

ADVANCED EXPERT

<u>Word</u>	<u>Part of speech</u>	<u>Pron</u>	<u>Definition</u>	<u>Example</u>	<u>Unit</u>
scrape through	phr v	skreɪp θru:	to only just succeed in passing an examination or dealing with a difficult situation	Even though she had missed lots of classes, Helena managed to scrape through the exam and got an 'E'.	1
pick a fight	v phr	pɪk eɪ faɪt	to deliberately start a quarrel or fight with someone	Toby won't change his mind so it's not worth picking a fight with him.	1
master's degree	n phr	'mɑ:st əz dɪ'gri:	a university degree such as an MA, M.Sc., or M.S., that you can get by studying for one or two years after your first degree	After I graduate, I want to do a master's degree in biochemistry.	1
work placement	n phr	wɜ:k 'pleɪsmənt	a job, usually as part of a course of study, which gives you experience of a particular type of work	In their second year, students can do a work placement and get some valuable real-life experience.	1
shadow	v	'ʃædəʊ	to follow someone closely in order to watch what they are doing	Detectives shadowed him for weeks.	1
set one's heart on	v phr	'set wʌnz ,hɑ:t ɒn	to want very much to have or achieve something, or to be determined to do something	I know you've set your heart on studying abroad, but won't you miss your friends?	1
against the odds	idm	ə'genst ðə ɒdz	overcome difficulties which make a good result seem very unlikely	Against the odds Leo, the son of immigrants and from a poor neighbourhood, was accepted by Oxford University.	1
take someone on	v phr	teɪk 'sʌmwʌn ɒn	to start to employ someone	At the age of 14, my granddad was taken on by a plumbing company and trained as a plumber.	1
half-hearted	adj	,hɑ:f 'hɑ:təd	done without much effort and without much interest in the result	Congress has made half-hearted attempts at finance reform.	1
take something in your stride	v phr	teɪk 'sʌmθɪŋ ɪn jə'straɪd	to not allow something to annoy, embarrass, or upset you	When the boss asked Judy to stay late, she took it in stride.	1
competitive	adj	kəm'petətɪv, kəm'petɪtv	determined or trying very hard to be more successful than other people or businesses	Some US industries are not as competitive as they have been in the past.	1
CV	n	,si:'vi:	a short written document that lists your education and previous jobs, which you send to employers when you are looking for a job	Remember to include your contact details on your CV.	1
foresee	v	fɔ:'si:	to think or know that something is going to happen in the future	I've put your name on the list and I don't foresee any problems.	1

Word	Part of speech	Pron	Definition	Example	Unit
networking	n	'netwɜ:kɪŋ	the practice of meeting other people involved in the same kind of work, to share information, support each other etc	I'm hoping to do some networking at the conference next week in London.	1
portfolio	n	pɔ:t'fəʊliəʊ	a large flat case used especially for carrying pictures, documents etc	You'll need to prepare a portfolio of your work.	1
vouch for	v	vauʃ fə	to say that you believe that someone will behave well and that you will be responsible for their behaviour, actions etc	Sorry, I can't vouch for Anna because I've never met her.	1
close-knit	adj	,kləʊs 'nɪt	a close-knit group of people is one in which everyone knows each other well and gives each other support when they need it	We all get on really well in my family; we're very close-knit.	1
take something personally	v phr	teɪk 'sʌmθɪŋ 'pɜ:sənəli	to get upset by the things other people say or do, because you think that their remarks or behaviour are directed at you in particular	Don't take it personally; she's rude to everyone.	1
make the best of something	v phr	meɪk ðə best əv 'sʌmθɪŋ	to accept a situation that is not very good, and do whatever you can to make it better	We are stuck here, so we might as well make the best of it.	1
take no for an answer	v phr	teɪk nəʊ fə eɪ 'ɑ:nsə	accept it when somebody refuses you	I've never met someone as stubborn as Liam; he won't take no for an answer.	1
hand in your resignation	v phr	hænd ɪn jə ,rezɪg'neɪʃən	officially say that you want to resign	Tomorrow I'm going to hand in my resignation, so I can start my new job in four weeks' time	1
be taken aback by	v phr	bɪ 'teɪkən ə'bæk baɪ	to be very surprised or shocked by something	I was really taken aback when Lauren and Bill split up; I thought there would get married!	1
take no notice of	v phr	teɪk nəʊ 'nəʊtəs əv	not pay attention to someone or something	Take no notice of Geoff -- he's just being silly.	1
take pity on	v phr	teɪk 'pɪti ɒn	feel sorry for someone and treat them with sympathy	When I saw the tiny kitten I took pity on it and took it home with me.	1
take advantage of	v phr	teɪk əd'vɑ:ntɪdʒ əv	to treat someone unfairly in order to get what you want, especially someone who is generous or easily persuaded	I think your boss is taking advantage of you -- you should ask for more money if you have to work such long hours.	1
high salary	n phr	haɪ 'sæləri	a lot of money that you receive as payment from the organization you work for	I think job satisfaction is more important than a high salary.	1

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main priority	n phr	meɪn praɪ 'brɪtɪ	the thing that you think is most important and that needs attention before anything else	My main priority is to find a job that I love.	1
tight deadlines	n phr	taɪt 'ded laɪnz	a date or time by which you have to do or complete something, which is not long away	You can expect to have very tight deadlines if you work as a journalist.	1
heavy workload	n phr	'hevi 'wɜ:kləʊd	a large amount of work that a person or organization has to do	My workload is so heavy, I'm worried I won't be able to finish everything.	1
have an impact	v phr	v ən 'ɪmpækt	have an effect or influence an event, situation etc	My granddad was a doctor and he really had an impact on my choice of career.	1
stand someone in good stead	v phr	stænd 'sʌmwʌn ɪn gu:d sted	to be very useful to someone when needed	Learning karate has really stood me in good stead -- I learnt about hard work, discipline and respect.	1
snap something up	phr v	snap 'sʌmθɪŋ ʌp	to buy something immediately, especially because it is very cheap	When I saw how cheap the t-shirt was, I snapped it up.	1
from all walks of life	idm	frəm ɔ:l wɜ:ks əv laɪf	every position in society	Our club is open to people from all walks of life -- rich or poor, young or old.	1
part and parcel	idm	pɑ:t ənd 'pɑ:səl	to be a necessary feature of something	Writing essays and taking exams are all part and parcel of university life.	1
crop up	phr v	krɒp ʌp	if a problem crops up, it happens or appears suddenly and in an unexpected way	Your name kept cropping up in conversation.	1
deceptive	adj	dɪ'seɪtɪv	something that is deceptive seems to be one thing but is in fact very different	Some snakes move with deceptive speed (=move faster than you think or expect).	1
recruitment	n	rɪ 'kru:t mənt	to find new people to work in a company, join an organization, do a job etc	Our recruitment process involves an application form, an exam and an interview.	1
playfulness	n	'pleɪf əlnəs	very active, happy, and wanting to have fun	The thing I love about my grandma is her playfulness, even though she's 72!	1
additional	adj	ə'dɪʃənəl	more than what was agreed or expected	Additional information can be obtained from the centre.	1
productive	adj	prə'dʌktɪv	producing or achieving a lot	Most of us are more productive in the morning.	1
competitor	n	kəm'petətə, kəm'petɪtə	a person, team, company etc that is competing with another	Last year they sold twice as many computers as their competitors.	1
doubtless	adj	'daʊtləs	used when saying that something is almost certain to happen or be true	Doubtless there would be lots of rumours.	1

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trendy	adj	'trendi	influenced by the most fashionable styles and ideas	I didn't recognise Katrina when I saw her in her new trendy clothes.	1
cutting edge	adj	'kʌtɪŋ edʒ	the newest and most exciting stage in the development of something	The technology is this new mobile phone is cutting-edge.	1
fumble around for	phr v	'fʌmbəl ə 'raʊnd fə	to try to hold, move, or find something with your hands in an awkward way	I was fumbling around for my keys and knocked the glass off the table onto the floor.	1
favourable	adj	'feɪvərəbəl	a favourable report, opinion, or reaction shows that you think that someone or something is good or that you agree with them	Being well dressed always help to create a favourable impression.	1
feasible	adj	'fi:zəbəl, 'fi:zɪbəl	a plan, idea, or method that is feasible is possible and is likely to work	I'm afraid it's not feasible to offer you a pay rise this year.	1
no-no	idm	'nəʊ nəʊ	something that you must not do because it is considered to be unacceptable behaviour	Colouring your hair was a no-no at that time.	1
butterflies in the stomach	idm	'bʌtəflaɪz ɪn ðə 'stʌmək	to feel very nervous before doing something	I always get butterflies in my stomach before I go on stage.	1
link	v	lɪŋk	if two things are linked, they are related in some way	Police think the murders are linked.	1
slouch	v	slʌʊtʃ	to stand, sit, or walk with a slouch	Jimmy slouched back in his chair.	1
fidget	v	'fɪdʒət, 'fɪdʒɪt	to keep moving your hands or feet, especially because you are bored or nervous	The kids had started to fidget.	1
long-winded	adj	ˌlɒŋ 'wɪndəd	continuing to talk for too long or using too many words in a way that is boring	His speeches tend to be rather long-winded.	1
moderate	adj	'mɒdərət, 'mɒdəɪt	not very large or very small, very hot or very cold, very fast or very slow etc	Even moderate amounts of alcohol can be dangerous.	1
mumble	v	'mʌmbəl	to say something too quietly or not clearly enough, so that other people cannot understand you	He bumped into someone and mumbled an apology.	1
pay off	phr v	peɪ ɒf	to give someone all the money you owe them	I'll pay off all my debts first.	1
ramble on	phr v	'ræmbəl ɒn	to talk or write for a long time in a way that other people find boring	My father kept rambling on about the war.	1
safety margin	n phr	'seɪftɪ 'mɑ:dʒən	an additional amount of something such as time, money, or space that you include in order to make sure that you are successful in achieving something	We're not completely sure how much the building work will cost, so we've saved extra money as a safety margin.	1

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long-winded	adj	ˌlɒŋ ˈwɪndəd	continuing to talk for too long or using too many words in a way that is boring	His speeches tend to be rather long-winded.	1
switch off	phr v	swɪtʃ ɒf	to stop listening to someone	When he started talking about football, I just switched off -- I find it so boring.	1
vary	v	ˈveəri	if several things of the same type vary, they are all different from each other	Test scores vary from school to school.	1
restless	adj	ˈrestləs	unwilling to keep still or stay where you are, especially because you are nervous or bored	The children had been indoors all day, and were getting restless.	1
crash course	n phr	kræʃ kɔ:s	a course in which you learn a lot about a particular subject in a very short period of time	I'm really impatient to learn Spanish; perhaps I'll go on a crash course.	1
be reliant on	v phr	bi ri laɪənt ɒn	dependent on someone or something	I want to get a job so that I'm not reliant on anyone.	1
in the vicinity	adj phr	ɪn ðə və ˈsɪnəti	in the area around a particular place	A tall man dressed in black was seen in the vicinity of the burglary.	1
liaise	v	li ˈeɪz	to exchange information with someone who works in another organization or department so that you can both be more effective	Council officers are liaising closely with local groups.	1
assimilate	v	ə ˈsɪməleɪt, ə ˈsɪmɪleɪt	if people assimilate or are assimilated into a country or group, they become part of that group and are accepted by the people in that group	It took me a long time to assimilate when I moved from London to Madrid.	1
run-down	adj	ˌrʌn ˈdaʊn	a building or area that is run-down is in very bad condition	That neighbourhood is so run-down that no one wants to live there.	1
master	v	ˈmɑ:stə	to learn a skill or a language so well that you have no difficulty with it	I've been playing the piano since I was six and I've almost mastered it.	1
stretch	v	stretʃ	to make someone use all of their skill, abilities, or intelligence	This job will really stretch you, but I think you'll be able to cope.	1
affluent	adj	ˈæfluənt	having plenty of money, nice houses, expensive things etc	Some of the houses in this affluent neighbourhood cost millions of pounds.	1
allocate	v	ˈæləkeɪt	to use something for a particular purpose, give something to a particular person etc, especially after an official decision has been made	We will allocate you a budget and three members of staff to work for you.	1
initiative	n	ɪ ˈnɪʃətɪv	the ability to make decisions and take action without waiting for someone to tell you what to do	I wish my son would show more initiative.	1

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grasp of	n	gra:sp əv	your ability to understand a complicated idea, situation, or subject	She has only a limited grasp of Chinese, so she won't understand much when she gets to Beijing.	1
challenging	adj	'tʃæləndʒɪŋ, 'tʃælɪndʒɪŋ	difficult in an interesting or enjoyable way	Teaching young children is a challenging and rewarding job.	1
mutual respect	n phr	'mju:tʃuəl rɪ 'spekt	respect that two or more people have for each other	I really like my boss and she treats me kindly; we have mutual respect.	1
get over (an idea)	phr v	get 'əʊvə (ən aɪ 'dɪə)	to succeed in communicating ideas or information to other people	I was so angry I found it difficult to get over my point.	1
disadvantaged	adj	'dɪsəd vɑ:ntɪdʒd	having social problems, such as a lack of money or education, which make it difficult for you to succeed	He may have been disadvantaged when he was young, but he's highly successful now.	1
pilot project	n phr	'paɪlət 'prɒdʒekt	a small project which is carried out as a test to see if an idea, product, etc will be successful	In the pilot project, neighbours will grow fruit and vegetables together in the communal garden areas.	1
apprehensive	adj	,'æprɪ 'hensɪv	worried or nervous about something that you are going to do, or about the future	We'd been a little apprehensive about their visit.	1
directionless	adj	də'rekʃənləs, dɪ'rekʃənləs, daɪ-	lacking a clear direction or aim	I felt directionless and lost.	1
disillusioned	adj	'dɪsə lu:ʒənd, 'dɪsɪ lu:ʒənd	disappointed because you have lost your belief that someone is good, or that an idea is right	As she grew older, Laura became increasingly disillusioned with politics.	1
distracted	adj	dɪ'stræktəd, dɪ'stræktɪd	anxious and unable to think clearly	He tried to concentrate on his work, but was distracted by the long blonde hair of the girl sitting in front of him.	1
engaged	adj	ɪn'geɪdʒd	paying attention and interested	I didn't feel like the interviewers were engaged with what I was saying.	1
inspired	adj	ɪn'spaɪəd	having very exciting special qualities that are better than anyone or anything else	an inspired leader	1
intimidated	adj	ɪn'tɪmədeɪtəd, ɪn'tɪmɪdeɪtəd	feeling worried and lacking confidence because of the situation you are in or the people you are with	I was shy, and felt intimidated by the older students.	1
motivated	adj	'məʊtəveɪtəd, 'məʊtɪveɪtəd	very keen to do something or achieve something, especially because you find it interesting or exciting	The students are all highly motivated.	1
muddled	adj	'mʌdlɪd	confused	When they asked me about my exam grades, I got muddled up and gave them incorrect information.	1

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overwhelmed	adj	,əʊv ə 'welmd	if work or a problem overwhelms someone, it is too much or too difficult to deal with	I've got so much homework to do that I feel really overwhelmed.	1
passive	adj	'pæsɪv	someone who is passive tends to accept things that happen to them or things that people say to them, without taking any action	Kathy seems to take a very passive role in the relationship.	1
pressurised	adj	'preʃərəɪzd	feeling worried, or making you feel worried, because of the number of things you have to do	My parents never pressurised me to go to university; they let me do what I want.	1
relieved	adj	rɪ 'li:vɪd	feeling happy because you are no longer worried about something	She looked immensely relieved when she heard the news.	1
self-conscious	adj	,self 'kɒntʃ əs	worried and embarrassed about what you look like or what other people think of you	Jerry's pretty self-conscious about his weight.	1
well-supported	adj	wel sə 'pɔ:ɪd	to have enough money, emotional support, etc for what you need	I have always been well-supported by my family -- both emotionally and financially.	1
demoralising	adj	dɪ 'mɔərəlaɪzɪŋ	reducing or destroying someone's courage or confidence	It was really demoralising when my six-year-old cousin beat me at chess.	1
video clip	n phr	'vɪdɪəʊ klɪp	a short part of a film or television programme that is shown by itself, especially as an advertisement	Have you seen this video clip of a cat riding a bicycle?	1
communal	adj	'kɒmjənəl, 'kɒmjʊnəl, kə 'mju:nəl	shared by a group of people or animals, especially a group who live together	In our student accommodation, we have communal bathrooms and a communal kitchen.	1
virtuoso	n	,vɜ:tʃu'əʊsəʊ	someone who is a very skilful performer, especially in music	I can't believe you can play the violin so brilliantly -- you're a really virtuoso!	1
not have a leg to stand on	idm	nɒt v ɛɪ leg tə stænd ɒn	to be in a situation where you cannot prove or legally support what you say	If you didn't sign a contract, you won't have a leg to stand on.	1
drop out	phr v	drɒp aʊt	to no longer do an activity or belong to a group	The group gets smaller as members move away or drop out.	1
hostile	adj	'hɒstəl	angry and deliberately unfriendly towards someone, and ready to argue with them	Southampton fans gave their former coach a hostile reception.	1
cram	v	kræm	to prepare yourself for an examination by learning a lot of information quickly	Zara crammed for six hours the night before the exam, but still couldn't remember anything.	1
figure out	phr v	'fɪɡə aʊt	to think about a problem or situation until you find the answer or understand what has happened	I can't figure out how to use this app -- can you help me?	1

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desperate	adj	'despəreɪt, 'despəɪt	willing to do anything to change a very bad situation, and not caring about danger	I had no money left and was desperate.	1
turn someone round	phr v	tɜ:n 'sʌmwʌn raʊnd	if a person turns around, he/she changes and starts to develop in a positive way	The love of his new adoptive parents really turned his life around.	1
expel	v	ɪk 'spel	to officially force someone to leave a school or organization	Two girls were expelled from school for taking drugs.	1
mutual	adj	'mju:tʃuəl	mutual feelings such as respect, trust, or hatred are feelings that two or more people have for each other	Mutual respect is necessary for any partnership to work.	1
nurture	v	'nɜ:tʃə	to help a plan, idea, feeling etc to develop	European union is an ideal that has been nurtured since the post-war years.	1
pull yourself together	idm	pʊl jɔ: 'self tə'geðə	to force yourself to stop behaving in a nervous, frightened, or uncontrolled way	With an effort Mary pulled herself together.	1
shame	n	ʃeɪm	the feeling you have when you feel guilty and embarrassed because you, or someone who is close to you, have done something wrong	When Toby made fun of my new haircut I went red with shame.	1
rage	n	reɪdʒ	a strong feeling of uncontrollable anger	When I told him I had crashed his car, he flew into a rage.	1
rough and ready	idm	rʌf ənd 'redi	not perfect, but good enough for a particular purpose	The tests are only a rough and ready guide to a pupil's future development.	1
scheme	n	ski:m	an official plan that is intended to help people in some way, for example by providing education or training	The money will be used for teacher training schemes.	1
shift	v	ʃɪft	to move from one place or position to another, or make something do this	Joe listened, shifting uncomfortably from one foot to another.	1
skive off	phr v	skɑ:v ɒf	to avoid work or school by staying away or leaving without permission	Rachel got a detention for skiving off maths.	1
substantial	adj	səb 'stænʃəl	large in amount or number	We have the support of a substantial number of parents.	1
trigger	v	'trɪgə	to make something happen very quickly, especially a series of events	The assassination triggered off a wave of rioting.	1
instinctive	adj	ɪn 'stɪŋktɪv	based on instinct and not involving thought	Her musical skill is completely instinctive.	1
aggressive	adj	ə 'ɡresɪv	behaving in an angry threatening way, as if you want to fight or attack someone	Jim's voice became aggressive.	1
hostile	adj	'hɒstəl	angry and deliberately unfriendly towards someone, and ready to argue with them	Southampton fans gave their former coach a hostile reception.	1

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scornful	adj	'skɔ:nfəl	feeling or showing scorn	Patrick was scornful of his younger brother's attempts to ride a bike.	1
distressed	adj	dɪ'strest	very upset	Hannah was deeply distressed by the news.	1
indifferent	adj	ɪn'dɪfərənt	not at all interested in someone or something	Sarah was absolutely indifferent to him, and it hurt.	1
disaffected	adj	ˌdɪsə'fektəd, ˌdɪsə'fektɪd	not satisfied with your government, leader etc, and therefore no longer loyal to them or no longer believing they can help you	With huge student loans to pay and few jobs, many young people feel disaffected.	1
resistant	adj	rɪ'zɪstənt	not damaged or affected by something	an infection that's resistant to antibiotics	1
see eye to eye	idiom	si: aɪ tə aɪ	if two people see eye to eye, they agree with each other	We didn't exactly see eye to eye.	1
do as you are told	v phr	du: əz jə ə təʊld	behave in the way someone has asked you to	Why can't you children just do as you are told?	1
get your own way	idiom	get jə əʊn weɪ	achieve the result you want	Bella is dad's favourite and he always lets her get her own way.	1
keep yourself to yourself	idiom	ki:p jɔ: 'self tə jɔ: 'self	to live a very quiet private life and not do many things that involve other people	I don't like to get involved in office politics; I prefer to keep myself to myself.	1
rub people up the wrong way	idiom	rʌb 'pi:pəl ʌp ðə rɒŋ weɪ	to annoy someone by the things you say or do, usually without intending to	Robbie always rubs people up the wrong way -- it's no wonder he has so few friends.	1
on a whim	adj phr	ɒn eɪ wɪm	a sudden feeling that you would like to do or have something, especially when there is no important or good reason	I bought these shoes on a whim, and now I've decided I don't like them.	1
look up to	phr v	lʊk ʌp tə	admire and respect	I've always looked up to my cousin because she's so cool and funny.	1
become close to someone	v phr	bɪ'kʌm kləʊz tə 'sʌmwʌn	develop a strong relationship with someone	I became very close to my aunt after my uncle died.	1
come across as	phr v	kʌm ə krɒs əz	appear to have a particular quality, when this may or may not be true	Mr Potts can come across as rude, but really he's a very kind man.	1
good fun	n phr	ɡʊd fʌn	enjoyable to be with because they are happy and amusing	Leah is funny and popular -- she's really good fun.	1
dry sense of humour	n phr	draɪ sɛns əv 'hju:mə	someone with a dry sense of humour says funny and clever things while seeming to be serious	You've got such a dry sense of humour; sometimes I can't tell if you're joking.	1
take after someone	phr v	teɪk 'ɑ:ftə 'sʌmwʌn	to look or behave like an older relative	I take after my mum -- we both worry a lot.	1

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have your heart set on	idm	v jə hɑ:t set ɒn	to want very much to have or achieve something, or to be determined to do something	I've got my heart set on getting a new car once I get a job.	1
run in the family	idm	rʌn ɪn ðə 'fæməli	if something such as a quality, disease, or skill runs in the family, many people in that family have it	Diabetes appears to run in families.	1
high expectations	n	haɪ ,ekspek 'teɪʃənz	a feeling or belief that something or someone should be a success	Paula felt under a lot of pressure to go to university -- everyone in the family had high expectations of her.	1
alternately	adv	ɔ:l 'tɜ:n ətli	two things happening one after the other in a regular pattern	It's alternately sunny and rainy outside -- I don't know what to wear!	1
rough and ready	adj	rʌf ənd 'redi	not perfect, but good enough for a particular purpose	The tests are only a rough and ready guide to a pupil's future development.	1
on the brink of	phr	ɒn ðə brɪŋk əv	a situation when you are almost in a new situation	I was on the brink of asking Penny to go for a coffee when her phone rang and she walked away.	1
indulgence	n	ɪn 'dʌldʒəns	the habit of allowing yourself to do or have whatever you want, or allowing someone else to do or have whatever they want	An occasional glass of wine was his only indulgence.	1
stability	n	stə 'bɪləti, stə 'bɪləti	the condition of being steady and not changing	Stability within the family is very important for childhood development.	1
inwardly	adv	'ɪn wədli	felt or experienced in your own mind but not expressed to other people	I managed to smile, but inwardly I was furious.	1
associate	v	ə 'səʊʃieɪt, ə 'səʊsi-	to make a connection in your mind between one thing or person and another	I don't associate him with energetic sports.	1
consistent	adj	kən 'sɪstənt	always behaving in the same way or having the same attitudes, standards etc – usually used to show approval	She's the team's most consistent player.	1
misbehave	v	'mɪsbɪ 'heɪv	to behave badly, and cause trouble or annoy people	George has been misbehaving at school.	1
substantial	v	səb 'stænʃəl	large in amount or number	We have the support of a substantial number of parents.	1
chaotic	adj	keɪ 'ɒtɪk	a chaotic situation is one in which everything is happening in a confused way	a chaotic mixture of images	1
spiral	n	'spaɪərəl	a process, usually a harmful one, in which something gradually but continuously gets worse or better	Unemployment rose and the city went into a spiral of decline.	1

