | phr v | ,laɪ 'daʊn | sich hinlegen | s'allonger | sdraiarsi | to put yourself in a position in which your body is flat on the floor or on a bed | Just lie down on the bed. |
| lie-down | 3C VB | 158 | n | ,laɪ 'daʊn | Siesta | sieste | pisolino | a short rest, usually on a bed | I'm going upstairs to have a lie-down. |
| engineering | 3D | 28 | n | ,endʒə'niəriŋ | Ingenieurswesen | ingénierie | ingegneria | the work involved in designing and building roads, bridges, machines, etc. | Maths and physics are an important foundation for a degree in any kind of engineering. |
| talk about your feelings | 3D | 28 | v phr | ,tɔ:k əbaʊt jə 'fi:liŋz | über seine Gefühle sprechen | parler de ses émotions | parlare dei propri sentimenti | to tell someone about your thoughts, emotions and attitudes | After his father died, Dave found it difficult to talk about his feelings. |
| caring professions | 3D | 28 | n pl | 'keəriŋ prə'feʃnz | Pflegeberufe | les professions de soin et de service aux personnes | lavori nel settore assistenziale | jobs which involve looking after other people | Many of the caring professions are badly paid. |
| express anger | 3D | 28 | v phr | ɪk'spres 'æŋgə | Ärger ausdrücken | exprimer la colère | esprimere rabbia | to tell or show, by using words, looks or actions, a strong feeling of wanting to hurt or criticise someone because they have done something bad or been unkind | Demonstrators expressed their anger by burning American flags. |
| strength | 3D | 28 | n | streŋθ, strenθ | Kraft | force | forza | the physical power and energy that makes someone strong; the quality of being brave or determined in dealing with difficult or unpleasant situations | Jo hit him with all her strength. / I think you have to find an inner strength in order to feel good about yourself. |
| car | 3D | 28 | n | kɑ: | Auto | voiture | macchina | a vehicle with four wheels and an engine, that can carry a small number of passengers | He isn't old enough to drive a car. |
| robot | 3D | 28 | n | 'rəʊbɒt | Roboter | robot | robot | a machine that can move and do some of the work of a person and is usually controlled by a computer | Robots are widely used in surgery and other medical applications. |

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|--------------------------|-------|-----|----------|------------------------|---------------------------|--------------------------------|-----------------------------------|---|---|
| self-esteem | 3D | 28 | n | ˌself ɪ ˈsti:m | Selbstwertgefühl | estime de soi | autostima | the feeling of being satisfied with your own abilities and that you deserve to be liked or respected | Playing a sport can boost self-esteem. |
| inequality | 3D | 28 | n | ˌɪnɪ ˈkwɒləti | Ungleichheit | inégalité | diseguaglianza | an unfair situation, in which some groups in society have more money, opportunities, power, etc. than others | Education can play a large part in reducing social inequality. |
| in a bad way | 4A | 31 | prep phr | ɪn ə ˈbæd ˈweɪ | in einer schlechten Lage | en mauvais état | mezzo male | very ill, unhappy or injured, or not in a good condition | My family was in a bad way financially. |
| promising | 4A | 31 | adj | ˈprɒməsɪŋ | vielversprechend | prometteur | promettente | showing signs of being successful or good in the future | He gave up a promising career in banking. |
| sharp | 4A | 31 | adj | ʃɑ:p | scharf | éveillé, aiguisé | acuto | able to think and understand things very quickly, and not easily deceived | I always read articles by that journalist because she has an extremely sharp mind. |
| mature for your age | 4A | 31 | adj phr | mə ˈtʃʊə fə jər ˈeɪdʒ | reif für sein Alter | mûr pour son âge | matturo per la propria età | someone, especially a child or young person, who is mature for their age behaves in a sensible and reasonable way, compared with other people of the same age | Laura is very mature for her age; at 17 she is already making good life decisions. |
| he lacks confidence | 4A | 31 | v phr | ˌlæk ˈkɒnfɪdəns | ihm fehlt Selbstvertrauen | il manque de confiance en soi | gli manca la fiducia in se stesso | to not believe that you have the ability to do things well or deal with situations successfully | Alex is very bright; his real problem is that he lacks confidence. |
| initiative | 4A | 31 | n | ɪ ˈnɪʃətɪv | Initiative | initiative | iniziativa | the ability to make decisions and take action without waiting for someone to tell you what to do | Lt. Carlos was not obeying orders. He acted on his own initiative. |
| insecure | 4A | 31 | adj | ˌɪnsɪ ˈkjʊə | unsicher | peu sûr de soi | insicuro | not feeling at all confident about yourself, your abilities or your relationships with people | Many first-year students feel insecure about their abilities. |
| potential | 4A | 31 | n | pə ˈtenʃəl | Potential | potentiel | potenziale | if people or things have potential, they have a natural ability or quality that could develop to make them very good | When he saw I had some potential, he gave me extra coaching. |
| paralysed | 4A | 31 | adj | ˈpærələɪzd | gelähmt | paralysé | paralizzato | unable to move part or all of your body or feel it | He's been paralysed from the neck down since the accident. |
| streak | 4A | 31 | n | stri:k | Charakterzug | tendances | vena | a part of someone's character that is different from the rest of their character | His serious nature was lightened by a streak of mischief. |
| on the ball | 4A | 31 | adj phr | ˌɒn ðə ˈbɔ:l | auf Draht, kompetent | réactif | essere in gamba | able to think or act quickly and intelligently | I need an assistant who's really on the ball. |
| dyslexia | 4A | 31 | n | dɪs ˈleksiə | Dyslexie | dyslexie | dislessia | a condition that makes it difficult for someone to read and spell | While causes of dyslexia remain obscure, there is growing evidence that it is neurological in nature. |
| at any moment | 4A VB | 159 | prep phr | ət ˈeni ˈməʊmənt | jeden Augenblick | à tout moment | da un momento all'altro | extremely soon | The roof could collapse at any moment. |
| at least | 4A VB | 159 | prep phr | ət ˈli:st | mindestens | au moins | almeno | not less than a particular number or amount | It will take you at least 20 minutes to get there. |
| at the top of your voice | 4A VB | 159 | prep phr | ət ðə ˈtɒp əv jə ˈvɔɪs | aus vollem Hals | crier à pleine voix | a squarciagola | as loudly as you can | She shouted 'Help!' at the top of her voice. |
| at your own expense | 4A VB | 159 | prep phr | ət jər ˌəʊn ɪk ˈspens | auf eigene Kosten | à vos frais | a proprie spese | if you do something at your own expense, you pay for it | He had copies of the book printed at his own expense. |
| at face value | 4A VB | 159 | prep phr | ət ˈfeɪs ˈvælju: | wortwörtlich | au pied de la lettre | alla lettera | accepting a situation or accepting what someone says, without thinking there may be a hidden meaning | You shouldn't always take his remarks at face value. |
| at the crack of dawn | 4A VB | 159 | prep phr | ət ðə ˈkræk əv ˈdɔ:n | bei Tagesanbruch | à l'aube | di buon mattino | very early in the morning | I was up at the crack of dawn to get to the airport. |
| by choice | 4A VB | 159 | prep phr | bɑɪ ˈtʃɔɪs | freiwillig | de plein gré | volontariamente | if you do something by choice, you do it because you want to do it and not because you are forced to do it | She lives alone by choice. |
| by definition | 4A VB | 159 | prep phr | bɑɪ ˌdefə ˈnɪʃən | definitionsgemäß | par définition | per definizione | if something has a particular quality by definition, it must have that quality because all things of that type have it | People say that students are by definition idealistic and impatient. |
| by rights | 4A VB | 159 | prep phr | bɑɪ ˈraɪts | von Rechts wegen | de droit | per legge | used to describe what should happen if things are done fairly or correctly | By rights, the house should be mine now. |
| by the book | 4A VB | 159 | prep phr | bɑɪ ðə ˈbʊk | vorschriftsgemäß | selon les règles | scecondo le regole | exactly according to the rules or instructions | The police were careful to do everything by the book. |
| by today's standards | 4A VB | 159 | prep phr | bɑɪ tə ˈdeɪz ˈstændədz | nach heutigem Standard | au regard des critères actuels | secondo gli standard odierni | according to the level that is currently considered to be acceptable | The technology was crude by today's standards. |

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|---------------------|-------|-----|----------|------------------------|------------------------------------|---------------------------|-----------------------|---|---|
| in a bad way | 4A VB | 159 | prep phr | ɪn ə ˈbæd ˈweɪ | in schlimmer Verfassung | en mauvais état | messo male | very ill, unhappy or injured or not in a good condition | She was in a bad way after the funeral. |
| in other words | 4A VB | 159 | prep phr | ɪn ˈlðə wɜːdz | mit anderen Worten | autrement dit | in altre parole | used when you are expressing an idea or opinion again in a different and usually simpler way | So he is a fraud, a common thief in other words. |
| in theory | 4A VB | 159 | prep phr | ɪn ˈθɪəri | theoretisch | en théorie | in teoria | something that is true in theory is supposed to be true, but might not really be true or might not be what will really happen | In theory, everyone will have to pay the new tax. |
| in full swing | 4A VB | 159 | prep phr | ɪn ˈfʊl ˈswɪŋ | in vollem Gange | battre son plein | in pieno svolgimento | if an event or process is in full swing, it has reached its highest level of activity | By midnight, the end-of-course party was in full swing. |
| in the long run | 4A VB | 159 | prep phr | ɪn ðə ˈlɒŋ rʌn | langfristig | à long terme | alla lunga | later in the future, not immediately | Moving to Spain will be better for you in the long run. |
| in the red | 4A VB | 159 | prep phr | ɪn ðə ˈred | in den roten Zahlen | dans le rouge | essere in rosso | owing more money than you have | This is the airline's fourth straight year in the red. |
| on average | 4A VB | 159 | prep phr | ɒn ˈævərɪdʒ | durchschnittlich | en moyenne | in media | based on a calculation about how many times something usually happens, how much money someone usually gets, how often people usually do something, etc. | On average, men still earn more than women. |
| on the ball | 4A VB | 159 | prep phr | ɒn ðə ˈbɔːl | auf Draht, auf Zack | avoir toute sa tête | in gamba | able to think or act quickly and intelligently | We need to be on the ball; this meeting is an important one. |
| on second thoughts | 4A VB | 159 | prep phr | ɒn ˈsekənd θɔːts | seine Meinung ändern | à la réflexion | ripensandoci bene | used to say that you have changed your mind about something | I'll call her tomorrow – no, on second thoughts, I'll try now. |
| on prescription | 4A VB | 159 | prep phr | ɒn prɪˈskrɪpʃən | auf Rezept | sur ordonnance | dietro ricetta medica | a drug that you get on prescription can only be obtained with a written order from a doctor | You can only get these painkillers on prescription. |
| on the spot | 4A VB | 159 | prep phr | ɒn ðə ˈspɒt | sofort | immédiatement | subito | if you do something on the spot, you do it immediately, often without thinking about it very carefully | He had to make a decision on the spot. |
| on the house | 4A VB | 159 | prep phr | ɒn ðə ˈhaʊs | aufs Haus | c'est la maison qui offre | offerto dalla casa | if drinks or meals are on the house, you do not have to pay for them because they are provided free by the owner of the bar, restaurant, etc. | The restaurant owners gave us a meal on the house because we'd helped them with publicity. |
| on a personal level | 4A VB | 159 | prep phr | ɒn ə ˈpɜːsənəl ˌleɪvəl | persönlich, auf persönlicher Ebene | personnellement | a livello personale | one person's way of considering or understanding something | On a personal level, I have happy memories of this park, so I am opposed to it being developed for housing. |
| pattern | 4B | 32 | n | ˈpætən | Muster | dessin | disegno | a regularly repeated arrangement of shapes, colours or lines on a surface, usually as decoration | Some of his pictures use patterns of dots. |
| accessory | 4B | 32 | n | əkˈsesəri | Accessoire | accessoire | accessorio | something such as a bag, belt or jewellery that you wear or carry because it is attractive | She chose navy accessories to go with her dress for her son's wedding. |
| blouse | 4B | 32 | n | blaʊz | Bluse | chemisier | camicia | a shirt for women | Edwardian women often wore a long skirt with a white blouse. |
| bob | 4B | 32 | n | bob | Bob (Frisur) | coupe au carré | caschetto | a way of cutting hair so that it hangs to the level of your chin and is the same length all the way round your head | I used to have long hair, but I had it cut in a bob when I started a family. |
| bracelet | 4B | 32 | n | ˈbreɪslət | Armband | bracelet | braccialeto | a band or chain that you wear around your wrist or arm as a decoration | Traditionally, the bride wears several gold bracelets. |
| buckle | 4B | 32 | n | ˈbʌkəl | Schnalle | boucle | fibbia | a piece of metal used for fastening the two ends of a belt, for fastening a shoe, bag, etc., or for decoration | The mayor wore gold buckles on his shoes. |
| cap | 4B | 32 | n | kæp | Mütze | calot | berretto | a type of flat hat that has a curved part sticking out at the front and is often worn as part of a uniform | He was wearing a naval officer's uniform and cap. |
| chain | 4B | 32 | n | tʃeɪn | Halskette | chaîne | catenina | a series of metal rings which are joined together in a line and used for decoration, etc. | She had a gold chain around her neck. |
| checked | 4B | 32 | adj | tʃekt | kariert | à carreaux | a quadri | checked cloth has a regular pattern of differently coloured squares | Boys have to wear white shirts and grey trousers and girls wear a checked blouse |
| dyed | 4B | 32 | adj | daɪd | gefärbt | teint | tinto | given a different colour using a dye (= a substance you use to change the colour of your clothes, hair, etc.) | I didn't realise Sarah's hair was dyed; I thought she was naturally blonde. |

