

**Wordlist**

Here is a list of useful or new words from Headway 5e Advanced Student's Book.

*adj = adjective adv = adverb coll = colloquial conj = conjunction excl = exclamation id = idiom n = noun phr v = phrasal verb phr = phrase*

*pl = plural prep = preposition v = verb*

English	Part of speech	Phonetics	Example sentence	Unit	My notes
adoration	<i>n</i>	/ˈædəˈreɪʃn/	Matt felt pure <b>adoration</b> for his girlfriend.	1	
affectionate	<i>adj</i>	/əˈfekʃənət/	He was such an <b>affectionate</b> child.	1	
all along	<i>id</i>	/ɔːl əˈlɒŋ/	I can't believe Martha has been lying to us <b>all along</b> .	1	
animal kingdom	<i>n</i>	/ˈænɪml 'kɪŋdəm/	Gorillas are one of the largest primates in the <b>animal kingdom</b> .	1	
anthropologist	<i>n</i>	/ˈænθrəˈpɒlədʒɪst/	Sue works as an <b>anthropologist</b> at the British museum.	1	
anticipate	<i>v</i>	/ˈænˈtɪsɪpeɪt/	It was impossible to <b>anticipate</b> such a culture shock.	1	
anxiety	<i>n</i>	/æŋˈzæəri/	It is normal to experience high levels of <b>anxiety</b> during exams.	1	
ape	<i>n</i>	/eɪp/	An orangutan is an <b>ape</b> , not a monkey.	1	
astonishment	<i>n</i>	/əˈstɒnɪʃmənt/	To my <b>astonishment</b> , she behaved as if nothing had happened.	1	
attempt	<i>n</i>	/əˈtempt/	I finally passed my driving test on the third <b>attempt</b> .	1	
awkward	<i>adj</i>	/ˈɔːkwəd/	There was an <b>awkward</b> silence when Jim walked in.	1	
ballad	<i>n</i>	/ˈbæləd/	The singer wrote a beautiful <b>ballad</b> for his daughter.	1	
bleed	<i>v</i>	/bliːd/	He cut himself superficially and didn't <b>bleed</b> .	1	
blow (somebody) away	<i>id, phr v</i>	/bləʊ ... əˈweɪ/	They always <b>blow me away</b> with their generosity and kindness.	1	
blush	<i>v</i>	/blʌʃ/	I was quite shy and I'd always <b>blush</b> when I talked to strangers.	1	
boastfulness	<i>n</i>	/ˈbəʊstfʊlnəs/	She wasn't emphasizing her strong points, it was just <b>boastfulness</b> !	1	
breathe a word	<i>id</i>	/briːð ə wɜːd/	Tell me your secret. I won't <b>breathe a word</b> to anyone.	1	
buggy	<i>n</i>	/ˈbʌɡi/	I take my child everywhere in a <b>buggy</b> .	1	
capacity	<i>n</i>	/kəˈpæsəti/	No one doubts her intellectual <b>capacity</b> .	1	
check	<i>v</i>	/tʃek/	I always <b>check</b> my emails first thing in the morning.	1	
chief	<i>adj</i>	/tʃiːf/	Walking fully upright is a human's <b>chief</b> mode of locomotion.	1	
comb (something) out	<i>phr v</i>	/ˈkəʊm ... aʊt/	I always <b>comb my hair out</b> as soon as I leave the hairdresser's.	1	
couch potato	<i>n, coll</i>	/ˈkaʊtʃ pəˈteɪtəʊ/	I'm not a <b>couch potato</b> – I just like watching TV!	1	
crawl	<i>v</i>	/krɔːl/	My baby started to <b>crawl</b> when she was six months old.	1	
curiosity	<i>n</i>	/ˌkjʊəriˈɒsəti/	Children are full of <b>curiosity</b> . They ask so many questions!	1	
dexterity	<i>n</i>	/dekˈsterəti/	My brother has manual <b>dexterity</b> and is very good at fixing things.	1	
digest	<i>v</i>	/daɪˈdʒest/	Some fatty foods are difficult to <b>digest</b> .	1	
disappointment	<i>n</i>	/ˌdɪsəˈpɔɪntmənt/	He felt great <b>disappointment</b> when he heard about the defeat.	1	
dismayed	<i>adj</i>	/dɪsˈmeɪd/	You could tell she was <b>dismayed</b> at the result of the game.	1	
empathy	<i>n</i>	/ˈempəθi/	<b>Empathy</b> is the capacity to understand other people's feelings.	1	
enable	<i>v</i>	/ɪˈneɪbl/	These complex tools <b>enable</b> us to control the environment.	1	
ensure	<i>v</i>	/ɪnˈʃʊː(r)/	Grandparents can <b>ensure</b> the success of their families.	1	
eventful	<i>adj</i>	/ɪˈventfl/	It was a strange and <b>eventful</b> story.	1	
fall for	<i>phr v</i>	/fɔːl fɔː(r)/	He thinks all women <b>fall for</b> his charm.	1	
feat (of)	<i>n</i>	/fiːt ɒv/	This tunnel is a brilliant <b>feat</b> of engineering.	1	
fencing	<i>n</i>	/ˈfensɪŋ/	<b>Fencing</b> can be a dangerous sport. You use swords, after all!	1	
flatter	<i>v</i>	/ˈflætə(r)/	Don't <b>flatter</b> yourself! You're not that good.	1	
flourish	<i>v</i>	/ˈflaʊrɪʃ/	Her new business has started to <b>flourish</b> .	1	
follicle	<i>n</i>	/ˈfɒlɪkl/	A <b>follicle</b> is a small hole in your skin that your hair grows out of.	1	
forebears	<i>n, pl</i>	/ˈfɔːbeəz/	Our <b>forebears</b> made the first stone tool more than 2.5 million years ago.	1	
free (something) up	<i>phr v</i>	/friː ʌp/	Walking upright <b>frees</b> our hands <b>up</b> for using tools.	1	
function	<i>n</i>	/ˈfʌŋkʃn/	What's the main <b>function</b> of music?	1	
fury	<i>n</i>	/ˈfjʊəri/	She screamed in <b>fury</b> .	1	
fuss	<i>n</i>	/fʌs/	Don't make such a <b>fuss</b> . It was only a joke.	1	
gesture	<i>n</i>	/ˈdʒestʃə(r)/	She raised her hands in a <b>gesture</b> of despair.	1	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
get at	<i>phr v</i>	/get æt/	Stop criticizing him. I hate it when you <b>get at</b> people like that.	1	
get through to	<i>phr v</i>	/get θru: tə/	I haven't been able to <b>get through to</b> Jim lately.	1	
gratitude	<i>n</i>	/ˈgrætɪtju:d/	I felt such <b>gratitude</b> when they offered to help us that I almost cried.	1	
graze	<i>n</i>	/greɪz/	Don't worry about it, it's only a <b>graze</b> . You'll be fine.	1	
gut	<i>n</i>	/gʌt/	When food leaves the stomach, it passes through the <b>gut</b> .	1	
gutted	<i>adj</i>	/ˈgʌtɪd/	I was <b>gutted</b> when they got married. I was still in love with her!	1	
hectic	<i>adj</i>	/ˈhektɪk/	I'm sorry I didn't return your calls – it has been such a <b>hectic</b> week.	1	
high heels	<i>n, pl</i>	/haɪ hi:lz/	She likes wearing <b>high heels</b> .	1	
imply	<i>v</i>	/ɪmˈplaɪ/	Do you want to <b>imply</b> that I shouldn't be here?	1	
indignation	<i>n</i>	/ˌɪndɪɡˈneɪʃn/	Tom left the room full of <b>indignation</b> and anger.	1	
infant	<i>n</i>	/ˈɪnfənt/	Sheila appeared in her first commercial when she was only an <b>infant</b> .	1	
insomnia	<i>n</i>	/ɪnˈsɒmniə/	I suffer from <b>insomnia</b> , so I'm always tired at work.	1	
irritation	<i>n</i>	/ɪˈrɪːteɪʃn/	<b>Irritation</b> is one of the side effects of sleep deprivation.	1	
keep up	<i>phr v</i>	/ki:p ʌp/	It was hard to <b>keep up</b> the good work. We were exhausted.	1	
kick yourself	<i>id</i>	/kɪk jɔ:ˈself/	I forgot her birthday – I could <b>kick myself</b> !	1	
lie-in	<i>n</i>	/ˌlaɪ ˈɪn/	I was so tired that I had a <b>lie-in</b> this morning.	1	
locomotion	<i>n</i>	/ˌləʊkəˈməʊʃn/	Walking is a human's chief mode of <b>locomotion</b> .	1	
lose it	<i>id</i>	/lu:z ɪt/	He would often totally <b>lose it</b> and start yelling at us without a good reason.	1	
lot	<i>n</i>	/lɒt/	I don't like the look of that <b>lot</b> on the corner.	1	
make up	<i>phr v</i>	/ˈmeɪk ʌp/	Human brains <b>make up</b> only 2.5% of our body weight.	1	
manly	<i>adj</i>	/ˈmænli/	This actor has got a big, <b>manly</b> voice.	1	
mean the world	<i>id</i>	/mi:n ðə wɜ:lð/	I wouldn't do that to you! You <b>mean the world</b> to me!	1	
merely	<i>adv</i>	/ˈmɪəli/	For me, it isn't <b>merely</b> a job, it's a way of life.	1	
mistress	<i>n</i>	/ˈmɪstrəs/	Can you see that girl over there? That's David's <b>mistress</b> .	1	
mode (of)	<i>n</i>	/məʊd (ɒv)/	It may sound odd, but flying is actually the safest <b>mode</b> of transport.	1	
modesty	<i>n</i>	/ˈmɒdəsti/	He accepted his reward with <b>modesty</b> .	1	
morality	<i>n</i>	/məˈræləti/	Humans have a sense of <b>morality</b> .	1	
naked	<i>adj</i>	/ˈneɪkɪd/	They found him <b>naked</b> and disoriented.	1	
nappies	<i>n, pl</i>	/ˈnæpɪz/	It's not fair to say that I never change our baby's <b>nappies</b> .	1	
oath	<i>n</i>	/əʊθ/	I had to take an <b>oath</b> before I joined the club.	1	
oblivion	<i>n</i>	/əˈblɪvɪən/	As she grew old and sick, she fell into <b>oblivion</b> .	1	
paradox	<i>n</i>	/ˈpærədɒks/	He was a <b>paradox</b> – he was so friendly and so mean at the same time.	1	
peaky	<i>adj</i>	/ˈpi:ki/	You've been looking a bit <b>peaky</b> recently – are you OK?	1	
pelvis	<i>n</i>	/ˈpelvɪs/	He injured his <b>pelvis</b> while dancing.	1	
perplexing	<i>adj</i>	/pəˈpleksɪŋ/	I found the truth <b>perplexing</b> . I didn't know what to make of it.	1	
pick a fight	<i>id</i>	/pɪk ə faɪt/	I was an unruly child – always ready to <b>pick a fight</b> .	1	
playdate	<i>n</i>	/ˈpleɪdeɪt/	My daughter has a <b>playdate</b> this afternoon at Julie's house.	1	
pop round	<i>phr v, coll</i>	/pɒp raʊnd/	I'll <b>pop round</b> my granny's tomorrow to see how she's getting on.	1	
portly	<i>adj</i>	/ˈpɔ:tlɪ/	He's a rather <b>portly</b> man. He should go on a diet.	1	
posture	<i>n</i>	/ˈpɒstʃə/	Remember to keep the right <b>posture</b> when you work at a computer.	1	
pot belly	<i>n</i>	/ˈpɒt ˈbeli/	Many old men have a <b>pot belly</b> – their stomachs stick out.	1	
precisely	<i>adv</i>	/prɪˈsaɪsli/	Nobody knows <b>precisely</b> when or where language originated.	1	
pull the other one	<i>id</i>	/pʊl ðə ˈlðə(r) wʌn/	You got promoted? <b>Pull the other one</b> !	1	
put (somebody) down	<i>phr v</i>	/ˈput ... daʊn/	I hate it when she <b>puts</b> people <b>down</b> like that. I think she's just insecure.	1	
put our heads together	<i>id</i>	/put ɑ:(r) hedz təˈgeðə(r)/	We must <b>put our heads together</b> and come up with a solution.	1	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
puzzling	<i>adj</i>	/ˈpʌzɪŋ/	This very <b>puzzling</b> question remains unanswered.	1	
rather	<i>adv</i>	/ˈrɑːðə(r)/	She's <b>rather</b> tall for her age.	1	
reassurance	<i>n</i>	/riːəʃʊərəns/	I always felt <b>reassurance</b> from my parents.	1	
relative (to)	<i>adj</i>	/ˈrelatɪv (tə)/	Humans don't have the largest brains <b>relative</b> to body size.	1	
rely on	<i>phr v</i>	/riˈlaɪ ɒn/	As babies, we <b>rely</b> entirely <b>on</b> our parents.	1	
reproduce	<i>v</i>	/riːprəˈdjuːs/	Most animals <b>reproduce</b> until they die.	1	
sarcasm	<i>n</i>	/ˈsɑːkæzəm/	'That's exactly what we need,' he said with <b>sarcasm</b> .	1	
satchel	<i>n</i>	/ˈsætʃəl/	Wait! You're leaving your school <b>satchel</b> behind!	1	
scene	<i>n</i>	/siːn/	The last <b>scene</b> of the play is my favourite.	1	
set (something) apart	<i>phr v</i>	/set ... əˈpɑːt/	Our brains <b>set</b> us <b>apart</b> from other animals.	1	
shift	<i>v</i>	/ʃɪft/	I often <b>shift</b> my weight from one foot to the other impatiently.	1	
sigh	<i>v</i>	/saɪ/	Hearing her sad news made me <b>sigh</b> .	1	
sleepover	<i>n</i>	/ˈsliːpəʊvə/	Our son had a <b>sleepover</b> at his friends' place last night.	1	
social bond	<i>n</i>	/ˈsəʊʃl bɒnd/	Apes often imitate each other to create a <b>social bond</b> .	1	
so far	<i>id</i>	/səʊ fɑː/	What do you think of the new TV series <b>so far</b> ?	1	
spirituality	<i>n</i>	/ˌspɪrɪtʃuːəliːti/	My granddad is a very religious man – always concerned with <b>spirituality</b> .	1	
status	<i>n</i>	/ˈsteɪtəs/	He's used to having a high social <b>status</b> .	1	
stir	<i>v</i>	/stɜː(r)/	That book is sure to <b>stir</b> your emotions.	1	
swot	<i>v</i>	/swɒt/	I must really <b>swot</b> for the exams this term. I need to get good marks.	1	
symbolic	<i>adj</i>	/sɪmˈbɒlɪk/	It didn't really change things, but it was a <b>symbolic</b> act of peace.	1	
teeter	<i>v</i>	/ˈtiːtə/	Girls often <b>teeter</b> the first time they wear high heels.	1	
territorial	<i>adj</i>	/ˌterəˈtɔːriəl/	Some neighbours get involved in <b>territorial</b> disputes.	1	
think on your feet	<i>id</i>	/θɪŋk ɒn jɔː(r) fiːt/	I had to <b>think on my feet</b> and come up with alternative plans very quickly.	1	
thrilled to bits	<i>id</i>	/θrɪld tə bɪts/	My son's exam results were so good I was <b>thrilled to bits</b> .	1	
thrive	<i>v</i>	/θraɪv/	Some species <b>thrive</b> while others fail.	1	
tool	<i>n</i>	/tuːl/	I tried to repair my car but I didn't have the right <b>tool</b> .	1	
trace	<i>n</i>	/treɪs/	There was no <b>trace</b> of evidence at the scene.	1	
trait	<i>n</i>	/treɪt/	The brain is the human <b>trait</b> that sets us apart the most from the animal kingdom.	1	
transmission	<i>n</i>	/trænzˈmɪʃn/	There is a high risk of <b>transmission</b> of the disease.	1	
trolley	<i>n</i>	/ˈtrɒli/	Put the milk in the <b>trolley</b> and let's go to the queue.	1	
unite	<i>v</i>	/juˈnaɪt/	Music is said to <b>unite</b> social groups.	1	
unwillingly	<i>adv</i>	/ʌnˈwɪlɪŋli/	He went to school <b>unwillingly</b> .	1	
vocal	<i>adj</i>	/ˈvəʊkl/	Many species communicate with <b>vocal</b> sounds.	1	
woeful	<i>adj</i>	/ˈwəʊfl/	It was such a sad story – a <b>woeful</b> tale of broken romance.	1	
work out	<i>phr v</i>	/ˈwɜːk aʊt/	I <b>work out</b> regularly in order to keep fit.	1	
works	<i>n, pl</i>	/wɜːks/	Have you read the <b>works</b> of Einstein?	1	
yet	<i>adv</i>	/jet/	Haven't you met her parents <b>yet</b> ?	1	
acknowledge	<i>v</i>	/əkˈnɒlɪdʒ/	We have told him the truth, but he refuses to <b>acknowledge</b> it.	2	
act	<i>n</i>	/ækt/	The first <b>act</b> of the play wasn't very stimulating.	2	
affair	<i>n</i>	/əˈfeə(r)/	Apparently, Matt is having an <b>affair</b> with a married woman.	2	
alas	<i>excl</i>	/əˈlæs/	I'm ready to take on more responsibility, but <b>alas</b> my talents are wasted.	2	
a man of few words	<i>id</i>	/ə mæn ɒv fjuː wɜːdz/	That chatty man you're describing can't be him. He's <b>a man of few words</b> .	2	
appoint	<i>v</i>	/əˈpɔɪnt/	I'd like to <b>appoint</b> her chair of the meeting.	2	
apprehensive	<i>adj</i>	/ˌæprɪˈhensɪv/	Don't be <b>apprehensive</b> about the future. Everything will be fine.	2	
arched	<i>adj</i>	/ɑːtʃt/	His eyebrows are perfectly <b>arched</b> .	2	

