

EXPERT FIRST

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>aisle</b>	<b>n</b>	<b>aɪl</b>	a long passage between rows of seats in a church, plane, theatre etc, or between rows of shelves in a shop	Would you like a window seat or an aisle seat (=seat next to the aisle)?	1
<b>anniversary</b>	<b>n</b>	<b>ˌænəˈvɜːsəri, ˌæniˈvɜːsəri</b>	a date on which something special or important happened in a previous year	Jack and Kim celebrated their twentieth wedding anniversary in January.	1
<b>anxiety</b>	<b>n</b>	<b>æŋˈzæti</b>	the feeling of being very worried about something	There is considerable anxiety among staff about job losses.	1
<b>be awarded</b>	<b>v</b>	<b>bi əˈwɔːdɪd</b>	be given something such as a prize or money to reward you for something you have done	She was awarded a special prize for excellence in maths.	1
<b>benefits</b>	<b>pl n</b>	<b>ˈbenɪfɪts</b>	an advantage, improvement, or help that you get from something	There are many health benefits of eating a vegetarian diet.	1
<b>best man</b>	<b>n phr</b>	<b>best mæn</b>	the man who helps a bridegroom at a wedding ceremony	The best man looked after the rings for the bridegroom.	1
<b>blow out</b>	<b>ph v</b>	<b>bləʊ aʊt</b>	if you blow a flame or a fire out, or if it blows out, it stops burning	The match blew out in the wind.	1
<b>blow up</b>	<b>ph v</b>	<b>bləʊ ʌp</b>	to fill something with air or gas	You need to blow up your bicycle's front tyre.	1
<b>bridesmaid</b>	<b>n</b>	<b>ˈbrɪdzmeɪd</b>	a girl or woman, usually unmarried, who helps a bride on her wedding day and is with her at the wedding	The bridesmaids helped the bride to get dressed.	1
<b>do up</b>	<b>ph v</b>	<b>duː ʌp</b>	to repair an old building or car, or to improve its appearance	They did up the old cottage and it looked as good as new.	1
<b>foreign</b>	<b>adj</b>	<b>ˈfɒrən, ˈfɔːrɪn</b>	from or relating to a country that is not your own	There are a lot of foreign students on the international course.	1
<b>go sour</b>	<b>v phr</b>	<b>gəʊ saʊə</b>	milk or other food that is sour is not fresh and has a bad taste	I left the milk out of the fridge and it went sour.	1
<b>have access to</b>	<b>v phr</b>	<b>hæv ˈækses tə</b>	the opportunity to have or use something	My son doesn't have access to a mobile phone – he's only three years old.	1
<b>high heels</b>	<b>n phr</b>	<b>haɪ hiːlz</b>	women's shoes with high heels	I can't walk very well in high heels.	1
<b>honeymoon</b>	<b>n</b>	<b>ˈhʌnɪmuːn</b>	a holiday taken by two people who have just got married	We went to Italy on our honeymoon.	1

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<b>keep an eye on</b>	<b>idm</b>	<b>ki:p ən aɪ ɒn</b>	to look after someone or something	Will you keep an eye on my bag while I go to the toilet?	1
<b>keep in touch with</b>	<b>v phr</b>	<b>ki:p ɪn tʌtʃ wɪð</b>	to stay in contact with	Email makes it easy to keep in touch with people all over the world.	1
<b>keep up</b>	<b>phr v</b>	<b>ki:p ʌp</b>	to continue doing something	I don't think I can keep this up any longer.	1
<b>let down</b>	<b>ph v</b>	<b>let daʊn</b>	to not do something that someone trusts or expects you to do	The band let their fans down when they failed to arrive for the gig.	1
<b>look up</b>	<b>ph v</b>	<b>lʊk ʌp</b>	if you look up information in a book, on a computer etc, you try to find it there	Look up the word in a dictionary.	1
<b>make a speech</b>	<b>v phr</b>	<b>meɪk eɪ spi:tʃ</b>	to give a talk, especially a formal one about a particular subject, to a group of people	After he won the award, he made a short speech.	1
<b>make progress</b>	<b>v phr</b>	<b>meɪk 'prəʊgres</b>	to get better at doing something, or get closer to finishing or achieving something	Since you started practising for 15 minutes a day, you're making real progress at the piano.	1
<b>marquee</b>	<b>n</b>	<b>mɑ:'ki:</b>	a large tent at an outdoor event or large party, used especially for eating or drinking in	The wedding reception took place in a marquee in the garden on of our house.	1
<b>plain</b>	<b>adj</b>	<b>pleɪn</b>	without anything added or without decoration	I prefer plain fabric; I don't like lots of patterns.	1
<b>pressure</b>	<b>n</b>	<b>'preʃə</b>	a worried feeling that you get when you have to deal with a difficult or complicated situation	There is a lot of pressure on young people to succeed.	1
<b>put up</b>	<b>ph v</b>	<b>put ʌp</b>	to build something such as a wall, fence, building etc	They're putting up several new office blocks in the centre of town.	1
<b>reception</b>	<b>n</b>	<b>rɪ'sepʃən</b>	a large formal party to celebrate an event or to welcome someone	They celebrated the wedding with an evening reception.	1
<b>registry office</b>	<b>n phr</b>	<b>'redʒəstri 'ɒfəs</b>	a local government building in Britain where you can get married, and where births, marriages and deaths are officially recorded	It was a simple wedding at the local registry office.	1
<b>require</b>	<b>v</b>	<b>rɪ'kwaɪə</b>	if a rule, law, contract etc requires something, you must do that thing	Car insurance is required by law in most countries.	1

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<b>sour</b>	adj	sauə	having a sharp acid taste, like the taste of a lemon or a fruit that is not ready to be eaten	Rachel sampled the wine. It was sour.	1
<b>survive</b>	v	sə'vaɪv	to continue to exist, especially in a difficult or dangerous situation	Of all the museum's paintings, only one survived the fire.	1
<b>take down</b>	ph v	teɪk daʊn	to remove	Before I left home, I took down the posters from my bedroom wall.	1
<b>take over from</b>	phr v	teɪk 'əʊvə frəm	to replace	Mobile phones have taken over from landline phones in many homes.	1
<b>take photos</b>	v phr	teɪk 'fəʊtəʊz	use a camera to take pictures	I took 130 photos on my last holiday!	1
<b>tidy up</b>	ph v	'tɑɪdi ʌp	to make a place look tidy	Tidy up your room!	1
<b>try out</b>	ph v	traɪ aʊt	to test, experiment with	I tried out trampolining but I didn't really like it.	1
<b>turn down</b>	phr v	tɜ:n daʊn	to refuse	Roger was nervous before the proposal because he thought Lily might turn him down.	1
<b>witness</b>	n	'wɪtnəs, 'wɪtnɪs	someone who is present when an official document is signed, and who signs it too, to say that they saw it being signed	You need two witnesses to be present at your wedding.	1
<b>wrap up</b>	ph v	ræp ʌp	to put paper or cloth over something to cover it	The present was wrapped up beautifully in gold paper.	1
<b>apply to</b>	v phr	ə'plɑɪ tə	to make a formal request, usually written, for something such as a job, a place in a university, or permission to do something	There's no point applying for that job – it's no longer available.	2
<b>attend lectures</b>	v phr	ə'tend 'lektʃəz	to go to lectures	I attend lectures from Monday to Thursday.	2
<b>carry out</b>	ph v	'kæri aʊt	to do something that needs to be organized and planned	The scientists are carrying out research into eating habits amongst students.	2
<b>combination</b>	n	'kɒmbə'neɪʃən, 'kɒmbɪ'neɪʃən	two or more different things that exist together or are used or put together	A combination of factors may be responsible for the increase in cancer.	2

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>continuous assessment</b>	<b>n phr</b>	kən'tɪnjuəs ə'sesmənt	a way of judging a student's ability by looking at the work they have done during the year rather than by an examination	We don't have any exams – there is continuous assessment throughout the course.	2
<b>countless</b>	<b>adj</b>	'kauntləs	too many to be counted	It's a famous film clip which has been shown countless times.	2
<b>curriculum</b>	<b>n</b>	kə'ɹɪkjələm, kə'ɹɪkjʊləm	the subjects that are taught by a school, college etc, or the things that are studied in a particular subject	Languages are an essential part of the school curriculum.	2
<b>degree</b>	<b>n</b>	dɪ'ɡri:	a course of study at a university or college, or the qualification that is given to you when you have successfully completed the course	She's studying for a degree in biology.	2
<b>discipline</b>	<b>n</b>	'dɪsəplən, 'dɪsɪplən	a way of training someone so that they learn to control their behaviour and obey rules	The book gives parents advice on discipline.	2
<b>get a degree</b>	<b>v phr</b>	get ɪ dɪ'ɡri:	successfully complete your studies at university, resulting in a degree qualification	She's so intelligent she got a degree when she was just fourteen.	2
<b>get across</b>	<b>ph v</b>	get ə'krɒs	to succeed in communicating an idea or piece of information to someone, or to be communicated successfully	It took him ages to get his point across.	2
<b>get down to</b>	<b>ph v</b>	get daʊn tə	to start doing something that is difficult or needs a lot of time or energy	We need to get down to some serious talking.	2
<b>go over</b>	<b>ph v</b>	ɡəʊ əʊvə	to repeat something in order to explain it or make sure it is correct	I don't understand. Could you go over that again?	2
<b>go wrong</b>	<b>idm</b>	ɡəʊ rɒŋ	to stop working properly	Something's gone wrong with my watch.	2
<b>hand in</b>	<b>ph v</b>	hænd ɪn	to give something to someone in authority	Did you hand in your homework on time?	2
<b>join a club</b>	<b>v phr</b>	dʒɔɪn ɪ klʌb	to become a member of an organization, society or group	Would you like to join our dance group?	2
<b>keep up</b>	<b>ph v</b>	ki:p ʌp	to go as quickly as someone else	I had to walk fast to keep up with him.	2
<b>lecturer</b>	<b>n</b>	'lektʃərə	someone who gives lectures, especially in a university	She's a brilliant lecturer.	2