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|---------------------------------|----|----|-------|-----------------------------------|-------------------------------------|------------------------------|---------------------------------|---|---|
| faded | 4B | 32 | adj | 'feɪdəd | ausgeblichen | délavé | slavato | cloth which is faded has lost colour and brightness | Charlie came to the party in faded jeans and a T-shirt. |
| flared | 4B | 32 | adj | fləəd | ausgestellt, Schlag-(hose) | évasé | svasato | if a piece of clothing is flared, it becomes wider at one end | Flared trousers are back in fashion. |
| flowery | 4B | 32 | adj | 'flaʊəri | mit Blumen | fleuri | a fiori | decorated with a pattern of flowers | The bedroom was painted pale blue, with flowery curtains. |
| laces | 4B | 32 | n pl | 'leɪsəz | Schnürsenkel | lacet | lacci delle scarpe | strings that are pulled through special holes in shoes or clothing to pull the edges together and fasten them | These shoes need longer laces. |
| pendant | 4B | 32 | n | 'pendənt | Anhänger | pendentif | ciondolo | a jewel, stone, etc. that hangs from a thin chain that you wear around your neck | For their anniversary, Ben bought Lucy a gold chain with a ruby pendant. |
| ripped | 4B | 32 | adj | rɪpt | zerrissen | déchiré | strappato | torn | They found him unconscious three days later, with bare feet and ripped clothes. |
| strap | 4B | 32 | n | stræp | Gurt | bandoulière | cinghia | a narrow band of strong material that is used to fasten, hang or hold onto something | The strap of my bag is broken. |
| stripy | 4B | 32 | adj | 'stri:pi | gestreift | rayé | a strisce | having lines or bands of colour | I like your stripy socks. |
| stud | 4B | 32 | n | stʌd | Ohrstecker | clou d'oreille | orecchino (a forma di chiodino) | a small round earring | We are only allowed to wear studs with school uniform – no hoops or dangly earrings. |
| tights | 4B | 32 | n pl | taɪts | Strümpfe | collants | collant | a piece of women's clothing made of very thin material or sometimes thicker opaque | My little girl was wearing a blue dress and red tights. |
| wavy | 4B | 32 | adj | 'weɪvi | gewellt | ondulé | mosso | wavy hair grows in loose curls | If he lets it grow, Sam's hair is wavy. |
| emphasis on something | 4C | 34 | n phr | 'emfə:sɪs ɒn ,sʌmθɪŋ | Wert legen auf etwas | accorder de l'importance à | grande importanza a qualcosa | special attention or importance on (something) | In Japan there is a lot of emphasis on politeness. |
| impact on someone/something | 4C | 34 | v phr | ɪm'pækt ɒn ,sʌmwʌn/ ,sʌmθɪŋ | eine Auswirkung auf etwas/jmd haben | impact/effet sur qn/qc | impatto su qualcuno/qualcosa | to have an important or noticeable effect on (someone or something) | Their mother's death impacted hugely on the children. |
| meaningful | 4C | 34 | adj | 'mi:nɪŋfʊl | sinnvoll | significatif | significativo | serious, important or useful | I've really enjoyed my early twenties, but now I want to do something meaningful with my life. |
| rebel against someone/something | 4C | 34 | v phr | rɪ'bel ə ,geɪnst ,sʌmwʌn/ ,sʌmθɪŋ | gegen etwas/jmd. rebellieren | se rebeller contre qn/qc | ribellarsi a qualcuno/qualcosa | to oppose or fight against (someone in authority or an idea or situation which you do not agree with) | Many teenagers rebel against their parents' rules. |
| stand out from the crowd | 4C | 34 | v phr | stænd ,aʊt frəm ðə 'kraʊd | aus der Menge hervorstechen | se distinguer | distinguersi dalla massa | to be much better than other similar people or things | Sumiko was always determined to stand out from the crowd; maybe that's why she became a racing driver. |
| blessing | 4C | 34 | n | 'blesɪŋ | Segen | bénédiction | benedizione | something that you have or something that happens which is good because it improves your life, helps you in some way or makes you happy | Having my parents living nearby has been a blessing for me, as they often take care of the children while I work. |
| equal | 4C | 34 | n | 'i:kwəl | gleichberechtigt, gleichwertig | pareil, égal | pari | someone who is as important, intelligent, etc. as you are, or who has the same rights and opportunities as you do | He treats all his staff as equals. |
| influential | 4C | 34 | adj | ɪnflu'ɛnʃəl | einflussreich | influent | influente | having a lot of influence and therefore changing the way people think and behave | My grandfather was very influential in my life: he taught me about astronomy, inspiring me to become an astrophysicist. |
| pointless | 4C | 34 | adj | 'pɔɪntləs | sinnlos | inutile | inutile | worthless or not likely to have any useful result | She knew it would be pointless to even try to argue with him. |
| relevant | 4C | 34 | adj | 'reləvənt | relevant | pertinent | rilevante | directly relating to the subject or problem being discussed or considered | One of the challenges of teaching literature is finding ways to make the material relevant to modern teenagers. |
| debt of gratitude | 4C | 34 | n phr | 'det əv 'grættɪtju:d | Dankesschuld | dette de gratitude | debito di gratitudine | the fact of being grateful to someone who has helped you | I owe a debt of gratitude to my tutors. |
| invaluable | 4C | 34 | adj | ɪn'væljuəbəl, -jəbəl | wertvoll | précieux | prezioso | extremely useful | Spending a year in Chile was an invaluable experience: my Spanish improved enormously but it also taught me so much about life. |
| leading figure | 4C | 34 | n phr | 'li:dɪŋ 'fɪgə | Führungsgestalt | personnalité de premier plan | figura di spicco | a respected person who leads a group or organisation or is important in a particular | Winnifred Lambert was a leading figure in the women's suffrage movement in the UK. |

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|-------------------------|-------|-----|-------|--------------------------|---------------------------------------|-----------------------------|---------------------------------|--|--|
| rub off on someone | 4C | 34 | phr v | ,rʌb 'ɒn ,sʌmwʌn | auf jmd. abfärben | déteindre sur qn | trasmettersi a qualcuno | if a feeling, quality or habit rubs off on you, you start to have it because you are with another person who has it | She refused to give up, and her confidence rubbed off on the others. |
| catch up (on) | 4C VB | 159 | phr v | ,kætʃ 'ʌp (ɒn) | (etw.) aufholen | rattraper | recuperare | to do what needs to be done because you have not been able to do it until now | If you miss a lot of days in the office through sickness, it's very difficult to catch up. / I need to catch up on some sleep. |
| crack down (on) | 4C VB | 159 | phr v | ,kræk 'daʊn (ɒn) | hart durchgreifen (bei etw.) | sévir contre | prendere dure misure (contro) | to become more strict in dealing with a problem and punishing the people involved | After months of tolerating the protests, senior management have decided to crack down (on the demonstrators). |
| fall out (with) | 4C VB | 159 | phr v | ,fɔ:l 'aʊt (wɪð) | sich überwerfen | se brouiller avec | litigare (con) | to have a quarrel (with someone) | This isn't the first time the two sisters have fallen out. / Carrie's always falling out with people. |
| fight back (against) | 4C VB | 159 | phr v | ,faɪt 'bæk (əɡenst) | sich verteidigen, Widerstand leisten, | se défendre | contrattaccare | to work hard to achieve or oppose (something), especially in a situation where you are losing | United fought back and scored a last-minute goal. / She was fighting back against the cancer. |
| go on (about) | 4C VB | 159 | phr v | ɡəʊ 'ɒn (əbaʊt) | ohne Unterlass reden (über) | ne pas arrêter de parler de | continuare a parlare (di) | to talk too much (about a particular subject) | I really like Clare but she does go on. / He just went on and on about his new girlfriend. |
| rub off (on) | 4C VB | 159 | phr v | ,rʌb 'ɒf (ɒn) | abfärben auf | déteindre sur | trasmettersi a qualcuno | if a feeling, quality or habit rubs off (on someone), they start to have it because they are with another person who has it | If you hear a new language spoken all day every day, some of it is bound to rub off. / I hope some of my brother's brilliance with figures will rub off on me. |
| stand in (for) | 4C VB | 159 | phr v | ,stænd 'ɪn (fə) | einspringen (für) | remplacer | sostituire qualcuno | to temporarily do the job of (someone else) or take their place | The right winger is injured, so the coach has asked me to stand in. / Would you mind standing in for me for a while? |
| stand out (from) | 4C VB | 159 | phr v | ,stænd 'aʊt (frəm) | herausstechen | ressortir | spiccare | to be very easy to see or notice (among other similar people or things) | I am sure illnesses stand out in all childhood memories. Three of the cars we tested stood out from the rest. |
| the all-clear | 5A | 38 | n | ði ,ɔ:l 'kliə | grünes Licht | feu vert | il via libera | a signal such as a loud whistle that tells you that a dangerous situation has ended | The fire service have given the all-clear and are allowing residents back into the building. |
| bypass | 5A | 38 | n | 'baɪpɑ:s | Umfahrung | rocade | circonvallazione | a road that goes around a town or other busy area rather than through it | They're building a retail park close to the new stretch of the western bypass. |
| crawl | 5A | 38 | v | krɔ:l | kriechen | ne pas avancer | strisciare | if a vehicle crawls, it moves forward very slowly | On Friday evenings, the traffic often crawls along the roads to the south coast. |
| debris | 5A | 38 | n | 'debrɪ, 'deɪ- | Trümmer | débris | macerie | the pieces of something that are left after it has been destroyed in an accident, explosion, etc. | She was hit by flying debris from the blast. |
| diversion | 5A | 38 | n | daɪ'vɜ:ʃən, də- | Umleitung | détournement | deviazione | a different way that traffic is sent when the usual roads are closed | We had to follow a diversion for eight miles because a bridge had collapsed. |
| evacuate | 5A | 38 | v | ɪ'vækjueɪt | evakuieren | évacuer | evacuare | to empty (a place) by making all the people leave | Police evacuated the area because of a bomb threat. |
| flow freely | 5A | 38 | v phr | ,fləʊ 'fri:li | frei fließen | circuler librement | scorrere liberamente | if traffic flows freely, it moves easily from one place to another | The new one-way system should help the traffic to flow more freely. |
| hold-up | 5A | 38 | n | 'həʊld ʌp | stockender Verkehr | ralentissement | rallentamenti | a situation that stops something from happening or making progress | There were traffic hold-ups on the motorway, so we arrived an hour late. |
| northbound | 5A | 38 | adj | 'nɔ:θbaʊnd | in Richtung Norden | en direction du nord | in direzione nord | travelling or leading towards the direction that is at the top of a map of the world, above the Equator | There are roadworks on the northbound lanes of the A60 near Nottingham. |
| carriageway | 5A | 38 | n | 'kærɪdʒweɪ | Spur, Fahrbahn | voie | carreggiata | one of the two sides of a motorway or main road, for vehicles travelling in the same direction | An accident on the southbound carriageway of the M5 is causing long delays. |
| power failure | 5A | 38 | n | 'paʊə ,feɪljə | Stromausfall | coupure/panne de courant | interruzione di corrente | a period of time when there is no electricity supply | Gale-force winds overnight have caused a power failure in 80,000 homes in East Anglia. |
| replacement bus service | 5A | 38 | n | ɪ'pleɪsmənt 'bʌs ,sɜ:vɪs | Ersatzbuslinie | d'autobus de remplacement | servizio di autobus sostitutivo | when a form of transport such as a train is temporarily not working and a bus is provided to transport passengers on a similar route | There's a replacement bus service running between Banbury and Warwick, while they repair the track. |
| roadblock | 5A | 38 | n | 'rəʊdblɒk | Straßenblockade | barrage routier | posto di blocco | a place where the police are stopping traffic | The police have set up roadblocks to try and catch the two men. |

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|----------------|-------|-----|-------|------------------|------------------------|--------------------------|-----------------------|--|---|
| shed its load | 5A | 38 | v phr | ˌʃed its ˈləʊd | seine Ladung verlieren | perdre sa cargaison | perdere il suo carico | if a lorry sheds its load, some or all of the items it is carrying fall off the lorry onto the road | A lorry shed its load of steel bars on the M25. |
| tailback | 5A | 38 | n | ˈteɪlbæk | Stau, Rückstau | bouchon | coda | a line of traffic that is moving very slowly or not moving at all | Listeners have reported a five-mile tailback between junctions 14 and 16 of the M6. |
| thoroughly | 5A VB | 160 | adv | ˈθʌrəli | gründlich | minutieusement | accuratamente | carefully, so that nothing is forgotten | The room had been thoroughly cleaned. |
| explicitly | 5A VB | 160 | adv | ɪkˈspɪsɪtli | ausführlich | explicitement | esplicitamente | in a way that is very clear and direct | He explicitly told us what we should and shouldn't pack and which airport to use. |
| reluctantly | 5A VB | 160 | adv | rɪˈlʌktəntli | widerstrebend | à contrecœur | reluctantly | slowly and unwillingly | Reluctantly, she said she would drive us to the station. |
| readily | 5A VB | 160 | adv | ˈredəli | bereitwillig | volontiers | volenteroso | quickly, willingly and without complaining | Jack readily agreed to help. |
| freely | 5A VB | 160 | adv | ˈfri:li | unumwunden | franchement | liberamente | if you freely admit something, you agree that it is true, even though telling the truth is difficult or embarrassing | They freely admitted using the drug. |
| consciously | 5A VB | 160 | adv | ˈkɒnʃəsli | bewusst | consciemment | consapevolmente | in a way that involves you noticing or realising something | She was probably not consciously aware that she was ignoring him. |
| seriously | 5A VB | 160 | adv | ˈsɪəriəsli | ernst | sérieusement | sul serio | if you take something seriously, you believe that it is worth your attention or respect | It's only a joke – don't take it seriously! |
| sensibly | 5A VB | 160 | adv | ˈsensəbli | vernünftig | de façon raisonnable | in modo sensato | reasonably, practically and showing good judgement | Please behave sensibly while we're at Grandma's house. |
| collectively | 5A VB | 160 | adv | kəˈlektɪvli | zusammengenommen | collectivement | collettivamente | as a group | Rain, snow and hail are collectively known as precipitation. |
| individually | 5A VB | 160 | adv | ˌɪndəˈvɪdʒuəli | einzel | individuellement | individualmente | separately, not together in a group | The bridegroom thanked them all individually. |
| vaguely | 5A VB | 160 | adv | ˈveɪɡli | vage | vaguement | vagamente | slightly | I was vaguely aware of another figure by the door. |
| sharply | 5A VB | 160 | adv | ˈʃɑ:pli | scharf | nettement | nettamente | clearly | Opinion is sharply divided on the issue of private education. |
| abruptly | 5A VB | 160 | adv | əˈbrʌptli | plötzlich | brusquement | bruscamente | suddenly and unexpectedly | She stopped abruptly and looked at him. |
| deliberately | 5A VB | 160 | adv | dɪˈlɪbərətli | absichtlich | exprès | deliberatamente | in a way that is intended or planned | He deliberately upset her. |
| dramatically | 5A VB | 160 | adv | drəˈmætɪkli | dramatisch | radicalement | drammaticamente | in a great and sudden way | Three years on, Yousif's life has dramatically changed. |
| glacier | 5B | 40 | n | ˈglæsiə | Gletscher | glacier | ghiacciaio | a large mass of ice which moves slowly down a mountain valley | We visited a huge glacier in Oban Island, with incredible ice formations. |
| marine reserve | 5B | 40 | n | məˈri:n rɪˈzɜ:v | Meeresschutzgebiet | réserve naturelle marine | riserva marina | a place in the sea where wild animals and plants are protected | Marine reserves have a role in boosting fish stocks. |
| marsh | 5B | 40 | n | mɑ:ʃ | Sumpf, Moor | marais | palude | an area of low flat ground that is always wet and soft, that often has grasses or reeds growing in it but no trees | The low hills you can see are like islands surrounded by the marsh. |
| ridge | 5B | 40 | n | rɪdʒ | Berg, Höhenrücken | arête, crête | cresta | a long area of high land, especially at the top of a mountain | We made our way carefully along the ridge. |
| rocky | 5B | 40 | adj | ˈrɒki | felsig | rocheux | roccioso | covered with rocks or made of rock | They hurried over the rough rocky ground. |
| shoreline | 5B | 40 | n | ˈʃɔ:ləɪn | Küstenlinie | littoral | linea di costa | the land along the edge of a large area of water such as an ocean or lake | The shoreline of the bay covers 13,000 km. |
| (sand) dune | 5B | 40 | n | ˈsænd dju:n | (Sand)Düne | dune | duna | a hill made of sand near the sea or in the desert | We had great fun riding buggies in the sand dunes near Dubai. |
| valley | 5B | 40 | n | ˈvæli | Tal | vallée | valle | an area of lower land between two lines of hills or mountains, usually with a river flowing through it | The bridge stretches across a deep valley. |
| waterfall | 5B | 40 | n | ˈwɔ:təfɔ:l | Wasserfall | cascade | cascata | a place where water from a river or stream falls down over a cliff or rock | We swam in a pool at the bottom of a beautiful waterfall. |
| channel | 5B | 40 | n | ˈtʃænl | Kanal | canal | canale | an area of water that connects two larger areas of water | The channel between the two islands has dangerous currents. |
| mainland | 5B | 40 | n | ˈmeɪnlænd, -lənd | Festland | continent | terra ferma | the main area of land that forms a country, as compared to islands near it that are also part of that country | There are more shops in Oban, the nearest town on the mainland. |
| sandy | 5B | 40 | adj | ˈsændi | sandig, Sand- | sableux | sabbioso | covered with sand or containing a lot of sand | There's a huge sandy beach on the west coast of the island. |
| mountainous | 5B | 40 | adj | ˈmaʊntənəs | gebirgig | montagneux | montagnoso | a mountainous area has a lot of mountains | The north-west coast of Wales is a beautiful mountainous area. |

