

# GOLD

B1 Preliminary

NEW EDITION

Word	Part of speech	Pron	Definition	Example	Unit
active	adj	'æktiv	always busy doing things, especially physical or mental activities	games for active youngsters	1
brave	adj	breiv	dealing with danger, pain, or difficult situations with courage and confidence	brave soldiers	1
confident	adj	'kɒnfədənt, 'kɒnfidənt	sure that something will happen in the way that you want or expect	We are confident next year's profits will be higher.	1
creative	adj	kri'eitiv	involving the use of imagination to produce new ideas or things	This job is so boring. I wish I could do something more creative.	1
easy-going	adj	'i:zi 'gəʊɪŋ	not easily upset, annoyed, or worried	Her easy-going nature made her popular.	1
hard-working	adj	'hɑ:d 'wɜ:k ɪŋ	working with a lot of effort	a hard-working teacher	1
nervous	adj	'nɜ:vəs	worried or frightened about something, and unable to relax	She was so nervous about her exams that she couldn't sleep.	1
sociable	adj	'səʊʃəbəl	someone who is sociable is friendly and enjoys being with other people	a pleasant, sociable couple	1
relationship	noun	rɪ'leɪʃənʃɪp	the way in which two people or two groups feel about each other and behave towards each other	I have quite a good relationship with my parents.	1
citizen	noun	'sɪtəzən, 'sɪtɪzən	someone who lives in a particular town, country, or state	We need our schools to teach students to be good citizens.	1
chocoholic	noun	'tʃɒkə 'hɒlɪk	someone who likes chocolate very much and eats a lot of it	I eat chocolate every day. I'm such a chocoholic!	1
keen on	phrv	ki:n ɒn	to like someone or something very much, or be very interested in them	I'm not very keen on their music.	1
hip hop	noun	hɪp hɒp	a type of popular dance music with a regular heavy beat and spoken words	My favourite type of music is hip hop.	1
fan	noun	fæn	someone who likes a particular sport or performing art very much, or who admires a famous person	Groups of football fans began heading towards the stadium.	1
community	noun	kə'mju:nəti, kə'mju:nti	the people who live in the same area, town, etc.	The new arts centre will be used by the whole community.	1
choir	noun	kwaiə	a group of people who sing together for other people to listen to	He joined a church choir at the age of eight.	1
supporter	noun	sə'pɔ:tə	someone who supports a particular person, group, or plan	a football supporter	1
local	adj	'ləʊkəl	relating to the particular area you live in, or the area you are talking about	local hospital	1
star sign	noun	stɑ: saɪn	one of the 12 signs of the zodiac (= the system that uses people's birth dates to say what will happen to them in the future)	My star sign is Taurus.	1
blood type	noun	blʌd taɪp	one of the classes into which human blood can be separated, including A, B, AB, and O	My blood type is O, the same as my mother's.	1
social media	noun	'səʊʃəl 'mi:diə	websites and applications that enable users to create and share content or to participate in social networking.	Social media is a great way to find people who share the same interests.	1
profile	noun	'prəʊfaɪl	a side view of someone's head	Dani has a lovely profile.	1
pocket money	noun	'pɒkət 'mʌni	money for small personal expenses	My parents gave me pocket money to buy sweets.	1
closest	adj	'kləʊs ɪst	when two people are the closest friends, they like or love each other very much	My closest friend is doing the same course as me at university.	1
own	verb	əʊn	if you own something, it belongs to you, especially because you bought it or were given it	Do you own that red car?	1
dream	noun	dri:m	a series of thoughts, images, and feelings that you experience when you are asleep	I had lots of dreams last night.	1
positive	adj	'pɒzətɪv, 'pɒzɪtv	expressing support, agreement, or approval	We've had a lot of positive feedback from the people of this city.	1
impression	noun	ɪm'preʃən	the opinion or feeling you have about someone or something because of the way they seem	When we looked around the school we got a very good impression.	1
senior	adj	'si:n i_ə	having a higher position, level, or rank, e.g. in an organisation or a family	the senior partner in a law firm	1
editor	noun	'edətə, '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	the editor of The Times	1
vegan	noun	'vi:gən	someone who does not eat any animal products at all, such as meat, fish, eggs, cheese, or milk	As a vegan, he was careful with his diet	1
enthusiast	noun	ɪn'θju:ziæst	someone who is very interested in a particular activity or subject	a keep-fit enthusiast	1
sky diving	noun	skɑɪ daɪ vɪŋ	a sport in which a person jumps from an aircraft and falls for as long as possible before opening a parachute	My brother did skydiving to raise money for charity.	1
identity	noun	aɪ'dentəti, aɪ'dentɪti	someone's identity is their name or who they are	The identity of the criminal is still unknown.	1
improve	verb	ɪm'pru:v	to make something better, or to become better	a course for students wanting to improve their English	1
laugh	noun	lɑ:f	if something is a laugh, you have fun and enjoy yourself when you are doing it	It was a great holiday with lots of laughs.	1
share	verb	'ʃeə	to let someone have or use something that belongs to you	We always share our holiday photos on social media.	1
comment	noun	'kɒment	an opinion that you express about someone or something	His comments about his teachers were amusing.	1
realise	verb	'riələɪz	to know and understand something, or suddenly begin to understand it	I suddenly realised that the boy was crying.	1
effect	noun	ɪ'fekt	a change that is caused by an event, action, etc.	My parents' divorce had a big effect on me.	1
career	noun	kə'riə	a job or profession that you have been trained for, and which you do for a long period of your life	a career in journalism	1
impress	verb	ɪm'pres	to make someone feel admiration and respect	Steve borrowed his dad's sports car to impress his girlfriend.	1
employer	noun	ɪm'plɔɪə	a person, company, or organisation that employs people	The shoe factory is the largest employer in this area.	1
search engine	noun	sɜ:tʃ 'endʒɪn	a computer program that helps you find information on the Internet	This computer includes a very good search engine, so I'm going to buy it.	1
compare	verb	kəm'peə	to consider two or more things or people, in order to show how they are similar or different	The report compares the different types of home computer available.	1
expert	noun	'ekspɜ:t	someone who has a special skill or special knowledge of a subject, gained as a result of training or experience	He's a world expert on marine mammals.	1
present	verb	'prezənt	to talk and behave in a particular way when you meet people	He presents himself well.	1
user name	noun	'ju:zə neɪm	a name or special word that proves who you are and allows you to enter a computer system or use the Internet	Please enter your user name and password and click 'OK'.	1
site	noun	sɑ:t	a place on the Internet where you can find information about something, especially a particular organisation	For more information on weight loss and healthy eating, visit our website.	1
responsible	adj	rɪ'spɒnsəbəl, rɪ'spɒnsɪbəl	sensible and able to make good judgements, so that you can be trusted	You can leave the children with Billy – he's very responsible.	1
warm	adj	wɔ:m	friendly or making someone feel comfortable and relaxed	Please give a warm welcome to our special guest.	1

party	verb	'pɑ:ti	to enjoy yourself with a group of other people by drinking, eating, dancing, etc.	Let's party!	1
biography	noun	baɪ'ɒgrəfi	a book that tells what has happened in someone's life, written by someone else	Boswell's biography of Dr. Johnson	1
succeed	verb	sək'si:d	to do what you tried or wanted to do	She wanted to be the first woman to climb Mount Everest, and she almost succeeded.	1
hopefully	adv	'həʊpfəli	a way of saying what you hope will happen, which some people think is incorrect	Hopefully, I'll be back home by ten o'clock.	1
decision	noun	dɪ'sɪʒən	a choice or judgment that you make after a period of discussion or thought	Do you ever wonder if you made the right decision?	1
care	verb	keə	to think that something is important, so that you interested in it, worried about it, etc.	The only thing he seems to care about is money.	1
post	verb	pəʊst	to put a message or computer document on the internet so that other people can see it	Could you post those new flyers on David's website?	1
mention	verb	'menʃən	to talk or write about something or someone, usually quickly and without saying very much or giving details	Was my name mentioned at all?	1
similar	adj	'sɪmələ, 'sɪmlə	almost the same	We have similar tastes in music.	1
attractive	adj	ə'træktɪv	pleasant to look at	an attractive young woman	1
attention	noun	ə'tenʃən	when you carefully listen to, look at, or think about someone or something	My attention wasn't really on the game.	1
have in common	phrase	vɪn'kɒmən	to have the same interests, attitudes, etc., as someone else	My sister and I have absolutely nothing in common.	1
open	adj	'əʊpən	honest and not wanting to hide any facts from other people	The couple are quite open with each other about their feelings.	1
conscientious	adj	,kɒnʃɪ'entʃəs	careful to do everything that it is your job or duty to do	A conscientious teacher will often take work home with them.	1
extroverted	adj	'ekstrəvɜ:təd, 'ekstrəvɜ:tɪd	having a confident character and enjoying the company of other people	All my cousins are very extroverted – they like to socialise a lot.	1
anxious	adj	'æŋkʃəs	worried about something	He was a bit anxious about the safety of the machinery.	1
agreeable	adj	ə'grɪ:əbəl	pleasant	We spent a most agreeable couple of hours.	1
ambitious	adj	æm'bɪʃəs	determined to be successful, rich, powerful, etc.	Alfred was very ambitious, obsessed with the idea of becoming rich.	1
cheerful	adj	'tʃɪəfəl	happy, or behaving in a way that shows you are happy	She's feeling more cheerful today.	1
curious	adj	'kjʊəriəs	wanting to know about something	Puppies are naturally curious.	1
generous	adj	'dʒenərəs	someone who is generous is willing to give money, spend time, etc., in order to help people or give them pleasure	She's always very generous to the kids.	1
honest	adj	'ɒnəst, 'ɒnɪst	someone who is honest always tells the truth and does not cheat or steal	He was a hard-working honest man.	1
organised	adj	'ɔ:gənəɪzd	involving people working together in an effective and well-planned way	The group leader is very organised.	1
punctual	adj	'pʌŋktʃʊəl	arriving, happening, or being done at exactly the time that has been arranged	She's always very punctual for appointments.	1
reliable	adj	rɪ'laɪəbəl	someone or something that is reliable can be trusted or depended on	a public transport system that is cheap and reliable	1
sensitive	adj	'sensətɪv, 'sensɪtv	able to understand other people's feelings and problems	a sensitive and intelligent young man	1
shy	adj	ʃaɪ	nervous and embarrassed about meeting and speaking to other people, especially people you do not know	He was a quiet shy man.	1
strange	adj	streɪndʒ	unusual or surprising, especially in a way that is difficult to explain or understand	strange noises	1
successful	adj	sək'sesfəl	achieving what you wanted, or having the effect or result you intended	The operation was successful.	1
worry	verb	'wʌrɪ, 'wɜ:ri	to be anxious or unhappy about someone or something, so that you think about them a lot	I worry about my daughter.	1
ordered	adj	'ɔ:dəd	well arranged or controlled	an ordered existence	1
truth	noun	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?	1
embarrassed	adj	ɪm'bærəst	feeling uncomfortable or nervous and worrying about what people think of you	Lottie gets embarrassed if we ask her to sing.	1
trust	verb	trʌst	to believe that someone is honest or will not do anything bad or wrong	I just don't trust him.	1
middle-aged	adj	,mɪd əl 'eɪdʒd	between the ages of about 40 and 60	a middle-aged businessman	1
overweight	adj	,əʊvə'weɪt	someone who is overweight is too heavy and fat	Sally was 8 kilos overweight.	1
bald	adj	bɔ:ld	having little or no hair on your head	a bald man	1
smartly	adv	'smɑ:t  li	a generally tidy and neat appearance	a smartly dressed young man	1
dressed	adj	drest	having clothes on	Go and get dressed!	1
smile	verb	smaɪl	an expression in which your mouth curves upwards, when you are being friendly or are happy or amused	He had a big smile on his face.	1
promise	verb	'prɒməs, 'prɒmɪs	to tell someone that you will definitely do or provide something or that something will happen	Last night the headmaster promised a full investigation.	1
exactly	adv	ɪg'zæktli	used when emphasising that something is no more and no less than a number or amount, or is completely correct in every detail	It's exactly half past five.	1
teens	noun	ti:nz	your teens is the period of your life when you are between 13 and 19 years old	She was in her teens when she met him.	1
medium	adj	'mi:diəm	of middle size, level, or amount	What size shirt does he wear – small, medium or large?	1
height	noun	haɪt	how tall someone or something is	Sam's about the same height as his sister now.	1
well-built	adj	,wel 'bɪlt	someone who is well-built has a big strong body	He exercises a lot and is a well-built man.	1
good-looking	adj	,gʊd 'lʊk ɪŋ	someone who is good-looking is attractive	a really good-looking guy	1
looks	noun	lʊks	the appearance that someone or something has	His good looks give the impression that he is much older than he really is.	1
size	noun	saɪz	how big or small something is	He's a small boy, about John's size.	1
personality	noun	,pɜ:sə'næləti, ,pɜ:sə'nælɪti	someone's character, especially the way they behave towards other people	Despite their different personalities, they became the best of friends.	1
interest	noun	'ɪntrəst, 'ɪntrɪst	if you have an interest in something or someone, you want to know or learn more about them	My parents encouraged my interest in science.	1
podcast	noun	'pɒdkɑ:st	a radio programme that can be downloaded from the Internet	I listen to the same podcast every week.	1
chat	verb	tʃæt	to talk in a friendly, informal way, especially about things that are not important	Mary was there, chatting to her mother.	1
offline	adv	,ɒf'laɪn	with your computer not connected to the Internet	I work offline most of the day.	1
amazed	adj	ə'meɪzd	very surprised	I'm amazed you've never heard of the Rolling Stones.	1
finished	adj	'fɪnɪʃt	fully and properly made or completed	It took a long time to do, but the finished product was worth it.	1
product	noun	'prɒdʌkt	something that is grown or made	The London factory assembles the finished product.	1
opinion	noun	ə'pɪnjən	your ideas or beliefs about a particular subject	What's your opinion of Cathy?	1
usually	adv	'ju:ʒuəli, 'ju:ʒəli	used to talk about what happens on most occasions or in most situations	Women usually live longer than men.	1
normally	adv	'nɔ:məli	usually	The journey normally takes about two hours.	1
belong	verb	bɪ'lɒŋ	if something belongs somewhere, that is the right place or situation for it	Put the chair back where it belongs.	1

personal	adj	'pɜ:sənəl	belonging or relating to one particular person, rather than to other people or to people in general	My personal view is that we shouldn't offer him the job.	1
tip	noun	tɪp	a helpful piece of advice	Perhaps she could give us a few tips on how to do it.	1
frequently	adv	'fri:kwəntli	very often or many times	He was frequently sleepy.	1
occasionally	adv	ə'keɪzənəli	sometimes, but not regularly and not often	Occasionally Alice would look up from her books.	1
programmer	noun	'prəʊgræmə	someone whose job is to write computer programs	My brother is starting a new job as a computer programmer.	1
degree	noun	di'gri:	a course of study at a university or college, or the qualification that is given to you when you have successfully completed the course	a degree in computer science	1
university	noun	ˌju:nə'vɜ:səti, ˌju:nɪ'vɜ:səti	an educational institution at the highest level, where you study for a degree	She's at Cambridge University.	1
prefer	verb	prɪ'fɜ:	to like someone or something more than someone or something else, so that you would choose it if you could	This type of bird prefers the forest environment.	1
humid	adj	'hju:məd, 'hju:mɪd	if the weather is humid, you feel uncomfortable because the air is very wet and usually hot	Tokyo is extremely humid in mid-summer.	1
spend time	verb	spend taɪm	to use time doing a particular thing or pass time in a particular place	I like to spend time with my family at the beach in summer.	1
publish	verb	'pʌblɪʃ	to arrange for a book, magazine, etc., to be written, printed, and sold	The first edition was published in 1765.	1
superhero	noun	'su:pə,hɪərəʊ	a character in stories who uses special powers, such as great strength or the ability to fly, to help people	He is my favourite superhero in this comic.	1
exist	verb	ɪg'zɪst	to happen or be present in a particular situation or place	Poverty exists in many countries.	1
believe in	phrv	bə'li:v ɪn	to be sure that something or someone definitely exists	Do you believe in ghosts?	1
character	noun	'kærəktə, 'kærɪktə	the particular combination of qualities that makes someone a particular type of person	He has a cheerful but quiet character.	1
huge	adj	hju:dʒ	extremely large in size, amount, or degree	a huge dog	1
full-time	adj	ˌfʊl 'taɪm	for all the hours of a week during which it is usual for people to work, study, etc.	She works full-time and has two kids.	1
volunteer	verb	ˌvɒləntɪə	to do a job willingly without being paid	She volunteers at the advice centre every week.	1
charity	noun	'tʃærəti, 'tʃærti	an organisation that gives money, goods, or help to people who are poor, sick, etc.	Several charities sent food and clothes to the flood victims.	1
muscle	noun	'masəl	one of the pieces of flesh inside your body that you use in order to move, and that connect your bones together	Relax your stomach muscles, then stretch again.	1
neat	adj	ni:t	tidy and carefully arranged	neat handwriting	1
psychology	noun	sai'kɒlədʒi	the study of the mind and how it influences people's behaviour	experts in the field of developmental psychology	1
mess	noun	mes	if there is a mess somewhere or a place is a mess, things there are dirty or not neatly arranged	What a mess!	1
fact	noun	fækt	a piece of information that is known to be true	The book is full of facts about the World Cup.	1
network	noun	'netwɜ:k	a system of lines, tubes, wires, roads, etc., that cross each other and are connected to each other	Hungary's telephone network	1
period	noun	'pɪəriəd	a particular length of time with a beginning and an end	Tomorrow's weather will be dry with sunny periods.	1
history	noun	'hɪstəri	all the things that happened in the past, especially the political, social, or economic development of a nation	Throughout history the achievements of women have been largely ignored.	1
selfie	noun	'selfi	a photograph you take of yourself, usually so that you can put it on a social networking site	So many tourists take selfies at the top of the mountain.	1
perfect	adj	'pɜ:fɪkt	not having any mistakes, faults, or damage	His English was perfect.	1
upload	verb	ʌp'ləʊd	if information, a computer program, etc., uploads, or if you upload it, you move it from a small computer to a computer network so that other people can see it or use it	It might take a while for this to upload.	1
issue	noun	'ɪʃu:, 'ɪʃju:	a subject or problem that is often discussed or argued about, especially a social or political matter that affects the interests of a lot of people	This is a very important political issue.	1
discuss	verb	dɪ'skʌs	to talk about something with another person or a group in order to exchange ideas or decide something	He refused to discuss the situation publicly.	1
strong	adj	strɒŋ	having a lot of physical power so that you can lift heavy things, do hard physical work, etc.	He was a big strong man.	1
double chin	noun	'dʌbəl tʃɪn	a fold of loose skin under someone's chin that looks like a second chin	My father has had a double chin since he was about 45.	1
half closed	adj	hɑ:f kləʊzd	only half open	Her eyes were half closed.	1
foodie	noun	'fu:di	someone who is very interested in cooking and eating food	There are so many good food shops in this town – it must be full of foodies!	2
dislike	verb	dɪs'lʌk	to think someone or something is unpleasant and not like them	Why do you dislike her so much?	2
fast food	noun	fɑ:st fu:d	food such as hamburgers which is prepared quickly and that you can take away with you	a fast food restaurant	2
herb	noun	hɜ:b	a small plant that is used to improve the taste of food, or to make medicine	a dish with chopped fresh herbs	2
popular	adj	'pɒpjələ, 'pɒpjələ	liked by a lot of people	Hilary was popular at school.	2
survive	verb	sə'vaɪv	to continue to live, e.g. after an accident, war, or illness	One knows how she survived the attack.	2
dish	noun	dɪʃ	a flat container with low sides, for serving food from or cooking food in	a serving dish	2
ingredient	noun	ɪn'ɡri:diənt	one of the foods that you use to make a particular food or dish	Combine all the ingredients in a large bowl.	2
hot	adj	hɒt	food that tastes hot has a burning taste because it contains strong spices	a hot curry	2
spicy	adj	'spɪsi	food that is spicy has a pleasantly strong taste, and gives you a pleasant burning feeling in your mouth	a spicy tomato sauce	2
mild	adj	maɪld	fairly warm	I've put your dinner in the oven to keep it warm.	2
salty	adj	'sɔ:lti	tasting of or containing salt	a slightly salty taste	2
sour	adj	səʊə	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.	2
sweet	adj	swi:t	containing or having a taste like sugar	This tea is too sweet.	2
sweet-and-sour	adj	ˌswi:t ən 'saʊ_ə	a sweet-and-sour dish in Chinese cooking has both sweet and sour tastes together	sweet-and-sour pork	2
sorrel	noun	'sɒrəl	a plant with leaves that taste bitter, sometimes used in cooking	a delicious sorrel soup	2
salsa	noun	'sælsə	a hot and spicy sauce made with tomatoes, onion and hot peppers	They serve salsa with all the Mexican food at this restaurant.	2
nacho chip	noun	'nɑ:tʃ əʊ tʃɪps	a snack made from tortillas (a thin, hard piece of food that is made from corn and usually salted) and filled with vegetables	nacho chips with a spicy sauce	2
baklava	noun	'bɑ:k lə vɑ:	a dessert made of thin pastry, nuts, and honey	They serve baklava in our local Middle Eastern restaurant.	2
dough	noun	dəʊ	a mixture of flour and water ready to be baked into bread, pastry, etc.	She needed a lot of dough to make six loaves of bread.	2
nut	noun	nʌt	a dry brown fruit inside a hard shell, that grows on a tree	a pine nut	2
health	noun	helθ	the general condition of your body and how healthy you are	I'm worried about my husband's health.	2
benefit	noun	'benəfɪt, 'benɪfɪt	an advantage, improvement, or help that you get from something	the benefits of eating healthily	2
oil	noun	ɔɪl	a smooth thick liquid made from plants used especially in cooking	cooking oil	2

