

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Leisure interests					
aficionado		n C	/əˌfɪʃiəˈnɑːdəʊ/	someone who is very interested in something and knows a lot about it	This coffee is regarded by aficionados as one of the world's finest.
be crazy about		phr	/bi ˈkreɪzi əˌbaʊt/	be very enthusiastic about something	He's crazy about football.
fan	**	n C	/fæn/	someone who likes watching or listening to something such as a sport, films, or music very much, or who admires a famous or important person very much	They could see a crowd of noisy football fans.
get a taste for		phr	/get ə ˈteɪst fə/	to begin to like something	Charlotte quickly got a taste for it and now spends every weekend running around with a paint gun in her hand.
get the bug for		phr	/get ðə ˈbʌg fə/	to begin to have a sudden strong enthusiasm for doing something	Greg got the 'Trekkie' bug in a big way.
give (sth) a try		phr	/gɪv ə ˈtraɪ/	to do something in order to find out what happens or to find out whether something is good, appropriate, effective etc.	It was a colleague at work who first suggested that Charlotte Pullman should give paintballing a try.
be into		phr	/bi ˈɪntə/	to be interested in and enjoy an activity or subject	There's little point in saying that you're into pop music when you apply for a job.
be keen on		phr	/bi ˈkiːn ɒn/	to be interested in something and enjoying it, especially an activity that you do often	Tony O'Neill was always keen on ghost stories.
be obsessed with		phr	/bi ɒbˈsest wɪð/	to consider someone or something as so important that you are always thinking about them, in a way that seems extreme to other people	He was crazy about the sport, but he became more and more obsessed with it.
passion	**	n C	/ˈpæʃ(ə)n/	a strong enthusiasm or interest	But when hero worship turns into an all-consuming passion, it can be an addiction as dangerous as any other.
pastime		n C	/ˈpɑːs.taɪm/	something that you do regularly for fun in your free time	Skateboarding is the favourite pastime of many teenagers.
supporter	***	n C	/səˈpɔː(r)tə(r)/	someone who likes to watch a particular sports team and wants that team to win	Barcelona supporters were happy with the team's victory.
take (sth) up		phr	/ˌteɪk ˈʌp/	to start doing something regularly as a habit, job, or interest	Chris has taken up jogging.
Time adverbials					
after a while		phr	/ˌɑːftə(r) ə ˈwaɪl/	after a period of time	Some of the stars signed a few autographs but after a while it became too dangerous for them.
afterwards	***	adv	/ˌɑːftə(r)wə(r)dz/	after something else that you have already mentioned	I didn't see her again until a few days afterwards.
at first		phr	/ət ˈfɜː(r)st/	in the beginning before something changes	At first, I said no, but then he offered me ten pounds, then twenty-five, and finally fifty.

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at the beginning		phr	/æt ðə brɪ'ɡɪnɪŋ/	in the first part of an event or process before something changes	At the beginning, I found it really difficult to draw a line between collecting and trading.
eventually	***	adv	/ɪ'ventʃuəli/	at the end of a process or period of time in which many things happen	'Did they ever pay you?' 'Eventually, yes.'
finally	***	adv	/fɑɪn(ə)li/	after a long time, process, or series of events	My father finally agreed to let me go on the trip.
in the end		phr	/ɪn ði: 'end/	finally, after a period of time or thought	In the end, we decided not to buy it.
initially	***	adv	/ɪ'nɪʃ(ə)li/	at the beginning	I had initially thought I wanted to write novels.
later on		phr	/,leɪtə(r) ɒn/	in the future, or after the time already mentioned	I'll come and see you later on.
subsequently	**	adv	/sʌbsɪkwəntli/	after something else happened	The disease subsequently spread to the rest of the country.
to begin with		phr	/tə brɪ'ɡɪn wɪð/	before or during the first part of an activity or process	How did you get involved to begin with?
Expressions with thing					
a thing of the past		phr	/ə θɪŋ əv ðə 'pɑ:st/	something which no longer exists or happens	We all used to wear them at university, but it's a thing of the past now.
in-thing		phr	/,ɪn'θɪŋ/	something which is currently very fashionable	It's amazing but she's still the in-thing for young girls, all over the world.
it's just one of those things		phr	/ɪts ɪdʒʌst ɪ,wʌn əv ðəʊz 'θɪŋz/	used to say that you cannot prevent or change a situation or an event	I don't know why really, it's just one of those things.
one thing led to another		phr	/ɪ,wʌn θɪŋ led tu: ə'nʌðə(r)/	used when you cannot or do not want to give a lot of details about how something happens	One thing led to another, and before I knew it I had about thirty of them, all different.
the good thing is		phr	/ðə 'ɡʊd θɪŋ ɪz/	used for talking about the positive aspect of a bad thing or situation	I have too much work at the moment, but the good thing is I'm making more money.
the thing about		phr	/ðə 'θɪŋ ə,bəʊt/	used for talking about the problem with something or someone	The thing about Dave is he's always late for meetings.
Other words & phrases					
accessory	**	n C	/ək'sesəri/	a small thing such as a piece of jewelry or a pair of shoes that you wear with clothes to give them more style	Nike® succeeded in transforming the sports shoe into an essential fashion accessory.
antique	*	adj	/æn'ti:k/	old and valuable	He's got a collection of antique postcards.
applicant	*	n C	/'æplɪkənt/	someone who applies for something, such as a job or a loan of money	One job applicant who was obviously trying to make a good impression wrote that she had taken up blood-donating.
attend	***	v	/ə'tend/	to be present at an event or activity	Everyone in the office was expected to attend.
autograph		n C	/'ɔ:tə,ɡrɑ:f/	a famous person's name that they sign for someone else to keep	My mother got Frank Sinatra's autograph in the 1970s.

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babysit	*	v	/ˈbeɪbɪsaɪt/	to look after children in their home while their parents are not there, especially in the evening	I'll ask my mother to babysit.
background	***	n C	/ˈbækgraʊnd/	the type of career, training, or education that someone has had	A recent survey has shown that one in four CVs contain a lie of some kind, but resist the temptation to invent an interesting background for yourself.
backstage		adv	/ˌbækˈsteɪdʒ/	in the area behind the stage in a theatre, including the rooms where the actors get dressed	He let us go backstage.
badge	*	n C	/bædʒ/	a small round object that fastens onto your clothes with a pin and usually has a picture or writing on it. The American word is button.	I pinned the badge on my lapel.
bargain	**	n C	/ˈbɑː(r)ɡɪn/	something you buy that costs much less than normal	You should be able to pick up a few good bargains.
blood-donating		n U	/ˈblʌddəʊneɪtɪŋ/	allowing some of your blood to be taken from you so that it can be used in the medical treatment of someone else	One job applicant who was obviously trying to make a good impression wrote that she had taken up blood-donating.
bulging		adj	/ˈbʌldʒɪŋ/	sticking out	My friends like to joke that my husband is the star attraction in my collection because he's got these bulging eyes.
car boot sale		n C	/ˌkɑː(r)ˈbuːtˌseɪl/	a market where people sell things that they do not want from the back of their car	We bought it at a car boot sale.
chess	*	n U	/tʃes/	a game for two people, played on a board with black and white squares, using different shaped pieces, including two kings. The aim is to get the other players king into a position where it cannot move	We played a game of chess.
collectable		adj	/kəˈlektəb(ə)l/	able to be collected or obtained	The market specialises in collectable items.
confess	**	v	/kənˈfes/	to admit something about yourself that you would not normally tell people because you are embarrassed about it or they could be disappointed by it	I'll have to confess that I made an exception with this one.
convention	***	n C	/kənˈvenʃ(ə)n/	a meeting that a lot of people belonging to a particular profession or organization go to in order to discuss things	Chicago was chosen as the site for an international crime convention.
dark horse		n	/ˌdɑː(r)kˈhɔː(r)s/	someone with a secret, especially a secret ability, skill, or achievement, that surprises you when you finally discover it	I think he's a bit of a dark horse.
deal	***	v/n C	/di:l/	a formal agreement, especially in business or politics	It was my first deal, but later on, I found out that it was worth five times what he'd paid for it!
decay	*	v	/dɪˈkeɪ/	if a building or an area decays, its state gradually gets worse because it has not been looked after	The area is filled with decaying buildings.
dedicate	**	v	/ˈdedɪkeɪt/	to spend your time and effort doing something	He dedicated himself to academic work.
devote	**	v	/dɪˈvəʊt/	to spend a lot of time or effort doing something	He's devoted most of his time to his painting.