Word	Part of speech	Pron	Definition	Example	Unit
bond	n	bɒnd	something that unites two or more people or groups, such as love, or a shared interest or idea	I have a really strong bond with my pet dog.	1
underachieving	adj	ˌʌndəreɪˈtʃiːvɪŋ	not doing as well at school or at work as they could do if they worked harder	Any underachieving police officers will have to take further training.	1
lump together	idm	lʌmp tə geðə	to put two or more different people or things together and consider them as a single group, sometimes wrongly	You can't just lump us all together -- we're individuals with different needs.	1
group dynamic	n	gruːp daɪˈnæmɪk	the way in which people in a group behave, react, and affect each other	There is a very tense group dynamic in this classroom.	1
misbehave	v	ˌmɪsbɪˈheɪv	to behave badly, and cause trouble or annoy people	George has been misbehaving at school.	1
despise	v	dɪˈspaɪz	to dislike and have a low opinion of someone or something	She despised her neighbours.	1
lurk	v	lɜːk	to wait somewhere quietly and secretly, usually because you are going to do something wrong	She didn't see the figure lurking behind the bushes.	1
aspect	n	ˈæspekt	one part of a situation, idea, plan etc that has many parts	Dealing with people is the most important aspect of my work.	1
awkward	adj	ˈɔːkwəd	making you feel embarrassed so that you are not sure what to do or say	I hoped he would stop asking awkward questions.	1
catch unawares	v phr	kætʃ ˌʌnəˈweəz	if something catches you unawares, it happens when you are not expecting it and are not prepared	Tom caught me totally unawares when he asked me out on a date.	1
cotton on	phr v	ˈkɒtn ɒn	to begin to understand something	It took me a while to cotton on.	1
turn down	phr v	tɜːn daʊn	refuse	Thank you, I never turn down the offer of a cup of tea.	1
obsessive	adj	əbˈsesɪv	thinking or worrying about something all the time, so that you do not think about other things enough – used to show disapproval	Please stop being so obsessive about your food -- just eat it!	1
implication	n	ˌɪmpleɪˈkeɪʃən, ɪmplɪˈkeɪʃən	a possible future effect or result of an action, event, decision etc	What are the implications of these proposals?	1
wear off	phr v	weə ɒf	if pain or the effect of something wears off, it gradually stops	The effects of the anaesthetic were starting to wear off.	1
turn out (to be)	phr v	tɜːn aʊt (tə bi)	to happen in a particular way, or to have a particular result, especially one that you did not expect	I can't believe it -- it turns out Sophia knew about the surprise party all along!	1
put one's foot down	idm	pʊt wʌnz fʊt daʊn	to say very firmly that someone must do something or must stop doing something	I must put my foot down -- the dog is not sleeping in my bed.	1

Word	Part of speech	Pron	Definition	Example	Unit
dawn on	phr v	dɔ:n ɒn	if a fact dawns on you, you realize it for the first time	It dawned on me that I have a better relationship with my grandparents than with my parents.	1
simplistic	adj	sɪm'plɪstɪk	treating difficult subjects in a way that is too simple	This is a very simplistic approach to the problem.	1
tendency	n	'tendənsi	if someone or something has a tendency to do or become a particular thing, they are likely to do or become it	Greg's tendency to be critical made him unpopular with his co-workers.	1
subtlety	n	'sʌltli	the quality that something has when it has been done in a clever or skilful way, with careful attention to small details	The play lacks subtlety.	1
impact	n	'ɪmpækt	the effect or influence that an event, situation etc has on someone or something	We need to assess the impact on climate change.	1
be glued to	v	bi glu:d tə	to look at something with all your attention	During the Olympics, I was glued to the television.	1
split up with	phr v	splɪt ʌp wɪð	if people split up, they end a marriage or relationship with each other	Danny and Kate had a massive argument and split up.	1
can't help oneself	idm	kɑ:nt help wʌn'self	used to say that someone is unable to change their behaviour or feelings, or to prevent themselves from doing something	When I see chocolate, I can't help myself and just have to eat it.	1
take in one's stride	idm	teɪk ɪn wʌnz straɪd	to not allow something to annoy, embarrass, or upset you:	Lilian took the criticism in her stride and said she would try harder next time.	1
go over old ground	idm	gəʊ 'əʊvə əʊld graʊnd	talk about the same things	We've had this same argument a thousand times -- do we really have to go over the same old ground?	1
liable	adj	'laɪəbəl	likely to do or say something or to behave in a particular way, especially because of a fault or natural tendency	The car is liable to overheat on long trips.	1
sneak	v	sni:k	to quickly and secretly steal something unimportant or of little value	I managed to sneak another slice of cake when no one was looking.	1
flatter	v	'flætə	to praise someone in order to please them or get something from them, even though you do not mean it	Perry would always flatter Mrs. Mitchell by praising her cooking.	1
astounded	adj	ə'staʊndəd, ə'staʊndɪd	very surprised or shocked	She was astounded by his arrogance.	1
accountable	adj	ə'kaʊntəbəl	responsible for the effects of your actions and willing to explain or be criticized for them	The government should be accountable to all the people of the country.	1

Word	Part of speech	Pron	Definition	Example	Unit
be woven into	v	bi 'wəʊvən 'ɪntə	past participle of <i>weave</i> ; to put many different ideas, subjects, stories etc together and connect them smoothly	Summers at the beach are woven into my childhood memories.	1
a fair bit of	phr	eɪ feə bɪt əv	a reasonable amount	My brother plays a fair bit of sport but I prefer listening to music.	1
constructive	adj	kən 'strʌktɪv	useful and helpful, or likely to produce good results	The meeting was very constructive.	1
impose limitations	v phr	ɪm 'pəʊz 'lɪmɪ 'teɪʃənz	force to accept rules	You're 18 now so I can't impose limitations on you anymore.	1
peer	n	piə	your peers are the people who are the same age as you, or who have the same type of job, social class etc	American children did less well in maths than their peers in Japan.	1
so much the better	idm	səʊ mʌtʃ ðə 'betə	used to say that something would be even better or bring even more advantages	If they can do them both at the same time, then so much the better.	1
radical	adj	'rædɪkəl	a radical change or difference is very big and important	They are proposing radical changes to the way the company is run.	1
rave notice	n phr	reɪv 'nəʊtɪs	strong praise for a new play, book etc	The local ballet company received rave notices for its production of Swan Lake.	1
reluctant	adj	rɪ 'lʌktənt	slow and unwilling	She gave a reluctant smile.	1
intend	v	ɪn 'tend	to have something in your mind as a plan or purpose	I intend to spend the night there.	1
rigorous	adj	'rɪgərəs	careful, thorough, and exact	a rigorous analysis of defence needs	1
soft option	n phr	sɒft 'ɒpʃən	easy choice	Leaving school at 16 isn't necessarily the soft option, because you'll have to find a job.	1
fire with	v phr	faɪə wɪð	made to feel interested in something and excited about it	After I read Dan Brown's book, I was fired with determination to write a best-seller.	1
come to terms with	idm	kʌm tə tɜ:mz wɪð	to accept an unpleasant or sad situation and no longer feel upset or angry about it	I still haven't come to terms with my best friend going out with my ex-boyfriend.	1
demanding	adj	dɪ 'mɑ:ndɪŋ	needing a lot of ability, effort, or skill	The course was so demanding that I almost gave up.	1
transferable	adj	trænts 'fɜ:rəbəl	the quality of being able to move from one place, school, job etc to another	I may only have a Saturday job in a café, but I'm learning transferable skills.	1
brief	n	bri:f	official instructions that explain what someone's job is, what their duties are etc	The architect's brief is to design an extension that is modern but blends with the rest of the building.	3
chunk	n	tʃʌŋk	a large thick piece of something that does not have an even shape	I break my revision down into small chunks; it helps me remember things.	3

Word	Part of speech	Pron	Definition	Example	Unit
marble	n	'mɑ:bəl	a type of hard rock that becomes smooth when it is polished, and is used for making buildings, statues etc	The columns were of white marble.	3
protagonist	n	prəʊ'tægənəst, prəʊ'tægənɪst	the most important character in a play, film, or story	The protagonist of the story is an escaped prisoner.	3
squeaky	adj	'skwi:ki	making very high noises that are not loud	The brakes on your bike are very squeaky -- can't you oil them?	3
subliminal	adj	sʌb'ɪmənəl, sʌb'ɪmɪnəl	affecting your mind in a way that you are not conscious of	When I listen to my favourite band, I sometimes think they are sending me subliminal messages through their music.	3
surface	n	'sɜ:fəs, 'sɜ:fɪs	the top layer of an area of water or land	Dead leaves floated on the surface of the water.	3
swagger	v		to walk proudly, swinging your shoulders in a way that shows you are very confident - used to show disapproval	He swaggered over towards me.	3
clumsy	adj	'swægə 'klʌmzi	moving or doing things in a careless way, especially so that you drop things, knock into things etc	A clumsy waiter spilled wine all over her new skirt.	3
slap	v	slæp	to hit someone with the flat part of your hand	Sarah slapped Aaron across the face.	3
flap	v	flæp	if a bird flaps its wings, it moves them up and down in order to fly	The flags were flapping in the breeze.	3
swishing	v	'swɪʃɪŋ	to move or make something move quickly through the air with a quiet sound	She looked really beautiful as she came swishing down the stairs in her ballgown.	3
tarmac	n	'tɑ:mæk	a mixture of tar and very small stones, used for making the surface of roads	Journalists waited on the tarmac to question him.	3
tiptoe	v	'tɪptəʊ	to walk quietly and carefully on your toes, so that nobody hears you	His mother tiptoed into the room.	3
chunk	n	tʃʌŋk	a large thick piece of something that does not have an even shape	ice chunks	3
continuity	n	,kɒntə'nju:əti, ,kɒntɪ'nju:əti	the state of continuing for a period of time, without problems, interruptions, or changes	We should ensure continuity of care between hospital and home.	3
tinny	adj	'tɪni	a tinny sound is high, weak, and unpleasant, and sounds like it is coming out of something made of metal	tinny music	3
culminate	v	'kʌlɪmənɪt, 'kʌlɪmɪnɪt	if a process culminates in or with a particular event, it ends with that event	A series of events for teachers and students will culminate in a Shakespeare festival next year.	3
gravel	n	'grævəl	small stones, used to make a surface for paths, roads etc	a gravel path	3

Word	Part of speech	Pron	Definition	Example	Unit
enhance	v	ɪnˈhɑːns	to improve something	Good lighting will enhance any room.	3
flap	v	flæp	if a bird flaps its wings, it moves them up and down in order to fly	The flags were flapping in the breeze.	3
prevalent	adj	ˈprevələnt	common at a particular time, in a particular place, or among a particular group of people	Solvent abuse is especially prevalent among younger teenagers.	3
rectify	v	ˈrektɪfaɪ, ˈrektɪfai	to correct something that is wrong	I did my best to rectify the situation, but the damage was already done.	3
insert	v	ɪnˈsɜːt	to put something inside or into something else	His hand shook slightly as he inserted the key into the lock.	3
resemble	v	rɪˈzembəl	to look like or be similar to someone or something	It's amazing how closely Brian and Steve resemble each other.	3
guarantee	v	ˌɡæərənˈtiː	to promise to do something or to promise that something will happen	I guarantee you'll love this film.	3
convey	v	kənˈveɪ	to communicate or express something, with or without using words	All this information can be conveyed in a simple diagram.	3
cover up	phr v	ˈkʌvə ʌp	an attempt to prevent the public from discovering the truth about something	The doctor tried to cover up his mistake, but he was found out eventually.	3
move on	phr v	mʊːv ɒn	to change, progress, improve, or become more modern as time passes	The mobile phone has moved on enormously since the 1990s.	3
root around in	phr v	ruːt əˈraʊnd ɪn	to search for something by moving things around	You have a look in the cupboard while I root around in this drawer.	3
set up	phr v	set ʌp	establish	The play was set up as a love story right from the very first scene.	3
pick out	phr v	pɪk aʊt	choose one from many	Can you pick out your favourite dress?	3
pull up	phr v	pʊl ʌp	to stop the vehicle that you are driving	He pulled up in front of the gates.	3
scrape	v	skreɪp	to remove something from a surface using the edge of a knife, a stick etc	Scrape the carrots and slice them thinly.	3
rustle	v	ˈrʌsəl	if leaves, papers, clothes etc rustle, or if you rustle them, they make a noise as they rub against each other	She moved nearer, her long silk skirt rustling around her.	3
crunch	v	krʌntʃ	to make a sound like something being crushed	Their boots crunched loudly on the frozen snow.	3
slam	v	slæm	if a door, gate etc slams, or if someone slams it, it shuts with a loud noise	We heard a car door slam.	3
scrape through	phr v	skreɪp θruː	to only just succeed in passing an examination or dealing with a difficult situation	Even though she had missed lots of classes, Helena managed to scrape through the exam and got an 'E'.	3
rustle up	phr v	ˈrʌsəl ʌp	to make a meal quickly	If you're hungry, I can quickly rustle up a sandwich.	3

Word	Part of speech	Pron	Definition	Example	Unit
when it comes to the crunch	idm	wen ɪt kʌmz tə ðə krʌntʃ	when you reach an important time, especially one when a difficult decision has to be made	When it came to the crunch, Francis admitted he had never loved Sarah.	3
get into a flap	idm	get 'ɪntə eɪ flæp	become very excited or worried about something	We're only going to be two minutes late so don't get into a flap.	3
ram opinions down one's throat	idm	ræm ə 'pɪnjənz daʊn wʌnz θrəʊt	to try to make someone accept an idea or opinion by repeating it many times, especially when they are not interested	I'll never agree with you so there's no point ramming your opinions down my throat.	3
rooted to the spot	idm	'ru:t ɪd tə ðə spɒt	so shocked, surprised, or frightened that you cannot move	The first time I saw Janet I was rooted to the spot; I knew I was going to marry her.	3
limitless	adj	'lɪmətləs, 'lɪmɪtləs	without a limit or end	limitless possibilities	3
in terms of	phr	ɪn tɜ:mz əv	if you explain or describe something in terms of a particular fact or event, you are explaining or describing it only in relation to that fact or event	In terms of music, I like pop best.	3
come up with	phr v	kʌm ʌp wɪð	to think of an idea, answer etc	My dad came up with a great idea for a holiday.	3
dominate	n	'dɒmənɪt, 'dɒmɪnɪt	to control someone or something or to have more importance than other people or things	The industry is dominated by five multinational companies.	3
curl up	phr v	kɜ:l ʌp	to move so that you are lying or sitting with your arms and legs bent close to your body	I just wanted to curl up and go to sleep.	3
put off from	phr v	pʊt ɒf frəm	to make you dislike something or not want to do something	My friend had a bad skiing accident, which put me off from doing the sport.	3
innovative	adj	'ɪnəvətɪv	an innovative idea or way of doing something is new, different, and better than those that existed before	an innovative approach to language teaching	3
intimidating	adj	ɪ 'ɪmɪdeɪtɪŋ, ɪ 'ɪmɪdɪtɪŋ	making you feel worried and not confident	Some people find interview situations very intimidating.	3
fussy	adj	'fʌsi	fussy clothes, objects, buildings etc are very detailed and decorated - used to show disapproval	I prefer plain designs to something fussy.	3
get a buzz	idm	get eɪ bʌz	have a strong feeling of excitement, pleasure, or success, or a similar feeling from drinking alcohol or taking drug	I really got a buzz from seeing my first book in print.	3
get off to a good start	phr v	get ɒf tə eɪ gʊd stɑ:t	begin well	I didn't get off to a good start when I left my mobile phone on the bus.	3
in common	phr	ɪn 'kɒmən	have the same interests, attitudes etc as someone else	My grandma and me have so much in common, she's my favourite relative!	3

Word	Part of speech	Pron	Definition	Example	Unit
initially	adv	ɪ ˈnɪʃəli	at the beginning	Stan initially wanted to go to medical school.	3
in the same boat	idm	ɪn ðə seɪm bəʊt	to be in the same unpleasant situation as someone else	All first-years at university are in the same boat -- no one knows anyone.	3
curl up	phr v	kɜːl ʌp	to move so that you are lying or sitting with your arms and legs bent close to your body	I just wanted to curl up and go to sleep.	3
issue	n	ˈɪʃuː, ˈɪsjuː	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	Abortion is a highly controversial issue.	3
underestimate	v	ˌʌndər ˈestəmeɪt, ˌʌndər ˈestɪmeɪt	to think or guess that something is smaller, cheaper, easier etc than it really is	We underestimated how long it would take to get there.	3
introverted	adj	ˈɪntroʊvɜːtəd, ˈɪntroʊvɜːtɪd	someone who is introverted is quiet and shy and does not enjoy being with other people	My sister is introverted, but I love going out and meeting new people.	3
crucial factor	n phr	ˈkruːʃəl ˈfæktə	the extremely important part that everything else depends on	When making a film, the crucial factor is the storyline.	3
cultivate	v	ˈkʌltəveɪt, ˈkʌltɪveɪt	to make an effort to develop a friendly relationship with someone, especially someone who can help you	If you cultivate good relationships at work, it can help you in the future.	3
accommodating	adj	ə ˈkɒmədeɪtɪŋ	helpful and willing to do what someone else wants	an accommodating child	3
eccentric	adj	ɪk ˈsentrɪk	behaving in a way that is unusual and different from most people	His eccentric behaviour lost him his job.	3
caption	v	ˈkæpʃən	words printed above or below a picture in a book or newspaper or on a television screen to explain what the picture is showing	a photograph of the couple captioned 'rebuilding their romance'	3
drive to distraction	idm	draɪv tə dɪ ˈstræktʃən	to continue annoying or upsetting someone very much	I used to dance non-stop when I was a teenager; it drove my parents to distraction.	3
clutter	n	ˈklʌtə	a large number of things that are scattered somewhere in an untidy way	the clutter of soaps, shampoos, and towels in the bathroom	3
cuddle up	phr v	ˈkʌdl ʌp	to lie or sit very close to someone or something	The children cuddled up to each other for warmth.	3
exasperate	v	ɪg ˈzɑːspəreɪt	to make someone very annoyed by continuing to do something that upsets them	It exasperates me to hear comments like that.	3

Word	Part of speech	Pron	Definition	Example	Unit
hoard	v	hɔ:d	to collect and save large amounts of food, money etc, especially when it is not necessary to do so	families who hoarded food during the strike	3
inventory	n	'ɪnvəntri	a list of all the things in a place	We made an inventory of everything in the apartment.	3
weird	adj	wɪəd	very strange and unusual, and difficult to understand or explain	A really weird thing happened last night.	3
giggle	v	'gɪɡəl	to laugh quickly, quietly, and in a high voice, because something is funny or because you are nervous or embarrassed	If you can't stop giggling you'll have to leave the room.	3
be done for	idm	bi dʌn fə	to be in serious trouble or likely to fail	If we get caught, we're done for.	3
awkward	adj	'ɔ:kwəd	making you feel embarrassed so that you are not sure what to do or say	I hoped he would stop asking awkward questions.	3
loft	n	lɒft	a room or space under the roof of a building, usually used for storing things in	Our neighbours have just done a loft conversion (=changed the loft into bedrooms).	3
merchandise	n	'mɜ:tʃəndaɪz, -daɪs	goods that are being sold	A range of official Disney merchandise was on sale.	3
string of passions	n phrase	striŋ əv 'pæʃənz	a very strong liking for one thing after another	When I was a teenager my string of passions included pop music, bright make-up, tight jeans and horse-riding.	3
cost a fortune	idm	kɒst eɪ 'fɔ:tʃən	cost a very large amount of money	I'm not going to buy those shoes because they cost a fortune.	3
bizarre	adj	bə'zɑ:, bɪ'zɑ:	very unusual or strange	a bizarre coincidence	3
craze	n	kreɪz	a fashion, game, type of music etc that becomes very popular for a short time	She started a craze for this type of jewellery.	3
fulfilling	adj	ful'fɪlɪŋ	making you feel happy and satisfied because you are doing interesting, useful, or important things	Nursing is still one of the most fulfilling careers.	3
uplifting	adj	ʌp'lɪftɪŋ	making you feel happier and more hopeful	an uplifting experience	3
have someone in fits	idm	v 'sʌmwʌn ɪn fɪts	make someone laugh in a way that they cannot control	Alice always has a funny story to tell -- she has me in fits every time I talk to her.	3
inspire	v	ɪn'spaɪə	to encourage someone by making them feel confident and eager to do something	We need someone who can inspire the team.	3
moving	adj	'mu:vɪŋ	making you feel strong emotions, especially sadness or sympathy	Bayman's book about his illness is deeply moving.	3

Word	Part of speech	Pron	Definition	Example	Unit
see someone live	adj	si: 'sʌmwʌn lɪv	see a performance in which the entertainer performs for people who are watching, rather than a film, record etc	I really want to see Lady Gaga live.	3
be blown away by	idm	bi bləʊn ə 'weɪ baɪ	to feel very surprised and excited by something	I wasn't completely blown away by their performance, to be honest with you.	3
pack a lot into	phr v	pæk ɛɪ lɒt 'ɪntə	to do a lot in a limited period of time, or fit a lot of information, ideas etc into a limited space	They really packed a lot into the show; it was full of tricks and special effects.	3
on stage	phr	ɒn steɪdʒ	performing on the raised area in a theatre which actors or singers stand on	Being on stage for three hours every night must be exhausting.	3
put on a show	phr v	pʊt ɒn ɛɪ ʃəʊ	to arrange for a concert, play etc to take place, or to perform in it	The college is planning to put on a show at the end of the year.	3
front row	n phr	frʌnt rəʊ	the first line of seats in a theatre or cinema	We're so excited because we've got tickets in the front row for the gig.	3
take part in	v phr	teɪk pɑ:t ɪn	to be involved in an activity, sport, event etc with other people	Do you want to take part in the show at the end of the year?	3
take off	phr v	teɪk ɒf	to suddenly start being successful	Interest in dance classes has really taken off at our school.	3
soak up	phr v	səʊk ʌp	to enjoy a place by watching it or becoming involved in it	If you ever go to Pompeii, take some time to just soak up the atmosphere.	3
belt out	phr v	belt aʊt	to sing a song or play an instrument loudly	Do you think it gives her a sore throat, belting out those songs every night?	3
take out of yourself	idm	teɪk aʊt əv ʃɔ: 'self	to make someone forget their problems and feel more confident	Whenever I hear this song, it takes me out of myself and I forget all my worries.	3
chill out	phr v	tʃɪl aʊt	to relax completely instead of feeling angry, tired, or nervous	Chill out -- there's no point getting so stressed.	3
bear a resemblance to	idm	beə ɛɪ rɪ 'zembləns tə	look like	This shopping bears no resemblance to what I asked you to buy.	4
loosen up	phr v	'lu:sən ʌp	to stop worrying and become more relaxed, or to make someone do this	She loosened up after she'd had a drink.	4
take great strides towards	idm	teɪk greɪt strɑɪdz tə'wɔ:dz	make an improvement in a situation or in the development of something	Little Jonny has taken great strides towards writing and can now read his name.	4
initiate	v	ɪ 'nɪʃieɪt	to arrange for something important to start, such as an official process or a new plan	They have decided to initiate legal proceedings against the newspaper.	4
invaluable	adj	ɪn'væljuəbəl, -jəbəl	extremely useful	Your advice has been invaluable to us.	4
preliminary	adj	pri'lɪmənəri, pri'lɪmɪnəri	happening before something that is more important, often in order to prepare for it	the preliminary stages of the competition	4

emanate from	v	'eməneɪt frəm	to come from or out of something	An odd smell seems to be emanating from the kitchen.	4
communal	adj	'kɒmjənəl, 'kɒmjʊnəl, kə'mjuːnl	shared by a group of people or animals, especially a group who live together	a communal bathroom	4
nuisance	n	'njuːsəns	a person, thing, or situation that annoys you or causes problems	The dogs next door are a real nuisance.	4
setting	n	'setɪŋ	the place where something is or where something happens, and the general environment	an old farmhouse in a beautiful setting	4
distinctive	adj	dɪ'stɪŋktɪv	having a special quality, character, or appearance that is different and easy to recognize	a rock band with a distinctive sound	4
allot	v	ə'lot	to use a particular amount of time for something, or give a particular share of money, space etc to someone or something	Try and allot two or three hours a day to revision.	4
relegate	v	'releɪdʒɪt, 'relɪdʒɪt	to give someone or something a less important position than before	Women tended to be relegated to typing and filing jobs.	4
ritual	n	'rɪtʃuəl	something that you do regularly and in the same way each time	Every Sunday morning my ritual includes buying a newspaper from the local shop, making coffee and eating a croissant.	4
slump	v	slʌmp	to fall or lean against something because you are not strong enough to stand	She slumped against the wall.	4
wander off	phr v	'wɒndə ɒf	to walk away from where you are supposed to stay	Please keep hold of your little sister's hand so that she doesn't wander off.	4
variation	n	'veəri'eɪʃən	a difference between similar things, or a change from the usual amount or form of something	White bread is really just a variation of French bread.	4
stifle	v	'staɪfəl	to stop a feeling from being expressed	When he fell over, I had to stifle a laugh.	4
twist	n	twɪst	an unexpected feature or change in a situation or series of events	The robbery took a deadly new twist as the robber pulled out a gun.	4
hectic	adj	'hektɪk	very busy or full of activity	I've had a pretty hectic day.	4
confront	v	kən'frʌnt	if a problem, difficulty etc confronts you, it appears and needs to be dealt with	The problems confronting the new government were enormous.	4
conversely	adv	kən'vɜːsli, 'kɒnvɜːsli	used when one situation is the opposite of another	We could go to the beach if it's sunny. Conversely, we could go to the outdoor pool.	4
slumber	n	'slʌmbə	to sleep	The baby closed its eyes and drifted off into a deep slumber.	4
nod off	phr v	nɒd ɒf	to begin to sleep, usually when you do not intend to and are sitting somewhere	I missed the movie because I kept nodding off.	4

