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# C1 Wordlist

Navigate

Here is a list of useful or new words from Navigate C1 Coursebook. You can insert your own translation.
Words marked with a key (🔑) all appear in the *Oxford 3000*.

*adj* = adjective *conj* = conjunction *phr v* = phrasal verb *phr* = phrase *pron* = pronoun
*adv* = adverb *n* = noun *pl* = plural *prep* = preposition *v* = verb

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|---|---|---|
| a fraction (of) 🔑 *n* /ə ˈfrækʃn əv/ | _____ | Prosthetics such as false hands may soon be available at a fraction of the previous price. |
| a long way off *phr* /ə ˈlɒŋ weɪ ˌɒf/ | _____ | Complete understanding of how memory works is a long way off. |
| a raw deal *n* /ə ˈrɔː diːl/ | _____ | Part-time workers often get a raw deal. |
| a wealth of *phr* /ə ˈwelθ ɒv/ | _____ | There's a wealth of possibilities from an open-water swim to a night run. |
| abandon 🔑 *v* /əˈbændən/ | _____ | The making of traditional objects using natural materials was later abandoned. |
| absence (of) 🔑 *n* /ˈæbsəns əv/ | _____ | The most noticeable thing on the island was the absence of any traffic. |
| absorbent *adj* /əbˈzɔːbənt/ | _____ | Cleaning materials such as sponges need to be made of absorbent materials. |
| absurdly *adv* /əbˈsɜːdli/ | _____ | Absurdly, none of the new cycle paths will pass through the main tourist area. |
| accomplish *v* /əˈkʌmplɪʃ/ | _____ | How does it accomplish this amazing feat? |
| account for *phr v* /əˈkaʊnt fɔː(r)/ | _____ | As linguists point out, this doesn't account for all the other words in our vocabulary. |
| accumulate *v* /əˈkjuːmjəleɪt/ | _____ | The wealth they have accumulated is a result of the globalization of the world economy. |
| acknowledge 🔑 *v* /əkˈnɒlɪdʒ/ | _____ | Even the most sceptical observer must acknowledge the evidence to be overwhelming. |
| acoustic guitar *n* /əˈkuːstɪk gɪˌtɑː(r)/ | _____ | I'm learning to play the acoustic guitar. |
| action point *n* /ˈækʃn ˌpɔɪnt/ | _____ | I always highlight the action points on the agenda. |
| address an issue *phr* /əˌdres ən ˈɪʃuː/ | _____ | We need to decide how to address the issue of staff dissatisfaction. |
| admittedly *adv* /ədˈmɪtɪdli/ | _____ | Admittedly, it is not the original palace, but it is very beautiful. |
| adopt 🔑 *v* /əˈdɒpt/ | _____ | The brain can cause people to adopt characteristics of another person's speech style. |
| adopt a child 🔑 *phr* /əˌdɒpt ə ˈtʃaɪld/ | _____ | You can't apply to adopt a child until you're eighteen. |
| adrenaline junkie *phr* /əˈdrenəlɪn ˈdʒʌŋki/ | _____ | 'Adrenaline junkies' take part in high-risk sports while on holiday. |
| advertorial *n* /ˌædvəˈtɔːriəl/ | _____ | Today's newspapers are full of advertorials, which many people feel are misleading. |
| advocate *v* /ˈædvəkeɪt/ | _____ | The scheme advocates self-sufficiency by strengthening the economies of small communities. |
| affordable *adj* /əˈfɔːdəbl/ | _____ | Revolutionary manufacturing practices have made cars more affordable. |
| agenda *n* /əˈdʒendə/ | _____ | Agendas are used at meetings in Spain, but they are often abandoned. |
| aglow *adj* /əˈgləʊ/ | _____ | Looking in the window of the cottage, its fire aglow, we decided to knock. |
| alarmingly *adv* /əˈlɑːmŋli/ | _____ | Alarmingly, nearly a sixth of people who take part in high-risk sports don't have insurance. |
| alert *adj* /əˈlɜːt/ | _____ | I was having great difficulty staying alert. |

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alien 🔑 *n* /'eɪliən/ _____ The main character was an ordinary woman who was actually an alien.

alike *adv* /ə'laɪk/ _____ They always tried to treat their children alike.

alive 🔑 *adj* /ə'laɪv/ _____ The city doesn't really come alive till after midnight.

all in all *phr* /ɔːl ɪn ɔːl/ _____ All in all, South Africa's only eco-arts festival makes for a great weekend away.

all things considered *adv* /ɔːl θɪŋz kən'sɪdəd/ _____ All things considered, I think we should try again.

all-time favourite *phr* /ɔːl taɪm 'feɪvərɪt/ _____ My all-time favourite game is Tetris.

allergic *adj* /ə'lɜːdʒɪk/ _____ Being allergic to eggs, that wasn't a problem for me.

alluring *adj* /ə'lʊərɪŋ/ _____ Emma Williams was thoroughly believable in the role of the alluring murderess.

aloof *adj* /ə'luːf/ _____ He always kept himself very aloof, so had few friends.

alteration *n* /ˌɔːltə'reɪʃn/ _____ We had to make some alterations to the contract.

analogue clock *n* /'ænəlɒg klɒk/ _____ I prefer analogue clocks to digital ones because they can be beautiful.

answer (to) *v* /'ɑːnsə(r) tə/ _____ You'll answer to Melanie and you need to keep her informed about what's going on.

apart 🔑 *adj* /ə'pɑːt/ _____ The twins are identical; only their parents can tell them apart.

apathetic *adj* /ˌæpə'θetɪk/ _____ I'm completely apathetic about politics.

appalling *adj* /ə'pɔːlɪŋ/ _____ I couldn't believe the appalling news about the air crash.

appetite *n* /'æpɪtaɪt/ _____ Digital has not satisfied the human appetite for moving, for meeting and for touching.

apprehensive *adj* /ˌæprɪ'hensɪv/ _____ I'm always a bit apprehensive when I have to disagree with my boss about something.

apprenticeship scheme *n* /ə'prentɪʃɪp ˌskiːm/ _____ In an apprenticeship scheme, a young person can earn money and learn the job.

arguably *adv* /'ɑːgjuəbli/ _____ Pad Thai is arguably the most famous dish to come out of Thailand.

as early as *phr* /əz 'ɜːli əz/ _____ As early as the 16th century, English had already adopted words from other languages.

as yet *phr* /æz 'jet/ _____ Someone told me my boss is leaving, but I haven't heard anything from him as yet.

ashamed 🔑 *adj* /ə'ʃeɪmd/ _____ I'm ashamed to say I forgot.

assert *v* /ə'sɜːt/ _____ It has been asserted that there is a link.

assimilate *v* /ə'sɪməleɪt/ _____ Many words from other languages have gradually been assimilated into English.

associated with 🔑 *phr v* /ə'səʊʃieɪtɪd wɪð/ _____ Exercise may produce other benefits associated with leading a healthy lifestyle.

astonished *adj* /ə'stɒnɪʃt/ _____ The last time I was astonished was when I won the award for employee of the month.

astonishingly *adv* /ə'stɒnɪʃɪŋli/ _____ Salamanca is an astonishingly beautiful city in the west of Spain.

at a loss *phr* /æt ə 'lɒs/ _____ The company was at a loss as to the reason for the delay.

at least half of 🔑 *phr* /æt liːst 'hɑːf əv/ _____ At least half of words in English come from non-Anglo-Saxon sources.

at random *phr* /ət 'rændəm/ _____ It looks like everything was chosen at random but she says she had a definite plan.

at the very least *phr* /æt ðə 'veri liːst/ _____ The road repairs will take a year at the very least.

at times *phr* /ət taɪmz/ _____ At times I get really fed up with his behaviour.

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| at your fingertips *phr* /æt jɔː(r) ˈfɪŋgətɪps/ | _____ | Don't worry – you have the solution at your fingertips. |
| attraction *n* /əˈtrækʃn/ | _____ | I don't understand the attraction of computer games. |
| authorization *n* /ˌɔːθəraɪˈzeɪʃn/ | _____ | Some plastic cards are used for the purpose of authorization. |
| aware *adj* /əˈweə(r)/ | _____ | They were well aware of the risks, but they went anyway. |
| awareness *n* /əˈweənəs/ | _____ | Seventeen-year-olds have no awareness of the risks involved. |
| ban *v* /bæn/ | _____ | Do you think we should ban cyclists from busy roads? |
| bankrupt *adj* /ˈbæŋkrʌpt/ | _____ | The company that supplies those handbags has gone bankrupt. |
| bark *v* /bɑːk/ | _____ | If your neighbour had a dog that barked all day and night, how would you react? |
| be aware of (something/somebody) *phr* /bi əˈweə(r) ɒv ˌsʌmθɪŋ, ˌsʌmbədi/ | _____ | Are you aware of your body language? |
| be bound by *phr* /bi ˈbaʊnd baɪ/ | _____ | Official organizations like hotels are bound by safety regulations. |
| be bound to *phr* /bi ˈbaʊnd tə/ | _____ | You're bound to have some fleece clothing in your wardrobe. |
| be down to *phr* /bi ˈdaʊn tə/ | _____ | The drop in tourism was down to the dreadful weather that summer. |
| be to blame for *phr* /bi tə ˈbleɪm fɔː(r)/ | _____ | I bet I know who's to blame for it – Michael. |
| bead *n* /biːd/ | _____ | My necklace broke and the beads spilt all over the floor. |
| bear fruit *phr* /beə(r) ˈfruːt/ | _____ | In time, the new ideas will bear fruit. |
| beat (eggs, etc.) *v* /biːt/ | _____ | This is what makes the white sauce special – I'm going to beat two eggs into it. |
| beware *v* /bɪˈweə(r)/ | _____ | Beware of fast knowledge. It is more dangerous than ignorance. |
| big picture *phr* /bɪg ˈpɪktʃə(r)/ | _____ | A 'big-picture' person is someone who focuses on long-term outcomes. |
| biodegradable *adj* /ˌbaɪəʊdɪˈgreɪdəbl/ | _____ | Scientists have developed a new biodegradable plastic material called 'Shrilk'. |
| bland *adj* /blænd/ | _____ | This soup is really bland. It needs some salt and pepper. |
| blended learning *n* /ˌblendɪd ˈlɜːnɪŋ/ | _____ | More students will be following blended learning programmes in England. |
| blood donor *n* /ˈblʌd ˌdəʊnə(r)/ | _____ | At seventeen, you can become a blood donor in England. |
| body clock *n* /ˈbɒdi klɒk/ | _____ | For some teenagers, school lessons don't fit in with their body clock. |
| body language *n* /ˈbɒdi ˌlæŋgwɪdʒ/ | _____ | Mirroring is when one person copies the body language of another. |
| bond *n* /bɒnd/ | _____ | We've got a real bond, you and I. |
| boost morale *phr* /buːst məˈrɑːl/ | _____ | She's the kind of manager who can boost the morale of the team. |
| brainstorm *v* /ˈbreɪnstɔːm/ | _____ | Let's brainstorm first, then choose the best ideas from the list. |
| breach *v* /briːtʃ/ | _____ | Do hackers have the knowledge to breach security? |
| break (something off) *v* /breɪk ˌsʌmθɪŋ ˈɒf/ | _____ | They had to break off their conference call as the connection was bad. |
| break new ground *phr* /ˌbreɪk njuː ˈgraʊnd/ | _____ | The company really broke new ground with their dating app. |
| breakdown *n* /ˈbreɪkdaʊn/ | _____ | There was a breakdown in training schemes due to lack of money. |
| brightly-lit *adj* /ˈbraɪtli lɪt/ | _____ | We chose to sit at a brightly-lit table by the window. |
| broaden *v* /ˈbrɔːdn/ | _____ | The word 'e-cigarette' is an example of broadening the meaning of the suffix 'e-'. |

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broadly *adv* /ˈbrɔːdli/ _____ The results of other studies have been broadly similar.

broadly speaking *phr* /ˈbrɔːdli ˌspiːkɪŋ/ _____ Broadly speaking, young people in Romania speak excellent English.

build on *phr v* /ˈbɪld ɒn/ _____ We've been able to build on the relationship.

bundle of nerves *phr* /ˈbʌndl əv nɜːvz/ _____ If I've got a big presentation to make, I'm a bundle of nerves the night before.

by and large *adv* /ˌbaɪ ən ˈlɑːdʒ/ _____ By and large, public transport in the UK is pretty reliable.

by no means *phr* /baɪ ˈnəʊ miːnz/ _____ I know a bit about architecture but I'm by no means an expert.

by the same token *phr* /baɪ ðə ˌseɪm ˈtəʊkən/ _____ They aren't hiring more staff this year and, by the same token, I don't think we'll get a pay rise.

cacophony *n* /kəˈkɒfəni/ _____ Whether you are at work or in the home, you are surrounded by a cacophony of sounds.

caffeine *n* /ˈkæfiːn/ _____ 80% of people on the planet consume caffeine regularly.

captivating *adj* /ˈkæptɪveɪtɪŋ/ _____ This programme delivers a captivating story and loads of comedy.

carefree *adj* /ˈkeəfriː/ _____ People over sixty are more carefree than we might imagine.

carer *n* /ˈkeərə(r)/ _____ I think being a good carer is about being a good listener.

caring profession *phr* /ˈkeərɪŋ prəˈfeʃn/ _____ What qualities do you need to work in a caring profession?

catastrophic *adj* /ˌkætəˈstrɒfɪk/ _____ The consequences of losing his job were catastrophic for him.

catch on *v* /kætʃ ˈɒn/ _____ Using different bins to separate waste took a long time to catch on in many places.

catch sight *v* /kætʃ ˈsaɪt/ _____ As we went round the corner, I caught sight of him in the distance.

catching up *n* /ˈkætʃɪŋ ʌp/ _____ I really had a lot of catching up to do for my exams.

cause (something/somebody) to *phr* /kɔːz ˈsʌmθɪŋ, ˈsʌmbədi tə/ _____ Being stressed at work caused me to forget my wife's birthday.

centre of attention *n* /ˌsentə(r) əv əˈtenʃn/ _____ I always loved being the centre of attention when I was a small child.