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dismiss	**	v	/dɪs'mɪs/	to refuse to accept that something might be true	The minister dismissed the idea that he had behaved badly.
draw a line between		phr	/,drɔː ə 'laɪn bɪ'twiːn/	to keep two things separate	I found it really difficult to draw a line between collecting and trading.
due to	***	phr	/'djuː tə/	if something is due to happen, it is expected to happen or should happen	We arrived outside the cinema before the stars were due to arrive.
enamel		n C/U	/ɪ'næm(ə)l/	a hard shiny substance used for protecting or decorating glass, metal, or clay	Most of them collect the old enamel or metal ones from before the war.
make an exception		phr	/,meɪk ən ɪk'sepʃ(ə)n/	to deal with someone or something in a different way from usual on a particular occasion only	I'll have to confess that I made an exception with this one.
gallon	*	n C	/'gælən/	a unit for measuring an amount of liquid, especially petrol or water. In the UK, a gallon is equal to 4.55 litres. In the US, a gallon is equal to 3.79 litres. A gallon contains 8 pints or 4 quarts	I've put a gallon of petrol in the car.
get carried away		v	/get ,kærɪd ə'weɪ/	to become so excited or involved in something that you lose control of your feelings or behaviour	Let's not get carried away. The deal could still fall through.
get hold of		v	/get 'həʊld əv/	to get something that you need or want	I've managed to get hold of some rather good wine.
ghost	**	n C	/gəʊst/	the spirit of a dead person that someone sees or hears	Do you believe in ghosts?
glamour		n U	/'glæmə(r)/	a special quality that makes a person, place, or situation seem very exciting, attractive, or fashionable	Most other cities cannot rival Hollywood for glamour.
gnome		n C	/nəʊm/	a stone or plastic model of a gnome (an imaginary little man in children's stories who wears a pointed hat and can do magic), used in gardens for decoration	Garden gnomes are popular in England.
goods	***	n pl	/gʊdz/	objects produced for sale	Wilkins was found in possession of £8,000 worth of stolen goods.
guerilla		n C	/gə'rɪlə/	a member of a military group that is not official and usually wants to change a political situation. Their main method is to make unexpected attacks in small groups.	The army is at risk of attack from guerilla fighters.
handle	***	v	/'hænd(ə)l/	to touch or hold someone or something	What's the most valuable autograph you've handled?
hang around		v	/'hæŋ ə'raʊnd/	to spend time in a place waiting or doing nothing	At school we used to hang around in the playground every day.
hooked		adj	/hʊkt/	if you are hooked on something, you find it so attractive or interesting that you want to do it as much as possible	I got hooked on Mozart.
hunter	*	n C	/'hʌntə(r)/	someone who is looking for a particular type of thing	She's a bit of a bargain hunter.
impatient	*	adj	/ɪm'peɪʃ(ə)nt/	annoyed because something is not happening as quickly as you want or in the way you want	He's very ambitious and sometimes impatient.

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in deep water		phr	/ɪn ˌdi:p ˈwɔ:tə(r)/	in a difficult or serious situation	You could find yourself in deep water if you made it all up.
instinct	**	n C	/ˈɪnstɪŋkt/	a natural tendency to behave in a particular way that people and animals are born with and that they obey without knowing why	It's a basic human instinct.
in stock		phr	/ɪn ˈstɒk/	if goods are in stock, they are available to buy in a store or shop	If you've got something in stock and the person subsequently dies, well, the value literally doubles overnight.
introverted		adj	/ˈɪntrəʊ,vɜ:(r)tɪd/	a little shy and tending to concentrate on your own thoughts and feelings	He became introverted and depressed.
job seeker		n C	/ˈdʒɒb ˌsi:kə(r)/	someone who is looking for a job. This word is used mainly by government officials.	The government are planning to cut payments to job seekers.
junk	*	n C	/dʒʌŋk/	old, broken, or useless things	You should get rid of all that junk in your garage.
kid	***	n C	/kɪd/	a child	If I ever have a kid myself, I know he'll enjoy looking at my collection in years to come.
lacking	**	adj	/ˈlækɪŋ/	if something important or useful is lacking, it does not exist or is not available	She seems to be totally lacking in common sense.
latter	***	adj	/ˈlætə(r)/	used for referring to the second of two people, things, or groups that have just been mentioned	He did well in both schoolwork and sport and won a number of medals in the latter (=in sport).
lawn	**	C	/lɔ:n/	an area of grass that is cut short, especially in someone's garden	I thought he was looking a bit lonely out there on the lawn all on his own.
liven up		v	/ˌlaɪv(ə)n ˈʌp/	to make something more interesting or exciting, or to become more interesting or exciting	What we needed was some music to liven things up.
looped		adj	/lu:pt/	with a round shape or curve made by a line curling back toward itself	People who write with looped letters are imaginative and creative.
make (sth) up		v	/ˌmeɪk ˈʌp/	to invent a story, poem, etc.	Use the words in the box to make up a story about a rescue.
memorabilia		n pl	/ˌmem(ə)rəˈbɪliə/	objects that you collect because they belonged to someone famous or are connected with something that interests you	She collects old cinema memorabilia.
nasty		adj	/ˈnɑ:sti/	used for talking about behaviour and people that are threatening	Some really nasty people are looking for him.
outgoing		adj	/ˌaʊtˈgəʊɪŋ/	someone who is outgoing is friendly and enjoys meeting and talking to people	Norman is very shy but his wife's outgoing.
overreact		v	/ˌəʊvəriˈækt/	to be more worried, annoyed, or offended by something than you should be	It's important not to overreact to a perceived threat.
naked	**	adj	/ˈneɪkɪd/	not wearing any clothes	There was a drawing of a naked woman in the gallery.
paintball		n	/ˈpeɪntˌbɔ:l/	an outdoor game in which people shoot each other using guns that fire pellets filled with paint	You need to wear goggles when playing paintball.