Word	Part of speech	Pron	Definition	Example	Unit
twist	n	twɪst	an unexpected feature or change in a situation or series of events	The robbery took a deadly new twist as the robber pulled out a gun.	4
sidelines	pl n	'saɪdlaɪnz	not taking part in an activity even though you want to or should do	Jenny had been waiting on the sidelines for a chance to show she was good enough to be part of the team.	4
wakefulness	n	'weɪk fəlnəs	not sleeping or unable to sleep	The alarm clock rang, launching Brian rudely into a state of wakefulness.	4
recline	v	rɪ'klaɪn	to lie or lean back in a relaxed way	I spent Sunday reclining in a deck chair.	4
springy	adj	'sprɪŋi	something that is springy is soft and comes back to its normal shape after being pressed or walked on	The grass was soft and springy.	4
bedding	n	'bedɪŋ	sheets, covers etc that you put on a bed	It's cold in this bedroom -- do you need any more bedding?	4
equate	v	ɪ'kwet	to consider that two things are similar or connected	Most people equate wealth with success.	4
rouse	v	raʊz	to wake someone who is sleeping deeply	His banging roused the neighbours.	4
rebellion	n	rɪ'beljən	when someone opposes or fights against people in authority or ideas which they do not agree with	If we don't give our staff a pay rise this year, there could be a rebellion.	4
disordered	adj	dɪs'ɔ:dəd	if someone is mentally disordered, their mind is not working in a normal and healthy way	An extreme diet is sometimes the starting point for people who are eating disordered.	4
crucial	adj	'kru:ʃəl	something that is crucial is extremely important, because everything else depends on it	This aid money is crucial to the government's economic policies.	4
preferable	adj	'prefərəbəl	better or more suitable	For this dish, fresh herbs and garlic are preferable.	4
sensory	adj	'sensəri	relating to or using your senses of sight, hearing, smell, taste, or touch	sensory stimuli such as music	4
overload	n	'əʊvələʊd	to put too many things or people on or into something	the modern day information overload	4
doze	v	dəʊz	to sleep lightly for a short time	Granddad was dozing in his chair.	4
kip	v	kɪp	to sleep somewhere, especially somewhere that is not your home	There are rooms for drivers to kip down for the night.	4
nap	v	næp	to sleep for a short time during the day	Napping for 20 minutes in the afternoon can increase your levels of concentration.	4
snooze	v	snu:z	to sleep lightly for a short time	Dad was snoozing in his armchair.	4
crash out	phr v	kræʃ aʊt	to go to bed, or go to sleep very quickly, because you are very tired	The kids are so tired, they crashed out as soon as they got into bed.	4

Word	Part of speech	Pron	Definition	Example	Unit
heated discussion	n phr	'hi:təd dɪ 'skʌʃən	an argument etc that is full of angry and excited feelings	I'm not sure what the problem is but they're having quite a heated discussion.	4
drift off	phr v	drɪft ɒf	to gradually fall asleep	I was just drifting off when the phone rang.	4
drop off	phr v	drɒp ɒf	to begin to sleep	She kept dropping off at her desk.	4
nod off	phr v	nɒd ɒf	to begin to sleep, usually when you do not intend to and are sitting somewhere	I missed the movie because I kept nodding off.	4
make the case for	v phr	meɪk ðə keɪs fə	give a set of reasons why something should happen or be done	I'm going to make the case for introducing exercise classes at work.	4
hang on to	phr v	hæŋ ɒn tə	to keep something	I want to hang onto this coat for sentimental reasons, even though it doesn't fit me.	4
as and when	phr	əz ənd wen	from time to time	I put money into my savings account as and when I can afford it.	4
by and large	phr	baɪ ənd lɑ:dʒ	used when making a general statement	By and large, the new arrangements have worked well.	4
off and on	phr	ɒf ənd ɒn	for short periods but not regularly, over a long period of time	We've been going out together for five years, off and on.	4
part and parcel	phr	pɑ:t ənd 'pɑ:səl	to be a necessary feature of something	Jet lag is part and parcel of international travel.	4
through thick and thin	phr	θru: θɪk ənd θɪn	in spite of any difficulties or problems	Then, families stuck together through thick and thin.	4
touch and go	phr	tʌtʃ ənd gəʊ	uncertain	It was touch and go for a while, but my dog survived the operation and is much better now.	4
intake	n	'ɪnteɪk	the amount of food, drink etc that you take into your body	Try to reduce your intake of fat.	4
onset	n	'ɒnset	the beginning of something, especially something bad	the onset of winter	4
back-up	n	bæk ʌp	people or things that can be used to provide support and help if they are needed	I can rely on my brother for back-up when I'm arguing with my parents.	4
setback	n	'setbæk	a problem that delays or prevents progress, or makes things worse than they were	The December elections were a major setback for the party.	4
grin and bear it	idm	grɪn ənd beə ɪt	to accept an unpleasant or difficult situation without complaining, usually because you realize there is nothing you can do to make it better	The dinner Joe cooked was awful, but I managed to grin and bear it.	4

Word	Part of speech	Pron	Definition	Example	Unit
baffle	v	'bæfəl	if something baffles you, you cannot understand or explain it at all	The question baffled me completely.	4
show off	phr v	ʃəʊ ɒf	to try to make people admire your abilities, achievements, or possessions – used to show disapproval	He couldn't resist showing off on the tennis court.	4
make a fuss	idm	meɪk eɪ fʌs	to complain or become angry about something, especially when this is not necessary	What are you making a fuss about? It's just some spilt milk.	4
play something down	phr v	pleɪ 'sʌmθɪŋ daʊn	to try to make something seem less important or less likely than it really is	Management has been playing down the possibility of job losses.	4
get on one's nerves	idm	get ɒn wʌnz nɜ:vz	if someone gets on your nerves, they annoy you, especially by doing something all the time	My sister sings the same song all the time and it really gets on my nerves.	4
come out and say	idm	kʌm aʊt ənd seɪ	be honest and explain clearly	I can tell you're upset -- why don't you just come out and say what's wrong?	4
know where you are	idm	nəʊ weə jə ə	know what the person is feeling	I might upset people when I talk so honestly, but at least you know where you are with me.	4
toe the line	idm	təʊ ðə laɪn	to do what other people in a job or organization say you should do, whether you agree with them or not	You toe the line or you don't stay on the team!	4
conventional	adj	kən'venʃənəl	a conventional method, product, practice etc has been used for a long time and is considered the usual type	Internet connections through conventional phone lines are fairly slow.	4
vitality	n	vaɪ 'tæləti, vaɪ 'tælɪti	great energy and eagerness to do things	Despite her eighty years, Elsie was full of vitality.	4
immaculate	adj	ɪ'mækjələt, ɪ'mækjʊlət	very clean and tidy	He wore an immaculate dark blue suit.	4
melting pot	n phr	'meltɪŋ pɒt	a place where people from different races, countries, or social classes come to live together	New York has always been a great melting pot.	4
social norm	n phr	'səʊʃəl nɔ:m	the usual or normal situation, way of doing something in a society	Getting married is less of a social norm than it used to be.	4
apologetic	adj	ə'pɒlə'dʒetɪk	showing or saying that you are sorry that something has happened, especially because you feel guilty or embarrassed about it	The manager was very apologetic about everything.	4
be put out	phr v	bi put aʊt	annoyed and upset	I was really put out when you didn't call me to cancel our date.	4
outfits	pl n	'aʊtfɪts	a set of clothes worn together, especially for a special occasion	The children wear special outfits for the festival.	4

Word	Part of speech	Pron	Definition	Example	Unit
straightforward	adj	ˌstreɪt ˈfɔːwəd	simple and easy to understand	Installing the program is relatively straightforward.	4
tattoo	n	tə ˈtuː, tæ ˈtuː	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.	4
activist	n	ˈæktɪvɪst, ˈæktəvɪst	someone who works hard doing practical things to achieve social or political change	activist groups	4
infrastructure	n	ˈɪnfɹə ˌstrʌktʃə	the basic systems and structures that a country or organization needs in order to work properly, for example roads, railways, banks etc	Some countries lack a suitable economic infrastructure.	4
mobility	n	məʊ ˈbɪləti, məʊ ˈbɪlɪti	the ability to move easily	It's normal to have limited mobility after knee surgery.	4
come up with	phr v	kʌm ʌp wɪð	think of	I'm trying to come up with a way to make my room look better without spending a lot of money.	4
cycle rack	n phr	ˈsaɪkəl ræk	a frame where you can store a bicycle	You can park your bike in the cycle rack outside the station.	4
be dotted around	v phr	bɪ ˈdɒt ɪd ə ˈraʊnd	if an area is dotted with things, there are a lot of them there but they are spread far apart	There are plenty of litter bins dotted around the park.	4
jump on the bandwagon	idm	dʒʌmp ɒn ðə ˈbænd wægən	to start doing or saying something that a lot of people are already doing or saying - used to show disapproval	Shirley got a tattoo first, then Lisa and Cheryl jumped on the bandwagon and got tattoos too.	4
guerrilla	n	gə ˈrɪlə	a member of a small unofficial military group that fights in small groups	American troops found themselves fighting a guerrilla war.	4
slogan	n	ˈsləʊɡən	a short phrase that is easy to remember and is used in advertisements, or by politicians, organizations etc	an advertising slogan	4
discounted	adj	ˈdɪskaʊntɪd			4
chuck	v	tʃʌk	to throw something in a careless or relaxed way	Tania chucked her bag down on the sofa.	4
enforce	v	ɪn ˈfɔːs	to make people obey a rule or law	Governments make laws and the police enforce them.	4
creep around	phr v	kri:p ə ˈraʊnd	to move in a quiet, careful way, especially to avoid attracting attention	There's no point creeping around -- we can all see you!	4
cash in on	phr v	kæʃ ɪn ɒn	to make a profit from a situation in a way that other people think is wrong or unfair	Why don't you cash in on the craze for motorbikes and sell yours for more than you paid for it?	4

Word	Part of speech	Pron	Definition	Example	Unit
stuff	n	stʌf	used when talking about different activities, subjects, or ideas, when you do not say exactly what these are:	I enjoy reading, listening to music, watching TV -- that kind of stuff.	4
aggressive	adj	ə'gresɪv	behaving in an angry threatening way, as if you want to fight or attack someone	Jim's voice became aggressive.	4
homelessness	n	'həʊm ləsnəs	without a home	Even the richest cities in the world have problems with homelessness.	4
be bothered with	v phr	bi 'bɒðəd wɪð	if you are not bothered with something, it is not important to you	I'm not bothered with getting a job because I want to continue studying.	4
empower	v	ɪm'paʊə	to give someone more control over their own life or situation	The Voting Rights Act was needed to empower minority groups.	4
distribute	v	dɪ'strɪbjʊ:t	to share things among a group of people, especially in a planned way	Clothes and blankets have been distributed among the refugees.	4
graffiti	n		rude, humorous, or political writing and pictures on the walls of buildings, trains etc	Some people don't like graffiti but I think it's a form of art.	4
petition	n	græ'fi:ti, grə pə'tɪʃən, pi'tɪʃən	a written request signed by a lot of people, asking someone in authority to do something or change something	a petition against the new road	4
make someone back down	idm	meɪk 'sʌmwʌn bæk daʊn	make someone admit that they are wrong or that they have lost an argument	You can't change my mind; I'm never going to back down.	4
have your say on	idm	v jə seɪ ɒn	have an opportunity to speak and give your opinion	You've talked for 30 minutes, now can I have my say on the issue?	4
traffic congestion	n phr	'træfɪk - dʒestʃən	very heavy traffic and traffic jams	There is a real problem with traffic congestion in the city centre.	4
well-briefed	adj	wel bri:ft	given all the information you need	You will be well briefed before we ask you to start work.	4
credible candidate	n phr	'kredəbəl 'kændɪdət	a candidate that deserves to be trusted/believed	Some people don't think he is a credible candidate because he has served time in prison.	4
utmost importance	n phr	'ʌtməʊst ɪm'pɔ:təns	the greatest possible importance	It is of the utmost importance that I speak to a doctor immediately.	4
debatable	adj	dɪ'beɪtəbəl	things that are debatable are not certain because people have different opinions about them	a debatable point	4
(idea) take off	phr v	(aɪ dɪə) teɪk ɒf	to suddenly start being successful	The idea really took off when people saw how much money they could save.	4
far afield	adj phr	fɑ: ə'fi:ld	far away, especially from home	She has fans from as far afield as Chile and Japan.	4

Word	Part of speech	Pron	Definition	Example	Unit
catch on	phr v	kætʃ ɒn	to become popular and fashionable	The idea of glasses being a fashion item has been slow to catch on.	4
onlooker	n	'ɒn lʊkə	someone who watches something happening without being involved in it	A crowd of onlookers had gathered at the scene of the accident.	5
recipient	n	rɪ 'sɪpiənt	someone who receives something	the recipient of the Nobel Peace Prize	5
derivative	n	dɪ 'rɪvətɪv	something that has developed or been produced from something else	Heroin is a derivative of morphine.	5
source	n	sɔ:s	a thing, place, activity etc that you get something from	They get their money from various sources.	5
equate	v	ɪ 'kwert	to consider that two things are similar or connected	Most people equate wealth with success.	5
equivalent	n	ɪ 'kwɪvələnt	something that has the same value, purpose, job etc as something else	The word has no equivalent in English.	5
hog	v	hɒg	to keep, use, or have all of something that should be shared	How much longer are you going to hog the bathroom?	5
impact	n	'ɪmpækt	the effect or influence that an event, situation etc has on someone or something	We need to assess the impact on climate change.	5
alleviate	v	ə 'li:vieɪt	to make something less painful or difficult to deal with	a new medicine to alleviate the symptoms of flu	5
dual	adj	'dju:əl	having two of something or two parts	The bridge has a dual role, carrying both road and rail.	5
offspring	n	'ɒf sprɪŋ	someone's child or children – often used humorously	a young mother trying to control her offspring	5
spirited	adj	'spɪrətəd, 'spɪrɪtəd	having energy and determination – used to show approval	a spirited and energetic girl	5
surplus to requirements	adj phr	'sɜ:ples tə rɪ 'kwɑɪəmənts	an amount of something that is more than what is needed	This paper is surplus to requirements so I'm going to recycle it.	5
dispose	v	dɪ spəʊz	to get rid of something, especially something that is difficult to get rid of	I dispose of all my glass at a recycling bank.	5
landfill	n	'lændfɪl	the practice of burying waste under the ground, or the waste buried in this way	There is no room left in my town for landfill.	5
instil	v	ɪn 'stɪl	to teach someone to think, behave, or feel in a particular way over a period of time	A manager's job is to instil determination into his players.	5
dispute	v	dɪ 'spju:t	to say that something such as a fact or idea is not correct or true	The main facts of the book have never been disputed.	5
opportunistic	adj	ˌɒpətju: 'nɪstrɪk	someone who uses every opportunity to gain power, money, or unfair advantages – used to show disapproval	opportunistic thefts from cars	5

Word	Part of speech	Pron	Definition	Example	Unit
predator	n	'predətə	an animal that kills and eats other animals	The shark is the most powerful predator in the sea.	5
detrimental	adj	detrə'mentl, detri'mentl	causing harm or damage	Smoking is detrimental to your health.	5
mammal	n	'mæməl	a type of animal that drinks milk from its mother's body when it is young. Humans, dogs, and whales are mammals.	Humans are mammals, just like chimpanzees and dogs.	5
contemplate	v	'kɒntəmpleɪt	to think about something that you might do in the future	He had even contemplated suicide.	5
neuter	v	'nju:tə	to remove part of the sex organs of an animal so that it cannot produce babies	a neutered tomcat	5
dusk	n	dʌsk	the time before it gets dark when the sky is becoming less bright	The street lights go on at dusk.	5
advocate	v	'ædvəkeɪt	to publicly support a particular way of doing something	Extremists were openly advocating violence.	5
finite	adj	'faɪnaɪt	having an end or a limit	the Earth's finite resources	5
feline	adj	'fi:lɪn	relating to cats or other members of the cat family, such as lions	She moves with feline grace.	5
premium	adj	'pri:miəm	of very high quality	I only buy premium cheese, I don't like the taste of the cheap products.	5
sinner	n	'sɪnə	someone who has sinned by not obeying God's laws	When I asked for a plastic bag she looked at me as though I were a sinner.	5
excess	adj	'ekses	additional and not needed because there is already enough of something	Cut any excess fat from the meat.	5
spark off	phr v	spa:k ɒf	to be the cause of something, especially trouble or violence	The hot weather sparked off some dramatic thunderstorms.	5
thin on the ground	idm	θɪn ɒn ðə graʊnd	if a particular type of person or thing is thin on the ground, there are very few available	Supporters of the politician are thin on the ground -- no more than a handful.	5
emit	v	i'mɪt	to send out gas, heat, light, sound etc	The kettle emitted a shrill whistle.	5
give rise to	v phr	gɪv raɪz tə	to be the reason why something happens, especially something bad or unpleasant	The flooding gave rise to a lot of damage in homes.	5
wipe out	phr v	waɪp aʊt	to destroy, remove, or get rid of something completely	Whole villages were wiped out by the floods.	5
spray	v	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.	5
build-up	n	bɪld ʌp	an increase over a period of time	a heavy build-up of traffic on the motorway	5

Word	Part of speech	Pron	Definition	Example	Unit
ozone layer	n phr	'əʊzəʊn 'leɪə	a layer of gases in the sky that prevents harmful radiation from the sun from reaching the Earth	the hole in the ozone layer	5
famine	n	'fæməŋ, 'fæmɪn	a situation in which a large number of people have little or no food for a long time and many people die	the great potato famine in Ireland	5
genetically-modified	v	dʒə 'netʃkli 'mɒdɪfaɪd	genetically-modified foods and plants have had their GENETIC (=the materials that control the development of particular qualities) structure changed so that they are not affected by certain diseases or harmful insects	Consumers are turning their backs on genetically-modified ingredients, and demanding organic products.	5
imminent	adj	'ɪmənənt, 'ɪmɪnənt	an event that is imminent, especially an unpleasant one, will happen very soon	He was in imminent danger of dying.	5
oblivious	adj	ə 'blɪvɪəs	not knowing about or not noticing something that is happening around you	He seemed oblivious to the fact that he had hurt her.	5
implication	n	'ɪmplə 'keɪʃən, 'ɪmplɪ 'keɪʃən	a possible future effect or result of an action, event, decision etc	What are the implications of these proposals?	5
pollinate	v	'pɒləneɪt, 'pɒlɪneɪt	to give a flower or plant pollen so that it can produce seeds	flowers pollinated by bees	5
crucial	adj	'kru:ʃəl	something that is crucial is extremely important, because everything else depends on it	This aid money is crucial to the government's economic policies.	5
inevitable	adj	ɪ 'nevətəbəl, ɪ 'nevɪtəbəl	certain to happen and impossible to avoid	A further escalation of the crisis now seems inevitable.	5
knock-on effect	n phr	'nɒk 'ɒn ɪ 'fekt	to start a process in which everything that happens causes something else to happen	We have had no rain for six months and the knock-on effect is that many plants have died.	5
availability	n	ə 'veɪlə 'bɪləti, ə 'veɪlə 'bɪlɪti	something that is available is able to be used or can easily be bought or found	the availability of affordable housing	5
be right up there with	idm	bi raɪt ʌp ðeə wið	is amongst the best/most important	My wedding day is right up there as one of the happiest moments of my life.	5
scenario	n	sə 'nɑ:riəʊ, sɪ 'nɑ:riəʊ	a situation that could possibly happen	Imagine a scenario where only 20% of people have a job.	5
deteriorate	v	dɪ 'tɪəriəreɪt	to become worse	Ethel's health has deteriorated.	5
corresponding	adj	'kɒrə spɒndɪŋ, 'kɒrɪ spɒndɪŋ	caused by or connected with something you have already mentioned	The war and the corresponding fall in trade have had a devastating effect on the country.	5

Word	Part of speech	Pron	Definition	Example	Unit
repetitive	adj	rɪˈpetətɪv, rɪˈpetɪtɪv	done many times in the same way, and boring	repetitive tasks like washing and ironing	5
diversity	n	dɑːˈvɜːsəti, dɑːˈvɜːsɪti, dɜː- biˈprəʊn tə	the fact of including many different types of people or things	The curriculum will take account of the ethnic diversity of the population.	5
be prone to	v phr		likely to do something or suffer from something, especially something bad or harmful	We live near a river and our house is prone to flooding.	5
immune system	n phr	ɪˈmjuːnˈsɪstəm	the system by which your body protects itself against disease	My immune system is not as strong as it ought to be.	5
thrive	v	θraɪv	to become very successful or very strong and healthy	plants that thrive in tropical rain forests	5
infect	v	ɪnˈfekt	to give someone a disease	People with the virus may feel perfectly well, but they can still infect others.	5
pesticide	n	ˈpestəsɑːd, ˈpestɪsɑːd	a chemical substance used to kill insects and small animals that destroy crops	Pesticides are useful for farmers because they increase the size of the harvest.	5
wipe out	v	wɑɪp aʊt	to destroy, remove, or get rid of something completely	Whole villages were wiped out by the floods.	5
disoriented	adj	dɪsˈɔːrɪəntəd, dɪsˈɔːrɪəntɪd	confused and not understanding what is happening around you	When he emerged into the street, he was completely disoriented.	5
habitat	n	ˈhæbətæt, ˈhæbɪtæt	the natural home of a plant or animal	watching monkeys in their natural habitat	5
further afield	adj	ˈfɜːðə əˈfiːld	further away	If you want something unusual, you should look further afield rather than in just the local shops.	5
phenomenon	n	fɪˈnɒmənən, fɪˈnɒmɪnən	something that happens or exists in society, science, or nature, especially something that is studied because it is difficult to understand	the growing phenomenon of telecommuting	5
pest	n	pest	a small animal or insect that destroys crops or food supplies	a chemical used in pest control	5
virtually	adv	ˈvɜːtʃuəli	almost	Virtually all the children come to school by bus.	5
bitterly	adv	ˈbɪtəli	in a way that produces or shows feelings of great sadness or anger	He complained bitterly about his exam grades.	5
unspoilt	adj	ˌʌnˈspɔɪlɪt	an unspoilt place is beautiful because it has not changed for a long time and does not have a lot of new buildings	This stretch of coastline is really natural and unspoilt.	5
dependent	adj	dɪˈpendənt	needing someone or something in order to exist, be successful, be healthy etc	Norway's economy is heavily dependent on natural resources.	5