CEO *n* /ˌsiː iː ˈəʊ/ _____ The CEO didn't like the way in which the media reported the situation.

change our world *phr* /ˌtʃeɪndʒ ɑː(r) ˈwɜːld/ _____ There is no doubt that social media is changing our world.

characterization *n* /ˌkærəktəraɪˈzeɪʃn/ _____ The novel was let down by the slightly one-dimensional characterization.

characterize *v* /ˈkærəktəraɪz/ _____ Whereas animals live in the moment, humans are characterized by their ambitions.

charged (with) *adj* /ˈtʃɑːdʒd wɪð/ _____ You can be charged with a criminal act from the age of ten in England.

chatter *n* /ˈtʃætə(r)/ _____ You can hear the chatter of people engaging in conversation.

chill out *phr* /ˈtʃɪl aʊt/ _____ I chilled out on my sofa all day long.

chillax *v* /tʃɪˈlæks/ _____ You can dance to your favourite music, chillax or have your friends over.

choc-tastic *adj* /tʃɒk ˈtæstɪk/ _____ I love the puddings at this restaurant – they're choc-tastic!

chop *v* /tʃɒp/ _____ I've roughly chopped up some onion and softened it in oil.

cite a source *phr* /saɪt ə ˈsɔːs/ _____ There was only one source he cited.

civil servant *n* /ˌsɪvl ˈsɜːvənt/ _____ Many people become civil servants for the pay and conditions.

claim responsibility *phr* /kleɪm rɪˌspɒnsəˈbɪləti/ _____ From Greece to Iran, Turkey to India, everyone is claiming responsibility for inventing the kebab.

clip *n* /klɪp/ _____ You attach the entry pass to your clothes with a clip.

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craze *n* /kreɪz/ _____
Online crazes are becoming more and more popular.

criterion 🔑 *n* /kraɪ'tɪəriən/ _____
There's one important criterion which you don't fulfil, so we can't offer you the job.

critic 🔑 *n* /'krɪtɪk/ _____
Critics of the theory say that it can't possibly be correct.

critically important *adv* /'krɪtɪkli ɪm'pɔːtnt/ _____
Humans have a critically important advantage, which is that we can run for long distances.

criticize 🔑 *v* /'krɪtɪsaɪz/ _____
What would you do if your boss criticized your work in front of your team?

curriculum *n* /kə'rɪkjələm/ _____
The internet needs to be a part of the school curriculum.

cut (something) off *phr* /kʌt ˌsʌmθɪŋ 'ɒf/ _____
The village was cut off by the floods for six days.

cut (something) out *phr* /kʌt ˌsʌmθɪŋ 'aʊt/ _____
It's pretty difficult to cut out plastic completely these days.

cut down on *phr* /kʌt 'daʊn ɒn/ _____
I've been trying to cut down on my use of plastic.

cut out 🔑 *phr v* /'kʌt aʊt/ _____
When we're at a party, we can cut out music or other background noise.

cycle lane 🔑 *n* /'saɪkl leɪn/ _____
I love cycling in Germany because there are cycle lanes everywhere.

daft *adj* /dɑːft/ _____
Supporting the same football team year after year seems a bit daft.

dated 🔑 *adj* /'deɪtɪd/ _____
The music of many rock stars from the 20th century now seems dated.

day care *n* /'deɪ keə(r)/ _____
My daughter goes to a day care centre while I'm at work.

dedicated 🔑 *adj* /'dedɪkeɪtɪd/ _____
There should be dedicated cycle lanes on all main roads.

deficiency *n* /dɪ'fɪʃnsi/ _____
Lack of exposure to the sun can cause vitamin deficiencies.

demanding 🔑 *adj* /dɪ'mɑːndɪŋ/ _____
I reckon most people wouldn't think plumbing is a very demanding job.

dependable *adj* /dɪ'pendəbl/ _____
He's really dependable – if he says he'll do something, he will.

deposit 🔑 *v* /dɪ'pɒzɪt/ _____
We go to a recycling centre about once a month, where we deposit all our recyclable waste.

deteriorate *v* /dɪ'tɪəriəreɪt/ _____
Communication within the company has deteriorated over the last five years.

determine 🔑 *v* /dɪ'tɜːmɪn/ _____
Originally the date of the festival was determined by the lunar calendar.

devastated *adj* /'devəsteɪtɪd/ _____
Alexander's family were devastated when he gave up a great job and became a clown.

devise *v* /dɪ'vaɪz/ _____
Psychologist Kurt Lewin devised a three-step model for the effective management of change.

diagnosis 🔑 *n* /ˌdaɪəg'nəʊsɪs/ _____
Scientists believe graphene could help in the diagnosis of cancer.

discard *v* /dɪs'kɑːd/ _____
People seldom discard plastic cards that they no longer use.

discernible *adj* /dɪ'sɜːnəbl/ _____
To me, there was no discernible difference between any of the candidates.

discretion *n* /dɪ'skreʃn/ _____
You need total discretion in my job – people often talk about private, personal issues.

discriminate *v* /dɪ'skrɪmɪneɪt/ _____
It is illegal to discriminate against a person because of their race, religion or gender.

disorientated *adj* /dɪs'ɔːriəntеɪtɪd/ _____
I was disorientated and felt distanced from everything.

disposable battery *n* /dɪˌspəʊzəbl 'bætəri/ _____
You can recycle disposable batteries in a lot of countries now.

dispute 🔑 *v* /dɪ'spjuːt/ _____
Some recent research would appear to dispute these claims.

diverse *adj* /daɪ'vɜːs/ _____
Humans are very diverse, yet education systems tend to be uniform.

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| dock *v* /dɒk/ | _____ | He was installed in the ship's sick room until it docked in the port. |
| donor card *n* /ˈdəʊnə ˌkɑːd/ | _____ | Organ donor cards are commonly found among the plastic cards that we all carry. |
| dormant *adj* /ˈdɔːmənt/ | _____ | This kind of boss I call 'The Volcano'. Most of the time, they're dormant. |
| down 🔑 *adj* /daʊn/ | _____ | We can't use the network this morning. The whole system's down. |
| down 🔑 *adv* /daʊn/ | _____ | Did you get that down? It's really important. |
| downhearted *adj* /ˌdaʊnˈhɑːtɪd/ | _____ | I've felt downhearted since I lost the promotion. |
| downsize *v* /ˈdaʊnsaɪz/ | _____ | The HR department has been downsized in the last year. |
| dozens (of) 🔑 *adj* /ˈdʌznz əv/ | _____ | There are dozens of parks in Shanghai now – a lot more than there used to be. |
| drag on *phr v* /ˈdræg ɒn/ | _____ | As neither side would compromise, the negotiations dragged on for weeks. |
| drawback *n* /ˈdrɔːbæk/ | _____ | The main drawback to the job is the unsociable hours. |
| drive (somebody) up the wall *phr* /ˌdraɪv ˌsʌmbədi ˌʌp ðə ˈwɔːl/ | _____ | Customers who keep changing their minds drive me up the wall! |
| dump 🔑 *v* /dʌmp/ | _____ | Have you seen the videos of people dumping icy water over themselves? |
| durable *adj* /ˈdjʊərəbl/ | _____ | In Bangalore, India, a new more durable road surface has been laid using 10% of the city's waste. |
| e-banking *n* /ˈiː ˌbæŋkɪŋ/ | _____ | With limited opening hours and long queues, many customers today are opting for e-banking. |
| e-book *n* /ˈiː bʊk/ | _____ | E-books are popular because you can take an unlimited number of them on holiday. |
| e-cigarette *n* /ˈiː ˌsɪgəˌret/ | _____ | E-cigarettes are increasingly popular among people trying to give up smoking. |
| e-learning *n* /ˈiː ˌlɜːnɪŋ/ | _____ | I'm doing a university course through e-learning. |
| e-reader *n* /ˈiː ˌriːdə(r)/ | _____ | I was opposed to them for ages, but I've finally got an e-reader and I love it! |
| easier said than done *phr* /ˌiːziə(r) ˈsed ðæn ˌdʌn/ | _____ | I wanted to make better use of my old clothes, but that's easier said than done. |
| educationalist *n* /ˌedʒuˈkeɪʃənəlɪst/ | _____ | She may be a respected educationalist, but I still don't agree with her views on homework. |
| elastic *adj* /ɪˈlæstɪk/ | _____ | Graphene is very elastic and can stretch up to 20% its original length. |
| electrifying *adj* /ɪˈlektrɪfaɪɪŋ/ | _____ | She gave an electrifying performance as the young heroine. |
| eligible *adj* /ˈelɪdʒəbl/ | _____ | At what age are you eligible to vote in your country? |
| elite *n* /ɪˈliːt/ | _____ | Who makes up this elite of the 6,000 most powerful people on the planet? |
| embarrassment 🔑 *n* /ɪmˈbærəsmənt/ | _____ | Embarrassment can make people avoid social situations, and even not go out at all. |
| embrace 🔑 *v* /ɪmˈbreɪs/ | _____ | I was surprised when I was embraced by a total stranger while out walking. |
| encounter difficulties 🔑 *phr* /ɪnˈkaʊntə(r) ˈdɪfɪkəltiz/ | _____ | Understandably, numerous difficulties were encountered during its construction. |
| encounter problems 🔑 *phr* /ɪnˈkaʊntə(r) ˈprɒbləmz/ | _____ | I encountered a lot of problems when I started my new job. |
| endless *adj* /ˈendləs/ | _____ | The possibilities for online games are endless. |
| endorse *v* /ɪnˈdɔːs/ | _____ | This product is endorsed by several celebrities. |

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| engage in conversation 🔑 *phr* /ɪn'geɪdʒ ɪn ˌkɒnvə'seɪʃn/ | _____ | Everyone was already engaged in conversation when I arrived at the party. |
| enhance 🔑 *v* /ɪn'hɑːns/ | _____ | The eventual aim is to design better products that will improve and enhance communication. |
| entail an effort *phr* /ɪn'teɪl æn 'efət/ | _____ | The construction of the ancient city of Teotihuacan in Mexico entailed a massive physical effort. |
| entail difficulties *phr* /ɪn'teɪl 'dɪfɪkəltiz/ | _____ | Building the cathedral in the 14th century entailed a lot of difficulties. |
| envious *adj* /'enviəs/ | _____ | Well, when my sister bought a brand new car, I was a bit envious. |
| epidemic *n* /ˌepɪ'demɪk/ | _____ | These measures eventually brought an end to the epidemic. |
| episodic *adj* /ˌepɪ'sɒdɪk/ | _____ | Episodic memories relate to episodes that happen to you. |
| escort *v* /ɪ'skɔːt/ | _____ | The football fans were escorted to the stadium by the local police. |
| ethical *adj* /'eθɪkl/ | _____ | In an ideal world, journalistic practices should be responsible and ethical. |
| evaluate 🔑 *v* /ɪ'væljueɪt/ | _____ | I evaluate each of my students' progress at the end of each term. |
| eventual *adj* /ɪ'ventʃuəl/ | _____ | Our eventual aim is to design better products. |
| evidently *adv* /'evɪdəntli/ | _____ | Evidently, the cups in the breakfast room had not been washed since the night before. |
| evolve 🔑 *v* /i'vɒlv/ | _____ | Music from New Orleans is thought to have evolved into what we now know as jazz. |
| exaggerate 🔑 *v* /ɪg'zædʒəreɪt/ | _____ | I think he was exaggerating when he said his boss was like a dictator! |
| exceedingly impressive *adv* /ɪk'siːdɪŋli ɪm'presɪv/ | _____ | The nest is an exceedingly impressive piece of work. |
| excess (of) 🔑 *n* /ɪk'ses əv/ | _____ | There have been floods recently due to an excess of rain. |
| excessive *adj* /ɪk'sesɪv/ | _____ | Some people were at risk from excessive exposure to the sun. |
| exist 🔑 *v* /ɪg'zɪst/ | _____ | The sun has existed for several billion years. |
| experimental 🔑 *adj* /ɪkˌsperɪ'mentl/ | _____ | All children go through a curious, experimental phase as they get older. |
| experimentation *n* /ɪkˌsperɪmen'teɪʃn/ | _____ | Many parents would also prefer to see their children learning through experimentation. |
| expertise 🔑 *n* /ˌekspɜː'tiːz/ | _____ | Anyone who wants to implement change must first ensure that their knowledge and expertise is recognized. |
| explicit *adj* /ɪk'splɪsɪt/ | _____ | Explicit memories are ones which you can describe and give details about. |
| exponentially *adv* /ˌekspə'nenʃəli/ | _____ | This website offers advice if you want to grow your business exponentially. |
| exposure (to something) 🔑 *n* /ɪk'spəʊʒə(r) tə ˌsʌmθɪŋ/ | _____ | The body generates vitamin D through exposure to the sun. |
| express a preference for *phr* /ɪk'spres ə 'prefrəns fɔː(r)/ | _____ | The guest expressed a preference for a room with a sea view. |
| express concern *phr* /ɪkˌspres kən'sɜːn/ | _____ | The doctor expressed concern about one of her patients. |
| expressway *n* /ɪk'spresweɪ/ | _____ | They always seem to be building a new expressway or widening an existing one. |
| external accreditation *n* /ɪk'stɜːnl əˌkredɪˌteɪʃn/ | _____ | Many secondary school students take exams and get external accreditation these days. |
| eye-catching *adj* /'aɪ ˌkætʃɪŋ/ | _____ | The internet is full of eye-catching photos that people have posted. |