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articulate	<i>adj</i>	/ɑ:ˈtɪkjʊlət/	I love to hear her talk – she's so <b>articulate</b> .	2	
at the end of the day	<i>id</i>	/æt ðə end əv ðə deɪ/	<b>At the end of the day</b> , he will have to face the truth.	2	
avoid (something/somebody) like the plague	<i>id</i>	/ə'vɔɪd ... laɪk ðə pleɪg/	She's been <b>avoiding</b> me <b>like the plague</b> since we had that argument.	2	
awfully	<i>adv</i>	/'ɔ:flɪ/	I'm <b>awfully</b> sorry about this. It was a misunderstanding.	2	
become of	<i>id</i>	/bɪ'kʌm əv/	What <b>became of</b> that boyfriend you used to have?	2	
be flooded with	<i>id</i>	/bi 'flʌdɪd wɪð/	I can't meet you today. I'm <b>flooded with</b> emails I have to answer.	2	
belief	<i>n</i>	/bɪ'li:f/	It is my <b>belief</b> that they killed her.	2	
bitterly	<i>adv</i>	/'bɪtəli/	She cried <b>bitterly</b> when I told her my sister had left for good.	2	
bleach	<i>v</i>	/bli:tʃ/	What's the best way to <b>bleach</b> a blouse?	2	
blindingly	<i>adv</i>	/'blaɪndɪŋli/	It's <b>blindingly</b> obvious that he's in love with you.	2	
bodice	<i>n</i>	/'bɒdɪs/	The lacing on the <b>bodice</b> of your dress is exquisite.	2	
brackish water	<i>n, coll</i>	/'brækɪʃ 'wɔ:tə(r)/	The vase was full of <b>brackish water</b> from the weeks-old flowers.	2	
busybody	<i>n</i>	/'bɪzɪbɒdi/	Don't be such a <b>busybody</b> . What he's up to doesn't concern you.	2	
buzzword	<i>n</i>	/'bʌzwɜ:d/	A <b>buzzword</b> often becomes so popular that it loses its original meaning.	2	
by word of mouth	<i>id</i>	/baɪ wɜ:d əv maʊð/	The news spread <b>by word of mouth</b> .	2	
can't help	<i>phr v</i>	/'kɑ:nt help/	I <b>can't help</b> laughing when I look at this picture.	2	
cart	<i>n</i>	/kɑ:t/	Jake still uses a <b>cart</b> to go to town.	2	
chic	<i>adj</i>	/'ʃi:k/	Have you been to that <b>chic</b> new restaurant on 5th Street?	2	
choreograph	<i>v</i>	/'kɔəriɒgrɑ:f/	The director likes to <b>choreograph</b> the actors' entrances and exits himself.	2	
cliché	<i>n</i>	/'kli:ʃeɪ/	It's just a <b>cliché</b> , it doesn't mean much and it isn't interesting.	2	
Cockney	<i>n</i>	/'kɒkni/	He was born and lives in East London, so yes, you could call him a <b>Cockney</b> .	2	
cocky	<i>adj, coll</i>	/'kɒki/	Don't be so <b>cocky</b> – we all need help sometimes!	2	
come (to)	<i>v</i>	/kʌm (tə)/	This is the ring that should have <b>come</b> to me when my grandma died.	2	
compassionate	<i>adj</i>	/kəm'pæʃənət/	If you want to be a social worker you must be <b>compassionate</b> .	2	
condescending	<i>adj</i>	/kɒndɪ'sendɪŋ/	He's so <b>condescending</b> . He always thinks he's the best.	2	
confess	<i>v</i>	/kən'fes/	It took them two hours to make her <b>confess</b> her crime.	2	
constitute	<i>v</i>	/'kɒnstɪtju:t/	This kind of behaviour doesn't <b>constitute</b> a criminal offence.	2	
core	<i>n</i>	/kɔ:(r)/	They talked for hours but the <b>core</b> of the question remained unanswered.	2	
craftsman	<i>n</i>	/'krɑ:ftsmən/	He carefully selects every word he writes. He's a literary <b>craftsman</b> .	2	
crop	<i>v</i>	/krɒp/	I need to <b>crop</b> my hair tonight.	2	
deliberately	<i>adv</i>	/dɪ'lɪbəreɪtli/	I think she's <b>deliberately</b> avoiding me.	2	
dementia	<i>n</i>	/dɪ'menʃə/	<b>Dementia</b> is a condition that affects behaviour and memory.	2	
derelict	<i>adj</i>	/'derəlɪkt/	This neighbourhood has been <b>derelict</b> for years.	2	
desperately	<i>adv</i>	/'despəreɪtli/	She <b>desperately</b> asked for help.	2	
dimple	<i>n</i>	/'dɪmpl/	He gets a <b>dimple</b> when he smiles.	2	
diphtheria	<i>n</i>	/'dɪfθəriə/	My Aunt Berna survived <b>diphtheria</b> when she was a little child.	2	
dirt	<i>n</i>	/dɜ:t/	Her clothes were covered in <b>dirt</b> .	2	
divine	<i>adj</i>	/'dɪvaɪn/	Those jeans are <b>divine</b> !	2	
docile	<i>adj</i>	/'dɔ:səl/	She's a very <b>docile</b> child – very easy to control.	2	
do (somebody) in	<i>phr v, coll</i>	/du: ... ɪn/	Do you think it was murder? Who would want to <b>do</b> her <b>in</b> ?	2	
dreary	<i>adj</i>	/'driəri/	It was a <b>dreary</b> winter's day.	2	
eagerly	<i>adv</i>	/'i:gəli/	She <b>eagerly</b> accepted the food.	2	
eat your words	<i>id</i>	/i:t jɔ:(r) wɜ:dz/	And you said I couldn't do it! Now you have to <b>eat your words</b> !	2	
editor	<i>n</i>	/'edɪtə(r)/	If you want your manuscript published, you have to send it to an <b>editor</b> .	2	
explore	<i>v</i>	/ɪk'splɔ:(r)/	I was eager to <b>explore</b> the wider world.	2	



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pl = plural prep = preposition v = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
fade	v	/feɪd/	The colour from the curtains was starting to <b>fade</b> .	2	
fatally	adv	/ˈfeɪtəli/	My granddad was <b>fatally</b> injured in the war.	2	
fiercely	adv	/ˈfɪəsli/	She looked at me <b>fiercely</b> when I mentioned him.	2	
flattery	n	/ˈflætəri/	Some people easily fall for <b>flattery</b> .	2	
flower-girl	n	/ˈflaʊə ɡɜ:l/	She worked as a <b>flower-girl</b> at Covent Garden.	2	
from the word go	id	/frɒm ðə wɜ:d ɡəʊ/	I liked her <b>from the word go</b> .	2	
funny	adj	/ˈfʌni/	That joke he told was awfully <b>funny</b> .	2	
furtively	adv	/ˈfɜ:tɪvli/	He looked <b>furtively</b> over his shoulder.	2	
genteel	adj	/dʒenˈti:l/	Her up-bringing was <b>genteel</b> .	2	
get a word in edgeways	id	/get ə wɜ:d ɪn ˈedʒweɪz/	My mum is so talkative it's difficult to <b>get a word in edgeways</b> .	2	
glamorous	adj	/ˈglæməərəs/	She managed to get a <b>glamorous</b> job in the film industry.	2	
go over	phr v	/ɡəʊ ˈəʊvə(r)/	<b>Go over</b> your exam answers before you hand them in.	2	
graveyard	n	/ˈɡreɪvjɑ:d/	My granny was buried in this <b>graveyard</b> .	2	
haughty	adj	/ˈho:ti/	I can't stand <b>haughty</b> people who think they are better than the rest.	2	
have the face to	id	/hæv ðə feɪs tə/	He didn't <b>have the face to</b> show up at the party after being so rude to everyone.	2	
have the last word	id	/hæv ðə lɑ:st wɜ:d/	He always has to <b>have the last word</b> in an argument.	2	
high-society	adj	/haɪ səˈsaɪəti/	The book tells a story of a <b>high-society</b> love affair.	2	
hitchhiker	n	/ˈhɪf haɪkə(r)/	I wouldn't pick up a <b>hitchhiker</b> if I travelled alone.	2	
honour	n	/ˈɒnə(r)/	It was an <b>honour</b> to receive such a prestigious prize.	2	
humdrum	adj	/ˈhʌmdrʌm/	He led a <b>humdrum</b> existence with no fun or surprises.	2	
hunk	n	/hʌŋk/	I'm not surprised women find him attractive. He's quite a <b>hunk</b> .	2	
imposing	adj	/ɪmˈpəʊzɪŋ/	Paris is full of beautiful and <b>imposing</b> buildings.	2	
impressionable	adj	/ɪmˈpreʃənəbl/	He's already 20, but behaves like an <b>impressionable</b> kid.	2	
impressionist	n	/ɪmˈpreʃənɪst/	Claude Monet was a famous <b>impressionist</b> .	2	
inevitable	adj	/ɪnˈevɪtəbl/	And here came the <b>inevitable</b> question: When are you two getting married?	2	
insist	v	/ɪnˈsɪst/	I already answered the question. Please don't <b>insist</b> .	2	
instinct	n	/ˈɪnstɪŋkt/	There is no right or wrong answer – just follow your <b>instinct</b> .	2	
in want of	id	/ɪn wɒnt əv/	What makes you think he's <b>in want of</b> a wife?	2	
jot down	phr v	/dʒɒt daʊn/	Did you manage to <b>jot down</b> the address? He said it so quickly.	2	
lacing	n	/leɪsɪŋ/	I love the <b>lacing</b> in your dress.	2	
literary	adj	/ˈlɪtərəri/	Librarians have a love of all things <b>literary</b> .	2	
longingly	adv	/ˈlɒŋɪŋli/	The children looked at the ice cream <b>longingly</b> .	2	
lost for words	id	/lɒst fɜ:(r) wɜ:dz/	It is such a generous offer. I'm <b>lost for words</b> .	2	
Lothario	n	/ləˈθɑ:riəʊ/	Ben is the office <b>Lothario</b> . I think he's dated every woman in the office.	2	
manor house	n	/ˈmænə haʊs/	Many horror films are set in a <b>manor house</b> .	2	
More fool me!	id	/mɔ:(r) fu:l mi/	You got the job! I didn't think you would. <b>More fool me!</b>	2	
muffled	adj	/ˈmʌfld/	I could hear <b>muffled</b> voices from the next room.	2	
mumble	v	/ˈmʌmbl/	I heard her <b>mumble</b> something quietly.	2	
mythology	n	/ˈmɪθələdʒi/	He knows so much about Greek <b>mythology</b> .	2	
naive	adj	/naɪˈi:v/	Don't be so <b>naive</b> . He's trying to take advantage of you.	2	
not know the meaning of the word	id	/nɒt nəʊ ðə ˈmi:nɪŋ əv ðə wɜ:d/	Trust you again? You <b>don't know the meaning of the word!</b>	2	
not mince (my/their/your) words	id	/nɒt mɪns ʝɜ:(r) wɜ:dz/	He's very outspoken and does <b>not mince his words</b> .	2	
of no consequence	id	/əv nəʊ ˈkɒnsɪkwəns/	Whether we do it now or later is <b>of no consequence</b> .	2	
pass off as	phr v, coll	/pɑ:s əv æz/	The police found a stack of fake money the fraudster had tried to <b>pass off as</b> real.	2	
pedant	n	/ˈpednt/	Don't be such a <b>pedant</b> and stop correcting people as they speak.	2	

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*pl* = plural *prep* = preposition *v* = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
phonetics	<i>n</i>	/fə'netɪks/	Learning <b>phonetics</b> may help you speak the language better.	2	
phonology	<i>n</i>	/fə'nɒlədʒi/	My brother is studying <b>phonology</b> at university.	2	
pinch	<i>v, coll</i>	/pɪntʃ/	Somebody managed to <b>pinch</b> my aunt's hat. She can't find it anywhere.	2	
playwright	<i>n</i>	/'pleɪraɪt/	Jasmina Reza is a popular <b>playwright</b> .	2	
prattle (on)	<i>v</i>	/'prætl (ɒn)/	She tends to <b>prattle</b> on about unimportant things all day.	2	
revolting	<i>adj</i>	/'rɪvəʊlɪŋ/	I find the smell of cigars <b>revolting</b> .	2	
rhetorical question	<i>n</i>	/'rɪtɔrɪkl 'kwestʃən/	You don't need to answer. It was a <b>rhetorical question</b> .	2	
roll	<i>n</i>	/rəʊl/	I could hear the <b>roll</b> of drums in the distance.	2	
rotten	<i>adj</i>	/'rɒtn/	She seemed nice at first, but she was <b>rotten</b> and dishonest.	2	
saucy	<i>adj</i>	/'sɔ:si/	He's very good at making <b>saucy</b> remarks.	2	
say the word	<i>id</i>	/seɪ ðə wɜ:d/	Just <b>say the word</b> and I'll do it.	2	
scaffold	<i>n</i>	/'skæfəʊld/	Many aristocrats died on the <b>scaffold</b> during the French Revolution.	2	
screen	<i>n</i>	/'skri:n/	Some writers adapt their own novels for the <b>screen</b> .	2	
sculpt	<i>v</i>	/'skʌlpt/	He's a painter, he didn't <b>sculpt</b> this statue.	2	
selfie	<i>n</i>	/'selfi/	I've just uploaded my latest <b>selfie</b> .	2	
severely	<i>adv</i>	/'si:vɪə(r)li/	The car was <b>severely</b> damaged in the crash.	2	
show (somebody) up	<i>phr v</i>	/'ʃəʊ ... ʌp/	Please <b>show</b> Mrs Griffin <b>up</b> to the living room.	2	
slab	<i>n</i>	/'slæb/	I always keep a <b>slab</b> of chocolate in my drawer.	2	
slyly	<i>adv</i>	/'slaɪli/	He smiled <b>slyly</b> . I'm sure he knows more than he says.	2	
sneak out	<i>phr v</i>	/'sni:k aʊt/	He managed to open the drawer and <b>sneak out</b> her photo.	2	
snigger	<i>v</i>	/'snɪgə(r)/	Don't <b>snigger</b> ! It's quite a serious problem.	2	
sorely	<i>adv</i>	/'sɔ:li/	I'm <b>sorely</b> tempted to emigrate somewhere warm.	2	
sort out	<i>phr v</i>	/'sɔ:t aʊt/	Come on you two. Stop complaining and <b>sort out</b> your differences.	2	
soul	<i>n</i>	/'səʊl/	There wasn't a <b>soul</b> at the park and I sat alone on a bench.	2	
spirits	<i>n, pl</i>	/'spɪrɪts/	He was in unusually high <b>spirits</b> .	2	
split	<i>v</i>	/'splɪt/	It is considered bad English to <b>split</b> your infinitives.	2	
spy	<i>n</i>	/'spaɪ/	He worked as a foreign <b>spy</b> during the Cold War years.	2	
stand a chance	<i>id</i>	/'stænd ə tʃɑ:ns/	You lack experience for the job. You don't <b>stand a chance</b> .	2	
steer clear of	<i>id</i>	/'stiə(r) klɪə(r) ɒv/	<b>Steer clear of</b> him. He's a trouble maker.	2	
straightforward	<i>adj</i>	/'streɪt'fɔ:wəd/	Tim is very <b>straightforward</b> . If there's a problem, he will let you know.	2	
strain	<i>n</i>	/'streɪn/	Working ten-hour shifts is quite a <b>strain</b> .	2	
straw	<i>n</i>	/'stro: /	I've just bought lots of <b>straw</b> to feed the horses.	2	
stride	<i>n</i>	/'straɪd/	He walks with a long <b>stride</b> .	2	
subject	<i>n</i>	/'sʌbdʒekt/	What's your opinion on the <b>subject</b> of eco-food?	2	
take (something) in	<i>phr v</i>	/'teɪk ... ɪn/	She pretends to listen, but she doesn't <b>take</b> anything <b>in</b> .	2	
take it or leave it	<i>id</i>	/'teɪk ɪt ɔ:(r) li:v ɪt/	I'm not cooking anything else, so <b>take it or leave it</b> .	2	
take over	<i>phr v</i>	/'teɪk əʊvə(r)/	In the movie, some aliens threaten to <b>take over</b> the world.	2	
tarnish	<i>v</i>	/'tɑ:nɪʃ/	Gold doesn't <b>tarnish</b> easily and remains shiny.	2	
tatty	<i>adj</i>	/'tæti/	Poor Eliza was shabbily dressed in a <b>tatty</b> old coat and hat.	2	
terraced house	<i>n</i>	/'terəst haʊs/	She lived in a <b>terraced house</b> all her life.	2	
the coast is clear	<i>id</i>	/'ðə kəʊst ɪz klɪə(r)/	He made sure <b>the coast was clear</b> and proceeded to escape.	2	
the Middle Ages	<i>n, pl</i>	/'ðə 'mɪdl eɪdʒɪz/	Ballads were a popular form of verse during <b>the Middle Ages</b> .	2	
throat	<i>n</i>	/'θrəʊt/	He walked out of the concert with a sore <b>throat</b> from all the singing.	2	
transcribe	<i>v</i>	/'trænskraɪb/	Are these the recordings you would like me to <b>transcribe</b> ?	2	
treacherous	<i>adj</i>	/'treɪʃərəs/	It had been snowing and the driving conditions were <b>treacherous</b> .	2	

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underprivileged	adj	/ˌʌndə'prɪvəlɪdʒd/	He came from an <b>underprivileged</b> background.	2	
utterly	adv	/'ʌtəli/	I was <b>utterly</b> disgusted when I heard about his behaviour.	2	
vehemently	adv	/'vi:əməntli/	She was accused of the robbery, but she <b>vehemently</b> denied it.	2	
virtually	adv	/'vɜ:ʃuəli/	It's <b>virtually</b> impossible to get tickets for the premiere.	2	
virus	n	/'vaɪrəs/	She plays a doctor who tries to find a cure for a lethal <b>virus</b> .	2	
vulnerable	adj	/'vʌlnərəbl/	He looks <b>vulnerable</b> , but he's a very strong boy.	2	
weedy	adj	/'wi:di/	I was very <b>weedy</b> as a teenager.	2	
when all is said and done	id	/wen ɔ:l ɪz sed ænd dʌn/	You are mad at her now, but <b>when all is said and done</b> , it isn't really a big deal.	2	
wholemeal	adj	/'həʊlmi:l/	Have you tried this recipe for <b>wholemeal</b> bread?	2	
action	v	/'ækʃn/	Did you <b>action</b> my request?	3	
affluent	adj	/'æfluənt/	What do you know about poverty? You've always been <b>affluent</b> !	3	
alternative	n	/ɔ:l'tɜ:nətɪv/	We can't go to the opera so we'll have to think of an <b>alternative</b> for tonight.	3	
anonymous	adj	/'ənɒnɪməs/	<b>Anonymous</b> donors have given a lot of money to humanitarian causes.	3	
a rising tide lifts all boats	id	/ə 'raɪzɪŋ taɪd lɪfts ɔ:l 'bəʊts/	Your business will be fine. The economy is growing and, as they say, <b>a rising tide lifts all boats</b> .	3	
assessment	n	/'esɪsmənt/	I would like to know your <b>assessment</b> of the situation.	3	
at a time	id	/æt ə taɪm/	You can only wear one pair of shoes <b>at a time</b> .	3	
attitude	n	/'ætɪtju:d/	He's a brilliant student and his <b>attitude</b> towards work is exemplary.	3	
authorize	v	/'ɔ:θəraɪz/	Did you <b>authorize</b> the payments?	3	
average	adj	/'ævərɪdʒ/	The global <b>average</b> amount of debt per adult has increased dramatically.	3	
avoid	v	/ə'vɔɪd/	If you want to get promoted at work, you must <b>avoid</b> being late for meetings.	3	
a win-win situation	id	/ə wɪn wɪn ,sɪtʃu'eɪʃn/	What do you mean <b>a win-win situation</b> ? I've just lost my job.	3	
beneficiary	n	/'benɪ'fɪəri/	Who will be the main <b>beneficiary</b> of the new scheme?	3	
benefit	v	/'benɪfɪt/	Did you <b>benefit</b> from the latest tax decrease?	3	
be on (somebody's) radar	id	/bi ɒn ... 'reɪdɑ:(r)/	<b>Are</b> the new contracts <b>on</b> your <b>radar</b> ? You need to deal with them soon.	3	
best practice	n	/'best 'præktɪs/	The aim of the report is to promote <b>best practice</b> among our workers.	3	
boot up	phr v	/'bu:t 'ʌp/	This computer takes ages to <b>boot up</b> .	3	
break down	phr v	/'breɪk daʊn/	My marriage <b>broke down</b> .	3	
bring (something) to the table	id	/'brɪŋ ... tə ðə 'teɪbl/	Salary cuts are a tricky issue, but someone had to <b>bring it to the table</b> .	3	
bring (somebody) up to speed	id	/'brɪŋ ... ʌp tə spi:d/	He's new to the business, but I'll quickly <b>bring him up to speed</b> .	3	
broadly	adv	/'brɔ:dli/	<b>Broadly</b> speaking, I'm quite content with my work.	3	
charitable foundation	n	/'tʃærətəbl faʊn'deɪʃn/	She works for a <b>charitable foundation</b> and she loves it.	3	
coin	n	/'kɔɪn/	I found a <b>coin</b> in the drawer and used it for the vending machine.	3	
collapse	v	/'kæləps/	Consumer spending is bound to <b>collapse</b> next year.	3	
cut down	phr v	/'kʌt daʊn/	They've <b>cut down</b> my hours at work.	3	
debt	n	/'det/	I had a huge <b>debt</b> that I had to pay off.	3	
delusion	n	/'dɪ'lju:ʒn/	The idea of endless economic growth is obviously a <b>delusion</b> .	3	
donate	v	/'dəʊ'neɪt/	Private investors <b>donate</b> millions of dollars to humanitarian causes every year.	3	
dress down	phr v	/'dres daʊn/	It was a casual meeting so she decided to <b>dress down</b> .	3	
dress up	phr v	/'dres ʌp/	Are you going to <b>dress up</b> for the company dinner?	3	
drill down	phr v	/'drɪl daʊn/	The report doesn't look complete. You will have to <b>drill down</b> a bit more.	3	
dumb down	phr v	/'dʌm daʊn/	<b>Dumb down</b> the report. We need everyone to understand the main issues.	3	
duty-free	adj	/'dju:ti fri/	The first <b>duty-free</b> shops opened in the 1960s.	3	
eccentric	adj	/'ɪk'sentɪk/	His behaviour might be a bit <b>eccentric</b> , but he usually gets his point across.	3	
economic growth	n	/'ekə'nɒmɪk 'grəʊθ/	<b>Economic growth</b> has halted.	3	
efficiently	adv	/'ɪfɪjntli/	We could use our resources more <b>efficiently</b> .	3	



