



Wordlist Expert Proficiency

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
take (sth) into consideration	noun phrase	teɪk (*) 'ɪntə kən,sɪdə'reɪʃən	to remember to think about something important when you are making a decision or judgement	We will take your recent illness into consideration when marking your exams.	1B - It's live!
hark back	phrasal verb	hɑ:k bæk	to remember and talk about things that happened in the past	Stop harking back to the past and start looking to the future.	1B - It's live!
tag along	phrasal verb	tæg ə'lɒŋ	to go somewhere with someone, especially when they have not asked you to go with them	Susan's little sister tagged along with us everywhere we went.	1B - It's live!
get your teeth into (sth)	phrase	get jə ti:θ 'ɪntə (*)	to start to do something with a lot of energy and determination	I can't wait to get my teeth into the new course.	1B - It's live!
ruthlessness	noun	'ru:θləsnəs	the quality of being determined and firm when making unpleasant decisions	He showed great ruthlessness in dealing with his enemies.	1A - Have you got what it takes?
thrive on (sth)	phrasal verb	θraɪv ɒn (*)	to enjoy or be successful in a particular situation, especially one that other people find difficult or unpleasant	Unlike most of us, she seems to thrive on pressure.	1B - It's live!
mediocrity	noun	,mi:di'ɒkrəti	the state of not being very good	I was disappointed by the mediocrity of the food at the hotel.	1A - Have you got what it takes?
commercially viable	noun phrase	kə'mɜ:ʃəli 'vaɪəbəl	if a business, project etc is commercially viable, it will make a profit	Rising costs mean the project is no longer commercially viable.	1A - Have you got what it takes?
bring (sth) to fruition	phrase	bɪŋ (*) tə fru'ɪʃən	if a plan, project etc is brought to fruition, it is successfully put into action and completed, often after a long process	Many people have worked together to bring this scheme to fruition.	1A - Have you got what it takes?

Word	Part of speech	Pron	Definition	Example	Unit
tatty	adjective	'tæti	in bad condition	a few tatty old chairs	1A - Have you got what it takes?
jaded	adjective	'dʒeɪdəd	someone who is jaded is no longer interested in or excited by something, usually because they have experienced too much of it	The concert should satisfy even the most jaded critic.	1A - Have you got what it takes?
notorious	adjective	nəʊ'tɔ:riəs	famous or well known for something bad	notorious cases of human rights abuses	1A - Have you got what it takes?
hustle	verb	'hʌsəl	to do something with a lot of energy and determination	Cindy's not a great player, but she really hustles.	1A - Have you got what it takes?
resilience	noun	rɪ'zɪliəns	the ability to become strong, happy, or successful again after a difficult situation or event	People showed remarkable resilience during the war.	1A - Have you got what it takes?
prerequisite	noun	pri:'rekwəzət	something that is necessary before something else can happen or be done	A reasonable proficiency in English is a prerequisite for the course.	1A - Have you got what it takes?
sartorial	adjective	sɑ:'tɔ:riəl	relating to clothes, especially the style of clothes that a man wears – used especially humorously	a man of great sartorial elegance	1A - Have you got what it takes?
lousy	adjective	'laʊzi	of very bad quality	What lousy weather!	1A - Have you got what it takes?
plateau	noun	'plætəʊ	a period during which the level of something does not change, especially after a period when it was increasing	Inflation rates have reached a plateau.	1A - Have you got what it takes?
innate	adjective	ɪ'neɪt	an innate quality or ability is something you are born with	Children have an innate ability to learn language.	1A - Have you got what it takes?
dilemma	noun	də'lemə	a situation in which it is very difficult to decide what to do, because all the choices seem equally good or equally bad	a moral dilemma	1A - Have you got what it takes?

Word	Part of speech	Pron	Definition	Example	Unit
acclaimed	adjective	ə'kleɪmd	publicly praised by a lot of people	His work was critically acclaimed.	1A - Have you got what it takes?
veneer	noun	və'niə	behaviour that hides someone's real character or feelings	A thin veneer of politeness hid Lady Bride's growing anger.	1A - Have you got what it takes?
animated	adjective	'ænəmeɪtəd	a film or programme that shows pictures, clay models etc that seem to be really moving	an animated Disney film	1A - Have you got what it takes?
emulate	verb	'emjələɪt	to do something or behave in the same way as someone else, especially because you admire them	He hoped to emulate the success of Wilder.	1A - Have you got what it takes?
lucrative	adjective	'lu:kɹətɪv	a job or activity that is lucrative lets you earn a lot of money	He inherited a lucrative business from his father.	1A - Have you got what it takes?
hard-pressed	adjective	hɑ:dprest	having a lot of problems and not enough money or time	The new exams will only add to the workload of already hard-pressed teachers.	1B - It's live!
passable	adjective	'pɑ:səbəl	fairly good, but not excellent	He can do a passable imitation of the maths teacher.	1B - It's live!
counteract	verb	'kaʊntər'ækt	to reduce or prevent the bad effect of something, by doing something that has the opposite effect	They gave him drugs to counteract his withdrawal symptoms.	1B - It's live!
inevitable	adjective	ɪ'nevətəbəl	certain to happen and impossible to avoid	A further escalation of the crisis now seems inevitable.	1B - It's live!
sedentary	adjective	'sedəntəri	spending a lot of time sitting down, and not moving or exercising very much	health problems caused by our sedentary lifestyles	1B - It's live!
hilarious	adjective	hɪ'leəriəs	extremely funny	a hilarious story	1B - It's live!
expertise	noun	'ekspɜ:'ti:z	special skills or knowledge in a particular subject, that you learn by experience or training	What he's bringing to the company is financial expertise.	1B - It's live!

Word	Part of speech	Pron	Definition	Example	Unit
odd	adjective	ɒd	a few occasions, days etc that happen at various times but not often and not regularly	I take the odd day off work.	1B - It's live!
mutual	adjective	'mju:tʃuəl	mutual feelings such as respect, trust, or hatred are feelings that two or more people have for each other	Mutual respect is necessary for any partnership to work.	1B - It's live!
spectrum	noun	'spektrəm	a complete range of opinions, people, situations etc, going from one extreme to its opposite	The two articles here represent opposite ends of the spectrum.	1B - It's live!
soul	noun	səʊl	the special quality or part that gives something its true character	Basho's poems capture the true soul of old Japan.	1B - It's live!
mime	noun	maɪm	the use of movements to express what you want to say without using words, or a play where the actors use only movements	The children learn through role-play, dance and mime.	1B - It's live!
stretch	verb	stretʃ	to make someone use all of their skill, abilities, or intelligence	The work's too easy. The students aren't being stretched enough.	1B - It's live!
wail	verb	weɪl	to make a long high sound	The wind wailed in the chimney.	1B - It's live!
tragedy	noun	'trædʒədi	a serious play or book that ends sadly, especially with the death of the main character	'Hamlet' is one of Shakespeare's best known tragedies.	1B - It's live!
bowl (sb) over	phrasal verb	bəʊl (*) 'əʊvə	to surprise, please, or excite someone very much	I was bowled over by the beauty of the landscape.	10B - Learning: where do we go from here?
detract from (sth)	phrasal verb	dɪ'trækt frəm (*)	to make something seem less good	One poor performance does not detract from the team's achievements.	10A - Professional concerns
fall into place	verb phrase	fɔ:l 'ɪntə pleɪs	if parts of a situation that you have been trying to understand fall into place, you start to understand how they are connected with each other	Suddenly, all the details started falling into place.	10B - Learning: where do we go from here?