raw	adj	rɔ:	not cooked	raw meat	2
particular	adj	pə'tɪkjələ, pə'tɪkjələ	a particular thing or person is the one that you are talking about, and not any other	In this particular case, no one else was involved.	2
takeaway	adj	'teɪkəweɪ	a meal that you buy at a shop or restaurant to eat at home	Let's have a takeaway tonight.	2
pick	verb	pɪk	to remove a flower, fruit, nut, etc., from a plant or tree	a dish of freshly picked peas	2
prepared	adj	pri'peəd	planned, made, or written at an earlier time, so that it is ready when it is needed	a prepared meal	2
vegetarian	adj	,vedʒə'teəriən, ,vedʒɪ'teəri	food that does not contain meat or fish	a vegetarian restaurant	2
region	noun	'ri:dʒən	a large area of a country or of the world, usually without exact limits	efforts to bring peace to the region	2
frozen	adj	'frəʊzən	frozen food has been stored at a very low temperature in order to preserve it	frozen peas	2
fizzy	adj	'fizi	a fizzy liquid contains bubbles of gas	fizzy water	2
mealtime	noun	'mi:ltaɪm	a time during the day when you have a meal	The only time I see the boys is at mealtimes.	2
culture	noun	'kʌltʃə	the beliefs, way of life, art, and customs that are shared and accepted by people in a particular society	We speak Danish at home so that the boys don't lose touch with their language and culture.	2
typical	adj	'tɪpɪkəl	having the usual features or qualities of a particular group or thing	typical British weather	2
soybean	noun	'sɔɪ bi:n	a bean of the soya plant, used to make flour, oil or soy sauce	a healthy food source for this community includes soybeans, chicken and fish	2
traditional	adj	trə'dɪʃənəl	being part of the traditions of a country or group of people	traditional Italian cooking	2
colleague	noun	'kɒli:g	someone you work with – used especially by professional people	a colleague of mine from the bank	2
homemade	adj	,həʊm'meɪd	made at home and not bought from a shop	homemade cake	2
amazing	adj	ə'meɪzɪŋ	very good, especially in an unexpected way	He's an amazing player to watch.	2
apparently	adv	ə'pærəntli	used to say that you have heard that something is true, although you are not completely sure about it	Apparently the company is losing a lot of money.	2
go round	phrv	gəʊ raʊnd	to visit someone in their home	She never seems to be at home – she's always going round to her friend's house.	2
share	verb	ʃeə	to have or use something with other people	We don't have enough books, so you'll have to share.	2
low	adj	ləʊ	having a top that is not far above the ground	a low wall	2
chopstick	noun	'tʃɒp-stɪk	one of the two thin sticks that you use to eat food in many countries in Asia	She used chopsticks to eat the noodles.	2
international	adj	,ɪntə'næʃənəl	relating to or involving more than one nation	the response of the international community	2
heater	noun	'hi:tə	a machine for making air or water hotter	Did you turn the heater off?	2
habit	noun	'hæbət, 'hæbɪt	something that you do regularly or usually, often without thinking about it because you have done it so many times before	Regular exercise is a good habit.	2
recipe	noun	'resəpi, 'respi	a set of instructions for cooking a particular type of food	a recipe for tomato soup	2
technique	noun	tek'ni:k	a special way of doing something	There are various techniques for baking a cake.	2
blog	noun	blɒg	a web page containing information or opinions from a particular person or about a particular subject, to which new information is added regularly	a travel blog	2
FAQ	noun	fæk, ,ef eɪ 'kju:	the abbreviation of 'frequently asked question'	Please refer to the FAQs on our website for more information.	2
gorgeous	adj	'gɔ:dʒəs	extremely beautiful or attractive	'What do you think of my new flatmate?' 'He's absolutely gorgeous!'	2
colourful	adj	'kɒləfəl	having bright colours or a lot of different colours	a colourful display of flowers	2
incredible	adj	ɪn'kredəbəl, ɪn'kredɪbəl	extremely good, large, or great	The view is just incredible.	2
real life	noun	rɪəl laɪf	life as it is lived in reality	It just didn't look the same in real life.	2
melt	verb	melɪt	if something solid melts or if heat melts it, it becomes liquid	It was warmer now, and the snow was beginning to melt.	2
useless	adj	'ju:sləs	not useful or effective in any way	Water had got into my phone and now it was completely useless.	2
deal with	phv	di:l wɪð	to take the necessary action, especially in order to solve a problem	Don't worry, I'll deal with this.	2
pharmacy	noun	'fɑ:məsi	a shop or a part of a shop where medicines are prepared and sold	an all-night pharmacy	2
equipment	noun	ɪ'kwɪpmənt	the tools, machines, etc., that you need to do a particular job or activity	a shop selling camping equipment	2
motor	noun	'məʊtə	the part of a machine that makes it work or move, by changing power, especially electrical power, into movement	an electric motor	2
hairspray	noun	'heəsprɛɪ	a sticky liquid that you spray on your hair to keep it in place	My grandma uses far too much hairspray.	2
spoonful	noun	'spu:nfʊl	the amount that a spoon will hold	Two spoonfuls of sugar, please.	2
shoe polish	noun	ʃu: 'pɒlɪʃ	a liquid or powder that you rub into a shoe to make it smoothy and shiny	He kept some shoe polish in his desk at work.	2
barbecue	noun	'bɑ:bɪkju:	a meal or party during which food is cooked on a metal frame over a fire and eaten outdoors	We had a barbecue on the beach.	2
dull	adj	dʌl	not interesting or exciting	Life is never dull when Elizabeth is here.	2
rule	noun	ru:l	an official instruction that says how things must be done or what is allowed, especially in a game, organisation, or job	the rules of the game	2
follow	verb	'fɒləʊ	to understand something such as an explanation or story	The plot is a little difficult to follow.	2
advert	noun	'ædvɜ:t	an advertisement	a newspaper advert	2
advertise	verb	'ædvətəɪz	to tell the public about a product or service in order to persuade them to buy it	Many companies will only advertise in the Sunday paper.	2
acceptable	adj	ək'septəbəl	good enough to be used for a particular purpose or to be considered satisfactory	an agreement which is acceptable to all sides	2
delicious	adj	dɪ'liʃəs	very pleasant to taste or smell	'The meal was absolutely delicious,' she said politely.	2
item	noun	'aɪtəm	a single thing, especially one thing in a list, group, or set of things	He opened the cardboard box and took out each item.	2
create	verb	kri'eɪt	to make something exist that did not exist before	Some people believe the universe was created by a big explosion.	2
patience	noun	'peɪʃəns	the ability to continue waiting or doing something for a long time without becoming angry or anxious	I wouldn't have the patience to sit sewing all day.	2
cookbook	noun	'kʊkbʊk	a book that tells you how to prepare and cook food	The bookshop sells some really wonderful cookery books.	2
practice	noun	'præktəs, 'præktɪs	something that people do often, especially a particular way of doing something or a social or religious custom	dangerous working practices	2
variety	noun	və'raɪəti	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.	2
unusual	adj	ʌn'ju:ʒuəl, -ʒəl	different from what is usual or normal	an unusual feature	2
heat	verb	hi:t	to make something become warm or hot	Heat the milk until it boils.	2
unfair	adj	,ʌn'feə	not right or fair, especially because not everyone has an equal opportunity	an unfair advantage	2
option	noun	'ɒpʃən	a choice you can make in a particular situation	There are a number of options available.	2

method	noun	'meθəd	a planned way of doing something, especially one that a lot of people know about and use	traditional teaching methods	2
refuse	verb	rɪ'fju:z	to say firmly that you will not do something that someone has asked you to do	She asked him to leave, but he refused.	2
worrying	adj	'wʌrɪ-ɪŋ	something that is worrying makes you feel anxious or worried	The situation is extremely worrying.	2
skill	noun	skɪl	an ability to do something well, especially because you have learned and practised it	Reading and writing are two different skills.	2
professional	adj	prə'feʃənəl	relating to a job that needs special education and training	What professional qualifications does he have?	2
handful	noun	'hændfʊl	an amount that you can hold in your hand	The boy picked up a handful of stones and started throwing them at us.	2
burn	verb	bɜ:n	if a fire burns, it produces heat and flames	There was a fire burning in the fireplace.	2
wonderful	adj	'wʌndəfəl	making you feel very happy	We had a wonderful time in Spain.	2
entertainment	noun	ˌentə'teɪnmənt	things such as films, television, performances, etc., that are intended to amuse or interest people	The town provides a wide choice of entertainment.	2
tasteless	adj	'teɪstləs	food or drink that is tasteless is unpleasant because it has no particular taste	a tasteless soup	2
use-by date	noun	'ju:z baɪ deɪt	the last date that a product, especially food, should be used	Check the use-by date on the packet.	2
vlogger	noun	vɒlgə	a person who makes a video which includes their ideas and opinions and then posts it onto a website	He made a lot of money when he became a vlogger	2
connect	verb	kə'nekt	to join two or more things together	The railway link would connect Felixstowe with Fishguard.	2
pronounce	verb	prə'naʊns	to make the sound of a letter, word, etc., especially in the correct way	How do you pronounce your name?	2
focus on	verb	'fəʊkəs ɒn	to give special attention to one particular person or thing, or make people do this	He needs to focus more on his career.	2
design	verb	dɪ'zaɪn	to make a drawing of something or a pattern to show how you will make it or what it will look like	She designed the fabric for this sofa.	2
website	noun	'websaɪt	a place on the Internet where you can find information about something, especially a particular organisation	For more information on weight loss and healthy eating, visit our website.	2
satisfying	adj	'sætɪsfɑɪ-ɪŋ, 'sætɪsfɑɪ-ɪŋ	making you feel pleased and happy, especially because you have got what you wanted	a deeply satisfying feeling	2
avoid	verb	ə'vɔɪd	to prevent something bad from happening	Road safety is taught to young children to avoid road accidents.	2
recommend	verb	ˌrekə'mend	to advise someone to do something, especially because you have special knowledge of a situation or subject	I recommend that you get some professional advice.	2
memorable	adj	'memərəbəl	very good, enjoyable, or unusual, and worth remembering	We want to make this a truly memorable day for the children.	2
hungrily	adv	'hʌŋgrəli, 'hʌŋgrɪli	in a way that shows you want to eat something very much	She hungrily ate a slice of bread.	2
eventually	adv	ɪ'ventʃʊəli, -tʃəli	after a long time, or after a lot of things have happened	He eventually escaped and made his way back to England.	2
suddenly	adv	'sʌdnli	quickly and unexpectedly	I suddenly realised that there was someone following me.	2
beat	verb	bi:t	when your heart beats, it moves in a regular rhythm as it pumps your blood	Jennifer's heart was beating fast.	2
ages	noun	'eɪdʒ ɪz	a long time	Simon! I haven't seen you for ages.	2
explanation	noun	ˌeksplə'neɪʃən	the reasons you give for why something happened or why you did something	Can you think of any explanation for this failure?	2
speciality	noun	ˌspeʃi'æləti, ˌspeʃi'ælti	a type of food that a person, restaurant, or area is well known for	The restaurant offers a wide variety of local specialities.	2
tin opener	noun	tɪn 'əʊpənə	a tool for opening tins of food	Can I borrow your tin opener? I need to heat up this soup.	2
organise	verb	'ɔ:ɡənaɪz	to make the necessary arrangements so that an activity can happen effectively	The course was organised by a training company.	2
fix	verb	fɪks	to repair something that is broken or not working properly	He's outside fixing the brakes on the car.	2
tidy	adj	'taɪdi	to make a place look neatly arranged with everything in the right place	Tidy your room!	2
serious	adj	'sɪəriəs	a serious situation, problem, accident, etc., is extremely bad or dangerous	the serious problem of unemployment	2
support	verb	sə'pɔ:t	to help someone by being sympathetic and kind to them during a difficult time in their life	My wife supported me through a very difficult time.	3
particularly	adv	pə'tɪkjələli, pə'tɪkjələli	more than usual or more than others	Steve was in a particularly bad mood when he got back.	3
stranger	noun	'streɪndʒə	someone that you do not know	Children must not talk to strangers.	3
treat	verb	tri:t	to behave towards someone or something in a particular way	She treats me like one of the family.	3
badly	adv	'bædli	in an unsatisfactory or unsuccessful way	The company has been very badly managed.	3
throw	verb	θrəʊ	to make an object such as a ball move quickly through the air by pushing your hand forward quickly and letting the object go	He threw his shirt to someone in the crowd.	3
rude	adj	ru:d	speaking or behaving in a way that is not polite and is likely to offend or annoy people	a rude remark	3
unpleasant	adj	ʌn'plezənt	not pleasant or enjoyable	an unpleasant experience	3
negative	adj	'negətɪv	harmful, unpleasant, or not wanted	My drinking was starting to have a negative effect on my work.	3
result	noun	rɪ'zʌlt	something that happens or exists because of something that happened before	Accidents are the inevitable result of driving too fast.	3
impolite	adj	ˌɪmpə'laɪt	not polite	an impolite remark	3
society	noun	sə'saɪəti, sə'saɪti	people in general, considered in relation to the laws, organisations, etc., that make it possible for them to live together	technology and its effects on modern society	3
recent	adj	'ri:sənt	having happened or started only a short time ago	Irving's most recent book	3
draw the line	phrase	drɔ: ðə laɪn	to refuse to do something because you do not approve of it, although you will do other things	I don't mind helping you, but I draw the line at telling lies.	3
smelly	adj	'smeli	having a strong unpleasant smell	smelly feet	3
unfriend	verb	ʌnfrɛnd	to remove someone from a list of friends on a person's social networking website	I was very surprised to see that Jason had unfriended me last week.	3
amused	adj	ə'mju:zd	if you are amused by something, you think it is funny and you smile or laugh	Ellen seemed amused by the whole situation.	3
annoyed	adj	ə'nɔɪd	slightly angry	I'll be annoyed if we don't finish by eight.	3
disgusted	adj	dɪs'ɡʌstɪd, dɪz-	very annoyed or upset by something that is not acceptable	a disgusted look	3
excited	adj	ɪk'saɪtəd, ɪk'saɪtɪd	happy, interested, or hopeful because something good has happened or will happen	Steve flies home tomorrow – we're all really excited.	3
lasagne	noun	lə'sænjə, -'zæn-	a type of Italian food made with flat pieces of pasta, meat, or vegetables, and cheese	We all had lasagne at the Italian restaurant.	3
shape	noun	ʃeɪp	the form that something has, for example round, square, triangular, etc.	What shape is the table?	3
fall off	phr	'fɔ:l ɒf	if part of something falls off, it becomes separated from the main part	A button had fallen off her jacket.	3
disappointed	adj	ˌdɪsə'pɔɪntəd, ˌdɪsə'pɔɪntɪd	unhappy because something you hoped for did not happen, or because someone or something was not as good as you expected	Dad seemed more disappointed than angry.	3
service	noun	'sɜ:vəs, 'sɜ:vɪs	the help that people who work in a shop, restaurant, bar, etc., give you	The service was terrible and so was the food.	3
behaviour	noun	bɪ'heɪvjə	the things that a person or animal does	It is important to reward good behaviour.	3
length	noun	leŋθ	the measurement of how long something is from one end to the other	We measured the length and width of the living room.	3
content	noun	'kɒntent	the ideas, facts, or opinions that are contained in a speech, piece of writing, film, programme, etc.	The content of the media course includes scripting, editing, and camera work.	3