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Name _____

# Navigate

eyesight *n* /ˈaɪsaɪt/ _____ As we get older, our eyesight gets worse.

facilitate *v* /fəˈsɪlɪteɪt/ _____ In Germany, change can be facilitated by formal written communication.

faculty *n* /ˈfæklti/ _____ Former graduates spoke to the present students of the faculty.

fad *n* /fæd/ _____ The new fad is for High-Intensity Interval Training.

fair enough *phr* /ˌfeə(r) ɪˈnʌf/ _____ 'We all have to agree the rules, otherwise, it'll be chaos.' 'OK, fair enough.'

fairy-tale *adj* /ˈfeəri ˌteɪl/ _____ A solitary green ogre finds his life is interrupted by various fairy-tale characters.

fall apart *phr* /fɔːl əˈpɑːt/ _____ Without reliable statistics, the arguments in favour of a new law may fall apart.

fall flat *v* /ˌfɔːl ˈflæt/ _____ A men's team even tried to recruit Dottie, but that fell flat.

fanzine *n* /ˈfænziːn/ _____ The actor is the subject of numerous books, fanzines and websites.

fascination (with) *n* /ˌfæsɪˈneɪʃn wɪθ/ _____ Each of the constructions shows our fascination with the sun.

fashionista *n* /ˌfæʃnˈiːstə/ _____ Ed has become a real fashionista since he started working for that magazine.

fast-moving *adj* /fɑːst ˈmuːvɪŋ/ _____ In tomorrow's fast-moving world, companies will need to come up with innovative solutions.

feat *n* /fiːt/ _____ One of the most amazing feats of the human brain is that of hearing and listening.

feed *n* /fiːd/ _____ One idea to improve communication would be an in-house social media feed.

feisty *adj* /ˈfaɪsti/ _____ The feisty heroine is a schoolgirl who becomes a zombie.

fiddle *v* /ˈfɪdl/ _____ Eric, could you stop fiddling with your phone, please?

financial woes *phr* /fəˈnænʃl wəʊz/ _____ This loan is a good temporary solution to my financial woes.

finely *adv* /ˈfaɪnli/ _____ Place the garlic and bread in a food processor and chop finely.

fleece *n* /fliːs/ _____ I love wearing fleece jumpers in the winter.

flexible *adj* /ˈfleksəbl/ _____ This type of person is flexible and open to new ideas.

flexible *adj* /ˈfleksəbl/ _____ With graphene, scientists say we will be able to produce a new generation of flexible phones and tablets.

float along *v* /fləʊt əˈlɒŋ/ _____ If you don't give positive feedback, employees may simply float along.

flooded (with) *adj* /ˈflʌdɪd wɪð/ _____ We've never been flooded with new ideas for products.

flop *n* /flɒp/ _____ There was a real possibility that the whole scheme would be a flop.

fluffy *adj* /ˈflʌfi/ _____ The sauce goes nice and fluffy when you add eggs to it.

fool *v* /fuːl/ _____ Once again, you're fooled by your feelings.

for the most part *phr* /fɔː(r) ðə ˈməʊst ˌpɑːt/ _____ I find my job, for the most part, really interesting.

fork (out) *v* /fɔːk aʊt/ _____ Some people don't like forking out large amounts of money on new clothes.

formal *adj* /ˈfɔːml/ _____ Everyone is dressed in formal clothes, and you're in jeans and a T-shirt.

formally *adv* /ˈfɔːməli/ _____ Communication of change should also be done formally, through written documents.

format *n* /ˈfɔːmæt/ _____ Changes in technology are affecting the format of dictionaries.

formulaic *adj* /ˈfɔːmjəleɪɪk/ _____ There was something about the story that was really mechanical and formulaic.

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Name _____

# Navigate

| | | |
|---|---|---|
| forward *v* /'fɔːwəd/ | _____ | Could you forward me that email from Human Resources, please? |
| found 🔑 *v* /faʊnd/ | _____ | The World Responsible Tourism Awards were founded in 2004. |
| fragile *adj* /'frædʒaɪl/ | _____ | My glasses are less fragile because they're made of plastic, not glass. |
| frankly *adv* /'fræŋkli/ | _____ | £500? Frankly, I'm not really happy with that. |
| fraudulent *adj* /'frɔːdjələnt/ | _____ | The proportion of scientific papers which are fraudulent is increasing. |
| frivolous *adj* /'frɪvələs/ | _____ | You shouldn't make any frivolous decisions – you may regret them later. |
| from now on *phr* /frəm 'naʊ ˌɒn/ | _____ | We'd like you to take care of the Miller account from now on. |
| frustrated *adj* /frʌ'streɪtɪd/ | _____ | I felt frustrated when my brand new laptop kept crashing. |
| fuel 🔑 *v* /'fjuːəl/ | _____ | The Industrial Revolution was fuelled by the wealth and power that existed in Europe at the time. |
| fumes *n pl* /fjuːmz/ | _____ | The emergency services were called in because the waste was giving off toxic fumes. |
| fund 🔑 *v* /fʌnd/ | _____ | The company could fund social events out of the day-to-day budget. |
| fundamental 🔑 *adj* /ˌfʌndə'mentl/ | _____ | Spanish business culture has been going through rapid and fundamental changes. |
| fundamental shift 🔑 *phr* /ˌfʌndə'mentl ʃɪft/ | _____ | This invention of the compass was the key to a fundamental shift in the economics of the world. |
| fuss *n* /fʌs/ | _____ | I never make a fuss in restaurants, even if they bring me the wrong food. |
| gadget *n* /'gædʒɪt/ | _____ | I don't use this gadget any more because it seems to use an excessive amount of power. |
| generously 🔑 *adv* /'dʒenərəsli/ | _____ | I've added salt and pepper to the aubergine layer and brushed it generously with olive oil. |
| gently 🔑 *adv* /'dʒentli/ | _____ | This now needs to cook gently for at least half an hour. |
| gesture 🔑 *n* /'dʒestʃə(r)/ | _____ | Early humans needed their hands to communicate with gestures. |
| get (your) head round *phr* /get jə(r) 'hed ˌraʊnd/ | _____ | There were quite a few bits that I just couldn't get my head round. |
| get away from it all *phr* /get ə'weɪ frɒm ɪt ˌɔːl/ | _____ | I prefer to spend my free time getting away from it all. |
| get on (somebody's) nerves *v* /get ɒn ˌsʌmbədiz 'nɜːvz/ | _____ | My students are really lovely but they sometimes just get on my nerves! |
| get on (your) nerves *phr* /ˌget ɒn jɔː(r) 'nɜːvz/ | _____ | If my neighbour had a noisy dog it would really get on my nerves. |
| get on with (somebody) *phr v* /get 'ɒn wɪð ˌsʌmbədi/ | _____ | I don't get on with my sister – we're always arguing. |
| get on with (something) *phr v* /get 'ɒn wɪð ˌsʌmθɪŋ/ | _____ | I had to put my trip off and get on with fulfilling the order. |
| get rid of (somebody) 🔑 *phr* /ˌget 'rɪd əv ˌsʌmbədi/ | _____ | The company had to get rid of him because he was a troublemaker. |
| get to the top 🔑 *phr* /get tə ðə tɒp/ | _____ | He's really ambitious and is desperate to get to the top. |
| get your hands dirty *phr* /get jɔː(r) 'hændz ˌdɜːti/ | _____ | This type of person is willing to get their hands dirty. |
| get your hands on (something) *phr* /get jɔː(r) 'hændz ɒn ˌsʌmθɪŋ/ | _____ | What's the best way to get my hands on some quick money? |

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get-together *n* /ˈget təˌgeðə(r)/ _____
What I feel like doing on a Friday night is having a get-together with my friends.

ghost *n* /gəʊst/ _____
She looked as if she had seen a ghost.

give (somebody) a hand *phr* /gɪv ˌsʌmbədi ə ˈhænd/ _____
Will you give me a hand with this report?

give (somebody) a lift *phr* /gɪv ˌsʌmbədi ə ˈlɪft/ _____
Passing my exam gave me a lift. I feel hopeful about the future now.

give (something) off *phr v* /gɪv ˌsʌmθɪŋ ˈɒf/ _____
The plastic wrapping was giving off a nasty smell.

give (something) up *phr v* /gɪv ˌsʌmθɪŋ ˈʌp/ _____
Can you tell us why you decided to give up plastic?

give in *phr v* /gɪv ˈɪn/ _____
There was a lot of pressure, but the women couldn't give in.

go off *phr v* /gəʊ ˈɒf/ _____
Fresh milk will go off very quickly if you don't put it in a fridge.

go overdrawn *phr* /gəʊ ˌəʊvəˈdrɔːn/ _____
Going overdrawn at the bank is nonsensical because you end up owing them money.

go under *phr v* /gəʊ ˈʌndə(r)/ _____
If we don't do something, the whole company will go under.

go up *phr v* /gəʊ ˈʌp/ _____
Smartphone ownership is going up all the time.

go viral *phr* /gəʊ ˈvaɪrəl/ _____
If a video or photo goes viral, it can be seen by millions of people.

good stuff 🔑 *phr* /gʊd stʌf/ _____
You should try using this new organic whitening toothpaste – it's good stuff.

grab an opportunity *phr* /græb æn ˌɒpəˈtjuːnəti/ _____
Sometimes you have to grab an opportunity when it presents itself.

grate *v* /greɪt/ _____
I've grated some cheese and I'm going to melt that into the white sauce.

great deal (of) 🔑 *phr* /ˌgreɪt ˈdiːl əv/ _____
You've given me a great deal of help – I'm really grateful.

grill *v* /grɪl/ _____
While on duty, soldiers would put meat on their swords and grill it over an open fire.

grim *adj* /grɪm/ _____
They all looked grim after they heard the news about the factory closing.

gritty *adj* /ˈgrɪti/ _____
He gave a gritty performance as a war veteran in his latest film.

guesstimate *n* /ˈgestɪmət/ _____
At a guesstimate, there were about 200 people there.

hacker *n* /ˈhækə(r)/ _____
Talented hackers can have a huge influence on the global economy.

handful (of) *n* /ˈhændfʊl ɒv/ _____
I've been living here for ten years but I only have a handful of good friends.

handle with care *phr* /ˈhændl wɪð ˌkeə(r)/ _____
You need to handle this situation with a lot of care.

hard copy 🔑 *n* /ˈhɑːd ˌkɒpi/ _____
Do you need me to print you out a hard copy of these files?

hard up *adj* /ˌhɑːd ˈʌp/ _____
I'm a bit hard up at the moment so I'm not having a holiday this year.

hardship *n* /ˈhɑːdʃɪp/ _____
Liverpool suffered great economic hardship in post-industrial Britain.

have a long history of *phr* /həv ə lɒŋ ˈhɪstri əv/ _____
The UK has a long history of trading and colonial links with other countries.

have an argument 🔑 *phr* /həv ən ˈɑːgjumənt/ _____
I don't think my parents have ever had an argument in front of me.

have the highest regard for *phr* /həv ðə ˈhaɪɪst rɪˈgɑːd fɔː(r)/ _____
The students have the highest regard for their English teacher.

health care *n* /ˈhelθkeə(r)/ _____
The people who live in the retirement flats don't tend to have any major health care issues.

heart of stone *n* /ˌhɑːt ɒv ˈstəʊn/ _____
You'd have to have a heart of stone not to cry at the end of this film!

