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C1 **Wordlist** Unit 1

Navigate

Here is a list of useful or new words from Unit 1 of 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

conventional 🔑 *adj* /kən'venʃənl/	_____	Conventional exercise routines, such as jogging and cycling, are still very popular.
devise *v* /dɪ'vaɪz/	_____	Psychologist Kurt Lewin devised a three-step model for the effective management of change.
dispute 🔑 *v* /dɪ'spjuːt/	_____	Some recent research would appear to dispute these claims.
eligible *adj* /'elɪdʒəbl/	_____	At what age are you eligible to vote in your country?
expertise 🔑 *n* /ˌekspɜː'tiːz/	_____	Anyone who wants to implement change must first ensure that their knowledge and expertise is recognized.
expressway *n* /ɪk'spreseweɪ/	_____	They always seem to be building a new expressway or widening an existing one.
facilitate *v* /fə'sɪlɪteɪt/	_____	In Germany, change can be facilitated by formal written communication.
fad *n* /fæd/	_____	The new fad is for High-Intensity Interval Training.
fairy-tale *adj* /'feəri ˌteɪl/	_____	A solitary green ogre finds his life is interrupted by various fairy-tale characters.
feisty *adj* /'faɪsti/	_____	The feisty heroine is a schoolgirl who becomes a zombie.
formal 🔑 *adj* /'fɔːml/	_____	Everyone is dressed in formal clothes, and you're in jeans and a T-shirt.
formally 🔑 *adv* /'fɔːməli/	_____	Communication of change should also be done formally, through written documents.
fuss *n* /fʌs/	_____	I never make a fuss in restaurants, even if they bring me the wrong food.
heroine *n* /'herəʊɪn/	_____	The heroine is an ordinary school teacher who has special powers.
implement 🔑 *v* /'ɪmplɪmənt/	_____	Those wishing to implement change in Anglo-Saxon countries need to highlight benefits to the team.
impose (on) 🔑 *v* /ɪm'pəʊz ˌɒn/	_____	It's best to agree change with your team, rather than impose it on them.
in the region of 🔑 *phr* /ɪn ðə 'riːdʒən ɒv/	_____	They're planning to build somewhere in the region of seven more metro lines.
infinitely *adv* /'ɪnfɪnətli/	_____	We now expect everything to be available infinitely more quickly than in the past.
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.
level (off) *v* /ˌlevl 'ɒf/	_____	The unemployment rate has levelled off over the last couple of years.
maintain 🔑 *v* /meɪn'teɪn/	_____	They also maintain that it makes you burn more calories during the day.
make your day *phr* /ˌmeɪk jɔː(r) 'deɪ/	_____	It made my day when my colleague complimented me on my presentation.
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.

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migration *n* /maɪ'greɪʃn/	_____	Bamako, the capital of Mali, has grown due to rural migration.
model 🔑 *n* /'mɒdl/	_____	The Scandinavian model is often thought of as the best example of education and public services.
moderate *adj* /'mɒdərət/	_____	The results suggest that moderate exercise may improve memory.
moody *adj* /'muːdi/	_____	If we bring a moody attitude, we'll probably have a depressing day.
motivation 🔑 *n* /ˌməʊtɪ'veɪʃn/	_____	She was able to make a significant change to the motivation of her team.
mutation 🔑 *n* /mjuː'teɪʃn/	_____	Mutation – such as frogs becoming princes – is a common theme in children's stories.
nerdy *adj* /'nɜːdi/	_____	The hero is a nerdy office worker who turns into a spider at the first sign of danger.
nostalgia *n* /nɒ'stældʒə/	_____	Change in modern life is being accompanied more and more by a sense of nostalgia.
nutritious *adj* /nju'trɪʃəs/	_____	Fast food can be every bit as nutritious as other food.
obesity *n* /əʊ'biːsəti/	_____	Obesity is a growing problem in most western societies.
on the increase *phr* /ˌɒn ðə 'ɪnkriːs/	_____	Tourism is on the increase in Beihai in the Guangxi region of China.
overtake *v* /ˌəʊvə'teɪk/	_____	Ghaziabad in India could overtake Surat in terms of growth rate in the next ten years.
overview *n* /'əʊvəvjuː/	_____	In some countries, people believe that the person at the top of the company has a good overview.
overwhelm *v* /ˌəʊvə'welm/	_____	Many film-makers have seen our worries about rapid changes overwhelming us.
pick up on *phr v* /ˌpɪk 'ʌp ɒn/	_____	If a team picks up on their manager's anxiety, it may become nervous in turn.
pleasurable *adj* /'pleʒərəbl/	_____	A long, pleasurable walk in the country may not be as beneficial as we once thought.
plummet *v* /'plʌmɪt/	_____	The number of new houses built in the city has plummeted in recent years.
prestigious *adj* /pre'stɪdʒəs/	_____	Many prestigious works of art have concerned heroes who changed into somebody else.
protagonist *n* /prə'tægənɪst/	_____	The protagonist is a young boy who is brought up by his elder sister and her husband.
rate 🔑 *n* /reɪt/	_____	Big cities like Delhi and Mumbai are growing at a much slower rate.
resist 🔑 *v* /rɪ'zɪst/	_____	If change isn't handled well, people will always resist it.
resistant *adj* /rɪ'zɪstənt/	_____	If managers fail to take these factors into account, they may find workers are highly resistant to change.
revolutionize *v* /ˌrevə'luːʃənaɪz/	_____	The workers revolutionized their business through four simple principles.
scenario *n* /sə'nɑːriəʊ/	_____	Many film-makers create scenarios which reflect changes in our society.
short and sharp *phr* /ˌʃɔːt ænd 'ʃɑːp/	_____	Get on that rowing machine and keep it short and sharp!
skinny *adj* /'skɪni/	_____	He was really skinny after a month of trekking in the jungle.
soar *v* /sɔː(r)/	_____	Unemployment in the city soared after the car factory was closed.
stabilize *v* /'steɪbəlaɪz/	_____	Global population growth is showing no signs of stabilizing.
symptomatic *adj* /ˌsɪmptə'mætɪk/	_____	It could be claimed that these tales are symptomatic of our age.

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threaten *v* /ˈθretn/	_____	Many people feel threatened by change.
time and again *phr* /ˌtaɪm ænd əˈgeɪn/	_____	I have to tell myself time and again not to forget my work pass.
time flies *phr* /ˌtaɪm ˈflaɪz/	_____	They say that time flies when you're having fun.
time management *n* /ˌtaɪm ˈmænɪdʒmənt/	_____	Effective time management is the key to a stress-free life.
time really drags *phr* /taɪm ˈrɪəli drægz/	_____	Time really drags when you're bored at work.
transformation *n* /ˌtrænsfəˈmeɪʃn/	_____	One of the most famous transformation stories, *Dr Jekyll and Mr Hyde*, was published in 1886.
treble *v* /ˈtrebl/	_____	The number of students at our school trebled after two local schools were closed down.
uncontrollably *adv* /ˌʌnkənˈtrəʊləbli/	_____	Two old people were laughing uncontrollably.
up to speed *adj* /ˌʌp tə ˈspiːd/	_____	Are you up to speed with all the latest developments in new technology?
versus *adv* /ˈvɜːsəs/	_____	The importance of the individual versus the group varies in different cultures.
waterfront *n* /ˈwɔːtəfrʌnt/	_____	I absolutely love what's happened in the waterfront area.
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.
zombie *n* /ˈzɒmbi/	_____	Zombie films are classic examples of transformation stories.

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