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>make friends</b>	<b>v phr</b>	<b>meɪk frendz</b>	to become friendly with people	Jenny has always found it easy to make friends at school.	2
<b>minimal</b>	<b>adj</b>	<b>'mɪnɪməl, 'mɪnɪməl</b>	very small in degree or amount, especially the smallest degree or amount possible	The storm caused only minimal damage	2
<b>nursery school</b>	<b>n phr</b>	<b>'nɜːsəri sku:l</b>	a school for children who are between three and five years old	My youngest child has just started nursery school.	2
<b>pay attention</b>	<b>v phr</b>	<b>peɪ ə'tenʃən</b>	start listening to, looking at, or thinking about something	He doesn't pay attention to how much money he spends.	2
<b>peaceful</b>	<b>adj</b>	<b>'piːsfəl</b>	a peaceful time, place, or situation is quiet and calm without any worry or excitement	We had a peaceful afternoon without the children.	2
<b>pick up</b>	<b>ph v</b>	<b>pɪk ʌp</b>	to let someone get into your car, boat etc and take them somewhere	I'll pick you up at 8 o'clock.	2
<b>primary school</b>	<b>n phr</b>	<b>'praɪməri sku:l</b>	a school for children between 5 and 11 years old in England and Wales	He starts primary school next week.	2
<b>resign</b>	<b>v</b>	<b>rɪ'zaɪn</b>	to officially announce that you have decided to leave your job or an organization	She resigned from the government last week.	2
<b>resit exams</b>	<b>v phr</b>	<b>,'riːsɪt ɪg zæmz</b>	to take an examination again, because you failed it or did not do well enough	I resat the exam for a second time and passed.	2
<b>secondary school</b>	<b>n phr</b>	<b>'sekəndəri sku:l</b>	a school for children between the ages of 11 and 16 or 18	Students take exams at the end of secondary school.	2
<b>stand on your own two feet</b>	<b>idm</b>	<b>stænd ɒn jə ʊn tuː fi:t</b>	to be able to do what you need to do, earn your own money, etc without help from others	Now she's 20 and has got a job she can stand on her own two feet.	2
<b>stay on</b>	<b>ph v</b>	<b>steɪ ɒn</b>	to continue to do a job or to study after the usual or expected time for leaving	He resigned as chairman, but stayed on as an instructor.	2
<b>stock</b>	<b>v</b>	<b>stɒk</b>	if a shop stocks a particular product, it keeps a supply of it to sell	We stock a wide range of kitchen equipment.	2
<b>strict</b>	<b>adj</b>	<b>strikt</b>	expecting people to obey rules or to do what you say	He's a strict teacher.	2

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>take advantage</b>	<b>n phr</b>	<b>teɪk əd'vɑ:ntɪdʒ</b>	to use a particular situation to do or get what you want	Take advantage of the warm weather to spend some time outdoors.	2
<b>turn up</b>	<b>ph v</b>	<b>tɜ:n ʌp</b>	to arrive	Nina never turned up for our meeting. I wonder what happened to her.	2
<b>tutorial</b>	<b>n</b>	<b>tju:'tɔ:riəl</b>	a period of teaching and discussion with a tutor, especially in a British university	I'm doing some research ahead of the tutorial on Monday.	2
<b>undergraduate</b>	<b>n</b>	<b>ˌʌndə'grædʒuət, ˌʌndə'grædʒuɪt</b>	a student at college or university, who is working for their first degree	They are all second-year undergraduates.	2
<b>unlikely</b>	<b>adj</b>	<b>ʌn'laɪkli</b>	not likely to happen	Donna might be able to come tomorrow, but it's very unlikely.	2
<b>valuable</b>	<b>adj</b>	<b>'væljuəbəl, -jəbəl</b>	valuable help, advice, information etc is very useful because it helps you to do something	The job gave him valuable experience.	2
<b>waste time</b>	<b>v phr</b>	<b>weɪst taɪm</b>	to use more time than is useful or sensible	You don't need to read it again – you're wasting time!	2
<b>work out</b>	<b>ph v</b>	<b>wɜ:k aʊt</b>	to think carefully about how you are going to do something and plan a good way of doing it	UN negotiators have worked out a set of compromise proposals.	2
<b>aggressive</b>	<b>adj</b>	<b>ə'gresɪv</b>	behaving in an angry threatening way, as if you want to fight or attack someone	Jim's voice became aggressive.	3
<b>ant</b>	<b>n</b>	<b>ænt</b>	a small insect that lives in large groups	The ants were attracted to some sugar I had spilled on the floor.	3
<b>beak</b>	<b>n</b>	<b>bi:k</b>	the hard pointed mouth of a bird	Some birds use their beaks to crack open nuts.	3
<b>bear</b>	<b>n</b>	<b>beə</b>	a large strong animal with thick fur, that eats flesh, fruit, and insects	Look at that mother bear and her cubs.	3
<b>beetle</b>	<b>n</b>	<b>'bi:tl</b>	an insect with a round hard back that is usually black	What a shiny black beetle!	3
<b>bite</b>	<b>v</b>	<b>baɪt</b>	to use your teeth to cut, crush, or chew something	The dog bit him and made his hand bleed.	3
<b>butterfly</b>	<b>n</b>	<b>'bʌtəflaɪ</b>	a type of insect that has large wings, often with beautiful colours	You usually see butterflies in the summer.	3

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<b>calf</b>	<b>n</b>	<b>ka:f</b>	the baby of a cow, or of some other large animals, such as an elephant	The cow is expected to give birth to a calf tomorrow.	3
<b>claws</b>	<b>pl n</b>	<b>klɔ:z</b>	sharp curved nails on an animal, bird, or some insects	Ouch! Your cat's claws are very sharp!	3
<b>dolphin</b>	<b>n</b>	<b>'dɒlfən, 'dɒlfɪn</b>	a very intelligent sea animal like a fish with a long grey pointed nose	I would love to swim in the sea with a dolphin.	3
<b>downpour</b>	<b>n</b>	<b>'daʊnpɔ:</b>	a lot of rain that falls in a short time	We got soaked in a sudden downpour.	3
<b>drizzle</b>	<b>n</b>	<b>'drɪzəl</b>	weather that is a combination of light rain and mist	A light drizzle had started by the time we left.	3
<b>elegant</b>	<b>adj</b>	<b>'eləgənt, 'elɪgənt</b>	beautiful, attractive, or graceful	What a tall, elegant young woman!	3
<b>fatal</b>	<b>adj</b>	<b>'fætl</b>	resulting in someone's death	Vaccinations can protect against potentially fatal diseases.	3
<b>fins</b>	<b>n</b>	<b>fɪnz</b>	the thin body parts that a fish uses to swim	The fish is just floating so its fins are hardly moving.	3
<b>gale</b>	<b>n</b>	<b>geɪl</b>	a very strong wind	A severe gale tore down many trees in the village.	3
<b>giraffe</b>	<b>n</b>	<b>dʒə'ra:f, dʒɪ'ra:f</b>	a tall African animal with a very long neck and legs and dark spots on its yellow-brown fur	We saw some very tall giraffes at the zoo.	3
<b>goat</b>	<b>n</b>	<b>ɡəʊt</b>	an animal that has horns on top of its head and long hair under its chin, and can climb steep hills and rocks. Goats live wild in the mountains or are kept as farm animals.	She leapt up the mountain like a goat.	3
<b>guinea pig</b>	<b>n</b>	<b>'ɡɪni piɡ</b>	a small furry animal with short ears and no tail, which is often kept as a pet	I have three guinea pigs which I keep in a hutch.	3
<b>gust</b>	<b>n</b>	<b>ɡʌst</b>	a sudden strong movement of wind, air, rain etc	A sudden gust of wind blew the door shut.	3
<b>hail</b>	<b>n</b>	<b>heɪl</b>	frozen raindrops which fall as hard balls of ice	There were heavy showers of rain and hail.	3
<b>hamster</b>	<b>n</b>	<b>'hæmstə</b>	a small animal that looks like a mouse with no tail	My hamster lived until it was four years old.	3
<b>hooves</b>	<b>pl n</b>	<b>hu:vz</b>	the plural of <i>hoof</i> , the hard foot of an animal such as a horse, cow etc	I could hear the sound of the horse's hooves walking along the road.	3
<b>howl</b>	<b>v</b>	<b>haʊl</b>	if a dog, wolf, or other animal howls, it makes a long loud sound	The dogs howled all night.	3

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<b>hurricane</b>	<b>n</b>	<b>'hʌrəkən, 'hʌrɪkən</b>	a storm that has very strong fast winds and that moves over water	Our home was destroyed in a hurricane.	3
<b>insect</b>	<b>n</b>	<b>'ɪnsekt</b>	a small creature such as a fly or ant, that has six legs, and sometimes wings	My arm's so itchy. I've got an insect bite.	3
<b>jungle</b>	<b>n</b>	<b>'dʒʌŋɡəl</b>	a thick tropical forest with many large plants growing very close together	The expedition team trekked through the Amazon jungle.	3
<b>leopard</b>	<b>n</b>	<b>'lepəd</b>	a large animal of the cat family, with yellow fur and black spots, which lives in Africa and South Asia	It's very rare to see a leopard in the wild.	3
<b>mosquito</b>	<b>n</b>	<b>mə'ski:təʊ</b>	a small flying insect that sucks the blood of people and animals, sometimes spreading the disease malaria	Malaria is carried by mosquitoes.	3
<b>parrot</b>	<b>n</b>	<b>'pærət</b>	a tropical bird with a curved beak and brightly coloured feathers that can be taught to copy human speech	My parrot can say my name and ask me how I am.	3
<b>peck</b>	<b>v</b>	<b>pek</b>	if a bird pecks something or pecks at something, it makes quick repeated movements with its beak to try to eat part of it, make a hole in it etc	The birds are pecking at breadcrumbs on the pavement.	3
<b>penguin</b>	<b>n</b>	<b>'penɡwən, 'penɡwɪn</b>	a large black and white Antarctic sea bird, which cannot fly but uses its wings for swimming	Baby penguins are covered in a thick layer of fur.	3
<b>pigeon</b>	<b>n</b>	<b>'pɪdʒən, 'pɪdʒɪn</b>	a grey bird with short legs that is common in cities	Please don't feed the pigeons.	3
<b>put off</b>	<b>ph v</b>	<b>put ɒf</b>	to discourage	Even though he had failed his driving test nine times, John wasn't put off and applied to take it again.	3
<b>reptile</b>	<b>n</b>	<b>'reptail</b>	a type of animal, such as a snake or lizard, whose body temperature changes according to the temperature around it, and that usually lays eggs to have babies	This reptile has scales all over its body.	3
<b>rodent</b>	<b>n</b>	<b>'rəʊdənt</b>	any small animal of the type that has long sharp front teeth, such as a rat or a rabbit	Mu brother saw rodents in the kitchen so I don't eat in that restaurant anymore.	3
<b>scratch</b>	<b>v</b>	<b>skrætʃ</b>	to cut someone's skin slightly with your nails or with something sharp	The cat scratched my hand when I picked it up.	3
<b>screech</b>	<b>v</b>	<b>skri:tʃ</b>	to shout loudly in an unpleasant high voice because you are angry, afraid, or excited	'Look out!' she screeched.	3