Wordlist ROADMAP B2+

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|-------------|-------|-----|-------|-------------|------------------------|------------------|------------------|---|---|
| pass | 5B | 40 | n | pa:s | Pass | col | passo | a high road or path that goes between mountains to the other side | The pass is often blocked by snow in the winter. |
| sea level | 5B | 40 | n | 'si: ,levl | Meeresspiegel | niveau de la mer | livello del mare | the average height of the sea, used as a standard for measuring other heights and | The castle stands on a cliff, 50 metres above sea level. |
| antique | 5C | 43 | adj | ,æ'n'ti:k | antik | antique | antico | antique furniture, jewellery, etc. is old and often valuable | This antique writing desk used to belong to my grandmother. |
| china | 5C | 43 | n | 'tʃaɪnə | Porzellan | porcelaine | porcellana | (plates, cups etc made of) a hard white substance produced by baking a type of clay at a high temperature | I broke my favourite china teapot yesterday. |
| exclusive | 5C | 43 | adj | ɪk'sklu:sɪv | exklusiv | exclusif | esclusivo | exclusive places, organisations, clothes, etc. are so expensive that not many people can afford to use or buy them | With its marble columns and crystal chandeliers, the Crillon is one of the most exclusive hotels in Paris. |
| be worth | 5C | 43 | v phr | bi 'wɜ:θ | Wert sein | valoir | valere | to have a value in money | The house must be worth quite a lot of money now. |
| blind | 5C | 43 | n | blaɪnd | Jalousie | store | tapparella | a covering, especially one made of cloth, that can be rolled up and down or pulled across to cover a window inside a building | The blinds were pulled down to protect the new furniture from the sun. |
| clutter | 5C | 43 | n | 'klʌtə | Unordnung | désordre | disordine | a large number of things that are scattered somewhere in an untidy way | Could you get rid of some of that clutter in your bedroom? |
| bookshelf | 5C | 43 | n | 'bʊkʃelf | Bücherregal | étagère | libreria | a shelf that you keep books on, or a piece of furniture used for holding books | Mick's coming to measure up for the wooden bookshelves he promised to make for us. |
| stack | 5C | 43 | n | stæk | Stapel | pile | mucchio | a pile of things | There were stacks of dirty dishes around the kitchen sink. |
| wall | 5C | 43 | n | wɔ:l | Wand | mur | parete | one of the sides of a room or building | We decided to paint the bathroom walls blue. |
| certificate | 5C | 43 | n | sə:'tɪfɪkət | Zertifikat, Zeugnis | certificat | certificato | an official paper stating that you have completed a course of study or passed an examination | All the staff's certificates are displayed in the reception area. |
| ornament | 5C | 43 | n | 'ɔ:nəmənt | Dekor | objet décoratif | ornamento | a small object that you keep in your house because it is beautiful rather than useful | There are two or three ornaments made from car parts above the fireplace. |
| pot plant | 5C | 43 | n | 'pɒt plɑ:nt | Topfpflanze | plante verte | pianta da vaso | a plant that is grown indoors or on a patio, in a pot | Would you mind watering my pot plants for me while I'm in Cuba? |
| shady | 5C | 43 | adj | 'ʃeɪdi | schattig | ombragé | ombreggiato | protected from the sun or producing shade | It was nice and shady under the trees. |
| spacious | 5C | 43 | adj | 'speɪʃəs | geräumig | spacieux | spazioso | a spacious house, room, etc. is large and has plenty of space to move around in | This morning, we looked round a lovely spacious house with a big garden. |
| fitted | 5C | 43 | adj | 'fɪtɪd | Einbau... | intégré | su misura | built, made or cut to fit a particular space | The bedrooms all have fitted wardrobes. |
| neatly | 5C | 43 | adv | 'ni:tli | ordentlich, sorgfältig | soigneusement | con cura | tidily, carefully arranged | He wrote his name neatly at the bottom of the page. |
| polished | 5C | 43 | adj | 'pɒlɪʃt | poliert | impeccable | lucido | shiny because of being rubbed, usually with polish | He was wearing a smart suit and polished shoes. |
| spotless | 5C | 43 | adj | 'spɒtləs | makellos | | immacolato | completely clean | By the time she had finished, the kitchen was absolutely spotless. |
| herd | 5C VB | 160 | n | hɜ:d | Herde | troupeau | branco | a group of animals of one kind that live and feed together; also used in a negative way about a group of people | A herd of cows was blocking the road. / A herd of tourists was waiting at the entrance to the castle. |
| fleet | 5C VB | 160 | n | flɪ:t | Flotte | flotte | flotta | a group of ships, or all the ships in a navy, a group of vehicles that are controlled by | The fishing fleet returned to port early because of the storm. / The family runs a |
| mob | 5C VB | 160 | n | mɒb | Mob | foule | folla | a large noisy crowd, especially one that is angry and violent; a group of people of the same type | A mob of a few hundred demonstrators gathered in Parliament Square. / The usual mob of teenagers were standing on the corner. |
| bunch | 5C VB | 160 | n | bʌntʃ | Bund, Büschel, Traube | régime, grappe | mazzo | a group of things that are fastened, held or growing together | She served the cheese with a bunch of black grapes. / A bunch of keys dangled from his belt. |
| stack | 5C VB | 160 | n | stæk | Stapel | pile | mucchio | a neat pile of things | There was a stack of novels by her bed. / We need to move those stacks of crates out of the store room. |

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|--------------------------|-------|-----|-------|--------------------------|------------------------------------|---------------------------|----------------------------|---|--|
| string | 5C VB | 160 | n | striŋ | Reihe, Serie | série | serie | a number of similar things or events coming one after another | They released a string of hit albums. / Recently there has been a string of burglaries on the island. |
| body | 5C VB | 160 | n | 'bɒdi | Menge | masse | quantità | a large amount or mass of something, especially something that has been collected | There is now a considerable body of knowledge of the different stages of childhood. / There is a growing body of evidence that charges are too high. |
| wave | 5C VB | 160 | n | weɪv | Welle | vague | onda | a sudden increase in the number of people or things arriving at the same time; a feeling or activity that happens again and again in a series | The recent outbreak of violence has caused another wave of asylum seekers. / The pain swept over him in waves. |
| flock | 5C VB | 160 | n | flok | Schwarm, Herde | troupeau, volée | gregge/stormo | a group of sheep, goats or birds | A flock of small birds flew out of the tree. / It takes two days to shear the whole flock of sheep. |
| pack | 5C VB | 160 | n | pæk | Packen | paquet | pacchetto | a pack of playing cards is a complete set; a pack of lies is something you are told that is completely untrue | They opened a new pack of cards at the start of the poker game. / Don't believe what it says in the paper – it's a pack of lies. |
| flood | 5C VB | 160 | n | flʌd | Flut | déluge | marea | a very large number of things that arrive at the same time | We've received a flood of enquiries about the new model of electric car. |
| panel | 5C VB | 160 | n | 'pænl | Gremium | panel | commissione | a group of people with skills or specialist knowledge who have been chosen to give advice or opinions on a particular subject | There will be at least three senior doctors on the panel. |
| en suite | 5D | 44 | adj | ,ɒn 'swi:t | mit Bad | attenant | con bagno privato | an en suite bathroom is joined onto a bedroom; an en suite bedroom has a | The hotel has 57 bedrooms, all en suite. |
| communal | 5D | 44 | adj | 'kɒmjənəl | gemeinsam | commun | comune | shared by a group of people or animals, especially a group who live together | I'm living in a house with five other students. It has a communal kitchen and bathroom. |
| flush | 5D | 44 | v | flʌʃ | spülen | tirer la chasse d'eau | tirare l'acqua | if you flush a toilet, or if it flushes, you make water go through it to clean it | I'm trying to teach the children to flush the toilet, then wash their hands. |
| clear | 5D | 44 | v | 'kliə | autorisieren | autoriser | autorizzare | if a payment clears, or if a bank clears it, the bank allows the money to be paid into the payee's account | Most online payments clear within a few hours. |
| set off an alarm | 5D | 44 | phr v | ,set 'ɒf | den Alarm auslösen | déclencher une alarme | azionare un allarme | to make (an alarm) start ringing | Smoke from a cigarette will not normally set off a smoke alarm. |
| dimensions | 5D | 44 | n pl | daɪ'menʃnz, də- | Maße | dimensions | dimensioni | the length, height, width, and/or depth or diameter of something | We'll need to know the exact dimensions of the room. |
| payable | 5D | 44 | adj | 'peɪəbəl | zahlbar | à payer | pagabile | a bill, debt, etc. that is payable must be paid | Tax is payable on the interest. |
| recycling bin | 5D | 44 | n | ri:'saɪklɪŋ bɪn | Wertstofftonne | poubelle de recyclage | cestino per riciclaggio | a container where used objects or materials are stored so that they can be collected, treated and used again | Is it okay to put this glass bottle in your recycling bin? |
| safe | 5D | 44 | n | seɪf | Safe | coffre-fort | cassaforte | a strong metal box or cupboard with special locks where you keep money and valuable things | We left our passports in the safe in the hotel room. |
| duvet | 5D | 44 | n | 'du:veɪ | Bettdecke | couette | piumone | a large cloth bag filled with feathers or similar material that you use to cover yourself in bed | We put a lighter duvet on the bed in the summertime. |
| lose focus | 6A | 46 | v phr | ,lu:z 'fəʊkəs | die Konzentration verlieren | éparpiller son attention | sconcentrarsi | stop paying attention to something you should be concentrating on | You won't win the game if you lose focus. |
| get an edge over someone | 6A | 46 | v phr | get ən 'edʒ əʊvə ,sʌmwʌn | einen Vorteil haben gegenüber jmd. | avoir un avantage sur | avvantaggiarsi su qualcuno | to gain an advantage over (someone else) | Companies are employing more research teams to get an edge over their competitors. |
| monopoly | 6A | 46 | n | mə'nɒpəli | Monopol | monopole | monopolio | if a company or government has a monopoly of a business or political activity, it has complete control of it so that other organisations cannot compete with it | For years Bell Telephone had a monopoly on telephone services in the US. |
| break something up | 6A | 46 | v phr | ,breɪk ,sʌmθɪŋ 'ʌp | zerschlagen | démanteler une entreprise | suddividere qualcosa | to separate (something) into several smaller parts | There are plans to break the company up into several smaller independent companies. |

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|--------------------|-------|-----|-------|--------------------|-------------------------------------|-----------------------|--|---|---|
| struggle | 6A | 46 | v | 'strʌgl | Probleme haben, etw zu tun | lutter | lottare | to be likely to fail, even though you are trying very hard | The team has been struggling all season. |
| management | 6A | 46 | n | 'mænɪdʒmənt | Verwaltung | gestion | gestione | the activity of directing or controlling an organisation such as a company | The government aims to keep tax levels as low as possible by careful financial management. |
| sustainable | 6A | 46 | adj | sə'steɪnəbəl | nachhaltig | viable | sostenibile | able to continue for a long time | The party is promising low inflation and sustainable economic growth. |
| branch out | 6A | 46 | phr v | 'brɑ:ntʃ 'aʊt | sich diversifizieren | se diversifier | diversificarsi | to start doing something different from the work or activities that you normally do | Don't be afraid to branch out and try something new. |
| turnover | 6A | 46 | n | 'tɜ:nəʊvə | Umsatz | chiffre d'affaires | fatturato | the amount of business done during a particular period | Within two years the airline had doubled its turnover. |
| value something at | 6A | 46 | v phr | 'vælju: ,sʌmθɪŋ ət | etwas schätzen auf (einen Wert von) | évaluer qc à | valutare qualcosa | to decide (something) is worth (a particular amount of money), by comparing it with | Paintings valued at over £200,000 were stolen from her home. |
| undercut | 6A | 46 | v | ˌʌndə'kʌt | unterbieten | vendre moins cher que | vendere a un prezzo inferiore rispetto a | to sell goods or a service at a lower price than (another company) | Online bookstores can undercut retailers by up to 30%. |
| board | 6A | 46 | n | bɔ:d | Ausschuss, Vorstand | conseil | consiglio | a group of people in a company or other organisation who make the rules and important decisions | There was disagreement among the agency's board of governors. |
| expansion | 6A VB | 161 | n | ɪk'spænjən | Expansion | expansion | espansione | when a company, business, etc. becomes larger by opening new shops, factories, etc. | The industry underwent a period of rapid expansion. |
| boom | 6A VB | 161 | v | bʊ:m | boomen | prosperer | prosperare | if business, trade or a particular area is booming, it is increasing and being very successful | Business was booming, and money wasn't a problem. |
| free market | 6A VB | 161 | n | 'fri: 'mɑ:kɪt | freier Markt | économie de marché | libero mercato | an economic system in which prices are not controlled by the government | A free market economy will mean the country can establish better trade deals. |
| crash | 6A VB | 161 | n | kræʃ | Crash | krach | crollo | an occasion on which the stocks and shares in a stock market suddenly lose a lot of value | The stock market crash in 2008 was linked to mortgage lending. |
| deepen | 6A VB | 161 | v | 'di:pən | sich verschlimmern | s'aggraver | rinforzare | if a serious situation deepens, it gets worse – used especially in news reports | The recession continues to deepen. |
| the taxpayer | 6A VB | 161 | n | 'tæks,peɪə | der Steuerzahler | contribuable | contribuente | all ordinary people or companies who pay tax | The proposal could cost the taxpayer another £18m a year. |
| sector | 6A VB | 161 | n | 'sektə | Sektor | secteur | settore | the public sector is made up of businesses controlled by the government; the private sector comprises businesses that the government does not control | The government has been holding down pay in the public sector. |
| freeze | 6A VB | 161 | v | fri:z | einfrieren | bloquer, geler | congelare | if a government or company freezes wages, prices, etc., they do not increase them for a period of time | The government has been forced to cut spending and public-sector wages have been frozen. |
| privatisation | 6A VB | 161 | n | 'praɪvətəɪ'zeɪʃən | Privatisierung | privatisation | privatizzazione | the act of selling a company or activity controlled by the government to private investors | The privatisation of the UK rail network was completed in 1997. |
| deficit | 6A VB | 161 | n | 'defɪsɪt | Defizit | déficit | deficit | the difference between the amount of something that you have and the higher amount that you need | The party is facing a deficit of £1.3 million for this year, so it must find ways of cutting its costs. |
| break something up | 6A VB | 161 | phr v | 'breɪk ,sʌmθɪŋ 'ʌp | etwas aufteilen | subdiviser | suddividere qualcosa | to separate (something) into several smaller parts | The former ministry has been broken up into smaller departments. |
| sustainable | 6A VB | 161 | adj | sə'steɪnəbəl | nachhaltig, von Dauer | viable | sostenibile | able to continue for a long time | The rate of China's urban development may not be sustainable. |
| bid | 6B | 48 | n | bɪd | Bewerbung | candidature | candidatura | an attempt to do or get something | Los Angeles' bid to host the 2028 Olympic Games was successful. |
| boost | 6B | 48 | n | bʊ:st | Aufschwung | augmentation, hausse | spinta | something that gives someone more confidence, or that helps something increase, improve or become successful | The community will get a boost from a new library and recreation centre. |
| boycott | 6B | 48 | n | 'bɔɪkɒt | Boycott | boycott | boicottaggio | a refusal to buy something, use something or take part in something as a way of protesting | They are now trying to organise a boycott of all products tested on animals. |
| catalyst | 6B | 48 | n | 'kætəlɪst | Katalysator | catalyseur | catalizzatore | something or someone that causes an important change or event to happen | They hope his election will act as a catalyst for reform. |