Word	Part of speech	Pron	Definition	Example	Unit
be at a loose end	noun phrase	bi ət ei lu:s end	to have nothing to do	I was at a loose end so I decided to go see an old movie.	10B - Learning: where do we go from here?
mess (sth) up	phrasal verb	mes (*) ʌp	to spoil or ruin something, especially something important or something that has been carefully planned	I felt like I had messed my whole life up and needed to make a new start.	10A - Professional concerns
naivety	noun	naɪ' i:vəti	the quality of trusting people too much and believing that good things will always happen, because you do not have much experience of life	Talking to the press showed great political naivety.	10A - Professional concerns
nothing ventured, nothing gained	phrase	'nʌθɪŋ ,ventʃəd, 'nʌθɪŋ ,geɪnd	used to say that you cannot achieve anything unless you take risks	His motto when it comes to business is: nothing ventured, nothing gained.	10A - Professional concerns
faint-hearted	adjective	'feɪnt 'hɑ:təd	not trying very hard, usually because you do not want to do something or are not confident that you will succeed	He made a faint-hearted attempt to stop her leaving.	10A - Professional concerns
knock (sb) down with a feather	verb phrase	nɒk (*) daʊn wið ei 'feðə	used humorously to say that you are very surprised about something	When he told me he was 60, you could have knocked me down with a feather.	10B - Learning: where do we go from here?
headhunt	verb	'hed ,hʌnt	to persuade someone to leave their present job by offering them another job with higher position or more pay	After 2 years at Lloyds, he was headhunted by a rival bank.	10A - Professional concerns
venture capitalist	noun	'ventʃə 'kæpətəlɪst	a person or company that lends money to someone so that they can start a new business	Venture capitalists are looking for a high rate of return on their investment.	10A - Professional concerns
canny	adjective	'kæni	clever, careful, and not easily deceived, especially in business or politics	a canny political advisor	10A - Professional concerns
untenable	adjective	ʌn'tenəbəl	an untenable situation has become so difficult that it is impossible to continue	The scandal put the President in an untenable position.	10A - Professional concerns

Word	Part of speech	Pron	Definition	Example	Unit
restraint	noun	rɪ'streɪnt	calm sensible controlled behaviour, especially in a situation when it is difficult to stay calm	The police were praised for their restraint in handling the demonstrators.	10A - Professional concerns
recruit	verb	rɪ'kru:t	to find new people to work in a company, join an organization, do a job etc	We're having difficulty recruiting enough qualified staff.	10A - Professional concerns
burgeon	verb	'bɜ:dʒən	to grow or develop quickly	the burgeoning market for digital cameras	10A - Professional concerns
backlog	noun	'bæklog	a large amount of work that you need to complete, especially work that should already have been completed	a backlog of requests	10A - Professional concerns
flounder	verb	'flaʊndə	to have a lot of problems and be likely to fail completely	More and more firms are floundering because of the recession.	10A - Professional concerns
reciprocal	adjective	rɪ'sɪprəkəl	a reciprocal arrangement or relationship is one in which two people or groups do or give the same things to each other	He spoke of the necessity for a reciprocal relationship that would be useful for all sides.	10A - Professional concerns
accordingly	adverb	ə'kɔ:dɪŋli	in a way that is suitable for a particular situation or that is based on what someone has done or said	Katherine still considered him a child and treated him accordingly.	10A - Professional concerns
business acumen	noun	'bɪznəs 'ækjəmən	the ability to think quickly and make good judgments	The firm's success is largely due to Brannon's business acumen.	10A - Professional concerns
finite	adjective	'faɪnaɪt	having an end or a limit	the Earth's finite resources	10A - Professional concerns
contingency plan	noun	kən'tɪndʒənsi plæn	a plan for dealing with a future event or situation that might cause problems	We tried to ensure that the company prepared an adequate oil spill contingency plan.	10A - Professional concerns
donkeywork	noun	'dɒŋkiwɜ:k	the hard boring work that is part of a job or project	Why do I always have to do the donkeywork?	10A - Professional concerns

Word	Part of speech	Pron	Definition	Example	Unit
hooked	adjective	hʊkt	if you are hooked on something, you enjoy it very much and you want to do it as often as possible	I got hooked on TV when I was sick.	10B - Learning: where do we go from here?
flabbergasted	adjective	'flæbəgɑ:stəd	extremely surprised or shocked	When I heard how much money we'd made, I was flabbergasted.	10B - Learning: where do we go from here?
grasp	noun	grɑ:sp	your ability to understand a complicated idea, situation, or subject	Her grasp of the issues was impressive.	10B - Learning: where do we go from here?
muck about	phrasal verb	mʌk ə 'baʊt	to behave in a silly way, especially when you should be working or paying attention to something	Stop mucking about and get on with your homework right now!	10B - Learning: where do we go from here?
gob-smacked	adjective	'gɒbsmækt	very surprised or shocked	When my sister bought a motorbike, I was totally gob-smacked.	10B - Learning: where do we go from here?
be up to doing (sth)	verb	bi ʌp tə 'du:ɪŋ (*)	clever, good, or well enough to do something	He's not really up to seeing any visitors.	10B - Learning: where do we go from here?
paradigm	noun	'pærədɑɪm	a model or example that shows how something works or is produced	the basic paradigm of the family tree	10B - Learning: where do we go from here?
theoretical	adjective	θɪə'retɪkəl	relating to the study of ideas, especially scientific ideas, rather than with practical uses of the ideas or practical experience	She has theoretical knowledge of teaching, but no practical experience.	10B - Learning: where do we go from here?
bug	noun	bʌg	an illness that people catch very easily from each other but is not very serious	There's a nasty bug going round.	10B - Learning: where do we go from here?

Word	Part of speech	Pron	Definition	Example	Unit
entrepreneur	noun	ˌɒntreɪprəˈnɜː	someone who starts a new business or arranges business deals in order to make money, often in a way that involves financial risks	The government scheme will encourage entrepreneurs to start new businesses.	10B - Learning: where do we go from here?
vocational	adjective	vəʊˈkeɪʃənəl	teaching or relating to the skills you need to do a particular job	vocational qualifications	10B - Learning: where do we go from here?
ironically	adverb	aɪˈrɒnɪkli	used when talking about a situation in which the opposite of what you expected happens or is true	Ironically, his cold got better on the last day of his holiday.	10B - Learning: where do we go from here?
off-chance	noun	ɒftʃɑːns	if you do something on the off-chance that something will happen, you do it hoping that it will happen although it is unlikely	I just came to see you on the off-chance that Pippa might be here.	10B - Learning: where do we go from here?
credit	verb	ˈkredət	to believe that something is true	We found his statement hard to credit.	10B - Learning: where do we go from here?
allergy	noun	ˈælədʒi	a medical condition in which you become ill or in which your skin becomes red and painful because you have eaten or touched a particular substance	I have an allergy to cats.	10B - Learning: where do we go from here?
worthy	adjective	ˈwɜːði	to deserve to be thought about or treated in a particular way	a teacher who is worthy of respect	10B - Learning: where do we go from here?
on a regular basis	noun phrase	ɒn ɪˈregjələˈbeɪsəs	every day, week etc	I'm saving money on a regular basis.	2B - Closer to home
concessions	noun	kənˈseʃənz	the right to have a business in a particular place, especially in a place owned by someone else	The company owns valuable logging and mining concessions.	2A - Wild experience

Word	Part of speech	Pron	Definition	Example	Unit
die out	phrasal verb	daɪ aʊt	to disappear or stop existing completely	If their numbers keep falling, the animals are in danger of dying out completely.	2B - Closer to home
dredge (sth) up	phrasal verb	dredʒ (*) ʌp	to pull something up from the bottom of a river, lake etc	The ship is designed for dredging mud and silt up from the sea floor.	2A - Wild experience
scramble over (sth)	verb phrase	'skræmbəl 'əʊvə (*)	to climb over something quickly and with difficulty, especially using your hands to help you	People scrambled over tables and chairs to get to the fire exit.	2B - Closer to home
strut your stuff	verb phrase	strʌt jə stʌf	to show your skill at doing something, especially dancing or performing	The band strutted their stuff in a free concert.	2A - Wild experience
teething problem	noun	'ti:θɪŋ 'prɒbləm	small problems that you have when you first start doing a new job or using a new system	Apart from a few minor teething problems, the new system is working smoothly.	2B - Closer to home
cut (sth) out	phrasal verb	kʌt (*) aʊt	to stop doing or eating something, especially because it might be bad for your health	By cutting out sugar, he lost over 4 pounds in a month.	2B - Closer to home
savannah	noun	sə'vænə	a large flat area of grassy land, especially in Africa	Animals living in this part of the savannah are protected from poachers.	2A - Wild experience
hither and thither	phrase	'hɪðə ənd 'θɪðə	scattered around or happening in several different places	Coloured fish darted hither and thither.	2B - Closer to home
self-sufficiency	noun	selfsə'fɪʃənsi	the ability to provide all the things you need without help from other people	There is a trend towards self-sufficiency with more and more people growing their own vegetables.	2B - Closer to home
ravage	verb	'rævɪdʒ	to damage something very badly	His health was gradually ravaged by drink and drugs.	2A - Wild experience
enmeshed	adjective	ɪn'meʃt	very involved in an unpleasant or complicated situation	Congress worried about becoming enmeshed in a foreign war.	2A - Wild experience
clamour	noun	'klæmə	a very loud noise made by a large group of people or animals	He shouted over the rising clamour of voices.	2A - Wild experience