concerned	adj	kən' sɜ:nd	worried about something	She is concerned about how little food I eat.	3
action	noun	'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.	3
advise	verb	əd' vaɪz	to tell someone what you think they should do, especially when you know more than they do about something	She needed someone to advise her.	3
in advance	phrase	ɪn əd' vɑ:ns	before something happens or is expected to happen	I should warn you in advance that I'm not a very good dancer.	3
solution	noun	sə' lu:ʃən	a way of solving a problem or dealing with a difficult situation	The best solution would be for them to separate.	3
mind	verb	maɪnd	to feel annoyed or upset about something	I don't mind the heat, in fact I quite like it.	3
expect	verb	ɪk' spekt	to think that something will happen because it seems likely or has been planned	I expect to be back within a week.	3
lately	adv	'leɪtli	recently	What have you been doing lately?	3
break up	phrv	brəʊk ʌp	if a marriage, group of people, or relationship breaks up, the people in it separate and do not live or work together anymore	The couple broke up last year.	3
come round	phrv	kʌm rəʊnd	to be visited in your home	He stayed in the room for as long as he could to see if Ray would come round.	3
guy	noun	ɡaɪ	a man	Dave's a nice guy when you get to know him.	3
background	noun	'bækgraʊnd	the pattern or colour on top of which something has been drawn, printed, etc.	red letters on a white background	3
bunch	noun	bʌntʃ	a group of things that are fastened, held, or growing together	I'll send her a bunch of flowers.	3
wavy	adj	'weɪvi	wavy hair grows in waves	wavy blonde hair	3
plain	adj	pleɪn	without anything added or without decoration	a plain white shirt	3
celebrate	verb	'seləbreɪt, 'selɪbreɪt	to show that an event or occasion is important by doing something special or enjoyable	It's Dad's birthday and we're going out for a meal to celebrate.	3
arrival	noun	ə' raɪvəl	when someone or something arrives somewhere	Only the timely arrival of the police prevented the situation from becoming worse.	3
annoy	verb	ə' nɔɪ	to make someone feel slightly angry and unhappy about something	What annoyed him most was that he had received no apology.	3
owner	noun	'əʊnə	someone who owns something	I met the owner of the local hotel.	3
continue	verb	kən' tɪnju:	to not stop happening, existing, or doing something	Sheila continued to work after she had her baby.	3
remove	verb	rɪ' mu:v	to take something away from, out of, or off the place where it is	Remove the old wallpaper and fill any holes in the walls.	3
dirt	noun	dɜ:t	any substance that makes things dirty, such as mud or dust	You should have seen the dirt on that car!	3
volume	noun	'vɒlju:m	the amount of sound produced by a television, radio, etc.	Can you turn the volume up?	3
meaning	noun	'mi:nɪŋ	the thing or idea that a word, expression, or sign represents	I don't know the precise meaning of the word 'gleaned'.	3
queue	verb	kju:	to form or join a line of people or vehicles waiting to do something or go somewhere	Customers queued for hours to buy the new toy.	3
mother-in-law	noun	'mʌð ə' rɪn , lɔ:	the mother of your wife or husband	My mother-in-law lives in the same street as us.	3
get along	phrv	ɡet ə' lɒŋ	if two or more people get along, they have a friendly relationship	We've always got along quite well.	3
parents-in-law	noun	'peərənts ɪn lɔ:	the parents of your husband or wife	My parents-in-law come on holiday with us once a year.	3
face	verb	'feɪs	if you face a difficult situation, it is going to affect you and you must deal with it	He is facing the biggest challenge of his career.	3
challenge	noun	'tʃæləndʒ, 'tʃælɪndʒ	something that tests strength, skill, or ability, especially in a way that is interesting	The company is ready to meet the challenges of the next few years.	3
fiancé	noun	fɪ' ɒnseɪ	the man who a woman is going to marry	My fiancé has green eyes, just like me.	3
hit	noun	hɪt	something such as a film, play, song, etc., that is very popular and successful	a hit musical	3
manners	noun	'mæn əz	polite ways of behaving in social situations	Her children all had such good manners.	3
respect	noun	rɪ' spekt	a feeling of admiring someone or what they do, especially because of their personal qualities, knowledge, or skills	I have the greatest respect for Jane's work.	3
announce	verb	ə' naʊns	to officially tell people about something, especially about a plan or a decision	They announced their engagement in 'The Times'.	3
allergic	adj	ə' lɜ: dʒɪk	having an allergy	I'm allergic to nuts.	3
instead	adv	ɪn' sted	used to say what is not used, does not happen, etc., when something else is used, happens, etc.	You probably picked up my keys instead of yours.	3
lie	verb	laɪ	to be in a position in which your body is flat on the floor, on a bed, etc.	He was lying on the bed reading a book.	3
rise	verb	raɪz	to get out of bed in the morning	They rise every Saturday at 6am to go for a jog.	3
wedding	noun	'wedɪŋ	a marriage ceremony, especially one with a religious service	She's busy planning her daughter's wedding.	3
save	verb	seɪv	to keep money in a bank so that you can use it later, especially when you gradually add more money over a period of time	He managed to save enough to buy a small house.	3
tradition	noun	trə' dɪʃən	a belief, custom, or way of doing something that has existed for a long time, or these beliefs, customs, etc., in general	the traditions of South East Asia	3
suggest	verb	sə' dʒest	to tell someone your ideas about what they should do, where they should go, etc.	The zoo asked its visitors to suggest a name for the new baby panda.	3
plan	noun	plæn	something you have decided to do	His plan is to get a degree in economics and then work abroad for a year.	3
afford	verb	ə' fɔ: d	to have enough money to buy or pay for something	We can't afford to go on vacation this year.	3
fortunate	adj	'fɔ: tʃənət	someone who is fortunate has something good happen to them, or is in a good situation	I've been fortunate to find a career that I love.	3
regret	verb	rɪ' gret	to feel sorry about something you have done and wish you had not done it	Don't do anything you might regret.	3
load	noun	ləʊd	a large quantity of something that is carried by a vehicle, person, etc.	a load of wood	3
old-fashioned	adj	,əʊld 'fæʃ ənd	not considered to be modern or fashionable any more	She wears really old-fashioned clothes!	3
disrespectful	adj	,dɪs rɪ 'spekt fəl	lack of respect for someone or something	Matt was very disrespectful to his parents.	3
terribly	adv	'terəbli, 'terɪbli	very badly	The team played terribly.	3
bullying	noun	'bʊlɪŋ	to threaten to hurt someone or frighten them, especially someone smaller or weaker	an attempt to deal with the problem of bullying in schools	3
anyway	adv	'eniweɪ	in spite of the fact that you have just mentioned	Catherine wasn't sure the book was the right one, but she bought it anyway.	3
technology	noun	tek' nɒlədʒɪ	new machines, equipment, and ways of doing things that are based on modern knowledge about science and computers	Modern technology makes moving money around much easier than it used to be.	3
behave	verb	bɪ' heɪv	to do things that are good, bad, sensible, etc.	She behaved in a very responsible way.	3
public transport	noun	'pʌblɪk 'trænspɔ:t	buses, trains, etc., that are available for everyone to use	Public transport in Berlin is excellent.	3
alone	adj	ə' ləʊn	if you are alone in a place, there is no one with you	She lives alone.	3
absolutely	adv	'æbsəlu:tli, ,æbsə' lu:tli	completely and in every way	He made his reasons for resigning absolutely clear.	3
incredibly	adv	ɪn' kredəbli, ɪn' kredɪbli	extremely	It's incredibly annoying when Dan ignores me.	3

totally	adv	'təʊtl-i	completely	That's a totally different matter.	3
clearly	adv	'klɪəli	without any doubt	Clearly, ignoring him had been a mistake.	3
turn on	phrv	tʊ:n ɒn	to make a machine or piece of electrical equipment such as a television, engine, light, etc., start operating by pushing a button, turning a key, etc.	Jake turned on his computer and checked his mail.	3
business	noun	'bɪznəs, 'bɪznɪs	the activity of making money by producing or buying and selling goods, or providing services	Students on the course learn about all aspects of business.	3
signal	noun	'sɪgnəl	a series of light waves, sound waves, etc., that carry an image, sound, or message for example in radio or television	This new pay-TV channel sends signals via satellite to cable companies.	3
sound	verb	saʊnd	if something or someone sounds good, bad, strange, etc., that is how they seem to you when you hear about them or read about them	Istanbul sounds really exciting.	3
stupid	adj	'stju:pəd, 'stju:pɪd	showing a lack of good sense or good judgment	stupid mistakes	3
hang up	phrv	hæŋ ʌp	to finish a telephone conversation	I said goodbye and hung up.	3
call back	phrv	kɔ:l bæk	to telephone someone again, for example because they were not at home when you telephoned last time	I'll call back later.	3
communicate	verb	kə'mju:nəkeɪt, kə'mju:nɪkeɪt	to exchange information or conversation with other people, using words, signs, writing, etc.	We communicated mostly by email.	3
location	noun	ləʊ'keɪʃən	a particular place, especially in relation to other areas, buildings, etc.	His apartment is in a really good location.	3
appear	verb	ə'piə	used to say how something seems, especially from what you know about it or from what you can see	Police say there appear to be signs of a break-in.	3
receive	verb	rɪ'si:v	to be given something	All the children will receive a small gift.	3
customer	noun	'kʌstəmə	someone who buys goods or services from a shop, company, etc.	We aim to offer good value and service to all our customers.	3
carry on	phrv	'kæri ɒn	to continue doing something	Sorry, I interrupted you. Please carry on.	3
sign	noun	sam	an event, fact, etc., that shows that something is happening or that something is true or exists	There are signs that the situation is improving.	3
switch off	phrv	swɪtʃ'ɒf	to turn off a machine, light, radio, etc., using a switch	The burglar alarm was switched off.	3
finally	adv	'faɪnəl-i	after a long time	After several delays we finally took off at six o'clock.	3
give up	phrv	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.	3
take out	phrv	teɪk aʊt	to remove something from inside a building, your body, clothing, etc.	Can you take your hands out of your pocket, please?	3
couple	noun	'kʌpəl	two people who are married or having a romantic relationship	a newly married couple	3
basic	adj	'beɪsɪk	forming the most important or most necessary part of something	the basic principles of chemistry	3
go for	phrv	ɡəʊ fɔ	to choose or prefer something or someone	I'll go for the burger, not the pizza.	3
opportunity	noun	ˌɒpə'tju:nəti, ˌɒpə'tju:nɪti	a chance to do something or an occasion when it is easy for you to do something	a rare opportunity to see inside this historic building	3
stay over	phrv	steɪ 'əʊvə	when a guest or visitor sleep somewhere for the night, especially at someone's home	She asked if her friend could stay over.	3
accept	verb	ək'sept	to take something that someone offers you, or to agree to do something that someone asks you to do	Rick accepted her offer of coffee.	3
reject	verb	rɪ'dʒekt	to refuse to accept, believe in, or agree with something	Sarah rejected her brother's offer of help.	3
join	verb	dʒɔɪn	to go somewhere in order to be with someone or do something with them	She joined her aunt in the sitting room.	3
pick up	phrv	pɪk ʌp	to let someone get into your car, boat, etc., and take them somewhere	I'll pick you up at the station.	3
referee	noun	ˌrefə'ri:	someone who makes sure that the rules of a sport such as football, basketball, or boxing, are followed	His headmaster agreed to act as his referee.	3
send off	phrv	send ɒf	to order a sports player to leave the field because they have broken the rules	One of Oxford's players was sent off for kicking another player.	3
look after	phv	lʊk 'ɑ:ftə	to take care of someone or something by helping them, giving them what they need, or keeping them safe	I'm looking after my neighbour's dog tomorrow.	3
clean up	phrv	kli:n ʌp	to make a place completely clean and tidy	We spent all Saturday morning cleaning up.	3
hang out	phrv	hæŋ aʊt	to spend a lot of time in a particular place or with particular people	I don't really know who she hangs out with.	3
cancel	verb	'kænsəl	to decide that something that was officially planned will not happen	Our flight was cancelled.	3
crash	verb	kræʃ	to have an accident in a car, plane, etc., by violently hitting something else	The jet almost crashed after take-off.	3
homeless	noun	'həʊmləs	people who have nowhere to live, and who often live on the streets	a centre for the homeless	4
access	noun	'ækses	the right to enter a place, use something, see someone, etc.	Cats should always have access to fresh, clean water.	4
hunger	noun	'hʌŋɡə	lack of food, especially for a long period of time, that can cause illness or death	Thousands of people could die from hunger this year if we don't do something.	4
pollution	noun	pə'lju:ʃən	the process of making air, water, soil, etc., dangerously dirty and not suitable for people to use, or the state of being dangerously dirty	air pollution from traffic fumes	4
education	noun	ˌedʒʊ'keɪʃən	the process of teaching and learning, usually at school, college, or university	She also hopes her children will get a good education.	4
generation	noun	ˌdʒenə'reɪʃən	all people of about the same age	Like most of my generation, I had never known a war.	4
programme	noun	'prəʊgræm	a series of planned activities or events, or a list showing what order they will come in	a theatre programme	4
react	verb	rɪ'ækt	to behave in a particular way or show a particular emotion because of something that has happened or been said	How did Wilson react to your idea?	4
suggestion	noun	sə'dʒestʃən	an idea, plan, or possibility that someone mentions, or the act of mentioning it	Any suggestions would be welcome.	4
task	noun	tɑ:sk	a piece of work that must be done, especially one that is difficult or unpleasant or that must be done regularly	I was given the task of building a fire.	4
damage	noun	'dæmɪdʒ	physical harm that is done to something or to a part of someone's body, so that it is broken or injured	damage to property	4
fair	noun	feə	a large show where business people producing a particular product or service can meet to advertise or sell their products	a book fair	4
record	noun	'rekɔ:d	information about something that is written down or stored on computer, film, etc., so that it can be looked at in the future	I try to keep a record of everything I spend.	4
talented	adj	'tæləntəd, 'tæləntɪd	having a natural ability to do something well	a talented actor	4
loose	adj	lu:s	not firmly fastened in place	loose trousers	4
memory	noun	'meməri	someone's ability to remember things, places, experiences, etc.	She has a terrible memory for names.	4
carry out	phrv	'kæri aʊt	to do something that needs to be organised or planned	We need to carry out more research.	4
artwork	noun	'ɑ:twɜ:k	drawings and photographs that are specially prepared to be in a book, magazine, or advertisement	I am putting all my artwork on display.	4
encourage	verb	ɪn'kʌrɪdʒ	to give someone the courage or confidence to do something	I want to thank everyone who has encouraged and supported me.	4
test	verb	test	a set of questions, exercises, or practical activities to measure someone's skill, ability, or knowledge	We have a test on irregular verbs tomorrow.	4
despite	preposition	dɪ'spaɪt	used to say that something happens or is true even though something else might have prevented it	Despite all our efforts to save the school, they decided to close it.	4
pay attention	phrase	peɪ ə'tenʃən	to watch, listen to, or think about someone or something carefully	I'm sorry, I wasn't paying attention to what you were saying.	4

ability	noun	ə'biləti, ə'bɪlti	the state of being able to do something	the ability to walk	4
childhood	noun	'tʃaɪldhʊd	the period of time when you are a child	I had a very happy childhood.	4
throw out	phrv	θrəʊ aʊt	to get rid of something that you do not want or need	We usually throw out all our old magazines.	4
stick	verb	stɪk	to attach something to something else using a substance, or to become attached to a surface	Someone had stuck posters all over the walls.	4
record	verb	'rekɔ:d	information about something that is written down or stored on computer, film, etc., so that it can be looked at in the future	I try to keep a record of everything I spend.	4
bookmark	noun	'bʊkmɑ:k	a piece of paper, leather, etc., that you put in a book to show you the last page you have read	I always use my bus ticket as a bookmark.	4
wander	verb	'wɒndə	to walk slowly across or around an area, usually without a clear direction or purpose	I'll wander around the mall for half an hour.	4
historic	adj	hɪ'stɔrɪk	a historic place or building is very old	the restoration of historic buildings	4
population	noun	ˌpɒpjə'leɪʃən, ˌpɒpjə'leɪʃ	the number of people living in a particular area, country, etc.	India has a population of more than one billion.	4
growth	noun	grəʊθ	an increase in amount, number, or size	We've seen an enormous growth in the amount of rubbish being left in the park.	4
fresh air	noun	fref eə	air from outside, especially clean air	Let's open the windows and have some fresh air in here!	4
facilities	noun	fə'sɪlɪtɪz	rooms, equipment, or services that are provided for a particular purpose	All rooms have private facilities (= private bathroom and toilet).	4
climate	noun	'klaɪmət, 'klaɪmɪt	the typical weather conditions in a particular area	Los Angeles' warm dry climate	4
experience	noun	ɪk'spɪəriəns	knowledge or skill that you gain from doing a job or activity, or the process of doing this	You've got a lot of experience of lecturing.	4
services	noun	'sɜ:vɪsɪz	the system for providing something in a place, e.g. the police, hospitals, fire service, and organisations that provide basic things such as water, gas, or electricity	the emergency services	4
suburb	noun	'sʌbɜ:b	an area where people live which is away from the centre of a town or city	a London suburb	4
lively	adj	'laɪvli	someone who is lively has a lot of energy and is very active	a lively child	4
lifestyle	noun	'laɪfstɑɪl	the way a person or group of people live, including the place they live in, the things they own, the kind of job they do, and the activities they enjoy	Regular exercise is part of a healthy lifestyle.	4
environment	noun	ɪn'vaɪrənmənt	the air, water, and land on Earth, which is affected by man's activities	Some of these chemicals are very damaging to the environment.	4
discover	verb	dɪs'kʌvə	to find someone or something, either by accident or because you were looking for them	The body was discovered in a field.	4
bury	verb	'berɪd	to put something under the ground, often in order to hide it	The dog was burying a bone.	4
sand	noun	sænd	a substance consisting of very small pieces of rocks and minerals, that forms beaches and deserts	a mixture of sand and cement	4
ancient	adj	'eɪnfənt	belonging to a time long ago in history, especially thousands of years ago	the ancient civilisations of Asia	4
rubbish dump	noun	'rʌbɪʃ dʌmp	a place to take rubbish (food, paper, etc., that is no longer needed and has been thrown away)	Let's take all those old magazines to the rubbish dump.	4
literature	noun	'lɪtərəʃə	books, plays, poems, etc., that people think are important and good	He has read many of the major works of literature.	4
decade	noun	'dekeɪd, de'keɪd	a period of 10 years	I've worked in this office for a decade.	4
translate	verb	trænz'leɪt, trænz-	to change written or spoken words into another language	Translate the text from Italian into English.	4
examine	verb	ɪg'zæmən, ɪg'zæmɪn	to look at something carefully and thoroughly because you want to find out more about it	A team of divers was sent down to examine the wreck.	4
percent	adj	pə'sent	equal to five, ten, etc., parts out of a total of 100 parts	a ten percent increase in house prices	4
hairstyle	noun	'heəstɑɪl	the style in which someone's hair has been cut or shaped	Do you like my new hairstyle?	4
article	noun	'ɑ:tɪkəl	a piece of writing about a particular subject in a newspaper or magazine	an article on environmental issues	4
event	noun	ɪ'vent	something that happens, especially something important, interesting or unusual	one of the most important events in the history of mankind	4
remind	verb	rɪ'maɪnd	to make someone remember something that they must do	Yes, I'll be there. Thanks for reminding me.	4
ordinary	adj	'ɔ:dənəri	average, common, or usual, not different or special	It's just an ordinary camera.	4
stress	noun	stres	continuous feelings of worry about your work or personal life, that prevent you from relaxing	Your headaches are due to stress.	4
loved one	noun	lʌvd wʌn	a person who is a member of one's family or a close friend	families who lost loved ones in the earthquake	4
ice skating	noun	aɪs skeɪtɪŋ	the sport or activity of moving on ice wearing ice skates (boots with thin metal bars attached to the bottoms)	The kids love to go ice skating.	4
rink	noun	rɪŋk	a specially prepared area of ice that you can skate on	an ice rink is opening in our town next week.	4
mall	noun	mɔ:l, məl	a large area where there are a lot of shops, usually a covered area where cars are not allowed	Let's meet at the mall and go see a movie.	4
in spite of	phrase	ɪn spaɪt əv	without being affected or prevented by something	We went out in spite of the rain.	4
awful	adj	'ɔ:fəl	very bad or unpleasant	The weather was awful.	4
decoration	noun	ˌdeko'reɪʃən	something pretty that you put in a place or on top of something to make it look attractive	Christmas decorations	4
treasure	noun	'treɪzə	a group of valuable things such as gold, silver, jewels, etc.	The Book of Kells is Trinity College's greatest treasure.	4
urgent	adj	'ɜ:dʒənt	very important and needing to be dealt with immediately	He was in urgent need of medical attention.	4
need	noun	ni:d	a situation in which something is necessary, especially something that is not happening yet or is not yet available	There's a growing need for new housing in many rural areas.	4
repair	verb	rɪ'peə	to fix something that is damaged, broken, split, or not working properly	Dad was up the ladder, repairing the roof.	4
pack	verb	pæk	when you cover, surround, or fill something	If you have a nose bleed, try packing the nostril with tissue.	4
tiny	adj	'taɪni	extremely small	a tiny puppy	4
mostly	adv	'məʊstli	used to talk about most members of a group, most occasions, most parts of something, etc.	Green teas are mostly from China or Japan.	4
planner	noun	'plænə	someone who plans and makes important decisions about something, especially someone whose job is to plan the way towns grow and develop	City planners are looking for ways to ease traffic.	4
underground	adj	'ʌndəgraʊnd	below the surface of the earth	an underground passage	4
biologist	noun	baɪ'ɒlədʒəst, baɪ'ɒlədʒɪst	someone who studies or works in biology	a conservation biologist	4
subway	noun	'sʌbweɪ	a railway system that runs under the ground below a big city	the New York City subway	4
banker	noun	'bæŋkə	someone who works in a bank in an important position	City bankers use this metro station.	4
store	verb	stɔ:	to put things away and keep them until you need them	I store the beans in this jar in the cupboard.	4
safe	noun	seɪf	a strong metal box or cupboard with special locks where you keep money and valuable things	There is a small safe for personal belongings in every hotel room.	4
main	adj	meɪn	larger or more important than all other things, ideas, etc., of the same kind	The main reason for living in Spain is the weather.	4
perform	verb	pə'fɔ:m	to do something to entertain people, for example by acting a play or playing a piece of music	Chenier and the band are performing at the Silver Palace tomorrow.	4
wheelchair	noun	'wi:lʃeə	a chair with wheels, used by people who cannot walk	special parking for wheelchair users	4