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point-blank		adv	/pɔɪnt'blæŋk/	in a very firm and direct way	Polly declared point-blank that she would never go there again.
prospective	**	adj	/prə'spektɪv/	likely to be or become a particular thing	I've got a meeting with a prospective client.
resist	***	v	/rɪ'zɪst/	to stop yourself from doing something that you would very much like to do	He was unable to resist the temptation of taking the wallet.
reveal	***	v	/rɪ'vi:l/	to show something that was covered or hidden	The wallet-sized system opens to reveal a keyboard and screen.
scary	*	adj	/'skeəri/	making you feel frightened	She told us a scary story.
script	**	n C	/skrɪpt/	the written words of a play, film, television programme, speech etc	She wrote the script for the film.
selfish	*	adj	/'selfɪʃ/	thinking only about yourself and not caring about other people	I decided to go for purely selfish reasons.
set up		v	/,set 'ʌp/	to make a piece of equipment ready for use	They set up tables at the back of their car to display the items they want to trade.
slant		v / n C	/slɑ:nt/	to be or move at an angle that is not 90 degrees, or to make something do this	His handwriting slants to the right.
slogan	*	n C	/'sləʊgən/	a short phrase that is easy to remember and is used to advertise something or to express the beliefs of a political party or other group	Anti-government slogans had been sprayed all over the wall.
spooky		adj	/'spu:ki/	frightening in a way that makes you nervous because it involves things that do not seem natural and cannot be explained by science	She told us a spooky story.
spread	***	v	/sprɛd/	to gradually affect or cover a larger area	The movement started in London but has now spread all over the world.
stall	**	n C	/stɔ:l/	a large table or a small building that is open at the front, used for selling things or for giving people information	In those days, you used to get market stalls, shops even, that sold nothing else.
stand out		v	/stænd 'aʊt/	if something stands out, it is easy to see or notice because it is different in some way	Job seekers need to make their application stand out.
sticker		n C	/'stɪkə(r)/	a piece of paper or plastic with a picture, colour, or writing on one side and a sticky surface on the other that you can stick to something	He collects football stickers.
survey	***	n C	/'sɜ:(r)veɪ/	a set of questions that you ask a large number of people or organizations	This survey shows the percentage of single-parent households in each area.
swap	*	n C / v	/swɒp/	the process of giving one thing in exchange for another	Everyone would have their pile and we'd go through them, and then do swaps and try to collect the whole set.
tempting		adj	/temptɪŋ/	if it is tempting to do something, something seems like a good idea but is probably wrong	It's tempting to believe that they don't want the job at all.
temptation	**	n U	/temp'teɪʃ(ə)n/	a strong feeling of wanting to have or to do something, especially something that is bad for you	The temptation to gamble is great, so he stays at home.

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tendency	**	n C	/ˈtendənsi/	an aspect of your character that you show by behaving in a particular way	He has a tendency to overreact.
terminate		v	/ˈtɜː(r)mɪneɪt/	if something terminates, or if you terminate it, it ends or you stop it	The military operation was terminated in 1969.
track down		v	/ˈtræk daʊn/	to find someone or something after a long search	I finally managed to track him down in Manchester.
trade	***	v/n U	/treɪd/	to buy or sell goods or services	The autographs I trade are still the same kind of thing.
trespass		v	/ˈtrespəs/	to go into a place without the owner's permission	He was found guilty of trespassing on government property.
voluntary	**	adj	/ˈvɒlənt(ə)ri/	voluntary work is done for no pay	When I was at university I took three months out to travel around Latin America and I got involved in some voluntary work in Costa Rica.
wardrobe	*	n C	/ˈwɔː(r)drəʊb/	the clothes that someone has	She is shopping for designer dresses to add to her wardrobe.
weapon	***	n C	/ˈwepən/	an object that can be used to hurt people or damage property, for example a gun, knife, or bomb	The murder weapon still hasn't been found.
weird	*	adj	/waɪə(r)d/	strange and unusual, sometimes in a way that upsets you	I had a weird dream last night.
you're kidding		phr	/jɔː(r) ˈkɪdɪŋ/	used to say that someone is saying something that is not true, especially as a joke	You're kidding now, aren't you?

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Adjectives (character)					
aggressive	**	adj	/ə'gresɪv/	someone who is aggressive is very determined to win or be successful	Today's executives are hungry, competitive, and aggressive.
cold-blooded		adj	/ˌkəʊld 'blʌdɪd/	deliberately cruel and showing no emotion	He committed a cold-blooded murder.
cuddly		adj	/'kʌd(ə)li/	a cuddly person or animal is attractive and makes you want to cuddle them, especially because they look soft or round	What a cuddly baby animal!
cute		adj	/kju:t/	attractive, usually small, and easy to like	You have a very cute child.
docile		adj	/'dɒsɪl/	well-behaved, quiet, and easy to control	Ann was a shy docile child.
ferocious		adj	/fə'reɪʃəs/	violent and able to cause serious damage or injury	Crocodiles are ferocious, cold-blooded killers.
inquisitive		adj	/ɪn'kwɪzətɪv/	keen to learn about a lot of different things	He's an intelligent and inquisitive young man.
lovely	***	adj	/'lʌvli/	kind, pleasant, and easy to like	He's a lovely little boy.
obedient	*	adj	/ə'bi:diənt/	doing what a person, law, or rule says that you must do	The children stood in a little group disciplined, and obedient.
playful		adj	/'pleɪf(ə)l/	lively and full of fun	They're such playful kittens.
tame		adj	/teɪm/	someone who is tame obeys other people or is afraid of them	He's so tame that he never stands up to her.
vicious	*	adj	/'viʃəs/	extremely violent	You have to be careful 'cos they can get quite vicious if they're frightened or scared or something.
Verb idioms					
add up		phr	/ˌæd 'ʌp/	if a set of facts does not add up, you do not believe it is correct because it does not match other information that you already have	There's something about this case that just doesn't add up.
butt in		phr	/ˌbʌt 'ɪn/	to join a conversation or activity without being asked to	Stop butting in to our conversation.
clear up		phr	/ˌkliə(r) 'ʌp/	to solve a problem or a mystery	Obviously the misunderstanding will have to be cleared up.
draw the line		phr	/ˌdrɔ: ðə 'laɪn/	to say that you will definitely not allow or accept something	We draw the line at acts of violent protest.
face	***	n C	/feɪs/	to accept that a bad situation exists and try to deal with it	Let's face it, they are a serious nuisance.
miss the point		phr	/ˌmɪs ðə 'pɔɪnt/	to fail to understand something	She missed the point entirely and thought I was blaming her.
Strong reactions					
blow (your) top		phr	/bləʊ 'tɒp/	to suddenly become very angry	The boss will blow his top when he hears about this.