Name _____

# Navigate

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|---|---|---|
| heated argument *n* /ˈhiːtɪd ˌɑːgjumənt/ | _____ | We'd end up having a heated argument. |
| held responsible (for) *adj* /ˌheld rɪˈspɒnsəbl ˌfɔː(r)/ | _____ | Children under the age of ten cannot be held responsible for their actions. |
| helmet *n* /ˈhelmɪt/ | _____ | Why didn't you wear a crash helmet? |
| heroine *n* /ˈherəʊɪn/ | _____ | The heroine is an ordinary school teacher who has special powers. |
| hibernate *v* /ˈhaɪbəneɪt/ | _____ | How do they know that these trees are the right ones to hibernate in? |
| high expectations *phr* /haɪ ˌekspekˈteɪʃnz/ | _____ | It's important to have high expectations of your colleagues. |
| highly sophisticated *adv* /ˈhaɪli səˈfɪstɪkeɪtɪd/ | _____ | The termite's nest involves highly sophisticated systems. |
| hire (somebody) *v* /ˈhaɪə(r) sʌmbədi/ | _____ | I was hired because of my background in psychology. |
| hold on *phr* /həʊld ˈɒn/ | _____ | Hold on, what did you mean by that? |
| hold the purse strings *phr* /ˌhəʊld ðə ˈpɜːs ˌstrɪŋz/ | _____ | Who really holds the world's purse strings? |
| homonym *n* /ˈhɒmənɪm/ | _____ | Words with two meanings are called 'homonyms'. |
| hopelessly *adv* /ˈhəʊpləsli/ | _____ | Humans are hopelessly slow at running and swimming. |
| horizontally *adv* /ˌhɒrɪˈzɒntəli/ | _____ | Many kebabs today are still cooked horizontally on a metal skewer. |
| host *adj* /həʊst/ | _____ | The bacteria shine a light that allows the host animal to hunt at night. |
| house *v* /haʊs/ | _____ | The termite's nest has a special room that houses the queen. |
| huddle *v* /ˈhʌdl/ | _____ | Millions of monarch butterflies huddle together for warmth when they hibernate. |
| humanity *n* /hjuːˈmænəti/ | _____ | Their work could represent as much of a change to humanity as plastic did in the past. |
| hyperactivity *n* /ˌhaɪpəræk'tɪvəti/ | _____ | The effect that energy drinks have is dramatic – teachers report hyperactivity. |
| I couldn't care less *phr* /aɪ ˌcʊdn keə(r) ˈləs/ | _____ | I couldn't care less who wins the World Cup final. |
| idolize *v* /ˈaɪdəlaɪz/ | _____ | As a child, I idolized my older brother. |
| ignorance *n* /ˈɪgnərəns/ | _____ | Ignorance is no excuse for breaking the law. |
| ill-thought through *adj* /ˌɪl θɔːt ˈθruː/ | _____ | Politicians often propose laws that are ineffective and ill-thought through. |
| imitate *v* /ˈɪmɪteɪt/ | _____ | Our ancestors imitated natural sounds. |
| immensely *adv* /ɪˈmensli/ | _____ | Members of the Superclass are immensely wealthy. |
| immersion *n* /ɪˈmɜːʃn/ | _____ | Total immersion in a language is the quickest way to become fluent. |
| immune system *n* /ɪˈmjuːn ˌsɪstəm/ | _____ | Exposure to the sun is vital for the immune system. |
| implement *v* /ˈɪmplɪmənt/ | _____ | Those wishing to implement change in Anglo-Saxon countries need to highlight benefits to the team. |
| implicit *adj* /ɪmˈplɪsɪt/ | _____ | Implicit memories are things that you don't have to think about. |
| imply *v* /ɪmˈplaɪ/ | _____ | Just because a person has a poor memory, this does not imply that he or she is not intelligent. |
| impose (on) *v* /ɪmˈpəʊz ˌɒn/ | _____ | It's best to agree change with your team, rather than impose it on them. |
| in confidence *phr* /ɪn ˈkɒnfɪdəns/ | _____ | Anything my patients say is treated in complete confidence. |

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# Navigate

in high spirits *phr* /ɪn 'haɪ ˌspɪrɪts/ _____
It was the first day of the holidays and the children were in high spirits.

in low spirits *phr* /ɪn 'ləʊ ˌspɪrɪts/ _____
We were in low spirits because it had been raining all day.

in terms of (something) *phr* /ɪn 'tɜːmz əv ˌsʌmθɪŋ/ _____
Which is the best region in your country in terms of food?

in the public eye *adj* /ɪn ðə 'pʌblɪk ˌaɪ/ _____
Philip K Wrigley wanted to keep baseball in the public eye.

in the region of *phr* /ɪn ðə 'riːdʒən ɒv/ _____
They're planning to build somewhere in the region of seven more metro lines.

in two minds *phr* /ɪn ˌtuː 'maɪndz/ _____
I'm in two minds. What do you think?

incentive *n* /ɪn'sentɪv/ _____
I was determined to get into university, so I suppose that gave me the incentive.

incidentally *adv* /ˌɪnsɪ'dentli/ _____
Incidentally, Berlin is very bike-friendly, so you could cycle everywhere.

incompetent *adj* /ɪn'kɒmpɪtənt/ _____
I thought the new CEO looked a bit incompetent.

incredibly *adv* /ɪn'kredəbli/ _____
Incredibly, the local teens jump off the bridge to go swimming in the water.

indifferent (to) *adj* /ɪn'dɪfrənt tə/ _____
The manager appears indifferent to what his staff are feeling.

inefficient *adj* /ˌɪnɪ'fɪʃnt/ _____
Transporting goods was extremely inefficient until the invention of the wheel.

infiltrate *v* /'ɪnfɪltreɪt/ _____
Some hackers have the knowledge to infiltrate the world's information systems.

infinitely *adv* /'ɪnfɪnətli/ _____
We now expect everything to be available infinitely more quickly than in the past.

influential *adj* /ˌɪnflu'enʃl/ _____
Each of the regions in my country is influential in national politics.

infrequently *adv* /ɪn'friːkwəntli/ _____
Some of the cards people carry are only used infrequently.

initiative *n* /ɪ'nɪʃətɪv/ _____
The scheme was launched in 2007 as part of an initiative called Transition Towns.

innovation *n* /ˌɪnə'veɪʃn/ _____
I think smartphones are the most useful innovation of the last twenty years.

innovative *adj* /'ɪnəvətɪv/ _____
I think touchscreens were something genuinely innovative and took computers in a new direction.

inside joke *n* /ˌɪn'saɪd dʒəʊk/ _____
People feel a sense of belonging – they are 'in' on an inside joke.

insight *n* /'ɪnsaɪt/ _____
We need to give all staff an insight into the thinking of different sections of the company.

insist (on) *v* /ɪn'sɪst ɒn/ _____
She insisted on paying for the meal.

inspiration *n* /ˌɪnspə'reɪʃn/ _____
My history teacher was an inspiration to me when I was at school.

instalment *n* /ɪn'stɔːlmənt/ _____
This is instalment number three in the nearly twenty-year-old series.

instigate *v* /'ɪnstɪgeɪt/ _____
The new manager instigated a lot of changes in our working practices.

intellect *n* /'ɪntəlekt/ _____
Chimpanzees certainly don't have the intellect that humans do.

intense *adj* /ɪn'tens/ _____
It's thought that intense physical activity is better for you than gentler exercise.

intensity *n* /ɪn'tensəti/ _____
Low-intensity exercise is less effective at burning fat than high-intensity exercise.

interaction *n* /ˌɪntər'ækʃn/ _____
In the digital age, there is a real necessity for a live experience, for physical interaction.

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# Navigate

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|---|---|---|
| interfere *v* /ˌɪntəˈfɪə(r)/ | _____ | I won't have the clients interfering too much in my work. |
| international student 🔑 *n* /ˌɪntəˌnæʃnəl ˈstjuːdnt/ | _____ | The number of international students is likely to reach seven million by 2020. |
| internationalism *n* /ˌɪntəˈnæʃnəlɪzəm/ | _____ | The current trend towards internationalism is also here to stay. |
| interpret 🔑 *v* /ɪnˈtɜːprɪt/ | _____ | How are we to interpret these findings? |
| interpretation 🔑 *n* /ɪnˌtɜːprɪˈteɪʃn/ | _____ | The statistics are open to interpretation. |
| intriguing *adj* /ɪnˈtriːgɪŋ/ | _____ | Last night's nature programme included an intriguing sequence about killer whales. |
| invade (somebody's) privacy *phr* /ɪnˈveɪd ˌsʌmbədiz ˌprɪvəsi/ | _____ | Responsible journalism involves not invading people's privacy. |
| invade *v* /ɪnˈveɪd/ | _____ | Many people complain about the way English is invading other languages. |
| invasion *n* /ɪnˈveɪʒn/ | _____ | Invasion by foreign peoples has led to the adoption of many new expressions. |
| invulnerable *adj* /ɪnˈvʌlnərəbl/ | _____ | At seventeen we think we are invulnerable. |
| ironic *adj* /aɪˈrɒnɪk/ | _____ | It's ironic that compasses helped Europe to grow wealthy, because they were a Chinese invention. |
| irrational *adj* /ɪˈræʃənl/ | _____ | The psychology of supporting a particular group or team seems mysterious and irrational. |
| irrespective *adv* /ˌɪrɪˈspektɪv/ | _____ | The restaurant will be busy irrespective of what time we get there. |
| irritated 🔑 *adj* /ˈɪrɪteɪtɪd/ | _____ | The constant complaints from my housemates got me very irritated. |
| issue 🔑 *v* /ˈɪʃuː/ | _____ | It's thought that the dollar sign was first used on money bags issued by the United States Mint. |
| jittery *adj* /ˈdʒɪtəri/ | _____ | The effect that energy drinks have is dramatic – teachers report jittery behaviour. |
| job rotation *n* /ˌdʒɒb rəʊˈteɪʃn/ | _____ | I think job rotation's a great idea. |
| just around the corner *phr* /dʒʌst əˈraʊnd ðə ˈkɔːnə(r)/ | _____ | I suddenly realized that exams were just around the corner. |
| keep (your) temper *phr* /kiːp jə(r) ˈtempə(r)/ | _____ | I'd try to keep my temper. It never helps to shout at people. |
| keep our eyes and ears open *phr* /kiːp ɑː(r) aɪz ænd ɪəz ˈəʊpən/ | _____ | We keep our eyes and ears open for new things that we hear in the media. |
| key *adj* /kiː/ | _____ | There are several key disadvantages to this approach. |
| laid-back *adj* /ˌleɪd ˈbæk/ | _____ | I'm a pretty laid-back kind of guy. |
| landline *n* /ˈlændlaɪn/ | _____ | Far fewer people have a landline than ten years ago. |
| launch 🔑 *v* /lɔːntʃ/ | _____ | No rocket is powerful enough to launch the completed space station in one go. |
| laze around *v* /leɪz əˈraʊnd/ | _____ | I hate lazing around doing nothing when I'm on holiday. |
| lead the way 🔑 *phr* /liːd ðə weɪ/ | _____ | New world economies are leading the way in numbers of international students. |
| leave (something) jammed 🔑 *phr* /liːv ˈsʌmθɪŋ dʒæmd/ | _____ | I came down to use the photocopier and somebody had left it jammed again. |
| legislation 🔑 *n* /ˌledʒɪsˈleɪʃn/ | _____ | A lobbyist works to persuade members of the government to pass beneficial legislation. |
| let (down) 🔑 *v* /let daʊn/ | _____ | The film was let down by the poor special effects. |
| let alone *phr* /let əˈləʊn/ | _____ | I can hardly fit my stuff into the case, let alone yours. |
| lethargy *n* /ˈleθədʒi/ | _____ | After drinking energy drinks, there is a sudden drop to lethargy and tiredness. |

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level (off) *v* /ˌlevl 'ɒf/ _____ The unemployment rate has levelled off over the last couple of years.

levy *v* /'levi/ _____ The government decided to levy a new tax on frozen food products.

liberating *adj* /'lɪbəreɪtɪŋ/ _____ 'The Freedom Experiment' is about getting rid of your to-do list and doing liberating things instead.

lightweight *adj* /'laɪtweɪt/ _____ Plastic is lightweight and has replaced many traditional materials.

likelihood *n* /'laɪklihʊd/ _____ There is a likelihood of snow later in the week.

line up *phr v* /laɪn 'ʌp/ _____ Here is a brief introduction to the talks we have lined up for you this weekend.

linguist *n* /'lɪŋgwɪst/ _____ As linguists point out, this theory doesn't account for all the other words in our vocabulary.

literacy *n* /'lɪtərəsi/ _____ Literacy rates in most developing countries are still behind those in the developed world.

live from hand to mouth *phr* /lɪv frɒm ˌhænd tə 'maʊθ/ _____ I'm living from hand to mouth at the moment – I never have any spare money.

live in the moment *phr* /lɪv ɪn ðə 'məʊmənt/ _____ I always live in the moment. Why worry about the future?