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<b>shark</b>	<b>n</b>	<b>ʃɑ:k</b>	a large sea fish with several rows of very sharp teeth that is considered to be dangerous to humans	Sharks were circling around our boat.	3
<b>spring up</b>	<b>ph v</b>	<b>sprɪŋ ʌp</b>	to suddenly appear or start to exist	Fast-food restaurants are springing up all over town.	3
<b>squeak</b>	<b>v</b>	<b>skwi:k</b>	to make a short high noise or cry that is not loud	A rat squeaked and ran into the bushes.	3
<b>squirrel</b>	<b>n</b>	<b>'skwɪrəl</b>	a small animal with a long furry tail that climbs trees and eats nuts	There are very few red squirrels left in the UK.	3
<b>sting</b>	<b>v</b>	<b>stɪŋ</b>	if an insect or a plant stings you, it makes a very small hole in your skin and you feel a sharp pain because of a poisonous substance	He was stung by a bee.	3
<b>tail</b>	<b>n</b>	<b>teɪl</b>	the part that sticks out at the back of an animal's body, and that it can move	The dog wagged its tail.	3
<b>tortoise</b>	<b>n</b>	<b>'tɔ:təs</b>	a slow-moving land animal that can pull its head and legs into the hard round shell that covers its body	A tortoise can live to 100 years or more.	3
<b>whale</b>	<b>n</b>	<b>weɪl</b>	a very large animal that lives in the sea and looks like a fish, but is actually a mammal	Many species of whale are protected – they cannot be hunted.	3
<b>whiskers</b>	<b>pl n</b>	<b>'wɪsk əz</b>	the long stiff hairs that grow near the mouth of a cat, mouse etc	The mouse's nose quivered and its whiskers twitched.	3
<b>wings</b>	<b>pl n</b>	<b>wɪŋz</b>	the parts of a bird's or insect's body that it uses for flying	The butterfly has beautiful wings.	3
<b>wipe out</b>	<b>ph v</b>	<b>waɪp aʊt</b>	to destroy, remove, or get rid of something completely	Whole villages were wiped out by the floods.	3
<b>wolf</b>	<b>n</b>	<b>wʊlf</b>	a wild animal that looks like a large dog and lives and hunts in groups	A pack of wolves lives in the forest behind my house.	3
<b>bat</b>	<b>n</b>	<b>bæt</b>	a long wooden stick with a special shape that is used in some sports and games	You need to hit the ball with the baseball bat.	4
<b>be into something</b>	<b>idm</b>	<b>bi 'ɪntə 'sʌmθɪŋ</b>	to like and be interested in something	I'm really into folk music.	4
<b>court</b>	<b>n</b>	<b>kɔ:t</b>	an area made for playing games such as tennis	They played the match on a grass tennis court.	4
<b>early days</b>	<b>n phr</b>	<b>'ɜ:li deɪz</b>	at the beginning	In the early days of football, people played with footballs made of heavy leather.	4

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>fancy something</b>	<b>v phr</b>	'fænsɪ 'sʌmθɪŋ	to like or want something, or want to do something	I fancy trying ice-skating.	4
<b>from the word go</b>	<b>idm</b>	frəm ðə wɜ:d gəʊ	from the very beginning	I loved singing from the word go.	4
<b>give something a go</b>	<b>idm</b>	ɡɪv 'sʌmθɪŋ eɪ gəʊ	to try something	I'm not really that interested in learning to ride a bike, but I'll give it a go.	4
<b>goggles</b>	<b>pl n</b>	'gɒɡəlz	a pair of glasses made of glass or plastic with a rubber or plastic edge that fit against your skin and protect your eyes	I always wear goggles when I swim to stop my eyes getting sore.	4
<b>helmet</b>	<b>n</b>	'helmət, 'helmɪt	a strong hard hat that soldiers, motorcycle riders, the police etc wear to protect their heads	It's a good idea to wear a helmet when you go skiing.	4
<b>make a tackle</b>	<b>n phr</b>	meɪk eɪ 'tækəl	to attempt to take the ball from an opponent in a game such as football	His skilful tackle led to his team scoring the winning goal.	4
<b>nervous</b>	<b>adj</b>	'nɜ:vəs	worried or frightened about something, and unable to relax	She was so nervous about her exams that she couldn't sleep.	4
<b>originate</b>	<b>v</b>	ə'ɪdʒəneɪt, ə'ɪdʒɪneɪt	to come from a particular place or start in a particular situation	How did the plan originate?	4
<b>pitch</b>	<b>n</b>	pɪtʃ	a marked out area of ground on which a sport is played	The game will take place on the world-famous Wembley football pitch.	4
<b>put on</b>	<b>ph v</b>	put ɒn	to become fatter and heavier	When I stopped running I put on 8 kilos.	4
<b>put yourself through</b>	<b>ph v</b>	put jɔ: 'self θru:	to do or experience something difficult or unpleasant	I put myself through months of training before I ran the marathon.	4
<b>racket</b>	<b>n</b>	'rækət, 'rækrɪt	a specially shaped piece of wood or metal that you use for hitting the ball in games such as tennis, that has a circle filled with tight strings at one end	I forgot my squash racket so had to borrow Simon's.	4
<b>sensible</b>	<b>adj</b>	'sensəbəl, 'sensɪbəl	reasonable, practical, and showing good judgement	She seems very sensible. She'll make the right decision.	4

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>sensitive</b>	adj	'sensətɪv, 'sensɪtv	able to understand other people's feelings and problems	He's a sensitive and intelligent young man.	4
<b>sign up for</b>	ph v	saɪn ʌp fə	to put your name on a list for something because you want to take part in it	I've signed up for a Spanish course during the summer.	4
<b>speed up</b>	ph v	spi:d ʌp	to move or happen faster, or to make something move or happen faster	The truck speeded up going down the hill.	4
<b>sympathetic</b>	adj	'sɪmpə'θetɪk	caring and feeling sorry about someone's problems	She's a sympathetic friend who always listens to my problems.	4
<b>take after</b>	ph v	teɪk 'ɑ:ftə	to look or behave like an older relative	Jenni really takes after her mother.	4
<b>take off</b>	ph v	teɪk ɒf	to become popular	Online shopping has really taken off in the last few years.	4
<b>take place</b>	v phr	teɪk pleɪs	to happen, especially after being planned or arranged	The next meeting will take place on Thursday.	4
<b>take to something</b>	ph v	teɪk tə 'sʌmθɪŋ	to feel a liking towards someone or something	I never really took to painting so I gave it up after six months.	4
<b>take up</b>	ph v	teɪk ʌp	to start doing something	After her husband died, Mavis took up ballroom dancing.	4
<b>to be brought up</b>	ph v	tə bi brɔ:t ʌp	to be raised from a child to an adult	I was brought up always to say 'please' and 'thank you'.	4
<b>track</b>	n	træk	a circular course around which runners, cars etc race, which often has a specially prepared surface	To run a mile, you have to run around the track four times.	4
<b>trunks</b>	pl n	trʌŋks	a piece of clothing worn by men for swimming	Men must wear trunks in the pool.	4
<b>typical</b>	adj	'tɪpɪkəl	having the usual features or qualities of a particular group or thing	It's raining in the middle of summer – typical British weather.	4
<b>usual</b>	adj	'ju:ʒuəl, 'ju:ʒəl	happening, done, or existing most of the time or in most situations	Make a cheese sauce in the usual way.	4
<b>ability</b>	n	ə'biləti, ə'bɪlɪti	the state of being able to do something	Humans have the ability to walk.	5

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>achievement</b>	n	ə'tʃi:vmənt	something important that you succeed in doing by your own efforts	We try to celebrate the achievements of our students.	5
<b>accidentally</b>	adv	ˌæksɪ'dent(ə)li	in a way that happens without being planned or intended	A person was hurt accidentally during the protest.	5
<b>assistance</b>	n	ə'sɪstəns	help or support	We offer financial assistance to students.	5
<b>back up</b>	ph v	bæk ʌp	to make a copy of information stored on a computer	Make sure you back up your files before you sell that computer.	5
<b>carry on</b>	ph v	'kæri ɒn	to continue doing something	Sorry, I interrupted you. Please carry on.	5
<b>catch up</b>	ph v	kætʃ ʌp	to do what needs to be done because you have not been able to do it until now	I caught up on my homework by working all weekend.	5
<b>click</b>	v	klɪk	to press a button on a computer mouse or to choose something from the screen that you want the computer to do, or to press a button on a remote control	Click on the icon and a new window will open.	5
<b>come about</b>	ph v	kʌm ə'baʊt	to happen, especially in a way that is not planned	The opportunity to get into computing came about quite by accident.	5
<b>come across</b>	ph v	kʌm ə'krɒs	to meet, find, or discover someone or something by chance	I came across an old diary in her desk.	5
<b>come off</b>	ph v	kʌm ɒf	to succeed	Their gamble came off and the sellers agreed to their price.	5
<b>come out</b>	ph v	kʌm aʊt	to get discovered	If it comes out that you lied, the police will arrest you.	5
<b>come round</b>	ph v	kʌm raʊnd	to visit somebody at home	Why don't you come round at about 3 o'clock.	5
<b>come up</b>	ph v	kʌm ʌp	to get mentioned	If the subject of her dad comes up, she might get upset.	5
<b>come up with</b>	ph v	kʌm ʌp wɪð	to have an idea for something	I've come up with a new logo for the company.	5