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element (of)	<i>n</i>	/ˈelɪmənt (əv)/	There was an <b>element</b> of surprise in his speech.	3	
embarrassing	<i>adj</i>	/ɪmˈbærəsɪŋ/	It was <b>embarrassing</b> when he started shouting at the meeting.	3	
establishment	<i>n</i>	/ɪˈstæblɪʃmənt/	A new educational <b>establishment</b> has opened in the neighbourhood.	3	
estimate	<i>v</i>	/ˈestɪmeɪt/	I <b>estimate</b> a 10% increase in sales this year.	3	
eternal	<i>adj</i>	/ɪˈtɜːnl/	Economic growth cannot be <b>eternal</b> .	3	
extravagant	<i>adj</i>	/ɪkˈstrævəɡənt/	The lives of the wealthy can sometimes be a bit <b>extravagant</b> .	3	
extreme	<i>adj</i>	/ɪkˈstriːm/	She lived in <b>extreme</b> poverty as a child.	3	
fall on hard times	<i>id</i>	/fɔːl ɒn hɑːd taɪmz/	Investing money doesn't automatically lead to you <b>falling on hard times</b> .	3	
figure out	<i>phr v</i>	/ˈfɪɡə(r) aʊt/	I can't <b>figure out</b> how some people can survive with so little.	3	
fluctuate	<i>v</i>	/ˈflʌktʃueɪt/	Don't be naive. Interest rates <b>fluctuate</b> .	3	
gap	<i>n</i>	/ɡæp/	The <b>gap</b> between the rich and the poor has widened.	3	
give away	<i>phr v</i>	/ˈɡɪv əweɪ/	I've decided to <b>give away</b> 10% of my salary every month.	3	
give people a heads-up	<i>id</i>	/ɡɪv ˈpiːpl ə hedz ʌp/	Don't forget to <b>give people a heads-up</b> about the new developments.	3	
give up	<i>phr v</i>	/ɡɪv ʌp/	I don't think I could <b>give up</b> my phone.	3	
going forward	<i>id</i>	/ˈɡəʊɪŋ ˈfɔːwəd/	<b>Going forward</b> , we need to apply best practice throughout this project.	3	
good causes	<i>n, pl</i>	/ɡʊd kɔːzɪz/	When he died, he left all his money to <b>good causes</b> .	3	
go the extra mile	<i>id</i>	/ɡəʊ ðə ˈekstrə maɪl/	In this kind of job you need to <b>go the extra mile</b> to succeed.	3	
gradual	<i>adj</i>	/ˈɡrædʒuəl/	There has been a <b>gradual</b> change in the economy.	3	
grateful	<i>adj</i>	/ˈɡreɪtfl/	You should be <b>grateful</b> that you have so much free time.	3	
grow the business	<i>v</i>	/ɡrəʊ ðə ˈbɪznəs/	We need to <b>grow the business</b> if we want to survive.	3	
hardship	<i>n</i>	/ˈhɑːdʃɪp/	In times of <b>hardship</b> , relatives are the greatest help.	3	
have it tough	<i>id</i>	/həv ɪt taʊf/	I wasn't extremely poor as a child, but I <b>had it tough</b> .	3	
hit the ground running	<i>id</i>	/hɪt ðə ɡraʊnd ˈrʌnɪŋ/	We made such a wonderful team. We <b>hit the ground running</b> .	3	
hooked on	<i>adj</i>	/hʊkt ɒn/	Why are we <b>hooked on</b> buying so much useless stuff?	3	
household	<i>n</i>	/ˈhaʊshəʊld/	Every second <b>household</b> is in debt these days.	3	
impact (something)	<i>v</i>	/ɪmˈpækt .../	The new bill will <b>impact</b> on how small businesses operate.	3	
income	<i>n</i>	/ɪnˈkʌm/	We have to start looking at the issue of <b>income</b> redistribution.	3	
inequality	<i>n</i>	/,ɪnɪˈkwɒləti/	Many women are still fighting <b>inequality</b> in their workplace.	3	
inflation	<i>n</i>	/ɪnˈfleɪʃn/	<b>Inflation</b> went up sharply this month.	3	
in full swing	<i>id</i>	/ɪn fʊl swɪŋ/	They sold their house when the real estate bubble was <b>in full swing</b> .	3	
interest rate	<i>n</i>	/ˈɪntrest reɪt/	We bought our house at a low <b>interest rate</b> .	3	
issue	<i>n</i>	/ˈɪʃuː/	What do you know about the <b>issue</b> of inequality in the workplace?	3	
keep (somebody) in the loop	<i>id</i>	/kiːp ... ɪn ðə luːp/	Could you please <b>keep me in the loop</b> ? I want to be informed.	3	
label	<i>v</i>	/ˈleɪbl/	Could you please <b>label</b> every item with your name?	3	
let (somebody) down	<i>phr v</i>	/ˈlet ... daʊn/	I'm so sorry I've <b>let you down</b> again.	3	
life expectancy	<i>n</i>	/ˈlaɪf ɪkˌspektənsi/	Surprisingly, <b>life expectancy</b> has decreased slightly in recent years.	3	
literate	<i>adj</i>	/ˈlɪtərət/	The number of <b>literate</b> people in the world today has increased dramatically.	3	
live down	<i>phr v</i>	/lɪv daʊn/	I think I've finally managed to <b>live that mistake down</b> .	3	
living standards	<i>n, pl</i>	/ˈlɪvɪŋ ˈstændədz/	Everyone here wants to increase their <b>living standards</b> .	3	
median	<i>adj</i>	/ˈmiːdiən/	America's <b>median</b> family income has increased by 85% since 1957.	3	
mess around with	<i>id, phr v</i>	/mes əˈraʊnd wɪð/	Who's been <b>messing around with</b> my tablet?	3	
mid-life	<i>n</i>	/mɪdˈlaɪf/	Most people I know say they're happy in <b>mid-life</b> .	3	
mission-critical	<i>adj</i>	/ˈmɪʃn ˈkrɪtɪkl/	She won't get fired. She's <b>mission-critical</b> for the company.	3	
modest	<i>adj</i>	/ˈmɒdɪst/	During my school years, I lived on a <b>modest</b> budget.	3	
movement	<i>n</i>	/ˈmuːvmənt/	She observed the <b>movement</b> of his hands as he spoke.	3	



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*pl = plural prep = preposition v = verb*

English	Part of speech	Phonetics	Example sentence	Unit	My notes
payback	<i>n</i>	/ˈpeɪbæk/	I donated money to the local school as <b>payback</b> . I got so much out of education.	3	
peak	<i>n</i>	/pi:k/	I think prices have reached their <b>peak</b> .	3	
philanthropy	<i>n</i>	/fɪˈlænrəpi/	Our charitable organization works thanks to private <b>philanthropy</b> .	3	
plaque	<i>n</i>	/plæk/	There is a <b>plaque</b> in front of my house saying that a famous person was born there.	3	
plummet	<i>v</i>	/ˈplʌmɪt/	The sale of houses will <b>plummet</b> next year.	3	
plunge	<i>v</i>	/plʌndʒ/	Stock markets often <b>plunge</b> during a crisis.	3	
poverty	<i>n</i>	/ˈpɒvəti/	Sadly, many people around the world live in extreme <b>poverty</b> .	3	
presumably	<i>adv</i>	/preɪˈzju:məbli/	<b>Presumably</b> , house prices will pick up again.	3	
progress	<i>n</i>	/ˈprɒɡres/	We are working so hard and still making so little <b>progress</b> .	3	
proportion	<i>n</i>	/prəˈpɔːʃn/	The <b>proportion</b> of the world's population living in extreme poverty has increased.	3	
prosperous	<i>adj</i>	/ˈprɒspərəs/	Life is harder outside the <b>prosperous</b> areas of the city.	3	
public functions	<i>n, pl</i>	/ˈpʌblɪk ˈfʌŋkʃnz/	He doesn't like attending <b>public functions</b> .	3	
radical	<i>adj</i>	/ˈrædɪkl/	His ideas seemed a bit <b>radical</b> at first, but his originality was so welcome.	3	
rag to riches	<i>id</i>	/rægz tə ˈrɪtʃɪz/	He won the lottery and went from <b>rag to riches</b> overnight.	3	
rate	<i>n</i>	/reɪt/	What's the interest <b>rate</b> today?	3	
reasonable	<i>adj</i>	/ˈriːznəbl/	The price of the shares was <b>reasonable</b> .	3	
recall	<i>v</i>	/rɪˈkɔːl/	No matter how hard I tried – I couldn't <b>recall</b> his name!	3	
redistribution	<i>n</i>	/riːdɪstrɪˈbjʊːʃn/	We should be talking about <b>redistribution</b> of wealth.	3	
relatively	<i>adv</i>	/ˈrelətɪvli/	My life hasn't been too hard, <b>relatively</b> speaking.	3	
remain	<i>v</i>	/rɪˈmeɪn/	Many donors wish to <b>remain</b> anonymous.	3	
remarkable	<i>adj</i>	/rɪˈmɑːkəbl/	There is nothing <b>remarkable</b> about him. He's just a normal guy.	3	
rocket	<i>v</i>	/ˈrɒkɪt/	Will house prices <b>rocket</b> again, do you think?	3	
set	<i>adj</i>	/set/	House prices are <b>set</b> to rocket again.	3	
set out to	<i>phr v</i>	/set aʊt tə/	When I left university, I <b>set out to</b> work hard. And it has paid off.	3	
share prices	<i>n, pl</i>	/ʃeə(r) praɪsɪz/	<b>Share prices</b> have increased sharply.	3	
sharp	<i>adj</i>	/ʃɑːp/	There has been a <b>sharp</b> fall in house prices.	3	
shelter	<i>v</i>	/ˈʃeltə(r)/	Parents always <b>shelter</b> their children too much.	3	
shut down	<i>phr v</i>	/ʃʌt daʊn/	<b>Shut down</b> the computer and join us for dinner.	3	
significantly	<i>adv</i>	/sɪɡˈnɪfɪkəntli/	Money wouldn't make me <b>significantly</b> happier.	3	
slice of the cake	<i>idiom</i>	/slaɪs ɒv ðə keɪk/	Everyone wants a larger <b>slice of the cake</b> , but there's just not enough.	3	
slightly	<i>adv</i>	/ˈslaɪtli/	The number of unemployed people has decreased <b>slightly</b> this term.	3	
soar	<i>v</i>	/sɔː(r)/	Inflation will most likely <b>soar</b> to 11%.	3	
speed up	<i>phr v</i>	/ˈspiːd ʌp/	Drive carefully and don't <b>speed up</b> !	3	
spoilt	<i>adj</i>	/spɔɪlt/	I was a <b>spoilt</b> child. I got everything I wanted.	3	
stable	<i>adj</i>	/ˈsteɪbl/	Should I buy a house now that interest rates are more <b>stable</b> ?	3	
steady	<i>adj</i>	/ˈstedi/	All I ask for is a <b>steady</b> job.	3	
stressful	<i>adj</i>	/ˈstresfl/	Many people live <b>stressful</b> lives nowadays.	3	
strict	<i>adj</i>	/ˈstrɪkt/	My parents were never too <b>strict</b> with me.	3	
strive	<i>v</i>	/straɪv/	We encouraged our children to <b>strive</b> for what they wanted.	3	
substantial	<i>adj</i>	/səbˈstæʃnəl/	There has been a <b>substantial</b> change in the company policy.	3	
task (somebody)	<i>v</i>	/tɑːsk .../	I'm waiting for the manager to <b>task</b> me. I don't know what to do yet.	3	
tax revenue	<i>n</i>	/tæks ˈreɪvənjuː/	The decrease in social spending is due to falling <b>tax revenue</b> .	3	
think outside the box	<i>id</i>	/θɪŋk ˈaʊtsaɪd ðə bɒks/	In order to be creative you must <b>think outside the box</b> .	3	
throw (something) away	<i>phr v</i>	/θrəʊ ... əweɪ/	It seems we never fix gadgets anymore. We just <b>throw</b> them <b>away</b> !	3	
touch base	<i>id</i>	/tʌtʃ beɪs/	Don't stop working. I just wanted to <b>touch base</b> .	3	

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pl = plural prep = preposition v = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
track down	phr v	/træk daʊn/	The police managed to <b>track down</b> the suspect.	3	
trade-off	n	/'treɪdɒf/	There is always a <b>trade-off</b> between the benefits of a drug and the side-effects.	3	
trade up	phr v	/'treɪd ʌp/	I wouldn't <b>trade up</b> my phone for anything.	3	
tragic	adj	/'trædʒɪk/	It was a <b>tragic</b> moment when we saw the business shut down.	3	
transform	v	/'træns'fɔ:m/	Many people have helped <b>transform</b> the city with their philanthropy.	3	
trend	n	/'trend/	It is quite an interesting fashion <b>trend</b> .	3	
trickle-down effect	id	/'trɪkl daʊn ɪ'fekt/	If big companies succeed, you will stand a better chance due to the <b>trickle-down effect</b> .	3	
turn (something) up	phr v	/'tɜ:n ... ʌp/	I can't hear the music. Could you please <b>turn it up</b> ?	3	
use up	phr v	/'ju:s ʌp/	I had to <b>use up</b> all the resources to finish the task before the deadline.	3	
wake up and smell the coffee	id	/'weɪk ʌp ænd smel ðə 'kɒfi/	You live in a world of your own. You need to <b>wake up and smell the coffee</b> .	3	
wind up	phr v	/'waɪnd ʌp/	I'm surprised he didn't <b>wind up</b> in prison.	3	
alcoholic	n	/'ælkə'hɒlɪk/	After years of binge drinking, he became an <b>alcoholic</b> .	4	
amusingly	adv	/'əmjʊ:zɪŋli/	The speaker introduced himself <b>amusingly</b> and made everybody laugh.	4	
baptize	v	/'bæp'taɪz/	Are you going to <b>baptize</b> your children?	4	
basis	n	/'beɪsɪs/	She was convicted of the crime on the <b>basis</b> of eyewitness statements.	4	
bedridden	adj	/'bedrɪdn/	Sir Arthur Conan Doyle was <b>bedridden</b> for three years prior to his death.	4	
bishop	n	/'bɪʃəp/	He met the <b>Bishop</b> of London on his latest trip.	4	
blow	n	/'bləʊ/	Harry was injured by the <b>blow</b> .	4	
build	n	/'bɪld/	What height and <b>build</b> was the robber?	4	
circumstance	n	/'sɜ:kəmstəns/	The plane was delayed due to unforeseen <b>circumstances</b> .	4	
cold feet	id	/'kəʊld fi:t/	Sam got <b>cold feet</b> and the wedding was cancelled.	4	
comedian	n	/'kə'mi:diən/	He is a stand-up <b>comedian</b> .	4	
contestant	n	/'kɒn'testənt/	Have you ever been a <b>contestant</b> on a TV show?	4	
contort	v	/'kɒn'tɔ:t/	The acrobats can <b>contort</b> their bodies in impossible ways.	4	
contract	n	/'kɒntrækt/	Make sure you sign a <b>contract</b> before you start work.	4	
court	n	/'kɔ:t/	The congressman will appear in <b>court</b> tomorrow.	4	
crate	n	/'kreɪt/	He was carrying a <b>crate</b> of beer.	4	
criminal justice system	n	/'krɪmɪnl 'dʒʌstɪs 'sɪstəm/	This case had an impact on the <b>criminal justice system</b> .	4	
deduction	n	/'dɪ'dʌkʃn/	Sherlock Holmes used <b>deduction</b> to solve most of his cases.	4	
delude	v	/'dɪ'lu:d/	Don't <b>delude</b> yourself. The other contestant deserved to win.	4	
detailed	adj	/'di:teɪld/	She gave a <b>detailed</b> account of her trips.	4	
disguise	v	/'dɪs'gaɪz/	Maybe you can <b>disguise</b> yourself as a police officer and sneak in there?	4	
document	n	/'dɒkjumənt/	I've just saved a new <b>document</b> in my computer.	4	
eager	adj	/'i:ɡə(r)/	Please tell me everything you know. I'm <b>eager</b> to learn.	4	
eliminate	v	/'ɪlɪmɪneɪt/	To solve a mystery, you first have to <b>eliminate</b> the impossible.	4	
expose	v	/'ɪk'spəʊz/	She took off her glasses to <b>expose</b> her beautiful eyes.	4	
eyewitness	n	/'aɪwɪtnəs/	I've been an <b>eyewitness</b> in a car accident. It was awful to watch.	4	
fairy	n	/'feəri/	I thought I saw a <b>fairy</b> once when I was a child.	4	
final straw	id	/'faɪnl strɔ:/	This is the <b>final straw</b> . I won't put up with him anymore!	4	
fine line	n	/'faɪn laɪn/	There is a <b>fine line</b> between love and hate.	4	
folder	n	/'fəʊldə/	Have you saved the report in the share <b>folder</b> ?	4	
foregone conclusion	n	/'fɔ:gən kən'klu:ʒn/	I wasn't surprised about the result. It was a <b>foregone conclusion</b> .	4	
formative	adj	/'fɔ:mətɪv/	My English teacher was a <b>formative</b> influence on me.	4	
frustrated	adj	/'frʌ'streɪtɪd/	My partner works as a doctor, but she's a <b>frustrated</b> writer.	4	
go on	phr v	/'ɡəʊ ɒn/	Why did you <b>go on</b> with the show? You should have cancelled it.	4	