load (something) up *phr v* /ləʊd ˌsʌmθɪŋ 'ʌp/ _____ We loaded up our plates with as much food as possible at the buffet.

loathe *v* /ləʊð/ _____ I absolutely loathe romantic comedies – they annoy me so much!

lobbyist *n* /'lɒbiɪst/ _____ There are lobbyists working to represent the interests of universities and schools.

look (after something/somebody) *v* /lʊk 'ɑːftə(r) ˌsʌmθɪŋ, ˌsʌmbədi/ _____ My mum looks after my niece every Friday when my sister is at work.

look (something up) *v* /lʊk 'sʌmθɪŋ ʌp/ _____ I looked up the word in an online dictionary.

look (up to) *v* /lʊk 'ʌp tə/ _____ I look up to my mum because she brought up five children on her own.

look (back on something) *v* /lʊk 'bæk ɒn ˌsʌmθɪŋ/ _____ Future generations will look back on the present day as one of enormous technological advances.

look (down on) *v* /lʊk 'daʊn ɒn/ _____ I think Rupert looks down on me because I didn't go to a private school.

lose money *phr* /luːz 'mʌni/ _____ I have never lost money investing in the stock market.

lose out to *phr* /luːz 'aʊt tə/ _____ Businesses have always complained about losing out to new ways of doing things.

luckily *adv* /'lʌkɪli/ _____ We arrived at our hotel early, but, luckily, they let us check into our room.

lucrative *adj* /'luːkrətɪv/ _____ Live performances have become more lucrative than recordings or downloads.

lunatic *n* /'luːnətɪk/ _____ The woman said 'Well, I think it's time you stopped letting lunatics stay here!'

luxury *n* /'lʌkʃəri/ _____ I never spend money on luxuries like chocolate or flowers.

m-commerce *n* /'em ˌkɒmɜːs/ _____ It seems m-commerce is on the increase.

m-learning *n* /'em ˌlɜːnɪŋ/ _____ The growth of m-learning is a huge opportunity for educational publishers.

m-ticketing *n* /'em ˌtɪkɪtɪŋ/ _____ At airports today, an increasing number of customers are switching to m-ticketing.

madman *n* /'mædmən/ _____ I had just told a guest that this VIP guy was a madman.

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magnetic O *adj* /mæg'netɪk/ _____ Drinks cans made of steel are magnetic, but those made of aluminium aren't.

maintain O *v* /meɪn'teɪn/ _____ They also maintain that it makes you burn more calories during the day.

majority (of) O *n* /mə'dʒɒrəti ɒv/ _____ The majority of people in the company feel that they aren't appreciated.

make (it) *v* /meɪk ɪt/ _____ She's my role model because she made it to the top in her industry.

make a decision O *phr* /meɪk ə dɪ'sɪʒn/ _____ I'm keen to make a decision today.

make a point of (doing something) *phr* /meɪk ə pɔɪnt əv 'duːɪŋ sʌmθɪŋ/ _____ Make a point of thanking people, even the office junior, when they help you.

make (an exception) *v* /meɪk ən ɪk'sepʃn/ _____ We might be able to make an exception in this case.

make (ends meet) *v* /ˌmeɪk endz 'miːt/ _____ I know people who struggle to make ends meet at the end of the month.

make (reference to) *v* /meɪk 'refrəns tu/ _____ The speaker made reference to various people who I'd never heard of.

make your day *phr* /ˌmeɪk jɔː(r) 'deɪ/ _____ It made my day when my colleague complimented me on my presentation.

man-eating *adj* /'mæn iːtɪŋ/ _____ Villagers in India are hunting a man-eating tiger that has killed six people.

manage (your) money O *phr* /ˌmænɪdʒ jə(r) 'mʌni/ _____ Most people I know try to manage their money.

mandatory *adj* /'mændətəri/ _____ Several governments have made it mandatory for cyclists to wear helmets.

mansion *n* /'mænʃn/ _____ After winning the lottery, they bought a mansion in the Scottish mountains.

manual car O *n* /'mænjuəl kɑː(r)/ _____ I've only ever driven manual cars, and I'm finding it hard to get used to an automatic.

mass O *adj* /mæs/ _____ Thanks to mass production and low cost, just about everyone has owned a bicycle.

matter O *n* /'mætə(r)/ _____ Nanotechnology is the engineering of matter at the level of molecules.

mature student *n* /məˌtʃʊə 'stjuːdnt/ _____ I'm doing a degree in psychology as a mature student.

mechanism O *n* /'mekənɪzəm/ _____ There are many animals who have much superior hearing mechanisms to humans.

melt O *v* /melt/ _____ I'm melting the butter with some flour, and now I need to add some warm milk and beat it in.

meme *n* /miːm/ _____ Richard Dawkins was the first person to use the word 'meme'.

metabolism *n* /mə'tæbəlɪzəm/ _____ They maintain that it speeds up metabolism.

metamorphosis *n* /ˌmetə'mɔːfəsɪs/ _____ There are various reasons why the idea of metamorphosis is so important in art and culture.

migration *n* /maɪ'greɪʃn/ _____ Bamako, the capital of Mali, has grown due to rural migration.

mindfulness *n* /'maɪndflnəs/ _____ It's difficult to experience true mindfulness in today's digital world.

miraculously *adv* /mɪ'rækjələsli/ _____ Miraculously, everyone survived the train crash.

miss the point *phr* /ˌmɪs ðə 'pɔɪnt/ _____ I'm afraid I think you're missing the point here.

moan (about) *v* /məʊn ə'baʊt/ _____ My friends moan about having been forced to attend organized activities.

mock *adj* /mɒk/ _____ We do mock exams at my school a couple of months before the real exams.

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model *n* /ˈmɒdl/ _____ The Scandinavian model is often thought of as the best example of education and public services.

moderate *adj* /ˈmɒdərət/ _____ The results suggest that moderate exercise may improve memory.

modify *v* /ˈmɒdɪfaɪ/ _____ We subconsciously modify our speech depending on who we're talking to.

module *n* /ˈmɒdjuːl/ _____ On this course you'll do practical modules on how to build a dynamic surfboard.

monetary *adj* /ˈmʌnɪtri/ _____ Today there are a number of complementary monetary schemes around the world.

monotonous *adj* /məˈnɒtənəs/ _____ Some of the scenes between Martha and her husband are slightly monotonous.

moody *adj* /ˈmuːdi/ _____ If we bring a moody attitude, we'll probably have a depressing day.

mortified *adj* /ˈmɔːtɪfaɪd/ _____ I'd be so mortified, I wouldn't know what to say.

motivation *n* /ˌməʊtɪˈveɪʃn/ _____ She was able to make a significant change to the motivation of her team.

move on *phr v* /muːv ˈɒn/ _____ Now we're going to move on to have a quick look at the work of business expert Glenn Parker.

much as *phr* /ˈmʌtʃ əz/ _____ Much as I adore killer whales, the programme demonstrated a ruthless side to their character.

multi-purpose *adj* /ˌmʌltiˈpɜːpəs/ _____ I bought a multi-purpose pen which can also be a knife and a torch.

multiply *v* /ˈmʌltɪplaɪ/ _____ The remaining bacteria multiply during the day.

mutation *n* /mjuːˈteɪʃn/ _____ Mutation – such as frogs becoming princes – is a common theme in children's stories.

nanotechnology *n* /ˌnænəʊtekˈnɒlədʒi/ _____ We're definitely going to see a lot more nanotechnology in the future.

narrow-minded *adj* /ˌnærəʊ ˈmaɪndɪd/ _____ Don't be so narrow-minded – this is the 21st century!

negotiate *v* /nɪˈgəʊʃieɪt/ _____ In certain countries, you can try negotiating the price of food in markets.

nerdy *adj* /ˈnɜːdi/ _____ The hero is a nerdy office worker who turns into a spider at the first sign of danger.

nest *n* /nest/ _____ A termite's nest is utterly astonishing.

networking *n* /ˈnetwɜːkɪŋ/ _____ Members of the Superclass share an impressive capacity for networking.

newsworthy *adj* /ˈnjuːzwɜːði/ _____ When a particularly newsworthy crime happens, the politicians rush to make changes.

NGO *n* /ˌen dʒiː ˈəʊ/ _____ I work for an NGO that provides clean water in Africa.

nostalgia *n* /nɒˈstældʒə/ _____ Change in modern life is being accompanied more and more by a sense of nostalgia.

nosy *adj* /ˈnəʊzi/ _____ Are you listening to that couple's conversation? Don't be so nosy!

not least *phr* /nɒt liːst/ _____ There are many advantages to living by the sea. Not least, the fantastic fresh fish in the shops.

noticeable *adj* /ˈnəʊtɪsəbl/ _____ There is a noticeable link between studying music and improving your memory.

numerous *adj* /ˈnjuːmərəs/ _____ Karapetyan received numerous awards for his underwater rescue.

nutritious *adj* /njuˈtrɪʃəs/ _____ Fast food can be every bit as nutritious as other food.

obesity *n* /əʊˈbiːsəti/ _____ Obesity is a growing problem in most western societies.

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| obligatory *adj* /əˈblɪgətri/ | _____ | The management say it's not obligatory for them to inform people about changes. |
| obsolete *adj* /ˈɒbsəliːt/ | _____ | I think cars driven by people will be obsolete within twenty years. |
| obstacle *n* /ˈɒbstəkl/ | _____ | The Rockford Peaches overcame obstacles and got to the top of the All American Girls Baseball League. |
| off *adv* /ɒf/ | _____ | The wedding is off – Sarah's decided she wants to wait to get married. |
| off *adj* /ɒf/ | _____ | I managed to get £10 off the original price. |
| off *adv* /ɒf/ | _____ | I think this milk's off – don't drink it. |
| official *adj* /əˈfɪʃl/ | _____ | The French and Spanish languages are each controlled by an official body. |
| offshore campus *n* /ˌɒfʃɔː(r) ˈkæmpəs/ | _____ | The development of offshore campuses is expected to continue. |
| on balance *phr* /ɒn ˈbæləns/ | _____ | On balance, the policy is on course to deliver what it set out to do. |
| on edge *adj* /ɒn ˈedʒ/ | _____ | My girlfriend's always telling me to reduce my workload; she says I'm always on edge. |
| on hand *phr* /ɒn ˈhænd/ | _____ | The residents know that I'm on hand should they need anything. |
| on the ball *phr* /ˌɒn ðə ˈbɔːl/ | _____ | I like the new CEO – she seems really on the ball. |
| on the breadline *phr* /ɒn ðə ˈbredlaɪn/ | _____ | After my business started doing well, I was never on the breadline again. |
| on the face of it *phr* /ɒn ðə ˈfeɪs əv ɪt/ | _____ | On the face of it, the sharing economy has numerous benefits. |
| on the increase *phr* /ˌɒn ðə ˈɪnkriːs/ | _____ | Tourism is on the increase in Beihai in the Guangxi region of China. |
| on the verge of *phr* /ɒn ðə ˈvɜːdʒ əv/ | _____ | The project is on the verge of completion. |
| one-dimensional *adj* /ˌwʌn daɪˈmenʃənəl/ | _____ | The main character was totally one-dimensional and unrealistic. |
| online gaming *n* /ˌɒnˈlaɪn ˈgeɪmɪŋ/ | _____ | Online gaming is hugely popular among teenagers and adults all over the world. |
| open to new ideas *phr* /ˈəʊpən tə njuː aɪˈdɪəz/ | _____ | I like working with Sam because she's always open to new ideas. |
| operational *adj* /ˌɒpəˈreɪʃənl/ | _____ | The Bilingual Education Programme has been operational in schools in Madrid since 2004. |
| organ *n* /ˈɔːgən/ | _____ | The human ear is a complex and wonderful organ. |
| organically *adv* /ɔːˈgænɪkli/ | _____ | Successful memes are unforced, starting organically rather than in a marketing meeting. |
| organism *n* /ˈɔːgəˌnɪzəm/ | _____ | How do these single-celled organisms manage such important functions? |
| out of the blue *phr* /ˌaʊt ɒv ðə ˈbluː/ | _____ | My cousin from Australia turned up at my flat out of the blue last night. |
| out of the question *phr* /ˌaʊt ɒv ðə ˈkwestʃən/ | _____ | I'm afraid twenty-four days' leave is out of the question. |
| outcome *n* /ˈaʊtkʌm/ | _____ | This type of person is focused on the long-term outcomes. |
| outset *n* /ˈaʊtset/ | _____ | We need to provide support for people with depression from the outset. |
| outstanding achievement *phr* /aʊtˈstændɪŋ əˈtʃiːvmənt/ | _____ | The construction of the Great Pyramid of Giza was an outstanding achievement. |
| outstanding effort *phr* /aʊtˈstændɪŋ ˈefət/ | _____ | My students have all made an outstanding effort to pass their exams. |