Word	Part of speech	Pron	Definition	Example	Unit
tributary	noun	'trɪbjətəri	a stream or river that flows into a larger river	The River Fleet is one of the many tributaries of the River Thames.	2A - Wild experience
resurgent	adjective	rɪ'sɜ:dʒənt	growing and becoming more popular, after a period of quietness	resurgent fascism	2A - Wild experience
indigenous	adjective	ɪn'dɪdʒənəs	indigenous people or things have always been in the place where they are, rather than being brought there from somewhere else	Blueberries are indigenous to America.	2A - Wild experience
logger	noun	'lɒgə	someone whose job is to cut down trees	One of the loggers was badly injured by a falling tree.	2A - Wild experience
slaughter	verb	'slɔ:tə	to kill a lot of people in a cruel or violent way	Hundreds of innocent civilians had been slaughtered by government troops.	2A - Wild experience
fiasco	noun	fɪ'æskəʊ	an event that is completely unsuccessful, in a way that is very embarrassing or disappointing	The first lecture I ever gave was a complete fiasco.	2A - Wild experience
circumscribe	verb phrase	'sɜ:kəmskraɪb	to limit power, rights, or abilities	The President's power is circumscribed by Congress and the Supreme Court.	2A - Wild experience
integral	adjective	'ɪntəgrəl	forming a necessary part of something	Vegetables are an integral part of our diet.	2A - Wild experience
culture	noun	'kʌltʃə	the beliefs, way of life, art, and customs that are shared and accepted by people in a particular society	In our culture, it is rude to ask someone how much they earn.	2A - Wild experience
ping	verb	pɪŋ	to make a short high ringing sound	Just set the timer on the microwave and the bell will ping when it's finished.	2A - Wild experience
portray	verb	pɔ:'treɪ	to describe or show someone or something in a particular way, according to your opinion of them	Romantic artists portrayed nature as wild and powerful.	2A - Wild experience
amplify	verb	'æmplɪfaɪ	to increase the effects or strength of something	These stories only amplified her fears.	2A - Wild experience

Word	Part of speech	Pron	Definition	Example	Unit
part from	phrasal verb	pɑ:t frəm	to separate from someone, or end a relationship with them	He has parted from his wife.	2A - Wild experience
straightforward	adjective	ˌstreɪt ˈfɔ:wəd	simple and easy to understand	Installing the program is relatively straightforward.	2B - Closer to home
solidarity	noun	ˌsɒləˈdærəti	loyalty and general agreement between all the people in a group, or between different groups, because they all have a shared aim	a gesture of solidarity	2B - Closer to home
dump	verb	dʌmp	to put something somewhere in a careless untidy way	Merrill dumped her suitcase down in the hall.	2B - Closer to home
deterrent	noun	dɪˈterənt	something that makes someone less likely to do something, by making them realize it will be difficult or have bad results	Window locks are an effective deterrent against burglars.	2B - Closer to home
fret	verb	fret	to worry about something, especially when there is no need	Don't fret – everything will be all right.	2B - Closer to home
tweak	verb	twi:k	to suddenly pull or twist something	She leant forward and tweaked both ends of his moustache.	2B - Closer to home
sneaky	adjective	ˈsni:ki	doing things in a secret and often dishonest or unfair way	a sneaky little trick	2B - Closer to home
stalk	verb	stɔ:k	to follow a person or animal quietly in order to catch and attack or kill them	a tiger stalking its prey	2B - Closer to home
consign	verb	kənˈsaɪn	to send something somewhere, especially in order to sell it	The goods consigned from the exporter will be shipped to your warehouse today.	2B - Closer to home
unprecedented	adjective	ʌnˈpresədentəd	never having happened before, or never having happened so much	Crime has increased on an unprecedented scale.	2B - Closer to home

Word	Part of speech	Pron	Definition	Example	Unit
indigenous	adjective	ɪnˈdɪdʒənəs	indigenous people or things have always been in the place where they are, rather than being brought there from somewhere else	Blueberries are indigenous to America.	2B - Closer to home
coop	noun	ku:p	a building for small animals, especially chickens	A fox got into the coop and killed all the chickens.	2B - Closer to home
piece (sth) together	verb phrase	pi:s (*) təˈgeðə	to put all the separate parts of an object into the correct order or position	Carefully following the instructions, he pieced the different parts of the model together.	2B - Closer to home
buy into (sth)	phrasal verb	baɪ ˈɪntə (*)	to accept that an idea is right and allow it to influence you	People have generally bought into the idea of recycling.	3B - Mind and body
to a fault	phrase	tə ɛɪ fɔ:lt	extremely generous, kind etc	Barry's kind, caring and generous to a fault.	3A - Who's in control?
grumpiness	noun	ˈgrʌmpɪnəs	the state of being bad-tempered and easily annoyed	His grumpiness seemed to get worse as he got older.	3B - Mind and body
knock-on effect	noun	nɒkɒn ɪˈfekt	to start a process in which everything that happens causes something else to happen	These price rises will have a knock-on effect on the economy.	3B - Mind and body
reap benefits	verb	ri:p ˈbenɪfɪts	to get something, especially something good, as a result of what you have done	Those who took the financial risk reaped the benefits.	3B - Mind and body
shut (sth) out	phrasal verb	ʃʌt (*) aʊt	to stop yourself from thinking about or noticing something, so that you are not affected by it	She could not shut out the memory of that awful night, however hard she tried.	3B - Mind and body
downward spiral	noun phrase	ˈdaʊnwəd ˈspaɪərəl	a process, usually a harmful one, in which something gradually but continuously gets worse or better	He was caught in a downward spiral of debt that ended in bankruptcy.	3B - Mind and body
fabrication	noun	ˈfæbrɪˈkeɪʃən	a piece of information or story that someone has invented in order to deceive people	Of course, it might all be complete fabrication.	3A - Who's in control?

Word	Part of speech	Pron	Definition	Example	Unit
pronouncement	noun	prə'naʊnsmənt	an official public statement	the Pope's last pronouncement on birth control	3A - Who's in control?
fallacy	noun	'fæləsi	a false idea or belief, especially one that a lot of people believe is true	It's a common fallacy that a neutered dog will become fat and lazy.	3A - Who's in control?
misconception	noun	'mɪskən'sepʃən	an idea which is wrong or untrue, but which people believe because they do not understand the subject properly	There is a popular misconception that too much exercise is bad for you.	3A - Who's in control?
perspective	noun	pə'spektɪv	a way of thinking about something, especially one which is influenced by the type of person you are or by your experiences	His father's death gave him a whole new perspective on life.	3A - Who's in control?
jargon	noun	'dʒɑ:gən	words and expressions used in a particular profession or by a particular group of people, which are difficult for other people to understand – often used to show disapproval	documents full of legal jargon	3A - Who's in control?
prose	noun	prəʊz	written language in its usual form, as opposed to poetry	a volume of Shelley's poetry and prose	3A - Who's in control?
advocate	verb	'ædvəkət	to publicly support a particular way of doing something	Extremists were openly advocating violence.	3A - Who's in control?
solace	noun	'sɒləs	a feeling of emotional comfort at a time of great sadness or disappointment	After the death of her son, Val found solace in the church.	3A - Who's in control?
premise	noun	'preməs	a statement or idea that you accept as true and use as a base for developing other ideas	The idea that there is life on other planets is the central premise of the novel.	3A - Who's in control?
scrutiny	noun	'skru:təni	careful and thorough examination of someone or something	Their activities have come under police scrutiny.	3A - Who's in control?
objective	adjective	əb'dʒektɪv	based on facts, or making a decision that is based on facts rather than on your feelings or beliefs	It's hard to give an objective opinion about your own children.	3A - Who's in control?

Word	Part of speech	Pron	Definition	Example	Unit
face-to-face	adjective	ˈfeɪstəfeɪs	a face-to-face meeting, conversation etc is one where you are with another person and talking to them	a face-to-face interview	3A - Who's in control?
altruism	noun	ˈæltruɪzəm	when you care about or help other people, even though this brings no advantage to yourself	Many choose to work in developing countries out of altruism.	3A - Who's in control?
paradox	noun	ˈpærədɒks	a situation that seems strange because it involves two ideas or qualities that are very different	It's a paradox that in such a rich country there can be so much poverty.	3A - Who's in control?
phenomenon	noun	ˈfɪnəmənən	something that happens or exists in society, science, or nature, especially something that is studied because it is difficult to understand	Homelessness is not a new phenomenon.	3A - Who's in control?
conscientious	adjective	ˌkɒnʃiːənʃəs	careful to do everything that it is your job or duty to do	a conscientious and hard-working student	3A - Who's in control?
confrontational	adjective	ˌkɒnfrənˈteɪʃənəl	likely to cause arguments or make people angry	a confrontational style of management	3A - Who's in control?
peer group	noun	ˈpiə grʊ:p	a group of people, especially people who are the same age, social class etc as yourself	the TV shows that are popular with his peer group	3A - Who's in control?
practitioner	noun	ˈpræktɪʃənə	someone who works as a doctor or a lawyer	a practitioner of alternative medicine	3B - Mind and body
accessible	adjective	əkˈsesəbəl	easy to obtain or use	the need for a health service that is accessible to all	3B - Mind and body
intimidating	adjective	ɪˈtɪmədeɪtɪŋ	making you feel worried and not confident	Some people find interview situations very intimidating.	3B - Mind and body
dispel	verb	dɪˈspel	to make something go away, especially a belief, idea, or feeling	We want to dispel the myth that you cannot eat well in Britain.	3B - Mind and body
reticence	noun	ˈretɪsəns	an unwillingness to talk about what you feel or what you know	The doctors are not surprised by Gwen's reticence to talk about her ordeal.	3B - Mind and body