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grey area	<i>n</i>	/ˈɡreɪ ˈeəriə/	Exactly what can be called an offensive weapon is still a <b>grey area</b> .	4	
guidelines	<i>n, pl</i>	/ˈɡaɪdlaɪnz/	Police officers must follow strict <b>guidelines</b> .	4	
handcuffs	<i>n, pl</i>	/ˈhændkʌfs/	It was easy for Houdini to escape from <b>handcuffs</b> .	4	
harbour	<i>n</i>	/ˈhɑːbə(r)/	The boat is kept in the <b>harbour</b> .	4	
hypochondriac	<i>n</i>	/ˈhaɪpəˈkɒndrɪæk/	There's nothing wrong with you. You are just a bit of a <b>hypochondriac</b> .	4	
illusionist	<i>n</i>	/ɪˈluːʒənɪst/	Houdini was a famous <b>illusionist</b> .	4	
inauspicious	<i>adj</i>	/ɪˈnɔːspɪʃəs/	We had so much trouble getting the paperwork done. It was an <b>inauspicious</b> start.	4	
insanity	<i>n</i>	/ɪnˈsæniəti/	He was found not guilty by reason of <b>insanity</b> .	4	
itchy feet	<i>id</i>	/ɪtʃi ˈfiːt/	Whenever I stay in one place for more than two years I get <b>itchy feet</b> .	4	
justified	<i>adj</i>	/ˈdʒʌstɪfaɪd/	The judge found that the police's use of force had been <b>justified</b> .	4	
last resort	<i>n</i>	/lɑːst rɪˈzɔːt/	I'm sorry to bother you with this, but you are my <b>last resort</b> .	4	
level playing field	<i>id</i>	/ˈlevl ˈpleɪɪŋ fiːld/	Sportswomen are still demanding a <b>level playing field</b> .	4	
likelihood	<i>n</i>	/ˈlaɪklihʊd/	What's the <b>likelihood</b> of being offered two jobs at the same time?	4	
long shot	<i>id</i>	/lɒŋ ʃɒt/	It's a bit of a <b>long shot</b> , but it might be worth trying.	4	
lost cause	<i>id</i>	/lɒst ˈkɔːz/	I tried to convince my brother he was being tricked, but it was a <b>lost cause</b> .	4	
make an impression	<i>id</i>	/meɪk ən ɪmˈpreʃn/	My first manager <b>made an impression</b> on me. She's my role model.	4	
medium	<i>n</i>	/ˈmiːdiəm/	She says she's a <b>medium</b> and uses tricks to fool people.	4	
mistaken	<i>adj</i>	/mɪˈsteɪkən/	I thought she had pinched my sandwich, but I was <b>mistaken</b> .	4	
mixed blessing	<i>id</i>	/ˈmɪksɪd ˈblesɪŋ/	Beauty can be a <b>mixed blessing</b> .	4	
offend	<i>v</i>	/əˈfend/	I was just making a joke. I didn't mean to <b>offend</b> her.	4	
outcry	<i>n</i>	/ˈaʊtkraɪ/	When Doyle killed off Sherlock Holmes, there was a huge public <b>outcry</b> .	4	
paradoxical	<i>adj</i>	/ˈpærəˈdɒksɪkl/	It is <b>paradoxical</b> that some of the poorest people live in rich countries.	4	
photoshop	<i>v</i>	/ˈfəʊtəʃɒp/	We just need to <b>photoshop</b> a few details and the picture will be ready.	4	
problematic	<i>adj</i>	/ˈprɒbləˈmæɪtɪk/	The situation is quite <b>problematic</b> .	4	
purely	<i>adv</i>	/ˈpjʊəli/	I met your dad <b>purely</b> by chance.	4	
raw deal	<i>id</i>	/rɔː diːl/	Older workers often get a <b>raw deal</b> .	4	
saving grace	<i>id</i>	/ˈseɪvɪŋ ˈɡreɪs/	Her eloquence is her <b>saving grace</b> .	4	
séance	<i>n</i>	/ˈseɪns/	Have you ever been to a <b>séance</b> ?	4	
second thoughts	<i>n, pl</i>	/ˈsekənd θɔːts/	Are you having <b>second thoughts</b> about the relationship?	4	
sham	<i>n</i>	/ʃæm/	Don't believe anything she says. She's a <b>sham</b> .	4	
shore	<i>n</i>	/ʃɔː/	I swam from the boat to the <b>shore</b> .	4	
slippery slope	<i>id</i>	/ˈslɪpəri sliːp/	She realized he was on the <b>slippery slope</b> towards a life of crime.	4	
smuggle	<i>v</i>	/ˈsmʌɡl/	They managed to <b>smuggle</b> a gun into the prison.	4	
so-called	<i>adj</i>	/səʊ ˈkɔːld/	This is the opinion of a <b>so-called</b> expert.	4	
sore point	<i>id</i>	/sɔː(r) pɔɪnt/	It's a <b>sore point</b> with my parents that I haven't finished my degree.	4	
specimen beaker	<i>n</i>	/ˈspesɪmən ˈbiːkə(r)/	I can't find the <b>specimen beaker</b> . My chemistry teacher is going to be mad.	4	
spirit	<i>n</i>	/ˈspɪrɪt/	You can't believe she really communicated with a <b>spirit</b> .	4	
stage	<i>n</i>	/steɪdʒ/	Houdini collapsed on <b>stage</b> .	4	
statement	<i>n</i>	/ˈsteɪtmənt/	Is the following <b>statement</b> true or false?	4	
strike	<i>n</i>	/straɪk/	There might be a train <b>strike</b> tomorrow.	4	
supernatural phenomena	<i>n, pl</i>	/ˌsuːpəˈnætʃrəl fəˈnɒmɪnə/	Sir Arthur Conan Doyle also wrote about <b>supernatural phenomena</b> .	4	
take (somebody) in	<i>phr v</i>	/teɪk ... ɪn/	She completely <b>took me in</b> with her story.	4	
take it in turns	<i>id</i>	/teɪk ɪt ɪn ˈtʌnz/	The two contestants must <b>take it in turns</b> to answer the questions.	4	
temporary	<i>adj</i>	/ˈtempərəri/	Please note this is a <b>temporary</b> address.	4	
thoughtful	<i>adj</i>	/ˈθɔːtfl/	Thank you for the tickets. It was very <b>thoughtful</b> of you.	4	

**Wordlist**

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*adj* = adjective *adv* = adverb *coll* = colloquial *conj* = conjunction *excl* = exclamation *id* = idiom *n* = noun *phr v* = phrasal verb *phr* = phrase

*pl* = plural *prep* = preposition *v* = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
uncanny	<i>adj</i>	/ʌn'kæni/	I had an <b>uncanny</b> feeling I was being followed.	4	
wake-up call	<i>n</i>	/weɪk ʌp kɔ:l/	Losing my job was a <b>wake-up call</b> .	4	
wishful thinking	<i>n</i>	/wɪʃfl 'θɪŋkɪŋ/	Do you really think that is going to happen? Or is it just <b>wishful thinking</b> ?	4	
withstand	<i>v</i>	/wɪð'stænd/	Nobody should have to <b>withstand</b> hunger.	4	
administer	<i>v</i>	/əd'mɪnɪstə/	Is Greenland still <b>administered</b> by Denmark?	5	
advent	<i>n</i>	/'ædvent/	Life was very different before the <b>advent</b> of the mobile phone.	5	
astounded	<i>adj</i>	/ə'staʊndɪd/	I was <b>astounded</b> to hear that she had left the company.	5	
awesome	<i>adj US</i>	/'ɔ:səm/	That was an <b>awesome</b> movie!	5	
barren	<i>adj</i>	/'bærən/	Nothing can grow on this <b>barren</b> land.	5	
bathrobe	<i>n US</i>	/bɑ:θrəʊb/	She put on her <b>bathrobe</b> and dashed out of the bathroom.	5	
bombard	<i>v</i>	/bɒm'bɑ:d/	The hotel has been <b>bombarded</b> with complaints.	5	
broad-mindedness	<i>n</i>	/'brɔ:d 'maɪndɪdnəs/	We should aim to promote tolerance and <b>broad-mindedness</b> .	5	
browse	<i>v</i>	/'braʊz/	I spent three hours <b>browsing</b> the Internet for cheap holidays last night.	5	
cabbage	<i>n</i>	/'kæbɪdʒ/	I used to hate <b>cabbage</b> when I was a kid.	5	
cannibalism	<i>n</i>	/'kænbəɪlɪzəm/	<b>Cannibalism</b> is surprisingly common in the animal world.	5	
carcinogenic	<i>adj</i>	/'kɑ:sɪnə'dʒenɪk/	Cigarette smoke is <b>carcinogenic</b> – it causes lung and throat cancer.	5	
caution	<i>n</i>	/'kɔ:ʃn/	Drive with extreme <b>caution</b> . The road is slippery.	5	
check	<i>n US</i>	/'tʃek/	Could I get the <b>check</b> , please?	5	
chew	<i>v</i>	/'tʃu:/	Make sure you <b>chew</b> your food properly.	5	
choke	<i>v</i>	/'tʃəʊk/	I didn't swallow the piece of toast properly and I <b>choked</b> .	5	
civilized	<i>adj</i>	/'sɪvəlaɪzɪd/	No <b>civilized</b> country should allow these crimes to go unpunished.	5	
closet	<i>n US</i>	/'klɒzɪt/	I'll check the <b>closet</b> . There might be an old TV set there.	5	
concession	<i>n</i>	/'kɒn'seʃn/	My dad hates technology. His one <b>concession</b> is a mobile phone.	5	
consensus	<i>n</i>	/'kɒn'sensəs/	What's the <b>consensus</b> , everyone? Should we go for a curry or a pizza tonight?	5	
cookie	<i>n US</i>	/'kʊki/	Have a <b>cookie</b> ! My aunt baked them.	5	
courtroom	<i>n</i>	/'kɔ:trʊm/	The judge came into the <b>courtroom</b> .	5	
decline	<i>v</i>	/'dɪ'klaɪn/	I offered to help her with her homework but she <b>declined</b> .	5	
dedicate	<i>v</i>	/'dedɪkeɪt/	She <b>dedicates</b> all her free time to helping other people.	5	
delicacy	<i>n</i>	/'delɪkəsi/	Rotten shark is the local <b>delicacy</b> .	5	
diminutive stature	<i>id</i>	/'dɪ'mɪnjətɪv 'stætʃə(r)/	I was surprised by the actor's <b>diminutive stature</b> . He looks much taller on-screen.	5	
diverse	<i>adj</i>	/'daɪ'vɜ:s/	London has an ethnically <b>diverse</b> population.	5	
doll	<i>n</i>	/'dɒl/	I think I left my daughter's <b>doll</b> at the park.	5	
drugstore	<i>n US</i>	/'drʌgstɔ:(r)/	Could you go to the <b>drugstore</b> and get me some cough syrup?	5	
dutifully	<i>adv</i>	/'dʒu:tfəli/	They listened <b>dutifully</b> to their parents and did as they were asked.	5	
endanger	<i>v</i>	/'ɪn'deɪndʒə(r)/	If you drink alcohol and then drive, you <b>endanger</b> your own and other people's lives.	5	
enormity	<i>n</i>	/'ɪ'nɔ:məti/	I don't think you fully understand the <b>enormity</b> of the problem.	5	
ever-encroaching	<i>adj</i>	/'evə(r) ɪn'krəʊtʃɪŋ/	Everyone sensed the <b>ever-encroaching</b> feeling of doom regarding the economy.	5	
fall	<i>n US</i>	/'fɔ:l/	<b>Fall</b> is my favourite season.	5	
faucet	<i>n US</i>	/'fəʊsɪt/	Somebody has left the <b>faucet</b> turned on. I can hear water leaking.	5	
freeway	<i>n US</i>	/'fri:weɪ/	He got a ticket for speeding on the <b>freeway</b> .	5	
frisson	<i>n</i>	/'fri:sɒn/	Inviting the famous actor added a <b>frisson</b> of excitement to the party.	5	
Gaelic	<i>n</i>	/'geɪlɪk/	Did your Irish cousin learn <b>Gaelic</b> at school?	5	
gambit	<i>n</i>	/'gæmbɪt/	His opening conversational <b>gambit</b> was, 'Do you come here often?'	5	
garbage	<i>n US</i>	/'gɑ:brɪdʒ/	Did you remember to take out the <b>garbage</b> ?	5	
grandeur	<i>n</i>	/'grændʒə(r)/	I was impressed by the <b>grandeur</b> of the gothic architecture.	5	



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English	Part of speech	Phonetics	Example sentence	Unit	My notes
have second thoughts	id	/hæv sekənd 'θo:ts/	Are you <b>having second thoughts</b> about the relationship?	5	
head-hunting	n	/'hed hʌntɪŋ/	<b>Head-hunting</b> was practised in many cultures in historic times.	5	
indifferent	adj	/ɪn'dɪfrənt/	We can't afford to be <b>indifferent</b> to our customers' opinions.	5	
inedible	adj	/ɪn'edəbl/	He's such a bad cook. Everything he cooks is <b>inedible</b> .	5	
insult	v	/ɪn'sʌlt/	I'm not speaking to Dan anymore because he <b>insulted</b> my family.	5	
interpret	v	/ɪn'tɜ:pri:t/	It's extremely difficult to <b>interpret</b> in real time.	5	
intriguing	adj	/ɪn'tri:ɡɪŋ/	This project sounds very <b>intriguing</b> ! Tell me more!	5	
isolated	adj	/'aɪsəleɪtɪd/	It's difficult to provide care for old people in <b>isolated</b> rural areas.	5	
jaded	adj	/'dʒeɪdɪd/	He's been in his job for too long – he's so <b>jaded</b> .	5	
kin	n	/kɪn/	Katherine is his <b>kin</b> by marriage. She's his brother's wife.	5	
knot	n	/nɒt/	Tie the two ropes together with a <b>knot</b> .	5	
licence number	n, coll	/'laɪsəns 'nʌmbə(r)/	They have installed a new system of car <b>licence number</b> recognition.	5	
log off	phr v	/lɒɡ 'ɒf/	Make sure you save your work before you <b>log off</b> .	5	
low-key	adj	/'ləʊ 'ki:/	My 40th birthday party was very <b>low-key</b> . I only invited 10 people.	5	
outgoing	adj	/aʊt'ɡəʊɪŋ/	Most of my friends are talkative and <b>outgoing</b> .	5	
pants	n US	/'pænts/	Do you like my new pair of <b>pants</b> ? Do they go with my blue shirt?	5	
pin	n	/'pɪn/	Don't try on the blouse yet. There's a <b>pin</b> we need to take out!	5	
pinpoint accuracy	id	/'pɪnpɔɪnt 'ækjərəsɪ/	My mobile phone calculated our location with <b>pinpoint accuracy</b> .	5	
polygamy	n	/'pɒlɪɡəmi/	<b>Polygamy</b> is illegal in this country so you can only have one wife.	5	
potato chips	n, pl US	/'pəʊteɪtəʊ tʃɪps/	It is not advisable to eat <b>potato chips</b> before lunch.	5	
rake	v US	/'reɪk/	As a kid, I used to <b>rake</b> the yard every week to get pocket money.	5	
random	adj	/'rændəm/	A series of <b>random</b> events led to me meeting my wife.	5	
renounce	v	/'rɪnaʊns/	I refuse to <b>renounce</b> my beliefs.	5	
robustly	adv	/'rəʊbʌstli/	The government defended their policies <b>robustly</b> .	5	
routine procedure	phr	/'ru:ti:n prə'si:dʒə(r)/	Having your teeth whitened is becoming a <b>routine procedure</b> in this country.	5	
rural	adj	/'rʊərəl/	<b>Rural</b> areas often have no facilities or public transport.	5	
sidewalk	n US	/'saɪdwɔ:k/	Please use the <b>sidewalk</b> . Roads are dangerous for pedestrians.	5	
slam	v	/'slæm/	Why did you <b>slam</b> the door in my face?	5	
smog	n	/'smɒɡ/	The city council is banning traffic in the city centre in an attempt to reduce <b>smog</b> .	5	
spear	n	/'spiə(r)/	There were lots of Roman <b>spears</b> on display in the museum.	5	
speed bump	n	/'spi:d bʌmp/	Please slow down, there are some <b>speed bumps</b> ahead.	5	
spouse	n	/'spəʊs/	Fill in your <b>spouse's</b> name here on this form, please.	5	
stalk	v	/'sto:k/	We watched the lion <b>stalk</b> the zebra for an hour before it attacked.	5	
stamping ground	n, coll	/'stæmpɪŋ ɡraʊnd/	This bar was our favourite <b>stamping ground</b> at university.	5	
stereotype	n	/'steriətaɪp/	French people don't eat cheese every day. That's just a <b>stereotype</b> !	5	
stumble across	phr v	/'stʌmbl ə'krɒs/	I <b>stumbled across</b> a box of old photos when I was clearing the attic.	5	
swearing	n	/'swearɪŋ/	The language he used was shocking with all the <b>swearing</b> .	5	
tick	v	/'tɪk/	You can certainly do what you want, but the clock is <b>ticking</b> .	5	
toll	n	/'təʊl/	Take the next exit if you want to avoid the <b>toll</b> road.	5	
transaction	n	/'trænzækʃn/	We need to be sure that all online <b>transactions</b> are secure.	5	
tribe	n	/'traɪb/	They met a remote <b>tribe</b> living in the Amazonian rainforest.	5	
unfold	v	/'ʌn'fəʊld/	The audience watched in silence as the story <b>unfolded</b> .	5	
urban	adj	/'z:bən/	The population is always higher in <b>urban</b> areas.	5	
venture forth	phr	/'ventʃə(r) 'fɔ:θ/	At 18 she was ready to leave home and <b>venture forth</b> into the world.	5	
wild boar	n	/'waɪld 'bɔ:(r)/	They enjoyed hunting for <b>wild boar</b> in the forest.	5	