Word	Part of speech	Pron	Definition	Example	Unit
beneficial	adj	,benə'fɪjəl, ,benɪ'fɪjəl	having a good effect	a drug that has a beneficial effect on the immune system	5
hacker	n	'hækə	someone who secretly uses or changes the information in other people's computer systems	A hacker had managed to get into the system.	5
breed	n	'bri:d	a type of animal that is kept as a pet or on a farm	Spaniels are my favourite breed of dog.	5
threat	n	θret	someone or something that is regarded as a possible danger	The team we're playing this weekend is a bit of a threat, but I'm sure we can beat them.	5
acknowledge	v	ək'nɒlɪdʒ	to admit or accept that something is true or that a situation exists	The family acknowledge the need for change.	5
bound to be	adj	baʊnd tə bi	to be very likely to do or feel a particular thing	You're bound to feel a bit lonely when your sister goes to university.	5
in perspective	adj phr	ɪn pə'spektɪv	judge the importance of something correctly	You might not have got an A grade, but you need to get things into perspective -- you can still go to university.	5
privacy	n	'prɪvəsi, 'praɪ-	the state of being able to be alone, and not seen or heard by other people	With seven people squashed in one house, you don't get much privacy.	5
scandalous	adj	'skændələs	completely unfair and wrong	a scandalous waste of public money	5
ferret through	phr v	'ferət θru:	to search for something that is lost or hidden among a lot of things or inside a drawer, box etc	I can't find the invitation; could you ferret through that pile of paper while I look upstairs?	5
discard	v	dɪs'kɑ:d	to get rid of something	Discard any old cleaning materials.	5
scary	adj	'skeəri	frightening	a scary moment	5
hush something up	phr v	hʌʃ 'sʌmθɪŋ ʌp	to prevent people from knowing about something dishonest or immoral	The whole affair was hushed up by the government.	5
unsettle	v	ʌn'setl	to make someone feel slightly nervous, worried, or upset	The sudden changes unsettled Judy.	5
hardened	adj	'hɑ:dnd	a criminal, police officer etc who has had a lot of experience of things that are shocking and is therefore less affected by them	Dan is a hardened smoker -- I think he'll find it very difficult to give up now.	5
fall for	v phr	fɔ:l fə	to be tricked into believing something that is not true	The criminal tricked me out of my money -- I can't believe I fell for it!	5
stalk	v	stɔ:k	to follow a person or animal quietly in order to catch and attack or kill them	a tiger stalking its prey	5

Word	Part of speech	Pron	Definition	Example	Unit
hold hostage	v phr	həʊld 'hɒstɪdʒ	keep someone as a prisoner so that the other side will do what the enemy demands	The workers were kidnapped and held hostage in a secret location for 10 days.	5
unforgivable	adj	ˌʌnfə'gɪvəbəl	an unforgivable action is so bad or cruel that you cannot forgive the person who did it	I really find it unforgiveable that my best friend stole my boyfriend.	5
one step ahead	idm	wʌn step ə'hed	already doing what needs to be done	You've already made cakes for the party? You're always one step ahead!	5
outsmart	v	aʊt'smɑ:t	to gain an advantage over someone using tricks or your intelligence	The older kids outsmart the young ones when trading cards.	5
dire	adj	daɪə	extremely serious or terrible	warnings of dire consequences that often don't come true	5
on your guard	adj phr	ɒn jə'gɑ:d	to be paying attention to what is happening in order to avoid danger, being tricked etc	These men are dangerous so you'll need to be on your guard.	5
mugger	n	'mʌgə	someone who attacks people in a public place and robs them	A mugger took my mum's phone from her when she was walking home last night.	5
fire off	phr v	faɪə'ɒf	send quickly and without much thought	I was so angry I fired off an email to my boss. The next day I regretted it.	5
sheer	adj	ʃiə	used to emphasize that something is very heavy, large etc	The sheer size of the country makes communications difficult.	5
instantaneous	adj	ˌɪnstən'teɪniəs	happening immediately	modern methods of instantaneous communication	5
scam	n	skæm	a clever but dishonest way to get money	He got involved in a credit card scam.	5
sharp-witted	adj	ˌʃɑ:p'wɪtəd, ˌʃɑ:p'wɪtɪd	able to think and react very quickly	I've never been sharp-witted, so busy cities with lots of people frighten me a bit.	5
body scan	n phr	'bɒdi skæn	a scan with a special machine that produces a picture of something outside your body, for security purposes	The last time I went through security at an airport, I had to have a body scan.	5
biometric	adj	ˌbaɪəʊ'metrɪk	relating to technology that can be used to measure things such as people's eyes or fingerprints. These measurements can be kept on computer and then used to check someone's identity, for example when they show a passport at an airport	biometric data	5
CCTV camera	n phr	ˌsi:si:ti:'vi:kæməə	security cameras that help police find criminals	I don't mind CCTVs cameras -- the only people who should worry about them are criminals.	5

Word	Part of speech	Pron	Definition	Example	Unit
fencing	n	'fensɪŋ	fences or the pieces of wood, metal etc used to make them	The lord put fencing all around his land to keep trespassers out.	5
phone tap	n phr	fəʊn tæp	an act of secretly listening to someone's telephone, using electronic equipment	Governments sometimes put a phone tap on people who they believe are criminals.	5
swipe card	n phr	swaɪp kɑ:d	a special plastic card that you slide through a machine in order to get into a building or open a door	This swipe card gives me access to my office.	5
intimidating	adj	ɪ 'tɪmɪdeɪtɪŋ, ɪ 'tɪmɪdeɪtɪŋ	making you feel worried and not confident	Some people find interview situations very intimidating.	5
pick up	phr v	pɪk ʌp	to learn something by watching or listening to other people	I find it very difficult to pick up languages, it takes me lots of practice.	5
constant	adj	'kɒnstənt	happening regularly or all the time	There was a constant stream of visitors to the house.	6
state of flux	n phr	steɪt əv flʌks	a situation in which things are changing a lot and you cannot be sure what will happen	Nature is always in a state of flux -- some things growing, some things dying.	6
disuse	n	dɪs 'ju:s	a situation in which something is no longer used	The building eventually fell into disuse.	6
productive	adj	prə'dʌktɪv	producing or achieving a lot	Most of us are more productive in the morning.	6
deserted	adj	dɪ'zɜ:təd, dɪ'zɜ:tɪd	empty and quiet because no people are there	The streets were deserted.	6
practically	adv	'præktɪkli	almost	I've read practically all of his books.	6
literate	adj	'lɪtərət, 'lɪtərɪt	able to read and write	My great-grandmother was the first person in my family to be literate.	6
give the green light	idm	ɡɪv ðə ɡri:n laɪt		The council has given the green light for 20 new homes to be built on the edge of town.	6
virtually	adv	'vɜ:tʃuəli	to allow a project, plan etc to begin almost	Virtually all the children come to school by bus.	6
notably	adv	'nəʊtəbli	used to say that a person or thing is a typical example or the most important example of something	Some early doctors, notably Hippocrates, thought that diet was important.	6
come across as	phr v	kʌm ə'krɒs əz	if someone comes across in a particular way, they seem to have particular qualities	Julian often comes across as bossy, but really he just wants to get the job done well.	6
pretentious	adj	prɪ'tenʃəs	if someone or something is pretentious, they try to seem more important, intelligent, or high class than they really are in order to be impressive	a pretentious film	6

Word	Part of speech	Pron	Definition	Example	Unit
particularly	adv	pə 'tɪkjələli, pə 'tɪkjʊləli	more than usual or more than others	Steve was in a particularly bad mood when he got back.	6
clumsy	adj	'klʌmzi	moving or doing things in a careless way, especially so that you drop things, knock into things etc	A clumsy waiter spilled wine all over her new skirt.	6
wind someone up	phr v	wɪnd 'sʌmwʌn ʌp	to deliberately say or do something that will annoy or worry someone, as a joke	My older brother knows exactly what to say to wind me up.	6
fade away	phr v	feɪd ə 'weɪ	to gradually disappear	My memories of my grandparents have faded away over time.	6
turn back the clock	idm	tɜ:n bæk ðə klɒk	to return to a good situation that you experienced in the past or to make someone remember such a situation	You may be wearing more fashionable clothes, but it's not going to turn back the clock.	6
driving force	n phr	'draɪvɪŋ fɔ:s	someone or something that strongly influences people and makes them do something	Hawks was the driving force behind the project.	6
take short cuts	idm	teɪk ʃɔ:t kʌts	use a quicker way of doing something	You can't take short cuts with this recipe -- it has to cook for a long time.	6
motivator	n	'mɒtɪveɪtə, 'mɒtɪvɪtə	something or someone that makes you want to do or achieve something	Money is a good motivator.	6
vibrant	adj	'vaɪbrənt	full of activity or energy in a way that is exciting and attractive	Hong Kong is a vibrant, fascinating city.	6
obtrusive	adj	əb'tru:sɪv	noticeable in an unpleasant or annoying way	obtrusive TV antennas	6
adapt	v	ə'dæpt	to gradually change your behaviour and attitudes in order to be successful in a new situation	The children are finding it hard to adapt to the new school.	6
revel in	phr v	'revəl ɪn	to enjoy something very much	I revel in the fact that there are so many wonderful theatres near my house.	6
applaud	v	ə'plɔ:d	to express strong approval of an idea, plan etc	I'd like to applaud everyone who has raised money for our charity today.	6
a wealth of	phr	eɪ weɪθ əv	a lot of something useful or good	You'll find a wealth of interesting objects in our museum.	6
get your message over	idm	get jə mesɪdʒ əʊvə	make someone understand what you are saying	I explained it three times to Neil but I'm still not sure I got my message over.	6
get through to	idm	get θru: tə	make yourself understood to someone	I spent a long time telling her my side of the story, but I just couldn't get through to her.	6
bring up (a subject)	phr v	bɪŋ ʌp (eɪ 'sʌbdʒɪkt)	to mention a subject or start to talk about it	She's still upset about the divorce so it's best not to bring up the subject.	6

Word	Part of speech	Pron	Definition	Example	Unit
crop up	phr v	krɒp ʌp	if a problem crops up, it happens or appears suddenly and in an unexpected way	Your name kept cropping up in conversation.	6
talk someone out of	phr v	tɔ:k 'sʌmwʌn aʊt əv	dissuade someone from doing something	Luckily I managed to talk my daughter out of getting a tattoo.	6
talk over	phr v	tɔ:k 'əʊvə	discuss something	If you're worried about the exams, why don't you talk it over with your teacher?	6
on behalf of	phr	ɒn bi 'hɑ:f əv	instead of someone, or as their representative	I speak on behalf of all the teachers when I wish this year's students good luck.	6
needless to say	phr	'ni:dləs tə seɪ	used when you are telling someone something that they probably know or expect	Needless to say, any contributions of money will be gratefully received.	6
on speaking terms with	phr	ɒn 'spi:k ɪŋ tɜ:mz wɪð	have a good relationship with someone	They had an argument in 1992 and have not been on speaking terms since.	6
talk sense into	phr v	tɔ:k sens 'ɪntə	try to make someone behave in a more sensible way	I tried to talk sense into him but he wouldn't listen and bought a motorbike anyway.	6
make small talk	v phr	meɪk smɔ:l tɔ:k	have a polite friendly conversation about unimportant subjects	I'm not very good at making small talk with strangers.	6
go without saying	v phr	gəʊ wɪð 'aʊt 'seɪ-ɪŋ	if something goes without saying, it doesn't need to be mentioned	It goes without saying that I will send Mary a birthday card.	6
get a word in edgeways	v phr	get eɪ wɜ:d ɪn 'edʒweɪz	to get a chance to say something	Sandrine talks nonstop -- you can't get a word in edgeways.	6
miss the point of	v phr	mɪs ðə pɔɪnt əv	not recognise the purpose or aim of something	You've missed the point -- I'm trying to tell you I'm sorry.	6
make head or tail of	idm	meɪk hed ə teɪl əv	to be completely unable to understand something	These instructions are so confusing, I can't make head or tail of them.	6
have a go at someone	idm	v eɪ gəʊ ət 'sʌmwʌn	to criticize someone	Please don't have a go at me -- I was only trying to help.	6
go on about	phr v	gəʊ ɒn ə 'baʊt	talk endlessly, in a boring way	I get so bored when Liam starts going on about his car.	6
drop hints about	v phr	drɒp hɪnts ə 'baʊt	say or do something to suggest something to someone, without telling them directly	I've been dropping hints about getting married for years, but he still hasn't asked me.	6
take the words out of someone's mouth	idm	teɪk ðə wɜ:dz aʊt əv 'sʌmwʌnz maʊθ	say what the other person was thinking or about to say	When Sally suggested going to London for the weekend, she took the words right out of my mouth.	6
a good grounding in	n phr	eɪ gʊd 'graʊndɪŋ ɪn	training in the basic parts of a subject or skill	This class will give you a good grounding in grammar.	6

Word	Part of speech	Pron	Definition	Example	Unit
reassurance	n	,ri:ə ʃʊərəns	something that is said or done which makes someone feel calmer and less worried or frightened about a problem	Parents are looking for reassurance about their children's safety.	6
availability	n	ə veɪlə ˈbɪləti, ə veɪlə ˈbɪlɪti	something that is available is able to be used or can easily be bought or found	the availability of affordable housing	6
inconsiderate	adj	ˌɪnkən ˈsɪdərət, ˌɪnkən ˈsɪdərt	not caring about the feelings, needs, or comfort of other people	inconsiderate motorists	6
a minority of	n phr	eɪ maɪ ˈnɔrəti əv	a small group of people or things within a much larger group	A minority of young people give teenagers a bad reputation.	6
approval	n	ə ˈpru:vəl	when a plan, decision, or person is officially accepted	The president has already given his approval to the plan.	6
a means to an end	phr	eɪ mi:nz tə ən end	something that you do only to achieve a result, not because you want to do it or because it is important	For Geoff, the job was simply a means to an end.	6
actually	adv	ˈæktʃuəli, -tʃəli	used to add new information to what you have just said, to give your opinion, or to start a new conversation	I've known Barbara for years. Since we were babies, actually.	6
open someone's eyes to	idm	ˈəʊpən ˌsʌmwʌnz aɪz tə	make someone realise something	When I fell ill, it opened my eyes to how unhealthy my lifestyle was.	6
stuck in a rut	idm	stʌk ɪn eɪ rʌt	living or working in a situation that never changes, so that you feel bored	I think our relationship ended because we got stuck in a rut.	6
get by on	phr v	get baɪ ɒn	to have enough money to buy the things you need, but no more	When I was a student I got by on £20 a week.	6
incentive	n	ɪn ˈsentɪv	something that encourages you to work harder, start a new activity etc	As an added incentive, there's a bottle of champagne for the best team.	6
tough going	adj phr	tʌf ˈgəʊɪŋ	difficult to do or deal with	Recovering from my skiing accident was tough going.	6
payoff	n	peɪ ɒf	an advantage or profit that you get as a result of doing something	The payoff for spending hours learning the guitar is that I can now play in a band.	6
inadequate	adj	ɪn ˈædəkwət, ɪn ˈædɪkwət	not good enough, big enough, skilled enough etc for a particular purpose	inadequate resources	6
take a year out	phr v	teɪk eɪ jɪə aʊt	to stop doing something for a year	When I lost my job I decided to take a year out to go travelling.	6
from scratch	adj phr	fɹəm skɹætʃ	if you start something from scratch, you begin it without using anything that existed or was prepared before	We had to start again from scratch.	6
end up as	phr v	end ʌp əz	to be in a particular situation, state, or place after a series of events, especially when you did not plan it	Despite studying physics, May ended up as a fashion designer.	6

Word	Part of speech	Pron	Definition	Example	Unit
change tack	idm	tʃeɪndʒ tæk	change the way you deal with a particular situation or a method that you use to achieve something	When she looked confused I changed tack and explained it a different way.	6
have time on your hands	idm	v taɪm ɒn jə hændz	have time to spare	I started to work as a volunteer because I had time on my hands.	6
comfort zone	n phr	'kʌmfət zəʊn	your comfort zone is the range of activities or situations that you feel happy and confident in	Learning to fly a plane really pushed me out of my comfort zone.	6
narrow something down	phr v	'næərəʊ sʌmθɪŋ daʊn	to reduce the number of things included in a range	The police have narrowed down their list of suspects.	6
switch	v	swɪtʃ	to change from doing or using one thing to doing or using another	She worked as a librarian before switching to journalism.	6
conduct research	n phr	kən'dʌkt rɪ'sɜ:tʃ	to carry out a particular activity or process, especially in order to get information or prove facts	Very little research has been conducted into what our dreams mean.	6
intuition	n	ˌɪntʃu'ɪʃən	the ability to understand or know something because of a feeling rather than by considering the facts	feminine intuition	6
a (guitar) freak	n	eɪ (ɡɪ'tɑ:) 'fri:k	someone who is extremely interested in a particular subject so that other people think they are strange or unusual	I've always been a TV freak -- I watch anything!	6
take for granted	v phr	teɪk fə 'ɡrɑ:ntəd	to believe that something is true without making sure	I never realised how much I took my mum's cooking for granted until I moved into my own flat.	6
go along with	phr v	ɡəʊ ə'ləŋ wɪð	agree to do something that someone else wants to do	I wasn't that interested in going to the party, but I went along with it to keep Sarah happy.	6
dawn on someone	phr v	dɔ:n ɒn 'sʌmwʌn	if a feeling or idea dawns, you have it for the first time	It was only when I saw the list of marks that it dawned on me I had come first in the class.	6
detail	v	'di:teɪl	to list things or give all the facts or information about something	The report details the progress we have made over the last year.	6
snap judgement	n phr	snæp 'dʒʌdʒmənt	a judgment or decision made quickly, without careful thought or discussion	I made a snap judgement and close the office.	6
mull over	phr v	mʌl 'əʊvə	to think about a problem, plan etc for a long time before making a decision	We mulled over getting a pet for weeks, and finally decided on a cat.	6
flash onto	v	flæʃ 'ɒntə	to be shown quickly on television, on a computer, or on a film	It makes my head ache when so many different images flash onto the screen.	6
participant	n	pɑ: 'tɪsɪpənt, pɑ: 'tɪsɪpənt	someone who is taking part in an activity or event	an active participant in the negotiations	6

Word	Part of speech	Pron	Definition	Example	Unit
distract	v	dɪ 'strækt	to take someone's attention away from something by making them look at or listen to something else	Try not to distract the other students.	6
unconscious	adj	ʌn 'kɒnʃəs	a feeling or thought that is unconscious is one that you have without realizing it	Even while you're sleeping, your unconscious mind will try to solve your problems.	6
store	v	stɔː	to put things away and keep them until you need them	Squirrels are storing up nuts for the winter.	6
kaleidoscopic	adj	kə laɪdə 'skɒpɪk	kaleidoscopic scenes, colours, or patterns change often and quickly	The flowerbeds are full of kaleidoscopic colour.	6
electrode	n	ɪ 'lektroʊd	a small piece of metal or a wire that is used to send electricity through a system or through a person's body	The monkeys have electrodes implanted into the brain to measure their brain activity.	6
dream up	phrv	dri:m ʌp	to think of a plan or idea, especially an unusual one	I love dreaming up poems and then singing them.	6
eminently	adv	'emɪnəntli	completely and without a doubt – use this to show approval	Woods is eminently suitable for the job.	6
livid	adj	'lɪvəd, 'lɪvɪd	extremely angry	She was absolutely livid that he had lied.	6
burst into tears	idm	bɜːst 'ɪntə tɪəz	start crying suddenly	I was so sad when he told me the news, I burst into tears.	6
in two minds	idm	ɪn tuː maɪndz	unsure about	I'm in two minds about moving to Oxford because I really love living in London.	6
stranded	adj	'strændəd, 'strændɪd	a person or vehicle that is stranded is unable to move from the place where they are	Air travellers were left stranded because of icy conditions.	6
tingle	v	'tɪŋɡəl	if a part of your body tingles, you feel a slight stinging feeling, especially on your skin	My body tingled all over and I had a terrible headache.	6
wind someone up	phr v	wɪnd 'sʌmwʌn ʌp	to deliberately say or do something that will annoy or worry someone, as a joke	Ricky is always late and it really winds me up.	6
wear thin	idm	weə θɪn	if something is wearing thin, you are bored with it because it is not interesting any more, or has become annoying	His embarrassing jokes are starting to wear thin.	6
be down	v phr	bi daʊn	feel depressed	I'd been ill for so long, I felt really down.	6
grouchy	adj	'ɡraʊtʃɪ	in a bad temper, especially because you are tired	Don't be grouchy -- I'm sure your boss didn't mean to upset you.	6
cheer up	phr v	tʃɪə ʌp	to become less sad, or to make someone feel less sad	Cheer up! The worst is over.	6
in high spirits	idm	ɪn haɪ 'spɪrɪts	excited and happy	It was Christmas day and everyone was in high spirits.	6

Word	Part of speech	Pron	Definition	Example	Unit
out of sorts	adj phr	aut əv sɔ:ts	feeling a little ill or upset	I can't say what's wrong exactly, I just feel out of sorts.	6
lose one's cool	idm	lu:z wʌnz ku:l	to stop being calm in an annoying or frightening situation	When Ben said he had ruined my shirt, I lost my cool and shouted at him.	6
fly into a rage	v phr	flaɪ 'ɪntə eɪ reɪdʒ	suddenly become very angry	I got home late last night and dad flew into a rage.	6
do one's head in	idm	du: wʌnz hed ɪn	to make you feel confused and annoyed	Mum is always telling me to tidy up -- it does my head in.	6
on reflection	phr	ɒn rɪ'flekʃən	after careful thought, or an idea or opinion based on this	On reflection, I should probably apologise for the things I said.	6
in the heat of the moment	phr	ɪn ðə hi:t əv ðə 'mɔmənt	when feelings were very strong	I didn't mean it -- I just said those things in the heat of the moment.	6
ratty	adj	'ræti	becoming annoyed quickly or easily	I feel guilty about getting ratty with the children.	6
beside oneself	adj	bɪ saɪd wʌn'self	to be feeling so angry, excited etc that you find it difficult to control yourself	When Emma didn't come home, I was beside myself with worry.	6
make a scene	idm	meɪk eɪ si:n	have a loud angry argument, especially in a public place	Your food was a bit cold, but I don't think it's worth making a scene.	6
pull oneself together	idm	pʊl wʌn'self tə'geðə	to force yourself to stop behaving in a nervous, frightened, or uncontrolled way	You'll have to pull yourself together and stop crying if you're going to drive the car.	6
get to someone	idm	get tə 'sʌmwʌn	to make someone feel annoyed or upset	My brother always seems to be my parents' favourite child and it really gets to me.	6
keep one's head	idm	ki:p wʌnz hed	to remain calm and sensible in a difficult or frightening situation	To win an argument, you need to keep your head and not get emotional.	6
laid-back	adj	ˌleɪd 'bæk	relaxed and seeming not to be worried about anything	I don't know how you can be so laid-back about your exams.	7
uncharacteristically	adv	ʌn kærətə'rɪstɪkli	not typical of someone or something and therefore surprising	He was uncharacteristically quiet.	7
high-pitched	adj	ˌhaɪ 'pɪtʃt	a high-pitched voice or sound is very high	That dog has a really annoying high-pitched bark.	7
be taken aback	idm	bɪ 'teɪkən ə'bæk	to be very surprised about something	Emma was somewhat taken aback by his directness.	7
downside	n	'daʊnsaɪd	the negative part or disadvantage of something	Digital mobile phones offer more security, but the downside is that they have less power.	7
stir up	phr v	stɜ: ʌp	to make someone have a strong feeling or a reaction	That photo stirred up memories of a holiday I took with my parents.	7
implicit	adj	ɪm'plɪsət, ɪm'plɪsɪt	suggested or understood without being stated directly	Her words contained an implicit threat.	7

