

Word/Phrase	Part of speech	IPA (UK)	IPA (US)	Definition	Sample sentence
Journeys and adventures					
globetrotter	noun	'gləʊb, trɒtə(r)	'gləʊb, trətər	someone who travels a lot and visits a lot of different countries	She's a real globetrotter . She must have been everywhere.
at the heart of	phrase	æt ðə hæ:t ɒv	æt ðə hæ:t əv	the most important or basic part of something	Cost-cutting is at the heart of their development plan.
embark on	verb	ɪm'ba:k ɒn	em'bark ən	to start a journey by ship	We embarked on a voyage to the Caribbean.
impenetrable	adjective	ɪm'penɪtrəb(ə)l		impossible to get into or get through	The forest is impenetrable by land, so we had to fly.
long-haul	adjective	lɒŋ haʊl	lɒŋ hɔl	traveling a long distance, especially by air	We spent 11 hours on a long-haul flight from London to Hong Kong.
off the beaten path	phrase	ɒf ðə 'bi:tɪn pɑ:θ	ɔf ðə 'bitən pæθ	far away from the places that people usually visit	The village is worth seeing but difficult to get to as it is far off the beaten path .
provisions	noun	prə'vɪz(ə)nz		food and other necessary supplies, especially for a journey	They packed enough provisions to last a week.
uncharted territory	noun	ʌn'tʃɑ:tɪd 'terɪtəri	ən'tʃɑ:tɪd 'terɪtəri	an activity or subject that people do not know anything about or have not experienced before	Genetic engineers are entering uncharted territory .
Three-part phrasal verbs					
be up for	phrasal verb	bi: ʌp fɔ:	bi ʌp fɔr	willing to do a particular activity	I'd be up for just about anything on this vacation.
brush up on	phrasal verb	bɹʌʃ ʌp ɒn	bɹʌʃ ʌp ən	to practice and improve your skills or knowledge of something	If you haven't driven for a while you can take a refresher course to brush up on your skills.
come up against	phrasal verb	kʌm ʌp ə'genst		to have to deal with something difficult or unpleasant	In the first week, we came up against a pretty tricky problem.
find out about	phrasal verb	fɑɪnd aʊt ə'baut		to discover a fact or piece of information	I don't want anyone else to find out about this.
get around to	phrasal verb	get ə'raʊnd tu:	get ə'raʊnd tu	to do something after you have intended to do it for some time	I finally got around to reading that book you gave me.
get away from	phrasal verb	get ə'weɪ frəm	get ə'weɪ frʌm	to go somewhere different from where you live in order to take a break or go on vacation	On days like today, I just want to get away from it all.
look back on	phrasal verb	lʊk bæk ɒn	lʊk bæk ən	to think about a time or event in the past	Most people look back on their school days with fondness.
switch off from	phrasal verb	swɪtʃ ɒf frəm	swɪtʃ ɔf frʌm	to stop thinking about something	I find it difficult to switch off from work for the first few days of a vacation.

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Binomial expressions					
by and large	phrase	bʌɪ ænd lɑːdʒ	bʌɪ ænd lɑːdʒ	used for referring to something in a very general way	By and large I think the emphasis should be on recruiting the right people.
far and away	phrase	fɑːr ænd ə'weɪ	fɑːr ænd ə'weɪ	used for saying that something has much more of a particular quality than anything else	Soccer is far and away the most popular sport in Britain.
far and wide	phrase	fɑːr ænd waɪd	fɑːr ænd waɪd	in a large area or in many different places, some of them a long way away	People came from far and wide to see the show.
heart and soul	phrase	hɑːt ænd səʊl	hɑːt ænd səʊl	used for something someone does with their full energy and enthusiasm	She puts her heart and soul into her cooking.
life-or-death	phrase	laɪf ɔː deθ	laɪf ɔː deθ	a serious or dangerous situation that you must deal with immediately in order to prevent something bad from happening	Lack of water is a matter of life-or-death in some regions.
rags-to-riches	phrase	rægz tuː 'rɪtʃɪz	rægz tuː 'rɪtʃɪz	used for describing a situation in which someone who has been very poor becomes very rich	The movie tells a rags-to-riches story of an unknown singer who became a world superstar.
safe and sound	phrase	seɪf ænd saʊnd		not damaged or hurt at all	Everyone arrived safe and sound .
side by side	phrase	sɑɪd baɪ sɑɪd		used for saying that two things or people are directly next to each other	We rode side by side through the forest.
slowly but surely	phrase	'sləʊli bʌt 'ʃʊəli	'sləʊli bʌt 'ʃʊəli	happening or doing something in a slow and gradual way, but achieving definite results	Slowly but surely , the old class was losing its power and influence.
time after time	phrase	taɪm 'ɑːftə taɪm	taɪm 'æftər taɪm	many times, usually so often that you become annoyed	Time after time I've told him not to touch my computer.