discourage	verb	dɪs'kʌrɪdʒ	to persuade someone not to do something, especially by making it seem difficult or bad	We must discourage the children from playing near the road.	4
rate	noun	reɪt	the number of times something happens, or the number of examples of something within a certain period	Australia's unemployment rate rose to 6.5% in February.	4
worth	adv	wɜ:θ	to have a value in money	The house must be worth quite a lot of money now.	4
valuable	adj	'væljuəbəl, -jəbəl	worth a lot of money	a valuable painting	4
past	noun	pɑ:st	the past life or existence of someone or something	At some time in the past the church was rebuilt.	4
stable	adj	'steɪbəl	not moving or shaking	Keep the ladder steady.	4
vehicle	noun	'vi:ɪkəl	a machine with an engine that is used to take people or things from one place to another, such as a car, bus, or truck	a description of the stolen vehicle	5
economy	noun	ɪ'kɒnəmi	the system by which a country's money and goods are produced and used, or a country considered in this way	a successful economy	5
resource	noun	rɪ'zɔ:s, -'sɔ:s	something such as useful land, or minerals such as oil or coal, that exists in a country and can be used to increase its wealth	Canada's mineral resources	5
individual	noun	ˌɪndə'vɪdʒuəl, ˌɪndɪ'vɪdʒuəl	a person, considered separately from the rest of the group or society that they live in	the rights of the individual	5
app	noun	æp	a piece of computer software that does a particular job	You can download an app that reminds you of things you have to do.	5
spare	adj	speə	something that you keep in addition to the one you usually use, so that it is available when needed	a spare key	5
tool	noun	tu:l	something that you hold in your hand and use to do a particular job	I don't have the right tools to mend the garden gate.	5
household	noun	'haʊshəʊld	all the people who live together in one house	A growing number of households have at least one computer.	5
exchange	noun	ɪks'tʃeɪndʒ	the act of giving someone something and receiving something else from them	an exchange of political prisoners	5
unwanted	adj	ʌn'wʌntəd, ʌn'wʌntɪd	not wanted or needed	I gave all my unwanted clothes to charity.	5
rental	noun	'rentl	an arrangement to borrow or use something in exchange for money	Bike rental is £10 per hour.	5
iron	verb	'aɪən	to make make clothes smooth with an iron (= a piece of equipment which has a heated flat metal base)	Paul ironed his shirts every Sunday afternoon.	5
for a change	phrase	fə eɪ tʃeɪndʒ	different to how things usually happen or in order to introduce variety	Let's go to the Moroccan restaurant for a change.	5
fit	verb	fɪt	if a piece of clothing fits you, it is the right size for your body	His clothes did not fit him very well.	5
suitable	adj	'su:təbəl, 'sju:-	having the right qualities for a particular person, purpose, or situation	We are hoping to find a suitable school.	5
material	noun	mə'tɪəriəl	cloth used for making clothes, curtains, etc.	curtain material	5
silk	noun	sɪlk	a thin smooth soft cloth made from very thin thread which is produced by a silkworm	a silk scarf	5
woollen	adj	'wʊlən	made of wool	a woollen scarf	5
tight	adj	taɪt	tight clothes fit your body very closely, especially in a way that is uncomfortable	tight jeans	5
tracksuit	noun	'træksu:t, -sju:t	loose clothes consisting of trousers and a jacket, worn especially for sport	I wear my tracksuit when I go jogging.	5
booking form	noun	'bʊkɪŋ fɔ:m	an official document for reserving or arranging something with spaces where you write information, especially about yourself	I had to complete a booking form to reserve my place on the cookery course.	5
increase	verb	ɪn'kri:s	if you increase something, or if it increases, it becomes bigger in amount, number, or degree	The population increased dramatically in the first half of the century.	5
predict	verb	pri'dɪkt	to say that something will happen, before it happens	Sales were five percent lower than predicted.	5
convenient	adj	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.	5
imagine	verb	ɪ'mædʒən, ɪ'mædʒɪn	to form a picture or idea in your mind about what something could be like	Imagine that you have just won a million pounds.	5
insurance	noun	ɪn'ʃʊərəns	an arrangement with a company in which you pay them money, especially regularly, and they pay the costs if something bad happens, for example if you become ill or your car is damaged	Your father took out insurance in case our flight was cancelled.	5
stressful	adj	'stresfəl	a job, experience, or situation that is stressful makes you worry a lot	Moving to a new house is a very stressful experience.	5
design	noun	dɪ'zaɪn	the art or process of making a drawing of something to show how you will make it or what it will look like	He showed us the design of the new plane.	5
form	noun	fɔ:m	a particular type of something that exists in many different varieties	a new form of entertainment	5
brand new	adj	brænd nju:	new and not yet used	a brand-new car	5
cosy	adj	'kəʊzi	a place that is cosy is small, comfortable, and warm	The living room was warm and cosy.	5
energy-efficient	adj	'enədʒɪ ɪ'fɪʃənt	using as little energy as possible	an energy-efficient home	5
peaceful	adj	'pi:sfəl	a peaceful time, place, or situation is quiet and calm without any worry or excitement	We had a peaceful afternoon without the children.	5
break the bank	phrase	breɪk ðə bæŋk	to cost a lot of money, or more money than you have	A new hard drive doesn't have to break the bank.	5
description	noun	dɪ'skrɪpʃən	a piece of writing or speech that gives details about what someone or something is like	an accurate description of the event	5
match	noun	mætʃ	something that is the same colour or pattern as something else, or looks attractive with it	That shirt's a perfect match for your blue skirt.	5
financial	adj	fə'nænfəl, fr'nænfəl, faɪ-	relating to money or the management of money	financial transactions	5
advantage	noun	əd'vɑ:ntɪdʒ	something that helps you to be more successful than others, or the state of having this	Her experience meant that she had a big advantage over her opponent.	5
homepage	noun	'həʊmpeɪdʒ	the first page of a website, which often contains links to other pages on that website	Look at our homepage for more information and contact details.	5
long weekend	noun	lɒŋ ,wi:k'end 'wi:kend	three or more days, including Saturday and Sunday, when you do not have to go to work or school	We are going to Venice for a long weekend.	5
holidaymaker	noun	'hɒlədi ,meɪkə, 'hɒlədi ,meɪ	someone who has travelled to a place on holiday	This cottage is only used by holidaymakers.	5
musical	noun	'mju:zɪkəl	a play or film that includes singing and dancing	Webber had three musicals playing in London at one time.	5
central	adj	'sentrəl	in the middle of an area or an object	He lives in central London.	5
flatmate	noun	'flætmeɪt	someone who shares a flat with one or more other people	My flatmate likes to cook and invite friends round for dinner.	5
regular	adj	'regjələ, 'regjələ	happening every hour, every week, every month, etc., usually with the same amount of time in between	The company holds regular meetings with employees.	5
antique	adj	ˌæn'ti:k	antique furniture, jewellery, etc., is old and often valuable	an antique desk	5
leisure centre	noun	'leɪzə 'sentə	a place where people can do many different sports activities, exercise classes, etc.	Our nearest leisure centre has an excellent swimming pool.	5
town house	noun	taʊn haʊs	a tall, narrow traditional house, generally having three or more floors.	Our flat is on the third floor or an old town house.	5
blind	noun	blaɪnd	a covering, especially one made of cloth, that can be rolled up and down to cover a window inside a building.	The blinds were pulled down to protect the new furniture from the sun.	5
gallery	noun	'gæləri	a building where people can see pieces of art	an exhibition of African art at the Hayward Gallery	5
nearby	adj	'nɪəbaɪ	not far away	Lucy was staying in the nearby town of Hamilton.	5
gym	noun	dʒɪm	a special building or room that has equipment for doing physical exercise	I try and work out at the local gym once a week.	5
floor	noun	flo:	one of the levels in a building	a first floor flat	5
security	noun	sɪ'kjʊərəti, sɪ'kjʊərɪti	things that are done to keep a person, building, or country safe from danger or crime	The security at the airline check-in desk was very efficient.	5

cultural	adj	'kʌltʃərəl	belonging or relating to a particular society and its way of life	the very real historical and cultural differences between our two societies	5
block	noun	blɒk	a large building divided into separate parts	a block of flats	5
balcony	noun	'bælkəni	a structure that you can stand on, that is attached to the outside wall of a building, above ground level	Has your flat got a balcony?	5
luxury	noun	'lʌkʃəri	very great comfort and pleasure, such as you get from expensive food, beautiful houses, cars, etc.	She stole to keep her boyfriend in luxury.	5
allow	verb	ə'laʊ	to let someone do or have something, or let something happen	My parents wouldn't allow me to go to the party.	5
offer	verb	'ɒfə	to ask someone if they would like to have something, or to hold something out to them so that they can take it	Can I offer you something to drink?	5
relax	verb	rɪ'læks	to rest or do something that is enjoyable, especially after you have been working	I just want to sit down and relax.	5
open fire	noun	'əʊpən faɪə	an uncovered fire in a fireplace	a cosy open fire in the sitting room during winter	5
air conditioning	noun	eə kən'dɪʃənɪŋ	a system that makes the air in a room or building cooler and drier	There's no air conditioning in the office – it's so uncomfortable in the summer.	5
secure	adj	sɪ'kʊə	locked or guarded so that people cannot get in or out or steal anything	The house isn't very secure – we need some new locks.	5
nightclub	noun	'naɪtklʌb	a place where people go to dance and drink, which is open late at night	Do you want to go out to a nightclub afterwards?	5
cottage	noun	'kɒtɪdʒ	a small house in the country	a country cottage	5
central heating	noun	'sentrəl 'hi:tɪŋ	a system of heating buildings in which water or air is heated in one place and then sent around the rest of the building through pipes, etc.	the central heating boiler	5
duvet	noun	'du:vet, 'dju:-	a large cloth bag filled with feathers or similar material that you use to cover yourself in bed	We use a very light duvet on our bed during the summer.	5
blanket	noun	'blæŋkɪt	a cover made for the bed, often made of wool	We need an extra blanket on our bed in the winter.	5
fan	noun	fæn	a machine with turning blades that is used to cool the air in a room by moving it around	a ceiling fan	5
feather	noun	'feðə	one of the light soft things that cover a bird's body	a duck feather	5
silver-haired	adj	'sɪlvə heəd	hair that is grey-white or silver colour	a silver-haired gentleman	5
striped	adj	straɪpt	having lines or bands of colour	a blue and white striped shirt	5
experienced	adj	ɪk'spɪəriənst	possessing skills or knowledge because you have done something often or for a long time	an experienced pilot	5
enormous	adj	ɪ'nɔ:məs	very big in size or in amount	an enormous bunch of flowers	5
in return	phrase	ɪn rɪ'tɜ:n	as a response, payment or reward for something	What does he expect in return for his help?	5
sew	verb	səʊ	to use a needle and thread to make or repair clothes or to fasten something such as a button to them	I learned to sew at school.	5
swap	verb	swɒp	to give something to someone and get something in return	Do you want to swap umbrellas?	5
housework	noun	'haʊswɜ:k	work that you do to take care of a house, for example washing, cleaning, etc.	I spent all morning doing the housework.	5
look forward to	phrv	lʊk 'fɔ:wəd tə	used at the end of a slightly formal letter, to say that you hope the person you are writing to will reply	Looking forward to seeing you soon.	5
fold	verb	fəʊld	to bend a piece of paper, cloth, etc., by laying or pressing one part over another	Fold the paper along the dotted line.	5
annoying	adj	ə'nɔɪ-ɪŋ	making you feel slightly angry	an annoying habit of interrupting	5
ugly	adj	'ʌɡli	extremely unattractive and unpleasant to look at	a very ugly building	5
require	verb	rɪ'kwaɪə	to need something	Campbell's broken leg will probably require surgery.	5
effort	noun	'efət	the physical or mental energy that is needed to do something	Lou lifted the box easily, without using much effort.	5
scary	adj	'skeəri	frightening	a scary moment	5
opposite	noun	'ɒpəzət, 'ɒpəzɪt	a person or thing that is as different as possible from someone or something else	She is very shy, the opposite of her sister Becky.	5
frightened	adj	'fraɪnd	feeling afraid	Don't be frightened. We're not going to hurt you.	5
get across	phrv	ɡet 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.	5
strength	noun	streŋθ, strenθ	a particular quality of ability that gives someone or something an advantage	Her main strength is her critical thinking ability.	5
weakness	noun	'wi:knəs, 'wi:knɪs	when someone or something is not powerful, determined or strong	I dared not show any sign of weakness.	5
idiot	noun	'ɪdiət	a stupid person or someone who has done something stupid	It was all your fault, you idiot.	5
system	noun	'sɪstəm, 'sɪstɪm	a group of related parts that work together as a whole for a particular purpose	an alarm system	5
ghost	noun	ɡəʊst	the spirit of a dead person that some people think they can feel or see in a place	the ghost of Old Tom Jones	6
evidence	noun	'evɪdəns, 'evɪdəns	facts or signs that show clearly that something exists or is true	At present we have no evidence of life on other planets.	6
case	noun	keɪs	something that is being dealt with by lawyers or the police	She is keen to avoid a court case.	6
frame	verb	frem	to surround something with something else so that it looks attractive or can be seen clearly	a framed photograph	6
heating	noun	'hi:tɪŋ	a system for making a room or building warm	I've turned the heating up.	6
freezing	noun	'fri:zɪŋ	above or below the temperature at which water freezes	It was well below freezing last night.	6
wise	adj	waɪz	wise decisions and actions are sensible and based on good judgment	It's wise to check whether the flight times have changed before you leave for the airport.	6
government	noun	'ɡʌvəmənt, 'ɡʌvənmənt	the group of people who govern a country or state	The Government are planning further cuts in public spending.	6
demand	verb	dɪ'mɑ:nd	to ask for something in a determined way	The President demanded the release of all the prisoners.	6
pay	noun	peɪ	the money someone receives for the job they do	All I want is a full day's work for a full day's pay.	6
value	noun	'vælju:	the importance or usefulness of something	the value of direct personal experience	6
pass on	phrv	pɑ:s ɒn	to give someone a piece of information that someone else has given to you	She said she'd pass the message on to the other students.	6
develop	verb	dɪ'veləp	to grow or change into something bigger, stronger, or more advanced, or to make someone or something do this	plans to develop the local economy	6
enthusiastic	adj	ɪn.θju:zɪ'æstɪk	feeling or showing a lot of interest and excitement about something	All the staff are enthusiastic about the project.	6
youth club	noun	ju:θ klʌb	a meeting place for young people where they can have drinks, play games, etc.	a music night at the local youth club	6
DJ	noun	,di: 'dʒeɪ	someone who plays records on a radio show or in a club where you can dance	a night club DJ	6
mad about	phrase	mæd ə'baʊt	used to say you like something very much	I look going to zoos because I'm mad about animals.	6
be into	phrase	bi 'ɪntə	to be interested in something	Dave's really into music.	6
attitude	noun	'ætətju:d, 'ætɪtju:d	the opinions and feelings that you usually have about something, especially when this is shown in your behaviour	As soon as they found out I was a doctor, their whole attitude changed.	6
expand	verb	ɪk'spænd	to become larger in size, number, or amount, or to make something become larger	Water expands as it freezes.	6
social	adj	'səʊʃəl	relating to human society and its organisation, or the quality of people's lives	social issues, such as unemployment and education	6
in fact	phrase	ɪn fækt	used when you are adding something, especially something surprising, to emphasise what you have just said	I know the artist well. In fact, I had dinner with him last week.	6

certificate	noun	sə' tʃɪkət	an official document that states that a fact or facts are true	a degree certificate	6
academic	adj	ˌækə'demɪk	relating to education, especially at college or university level	He possessed no academic qualifications.	6
qualification	noun	ˌkwɒləfə'keɪʃən, ˌkwɒləfə'sʌbʤekt	if you have a qualification, you have passed an examination or course to show you have a particular level of skill or knowledge in a subject	He left school without any qualifications.	6
link	noun	lɪŋk	a relationship or connection between two or more events, people or ideas	There are a number of links between the two theories.	6
flying	noun	'flaɪ-ɪŋ	the activity of travelling by plane	She had a fear of flying.	6
onward	adj	'ɒnwəd	moving forward or continuing	The café is open from 8:30 onwards.	6
gain	verb	ɡeɪn	to obtain or achieve something you want or need	You will gain a lot of experience if you work here.	6
respected	adj	rɪ'spektəd, rɪ'spektɪd	admired by many people because of your good work or achievements	He's one of the most respected managers in the game.	6
industry	noun	'ɪndəstri	the production of goods	Most of these people work in the construction industry.	6
at least	phrase	ət li:st	not less than a particular number or amount	It will take you at least 20 minutes to get there.	6
accompanied	adj	ə'kʌmpəni:d	when someone goes with you somewhere	She accompanied me to the opera.	6
safety	noun	'seɪfti	how safe something is to use, do, etc.	We were able to watch the lions in complete safety.	6
in case	phrase	ɪn keɪs	whatever happens or happened	He's too young to come and in any case I want him to spend the time with Mum.	6
permit	verb	pə'mɪt	to allow something to happen, especially by an official decision, rule, or law	Smoking is only permitted in the public lounge.	6
laboratory	noun	lə'bɒrətəri	a special room or building in which a scientist does tests or prepares substances	a research laboratory	6
at all	phrase	ət ə:l	used in negative statements and questions to emphasise what you are saying	They've done nothing at all to try and put the problem right.	6
in charge	phrase	ɪn tʃɑ:dʒ	to have control over or responsibility for something or someone	Who's in charge here?	6
employee	noun	ɪm'plɔɪ-i:, ˌemplɔɪ'i:	someone who is paid to work for someone else	a hospital employee	6
permission	noun	pə'mɪʃən	when someone is officially allowed to do something	You'll have to get permission from your parents if you want to come.	6
at the latest	phrase	ət ðə 'leɪtəst	no later than the time mentioned	I should be back by 11 o'clock at the latest.	6
register	verb	'redʒɪstə, 'redʒɪstə	to put the name of someone or something on an official list	You need to register with a doctor.	6
up-to-date	adj	ˌʌp tə 'deɪt	including all the latest information	They have access to up-to-date information through a computer database.	6
copy	noun	'kɒpi	something that is made to be exactly like another thing	She forwarded them a copy of her passport.	6
sign up	phrv	səɪn ʌp	to put your name on a list for something because you want to take part in it	I'm thinking of signing up for a yoga course.	6
on sale	phrase	ɒn seɪl	available to be bought in a shop	A wide range of postcards and other souvenirs are on sale in the visitors' centre.	6
refund	noun	'ri:fʌnd	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	They refused to give me a refund.	6
label	noun	'leɪbəl	a piece of paper or another material that is attached to something and gives information about it	a luggage label	6
slightly	adv	'slaɪtli	a little	a slightly different color	6
postage	noun	'pəʊstɪdʒ	the money charged for sending a letter, package, etc., by post	How much is the postage for a postcard?	6
comedy	noun	'kɒmədi, 'kɒmɪdi	entertainment that is intended to make people laugh	All my favourite films are comedies.	6
documentary	noun	ˌdɒkjə'mentəri, ˌdɒkjə'me	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
audience	noun	'ɔ:diəns	a group of people who come to watch and listen to someone speaking or performing in public	The audience began clapping and cheering.	6
naturally	adv	'nætʃərəli	in a relaxed and normal way	Naturally, you'll want to discuss this with your wife.	6
joke	noun	dʒəʊk	something that you say or do to make people laugh, especially a funny story or trick	a joke about a trip that went horribly wrong	6
rewarding	adj	rɪ'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.	6
notice	verb	'nəʊtəs, 'nəʊtɪs	if you notice something or someone, you realise that they exist, especially because you can see, hear, or feel them	He noticed a woman in a black dress sitting across from him.	6
report	noun	rɪ'pɔ:t	a written or spoken description of a situation or event, giving people the information they need	Colleges have to provide a written report on the progress of each student during the year.	6
grade	noun	ɡreɪd	a letter or number given by a teacher to show how good a student's work is	I got a grade A in maths.	6
fear	verb	fiə	the feeling you get when you are afraid or worried that something bad is going to happen	a fear of flying	6
approve	verb	ə'pru:v	to officially accept a plan, proposal, etc.	The conference approved a proposal for a referendum.	6
tattoo	noun	tə'tu:, tæ'tu:	a picture or writing that is permanently marked on your skin using a needle and ink	He has a tattoo of a snake on his left arm.	6
mean	adj	mi:n	cruel or not kind	That was a mean thing to do.	6
obviously	adv	'ɒbvɪəslɪ	used to mean that a fact can easily be noticed or understood	We're obviously going to need more help.	6
change your mi	phrase	tʃeɪndʒ jə maɪnd	to change your decision, plan, or opinion about something	I've changed my mind about leaving school.	6
definitely	adv	'defɪnətli, 'defɪnɪtli, 'defən	without any doubt	'Do you reckon Margot will be there?' 'Definitely not.'	6
generally	adv	'dʒenərəli	considering or relating to the whole of a thing or group, rather than to details or specific cases or parts	It was generally a positive conversation.	6
progress	noun	'prəʊɡres	the process of getting better at doing something or getting closer to finishing or achieving something	Nick has made a lot of progress at school.	6
interrupt	verb	ˌɪntə'rʌpt	to stop someone from continuing what they are saying or doing by suddenly speaking to them, making a noise, etc.	Will you stop interrupting me!	6
basically	adv	'beɪsɪkli	used to emphasise the most important reason or fact about something, or a simple explanation of something	Basically, I'm just lazy.	6
stick	noun	stɪk	a long thin piece of something	a wooden stick	6
revise	verb	rɪ'vaɪz	to prepare for a test by studying books and notes from your lessons	maths revision	6
concentrate	verb	'kɒnsəntreɪt	to think very carefully about something that you are doing	Now please concentrate.	6
rarely	adv	'reəli	not often	She very rarely comes to the meeting.	6
attend	verb	ə'tend	to go to an event such as a meeting or a class	Only 12 people attended the meeting.	6
originally	adv	ə'ɪdʒɪnəli, -dʒənəli	in the beginning, before other things happened or before things changed	The family originally came from France.	6
improvement	noun	ɪm'pru:vmənt	the act of improving something, or the state of being improved	There's been a big improvement in the children's behaviour.	6
handwriting	noun	'hænd,raɪtɪŋ	the style of someone's writing	I recognised her handwriting on the envelope.	6
inability	noun	ˌɪnə'bɪləti, ˌɪnə'bɪlɪti	the fact of being unable to do something	an inability to read	6
certain	adj	'sɜ:tɪn	some but not a lot	In certain circumstances I am quite anxious.	6
summary	noun	'sʌməri	a short statement that gives the main information about something, without giving all the details	A brief summary is given on a separate sheet.	6