Word	Part of speech	Pron	Definition	Example	Unit
sufficient	adjective	sə'fɪʃənt	as much as is needed for a particular purpose	We can only prosecute if there is sufficient evidence.	3B - Mind and body
detrimental	adjective	'detrə'mentl	causing harm or damage	the detrimental effect of pollution on the environment	3B - Mind and body
antisocial	adjective	'æntɪ'səʊʃəl	antisocial behaviour is violent or harmful to other people, or shows that you do not care about other people	She was finding it hard to cope with her son's increasingly antisocial behaviour.	3B - Mind and body
tireless	adjective	'taɪələs	working very hard in a determined way without stopping	the tireless efforts of the rescue workers	3B - Mind and body
chronic	adjective	'krɒnɪk	a chronic problem is one that continues for a long time and cannot easily be solved	There is a chronic shortage of teachers.	3B - Mind and body
meditation	noun	'medə'teɪʃən	the practice of emptying your mind of thoughts and feelings, in order to relax completely or for religious reasons	Yoga involves breathing exercises, stretching, and meditation.	3B - Mind and body
benefit	verb	'benəfɪt	if you benefit from something, or it benefits you, it gives you an advantage, improves your life, or helps you in some way	Many thousands have benefited from the new treatment.	3B - Mind and body
contagious	adjective	kən'teɪdʒəs	if a feeling, attitude, or action is contagious, other people are quickly affected by it and begin to have it or do it	her contagious enthusiasm	3B - Mind and body
essential oil	noun	ɪ'senʃəl ɔɪl	an oil from a plant that has a strong smell and is used for making perfume or in aromatherapy		3B - Mind and body
bias	noun	'baɪəs	a tendency to prefer or be interested one type of thing more than something else	Lydia has a strong artistic bias.	4B - Open up your world

Word	Part of speech	Pron	Definition	Example	Unit
be accustomed to (sth)	verb phrase	bi ə 'kʌstəmd tə (*)		We were accustomed to working together.	4B - Open up your world
blessed	verb	'blesəd	to be fortunate that something is the case	We were blessed with fine weather for the whole week.	4A - Too much of a good thing?
diehard	adjective	'daɪhɑ:d	resisting change and refusing to accept new ideas	Diehard conservatives remain opposed to the president's health care reforms.	4B - Open up your world
habitually	adverb	hə 'bɪtʃuəli	usually or by habit	I'm the type of person who habitually checks their email every morning.	4A - Too much of a good thing?
golden opportunity	noun phrase	'gəʊldən ,ɒpə'tju:nəti	a chance to do something or an occasion when it is easy for you to do something when someone or something is considered to be more important than someone or something else, and therefore comes first or must be dealt with first	a rare opportunity to see inside this historic building	4A - Too much of a good thing?
take precedence	verb phrase	teɪk 'presədəns		Guests were seated in order of precedence.	4A - Too much of a good thing?
be up to speed with (sth)	verb phrase	bi ʌp tə spi:d wɪð (*)	having the latest information or knowledge about something	Some school officials are only now getting up to speed regarding computers.	4B - Open up your world
think 'outside the box'	verb phrase	θɪŋk 'aʊt'saɪd ðə bɒks'	to think of new, different, or unusual ways of doing something, especially in business	If we try to think outside the box, we might find a better solution.	4B - Open up your world
go viral	phrase?	gəʊ 'vaɪərəl	if a picture, video, joke etc goes viral, it spreads widely, especially on the Internet or mobile phones	The video went viral on YouTube, where it had over a million hits in 24 hours.	4A - Too much of a good thing?
feel compelled to do sth	verb phrase	fi:l kəm'peld tə du:(*)	to have the strong feeling that you must do something	He felt compelled to tell her the truth.	4A - Too much of a good thing?
lend weight to (sth)	phrasal verb	lend weɪt tə (*)	to make an opinion or belief seem more likely to be correct.	The evidence from the latest studies lends weight to the theory.	4B - Open up your world

Word	Part of speech	Pron	Definition	Example	Unit
to raise eyebrows	verb phrase	tə reɪz 'aɪbraʊz	if something raises eyebrows, it surprises people	This decision raised a few eyebrows.	4A - Too much of a good thing?
crouch	verb	kraʊtʃ	to lower your body close to the ground by bending your knees completely	He crouched in the shadows near the doorway.	4A - Too much of a good thing?
erode	verb	ɪ 'rəʊd	to gradually reduce something such as someone's power or confidence	Repeated exam failure had eroded her confidence.	4A - Too much of a good thing?
obsession	noun	əb'seʃən	an extreme unhealthy interest in something or worry about something, which stops you from thinking about anything else	Gambling became an obsession, and he eventually lost everything.	4A - Too much of a good thing?
permeate	verb	'pɜ:mieɪt	if ideas, beliefs, emotions etc permeate something, they are present in every part of it	An emotional intensity permeates every one of O'Connor's songs.	4A - Too much of a good thing?
impulse	noun	'ɪmpʌls	a sudden strong desire to do something without thinking about whether it is a sensible thing to do	Marge's first impulse was to run.	4A - Too much of a good thing?
reinforcement	noun	,ri:ɪn'fɔ:smənt	the act of making something stronger	The bridge needs some structural reinforcement.	4A - Too much of a good thing?
fallible	adjective	'fæləbəl	able to make mistakes or be wrong	These surveys are often a rather fallible guide to public opinion.	4A - Too much of a good thing?
mundane	adjective	mʌn'deɪn	ordinary and not interesting or exciting	The mundane task of setting the table can be fun on holidays.	4A - Too much of a good thing?
exterior	adjective	ɪk'stɪəriə	coming from or relating to facts, situations etc other than the one you are considering	information that is exterior to the text itself	4A - Too much of a good thing?
incessant	adjective	ɪn'sesənt	continuing without stopping	incessant rain	4A - Too much of a good thing?
viable	adjective	'vaɪəbəl	a viable idea, plan, or method can work successfully	The committee came forward with one viable solution.	4A - Too much of a good thing?

Word	Part of speech	Pron	Definition	Example	Unit
slick	adjective	slɪk	if something is slick, it is done in a skilful and attractive way and seems expensive, but it often contains no important or interesting ideas	The presentation was very slick.	4A - Too much of a good thing?
derogatory	adjective	dɪˈrɒɡətəri	derogatory remarks, attitudes etc are insulting and disapproving	Their conversation contained a number of derogatory racial remarks.	4A - Too much of a good thing?
initiative	noun	ɪˈnɪʃətɪv	an important new plan or process to achieve a particular aim or to solve a particular problem	a government initiative to help exporters	4B - Open up your world
constraint	noun	kənˈstreɪnt	something that limits your freedom to do what you want	Constraints on spending have forced the company to rethink its plans.	4B - Open up your world
collaboration	noun	kəˈlæbəˈreɪʃən	when you work together with another person or group to achieve something, especially in science or art	The company is building the centre in collaboration with the Institute of Offshore Engineering.	4B - Open up your world
sponsor	verb	ˈspɒnsə	to give money to a sports event, theatre, organization etc, often in exchange for the right to advertise	The club is sponsored by Emirates Airline.	4B - Open up your world
tinker	verb	ˈtɪŋkə	to make small changes to something in order to repair it or make it work better	Congress has been tinkering with the legislation.	4B - Open up your world
stifle	verb	ˈstaɪfəl	to stop something from happening or developing	rules and regulations that stifle innovation	4B - Open up your world
barrier	noun	ˈbæriə	a rule, problem etc that prevents people from doing something, or limits what they can do	Problems with childcare remain the biggest barrier to women succeeding at work.	4B - Open up your world
impetus	noun	ˈɪmpətəs	an influence that makes something happen or makes it happen more quickly	The report may provide further impetus for reform.	4B - Open up your world
illicit	adjective	ɪˈlɪsət	not allowed by laws or rules, or strongly disapproved of by society	illicit drugs	4B - Open up your world