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| outweigh *v* /ˌaʊtˈweɪ/ | _____ | We feel this expense would easily be outweighed by the potential benefits. |
| over 🔑 *prep* /ˈəʊvə(r)/ | _____ | It was stupid of us to argue over something so trivial. |
| over 🔑 *prep* /ˈəʊvə(r)/ | _____ | This town has changed a lot over the course of the last ten years. |
| over the years *phr* /ˈəʊvə(r) ðə jɜːz/ | _____ | English is probably the language which has borrowed most terms from others over the years. |
| overcautious *adj* /ˌəʊvəˈkɔːʃəs/ | _____ | Elderly people often become overcautious when they drive. |
| overcome difficulties 🔑 *phr* /ˌəʊvəˈkʌm ˈdɪfɪkəltiz/ | _____ | We had to overcome many difficulties when my father lost his job. |
| overcome obstacles *phr* /ˌəʊvəˈkʌm ˈɒbstəklz/ | _____ | The engineers had to overcome many obstacles. |
| oversee *v* /ˌəʊvəˈsiː/ | _____ | I oversee a team of fifty staff. |
| overtake *v* /ˌəʊvəˈteɪk/ | _____ | Ghaziabad in India could overtake Surat in terms of growth rate in the next ten years. |
| overview *n* /ˈəʊvəvjuː/ | _____ | In some countries, people believe that the person at the top of the company has a good overview. |
| overwhelm *v* /ˌəʊvəˈwelm/ | _____ | Many film-makers have seen our worries about rapid changes overwhelming us. |
| overwhelming *adj* /ˌəʊvəˈwelmɪŋ/ | _____ | The evidence for climate change is overwhelming. |
| overwhelmingly *adv* /ˌəʊvəˈwelmɪŋli/ | _____ | The results of the questionnaire were overwhelmingly negative. |
| own (up) *v* /əʊn ˈʌp/ | _____ | Who did this? Is anyone going to own up? |
| p-book *n* /ˈpiː bʊk/ | _____ | Some people now say 'p-book' to refer to traditional print books. |
| pain in the neck *phr* /ˌpeɪn ɪn ðə ˈnek/ | _____ | Rather than just being a pain in the neck, they do play a crucial part in the team. |
| part and parcel *phr* /pɑːt ænd ˈpɑːsl/ | _____ | Life events such as starting a new job are part and parcel of human existence. |
| participant 🔑 *n* /pɑːˈtɪsɪpənt/ | _____ | Three participants got injured at the charity fun run. |
| particularly interested 🔑 *phr* /pəˈtɪkjələli ˈɪntrəstɪd/ | _____ | I'm particularly interested in how long animals can travel at the fastest speeds. |
| party-goer *n* /ˈpɑːti ˌgəʊə(r)/ | _____ | Some party-goers were making a noise outside my window. |
| pay (off) *v* /peɪ ˈɒf/ | _____ | The gamble paid off – women's baseball turned out to be really popular. |
| peel *v* /piːl/ | _____ | You have to peel the tomatoes, as the skin goes bitter if you leave it in the sauce. |
| peppercorn *n* /ˈpepəkɔːn/ | _____ | I always buy whole peppercorns, not ground black pepper. |
| perceive 🔑 *v* /pəˈsiːv/ | _____ | They are trying to find out how the human brain perceives different sounds in a noisy environment. |
| perceptive observation *phr* /pəˈseptɪv ˌɒbzəˈveɪʃn/ | _____ | My best friend often makes perceptive observations about my relationship with my boyfriend. |
| persist in (doing something) *phr v* /pəˌsɪst ɪn ˈduːɪŋ ˌsʌmθɪŋ/ | _____ | You shouldn't persist in doing your son's homework for him. |
| persuade 🔑 *v* /pəˈsweɪd/ | _____ | Salespeople sometimes use body language to persuade people to buy their products. |
| pharmaceutical *adj* /ˌfɑːməˈsjuːtɪkl/ | _____ | Lobbyists often represent powerful industries like pharmaceutical corporations. |
| philanthropist *n* /fɪˈlænθrəpɪst/ | _____ | Members of the Superclass include billionaire philanthropists. |
| photosynthesis *n* /ˌfəʊtəʊˈsɪnθəsɪs/ | _____ | All plants depend on sunlight for photosynthesis. |

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| pick out *phr v* /pɪk ˈ aʊt/ | _____ | We are always pleased when our project team is picked out for special recognition. |
| pick up on *phr v* /ˌpɪk ˈʌp ɒn/ | _____ | If a team picks up on their manager's anxiety, it may become nervous in turn. |
| pioneer *n* /ˌpaɪəˈnɪə(r)/ | _____ | Buddy Holly was a pioneer in the world of rock and roll. |
| pleasurable *adj* /ˈpleʒərəbl/ | _____ | A long, pleasurable walk in the country may not be as beneficial as we once thought. |
| plummet *v* /ˈplʌmɪt/ | _____ | The number of new houses built in the city has plummeted in recent years. |
| poisoning 🔑 *n* /ˈpɔɪznɪŋ/ | _____ | People used to use chemicals to make their skin pale – poisoning was very common. |
| pose a problem 🔑 *phr* /pəʊz ə ˈprɒbləm/ | _____ | The construction of the Channel Tunnel posed numerous technical problems. |
| pose a question 🔑 *phr* /pəʊz ə ˈkwestʃən/ | _____ | This issue poses the question, should we really have started the project? |
| positive development *phr* /ˌpɒzətɪv dɪˈveləpmənt/ | _____ | There is considerable debate about whether they are a positive development or not. |
| possess 🔑 *v* /pəˈzes/ | _____ | This type of person possesses excellent communication skills. |
| praise 🔑 *v* /preɪz/ | _____ | If you praise somebody, and that person goes red, you're more likely to find that person trustworthy. |
| predictably *adv* /prɪˌdɪktəbli/ | _____ | Predictably, the city suffers badly from traffic congestion. |
| present challenges *phr* /prəzˌent ˈtʃælɪndʒɪz/ | _____ | The aging population presents challenges in caring for the elderly. |
| present difficulties *phr* /prəˌzent ˈdɪfɪkəltiz/ | _____ | Teaching students who don't understand your language presents particular difficulties. |
| press on (with something) *phr v* /pres ˈɒn wɪð ˌsʌmθɪŋ/ | _____ | Although they were very tired, they decided to press on with it and finish the job. |
| prestigious *adj* /preˈstɪdʒəs/ | _____ | Many prestigious works of art have concerned heroes who changed into somebody else. |
| prey 🔑 *n* /preɪ/ | _____ | Once their prey was in the water, it was only a matter of time before lunch was served. |
| principle 🔑 *n* /ˈprɪnsəpl/ | _____ | The basic principles of driving a car are the same in every country. |
| proficiency *n* /prəˈfɪʃnsi/ | _____ | Proficiency in a foreign language, particularly English, is an extremely desirable skill. |
| prominent *adj* /ˈprɒmɪnənt/ | _____ | My university professor is a prominent figure in the research of early European literature. |
| prone *adj* /prəʊn/ | _____ | My brother is prone to depression when things aren't going well for him. |
| proportion 🔑 *n* /prəˈpɔːʃn/ | _____ | I believe that a significant proportion of members of parliament should be women. |
| prosper *v* /ˈprɒspə(r)/ | _____ | We all want our children to prosper in life. |
| protagonist *n* /prəˈtægənɪst/ | _____ | The protagonist is a young boy who is brought up by his elder sister and her husband. |
| protein 🔑 *n* /ˈprəʊtiːn/ | _____ | Vitamin D helps to regulate the correct functioning of proteins and minerals. |
| provocative *adj* /prəˈvɒkətɪv/ | _____ | Rothkopf's provocative and at times controversial book is a 'must-read'. |
| punctual *adj* /ˈpʌŋktʃuəl/ | _____ | This type of person is usually very dependable and punctual. |
| put (something) off *phr v* /pʊt ˌsʌmθɪŋ ˈɒf/ | _____ | I want a new car, but I've put off buying one till I can find an electric one I like. |

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pyramid *n* /ˈpɪrəmɪd/ _____ The Mayan pyramids are constructions which show our fascination with the sun.

quality assurance *n* /ˈkwɒləti əˌʃɔːrəns/ _____ Students these days increasingly expect their tuition to be subject to quality assurance.

quarantine *n* /ˈkwɒrəntiːn/ _____ After the discovery, the hospital was closed and quarantine was introduced.

quick-thinking *adj* /kwɪk ˈθɪŋkɪŋ/ _____ The girl was saved by a quick-thinking sailor in a passing boat.

radical departure *phr* /ˈrædɪkl dɪˈpɑːtʃə(r)/ _____ This restaurant is a radical departure in the appreciation of food.

radically different *adv* /ˈrædɪkli ˈdɪfrənt/ _____ Humans have a radically different body structure from other animals.

rate 🔑 *n* /reɪt/ _____ Big cities like Delhi and Mumbai are growing at a much slower rate.

rationale *n* /ˌræʃəˈnɑːl/ _____ I don't understand the rationale for having this meeting after everyone else has gone home.

reach consensus *v* /riːtʃ kənˈsensəs/ _____ This type of boss always tries to reach consensus in their team.

reality check *phr* /riˈæləti tʃek/ _____ Failing my exams gave me a reality check.

realize a dream *phr* /ˈrɪəlaɪz ə driːm/ _____ It took them two and a half decades to realize their dream.

realize an ambition *phr* /ˈrɪəlaɪz ən æmˈbɪʃn/ _____ I'm sure I'll realize my ambition of learning Chinese one day.

reasonable 🔑 *adj* /ˈriːznəbl/ _____ She is a reasonable person, and you have always got on well with her.

reassuring *adj* /ˌriːəˈʃɔːrɪŋ/ _____ I find it reassuring that digital technology hasn't replaced all aspects of communication.

reciprocal *adj* /rɪˈsɪprəkl/ _____ Timebanking is a reciprocal service exchange where time, not money, is the unit of the currency.

reckless *adj* /ˈrekləs/ _____ My brother is always doing reckless things like cycling at night without any lights.

reconditioned *adj* /ˌriːkənˈdɪʃnd/ _____ I've got a reconditioned radio from the 1950s that I'm trying to sell.

reconstruct *v* /ˌriːkənˈstrʌkt/ _____ If you take notes during a lecture, can you reconstruct the lecture afterwards?

recreate *v* /ˌriːkriˈeɪt/ _____ The Large Hadron Collider recreates the conditions that existed just after the Big Bang.

recruitment 🔑 *n* /rɪˈkruːtmənt/ _____ We work in various different areas like recruitment – taking on new staff, contracts and so on.

rectify *v* /ˈrektɪfaɪ/ _____ It is clear that steps must be taken to rectify the situation.

redeem *v* /rɪˈdiːm/ _____ Unfortunately the date on these vouchers has expired, so you can't redeem them.

refine *v* /rɪˈfaɪn/ _____ The rules of the game were later refined.

reflect 🔑 *v* /rɪˈflekt/ _____ He spent a night in jail so that he could reflect on what he'd done.

regardless *adv* /rɪˈgɑːdləs/ _____ My legs were hurting, but I continued running regardless.

regime *n* /reɪˈʒiːm/ _____ I'm loving my new exercise regime – it's really having a positive effect on me.

regrettably *adv* /rɪˈgretəbli/ _____ Regrettably, I didn't have enough time to see the city properly.

regular coffee 🔑 *n* /ˈregjələ(r) ˌkɒfi/ _____ Would you like a cappuccino, a latte or just a regular coffee?

relieved *adj* /rɪˈliːvd/ _____ I was very relieved when my ten-year-old son arrived home yesterday evening.