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windshield	<i>n US</i>	/ˈwɪndʃiːld/	Somebody has left a note on the <b>windshield</b> .	5	
witness	<i>n</i>	/ˈwɪtnəs/	I asked my boss to be a <b>witness</b> at my wedding.	5	
yard	<i>n US</i>	/jɑːd/	The house comes with a <b>yard</b> where you can grow flowers or vegetables.	5	
zip code	<i>n US</i>	/ˈzɪp kəʊd/	Have you got her complete address including the <b>zip code</b> ?	5	
aerial	<i>adj</i>	/ˈeəriəl/	The citizens are scared there might be another <b>aerial</b> attack.	6	
affliction	<i>n</i>	/əˈflɪkʃn/	After her death, his <b>affliction</b> was so great that he spent his days crying.	6	
aftermath	<i>n</i>	/ˈɑːftəməθ/	The economy started to take off in the <b>aftermath</b> of the war.	6	
allocate	<i>v</i>	/ˈæləkeɪt/	We haven't managed to <b>allocate</b> the funds yet.	6	
anarchist	<i>n</i>	/ˈænəkɪst/	He was an <b>anarchist</b> during the Civil War years.	6	
armoured tank	<i>n</i>	/ˈɑːməd tæŋk/	<b>Armoured tanks</b> entered the city after the siege.	6	
automatically	<i>adv</i>	/ˌɔːtəˈmætɪkli/	The heating switches on <b>automatically</b> .	6	
baffling	<i>adj</i>	/ˈbæflɪŋ/	His behaviour was <b>baffling</b> . I didn't know what to make of it.	6	
barbed wire	<i>n</i>	/ˌbɑːbd ˈwaɪə(r)/	They found <b>barbed wire</b> near the trenches.	6	
be down to (something)	<i>id</i>	/bi daʊn tə .../	The doctor said his frequent stomach aches <b>are down to</b> stress.	6	
bleak	<i>adj</i>	/bliːk/	Alone and jobless, he was looking at a <b>bleak</b> future.	6	
bombardment	<i>n</i>	/bɒmˈbɑːdmənt/	The city came under heavy <b>bombardment</b> .	6	
break out	<i>phr v</i>	/ˈbreɪk aʊt/	He joined the army when the war was about to <b>break out</b> .	6	
bury	<i>v</i>	/ˈberi/	They decided to <b>bury</b> him in the local graveyard.	6	
carol	<i>n</i>	/ˈkærəl/	During Christmas, you hear <b>carols</b> in every shop you go to.	6	
casualty	<i>n</i>	/ˈkæʒuəlti/	There was one <b>casualty</b> in the car crash.	6	
charge	<i>n</i>	/tʃɑːdʒ/	The general decided to make a direct <b>charge</b> against the trenches.	6	
civil	<i>adj</i>	/ˈsɪvl/	It's difficult to reintegrate back into <b>civil</b> life after serving in a war.	6	
civilian	<i>n</i>	/səˈvɪliən/	It was hard to go back to being a <b>civilian</b> after serving in the war.	6	
clot	<i>v</i>	/klot/	Transfused blood won't <b>clot</b> if it's mixed with sodium citrate.	6	
coin	<i>v</i>	/kɔɪn/	People <b>coin</b> new terms every day to describe new realities.	6	
come about	<i>phr v</i>	/kʌm əˈbaʊt/	How did the accident <b>come about</b> ?	6	
comeback	<i>n</i>	/ˈkʌmbæk/	I'm not too sure I like this trend of aging bands staging a <b>comeback</b> .	6	
commander	<i>n</i>	/kəˈmɑːndə(r)/	Douglas Haig acted as <b>commander</b> of the British forces during World War I.	6	
conduct	<i>v</i>	/kənˈdʌkt/	The government is going to <b>conduct</b> a survey to find out the number of households without a TV.	6	
conscription	<i>n</i>	/kənˈskrɪpʃn/	He didn't join the army voluntarily. It was military <b>conscription</b> .	6	
course	<i>n</i>	/kɔːs/	Some people may argue World War II changed the <b>course</b> of history.	6	
cutback	<i>n</i>	/ˈkʌtbæk/	There's likely to be a <b>cutback</b> in public spending.	6	
day-to-day	<i>adj</i>	/ˌdeɪ tə ˈdeɪ/	The Amish follow a strict set of rules for <b>day-to-day</b> living.	6	
debate	<i>n</i>	/dɪˈbeɪt/	The role of women during the Great War is still under <b>debate</b> .	6	
depot	<i>n</i>	/ˈdepeɪ/	They found an arms <b>depot</b> hidden in the desert.	6	
despair	<i>n</i>	/dɪˈspeə(r)/	The soldier uttered a cry of <b>despair</b> .	6	
devastating	<i>adj</i>	/ˈdevəsteɪtɪŋ/	World War I had a <b>devastating</b> impact on the British upper classes.	6	
digestive	<i>adj</i>	/dɪdʒestɪv/	As far as I remember, I've always had <b>digestive</b> problems.	6	
digestive disorder	<i>n</i>	/dɪdʒestɪv dɪsˈɔːdə(r)/	<b>Digestive disorder</b> was a shared symptom after the war.	6	
disfigure	<i>v</i>	/dɪsˈfɪgə(r)/	The weapons used in the war <b>disfigured</b> many veterans.	6	
donor	<i>n</i>	/ˈdəʊnə(r)/	John is a blood <b>donor</b> – he donates his blood to help other people.	6	
dress code	<i>n</i>	/dres kəʊd/	The army has a strict <b>dress code</b> .	6	
dump	<i>v</i>	/dʌmp/	I can't believe he'd <b>dump</b> me after everything I did for him.	6	
ease	<i>v</i>	/iːz/	He was given psychological help to <b>ease</b> the transition to civilian life.	6	
election	<i>n</i>	/ɪˈleɪʃn/	Do you know the outcome of the <b>election</b> ?	6	

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emancipation	<i>n</i>	/ɪˈmænsɪˈpeɪʃn/	Historians are still debating if World War I played a part in women's <b>emancipation</b> .	6	
familiar	<i>adj</i>	/fəˈmɪliə(r)/	I woke up to the <b>familiar</b> smell of coffee.	6	
fire	<i>v</i>	/ˈfaɪə(r)/	The president of the company decided to <b>fire</b> six managers after the restructuring.	6	
fly in the face of	<i>id</i>	/flaɪ ɪn ðə feɪs ɒv/	His proposals usually <b>fly in the face of</b> common sense.	6	
forces	<i>n, pl</i>	/ˈfɔːsɪz/	He joined the British <b>forces</b> .	6	
full of yourself	<i>id</i>	/fʊl ɒv jɔːˈself/	I can't stand him. He's so <b>full of himself</b> .	6	
funds	<i>n, pl</i>	/fʌndz/	Government <b>funds</b> haven't been allocated yet.	6	
graft	<i>n</i>	/grɑːft/	After the accident, he needed a skin <b>graft</b> on his face to look human again.	6	
grave	<i>n</i>	/ɡreɪv/	My grandparents were buried in the same <b>grave</b> .	6	
gruesome	<i>adj</i>	/ˈɡruːsəm/	He couldn't sleep after watching such <b>gruesome</b> images.	6	
happy medium	<i>id</i>	/ˈhæpi ˈmiːdiəm/	The test won't be too hard or too easy. I'll find a <b>happy medium</b> .	6	
hideous	<i>adj</i>	/ˈhɪdiəs/	The <b>hideous</b> sight made him turn his face.	6	
invalid	<i>n</i>	/ˈɪnvəlɪd/	He returned from war as an <b>invalid</b> .	6	
liberate	<i>v</i>	/ˈlɪbəreɪt/	Did World War I really <b>liberate</b> women?	6	
maim	<i>v</i>	/meɪm/	Their task was to kill or <b>maim</b> enemy soldiers.	6	
masculine	<i>adj</i>	/ˈmæskjəlɪn/	Many women carried out traditionally <b>masculine</b> jobs during the war years.	6	
medic	<i>n</i>	/ˈmedɪk/	He worked as a <b>medic</b> in the armed forces.	6	
mercy	<i>n</i>	/ˈmɜːsi/	He shows no <b>mercy</b> to his enemies.	6	
merger	<i>n</i>	/ˈmɜːdʒə(r)/	There was a <b>merger</b> between the two companies.	6	
mutilate	<i>v</i>	/ˈmjuːtɪleɪt/	Every year landmines <b>mutilate</b> and kill innocent people.	6	
no longer	<i>id</i>	/nəʊ ˈlɒŋɡə(r)/	He <b>no longer</b> belongs to this community.	6	
not have a clue	<i>id</i>	/nɒt hæv ə kluː/	I tried to reason with him but he just <b>doesn't have a clue</b> what he's doing.	6	
on the stroke of	<i>id</i>	/ɒn ðə strəʊk ɒv/	We are leaving <b>on the stroke of</b> ten, so don't be late.	6	
organ transplant	<i>n</i>	/ˈɔːɡən ˈtrænsplɑːnt/	There is a chance his body will reject the <b>organ transplant</b> .	6	
outbreak	<i>n</i>	/ˈaʊtbreɪk/	The <b>outbreak</b> of war changed the course of his life.	6	
overlook	<i>v</i>	/əʊvəˈlʊk/	It's easy to <b>overlook</b> fine details in the agreement.	6	
pacifist	<i>n</i>	/ˈpæsɪfɪst/	As a <b>pacifist</b> , I will never support any military intervention.	6	
pay the price	<i>id</i>	/peɪ ðə praɪs/	He made a mistake, but he's surely <b>paid the price</b> .	6	
peculiar	<i>adj</i>	/pɪˈkjuːliə(r)/	There was a <b>peculiar</b> smell I couldn't identify.	6	
persist	<i>v</i>	/pəˈsɪst/	If the symptoms <b>persist</b> for more than a few days, contact your doctor.	6	
plastic surgery	<i>n</i>	/ˌplæstɪk ˈsɜːdʒəri/	He underwent <b>plastic surgery</b> after the accident.	6	
plight	<i>n</i>	/plaɪt/	The government should help the homeless in their desperate <b>plight</b> .	6	
proximity	<i>n</i>	/prɒkˈsɪməti/	One of the worst aspects of going into battle is the <b>proximity</b> of death.	6	
restructure	<i>v</i>	/ˌriːˈstrʌktʃə(r)/	The management needs to <b>restructure</b> the company.	6	
rifle	<i>n</i>	/ˈraɪfl/	He found an old army <b>rifle</b> in the attic.	6	
savour	<i>v</i>	/ˈseɪvə(r)/	I sat down to <b>savour</b> the moment.	6	
screen	<i>v</i>	/skriːn/	Doctors always <b>screen</b> prospective soldiers for various diseases.	6	
sentry duty	<i>n</i>	/ˈsentri ˈdjuːti/	He was on <b>sentry duty</b> for the weekend and missed the party.	6	
shake-up	<i>n</i>	/ˈʃeɪk ʌp/	They all agreed there should be a <b>shake-up</b> of the system.	6	
skin	<i>n</i>	/skɪn/	They took <b>skin</b> from his leg for the implant.	6	
slip-up	<i>n</i>	/ˈslɪp ʌp/	Sorry for the <b>slip-up</b> . I'll write the document again.	6	
sophisticated	<i>adj</i>	/səˈfɪstɪkətɪd/	The computer programs we are working with are highly <b>sophisticated</b> .	6	
strike	<i>v</i>	/straɪk/	He <b>struck</b> me on the cheek.	6	
technical hitch	<i>n</i>	/ˌteknɪkl ˈhɪtʃ/	There was a <b>technical hitch</b> and we couldn't send emails for two hours.	6	
transfusion	<i>n</i>	/ˈtrænsˈfjuːʒn/	I donated blood on the spot because he desperately needed a <b>transfusion</b> .	6	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
traumatized	adj	/ˈtrɔ:mətaɪzd/	<b>Traumatized</b> soldiers had trouble adapting to civilian life.	6	
trench	n	/ˈtrentʃ/	They dug the <b>trench</b> in a strategic spot.	6	
truce	n	/tru:s/	The two countries agreed on a <b>truce</b> to provide food for the civilians.	6	
twitch	n	/twɪtʃ/	She has a <b>twitch</b> in her eye.	6	
unassuming	adj	/ˌʌnəˈsju:mɪŋ/	Don't be so <b>unassuming</b> . You did an excellent job and you should be proud.	6	
update	v	/ˌʌpˈdeɪt/	The soldiers needed to <b>update</b> the commander on the situation.	6	
uplifting	adj	/ˌʌpˈlɪftɪŋ/	I think it was a very <b>uplifting</b> story. It made me feel good.	6	
vein	n	/veɪn/	The nurse was a bit inexperienced and had trouble finding the <b>vein</b> in my arm.	6	
veteran	n	/ˈvetərən/	As a war <b>veteran</b> , he knows many interesting stories.	6	
vital	adj	/ˈvaɪtəl/	These documents are of <b>vital</b> importance. Don't lose them!	6	
war	n	/wɔ:(r)/	They met during the <b>war</b> and remained friends for the rest of their lives.	6	
wounded	adj	/ˈwu:ndɪd/	He was badly <b>wounded</b> in action.	6	
wrangle (over)	v	/ˈræŋgl ('əʊvə(r))/	We needed to <b>wrangle</b> over financial issues before we made a deal.	6	
a blessing in disguise	id	/ə 'blesɪŋ ɪn dɪs'gaɪz/	Not getting into university was a <b>blessing in disguise</b> .	7	
a change of heart	id	/ə tʃeɪndʒ ɒv hɑ:t/	At first she didn't want to have babies, but I think she's had a <b>change of heart</b> .	7	
appetite	n	/ˈæpɪtaɪt/	It was such a gruesome sight that I lost my <b>appetite</b> .	7	
as if!	id	/æz ɪf/	He asked me to pay for his lunch. <b>As if!</b>	7	
ask (somebody) out	phr v	/ɑ:sk ... aʊt/	Did you finally <b>ask him out</b> ? Did he say yes?	7	
at ease	adj	/æt i:z/	She always felt <b>at ease</b> when surrounded by people.	7	
back off	phr v	/bæk ɒf/	<b>Back off!</b> There's no need to criticize everyone.	7	
beaming	adj	/bi:mɪŋ/	She met the news of your arrival with a broad, <b>beaming</b> smile.	7	
be rained off	phr v	/bi reɪnd ɒf/	The bad weather meant the game <b>was rained off</b> .	7	
born loser	id	/bɔ:n 'lu:zə(r)/	Nothing he tries seems to work. He's a <b>born loser</b> .	7	
break off	phr v	/breɪk ɒf/	They had to <b>break off</b> all diplomatic relations.	7	
bring it on	id	/brɪŋ ɪt 'ɒn/	A football game against the managers? <b>Bring it on!</b>	7	
broad	adj	/brɔ:d/	She looked at me and gave a <b>broad</b> smile.	7	
call off	phr v	/kɔ:l ɒf/	The workers decided to <b>call off</b> the strike.	7	
capitalism	n	/ˈkæpɪtəlɪzəm/	We live in an age ruled by consumer <b>capitalism</b> .	7	
carry on	phr v	/ˈkæri ɒn/	<b>Carry on</b> with your work. I'll be back in a minute.	7	
catch on	phr v	/kætʃ ɒn/	This new trend didn't really <b>catch on</b> .	7	
chatter	n	/ˈtʃætə(r)/	Could you be quiet, please? I can't concentrate with all this <b>chatter</b> .	7	
cheer (somebody) on	phr v	/tʃɪə(r) ... ɒn/	All my friends came to watch the competition to <b>cheer me on</b> .	7	
come out with	phr v	/kʌm aʊt wɪð/	Why don't you <b>come out with</b> us tonight?	7	
conservatory	n	/kən'sɜ:vətɪri/	We are having a <b>conservatory</b> built next to our house!	7	
cordon off	phr v	/ˈkɔ:dn ɒf/	The police had to <b>cordon off</b> the crime scene.	7	
crack on	phr v	/kræk ɒn/	Stop chatting and <b>crack on</b> with your work.	7	
critical	adj	/ˈkrɪtɪkl/	Some choices are <b>critical</b> to our future.	7	
crow's feet	n, pl, coll	/ˈkrəʊz fi:t/	Are these <b>crow's feet</b> around my eyes? I'm getting old!	7	
deceptive	adj	/dɪ'septɪv/	Don't trust appearances. They can be very <b>deceptive</b> .	7	
distract	v	/dɪ'strækt/	Apps like these only <b>distract</b> you from work.	7	
drag on	phr v	/dræg ɒn/	His lectures were interesting at first, but then they would just <b>drag on</b> .	7	
dream on	phr v	/dri:m ɒn/	You want to travel around the world spending no money? <b>Dream on</b> .	7	
dump	n	/dʌmp/	The hotel looked so nice in the pictures, but it was a total <b>dump</b> .	7	
dwel on	phr v	/dwel ɒn/	I know you made a mistake, just don't <b>dwel on</b> it.	7	
easy come, easy go	id	/i:zi kʌm 'i:zi ɡəʊ/	I've already spent most of my inheritance money. <b>Easy come, easy go</b> .	7	



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English	Part of speech	Phonetics	Example sentence	Unit	My notes
enormity	n	/ɪ'no:məti/	The <b>enormity</b> of the problem overwhelmed him.	7	
fence off	phr v	/fens ɒf/	A new neighbour has moved in and we'll have to <b>fence off</b> the garden.	7	
firm	n	/fɜ:m/	Are you working for an engineering <b>firm</b> ?	7	
get over	phr v	/get 'əʊvə(r)/	OK so she left you. You'll soon <b>get over</b> it.	7	
gloomy	adj	/'glu:mi/	The future looked <b>gloomy</b> after their split.	7	
go off	phr v	/gəʊ ɒf/	Severe food poisoning usually makes people <b>go off</b> meat for several weeks.	7	
grimace	n	/'grɪməs/	Her smile turned into a <b>grimace</b> when she saw him.	7	
hang over	phr v	/hæŋ 'əʊvə(r)/	Try to solve problems when they happen or they will <b>hang over</b> you.	7	
hard on yourself	id	/hɑ:d ɒn jɔ:'self/	The exhibition didn't go as well as you expected, but don't be too <b>hard on yourself</b> .	7	
harshly	adv	/hɑ:ʃli/	Don't judge him too <b>harshly</b> . It could have happened to you.	7	
incessantly	adv	/'ɪn'sesntli/	She talked <b>incessantly</b> for two hours.	7	
in the back of (somebody's) mind	id	/'ɪn ðə bæŋk ɒv ... maɪnd/	I've got so many things <b>in the back of my mind</b> that I find it hard to concentrate.	7	
judge	v	/dʒʌdʒ/	If you don't believe me, just look and <b>judge</b> for yourself.	7	
keep your chin up!	id	/'ki:p ʃɪn:(r) tʃɪn ʌp/	<b>Keep your chin up!</b> Only one hour to go!	7	
lay (somebody) off	phr v	/'leɪ ... ɒf/	The management decided to <b>lay off</b> half the force.	7	
lighten up	phr v	/'laɪtn ʌp/	Come on! <b>Lighten up</b> and enjoy the party.	7	
literally	adv	/'lɪtərəli/	Some cultural concepts cannot be translated <b>literally</b> into other languages.	7	
muscle	n	/'mʌsl/	I think I damaged a <b>muscle</b> during the match.	7	
nagging	adj	/'næɡɪŋ/	She felt a <b>nagging</b> pain in her back.	7	
negotiation	n	/'ni:ɡəʊʃi'eɪʃn/	The fire service strike was called off after industrial <b>negotiations</b> .	7	
nothing ventured, nothing gained	id	/'nʌθɪŋ 'ventʃəd 'nʌθɪŋ ɡeɪnd/	At least you tried. <b>Nothing ventured, nothing gained</b> , as they say.	7	
not the end of the world	id	/'nɒt ðə end ɒv ðə wɜ:l'd/	So they didn't hire you. It's <b>not the end of the world</b> .	7	
on the whole	id	/'ɒn ðə həʊl/	<b>On the whole</b> , I agree with you.	7	
outcome	n	/'aʊtkʌm/	We are waiting to hear the <b>outcome</b> of the negotiations.	7	
partition (something) off	phr v	/'pɑ:tɪʃn ... ɒf/	The builders will <b>partition</b> the women's changing room <b>off</b> from the men's.	7	
plaster	n	/'plɑ:stə(r)/	She broke her leg and it's been in <b>plaster</b> for a month.	7	
precious	adj	/'preʃəs/	Consider every moment of your life as something <b>precious</b> .	7	
previous	adj	/'pri:vɪəs/	My <b>previous</b> manager loved schedules, so I learnt to do them very well.	7	
put off	phr v	/'pʊt ɒf/	The meeting was <b>put off</b> three times.	7	
savagely	adv	/'sævɪdʒli/	I'm glad they are no longer together. She was <b>savagely</b> critical of him.	7	
scare (something/somebody) off	phr v	/'skeə(r) ... ɒf/	Stop asking him questions! You're going to <b>scare</b> him <b>off</b> .	7	
seal off	phr v	/'si:l ɒf/	The authorities decided to <b>seal off</b> the whole area.	7	
see (somebody) off	phr v	/'si: ... ɒf/	All my friends came to the airport to <b>see</b> me <b>off</b> .	7	
semi-detached	adj	/'semi dɪ'tætʃt/	She lived in a <b>semi-detached</b> house all her life.	7	
show off	phr v	/'ʃəʊ ɒf/	That dress will really <b>show off</b> your figure!	7	
signal	v	/'sɪɡnəl/	Workers used to <b>signal</b> their discontent by refusing to work.	7	
sing (somebody's) praises	id	/'sɪŋ ... preɪzɪz/	They wouldn't <b>sing</b> his <b>praises</b> if they knew it only took him five minutes.	7	
smirk	n	/'smɜ:k/	His smile turned into a <b>smirk</b> when we told him the news.	7	
sneak up (on)	phr v	/'sni:k ʌp .../	I hate it when people <b>sneak up</b> on me!	7	
sombre	adj	/'sɒmbə(r)/	You look so serious in <b>sombre</b> colours.	7	
startle	v	/'stɑ:tl/	Be careful, otherwise you'll <b>startle</b> him.	7	
strike	v	/'straɪk/	A solemn person may <b>strike</b> us as being very serious.	7	
submission	n	/'səb'mɪʃn/	His response was of defiance, not <b>submission</b> .	7	
subtly	adv	/'sʌtli/	He complained <b>subtly</b> about his shifts.	7	
those were the days!	id	/'ðəʊz wɜ:(r) ðə deɪz/	We used to go out with our friends every weekend. <b>Those were the days!</b>	7	