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insane		adj	/ɪn'seɪn/	very stupid or crazy, especially in a way that is likely to cause serious problems, harm, or injury	She's totally insane.
livid		adj	/'lɪvɪd/	extremely angry	She will be absolutely livid when she finds out you lied to her.
lose (your) temper		phr	/lu:z 'tempə(r)/	to suddenly become angry	I'm sorry I lost my temper with you.
lunatic		n C	/'lu:nətɪk/	someone who behaves in an extreme or dangerous way	She's a complete lunatic.
need (your) head examined		phr	/ni:d 'hed ɪg'zæmɪnd/	to seem to be crazy or to be doing stupid things	He needs his head examined, paying that much money for an old wreck of a car.
round the bend		phr	/raʊnd ðə bend/	to become crazy	The noise is driving me round the bend.
worked up		phr	/ɪwɜ:(r)kt 'ʌp/	upset, angry, or excited	Try not to get too worked up about it.
Collocations with get					
get along		phr	/ɪget ə'ləŋ/	if people get along, they like each other and are friendly to each other	Maybe the dog and the owner just don't get along.
get around		phr	/ɪget ə'raʊnd/	if people get along, they like each other and are friendly to each other	Richard and his sister don't get along.
get in touch with		phr	/ɪget ɪn 'tʌtʃ ɪwɪð/	to speak or write to someone, especially after you have not spoken to them for a long time	I must get in touch with the bank and arrange an overdraft.
get involved		phr	/ɪget ɪn'vɒlvd/	if you get involved in something, you begin to take part in it	More people need to get involved in local charities.
get on with it		phr	/ɪget 'ɒn wɪð ɪt/	to give your time to something and make progress with it	My job's over and the two of them can just get on with it.
Other words & phrases					
abandon	**	v	/ə'bændən/	to leave someone when you should stay with them and take care of them	The Battersea Dogs' Home looks after pets which have been abandoned.
absurd	*	adj	/əb'sɜ:(r)d/	completely stupid, unreasonable, or impossible to believe	She makes the most absurd claims about her past achievements.
banish	*	v	/'bænɪʃ/	to make someone go somewhere else	Wine was poured and the children were banished to their rooms.
baron		n C	/'bærən/	a man who is a member of the nobility. In the UK, a baron has lower status than most other members of the nobility.	He was the second Baron Rothschild.
beak	*	n C	/bi:k/	the hard curved or pointed part of a bird's mouth	It has a powerful beak for eating seeds.
bill	***	n C	/bɪl/	a bird's beak	The duck's bill was exceptionally long.
break out		v	/'breɪkaʊt/	if something bad such as a war or disease breaks out, it starts	The fire must have broken out during the night.

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bury	**	v	/ˈberi/	to put something in the ground and cover it with earth	There's supposed to be treasure buried around here.
busker		n C	/ˈbʌskə(r)/	someone who performs music in the streets and other public places for money	I usually give money to buskers if they play well.
carriage	*	n C	/ˈkærɪdʒ/	a vehicle with wheels that is pulled by horses, especially one used in the past before cars were invented	She arrived in a horse-drawn carriage.
chick		n C	/tʃɪk/	a baby bird	We say a newly-hatched chick.
clash	**	v	/klæʃ/	a fight or battle between two groups of people	Urban fox lovers arrested in town hall clash!
conservationist	*	n C	/ˌkɒnsə(ɹ)ˈveɪʃ(ə)nɪst/	someone who works to protect the environment from damage or destruction	A lot of animal conservationists took part in the protest.
convinced	*	adj	/kənˈvɪnst/	certain that something is true	Despite all my father's arguments, I still wasn't convinced.
counter	*	v	/ˈkaʊntə(r)/	to reply to a criticism or statement that you disagree with	How can we counter these rumours?
crawl	*	v	/krɔ:l/	to move along the ground on your hands and knees or with your body close to the ground	She crawled across the floor, her eyes stinging from the smoke.
cruel	**	adj	/ˈkru:əl/	cruel events or situations make people suffer in a way that seems unfair	Zoos are cruel and unnecessary.
cull		n C	/kʌl/	an act of culling animals	A seal cull has been suggested.
curtsey		v	/ˈkɜ:(r)tsi/	if a woman curtsies, she shows her respect for someone by bending her knees with one leg behind the other as a formal greeting	She curtsied to the Duke.
dig	**	v	/dɪg/	to make a hole in earth or sand using your hands, a machine, or a tool, especially a spade	The children like to dig in the sand.
dingo		n C	/ˈdɪŋɡəʊ/	a wild dog that lives in Australia	They were attacked by dingoes.
distinctive	**	adj	/dɪˈstɪŋktɪv/	easy to recognize because of being different from other people or things of the same type	It's a smooth, rich coffee with a distinctive flavour.
eagle	*	n C	/ˈi:g(ə)l/	a large bird that kills other birds and animals for food	We saw a golden eagle at the zoo.
earl		n C	/ɜ:(r)l/	a man with a very high social position in the UK	He's the Earl of Essex.
eccentric		adj	/ɪkˈsentrɪk/	someone who is eccentric often behaves in slightly strange or unusual ways	She's regarded as being rather eccentric.
estate	***	n C	/ɪˈsteɪt/	a very large area of land that belongs to one person, usually with a very big house on it	He was convinced that his late father Robert had returned as a turkey on the family estate at Cookesborough.
executioner		n C	/ˌeksɪˈkju:ʃ(ə)nə(r)/	someone whose job is to execute criminals	She's the state's official executioner.
extinction	*	n U	/ɪkˈstɪŋkʃ(ə)n/	the situation when an animal, plant, or language no longer exists	Many species are in danger of extinction.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
face facts		phr	/ˌfeɪs ˈfæktz/	used for saying that someone has to accept the truth, although it is unpleasant	When are these people going to face facts?
fence	**	n C	/fens/	a flat upright structure made of wood or wire that surrounds an area of land	We put up fences to keep the foxes out.
flock of		phr	/ˈflɒk əv/	a group of birds, sheep, or goats	When he began university, he took with him a flock of several dozen kiwis.
fox	**	n C	/fɒks/	a wild animal similar to a small dog, with red-brown fur, a pointed face, and a thick tail	Fox hunting was banned in 2004.
gap	***	n C	/gæp/	a space or opening in the middle of something or between things	Fill in any gaps around windows and doors.
get rid of		phr	/get ˈrɪd əv/	to take action that stops something annoying, unpleasant, or not wanted from affecting you	We are not suggesting that we get rid of foxes altogether.
guinea pig		n C	/ˈɡɪni ˌpɪɡ/	a small animal with fur, short ears, and no tail. It is often kept as a pet	We know that a hungry fox will break into hutches and eat pet rabbits and guinea pigs.
habitat	*	n C	/ˈhæbɪtæt/	the type of place that a particular animal usually lives in or a particular plant usually grows in, for example a desert, forest, or lake	It's a rare bird that is in danger of losing its natural habitat.
hazard	**	n C	/ˈhæzə(r)d/	something that could be dangerous or could cause damage or accidents	One of the most widespread natural hazards is flooding.
hit it off		phr	/ˌhɪt ɪt ˈɒf/	if two people hit it off when they meet for the first time, they like each other	I didn't really hit it off with his sister.
hound		n C	/haʊnd/	a dog of any type	He banished the hound from the dining room.
hutch		n C	/hʌtʃ/	a structure for keeping small animals in, especially rabbits	We keep the rabbits in a hutch in the back garden.
indulge	*	v	/ɪnˈdʌldʒ/	to allow someone to do what they want or enjoy	It's part of her agent's job to indulge her whims.
ingratitude		n U	/ɪnˈɡrætɪtɪʒd/	behaviour or attitudes that show you are not grateful, especially when other people think you should be grateful	He accused the United States of ingratitude.
ironically		adv	/aɪˈrɒnɪkli/	used for saying that a situation has developed in an unexpected and sometimes humorous way	I used to be a postwoman – ironically – as some dogs really hate postmen!
iridescent		adj	/ˌɪrɪˈdes(ə)nt/	showing changing colours in different types of light	They looked like the iridescent wings of a dragonfly.
irritation	*	n U	/ˌɪrɪˈteɪʃ(ə)n/	something that annoys you, especially over a period of time	On top of that, there are minor irritations, like the problems with rubbish bins,
ivory	*	n U	/ˈaɪvəri/	the yellowish-white bone that an elephant's tusks are made of	He carried a knife with an ivory handle.
kitten	*	n C	/ˈkɪt(ə)n/	a young cat	Our cats had a litter of six kittens.
kiwi		n C	/ˈkiːwiː/	the bird that is the symbol of New Zealand. It has a long thin beak and cannot fly.	The kiwi will run to escape danger.