topic	noun	'tɒpɪk	a subject that people talk or write about	The environment is a popular topic these days.	6
broad	adj	brɔ:d	including many different kinds of things or people	a broad range of interests	6
confused	adj	kən'fju:zd	unable to understand or think clearly about what someone is saying or what is happening	I'm totally confused. Could you explain that again?	6
doubt	noun	daʊt	a feeling of being not sure whether something is true or right	I have doubts about his ability to do the job.	6
invent	verb	ɪn'vent	to make, design, or think of a new type of thing	Alexander Graham Bell invented the telephone in 1876.	6
get rid of	phrase	get rɪd əv	to throw away, sell, or destroy something you do not want any more	I got rid of those old toys.	6
research	noun	rɪ'sɜ:tʃ, 'ri:sɜ:tʃ	serious study of a subject, in order to discover new facts or test new ideas	scientific research into heart disease	6
grateful	adj	'grɛtɪfəl	feeling that you want to thank someone because of something kind that they have done, or showing this feeling	I'm so grateful for all your help.	6
challenging	adj	'tʃæləndʒɪŋ, 'tʃælɪndʒɪŋ	difficult in an interesting or enjoyable way	Teaching young children is a challenging and rewarding job.	6
quality	noun	'kwɒləti, 'kwɒlɪti	how good or bad something is	Much of the land was of poor quality.	6
failed	adj	feɪld	unsuccessful	a failed marriage	6
genius	noun	'dʒi:niəs	a very high level of intelligence, mental skill, or ability, which only a few people have	The film reveals Fellini's genius.	6
solve	verb	sɒlv	to find or provide a way of dealing with a problem	Charlie thinks money will solve all his problems.	6
complex	adj	'kɒmpleks	consisting of many different parts and often difficult to understand	a complex system of highways	6
turn	verb	tɜ:n	to become a particular age or to reach a particular time	Ricky has just turned 21.	6
direction	noun	də'rekʃən, dɪ'rekʃən, daɪ-	the way something or someone moves, faces, or is aimed	Which direction did they go in?	6
engineering	noun	,endʒə'nɪəriŋ, ,endʒɪ'nɪəri	the work involved in designing and building roads, bridges, machines, etc.	an engineering business that designs aircraft	6
graduate	verb	'grædʒuət, 'grædʒuɪt	to complete a university degree, especially a first degree	He graduated with a degree in mathematics.	6
			all the organisations, such as television, radio, and newspapers, that provide news and information for the public, or the people who do this work		
media	noun	'mi:diə		The disaster was widely reported in the national media.	6
criticise	verb	'krɪtəsaɪz, 'krɪtsaɪz	to express your disapproval of someone or something, or to talk about their faults	Ron does nothing but criticise and complain all the time.	6
position	noun	pə'zɪʃən	the place where someone or something is	He became president of the club in 1970 and held the position for 30 years	6
professor	noun	prə'fesə	a teacher of the highest rank in a university department	Professor Barclay	6
secondary school	noun	'sekəndəri sku:l	a school for children between the ages of 11 and 16 or 18	All three of my children went to the same secondary school.	6
operation	noun	,ɒpə'reɪʃən	the process of cutting into someone's body to repair or remove a part that is damaged	She's going to need an operation on her ankle.	6
achieve	verb	ə'tʃi:v	to successfully complete something or get a good result, especially by working hard	Frances achieved very good exam results.	6
admire	verb	əd'maɪə	to respect and like someone because they have done something that you think is good	I really admire the way she brings up those kids all on her own.	6
pile	noun	paɪl	a group of several things of the same type that are put on top of each other	His mother came in carrying a pile of clean clothes in her arms.	6
strict	adj	strikt	expecting people to obey rules or to do what you say	a strict teacher	6
warn	verb	wɔ:n	to tell someone that something bad or dangerous may happen, so that they can avoid it or prevent it	'Be careful, the rocks are slippery,' Alex warned.	6
score	noun	skɔ:	the number of points that each team or player has won in a game or competition	At half-time the score was one all.	6
surprisingly	adv	sə'praɪzɪŋli	unusually or unexpectedly	The exam was surprisingly easy.	6
calm	adj	kɑ:m	relaxed and quiet, not angry, nervous, or upset	Glen was calm and composed at the funeral.	6
lucky	adj	'lʌki	having good luck, or happening because of good luck	I was lucky to catch the last train home.	6
escape	noun	ɪ'skeɪp	when someone gets away from a place of situation	They escaped through an underground tunnel.	6
wave	noun	weɪv	a line of raised water that moves across the surface of the sea	Dee watched the waves breaking on the shore.	6
panic	verb	'pænik	to suddenly feel so frightened that you cannot think clearly or behave sensibly, or to make someone do this	He started to panic when he heard the alarm.	6
cave	noun	keɪv	a large natural hole in the side of a cliff or hill, or under the ground	the entrance to a cave	6
step	noun	step	a narrow piece of wood or stone that you put your foot on when you are going up or down, especially outside a building	Jenny sat on the step in front of the house, waiting.	6
species	noun	'spi:ʃi:z	a group of animals or plants whose members are similar and can breed together to produce young animals or plants	Seven species of birds of prey have been observed.	6
intelligent	adj	ɪn'telədʒənt, ɪn'telɪdʒənt	having a high level of mental ability and good at understanding ideas and thinking clearly	a group of very intelligent students	6
architecture	noun	'ɑ:kətektʃə, 'ɑ:kɪtektʃə	the style and design of a building or buildings	the architecture of Venice	6
grill	verb	grɪl	if you grill something, or if it grills, you cook it by putting it on a flat metal frame with bars across it, above or below strong direct heat	Grill the meat until it is ready to eat.	6
hitchhike	verb	'hɪtʃhaɪk	to travel to places by getting free rides from drivers of passing cars	She spent her gap year hitchhiking around the world.	6
virus	noun	'vaɪərəs	a very small living thing that causes infectious illnesses	children infected with the flu virus	6
scream	verb	skri:m	to make a loud high noise with your voice because you are hurt, frightened, excited, etc.	After the first few shots, people started screaming.	6
spider	noun	'spaɪdə	a small creature with eight legs, which catches insects using a fine network of sticky threads	He's always been afraid of spiders.	6
serve	verb	sɜ:v	to give someone food or drink, especially as part of a meal or in a restaurant, bar, etc.	The waiter was serving another table.	6
consider	verb	kən'sɪdə	to think of someone or in a particular way	They considered that the film was not suitable for children.	6
all-round	adj	,ɔ:l 'raʊnd	good at doing many different things	an all-round athlete	6
medal	noun	'medl	a flat piece of metal, usually shaped like a coin, that is given to someone who has won a competition or who has done something brave	She won a gold medal at the last Olympics.	6
pentathlon	noun	pen'tæθlən	a sports event involving five different sports	She was the first woman in her country to take part in the pentathlon.	6
decathlon	noun	dɪ'kæθlən, -lən	a sports competition with 10 different events	For him, the hardest event in the decathlon is the 1500-meter run.	6
athletics	noun	æθ'letɪks, əθ-	sports such as running and jumping	In the summer, athletics, cricket and tennis take over from the winter sports.	6
compete	verb	kəm'pi:t	to take part in a competition or sports event	How many runners will be competing in the marathon?	6
switch	verb	swɪtʃ	to change from doing or using one thing to doing or using another	She worked as a librarian before switching to journalism.	6
title	noun	'taɪtl	the name given to a particular book, painting, play, etc.	The title of this play is 'Othello'.	6
drinkable	adj	'drɪŋkəbəl	water that is drinkable is safe to drink	The water here is drinkable and safe to use.	7
seawater	noun	'si:wɔ:tə	salty water from the sea	We fell asleep on the beach and were suddenly surrounded by seawater.	7
freeze	verb	fri:z	if a liquid or something wet freezes or is frozen, it becomes hard and solid because the temperature is very cold	The pond often freezes overnight.	7
power shower	noun	'paʊə 'ʃaʊə	a shower with a powerful spray (= liquid that comes quickly from somewhere in very small drops)	My new apartment includes a power shower.	7

lightning	noun	'laɪtnɪŋ	a powerful flash of light in the sky caused by electricity and usually followed by thunder	Two farmworkers were struck by lightning.	7
snowfall	noun	'snəʊfɔ:l	an occasion when snow falls from the sky, or the amount that falls in a particular period of time	Heavy snowfalls are expected today.	7
thunder	noun	'θʌndə	the loud noise that you hear during a storm, usually after a flash of lightning	We were woken in the night by thunder.	7
breeze	noun	bri:z	a gentle wind	flowers waving in the breeze	7
centigrade	noun	'sent ɪ greɪd	a scale for measuring temperature	It's colder than yesterday – it's only 5 degrees centigrade.	7
gale	noun	geɪl	a very strong wind	a severe gale	7
heat	noun	hi:t	warmth or the quality of being hot	Melt the butter over a low heat.	7
shower	noun	'ʃaʊə	a short period of rain or snow	a shower of rain	7
ocean	noun	'əʊʃən	one of the very large areas of sea on the Earth's surface	She stood on the beach, looking at the ocean.	7
energy	noun	'enədʒi	power that is used to provide heat, operate machines, etc.	The water is heated using energy from the sun.	7
coastline	noun	'kəʊstlaɪn	the land on the edge of the coast, especially the shape of this land as seen from the air	a rocky coastline	7
disappear	verb	,dɪsə'piə	to become impossible to see any longer	The sun had disappeared behind a cloud.	7
feature	noun	'fi:tʃə	a part of something that you notice because it seems important, interesting, or typical	An important feature of Van Gogh's paintings is their bright colours.	7
float	verb	fləʊt	to stay or move on the surface of a liquid without sinking	I wasn't sure if the raft would float.	7
lazy	adj	'leɪzi	not liking work and physical activity, or not making any effort to do anything	He felt too lazy to get out of bed.	7
ride	noun	raɪd	a journey in a vehicle when you are not driving	a boat ride at the theme park	7
tube	noun	tju:b	a round pipe made of metal, glass, rubber, etc., especially for liquids or gases to go through	a cardboard tube	7
shoot	verb	ʃu:t	to move quickly in a particular direction, or to make something move in this way	The cat shot across the garden.	7
drop	noun	drɒp	a distance from a higher point down to the ground or to a lower point	a 20-metre drop	7
scuba diving	noun	'sku:bə ,daɪvɪŋ	the sport of swimming under water while breathing through a tube that is connected to a container of air on your back	Emma went scuba diving in the Mediterranean and saw many colourful fish.	7
ahead	adv	ə'hed	in or into the future	We have a busy day ahead of us.	7
fully-qualified	adj	'fʊli 'kwɒləfaɪd	when someone has all the qualifications that are required for doing something	a fully-qualified nurse	7
palm tree	noun	pɑ:m tri:	a tropical tree which grows near beaches or in deserts, with a long straight trunk and large pointed leaves at the top	a beach lined with palm trees	7
spa	noun	spɑ:	a place where the water has special minerals in it, and where people go to improve their health by drinking the water or swimming in it	a historic spa town	7
whale	noun	weɪl	a very large animal that lives in the sea and looks like a fish, but is actually a mammal	We saw whales off the coast in Australia	7
measurement	noun	'meɪʒəmənt	the length, height, etc., of something	What's your waist measurement?	7
liquid	noun	'lɪkwəd, 'lɪkwɪd	a substance that is not a solid or a gas, for example water or milk a gas that has no colour or smell, is present in air, and is necessary for most animals and plants to live. It is a chemical element: symbol O	Add a little more liquid to the sauce.	7
oxygen	noun	'ɒksɪdʒən		The doctor gave him oxygen to help him breathe more easily.	7
jug	noun	dʒʌg	a container with a wide curved opening at the top and a handle, used especially at meals for pouring liquids	a milk jug	7
overnight	adv	,əʊvə'naɪt	for or during the night	Pam's staying overnight at my house.	7
stay	noun	steɪ	a short period of time that you spend somewhere	We hope you enjoy your stay.	7
cool	adj	ku:l	low in temperature, but not cold, often in a way that feels pleasant	She swam out into the cool water.	7
silence	noun	'saɪləns	complete absence of sound or noise	Nothing disturbed the silence of the night.	7
comfortable	adj	'kʌmfətəbəl, 'kʌmfət-	making you feel physically relaxed, without any pain or without being too hot, cold, etc.	The bed wasn't very comfortable.	7
in common	phrase	ɪn 'kɒməʊn	to be similar in some way	The two towns have many things in common.	7
wish	verb	wɪʃ	if you wish to do something or you wish to have it done for you, you want to do it or want to have it done	I wish to make a complaint.	7
familiar	adj	fə'mɪliə	someone or something that is familiar is well-known to you and easy to recognise	a familiar tune	7
fond	adj	fɒnd	to like someone or something very much	Joe's quite fond of her, isn't he?	7
involve	verb	ɪn'vɒlv	if an activity or situation involves something, that thing is part of it or a result of it	How long have you been involved in the club?	7
lack	noun	læk	when there is not enough of something, or none of it	a lack of sleep	7
known	adj	nəʊn	used about something that people know about or have discovered	her last known address	7
steam	noun	sti:m	the hot mist that water produces when it is boiled	Steam rose from the hot tub.	7
stressed out	adj	streɪst aʊt	so worried and tired that you cannot relax	He was always stressed out when he came home from work.	7
natural	adj	'nætʃərəl	existing in nature and not caused, made, or controlled by people	an area of spectacular natural beauty	7
attracted	adj	ə'træktɪd	to make someone interested in something, or make them want to take part in something	What attracted me most to the job was the chance to travel.	7
jacuzzi	noun	dʒə'ku:zɪ	a large indoor bath that makes hot water move around your body	I use the jacuzzi in the hotel whenever I stay there.	7
flow	verb	fləʊ	when a liquid, gas, or electricity flows, it moves in a steady continuous stream	If the windows are shut, air cannot flow through the building.	7
prevent	verb	prɪ'vent	to stop something from happening, or stop someone from doing something	The rules are intended to prevent accidents.	7
illness	noun	'ɪlnəs, 'ɪlnɪs	a disease of the body or mind, or the condition of being ill	She had all the normal childhood illnesses.	7
gently	adv	'dʒentli	in a gentle (= kind and careful) way	'You go back to bed now,' he said gently.	7
outdoor	adj	,aʊt'dɔ:	existing, happening, or used outside, not inside a building	a huge outdoor market	7
rainy	adj	'reɪni	a rainy period of time is one when it rains a lot	a cold rainy day in October	7
living	adj	'lɪvɪŋ	the way in which someone lives their life	a living room	7
fisherman	noun	'fɪʃməʊn	someone who catches fish as a sport or as a job	The fisherman delivered the fish every morning to our local market.	7
skilled	adj	skɪld	someone who is skilled has the training and experience that is needed to do something well	The company is fortunate to have such highly skilled workers.	7
seafood	noun	'si:fu:d	animals from the sea that you can eat, for example fish and shellfish	a seafood restaurant	7
trading	noun	'treɪdɪŋ	the activity of buying and selling goods or services	The desire for Sunday trading is obvious.	7
essential	adj	ɪ'senʃəl	extremely important and necessary	A good diet is essential for everyone.	7
advice	noun	əd'vaɪs	an opinion you give someone about what they should do	You should have followed my advice.	7
appropriate	adj	ə'prəʊpri-ət, ə'prəʊpri-ɪt	correct or suitable for a particular time, situation, or purpose	clothes appropriate for a job interview	7
highlands	noun	'haɪləndz	an area of a country where there are a lot of mountains	the Scottish highlands	7

