

Unit 1

Words	Phonetics	Examples in context	Translations
achieve (a goal) (v)	/ə'tʃi:v/	She has worked hard to achieve her goal. (= to accomplish, to reach)	
succeed (v), successful (adj.)	/sək'si:d/ /sək'sesfʊl/	What helped you succeed in achiev ing your goal? Think about why you were successful.	
attractive (adj) handsome (adj)	/ə'træktɪv/	Look at this young man. He's so attractive. Paul was a handsome man in his twenties. (usually male)	
beautiful (adj)	/'bjʊ:tɪfl/	The view from the top of the hill was really beautiful.	
blue-eyed (adj) broad-shouldered (adj) pale-skinned (adj) sun-tanned (adj) fair-haired (adv)	/'blu: aɪd/ /brɔ:d 'ʃəʊldəd/ /peɪl skɪnd/ /'sʌn tænd/ /,feə 'heəd/	What a beautiful blue-eyed baby! A lot of jackets don't fit me because I'm broad-shouldered. She's tall and pale-skinned. (≠ dark-skinned) She's got beautiful sun-tanned skin. He's fair-haired (≠ dark-haired) and he's quite tall. (≠ short)	
elegant (adj)	/'elɪgənt/	She was elegant in her new dress. (= smart)	
goal (n)	/gəʊl/	You need to set yourself some long-term goals. (≠ short-term) / (= objective, aim)	
in front (of sth) (adv)	/ɪn 'frʌnt/	A car has stopped in front of the bus.	
overweight (adj)	/əʊvə'weɪt/	I'm a bit overweight – I might do more exercise. (≠ underweight)	

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shy (adj) shyness (n)	/ʃaɪ/	She's very shy with strangers. (= timid ≠ forward)	
slim (adj)	/slɪm/	She's a tall, slim woman. (≠ fat) (= thin)	
(use a) strategy (n)	/'strætədʒi/	Which strategy are you going to use?	
stunning (adj)	/'stʌnɪŋ/	The hotel had a stunning view. (= dazzling ≠ ordinary)	
stylish (adj)	/'stɑɪlɪʃ/	She's a stylish dresser. (≠ old-fashioned)	
ugly (adj)	/'ʌɡli/	I thought her new jacket was ugly. My new neighbour is quite ugly. (= unattractive)	
plain (adj)	/'pleɪn /	She has a plain face; she is no beauty.	
face (a problem) (v)	/feɪs/	We need to talk about the problems faced by homeless people. (= confront)	
on the right / left (adv)	/ɒn ðə 'raɪt, 'left/	There's a bank on the left and a church on the right.	
arrogant (adj) arrogance (n)	/'ærəɡənt/	I have little respect for people who are arrogant. (= cocky ≠ humble)	
assertive (adj) assertiveness (n)	/ə'sɜ:tɪv/	You should be more assertive. (= confident (adj.) / confidence (n))	
easy-going (adj)	/i:zi 'ɡəʊɪŋ/	Her parents are very easy-going. They let her do what she wants. (= easy to live with)	

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emotional (adj)	/ɪ'məʊʃənl/	He always gets very emotional when I leave.	
impression (n)	/ɪm'preʃn/	What's your first impression of the new director?	
lazy (adj) laziness (n)	/'leɪzi/	Don't be lazy. Give me a hand! (= Help me out!)	
modest (adj) modesty (n)	/'mɒdɪst/	He was very modest about his excellent exam results. (= humble)	
sensitive (adj)	/'sensətɪv/	She always tries to be sensitive to other people's feelings. (≠ sensible = reasonable)	
stubborn (adj) stubbornness (n)	/'stʌbən/	He's a very stubborn man. (= obstinate)	
determined (adj)	/dɪ'tɜ:mɪnd/	He is determined to become a pilot. (= resolved to)	
chic (adj)	/ʃi:k/	I love your new coat – it's very chic!	
designer (adj)	/dɪ'zaɪnə(r)/	I wear designer jeans.	
innovative (adj)	/'ɪnəvətɪv/	The car has an innovative design.	
original (adj)	/ə'ɹɪdʒənəl/	His work has a lot of original ideas.	
retro (adj)	/'reɪtrəʊ/	She dresses in a 1980s retro style.	
second-hand (adj)	/,sekənd 'hænd/	Second-hand cars are much cheaper than new ones.	