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lead	***	n C	/li:d/	a long thin piece of material attached to a dog's collar so that it can be controlled in a public place	She had the job of doing basic training with the pups, getting them used to walking on a lead.
leather	**	n C	/ˈleðə(r)/	a strong material made from animal skin that is used for making shoes, clothes, bags etc	She was wearing a black leather jacket.
leftovers		n pl	/ˈleft,əʊvə(r)z/	the food that remains at the end of a meal after you have finished eating	Keep the leftovers for tomorrow.
logger		n C	/ˈlɒɡə(r)/	someone whose job is to cut down trees	Illegal loggers cut down the trees.
logging		n U	/ˈlɒɡɪŋ/	the work of cutting down trees for wood	There is a lot of logging going on in this part of the forest.
mayor	**	n C	/meə(r)/	the most important elected official in a town or city	The election of the mayor was usually a popular occasion.
menace		v/n C	/ˈmenəs/	someone or something that is dangerous and likely to cause harm	Urban foxes are not only a nuisance they're a real menace!
messy		adj	/ˈmesi/	untidy or dirty	Foxes are forever turning over the bins to look for food, which is both messy and extremely unhygienic.
mildly	*	adv	/ˈmaɪldli/	to put it mildly is used for saying that the words you have chosen are not as extreme as they could have been	To put it mildly, Francis Henry Egerton, eighth Earl of Bridgewater liked dogs.
misbehaviour		n U	/ˌmɪsbɪˈheɪvjə(r)/	bad behaviour or behaviour that offends other people	Let's hope we see no misbehaviour from you this time.
napkin		n C	/ˈnæpkɪn/	a piece of cloth or paper used for protecting your clothes and wiping your mouth and hands while you are eating	Would you like a cloth napkin?
nuisance	*	n C	/ˈnju:s(ə)ns/	something that is annoying and is a continuing problem	These flies are a bit of a nuisance.
obstacle	**	n C	/ˈɒbstəkl(ə)l/	a difficulty or problem that prevents you from achieving something	Disabled people succeed in overcoming many obstacles in everyday life.
opossum		n C	/əˈpɒsəm/	an animal found in North America and Australia with thick fur and a long tail. The mother carries her babies inside a pouch on her body.	The opossum is the only marsupial in North America.
out of hand		phr	/aʊt əv ˈhænd/	not well controlled	Their numbers have got out of hand.
overhanging		adj	/ˌəʊvə(r)ˈhæŋɪŋ/	to stick out from an edge above something	I could see an overhanging cliff.
pest	*	n C	/pest/	an insect or small animal that damages plants or supplies of food	They say foxes are pests and carry diseases.
petition	**	n C	/pəˈtɪʃ(ə)n/	a document signed by many people that asks someone in authority to do something	More than 300 villagers have signed a petition against the building project.
pointless		adj	/ˈpɔɪntləs/	lacking any purpose or use	It would be pointless to try and stop him.
potential	***	adj	/pəˈtenʃ(ə)l/	possible or likely in the future	The disease is a potential killer.

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predator	**	n C	/ˈpredətə(r)/	an animal that kills and eats other animals	The birds have to be protected from foxes and other predators.
punishment	**	n C	/ˈpʌnɪʃmənt/	a way in which someone is punished	He had to clean up the mess as a punishment.
pup		n C	/pʌp/	a very young dog	I volunteered to take on a pup and it all just grew from there.
puppy	*	n C	/ˈpʌpi/	a very young dog	That's such a cute puppy.
red setter		n C	/ˌred ˈsetə(r)/	a breed of dog with reddish fur	Adolphus Cooke owned a large red setter named Gusty who used to run away and mix with common dogs.
reincarnation		n U	/ˌriːɪnkɑː(r)ˈneɪʃ(ə)n/	the belief that after you die you can be born again as a different person, animal, or thing	Adolphus Cooke was a firm believer in reincarnation.
reputation	***	n C	/ˌrepjʊˈteɪʃ(ə)n/	a general opinion that someone or something has a particular quality	The UK has a reputation for being a nation of dog lovers.
rewarding		adj	/rɪˈwɔː(r)dɪŋ/	giving you satisfaction, pleasure, or profit	Do you find your work rewarding?
rip	**	v	/rɪp/	to make a hole in something using force	Cats will rip open rubbish bags more often than foxes and dogs are always digging holes everywhere.
rope	**	n C	/rəʊp/	a type of very thick string that can be used for tying or pulling things	One of the men tied a rope to a tree.
row	***	n C	/rəʊ/	a series of people or things arranged in a straight line	There's a row of shops on that street.
saint		n C	/seɪnt/	someone who the Christian church officially honours after their death because they have lived an especially holy life. Saint is often written as St before a person's name	It was a holy place, the shrine of a saint.
scarlet	*	adj	/ˈskɑː(r)lət/	bright red in colour	She's wearing a scarlet evening dress.
silk	**	n U	/sɪlk/	thin smooth cloth made from the fibres produced by an insect called a silkworm	He's wearing an elegant shirt made of pure Chinese silk.
slaughter		v	/ˈslɔːtə(r)/	the killing of animals, usually for their meat	The cattle were being sent for slaughter.
smoothly		adv	/ˈsmuːðli/	without difficulty, problems, or delays	I'm always amazed at how quickly and smoothly they get around.
solemnly		adv	/ˈsɒləmli/	in a serious way	He used to wear a different pair of shoes for each day of the year and every night they were solemnly placed beside those he had worn the previous day.
stick	**	n C	/stɪk/	a long, thin piece of wood that has been broken or cut from a tree	He used to like riding on giant tortoises which he persuaded to advance by hanging a lettuce from a stick which he held in front of the tortoises' nose.