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|-------------------------|----|----|---------|--------------------------------|-----------------------------|----------------------------|--------------------------------|---|---|
| commission | 6B | 48 | v | kə'mɪʃən | beauftragen | engager | commissionare | to formally ask (someone) to write (an official report), produce (a work of art) for you, etc. | The report was commissioned by the Welsh Office. / The Welsh Office commissioned her to write the report. |
| corruption | 6B | 48 | n | kə'rʌpʃən | Korruption | corruption | corruzione | dishonest, illegal or immoral behaviour, especially from someone with power | The newspaper prided itself on exposing corruption in government. |
| estimate | 6B | 48 | n | 'estəmət | Schätzung | estimation | calcolo approssimativo | a statement of how much it will probably cost to build, set up or repair something | The final cost of the rail link was nearly three times the original estimate. |
| grant | 6B | 48 | n | grɑːnt | Stipendium | bourse | sovvenzione | an amount of money given to someone, especially by the government, for a particular purpose | These studios are funded by a grant from the Kress Foundation. |
| infrastructure | 6B | 48 | n | 'ɪnfɹə'strʌktʃə | Infrastruktur | infrastructure | infrastruttura | the basic systems and structures that a country or organisation needs in order to work properly, for example roads, railways, banks, etc. | The country's infrastructure was devastated by the tsunami. |
| prestigious | 6B | 48 | adj | pre'stɪdʒəs | prestigeträchtig | prestigieux | prestigioso | admired as one of the best and most important | The Nobel prize for Literature is one of the most prestigious literary awards. |
| profile | 6B | 48 | n | 'prəʊfaɪl | Bekanntheitsgrad | profil (public) | profilo | if a person or an organisation raises its profile, it gets more attention from the public | The bank ran an advertising campaign designed to raise its profile. |
| transformation | 6B | 48 | n | 'trænsfə'meɪʃən | Veränderung | transformation | trasformazione | a complete change in someone or something | In recent years, the movie industry has undergone a dramatic transformation. |
| cabaret | 6C | 50 | n | 'kæbəreɪ | Kabarett | cabaret | cabaret | entertainment, usually with music, songs and dancing, performed in a restaurant or club while the customers eat and drink | She started her career as a cabaret singer. |
| circus | 6C | 50 | n | 'sɜ:kəs | Zirkus | cirque | circo | a group of people, and sometimes animals, who travel to different places performing skilful tricks as entertainment | Many countries have banned circuses from using performing animals. |
| community arts project | 6C | 50 | n | kə'mju:nəti 'ɑ:ts 'prɒdʒekt | Kunstprojekt der Gemeinde | projet d'art communautaire | progetto artistico comunitario | a scheme which funds and organises events and opportunities for people who live in the local area to enjoy and/or produce art, music, theatre, film, literature, etc. | The play is produced and performed by local teenagers, as part of the community arts project. |
| gig | 6C | 50 | n | gɪg | Konzert, Auftritt | concert | concerto | a performance by a musician or a group of musicians playing modern popular music or jazz, or a performance by a comedian | The band are playing a gig in Sheffield on 12 Nov. |
| indie film | 6C | 50 | n | 'ɪndi 'fɪlm | Independent-Film | film indépendant | film indipendente | a film produced by a small, independent company | <i>Reservoir Dogs</i> is an indie film which is still popular today. |
| open-mike night | 6C | 50 | n | 'əʊpən 'maɪk 'naɪt | Abend des offenen Mikrofons | soirée à micro ouvert | serata a microfono aperto | an evening when anyone is allowed to tell jokes, sing, etc. in a bar or club | I often take my guitar down to the pub when they have an open-mike night. |
| photographic exhibition | 6C | 50 | n | 'fəʊtə'græfɪk ek'seɪ'bjʃən | Fotoausstellung | exposition de photos | mostra fotografica | a show of photographs that people can go to see | We visited a very moving photographic exhibition about the Berlin Wall. |
| poetry reading | 6C | 50 | n | 'pəʊətri 'ri:dn̩ | Dichterlesung | lecture de poèmes | lettura di poesie | an occasion when poetry is read to a group of people | The bookshop is hosting a poetry reading by three local poets. |
| stand-up comedy | 6C | 50 | n | 'stænd ʌp 'kɒmədi | Stand-up-Comedy | stand-up | stand-up comedy | one person telling jokes alone as a performance | Stand-up comedy requires a certain amount of courage on the part of the comedian. |
| out of tune | 6C | 50 | adj phr | 'aʊt əv 'tju:n | verstimmt | désaccordé | scordato/stonato | playing or singing higher or lower than the correct musical note | Greg's bass guitar was out of tune. |
| mediocre | 6C | 50 | adj | 'mi:di'əʊkə | mittelmäßig | médiocre | mediocre | not very good | I thought the book was pretty mediocre. |
| portrait | 6C | 50 | n | 'pɔ:trət | Porträt | portrait | ritratto | a painting, drawing, photograph or written description of a person | She's been commissioned to paint Jackson's portrait. |
| intense | 6C | 50 | adj | ɪn'tens | stark | intense | intenso | having a very strong effect or felt very strongly | Locals have voiced intense opposition to plans to expand the airport. |
| over-the-top | 6C | 50 | adj | 'əʊvə ðə 'tɒp | überzogen, übertrieben | exagéré | esagerato | a performance which is over-the-top is extremely dramatic and unnatural | She has a beautiful voice but I find her singing a bit over-the-top. |
| disappointment | 6C | 50 | n | 'dɪsə'pɔɪntmənt | Enttäuschung | déception | delusione | someone or something that is not as good as you hoped or expected | The team's performance has been a disappointment for the fans. |
| folk duo | 6C | 50 | n | 'fəʊk 'dju:əʊ | Folkmusik-Duo | duo de folk | duo folk | two people who perform together, playing without electronic equipment or playing | The concert opened with a folk duo, who played banjo and fiddle and sang popular |
| literary | 6C | 50 | adj | 'lɪtərəri | literarisch | littéraire | letterario | relating to literature | The company sponsors a literary prize for young authors. |

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| moving | 6C | 50 | adj | 'mu:vɪŋ | bewegend | émouvant | commovente | making you feel strong emotions, especially sadness or sympathy | Bayman's book about his illness is deeply moving. |
| fast-paced | 6C | 50 | adj | 'fɑ:st 'peɪst | schnell, in schnellem Tempo | au rythme haletant | frenetico | a fast-paced novel, play, film, etc. is full of exciting action which makes you want to keep reading, watching, etc. | Her second book is a fast-paced thriller, very different to her reflective debut novel. |
| act | 6C | 50 | n | ækt | Darbietung | numéro | numero | a short performance on stage or television by someone who plays music or tells jokes | The argument was just part of their act. |
| outrageous | 6C | 50 | adj | au't'reɪdʒəs | unverschämt | scandaleux | scandaloso | extremely unusual and slightly amusing or shocking | He says the most outrageous things, but he's very funny. |
| collaborative | 6C | 50 | adj | kə'læbə'reɪtv | gemeinschaftlich | collaboratif | collaborativo | involving two or more people working together to achieve something | It's a collaborative exhibition where the sculptor has worked closely with musicians and textile designers. |
| fast-paced | 6C VB | 161 | adj | 'fɑ:st 'peɪst | schnell, in schnellem Tempo | au rythme haletant | frenetico | a fast-paced novel, play, film, etc. is full of exciting action which makes you want to | It's a fast-paced police drama where the violent action is balanced by some powerful |
| environmentally friendly | 6C VB | 161 | adj | 'frɛndli | umweltfreundlich | écologique | ecologico | not harmful to the environment | We prefer to go on environmentally friendly holidays. |
| old-fashioned | 6C VB | 161 | adj | 'əʊld 'fæʃənd | altmodisch | démodé | fuori moda | not considered modern or fashionable – used about styles of clothes, furniture, etc. or about words and ideas | He had a lot of good old-fashioned values. |
| hard-working | 6C VB | 161 | adj | 'hɑ:d 'wɜ:kɪŋ | fleißig | travailleur | lavorare sodo | working with a lot of effort | Katja is a hard-working student but she needs to contribute more in class. |
| matter-of-fact | 6C VB | 161 | adj | 'mætər əv 'fækt | sachlich | factuel | asettico | showing no emotion when you are talking about something exciting, frightening, upsetting, etc. | Jan was surprisingly matter-of-fact about her divorce. |
| densely populated | 6C VB | 161 | adj | 'densli 'pɒpjəleɪtɪd | dicht bevölkert | densément peuplé | densamente popolato | containing a lot of people that live very close together | Rwanda is the most densely populated country in mainland Africa. |
| easy-going | 6C VB | 161 | adj | 'i:zi 'gəʊɪŋ | unbeschwert | décontracté | accomodante | not easily upset, annoyed or worried | Her easy-going nature made her popular. |
| user-friendly | 6C VB | 161 | adj | 'ju:zə 'frɛndli | benutzerfreundlich | facile à utiliser | facile da usare | easy to use, understand or operate | This mobile phone is much more user-friendly than my last one. |
| open-minded | 6C VB | 161 | adj | 'əʊpən 'maɪndəd | unvoreingenommen | ouvert d'esprit | di mentalità aperta | willing to consider and accept other people's ideas and opinions | I find my grandfather is more open-minded than my father when it comes to talking about politics. |
| well-behaved dog | 6C VB | 161 | adj | 'wel bɪ 'heɪvd | gut erzogener Hund | un chien bien éduqué | cane ben addestrato | behaving in a calm, polite way and not being rude or violent | The hotel welcomes dogs, as long as they are well-behaved. |
| down-to-earth | 6C VB | 161 | adj | 'daʊn tu 'ɜ:θ | bodenständig | pragmatique | pratico | practical and direct in a sensible, honest way | I like the chef's down-to-earth approach to cooking. |
| free-range | 6C VB | 161 | adj | 'fri: 'reɪndʒ | freilaufend | élevé en plein air | da allevamento all'aperto | relating to a type of farming which allows animals such as chickens and pigs to move around and eat naturally, rather than being kept in a restricted space | We only eat meat from free-range poultry. |
| doctorate | 7A | 54 | n | 'dɒktərət | Dokortitel | doctorat | dottorato | a university degree of the highest level | She received her doctorate in history in 2018. |
| make a go of it | 7A | 54 | v phr | 'meɪk ə 'gəʊ əv ɪt | zu einem Erfolg machen | faire marcher qc | far funzionare | to make something succeed, especially a business or marriage | Many businesses are struggling hard to make a go of it. |
| trial separation | 7A | 54 | n | 'traɪəl səpə'reɪʃən | Trennung auf Probe | séparation à l'essai | seperazione di prova | a period of time when a husband and wife do not live together, to find out whether they want to stay married | They decided on a trial separation after their marriage got into difficulty. |
| falling-out | 7A | 54 | n | 'fɔ:lɪŋ 'aʊt | Krach, Zerwürfnis | dispute | litigio | a bad quarrel with someone | Amy had a falling-out with Laura and now she doesn't want to go to school. |
| inherit | 7A | 54 | v | ɪn'herɪt | erben | hériter | ereditare | to receive (money, property, etc.) from someone after they have died | He inherited a fortune from his grandmother. |
| come to terms with something | 7A | 54 | v phr | 'kʌm tə 'tɜ:mz wɪð smθɪŋ | etw. azeptieren | accepter qc | arrivare ad accettare | to accept (an unpleasant or sad situation) and no longer feel upset or angry about it | Counselling helped her come to terms with her grief. |
| make a clean break | 7A | 54 | v phr | 'meɪk ə 'kli:n 'breɪk | einen klaren Schnitt machen | rompre clairement avec | fare un taglio netto | to completely and suddenly separate from a person, organisation or situation | I wanted to make a clean break so that I could restart my life. |
| native | 7A | 54 | adj | 'neɪtv | Geburtsland, Geburts- | natif de | di nascita | your native country, town, etc. is the place where you were born | He spent most of his professional life outside his native Turkey. |
| relocate | 7A | 54 | v | 'ri:ləʊ'keɪt | umziehen | déménager | trasferirsi | if a person or business relocates, or if they are relocated, they move to a different place | A lot of firms are relocating to the North of England. |

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| golden anniversary | 7A | 54 | n | ˌɡəʊldən ænəˈvɜːsəri | Goldene Hochzeit | noces d'or | nozze d'oro | the date that is exactly 50 years after the beginning of something, especially a wedding | They celebrated their golden anniversary with their whole family. |
| get-together | 7A | 54 | n | ˈɡet təˌɡeðə | Treffen, Zusammenkunft | petite réunion | ritrovo | a friendly informal meeting or party | We're having a family get-together just before Alok goes off to Sri Lanka. |
| tie the knot | 7A | 54 | v phr | ˌtaɪ ðə ˈnɒt | heiraten | se marier | sposarsi | to get married | After eight years together, Kris and Adela have decided to tie the knot. |
| fly the nest | 7A | 54 | v phr | ˌflaɪ ðə ˈnest | das Nest verlassen | quitter le nid | lasciare il nido | if a young person flies the nest, he or she moves out of their parents' home in order to live independently | Both of their daughters are ready to fly the nest. |
| arrive | 7A | 54 | v | əˈraɪv | kommen | arriver | arrivare | to be born | Sharon's baby arrived just after midnight. |
| premature | 7A | 54 | adj | ˈpremətʃə, -tʃʊə, ˈpreməˈtʃʊə | verfrüht, frühgeboren | prématuré | premature | a premature baby is born before the usual time of birth | The baby was six weeks premature. |
| cause outrage | 7B | 56 | v phr | ˌkɔːz ˈaʊtreɪdʒ | einen Skandal verursachen | provoquer un scandale | causare indignazione | to make someone feel great anger and shock | The murder trial caused public outrage. |
| cause controversy | 7B | 56 | v phr | ˌkɔːz kənˈtrɒvəsi | Streit verursachen | provoquer des controverses | causare polemica | to make a serious argument take place about something, that involves many people and continues for a long time | The new rules are likely to cause more controversy. |
| trigger | 7B | 56 | v | ˈtrɪɡə | auslösen | déclencher | scatenare | to make (something) happen very quickly, especially a series of events | The assassination triggered a wave of rioting. |
| violence | 7B | 56 | n | ˈvaɪələns | Gewalt | violence | violenza | behaviour that is intended to hurt other people physically | The nation has suffered terrorist violence for many years. |
| riot | 7B | 56 | n | ˈraɪət | Unruhen | émeute | rivolta | a situation in which a large crowd of people are behaving in a violent and uncontrolled way | When the election results were announced, it triggered riots in the capital. |
| election | 7B | 56 | n | ɪˈleɪʃən | Wahl | élection | elezioni | when people vote to choose someone for an official position | The prime minister would be unwise to call an election now. |
| be widely welcomed | 7B | 56 | v phr | bɪ ˌwaɪdli ˈwelkəmd | von vielen willkommen geheißen werden | être bien accueilli | essere largamente accettato | if something is widely welcomed, people are glad that it has happened because they think it is a very good idea | The decision to raise interest rates has been widely welcomed by economists. |
| create excitement | 7B | 56 | v phr | kriːeɪt ɪkˈsaɪtmənt | Aufregung verursachen | provoquer de l'excitation | creare eccitazione | to make people feel excited | The news of the Princess's visit created tremendous excitement. |
| lead to resignations | 7B | 56 | v phr | liːd tə ˌreɪzɪŋ ˈneɪʃənz | zu Kündigungen führen | provoquer des démissions | portare alle dimissioni | to cause someone to officially announce that they have decided to leave their job or an organisation, or to write a statement that says they will be leaving | It is thought that the team's recent defeats will lead to the manager's resignation. |
| contributing factor | 7B | 56 | v phr | kənˌtrɪbjʊːtɪŋ ˈfæktə | Faktor, der beiträgt zu | facteur contributif | fattore che contribuisce | one of several things that helps to make something happen | Stress is a contributing factor in many illnesses. |
| expose a cover-up | 7B | 56 | v phr | ɪkˌspəʊz ə ˈkʌvə ʌp | eine Vertuschung enthüllen | découvrir une dissimulation | svelare un insabbiamento | to show the truth about an attempt to prevent the public from discovering something | The report exposes the government's attempted cover-up of the expenses scandal. |
| get through to the semi-finals | 7B | 56 | v phr | ɡet ˌθruː tə ðə ˌsemi ˈfaɪnəlz | bis ins Halbfinale kommen | parvenir jusqu'en demi-finales | passare alle semifinali | to be successful in a sports tournament or competition and reach one of two games whose winners then compete against each other to decide who wins the whole competition | Maitland got through to the semi-finals but was narrowly beaten by Karlsson. |
| impose tariffs | 7B | 56 | v phr | ɪmˌpəʊz ˈtærɪfs | Zölle erheben auf | imposer des droits de douane | imporre delle tariffe | to force people to accept a tax on goods coming into a country or going out of a country | The government may impose tariffs on imports. |
| major breakthrough | 7B | 56 | v phr | ˌmeɪdʒə ˈbreɪkθruː | wichtiger Durchbruch | percée majeure | scoperta decisiva | an important new discovery in something you are studying, especially one made after trying for a long time | Scientists have made a major breakthrough in the treatment of cancer. |
| massive coverage | 7B | 56 | n | ˌmæsɪv ˈkʌvərɪdʒ | umfangreiche Berichterstattung | couverture à grande échelle des médias | copertura mediatica enorme | when a subject or event is extensively reported on television or radio, in newspapers or on the internet | The private lives of celebrities get massive newspaper coverage. |
| offensive comment | 7B | 56 | n | ɒˈfensɪv ˈkɒment | verletzender Kommentar | commentaire insultant | commento offensivo | a very rude or insulting opinion that you express about someone or something, which is likely to upset people | I found her comment deeply offensive. |
| withdraw from a treaty | 7B | 56 | v phr | wɪðˌdrɔː frəm ə ˈtriːti | zurückziehen | se retirer d'un traité | ritirarsi da un trattato | to end a formal written agreement between one country or government and another | The US plans to withdraw from an international mail delivery treaty. |
| deny allegations | 7B VB | 162 | v phr | dɪˌnaɪ ælɪˈɡeɪʃənz | Anschuldigungen leugnen | nier des allégations | negare le accuse | to say that there is no truth in a statement that someone has done something wrong or illegal, that has not been proved | The mayor denies all the allegations of corruption that have been made against him. |