Word	Part of speech	Pron	Definition	Example	Unit
trigger	v	'trɪɡə	to make something happen very quickly, especially a series of events	The assassination triggered off a wave of rioting.	7
retrieve	v	rɪ 'tri:v	to find something and bring it back	She bent down to retrieve her earring.	7
distinct	adj	dɪ 'stɪŋkt	clearly different or belonging to a different type	two entirely distinct languages	7
explicit	adj	ɪk 'splɪsət, ɪk 'splɪsɪt	expressed in a way that is very clear and direct	The contrast could not have been made more explicit.	7
seemingly	adv	'si:mɪŋli	appearing to have a particular quality, when this may or may not be true	seemingly unrelated bits of information	7
take on (identity)	phr v	teɪk ɒn (aɪ 'dentəti)	to begin to have a particular quality or appearance	When I talked to the actor, I took on the characteristics of a love-sick teenager.	7
identity	n	aɪ 'dentəti, aɪ 'dentɪti	someone's identity is their name or who they are	The identity of the killer is still unknown.	7
attitude	n	'ætətju:d, 'ætrɪju: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.	7
defensive	adj	dɪ 'fensɪv	behaving in a way that shows you think someone is criticizing you even if they are not	There's no need to get so defensive, I was only making a suggestion.	7
defiant	adj	dɪ 'faɪənt	clearly refusing to do what someone tells you to do	Mark smashed a fist on the desk in a defiant gesture.	7
regression	n	rɪ 'ɡrefjən	the act of returning to an earlier condition that is worse or less developed	People sometimes experience regression when they are hypnotised.	7
interaction	n	ˌɪntər 'ækjən	the activity of talking to other people, working together with them etc	I work from home and miss interaction with other people.	7
spark off	phr v	spa:k ɒf	to be the cause of something, especially trouble or violence	One small comment sparked off a huge row between them.	7
subconscious	adj	sʌb 'kɒŋʃəs	subconscious feelings, desires etc are hidden in your mind and affect your behaviour, but you do not know that you have them	Because I got lost when I was very young, I now have a subconscious fear of being left alone.	7
irrelevant	adj	ɪ 'reləvənt, ɪ 'relɪvənt	not useful or not relating to a particular situation, and therefore not important	We're focussing too much on irrelevant details.	7
impact	n	'ɪmpækt	the effect or influence that an event, situation etc has on someone or something	We need to assess the impact on climate change.	7
connection	n	kə 'nekjən	the way in which two facts, ideas, events etc are related to each other, and one is affected or caused by the other	the causal connection between smoking and cancer	7
evaluate	v	ɪ 'vælju:et	to judge how good, useful, or successful something is	You should be able to evaluate your own work.	7

Word	Part of speech	Pron	Definition	Example	Unit
occurrence	n	ə 'kʌrəns	something that happens	Laughter was a rare occurrence in his classroom.	7
differentiate	v	ˌdɪfə'renʃieɪt	to recognize or express the difference between things or people	It's important to differentiate between fact and opinion.	7
act out	phr v	ækt aʊt	to express your feelings about something through your behaviour or actions, especially when you have been feeling angry or nervous	Stop acting out your frustrations from your childhood and just behave like an adult!	7
behavioural	adj	bɪ'heɪvjərəl	the things that a person or animal does	behavioural science	7
outburst	n	'aʊtbɜ:st	a sudden short increase in an activity	There was an outburst of cheering when the band came onto the stage.	7
lapse	n	læps	a short period of time during which you fail to do something well or properly, often caused by not being careful	Despite the occasional lapse, this was a fine performance by the young saxophonist.	7
sensitive	adj	'sensətɪv, 'sensɪtv	able to understand other people's feelings and problems	a sensitive and intelligent young man	7
identify	v	aɪ'dentɪfaɪ, aɪ'dentɪfaɪ	to feel sympathy with someone or be able to share their feelings	I'm so different from my parents, I've never really identified with them.	7
internalise	v	ɪn'tɜ:nəlaɪz	if you internalize a particular belief, attitude, behaviour etc, it becomes part of your character	I don't like talking about emotions -- I tend to internalise them instead.	7
overwhelmed	adj	ˌəʊv ə 'welmd	if work or a problem overwhelms someone, it is too much or too difficult to deal with	I was so overwhelmed with all my homework, I was sure I wouldn't be able to cope.	7
accusation	n	ˌækjə'zeɪʃən, ˌækju'zeɪʃən	a statement saying that someone is guilty of a crime or of doing something wrong	A number of serious accusations have been made against her.	7
harsh	adj	hɑ:ʃ	severe, cruel, or unkind	A prison term of 10 years for stealing some eggs seems a bit harsh.	7
perceive	v	pə'si:v	to understand or think of something or someone in a particular way	Even as a young woman she had been perceived as a future chief executive.	7
severe	adj	sə'viə, sɪ'viə	severe problems, injuries, illnesses etc are very bad or very serious	His injuries were quite severe.	7
depend on	phr v	dɪ'pend ɒn	to need the support, help, or existence of someone or something in order to exist, be healthy, be successful etc	I depended on my mum and dad financially until I was 22.	7
scenario	n	sə'nɑ:riəʊ, sɪ'nɑ:riəʊ	a situation that could possibly happen	Imagine a scenario where only 20% of people have a job.	7
cohesive	adj	kəʊ'hi:si:v	connected or related in a reasonable way to form a whole	a cohesive community	7
limitation	n	ˌlɪmə'teɪʃən, ˌlɪmɪ'teɪʃən	the act or process of controlling or reducing something	Any limitation to the king's power could be permanent.	7

Word	Part of speech	Pron	Definition	Example	Unit
intense	adj	ɪnˈtens	having a very strong effect or felt very strongly	Young people today are under intense pressure to succeed.	7
feel at home	idm	fi:l ət həʊm	to feel comfortable in a place or with a person	I feel really at home at my best friend's house; I am always welcome there.	7
hit home	idm	hɪt həʊm	if a remark, criticism etc about you hits home, you realize that it is true	Graham didn't reply, but she could see her words had hit home.	7
eat out of house and home	idm	i:t aʊt əv haʊs ənd həʊm	to eat a lot of someone's supply of food, so that they have to buy more - used humorously	I have three teenage boys and I have to go shopping four times a week -- they eat me out of house and home.	7
come home to someone	idm	kʌm həʊm tə 'sʌmwʌn	to realise, in a deep or sudden way	As Annabel got onto the train, it came home to me that I might never see her again.	7
feature	v	'fi:tʃə	to include or show something as a special or important part of something, or to be included as an important part	The exhibition features paintings by Picasso.	7
relate to something	v phr	rɪˈleɪt tə 'sʌmθɪŋ	if two things relate, they are connected in some way	That story is related to something I heard on the radio yesterday.	7
fragment	v	frægˈment	to break something, or be broken into a lot of small separate parts – used to show disapproval	the dangers of fragmenting the Health Service	7
workforce	n	'wɜ:kfɔ:s	all the people who work in a particular industry or company, or are available to work in a particular country or area	Women now represent almost 50% of the workforce.	7
belonging	n	bɪˈlɒŋɪŋ	if something belongs somewhere, that is the right place or situation for it	It's important to have a sense of belonging .	7
concept	n	'kɒnsept	an idea of how something is, or how something should be done	the concept of total patient care	7
tough	adj	tʌf	difficult to do or deal with	It was a tough race.	7
unexpected	adj	ˌʌnɪkˈspektəd, ˌʌnɪkˈspektɪd	used to describe something that is surprising because you were not expecting it	The experiment produced some unexpected results.	7
stuff like	n phr	stʌf laɪk	used when talking about different activities, subjects, or ideas, when you do not say exactly what these are	I enjoy skiing and cycling, stuff like that.	7
take for granted	idm	teɪk fə 'grɑ:ntɪd	to expect that someone or something will always be there when you need them and never think how important or useful they are	It wasn't until I left home that I realised how much I took my family for granted.	7
option	n	'ɒpʃən	a choice you can make in a particular situation	There are a number of options available.	7

Word	Part of speech	Pron	Definition	Example	Unit
uproot	v	ʌp'ru:t	to pull a plant and its roots out of the ground	He rejected the idea of uprooting himself and moving to America.	7
kind of	phr	kɑ:nd əv	slightly but not exactly, or in some ways	I'm kind of glad I didn't win.	7
grow apart from	v phr	grəʊ ə'pɑ:t frəm	if people drift or grow apart, their relationship slowly becomes less close	I've grown apart from my brother -- we rarely see or speak to each other.	7
commute	n	kə'mju:t	the journey to work every day	My morning commute takes 45 minutes.	7
pointless	adj	'pɔɪntləs	worthless or not likely to have any useful result	Life just seemed pointless to me.	7
green issue	n phr	gri:n 'ɪʃu:	problems related to the environment	I don't know a lot about green issues like climate change and recycling.	7
investigate	v	ɪn'vestəgeɪt, ɪn'vestɪgeɪt	to try to find out the truth about something such as a crime, accident, or scientific problem	The state police are investigating the incident.	7
breakthrough	n	'breɪkθru:	an important new discovery in something you are studying, especially one made after trying for a long time	Scientists have made a major breakthrough in the treatment of cancer.	7
pitch (tent)	v	pɪtʃ (tent)	to put up	It was the first time we had ever pitched a tent and it took us four hours.	7
put something aside	phr v	put 'sʌmθɪŋ ə'saɪd	keep to be used later	Each month I put something aside so I can have a holiday at the end of the year.	7
cramped	adj	kræmpt	a cramped room, building etc does not have enough space for the people in it	The kitchen was small and cramped.	7
sustainable	adj	sə'steɪnəbəl	able to continue without causing damage to the environment	The government should do more to promote sustainable agriculture.	7
owl	n	aʊl	a bird with large eyes that hunts at night	Did you hear that sound outside? I think it was an owl.	7
hoot	v	hu:t	if a vehicle or ship hoots, it makes a loud clear noise as a warning	The car behind was hooting at me.	7
set up	phr v	set ʌp	to prepare the equipment that will be needed for an activity so that it is ready to be used	On my first day at work, everything was set up for me at my desk -- computer, chair, phone, everything.	7
shell out	phr v	ʃel aʊt	to pay a lot of money for something, especially unwillingly	I had to shell out a lot to buy my first flat.	7
fair enough	phr	feə ɪ'nʌf	used to say that you agree with someone's suggestion or that something seems reasonable	'I think we should split the bill.' 'Fair enough.'	7
do one's own thing	idm	du: wʌnz əʊn θɪŋ	please yourself	I like living on my own because I can do my own thing and don't have to worry about upsetting anyone.	7

Word	Part of speech	Pron	Definition	Example	Unit
drift	v	drɪft	to move, change, or do something without any plan or purpose	Liam drifted in at 2a.m., not even aware of how late it was.	7
hassle	n	'hæsl	something that is annoying, because it causes problems or is difficult to do	I don't feel like cooking tonight, it's too much hassle.	7
slot in	phr v	slɒt ɪn	to fit something or someone into a plan, organization etc, or to fit in	Stewart has slotted in well.	7
a stone's throw	idm	eɪ 'stəʊnz θrəʊ	very close to	My office is only a stone's throw from where I live, so I walk to work.	7
uproot	v	ʌp'ru:t	to pull a plant and its roots out of the ground	He rejected the idea of uprooting himself and moving to America.	7
on the spur of the moment	idm	ɒn ðə spɜ: əv ðə 'mɔ:mənt	suddenly, without any previous planning or thought	We would often decide what to play on the spur of the moment.	7
in a rush	phr	ɪn eɪ rʌʃ		I was in such a rush this morning that I put on one brown shoe and one black shoe.	7
take part in	v phr	teɪk pɑ:t ɪn	a situation in which you need to hurry to be involved in an activity, sport, event etc with other people	I'm taking part in a fun run next weekend.	7
stick to something	v phr	stɪk tə 'sʌmθɪŋ	to do or keep doing what you said you would do or what you believe in, even when it is difficult	Have you been sticking to your diet?	7
tick something off	phr v	tɪk 'sʌmθɪŋ ɒf	to mark the things on a list with a tick to show that they have been dealt with, chosen etc	There are still lots of places to tick off my dream holiday list.	7
snap (photo)	v	snæp (fəʊtəʊ)	to take a photograph	I snapped a photo of my favourite actor when I was in Hollywood.	7
itinerary	n	aɪ 'tɪnərəri	a plan or list of the places you will visit on a journey	This is the itinerary for the trip -- it contains all the times and places we will visit.	7
endless	adj	'endləs	very large in amount, size, or number	an endless stream of visitors	7
savour	v	'seɪvə	to fully enjoy a time or experience	When I came first in the cycling race, I really savoured my victory.	7
backwash effect	v phr	'bækwɒʃ ɪ'fekt	an influence on other areas of your life	Learning English has had a backwash effect on my life -- it has helped me in my career, and I even met my wife at English classes.	7
face up to	phr v	feɪs ʌp tə	to accept and deal with a difficult fact or problem	Now I'm 28, I have to face up to the fact that I will never be a professional footballer.	7

Word	Part of speech	Pron	Definition	Example	Unit
overcome	v	əʊvə 'kʌm	to successfully control a feeling or problem that prevents you from achieving something	He struggled to overcome his shyness.	7
reserve	n	rɪ 'zɜ:v	a quality in someone's character that makes them not like expressing their emotions or talking about their problems	Vicky is known for her reserve, so don't expect her to say very much.	7
be blown away by	phr v	bi bləʊn ə 'wei baɪ	to make someone feel very surprised, especially about something they like or admire	I was blown away by my parents' gift of a second-hand car for my 18th birthday.	7
courteous	adj	'kɜ:tiəs	polite and showing respect for other people	The staff are always courteous and helpful.	7
set out	phr v	set aʊt	to start a journey, especially a long journey	Kate set out for the house on the other side of the bay.	7
lasting	adj	'lɑ:stɪŋ	strong enough, well enough planned etc to continue for a very long time	The reforms will bring lasting benefits.	7
virtual world	n phr	'vɜ:tʃʊəl wɜ:ld	the world made, done, seen etc on the Internet or on a computer, rather than in the real world	I don't believe the friendships you have in the virtual world are as strong as the friendships you have in the real world.	7
substitute	n	'sʌbstətju:t, 'sʌbstɪtju:t	a person or thing that you use instead of the one that you usually have, because the usual one is not available	You can use margarine as a substitute for butter.	7
in the presence of	phr	ɪn ðə 'prezəns əv	with someone or in the same place as you	Our signatures were witnessed in the presence of a lawyer.	7
tag along	phr v	tæg ə 'lɒŋ	to go somewhere with someone, especially when they have not asked you to go with them	Kate tagged along with mum and Vicky.	7
humdrum	adj	'hʌmdrʌm	boring and ordinary, and having no variety or interest	the prisoners' humdrum routine	7
select	adj	sə 'lekt, sɪ 'lekt	a select group of people or things is a small special group that has been chosen carefully	The party was small and select.	7
have time to oneself	idm	v taɪm tə wʌn 'self	have time when you don't have to do anything or be anywhere	When I have time to myself, I have a long hot bath.	7
self reliant	adj	self rɪ 'laɪənt	able to do or decide things by yourself, without depending on the help or advice of other people	Although she's only 16, Ellen is very self-reliant.	7
soak up	phr v	səʊk ʌp	to enjoy a place by watching it or becoming involved in it	It was wonderful to soak up the atmosphere as the sun began to set.	7

Word	Part of speech	Pron	Definition	Example	Unit
tricky	adj	'trɪki	something that is difficult to deal with or do because it is complicated and full of problems	I can get you tickets for the show but it'll be tricky.	7
fraught with danger	adj phr	fro:t wɪð 'deɪndʒə	full of danger	Travel in the country is fraught with danger, including robbery, road accidents and illness.	7
stranded	adj	'strændəd, 'strændɪd	a person or vehicle that is stranded is unable to move from the place where they are	Air travellers were left stranded because of icy conditions.	7
sleep rough	idm	sli:p rʌf	to sleep outside with nothing to protect you from the weather, especially because you have no home to live in	I had no money for a hotel so I had to sleep rough.	7
pack in	phr v	pæk ɪn	to do a lot in a limited period of time, or fit a lot of information, ideas etc into a limited space	We packed a lot of sightseeing into two weeks.	7
be marooned in the middle of nowhere	idm	bi mə'ru:nd ɪn ðə 'mɪdl əv 'nəʊweə	to be left in a place where there are no other people and where you cannot escape	The car broke down and I had no mobile reception -- I was marooned in the middle of nowhere.	7
run the risk of	v phr	rʌn ðə rɪsk əv	to be in a situation where there is a possibility that something bad could happen to you	If you drink the local tap water, you run the risk of getting ill.	7
take time off	pr v	teɪk taɪm ɒf	take a holiday from a job or studies	I can take some time off next month if you want to go on holiday.	7
fend for oneself	v phr	fend fə wʌn 'self	to look after yourself without needing help from other people	As soon as I left home, I had to learn to fend for myself.	7
kick oneself for	idm	kɪk wʌn 'self fə	used to say that you are annoyed with yourself because you have done something silly, made a mistake etc	I kicked myself when I realised I could have bought the jeans cheaper online.	7
brighten up	phr v	'braɪtn ʌp	to make something lighter or brighter	I think a new colour on the walls will really brighten up this room.	7
souvenir	n	'su:və'niə, 'su:vəniə	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.	7
sentimental value	n phr	'sentə'mentl 'vælju:	valuable based on or relating to your feelings rather than on practical reasons	My grandma gave me this toy plane. It's not worth anything, but it has lots of sentimental value.	7
mass-produced	adj	mæs prə'dju:st	produced in large numbers using machinery, so that each object is the same and can be sold cheaply	mass-produced furniture	7

Word	Part of speech	Pron	Definition	Example	Unit
in common with	phr	ɪn 'kɒmən wɪð	to have the same interests, attitudes etc as someone else	My husband and I have nothing in common, but somehow our relationship works.	7
dodgy	adj	'dɒdʒi	not working properly or not in good condition	Norton Disk Doctor can perform miracles on a dodgy hard disk.	8
venture	n	'ventʃə	a new business activity that involves taking risks	We have started a venture selling second-hand books in the market.	8
take off (ie success)	phr v	teɪk ɒf (sək 'ses)	suddenly become a success	The business took off immediately and we had to employ more staff.	8
expand	v	ɪk 'spænd	if a company, business etc expands, or if someone expands it, they open new shops, factories etc	We sell dog food, but we're going to expand into dog beds soon.	8
lucrative	adj	'lu:kreɪtɪv	a job or activity that is lucrative lets you earn a lot of money	He inherited a lucrative business from his father.	8
take on a life of its own	idm	teɪk ɒn ɪz laɪf əv ɪts əʊn	if something takes on a life of its own, it seems to move or work by itself	I advertised the cleaning business locally, and it took on a life of its own. I had customers calling me day and night.	8
tight deadline	n phr	taɪt 'dedlaɪn	a date or time by which you have to do or complete something, which is difficult to achieve	I'm a journalist so I'm used to working to tight deadlines.	8
not all plain sailing	idm	nɒt ɔ:l pleɪn 'seɪlɪŋ	not very easy to do or achieve	Running a café is not plain sailing -- you have to think about ordering food, accounts and employing staff.	8
turn down	phr v	tɜ:n daʊn	to refuse an offer, request, or invitation	I turned down this applicant because he doesn't have the right experience.	8
split	n	splɪt	the way in which something, especially money, is shared between several people	There is a split in our household: my husband looks after the garden and I look after the house.	8
expertise	n	ˌekspɜ: 'ti:z	special skills or knowledge in a particular subject, that you learn by experience or training	What he's bringing to the company is financial expertise.	8
brand	n	brænd	a type of product made by a particular company, that has a particular name or design	What brand of detergent do you use?	8
strong point	n phr	strɒŋ pɔɪnt	a positive quality or feature that something or someone has	Rupert's strong points are that he is reliable and hard-working.	8
crack on with	phr v	kræk ɒn wɪð	to continue working hard at something in order to finish it	Stop chatting and start working -- we need to crack on with this!	8
think things through	phr v	θɪŋk θɪŋz θru:	to think carefully about the possible results of something	I didn't take enough time to think things through, which is why the business failed.	8

Word	Part of speech	Pron	Definition	Example	Unit
start up	phr v	stɑ:t ʌp	if you start up a business, company etc, or it starts up, it begins to exist	Tax breaks help new companies start up.	8
disillusioned	adj	ˌdɪsəˈluːʒənd, ˌdɪsɪˈluːʒənd	disappointed because you have lost your belief that someone is good, or that an idea is right	As she grew older, Laura became increasingly disillusioned with politics.	8
tie in with one's values	idm	taɪ ɪn wɪð wʌnz 'væl juːz	matches one's attitudes and beliefs	I'd like to work for an environmentally friendly company that ties in with my values.	8
reckless	adj	'rekləs	not caring or worrying about the possible bad or dangerous results of your actions	He was accused of causing death by reckless driving.	8
get up and running	idm	get ʌp ənd 'rʌnɪŋ	get working	It didn't take us long to get the business up and running, but it was a long time before we made a profit.	8
bags of energy	n phr	bægz əv 'enədʒi	lots of energy	Donna gets up at 6 a.m., goes for a run before work, finishes work at 8 p.m. and goes to bed at 2 a.m. She's got bags of energy.	8
take the plunge	idm	teɪk ðə plʌndʒ	to decide to do something important or risky, especially after thinking about it for a long time	We took the plunge and set up our own business.	8
take over	phr v	teɪk 'əʊvə	to take control of something	His only reason for investing in the company was to take it over.	8
messy	adj	'mesi	dirty or untidy	a messy room	8
launch	v	lɔːntʃ	to start something, usually something big or important	The organization has launched a campaign to raise \$150,000.	8
retain	v	rɪˈteɪn	to keep something or continue to have something	You have the right to retain possession of the goods.	8
maximise	v	'mæksəmaɪz	to use something in a way that gives you the greatest practical value or the best results	After work I study part-time because I want to maximise my chances of promotion.	8
set up	phr v	set ʌp	to start a company, organization, committee etc	They want to set up their own import-export business.	8
work-life balance	n phr	wɜ:k laɪf 'bæləns	the ability to give a sensible amount of time and effort to your work and to your life outside work, for example to your family or to other interests	You can't have a proper work-life balance if you're in the office for 12 hours a day.	8
practise what one preaches	idm	'præktəs wɒt wʌn 'pri:tʃ ɪz	to do the things that you advise other people to do	As the boss, I think it's important to practise what I preach, so I never check my work email at the weekend.	8