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vintage (adj)	/ˈvɪntɪdʒ/	We enjoy shopping for vintage clothes.	
at the back (of) (adv)	/ət ðə ˈbæk/	I sat at the back of the class.	
at the front (of) (adv)	/ət ðə ˈfrʌnt/	There is a small garden at the front of the house.	
behind (prep)	/bɪ ˈhaɪnd/	There's a forest behind the house. (≠ in front of)	
in the (top / bottom / right-hand / left-hand) corner (adv)	/ɪn ðə ˈkɔːnə(r)/	There's a dog in the top left-hand corner of the photo.	
in the foreground / background (of) (adv)	/ɪn ðə ˈfɔːgraʊnd, ˈbækgraʊnd/	You can see the hills in the foreground of the photo.	
in the middle (of) (adv)	/ɪn ðə ˈmɪdl/	There was a large table in the middle of the room.	
to the right / left (of sth) (prep)	/tə ðə ˈraɪt, ˈleft/	There's a newsagent's to the right of the post office.	
curly / straight (hair) (adj)	/ˈkɜːl, streɪt/	Tom's got curly hair, but Mia's got straight hair.	
ponytail (n) bun (n)	/ˈpɒnɪteɪl/ /bʌn/	Ann wears a ponytail when she does sport, but sometimes she prefers wearing a bun.	
cardigan (n) hoody (n)	/ˈkɑːdɪɡən/ /ˈhʊdi/	It was cold, so I <u>put on</u> my cardigan. I <u>took off</u> my hoody because it was very warm.	

Unit 2

Words	Phonetics	Examples in context	Translations
beach resort (n)	/'bi:tʃ ri,zɔ:t/	We spent the summer at a beach resort in Spain.	
escape the crowds (v)	/ɪ skeɪp ðə 'kraʊdz/	I found a quiet beach to escape the crowds.	
expedition (n)	/,ɛkspə'dɪʃn/	My brothers went on a fishing expedition together.	
get off the beaten track (idiom)	/get 'ɒf ðə 'bi:tn'træk/	We got off the beaten track and ate at a quiet local restaurant.	
get to know sb (v)	/,get tə 'nəʊ/	Alex's partner seems interesting. I'd like to get to know her better.	
national park (n)	/,næʃnəl 'pɑ:k/	We saw lots of wildlife in the national park.	
package holiday (n)	/'pækɪdʒ hɒlədeɪ/	We booked a package holiday in Spain.	
public transport (n)	/,pʌblɪk 'trænspɔ:t/	Do you go to school by public transport? (≠ on foot)	
soak up the sun (v)	/,səʊk ʌp ðə 'sʌn/	I can't wait to soak up the sun in Goa.	
take part (in sth) (v)	/teɪk 'pɑ:t/	We all took part in the discussion. (= to participate in)	
take time out (to do sth) (v)	/teɪk taɪm 'aʊt/	I'm going to take time out to read a few good books.	
tour (n)	/tʊə(r)/	We went on a tour of Oxford.	
tour guide (n)	/'tʊə(r) gaɪd/	She works as a tour guide in Venice.	

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tourist trap (n)	/'tʊərɪst træp/	That gift shop is a tourist trap. Let's go to the museum instead.	
travel destination (n)	/'trævl destɪˌneɪʃn/	Travel destinations like Rome and Paris are often very busy.	
trip (n) travel (n) journey (n) voyage (n)	/trɪp/ /'trævəl/ /'dʒɜːˈni/ /'vɔɪdʒ/	How was your trip to Turkey? He met many people on his travels. The journey from Geneva to Zurich takes around three hours. The voyage took three days on this ship.	
coach tour (n)	/'kəʊtʃ tɔː(r)/	They went on a ten-day coach tour around Scotland.	
enthusiastic (adj)	/ɪnθjuːzɪ'æstɪk/	The kids are very enthusiastic about sport. (= keen on)	
excursion (n)	/ɪk'skɜːʃn/	They're going on an excursion to the seaside.	
flight (n)	/flaɪt/	They met on a flight to Australia. (verb : fly, flew, flown)	
trek (n)	/trek/	We went on a trek for two weeks in the Himalayas.	
connect (with) (v)	/kə'nekt/	I use this forum to connect with people who share my hobbies.	
cut through (sth) (v)	/kʌt θruː/	It's much quicker if we cut through the field.	
drive (along) (v)	/draɪv/	I drove along the motorway. (drive, drove, driven)	
head (for sb / sth) (v)	/hed/	The ship was heading for the harbour.	
travel (down) (v)	/'trævl/	The bus travelled down a long country road.	