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| leak something to the press | 7B VB | 162 | v phr | ˌli:k ˌsʌmθɪŋtə ðə ˈpres | etwas an die Presse durchstechen | divulguer qc à la presse | far trapelare qualcosa alla stampa | to deliberately give secret information to a newspaper, television company, etc. | Someone working in the IT department leaked the data to the press. |
| plot to remove someone | 7B VB | 162 | v phr | ˌplɒt tə rɪˈmu:v ˌsʌmwʌn | sich verschwören, um jmd. zu entfernen | conspirer pour éloigner qn | complotare per rimuovere qualcuno | to secretly plan to force (someone) out of an important position or dismiss them from a job | Several heads of department have been plotting to remove the CEO. |
| revelation | 7B VB | 162 | n | ˌrevəˈleɪʃən | Enthüllung | révélation | rivelazione | a surprising fact about someone or something that was previously secret and has now been made known | This latest revelation about his financial dealings has caused the minister to resign. |
| rumours are circulating | 7B VB | 162 | v phr | ˌru:məz ə ˈsɜ:kjələɪtɪŋ | Gerüchte sind im Umlauf | des rumeurs circulent | girano voci | information or a story is being passed from one person to another that may or may not be true | There are a lot of rumours circulating that they're going to sell the company. |
| not breathe a word | 7B VB | 162 | v phr | ˌnɒt ˌbri:ð ə ˈwɜ:d | kein Wort verraten | n'en souffler pas un mot | non farsi scappare una parola | to not tell anyone anything at all about something, because it is a secret | Don't breathe a word; it's supposed to be a surprise. |
| keep something from someone | 7B VB | 162 | v phr | ˌki:p ˌsʌmθɪŋ frəm ˌsʌmwʌn | jmd. etwas vorenthalten | cacher qc à qn | nascondere qualcosa da qualcuno | to prevent (someone) from knowing (something), by deliberately not telling them about it | The government had wanted to keep this information from the public. |
| let slip | 7B VB | 162 | v phr | ˌlet ˈslɪp | etwas rutscht jmd. heraus | laisser échapper | farsi sfuggire | to accidentally tell someone (something) that should have been kept secret | He let slip that they were planning to emigrate. |
| make out | 7B VB | 162 | phr v | ˌmeɪk ˈaʊt | so tun, als ob | faire croire | fare passare l'idea | to say (that something is true when it is not) | She always tried to make out that I was wrong and she was right. |
| swear someone to secrecy | 7B VB | 162 | v phr | ˌswɛə ˌsʌmwʌn tə ˈsi:kresi | jmd. zu Verschwiegenheit verpflichten | faire qn jurer de garder un secret | far giurare a qualcuno di mantenere il segreto | to make (someone) promise not to tell anyone else what you have told them | Dmitri wanted to tell his mum about the baby but Yelena had sworn him to secrecy. |
| hold a referendum | 7C | 59 | v phr | ˌhəʊld ə ˌrefəˈrendəm | ein Referendum abhalten | organiser un référendum | fare un referendum | organise for people to vote in order to make a decision about a particular subject, rather than voting for a person | Latvia held an independence referendum in 1991. |
| implement | 7C | 59 | v | ˌɪmpləment | umsetzen | exécuter | implementare | to take action or make changes that you have officially decided should happen | We have decided to implement the committee's recommendations in full. |
| voter turnout | 7C | 59 | n | ˌvəʊtə ˈtɜ:naut | Wahlbeteiligung | participation électorale | affluenza alle votazioni | the number of people who show which person or party they want in an election | Voter turnout in the 2014 independence referendum was the highest since 1910. |
| recount | 7C | 59 | n | ˌri:kəʊnt | Neuauszählung | recomptage | riconteggio | a second count of votes that happens in an election because the result was very close | After several recounts, the Liberal Democrat candidate was announced as the winner. |
| electoral system | 7C | 59 | n | ɪˈlektərəl ˌsɪstəm | Wahlsystem | système électoral | sistema elettorale | a way of organising elections and voting | Our electoral system strongly favours two-party government. |
| coalition | 7C | 59 | n | ˌkəʊəˈlɪʃən | Koalition | coalition | coalizione | a union of two or more political parties that allows them to form a government or fight an election together | The treaty required the backing of both governing coalition parties. |
| re-elect | 7C | 59 | v | ˌri:ɪˈlekt | wiederwählen | réélire | rieleggere | to choose (the same person) again by voting | Barack Obama was re-elected US President in 2012. |
| cast your vote | 7C | 59 | v phr | ˌkɑ:st jə ˈvəʊt | seine Stimme abgeben | voter | votare | to show which person or party you want in an election | The first votes have been cast in the country's general election. |
| polling station | 7C | 59 | n | ˌpɔ:lɪŋ ˌsteɪʃən | Wahllokal | bureau de vote | seggio elettorale | the place where people go to vote in an election | Exit polls are taken as people leave the polling station, to ask how they voted. |
| nominate | 7C | 59 | v | ˌnɒmɪneɪt | nominieren | nominer | nominare | to officially suggest (someone or something) for an important position, duty or prize | She has been nominated as Best Actress for her part in the film 'Little Women'. |
| manifesto | 7C | 59 | n | ˌmænəˈfestəʊ | Programm | programme | programma | a written statement by a political party, saying what they believe in and what they intend to do | The Social Democrat party is due to publish its manifesto tomorrow. |
| have no say in something | 7C | 59 | v phr | hæv ˌnəʊ ˈseɪ ɪn ˌsʌmθɪŋ | kein Mitspracherecht bei etw. haben | ne pas avoir son mot à dire | non avere voce in qualcosa | to have no right to take part in (deciding something) | The workers had no say in how the factory was run. |
| re-election | 7C | 59 | n | ˌri:ɪˈleɪʃən | Wiederwahl | réélection | rielezione | being chosen again for an official position | Barnes is seeking re-election as mayor. |
| fix | 7C | 59 | v | fɪks | vereinbaren | truquer | truccare | to arrange (an election, game, etc.) dishonestly, so that you get the result you want | Many suspected that the deal had been fixed in advance. |
| re-elect | 7C VB | 162 | v | ˌri:ɪˈlekt | wiederwählen | réélire | rieleggere | to choose (the same person) again by voting | Morris was re-elected for a third term. |
| disrespect | 7C VB | 162 | n | ˌdɪsrɪˈspekt | Respektlosigkeit | manque de respect | mancanza di rispetto | lack of respect for someone or something | It was said on the spur of the moment and I meant no disrespect to anybody. |
| underestimate | 7C VB | 162 | v | ˌʌndəˈestɪmeɪt | unterschätzen | sous-estimer | sottovalutare | to think or guess that (something) is smaller, cheaper, easier, etc. than it really is | We underestimated how long it would take to get there. |

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| hopeful | 7C VB | 162 | adj | 'həʊpfəl | hoffnungsvoll | plein d'espoir | speranzoso | believing that what you want to happen is likely to happen | I'm hopeful that we can find a solution. |
| powerless | 7C VB | 162 | adj | 'paʊələs | machtlos | impuissant, faible | impotente | unable to stop or control something because you do not have the power, strength or legal right to do so | Local police were powerless to stop them doing it again. |
| mishear | 7C VB | 162 | v | 'mɪs'hiə | falsch hören, falsch verstehen | mal entendre | capire male | to not hear properly (what someone says), so that you think they said something different | It seemed a strange question; I wondered if I had misheard. |
| pre-school | 7C VB | 162 | adj | 'pri: sku:l | Vorschule, Kindergarten | école maternelle | scuola materna | relating to the time in a child's life before they are old enough to go to school | She is researching language learning in pre-school children. |
| multi-storey | 7C VB | 162 | adj | 'mʌlti 'stɔ:ri | mit vielen Stockwerken | de plusieurs étages | a più piani | a multi-storey building has many levels or floors | The new multi-storey hospital is much more accessible. |
| overdo it | 7C VB | 162 | v | 'əʊvə'du: ɪt | es übertreiben | exagérer | strafare | to work too hard or be too active so that you become tired | You mustn't overdo it – if you're tired, just sit down and start again. |
| post-match | 7C VB | 162 | adj | 'pəʊst 'mætʃ | nach dem Spiel/Match | d'après match | post partita | happening after a sports game | The coach praised the defenders in his post-match talk to the team. |
| fall steadily | 7D | 60 | v phr | 'fɔ:l 'stedəli | stetig fallen | être en constante régression | scendere stabilmente | to go down gradually and continually to a lower level, amount, price, etc. | The rate of inflation was falling steadily. |
| insignificant number | 7D | 60 | n | 'ɪnsɪgnɪfɪkənt 'nʌmbə | unbedeutende Anzahl | un nombre insignifiant | numero insignificante | a quantity that is too small or unimportant to consider or worry about | An insignificant number of patients tested positive for the virus. |
| recover | 7D | 60 | v | rɪ'kʌvə | sich erholen | se redresser | riprendersi | to return to a normal condition after a period of trouble or difficulty | The tourist industry is recovering to pre-war levels. |
| crash | 7D | 60 | v | kræʃ | abstürzen | s'effondrer | crollare | if a stock market crashes or shares crash, they suddenly lose a lot of value | Yesterday morning shares recovered slightly after collapsing on Monday. |
| reach a peak | 7D | 60 | v phr | 'ri:tʃ ə 'pi:k | einen Höhepunkt erreichen | atteindre un sommet | raggiungere un picco | to get to the highest point or level | Sales reached a peak in August, then fell sharply. |
| drop off | 7D | 60 | phr v | 'drɒp 'ɒf | fallen | diminuer, tomber | diminuire | to fall to a lower level or amount | The number of graduates going into teaching has dropped off sharply. |
| vast majority | 7D | 60 | n | 'vɑ:st mə'dʒɔ:reɪti | große Mehrheit | grande majorité | stragrande maggioranza | used when you want to emphasise that something is true about almost all of a group of people or things | The vast majority of books on the subject are complete rubbish. |
| bounce back | 7D | 60 | phr v | 'baʊns 'bæk | wieder auf die Beine kommen | rebondir | riprendersi velocemente | to quickly increase or become successful again after falling or having problems | The company's had a lot of problems in the past, but it's always managed to bounce back. |
| rocket | 7D | 60 | v | 'rɒkɪt | steig ansteigen | monter en flèche | aumentare vertiginosamente | if a price or amount rockets, it increases quickly and suddenly | Car sales rocketed from 180 to 2000 a year. |
| fall back | 7D | 60 | phr v | 'fɔ:l 'bæk | wieder fallen | retomber | diminuire | to decrease | When inflation started to rise, house prices fell back. |
| gradual decline | 7D | 60 | n phr | 'grædʒʊəl dɪ'klaɪn | allmähliche Abnahme | déclin graduel | declino graduale | a decrease in the quality, quantity or importance of something, which happens slowly over a long period of time | After 1870, there was a gradual decline in the disease. |
| sharp rise | 7D | 60 | n phr | 'ʃɑ:p 'raɪz | steiler Anstieg | forte hausse | forte aumento | a great and sudden increase in number, amount or value | There's been a sharp rise in house prices. |
| serious slump | 7D | 60 | n phr | 'sɪəriəs 'slʌmp | starker Einbruch | grave effondrement | forte calo | a sudden and major decrease in prices, sales, profits, etc. | There was a serious slump in the property market in the autumn. |
| collaborate | 8A | 63 | v | kə'læbəreɪt | zusammenarbeiten | collaborer | collaborare | to work together with a person or group in order to achieve something, especially in science or art | Researchers are collaborating to develop the vaccine. |
| devise | 8A | 63 | v | dɪ'vaɪz | finden, erfinden | concevoir | sviluppare | to plan or invent (a new way of doing something) | Our aim is to devise a way to improve quality and reduce costs. |
| facilitate | 8A | 63 | v | fə'sɪlɪteɪt | erleichtern | faciliter | facilitare | to make it easier for (a process or activity) to happen | Computers can be used to facilitate language learning. |
| head up | 8A | 63 | phr v | 'hed 'ʌp | leiten | diriger | dirigere | to be in charge of a team, government, organisation, etc. | David was asked to head up the technical team. |
| mend | 8A | 63 | v | mend | reparieren | réparer | riparare | to repair (something that is broken or not working) | When are you going to mend that light in the hall? |
| monitor | 8A | 63 | v | 'mɒnɪtə | kontrollieren, überwachen | surveiller | monitorare | to carefully watch and check (a situation) in order to see how it changes over a period of time | Patients who are given the new drug will be asked to monitor their progress. |
| assemble | 8A | 63 | v | ə'sembəl | zusammenbauen | assembler | radunarsi | to put all the parts of (something) together | The aircraft will continue to be assembled in France. |