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>criticism</b>	n	'krɪtəsɪzəm, 'krɪtɪsɪzəm	remarks that say what you think is bad about someone or something	My main criticism of the scheme is that it does nothing to help families on low incomes.	5
<b>description</b>	n	dɪ'skrɪpʃən	a piece of writing or speech that gives details about what someone or something is like	That was a very accurate description of the event.	5
<b>development</b>	n	dɪ'veləpmənt	the process of gradually becoming bigger, better, stronger, or more advanced	Reading a bedtime story is important for child development.	5
<b>download</b>	v	ˌdaʊn'ləʊd	to move information or programs from a computer network to a small computer	You can download the games from the Internet.	5
<b>equipment</b>	n	ɪ'kwɪpmənt	the tools, machines etc that you need to do a particular job or activity	That shop sells camping equipment.	5
<b>excitement</b>	n	ɪk'saɪtmənt	the feeling of being excited	The excitement of becoming a parent is indescribable.	5
<b>existence</b>	n	ɪg'zɪstəns	the state of existing	Many people believe in the existence of a God.	5
<b>failure</b>	n	'feɪljə	a lack of success in achieving or doing something	Successful people often aren't very good at dealing with failure.	5
<b>generosity</b>	n	ˌdʒenə'rɒsəti, ˌdʒenə'rɒsɪti	a generous attitude, or generous behaviour	Your gift of \$1,000 was an act of great generosity.	5
<b>illness</b>	n	'ɪlnəs, 'ɪlnɪs	a disease of the body or mind, or the condition of being ill	She had all the normal childhood illnesses.	5
<b>importance</b>	n	ɪm'pɔ:təns	the quality of being important	Don't underestimate the importance of regular exercise.	5
<b>infection</b>	n	ɪn'fekʃən	a disease that affects a particular part of your body and is caused by bacteria or a virus	The baby had an ear infection.	5
<b>investigation</b>	n	ɪn'vestrɪ'geɪʃən	an official attempt to find out the truth about or the cause of something such as a crime, accident, or scientific problem	The investigation continued for nearly three years.	5
<b>keyboard</b>	n	'ki:bɔ:d	a board with buttons marked with letters or numbers that are pressed to put information into a computer or other machine	Type the answer using this computer keyboard.	5

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>kindness</b>	n	'kaɪndnəs, 'kaɪndnɪs	kind behaviour towards someone	I can't thank you enough for your kindness.	5
<b>log on</b>	ph v	lɒg ɒn	to do the necessary actions on a computer system that will allow you to begin using it	You need your password to log on to your homepage.	5
<b>loneliness</b>	n	'ləʊnlɪnəs	unhappiness because you are alone or do not have anyone to talk to	After my dog died I had a deep feeling of loneliness.	5
<b>mixture</b>	n	'mɪkstʃə	a combination of two or more different things, feelings, or types of people	The town is a mixture of the old and the new.	5
<b>observation</b>	n	ˌɒbzə'veɪʃən	something that you notice when watching something or someone	Some interesting observations resulted from this research.	5
<b>organisation</b>	n	ˌɔ:gənəɪ'zeɪʃən	a group such as a club or business that has formed for a particular purpose	The public expect high standards from any large organization.	5
<b>popularity</b>	n	ˌpɒpjə'lærəti, ˌpɒpjʊ'lærəti	when something or someone is liked or supported by a lot of people	The popularity of the Internet has soared.	5
<b>reality</b>	n	ri'æləti, ri'ælɪti	what actually happens or is true, not what is imagined or thought	Sometimes she fails to see the difference between fantasy and reality.	5
<b>sadness</b>	n	'sædnəs, 'sædnɪs	the state of feeling sad	She sensed Beth's deep sadness.	5
<b>save time</b>	v phr	seɪv taɪm	to avoid wasting time, to use time efficiently	The new motorway saves me a lot of time on my drive to work.	5
<b>store</b>	v	stɔ:	to put things away and keep them until you need them	Squirrels are storing up nuts for the winter.	5
<b>strength</b>	n	streŋθ, strenθ	the physical power and energy that makes someone strong	She didn't even have the strength to stand up.	5
<b>sufficient</b>	adj	sə'fɪjənt	as much as is needed for a particular purpose	We can only prosecute if there is sufficient evidence.	5
<b>take for granted</b>	v phr	teɪk fə'grɑ:ntəd	to expect someone or something to be always available to serve in some way without thanks or recognition; to value someone or something too lightly	I take it for granted that I can speak to my brother on the other side of the world by phone.	5
<b>truth</b>	n	tru:θ	the true facts about something, rather than what is untrue, imagined, or guessed	How do we know you're telling us the truth?	5
<b>try on</b>	ph v	traɪ ɒn	to put on a piece of clothing to see if it fits you or if it suits you, especially in a shop	Meg tried on some red sandals.	5

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>wear off</b>	ph v	wəʊ ɒf	used to say that you stop feeling interested or excited about something because it is no longer new	It was funny for a while but the novelty soon wore off.	5
<b>width</b>	n	wɪðθ	the distance from one side of something to the other	What's the width of the desk?	5
<b>believable</b>	adj	bə'li:vəbəl, br'li:vəbəl	something that is believable can be believed because it seems possible, likely, or real	The characters in this story are completely believable.	6
<b>clarinet</b>	n	ˌklærə'net, ˌklærɪ'net	a musical instrument like a long black tube, that you play by blowing into it and pressing keys to change the notes	She played the clarinet in the local orchestra.	6
<b>comedian</b>	n	kə'mi:diən	someone whose job is to tell jokes and make people laugh	He started as a stand-up comedian (=someone who tells jokes to an audience).	6
<b>conclusion</b>	n	kən'klu:ʒən	something you decide after considering all the information you have	These are the report's main conclusions.	6
<b>current affairs</b>	n phr	'kʌrənt ə 'feəz	important political events or other events in society that are happening now	That current affairs show covers some really interesting stories.	6
<b>direction</b>	n	də'rekʃən, dɪ'rekʃən, daɪ-	the instructions given to the actors and other people working on a film, play etc	The director gave the actors very little direction. He preferred them to improvise.	6
<b>documentary</b>	n	ˌdɒkjə'mentəri, ˌdɒkju'mentəri	a film or a television or radio programme that gives detailed information about a particular subject	A local film crew is making a documentary about volcanoes.	6
<b>drums</b>	n	dɾʌmz	musical instruments made of skin stretched over a circular frame, played by hitting it with your hand or a stick	She had been playing the drums all afternoon and it had given me a headache.	6
<b>embarrassment</b>	n	ɪm'bærəsmənt	the feeling you have when you are embarrassed	She suffered extreme embarrassment at not knowing how to read.	6
<b>employee</b>	n	ɪm'plɔɪ-i:, ɪm'plɔɪ'i:	someone who is paid to work for someone else	I've been a government employee for three years.	6
<b>flute</b>	n	flu:t	a musical instrument like a thin pipe, that you play by holding it across your lips, blowing over a hole, and pressing down buttons with your fingers	The flute makes such a beautiful, haunting sound.	6

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>glamorous</b>	adj	'glæməərəs	attractive, exciting, and related to wealth and success	She led an exciting and glamorous life.	6
<b>harp</b>	n	hɑ:p	a large musical instrument with strings that are stretched across a vertical frame with three corners, and that you play with your fingers	I got married to the sound of a harp playing in the background.	6
<b>illiterate</b>	adj	ɪ'ɪlɪtərət, ɪ'ɪlɪtərɪt	someone who is illiterate has not learned to read or write	It was an illiterate letter, full of mistakes.	6
<b>illogical</b>	adj	ɪ'lɒdʒɪkəl	not sensible or reasonable	That's an illogical and unreasonable fear.	6
<b>impatient</b>	adj	ɪm'peɪʃənt	annoyed because of delays, someone else's mistakes etc	We are growing impatient with the lack of results.	6
<b>impolite</b>	adj	ɪmpe'laɪt	not polite	I thought he made a very impolite remark.	6
<b>impractical</b>	adj	ɪm'præktɪkəl	not sensible or possible for practical reasons	The road toll scheme was dismissed as impractical.	6
<b>inconvenient</b>	adj	ɪnken'vi:nɪənt	causing problems, often in a way that is annoying	Monday's a bit inconvenient for me. How about Wednesday?	6
<b>insecure</b>	adj	ɪnsɪ'kjʊə	not feeling at all confident about yourself, your abilities, or your relationships with people	She's very insecure about her appearance.	6
<b>performance</b>	n	pə'fɔ:məns	when someone performs a play or a piece of music	Their performance of Mozart's Concerto in E flat was finely controlled and dramatic.	6
<b>performer</b>	n	pə'fɔ:mə	an actor, musician etc who performs to entertain people	They are such circus performers!	6
<b>presenter</b>	n	pri:zəntə	someone who introduces the different parts of a television or radio show	She's the presenter of BBC 2's <i>Newsnight</i> .	6
<b>recognition</b>	n	ˌrekəg'nɪʃən	public respect and thanks for someone's work or achievements	He achieved great recognition as a scientist.	6
<b>saxophone</b>	n	'sæksəfəʊn	a curved musical instrument made of metal that you play by blowing into it and pressing buttons, especially in popular music and jazz	There's a fantastic saxophone solo on this jazz track.	6
<b>similarity</b>	n	ˌsɪmə'lærəti, ˌsɪmɪ'lærəti	if there is a similarity between two things or people, they are similar in some way	There are some striking similarities between the two plays.	6