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stunning	*	adj	/ˈstʌnɪŋ/	very impressive or beautiful	The male bird has a stunning tail that can grow to 60 cm in length.
tackle	**	v	/ˈtæk(ə)l/	to make an organized and determined attempt to deal with a problem, often a social problem such as crime or unemployment	Successive governments have failed to tackle the question of homelessness.
tortoise		n C	/ˈtɔː(r)təʊs/	an animal that walks slowly and can pull its head and legs into the shell on its back	Tortoises can live to be very old.
treat	*	n C	/tri:t/	to use medicine or medical methods to cure a patient or an illness	She was treated for smoke inhalation.
trial	***	n C	/ˈtraɪəl/	the process of examining a case in a court of law and deciding whether someone is guilty or innocent. When a case comes to trial, it is brought to a court and the person who has been accused of a crime stands trial (=appears in court)	They're on trial for armed robbery.
turkey	*	n C/U	/ˈtɜː(r)ki/	a large bird similar to a chicken that has no feathers on its head and is often eaten at Christmas and Thanksgiving. The sound that turkeys make is called gobbling.	Wild turkeys are native to North America.
unhygienic		adj	/ˌʌnhɑɪˈdʒiːnɪk/	not clean, and likely to cause disease	They're forced to live in unhygienic conditions.
vaccine		n C/U	/ˈvæksɪn/	a substance put into the body, usually by injection, in order to provide protection against a disease	Scientists are developing a vaccine for the disease.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Compound adjectives					
clean-shaven		adj	/ˌkliːnˈʃeɪv(ə)n/	a clean-shaven man shaves the hair from his face, so that he does not have a beard or moustache	The man I saw was bearded, not clean-shaven.
easy-going		adj	/ˌiːziˈɡəʊɪŋ/	relaxed, calm, and not getting easily upset about things	Paddy's an easy-going kind of guy.
middle-aged	*	adj	/ˌmɪd(ə)lˈeɪdʒd/	used for suggesting that someone's behaviour, clothes etc are boring and typical of middle-aged people	They are in their twenties, but have very middle-aged views.
second-hand	*	adj	/ˌsekəndˈhænd/	owned or used by someone else before you	I often buy second-hand books.
short-lived		adj	/ˌʃɔː(r)tˈlɪvd/	lasting for a short period of time	Her popularity was great, but short-lived.
well-off		adj	/ˌwelˈɒf/	rich, or having enough money to live well	They worked long hours and became very well off.
worn-out		adj	/ˌwɔː(r)nˈaʊt/	too old or damaged to use any longer	Cheap high street clothes can look scruffy and worn-out after only a couple of washes.
Expressions with look					
by the look of it		phr	/ˌbaɪ ðə ˈlʊk əv ɪt/	judging by the appearance of something	Although by the look of it, it could have been about ten years ago.
feminine-looking		phr	/ˈfemənɪnˌlʊkɪŋ/	with an appearance that is traditionally considered to be typical of women	You could wear something a bit more feminine-looking, maybe.
have a look		phr	/ˌhæv ə ˈlʊk/	to direct your eyes toward someone or something so that you can see them	Do you have a look at the price of clothes before trying them on?
look your best		phr	/ˌlʊk jə(r) ˈbest/	to appear as good or attractive as possible	You could try to look your best for once.
look through		phr	/ˌlʊk ˈθruː/	to read something quickly, especially to find the information you need	I looked through a magazine while I was waiting.
looks		n pl	/ˌlʊks/	the attractive appearance of someone, especially their face	She's got everything – looks, intelligence, and money.
the look		phr	/ðə ˈlʊk/	the expression that you have on your face or in your eyes	I just don't like the looks we get when we're in a posh restaurant.
Slang					
airhead		n C	/ˈeə(r)ˌhed/	a silly or stupid person	You're such an airhead.
beat		adj	/bi:t/	very tired	I'm going to bed now – I'm beat.
blow		n C	/bləʊ/	to spend a lot of money quickly on things that you do not need	I used to blow all the money.
a drag		n S	/ə ˈdræg/	something or someone that is boring or causes small annoying problems	Doing housework is such a drag.

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dumb		adj	/dʌm/	stupid	You gave him your phone number? That was a dumb thing to do.
grand		n C	/grænd/	a thousand pounds, or a thousand dollars	Donald made over 75 grand last year.
nuts		adj	/nʌts/	crazy	He'd be nuts to take the job.
psyched		adj	/ˌsaɪkt ˈlʌp/	extremely surprised, excited, or nervous	The team were pretty psyhed before the match.
Other words & phrases					
abnormal	*	adj	/æbˈnɔː(r)m(ə)l/	not usual or typical, especially in a way that is worrying or that shows there may be something wrong or harmful	That's highly abnormal behaviour.
aftershave		n C/U	/ˈɑːftə(r)ˌʃeɪv/	a liquid with a strong pleasant smell that a man puts on his face after shaving	He splashed aftershave on his face.
anorexia		n U	/ˌænəˈreksɪə/	a serious illness that makes you want to stop eating and that mainly affects young women. Its full medical name is anorexia nervosa.	She was diagnosed with anorexia.
battle	***	n C	/ˈbæt(ə)l/	a situation in which someone is trying very hard to deal with a difficult situation	It was a daily battle to get my son to go to school.
beard	*	n C	/bɪə(r)d/	hair that grows on a man's chin and cheeks	his thick white beard
big mouth		n C	/ˈbɪɡ ˌmaʊθ/	someone who talks a lot and is unable to keep anything secret	One time this photographer, a real big mouth, wanted me to bite a necklace.
blame	***	v	/bleɪm/	to say or think that someone or something is responsible for an accident, problem, or bad situation	Another celebrity sufferer blames her dysmorphia on the pressures of life as a teenage movie star.
blemish		n	/ˈblemɪʃ/	a mark or spot that spoils the appearance of something	Make-up can do wonders to hide spots and other blemishes.
bothered		adj	/ˈbɒðə(r)d/	someone who can't be bothered will not do something because it is too much effort	Most fashions are so short-lived that I can't be bothered to follow them.
bound to			/ˈbaʊnd tə/	something that is bound to happen will almost certainly happen	There's bound to be something that you like.
brand	**	n C	/brænd/	a product or group of products that has its own name and is made by one particular company. The word for a machine or vehicle made by one particular company is a make	I tried using a new brand of soap.
bully	*	n C	/ˈbʊli/	someone who frightens or hurts someone who is smaller or weaker than they are	Dave is the office bully.
catalogue	**	n C	/ˈkætəlɒɡ/	a book containing information organized in a specific way, and often containing pictures	Here, I got this catalogue from Next.
catwalk		n C	/ˈkætˌwɔːk/	the raised area at a fashion show that the models walk along	I started with some photo shoots, and then I did a few catwalk jobs.