Word	Part of speech	Pron	Definition	Example	Unit
double-edged sword	idm	ˌdʌbəl ˈedʒd sɔːd	something that seems to be good, but that can have a bad effect	Getting a promotion is a double-edged sword: you get more money, but you also get more stress and responsibilities.	8
pop (home)	v	pɒp (həʊm)	to go somewhere quickly, suddenly, or in a way that you did not expect	I only work around the corner so I can pop home whenever I like.	8
tread on someone's toes	idm	trɛd ɒn ˈsʌmwʌnz təʊz	to offend someone, especially by becoming involved in something that they are responsible for	The new manager is very confident -- she doesn't seem to mind treading on people's toes, does she?	8
perception	n	pəˈsepʃən	the way you think about something and your idea of what it is like	Before I got to know Donald, the perception I had of him was that he was cold and unfriendly.	8
client-focused	adj	ˈklaɪənt ˈfəʊkəst	paying careful attention to the customer	Our customer service staff must be client-focused so that our customers remain happy.	8
cross paths	idm	krɒs pɑːðz	if two people's paths cross, they meet by chance	I first crossed paths with Enid at a training seminar.	8
embark on	v	ɪmˈbɑːk ɒn	to start something, especially something new, difficult, or exciting	I was 40 before I finally decided to embark on a career as a writer.	8
retail	n	ˈriːteɪl	the sale of goods in shops to customers, for their own use and not for selling to anyone else	a manager with twenty years' experience in the retail business	8
stumble across	phr v	ˈstʌmbəl ə ˈkrɒs	to find or discover something by chance and unexpectedly	They stumbled across the idea when they realised the product they needed did not exist.	8
spill over	phr v	spɪl ˈəʊvə	if a problem or bad situation spills over, it spreads and begins to affect other places, people etc	The conflict might spill over into neighbouring towns.	8
run something past someone	idm	rʌn ˈsʌmθɪŋ pɑːst ˈsʌmwʌn	to tell someone something so that they can give you their opinion	I need a second opinion -- can I just run this idea past you?	8
launch	v	lɔːntʃ	to start something, usually something big or important	The organization has launched a campaign to raise \$150,000.	8
take a gamble	idm	teɪk eɪ ˈgæmbəl	start an action or plan that involves a risk but that you hope will succeed	I'm not brave enough to take a gamble so I'm going to continue working for someone else.	8
leap at (an idea)	v	liːp ət (ən aɪ dɪə)	to accept an opportunity very eagerly	When my brother asked me if I wanted to work for him, I leapt at the idea.	8
be measured (in a reply)	v	bɪ ˈmeɪzəd (ɪn eɪ rɪ plɑɪ)	if you do something in a measured way, you do it in a careful and controlled way, not in an excited or sudden way	I don't like to rush things, I am very measured when someone asks my opinion.	8

Word	Part of speech	Pron	Definition	Example	Unit
recipe for disaster	idm	'resəpi fə dɪ 'zɑ:stə		Nell and Zara are disorganised and argue all the time, so it was recipe for disaster when they started a business.	8
play it safe	idm	pleɪ ɪt seɪf	very likely to end badly to behave in a particular way in a situation, in order to achieve the result or effect that you want	In the first year of our business, I think we should play it safe rather than spending lots of money.	8
raise funds	v phr	reɪz fʌndz	to collect money that you can use to do a particular job or help people	If we need to raise funds, we can ask the bank for a loan.	8
break into (a market)	phr v	breɪk 'ɪntə (eɪ 'mɑ:kɪt)	to become involved in a new job or business activity	Lots of companies want to break into the China market because it's so big.	8
takeover	n	'teɪk ʌvə	when one company takes control of another by buying more than half its shares	Thornbury has announced a takeover bid of a regional TV company.	8
shareholder	n	'ʃeə həʊldə	someone who owns shares in a company or business	Shareholders have been told to expect an even lower result next year.	8
feedback	n	'fi:dbæk	advice, criticism etc about how successful or useful something is	How can I provide feedback without making someone angry?	8
turnover	n	'tɜ:n ʌvə	the amount of business done during a particular period	The illicit drugs industry has an annual turnover of some £200 billion.	8
downturn	n	'daʊntɜ:n	a period or process in which business activity, production etc is reduced and conditions become worse	America's current economic downturn	8
get down to (business)	phr v	get daʊn tə ('bɪznəs)	to start doing something that is difficult or needs a lot of time or energy	If we're all agreed on the plan, let's get down to business.	8
put (something) down to	phr v	put (sʌmθɪŋ) daʊn tə	to think that something is caused by something else	I put the company's success down to your hard work.	8
option	n	'ɒpʃən	a choice you can make in a particular situation	There are a number of options available.	8
facilitate	v	fə'sɪləteɪt, fə'sɪlɪteɪt	to make it easier for a process or activity to happen	Computers can be used to facilitate language learning.	8
in recognition of	phr	ɪn 'rekəg nɪʃən əv	public respect and thanks for someone's work or achievements	We would like to pay you a bonus in recognition of your hard work.	8
high-powered	adj	'haɪ 'paʊəd	very important or successful	My dream is to be a high-powered politician, maybe even prime minister.	8
associate something with	v phr	ə'səʊʃieɪt 'sʌmθɪŋ wɪð	to make a connection in your mind between one thing or person and another	Fast food isn't often associated with good health.	8
sceptical	adj	'skeptɪkəl	tending to disagree with what other people tell you	I'm extremely sceptical about what I read in the press.	8
unconvinced	adj	ˌʌnkən'vɪnst	not persuaded that something is true or good	I remain unconvinced that the idea will work.	8

Word	Part of speech	Pron	Definition	Example	Unit
see what the fuss was about	idm	si: wʌt ðə fʌs wəz ə 'baʊt	understand the attention or excitement something/someone is creating	Now I have a smart phone, I can see what all the fuss is about.	8
get hooked	v	get hʊkt	if you get hooked on something, you enjoy it very much and you want to do it as often as possible	I started running when I was 17 and I got hooked -- I run every day.	8
do well out of something	phr v	du: wel aʊt əv 'sʌmθɪŋ	to be successful because of something, especially in work or business	My cousin has done very well out of his business and has just bought his first car.	8
make a small fortune out of	idm	meɪk eɪ smɔ:l 'fɔ:ʃən aʊt əv	earn a large amount of money	I've made a small fortune out of selling my CDs and I have enough money to buy a house.	8
burnt out	adj	bɜ:n t aʊt	to work so hard over a period of time that you become unable to continue working because you are tired, ill, or unable to think of any new ideas	After five years working 12 hours a day, 6 days a week, I was completely burnt out.	8
low-key	adj	ˌləʊ 'ki:	not intended to attract a lot of attention to an event, subject, or thing	They want the funeral to be as low-key as possible.	8
worthwhile	adj	ˌwɜ:θ 'wɔɪl	if something is worthwhile, it is important or useful, or you gain something from it	He wanted to do a worthwhile job.	8
mindset	n	'maɪndset	someone's general attitude, and the way in which they think about things and make decisions	The company seems to have a very old-fashioned mindset.	8
logical step	n phr	'lɒdʒəkəl step	sensible or practical stage in a process	Our office is very full so the next logical step is to move to somewhere bigger.	8
meditation	n	ˌmedə 'teɪʃən, 'medɪ 'teɪʃən	the practice of emptying your mind of thoughts and feelings, in order to relax completely or for religious reasons	Yoga involves breathing exercises, stretching and meditation.	8
philanthropic	adj	'fɪlən θrɒpɪk	a philanthropic person or institution gives money and help to people who are poor or in trouble	Working as a volunteer is not just philanthropic, I also get lots of useful experience.	8
from someone's perspective	idm	frəm ˌsʌmwʌnz pə 'spektɪv	a person's way of thinking about something, especially one which is influenced by the type of person you are or by your experiences	You may think you're being logical, but from my perspective you're being unkind.	8
roll out something to	phr v	rəʊl aʊt 'sʌmθɪŋ tə	to make a new product available for people to buy or use	The new sandwich has been a success locally so now we're rolling it to the national market.	8
turn up	phr v	tɜ:n ʌp	to arrive at a place, especially in a way that is unexpected	Please do not turn up late the meeting -- you won't be allowed in.	8
intuitive	adj	ɪn 'tju:ətɪv, ɪn 'tju:ɪtɪv	an intuitive idea is based on a feeling rather than on knowledge or facts	He seemed to have an intuitive awareness of how I felt.	8

Word	Part of speech	Pron	Definition	Example	Unit
incorporate	v	ɪn 'kɔ:pəreɪt	to include something as part of a group, system, plan etc	We've incorporated many environmentally friendly features into the design of the building.	8
cut-throat	adj	'kʌtθrəʊt	a cut-throat activity or business involves people competing with each other in an unpleasant way	Cut-throat competition is keeping prices low.	8
prevail	v	pri'veɪl	if a belief, custom, situation etc prevails, it exists among a group of people at a certain time	the economic conditions which prevail in England and Wales	8
best of both worlds	idm	best əv bəʊθ wɜ:lɔ:z	a situation in which you have the advantages of two different things without any of the disadvantages	I work part-time and have the best of both worlds -- I can spend time with my young children, but I can also continue in my career.	8
hunched	adj	hʌntʃt	to bend down and forwards so that your back forms a curve	a hunched figure sitting by the fire	8
oblivious	adj	ə'blɪviəs	not knowing about or not noticing something that is happening around you	He seemed oblivious to the fact that he had hurt her.	8
under no circumstance	phr	'ʌndə nəʊ 'sɜ:kəmstəns	used to emphasize that something must definitely not happen	Under no circumstances can you use company computers for personal emails.	8
competitive	adj	kəm'petətɪv, kəm'petɪtɪv	determined or trying very hard to be more successful than other people or businesses	Some US industries are not as competitive as they have been in the past.	8
tucked away	adj	tʌkt ə'weɪ	to store something, especially money, in a safe place	I always keep some painkillers tucked away in my handbag, in case I get a headache.	8
only a stone's throw	idm	'əʊnli eɪ stəʊnz θrəʊ	very close to something	The park is only a stone's throw from my house, so I go running there every day.	8
nondescript	adj	'nɒndə'skrɪpt, 'nɒndɪ'skrɪpt	someone or something that is nondescript looks very ordinary and is not at all interesting or unusual	a rather nondescript suburban house	8
stumble	v	'stʌmbəl	to hit your foot against something or put your foot down awkwardly while you are walking or running, so that you almost fall	In her hurry, she stumbled and spilled the milk all over the floor.	8
fumble about	phr v	'fʌmbəl ə'baʊt	to try to hold, move, or find something with your hands in an awkward way	He did a lot of fumbling about, but I'm not sure he fixed the cooker.	8
good-natured	adj	ɡʊd 'neɪtʃəd	naturally kind and helpful and not easily made angry	This is a very good-natured dog. He just wants to be friends with everyone.	8
intriguing	adj	ɪn'tri:ɡɪŋ	something that is intriguing is very interesting because it is strange, mysterious, or unexpected	The magazine carries an intriguing mixture of high fashion, gossip and racing.	8

Word	Part of speech	Pron	Definition	Example	Unit
a wealth of	phr	ei welθ əv	a lot of something useful or good	When I went to Italy for the first time, I discovered a wealth of delicious food.	8
steep	adj	sti:p	steep prices, charges etc are unusually expensive	How much? That's a bit steep, isn't it?	8
by any stretch of the imagination	idm	bai 'eni streɪf əv ðə ɪ mədʒə'neɪʃən	used to emphasize that a negative statement is true	The bags weren't very cheap, by any stretch of the imagination.	8
mediocre	adj	'mi:di'əʊkə	not very good	I thought the book was pretty mediocre.	8
deafening	adj	'defənɪŋ	very loud	a deafening roar	8
exorbitant	adj	ɪg'zɔ:bətənt, ɪg'zɔ:brɪtənt	an exorbitant price, amount of money etc is much higher than it should be	exorbitant rates of interest	8
cramped	adj	kræmpt	a cramped room, building etc does not have enough space for the people in it	The kitchen was small and cramped.	8
offhand	adj	ɔf'hænd	not very friendly towards someone when you are talking to them	She said you were a bit offhand with her this afternoon.	8
quirky	adj	'kwɜ:kɪ	unusual, especially in an interesting way	I like his quirky sense of humour.	8
nibble	v	'nɪbəl	to eat small amounts of food by taking very small bites	He nibbled the biscuit cautiously.	8
insubstantial	adj	ɪnsəb'stænʃəl	not solid, large, strong, or definite	The evidence seemed very insubstantial.	8
packed out	adj	pækt aʊt	a cinema, restaurant etc that is packed out is completely full of people	I don't understand why the café is always packed out because the food is terrible.	8
feel you don't belong	idm	fi:l jə dəʊnt bi'lɒŋ	if you feel you belong in a place or situation, you feel happy and comfortable in it, because you have the same interests and ideas as other people	For the first couple of weeks in my new job, I felt I didn't belong.	8
despise	v	dɪ'spaɪz	to dislike and have a low opinion of someone or something	She despised her neighbours.	8
get rid of	phr v	get rɪd əv	to throw away or destroy something you do not want any more	When I left home, my mum got rid of all my old toys without telling me.	8
basics	pl n	'beɪsɪks	the most important and necessary facts about something, from which other possibilities and ideas may develop	the basics of French grammar	8
make ends meet	idm	meɪk endz mi:t	to have only just enough money to buy the things you need	When Mike lost his job, we could barely make ends meet.	8
uneasy	adj	ʌn'i:zi	worried or slightly afraid because you think that something bad might happen	Ninety percent of those questioned felt uneasy about nuclear power.	8
transform	v	træns'fɔ:m	to completely change the appearance, form, or character of something or someone, especially in a way that improves it	A new haircut and you've been transformed from a girl into a woman!	8

Word	Part of speech	Pron	Definition	Example	Unit
loan	n	ləʊn	an amount of money that you borrow from a bank etc	a loan of £60,000	8
inherit	v	ɪn 'herət, ɪn 'herɪt	to receive money, property etc from someone after they have died	He inherited a fortune from his grandmother.	8
trust fund	n phr	trʌst fʌnd	money belonging to someone that is controlled for them by a trustee	I wish my parents had set up a trust fund for me!	8
outsider	n	aʊt 'saɪdə	someone who is not accepted as a member of a particular social group	I'm an outsider, the only foreign woman in the group.	8
on a grant	phr	ɒn eɪ grɑ:nt	receive an amount of money given, especially by the government, for a particular purpose	The majority of the students on my course are on a grant because their parents aren't rich.	8
work ethic	n phr	wɜ:k 'eθɪk	a belief in the moral value and importance of work	They instilled the work ethic into their children.	8
laze around	phr v	leɪz ə 'raʊnd	to relax and enjoy yourself in a lazy way	On weekends I like to just laze around and watch TV.	8
accomplish	v	ə 'kʌmplɪʃ	to succeed in doing something, especially after trying very hard	We have accomplished all we set out to do.	8
great thrill	n phr	ɡreɪt θrɪl	a sudden strong feeling of excitement and pleasure, or the thing that makes you feel this	Mountain biking gives me a great thrill; I do it every weekend.	8
posh	adj	pəʃ	a posh restaurant, hotel, car etc is expensive and looks as if it is used or owned by rich people	a posh private school	8
cost the earth	idm	kɒst ðə ɜ:θ	to cost etc a very large amount of money	Their new car cost the earth; I don't know how they can afford it.	8
inundate	v	'ɪnʌndeɪt	to receive so much of something that you cannot easily deal with it all	After the broadcast, we were inundated with requests for more information.	8
beg	v	beg	to ask for something in an anxious or urgent way, because you want it very much	She begged and pleaded with them until they finally agreed.	8
run out	phr v	rʌn aʊt	to use all of something and not have any more left	I've got money you can borrow if you run out.	8
burgle	v	'bɜ:gəl	to go into a building and steal things	We've been burgled three times.	8
reassuring	adj	'ri:ə 'ʃʊərɪŋ	making you feel less worried or frightened	a reassuring smile	8
come into (money)	phr v	kʌm ɪntə 'mʌni	to receive money, land, or property from someone after they have died	After her granddad died, Yolanda came into a lot of money.	8
handle	v	'hændl	to not become upset in a difficult situation	I can't really handle the stress so I'm going to leave my job.	8

Word	Part of speech	Pron	Definition	Example	Unit
so-called	adj	,səʊ 'kɔ:ld	used to describe someone or something that has been given a name that you think is wrong	The so-called experts couldn't tell us what was wrong.	8
money to burn	idm	'mʌni tə bɜ:n	to have more money than you need, so that you spend it on unnecessary things	They paid more than a million euros for a car? They must have money to burn!	8
scrape by	phr v	skreɪp baɪ	to have just enough money to live	We can scrape by, thanks to what we grow ourselves.	8
live beyond one's means	idm	lɪv baɪ jɒnd wʌnz mi:nz	spend more money than you can afford	If you live beyond your means, you'll get into debt.	8
put one's money where one's mouth is	idm	pʊt wʌnz 'mʌni weə wʌnz maʊθ ɪz	to show by your actions that you really believe what you say	Why don't you put your money where your mouth is and make a donation to charity?	8
spendthrift	n	'spend θrɪft	someone who spends money carelessly, even when they do not have a lot of it	Ben spent all his birthday money in one hour, he's such a spendthrift.	8
on impulse	phr	ɒn 'ɪmpʌls	because of a sudden strong desire to do something without thinking about whether it is a sensible thing to do	I never buy anything on impulse because I like to research everything I buy.	8
shop around	phr v	ʃɒp ə 'raʊnd	to compare the price and quality of different things before you decide which to buy	Take time to shop around for the best deal.	8
window shopping	idm	'wɪndəʊ ʃɒpɪŋ	the activity of looking at goods in shop windows without intending to buy them	Window shopping is great because it doesn't cost you anything.	8
shopping spree	idm	'ʃɒpɪŋ spri:	a short period of time when you do a lot of shopping	I got some money for Christmas so I decided to go on a shopping spree.	8
make ends meet	idm	meɪk endz mi:t	to have only just enough money to buy the things you need	When Mike lost his job, we could barely make ends meet.	8
hard times	n phr	hɑ:d taɪmz	a situation or time that is hard is one in which you have a lot of problems, especially when you do not have enough money	We're going through hard times at the moment because my husband lost his job.	8
chip in	phr v	tʃɪp ɪn	if each person in a group chips in, they each give a small amount of money so that they can buy something together	If everyone in the class chips in, we can get the teacher a really nice present.	8
donor	n	'dəʊnə	a person, group etc that gives something, especially money, to help an organization or country	We urgently need more assistance from donor countries (=countries that give money, food etc to help in poor countries or disaster areas).	8

Word	Part of speech	Pron	Definition	Example	Unit
dip into	phr v	dɪp ɪntə	to use some of an amount of money that you have	I didn't want to dip into my savings, but I crashed the car and it needs to be repaired.	8
raise money	v phr	reɪz ˈmʌni	to collect money that you can use to do a particular job or help people	We're going to sell cakes to raise money for the school's music room.	8
subsidy	n	ˈsʌbsədi, ˈsʌbsɪdi	money that is paid by a government or organization to make prices lower, reduce the cost of producing goods etc	international disagreement over trade subsidies	8
repetitive	adj	rɪ ˈpetətɪv, rɪ ˈpetɪtɪv	done many times in the same way, and boring	repetitive tasks like washing and ironing	8
predictable	adj	pri ˈdɪktəbəl	if something or someone is predictable, you know what will happen or what they will do – sometimes used to show disapproval	The snow had a predictable effect on traffic.	8
witty	adj	ˈwɪti	using words in a clever and amusing way	witty remarks	8
excruciatingly	adv	ɪk ˈskruːʃɪətɪŋli	in an extremely painful way	When I broke my arm it was excruciatingly painful.	8
unconvincing	adj	ˌʌnkən ˈvɪnsɪŋ	failing to make you believe that something is true or real	an unconvincing smile	8
thought-provoking	adj	ˈθɔ:t prə ˌvʊk ɪŋ	making people think seriously about a particular subject	a thought-provoking article	8
moving	adj	ˈmu:vɪŋ	making you feel strong emotions, especially sadness or sympathy	Bayman's book about his illness is deeply moving.	8
tedious	adj	ˈti:diəs	something that is tedious continues for a long time and is not interesting	The work was tiring and tedious.	8
gripping	adj	ˈgrɪpɪŋ	a gripping film, story etc is very exciting and interesting	Collins' gripping detective novel	8
overrated	adj	ˌəʊvə ˈreɪtəd, ˌəʊvə ˈreɪtɪd	not as good or important as some people think or say	a vastly overrated film	8
implausible	adj	ɪm ˈplɔ:zəbəl, ɪm ˈplɔ:zɪbəl	difficult to believe and therefore unlikely to be true	Margaret found his excuse somewhat implausible.	8
far-fetched	adj	fɑ: fetʃt	extremely unlikely to be true or to happen	All this may sound a bit far-fetched, but companies are already developing 'intelligent' homes.	8
hilarious	adj	hɪ ˈlɛəriəs	extremely funny	a hilarious story	8
compelling	adj	kəm ˈpelɪŋ	an argument etc that makes you feel certain that something is true or that you must do something about it	Lucy had no compelling reason to go into town.	8

Word	Part of speech	Pron	Definition	Example	Unit
get bogged down	idm	get bɒgd daʊn	if a process or plan becomes bogged down, it is delayed so that no progress is made	Before we get bogged down in details, do you generally agree with my idea?	8
letdown	n	letdaʊn	an event, performance etc that is not as good as you expected it to be	When I finally saw the film it was a letdown and I was disappointed.	8
go off at a tangent	idm	gəʊ ɒf ət eɪ 'tændʒənt	to suddenly start thinking or talking about a subject that is only slightly related, or not related at all, to the original subject	Let's stay with the topic and not go off at a tangent.	8
spine-chilling	adj	'spaɪn 'tʃɪl ɪŋ	a spine-chilling story or film is very frightening in a way that people enjoy	That film is spine-chilling, I couldn't sleep after I had watched it.	8
brisk	adj	brɪsk	quick and full of energy	a brisk walk	8
characterisation	n	ˌkærəktəraɪ 'zeɪʃən, ˌkærɪktəraɪ 'zeɪʃən	the way in which a writer makes a person in a book, film, or play seem like a real person	Pilcher's books have humour, good characterization, and lively dialogue.	8
vanish	v	'vænɪʃ	to disappear suddenly, especially in a way that cannot be easily explained	My keys were here a minute ago but now they've vanished.	9
handful	n	'hændfʊl	a very small number of people or things	Only a handful of the children misbehave -- the rest are very good.	9
dot	n	dɒt	a small round mark or spot	a pattern of dots	9
horizon	n	hə'reɪzən	the line far away where the land or sea seems to meet the sky	We could see a ship on the horizon.	9
reflect	v	rɪ'flekt	if a person or a thing is reflected in a mirror, glass, or water, you can see an image of the person or thing on the surface of the mirror, glass, or water	She could see her face reflected in the car's windshield.	9
first-hand knowledge	n phr	'fɜːst'hænd'nɒlɪdʒ	experience etc that has been learned or gained by doing something yourself or by talking to someone yourself	I don't have first-hand knowledge of living abroad, but I imagine it would be exciting.	9
orbit	v	'ɔːbət, 'ɔːbrɪt	to travel in a curved path around a much larger object such as the Earth, the Sun etc	The satellite orbits the Earth every 48 hours.	9
fraction	n	'frækʃən	a very small amount of something	I got these shoes at a fraction of the original price.	9
stint	n	stɪnt	a period of time spent doing a particular job or activity	Mark did a two-year stint in the army.	9
veteran	n	'vetərən	someone who has been a soldier, sailor etc in a war	a veteran of the Second World War	9