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| delegate | 8A | 63 | v | 'delɪgert | delegieren | déléguer | delegare | to give part of your power or work to someone in a lower position than you | Minor tasks should be delegated to your assistant. |
| fit | 8A | 63 | v | fɪt | einbauen | équiper qc de qc | implementare | to put a piece of equipment into a place, or a new part onto a machine, so that it is ready to be used | Anti-theft devices are fitted to all our cars. |
| log | 8A | 63 | v | lɒg | aufzeichnen | noter | registrare | to make an official record of (events, facts, etc.) | All phone calls are logged. |
| oversee | 8A | 63 | v | ˌəʊvəˈsiː | beaufsichtigen | surveiller | supervisionare | to be in charge of a group of workers and check that (a piece of work) is done | A team leader was appointed to oversee the project. |
| submit | 8A | 63 | v | səbˈmɪt | einreichen | soumettre | consegnare | to give (a plan, piece of writing, etc.) to someone in authority for them to consider or approve | All applications must be submitted by Monday. |
| admin assistant | 8A VB | 163 | n | ˈædmiːn əˈsɪstənt | Assistent/in der Verwaltung | employé/e administratif/-ve | segretario/segretaria amministratore delegato/amministratrice delegata | administration assistant; someone whose job is to help make an organisation or department run smoothly by helping other staff to organise their work | Theo, our admin assistant, is responsible for ordering all the office supplies. |
| CEO | 8A VB | 163 | n | ˌsiː iː ˈəʊ | Geschäftsführer | directeur/-trice général/e | | chief executive officer; the person with the most authority in a large company | The CEO is currently in Chile, attending talks about a proposed merger. |
| defence contractor | 8A VB | 163 | n | dɪˈfens kənˌtræktə | Rüstungskonzern | groupe industriel de fabrication d'armes | industria della difesa | a company which provides all the systems, materials, etc. that a country uses to protect itself from attack | We're meeting with one of the defence contractors who has put in a bid to supply the new navy helicopters. |
| deputy finance director | 8A VB | 163 | n | ˌdepjʊti ˈfaɪnæns dəˈrektə, daɪ- | Finanzdirektor | directeur/-trice financier/-ière | vice direttore finanziario/vice direttrice finanziaria | someone who works directly below the person who controls or manages an organisation's money and who is officially in charge when that person is not there | The deputy finance director is currently overseeing the budget, while the finance director works on the takeover bid. |
| freelance designer | 8A VB | 163 | n | ˈfriːlɑːns dɪˈzaɪnə | freiberuflicher Grafiker | designer indépendant | designer freelance | someone who works independently for several companies making plans or patterns for clothes, furniture, equipment, books, etc. | He's been working as a freelance graphic designer for the last two years. |
| GP | 8A VB | 163 | n | ˌdʒiː ˈpiː | Allgemeinarzt/-ärztin | médecin généraliste | medico di base | general practitioner; a doctor who is trained in general medicine and treats people in a particular area or town | I've got an appointment with my GP at five o'clock. |
| high-street retailer | 8A VB | 163 | n | ˌhaɪ striːt ˈriːteɪlə | Einzelhändler in der Innenstadt | détaillant de rue commerçante | rivenditore della via commerciale | a person or business that sells goods to customers in a shop in the main street of a town or towns | Many high-street retailers rely on online sales for the majority share of their profit. |
| HR service provider | 8A VB | 163 | n | ˌeɪtʃ ɑː ˈsɜːvɪs prəˈvaɪdə | Personaldienstleister | prestataire de services en ressources humaines | fornitore di servizi per risorse umane | a company or person that offers organisations a service which deals with human resources, for example employing, training and helping people | Graham has a contract with an HR service provider, so that he can concentrate on manufacturing and sales while they look after all his company's personnel needs. |
| management consultancy | 8A VB | 163 | n | ˌmænɪdʒmənt kənˈsʌltənsɪ | Unternehmensberatung | société de conseil | consulenza manageriale | an individual or company which is paid to advise the management of other companies on how to improve their organisation and working methods | The firm employed a management consultancy to help develop a strategy for the future. |
| multinational | 8A VB | 163 | n | ˌmʌltɪˈnæʃənəl | multinational | multinational | multinazionale | a large company that has offices, factories, etc. in many different countries | Multinationals have made large investments in Thailand. |
| programmer | 8A VB | 163 | n | ˈprəʊgræmə | Programmierer/in | programmeur/-euse | programmatore/programmatrice | someone whose job is to write computer programs | We've employed three programmers on a six-month contract to develop the new software. |
| property developer | 8A VB | 163 | n | ˈprɒpəti dɪˈveləpə | Bauträger | promoteur/-trice immobilier/-ière | imprenditore edile/imprenditrice edile | someone who makes money by buying land and building on it | The farmer sold two of her fields near the canal to a property developer. |
| be a night owl | 8B | 64 | v phr | bi ə ˈnaɪt əʊl | eine Nachtteule sein | être un oiseau de nuit | essere un nottambulo/una nottambula | to enjoy staying awake all night | I've always been a night owl, so working the late shift suits me very well. |
| be an early riser | 8B | 64 | v phr | bi ən ˌɜːli ˈraɪzə | ein Frühaufsteher sein | être un lève-tôt | essere un mattiniero/una mattiniera | to usually get out of bed in the first part of the morning | Stefan is an early riser, so he often goes for a run before catching the seven o'clock train to work. |
| be out like a light | 8B | 64 | v phr | bi ˌaʊt laɪk ə ˈlaɪt | sofort einschlafen | s'endormir tout de suite | addormentarsi subito | to go to sleep very quickly because you are very tired | I went straight to bed and was out like a light. |

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| can't stop yawning | 8B | 64 | v phr | ˌkɑːnt stɒp ˈjɔːnɪŋ | ständig gähnen müssen | bâiller à tout bout de champ | non riuscire a smettere di sbadigliare | if someone can't stop yawning, they keep opening their mouth wide and breathing in deeply because they are tired or bored | I didn't go to bed till 2.30 this morning and it was very warm in the office; I just couldn't stop yawning. |
| have a lie-in | 8B | 64 | v phr | hæv ə ˌlaɪ ˈɪn | lange ausschlafen | faire la grasse matinée | dormire fino a tardi | to stay in bed longer than usual in the morning | I always have a lie-in on a Sunday. |
| have a little nap | 8B | 64 | v phr | hæv ə ˌlɪtl ˈnæp | ein Nickerchen machen | faire un somme | fare un piccolo pisolino | to have a short sleep, especially during the day | The baby usually has a little afternoon nap around two. |
| have a sleepless night | 8B | 64 | v phr | hæv ə ˌsliːpləs ˈnaɪt | eine schlaflose Nacht haben | passer une nuit blanche | non chiudere occhio per tutta la notte | to spend a night when you are unable to sleep | Adrian had a sleepless night wondering what to do. |
| nod off | 8B | 64 | phr v | ˌnɒd ˈɒf | einnicken | s'assoupir | appisolarsi | to begin to sleep, usually when you do not intend to and are sitting somewhere | I missed the movie because I kept nodding off. |
| snore loudly | 8B | 64 | v phr | ˌsnɔː ˈlaʊdli | laut schnarchen | ronfler fort | russare forte | to breathe in a very noisy way through your mouth and nose while you are asleep | He could hear the old man snoring loudly in the room next door. |
| suffer from jet lag | 8B | 64 | v phr | ˌsʌfə frəm ˈdʒet læg | einen Jetlag haben | mal supporter le décalage horaire | soffrire il jet lag | to feel tired and confused after flying a very long distance, especially because of the difference in time between the place you left and the place you arrived at | I'm suffering from jet lag but I'll feel better after a good night's sleep. |
| blend | 8C | 66 | v | blend | vermengen | mélanger | mescolare | to thoroughly mix together (soft or liquid substances) to form a single smooth substance | Blend the sugar, eggs and flour to make a thick batter. |
| dip | 8C | 66 | v | dɪp | eintauchen | tremper dans | inzuppare | to put (something) into a liquid and lift it out again | Dip the strawberries into melted chocolate. |
| drain | 8C | 66 | v | dreɪn | abgießen | égoutter | scolare | to pour away the water from (food) in a pan | Can you drain the spaghetti, please? |
| grate | 8C | 66 | v | ɡreɪt | raspeln, reiben | râper | grattugiare | to rub (cheese, vegetables, etc.) against a rough or sharp surface in order to break them into small pieces | Peel and grate the potatoes. |
| grill | 8C | 66 | v | ɡrɪl | grillen | faire cuire au grill | grigliare | if you grill something, or if it grills, you cook it by putting it on a flat metal frame with bars across it, above or below strong direct heat | Grill the bacon until crisp. |
| peel | 8C | 66 | v | piːl | schälen | éplucher | sbucciare/pelare | to remove the skin from (fruit or vegetables) | Peel and dice the carrots. |
| roast | 8C | 66 | v | rəʊst | braten | faire rôtir | fare arrosto | to cook (something, such as meat) in an oven or over a fire or to be cooked in this way | We caught a rabbit and roasted it over an open fire. |
| simmer | 8C | 66 | v | ˈsɪmə | köcheln | faire mijoter | cuocere a fuoco lento | to boil gently, or to cook (something) slowly by boiling it gently | Bring the soup to the boil and allow it to simmer gently for about half an hour. |
| sprinkle | 8C | 66 | v | ˈsprɪŋkəl | bestreuen mit | saupoudrer, parsemer | spargere | to scatter (small drops of liquid or small pieces of something) | Sprinkle the top with cheese. |
| like crazy | 8C VB | 163 | adj phr | laɪk ˈkreɪzi | wie verrückt | comme un fou | da matti | very much or very quickly | We're going to have to work like crazy to get this finished on time. |
| go like a dream | 8C VB | 163 | v phr | ɡəʊ laɪk ə ˈdriːm | reibungslos vonstatten gehen | marcher à merveille | andare da Dio | to work extremely well or effectively | The plan worked like a dream. |
| feel like jelly | 8C VB | 163 | v phr | ˌfiːl laɪk ə ˈdʒeli | ganz weiche Knie haben | avoir les genoux en compote | avere le gambe che tremano | if your legs or knees feel like jelly, they start to shake because you are frightened or nervous | My legs felt like jelly as I was going into the interview room. |
| out like a light | 8C VB | 163 | adj phr | ˌaʊt laɪk ə ˈlaɪt | sofort einschlafen | s'endormir tout de suite | addormentarsi di colpo | going to sleep very quickly because you are very tired | It had been a very long day so I was out like a light as soon as I got into bed. |
| like watching paint dry | 8C VB | 163 | adj phr | laɪk ˌwɒtʃɪŋ ˈpeɪnt ˌdraɪ | sterbenslangweilig | à mourir d'ennui | far venire la barba bianca | used to describe something which is very slow-moving and boring | We went to our son's chess tournament last night; it was like watching paint dry! |
| drop like flies | 8C VB | 163 | v phr | ˌdrɒp laɪk ˈflaɪz | fallen um wie die Fliegen | tomber comme des mouches | cadere come mosche | if people are dropping like flies, they are getting ill or dying in large numbers | There's an outbreak of flu at my daughter's school; the children are dropping like flies. |
| run around like headless chickens | 8C VB | 163 | v phr | ˌrʌn ə ˈraʊnd laɪk ˌhedləs ˈtʃɪkənz | umherrennen wie kopflose Hühner | ne plus savoir où donner de la tête | correre in giro come pazzi | to be going from one place to another in a way that is not organised at all | The nursery school concert was organised chaos; the helpers were running around like headless chickens. |
| go down like a lead balloon | 8C VB | 163 | v phr | ɡəʊ ˌdaʊn laɪk ə ˌled bə ˈluːn | ein Schuss in den Ofen sein | tomber à plat | fallire | if a suggestion or joke goes down like a lead balloon, people do not like it at all | Sam's remark about hypocrites went down like a lead balloon. |

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| like nothing you've ever experienced | 8C VB | 163 | adj phr | laɪk ,nʌθɪŋ jʊv ,evə rɪk' spɪəriənst | etwas, was Sie noch nie erlebt haben | comme vous n'en avez jamais connu | come mai vissuto prima | used to describe something which is unlike anything you have ever seen, heard or attended before | The ceremony welcoming us to the island was like nothing I've ever experienced. |
| built like a tank | 8C VB | 163 | adj phr | ˌbɪlt laɪk ə 'tæŋk | eine Kampfmaschine sein | être une machine à combattre | essere un armadio | used to describe someone with a very heavy and strong-looking body | Some of the rugby players are built like tanks. |
| feel ashamed | 9A | 70 | adj | ə'ʃeɪmd | sich schämen | avoir honte | vergognarsi | feeling very sorry and embarrassed because of something you have done | She felt ashamed that she had missed her sister's wedding. |
| embarrassed | 9A | 70 | adj | ɪm'bærəst | peinlich berührt | gêné | imbarazzato | feeling uncomfortable or nervous and worrying about what people think of you, for | He looked embarrassed when I asked him where he'd been. |
| tired | 9A | 70 | adj | taɪəd | müde | fatigué | stanco | feeling that you want to sleep or rest | I'm so tired I could sleep for a week. |
| exhausted | 9A | 70 | adj | ɪg'zɔ:stɪd | erschöpft | épuisé | esausto | extremely tired | I was exhausted after the long trip home. |
| shaken up | 9A | 70 | adj | ˌʃeɪkən 'ʌp | aufgewühlt | secoué | scosso | upset, shocked or frightened by something that has happened to you | He was badly shaken up after the attack. |
| traumatised | 9A | 70 | adj | 'trɔ:mətaɪzd | traumatisiert | traumatisé | traumatizzato | so badly shocked that you are affected for a very long time | He was traumatised by his war experiences. |
| pleased | 9A | 70 | adj | pli:zd | erfreut | ravi, content | contento | happy or satisfied | I could tell they were pleased about the news. |
| ecstatic | 9A | 70 | adj | ɪk'stætɪk | in Ekstase | fou de joie | estasiato | feeling extremely happy and excited | The crowd were ecstatic and cheered wildly. |
| overwhelmed | 9A | 70 | adj | ˌəʊvə'welmd | überwältigt | bouleversé | sopraffatto | if someone is overwhelmed by an emotion, they feel it so strongly that they cannot think clearly | Harriet was overwhelmed by a feeling of homesickness. |
| surprised | 9A | 70 | adj | sə'praɪzd | überrascht | étonné | sorpreso | having the feeling you get when something happens that is unexpected or unusual | I was surprised to see her again so soon. |
| disappointed | 9A | 70 | adj | ˌdɪsə'pɔɪntɪd | enttäuscht | déçu | deluso | unhappy because something you hoped for did not happen, or because someone or something was not as good as you expected | I was disappointed with the grade I got in my maths exam. |
| appalled | 9A | 70 | adj | ə'pɔ:ld | entsetzt | aterré | allibito | very shocked and upset by something very bad or unpleasant | He was appalled at how dirty the place was. |
| angry | 9A | 70 | adj | 'æŋgri | zornig | en colère | arrabbiato | feeling strong emotions which make you want to shout at someone or hurt them because they have behaved in an unfair, cruel, offensive, etc. way or because you think that a situation is unfair, unacceptable, etc. | The workers are angry that they haven't been paid for the week. |
| furious | 9A | 70 | adj | 'fjʊəriəs | wütend | furieux | furioso | extremely angry | She was furious when she found out he'd been lying to her. |
| funny | 9A | 70 | adj | 'fʌni | lustig | drôle | divertente | making you laugh | John told me a really funny joke. |
| hilarious | 9A | 70 | adj | hɪ'leəriəs | urkomisch | hilarant | divertentissimo | extremely funny | The movie has some hilarious scenes. |
| dead on your feet | 9A | 70 | adj phr | ˌded ɒn jə 'fi:t | zum Umfallen müde | être mort de fatigue | sfinito | used when someone keeps going even though they are very tired | She was dead on her feet and didn't have the energy to argue. |
| collapse | 9A | 70 | v | kə'læps | zusammenbrechen | s'écrouler | collassare | to suddenly sit down, especially because you are very tired or want to relax | I was so exhausted when I got home, I just collapsed on the sofa. |
| hit a wall | 9A | 70 | v phr | ˌhɪt ə 'wɔ:l | völlig am Ende sein | être au bout du rouleau | arrivare al limite | to reach the point when you are most physically tired when doing a sport | After five kilometres, you'll probably hit a wall, but it's important to keep going and get another burst of energy. |
| blind panic | 9A | 70 | n phr | ˌblaɪnd 'pæŋɪk | blinde Panik | panique aveugle | panico totale | strong feelings of fear that you cannot control | He ran to the car park in blind panic. |
| I feel a bit tearful | 9A | 70 | adj phr | ə ,bɪt 'tri:fl | den Tränen nahe sein | être au bord des larmes | mi viene da piangere | someone who is a bit tearful is crying a little or almost crying | Seeing a photo of her makes me feel a bit tearful. |
| calm your nerves | 9A | 70 | v phr | ˌkɑ:m jə 'nɜ:vz | seine Nerven beruhigen | calmer la nervosité | calmarsi | to stop yourself feeling worried or frightened | Sean drank a glass of water to calm his nerves. |
| jump for joy | 9A | 70 | v phr | ˌdʒʌmp fə 'dʒɔɪ | Luftsprünge machen | sauter de joie | fare salti di gioia | to be extremely happy and pleased | She tried to stay calm, but she was secretly jumping for joy. |
| have a huge grin | 9A | 70 | v phr | hæv ə ,hju:dʒ 'grɪn | breit grinsen | arborer un large sourire | fare un ampio sorriso | to smile widely | He had a huge grin as he read the letter. |
| get the news | 9A | 70 | v phr | get ðə 'nju:z | die Nachricht bekommen | apprendre les nouvelles | venire a sapere | to hear about something that has happened | She was really upset when she got the news that he had left. |
| put your foot in it | 9A | 70 | v phr | ˌpʊt jə 'fʊt ɪn ɪt | in ein Fettnäpfchen treten | mettre les pieds dans les plats | fare una gaffe con qualcuno | to say something without thinking carefully, so that you embarrass or upset someone | I've really put my foot in it this time. I didn't realise that was her husband! |