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turn out	phr v	/ˈtɜːn aʊt/	Let's hope today will <b>turn out</b> to be a fine day.	7	
verging	adv	/ˈvɜːdʒɪŋ/	His hair is dark brown <b>verging</b> on black.	7	
wear off	phr v	/weə(r) ɒf/	Don't worry about the effects of the medicine. They <b>wear off</b> .	7	
air traffic controller	n	/ˌeə ˈtræfɪk kənˈtrəʊlə(r)/	An <b>air traffic controller</b> must be able to manage stress successfully.	8	
allergy	n	/ˈælədʒi/	Hay fever is caused by an <b>allergy</b> to pollen.	8	
applaud	v	/əˈplɔːd/	Experts <b>applaud</b> the new measures.	8	
at play	id	/æt ˈpleɪ/	It is hard to solve the problem as there are so many forces <b>at play</b> .	8	
bar	v	/bɑː(r)/	Unfair regulations used to <b>bar</b> women from many professions.	8	
berry	n	/ˈberi/	Birds feed on nuts and <b>berries</b> .	8	
bet	v	/bet/	I <b>bet</b> he was late for the appointment.	8	
be taken aback	id	/bi ˈteɪkən əˈbæk/	She <b>was</b> completely <b>taken aback</b> by his anger.	8	
boardroom	n	/ˈbɔːdruːm/	The meeting will take place in the <b>boardroom</b> .	8	
bombshell	n	/ˈbɒmʃel/	Losing my job was a <b>bombshell</b> .	8	
bond	n	/bɒnd/	Spending quality time with your kids will help you create a strong <b>bond</b> with them.	8	
breadwinner	n	/ˈbredwɪnə(r)/	After years being the <b>breadwinner</b> , it was hard to become a housewife.	8	
build up	phr v	/ˈbɪld ʌp/	She had to <b>build up</b> her business from scratch.	8	
buoy	n	/bɔɪ/	They tied their boat to the <b>buoy</b> in the harbour.	8	
by the same token	id	/baɪ ðə seɪm ˈtəʊkən/	The risk is high, but <b>by the same token</b> there's a lot to gain.	8	
cabin	n	/ˈkæbɪn/	The captain was in his <b>cabin</b> when the ship sank.	8	
career path	n	/kəˈrɪə(r) pɑːθ/	She followed her sister's <b>career path</b> and became a pilot.	8	
carve	v	/kɑːv/	They <b>carve</b> statues like this out of stone.	8	
chicken pox	n	/ˈtʃɪkɪn pɒks/	It is better to go through <b>chicken pox</b> when you are a child.	8	
coarse	adj	/kɔːs/	I can't stand his <b>coarse</b> manners. He's just rude.	8	
coincide	v	/ˌkəʊɪnˈsaɪd/	My partner's musical taste doesn't <b>coincide</b> with mine.	8	
come across	phr v	/kʌm əˈkrɒs/	I've <b>come across</b> so many school friends since I returned to York.	8	
convulsive laughter	n, coll	/kənˈvʌlsɪv ˈlɑːftə(r)/	She tried to suppress <b>convulsive laughter</b> , which made things even worse.	8	
crucial	adj	/ˈkruːʃl/	Your help was <b>crucial</b> to the project.	8	
current	adj	/ˈkʌrənt/	Are you happy in your <b>current</b> situation?	8	
decade	n	/ˈdekeɪd/	After a <b>decade</b> of commitment and hard work, she was finally promoted.	8	
diminish	v	/dɪˈmɪnɪʃ/	His fears will <b>diminish</b> when he sees a familiar face.	8	
dock	v	/dɒk/	The ferry is expected to <b>dock</b> at six.	8	
draft	n	/draːft/	We drew up a <b>draft</b> only for the interview.	8	
draught	adj	/draːft/	I like trying local <b>draught</b> beer when I travel.	8	
emerge	v	/ɪˈmɜːdʒ/	Everything seemed to go smoothly until problems started to <b>emerge</b> .	8	
empathetic	adj	/ˈempəˈθetɪk/	Do you really believe women are more <b>empathetic</b> than men?	8	
exquisitely	adv	/ɪkˈskwɪzɪtli/	The house was <b>exquisitely</b> decorated.	8	
fill in	phr v	/fɪl ɪn/	Please <b>fill in</b> this application form and we'll call you.	8	
fort	n	/fɔːt/	We visited the remains of a Roman <b>fort</b> .	8	
give way to	id	/ɡɪv weɪ tə/	How rude! You should <b>give way to</b> other people.	8	
grand	adj	/grænd/	Their house is a bit too <b>grand</b> for my taste.	8	
hands-on	adj	/ˈhændz ˈɒn/	I enjoy <b>hands-on</b> jobs like building.	8	
haul	n	/hɔːl/	The thieves got away with a <b>haul</b> of antiquities.	8	
heir	n	/eə(r)/	My dad was <b>heir</b> to a large fortune.	8	
hilarity	n	/hɪˈlærəti/	His appearance caused <b>hilarity</b> . Where did he get those clothes?	8	
hoarse	adj	/hɔːs/	My voice was <b>hoarse</b> after the conference.	8	

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hulking	adj	/ˈhʌlkɪŋ/	With your <b>hulking</b> body, you could be a great rugby player.	8	
humiliation	n	/hjuːˌmɪliˈeɪʃn/	The result was a <b>humiliation</b> for our team.	8	
hysterical	adj	/hɪˈsterɪkl/	The kids are <b>hysterical</b> ! They are so much fun to be with.	8	
job centre	n	/ˈdʒɒb sentə(r)/	How did it go at the <b>job centre</b> ? Any job offers?	8	
league	n	/liːg/	He plays squash in an amateur <b>league</b> .	8	
learning curve	n	/ˈlɜːnɪŋ kɜːv/	Expect a <b>learning curve</b> in your new position.	8	
lost in admiration	id	/lɒst ɪn ˌædməˈreɪʃn/	After the operation, she was <b>lost in admiration</b> for the surgeon.	8	
marble	n	/ˈmɑːbl/	Michelangelo's David was carved out of a block of <b>marble</b> .	8	
march	v	/mɑːtʃ/	She would <b>march</b> everywhere with purpose.	8	
matter	n	/ˈmætə(r)/	I won't discuss this with you. It's a private <b>matter</b> .	8	
minutes	n, pl	/ˈmɪnɪts/	I hate taking <b>minutes</b> in meetings.	8	
multitasking	n	/ˌmʌltɪˈtɑːskɪŋ/	Are you good at <b>multitasking</b> ? Most companies ask for that ability these days.	8	
nurture	v	/ˈnɜːtʃə/	Throughout the year we <b>nurture</b> the plants in our yard.	8	
old-fashioned	adj	/əʊld ˈfæʃənd/	Am I very <b>old-fashioned</b> if I offer you my seat?	8	
pace	n	/peɪs/	We set off at a steady <b>pace</b> .	8	
peer pressure	n	/pɪə(r) ˈpreʃə(r)/	Many kids start smoking as a result of <b>peer pressure</b> .	8	
pick up	phr v	/ˈpɪk ʌp/	The kid ran to <b>pick up</b> the ball.	8	
poky	adj	/ˈpəʊki/	We sat in a <b>poky</b> little room and had our tea.	8	
prejudice	n	/ˈpreɪdʒudɪs/	You only think she's terrible because of your <b>prejudice</b> .	8	
pull your weight	id	/pʊl jɔː(r) weɪt/	When my father died, I had to <b>pull my weight</b> and become the breadwinner.	8	
put yourself in (somebody's) shoes	id	/pʊt jɔːˈself ɪn ... ʃuːz/	<b>Put yourself in her shoes</b> . Wouldn't you do the same?	8	
rash	adj	/ræʃ/	Don't be a <b>rash</b> young man. Think before you speak.	8	
reluctant	adj	/rɪˈlʌktənt/	I was <b>reluctant</b> to go at first, but then I enjoyed the show.	8	
scan	n	/skæn/	My mum is getting a brain <b>scan</b> done tomorrow.	8	
scathing	adj	/ˈskeɪð (əˈbaʊt) .../	The manager was <b>scathing</b> about our performance at the meeting.	8	
scorpion	n	/ˈskɔːpiən/	I saw a <b>scorpion</b> in the desert while I was on holiday.	8	
scrap	v	/skræp/	I think we should <b>scrap</b> that idea. It's useless.	8	
shortcut	n	/ˈʃɔːtkʌt/	It's a long and difficult task. I wouldn't recommend taking a <b>shortcut</b> .	8	
sign on	phr v	/ˈsaɪn ˈɒn/	Go to the job centre to <b>sign on</b> or you won't receive payment.	8	
squirrel	n	/ˈskwɪrəl/	I found a <b>squirrel</b> in my garden.	8	
statistics	n, pl	/stəˈtɪstɪks/	Be careful with <b>statistics</b> . Sometimes they can be misleading.	8	
stony silence	n, coll	/ˈstəʊni ˈsaɪləns/	There was <b>stony silence</b> when our dad entered the room.	8	
survey	v	/səˈveɪ/	I'm going to <b>survey</b> the crowd to see what they think.	8	
suspiciously	adv	/səˈspɪʃəsli/	She looked at me <b>suspiciously</b> , then she drove away.	8	
take (something) into account	id	/teɪk ... ˈɪntə əˈkaʊnt/	<b>Take</b> everything <b>into account</b> before you make a decision.	8	
the opposite sex	id	/ðə ˈɒpəzɪt seks/	He found it hard to talk to members of <b>the opposite sex</b> .	8	
toddler	n	/ˈtɒdlə(r)/	My son is a <b>toddler</b> . He's just started walking!	8	
turbulent	adj	/ˈtɜːbjələnt/	We encountered <b>turbulent</b> weather on our flight to Paris.	8	
unfazed	adj	/ʌnˈfeɪzd/	I think she knew about the pay rise. She was <b>unfazed</b> when I told her.	8	
vale	n	/veɪl/	She lived near a wooded <b>vale</b> .	8	
veil	n	/veɪl/	She has never lifted her <b>veil</b> in public.	8	
via	prep	/ˈviə/	We flew home <b>via</b> Frankfurt.	8	
voyeuristic	adj	/ˌvɔɪəˈrɪstɪk/	He's got a <b>voyeuristic</b> interest in other people's lives.	8	
wail	v	/weɪl/	She <b>wailed</b> in despair.	8	
whirl	v	/wɜːl/	Leaves <b>whirl</b> in the wind in the autumn.	8	

**Wordlist**

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*adj* = adjective *adv* = adverb *coll* = colloquial *conj* = conjunction *excl* = exclamation *id* = idiom *n* = noun *phr v* = phrasal verb *phr* = phrase

*pl* = plural *prep* = preposition *v* = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
wind	<i>n</i>	/waɪnd/	The <b>wind</b> was fiercely blowing.	8	
wrist	<i>n</i>	/rɪst/	I fell off the deck and twisted my <b>wrist</b> .	8	
yearn (for)	<i>v</i>	/jɜːn (fɔː(r))/	He used to <b>yearn</b> for the peace and quiet of the countryside.	8	
barley	<i>n</i>	/'bɑːli/	<b>Barley</b> is often used for brewing beer.	9	
beam	<i>v</i>	/biːm/	They <b>beam</b> their sports broadcast around the world.	9	
broad daylight	<i>n, coll</i>	/'brɔːd 'deɪlaɪt/	The murder happened in <b>broad daylight</b> !	9	
bush	<i>n</i>	/'bʊʃ/	There was a wild rose <b>bush</b> in the garden.	9	
caged	<i>adj</i>	/keɪdʒd/	She behaved like a <b>caged</b> animal.	9	
cast	<i>v</i>	/kɑːst/	They <b>cast</b> their eyes towards the field.	9	
chase	<i>v</i>	/'tʃeɪs/	My favourite scene in the movie is when the agents <b>chase</b> the main character across rooftops.	9	
compulsive	<i>adj</i>	/kəm'pʌlsɪv/	His eating habits were certainly <b>compulsive</b> .	9	
content	<i>adj</i>	/'kɒntent/	I didn't think he would accept my offer, but he seemed <b>content</b> .	9	
corn	<i>n</i>	/kɔːn/	The hotel overlooked a field of <b>corn</b> .	9	
deed	<i>n</i>	/diːd/	Don't put yourself down. It was a good <b>deed</b> .	9	
desperate	<i>adj</i>	/'despəreɪt/	Our financial situation was so bad that we had to take <b>desperate</b> measures.	9	
destiny	<i>n</i>	/'destəni/	Do you think it was your <b>destiny</b> to become a musician?	9	
devour	<i>v</i>	/'diːvaʊə(r)/	They feared the shark would <b>devour</b> them.	9	
dough	<i>n</i>	/'dəʊ/	Have you got a recipe I could use for bread <b>dough</b> ?	9	
enigma	<i>n</i>	/'ɪnɪgmə/	Who built the pyramids remains an <b>enigma</b> .	9	
epic	<i>n</i>	/'epɪk/	The movie we saw on Saturday was a historical <b>epic</b> .	9	
equilibrium	<i>n</i>	/'ekwɪ'lɪbrɪəm/	It was hard to find an <b>equilibrium</b> between a demanding job and his free time.	9	
fair and square	<i>id</i>	/'feə(r) ænd skweə(r)/	He won the prize <b>fair and square</b> .	9	
flinch	<i>v</i>	/'flɪntʃ/	The detective didn't even <b>flinch</b> when he looked at the gruesome sight.	9	
fold	<i>v</i>	/'fəʊld/	Before you leave, remember to <b>fold</b> your clothes and put them in the drawer.	9	
go haywire	<i>id</i>	/'gəʊ 'heɪwaɪə(r)/	When he left the company, everything started to <b>go haywire</b> .	9	
goose	<i>n</i>	/'guːs/	We had roast <b>goose</b> for dinner.	9	
gross	<i>adj</i>	/'grɔːs/	He earned a <b>gross</b> annual income of \$29,000.	9	
guard	<i>n</i>	/'gɑːd/	Did you get training to become a security <b>guard</b> ?	9	
howl	<i>v</i>	/'haʊl/	I could hear the wolves <b>howling</b> in the night.	9	
impetuosity	<i>n</i>	/'ɪm,petʃu'ɒsəti/	Don't act with so much <b>impetuosity</b> . Take it easy.	9	
indie	<i>adj</i>	/'ɪndi/	A number of <b>indie</b> publishers have emerged lately.	9	
intense	<i>adj</i>	/'ɪntens/	The feeling of failure after the defeat was <b>intense</b> .	9	
kinship	<i>n</i>	/'kɪnʃɪp/	I'm always amazed by people who feel <b>kinship</b> with animals like gorillas or wolves.	9	
loch	<i>n</i>	/'lɒk/	<b>Loch</b> is the Scottish word for lake.	9	
long (for)	<i>v</i>	/'lɒŋ fɔː(r)/	During the rainy season everyone would <b>long</b> for a warm sunny day.	9	
loose	<i>adj</i>	/'luːs/	There's a <b>loose</b> button on your shirt.	9	
make sense of	<i>id</i>	/'meɪk sens əv/	I can't <b>make sense of</b> that painting.	9	
meet and greet	<i>id</i>	/'miːt ænd griːt/	There was a <b>meet and greet</b> session after the event.	9	
mood	<i>n</i>	/'muːd/	The <b>mood</b> of the music enhances the drama in the movie.	9	
name and shame	<i>id</i>	/'neɪm ænd ʃeɪm/	They carried out a policy of <b>name and shame</b> .	9	
nearest and dearest	<i>id</i>	/'niːəst ænd 'diːəst/	It's normal to miss your <b>nearest and dearest</b> when you live abroad.	9	
obsessive-compulsive disorder	<i>n</i>	/'ɒb'sesɪv kəm'pʌlsɪv dɪs'ɔːdə(r)/	She was diagnosed with <b>obsessive-compulsive disorder</b> .	9	
outing	<i>n</i>	/'aʊtɪŋ/	In our first <b>outing</b> as a romantic couple, we went to see a musical.	9	
palm	<i>n</i>	/'pɑːm/	Can you really read the lines in the <b>palm</b> of my hand?	9	
primeval	<i>adj</i>	/'praɪ'miːvl/	She had a <b>primeval</b> urge to escape.	9	



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*pl = plural prep = preposition v = verb*