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relocate *v* /ˌriːləʊˈkeɪt/ _____
Relocating the whole company to our northern office is the best way to reduce costs.

reluctant *adj* /rɪˈlʌktənt/ _____
Women were revealed to be much more reluctant to throw cards away than men.

remarkably complex *phr* /rɪˈmɑːkəbli ˈkɒmpleks/ _____
A bird's nest is remarkably complex and beautiful.

rephrase *v* /ˌriːˈfreɪz/ _____
Let me rephrase that. What I meant was that not everybody would enjoy that sort of thing.

reproduce *v* /ˌriːprəˈdjuːs/ _____
If you don't remember the mistakes you make, you'll just reproduce them.

resilience *n* /rɪˈzɪliəns/ _____
Feats such as running a marathon require a lot of physical and mental resilience.

resist *v* /rɪˈzɪst/ _____
If change isn't handled well, people will always resist it.

resistant *adj* /rɪˈzɪstənt/ _____
If managers fail to take these factors into account, they may find workers are highly resistant to change.

responsible (for) *adj* /rɪˈspɒnsəbl fɔː(r)/ _____
At ten, you are legally responsible for your actions in England.

restrict *v* /rɪˈstrɪkt/ _____
We suggest setting up a Facebook or LinkedIn page restricted to staff.

restricted *adj* /rɪˈstrɪktɪd/ _____
The short-term memory has restricted capacity.

restrictions *n pl* /rɪˈstrɪkʃnz/ _____
Working restrictions for fourteen- and fifteen-year-olds are almost the same in England.

retain *v* /rɪˈteɪn/ _____
There is a very big need for older people to retain their independence.

revolutionize *v* /ˌrevəˈluːʃənaɪz/ _____
The workers revolutionized their business through four simple principles.

rhyme *n* /raɪm/ _____
Children are happy to sing meaningless rhymes in the playground, and so are adults at football matches.

rigid *adj* /ˈrɪdʒɪd/ _____
The lenses of my glasses are rigid.

rim *n* /rɪm/ _____
The rims of the cups were covered in bright pink lipstick!

ring the changes *phr* /rɪŋ ðə ˈtʃeɪndʒɪz/ _____
It's important to ring the changes with your exercise regime, otherwise you'll get bored.

roar *n* /rɔː(r)/ _____
The lion has a roar which can be heard eight kilometres away.

role model *n* /ˈrəʊl ˌmɒdl/ _____
Professional sportspeople should realize that they are role models for millions of young people.

roll out *phr v* /ˈrəʊl aʊt/ _____
The recipe was rolled out across the country in the 1940s.

roller coaster of emotions *phr* /ˌrəʊlə(r) ˌkəʊstə(r) əv ɪˈməʊʃnz/ _____
I experience a roller coaster of emotions when I watch my favourite team play.

rotation *n* /rəʊˈteɪʃn/ _____
The sun completes a rotation every twenty-six days.

roughly *adv* /ˈrʌfli/ _____
Chop the onions roughly – the pieces don't have to be exactly the same size.

run on *phr v* /rʌn ˈɒn/ _____
The buses in the city run on waste cooking oil.

rundown *n* /ˈrʌndaʊn/ _____
Can you give us a simple rundown of the different types of memory?

rush into *v* /ˈrʌʃ ˌɪntə/ _____
I don't like to rush into decisions.

rush job *n* /ˈrʌʃ dʒɒb/ _____
By doing this one rush job, we've been able to build on the relationship.

ruthless *adj* /ˈruːθləs/ _____
Killer whales are ruthless and efficient killers.

sacrifice *v* /ˈsækrɪfaɪs/ _____
I loved the bit at the end where the heroine sacrifices herself.

scandal *n* /ˈskændl/ _____
We often use the suffix '-gate' to describe any type of scandal.

scenario *n* /səˈnɑːriəʊ/ _____
Many film-makers create scenarios which reflect changes in our society.

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scepticism *n* /ˈskeptɪsɪzəm/ _____ My immediate reaction was one of slight scepticism.

scrumptious *adj* /ˈskrʌmpʃəs/ _____ The sardines they serve are really scrumptious.

season *v* /ˈsiːzn/ _____ Once the eggs are beaten in, I'll season it and add some grated nutmeg.

seemingly *adv* /ˈsiːmɪŋli/ _____ There is seemingly no discernible difference between the teams.

self-conscious *adj* /ˌself ˈkɒnʃəs/ _____ In your teens, you're often self-conscious about your appearance.

semantic *adj* /sɪˈmæntɪk/ _____ Our semantic memory allows us to remember specific pieces of information.

sense of belonging *phr* /sens əv bɪˈlɒŋɪŋ/ _____ People feel a sense of belonging when they are included in an inside joke.

sentimental *adj* /ˌsentɪˈmentl/ _____ I thought the film was too sentimental.

sequence *n* /ˈsiːkwəns/ _____ The best sequence featured an insect that lived in a hole in the ground.

seriously loud *phr* /ˈsɪəriəsli laʊd/ _____ My neighbour's dogs have a seriously loud bark.

set off *phr v* /set ˈɒf/ _____ We got to New York and set off heading west.

set people off against each other *phr* /set ˌpiːpl ɒf əˈgeɪnst iːtʃ ˌʌðə(r)/ _____ I think he's trying to set people off against each other – not nice.

settlement *n* /ˈsetlmənt/ _____ Settlement by foreign peoples has led to the adoption of many new customs.

shareholder *n* /ˈʃeəˌhəʊldə(r)/ _____ The shareholders' meeting was quite exciting.

sharing economy *phr* /ˈʃeərɪŋ ɪˌkɒnəmi/ _____ The sharing economy has really taken off in recent years.

sheltered housing complex *n* /ˌʃeltəd ˈhaʊzɪŋ ˌkɒmpleks/ _____ I'm a warden at a sheltered housing complex – a residential option for older people.

shift rapidly *phr* /ʃɪft ˈræpɪdli/ _____ The way we communicate has shifted rapidly over the last ten years.

short and sharp *phr* /ˌʃɔːt ænd ˈʃɑːp/ _____ Get on that rowing machine and keep it short and sharp!

short of money *adj* /ʃɔːt ɒv ˈmʌni/ _____ When I was a student, I was always short of money.

shortage (of) *n* /ˈʃɔːtɪdʒ ɒv/ _____ A shortage of potatoes led to a terrible famine.

sibling *n* /ˈsɪblɪŋ/ _____ When was the last time you and a friend or sibling argued over something trivial?

signal *v* /ˈsɪgnəl/ _____ The best lecturers really signal the direction their talk is going.

sip *v* /sɪp/ _____ For me, the summer meant lying on the grass in the garden, sipping lemonade.

sit on the fence *phr* /ˌsɪt ɒn ðə ˈfens/ _____ He tends to sit on the fence in meetings.

sitcom *n* /ˈsɪtkɒm/ _____ I can't stand sitcoms, particularly when they add artificial laughter.

skewer *n* /ˈskjuːə(r)/ _____ Many food items, such as meat, vegetables and fish, can be cooked on skewers.

skinny *adj* /ˈskɪni/ _____ He was really skinny after a month of trekking in the jungle.

slack off *phr v* /slæk ˈɒf/ _____ I was a good student in my early teens, but then I kind of slacked off.

slice *v* /slaɪs/ _____ Slice the potatoes and chop them into small cubes.

slip (by) *v* /ˌslɪp ˈbaɪ/ _____ People regretted letting good friendships slip by over the years.

slump *v* /slʌmp/ _____ I just want to slump in front of the TV and watch the latest detective serial.

snail mail *n* /ˈsneɪl meɪl/ _____ I had to sign my new contract and send it to my employer by snail mail.

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snap *n* /snæp/ _____ The snapping shrimp makes an astonishingly loud snap that lasts for just one millisecond.

snob *n* /snɒb/ _____ He's such a snob. He looks down on his neighbours because they drive an old car.

so last year *phr* /səʊ lɑːst jɜː(r)/ _____ Using a desktop PC is so last year!

soak *v* /səʊk/ _____ At this festival, it's totally fine and normal to soak complete strangers.

soar *v* /sɔː(r)/ _____ Unemployment in the city soared after the car factory was closed.

social media *n* /ˌsəʊʃl ˈmiːdiə/ _____ I use social media to keep in touch with my friends from school.

solar 🔑 *adj* /ˈsəʊlə(r)/ _____ Solar power and wind power aren't the answer to our energy problems.

soldier on *phr* /ˈsəʊldʒə(r) ˈɒn/ _____ We shouldn't expect people to simply soldier on if they are having emotional problems.

sound *adj* /saʊnd/ _____ You can trust Henry – he's a sound guy.

sparingly *adv* /ˈspeərɪŋli/ _____ If you want to add salt, do so sparingly, because the sauce is already quite salty.

specialist 🔑 *adj* /ˈspeʃəlɪst/ _____ Older people are often given any specialist care they need at home.

speculate *v* /ˈspekjuleɪt/ _____ We all speculated as to why Jennifer had started missing work so often.

speed limit *n* /ˈspiːd ˌlɪmɪt/ _____ I know it sounds crazy, but I would say: increase the speed limits.

spine-chilling *adj* /ˈspaɪn tʃɪlɪŋ/ _____ I had nightmares after reading a spine-chilling ghost story before bed.

spontaneity *n* /ˌspɒntəˈneɪəti/ _____ I like the spontaneity of that – just go to the station and see where fate takes you.

spotlight *n* /ˈspɒtlaɪt/ _____ You get the feeling that he can't stand it when the spotlight is on somebody else.

spring up *phr v* /sprɪŋ ˈʌp/ _____ It's the internet which has allowed all these different sites to spring up.

sprinkle *v* /ˈsprɪŋkl/ _____ Some people like to sprinkle cheese on top and grill it at the end.

stabilize *v* /ˈsteɪbəlaɪz/ _____ Global population growth is showing no signs of stabilizing.

start out *phr v* /stɑːt ˈaʊt/ _____ I had to learn very quickly when I started out as a teacher.

starve *v* /stɑːv/ _____ Most gamers would sooner starve than stop playing in order to eat!

staycation *n* /ˌsteɪˈkeɪʃn/ _____ During the recession, a staycation became the only option for many families.

steal the show *phr* /ˌstiːl ðə ˈʃəʊ/ _____ Those two young talents stole the show, in my opinion.

stimulant *n* /ˈstɪmjələnt/ _____ From being a stimulant in sport, energy drinks are now widely available.

stormy *adj* /ˈstɔːmi/ _____ I have a stormy relationship with my dad – we are always falling out.

stressed out *adj* /strest aʊt/ _____ I get pretty stressed out in my job.

student loan 🔑 *n* /ˈstjuːdnt ləʊn/ _____ It's almost impossible to get through university without a student loan.

substance 🔑 *n* /ˈsʌbstəns/ _____ She gave an entertaining speech, but there was no real substance to it.

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substantial *adj* /səb'stænʃl/ _____ The singer gave a substantial donation to an animal rescue centre in his home town.

substantially *adv* /səb'stænʃəli/ _____ Children studying music usually make substantially better progress.

succession *n* /sək'seʃn/ _____ Her poor performance in the tournament was due to a succession of injuries.

superfood *n* /'suːpəfuːd/ _____ You should cut out chips, crisps and that sort of thing and eat more superfoods.

superior *adj* /suː'pɪəriə(r)/ _____ Dogs have a superior sense of smell to humans.

supposed to *phr* /sə'pəʊzd tə/ _____ We're supposed to be in the office until 5.30.

surplus (of) *n* /'sɜːpləs ɒv/ _____ There's a surplus of student accommodation, which makes it very cheap.

sustain *v* /sə'steɪn/ _____ Some birds are extraordinarily fast over a short distance, but they can't sustain the speed.

sweep *v* /swiːp/ _____ I'm going to talk to you today about an exciting revolution which is sweeping our world.

swerve *v* /swɜːv/ _____ Without warning, a dog ran into the road and I had to swerve.

switch allegiance *phr* /swɪtʃ ə'liːdʒəns/ _____ I've tried switching my allegiance to a more successful team.

symbolize *v* /'sɪmbəlaɪz/ _____ Pouring water on people symbolizes the start of the new year.

sympathetic *adj* /ˌsɪmpə'θetɪk/ _____ I don't think I'm very sympathetic – I rarely have people telling me their problems.

symptomatic *adj* /ˌsɪmptə'mætɪk/ _____ It could be claimed that these tales are symptomatic of our age.

synthesize *v* /'sɪnθəsaɪz/ _____ Some bacteria are helpful – they synthesize our vitamins.

tackle a problem *phr* /ˌtækl ə 'prɒbləm/ _____ I organized myself, tackled the problem and got the grades I needed.

tackle difficulties *phr* /ˌtækl 'dɪfɪkəltiz/ _____ Your boss can help you to tackle any difficulties that you're having.

take an instant dislike to *phr* /teɪk ən ˌɪnstənt dɪs'laɪk tə/ _____ I can't explain why, but I took an instant dislike to the new boss.

take by surprise *phr* /teɪk baɪ sə'praɪz/ _____ It took me completely by surprise when my boyfriend proposed while we were on holiday.

take great pleasure in *phr* /teɪk greɪt 'pleʒə(r) ɪn/ _____ He seemed to take great pleasure in telling us that we'd all lost our jobs.

take on *phr v* /teɪk 'ɒn/ _____ It's common to take on aspects of the way someone else talks.

take on *phr v* /teɪk ɒn/ _____ At fourteen, you can take on part-time employment for two hours each school day.

take over *phr v* /teɪk 'əʊvə(r)/ _____ When you can't see, your other senses take over.

take personally *phr* /teɪk 'pɜːsənəli/ _____ Katya is always unfriendly with people she doesn't know – don't take it personally.

take some beating *phr* /teɪk səm 'biːtɪŋ/ _____ His new world record will take some beating.

tanning studio *n* /'tænɪŋ ˌstjuːdiəʊ/ _____ In the USA alone some twenty-two million customers visit tanning studios.

tap water *n* /'tæp ˌwɔːtə(r)/ _____ Could we get a couple of glasses of tap water, please?

target *v* /'tɑːgɪt/ _____ I don't like the way in which advertisers target small children.

technical hitch *phr* /ˌteknɪkl 'hɪtʃ/ _____ Despite the occasional technical hitches, this was a highly enjoyable production.

tell the difference *phr* /ˌtel ðə 'dɪfrəns/ _____ Can you tell the difference between a violin and a cello?

tendency *n* /'tendənsi/ _____ Youngest children have a tendency to be rebellious.