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wind (around) (v)	/waɪnd/	The path winds around the hills. (⚠ pronunciation) (wind, wound, wound; /waʊnd/)	
lead (to) (v)	/li:d/	I don't think this path leads anywhere. (lead, led, led; /'led/)	
aisle (n)	/aɪl/	Do not leave suitcases or bags in the aisle. (⚠ pronunciation)	
(go) ashore (adv)	/ə'ʃɔ:(r)/	The passengers went ashore for an hour while the ship was in port.	
backpacking holiday (n)	/'bækpækɪŋ ,hɒlədeɪ/	We went on a backpacking holiday round Europe last summer. (spring, summer, autumn/US: fall, winter)	
cabin (n)	/'kæbɪn/	You can only take small bags into the cabin of the plane.	
carriage (n)	/'kærɪdʒ/	The train conductor asked people to move along to the next carriage. (⚠ pronunciation)	
city break (n)	/'sɪti breɪk/	We went on a city break to Rome last spring.	
crossing (n)	/'krɒsɪŋ/	We had a rough crossing. (= harsh ≠ calm)	
cruise (n)	/kru:z/	They're planning to go on a cruise.	
deck (n)	/dek/	The restaurant is on the upper deck. Which deck do you like to ride on when you take the bus in London?	
gate (n)	/geɪt/	Flight 139 to Bali is now boarding at gate 16.	
hold (n)	/həʊld/	Five men were found hiding in the ship's hold.	

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honeymoon (n)	/ˈhʌnimu:n/	We went to Hawaii for our honeymoon.	
house swap (n)	/ˈhaʊs swɒp/	We're doing a house swap with a family who live in Paris.	
land (v)	/lænd/	The plane landed at Heathrow airport. (≠ take off) (take, took, taken)	
motorway (n)	/ˈməʊtəweɪ/	I love driving on the motorway. (US: highway)	
overhead locker (n)	/əʊvəhed ˈlɒkə(r)/	Please put your bags in the overhead locker.	
pier (n)	/piə(r)/	We boarded the boat from the pier. (⚠ pronunciation)	
platform (n)	/ˈplætfɔ:m/	The train to Hogwarts leaves from platform 9 ^{3/4} .	
runway (n)	/ˈrʌnweɪ/	The plane landed safely on the runway.	
seat belt (n)	/ˈsi:t belt/	Fasten your seat belt!	
set sail (v)	/set ˈseɪl/	Columbus set sail for India. (set, set, set)	
slow down (v)	/sləʊ ˈdaʊn/	Can't you slow down? You're driving too fast.	
speed up (v)	/spi:d ˈʌp/	The traffic sped up on the motorway. (speed up, sped up, sped up)	
stand (n)	/stænd/	The bus leaves from stand C.	
tracks (n pl)	/træks/	The train stopped because there was a tree across the tracks.	

Unit 3

Words	Phonetics	Examples in context	Translations
appropriate (adj)	/ə'prəʊpriət/	Now that the problem has been identified, appropriate action can be taken. (= suitable)	
appalled (adj)	/ə'pɔ:lɪd/	We were appalled by the poverty and starvation we saw everywhere. (⚠️ pronunciation) (= shocked; ⚠️ spelling)	
surprised (adj) astonished (adj) amazed (adj)	/sə'praɪzd/ /ə'stɒnɪʃt/ /ə'meɪzd/	I was very surprised to see Jim at the party. I was astonished by the decision. I was amazed by the change in his attitude.	
annoyed (adj) upset (adj)	/ə'nɔɪd/ /ʌp'set/	He's annoyed with himself for failing the exam. (= irritated) She was looking really upset about something	
cross (adj) pleased (adj)	/krɒs/ /pli:zd/	I was really cross with her for leaving me with all the work. Heather was very pleased with her new car.	
delighted (adj)	/dɪ'lɪtɪd/	She was delighted that she got the job.	
disgusted (adj)	/dɪs'gʌstɪd/	We were disgusted at the standard of service we received.	
frightened (of sth/sb) (adj) scared (of sth/sb) (adj)	/'fraɪnd/ /skeəd/	My little brother is frightened of spiders. Are you scared of the dark? (= to be afraid of; fear (n))	
be down in the dumps feel blue (idioms)	/bi 'daʊn ɪn ðə 'dʌmps/ /fi:l 'blu: /	She was down in the dumps because all her friends were on holiday. He'd been feeling blue all week.	