<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>soap opera</b>	<b>N phr</b>	səʊp ˈɒpərə	a television or radio story about the daily lives and relationships of the same group of people, which is broadcast regularly	The people in that soap opera are always arguing. I find it really depressing.	6
<b>trumpet</b>	<b>n</b>	ˈtrʌmpət, ˈtrʌmpɪt	a musical instrument that you blow into, which consists of a curved metal tube that is wide at the end, and three buttons you press to change the notes	You need to have strong lungs to play the trumpet.	6
<b>unable</b>	<b>adj</b>	ʌn ˈeɪbəl	not able to do something	Lucy was unable to find out what had happened.	6
<b>underestimate</b>	<b>v</b>	ˌʌndər ˈestəmeɪt, ˌʌndər ˈestɪmeɪt	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.	6
<b>unfair</b>	<b>adj</b>	ˌʌn ˈfeə	not right or fair, especially because not everyone has an equal opportunity	You've got an unfair advantage.	6
<b>unfit</b>	<b>adj</b>	ʌn ˈfɪt	not in a good physical condition	She never gets any exercise – she must be really unfit.	6
<b>unsatisfactory</b>	<b>adj</b>	ʌn ˌsætəs ˈfæktəri, ʌn ˌsætɪs ˈfæktəri	not good enough or not acceptable	It's very unsatisfactory that the hotel room is so dirty.	6
<b>violin</b>	<b>n</b>	ˌvaɪə ˈlɪn	a small wooden musical instrument that you hold under your chin and play by pulling a bow (=special stick) across the strings	This piece of music has a lovely violin solo in the middle.	6
<b>checked</b>	<b>adj</b>	tʃekt	checked cloth has a regular pattern of differently coloured squares	What a pretty checked blouse!	7
<b>cotton</b>	<b>adj</b>	ˈkɒtn	cloth or thread made from the white hair of the cotton plant	He wore a simple white cotton shirt.	7
<b>do your hair</b>	<b>vphrase</b>	du: jə heə	arrange your hair in a style	He spent two hours doing his hair before he went out.	7
<b>dress up</b>	<b>ph v</b>	dres ʌp	to wear clothes that are more formal than the ones you would usually wear	It's a small informal party – you don't have to dress up.	7
<b>fitted</b>	<b>adj</b>	ˈfɪtəd, ˈfɪtɪd	fitted clothes are designed so that they fit closely to somebody's body	She looked very smart in her fitted dress.	7
<b>for a change</b>	<b>prep phr</b>	fə ɪ tʃeɪndʒ	a situation or experience that is different from what happened before, and is usually interesting or enjoyable	We're going to go camping for our next holiday, for a change.	7

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>for fun</b>	prep phr	fə fʌn	if you do something for fun, you do it because you enjoy it and not for any other reason	I simply believe that killing animals for fun is wrong.	7
<b>for nothing</b>	prep phr	fə 'nʌθɪŋ	without paying for something or being paid for something	Why pay a plumber when my brother will do it for nothing?	7
<b>in conclusion</b>	prep phr	ɪn kən'klu:ʒən	used in a piece of writing or a speech to show that you are about to finish what you are saying	In conclusion, I would like to say how much I have enjoyed myself today.	7
<b>in fashion</b>	prep phr	ɪn 'fæʃən	popular and trendy	Wide trousers were in fashion in the 1970s.	7
<b>in the end</b>	prep phr	ɪn ðə end	after a period of time, or after everything has been done	What did you decide in the end?	7
<b>linen</b>	adj	'lɪnən, 'lɪnɪn	cloth made from the flax plant, used to make high-quality clothes, home decorations, etc	I prefer to wear linen clothes in hot weather.	7
<b>make a difference</b>	v phr	meɪk ɪz 'dɪfərəns	to have an important effect or influence on something or someone	By supporting our charity you can really make a difference.	7
<b>make a good impression</b>	v phr	meɪk ɪz gʊd ɪm'preʃən	to cause someone to have a positive opinion of you, because of the way you act or seem	She made such a good impression at the interview that they offered her the job straightaway.	7
<b>make a profit</b>	v phr	meɪk ɪz 'prɒfət	earn money by selling things or doing business, after your costs have been paid	If we cut our prices further, we won't make a profit.	7
<b>make a suggestion</b>	v phr	meɪk ɪz sə'dʒestʃən	mention an idea, plan or possibility	Can I make a suggestion? If you're finding it difficult to lose weight, you should stop eating pizzas.	7
<b>make an excuse</b>	v phr	meɪk ən ɪk'skju:z	give reasons which try to explain why someone has made a mistake or behaved badly	Jim made an excuse about forgetting his wallet and said he would pay us back later.	7

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>on purpose</b>	prep phr	on 'pɜ:pəs	deliberately	You make it sound as if I did it on purpose!	7
<b>on sight</b>	prep phr	on saɪt	as soon as you see someone	The army has been ordered to shoot rebel soldiers on sight.	7
<b>out of breath</b>	prep phr	aut əv breθ	have difficulty breathing after running, hurrying, etc	I haven't done any exercise for over a year so I was very out of breath after the run.	7
<b>out of date</b>	prep phr	aut əv deɪt	past the date on which something should be consumed because it is no longer fresh	Don't eat that cheese – it's out of date and it's got mould on it.	7
<b>out of fashion</b>	prep phr	aut əv 'fæʃən	no longer popular and trendy	I need to recycle a lot of my clothes – a lot of them are out of fashion.	7
<b>out of sight</b>	prep phr	aut əv saɪt	outside the area that you can see	Karen waved until the car was out of sight.	7
<b>patterned</b>	adj	'pætənd	decorated with a pattern	I really don't like that patterned carpet.	7
<b>roll-neck</b>	adj	rəʊl nek	having a high neck that may be rolled over	He thought his black roll-neck jumper made him look sophisticated.	7
<b>striped</b>	adj	straɪpt	having lines or bands of colour	I'm looking for a blue and white striped shirt.	7
<b>take in</b>	ph v	teɪk ɪn	to make a piece of clothing fit you by making it narrower	I need to get these trousers taken in because I've lost so much weight.	7
<b>woollen</b>	adj	'wʊlən	made of wool	My woollen scarf keeps me nice and warm.	7
<b>be obsessed with</b>	v phr	bi əb 'sest wɪð	to be unable to think about anything else	He's obsessed with playing computer games. He spends all his time in front of a screen in his room.	8
<b>call off</b>	phr v	kɔ:l ɒf	to cancel	The wedding was called off when the bride's mother fell ill.	8
<b>collect</b>	v	kə'lekt	to get things of the same type from different places and bring them together	After 25 years of collecting recipes, she has compiled them into a cookbook.	8

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>dabble in</b>	<b>v phr</b>	<b>'dæbəl ɪn</b>	to do something or be involved in something in a way that is not very serious	Some people dabble in painting as a way of relaxing.	8
<b>dash</b>	<b>v</b>	<b>dæʃ</b>	to go or run somewhere very quickly	Olive dashed into the room, grabbed her bag, and ran out again.	8
<b>drop off</b>	<b>phr v</b>	<b>drɒp ɒf</b>	to begin to sleep	She kept dropping off at her desk.	8
<b>flustered</b>	<b>adj</b>	<b>'flʌstəd</b>	confused and nervous	Paul was looking flustered and embarrassed.	8
<b>get along with</b>	<b>phr v</b>	<b>get ə 'lɒŋ wið</b>	to have a friendly relationship	Nelly and I get along so well that we're going on holiday together.	8
<b>get away with</b>	<b>phr v</b>	<b>get ə 'wei wið</b>	to not be caught or punished when you have done something wrong	Neil got away with handing in his assignment late because the teacher was sick.	8
<b>get behind with</b>	<b>phr v</b>	<b>get bi 'haɪnd wið</b>	to not do or pay as much as you should by a certain time	You can always catch up later if you get behind.	8
<b>get by</b>	<b>phr v</b>	<b>get baɪ</b>	to have enough money to buy the things you need, but no more	I don't earn a huge salary, but we get by.	8
<b>get down to</b>	<b>phr v</b>	<b>get daʊn tə</b>	to start doing something seriously	After I've watched my favourite programme, I'll get down to some revision.	8
<b>get off</b>	<b>phr v</b>	<b>get ɒf</b>	to leave a place, or to help someone to leave a place	We'll try and get off straight after lunch.	8
<b>get off to</b>	<b>phr v</b>	<b>get ɒf tə</b>	to start in a particular way	I got off to bad start this morning when I overslept and then spilt coffee over my clean shirt.	8
<b>get on</b>	<b>ph v</b>	<b>get ɒn</b>	to be successful	She's getting on really well in her job and should get a promotion soon.	8
<b>get over</b>	<b>phr v</b>	<b>get 'əʊvə</b>	to begin to feel better after a very upsetting experience	It took me months to get over the death of my dog.	8
<b>get round someone</b>	<b>phr v</b>	<b>get raʊnd 'sʌmwʌn</b>	to gently persuade someone to do what you want by being nice to them	I got round my mum in the end and she bought me some new trainers.	8

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>get someone down</b>	phr v	get 'sʌmwʌn daʊn	to make someone depressed	The amount of work I've got to do is really getting me down.	8
<b>get through to</b>	phr v	get θru: tə	to succeed in speaking to someone on the telephone	I couldn't get through to Zara because her phone was switched off.	8
<b>get together</b>	phr v	get tə 'geðə	if people get together, they meet in order to spend time with each other	We must get together for a drink.	8
<b>get up to</b>	phr v	get ʌp tə	to do something	I haven't been getting up to much lately because I've broken my leg.	8
<b>have trouble with</b>	v phr	hæv 'trʌbl̩ wɪð	to find something difficult	I have always had trouble with maths, and failed my last exam.	8
<b>on behalf of</b>	prep phr	ɒn bi'ha:f əv	instead of someone, or as their representative	She asked her parents to speak to the doctor on her behalf.	8
<b>packed</b>	adj	pækt	extremely full of people	The courtroom was packed.	8
<b>rewarding</b>	adj	ri'wɔ:diŋ	making you feel happy and satisfied because you feel you are doing something useful or important, even if you do not earn much money	Teaching can be a very rewarding career.	8
<b>scribble down</b>	phr v	'skribl̩ daʊn	write in a hurry	Unfortunately, when I scribbled down the address I made a mistake.	8
<b>take on</b>	phr v	teɪk ɒn	to employ	The shop took on three more staff to cope with demand.	8
<b>time-consuming</b>	adj	'taɪm kɒn'sju:mɪŋ	taking a long time to do	It's a complex and time-consuming process.	8
<b>unwind</b>	v	ʌn'waɪnd	to relax and stop feeling anxious	It's a beautiful country hotel that is the perfect place to unwind.	8
<b>a bill</b>	n	ə bɪl	a written list showing how much you have to pay for services you have received, work that has been done etc	After they had finished their meal, they asked for the bill.	9