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|-----------------------|-------|-----|---------|------------------------|---|---------------------------------------|-------------------------------|--|--|
| go red | 9A | 70 | v phr | ˌgəʊ ˈred | rot werden | rougir | arrossire | if you go red, your face becomes a bright pink colour, especially because you are embarrassed or angry | Every time you mention his name, she goes bright red. |
| feel a bit foolish | 9A | 70 | v phr | ˌfi:l ə bɪt ˈfu:lɪʃ | sich etwas dumm fühlen | je me sens bête | sentirsi un pò stupido | to feel silly | Getting lost in the airport made Igor feel foolish. |
| lash out | 9A | 70 | phr v | ˌlæʃ ˈaʊt | auf jmd. losgehen | s'en prendre à qn | scagliarsi | to suddenly speak angrily to someone or criticise someone angrily | Olson lashed out at the media. |
| scream with rage | 9A | 70 | v phr | ˌskri:m wɪð ˈreɪdʒ | vor Wut schreien | rugir de fureur | urlare di rabbia | to make a loud high noise with your voice because you are very angry | She was escorted out of the office, still screaming with rage at her bosses. |
| lose it | 9A | 70 | v phr | ˈlu:z ɪt | ausrasten | péter les plombs | perdere le staffe | to become very angry and upset | She completely lost it with one of the other students. |
| crack up | 9A | 70 | phr v | ˌkræk ˈʌp | sich totlachen | éclater de rire | piegarsi in due dal ridere | to laugh a lot at something | Everyone in the class just cracked up when their teacher came in dressed as an ostrich. |
| roll around | 9A | 70 | phr v | ˌrəʊl ə ˈraʊnd | sich kugeln vor Lachen | se tordre de rire | spanciarsi dal ridere | to laugh a lot at something | The comedian had the whole audience rolling around. |
| pull someone's leg | 9A | 70 | v phr | ˌpʊl ˌsʌmwʌnz ˈleg | jmd. an der Nase herumführen | faire marcher qn | prendere in giro qualcuno | to tell someone something that is not true, as a joke | I haven't won, have I? You're pulling my leg! |
| so grateful | 9A | 70 | adj phr | ˌsəʊ ˈɡreɪtful | so dankbar | tellement reconnaissant | immensamente grato | feeling strongly that you want to thank someone because of something kind that they have done | I'm so grateful for all your help. |
| I couldn't take it in | 9A | 70 | v phr | ˌkʊdnt ˌteɪk ɪt ˈɪn | Ich konnte gar nicht alles aufnehmen | Je ne pouvais pas absorber tout | Non sono riuscito a riceverlo | to understand and remember new facts and information | I was so surprised at what he told me that I couldn't take it all in. |
| lost for words | 9A | 70 | adj phr | ˌlɒst fə ˈwɜ:dz | es hat jmd. die Sprache verschlagen | ne pas savoir quoi dire | senza parole | unable to say anything because you are very surprised, upset, etc. | When they announced that she had won, she was lost for words. |
| disgusting behaviour | 9A | 70 | n phr | dɪs ˌɡʌstɪŋ bɪ ˈheɪvjə | abstoßendes Verhalten | comportement odieux | comportamento vergognoso | used to talk about things someone does which are shocking and unacceptable | This is disgusting behaviour from someone in his position. |
| tut | 9A | 70 | v | tʌt | einen Laut der Missbilligung von sich geben | produire un tss-tss de désapprobation | dire "puah" | to express disapproval by making a sound by touching the top of your mouth with your tongue | People tutted as they walked past him lying on the pavement. |
| write to complain | 9A | 70 | v phr | ˌraɪt tə kəm ˈpleɪn | sich schriftlich beschweren | se plaindre par écrit | fare un reclamo | to put words in a letter to someone to say that you are annoyed, not satisfied or unhappy about something or someone | We wrote to the restaurant to complain about the poor service. |
| make it | 9A VB | 164 | v phr | ˈmeɪk ɪt | es geschafft haben | réussir | farcela | to be successful at something, for example in your job | I'll only feel I've made it once I've become a surgeon. |
| let's face it | 9A VB | 164 | v phr | ˌlets ˈfeɪs ɪt | seien wir ehrlich | admettons-le | amettiamolo | let us accept that a difficult situation or problem exists, even though we would prefer to ignore it | Let's face it, Rachel, you can't survive on a salary that low. |
| call it a day | 9A VB | 164 | v phr | ˌkɔ:l ɪt ə ˈdeɪ | es für heute genug sein lassen | suffire pour aujourd'hui | chiudere la giornata | to decide to stop working, especially because you have done enough or you are tired | Come on, let's call it a day and go home. |
| far from it | 9A VB | 164 | adv phr | ˌfɑ: ˈfrɒm ɪt | weit davon entfernt | loin de là | neanche per sogno! | used to say that the opposite of what has just been said is true | Local people aren't objecting – far from it, they would welcome wind turbines in the area. |
| come to think of it | 9A VB | 164 | v phr | ˌkʌm tə ˈθɪŋk əv ɪt | wenn ich es mir recht überlege | au fait | pensandoci | used to add something that you have just realised or remembered | Come to think of it, George did seem a bit depressed yesterday. |
| go for it | 9A VB | 164 | v phr | ˌgəʊ fər ɪt | sich um etwas bemühen | fonce! | buttarsi | used to encourage someone to try to achieve something | If you really want the job, go for it! |
| lose it | 9A VB | 164 | v phr | ˈlu:z ɪt | ausflippen | péter les plombs | perdere le staffe | to become very angry and upset | Emily totally lost it when Paul criticised her driving. |
| put your foot in it | 9A VB | 164 | v phr | ˌpʊt jə ˈfʊt ɪn ɪt | in ein Fettnäpfchen treten | mettre les pieds dans les plats | fare una gaffe con qualcuno | to say something without thinking carefully, so that you embarrass or upset someone | I think I might have put my foot in it when I asked him what he does as a job. |
| come off it | 9A VB | 164 | v phr | ˌkʌm ˈɒf ɪt | Hör auf! Hören Sie auf! | Arrête! Arrêtez! | finiscila | used to tell someone that you do not believe what they are saying | Oh come off it! You can't seriously be saying you knew nothing about this. |
| think better of it | 9A VB | 164 | v phr | ˌθɪŋk ˈbetər əv ɪt | es sich noch einmal überlegen | se raviser | ripensarci | to not do something that you had planned to do, because you realise that it is not a good idea | He started to say something, then thought better of it. |
| spit it out | 9A VB | 164 | v phr | ˌspɪt ɪt ˈaʊt | es ausspucken | cracher le morceau | sputa il rospo | used to ask someone to tell you something that they seem too frightened or embarrassed to say | Come on, Jean. Spit it out! We all want to know what you think of the new design. |

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|---------------------|----|----|-------|-----------------------|--------------------------|--------------------------|---------------------------|--|--|
| cynical | 9B | 73 | adj | 'sɪnɪkəl | zynisch | cynical | cinico | unwilling to believe that people have good, honest or sincere reasons for doing something | The public is cynical about election promises. |
| content | 9B | 73 | adj | kən'tent | zufrieden | content | contento | happy and satisfied | We'll be content with a respectable result in tomorrow's match. |
| determined | 9B | 73 | adj | dɪ'tɜ:mɪnd | entschlossen | résolu, déterminé | determinato | having a strong desire to do something, so that you will not let anyone stop you | I was determined to be a doctor. |
| dry sense of humour | 9B | 73 | n phr | 'draɪ sens əv 'hju:mə | trockener Humor | humour pince-sans-rire | senso dell'umorismo secco | someone with a dry sense of humour says funny and clever things while seeming to be serious | He had a delightfully dry sense of humour; it wasn't always easy to tell when he was joking. |
| intense | 9B | 73 | adj | ɪn'tens | intensiv, anstrengend | intense | impegnativo | someone who is intense is serious and has very strong feelings or opinions | She's a little too intense for me. We never seem to be able to just relax and have fun together. |
| liberal | 9B | 73 | adj | 'lɪbərəl | liberal | libéral | liberale | willing to understand and respect other people's ideas, opinions and feelings | I had quite liberal parents. They encouraged me to travel and get some experience of life. |
| modest | 9B | 73 | adj | 'mɒdəst | bescheiden | modeste | modesto | someone who is modest does not want to talk about their abilities or achievements | She was surprisingly modest about her own achievements as a player. |
| charming | 9B | 73 | adj | 'tʃɑ:mɪŋ | charmant | charmant | affascinante | behaving in a polite and friendly way, which makes people like you and want to do things for you | The salesman was very charming. |
| demanding | 9B | 73 | adj | dɪ'mɑ:ndɪŋ | anspruchsvoll | exigeant | esigente | expecting a lot of attention or expecting to have things exactly the way you want them, especially in a way that is not fair | Her elderly mother could be very demanding at times. |
| controlling | 9B | 73 | adj | kən'trəʊlɪŋ | kontrollierend | contrôlant | dominante | always trying to make someone do what you want | She wanted to get away from her controlling parents. |
| lighten up | 9B | 73 | phr v | 'laɪtn 'ʌp | lockerer werden | se détendre | rilassarsi | to not be so serious about something | You need to lighten up a bit; it doesn't matter that she's going to be a little late. |
| smooth talker | 9B | 73 | n | 'smu:ð 'tɔ:kə | Schönredner | beau parleur | chiacchierone | someone who is good at persuading people and saying nice things, but you do not trust them | Mark is a smooth talker, but I don't really believe what he says. |
| whine | 9B | 73 | v | wɑɪn | jammern | se plaindre | piagnucolare | to complain in a sad annoying voice about something | 'I don't understand,' whined Rose. |
| soar | 9C | 74 | v | sɔ: | plötzlich stark steigen | monter en flèche | salire | to increase quickly to a high level | Her temperature soared and her cough got worse. |
| shrink | 9C | 74 | v | ʃrɪŋk | schrumpfen | diminuer | restringersi | to become or to make something smaller in amount, size or value | The company's staff had shrunk to only four people. |
| slump | 9C | 74 | v | slʌmp | nachlassen, stark fallen | décliner | crollare | to suddenly go down in price, value or number | The euro slumped to a record low. |
| plunge | 9C | 74 | v | plʌndʒ | fallen | plonger | cadere | if a price, rate, etc. plunges, it suddenly decreases by a large amount | The unemployment rate plunged sharply. |
| slash | 9C | 74 | v | slæʃ | drastisch kürzen | réduire considérablement | tagliare | to greatly reduce (an amount, price, etc.) – used especially in newspapers and advertising | Prices have been slashed for one week only! |
| slip | 9C | 74 | v | slɪp | nachlassen | baisser, diminuer | cadere | to become worse or lower than before | His popularity slipped further after a series of scandals. |
| dip | 9C | 74 | n | dɪp | Tief | baisse, diminution | calo | a slight decrease in the amount of something | There was a temporary dip in temperatures last night. |
| hike | 9C | 74 | n | haɪk | Erhöhung | hausse, augmentation | aumento | a large increase in prices, wages, taxes, etc. | The president has proposed a hike in the minimum wage. |
| surge | 9C | 74 | n | sɜ:dʒ | Anstieg | hausse | rincarare | a sudden increase in amount or number | There was a surge in oil prices as a result of the recent conflict. |
| decline | 9C | 74 | n | dɪ'klaɪn | Rückgang | déclin | declino | a decrease in the quality, quantity or importance of something | The last three years have seen a dramatic decline in the number of tigers in the area. |
| epidemic | 9C | 74 | n | 'epə'demɪk | Epidemie | épidémie | ondata | a sudden increase in the number of times that something bad happens | Britain is suffering an epidemic of petty crime. |
| explosion | 9C | 74 | n | ɪk'spləʊʒən | Explosion | explosion | esplosione | a sudden or quick increase in the number or amount of something | There has been an explosion of interest in networking websites in the last few years. |

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|------------|-------|-----|-------|---------------|---------------------------|----------------------------|---|---|---|
| adjust | 9C VB | 164 | v | ə'dʒʌst | einstellen | ajuster, régler | aggiustare | to change or move (something) slightly to improve it or make it more suitable for a particular purpose | Check and adjust the brakes regularly. |
| alert | 9C VB | 164 | n | ə'lɜ:t | Warnung | alerte | allarme | a warning to be ready for possible danger | The bomb alert was raised soon after midnight. |
| alert | 9C VB | 164 | v | ə'lɜ:t | benachrichtigen | alerter | allertare | to officially warn (someone) about a problem or danger so that they are ready to deal with it | The school immediately alerted the police. |
| auction | 9C VB | 164 | n | 'ɔ:kʃən | Auktion | vente aux enchères | asta | a public meeting where land, buildings, paintings, etc. are sold to the person who offers the most money for them | This week 14 of his paintings were put up for auction. |
| auction | 9C VB | 164 | v | 'ɔ:kʃən | versteigern | vendre aux enchères | mettere all'asta | to sell something at an auction | They are going to auction the family's farm next week. |
| blast | 9C VB | 164 | n | blɑ:st | Explosion | explosion | esplosione | an explosion, or the very strong movement of air that it causes | Thirty-six people died in the blast. |
| blast | 9C VB | 164 | v | blɑ:st | sprengen | faire sauter | far saltare | to damage or destroy something, or to injure or kill someone, using a gun or a bomb | The first shot missed and blasted a hole in the far wall. |
| contrast | 9C VB | 164 | n | 'kɒntrɑ:st | Kontrast | contraste | contrasto | a difference between people, ideas, situations, things, etc. that are being compared | I noticed a marked contrast in his behaviour before and after treatment. |
| contrast | 9C VB | 164 | v | kən'trɑ:st | kontrastieren | contraster | contrastare | if two things contrast, the difference between them is very easy to see and is sometimes surprising | These results contrast sharply with other medical tests carried out in Australia. |
| dip | 9C VB | 164 | n | dɪp | Rückgang | baisse | calo | a slight decrease in the amount of something | There's been an unexpected dip in profits this year. |
| dip | 9C VB | 164 | v | dɪp | sinken | chuter | calare | if an amount or level dips, it becomes less, usually for just a short time | Temperatures dipped to -10°C last night. |
| dispose of | 9C VB | 164 | v | dɪ'spəʊz | beseitigen | se débarrasser de | smaltire | if you dispose of something you get rid of it, especially something that is difficult to get rid of or that is no longer needed or wanted | The incinerator was built to dispose of toxic waste. |
| exhibit | 9C VB | 164 | n | ɪg'zɪbɪt | Exponat | oeuvre exposée | opera esposta | something, for example a painting, that is put in a public place so that people can go to see it | The exhibits date from the 17th century. |
| exhibit | 9C VB | 164 | v | ɪg'zɪbɪt | ausstellen | exposer | esporre | to show (something) in a public place so that people can go to see it | Her paintings have been exhibited all over the world. |
| hike | 9C VB | 164 | n | haɪk | Wanderung | randonnée | camminata in montagna/campagna | a long walk in the mountains or countryside | We went for a hike in the woods with the dogs. |
| hike | 9C VB | 164 | v | haɪk | wandern | faire une randonnée à pied | fare una camminata in montagna/campagna | to take a long walk in the mountains or countryside | Our plan for the summer is to hike the Pennine Way. |
| insult | 9C VB | 164 | n | 'ɪnsʌlt | Kränkung | insulte | insulto | a remark or action that is offensive or deliberately rude | She was shouting insults at her boyfriend. |
| insult | 9C VB | 164 | v | ɪn'sʌlt | kränken | insulter | insultare | to offend (someone) by saying or doing something they think is rude | I hope Andy won't be insulted if I don't come. |
| rebel | 9C VB | 164 | n | 'rebəl | Rebell | rebelle | ribelle | someone who opposes or fights against people in authority | Anti-government rebels attacked the town. |
| rebel | 9C VB | 164 | v | rɪ'bel | rebellieren | se révolter | ribellarsi | to oppose or fight against someone in authority or against an idea or situation which you do not agree with | Ministers from all parties joined forces to rebel against the proposal. |
| slump | 9C VB | 164 | n | slʌmp | Krise, Konjunkturrückgang | chute, baisse | recessione | a period when there is a reduction in business and many people lose their jobs | The war was followed by an economic slump. |
| slump | 9C VB | 164 | v | slʌmp | fallen, stark zurückgehen | décliner | crollare | to suddenly go down in price, value or number | Sales slumped by 20% last year. |
| a good job | 9D | 76 | n phr | ə'gʊd'dʒɒb | ein Glück | quelle chance que | una fortuna | used to say that you are glad something happened, because there would have been problems if it had not happened | It's a good job you're at home. I've lost my keys. |
| chuck out | 9D | 76 | phr v | 'tʃʌk'aʊt | wegwerfen | jeter | buttare via | to throw (something) away because you do not want it any more | It was broken so I chucked it out. |
| uni mates | 9D | 76 | n pl | 'ju:ni'meɪtɪz | Studienfreunde | amis de l'université | compagni di università | friends from university | Over 20 years since we graduated, I still meet up with my uni mates every few months. |