Words	Phonetics	Examples in context	Translations
feel down in the mouth (idiom)	/fi:l ,daʊn ɪn ðə 'maʊð/	I felt down in the mouth when you said you were leaving.	
be on cloud nine feel on top of the world (idioms)	/bi ɒn klaʊd 'naɪn/ /fi:l ɒn ,tɒp əv ðə 'wɜ:lɪd/	He was on cloud nine when he got his exam results. Chris felt on top of the world when he got his new motorbike.	
dizzy (adj)	/'dɪzi/	I get dizzy in high places.	
painful (adj) sore (adj)	/'peɪnfl/ /sɔ:(r)/	My ankle is still too painful to walk on. My feet were sore from walking so far.	
sick (adj) unwell (adj)	/sɪk/ /ʌn'wel/	His baby is sick again. (= ill) You should go home if you are unwell.	
swollen (adj)	/'swɒləʊn/	Her ankle was swollen after she twisted it.	
weak (adj)	/wi:k/	I am too weak to push this heavy trolley. (≠ strong)	
headache (n) backache (n) stomach ache (n)	/'hedeɪk/ /'bækeɪk/ /'stʌmək eɪk/	I've got a splitting (= very bad) headache. Dad had a backache after gardening all day. Prawns give me a stomach ache.	
tiredness (n)	/'taɪədnes/	Tiredness causes accident. (adj. = tired)	
ability (n)	/ə'brɪləti/	She has the ability to pass the exam, but she must work harder. (adj. = able)	
kindness (n) generosity (n)	/'kaɪndnes/ /,dʒenə'rɒsəti/	He thanked her for her kindness and generosity. (adj. = kind) / (adj. = generous)	

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happiness (n)	/'hæpɪnəs/	Money doesn't always bring happiness. (adj. = happy)	
meaning (n)	/'mi:nɪŋ/	What's the meaning of this word? (= sense, significance)	
necessity (n)	/nə'sesəti/	Clean water is an absolute necessity. (adj. = necessary)	
purpose (n)	/'pɜ:pəs/	My purpose in life is to help others. (= aim, goal) (⚠ pronunciation)	
prosperity (n)	/prɒ'sperəti/	Tourism has brought prosperity to many parts of Spain. (adj. = prosperous)	
compete (in) (v)	/kəm'pi:t/	The world's best athletes compete in the Olympic Games.	
commitment (n)	/kə'mɪtmənt/	I admire her commitment to the basketball team.	
discipline (n)	/'dɪsəplɪn/	It takes a lot of discipline to study for three hours a day.	
self-esteem (n)	/,selfɪ'sti:m/	Richard has low self-esteem.	
self-reliance (n)	/,selfrɪ'laɪəns/	Going to university teaches students self-reliance. (⚠ pronunciation)	
self-sacrifice (n)	/,self'sækrɪfaɪs/	Rebuilding the country after war demanded hard work and self-sacrifice.	
single-mindedness (n)	/,sɪŋgl'maɪndɪdnəs/	I admired her single-mindedness to win.	

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sportsmanship (n)	/ˈspɔːtsmənʃɪp/	The players showed sportsmanship when they shook hands after the match. (= fair-play)	
stamina (n)	/ˈstæmɪnə/	You need stamina to run a marathon.	
team spirit (n)	/ˌtiːm ˈspɪrɪt/	The group had plenty of team spirit.	
cheaply (adv)	/ˈtʃiːpli/	You can travel quickly and cheaply all over the town by bus. (adj. = cheap ≠ expensive)	
clearly (adv)	/ˈkliəli/	She clearly doesn't want to speak to you any more.	
extremely (adv)	/ɪkˈstriːmli/	Listen carefully because this is extremely important.	
incredibly (adv)	/ɪnˈkredəbli/	We have had some incredibly strong winds recently.	
quickly (adv) rapidly (adv) fast (adv)	/ˈkwɪkli/ /ˈræpɪdli/ /ˈfɑːst/	I'd like you to get here as quickly as possible. The quality of her work progressed rapidly. I love driving fast.	
really (adv)	/ˈriəli/	I'm really tired.	
surprisingly (adv)	/səˈpraɪzɪŋli/	Surprisingly few people got the correct answer.	
worryingly (adv)	/ˈwʌrɪŋli/	Worryingly, I can't find my house keys. (adj. = to be/feel worried)	

Unit 4

Words	Phonetics	Examples in context	Translations
climate change (n)	/'klaɪmət ˌtʃeɪndʒ/	Some people blame climate change on pollution.	
co-exist (v) (UK) coexist (US)	/ˌkəʊɪg'zɪst/	Can different ethnic groups co-exist peacefully?	
co-operate (v) (UK) cooperate (v) (US)	/kəʊ'ɒpəreɪt/	We are co-operating with a new firm on this project.	
devastate (v) devastation (n)	/'devəsteɪt/	The town was devastated by an earthquake. (= destroy)	
die out (v)	/daɪ 'aʊt/	Dinosaurs died out millions of years ago. (= disappear)	
floods (n pl) to flood (v)	/flʌds/	He was forced to leave his home because of the floods.	
interact (v) interaction (n)	/ˌɪntər'ækt/	He is studying the way children interact with each other.	
international (adj)	/ˌɪntə'næʃnəl/	He came second in an international piano competition. (≠ national)	
overcrowded (adj)	/ˌəʊvə'kraʊdɪd/	The trains are overcrowded on Friday evenings. (≠ empty) (▲ pronunciation)	
overflow (v) overflowing (adj)	/ˌəʊvə'fləʊɪŋ/	The tap was left on and the bath was overflowing.	
pollution (uncountable n)	/pə'ljuːʃn/	The rivers are all full of pollution.	