reach	verb	ri:tʃ	if someone or something reaches a particular point in their development or in a process or competition, they get to that point	The kids have reached the age when they can care for themselves.	7
speed	noun	spi:d	the rate at which something moves or travels	The truck was travelling at a speed of 50 mph.	7
instructor	noun	in'straktə	someone who teaches a sport or practical skill	a driving instructor	7
celebrity	noun	sə'leibrəti, sɪ'leibrəti	a famous living person	a sporting celebrity	8
checklist	noun	'tʃek list	a list that helps you by reminding you of the things you need to do or get for a particular job or activity	The guide contains a useful checklist of points to look for when buying a car.	8
available	adj	ə'veɪləbəl	something that is available is able to be used or can easily be bought or found	Tickets are available from the box office.	8
break	noun	breɪk	a period of time when you stop working in order to rest, eat, etc.	You're working too hard – you need a break.	8
cope	verb	kəʊp	to succeed in dealing with a difficult problem or situation	Sometimes I find it hard to cope.	8
reality TV	noun	ri'æləti ,ti: 'vi:	television programmes that feature real people doing real things	There are too many reality TV shows on at the moment.	8
select	verb	sə'lekt, sɪ'lekt	to choose something or someone by thinking carefully about which is the best, most suitable, etc.	a group of students selected at random	8
producer	noun	prə'dju:sə	someone whose job is to control the preparation of a play, film, or broadcast, but who does not direct the actors	Hollywood producers and movie stars	8
fame	noun	fेम	the state of being known about by a lot of people because of your achievements	He says he is not really interested in fame.	8
journalist	noun	'dʒɜ:nəl-əst, 'dʒɜ:nəl-ɪst	someone who writes news reports for newspapers, magazines, television, or radio	a newspaper journalist	8
partner	noun	'pɑ:tnə	one of two people who are married, or who live together	Discuss your worries with your partner.	8
apply	verb	ə'plai	to make a formal request, usually written, for something such as a job, a place at a university, or permission to do something	She applied for a job with the local newspaper.	8
screen	noun	skri:n	the part of a television or computer where the picture or information appears	a computer with an 18-inch colour screen	8
application	noun	,æplɪ'keɪʃən	a formal, usually written, request for something such as a job, place at university, or permission to do something	a passport application	8
workshop	noun	'wɜ:kʃɒp	a meeting at which people try to improve their skills by discussing their experiences or doing practical exercises	They held a number of music workshops and seminars.	8
discount	noun	'dɪskaʊnt	a reduction in the usual price of something	Students get a 15% discount.	8
star	noun	stɑ:	a famous and successful actor, musician, or sports player	By the age of 20, she was already a big star	8
mainstream	noun	'meɪnstri:m	the most usual ideas or methods, or the people who have these ideas or methods	the mainstream political parties	8
celeb	noun	sə'leɪb	a celebrity	TV celebs	8
broadcast	noun	'brɔ:dkɑ:st	a programme on the radio or on television	a news broadcast	8
show business	noun	ʃəʊ 'bɪznəs	the entertainment industry, for example television, films, popular theatre, etc.	Phyllis always wanted to be in show business.	8
pathway	noun	'pɑ:θweɪ	a path	a pathway to sporting success	8
success	noun	sək'ses	when you achieve what you want or intend	The experiment was a big success.	8
ballet	noun	'bæleɪ	a performance in which dancing and music tell a story without any speaking	We're going to the ballet tomorrow evening.	8
work your way	phrase	wɜ:k jə weɪ	to achieve something gradually by working	He had worked his way up to head of department.	8
talent show	noun	'tælənt ʃəʊ	a competition or show consisting of performances by a series of amateur entertainers	He was first noticed on a talent show on television.	8
soap opera	noun	səʊp 'ɒpərə	a television or radio story about the daily lives and relationships of the same group of people, which is broadcast regularly	Emily is an actor in my favourite soap opera.	8
stadium	noun	'steɪdiəm	a building for public events, especially sports and large rock music concerts, consisting of a playing field surrounded by rows of seats	the new Olympic Stadium	8
cover	verb	'kʌvə	the outer front or back part of a magazine, book, etc.	His photo is on the cover of 'Newsweek' again.	8
commercial	noun	kə'mɜ:ʃəl	an advertisement on television or radio, or at the cinema	She's appeared in a coffee commercial.	8
according to	preposition	ə 'kɔ:dn̩ tə	as shown by something or stated by someone	There is now widespread support for these proposals, according to a recent public opinion poll.	8
latest	adj	'leɪtəst, 'leɪtɪst	the most recent or the newest	all the latest news	8
survey	noun	'sɜ:vɪ	a set of questions that you ask a large number of people in order to find out about their opinions or behaviour	We carried out a survey of parents in the village.	8
native	adj	'neɪtv	your native country, town, etc., is the place where you were born	They never saw their native country again.	8
influential	adj	,ɪnflu'enʃəl	having a lot of influence and therefore changing the way people think and behave	He had influential friends.	8
dress up	phrv	dres ʌp	to wear special clothes for fun, or to put special clothes on someone	He went to the party dressed up as Frankenstein's monster.	8
designer	noun	dɪ'zainə	someone whose job is to make plans or patterns for clothes, furniture, equipment, etc.	an interior designer	8
chat show	noun	tʃæt ʃəʊ	a television or radio show on which people talk about themselves in reply to questions	a TV chat show host (= person who asks the questions on the show)	8
slim	adj	slɪm	someone who is slim is attractively thin	a slim young woman	8
smooth	adj	smu:ð	a smooth surface has no rough parts, lumps, or holes, especially in a way that is pleasant and attractive to touch	Her skin felt smooth and cool.	8
quote	verb	kwəʊt	to repeat exactly what someone else has said or written	She quoted from a newspaper article.	8
prediction	noun	prɪ'dɪkʃən	a statement about what you think is going to happen, or the act of making this statement	The data can be used to make useful economic predictions.	8
limit yourself	verb	'lɪmət jɔ:'self	to stop an amount or number from increasing beyond a particular point	I limit myself to two cups of coffee a day.	8
cable	noun	'keɪbəl	a plastic or rubber tube containing wires that carry telephone messages, electronic signals, television pictures, etc.	cables and for computers	8
microphone	noun	'maɪkrəfəʊn	a piece of equipment that you speak into to record your voice or make it louder when you are speaking or performing in public	She spoke confidently into the microphone.	8
headphones	noun	'hedfəʊnz	a piece of equipment that you wear over your ears to listen to the radio, music, etc., without other people hearing it	The headphones are connected to my guitar.	8
fence	noun	fens	a structure made of wood, metal, etc., that surrounds a piece of land	a garden fence	8
stuck	adj	stʌk	if something is stuck, it is fixed in one position and is difficult to move	We were stuck in a traffic jam for three hours.	8
viewer	noun	'vjʊ:ə	someone who watches television	The new series is very popular with viewers.	8
complain	verb	kəm'pleɪn	to say that you are annoyed, not satisfied, or unhappy about something or someone	Residents are complaining because traffic in the area has increased.	8
silence	verb	'saɪləns	to make someone stop from talking or being critical, especially in a news report	She held up her hand to silence the children.	8
manage	verb	'mænɪdʒ	to succeed in doing something difficult, especially after trying very hard	I finally managed to open the door.	8
line	noun	laɪn	a particular way of doing something or of thinking about something	The police are following several different lines of enquiry.	8
questioning	adj	'kwestʃənɪŋ	a questioning look or expression shows that you have doubts about something or need some information	Mrs Carson gave Ruth a questioning look.	8

philosophical	adj	ˌfɪləˈsɒfɪkəl	relating to philosophy (the study of the nature and meaning of existence, truth, good and evil, etc.)	a philosophical argument	8
director	noun	dəˈrektə, dɪˈrektə, daɪˈrɛktə	the person who gives instructions to the actors and other people working on a film or play	a movie director	8
lawyer	noun	ˈlɔːjə	someone whose job is to advise people about the law or speak for them in court	If you are charged with breaking the law, you will need to get a lawyer.	8
fee	noun	fiː	an amount of money that you pay to do something or that you pay to a professional person for their work	You can use the gym and pool for a fee of £35 a month.	8
fortune	noun	ˈfɔːtʃən	a very large amount of money	He made a fortune selling property in Spain.	8
in public	phrase	ɪn ˈpʌblɪk	if you do something in public, you do it where anyone can see	Her husband was always nice to her in public.	8
constantly	adv	ˈkɒnstəntli	all the time, or very often	He talked constantly about his work.	8
brief	adj	briːf	continuing for a short time	We stopped by Alice's house for a brief visit.	8
annual	adj	ˈænjʊəl	happening once a year	The school trip has become an annual event.	8
depressing	adj	dɪˈpresɪŋ	making you feel very sad	It's a depressing thought.	8
fascinated	adj	ˈfæsəneɪtəd, ˈfæsɪnertəd	extremely interested by something or someone	I was fascinated by her voice.	8
earn	verb	ɜːn	to receive a particular amount of money for the work that you do	He earns nearly £20,000 a year.	8
frightening	adj	ˈfraɪtn-ɪŋ	making you feel afraid or nervous	Going into hospital can be very frightening for a child.	8
saving	noun	ˈseɪvɪŋ	all the money that you have saved, especially in a bank	Buying a house had taken all their savings.	8
salary	noun	ˈsæləri	money that you receive as payment from the organisation you work for, usually paid to you every month	The average salary for a teacher is \$39,000 a year.	8
wage	noun	weɪdʒ	money you earn that is paid according to the number of hours, days, or weeks that you work	He earns a good wage.	8
payment	noun	ˈpeɪmənt	an amount of money that has been or must be paid	You can make a payment in any bank.	8
limited	adj	ˈlɪmɪtəd, ˈlɪmɪtəd	not very great in amount, number, ability, etc.	There are only a limited number of tickets available.	8
reduce	verb	rɪˈdjuːs	to make something smaller or less in size, amount, or price	They are trying to reduce the number of students in the college.	8
control	noun	kənˈtrəʊl	the ability or power to make someone or something do what you want or make something happen in the way you want	The family has control of the company.	8
influence	noun	ˈɪnfluəns	the power to affect the way someone or something develops, behaves, or thinks, without using direct force or orders	She was a bad influence on him.	8
deserve	verb	dɪˈzɜːv	to have earned something by good or bad actions or behaviour	What have I done to deserve this?	8
willing	adj	ˈwɪlɪŋ	prepared to do something, or having no reason to not want to do it	How much are they willing to pay?	8
reheat	verb	ˌriːˈhiːt	to make a meal or drink hot again	I reheated some soup for lunch.	8
major	adj	ˈmeɪdʒə	very large, serious, or important	There is a major problem with parking in London.	8
storyline	noun	ˈstɔːrɪlaɪn	the main set of related events in a story	The play had a strong storyline.	8
response	noun	rɪˈspɒns	something that is done as a reaction to something that has happened or been said	the public's response to our appeal for help	9
in the meantime	phrase	ɪn ðə ˈmiːntaɪm	in the period of time between now and a future event, or between two events in the past	The doctor will be here soon. In the meantime, try and relax.	9
occasion	noun	əˈkeɪʒən	a time when something happens	I've seen Jana with them on several occasions.	9
project	noun	ˈprɒdʒekt	a carefully planned piece of work to get information about something, to build something, to improve something, etc.	a three-year research project	9
digitally	adv	ˈdɪdʒ ɪt əli	using a system in which information is recorded or sent out electronically	All our employee records are recorded digitally.	9
keen	adj	kiːn	wanting to do something or wanting something to happen very much	He told me that he was keen to help.	9
standard	noun	ˈstændəd	the level that is considered to be acceptable, or the level that someone or something has achieved	Students have to reach a certain standard or they won't pass.	9
daytime	noun	ˈdeɪtaɪm	the time during the day between the time when it gets light and the time when it gets dark	I can't sleep in the daytime.	9
venue	noun	ˈvenjuː	a place where an organised meeting, concert, etc., takes place	The first thing to do is book a venue.	9
complete	adj	kəmˈpliːt	to finish doing or making something	We hope to complete the work soon.	9
artistic	adj	ɑːˈtɪstɪk	relating to art or culture	artistic work	9
wildlife	noun	ˈwaɪldlaɪf	animals and plants growing in natural conditions	We want to protect the area's wildlife by planting more trees.	9
formal	adj	ˈfɔːməl	made or done officially or publicly	a formal agreement between the countries	9
request	verb	rɪˈkwest	to ask for something officially or formally	The pilot requested permission to land.	9
classmate	noun	ˈklaːsmet	a member of the same class in a school, college, or – in the US – a university	I met up again with my classmates from college.	9
considerable	adj	kənˈsɪdərəbəl	fairly large, especially large enough to have an effect or be important	We've saved a considerable amount of money.	9
depart	verb	dɪˈpɑːt	to leave, especially when you are starting a journey	ocean liners arriving at and departing from the island	9
further	adv	ˈfɜːðə	more, or to a greater degree	I have nothing further to say.	9
document	noun	ˈdɒkjʊmənt, ˈdɒkjʊmənt	a piece of paper that has official information on it	Click on the document you want to open.	9
interview	noun	ˈɪntəvjʊː	a formal meeting at which someone is asked questions in order to find out whether they are suitable for a job, course of study, etc.	an interview for a job on the Los Angeles Times	9
confidence	noun	ˈkɒnfɪdəns, ˈkɒnfɪdəns	the feeling that you can trust someone or something to be good, work well, or produce good results	I didn't have any confidence in myself.	9
repeat	verb	rɪˈpiːt	to say or write something again	Can you repeat your question?	9
argument	noun	ˈɑːɡjʊmənt, ˈɑːɡjʊmənt	a set of reasons that show that something is true or untrue, right or wrong, etc.	a powerful argument against smoking	9
refer	verb	rɪˈfɜː	to mention or speak about someone or something	We agreed never to refer to the matter again.	9
simulation	noun	ˌsɪmjʊˈleɪʃən, ˌsɪmjʊˈleɪʃən	something you do in order to study or test what happens in a real situation	a computer simulation of an emergency landing	9
flight	noun	flaɪt	a journey in a plane or space vehicle, or the plane or vehicle that is making the journey	He immediately booked a flight to Toulouse.	9
gamer	noun	ˈɡeɪmə	someone who plays computer games	Computer gamers can make a lot of money these days.	9
theory	noun	ˈθɪəri	an idea or set of ideas that is intended to explain something about life or the world, especially an idea that has not yet been proved to be true	different theories about how the brain works	9
relativity	noun	ˌreləˈtɪvəti, ˌreləˈtɪvɪti	the relationship in physics between time, space, and movement according to Einstein's theory	Einstein's theory of relativity.	9
theme park	noun	θiːm pɑːk	a type of park where you can have fun riding on big machines such as a roller coaster, and where the whole park is based on one subject such as water or space travel	Going to the theme park is a great day out.	9
reality	noun	rɪˈæləti, rɪˈælɪti	what actually happens or is true, not what is imagined or thought	the distinction between fantasy and reality	9
radioactivity	noun	ˌreɪdiəʊækˈtɪvəti, ˌreɪdiəʊækˈtɪvəti	the sending out of radiation (= a form of energy) when the nucleus (= central part) of an atom has broken apart	the discovery of radioactivity	9
Nobel prize	noun	(. )nəʊ ˈbel praɪz	one of the prizes given each year to people who have done important work in various types of activity. There are prizes for special achievements in physics, chemistry, economics, literature, and peace.	the Nobel prize for literature	9

lead	noun	li:d	a chemical element included in petrol	This roof is made of lead.	9
petrol	noun	'petrəl	a liquid that is used to supply power to the engine of cars and other vehicles	a petrol station	9
CFC gas	noun	,si: ef 'si: gæs	a gas used in fridges and aerosol cans	It is widely believed that CFC gas is responsible for damaging the environment.	9
technological	adj	,teknə'lədʒɪkəl	related to technology	The steam engine was the greatest technological advance of the 19th century	9
accountant	noun	ə'kaʊntənt	someone whose job is to keep and check financial accounts, calculate taxes, etc.	I take all my invoices to the accountant.	9
tester	noun	'testə	a person or piece of equipment that tests something	a computer games tester	9
leadership	noun	'li:dəʃɪp	the position of being the leader of a group, organisation, country, etc.	the leadership of the Conservative party	9
literate	adj	'lɪtərət, 'lɪtərɪt	able to read, write or be able to use something, e.g. a computer	She is highly computer-literate and good at explaining the use of the system to other staff and library users.	9
problem-solving	adj	'prɒb ləm ,sɒlv ɪŋ	when you find ways of doing things, or answers to problems	tasks that involve problem-solving	9
rebuild	verb	ri:'bɪld	to build something again, after it has been damaged or destroyed	The church was completely rebuilt in the last century.	9
disagree	verb	,dɪsə'gri:	to have or express a different opinion from someone else	We often disagree about where to go on holiday.	9
self-confident	adj	self 'kɒnfədənt	sure that you can do things well, that people like you, etc.	Jess was only 12, but she was very self-confident.	9
irregular	adj	ɪ'regjələ, ɪ'regjələ	not happening at regular times, or not having the same amount of space between one thing and the next	an irregular heartbeat	9
impatient	adj	ɪm'peɪʃənt	annoyed because of delays, someone else's mistakes, etc.	We are growing impatient with the lack of results.	9
unemployment	noun	,ʌnɪm'plɔɪmənt	the number of people in a particular country or area who cannot get a job	a town where there is high unemployment	9
horror	noun	'hɒrə	a strong feeling of shock and fear	a horror movie	9
mystery	noun	'mɪstəri	an event, situation, etc., that people do not understand or cannot explain because they do not know enough about it	The way her mind worked was always a mystery to him.	9
thriller	noun	'θrɪlə	a book or film that tells an exciting story about murder or crime	She liked to watch a good thriller on television.	9
drama	noun	'drɑ:mə	a play for the theatre, television, radio, etc., usually a serious one, or plays in general	the great traditions of ancient Greek drama	9
romance	noun	rəʊ'mæns, 'rəʊmæns	an exciting and often short relationship between two people who love each other	Hemingway's romance with his nurse inspired him to write 'A Farewell to Arms'.	9
science fiction	noun	'saɪəns 'fɪkʃən	stories about events in the future which are affected by imaginary developments in science, for example about travelling in time or to other planets with life on them	a science fiction novel with strange and wonderful creatures	9
unlocked	adj	(,)ʌn 'lɒkt	when something isn't locked, e.g. a door, and you cannot open it	Please leave the gate unlocked.	9
agree	verb	ə'gri:	to have or express the same opinion about something as someone else	Teenagers and their parents rarely agree.	9
agreement	noun	ə'gri:mənt	an arrangement or promise to do something, made by two or more people, companies, organisations, etc.	They had made an agreement that they would share the profits equally.	9
grilled	adj	grɪld	cooked by being put close to a strong heat coming from above	grilled chicken	9
combination	noun	,kɒmbə'neɪʃən, ,kɒmbɪ'neɪʃən	two or more different things that are used, put, or mixed together	Doctors now treat this disease with a combination of drugs.	9
stone	noun	stəʊn	a hard solid mineral substance	an olive stone	9
peach	noun	pi:tʃ	a round juicy fruit that has a soft yellow or red skin and a large hard seed in the centre, or the tree that this fruit grows on	We have peach jam on bread for breakfast.	9
light bulb	noun	laɪt bʌlb	the glass object inside a lamp that produces light and has to be replaced regularly	This lamp needs a new light bulb.	9
state	verb	stet	to say something publicly or officially	Please state your name and address.	9
complicated	adj	'kɒmpləkeɪtəd, 'kɒmplɪkeɪtəd	difficult to understand or deal with, because many parts or details are involved	a complicated mathematical problem	9
formula	noun	'fɔ:mjələ, 'fɔ:mjələ	a method or set of principles that you use to solve a problem or to make sure that something is successful	We're still searching for a peace formula.	9
correctly	adv	kə'rektli	having no mistakes	If I remember correctly, he's Spanish.	9
creativity	noun	,kri:ei'tɪvəti, ,kri:ei'tɪvɪti	the ability to use your imagination to produce new ideas, make things, etc.	artistic creativity	9
valued	adj	'væl ju:d	to think that someone or something is important	a valued friend	9
lifetime	noun	'laɪftaɪm	the period of time during which someone is alive or something exists	During her lifetime she had experienced two world wars.	9
champion	noun	'tʃæmpiən	someone or something that has won a competition, especially in sport	a tennis champion	9
take after	phrv	teɪk 'ɑ:ftə	to look or behave like an older relative	John really takes after his father	9
display	noun	dɪ'spleɪ	an arrangement of things for people to look at or buy	a superb display of African masks	9
express	verb	ɪk'spres	to tell or show what you are feeling or thinking by using words, looks, or actions	Bill's not afraid to express his opinions.	9
deadline	noun	'dedlaɪn	a date or time by which you have to do or complete something	He missed the deadline for applications.	9
registration	noun	,redʒə'streɪʃən, ,redʒɪ'streɪʃən	the act of recording names and details on an official list	the registration of motor vehicles	9
price	noun	praɪs	the amount of money you have to pay for something	The price of fuel keeps going up.	10
rock	noun	rɒk	the hard substance that forms the main surface of the Earth	To build the tunnel, they had to cut through 500 feet of solid rock.	10
bubble gum	noun	'bʌbəl ɡʌm	a type of chewing gum that you can blow into a bubble	The kids love to buy bubble gum at the sweet shop.	10
Brussels sprout	noun	'brʌsəlz sprəʊts	a small round green vegetable that looks like a very small cabbage	a roast dinner with brussels sprouts and peas	10
charge	verb	'tʃɑ:dʒ	to ask someone for a particular amount of money for something you are selling	The hotel charges \$125 a night.	10
creature	noun	'kri:tʃə	anything that is living, such as an animal, fish, or insect, but not a plant	all the living creatures in the sea	10
collector	noun	kə'lektə	someone who collects things that are interesting or attractive	a stamp collector	10
public	noun	'pʌblɪk	people in general	The museum is open to the public every day.	10
anniversary	noun	,ænə'vɜ:səri, ,æni'vɜ:səri	a date on which something special or important happened in a previous year	Jack and Kim celebrated their twentieth wedding anniversary in January.	10
skin	noun	skɪn	the natural outer layer of a person's or animal's body	She had thick black hair and smooth dark skin.	10
on average	phrase	ɒn 'ævərɪdʒ	based on a calculation about how many times something usually happens	On average, men still earn more than women.	10
trash	noun	træʃ	things that you throw away, such as empty bottles, used papers, food that has gone bad, etc.	Will someone take away the trash?	10
candle	noun	'kændl	a stick of wax with a string through the middle, which you burn to give light	She lit a candle in the church.	10
several	determiner	'sevərəl	a number of people or things that is more than a few, but not a lot	I visited him in Kansas several times.	10
lend	verb	lend	to let someone borrow money or something that belongs to you for a short time	I lent my CD player to Dave and I haven't got it back yet.	10
help out	phrv	help aʊt	to help someone because they are busy or have problems	Do you need anyone to help out in the shop?	10
provide	verb	prə'vaɪd	to give something to someone or make it available to them, because they need it or want it	Tea and biscuits will be provided.	10
insist	verb	ɪn'sɪst	to say firmly and often that something is true, especially when other people think it may not be true	Mike insisted that he was right.	10