Word	Part of speech	Pron	Definition	Example	Unit
mutation	noun	mju: 'teɪʃən	a change in the genetic structure of an animal or plant that makes it different from others of the same kind	Any mutation in the gene increases the risk of developing the disease.	4B - Open up your world
enthusiast	noun	ɪn 'θju:ziæst	someone who is very interested in a particular activity or subject	a keep-fit enthusiast	4B - Open up your world
polymath	noun	'pɒlɪmæθ	someone who has a lot of knowledge about many different subjects	The French polymath Pascal excelled in many disciplines.	4B - Open up your world
return	noun	rɪ 'tʃ:n	the amount of profit that you get from something	The markets are showing extremely poor returns.	4B - Open up your world
broadsheet	noun	'brɔ:dʃi:t	a newspaper printed on large sheets of paper, especially a serious newspaper	The story was not covered by any of the broadsheets.	4B - Open up your world
oral tradition	noun phrase	'ɔ:rəl trə 'dɪʃən	spoken stories about a community's beliefs, customs, history etc that are passed on from person to person over many years	Forms of the oral tradition include storytelling and ballads.	5A - It's all in a word!
have a good eye for (sth)	noun phrase	hæv eɪ ɡʊd aɪ fə (*)	to be good at noticing a particular type of thing, especially something attractive, valuable, of good quality etc	She's definitely got a good eye for a bargain.	5A - It's all in a word!
throw light on (sth)	verb phrase	θrəʊ laɪt ɒn (*)	to provide new information that makes a difficult subject or problem easier to understand	These discoveries may throw new light on the origins of the universe.	5B - An open book
timeless classic	noun phrase	'taɪmləs 'klæsɪk	a book, play, or film that is important and has been admired for a long time	'La Grande Illusion' is one of the timeless classics of French cinema.	5B - An open book
turn-off	noun	tʃ:nɒf	something that makes you lose interest in something or someone	I don't like tattoos - I find them a real turn-off.	5B - An open book
human endeavour	noun	'hju:mən ɪn 'deɪvə	effort by people in general to do something new or difficult	an outstanding example of human endeavor	5B - An open book
be captivated by (sth)	phrase	bɪ 'kæptɪvɪtɪd baɪ (*)	to be very attracted to someone, so that you give them all your attention	He was captivated by her beauty.	5B - An open book

Word	Part of speech	Pron	Definition	Example	Unit
surreptitiously	adverb	,sʌrəp'ɪʃəsli	secretly, without other people knowing or seeing	The police surreptitiously recorded the meeting and used the tape as evidence.	5B - An open book
keep (sb) on tenterhooks	verb phrase	ki:p (*) ɒn 'tentəhʊks	to make someone feel nervous and excited waiting to find out something or for something to happen	We were kept on tenterhooks while the judges made their decision.	5B - An open book
unfolding	adjective	ʌn'fəʊldɪŋ	an unfolding event, situation etc is happening now	There is serious UN concern about unfolding events in Syria.	5B - An open book
abound	verb	ə'baʊnd	to exist in very large numbers	Rumours abound as to the reasons for his resignation.	5A - It's all in a word!
deploy	verb	dɪ'plɔɪ	to use something for a particular purpose, especially ideas, arguments etc	a job in which a variety of professional skills will be deployed	5A - It's all in a word!
ensue	verb	ɪn'sju:	to happen after or as a result of something	problems that ensue from food and medical shortages	5A - It's all in a word!
speculation	noun	'spekjə'leɪʃən	when you guess about the possible causes or effects of something without knowing all the facts, or the guesses that you make	There is speculation that the president is ill.	5A - It's all in a word!
stack	verb	stæk	to make things into a neat pile, or to form a neat pile	The assistants price the items and stack them on the shelves.	5A - It's all in a word!
deem	verb	di:m	to think of something in a particular way or as having a particular quality	They deemed that he was no longer capable of managing the business.	5A - It's all in a word!
kudos	noun	'kju:dɒs	the state of being admired and respected for being important or for doing something important	He acquired kudos just by appearing on television.	5A - It's all in a word!
tangible	adjective	'tændʒəbəl	relating to things a person or company owns that have a known value, for example property, buildings, or equipment	Investors began buying gold and tangible assets rather than shares.	5A - It's all in a word!
relegate	verb	'reləʒeɪt	to give someone or something a less important position than before	Women tended to be relegated to typing and filing jobs.	5A - It's all in a word!

Word	Part of speech	Pron	Definition	Example	Unit
odds	noun pl	ɒdz	how likely it is that something will or will not happen	The odds are that he will commit the same crime again.	5A - It's all in a word!
derived from	verb phrase	dɪˈraɪvd frəm	to have developed or come from something else	This word is derived from Latin.	5A - It's all in a word!
ambiance	noun	ˈæmbiəns	the qualities and character of a particular place and the way these make you feel	The restaurant's new owners have created a welcoming ambiance.	5A - It's all in a word!
lexicon	noun phrase	ˈleksɪkən	all the words and phrases used in a language or that a particular person knows	New words continuously enter the lexicon of the language.	5A - It's all in a word!
good riddance	noun phrase	ɡʊd ˈrɪdn̩s	a rude way of saying you are glad someone has left	She was awful. Good riddance to her, I say!	5A - It's all in a word!
document	verb	ˈdɒkjəmənt	to write about something, film it, or take photographs of it, in order to record information about it	His research documents how the crisis occurred.	5A - It's all in a word!
principled	adjective	ˈprɪnsəpəld	based on clear and definite ideas	an attempt to reduce prison sentences in a principled way	5A - It's all in a word!
field	noun	fi:ld	a subject that people study or an area of activity that they are involved in as part of their work	Peter's an expert in his field.	5A - It's all in a word!
last-ditch	adjective	lɑ:stɪtʃ	a final attempt to achieve something before it is too late	The negotiators made a last-ditch effort to reach an agreement.	5A - It's all in a word!
intricate	adjective	ˈɪntrɪkət	containing many small parts or details that all work or fit together	intricate patterns	5B - An open book
quirky	adjective	ˈkwɜ:ki	unusual, especially in an interesting way	I like his quirky sense of humour.	5B - An open book
daunting	adjective	ˈdɔ:ntɪŋ	frightening in a way that makes you feel less confident	He's got the daunting task of following in Ferguson's footsteps.	5B - An open book

Word	Part of speech	Pron	Definition	Example	Unit
insight	noun	'ɪnsaɪt	a sudden clear understanding of something or part of something, especially a complicated situation or idea	The article gives us a real insight into the causes of the present economic crisis.	5B - An open book
browse	verb phrase	'braʊz	to search for information on a computer or on the Internet	a feature that allows you to browse your hard drive and choose the graphic you want to display	5B - An open book
eclectic	adjective	ɪ'klektɪk	including a mixture of many different things or people, especially so that you can use the best of all of them	an eclectic mixture of 18th and 19th century furniture	5B - An open book
eye-opener	noun	aɪ'əʊpənə	an experience from which you learn something surprising or new	The whole trip has been a real eye-opener.	5B - An open book
perceptive	adjective	pə'septɪv	someone who is perceptive notices things quickly and understands situations, people's feelings etc well – used to show approval	You're right. That's very perceptive of you.	5B - An open book
avid	adjective	'ævəd	doing something as much as possible believing or feeling something very strongly and sincerely	an avid collector of old jazz records	5B - An open book
fervent	adjective	'fɜ:vənt	a particular way of doing something, or the ability to do it in a particular way	a fervent appeal for peace	5B - An open book
touch	noun	tʌtʃ	the ability to imagine what is likely to happen and to consider this when planning for the future	The room was decorated with a very artistic touch.	5B - An open book
foresight	noun	'fɔ:sɑɪt	a joke or story that has been repeated many times	It was an example of the authorities' lack of foresight.	5B - An open book
that old chestnut	noun phrase	ðæt əʊld 'tʃesnʌt		If I hear that old chestnut again, I'll scream!	6A - Sense of adventure
be a far cry from (sth)	verb phrase	bi eɪ fɑ: kraɪ frəm (*)	to be very different from something	The company lost £3 million, which is a far cry from last year's £60 million profit.	6A - Sense of adventure

Word	Part of speech	Pron	Definition	Example	Unit
slip through the net	verb phrase	slɪp θru: ðə net	if someone or something falls or slips through the net, a system which was designed to help or check them has not succeeded in doing this	In a class of 30 children it is easy for some to slip through the net and learn nothing.	6B - The conscientious traveller
the passage of time	noun phrase	ðə 'pæsiɪdʒ əv taɪm	the passing of time	With the passage of time, things began to look more hopeful.	6A - Sense of adventure
knock-down prices	noun pl	'nɒkdaʊn praɪsəz	prices that have been reduced by a large amount	It sells designer goods at knock-down prices	6B - The conscientious traveller
sustainable travel	noun phrase	sə 'steɪnəbəl 'trævəl	forms of travel that do not use a lot of fuel or harm the environment	Improving bus and rail services shows the government's commitment to sustainable travel	6B - The conscientious traveller
tides of history	noun phrase	taɪdz əv 'hɪstəri	the way in which important events develop over a long period of time	Politicians might think they can control the tides of history, but they're wrong.	6A - Sense of adventure
vagabonding	noun	'væɡəbɒndɪŋ	the activity of travelling continuously and not having a permanent home	How old were you when you first started vagabonding?	6A - Sense of adventure
relish	verb	'relɪʃ	to enjoy an experience or the thought of something that is going to happen	I don't relish the thought of you walking home alone.	6A - Sense of adventure
grimy	adjective	'graɪmi	covered with dirt	grimy windows	6A - Sense of adventure
privileged	adjective	'prɪvələɪdʒd	having advantages because of your wealth, social position, job etc	Only the privileged few can afford private education.	6A - Sense of adventure
officialdom	noun	ə 'fɪjəldəm	government departments or the people who work in them - used when you think they are not helpful	Fining people for chewing gum is officialdom gone mad!	6A - Sense of adventure
fraught	adjective	frɔ:t	full of problems etc	Their marriage has been fraught with difficulties.	6A - Sense of adventure
allure	noun	ə 'ljʊə	a mysterious, exciting, or desirable quality	the allure of foreign travel	6A - Sense of adventure