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commune		n C	/ˈkɒmjʊ:n/	a group of people who live together and share work, food, income, and possessions	He grew up on a hippie commune.
compensate	**	v	/ˈkɒmpənsɪt/	to change or remove the bad result of something	This payment more than compensates for what we've lost.
complexion	*	n C	/kəmˈpleksj(ə)n/	the appearance of the skin on someone's face, and whether it is pale, dark, smooth etc	She has an oily complexion.
compulsive		adj	/kəmˈpʌlsɪv/	impossible to control and therefore sometimes harmful	He has a compulsive eating disorder.
conquer	*	v	/ˈkɒŋkə(r)/	to gain control of a situation or emotion by making a great physical or mental effort	He finally conquered his fear of heights.
constant	***	adj	/ˈkɒnstənt/	continuous or regular over a long period of time	His health has been a constant source of concern for us.
corporate	***	adj	/ˈkɔː(r)p(ə)rət/	relating to large companies, or to a particular large company	He's a member of a powerful group that represents corporate America.
cosmetic		adj	/kɒzˈmetɪk/	relating to the improvement of someone's appearance	Several nuts produce oils suitable for cosmetic use.
counterpart	**	n C	/ˈkaʊntə(r),pɑː(r)t/	someone or something that has the same job or purpose as another person or thing, but in a different country, time, situation, or organization	The prime minister is meeting his German counterpart.
crave		v	/kreɪv/	to want something very much and in a way that is very hard to control	He'd craved the attention of the older kids.
curious	**	adj	/ˈkjʊəriəs/	someone who is curious wants to find out about something	As well as being very curious, some people thought she was very strange.
cynical	*	adj	/ˈsɪnɪk(ə)l/	someone who is cynical believes that people care only about themselves and are not sincere or honest	Do you have to be so cynical about everything?
deep-rooted		adj	/ˌdiːpˈruːtɪd/	a deep-rooted feeling, belief, idea etc is strong and you have had it for so long that it is difficult to change	I have a deep-rooted fear of spiders.
defect	**	n C	/ˈdiːfekt/	a fault in someone or something	There are a few minor design defects.
demanding	**	adj	/dɪˈmɑːndɪŋ/	a demanding person needs a lot of attention and is not easily pleased or satisfied	Young children can be very demanding.
denim		n U	/ˈdenɪm/	thick cotton cloth that is usually blue and is used especially to make jeans	They wore denim jeans and jackets.
disapproval		n U	/ˌdɪsəˈpruːv(ə)l/	a feeling of not approving of someone or something	Dr Jensen shook her head in disapproval.
disillusioned		adj	/ˌdɪsɪˈluːz(ə)nd/	disappointed because you have discovered that someone or something is not as good as you had believed	Disillusioned teachers are leaving the profession in large numbers.
distinguish	***	v	/dɪˈstɪŋɡwɪʃ/	to be a feature that makes someone or something clearly different from other similar people or things	There is very little to distinguish it from the hundreds of other websites devoted to this subject.

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dye		v	/daɪ/	to change the colour of something such as clothing or your hair using dye	Do you think she dyes her hair?
dysmorphia		n U	/dɪs'mɔːfɪə(r)/	a psychological condition in which someone is obsessed with a particular aspect of their physical appearance	In men, it can take the special form of muscle dysmorphia, a syndrome driving more and more men to compulsive exercising.
encapsulate		v	/ɪn'kæpsjuleɪt/	to express something in a short clear form that gives the most important facts or ideas	This letter encapsulates our concerns.
estranged		adj	/ɪ'streɪndʒd/	an estranged husband, wife, father or mother is no longer living with their family	They want to make their estranged father proud of them.
ethnic	**	adj	/ˈeθnɪk/	ethnic clothing, food, music, etc. comes from countries outside Western Europe and North America	Ethnic, Indian-inspired jewellery and clothes were 'in'.
fault	***	n C	/fɔːlt/	a feature of something that makes it less good	The book's main fault is that it is too long.
fit in		v	/ˌfɪt ˈɪn/	to be accepted by a group of people because you are similar to them	I tried to fit in, but they were all much younger than I was.
flared		adj	/fleə(r)d/	wider at one end	She wears flared denim jeans and loose tops with flowery or psychedelic patterns.
fleece		n C	/fliːs/	a short jacket or pullover made of soft artificial material	He was wearing a black fleece.
formerly	**	adv	/ˈfɔː(r)mə(r)li/	in the past	Ho Chi Minh City, formerly called Saigon
genre	*	n C	/ˈʒɒnrə/	a particular style used in cinema, writing, or art, which can be recognized by certain features	The novel did not really exist as a genre before the 17th century.
goddess		n C	/ˈɡɒdes/	one of the female spirits or beings with special powers that people in some religions believe in and worship	Eris was the Greek goddess of strife.
Goth		n C	/ɡɒθ/	someone who follows a type of fashion that was first popular in the 1980s, in which people have black clothes, black hair, very white make-up and dark lipstick	Goths first came on the scene in the early 1980s as punk fashions became more and more uniform.
grease		n U	/ɡriːs/	to put grease on something	The boys wore their hair long and greased back with a prominent quiff at the front and the girls wore American-style ponytails.
heritage	**	n U	/ˈherɪtɪdʒ/	the art, buildings, traditions, and beliefs that a society considers important to its history and culture	Ireland has a rich musical heritage.
hidden agenda			/ˌhɪd(ə)n əˈdʒendə/	a secret reason for doing something, because you will get an advantage from it	Does globalization have a hidden agenda?
incomprehensible		adj	/ɪn,kɒmpri'hensəb(ə)l/	impossible to understand	I find it incomprehensible that nothing has yet been done about this.
influential	**	adj	/ˌɪnfluˈenʃ(ə)l/	able to influence the way other people think or behave	He is one of the most influential figures in the government.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
initiative	***	n C / U	/ɪˈnɪʃətɪv/	the ability to decide in an independent way what to do and when to do it	The biggest drag is you have to be so passive, you can't show any initiative, you have to do exactly what the photographer and the client want you to.
insecure		adj	/ɪnˈsɪːkjuə(r)/	not confident about yourself	She's always been very insecure about the way she looks.
inspire	**	v	/ɪnˈspaɪə(r)/	to give someone the idea for a piece of work	The sea inspired many of the artist's later paintings.
keep your cool			/ˌkiːp jə(r) 'kuːl/	to remain calm in a difficult situation	She kept her cool and won the argument.
legend	**	n C	/'ledʒ(ə)nd/	someone who very many people know about and admire	the Hollywood legend, Elizabeth Taylor
linen	*	n U	/'lɪnɪn/	light cloth made from a plant called flax	Dollar bills are a mixture of 75% cotton and 25% linen, and if you burn a bill, you'll see that it burns in a different way from paper.
lipstick		n C	/'lɪp,stɪk/	a coloured substance in the form of a small stick that women put on their lips	Do you ever wear lipstick?
loose	**	adj	/luːs/	loose clothes are large and do not fit your body tightly	She's wearing a loose cotton shirt.
manifestation	*	n C	/ˌmænɪfɛ'steɪʃ(ə)n/	evidence that something exists or is present	The demonstrations were a manifestation of the people's discontent.
never-ending		adv	/ˌnevə(r)'endɪŋ/	continuing for a very long time and likely to continue even longer	There was a never-ending stream of people walking to the stadium.
pearl	*	n C/U	/pɜː(r)l/	a small round jewel that is white and shiny and that grows inside the shell of an oyster	She's wearing a pearl necklace.
phase	***	n C	/feɪz/	a particular period of time during the development of something	It was a depressing phase in the country's history.
photo shoot		n C	/'fəʊtəʊ ʃuːt/	an occasion when a professional photographer takes photographs of someone for a magazine	This would be an ideal location for the photo shoot.
physique		n C	/'fɪːziːk/	the shape of someone's body, especially a man's	He has a muscular physique.
piercing		n C	/'pɪə(r)ɪŋ/	a hole made through a part of your body so that you can put jewellery in it	The postcards depicted extravagantly-hairstyled punks with nose piercings.
pimple		n C	/'pɪmp(ə)l/	a small red lump on your skin, especially on your face	Eating too much chocolate will give you pimples.
ponytail		n C	/'pəʊniːteɪl/	long hair that is tied at the back of the head and hangs down	I usually wear my hair in a ponytail.
portrayal		n C	/pɔː(r)'treɪəl/	the way that something or someone is portrayed	He is best known for his chilling portrayal of a serial killer.
posh		adj	/pɒʃ/	something that is posh looks expensive and attractive	We had dinner at a posh restaurant.
provocative		adj	/prə'vɒkətɪv/	intended to start arguments between people or to make people angry or upset	That was a deliberately provocative remark.