stuff	noun	stʌf	the things that belong to someone	I need a place to store my stuff for a while.	10
thoughtful	adj	ˈθɔːtfəl	always thinking of the things you can do to make people happy or comfortable	Paul is very thoughtful.	10
second-hand	adj	ˌsekəndˈhænd	second-hand things are not new when you get them, because they were owned by someone else before you	second-hand clothes	10
bargain	noun	ˈbɑːɡən, ˈbɑːɡɪn	something you buy cheaply or for less than its usual price	There are no bargains in the clothes shops at the moment.	10
give back	phrv	ɡɪv ɪt bæk	to return something to its owner	You'll have to give the money back.	10
beauty salon	noun	ˈbjʊːti ˈsælɒn	a place where you can receive treatments for your skin, hair, nails, etc., to make you look more attractive	She had her nails painted at the beauty salon.	10
dry cleaner	noun	draɪ ˈkliːnə	a shop where you can take clothes, etc., to be dry-cleaned	She went to pick up her skirt and jacket from the dry cleaner.	10
hairdresser	noun	ˈheə,dresə	a person who cuts, washes, and arranges people's hair in particular styles	an appointment at the hairdresser's	10
spray	verb	spreɪ	to force liquid out of a container so that it comes out in a stream of very small drops and covers an area	She sprayed herself with perfume.	10
tan	noun	tæn	the attractive brown colour that someone gets after they have been in the sun	I wish I could get a tan like that.	10
appointment	noun	əˈpɔɪntmənt	an arrangement for a meeting at an agreed time and place, for a particular purpose	I'd like to make an appointment to see the doctor.	10
cut	noun	kʌt	the style in which your hair is cut	She looks good with a short cut.	10
blow-dry	noun	ˈbləʊ draɪ	when hair is dried and given a shape by using an electric hairdryer	a cut and blow-dry	10
parcel	noun	ˈpɑːsəl	an object that has been wrapped in paper or put in a special envelope, especially so that it can be sent by post	The parcel was delivered last week.	10
airmail	noun	ˈeəmeɪl	letters and packages that are sent somewhere using a plane, or the system of doing this	Send the letter by airmail.	10
give away	phrv	ɡɪv əˈweɪ	to give something to someone because you do not want or need it yourself	I gave most of my books away when I left college.	10
throat	noun	θrəʊt	the passage from the back of your mouth to the top of the tubes that go down to your lungs and stomach	The singer complained of a sore throat after Wednesday's show.	10
cough	verb	kɒf	to suddenly push air out of your throat with a short sound, often repeatedly	Matthew coughed and cleared his throat.	10
sculpture	noun	ˈskʌlptʃə	an object made out of stone, wood, clay, etc., by an artist	a sculpture of an elephant	10
spender	noun	ˈspendə	someone who spends money	The new shopping centre hopes to attract big spenders.	10
hunt	verb	hʌnt	to look for someone or something very carefully	The kids were hunting for shells on the beach.	10
tip	noun	tɪp	a small amount of additional money that you give to someone such as a waiter or a taxi driver	I gave the waiter a big tip because the meal was delicious.	10
deliver	verb	dɪˈlɪvə	to take goods, letters, packages, etc., to a particular place or person	The morning mail has just been delivered.	10
playlist	noun	ˈpleɪlɪst	the list of songs that a radio station plays or that you have on your phone	The playlist on my phone is mostly songs from the 60s and 70s.	10
physically	adv	ˈfɪzɪkli	in relation to your body rather than your mind or emotions	She is young and physically fit.	10
mentally	adv	ˈment əli	relating to the health or state of someone's mind	I was exhausted, both physically and mentally.	10
tailor	noun	ˈteɪlə	someone whose job is to make men's clothes, that are measured to fit each customer perfectly	The tailor made me a beautiful suit for my wedding.	10
gardener	noun	ˈɡɑːdnə	someone whose job is to work in gardens	Mum has always been a good gardener.	10
cleaning	noun	ˈkliːnɪŋ	the process or job of making a house, office, etc., clean	Liz comes on Thursdays to do the cleaning.	10
auction	noun	ˈɔːkʃən	a public meeting where land, buildings, paintings, etc., are sold to the person who offers the most money for them	The house was sold at auction.	10
basket	noun	ˈbɑːskət, ˈbɑːskɪt	a container made of thin pieces of plastic, wire, or wood woven together, used to carry things or put things in	a shopping basket	10
total	adj	ˈtəʊtl	complete, or as great as is possible	The sales campaign was a total disaster.	10
frame	noun	frem	a structure made of wood, metal, plastic, etc., that surrounds something such as a picture or window, and holds it in place	They removed the picture from its wooden frame.	10
slow cooker	noun	sləʊ ˈkʊkə	a large electric pot used for cooking food very slowly	I make a very good curry in my slow cooker.	10
speaker	noun	ˈspiːkə	someone who makes a formal speech to a group of people	the guest speaker at the conference	10
choice	noun	tʃɔɪs	if you have a choice, you can choose between several things	There is a choice of four colours.	10
point	noun	pɔɪnt	a single fact, idea, or opinion that is part of an argument or discussion	That's a very interesting point.	10
emotional	adj	ɪˈməʊʃənəl	relating to your feelings or how you control them	She provided emotional support at a very sad time for me.	10
surprise	noun	səˈpraɪz	an unexpected or unusual event	What a surprise to find you here!	10
carry	verb	ˈkæri	to hold something in your hand or arms, or support it as you take it somewhere	Gina was carrying a small bunch of flowers.	10
locker	noun	ˈlɒkə	a small cupboard with a lock in a school, sports building, office, etc., where you can leave clothes or possessions while you do something	a locker at the gym	10
alive	adj	əˈlaɪv	still living and not dead	It was a bad accident – they're lucky to be alive.	10
massage	noun	ˈmæsɑːʒ	the action of pressing and rubbing someone's body with your hands, to help them relax or to reduce pain in their muscles or joints	He gave me a back massage.	10
hand cream	noun	hænd kriːm	a thick smooth substance that you put on your hands to make it soft	I always use hand cream after washing my hands.	10
purchase	verb	ˈpɜːtʃəs, ˈpɜːtʃɪs	to buy something	You can purchase books for college online.	10
nail	noun	neɪl	the thin hard parts on the end of your fingers and toes	Stop biting your nails!	10
widely	adv	ˈwaɪdli	in a lot of different places or by a lot of people	Organic food is now widely available.	11
populated	adj	ˈpɒpjəleɪtɪd	if an area is populated by a particular group of people, they live there	one of the most populated areas in the world	11
common	adj	ˈkɒmən	often seen or happening often and to many people or in many places	Rabbits are a common wild animal in this area.	11
saying	noun	ˈseɪ-ɪŋ	a well-known short statement that expresses an idea most people believe is true and wise	You can't judge a book by its cover, as the old saying goes.	11
destination	noun	ˌdestəˈneɪʃən, ˌdestrɪˈneɪʃən	the place that someone or something is going to	Allow plenty of time to get to your destination.	11
sightseeing	noun	ˈsaɪt,sɪːɪŋ	when you visit famous or interesting places, especially as tourists	She swam and sunbathed, went sightseeing, and relaxed.	11
set off	phrv	set ɒf	to start to go somewhere	I'll set off early to avoid the traffic.	11
guidebook	noun	ˈɡaɪdbʊk	a book about a city, country, etc.	travel guidebooks	11
souvenir	noun	ˌsuːvəˈnɪə, ˌsuːvənɪə	an object that you buy or keep to remind yourself of a special occasion or a place you have visited	I bought a model of the Eiffel Tower as a souvenir of Paris.	11
timetable	noun	ˈtaɪm,tɛɪbəl	a list of the times at which buses, trains, planes, etc., arrive and leave	Have you got the new bus timetable for this year?	11
exchange rate	noun	ɪksˈtʃeɪndʒ reɪt	the value of the money of one country compared to the money of another country	You get a better exchange rate here than at the airport.	11
set up	phrv	set ʌp	to start a company, organisation, committee, etc.	She set up her own business.	11
end up	phrv	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.	11
turn into	phrv	tɜːn ˈɪntə	to become something different, or to make someone or something do this	The sofa turns into a bed.	11

catch up	phrv	kætʃ ʌp	to spend time finding out what has been happening while you have been away or during the time you have not seen someone	I'll leave you two alone – I'm sure you've got a lot of catching up to do.	11
resident	noun	'rezədənt, 'rezɪdənt	someone who lives or stays in a particular place	the residents of Westville	11
polite	adj	pə'laɪt	behaving or speaking in a way that is correct for the social situation you are in, and showing that you are careful to consider other people's needs and feelings	She's always very polite to her neighbour.	11
welcome	verb	'welkəm	to say hello in a friendly way to someone who has just arrived	I must be there to welcome my guests.	11
argue	verb	'ɑ:gju:	to disagree with someone in words, often in an angry way	We could hear the neighbours arguing.	11
jungle	noun	'dʒʌŋɡəl	a thick tropical forest with many large plants growing very close together	the Amazon jungle	11
eco-tourism	noun	i:kəʊ 'tʊərɪzəm	the business of organising holidays to natural areas, such as the rainforest where people can visit and learn about the area in a way that will not hurt the environment	Eco-tourism now includes a lot of adventure holiday options.	11
dolphin	noun	'dɒlfɪn, 'dɒlfin	a very intelligent sea animal like a fish with a long grey pointed nose	We saw many dolphins off the coast of Ireland.	11
hike	noun	haɪk	a long walk in the mountains or countryside	a hike in the woods	11
rainforest	noun	'reɪnfɔ:st	a tropical forest with tall trees that are very close together, growing in an area where it rains a lot	the destruction of the Brazilian rainforest	11
view	noun	vju:	what you think or believe about something	What's your view on the subject?	11
efficient	adj	'ɪfɪjənt	if someone or something is efficient, they work well without wasting time, money, or energy	a very efficient secretary	11
one-way	adj	ˌwʌn 'weɪ	a one-way ticket is for travelling from one place to another but not back again	I'm buying a one-way ticket to Australia and I don't know when I will come back home.	11
tropical	adj	'trɒpɪkəl	coming from or existing in the hottest parts of the world	the tropical rainforests	11
self-service	adj	ˌself 'sɜ:vɪs	a self-service restaurant, shop, etc., is one in which you get things for yourself and then pay for them	Let's go to the self-service restaurant – it's much quicker.	11
handmade	adj	ˌhænd'meɪd	made by people using their hands, not by a machine	a pair of expensive handmade shoes	11
built-up	adj	ˌbɪlt 'ʌp	a built-up area has a lot of buildings and not many open spaces	We live in a very built-up and polluted area of the city.	11
conference	noun	'kɒnfərəns	a large formal meeting where a lot of people discuss important matters such as business, politics, or science, especially for several days	Representatives from over 100 countries attended the International Peace Conference in Geneva.	11
opposing	adj	ə'pəʊzɪŋ	opposing teams, groups, etc., are competing, arguing, or fighting against each other	The opposing armies were preparing for war.	11
panda	noun	'pændə	a large black and white animal that looks like a bear and lives in the mountains of China	Have you seen the new baby panda at the zoo?	11
send back	phrv	send bæk	to return something to the place it came from	If you're not completely satisfied with the goods, send them back for a full refund.	11
measure	verb	'meɪʒə	to find the size, length, or amount of something, using standard units such as inches, metres, etc.	The rainfall was measured over a three-month period.	11
tax	noun	tæks	an amount of money that you must pay to the government according to your income, property, goods, etc., and that is used to pay for public services	a tax on fuel	11
respond	verb	rɪ'spɒnd	to do something as a reaction to something that has been said or done	Responding to the news, Mr Watt appealed for calm.	11
supposed to	phrase	sə'pəʊzd tə	used to say what someone should or should not do, according to rules or what someone has said	You're not supposed to smoke in here.	11
lined	adj	laɪnd	stand or be positioned at intervals along	The streets were lined with people waving flags.	11
flying visit	noun	'flaɪ-ɪŋ 'vɪzɪt	a quick visit because you do not have much time	She made a flying visit to see her parents in Rome.	11
aquarium	noun	ə'kwɛəriəm	a clear glass or plastic container for fish and other water animals	We only keep tropical fish in our aquarium.	12
tank	noun	tæŋk	a large container for storing liquid or gas	The water tank is full of rainwater.	12
underwater	adj	ˌʌndə'wɔ:tə	below the surface of an area of water, or able to be used there	an underwater camera	12
familiarity	noun	fə'mɪli'ærəti, fə'mɪli'ærti	a good knowledge of a particular subject or place	In fact his familiarity with the city was very good.	12
shark	noun	ʃɑ:k	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.	12
poison	noun	'pɔɪzən	a substance that can cause death or serious illness if you eat it, drink it, etc.	Arsenic is a deadly poison.	12
psychologist	noun	sai'kɒlədʒɪst, sai'kɒlədʒɪst	someone who is trained in psychology	a clinical psychologist	12
qualified	adj	'kwɒləfaɪd, 'kwɒlɪfaɪd	having suitable knowledge, experience, or skills, especially for a particular job	Dawn is well qualified for her new role.	12
head up	phrv	hed ʌp	to be in charge of an organisation, part of an organisation, or a group	He left his job to head up a new team at the bank.	12
crocodile	noun	'krɒkədəɪl	a large reptile with a long mouth and many sharp teeth that lives in lakes and rivers in hot wet parts of the world	Be careful – there are crocodiles in this river!	12
playful	adj	'pleɪfəl	very active, happy, and wanting to have fun	a playful little dog	12
side	noun	sɑɪd	one part of someone's character, especially when compared with another part	There was an angry side to him that worried her.	12
flexible	adj	'fleksəbəl, 'fleksɪbəl	a person, plan, etc., that is flexible can change or be changed easily to suit any new situation	We can be flexible about your starting date.	12
extreme	adj	ɪk'stri:m	when an activity is done in a way that is more dangerous than how it usually done	Extreme sports are very exciting to watch.	12
adventurous	adj	əd'ventʃərəs	not afraid of taking risks or trying new things	Andy isn't a very adventurous cook.	12
passionate	adj	'pæʃənət, 'pæʃənt	used to say that you like something very much and spend a lot of time doing it	passionate about football	12
calorie	noun	'kæləri	a unit for measuring the amount of energy that food will produce	This pudding must have about 500 calories!	12
slide	noun	slaɪd	a long metal or plastic slope with steps at one end that people and climb and slide down	a water slide at the theme park	12
battle	noun	'bætl	a fight between opposing armies, groups of ships, groups of people, etc., especially one that is part of a larger war	the Battle of Trafalgar	12
scene	noun	si:n	a single piece of action that happens in one place in a film, book, etc.	The film contains some very funny scenes.	12
nowadays	adv	'naʊədəɪz	now, compared with what happened in the past	People live longer nowadays.	12
train	verb	treɪn	to teach someone the skills of a particular job or activity, or to be taught these skills.	He is training to be a doctor.	12
lift	verb	lɪft	to move something or someone upwards into the air	Sophie lifted the heavy suitcase for me onto the train.	12
weights	noun	weɪts	a piece of metal that weighs an exact amount and is lifted by people as a sport	I've been lifting weights since I was 18.	12
strengthen	verb	'streŋθən, 'strenθən	to become stronger or make something stronger	Our friendship has steadily strengthened over the years.	12
ultramarathon	noun	ʌltrə'mærəθən	a long distance running race that is longer than a marathon	The race was his third ultramarathon of 100 miles or more.	12
lose weight	verb	lu:z weɪt	to become thinner	She's lost a lot of weight since having a baby.	12
self-disciplined	adj	ˌself'dɪsɪplɪnd	the ability to make yourself do the things you know you ought to do, without someone making you do them	You have to be self-disciplined if you want to stop eating chocolate.	12
focused	adj	'fəʊkəst	paying careful attention to what you are doing, in a way that shows you are determined to succeed	I've got to stay focussed if I want to win this competition.	12
get fit	verb	get fit	to become strong and healthy through exercising regularly	I have to get fit if I want to climb those mountains.	12