Word	Part of speech	Pron	Definition	Example	Unit
hub	noun	hʌb	the central and most important part of an area, system, activity etc, which all the other parts are connected to	Birmingham is at the hub of Britain's motorway network.	6A - Sense of adventure
tendency	noun	'tendənsi	if someone or something has a tendency to do or become a particular thing, they are likely to do or become it	Greg's tendency to be critical made him unpopular with his co-workers.	6A - Sense of adventure
irrelevance	noun	ɪ'reləvəns	a lack of importance in a particular situation	He believes that these outdated organizations will continue down the path to irrelevance.	6A - Sense of adventure
exponent	noun	ɪk'spəʊnənt	an exponent of an idea, belief etc tries to explain it and persuade others that it is good or useful	a leading exponent of desktop publishing	6A - Sense of adventure
Viking	noun	'vaɪkɪŋ	a member of the group of Scandinavian people who sailed in ships to attack areas along the coasts of northern and western Europe from the 8th to 11th centuries	The Vikings raided villages and towns along the northeast coast of Britain.	6A - Sense of adventure
permafrost	noun	'pɜ:məfrɒst	a layer of soil that is always frozen in countries where it is very cold	the permafrost of the arctic tundra	6A - Sense of adventure
potent	adjective	'pəʊtənt	powerful and effective	The treaty requires them to get rid of their most potent weapons.	6A - Sense of adventure
exacerbate	verb	ɪg'zæsəbeɪt	to make a bad situation worse	The recession has exacerbated this problem.	6A - Sense of adventure
at close quarters	adjective	ət 'kləʊz 'kwɔ:tərz	if something happens or is done at close quarters, it happens inside a small space or is done from a short distance away	The troops had been fighting at close quarters.	6A - Sense of adventure
underlie	verb phrase	ˌʌndə'laɪ	to be the cause of something, or be the basic thing from which something develops	the one basic principle that underlies all of the party's policies	6B - The conscientious traveller

Word	Part of speech	Pron	Definition	Example	Unit
notion	noun	'nəʊʃən	an idea, belief, or opinion	misguided notions of male superiority	6B - The conscientious traveller
intrinsic	adjective	ɪn' trɪnsɪk	being part of the nature or character of someone or something	the intrinsic interest of the subject	6B - The conscientious traveller
watchdog	noun	'wɒtʃdɒg	a person or group of people whose job is to protect the rights of people who buy things and to make sure companies do not do anything illegal or harmful	a consumer watchdog	6B - The conscientious traveller
credentials	noun pl	kri'denʃəlz	someone's education, achievements, experience etc that prove they have the ability to do something	There are doubts over his credentials as a future Prime Minister.	6B - The conscientious traveller
unwind	verb phrase	ʌn'waɪnd	to relax and stop feeling anxious	a beautiful country hotel that is the perfect place to unwind	6B - The conscientious traveller
erode	verb	ɪ'rəʊd	if the weather erodes rock or soil, or if rock or soil erodes, its surface is gradually destroyed	The rocks have gradually eroded away.	6B - The conscientious traveller
mania	noun	'meɪniə	a strong desire for something or interest in something, especially one that affects a lot of people at the same time	the Victorian mania for butterfly collecting	6B - The conscientious traveller
essence	noun	'esəns	used when talking about the most basic and important part of something, especially an idea, belief, or argument	In essence his message was very simple.	6B - The conscientious traveller
gastronomic	adjective	ˌgæstrə'nɒmɪk	relating to the art of cooking good food or the pleasure of eating it	the gastronomic delights of Thailand	6B - The conscientious traveller

Word	Part of speech	Pron	Definition	Example	Unit
preconceived	adjective	'pri:kən'si:vd	preconceived ideas, opinions etc are formed before you really have enough knowledge or experience	We started from scratch with no preconceived ideas.	6B - The conscientious traveller
sojourn	noun	'sɒdʒɜ:n	a short period of time that you stay in a place that is not your home	a brief sojourn in Europe	6B - The conscientious traveller
ethical	adjective	'eθɪkəl	relating to principles of what is right and wrong	The president must have the highest ethical standards.	6B - The conscientious traveller
coin	verb	kɔɪn	to invent a new word or expression, especially one that many people start to use	The word 'aromatherapy' was coined in the 1920s.	6B - The conscientious traveller
green	adjective	gri:n	relating to the environment and its protection	He is interested in green issues such as recycling.	6B - The conscientious traveller
fancy	verb	'fænsɪ	to like or want something, or want to do something	Sorry, but I don't fancy going out tonight.	6B - The conscientious traveller
hectic	adjective	'hektɪk	very busy or full of activity	a hectic social life	6B - The conscientious traveller
stay abreast of (sth)	verb phrase	steɪ ə'brest əv (*)	to make sure that you know all the most recent facts or information about a particular subject or situation	It's important to stay abreast of the latest developments in computers.	7A - Communities
bite off more than you can chew	verb phrase	baɪt ɒf mɔ: ðən jə kən'tʃu:	to try to do more than you are able to do	She bit off more than she could chew when she took on that extra work.	7B - Lifestyles
mental faculties	noun pl	'mentl 'fækəlti:z	a natural ability, such as the ability to see, hear, or think clearly	the patient's mental faculties	7A - Communities

Word	Part of speech	Pron	Definition	Example	Unit
a means to an end	noun phrase	eɪ mi:nz tə ən end	something that you do only to achieve a result, not because you want to do it or because it is important	For Geoff, the job was simply a means to an end.	7B - Lifestyles
rein (sth/sb) in	phrasal verb	reɪn (*/*) ɪn	to start to control a situation more strictly	The government began to rein in public spending.	7A - Communities
the open road	noun phrase	ðə 'əʊpən rəʊd	used to say that there is not much traffic or anything to stop you getting somewhere	In the American Midwest, you really get a sense of being on the open road.	7B - Lifestyles
set (sb/sth) back	phrasal verb	set (*/*) bæk	to delay the progress or development of something, or delay someone from finishing something	The fire set the project back several months.	7B - Lifestyles
spoilt for choice	phrase	spɔɪlt fə tʃɔɪs	to have so many good things to choose from that you cannot decide which one to choose	With so many makes and models available, buyers are spoilt for choice.	7A - Communities
steer clear of (sb/sth)	verb phrase	striə klɪə əv (*/*)	to avoid someone or something unpleasant or difficult	Jo tried to steer clear of political issues.	7B - Lifestyles
think (sth) up	phrasal verb	θɪŋk (*) ʌp	to produce a new idea, name etc by thinking	We had to think up a good excuse, and quickly.	7A - Communities
(political) fermentation	noun adjective	pə'ltɪkəl fɜ:mən'teɪʃən	a process in which political change is causing great trouble or excitement in a country	It was an era of political fermentation, during which Europe experienced two world wars.	7A - Communities
be dead set on (sth)	phrase	bi ded set ɒn (*)	be determined about something	The government's dead set on the plan.	7B - Lifestyles
investment capital	noun	ɪn'vestmənt 'kæpətəl	money or property, especially when it is used to start a business or to produce more wealth	The government is eager to attract foreign capital.	7A - Communities
go over the top	verb phrase	gəʊ 'əʊvə ðə tɒp	to say or do something that is extreme or unreasonable, so that it seems stupid or offensive	I think you went a bit over-the-top calling him a fascist.	7B - Lifestyles