Word	Part of speech	Pron	Definition	Example	Unit
freefall	n	fri: 'fɔ:l	the movement of someone or something through the air without engine power	The moment when you're in freefall, before the parachute opens, must be very exciting.	9
footage	n	'fʊtɪdʒ	cinema film showing a particular event	This old footage is from the day I was christened.	9
float	v	fləʊt	if something floats, it moves slowly through the air or stays up in the air	I love watching snowflakes float slowly down to earth.	9
gravity	n	'grævəti, 'græviti	the force that causes something to fall to the ground or to be attracted to another planet	the force of gravity	9
altitude	n	'æltətju:d, 'æltɪtju:d	the height of an object or place above the sea	We're flying at an altitude of 40,000 feet.	9
cruise	v	kru:z	to drive a car slowly through a place with no particular purpose	My brother thinks he's so cool, cruising around town on his motorbike.	9
breakneck speed	n phr	'breɪknek spi:d	extremely and often dangerously fast	Please don't drive at such as breakneck speed -- you'll have an accident!	9
dock	v	dɒk	if a ship docks, or if the captain docks it, it sails into a dock so that it can unload	We docked at Rangoon the next morning.	9
perfect	v	pə'fekt	to make something as good as you are able to	Mock trials help students perfect their legal skills.	9
cautious	adj	'kɔ:ʃəs	careful to avoid danger or risks	a cautious driver	9
price tag	n phr	praɪs tæg	a piece of paper with a price on it that is attached to something in a shop	It's difficult to put a price tag on such a project (=say how much it costs).	9
equalise	v	'i:kwəlaɪz	to make two or more things the same in size, value, amount etc	We have tried to equalize the workload between the different teachers.	9
hatch	n	hætʃ	a small hole in the wall or floor between two rooms, or the door that covers it	There is a hatch at the front where the chickens come out and go in.	9
chaos	n	'keɪ-ɒs	a situation in which everything is happening in a confused way and nothing is organized or arranged in order	The country was plunged into economic chaos.	9
subtle art	n phr	'sʌtl ɑ:t	a method that is a skilful and clever	There is a subtle art to creating a garden -- you need some flowers, but also grass, trees and somewhere to sit.	9
trail	n	treɪl	a long line or a series of marks that have been left by someone or something	Can't you take your shoes off? Look at this trail of muddy footsteps!	9
like a bull in a china shop	idm	laɪk ɪr bul ɪn ɪr 'tʃaɪnə ʃɒp	if you are like a bull in a china shop, you keep knocking things over, dropping things, breaking things etc	Slow down and be more careful -- you're like a bull in a china shop.	9

Word	Part of speech	Pron	Definition	Example	Unit
close quarters	n phr	kləʊz 'kwɔ:təz	if something happens or is done at close quarters, it happens inside a small space or is done from a short distance away	Sailors on submarines have to live in very close quarters.	9
swollen	adj	'swəʊlən	a part of your body that is swollen is bigger than usual, especially because you are ill or injured	swollen glands	9
erase	v	ɪ 'reɪz	to get rid of something so that it has gone completely and no longer exists	With good make-up, you can erase spots and fine lines.	9
wrinkle	n	'rɪŋkəl	wrinkles are lines on your face and skin that you get when you are old	Her face was a mass of wrinkles.	9
play havoc with	v phr	pleɪ 'hævək wɪð	create a situation in which there is a lot of damage or a lack of order, especially so that it is difficult for something to continue in the normal way	Working at night is playing havoc with my sleep.	9
assault	n	ə 'sɔ:lt	attack or shock, sometimes in a positive way	It was a real assault on the senses: a beautiful view, peaceful music and delicious food.	9
continual	adj	kən 'tɪnjuəl	continuing for a long time without stopping	five weeks of continual rain	9
lap (round)	n	læp (raʊnd)	a single journey around a race track	Penny runs two laps around the park every morning.	9
impose	v	ɪm 'pəʊz	if someone in authority imposes a rule, punishment, tax etc, they force people to accept it	The court can impose a fine.	9
be up and about	idm	bi ʌp ənd ə 'baʊt	be fit and active	My dad was up and about just two days after his operation.	9
glide	v	ɡlaɪd	to move smoothly and quietly, as if without effort	couples gliding over the dance floor	9
anchor	v	'æŋkə	to lower the anchor on a ship or boat to hold it in one place	The boat is anchored to the wall with this chain.	9
hulk	n	hʌlk	a large heavy person or thing	a hulk of a man	9
interconnecting	v	ɪntəkeɪ 'nektɪŋ	if two systems, places etc are interconnected, or if they interconnect, they are joined together	To put up the tent you need to put these interconnecting rods together.	9
snuggle down	phr v	'snʌɡəl daʊn	to settle into a warm comfortable position	The dog snuggled down in its bed and fell asleep.	9
exceptional	adj	ɪk 'sepʃənəl	unusually good	an exceptional student	9

Word	Part of speech	Pron	Definition	Example	Unit
hurtle	v	'hɜ:tɪ	if something, especially something big or heavy, hurtles somewhere, it moves or falls very fast	All of a sudden, a car came hurtling round the corner.	9
crash-land	n	'kræʃ lænd	an occasion when a pilot has to bring a plane down to the ground in a sudden and dangerous way because the plane has a problem	The plane crash-landed next to the runway, and no one was hurt.	9
weightless	adj	'weɪtləs	something that is weightless seems to have no weight, especially when it is floating in space or water	A feather is almost weightless.	9
gravity	n	'grævəti, 'græviti	the force that causes something to fall to the ground or to be attracted to another planet	the force of gravity	9
exert oneself	v	ɪg'zɜ:t wʌn'self	to work very hard and use a lot of physical or mental energy	Why don't you talk to the boss? You'll be able to exert more influence on him.	9
hygiene	n	'haɪdʒi:n	the practice of keeping yourself and the things around you clean in order to prevent diseases	the importance of personal hygiene	9
once in a blue moon	idm	wʌns ɪn eɪ blu: mu:n	very rarely	It only happens like this once in a blue moon.	9
spaced out	adj	speɪst aʊt	not fully conscious of what is happening around you, especially because you are extremely tired or have taken drugs	After the operation I had to take a lot of pills and I felt spaced out.	9
live on another planet	idm	lɪv ɒn ə'nʌðə 'plænət	used humorously to say that someone's ideas are not at all practical or sensible	When I hear her crazy ideas, I sometimes think she's living on another planet.	9
not rocket science	idm	nɒt 'rɒkət saɪəns	used to say that something is not difficult to do or understand	It's not rocket science - you put the pasta in boiling water and wait for it to cook.	9
rocket	v	'rɒkət, 'rɒkɪt	if a price or amount rockets, it increases quickly and suddenly	Interest rates rocketed up.	9
glance	v	glɑ:ns	to quickly look at someone or something	The man glanced nervously at his watch.	9
glimpse	v	glɪmps	to see someone or something for a moment without getting a complete view of them	I glimpsed a figure at the window.	9
scan	v	skæn	to read something quickly	I just quickly scanned the article so I didn't read every word.	9
like a fish out of water	idm	laɪk eɪ fɪʃ aʊt əv 'wɔ:tə	to feel uncomfortable because you feel you do not belong in a place or situation	Everyone in my class speaks Spanish except me, I feel like a fish out of water.	9
like a red rag to a bull	idm	laɪk eɪ red ræg tə eɪ bul	very likely to make someone angry or upset	Just mentioning his ex-wife's name was like a red rag to a bull.	9

Word	Part of speech	Pron	Definition	Example	Unit
like a dog with a bone	idm	laɪk eɪ dɒg wɪð eɪ bəʊn	extremely stubborn and determined	I never give up when I believe something is right -- I'm like a dog with a bone.	9
like two peas in a pod	idm	laɪk tu: pi:z ɪn eɪ pɒd	exactly the same in appearance, behaviour etc	Your sons look so alike, they're like two peas in a pod.	9
like water off a duck's back	idm	laɪk 'wɔ:tə ɒf eɪ dʌks bæk	if criticism, warnings etc are like water off a duck's back, they have no effect on the person you are saying them to	I don't care if you shout at me, it's like water off a duck's back.	9
identical	adj	aɪ 'dentɪkəl	exactly the same, or very similar	four identical houses	9
unbearable	adj	ʌn 'beərəbəl	too unpleasant, painful, or annoying to deal with	The pain was almost unbearable.	9
regardless of	phr	rɪ 'gɔ:dləs əv	without being affected or influenced by something	I'm not going to give you any more money, regardless of how nicely you ask.	9
(idea) get off the ground	idm	(aɪ dɪə) get ɒf ðə graʊnd	to start to be successful	Our building project got off the ground last week when the builders arrived.	9
break the mould	idm	breɪk ðə məʊld	to change a situation completely, by doing something that has not been done before	an attempt to break the mould of British politics	9
grab	v	græb	to take an opportunity, accept an invitation etc immediately:	You have to grab every opportunity life gives you.	9
in control	phr	ɪn kən 'trəʊl	the state of making someone or something do what you want or making something happen in the way you want	I like feeling in control, I don't like uncertainty.	9
disabled	adj	dɪs 'eɪbld	someone who is disabled cannot use a part of their body properly, or cannot learn easily	a support group for parents of disabled children	9
sector	n	'sektə	a part of an area of activity, especially of business, trade etc	the agricultural sector of the economy	9
nozzle	n	'nɒzəl	a part that is fitted to the end of a hose, pipe etc to direct and control the stream of liquid or gas pouring out	You can make patterns on the cake using an icing bag and a nozzle.	9
labour-saving device	n phr	'leɪbə 'seɪvɪŋ dɪ vaɪs	a machine that makes it easier for you to do a particular job	The dishwasher is my favourite labour-saving device.	9
redundant	adj	rɪ dʌndənt	not necessary because something else means or does the same thing	One day, I think cars will become redundant and we'll fly everywhere.	9
in equal measure	phr	ɪn 'i:kwəl 'meʒə	used when the amount of one thing is the same as the amount of another thing	I was angry and embarrassed in equal measure.	9
practicality	n	ˌpræktɪ 'kæləti, ˌpræktɪ 'kælɪti	how suitable something is, or whether it will work	The main advantage of this self-cleaning oven is its practicality.	9

Word	Part of speech	Pron	Definition	Example	Unit
smoothly	adv	'smu:ðli	if a planned event, piece of work etc goes smoothly, there are no problems to spoil it	I hope things go smoothly for you in your new job.	9
ensure	v	ɪn'ʃʊə	to make certain that something will happen properly	facilities to ensure the safety of cyclists	9
bow	v	baʊ	to bend the top part of your body forward in order to show respect for someone important, or as a way of thanking an audience	She bowed and left the stage.	9
unconventional	adj	ˌʌnkən'venʃənəl	very different from the way people usually behave, think, dress etc	unconventional political views	9
ashes	n	'æʃ ɪz	the soft grey powder that remains after something has been burned	Be careful - those ashes could still be hot.	9
encased	adj	ɪn'keɪst	covered or surrounded completely	Her certificate is encased in glass and a frame, hung on the wall.	9
out of the question	phr	aʊt əv ðə 'kwɛstʃən	if something is out of the question, it is definitely not possible or not allowed	It's out of the question - I refuse to pay you that much.	9
precious	adj	'preʃəs	something that is precious is valuable and important and should not be wasted or used without care	We cannot afford to waste precious time.	9
irritate	v	'ɪrɪteɪt, 'ɪrɪteɪt	to make someone feel annoyed or impatient, especially by doing something many times or for a long period of time	It really irritates me when he doesn't help around the house.	9
surly	adj	'sɜ:lɪ	bad-tempered and unfriendly	a surly teenager	9
growth	n	grəʊθ	an increase in amount, number, or size	We've seen an enormous growth in the number of businesses using the Web.	9
accepted wisdom	n phr	ək'septəd 'wɪzdəm	a belief or opinion that most people have	The accepted wisdom is that young children need a nap in the afternoon.	9
lobe	n	ləʊb	a round part of an organ in your body, especially in your brain or lungs	The frontal lobes of the brain help us make decisions.	9
impulse	n	'ɪmpʌls	a sudden strong desire to do something without thinking about whether it is a sensible thing to do	a sudden impulse to laugh	9
nerve cell	n phr	nɜ:v sel	a neuron	Nerve cells pass important messages to the brain.	9
coat with	v	kəʊt wɪð	to cover something with a thin layer of something else	The walls are coated with a red paint.	9
fatty	adj	'fæti	containing a lot of fat	fatty foods	9

Word	Part of speech	Pron	Definition	Example	Unit
substance	n	'sʌbstəns	a particular type of solid, liquid, or gas	The leaves were covered with a strange sticky substance.	9
unacceptable	adj	,ʌnək'septəbəl	something that is unacceptable is so wrong or bad that you think it should not be allowed	I found her attitude totally unacceptable.	9
bring someone up	phr v	briŋ 'sʌmwʌn ʌp	to look after and influence a child until he or she is grown up	I was brought up by my aunt and uncle.	9
apprenticeship	n	ə'prentəsʃɪp, ə'prentɪsʃɪp	the job of being an apprentice, or the period of time in which you are an apprentice	He's serving an apprenticeship as a printer.	9
hang out with	phr v	hæŋ aʊt wɪð	to spend a lot of time in a particular place or with particular people	I don't really hang out with my schoolfriends anymore; I've made new friends.	9
restrain	v	ri'streɪn	to stop someone from doing something, often by using physical force	I had to restrain her from running out into the street.	9
life skill	n phr	laɪf skɪl	an ability to do something well, which you need for everyday life	Knowing how to cook is a very important life skill.	9
erratic	adj	ɪ'ræɪtɪk	something that is erratic does not follow any pattern or plan but happens in a way that is not regular	His breathing was becoming erratic.	9
innate	adj	,ɪ'neɪt	an innate quality or ability is something you are born with	Children have an innate ability to learn language.	9
hold out against	phr v	həʊld aʊt ə'geɪnst	resist	I managed to hold out against the temptation of eating chocolate.	9
underestimate	v	,ʌndər'estəmeɪt, ,ʌndər'estɪmeɪt	to think or guess that something is smaller, cheaper, easier etc than it really is	We underestimated how long it would take to get there.	9
appealing	adj	ə'pi:lɪŋ	attractive or interesting	The city offers an appealing combination of sporting and cultural events.	9
mess around	phr v	mes ə'raʊnd	to spend time lazily, doing things slowly and in a way that is not planned	He spent his vacation messing around on the farm.	9
crucial	adj	'kru:ʃəl	something that is crucial is extremely important, because everything else depends on it	This aid money is crucial to the government's economic policies.	9
programme	v	'prəʊgræm	to set a machine to operate in a particular way	I've programmed the video to come on at ten.	9
biological clock	n phr	,baɪə'lɒdʒɪkəl klɒk	the system in plants and animals that controls when they sleep, eat, produce babies etc	career women who hear the biological clock ticking	9

Word	Part of speech	Pron	Definition	Example	Unit
function	v	'fʌŋkʃən	to work in the correct or intended way	Flights in and out of Taipei are functioning normally again.	9
out of synch	phr	aʊt əv sɪŋk	if things are out of sync, they are not working well together at exactly the same time and speed	The sound on the TV is out of synch with the picture.	9
catch up on	phr v	kætʃ ʌp ɒn	to do what needs to be done because you have not been able to do it until now	I always try to catch up on my reading when I go on holiday.	9
radical	adj	'rædɪkəl	a radical change or difference is very big and important	They are proposing radical changes to the way the company is run.	9
sponge	n	spʌndʒ	a piece of a soft natural or artificial substance full of small holes, which can suck up liquid and is used for washing	You can clear up the water you spilt with that sponge.	9
become addicted to	v phr	bɪ 'klʌm ə 'dɪktəd tə	liking something so much that you do not want to stop doing it or having it	I'm worried that I've become addicted to internet shopping.	9
harmful	adj	'hɑ:mfəl	causing harm	the harmful effects of smoking	9
fast-paced	adj	fɑ:st peɪst	moving very fast	When I moved to the city from the countryside, I noticed how fast-paced life was.	9
stimulation	n	'stɪmjə 'leɪʃən, 'stɪmjʊ 'leɪʃən	to encourage or help an activity to begin or develop further	Children need variety and stimulation.	9
overload	n	'əʊvələʊd	to put too many things or people on or into something	the modern day information overload	9
alter	v	'ɔ:lte	to change, or to make someone or something change	Her face hadn't altered much over the years.	9
mammal	n	'mæməl	a type of animal that drinks milk from its mother's body when it is young. Humans, dogs, and whales are mammals.	Even though it is huge and lives in the sea, the blue whale is a mammal.	9
steady	adj	'stedi	continuing or developing gradually or without stopping, and not likely to change	Paul is making steady progress.	9
cope	v	kəʊp	to succeed in dealing with a difficult problem or situation	Sometimes I find it hard to cope.	9
acute	adj	ə 'kju:t	an acute problem is very serious	The housing shortage is more acute than first thought.	9
deficit	n	'defəsət, 'defɪsət	the difference between the amount of something that you have and the higher amount that you need	the country's widening budget deficit	9
think one one's feet	idm	θɪŋk ɒn wʌnz fi:t	to think of ideas and make decisions very quickly	When they changed the goal, Melanie was able to think on her feet and suggest a new plan.	9
all at sea	idm	ɔ:l ət si:	confused or not sure what to do	I'm all at sea -- I don't know where to go or what to do.	9

Word	Part of speech	Pron	Definition	Example	Unit
brainy	adj	'breɪni	able to learn easily and think quickly	He always was the brainy one.	9
dense	adj	dens	not able to understand things easily	I've explained it three times already, why are you being so dense?	9
dim	adj	dɪm	not intelligent	You'll need to give him something easy to do -- he's a bit dim.	9
disoriented	adj	dɪs 'ɔ:riəntəd, dɪs 'ɔ:riəntɪd	confused and not understanding what is happening around you	When he emerged into the street, he was completely disoriented.	9
feeble-minded	adj	'fi:bl̩ 'maɪndəd	stupid or not sensible	a feeble-minded policy	9
gifted	adj	'gɪftəd, 'gɪftɪd	having a natural ability to do one or more things extremely well	She was an extremely gifted poet.	9
have a good head on one's shoulders	idm	v ɛɪ ɡʊd hed ɒn wʌnz 'ʃəʊld əz	be sensible and down to earth	Emma has a good head on her shoulders and I'm sure she'll make a sensible decision.	9
high IQ	n phr	haɪ ,aɪ 'kju:	your IQ is your level of intelligence, measured by a special test, with 100 being the average result	I don't know if I've got a high IQ because I've never had a test.	9
knowledgeable	adj	'nɒlɪdʒəbəl	knowing a lot	Graham's very knowledgeable about wines.	9
muddled	adj	'mʌdlɪd	confused	muddled thinking	9
perplexed	adj	pə'plekst	confused and worried by something that you do not understand	The student looked at him, perplexed.	9
precocious	adj	prɪ'keɪʃəs	a precocious child shows intelligence or skill at a very young age, or behaves in an adult way – sometimes used to show disapproval in British English	a precocious child who walked and talked early	9
quick-witted	adj	,kwɪk 'wɪt ɪd	able to think and understand things quickly	Toby was quick-witted and entertaining.	9
slow on the uptake	adj phr	sləʊ ɒn ðə 'ʌptek	not quick to understand something new	Sometimes Tim's a little slow on the uptake.	9
mind like a sieve	idm	maɪnd laɪk ɛɪ sɪv	to forget things easily	I have to write everything down otherwise I forget -- I've got a mind like sieve.	9
mindless	adj	'maɪndləs	completely stupid and without any purpose	His drinking bouts often ended in acts of mindless violence.	9
reminder	v	rɪ'maɪndə	something that makes you notice, remember, or think about something	a reminder of the dangers of drinking and driving	9
recollection	n	,rekə'leɪʃən	something from the past that you remember	My earliest recollections are of my mother bending over my cot.	9
recall	v	rɪ'kɔ:l	to remember a particular fact, event, or situation from the past	You don't happen to recall his name, do you?	9

Word	Part of speech	Pron	Definition	Example	Unit
stable	adj	'steɪbəl	steady and not likely to move or change	A wide base will make the structure much more stable.	10
temperament	n	'tempərəmənt	the emotional part of someone's character, especially how likely they are to be happy, angry etc	Jill has such a lovely relaxed temperament.	10
nail down	idm	neɪl daʊn	to reach a final and definite agreement or decision about something	We asked a lawyer to help us nail down the details in the contract.	10
insistence	n	ɪn'sɪstəns	when you demand that something should happen and refuse to let anyone say no	his insistence that they discuss the problem	10
determined	adj	dɪ'tɜ:mənd, dɪ'tɜ:mɪnd	having a strong desire to do something, so that you will not let anyone stop you	Gwen is a very determined woman.	10
race track	n phr	reɪs træk	a circular course around which runners, cars etc race, which often has a specially prepared surface	For my birthday, I drove a racing car around a rack track.	10
to one's liking	phr	tə wʌnz 'laɪkɪŋ	being just what you wanted	This coffee cake is not to my liking, but the strawberry one is lovely.	10
dimension	n	dəɪ'menʃən, də-	a part of a situation or a quality involved in it	the moral dimension of world politics	10
inevitable	adj	ɪ'nevətəbəl, ɪ'nevɪtəbəl	certain to happen and impossible to avoid	A further escalation of the crisis now seems inevitable.	10
ups and downs	idm	ʌps ənd daʊnz	the mixture of good and bad experiences that happen in any situation or relationship	We have our ups and downs like all couples.	10
blow up	phr v	bləʊ ʌp	to destroy something, or to be destroyed, by an explosion	The plane blew up in midair.	10
scenario	n	sə'nɑ:riəʊ, sɪ'nɑ:riəʊ	a situation that could possibly happen	Imagine a scenario where only 20% of people have a job.	10
unflappable	adj	ʌn'flæpəbəl	having the ability to stay calm and not become upset, even in difficult situations	The great thing about Suzy is that even if everything is going wrong, she's completely unflappable.	10
highs and lows	idm	haɪz əndləʊz	the mixture of good and bad experiences that happen in any situation or relationship	We've had many highs and lows in our marriage, but I still love Richard.	10
rationalise	v	'ræʃənəlaɪz	if you rationalize behaviour that is wrong, you invent an explanation for it so that it does not seem as bad	When he makes a mistake, Glen always finds a way to rationalize what he's done.	10
come with age	phr	kʌm wɪð eɪdʒ	develop as you get older	Patience often comes with age, although I'm 40 and I'm still waiting!	10
worn	adj	wɔ:n	a worn object is old and damaged, especially because it has been used a lot	a worn patch on the carpet	10

Word	Part of speech	Pron	Definition	Example	Unit
load	n	ləʊd	a large quantity of something that is carried by a vehicle, person etc	a load of wood	10
data	n	'deɪtə, 'dɑ:tə	information or facts	The research involves collecting data from two random samples.	10
register	v	'redʒəstə, 'redʒɪstə	if something registers, or if you register it, you realize or notice it, and then remember it	I saw Peter in the shop but I didn't register it was him until he said hello.	10
qualify	v	'kwɒləfaɪ, 'kwɒlɪfaɪ	to have the right to have or do something, or to give someone this right	Free school lunches are given to children who qualify.	10
refreshing	adj	rɪ 'frefrɪŋ	pleasantly different from what is familiar and boring	She's clever and attractive, but also very modest -- how refreshing!	10
toddler	n	'tɒdlə	a very young child who is just learning to walk	Make sure you keep the toddler away from the fire.	10
go-kart	n	'gəʊ kɑ:t	a small vehicle with an open frame and four wheels, used in races	It's such fun whizzing around the track in a go-kart.	10
run out of	phr v	rʌn aʊt əv	to use all of something and not have any more left	I've completely run out of money -- could you lend me some, please?	10
quite the contrary	phr	kwɑɪt ðə 'kɒntrəri	the opposite of what has been said or suggested	Some people say I am selfish. Quite the contrary -- I give millions to charity every year.	10
sponsor	n	'spɒnsə	a person or company that pays for a show, broadcast, sports event etc, especially in exchange for the right to advertise at that event	Eastman Kodak is a major sponsor of the Olympics.	10
stand back	phr v	'stænd bæk	step away from something in order to be safe	Before you try, stand back and watch how the experts do it.	10
in good hands	idm	ɪn ɡʊd hændz	being dealt with or cared for by someone who is capable and responsible	Thank you for looking after me, doctor, I know I'm in good hands with you.	10
awash in	adj	ə 'wɒʃ ɪn	containing too many things or people of a particular kind	They've won the lottery and now they're awash in cash.	10
lap	n	læp	a single journey around a race track	How long did it take you to do one lap of the course?	10
stall	v	stɔ:l	to stop making progress or developing	You need to practise every day if you don't want your progress to stall.	10
invariably	adv	ɪn'veəriəbli	if something invariably happens or is invariably true, it always happens or is true	It invariably rains when I go there.	10
exacting	adj	ɪg'zæktɪŋ	demanding a lot of effort, careful work, or skill	She was an exacting woman to work for.	10