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>a fine</b>	<b>n</b>	<b>ə faɪn</b>	money that you have to pay as a punishment	She was ordered to pay £150 in parking fines, plus court costs.	9
<b>a receipt</b>	<b>n</b>	<b>ə riːsi:t</b>	a piece of paper that you are given which shows that you have paid for something	Keep your receipt in case you want to bring it back.	9
<b>a refund</b>	<b>n</b>	<b>ə ˈri:fʌnd</b>	an amount of money that is given back to you if you are not satisfied with the goods or services that you have paid for	Return your purchase within 14 days for a full refund.	9
<b>aisle</b>	<b>n</b>	<b>aɪl</b>	a long passage between rows of seats in a church, plane, theatre etc, or between rows of shelves in a shop	You'll find the bread in the bakery aisle.	9
<b>ashamed</b>	<b>adj</b>	<b>ə ˈʃeɪmd</b>	feeling very sorry and embarrassed because of something you have done	I felt ashamed of the things I'd said to him.	9
<b>bargain</b>	<b>n</b>	<b>ˈbɑ:gən, ˈbɑ:gɪn</b>	something you buy cheaply or for less than its usual price	There are no bargains in the clothes shops at the moment.	9
<b>bleed</b>	<b>v</b>	<b>bli:d</b>	to lose blood, especially because of an injury	Your nose is bleeding.	9
<b>criticise</b>	<b>v</b>	<b>ˈkrɪtəsəɪz, ˈkrɪtɪsəɪz</b>	to express your disapproval of someone or something, or to talk about their faults	Ron does nothing but criticize and complain all the time.	9
<b>deposit</b>	<b>n</b>	<b>dɪˈpɒzət, dɪˈpɒzɪt</b>	a part of the cost of something you are buying that you pay some time before you pay the rest of it	A deposit of 10% is required.	9
<b>discount</b>	<b>n</b>	<b>ˈdɪskaʊnt</b>	a reduction in the usual price of something	Members get a 15% discount.	9
<b>donations</b>	<b>pl n</b>	<b>dəʊˈneɪʃənz</b>	something, especially money, that you give to a person or an organization in order to help them	Students have made generous donations to the charity.	9
<b>employment</b>	<b>n</b>	<b>ɪmˈplɔɪmənt</b>	the condition of having a paid job	She was offered employment in the sales office.	9
<b>endanger</b>	<b>v</b>	<b>ɪnˈdeɪndʒə</b>	to put someone or something in danger of being hurt, damaged, or destroyed	Smoking during pregnancy endangers your baby's life.	9
<b>enlarge</b>	<b>v</b>	<b>ɪnˈlɑ:dʒ</b>	if you enlarge something, or if it enlarges, it increases in size or scale	Police will have the photos enlarged in an attempt to identify the thief.	9
<b>ensure</b>	<b>v</b>	<b>ɪnˈʃʊə</b>	to make certain that something will happen properly	We want to increase facilities to ensure the safety of cyclists.	9

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>entertainment</b>	<b>n</b>	<b>ˌentəˈteɪnmənt</b>	things such as films, television, performances etc that are intended to amuse or interest people	The town provides a wide choice of entertainment.	9
<b>escalator</b>	<b>n</b>	<b>ˈeskəleɪtə</b>	a set of moving stairs that take people to different levels in a building	Take the escalator to the fourth floor.	9
<b>exhaustion</b>	<b>n</b>	<b>ɪgˈzɔːstʃən</b>	extreme tiredness	He collapsed with exhaustion.	9
<b>fatten</b>	<b>v</b>	<b>ˈfætn</b>	to make an animal become fatter so that it is ready to eat, or to become fat and ready to eat	The calves are fattened over the summer.	9
<b>financial</b>	<b>adj</b>	<b>fəˈnænʃəl, fɪˈnænʃəl, faɪ-</b>	relating to money or the management of money	You can do most financial transactions online.	9
<b>friendliness</b>	<b>n</b>	<b>ˈfren(d)lɪns</b>	behaving towards someone in a way that shows you like them and are ready to talk to them or help them	I've never experienced so much friendliness as when I joined the choir.	9
<b>good value</b>	<b>n phr</b>	<b>ɡʊdˈvæljuː</b>	worth what you pay for it	I'm happy with the price I paid for the car. I think it was good value.	9
<b>half-price</b>	<b>adj</b>	<b>ˌhɑːfˈpraɪs</b>	half the usual price	Half-price tickets will be sold on the day.	9
<b>hang on</b>	<b>ph v</b>	<b>hæŋ ɒn</b>	to wait	Hang on! I can't walk as fast as you!	9
<b>heat</b>	<b>v</b>	<b>hi:t</b>	to make something become warm or hot	Heat the milk until it boils.	9
<b>in cash</b>	<b>prep phr</b>	<b>ɪn kæʃ</b>	money in the form of cash and notes rather than cheques, credit card, etc	Please pay the balance of the bill in cash.	9
<b>in debt</b>	<b>prep phr</b>	<b>ɪn det</b>	when you owe money to somebody	By the time I finished university, I was £27,000 in debt.	9
<b>intention</b>	<b>n</b>	<b>ɪnˈtenʃən</b>	a plan or desire to do something	I have no intention of retiring just yet.	9
<b>interest</b>	<b>n</b>	<b>ˈɪntrəst, ˈɪntrɪst</b>	money paid to you by a bank or financial institution when you keep money in an account there	The bank is only offering 1% interest.	9

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>investment</b>	<b>n</b>	<b>ɪnˈvestmənt</b>	the use of money to get a profit or to make a business activity successful, or the money that is used	We plan to buy some property as an investment.	9
<b>keep someone waiting</b>	<b>v phr</b>	<b>ki:p ˈsʌmwʌn ˈweɪtɪŋ</b>	to make someone wait while you do something for them	Sorry to keep you waiting. I've found the shirt in your size.	9
<b>lengthen</b>	<b>v</b>	<b>ˈleŋθən</b>	to make something longer or to become longer	Can you lengthen this skirt for me?	9
<b>loan</b>	<b>n</b>	<b>ləʊn</b>	an amount of money that you borrow from a bank etc	I've taken out a loan of £60,000.	9
<b>make ends meet</b>	<b>idm</b>	<b>meɪk endz mi:t</b>	to have only just enough money to buy the things you need	When Mike lost his job, we could barely make ends meet.	9
<b>modernise</b>	<b>v</b>	<b>ˈmɒdə(r)naɪz</b>	to make something more modern	They need more funds to modernise the country's telephone system.	9
<b>moved by</b>	<b>adj phr</b>	<b>mu:vɪd baɪ</b>	feeling strong emotions, especially of sadness or sympathy	I was extremely moved by the speech he gave.	9
<b>on offer</b>	<b>prep phr</b>	<b>ɒn ˈɒfə</b>	for sale for a short time at a cheaper price than usual	Swimsuits are on offer until the end of the week.	9
<b>out of stock</b>	<b>prep phr</b>	<b>aʊt əv stɒk</b>	unavailable in a particular stock	I'm sorry, those shoes are out of stock in your size.	9
<b>pay a fortune</b>	<b>v phr</b>	<b>peɪ eɪ ˈfɔ:tʃən</b>	to pay a large amount of money	Jason paid a fortune for his new phone.	9
<b>personally</b>	<b>adv</b>	<b>ˈpɜ:sənəli</b>	if you do something personally, you do it yourself rather than get someone else to do it	I have checked all the invitations personally.	9
<b>price tag</b>	<b>n</b>	<b>praɪs tæg</b>	a piece of paper with a price on it that is attached to something in a shop	The price tag says it's £45, but on the website it was advertised at £30.	9
<b>pricey</b>	<b>phr</b>	<b>ˈpraɪsi</b>	expensive	The clothes are beautiful but very pricey.	9
<b>profit</b>	<b>n</b>	<b>ˈprɒfət, ˈprɒfɪt</b>	money that you gain by selling things or doing business, after your costs have been paid	The shop's daily profit is usually around \$500.	9



<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>put someone through</b>	phr v	put 'sʌmwʌn θru:	to connect someone by telephone	I'll put you through to the sales department.	9
<b>retirement</b>	n	ri'taɪəmənt	when you stop working, usually because of your age	He became a keen golfer after his retirement from politics.	9
<b>service</b>	n	'sɜ:vəs, 'sɜ:vɪs	the help that people in a shop, restaurant, bar etc give you	The waiter deserves a tip for the good service.	9
<b>trolley</b>	n	'trɒli	a large basket on wheels that you use for carrying bags, shopping etc	Find a trolley so we can put all our shopping in it.	9
<b>unaffordable</b>	adj	ʌnə'fɔ:(r)dəb(ə)l	too expensive for ordinary people to afford	Most designer clothes are completely unaffordable.	9
<b>wealthy</b>	adj	'welθi	having a lot of money, possessions etc	He left as a poor, working class boy and returned as a wealthy man.	9
<b>well-off</b>	adj phr	'wel'ɒf	having more money than other people, or enough money to live comfortably	There should be some safeguards to protect less well-off people who live on fixed, low incomes.	9
<b>widen</b>	v	'waɪdn	to become wider, or to make something wider	They're widening the road.	9
<b>accelerator</b>	n	ək'seləreɪtə	the part of a car or other vehicle that you press with your foot to make it go faster	Take your foot off the accelerator. You're going too fast!	10
<b>be supposed to</b>	v phr	bi sə'pəʊzd tə	used to say that something is believed to be true by many people, although it might not be true or you might disagree	The castle is supposed to be haunted.	10
<b>belong</b>	v	bɪ'lɒŋ	if something belongs to someone, they own it	The book belongs to Dan.	10
<b>broad</b>	adj	brɔ:d	big, wide	She saw her boyfriend and a broad grin appeared on her face.	10
<b>charge</b>	n	tʃɑ:dʒ	the amount of money you have to pay for goods or services	There was an admission charge of \$5.	10
<b>clutch</b>	n	klʌtʃ	the pedal that you press with your foot when driving a vehicle in order to change gear, or the part of the vehicle that this controls	Push the clutch down with your left foot.	10