Word	Part of speech	Pron	Definition	Example	Unit
proclamation	noun	ˌprɒkləˈmeɪʃən	an official public statement about something that is important, or when someone makes such a statement	The authorities issued a proclamation forbidding public meetings.	7A - Communities
flit	verb	flɪt	to move lightly or quickly and not stay in one place for very long	Birds flitted about in the trees above them.	7A - Communities
beverage	noun	ˈbevərɪdʒ	a hot or cold drink	alcoholic beverages	7A - Communities
oscillate	verb	ˈɒsələɪt	to move backwards and forwards in a regular way	The needle on the dial began to oscillate.	7A - Communities
(public) outcry	noun	(ˈpʌblɪk) ˈaʊtkraɪ	an angry protest by a lot of ordinary people	The closure of the local hospital has caused a huge public outcry.	7A - Communities
ambience	noun	ˈæmbiəns	the qualities and character of a particular place and the way these make you feel	The restaurant's new owners have created a welcoming ambience.	7A - Communities
invigorating	adjective	ɪnˈvɪɡəreɪtɪŋ	making you feel healthy and giving you a lot of energy	an invigorating swim before breakfast	7A - Communities
clientele	noun	ˌkliːənˈtel	all the people who regularly use a shop, restaurant etc	The restaurant attracts a young clientele.	7A - Communities
herald	verb	ˈherəld	to be a sign of something that is going to come or happen soon	A flash of lightning heralded torrential rain.	7A - Communities
envisage	verb	ɪnˈvɪzɪdʒ	to think that something is likely to happen in the future	I don't envisage working with him again.	7A - Communities
unorthodox	adjective	ʌnˈɔːθədɒks	unorthodox opinions or methods are different from what is usual or accepted by most people	Her unorthodox views tend to attract controversy.	7A - Communities
sceptic	noun	ˈskeptɪk	a person who disagrees with particular claims and statements, especially those that are generally thought to be true	Sceptics argued that the rise in prices was temporary.	7A - Communities
disposable	adjective	dɪˈspəʊzəbəl	intended to be used once or for a short time and then thrown away	disposable nappies	7A - Communities

Word	Part of speech	Pron	Definition	Example	Unit
axe	verb	æks	to get rid of a plan, system, or service, especially in order to save money	TV's longest running show is to be axed.	7B - Lifestyles
must	noun	məst	something that you must do or must have	Warm clothes are a must in the mountains.	7B - Lifestyles
fraternity	noun	frə'tɜ:nəti	all the people who work in a particular profession or share a particular interest	The scientific fraternity has expressed doubts about the findings.	7B - Lifestyles
progression	noun	prə'greʃən	a gradual process of change or development	the natural progression of the disease	7B - Lifestyles
replenish	verb	rɪ'plenɪʃ	to put new supplies into something, or to fill something again	More vaccines are needed to replenish our stocks.	7B - Lifestyles
enhance	verb	ɪn'hɑ:ns	to improve something	The publicity has enhanced his reputation.	7B - Lifestyles
nomadic	adjective	nəʊ'mædɪk	if someone leads a nomadic life, they travel from place to place and do not live in any one place for very long	The son of an air force pilot, he had a somewhat nomadic childhood.	7B - Lifestyles
banter	noun	'bæntə	friendly conversation in which people make a lot of jokes with, and amusing remarks about, each other	easy banter between her cousins	7B - Lifestyles
unequivocal	adjective	ˌʌnɪ'kwɪvəkəl	completely clear and without any possibility of doubt	His answer was an unequivocal 'No'.	7B - Lifestyles
pool	noun	pu:l	a number of things that are shared or an amount of money that is shared by a group of people	Both partners put money into a common pool.	7B - Lifestyles
blow	noun	bləʊ	an action or event that causes difficulty or sadness for someone	The factory closures came as a blow to the local economy.	7B - Lifestyles
emissions	noun pl	ɪ'mɪʃənz	a gas or other substance that is sent into the air	Britain agreed to cut emissions of nitrogen oxide from power stations.	7B - Lifestyles
stamina	noun	'stæməneɪ	physical or mental strength that lets you continue doing something for a long time without getting tired	You need stamina to be a long-distance runner.	7B - Lifestyles

Word	Part of speech	Pron	Definition	Example	Unit
minimalist	adjective	'mɪnɪməlɪst	relating to a style of art, design, music etc that uses only a very few simple ideas or patterns	Minimalist design is heavily influenced by traditional Japanese design.	8B - Everything under the sun
clear conscience	noun phrase	klɪə 'kɒŋfəns	the knowledge that you have done nothing wrong	Well, at least I can face them all with a clear conscience.	8B - Everything under the sun
go with the flow	noun phrase	gəʊ wɪð ðə fləʊ	to agree that you will do the thing that most people want to do	I don't mind, I'll just go with the flow.	8B - Everything under the sun
root (sth) out	phrasal verb	ru:t (*) aʊt	to find something by searching for it	I'll try to root out my old bike and you can have it.	8B - Everything under the sun
stash (sth) away	verb phrase	stæʃ (*) ə 'weɪ	to store something secretly or safely somewhere	He has money stashed away in the Bahamas.	8B - Everything under the sun
strike a deal	verb phrase	straɪk eɪ di:l	to agree to do something for someone if they do something for you	There are rumors that the president struck a private deal with the corporation's chairman.	8B - Everything under the sun
get full credit (for)	noun phrase	get fʊl 'kredɪt (fə)	to receive complete approval or praise for something you have done	Women did not get full credit for the sacrifices they made.	8B - Everything under the sun
wow factor	noun	wau 'fæktə	an interesting, exciting, or unusual feature of something, that people will notice and think is very impressive	The huge windows certainly give the house a wow factor.	8B - Everything under the sun
turn the corner	noun phrase	tɜ:n ðə 'kɔ:nə	to start to become successful after a period of being unsuccessful	He believes that the economy has turned the corner and will grow next year.	8B - Everything under the sun
give free rein to (sb/sth)	noun phrase	gɪv fri: reɪn tə (*/*)	to allow an emotion or feeling to be expressed freely	He gave free rein to his imagination.	8B - Everything under the sun
be up for (sth)	verb phrase	bi ʌp fə (*)	willing to do something or interested in doing something	We're going to the pub later – are you up for it?	8B - Everything under the sun
fortress	noun	'fɔ:tres	a large strong building used for defending an important place and protecting people or things	The fortress was captured after a long siege.	8A - A question of style

Word	Part of speech	Pron	Definition	Example	Unit
grass-roots	adjective	grɑ:sru:tz	relating to the ordinary people in an organization, rather than the leaders	We want to get the views of members at a grass-roots level.	8A - A question of style
shoestring	adjective	'ju: strɪŋ	a shoestring business, operation etc is one that does not spend or cost much money	shoestring interior design	8A - A question of style
fete	verb	fet	to honour someone	The team were feted in the science community for their work.	8A - A question of style
upheaval	noun	ʌp'hi:vəl	a very big change that often causes problems	political upheaval	8A - A question of style
transparency	noun	træn'spærənsi	the quality of glass, plastic etc that makes it possible for you to see through it	The transparency of glass can be measured using a spectrometer.	8A - A question of style
gut	verb	gʌt	to completely destroy the inside of a building, especially by fire	The building was completely gutted by fire.	8A - A question of style
friction	noun	'frɪkʃən	disagreement, angry feelings, or unfriendliness between people	Having my mother living with us causes friction at home.	8A - A question of style
dismantle	verb	dɪs'mæntl	to take a machine or piece of equipment apart so that it is in separate pieces	Chris dismantled the bike in five minutes.	8A - A question of style
flip side	noun	flɪp saɪd	the bad effects of something that also has good effects	The flip side of the treatment is that it can make patients feel very tired.	8A - A question of style
buoyancy	noun	'bɔɪənsi	the ability of prices, a business etc to quickly get back to a high level after a difficult period	The buoyancy of domestic demand, which grew by 4 per cent last year, is a good sign for the economy.	8A - A question of style
elevated	adjective	'eləvətəd	raised off the ground or higher up than other things	The train runs on an elevated track.	8A - A question of style
contemporary	noun	kən'tempərəri	someone who lived or was in a particular place at the same time as someone else	Oswald was much admired by his contemporaries at the Academy.	8A - A question of style

Word	Part of speech	Pron	Definition	Example	Unit
embody	verb	ɪmˈbɒdi	to be a very good example of an idea or quality	She embodies everything I admire in a teacher.	8A - A question of style
pioneering	adjective	ˌpaɪəˈniəriŋ	introducing new and better methods or ideas for the first time	She played a pioneering role in opening higher education to women.	8A - A question of style
on the wane	noun phrase	ɒn ðə weɪn	becoming smaller, weaker, or less important	By the 5th century, the power of the Roman Empire was on the wane.	8A - A question of style
per se	adverb	ˌpɜːˈseɪ	used to say that something is being considered alone, not with other connected things	The color of the shell per se does not affect the quality of the egg.	8A - A question of style
imposing	adjective	ɪmˈpəʊzɪŋ	large, impressive, and appearing important	He's a tall, quietly spoken, but imposing figure.	8A - A question of style
elitist	adjective	eɪˈliːtɪst	an elitist system, government etc is one in which a small group of people have more power and advantages than other people	an elitist education system	8A - A question of style
negate	verb	niˈɡeɪt	to prevent something from having any effect	Efforts to expand the tourist industry could be negated by reports that the sea is highly polluted.	8A - A question of style
clear-cut	adjective	klɪˈtʌkt	easy to understand or be certain about	There is not always a clear-cut distinction between right and wrong.	8B - Everything under the sun
mainstream	adjective	ˈmeɪnstriːm	accepted by or involving most people in a society	Deaf children can often be included in mainstream education.	8B - Everything under the sun
perseverance	noun	ˌpɜːsəˈvɪərəns	determination to keep trying to achieve something in spite of difficulties – use this to show approval	It took perseverance to overcome his reading problems.	8B - Everything under the sun
memorabilia	noun pl	ˌmemərəˈbɪliə	things that you keep or collect because they are connected with a famous person, event, or time	a collection of war memorabilia	8B - Everything under the sun