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term *v* /tɜːm/ _____
According to writer David Rothkopf, the world is controlled by what he terms the 'Superclass'.

tertiary education *n* /ˌtɜːʃəri ˌedʒu'keɪʃn/ _____
Over 170 million students are in tertiary education.

the elderly *n* /ðɪ 'eldəli/ _____
China has recently passed a law highlighting the need for care for the elderly.

the last word *n* /ðə lɑːst 'wɜːd/ _____
Some people are always searching for the last word in design.

theoretically *adv* /ˌθɪə'retɪkli/ _____
Theoretically, you can rent a car to get around the region, but I would advise against it.

thereby *adv* /ˌðeə'baɪ/ _____
We work to achieve long-term goals, thereby giving our life meaning.

think straight *phr* /θɪŋk streɪt/ _____
For a minute, I couldn't think straight.

think twice *phr* /θɪŋk twaɪs/ _____
You should think twice before making life-changing choices.

thinly *adv* /'θɪnli/ _____
Slice the cucumbers very thinly and mix them with sour cream.

threaten *v* /'θretn/ _____
Many people feel threatened by change.

thrill-seekers *n pl* /'θrɪl ˌsiːkəz/ _____
The average age of thrill-seekers is getting higher.

time and again *phr* /ˌtaɪm ænd ə'geɪn/ _____
I have to tell myself time and again not to forget my work pass.

time flies *phr* /ˌtaɪm 'flaɪz/ _____
They say that time flies when you're having fun.

time management *n* /ˌtaɪm 'mænɪdʒmənt/ _____
Effective time management is the key to a stress-free life.

time really drags *phr* /taɪm 'rɪəli drægz/ _____
Time really drags when you're bored at work.

time-consuming *adj* /'taɪmˌkənsjuːmɪŋ/ _____
I think cleaning is the most time-consuming household job.

title *n* /'taɪtl/ _____
They've won the league title in their country over twenty times.

to a large degree *phr* /tə ə 'lɑːdʒ dɪˌgriː/ _____
The quality of language input depends to a large degree on the teacher's level of English.

to say the least *phr* /tə seɪ ðə 'liːst/ _____
There needs to be some form of basic regulation, to say the least.

topical *adj* /'tɒpɪkl/ _____
In this show, contestants have forty-five seconds to present their answer to a topical question.

touch (of) *n* /tʌtʃ ɒv/ _____
This soup is nice but it needs a touch of garlic, in my opinion.

tough *adj* /tʌf/ _____
Because my glasses are made of plastic as opposed to glass, they're a lot tougher.

toxic *adj* /'tɒksɪk/ _____
The school was evacuated after toxic fumes were detected in the kitchen.

toxic chemicals *n pl* /'tɒksɪk ˌkemɪklz/ _____
In the 16th century, people used toxic chemicals to achieve pale skin.

trace *v* /treɪs/ _____
The concept of time currencies can be traced back to the early nineteenth century.

tranquil *adj* /'træŋkwɪl/ _____
Art galleries are very tranquil places.

transaction *n* /træn'zækʃn/ _____
Some plastic cards are used for financial transactions such as shopping.

transactional *adj* /træn'zækʃnl/ _____
One of the functions of language is called T-communication, with 'T' standing for 'transactional'.

transcend *v* /træn'send/ _____
The power of the Superclass transcends borders.

transformation *n* /ˌtrænsfə'meɪʃn/ _____
One of the most famous transformation stories, *Dr Jekyll and Mr Hyde*, was published in 1886.

transparent *adj* /træns'pærənt/ _____
Obviously the lenses are transparent so I can see where I'm going.

traverse *v* /trə'vɜːs/ _____
The compass provided people with a reliable method of traversing the world's oceans.

treble *v* /'trebl/ _____
The number of students at our school trebled after two local schools were closed down.

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triathlon *n* /traɪˈæθlən/ _____ He says he's never felt so alive since he took up triathlons.

trigger your memory *phr* /ˈtrɪgə(r) jə(r) ˈmeməri/ _____ Often, certain smells or tastes trigger your memory of something from many years ago.

triumph 🔑 *n* /ˈtraɪʌmf/ _____ It was a triumph, and in its best season the league had almost a million fans.

troublemaker *n* /ˈtrʌblmeɪkə(r)/ _____ She was a troublemaker, so we had to move her to another team.

trustworthy *adj* /ˈtrʌstˌwɜːði/ _____ You're trustworthy and reliable, and we know you'll always get the job done.

tuition fees *n pl* /tjuˈɪʃn fiːz/ _____ In Brazil, the government is to fund tuition fees abroad for 100,000 students.

turn (out) *v* /tɜːn ˈaʊt/ _____ Women's football turned out to be a great success.

turn up *phr v* /ˈtɜːn ʌp/ _____ How would you feel if you turned up at a party wearing different clothes to everyone else?

twenty-twenty vision *phr* /ˌtwenti ˌtwenti ˈvɪʒn/ _____ I don't need glasses – I have twenty-twenty vision.

twist *n* /twɪst/ _____ There were one or two twists in the plot, but I liked the characters.

typically 🔑 *adv* /ˈtɪpɪkli/ _____ Typically in parts of Spain, a little plate of food is provided when you order a drink.

uncomfortable 🔑 *adj* /ʌnˈkʌmftəbl/ _____ It makes me uncomfortable to see families living in poor conditions.

unconscious 🔑 *adj* /ʌnˈkɒnʃəs/ _____ Breathing is an unconscious act that we do without thinking.

uncontrollably *adv* /ˌʌnkənˈtrəʊləbli/ _____ Two old people were laughing uncontrollably.

undeniably *adv* /ˌʌndɪˈnaɪəbli/ _____ Pad Thai has undeniably become the national dish of Thailand.

underestimate *v* /ˌʌndərˈestɪmeɪt/ _____ The stress of situations such as moving house is often underestimated.

underlying 🔑 *adj* /ˌʌndəˈlaɪɪŋ/ _____ Being overweight was the underlying cause of his health problems.

undermine *v* /ˌʌndəˈmaɪn/ _____ The sharing economy is likely to undermine traditional businesses such as hotels or taxis.

underweight *adj* /ˌʌndəˈweɪt/ _____ I'm worried about Sally – she looks underweight.

unforced *adj* /ʌnˈfɔːst/ _____ I love this photo of Maya because her smile is natural and unforced.

unfulfilled *adj* /ˌʌnfʊlˈfɪld/ _____ Many people were frustrated that so many of their dreams had gone unfulfilled.

uniform 🔑 *adj* /ˈjuːnɪfɔːm/ _____ The results will not be uniform across schools.

unilateral *adj* /ˌjuːnɪˈlætrəl/ _____ This phenomenon is by no means unilateral.

uninhibited *adj* /ˌʌnɪnˈhɪbɪtɪd/ _____ I'd never have done a bungee jump when I was younger, but now I feel uninhibited.

universal 🔑 *adj* /ˌjuːnɪˈvɜːsl/ _____ This problem could be solved through the introduction of a single, universal system.

unpaid *adj* /ˌʌnˈpeɪd/ _____ I'd rather do unpaid work than do nothing at all.

unproductive *adj* /ˌʌnprəˈdʌktɪv/ _____ I find memorizing lists of words very unproductive.

unwind *v* /ˌʌnˈwaɪnd/ _____ It might sound crazy, but the best way to unwind is karaoke!

up to speed *adj* /ˌʌp tə ˈspiːd/ _____ Are you up to speed with all the latest developments in new technology?

upheaval *n* /ʌpˈhiːvl/ _____ Moving house is a real upheaval, especially for older people.

ups and downs *phr* /ʌps ən ˈdaʊnz/ _____ His career has had some spectacular ups and downs.

urge 🔑 *v* /ɜːdʒ/ _____ The report urges people to be more vigilant.

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useless 🔑 *adj* /ˈjuːsləs/ _____
You can blame Michael for the fault – he's useless with machines

utilize *v* /ˈjuːtəlaɪz/ _____
He utilized his skill at negotiating to achieve the outcome that he wanted.

utterly astonishing *phr* /ˌʌtəli əˈstɒnɪʃɪŋ/ _____
The way that animals migrate is utterly astonishing.

valuables 🔑 *n pl* /ˈvæljuəblz/ _____
Be careful with your cameras and any other valuables because everything will get wet.

value 🔑 *v* /ˈvæljuː/ _____
What do you think is the value of such activities?

ventilation *n* /ˌventɪˈleɪʃn/ _____
The environment inside a termite's nest is temperature-controlled with special ventilation.

versatile *adj* /ˈvɜːsətaɪl/ _____
Plastic has several uniquely versatile properties.

versus *adv* /ˈvɜːsəs/ _____
The importance of the individual versus the group varies in different cultures.

vertically *adv* /ˈvɜːtɪkli/ _____
Meat is cooked vertically in the modern doner kebab.

vicinity *n* /vəˈsɪnəti/ _____
This invention displays the strength of Wi-fi signals in your vicinity.

vigorously *adv* /ˈvɪgərəsli/ _____
Beat the sauce vigorously so that lumps don't have the chance to form.

virtual learning environment *n* /ˌvɜːtʃuəl ˈlɜːnɪŋ ɪnˌvaɪrənmənt/ _____
The use of virtual learning environments is changing the nature of many types of learning.

visionary *n* /ˈvɪʒənri/ _____
This person is very much the visionary – they focus on the long-term outcomes.

vocational training *n* /vəʊˈkeɪʃənl ˈtreɪnɪŋ/ _____
Vocational training is every bit as valid an option for young people as higher education.

walk on eggshells *v* /wɔːk ɒn ˈegʃelz/ _____
Everybody's productivity is reduced when they're walking on eggshells all the time.

wardrobe *n* /ˈwɔːdrəʊb/ _____
I have a different wardrobe for every season.

wary (of) *adj* /ˈweəri/ _____
National governments have become wary of trying to control the Superclass.

water-resistant *adj* /ˈwɔːtə rɪˌzɪstənt/ _____
My watch says it's water-resistant, but it stopped working when I wore it in the sea.

waterfront *n* /ˈwɔːtəfrʌnt/ _____
I absolutely love what's happened in the waterfront area.

wave (of something) *phr* /ˈweɪv ɒv ˌsʌmθɪŋ/ _____
A new wave of online games is helping to solve medical and scientific problems.

wealthy *adj* /ˈwelθi/ _____
I managed to get by, but I was never wealthy.

welfare officer *n* /ˈwelfeə(r) ˌɒfɪsə(r)/ _____
I'm the welfare officer – I'm responsible for your accommodation, health and so on.

well off *adj* /wel ˈɒf/ _____
It's better to be a little hard up than extremely well off.

well-being *n* /wel ˈbiːɪŋ/ _____
Exposure to the sun is vital for our psychological well-being.

whatsoever *adv* /wɒtsəʊˈevə(r)/ _____
There's no doubt whatsoever that the world is becoming a smaller place.

widespread 🔑 *adj* /ˈwaɪdspred/ _____
The use of electricity became widespread at the end of the 19th century.

wind (somebody) up *phr v* /ˌwɪnd ˌsʌmbədi ˈʌp/ _____
The sound of traffic in the street really winds me up.

witch *n* /wɪtʃ/ _____
This story involves a princess transforming into a witch.

with hindsight *phr* /wɪð ˈhaɪndsaɪt/ _____
With hindsight, I shouldn't have trusted him.

withdraw 🔑 *v* /wɪθˈdrɔː/ _____
I'd like to withdraw 200 euros, please.

without a care in the world *phr* /wɪˌðaʊt ə ˌkeə(r) ɪn ðə ˈwɜːld/ _____
My dad is without a care in the world now that he's retired.

Name _____

# Navigate

| | | |
|---|---|---|
| wooden *adj* /ˈwʊdn/ | _____ | The main character was very good-looking, but his performance was a bit wooden. |
| work (something) out 🔑 *phr v* /wɜːk ˌsʌmθɪŋ ˈaʊt/ | _____ | To answer a question, the children will have had to work out for themselves what they need to do. |
| work out *phr v* /wɜːk ˈaʊt/ | _____ | Unfortunately, things didn't work out so well for the league. |
| worship 🔑 *v* /ˈwɜːʃɪp/ | _____ | The sun was worshipped by Aztecs, Incas, Egyptians, Greeks and Romans. |
| worth your weight in gold *phr* /ˌwɜːθ jɔː(r) ˌweɪt ɪn ˈgəʊld/ | _____ | We can't afford to lose Emil from the team – he's worth his weight in gold. |
| would sooner *phr* /wəd ˈsuːnə(r)/ | _____ | Most people would sooner spend their time gaining points than saving the planet! |
| year abroad *n* /jɜː(r) əˈbrɔːd/ | _____ | I spent a year abroad in the Russian city of Yaroslavl as part of my degree. |
| youngster *n* /ˈjʌŋstə(r)/ | _____ | The course is designed to increase youngsters' confidence in their own ability. |
| zero in *phr v* /ˈzɪərəʊ ɪn/ | _____ | When we are in a noisy environment, we can zero in on particular sounds. |
| zombie *n* /ˈzɒmbi/ | _____ | Zombie films are classic examples of transformation stories. |

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