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>confirm</b>	<b>v</b>	kən'fɜ:m	to tell someone that a possible arrangement, date, or situation is now definite or official	Could you confirm the dates we discussed?	10
<b>considerate</b>	<b>adj</b>	kən'sɪdərət, kən'sɪdərɪt	always thinking of what other people need or want and being careful not to upset them	He was always kind and considerate.	10
<b>convenient</b>	<b>adj</b>	kən'vi:nɪənt	useful to you because it saves you time, or does not spoil your plans or cause you problems	Mail-order catalogues are a convenient way to shop.	10
<b>cope</b>	<b>v</b>	kəʊp	to succeed in dealing with a difficult problem or situation	Sometimes I find it hard to cope.	10
<b>crash</b>	<b>v</b>	kræʃ	to have an accident in a car, plane etc by violently hitting something else	The jet crashed after take-off.	10
<b>end up</b>	<b>phr v</b>	end ʌp	to be in a particular situation, state, or place after a series of events, especially when you did not plan it	He came round for a coffee and we ended up having a meal together.	10
<b>facilities</b>	<b>n</b>	fə'sɪləti:z	rooms, equipment, or services that are provided for a particular purpose	All rooms have private facilities (=private bathroom and toilet).	10
<b>feel at home</b>	<b>phr v</b>	fi:l ət həʊm	to feel comfortable in a place or with a person	I'm already feeling at home in the new apartment.	10
<b>freak</b>	<b>adj</b>	fri:k	unexpected and very unusual	It was a freak result when Nadia won the race.	10
<b>gaze</b>	<b>v</b>	geɪz	to look at someone or something for a long time, giving it all your attention, often without realizing you are doing so	Nell was still gazing out of the window.	10
<b>go on strike</b>	<b>v phr</b>	gəʊ ɒn straɪk	to deliberately stop working because of a disagreement about pay, working conditions etc	After their pay was cut by 20%, the workers went on strike.	10
<b>helicopter</b>	<b>n</b>	'heləkɒptə, 'helɪkɒptə	a type of aircraft with large metal blades on top which turn around very quickly to make it fly	We flew over the city in a helicopter.	10
<b>install</b>	<b>v</b>	ɪn'stɔ:l	to put a piece of equipment somewhere and connect it so that it is ready to be used	They've installed the new computer network at last.	10
<b>intense</b>	<b>adj</b>	ɪn'tens	having a very strong effect or felt very strongly	Young people today are under intense pressure to succeed.	10
<b>jam</b>	<b>v</b>	dʒæm	to push something somewhere using a lot of force, until it can move no further	He jammed his foot on the accelerator and the car sped off.	10

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>land</b>	<b>v</b>	<b>lænd</b>	if a plane, bird, or insect lands, it moves safely down onto the ground	Flight 846 landed five minutes ago.	10
<b>live up to</b>	<b>phr v</b>	<b>lɪv ʌp tə</b>	if something or someone lives up to a particular standard or promise, they do as well as they were expected to, do what they promised etc	The film has certainly lived up to my expectations.	10
<b>look down on</b>	<b>phr v</b>	<b>lʊk daʊn ɒn</b>	to think that you are better than someone else, for example because you are more successful, or of a higher social class than they are	Mr Garcia looks down on anyone who hasn't had a college education.	10
<b>low-cost</b>	<b>adj</b>	<b>ˌləʊ ˈkɒst</b>	not costing a lot of money	The government has announced initiatives to increase the supply of low-cost housing.	10
<b>option</b>	<b>n</b>	<b>ˈɒpʃən</b>	a choice you can make in a particular situation	There are a number of options available.	10
<b>peer</b>	<b>v</b>	<b>pɪə</b>	to look very carefully at something, especially because you are having difficulty seeing it	He was peering through the wet windscreen at the cars ahead.	10
<b>point out</b>	<b>v phr</b>	<b>pɔɪnt aʊt</b>	to tell someone something that they did not already know or had not thought about	He was always very keen to point out my mistakes.	10
<b>privilege</b>	<b>n</b>	<b>ˈprɪvəlɪdʒ, ˈprɪvɪlɪdʒ</b>	something that you are lucky to have the chance to do, and that you enjoy very much	Today we have the privilege of welcoming a famous actor to our new headquarters.	10
<b>put (someone) out</b>	<b>v phr</b>	<b>put (ˈsʌmwʌn) aʊt</b>	to make extra work or cause problems for someone	Mary can't come to dinner tonight. She hopes it won't put you out.	10
<b>rush hour</b>	<b>n</b>	<b>rʌʃ aʊə</b>	the time of day when the roads, buses, trains etc are most full, because people are travelling to or from work	I got caught in the morning rush hour.	10
<b>second-hand</b>	<b>adj</b>	<b>ˌsekənd ˈhænd</b>	second-hand things are not new when you get them, because they were owned by someone else before you	I always buy second-hand clothes.	10
<b>self-catering</b>	<b>adj</b>	<b>ˌself ˈkeɪt_ər ɪŋ</b>	relating to a holiday in which you stay in a place where you can cook your own food	Prices start from £114 per person for seven nights' self-catering accommodation.	10
<b>set up</b>	<b>v</b>	<b>set ʌp</b>	to start a company, organization, committee etc	They want to set up their own import-export business.	10
<b>sharp</b>	<b>adj</b>	<b>ʃɑ:p</b>	attractive and fashionable	Tom looked really sharp in his new suit.	10

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>sightseeing</b>	<b>n</b>	'saɪt si:ɪŋ	when you visit famous or interesting places, especially as tourists	She swam and sunbathed, went sightseeing and relaxed.	10
<b>stare</b>	<b>v</b>	steə	to look at something or someone for a long time without moving your eyes, for example because you are surprised, angry, or bored	What are you staring at?	10
<b>steering wheel</b>	<b>n</b>	'stɪərɪŋ wi:l	a wheel that you turn to control the direction of a car	Turn the steering wheel gently to go round the corner.	10
<b>tasteless</b>	<b>adj</b>	'teɪstləs	made, decorated, or chosen with bad taste	That outfit is really tasteless.	10
<b>trap</b>	<b>v</b>	træp	to prevent someone from escaping from somewhere, especially a dangerous place	Twenty miners were trapped underground.	10
<b>unique</b>	<b>adj</b>	ju:'ni:k	unusually good and special	It was a unique opportunity to study these rare creatures.	10
<b>active</b>	<b>adj</b>	'æktɪv	always busy doing things, especially physical or mental activities	It's a perfect game for active youngsters.	11
<b>allergic</b>	<b>adj</b>	ə'ɜ:dʒɪk	having an allergy	I'm allergic to penicillin.	11
<b>amusing</b>	<b>v</b>	ə'mju:zɪŋ	funny and entertaining	I don't find his jokes at all amusing.	11
<b>anxiety</b>	<b>n</b>	æŋ'zæɪəti	the feeling of being very worried about something	There is considerable anxiety among staff about job losses.	11
<b>bad-tempered</b>	<b>adj</b>	'bæd'tempəd	someone who is bad-tempered becomes easily annoyed and talks in an angry way to people	Why are you so bad-tempered today? Didn't you get enough sleep?	11
<b>be off (food)</b>	<b>phr v</b>	bi ɒf (fu:d)	not feeling that you want to do or try something	He's been off his food ever since his cat died.	11
<b>breathe</b>	<b>v</b>	bri:ð	to take air into your lungs and send it out again	The room filled with smoke, and it was becoming difficult to breathe.	11
<b>claim</b>	<b>v</b>	kleɪm	to state that something is true, even though it has not been proved	The product claims that it can make you thin without dieting.	11
<b>clinic</b>	<b>n</b>	'klɪnɪk	a place, often in a hospital, where medical treatment is given to people who do not need to stay in the hospital	Those women are attending an antenatal clinic.	11

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>close</b>	adj	kləʊs	if two people are close, they like or love each other very much	My brother and I are very close.	11
<b>come down with</b>	phr v	kʌm daʊn wɪð	to get an illness	I think I'm coming down with a cold.	11
<b>contentment</b>	n	kən'tentmənt	the state of being happy and satisfied	He gave a sigh of contentment, and fell asleep.	11
<b>cut down on</b>	phr v	kʌt daʊn ɒn	to reduce	I'm trying to cut down on the amount of chocolate I eat.	11
<b>cut out</b>	phr v	kʌt aʊt	to stop something completely	My dad cut out smoking five years ago.	11
<b>daily</b>	adj	'deɪli	happening or done every day	There are daily flights to Miami.	11
<b>delicious</b>	adj	dɪ'liʃəs	very pleasant to taste or smell	'The meal was absolutely delicious,' she said politely.	11
<b>depression</b>	n	dɪ'preʃən	a medical condition that makes you very unhappy and anxious and often prevents you from living a normal life	Some women suffer from post-natal depression (=that sometimes happens after the birth of a baby).	11
<b>feel your age</b>	idm	fi:l jə eɪdʒ	to realize that you are not as young or active as you used to be	Looking at his grandson made him really feel his age.	11
<b>fitness</b>	n	'fɪtnəs, 'fɪtnɪs	when you are healthy and strong enough to do hard work or play sports	I'm starting an exercise programme to improve my fitness.	11
<b>flexibility</b>	n	'fleksəbɪləti, 'fleksɪbɪləti	the ability to bend or be bent easily	Stretching exercises will help your flexibility.	11
<b>frustration</b>	n	frʌ'streɪʃən	the feeling of being annoyed, upset, or impatient, because you cannot control or change a situation, or achieve something	People often feel a sense of frustration that they are not being promoted quickly enough.	11
<b>give up</b>	phr v	ɡɪv ʌp	to stop doing something, especially something that you do regularly	Darren has decided to give up football at the end of this season.	11
<b>go jogging</b>	v phr	ɡəʊ 'dʒɒɡɪŋ	to run slowly and steadily as a way of exercising	I often go jogging around the park after work.	11
<b>health</b>	n	helθ	the general condition of your body and how healthy you are	I'm worried about my husband's health.	11