Word	Part of speech	Pron	Definition	Example	Unit
stamina	n	'stæməne, 'stæmɪne	physical or mental strength that lets you continue doing something for a long time without getting tired	You need stamina to be a long-distance runner.	10
endurance	n	ɪn' dʒʊərəns	the ability to continue doing something difficult or painful over a long period of time	She was pushed beyond her powers of endurance.	10
exceptional	adj	ɪk'sepʃənəl	unusually good	an exceptional student	10
strain	n	streɪn	worry that is caused by having to deal with a problem or work too hard over a long period of time	I couldn't look after him any more; the strain was too much for me.	10
adrenalin	n	ə'drenəl-ən, ə'drenəl-ɪn	a chemical produced by your body when you are afraid, angry, or excited, which makes your heart beat faster	There's nothing like a good horror film to get the adrenalin going (=make you feel nervously excited).	10
build up	phr v	bɪld ʌp	if something builds up somewhere, or if you build it up, it gradually becomes bigger or greater	the rate at which the pension builds up	10
undergo	v	ˌʌndə'gəʊ	if you undergo a change, an unpleasant experience etc, it happens to you or is done to you	The country has undergone massive changes recently.	10
build	n	bɪld	the shape and size of someone's body	a woman of slim build	10
nutrition	n	nju:' trɪʃən	the process of giving or getting the right type of food for good health and growth	Nutrition and exercise are essential to fitness and health.	10
protein	n	'prəʊti:n	one of several natural substances that exist in food such as meat, eggs, and beans, and which your body needs in order to grow and remain strong and healthy	Soya beans are a good source of protein.	10
carbohydrate	n	ˌkɑ:bəʊ' haɪdreɪt, -dreɪt	a substance that is in foods such as sugar, bread, and potatoes, which provides your body with heat and energy and which consists of oxygen, hydrogen, and carbon	Rice and bread are source of carbohydrates.	10
stuff oneself	v	stʌf wʌn'self	to eat so much food that you cannot eat anything else	Don't stuff yourself before you go swimming -- you'll feel sick.	10
absorb	v	əb'sɔ:b, əb'zɔ:b	to take in liquid, gas, or another substance from the surface or space around something	Plants absorb nutrients from the soil.	10
dehydration	n	ˌdi:haɪ'dreɪʃən	to remove the liquid from a substance such as food or a chemical	Dehydration can be a big problem if you do exercise on a hot day.	10

Word	Part of speech	Pron	Definition	Example	Unit
sweat	v	swet	to have drops of salty liquid coming out through your skin because you are hot, ill, frightened, or doing exercise	I was sweating a lot despite the air conditioning.	10
cockpit	n	'kɒk.pɪt	the area in a plane, small boat, or racing car where the pilot or driver sits	When I was a little boy, I was allowed to go into the cockpit of an aeroplane when we went on holiday.	10
skate around	phr v	sket ə 'raʊnd	to avoid mentioning a problem or subject, or not give it enough attention	You can ask her if she wants to have children, but she'll probably just skate around the subject.	10
sail through	phr v	seɪl θru:	to succeed very easily in a test, examination etc	Patricia sailed through the medical and was declared 100% fit.	10
rein in	phr v	reɪn ɪn	to start to control a situation more strictly	Can you rein in your constant criticism?	10
take the wind out of one's sails	idm	teɪk ðə wɪnd aʊt əv wʌnz seɪlz	to make someone lose their confidence, especially by saying or doing something unexpected	I confessed to the crime and took the wind out of his sails.	10
on the ball	idm	ɒn ðə bɔ:l	able to think or act quickly and intelligently	an assistant who's really on the ball	10
move the goalposts	idm	mu:v ðə 'gəʊl pəʊsts	to change the rules, limits etc for something while someone is trying to do something, making it more difficult for them - used to show disapproval	You can't move the goalposts now - I've already started working on the project!	10
set aside	phr v	set ə 'saɪd	to decide not to consider a particular feeling or thing because something else is more important	You are in the same team as Ewan so you're going to have to set aside your differences.	10
for the good of	phr	fə ðə ɡʊd əv	in order to help someone or improve a situation	Please can you apologise to your sister, for the good of the family.	10
trap	v	træp	to prevent someone from escaping from somewhere, especially a dangerous place	Twenty miners were trapped underground.	10
thereabouts	adv	ðeərə' baʊts	near a particular time, place, number etc, but not exactly	These houses were built in 1930 or thereabouts.	10
shift	n	ʃɪft	if workers in a factory, hospital etc work shifts, they work for a particular period of time during the day or night, and are then replaced by others, so that there are always people working	My shift lasts from 6 a.m. to 4 p.m.	10
to an extent	phr	tə ən ɪk'stent	partly	I like opera to an extent, but it's not my favourite kind of music.	10
trust	v	trʌst	to believe that someone is honest or will not do anything bad or wrong	I just don't trust him.	10

Word	Part of speech	Pron	Definition	Example	Unit
team spirit	n phr	ti:m 'spɪrət	willingness to work as part of a team	If you have a good team spirit, you can stay positive even when everything is going wrong.	10
keep someone going	idm	ki:p 'sʌmwʌn 'gəʊɪŋ	to have or to give someone enough hope and emotional strength to continue living and doing things, in a bad situation	Her letters were the only thing that kept me going while I was in prison	10
maintain	v	meɪn 'teɪn, mən-	to strongly express your belief that something is true	I maintain that it was Sarah who broke the vase, not me.	10
contribution	n	kɒntrɪ'bju:ʃən, kɒntri'bju:ʃən	something that you give or do in order to help something be successful	Einstein was awarded the Nobel Prize for his contribution to Quantum Theory.	10
no point in	phr	nəʊ pɔɪnt ɪn	no purpose or aim of doing something	There is no point worrying about something that might not happen.	10
well	n	wel	a deep hole in the ground from which people take water	She lowered her bucket into the well.	10
dig	v	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.	10
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.	10
bond	v	bɒnd	to develop a special relationship with someone	People who work together in emergency departments in hospitals bond quickly.	10
letdown	n	'letdaʊn	an event, performance etc that is not as good as you expected it to be	The end of the book was a real letdown.	10
come to terms with	v phr	kʌm tə tɜ:mz wɪð	to accept an unpleasant or sad situation and no longer feel upset or angry about it	I had a knee injury when I was 15 and had to come to terms with the fact that I would never play rugby again.	10
back row	n phr	bæk rəʊ	the last line of seats in a theatre or cinema	The only seats left at the cinema were in the back row, far from the screen.	10
typecast	adj	'taɪpkɑ:st	to always give an actor the same type of character to play	He always gets typecast as the villain.	10
get stuck with	idm	get stʌk wɪð	to have something you do not want because you cannot get rid of it	My mum gave me her old moped and now I've got stuck with it.	10
stressful	adj	'stresfʊl	a job, experience, or situation that is stressful makes you worry a lot	Moving to a new house is a very stressful experience.	10
sole	adj	səʊl	the sole person, thing etc is the only one	the sole American in the room	10
let go	v phr	let gəʊ	to accept that you cannot change something and stop thinking or worrying about it	I let go of the idea I could be a model long ago -- I'm only 152 cm tall.	10

Word	Part of speech	Pron	Definition	Example	Unit
in the spotlight	idm	ɪn ðə 'spɒtlaɪt	the centre of attention	Jeremy loves being in the spotlight and gets annoyed if you don't pay him attention.	10
glamorous	adj	'glæməərəs	attractive, exciting, and related to wealth and success	She led an exciting and glamorous life.	10
snowflake	n	'snəʊfleɪk	a small soft flat piece of frozen water that falls as snow	Each snowflake fell silently to earth.	10
peasant	n	'pezənt	a poor farmer who owns or rents a small amount of land, either in past times or in poor countries	Most villagers are peasant farmers.	10
feel part of the scenery	idm	fi:l pɑ:t əv ðə 'si:nəri	feel that you are in the background and unimportant	Nobody takes any notice of me at work; it's like I'm part of the scenery.	10
efficiency saving	n phr	ɪ 'fɪʃənsi 'seɪvɪŋ	improve the quality of doing something, without wasting time, money, or energy	I think there are lots of changes we can make to create efficiency savings.	10
operating theatre	n phr	'ɒpəreɪtɪŋ 'θiətə	a room in a hospital where operations are done	Once you have changed into the gown, we'll take you to the operating theatre for surgery.	10
at the expense of	phr	ət ðə ɪk'spens əv	if something is done at the expense of someone or something else, it is only achieved by doing something that could harm the other person or thing	the growth in short breaks, at the expense of longer package holidays	10
concern	n	kən'sɜ:n	a feeling of worry about something important	The recent rise in crime is a matter of considerable public concern.	10
handover	n	'hændəʊvə	the act of giving someone else control of a place or business	The president will remain in office until the official handover in April.	10
streamline	v	'stri:mlaɪn	to make something such as a business, organization etc work more simply and effectively	efforts to streamline the production process	10
intensive-care	n	ɪn'tensɪv keə	a department in a hospital that treats people who are very seriously ill or badly injured, or the continuous and thorough treatment given to patients there	After the accident he was taken to the intensive-care unit.	10
throughput	n	'θru:put	the amount of work, goods, or people that are dealt with in a particular period of time	We want to increase throughput of the factory so we can increase our profits.	10
vital	adj	'vaɪtl	extremely important and necessary for something to succeed or exist	The work she does is absolutely vital.	10
intake	n	'ɪnteɪk	a tube, pipe, etc through which air, gas, or liquid enters a machine	This is the fuel intake, which must be kept clean.	10

Word	Part of speech	Pron	Definition	Example	Unit
briefing	n	'bri:fiŋ	information or instructions that you get before you have to do something	We have a briefing every morning so that our boss can tell us what he wants us to do.	10
be taken aback	phr v	bi 'teɪkən ə bæk	to be very surprised about something	Emma was somewhat taken aback by his directness.	10
no wonder that	phr	nəʊ 'wʌndə ðæt	used to say that you are not surprised by something	It's no wonder you're hungry - you haven't eaten breakfast or lunch.	10
rehearsal	n	ri 'hɜ:səl	a time when all the people in a play, concert etc practise before a public performance	a rehearsal for <i>Romeo and Juliet</i>	10
basically	adv	'beɪsɪkli	used to emphasize the most important reason or fact about something, or a simple explanation of something	Basically, I'm just lazy.	10
under pressure	phr	'ʌndə 'preʃə	a way of working or living that causes you a lot of anxiety, especially because you feel you have too many things to do	I was under a lot of pressure when I was taking my exams.	10
rely upon	v phr	ri 'laɪ ə pʊn	to trust or depend on someone or something to do what you need or expect them to do	You can always rely upon Sylvia to do what she says she'll do.	10
fatal	adj	'fɜ:tl	resulting in someone's death	potentially fatal diseases	10
(7 seconds) flat	adv	(.sevən 'sekəndz) flæt	in exactly three minutes, ten seconds etc - used to emphasize that something happens or is done very quickly	I can have a shower, get dressed and leave the house in five minutes flat.	10
unity	n	'ju:nəti, 'ju:nɪti	when a group of people or countries agree or are joined together	economic unity	10
flick through	phr v	flɪk θru:	to look at a book, magazine, set of photographs etc quickly	If you flick through the newspaper you'll see the photo I was talking about.	10
household name	n phr	'haʊshəʊld neɪm	a name of a product, company etc that is very well known	Nintendo is now a household name.	10
swoop	v	swu:p	if a bird or aircraft swoops, it moves suddenly down through the air, especially in order to attack something	The eagle hovered, ready to swoop at any moment.	10
glide	v	glɑɪd	to move smoothly and quietly, as if without effort	couples gliding over the dance floor	10
acrobat	n	'ækərbæt	someone who entertains people by doing difficult physical actions such as walking on their hands or balancing on a high rope, especially at a circus	The acrobat did any incredible somersault, landing on one foot.	10
reckless	adj	'rekləs	not caring or worrying about the possible bad or dangerous results of your actions	He was accused of causing death by reckless driving.	10

Word	Part of speech	Pron	Definition	Example	Unit
feat	n	fi:t	something that is an impressive achievement, because it needs a lot of skill, strength etc to do	They climbed the mountain in 28 days, a remarkable feat.	10
contortion	n	kən'tɔ:ʃən	a twisted position or movement that looks surprising or strange	I could not force my body into the contortions required by classical ballet.	10
same flesh and blood as	idm	seɪm fleʃ ənd blʌd əz	someone who is part of your family	They may be the same flesh and blood as me, but I could never do the things they do.	10
soar	v	sɔ:	to fly, especially very high up in the sky, floating on air currents	It must feel wonderful to soar through the air like an eagle.	10
unforgiving	adj	ˌʌnfə'gɪvɪŋ	an unforgiving place is very uncomfortable, for example because it is extremely hot or cold	If you fall over when you're ice-skating, the ice is very unforgiving.	10
gasp	n	gɑ:sp	when you take in a breath suddenly in a way that can be heard, especially because you are surprised or in pain	With a gasp of pure horror, Lewis jumped up and ran.	10
awe	n	ɔ:	a feeling of great respect and liking for someone or something	He felt great awe for the landscape.	10
backstage	adv	ˌbæk'steɪdʒ	behind the stage in a theatre, especially in the actors' dressing rooms	Everyone backstage is very nervous before the show begins.	10
physique	n	fə'zi:k, fi'zi:k	the size and appearance of someone's body	She didn't have the physique to be a dancer.	10
strike someone	v phr	straɪk 'sʌmwʌn	if something strikes you, you think of it, notice it, or realize that it is important, interesting, true etc:	It struck me that she was very brave to talk about the difficulties she had overcome.	10
risk-averse	adj	rɪsk ə'vɜ:s	not willing to take risks	Financial institutions might be so risk-averse that they will not lend money.	10
cross-country	adj	ˌkrɒs 'kʌntri	across fields or not along main roads	cross-country running	10
in touch with	phr	ɪn tʌtʃ wɪð	talking or writing to someone	Are you still in touch with Lynda from school?	10
gregarious	adj	grɪ'geəriəs	friendly and preferring to be with other people	I've never been gregarious, I prefer to stay at home on my own.	10
appeal	v	ə'pi:l	if someone or something appeals to you, they seem attractive and interesting	The thought of parachuting doesn't appeal to me -- it's far too dangerous.	10
be a drag	idm	bi eɪ dræg	to make it hard for someone to make progress towards what they want	Working overtime at the weekend is a real drag.	10
lift your spirits	idm	lɪft jə 'spɪrɪts	make someone happier	When I see the faces of my little grandchildren, it lifts my spirits.	10
gifted	adj	'gɪftəd, 'gɪftɪd	having a natural ability to do one or more things extremely well	She was an extremely gifted poet.	10

Word	Part of speech	Pron	Definition	Example	Unit
ego	n	'i:geʊ, 'egəʊ	the opinion that you have about yourself	Richard has the biggest ego (=thinks he is very clever and important) of anyone I've ever met.	10
conductor	n	kən'dʌktə	someone who stands in front of a group of musicians or singers and directs their playing or singing	The conductor is in charge of an orchestra.	10
like-minded	adj	'laɪk 'maɪndɪd	having similar interests and opinions	a chance to meet like-minded people	10
constraint	n	kən'streɪnt	something that limits your freedom to do what you want	Constraints on spending have forced the company to rethink its plans.	10
euphoria	n	ju:'fɔ:riə	an extremely strong feeling of happiness and excitement which usually only lasts for a short time	There was a general atmosphere of pessimism after the euphoria of last year.	10
retired	adj	rɪ'taɪəd	having stopped working, usually because of your age	a retired teacher	10
get sick of	idm	get sɪk əv	to be angry or bored with something that has been happening for a long time	I get sick of people complaining all the time; why can't they talk about positive things instead?	10
a change of scenery	phr	ɛɪ tʃeɪndʒ əv 'si:nəri	when you go to a different place or do something different	I went to stay with my daughter for a few days -- it was nice to have a change of scenery.	10
unwind	v	ʌn'waɪnd	to relax and stop feeling anxious	a beautiful country hotel that is the perfect place to unwind	10
on the (social) side	phr	ɒn ðə (səʊʃəl) saɪd	one part or feature of something, especially when compared with another part	On the plus side, I have made a lot of new friends at my diet club.	10
fellow	adj	'feləʊ	people that you work with, study with, or who are in the same situation as you	We all have obligations to our fellow men.	10
swap	v	swɒp	to give something to someone and get something in return	Do you want to swap umbrellas?	10
tip	n	tɪp	a helpful piece of advice	If you want to make new friends, my tip is to get a dog and take it out for walks.	10
tedious	adj	'ti:diəs	something that is tedious continues for a long time and is not interesting	The work was tiring and tedious.	10
commit to	v	kə'mɪt tə	to say that someone will definitely do something or must do something	I've decided to commit to learning Italian, no matter how long it takes me.	10
know the ropes	idm	nəʊ ðə rəʊps	understand all the things someone needs to know to do a job or deal with a system	When you start the job, it will take you a few months to learn the ropes.	10
first-time	adj	'fɜ:st 'taɪm	describes someone who is doing something for the first time	First-time buyers find it difficult to save a deposit for a house.	10
train	v	treɪn	to teach someone the skills of a particular job or activity, or to be taught these skills	All staff will be trained in customer service skills.	10

Word	Part of speech	Pron	Definition	Example	Unit
nuisance	n	'nju:səns	a person, thing, or situation that annoys you or causes problems	The dogs next door are a real nuisance.	10
wag	v	wæg	if a dog wags its tail, or if its tail wags, the dog moves its tail many times from one side to the other	'You naughty girl!' Mom said, wagging her finger at me.	10
loyal	adj	'ləʊəl	always supporting your friends, principles, country etc	The army has remained loyal to the government.	10
nevertheless	adv	,nevəðə'les	in spite of a fact that you have just mentioned	What you said was true. It was, nevertheless, a little unkind.	10
merit	n	'merət, 'merɪt	an advantage or good feature of something	The film has the merit of being short.	10
get caught up in	v phr	get kɔ:t ʌp ɪn	to be or get involved in something, especially something bad	I got caught up in the moment and started screaming at the band.	10
disparate	adj	'dɪspərət, 'dɪspərɪt	consisting of things or people that are very different and not related to each other	a meeting covering many disparate subjects	10
high	n	haɪ	a feeling of great happiness or excitement	After the wedding ceremony, I was on a real high.	10
strain	n	streɪn	worry that is caused by having to deal with a problem or work too hard over a long period of time	I couldn't look after him any more; the strain was too much for me.	10
sibling	n	'sɪblɪŋ	a brother or sister	Most young smokers are influenced by their friends' and older siblings' smoking habits.	10
weird	adj	wɪəd	very strange and unusual, and difficult to understand or explain	A really weird thing happened last night.	10
apart	adj	ə'pɑ:t	if people are apart, they are not together in the same place, or not having a relationship with each other	I don't like being apart from my parents.	10
turn up	phr v	tʒ:n ʌp	to arrive at a place, especially in a way that is unexpected	If you're going to be late, don't bother to turn up at all.	10
get along	phr v	get ə'ləŋ	if two or more people get along, they have a friendly relationship	We've always got along quite well.	10
let one's hair down	idm	let wʌnz heə daʊn	to enjoy yourself and start to relax, especially after working very hard	Nigel never relaxes; he finds it difficult to let his hair down.	10
sing-song	n	sɪŋ sɒŋ	when a group of people sing together, informally	At the party Sandrine played the piano and we had a sing-song.	10
row	n	rəʊ	a short angry argument, especially between people who know each other well	Nelly and I had a big row. We haven't spoken since.	10

Word	Part of speech	Pron	Definition	Example	Unit
break out	phr v	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.	10
resentment	n	riːzəntmənt	a feeling of anger because something has happened that you think is unfair	She was filled with deep resentment at being passed over for promotion.	10
self-improvement	n	ˌself ɪmˈpruːv mənt	the process of trying to become a better and happier person, for example by gaining new knowledge	I read lots of books about self-improvement, but I never do anything.	10
distracting	adj	dɪˈstræktɪŋ	to take someone's attention away from something by making them look at or listen to something else	Your music is so distracting, can you turn it down?	10
enlightening	adj	ɪnˈlaɪtənɪŋ	the characteristic of explaining something to someone	I found his book very enlightening and it made me change my opinion about some things.	10
go off at tangents	idm	ɡəʊ ɒf ət ˈtændʒ ənts	to suddenly start thinking or talking about a subject that is only slightly related, or not related at all, to the original subject	When Miles tells you a story it goes on for ages because he always goes off at tangents.	10
rational	adj	ˈræʃənəl	rational thoughts, decisions etc are based on reasons rather than emotions	Parents need to be fully informed so they can make a rational decision.	10
end up	phr v	end ʌp	to be in a particular situation, state, or place after a series of events, especially when you did not plan it	He came round for a coffee and we ended up having a meal together.	10
underestimate	v	ˌʌndərˈestəmeɪt, ˌʌndərˈestɪmeɪt	to think or guess that something is smaller, cheaper, easier etc than it really is	We underestimated how long it would take to get there.	10
tendency	n	ˈtendənsi	if someone or something has a tendency to do or become a particular thing, they are likely to do or become it	Greg's tendency to be critical made him unpopular with his co-workers.	10
look on the bright side	idm	lʊk ɒn ðə braɪt saɪd	to see the good points in a situation that seems to be bad	Come on, try to look on the bright side.	10
survival	n	səˈvaɪvəl	the state of continuing to live or exist	Illegal hunting is threatening the survival of the species.	10
evolution	n	ˌiːvəˈluːʃən, ˌevə-	the scientific idea that plants and animals develop and change gradually over a long period of time	the evolution of mammals	10
outcome	n	ˈaʊtkʌm	the final result of a meeting, discussion, war etc – used especially when no one knows what it will be until it actually happens	It was impossible to predict the outcome of the election.	10

Word	Part of speech	Pron	Definition	Example	Unit
ceaseless	adj	'si:sləs	happening for a long time without stopping	the ceaseless fight against crime	10
reassurance	n	'ri:ə'ʃʊərəns	something that is said or done which makes someone feel calmer and less worried or frightened about a problem	Parents are looking for reassurance about their children's safety.	10
constant	adj	'kɒnstənt	happening regularly or all the time	There was a constant stream of visitors to the house.	10
reject	v	rɪ'dʒekt	to refuse to accept, believe in, or agree with something	Sarah rejected her brother's offer of help.	10
insecurity	n	'ɪnsɪ'kjʊərəti	not feeling at all confident about yourself, your abilities, or your relationships with people	Student teachers often suffer from a great sense of insecurity.	10
imagine the worst	idm	ɪ'mædʒən ðə wɜ:st	imagine a situation that is worse than anything else	If you imagine the worst, you can prepare yourself.	10
chill out	phr v	tʃɪl aʊt	to relax completely instead of feeling angry, tired, or nervous	Spending time with friends is a good way to chill out.	10
inclusive	adj	ɪn'klu:sv	including a wide variety of people, things etc	Our school is very inclusive and all children are given the same opportunities.	10
affordable	adj	ə'fɔ:d əb əl	to have enough money to buy or pay for something	affordable housing	10
equipped	adj	ɪ'kwɪpt	containing all the things that are needed for a particular kind of activity or work	Our studio is equipped with the all the art supplies you might need.	10
state-of-the-art	adj	'steɪt əv ði 'ɑ:t	using the most modern and recently developed methods, materials, or knowledge	state-of-the-art technology	10
under the watchful eye of	idm	'ʌndə ðə 'wɒtʃfəl aɪ əv	following someone's instructions or with someone's help	The students will complete the project under the watchful eye of the headmaster.	10
exhilarated	adj	ɪg'zɪləreɪtɪd	feeling extremely happy, excited, and full of energy	I was exhilarated when I arrived at the bottom of the ski slope.	10
holistic	adj	həʊ'lɪstɪk	considering a person or thing as a whole, rather than as separate parts	a holistic approach to design	10
well-being	n	'wel 'bi: ɪŋ	a feeling of being comfortable, healthy, and happy	Going for a run every morning really improves my feeling of well-being.	10
unwind	v	ʌn'waɪnd	to relax and stop feeling anxious	a beautiful country hotel that is the perfect place to unwind	10
therapy	n	'θerəpi	the treatment of an illness or injury over a fairly long period of time	new drug therapies	10