English	Part of speech	Phonetics	Example sentence	Unit	My notes
quirky	adj	/ˈkwɜːki/	He has a <b>quirky</b> mind and he's fun to work with.	9	
radiate	v	/ˈreɪdiət/	He's very edgy now but he used to <b>radiate</b> calm and confidence.	9	
retreat	v	/rɪˈtri:t/	She tends to <b>retreat</b> into herself once in a while.	9	
risky	adj	/ˈrɪski/	It was very <b>risky</b> going out on our own in such violent weather.	9	
road trip	n	/rəʊd ˈtrɪp/	Have you ever done a <b>road trip</b> with your friends?	9	
roar	v	/rɔː(r)/	The wind <b>roared</b> outside the window.	9	
run amok	id	/rʌn əˈmɒk/	Drunken teenagers <b>run amok</b> at the pub every week.	9	
run riot	id	/rʌn ˈraɪət/	The police let the protesters <b>run riot</b> .	9	
run wild	id	/rʌn waɪld/	Would you let your own children <b>run wild</b> ?	9	
scrawl	v	/skrɔːl/	I watched the doctor <b>scrawl</b> his signature on the prescription.	9	
self-conscious	adj	/ˌself ˈkɒnʃəs/	Don't be so <b>self-conscious</b> about your height. You're not that short!	9	
self-harm	v	/self ˈhɑːm/	She had to be watched or she would <b>self-harm</b> .	9	
shiver	n	/ˈʃɪvə(r)/	The sight of him sent a <b>shiver</b> of fear down her spine.	9	
shop till you drop	id	/ʃɒp tɪl ju drɒp/	We are going to the shopping centre to <b>shop till we drop</b> .	9	
silhouette	n	/ˌsɪluːet/	All I could make out was the <b>silhouette</b> of a bulky man.	9	
skid	v	/skɪd/	Luckily, the car didn't <b>skid</b> and we avoided an accident.	9	
sour	adj	/ˈsaʊə(r)/	I prefer <b>sour</b> flavours to sweet ones.	9	
spark	n	/spɑːk/	It was a <b>spark</b> that caused the fire.	9	
stalls	n, pl	/stɔːlz/	Our seats were at the front row of the <b>stalls</b> .	9	
submarine	n	/ˌsʌbməˈriːn/	They have a replica of a nuclear <b>submarine</b> at the navy museum.	9	
tactile	adj	/ˈtæktaɪl/	She found a <b>tactile</b> pleasure in playing music.	9	
tolerable	adj	/ˈtɒlərəbl/	I don't really enjoy theatre, but I find it <b>tolerable</b> .	9	
tomboy	n	/ˈtɒmbɔɪ/	I used to be a <b>tomboy</b> when I was young.	9	
tone-deaf	adj	/ˌtəʊn ˈdeɪf/	It's impossible for me to play an instrument. I'm totally <b>tone-deaf</b> .	9	
trance	n	/traːns/	The hypnotist put the lady in a <b>trance</b> .	9	
trap	v	/træp/	They tried to <b>trap</b> the enemy soldiers in a collapsed building.	9	
upcoming	adj	/ˌʌpkʌmɪŋ/	Have you heard any tunes from their <b>upcoming</b> album?	9	
use it or lose it	id	/juːz ɪt ɔː(r) luːz ɪt/	I don't like the company policy of <b>use it or lose it</b> holidays.	9	
valley	n	/ˈvæli/	He was tired of living in a small town in a <b>valley</b> and moved to the city.	9	
vocation	n	/vəʊˈkeɪʃn/	Deciding to be a doctor was easy for me. It was a <b>vocation</b> .	9	
vow	n	/vaʊ/	The detective took a <b>vow</b> to help the police find the murderer.	9	
ward	n	/wɔːd/	She was taken to the maternity <b>ward</b> .	9	
wheat	n	/wi:t/	World trade in <b>wheat</b> is greater than for all other crops combined.	9	
absurd	adj	/əbˈsɜːd/	Don't be <b>absurd</b> . Of course I didn't use your toothbrush.	10	
allege	v	/əˈledʒ/	The suspects <b>allege</b> they were away on business at the time of the murder.	10	
alleviate	v	/əˈliːviət/	Massages certainly <b>alleviate</b> the pain in my back.	10	
altitude	n	/ˈæltɪtjuːd/	It is normal to feel sick at high <b>altitude</b> .	10	
ankle	n	/ˈæŋkl/	He sprained his <b>ankle</b> playing tennis.	10	
antibiotic	n	/ˌæntɪˈbɪəˈtɪk/	Fleming discovered penicillin, the world's first <b>antibiotic</b> .	10	
armpit	n	/ˈɑːmpɪt/	I've got a pain in my <b>armpit</b> .	10	
artery	n	/ˈɑːtəri/	The aorta is the main <b>artery</b> from the heart.	10	
assume	v	/əˈsjuːm/	You can't just <b>assume</b> this isn't going to work. You have to try it.	10	
attempt	v	/əˈtempt/	I wouldn't <b>attempt</b> to fix that on my own. It looks complicated.	10	
beg	v	/beg/	Our daughters always <b>beg</b> us to let them go on holidays on their own.	10	
blink	v	/blɪŋk/	Do you know how often we <b>blink</b> a minute?	10	

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blonde	<i>n</i>	/blɒnd/	Is she a natural <b>blonde</b> ?	10	
bone	<i>n</i>	/bəʊn/	He fractured a <b>bone</b> in the accident.	10	
brunette	<i>n</i>	/brʊ:'net/	I'm not a natural <b>brunette</b> .	10	
bulletin	<i>n</i>	/'bulɛtɪn/	Have you heard the news <b>bulletin</b> ? There's been a fire in the factory.	10	
burst	<i>n</i>	/bɜ:st/	Drinking coffee may give you a <b>burst</b> of energy, but it doesn't last.	10	
calf	<i>n</i>	/kɑ:f/	My <b>calf</b> felt sore after the running session.	10	
capsule	<i>n</i>	/'kæpsju:l/	The medicine is administered in a <b>capsule</b> .	10	
cheek	<i>n</i>	/tʃi:k/	I kissed her on the <b>cheek</b> and waved goodbye.	10	
chest	<i>n</i>	/tʃest/	A <b>chest</b> infection can be serious. Why don't you go to a doctor?	10	
chin	<i>n</i>	/tʃɪn/	Fasten the strap under your <b>chin</b> .	10	
clinic	<i>n</i>	/'klɪnɪk/	He works for a private <b>clinic</b> in central London.	10	
consequence	<i>n</i>	/'kɒnsɪkwəns/	The epidemic was a direct <b>consequence</b> of the natural disaster.	10	
consultation	<i>n</i>	/'kɒnsəl'teɪʃn/	We paid a high price just for a <b>consultation</b> .	10	
correspondent	<i>n</i>	/'kɒrə'spɒndənt/	A war <b>correspondent</b> often puts his life at risk.	10	
cramps	<i>n, pl</i>	/'kræmpz/	Have you ever had stomach <b>cramps</b> ? They're really painful.	10	
cure	<i>n</i>	/'kjʊə(r)/	I'd love to hear in the news that a definite <b>cure</b> for cancer has been found.	10	
cylinder	<i>n</i>	/'sɪlɪndə(r)/	He's got breathing problems so he carries an oxygen <b>cylinder</b> wherever he goes.	10	
deception	<i>n</i>	/'di:sepʃn/	It wasn't <b>deception</b> . They all knew they were being offered a placebo.	10	
diameter	<i>n</i>	/'daɪ.æmɪtə(r)/	What's the <b>diameter</b> of this steel bar?	10	
drug trial	<i>n</i>	/'drʌg 'traɪəl/	They were volunteers in a <b>drug trial</b> .	10	
drunk	<i>adj</i>	/'drʌŋk/	He was <b>drunk</b> when he left the party.	10	
earlobe	<i>n</i>	/'iə(r) ləʊb/	He lost his left <b>earlobe</b> in a fight.	10	
elbow	<i>n</i>	/'elbəʊ/	He rested the injured <b>elbow</b> on the table.	10	
ethics	<i>n, pl</i>	/'eθɪks/	Medical <b>ethics</b> prevent doctors from taking payments from drug companies.	10	
eyebrow	<i>n</i>	/'aɪbrəʊ/	She burnt her <b>eyebrow</b> and her eye looked funny.	10	
fist	<i>n</i>	/'fɪst/	He punched his friend with his <b>fist</b> .	10	
fitfully	<i>adv</i>	/'fɪtəfəli/	He slept <b>fitfully</b> at night and was exhausted during the day.	10	
forbid	<i>v</i>	/'fə'brɪd/	Medical ethics <b>forbid</b> deception.	10	
forehead	<i>n</i>	/'fɔ:hed/	She covered her <b>forehead</b> with a fringe.	10	
fork	<i>n</i>	/'fɔ:k/	I need a knife and <b>fork</b> to eat this meat.	10	
fraud	<i>n</i>	/'frɔ:d/	Phil is under investigation for <b>fraud</b> .	10	
growl	<i>v</i>	/'graʊl/	I can hear the dogs <b>growl</b> .	10	
harness	<i>v</i>	/'hɑ:nɪs/	We must <b>harness</b> the power of self-suggestion.	10	
havoc	<i>n</i>	/'hævək/	The floods caused <b>havoc</b> throughout the area.	10	
heel	<i>n</i>	/'hi:l/	My <b>heel</b> is aching after walking in those shoes.	10	
hide and seek	<i>id</i>	/'haɪd n 'si:k/	We used to play <b>hide and seek</b> in the yard.	10	
hiding	<i>n</i>	/'haɪdɪŋ/	He had to go into <b>hiding</b> for a few months after the article was published.	10	
hip	<i>n</i>	/'hɪp/	My grandfather broke his <b>hip</b> last month.	10	
humble	<i>adj</i>	/'hʌmbəl/	He rose from very <b>humble</b> beginnings to be a man of great wealth.	10	
hurricane	<i>n</i>	/'hʌrɪkən/	They built a <b>hurricane</b> shelter before the season started.	10	
infection	<i>n</i>	/'ɪnfekʃn/	Some antibiotics are losing their power to fight <b>infection</b> .	10	
inject	<i>v</i>	/'ɪndʒekt/	They <b>inject</b> the anaesthetic first and then take you to the operating theatre.	10	
intestine	<i>n</i>	/'ɪntestɪn/	He had trouble with his large <b>intestine</b> .	10	
intrigued	<i>adj</i>	/'ɪn'trɪ:gd/	Are you <b>intrigued</b> to know the results of the study?	10	
jaw	<i>n</i>	/'dʒɔ:/	He has a strong square <b>jaw</b> .	10	

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joint	<i>n</i>	/dʒɔɪnt/	She often complained about her left knee <b>joint</b> .	10	
kidney	<i>n</i>	/'kɪdni/	She had one <b>kidney</b> removed.	10	
knuckle	<i>n</i>	/'nʌkl/	She broke her <b>knuckles</b> when she punched the door.	10	
lip	<i>n</i>	/'lɪp/	His lower <b>lip</b> was trembling.	10	
liver	<i>n</i>	/'lɪvə(r)/	Stop drinking! You can't survive without a <b>liver</b> !	10	
local anaesthetic	<i>n</i>	/'ləʊkl ænəs'tetɪk/	They use <b>local anaesthetic</b> for the operation.	10	
lungs	<i>n, pl</i>	/'lʌŋz/	Smoking is bad for your <b>lungs</b> .	10	
make a mess	<i>id</i>	/meɪk ə mes/	I <b>made a mess</b> of my last exam.	10	
malfunction	<i>v</i>	/'mælfʌŋkʃn/	Smartphones tend to <b>malfunction</b> when you really need them.	10	
manifest	<i>v</i>	/'mænɪfest/	I cannot understand why they have to <b>manifest</b> their feelings in this way.	10	
medal	<i>n</i>	/'medl/	I won a <b>medal</b> at a local competition.	10	
morphine	<i>n</i>	/'mɔːfiːn/	Cancer patients are often prescribed <b>morphine</b> .	10	
nail	<i>n</i>	/'neɪl/	The fastest growing <b>nail</b> is the one on your middle finger.	10	
nausea	<i>n</i>	/'nɔːziə/	She often had <b>nausea</b> in the mornings.	10	
neck	<i>n</i>	/'nek/	I've got a pain in my <b>neck</b> .	10	
news anchor	<i>n US</i>	/'njuːz 'æŋkə(r)/	He works as a <b>news anchor</b> for a private TV station.	10	
nod off	<i>phr v</i>	/'nɒd ɒf/	The meetings were so long that I would <b>nod off</b> every time.	10	
northwards	<i>adv</i>	/'nɔːθwədz/	The storm is heading <b>northwards</b> .	10	
on the brink of	<i>id</i>	/'ɒn ðə brɪŋk ɒv/	The Prime Minister is <b>on the brink of</b> calling a new election.	10	
op	<i>n, coll</i>	/'ɒp/	I'm having an <b>op</b> tomorrow morning.	10	
opposition	<i>n</i>	/'ɒpə'zɪʃn/	The leader of the <b>opposition</b> is giving a speech on national TV.	10	
painkiller	<i>n</i>	/'peɪnkɪlə(r)/	I took a <b>painkiller</b> for my headache.	10	
pain relief	<i>n</i>	/'peɪn rɪ'liːf/	After taking the antibiotic, you will experience <b>pain relief</b> .	10	
paraglider	<i>n</i>	/'pærəglɑɪdə(r)/	Look up! There's a <b>paraglider</b> ready to make the jump.	10	
Parkinson's Disease	<i>n</i>	/'pɑː(r)kɪnsənz dɪ'ziːz/	He's a professional researcher working on <b>Parkinson's Disease</b> .	10	
placebo	<i>n</i>	/'plæ'siːbəʊ/	The <b>placebo</b> works better if the patient doesn't know the truth about it.	10	
play a role	<i>id</i>	/'pleɪ ə rəʊl/	Apparently, colour can also <b>play a role</b> in placebo pills.	10	
policy	<i>n</i>	/'pɒləsi/	The company has changed its <b>policy</b> on sick days.	10	
preach	<i>v</i>	/'priːtʃ/	He's a nice guy, but he will <b>preach</b> at you for no reason.	10	
prescribe	<i>v</i>	/'prɪ'skraɪb/	The doctor didn't <b>prescribe</b> her any painkillers.	10	
profound	<i>adj</i>	/'prəʊfaʊnd/	This book has a <b>profound</b> message. You should read it.	10	
psychosomatic	<i>adj</i>	/'saɪkəʊsə'mætɪk/	Are <b>psychosomatic</b> illnesses all in the head?	10	
redhead	<i>n</i>	/'redhed/	She was a beautiful <b>redhead</b> , and very smart too.	10	
restrict	<i>v</i>	/'rɪ'strɪkt/	The regulations <b>restrict</b> the number of attendants to thirty.	10	
rib	<i>n</i>	/'rɪb/	She walked out of the accident with a broken <b>rib</b> .	10	
running order	<i>n</i>	/'rʌnɪŋ 'ɔːdə(r)/	Have you thought of the news <b>running order</b> ? What do I start with?	10	
sedative	<i>n</i>	/'sedətɪv/	The doctor prescribed a <b>sedative</b> to help him relax.	10	
shin	<i>n</i>	/'ʃɪn/	He kicked me in the <b>shin</b> !	10	
shoulder	<i>n</i>	/'ʃəʊldə(r)/	She tapped me on the <b>shoulder</b> gently.	10	
snag	<i>n</i>	/'snæg/	Sorry for the delay, we ran into a major <b>snag</b> .	10	
spacious	<i>adj</i>	/'speɪʃəs/	My room is quite <b>spacious</b> .	10	
spread	<i>v</i>	/'spred/	The disease <b>spread</b> very quickly.	10	
stimulant	<i>n</i>	/'stɪmjələnt/	Coffee is a popular <b>stimulant</b> .	10	
sue	<i>v</i>	/'suː/	No one has ever wanted to <b>sue</b> me and I've been a doctor for twenty years.	10	
supplement	<i>n</i>	/'sʌplɪmənt/	Did you take a vitamin <b>supplement</b> ?	10	

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*pl* = plural *prep* = preposition *v* = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
suspicious	<i>adj</i>	/sə'spiʃəs/	What made you become <b>suspicious</b> of him?	10	
swallow	<i>v</i>	/ˈswɒləʊ/	Don't <b>swallow</b> your chewing gum!	10	
tablet	<i>n</i>	/ˈtæblət/	Take this <b>tablet</b> . It will make you feel better.	10	
tap into	<i>phr v</i>	/tæp 'ɪntə/	The movie is trying to <b>tap into</b> the teenagers' psyche.	10	
taste buds	<i>n, pl</i>	/ˈteɪst bʌdz/	We lose <b>taste buds</b> as we grow old.	10	
temple	<i>n</i>	/ˈtempl/	My left <b>temple</b> hurts.	10	
thigh	<i>n</i>	/θaɪ/	My left <b>thigh</b> is sore after the training.	10	
thumb	<i>n</i>	/θʌm/	My baby sucks her <b>thumb</b> .	10	
time trial	<i>n</i>	/taɪm 'traɪəl/	You need to concentrate during a <b>time trial</b> .	10	
toe	<i>n</i>	/təʊ/	I hurt my little <b>toe</b> while running.	10	
treatment	<i>n</i>	/ˈtri:tment/	He's really sick and he needs medical <b>treatment</b> .	10	
unconscious	<i>adj</i>	/ʌn'kɒnʃəs/	She was <b>unconscious</b> when we found her.	10	
velodrome	<i>n</i>	/ˈvelədroum/	They built a new <b>velodrome</b> in the town.	10	
waist	<i>n</i>	/weɪst/	Her hair was down to her <b>waist</b> .	10	
wobble	<i>v</i>	/ˈwɒbl/	I saw him <b>wobble</b> across the street asking for help.	10	
wreak	<i>v</i>	/ri:k/	The storm is going to <b>wreak</b> havoc across the country.	10	
aforementioned	<i>adj</i>	/əˈfoːmenʃənd/	The <b>aforementioned</b> gadget will help you clean more efficiently.	11	
analyst	<i>n</i>	/ˈænəlɪst/	As a market <b>analyst</b> , I can tell you your idea has no future.	11	
antiquated	<i>adj</i>	/ˈæntɪkweɪtɪd/	Don't quote <b>antiquated</b> legal procedures.	11	
appalling	<i>adj</i>	/əˈpɔːlɪŋ/	His manners were <b>appalling</b> , it was embarrassing.	11	
a round of drinks	<i>id</i>	/ə raʊnd ɒv drɪŋks/	Come on, join us! I'll buy the next <b>round of drinks</b> .	11	
aside	<i>adv</i>	/ə'saɪd/	Money worries <b>aside</b> , things are going well.	11	
asphyxia	<i>n</i>	/æs'fɪksɪə/	Don't let babies play with plastic bags. They could die of <b>asphyxia</b> .	11	
bastion	<i>n</i>	/ˈbæstɪən/	The public sector has become the last <b>bastion</b> of comfortable retirement in Britain.	11	
biased	<i>adj</i>	/ˈbaɪəst/	This isn't an objective report, it is actually quite <b>biased</b> .	11	
bigoted	<i>adj</i>	/ˈbɪɡətɪd/	Don't listen to him. He's a <b>bigoted</b> old man.	11	
boast	<i>v</i>	/bəʊst/	He would <b>boast</b> about how many languages he spoke every time I met him.	11	
bull	<i>n</i>	/bʊl/	Look! There's a <b>bull</b> in the field!	11	
catastrophically	<i>adv</i>	/ˌkætə'strɒfɪkli/	His predictions were <b>catastrophically</b> wrong.	11	
cope with	<i>phr v</i>	/kəʊp wɪð/	How do you <b>cope with</b> all that pressure at work and four kids?	11	
count on	<i>phr v</i>	/kaʊnt ɒn/	Are you sure she will help? Don't <b>count on</b> it.	11	
crease	<i>n</i>	/kri:s/	There was a <b>crease</b> on his shirt and it didn't look good.	11	
cycle	<i>n</i>	/ˈsaɪkl/	The washing machine has finished its <b>cycle</b> .	11	
dawn	<i>n</i>	/dɔːn/	I woke up before <b>dawn</b> and prepared some coffee.	11	
dial	<i>n</i>	/ˈdaɪəl/	You can use this <b>dial</b> to turn up the temperature.	11	
differentiate	<i>v</i>	/ˌdɪfə'renʃɪət/	The key to market success is to <b>differentiate</b> your product from the competition.	11	
disposable income	<i>n</i>	/dɪ'spəʊzəbl 'ɪnkəm/	This ridiculous vacuum cleaner is a monument to excessive <b>disposable income</b> .	11	
document	<i>v</i>	/ˈdɒkjument/	Use this camera to <b>document</b> your day in images!	11	
domesticated	<i>adj</i>	/də'mestɪkətɪd/	I don't like <b>domesticated</b> cats.	11	
edit	<i>v</i>	/ˈedɪt/	Why did you <b>edit</b> my work?	11	
excessive	<i>adj</i>	/ɪk'sesɪv/	The neighbours complained about the <b>excessive</b> noise.	11	
fad	<i>n</i>	/fæd/	Some people predicted video games would be a passing <b>fad</b> .	11	
faulty	<i>adj</i>	/ˈfɔːlti/	I returned the dishwasher because it was <b>faulty</b> .	11	
feedback	<i>n</i>	/ˈfiːdbæk/	<b>Feedback</b> from the experiment was very positive.	11	
flawed	<i>adj</i>	/flɔːd/	Your argument is <b>flawed</b> .	11	