desert	noun	'dezət	a large area of land where it is always very dry, and there is a lot of sand	the Sahara Desert	12
demanding	adj	dɪ'mɑ:ndɪŋ	needing a lot of ability, effort, or skill	a demanding job	12
hydrated	adj	haɪ'dreɪtɪd	to be supplied with water to keep someone or something healthy and in good condition	After you run, drink plenty of water to stay well hydrated.	12
bone	noun	bəʊn	one of the hard parts that together form the frame of a human, animal, or fish body	The X-ray showed that the bone was broken in two places.	12
fitness	noun	'fɪtnəs, 'fɪtnɪs	when you are healthy and strong enough to do hard work or play sports	an exercise programme to improve your fitness	12
join in	phrv	dʒɔɪn ɪn	to take part in something that a group of people are doing or that someone else does	In the evening there was a barbecue, with the whole village joining in the fun.	12
take part in	phrv	teɪk pɑ:t ɪn	to be involved in an activity, sport, event, etc., with other people	She wanted to take part in the race but she was too ill.	12
downhill	adv	ˌdaʊn 'hɪl	towards the bottom of a hill or towards lower land	I was going downhill and my brakes failed.	12
newcomer	noun	'nju:kʌmə	someone who has only recently arrived somewhere or only recently started a particular activity	I'm a newcomer to the retail business.	12
jogging	noun	'dʒɒɡɪŋ	the activity of running slowly and steadily as a way of exercising	Jogging keeps me very fit.	12
karate	noun	kə'reɪ.ti	a Japanese fighting sport, in which you use your feet and hands to hit and kick	I go to a karate class at the gym every Monday.	12
squash	noun	skwɒʃ	a game played by two people who use rackets to hit a small rubber ball against the walls of a square court.	a game of squash	12
yoga	noun	'jəʊgə	a system of exercises that help you to relax your body and mind	Yoga can contribute to a healthy and more successful life.	12
unreal	adj	ˌʌn 'riəl	an experience, situation, etc., that is unreal seems so strange that you think you must be imagining it	It seemed unreal to be sitting and talking to someone so famous.	12
desert island	noun	'dezət 'aɪlənd	a small tropical island that is far away from other places and has no people living on it	I would love to live on a desert island for a year!	12
break down	phrv	breɪk daʊn	if a car or machine breaks down, it stops working	The car broke down just north of Paris.	12
shallow	adj	'ʃæləʊ	measuring only a short distance from the top to the bottom	a shallow river	12
diving	noun	'daɪvɪŋ	the sport of swimming under water using special equipment to help you breathe	We went diving in the Red Sea.	12
entry	noun	'entri	the act of going into something	It was dark and no one saw their entry into the camp.	12
card holder	noun	kɑ:d 'həʊldə	someone who has permission to use a card that allows them to do something	He couldn't use the club unless he was a card holder.	12
warning	noun	'wɔ:nɪŋ	something, especially a statement, that tells you that something bad, dangerous, or annoying might happen so that you can be ready or avoid it	a warning of floods	12
sensible	adj	'sensəbəl, 'sensɪbəl	reasonable, practical, and showing good judgement	She seems very sensible.	12
planned	adj	plænd	something that has been arranged or organised in advance	The planned trip to the beach had to be cancelled.	12
pedestrian	noun	pə'destriən, prɪ'destriən	someone who is walking, especially along a street or other place used by cars	This street is only used by pedestrians – no cars are allowed.	12
alarm	noun	ə'la:m	a piece of equipment that makes a loud noise to warn you of danger	I forgot to set the burglar alarm.	12
ring	verb	rɪŋ	to make a bell make a sound, especially to call someone's attention to you or to call	I rang the doorbell but no one came.	12
track	noun	træk	the two metal lines along which trains travel	The track was damaged in several places.	12
statue	noun	'stætʃu:	an image of a person or animal that is made in solid material such as stone or metal and is usually large	a statue of Queen Victoria	12
attached	adj	ə'tætʃt	something that is fixed to something else	The garage is attached to the house.	12
angrily	adv	'æŋ grəl i	in an angry way	Joey reacted angrily.	12
press	verb	pres	to push a button, switch, etc., to make a machine start, a bell ring, etc.	What happens if I press this button?	12
button	noun	'bʌtn	a small part or area of a machine that you press to make it do something	Press the pause button.	12
megapixel	noun	'megə,pɪksəl	a million pixels – used for measuring the quality of a digital picture, especially when talking about digital cameras	a three megapixel camera	12
terabyte	noun	'terəbaɪt	a unit for measuring computer information, equal to 1,024 gigabytes, and used less exactly to mean one trillion bytes	My new computer has 3 terabytes of storage.	12
genetic	adj	dʒə'netɪk, dʒɪ'netɪk	how genes (= the part of a cell in a living thing that controls how it develops) affect the development of living things	genetic research	12
gigabyte	noun	'gɪgəbaɪt	a unit for measuring computer information, equal to 1,024 megabytes, and used less exactly to mean a billion bytes	To download this video game I need 10 gigabytes of space on my computer.	12
myth	noun	mɪθ	an idea or story that many people believe, but which is not true	a ballet based on a Greek myth	12
fabulous	adj	'fæbjələs, 'fæbjʊləs	extremely good or impressive	You look fabulous!	12
otherwise	adv	'ʌðəwaɪz	used when saying what bad thing will happen if something is not done	You'll have to go now, otherwise you'll miss your bus.	Audioscripts
apart from	preposition	ə'pɑ:t frəm	except for	We didn't see anyone all day, apart from a couple of kids on the beach.	Audioscripts
packing	noun	'pækɪŋ	when you put things into cases or boxes so that you can send or take them somewhere	I can do my packing the night before we leave.	Audioscripts
toothpaste	noun	'tu:θpeɪst	a thick substance that you use to clean your teeth	I need to buy a new toothbrush and some toothpaste at the chemist.	Audioscripts
come up	phrv	kʌm ʌp	if the sun or moon comes up, it moves into the sky where you can see it	It was six o'clock, and the sun was just coming up.	Audioscripts
cute	adj	kju:t	very pretty or attractive	a cute little puppy	Audioscripts
cause	verb	kɔ:z	to make something happen, especially something bad	This situation has caused us a lot of worry.	Audioscripts
forecast	adj	'fɔ:kɑ:st	a description of what is likely to happen in the future, based on the information that you have now	Tomorrow rain is forecast.	Audioscripts
dreamy	adj	'dri:mi	looking as though you are thinking about something pleasant rather than what is happening around you	a dreamy smile	Audioscripts
checked	adj	tʃekt	to do something in order to find out whether something really is correct, true, or in good condition	I am having my teeth checked at the dentist next week.	Audioscripts
recognise	verb	'rekəɡnaɪz, 'rekən-	to know who someone is or what something is, because you have seen, heard, experienced, or learned about them in the past	I didn't recognise you in your uniform.	Audioscripts
Playstation	noun	'pleɪ'steɪʃən	a machine that connects to a screen and plays video games	They spend a lot of their spare time playing on their Playstation.	Audioscripts
fantasy	noun	'fæntəsi	a story, film, etc., that is based on imagination and not facts	I used to have fantasies about living in Paris with an artist.	Audioscripts
firstly	adv	'fɜ:stli	used to say that the fact or reason that you are going to mention is the first one and will be followed by others	Firstly, I would like to thank everyone who has come here today.	Audioscripts
stir-fried	adj	stɜ: fraɪd	to cook small pieces of food quickly by moving them around in very hot oil	stir-fried vegetables	Audioscripts
secondly	adv	'sekəndli	used when you want to give a second point or fact, or give a second reason for something	Firstly, they are not efficient, and secondly, they are expensive to make.	Audioscripts
labelled	adj	'leɪbəld	when a piece of paper or another material is attached to something and gives information about it	a luggage label	Audioscripts
industrial	adj	ɪn'dʌstriəl	relating to industry or the people working in it	Industrial production has risen by 0.5% since November.	Audioscripts
chemical	noun	'kemɪkəl	a substance used in chemistry or produced by a chemical process	the organic chemicals industry	Audioscripts
horrible	adj	'hɒrəbəl, 'hɒrɪbəl	very bad – used, for example, about things you see, taste, or smell, or about the weather	The weather has been really horrible all week.	Audioscripts
fatty	adj	'fæti	containing a lot of fat	fatty meat	Audioscripts
unclear	adj	ˌʌn 'kliə	difficult to understand or be sure about, so that there is doubt or confusion	The instructions are very unclear.	Audioscripts
seller	noun	'selə	someone who sells something	fish sellers at the port	Audioscripts

cabbage	noun	'kæbɪdʒ	a large round vegetable with thick green or purple leaves	cabbage soup	Audioscripts
shoulder	noun	'ʃəʊldə	one of the two parts of the body at each side of the neck where the arm is connected	She tapped the driver on the shoulder.	Audioscripts
touch	verb	tʌtʃ	to put your hand, finger, etc., on someone or something	She reached out to touch his arm.	Audioscripts
middle	noun	'mɪdl	the part that is nearest the centre of something, and furthest from the sides, edges, top, bottom, etc.	We rowed out towards the middle of the lake.	Audioscripts
imagination	noun	ɪ,mædʒə'neɪʃən, ɪ,mædʒɪ'r	the ability to form pictures or ideas in your mind	a storyteller with an incredible imagination	Audioscripts
brand	noun	brænd	a type of product made by a particular company, that has a particular name or design	What brand of jeans do you like?	Audioscripts
chewing gum	noun	'tʃu:ɪŋ gʌm	a type of sweet that you chew for a long time but do not swallow	Chewing gum that contains a lot of sugar isn't good for your teeth.	Audioscripts
performance	noun	pə'fɔ:məns	when someone performs a play or a piece of music	His performance in the play was fantastic.	Audioscripts
make a fool of	phrase	meɪk eɪ fu:l əv	to deliberately do something to make someone else seem stupid	I suddenly realised that I was being made a fool of.	Audioscripts
tongue	noun	tʌŋ	the soft part inside your mouth that you can move about and use for eating and speaking	Joe ran his tongue over his dry lips.	Audioscripts
mouthful	noun	'maʊθfʊl	an amount of food or drink that you put into your mouth at one time	Michael was trying to tell us his story between huge mouthfuls of chocolate cake.	Audioscripts
bump	verb	bʌmp	to hit or knock against something	I ran after him, bumping against people as I went.	Audioscripts
apologise	verb	ə'pɒlədʒaɪz	to tell someone that you are sorry that you have done something wrong	I'm so sorry, I do apologise.	Audioscripts
fault	noun	fɔ:lt	if something bad that has happened is your fault, you should be blamed for it, because you made a mistake or failed to do something	I'm sorry, it was my fault that the glass broke.	Audioscripts
fascinating	adj	'fæsəneɪtɪŋ, 'fæsɪnertɪŋ	extremely interesting	a fascinating book	Audioscripts
break out	verb	breɪk aʊt	if something unpleasant such as a fire, fight, or war breaks out, it starts to happen	I was still living in London when the war broke out.	Audioscripts
to be honest	phrase	tə bi 'ɒnəst	when you tell someone what you really think	To be honest, I don't like him very much.	Audioscripts
trouble	noun	'trʌbəl	problems or difficulties	We're having a lot of trouble with the new computer system.	Audioscripts
keep quiet	phrase	ki:p 'kwaɪət	to not say anything or make any noise	I kept quiet about the argument I had had with my boss.	Audioscripts
reminder	noun	rɪ'maɪndə	something that makes you notice, remember, or think about something	a reminder to use bicycle lights when cycling at night	Audioscripts
mate	noun	meɪt	someone you work with, do an activity with, or share something with	Dad's office mates are organising a party for him.	Audioscripts
new-born	adj	nju: bɔ:n	when a child or animal is just born	a new-born baby	Audioscripts
bracelet	noun	'breɪslət, 'breɪslɪt	a band or chain that you wear around your wrist or arm as a decoration	a gold bracelet	Audioscripts
loving	adj	'lʌvɪŋ	behaving in a way that shows you love someone	a warm and loving family	Audioscripts
chest of drawers	noun	tʃest əv drɔ:z	a piece of furniture with drawers, used for storing clothes	Put your clothes in the chest of drawers in your bedroom.	Audioscripts
hand in	phrv	hænd ɪn	to give something to somebody in authority	Did you hand your homework in on time?	Audioscripts
scare	verb	skeə	to make someone feel frightened	Loud noises can scare animals or birds.	Audioscripts
on hold	phrase	ɒn həʊld	if something is on hold, it is going to be done or dealt with at a later date rather than now	The plans are on hold until after the election.	Audioscripts
sigh	verb	saɪ	to breathe in and out making a long sound, especially because you are bored, disappointed, tired, etc.	'Well, there's nothing we can do about it now,' she sighed.	Audioscripts
terrific	adj	tə' rɪfɪk	very good, especially in a way that makes you feel happy and excited	That's a terrific idea!	Audioscripts
progress	noun	'prəʊgres	the process of getting better at doing something, or getting closer to finishing or achieving something	I'm making good progress in my Spanish class.	Audioscripts
instrument	noun	'ɪnstɹəmənt, 'ɪnstɹəmənt	an object used for producing music, such as a piano or violin	I learned to play a musical instrument.	Audioscripts
crossroads	noun	'krɒsrəʊdz	a place where two roads meet and cross each other	Turn left at the crossroads.	Audioscripts
awesome	adj	'ɔ:səm	extremely impressive, serious, or difficult so that you feel great respect, worry, or fear	an awesome responsibility	Audioscripts
muscly	adj	'mʌs əl_i	having a lot of muscles	his muscly arms	Audioscripts
directly	adv	də'rektli, dɪ'rektli, daɪ-	exactly in a particular position or direction	directly in front of the building	Audioscripts
ruin	noun	'ru:ən, 'ru:ɪn	the part of a building that is left after the rest has been destroyed	an ancient ruin	Audioscripts
dig	verb	dɪg	to move earth, snow, etc., or to make a hole in the ground, using a spade or your hands	They dig a small hole in the sand to bury their eggs.	Audioscripts
man-made	adj	,mæn 'meɪd	man-made materials and substances are not natural	clothes made using a combination of natural and man-made material	Audioscripts
locate	verb	ləʊ'keɪt	to find the exact position of something	We couldn't locate the position of the owl but we could hear it clearly.	Audioscripts
rescue	noun	'reskju:	to save someone or something from a situation of danger or harm	The firemen rescued them from the burning building.	Audioscripts
attempt	noun	ə'tempt	an act of trying to do something, especially something difficult	She passed her test at the first attempt.	Audioscripts
previous	adj	'pri:vɪəs	having happened or existed before the event, time, or thing that you are talking about now	I've met him before on two previous occasions.	Audioscripts
tear	verb	tɪə	if you tear paper, cloth, etc., or if it tears, you make a hole in it or it breaks into small pieces	Be careful the bag doesn't tear.	Audioscripts
camel	noun	'kæməl	a large desert animal with a long neck and either one or two humps (= large raised parts) on its back	We went camel riding on holiday in Egypt.	Audioscripts
representative	noun	,reprɪ'zentətɪv	someone who has been chosen to speak, vote, or make decisions for someone else	Japan has refused to send a representative to the meeting in Geneva.	Audioscripts
licence	noun	'laɪsəns	an official document giving you permission to own or do something for a period of time	a driving licence	Audioscripts
polluted	adj	pə'lu:təd, pə'lu:td	dangerously dirty and not suitable for people to use	one of the most polluted areas in the world	Audioscripts
parkland	noun	'pɑ:k-lænd	an area of land with grass and trees, surrounding a big house in the countryside	The hotel is set in ten acres of parkland.	Audioscripts
alongside	adv	ə,lɒŋ'saɪd	next to the side of something	A car drew up alongside.	Audioscripts
fancy	verb	'fænsɪ	to like or want something, or want to do something	Fancy a quick drink, Emma?	Audioscripts
try on	phrv	traɪ ɒn	to put on a piece of clothing to see if it fits you, especially in a shop	I want to try on that red silk dress, please.	Audioscripts
cotton	noun	'kɒtn	cloth or thread made from the white hair of the cotton plant	The shirt is made from cotton.	Audioscripts
driving test	noun	'draɪvɪŋ test	the official test that you must pass in order to be legally allowed to drive on public roads	I've just passed my driving test!	Audioscripts
review	noun	rɪ'vju:	a careful examination of a situation or process	She sent us her review of the research.	Audioscripts
lip-reader	noun	lɪp 'ri:də	someone who makes a person, who cannot hear, understand what they are saying by watching the way their lips move	My aunt was deaf but the lip-reader told her what she needed to do.	Audioscripts
feel sorry for	phrase	fi:l 'sɒri fə	to feel sympathy for someone because something bad has happened to them or because they are in a bad situation	Please don't feel sorry for me. It was my fault.	Audioscripts
atmosphere	noun	'ætmsəfɪə	the feeling that an event or place gives you	The hotel had a lovely relaxed atmosphere.	Audioscripts
lecture	noun	'lektʃə	a long talk on a particular subject that someone gives to a group of people, especially to students in a university	He regularly gives lectures on modern French literature.	Audioscripts
accommodation	noun	ə,kɒmə'deɪʃən	a place for someone to stay, live, or work	The price for the holiday includes flights and accommodation.	Audioscripts
bin	noun	bɪn	a container for putting rubbish in	Throw it in the bin.	Audioscripts
data	noun	'deɪtə, 'dɑ:tə	information or facts	The research involves collecting data from many scientific studies.	Audioscripts

ground	noun	graʊnd	the surface of the earth	The leaves were slowly falling to the ground.	Audioscripts
classic	adj	'klæsɪk	having all the features that are typical or expected of a particular thing or situation	I always make the classic mistake of cooking the meat too quickly.	Audioscripts
band	noun	bænd	a group of musicians, especially a group that plays popular music	The band was playing old Beatles songs.	Audioscripts
deal	noun	di:l	an agreement or arrangement, especially in business or politics	They made a deal to sell the land to another farmer.	Audioscripts
meter	noun	'mi:tə	a machine that measures and shows the amount of something you have used or the amount of money that you must pay	A man came to read the electricity meter.	Audioscripts
tap	noun	tæp	a piece of equipment for controlling the flow of water, gas, etc., from a pipe or container	The tap is dripping in the bathroom.	Audioscripts
hailstone	noun	'heɪlstəʊn	a small ball of frozen rain	The hailstones have damaged all my flowers in the garden.	Audioscripts
solid	adj	'sɒləd, 'sɒlɪd	hard or firm, with a fixed shape, and not a liquid or gas	The lake was frozen solid.	Audioscripts
estimate	noun	'estɪmət, 'estɪmət	a calculation of the value, size, amount, etc., of something made using the information that you have, which may not be complete	We just need an estimate of the number of people who will come.	Audioscripts
realistic	adj	riə'lɪstɪk	judging and dealing with situations in a practical way according to what is actually possible rather than what you would like to happen	I think 4pm is a more realistic arrival time.	Audioscripts
mud	noun	mʌd	wet earth that has become soft and sticky	By the end of the game, all the kids were covered in mud.	Audioscripts
error	noun	'erə	a mistake	There must be an error in our calculations.	Audioscripts
secret	adj	'si:kri:t, 'si:kri:t	known about by only a few people and kept hidden from others	They kept their relationship secret from their parents.	Audioscripts
film studio	noun	film 'stju:diəʊ	a place where films are made	the big Hollywood studios	Audioscripts
metal	adj	'metl	hard, usually shiny substance such as iron, gold, or steel	The metal gate is painted black.	Audioscripts
get on well with	phrv	get ɒn wel wɪð	if people get on well, they like each other a lot and have a friendly relationship with each other	I get on really well with my brother and we have the same friends.	Audioscripts
beat	verb	bi:t	to be much better and more enjoyable than something else	You can't beat a homemade cake.	Audioscripts
spit out	phrv	spɪt aʊt	to force something out of your mouth	Jane took one mouthful of the drink and immediately spat it out.	Audioscripts
sea urchin	noun	si: 'ɜ:tʃɪn	a small round sea animal with a hard shell covered in sharp points	There were sea urchins in the rock pool at the beach.	Audioscripts
posh	adj	pɒʃ	a posh restaurant, hotel, car,, etc., is expensive and looks as if it is used or owned by rich people	a posh private school	Audioscripts
device	noun	dɪ'vaɪs	a machine or tool that does a special job	a device for recording music	Audioscripts
impact	noun	'ɪmpækt	the effect or influence that an event, situation, etc., has on someone or something	We need to assess the impact on climate change.	Audioscripts
cowboy	noun	'kaʊbɔɪ	in the US, a man who rides a horse and whose job is to care for cattle	a firm about the life of a cowboy	Audioscripts
gun	noun	ɡʌn	a metal weapon which shoots bullets or shells	I could see he was carrying a gun.	Audioscripts
guaranteed	adj	,gær ən 'ti: d	when something is promised that it will happen	Sunny weather is guaranteed at this time of year.	Audioscripts
greedy	adj	'ɡri:di	always wanting more food, money, power, possessions, etc., than you need	a greedy and selfish society	Audioscripts
coin	noun	kɔɪn	a piece of metal, usually flat and round, that is used as money	Toss a coin to see who goes first.	Audioscripts
rose	noun	rəʊz	a flower that often has a pleasant smell, and is usually red, pink, white, or yellow, or the bush that this flower grows on	a dozen red roses	Audioscripts
upgrade	verb	ʌp'ɡreɪd	to make a computer, machine, or piece of software better and able to do more things	You'll need to upgrade your computer before you can download these movies.	Audioscripts
bossy	adj	'bɒsi	always telling other people what to do, in a way that is annoying	her loud bossy sister	Audioscripts
coach	noun	kəʊtʃ	someone who trains a person or team in a sport	a football coach	Audioscripts
law	noun	lɔ:	the whole system of rules that people in a particular country or area must obey	We must obey the law.	Audioscripts