Word	Part of speech	Pron	Definition	Example	Unit
hoard	verb	hɔ:d	to collect and save large amounts of food, money etc, especially when it is not necessary to do so	families who hoarded food during the strike	8B - Everything under the sun
obsolescence	noun	ˌɒbsəˈlesəns	when something becomes old-fashioned and no longer useful, because something newer and better has been invented	Obsolescence is more of a problem for the technology industry than any other.	8B - Everything under the sun
philanthropic	adjective	ˌfɪlənˈθrɒpɪk	a philanthropic person or institution gives money and help to people who are poor or in trouble	a philanthropic foundation	8B - Everything under the sun
choosy	adjective	ˈtʃu:zi	someone who is choosy will only accept things that they like a lot or they consider to be very good	She's very choosy about clothes.	8B - Everything under the sun
off-white	noun	ɒfwaɪt	a white colour that has some yellow or grey in it	The room was painted in off-white.	8B - Everything under the sun
entertain the idea of (sth)	verb phrase	ˌentəˈteɪn ðə aɪˈdɪə əv (*)	to consider an idea etc, or allow yourself to think that something might happen or be true	She could never entertain the idea of living in the country.	9A - How far can you go?
beyond a joke	adjective phrase	bɪˈjɒnd eɪ dʒəʊk	a situation that has got beyond a joke has become serious and worrying	This rain's getting beyond a joke – let's go inside.	9B - A question of balance
kick off	phrasal verb	kɪk ɒf	if a meeting, event, or a football game kicks off, it starts	The match kicks off at 3 o'clock.	9B - A question of balance
preservatives	noun pl	priˈzɜ:vətɪvz	chemical substances that are used to prevent things from decaying, for example food or wood	food that contains no artificial preservatives	9B - A question of balance
pulses	noun pl	pʌlsɪz	seeds such as beans, peas, and lentils that you can eat	red lentil pulses	9B - A question of balance
toe the line	verb phrase	təʊ ðə laɪn	to do what other people in a job or organization say you should do, whether you agree with them or not	You toe the line or you don't stay on the team!	9B - A question of balance

Word	Part of speech	Pron	Definition	Example	Unit
none the wiser	phrase	nʌn ðə *	to not understand something even after it has been explained to you	Charlie explained how the system works, but I'm still none the wiser.	9B - A question of balance
disarmingly	adverb	dɪs'ɑ:mɪŋli	in a way that makes you feel less angry or disapproving towards someone	He was disarmingly honest about his past mistakes.	9A - How far can you go?
reach a milestone	noun phrase	ri:tʃeɪ 'maɪlstəʊn	a very important event in the development of something	The treatment of diabetes reached a significant milestone in the 1970s.	9A - How far can you go?
gangly	adjective	'gæŋgli	unusually tall and thin, and not able to move gracefully	an awkward, gangly teenager	9A - How far can you go?
rigorous	adjective	'rɪgərəs	severe, strict, and thorough	The swimmers follow a rigorous schedule of training twice a day.	9B - A question of balance
clued up (about)	adjective	'klu:d'ʌp (ə'baʊt)	knowing a lot about something	Ask Margaret. She's pretty clued up about that sort of thing.	9B - A question of balance
epic	adjective	'epɪk	an epic event continues for a long time and involves brave or exciting actions	his epic journey to South America	9A - How far can you go?
stagger	verb	'stæɡə	to walk or move unsteadily, almost falling over	He managed to stagger home.	9A - How far can you go?
stalemate	noun	'steɪlmert	a situation in which it seems impossible to settle an argument or disagreement, and neither side can get an advantage	The discussions with the miners' union ended in stalemate.	9A - How far can you go?
incongruous	adjective	ɪn'kɒŋɡruəs	strange, unexpected, or unsuitable in a particular situation	The new theatre looks utterly incongruous in its setting.	9A - How far can you go?
baggy	adjective	'bæɡi	baggy clothes are big and do not fit tightly on your body	She was wearing jeans and a baggy T-shirt.	9A - How far can you go?
languid	adjective	'læŋɡwɪd	moving slowly and involving very little energy	He greeted Charles with a languid wave of his hand.	9A - How far can you go?
partisan	adjective	'pɑ:tə'zæn	strongly supporting a particular political party, plan, or leader, usually without considering the other choices carefully	British newspapers are highly partisan.	9A - How far can you go?

Word	Part of speech	Pron	Definition	Example	Unit
jostle	verb	'dʒɒsəl	to push or knock against someone in a crowd, especially so that you can get somewhere or do something before other people	Followers of the president jostled for position in front of the TV cameras.	9A - How far can you go?
fidget	verb	'fɪdʒət	to keep moving your hands or feet, especially because you are bored or nervous	Stop fidgeting with your pens!	9A - How far can you go?
on a knife edge	noun phrase	ɒn ɪ nɑɪf ɛdʒ	if a situation is on a knife edge, the result is extremely uncertain	The future of the company is on a knife edge.	9A - How far can you go?
ingenuity	noun	ˌɪndʒə'nju:əti	skill at inventing things and thinking of new ideas	John showed great ingenuity in overcoming the problem.	9A - How far can you go?
matter-of-fact	adjective	'mætəʊvɹækt	showing no emotion when you are talking about something exciting, frightening, upsetting etc	Joan seemed very matter-of-fact about the divorce.	9A - How far can you go?
nag at	phrasal verb	næg ət	to make someone feel continuously worried or uncomfortable	a problem that had been nagging at him for days	9A - How far can you go?
wary	adjective	'weəri	someone who is wary is careful because they think something might be dangerous or harmful	I'm a bit wary of driving in this fog.	9A - How far can you go?
black out	phrasal verb	blæk aʊt	to become unconscious	My head was throbbing, and for a moment I thought I was going black out. Long hours and tough working	9A - How far can you go?
par for the course	noun phrase	pɑ: fə ðə kɔ:s	to be what you would normally expect to happen – used to show disapproval	conditions are often par for the course in catering.	9A - How far can you go?
hype	noun	haɪp	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.	9B - A question of balance

Word	Part of speech	Pron	Definition	Example	Unit
residue	noun	'rezədju:	a substance that remains on a surface, in a container etc and cannot be removed easily, or that remains after a chemical process	Rinse off any soap residue.	9B - A question of balance
afoot	adjective	ə'fʊt	being planned or happening	There were plans afoot for a second attack.	9B - A question of balance
prohibitive	adjective	prə'hɪbətɪv	prohibitive costs are so high that they prevent people from buying or doing something	The cost of land in Tokyo is prohibitive.	9B - A question of balance
far-fetched	adjective	fɑ:fetʃt	extremely unlikely to be true or to happen	All this may sound a bit far-fetched, but companies are already developing 'intelligent' homes.	9B - A question of balance
barrage	noun	'bærɑ:ʒ	a lot of criticism, questions, complaints etc that are said at the same time, or very quickly one after another	a barrage of questions	9B - A question of balance
red tape	noun	red teɪp	official rules that seem unnecessary and prevent things from being done quickly and easily	a procedure surrounded by bureaucracy and red tape	9B - A question of balance
allay	verb	ə'leɪ	to make someone feel less afraid, worried etc	The president made a statement to allay public anxiety.	9B - A question of balance
confectionery	noun	kən'fekʃənəri	sweets, chocolates etc	The shop specializes in luxury confectionary.	9B - A question of balance
genetically modified	adjective phrase	dʒ'netɪkli 'mɒdɪfaɪd	genetically modified foods or plants have had their genetic structure changed so that they are not affected by particular diseases or harmful insects	a genetically modified crop that is resistant to the disease	9B - A question of balance
hot potato	noun phrase	hɒt pə'tetəʊ	a subject or problem that no one wants to deal with, because it is difficult and any decision might make people angry	The issue has become a political hot potato.	9B - A question of balance

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
trial	verb	'traɪəl	to thoroughly test something in order to see if it works correctly or is effective	After being trialled in 10 hospitals, the procedure was approved for widespread use.	9B - A question of balance