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|---------------|-----|----|----------|----------------|--------------------------|-----------------------------|----------------------|--|--|
| be up for | 9D | 76 | v phr | bi 'ʌp fə | bei etwas dabei sein | tenter qn. | starci | willing to do something or interested in doing something | We're going for a pizza later – are you up for it? |
| on the cards | 9D | 76 | adj phr | ˌɒn ðə 'kɑːdz | zu erwarten | inéluçtable | da aspettarsi | to seem likely to happen | At 3–1 down, another defeat seemed to be on the cards. |
| touch wood | 9D | 76 | v phr | ˌtʌtʃ 'wʊd | auf Holz klopfen | toucher du bois | toccare ferro | said just after you have said that things are going well for you, when you want your good luck to continue | I'm hoping to drive up to visit them. Touch wood, I'll pass my driving test next week! |
| go into | 9D | 76 | phr v | gəʊ 'ɪntu | auf etw. eingehen | rentrer dans | entrare in | to explain, describe or examine (something) in detail | I haven't got time to go into details now. |
| rubbish | 9D | 76 | adj | 'rʌbɪʃ | schlecht | nul | incapace | really bad | my brother's playing hockey for a rubbish team. |
| go on about | 9D | 76 | phr v | gəʊ 'ɒn | ständig über etwas reden | ne pas arrêter de parler de | dilungarsi su | to continue to discuss someone or something | The way she went on about yesterday's trip, you would have thought it was all my |
| get the chop | 9D | 76 | v phr | get ðə 'tʃɒp | rausfliegen | être mis à la porte | essere buttato fuori | if you get or are given the chop, you lose your job | Six more staff got the chop last week. |
| physicist | 10A | 79 | n | 'fɪzɪsɪst | Physiker/in | physicien/ne | fisico | a scientist who has special knowledge and training in the study of physical objects and substances and of natural forces such as light, heat and movement | Karl Bechert was a German physicist who was opposed to nuclear power. |
| experimental | 10A | 79 | adj | ɪkˌsperə'mentl | experimentell | expérimental | sperimentale | used for, relating to or resulting from experiments | A hypothesis is tested by finding experimental evidence for it. |
| theoretically | 10A | 79 | adv | θɪə'retɪkli | theoretisch | théoriquement | teoricamente | according to a scientific idea that has not been proven to be true in a practical way | It is theoretically possible for computers to be programmed to think like humans. |
| genetic | 10A | 79 | adj | dʒə'netɪk | genetisch | génétique | genetico | a genetic disease or condition is caused by a gene (a part of a cell in a living thing that controls what it looks like, how it grows and how it develops. People get their genes from their parents | She has a genetic condition that affects brain function. |
| reliable | 10A | 79 | adj | rɪ'laɪəbəl | zuverlässig | fiable | affidabile | someone or something that is reliable can be trusted or depended on | Vaccination is the only reliable method of preventing this disease. |
| statistical | 10A | 79 | adj | stə'tɪstɪkəl | statistisch | statistique | statistico | relating to a set of numbers which represent facts or measurements | There is little statistical data on the country's economy. |
| trial | 10A | 79 | v | 'traɪəl | testen | tester | testare | to thoroughly test (something) to see if it works correctly or is effective | These techniques were trialled by teachers in 300 schools. |
| at random | 10A | 79 | prep phr | ət 'rændəm | nach dem Zufallsprinzip | au hasard | a caso | without any definite plan, aim or pattern | The gang picked their victims at random. |
| proof | 10A | 79 | n | pruːf | Beweis | preuve | prova | facts, information, documents, etc. that prove something is true | There is now proof that giant squid do exist. |
| classify | 10A | 79 | v | 'klæsɪfaɪ | klassifizieren | classer | classificare | to decide what group (something) belongs to | Families are classified according to the father's occupation. |
| invalid | 10A | 79 | adj | ɪn'vælɪd | ungültig | non valide | non valido | an argument, reason, etc. that is invalid is not based on true facts or clear ideas and lacks good judgement | The claim that the vaccine causes mental illness is based on invalid evidence. |
| simulation | 10A | 79 | n | ˌsɪmjə'leɪʃən | Simulation | simulation | simulazione | the activity of producing conditions which are similar to real ones, especially in order to test something, or the conditions that are produced | Computer simulation is used to train airline pilots. |
| be set | 10B | 81 | v phr | bi 'set | spielen | être situé | essere ambientato | if a film, play, story, etc. is set in a particular place or period, the action takes place there or then | The novel is set in France, in the 19th century. |
| controversial | 10B | 81 | adj | ˌkɒntrə'vɜːʃəl | kontrovers | controversé | controverso | causing a lot of disagreement, because many people have strong opinions about the subject being discussed | I tried to avoid controversial topics such as politics and religion. |
| protagonist | 10B | 81 | n | prəʊ'tæɡənɪst | Protagonist | protagoniste | protagonista | the most important character in a play, film or story | The events of the novel are seen through the eyes of the protagonist, a 10-year-old boy. |
| gripping | 10B | 81 | adj | 'ɡrɪpɪŋ | fesselnd | captivant | avvincente | a gripping film, story, etc. is very exciting and interesting | There's a gripping account of how the climbers got down from the mountain. |
| descriptive | 10B | 81 | adj | dɪ'skrɪptɪv | beschreibend | descriptif | descrittivo | giving a description of something | Some of the novel's descriptive passages are a little long. |

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| disturbing | 10B | 81 | adj | dɪ'stɜːbɪŋ | verstörend | inquiétant | inquietante | worrying or upsetting | From the start of the film, the relationship between the two brothers is somehow disturbing. |
| twist at the end | 10B | 81 | n phr | 'twɪst ət ði 'end | Wendung am Ende | coup de théâtre à la fin | svolta alla fine | an unexpected feature or change in a situation or series of events | At the very end of the film, an unexpected twist is revealed in the plot. |
| masterpiece | 10B | 81 | n | 'mɑːstəpiːs | Meisterwerk | chef-d'œuvre | capolavoro | a work of art, a piece of writing or music, etc. that is of very high quality or that is the best that a particular artist, writer, etc. has produced | Mary Shelley was just 18 when she wrote the horror masterpiece 'Frankenstein'. |
| narrator | 10B | 81 | n | nə'reɪtə | Erzähler/in | narrateur/-trice | narratore | the person who tells the story in a book or a play | The narrator remains on stage throughout the play. |
| portrait | 10B | 81 | n | 'pɔːtrət | Porträt | portrait | ritratto | a description or representation of something or someone | This short story offers a compelling portrait of working life in America in the 1930s. |
| autobiographical | 10B VB | 165 | adj | ˌɔːtəbaɪə'græfɪkəl | autobiografisch | autobiographique | autobiografico | written by someone who is describing their own life or experiences | David Copperfield' is partly autobiographical, because some of the events occurred in Dickens's own life. |
| chic | 10B VB | 165 | adj | ʃiːk | schick | chic | chic | very fashionable and expensive, and showing good judgement of what is attractive and good style | Margaret was looking very chic in blue. |
| chilly | 10B VB | 165 | adj | 'tʃɪli | kühl | froid | freddo | chilly weather or places are cold enough to make you feel uncomfortable | It was a bright but chilly November morning. |
| committed | 10B VB | 165 | adj | kə'mɪtɪd | engagiert | dévoué | impegnato | willing to work very hard at something | Both sides claim to be fully committed to the peace process. |
| curly | 10B VB | 165 | adj | 'kɜːli | lockig | bouclé | riccio | curly hair hangs in a lot of curved shapes | Fabio has long dark curly hair. |
| descriptive | 10B VB | 165 | adj | dɪ'skrɪptɪv | beschreibend | descriptif | descrittivo | giving a description of something | I enjoy the descriptive passages in her blog; she draws a fascinating picture of Costa Rica. |
| dim | 10B VB | 165 | adj | dɪm | begriffsstutzig | bouché | ottuso | not intelligent | You can be really dim sometimes! |
| fictional | 10B VB | 165 | adj | 'fɪkʃənəl | fiktiv | fictif | inventato | fictional people, events, etc. are imaginary and from a book or story | The novel is set in the fictional German town of Kreiswald. |
| filthy | 10B VB | 165 | adj | 'fɪlθi | schmutzig | sale | sporco | very dirty | Each year filthy water causes millions of cases of illness. |
| frosty | 10B VB | 165 | adj | 'frɒsti | frostig, eisig | glacial | gelido | in frosty weather, the air is very cold so the ground is covered in frost (a white powder) | The frosty weather made the countryside look even more beautiful. |
| harsh | 10B VB | 165 | adj | hɑːʃ | rau | rigoureux | duro | harsh conditions are difficult to live in and very uncomfortable | Siberia has a very harsh climate and the temperature can go below -30 degrees. |
| humid | 10B VB | 165 | adj | 'hjuːmɪd | feucht | humide | umido | if the weather is humid, you feel uncomfortable because the air is very wet and usually hot | I found Florida unpleasantly humid. |
| mainstream | 10B VB | 165 | adj | 'meɪnstriːm | regulär | normal, général | mainstream | accepted by or involving most people in a society | Deaf children can often be included in mainstream education. |
| naïve | 10B VB | 165 | adj | naɪ'ɪːv | naiv | naïf | ingenuo | not having much experience of how complicated life is, so that you trust people too much and believe that good things will always happen | It would be naïve to think that this could solve all the area's problems straight away. |
| sharp | 10B VB | 165 | adj | ʃɑːp | scharf | vif d'esprit | acuto | able to think and understand things very quickly, and not easily deceived | Douglas is 92, but his mind is as sharp as ever. |
| tanned | 10B VB | 165 | adj | tænd | gebräunt | bronzé | abbronzato | having a darker skin colour because you have been in the sun | We were all looking quite tanned when we came back from Crete. |
| irony | 10C | 82 | n | 'aɪərəni | Ironie | ironie | ironia | when you use words that are the opposite of what you really mean, often in order to be amusing | 'Of course Michael won't be late; you know how punctual he always is,' she said with heavy irony. |
| slapstick | 10C | 82 | n | 'slæpstɪk | Slapstick | bouffon | slapstick | humorous acting in which the performers fall over, throw things at each other, etc. | Laurel and Hardy were famous slapstick comedians. |
| black humour | 10C | 82 | n phr | ˌblæk 'hjuːmə | schwarzer Humor | humour noir | umorismo nero | jokes, funny stories, etc. about the unpleasant parts of life | The tone of the film is light but there are moments of black humour. |
| practical joke | 10C | 82 | v phr | ˌpræktɪkəl 'dʒəʊk | Streich | farce | scherzo | a trick that is intended to give someone a surprise or shock, or to make them look stupid | What the workers think is a practical joke, management might regard as sabotage. |
| stereotype | 10C | 82 | n | 'sterɪəʊtaɪp, 'stɪər- | Stereotyp | stéréotype | stereotipo | a belief or idea of what a particular type of person or thing is like. Stereotypes are often unfair or untrue. | Such cartoons show how persistent national stereotypes are. |

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| satire | 10C | 82 | n | 'sætəreɪ | Satire | satire | satira | a way of criticising something such as a group of people or a system, in which you deliberately make them seem funny so that people will see their faults | I used to love that comedy group which used puppets to do political satire. |
| keep a straight face | 10C | 82 | v phr | 'ki:p ə ,streɪt 'feɪs | keine Miene verziehen | garder son sérieux | mantenere un'espressione impassibile | to not laugh or smile, even though you would like to because something is funny | I tried to keep a straight face when the headteacher fell off his chair, but it was impossible not to laugh. |
| dry sense of humour | 10C | 82 | adj | draɪ | trockener Humor | humour pince-sans-rire | senso dell'umorismo secco | someone with a dry sense of humour says funny and clever things while seeming to be serious | I couldn't tell whether Martin was being serious about the dead cat or if it was just his dry sense of humour. |
| pun | 10C | 82 | n | pʌn | Wortspiel | jeu de mots | gioco di parole | an amusing use of a word or phrase that has two meanings, or of words that have the same sound but different meanings | 'Seven days without food makes one weak' is a pun on the words 'week' and 'weak'. |
| witty | 10C | 82 | adj | 'wɪti | geistreich | plein d'esprit | arguto | using words in a clever and amusing way | She writes witty articles about everyday life for a Sunday newspaper. |
| get it | 10C | 82 | v phr | 'get ɪt | es kapiieren | comprendre | arrivarci | to understand something | Do you get it? He's telling her that he's leaving, but he isn't actually saying those words. |
| not get it | 10C VB | 165 | v phr | 'nɒt 'get ɪt | es nicht kapiieren | ne pas comprendre | non arrivarci | to not understand something | I don't get it – it doesn't make sense. |
| get nowhere | 10C VB | 165 | v phr | get 'nəʊweə | nichts bringen | piétiner | non arrivare da nessuna parte | if you get nowhere or if an action gets you nowhere, you don't make any progress | I've tried arguing, but it got me nowhere. |
| get a life | 10C VB | 165 | v phr | get ə 'laɪf | Mach etwas aus deinem Leben | va t'acheter une vie! | fai qualcosa della tua vita | used to tell someone that you think they are boring and should find more exciting things to do | You guys should just stop moaning and get a life! |
| get a word in edgeways | 10C VB | 165 | v phr | get ə 'wɜ:d ɪn 'edʒweɪz | zu Wort kommen | pouvoir placer un mot | riuscire a parlare | to get a chance to say something | Once George starts talking it's difficult to get a word in edgeways. |
| get on the wrong side of someone | 10C VB | 165 | v phr | 'get ɒn ðə 'rɒŋ 'saɪd əv ,sʌmwʌn | es sich mit jmd. verderben | perdre les faveurs de qn | mettersi qualcuno contro | to do something that gives (someone) a bad opinion of you, so that they do not like or respect you in the future | Be careful not to get on the wrong side of the nursing manager. |
| don't get me wrong | 10C VB | 165 | v phr | 'dəʊnt get mi 'rɒŋ | versteh mich nicht falsch | entends-moi bien | non mi fraintendere | used when you think someone may understand your remarks wrongly or be offended by them | Don't get me wrong, I love Molly because she's my sister – but sometimes I find her really annoying. |
| get it out of your system | 10C VB | 165 | v phr | 'get ɪt ,aʊt əv jə 'sɪstəm | sich von etwas befreien | évacuer qc | sfogarsi | to do something that helps you get rid of unpleasant strong feelings | I was furious, so I went for a run to get it out of my system. |
| get on your nerves | 10C VB | 165 | v phr | 'get ɒn jə 'nɜ:vz | jmd. auf die Nerven gehen | taper sur les nerfs de qn | dare ai propri nervi | if someone gets on your nerves, they annoy you, especially by doing something all the time | She's always moaning. It really gets on my nerves. |
| get even | 10C VB | 165 | v phr | get 'i:vən | mit jmd. abrechnen | prendre sa revanche | vendicarsi | to do something unpleasant to someone to punish them for something that they did to you | Asha thinks she's got away with it, but I'll get even with her one day. |
| get lost | 10C VB | 165 | v phr | get 'lɒst | verschwinden, abhauen | aller voir ailleurs | andare al diavolo | used to rudely tell someone to go away or to stop annoying you | Jack tried to apologise but Stella told him to get lost. |