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*pl = plural prep = preposition v = verb*

English	Part of speech	Phonetics	Example sentence	Unit	My notes
flesh	<i>n</i>	/fleʃ/	The trap had cut deeply into the rabbit's <b>flesh</b> .	11	
focus group	<i>n</i>	/'fəʊkəs gru:p/	We are holding a <b>focus group</b> for our new product.	11	
frivolous	<i>adj</i>	/'frɪvələs/	This is a serious matter. Don't ask <b>frivolous</b> questions.	11	
fundamentally	<i>adv</i>	/'fʌndə'mentəli/	He agreed that, <b>fundamentally</b> , it was the same idea.	11	
garment	<i>n</i>	/'gɑ:mənt/	She was wearing a long velvet <b>garment</b> .	11	
handy	<i>adj</i>	/'hændi/	This gadget is full of little <b>handy</b> tools.	11	
humorous	<i>adj</i>	/'hju:mərəs/	He made a <b>humorous</b> remark and everybody laughed.	11	
immaculate	<i>adj</i>	/'ɪmækjələt/	Their house always looks <b>immaculate</b> .	11	
impartial	<i>adj</i>	/'ɪm'pɑ:ʃl/	He was an <b>impartial</b> observer.	11	
impeccable	<i>adj</i>	/'ɪm'pekəbl/	The goods were in <b>impeccable</b> condition.	11	
incurable	<i>adj</i>	/'ɪn'kjʊərəbl/	She's got an <b>incurable</b> disease.	11	
laden (with)	<i>adj</i>	/'leɪdn wɪð/	All the passengers were <b>laden</b> with luggage.	11	
mediocre	<i>adj</i>	/'mi:di'əʊkə(r)/	I must say your work was quite <b>mediocre</b> . Nobody thought it was good.	11	
minority	<i>n</i>	/'maɪ'nɔrəti/	Only a small <b>minority</b> responded to the survey.	11	
miraculous	<i>adj</i>	/'mɪ'rækjələs/	He made a <b>miraculous</b> recovery.	11	
notification	<i>n</i>	/'nəʊtɪfɪ'keɪʃn/	I have received a written <b>notification</b> from the bank.	11	
objective	<i>adj</i>	/'əb'dʒektɪv/	Please try to be <b>objective</b> . Which one was better?	11	
outfit	<i>n</i>	/'aʊtfɪt/	Are you wearing a new <b>outfit</b> ?	11	
overwhelming	<i>adj</i>	/'əʊvə'welmɪŋ/	It was <b>overwhelming</b> to receive so many presents.	11	
perplexed	<i>adj</i>	/'pə'pleksɪd/	She looked <b>perplexed</b> at the news.	11	
petty	<i>adj</i>	/'peti/	He's nothing but a <b>petty</b> thief.	11	
plateau	<i>n</i>	/'plætəʊ/	Stock prices have reached a <b>plateau</b> .	11	
plumber	<i>n</i>	/'plʌmə(r)/	We'll have to call the <b>plumber</b> .	11	
posh	<i>adj</i>	/'pɒʃ/	We spent the weekend at a <b>posh</b> hotel.	11	
predecessor	<i>n</i>	/'pri:disesə(r)/	This new iPod has more apps than its <b>predecessor</b> .	11	
pursuit	<i>n</i>	/'pə'sju:t/	He left in <b>pursuit</b> of happiness.	11	
rampant	<i>adj</i>	/'ræmpənt/	Unemployment is now <b>rampant</b> in most of Europe.	11	
revolutionize	<i>v</i>	/'revə'lʊ:ʃənaɪz/	This new invention will <b>revolutionize</b> the health industry.	11	
ridiculous	<i>adj</i>	/'rɪ'dɪkjələs/	He made a <b>ridiculous</b> remark.	11	
run into trouble	<i>id</i>	/'rʌn 'ɪntə 'trʌbl/	You <b>run into trouble</b> if consumers don't understand your product.	11	
second-rate	<i>adj</i>	/'sekənd'reɪt/	He is a <b>second-rate</b> actor.	11	
sheer	<i>adj</i>	/'ʃɪə(r)/	You will be impressed by the <b>sheer</b> range of products.	11	
simplicity	<i>n</i>	/'sɪm'plɪsəti/	It was quite clever in its <b>simplicity</b> .	11	
sketch	<i>n</i>	/'sketʃ/	This is not the final drawing. It's just a <b>sketch</b> .	11	
slot	<i>n</i>	/'slɒt/	You need to put some coins in the <b>slot</b> if you want it to work.	11	
sport	<i>v</i>	/'spɔ:t/	She likes to <b>sport</b> a new T-shirt every day.	11	
stick	<i>v</i>	/'stɪk/	We are launching a new product, but we don't know if it will <b>stick</b> yet.	11	
stock prices	<i>n, pl</i>	/'stɒk praɪsɪz/	<b>Stock prices</b> have reached a plateau.	11	
strategist	<i>n</i>	/'strætədʒɪst/	He's a brilliant <b>strategist</b> .	11	
succumb (to)	<i>v</i>	/'sʌ'kʌm tə/	He always <b>succumbs</b> to the latest fashions.	11	
tame	<i>adj</i>	/'teɪm/	My dog is so <b>tame</b> and docile.	11	
tension	<i>n</i>	/'tenʃn/	I need a back massage to release the <b>tension</b> .	11	
thirst	<i>n</i>	/'θɜ:st/	She had a <b>thirst</b> for knowledge.	11	
trivial	<i>adj</i>	/'trɪviəl/	Consumer rights are not a <b>trivial</b> matter.	11	
unjust	<i>adj</i>	/'ʌn'dʒʌst/	I think we were a bit <b>unjust</b> with her.	11	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
urgent	<i>adj</i>	/ˈɜːdʒənt/	What's so <b>urgent</b> that it can't wait five minutes?	11	
virtue	<i>n</i>	/ˈvɜːtʃuː/	This new product has the <b>virtue</b> of simplicity.	11	
white goods	<i>n, pl</i>	/ˈwaɪt ɡʊdz/	They are delivering the <b>white goods</b> to our new house tomorrow.	11	
all-consuming	<i>adj</i>	/ɔːl kənˈsjuːmɪŋ/	Training for the marathon became <b>all-consuming</b> in the end.	12	
atmosphere	<i>n</i>	/ˈætməsfɪə(r)/	There was such a great <b>atmosphere</b> at the concert.	12	
bite off more than you can chew	<i>id</i>	/baɪt ɒf mɔː(r) ðæn ju kæn tʃuː/	Be careful with this new job, don't <b>bite off more than you can chew</b> .	12	
bland	<i>adj</i>	/blænd/	His biography was quite <b>bland</b> . Nothing interesting to read about.	12	
break into	<i>phr v</i>	/breɪk ˈɪntə/	They tried to <b>break into</b> the house, but the alarm went off and they ran away.	12	
breathless	<i>adj</i>	/ˈbreθləs/	She was <b>breathless</b> after the race.	12	
breeze	<i>n</i>	/briːz/	You're a good student. The exam will be a <b>breeze</b> for you.	12	
build-up	<i>n</i>	/ˈbɪld ʌp/	She was quite stressed out in the <b>build-up</b> to her wedding.	12	
buzz	<i>v</i>	/bʌz/	The audience would <b>buzz</b> with excitement before the show.	12	
capture	<i>v</i>	/ˈkæptʃə/	The video didn't <b>capture</b> the atmosphere of the show.	12	
closure	<i>n</i>	/ˈkləʊzə(r)/	After all the hard work, finishing the race gave him a sense of <b>closure</b> .	12	
cockpit	<i>n</i>	/ˈkɒkpaɪt/	The flight attendant walked into the <b>cockpit</b> to talk to the pilots.	12	
composed	<i>adj</i>	/kəmˈpəʊzd/	The pilots remained <b>composed</b> in the face of danger.	12	
conceivable	<i>adj</i>	/kənˈsiːvəbl/	I looked into every <b>conceivable</b> way of getting home without flying.	12	
contract	<i>v</i>	/kənˈtrækt/	Thousands of people <b>contract</b> pneumonia every month.	12	
crew	<i>n</i>	/kruː/	The cabin <b>crew</b> were very professional and helpful.	12	
daring	<i>adj</i>	/ˈdeərɪŋ/	Apollo 8 was a <b>daring</b> mission.	12	
dawn on	<i>phr v</i>	/dɔːn ɒn/	The truth finally started to <b>dawn on</b> me.	12	
deranged	<i>adj</i>	/dɪˈreɪn(d)ʒd/	The attacker was certainly <b>deranged</b> .	12	
diet	<i>n</i>	/ˈdaɪət/	I like to eat a healthy <b>diet</b> .	12	
dig down	<i>phr v</i>	/dɪɡ daʊn/	Phil was so exhausted he had to <b>dig down</b> to a level he had never done before.	12	
discharge	<i>v</i>	/dɪsˈtʃɑːdʒ/	The hospital staff <b>discharged</b> him too early.	12	
disengage	<i>v</i>	/dɪsɪnˈɡeɪdʒ/	The autopilot was <b>disengaged</b> by mistake.	12	
drape	<i>v</i>	/d্রেɪp/	He wanted to <b>drape</b> his arm around her shoulders.	12	
draw a line under	<i>id</i>	/drɔː ə laɪn ˈʌndə(r)/	I just wanted to <b>draw a line under</b> our relationship.	12	
emergency procedure	<i>n</i>	/ɪˈmɜːdʒənsi prəˈsiːdʒə(r)/	The <b>emergency procedure</b> didn't work and it was all chaos until the police arrived.	12	
emotional wreck	<i>n, coll</i>	/ɪˈməʊʃənl rek/	After the attack, I was an <b>emotional wreck</b> .	12	
enormously	<i>adv</i>	/ɪˈnɔːməsli/	The quality of bread varies <b>enormously</b> depending on where you buy it.	12	
epidemic	<i>n</i>	/ɪˈpɪdemɪk/	Doctors are getting ready for a flu <b>epidemic</b> .	12	
etch	<i>v</i>	/etʃt ɪn/	My wedding day will be <b>etched</b> in my memory forever.	12	
expanse	<i>n</i>	/ɪkˈspæns/	We could see a wide <b>expanse</b> of sea from our hotel room.	12	
explode	<i>v</i>	/ɪkˈspləʊd/	Watch out! The firecracker is about to <b>explode</b> .	12	
exposure	<i>n</i>	/ɪkˈspəʊʒə(r)/	Their new products get a lot of <b>exposure</b> in the media.	12	
fasten	<i>v</i>	/ˈfɑːsn/	Please <b>fasten</b> your seatbelts.	12	
fire the imagination	<i>id</i>	/ˈfaɪə(r) ðə ɪˈmædʒɪˈneɪʃn/	The amazing images of Earth are enough to <b>fire the imagination</b> .	12	
food for thought	<i>id</i>	/fuːd fɔː(r) θɔːt/	Thanks for your suggestions. That's given me some <b>food for thought</b> .	12	
forbidding	<i>adj</i>	/fəˈbɪdɪŋ/	The house looked dark and <b>forbidding</b> .	12	
fragile	<i>adj</i>	/ˈfrædʒaɪl/	We live on a <b>fragile</b> planet and we must take care of it.	12	
freefall	<i>n</i>	/ˈfriːˈfɔːl/	The scariest moment was when the plane went into <b>freefall</b> .	12	
fuel	<i>v</i>	/ˈfjuːəl/	His films <b>fuel</b> the imaginations of people all around the world.	12	
fussy	<i>adj</i>	/ˈfʌsi/	I'm not very <b>fussy</b> about hotels.	12	
grilling	<i>n</i>	/ˈɡrɪlɪŋ/	The minister faced a tough <b>grilling</b> at today's press conference.	12	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
grinding	<i>adj</i>	/ˈgraɪndɪŋ/	They heard a <b>grinding</b> sound.	12	
grumble	<i>v</i>	/ˈɡrʌmbl/	They always <b>grumble</b> about their jobs.	12	
half-baked	<i>adj</i>	/ˌhɑːf ˈbeɪkt/	Your ideas are <b>half-baked</b> .	12	
hindsight	<i>n</i>	/ˈhaɪnsaɪt/	With <b>hindsight</b> , I would have done things differently.	12	
in a flash	<i>id</i>	/ɪn ə flæʃ/	It all happened <b>in a flash</b> .	12	
influential	<i>adj</i>	/ˌɪnfluˈenʃl/	Her work has been fairly <b>influential</b> in the artistic world.	12	
in retrospect	<i>id</i>	/ɪn ˈretrəspekt/	I only realized it was an important moment in my life <b>in retrospect</b> .	12	
insert	<i>v</i>	/ɪnˈsɜːt/	They had to <b>insert</b> a tube into his mouth to help him breathe.	12	
latter	<i>adj</i>	/ˈlætə(r)/	The <b>latter</b> point is the most important.	12	
legacy	<i>n</i>	/ˈlegəsi/	Our children will be left with a <b>legacy</b> of pollution.	12	
lunar	<i>adj</i>	/ˈluːnə(r)/	Did you watch the <b>lunar</b> eclipse last night?	12	
manned	<i>adj</i>	/ˈmænd/	It was their last <b>manned</b> space flight.	12	
mask	<i>n</i>	/mɑːsk/	They were all wearing surgical <b>masks</b> .	12	
obsess (with somebody/something)	<i>v</i>	/əbˈses wɪð .../	I tended to <b>obsess</b> with my running times when I was training for the marathon.	12	
on-board	<i>adj</i>	/ɒn bɔːd/	They are using an <b>on-board</b> computer to control the spacecraft.	12	
orbit	<i>n</i>	/ˈɔːbrɪt/	A new satellite was put into <b>orbit</b> around the Earth.	12	
ordeal	<i>n</i>	/ɔːˈdiːl/	She went through a terrible <b>ordeal</b> .	12	
overdo	<i>v</i>	/ˌəʊvəˈduː/	It is very healthy to do sport, just don't <b>overdo</b> it.	12	
overshadow	<i>v</i>	/ˌəʊvəˈʃædəʊ/	Her success was going to <b>overshadow</b> her sister's.	12	
penniless	<i>adj</i>	/ˈpenɪləs/	I am now jobless and <b>penniless</b> .	12	
perspective	<i>n</i>	/pəˈspektɪv/	Why don't you try to look at your problem from a new <b>perspective</b> ?	12	
priorities	<i>n, pl</i>	/praɪˈɒrətɪz/	What are your <b>priorities</b> in life?	12	
privacy	<i>n</i>	/ˈprɪvəsi/	She was longing for some <b>privacy</b> .	12	
proceed	<i>v</i>	/prəˈsiːd/	They are going to <b>proceed</b> with the investigation.	12	
pull through	<i>phr v</i>	/pʊl θruː/	It was hard at first, but she managed to <b>pull through</b> .	12	
punctual	<i>adj</i>	/ˈpʌŋktʃuəl/	Please try to be more <b>punctual</b> next time.	12	
rapid	<i>adj</i>	/ˈræpɪd/	There was a <b>rapid</b> change in the economy.	12	
reel	<i>v</i>	/riːl/	I saw him <b>reel</b> towards the bar. I think he was drunk.	12	
refund	<i>v</i>	/rɪˈfʌnd/	The airline refused to <b>refund</b> my air fare.	12	
relief	<i>n</i>	/rɪˈliːf/	It was a <b>relief</b> when the plane finally landed.	12	
restrain	<i>v</i>	/rɪˈstreɪn/	The pilots had to <b>restrain</b> the attacker.	12	
run-up	<i>n</i>	/ˈrʌn ʌp/	The <b>run-up</b> to the race was all-consuming.	12	
scale	<i>n</i>	/skeɪl/	The Beatles were one of the first bands who enjoyed success on a global <b>scale</b> .	12	
sexist	<i>adj</i>	/ˈseksɪst/	<b>Sexist</b> jokes are considered bad taste nowadays.	12	
shady	<i>adj</i>	/ˈʃeɪdi/	That man by the bar looks like a <b>shady</b> character.	12	
shudder	<i>v</i>	/ˈʃʌdə(r)/	I always <b>shudder</b> with anxiety before the next match.	12	
sit bolt upright	<i>id</i>	/sɪt bəʊlt ˈʌpraɪt/	The scary sound made me <b>sit bolt upright</b> .	12	
sour note	<i>n, coll</i>	/ˈsaʊə(r) nəʊt/	John's athletics career ended on a <b>sour note</b> when he had that injury.	12	
spark	<i>v</i>	/spɑːk/	He tried really hard, but his speech didn't <b>spark</b> much interest.	12	
sponsor	<i>v</i>	/ˈsponsə(r)/	The company refused to <b>sponsor</b> me for the race.	12	
stagger	<i>v</i>	/ˈstæɡə(r)/	He was so exhausted he had to <b>stagger</b> back home and get into bed.	12	
stall	<i>v</i>	/stoːl/	An inexperienced driver might easily <b>stall</b> the truck.	12	
starve	<i>v</i>	/stɑːv/	He had no money and could <b>starve</b> to death.	12	
steward	<i>n</i>	/ˈstjuːəd/	I'll ask the <b>steward</b> if we can unfasten our seatbelts now.	12	
sticky	<i>adj</i>	/ˈstɪki/	The cake was a bit <b>sticky</b> for my taste.	12	