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preserve (v) preservation (n)	/prɪ'zɜ:v/	They've managed to preserve most of the wall paintings in the caves.	
reappear (v) reappearance (n)	/,ri:ə'piə(r)/	If any signs of the illness reappear, see your doctor immediately.	
relocate (v) relocation (n)	/,ri:ləʊ'keɪt/	My parents are relocating to the South of France. (= move)	
semi-circle (n)	/'semɪs:kl/	Please sit in a semi-circle.	
semi-permanent (adj)	/'semi'pɜ:mənənt/	We've decided to live in France on a semi-permanent basis.	
spread (v)	/spred/	Rats and flies spread disease. irregular verb: spread, spread, spread	
survive (v) survival (n) survivor (n)	/sə'vaɪv/	Only three people survived the crash.	
underdeveloped (adj)	/,ʌndə'deɪ'veləpt/	She's helping to build schools in underdeveloped countries. (⚠ pronunciation)	
wash sb / sth away	/,wɒʃ ə'weɪ/	The floods had washed the path away .	
manager (n)	/'mænɪdʒə(r)/	He is the manager of a shoe shop.	
set up (a company) (v) set up (a branch)	/,set'ʌp/	The company has set up a new branch in Wales.	
volunteer (n) + (v) volunteer (time / help) (v)	/,vɒlə'nɪə(r)/	Are there any volunteers to do the washing-up? He often volunteers for extra work because he really likes his job.	

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believe in sth (v) belief (n)	/bɪ'li:v ɪn/	He doesn't believe in eating meat.	
belong to sb / sth (v) belonging (n)	/bɪ'lɒŋ tə/	Do you belong to any political party?	
campaign for / against (v) a campaign (n)	/kæm'peɪn/	Local people are campaigning for lower speed limits in the town.	
care (about sb / sth) (v)	/keə(r)/	I only care about money.	
insist (on sth)	/ɪn'sɪst/	Dan insisted on coming too.	
organize (US) (v) organise (UK) (v) organization (US) (n) organisation (UK) (n)	/'ɔ:gənaɪz/ /ɔ:rgənəɪ'zeɪʃən/	The school organizes trips to various places of interest.	
protest (against sth) (v) protest (n)	/prə'test/	Students have been protesting against the government's decision.	
address (issues / a problem) (v)	/ə'dres/	The government is finally addressing the issue of corruption. (⚠️ pronunciation)	
aid (poor people / developing countries) (v)	/eɪd/	The government paid for food and medicine to aid developing countries. (= help)	
donate (money / clothes) (v) donation (n) donor (n)	/dəʊ'neɪt/	She donated a large sum of money to Cancer Research. (= give)	
promote (v) promotion (n)	/prə'məʊt/	The cream is being promoted as a miracle cure for wrinkles.	

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raise (money) (v) raise (awareness) (v)	/reɪz/	We are doing a sponsored walk to raise money for charity. The wristbands were sold to raise awareness of the campaign.	
rely on sb / sth (v)	/rɪ'laɪ/	The old lady had to rely on other people to do her shopping for her. (= depend on)	
sponsor (v) + (n)	/'spɒnsə(r)/	I'm running a marathon for charity – will you sponsor me?	
transform (lives / a situation) (v)	/træns'fɔ:m/	Having a baby has transformed my life. (= change)	
deforestation (n) deforest (v)	/,di:ˌfɒrɪ'steɪʃn/	Deforestation is a major cause of global warming.	
disease (n)	/di'zi:z/	Malaria is a disease. (= illness)	
poverty (n) poor (adj)	/'pɒvəti/	Millions of people in this country live in poverty.	
support (a charity / a campaign) (v)	/sə'pɔ:t/	My company is supporting the project.	
drought (n) dry (adj)	/draʊt/	The country had two years of severe drought. (⚠ pronunciation)	
unemployment (uncountable n)	/,ʌnɪm'plɔɪmənt/	The economy is doing badly and unemployment is rising. (≠ employment)	