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>illegal</b>	adj	ɪˈli:ɡəl	not allowed by the law	Police arrested the men for possession of illegal drugs.	11
<b>in good shape</b>	idm	ɪn ɡʊd ʃeɪp	in a good state of health or physical fitness	Since I've started walking to work, I'm in good shape.	11
<b>keep fit</b>	v phr	ki:p fɪt	to do certain things to remain healthy	I eat lots of fruit and do plenty of exercise to keep fit.	11
<b>link</b>	n	lɪŋk	a way in which two things or ideas are related to each other	There is a link between drug use and crime.	11
<b>maintain</b>	v	meɪnˈteɪn, mən-	to strongly express your belief that something is true	Critics maintain that these reforms will lead to a decline in educational standards.	11
<b>outlook</b>	n	ˈaʊtlʊk	your general attitude to life and the world	He's got a good outlook on life.	11
<b>predict</b>	v	priˈdɪkt	to say that something will happen, before it happens	Sales were five percent lower than predicted.	11
<b>recharge your batteries</b>	idm	ˌriːtʃɑːdʒ jəˈbæt(ə)riːz	to rest or relax in order to get back your energy	A week in the mountains should recharge my batteries.	11
<b>reduce</b>	v	riˈdjuːs	to make something smaller or less in size, amount, or price	The governor announced a new plan to reduce crime.	11
<b>research</b>	n	riˈsɜːtʃ, ˈriːsɜːtʃ	serious study of a subject, in order to discover new facts or test new ideas	We are currently conducting research into the causes of cancer.	11
<b>run-down</b>	adj	ˌrʌnˈdaʊn	someone who is run-down is tired and not healthy	I'm feeling a bit run-down.	11
<b>satisfaction</b>	n	ˌsætɪsˈfækʃən, ˌsætɪsˈfækʃən	a feeling of happiness or pleasure because you have achieved something or got what you wanted	She got great satisfaction from helping people to learn.	11
<b>source</b>	n	sɔːs	a thing, place, activity etc that you get something from	They get their money from various sources.	11
<b>spectacular</b>	adj	spekˈtækjələ, spekˈtækjələ	very impressive	It's a mountainous area with spectacular scenery.	11

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>spicy</b>	adj	'spaɪsi	food that is spicy has a pleasantly strong taste, and gives you a pleasant burning feeling in your mouth	Would you like some pasta with a spicy tomato sauce?	11
<b>stamina</b>	n	'stæməneɪ, 'stæmɪnə	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.	11
<b>temporary</b>	adj	'tempərəri, -pəri	continuing for only a limited period of time	The pills offer temporary pain relief.	11
<b>tend</b>	v	tend	if something tends to happen, it happens often and is likely to happen again	People tend to need less sleep as they get older.	11
<b>timing</b>	n	'taɪmɪŋ	the time when someone does something or when something happens, especially when you are considering how suitable this is	Ferry schedules and precise timings are subject to weather conditions on the day of departure.	11
<b>treats</b>	pl n	tri:tz	a special food that tastes good, especially one that you do not eat very often	The cafe serves an assortment of gourmet treats.	11
<b>under the weather</b>	idm	'ʌndə ðə 'weðə	slightly ill	You look a bit under the weather.	11
<b>unfit</b>	adj	ʌn'fɪt	not in a good physical condition	She never gets any exercise – she must be really unfit.	11
<b>upbringing</b>	n	'ʌp brɪŋɪŋ	the way that your parents care for you and teach you to behave when you are growing up	Mike had had a strict upbringing.	11
<b>virus</b>	n	'vaɪərəs	a very small living thing that causes infectious illnesses	Some of these children are infected with the HIV virus.	11
<b>action</b>	n	'ækʃən	the process of doing something, especially in order to achieve a particular thing	The government must take action (=do something) now to stop the rise in violent crime.	12
<b>advertise</b>	v	'ædvətaɪz	to tell the public about a product or service in order to persuade them to buy it	They no longer advertise alcohol or cigarettes at sporting events.	12
<b>appealing</b>	adj	ə'pi:lɪŋ	attractive or interesting	The city offers an appealing combination of sporting and cultural events.	12
<b>disapproval</b>	n	'dɪsə'pru:v(ə)l	an attitude that shows you think that someone or their behaviour, ideas etc are bad or not suitable	Clarissa shook her head in disapproval.	12
<b>brave</b>	adj	breɪv	dealing with danger, pain, or difficult situations with courage and confidence	They are such brave soldiers.	12

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>complaint</b>	n	kəm'pleɪnt	a statement in which someone complains about something	If you wish to make a complaint, you should see the manager.	12
<b>determination</b>	n	dɪ'tɜ:mə'neɪʃən, dɪ'tɜ:mi'neɪʃən	the quality of trying to do something even when it is difficult	Yuri shows great determination to learn English.	12
<b>doubtful</b>	adj	'daʊtfəl	probably not true or not likely to happen	Prospects for a lasting peace remain doubtful.	12
<b>dramatic</b>	adj	drə'mætɪk	great and sudden	Computers have brought dramatic changes to the workplace.	12
<b>editor</b>	n	'edɪtə, 'edɪtə	the person who is in charge of a newspaper or magazine, or part of a newspaper or magazine, and decides what should be included in it	He's the editor of the <i>Daily Telegraph</i> .	12
<b>endless</b>	adj	'endləs	very large in amount, size, or number	We had an endless stream of visitors.	12
<b>entertaining</b>	adj	'entə'teɪnɪŋ	amusing and interesting	Children's TV nowadays is much more entertaining.	12
<b>feedback</b>	n	'fi:dbæk	advice, criticism etc about how successful or useful something is	How can I provide feedback without making someone angry?	12
<b>freedom</b>	n	'fri:dəm	the right to do what you want without being controlled or restricted by anyone	People here like their freedom and privacy.	12
<b>government</b>	n	'gʌvəmənt, 'gʌvənmənt	the group of people who govern a country or state	The government are planning further cuts in public spending.	12
<b>headline</b>	n	'hedlaɪn	the title of a newspaper report, which is printed in large letters above the report	The paper carried the front-page headline: 'Space Aliens meet with President'.	12
<b>imaginative</b>	adj	ɪ'mædʒənətɪv, ɪ'mædʒɪnətɪv	containing new and interesting ideas	It's an imaginative use of computer technology.	12
<b>intend</b>	v	ɪn'tend	to be provided or designed for a particular purpose or person	The book is intended for children aged 5-7.	12
<b>item</b>	n	'aɪtəm	a single, usually short, piece of news in a newspaper or magazine, or on television	Did you see the item in the <i>Sunday Times</i> ?	12
<b>memorable</b>	adj	'memərəbəl	very good, enjoyable, or unusual, and worth remembering	We want to make this a truly memorable day for the children.	12



<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
<b>mend</b>	<b>v</b>	<b>mend</b>	to repair something that is broken or not working	Tim can mend any broken toy.	12
<b>moving</b>	<b>adj</b>	<b>'mu:vɪŋ</b>	making you feel strong emotions, especially sadness or sympathy	Bayman's book about his illness is deeply moving.	12
<b>original</b>	<b>adj</b>	<b>ə' rɪdʒɪnəl, -dʒənəl</b>	completely new and different from anything that anyone has thought of before	I don't think George is capable of having original ideas!	12
<b>passionate</b>	<b>adj</b>	<b>'pæʃənət, 'pæʃənɪt</b>	if you are passionate about something, you like it a lot	She had a passionate interest in wild flowers.	12
<b>powerful</b>	<b>adj</b>	<b>'paʊəfəl</b>	a powerful person, organization, group etc is able to control and influence events and other people's actions	He was one of the most powerful men in Bohemia.	12
<b>predictable</b>	<b>adj</b>	<b>pri: dɪktəbəl</b>	if something or someone is predictable, you know what will happen or what they will do – sometimes used to show disapproval	The snow had a predictable effect on traffic.	12
<b>privacy</b>	<b>n</b>	<b>'prɪvəsi, 'praɪ-</b>	the state of being able to be alone, and not seen or heard by other people	With seven people squashed in one house, you don't get much privacy.	12
<b>responsibility</b>	<b>n</b>	<b>rɪ spon sə' bɪləti, rɪ spon sɪ' bɪləti</b>	a duty to be in charge of someone or something, so that you make decisions and can be blamed if something bad happens	Kelly's promotion means more money and more responsibility.	12
<b>sense</b>	<b>v</b>	<b>sens</b>	if you sense something, you feel that it exists or is true, without being told or having proof	Perhaps he sensed your distrust.	12
<b>shiny</b>	<b>adj</b>	<b>'ʃaɪni</b>	smooth and bright	Look at those shiny black shoes.	12
<b>unbelievable</b>	<b>adj</b>	<b>ʌnbə' li:vəbəl, ʌnbɪ' li:vəbəl</b>	very good, successful, or impressive	The opportunities are unbelievable.	12
<b>unconvincing</b>	<b>adj</b>	<b>ʌnkən' vɪnsɪŋ</b>	failing to make you believe that something is true or real	It was an unconvincing smile.	12
<b>variety</b>	<b>n</b>	<b>və' raɪəti</b>	a lot of things of the same type that are different from each other in some way	The girls come from a variety of different backgrounds.	12