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psychedelic		adj	/ˌsaɪkəˈdelɪk/	psychedelic clothes, designs etc are very brightly coloured and have big unusual patterns	Psychedelic art makes use of bright and highly contrasting colours.
psychiatric	*	adj	/ˌsaɪkiˈætrɪk/	connected with the treatment of mental illness	She's been checked into a psychiatric unit.
puberty		n U	/ˈpjʊ:bə(r)ti/	the stage of development when a child changes physically into an adult	I changed a lot when I reached puberty.
punk	*	n C	/pʌŋk/	a young person who likes punk music, and who often has brightly-coloured hair, and wears torn clothing with a lot of chains and pins	She's got a punk haircut.
quiff		n C	/kwɪf/	the front part of a man's hair shaped so that it is higher than the rest	His hair was carefully combed into a quiff.
range	**	n C	/reɪndʒ/	a group of products of the same type that a particular company makes or that a particular store sells	Explore the range of WholeBodySense products and order online.
reasonable	***	adj	/ˈri:z(ə)nəb(ə)l/	used about people's decisions, actions etc	We have taken all reasonable precautions to avoid an accident.
rejection	**	n C/U	/rɪˈdʒekʃ(ə)n/	a refusal to accept, approve, or support something	It was an outright rejection of authority.
requirement	***	n C	/rɪˈkwaɪə(r)mənt/	something that is needed in order for something else to happen	Check the engine's fuel requirements.
riot	**	n C	/ˈraɪət/	a violent protest by a crowd of people	Seven people were hurt as police tried to quell the riot.
rip off		phr	/rɪp ˈɒf/	to cheat someone, especially by charging them too much money for something	Travel company rips off Scottish tourists.
rough	***	adj	/rʌf/	difficult and with a lot of problems	I had a rough day at the office.
rush	**	v	/rʌʃ/	to hurry to do something	Hayley rushed to answer the phone.
safety pin		n C	/ˈseɪftɪ pɪn/	a curved pin with a cover that the sharp point goes into when it is fastened	The jacket was fastened with a safety pin.
scruffy		adj	/ˈskrʌfi/	untidy or dirty	She's wearing a scruffy old T-shirt.
shallow	**	adj	/ˈʃæləʊ/	not interested in serious ideas, strong feelings, or other important things	Frank's a pretty shallow person.
sneer		v	/sniə(r)/	to speak in an unpleasant way that shows you do not respect someone or something and you think you are better than them	He's always sneering at the way people dress.
spot	***	n C	/spɒt/	a very small red lump on someone's face	Teenagers often get spots.
spotlight		n	/ˈspɒtˌlaɪt/	a situation in which you get a lot of public attention	She's enjoying life out of the spotlight.
stream	**	n C	/stri:m/	a continuous flow of people or things	There was a steady stream of visitors to the museum.
stud	*	n C	/stʌd/	a small piece of jewellery on a short metal post that is worn through a part of your body	She has a nose stud.

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studded		adj	/ˈstʌdɪd/	decorated with metal studs	He's wearing a studded belt.
stunning	*	adj	/ˈstʌnɪŋ/	extremely attractive	She's a stunning blonde.
susceptible to		adj	/səˈseptəb(ə)l tuː/	easily influenced or affected by something	Police officers here are very susceptible to corruption.
swear	**	v	/sweə(r)/	to use words that are deliberately offensive, for example because you are angry with someone	She was shouting and swearing at everyone.
syndrome	*	n C	/ˈsɪnˌdrɒm/	a medical condition that has a particular set of effects on your body or mind	This syndrome causes people normally thought of as being extremely attractive to look in the mirror and see faults in their faces and figures that no one else can see.
tabloid		n C	/ˈtæblɔɪd/	a newspaper with fairly small pages mostly containing stories about famous people and not much serious news. More serious newspapers are called broadsheets, which have bigger pages, or compacts.	The tabloids are full of gossip about the case.
tanned		adj	/tænd/	someone who is tanned has darker skin than before because of spending time in the sun	He was very tanned.
treat	***	v	/tri:t/	to behave towards someone in a particular way	She felt she had been unfairly treated, and complained to her boss.
tribe	**	n C	/traɪb/	a large group of related families who live in the same area and share a common language, religion, and customs	In primitive human societies, it was normal for the young to look up to the most successful members of the tribe and to use them as role models.
velvet		n U	/ˈvelvɪt/	cloth that is very soft on one side and smooth on the other	She was dressed in black velvet.
waistcoat		n C	/ˈweɪs(t)kəʊt/	a piece of clothing without sleeves that is usually worn over a shirt	The suit comes with a matching waistcoat.
wide-collared		adj	/ˌwaɪdˈkɒlə(r)d/	a wide-collared coat, shirt, or dress has a collar that is larger than usual	They wore long, knee-length velvet jackets, straight, flowery waistcoats and wide-collared shirts.
worship	*	n U / v	/ˈwɜː(r)ʃɪp/	to love and admire someone or something very much	They worshipped political and social success.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Word building					
anxiety	**	n U	/æŋˈzaɪəti/	a worried feeling you have because you think something bad might happen	A lot of students suffer from anxiety at exam time.
anxious	**	adj	/ˈæŋkʃəs/	worried because you think something bad might happen	His silence made me anxious.
caution	**	n U	/ˈkɔːʃ(ə)n/	careful thought and lack of hurry in order to try to avoid risks or danger	We drove along the road with extreme caution.
cautious	*	adj	/ˈkɔːʃəs/	careful to avoid problems or danger	Perhaps a more cautious approach would bring better results.
fear	***	n U	/fiə(r)/	the feeling that you have when you are frightened	Edward knew it was dangerous, but he felt no fear.
fearful		adj	/ˈfiə(r)f(ə)l/	frightened	Fearful parents kept their children indoors.
fearless		adj	/ˈfiə(r)ləs/	not afraid of anyone or anything. This word shows that you admire people like this	She was a fearless critic of the corrupt leadership.
harm	**	n U	/hɑː(r)m/	injury, damage, or problems caused by something that you do	Too many projects that lead to environmental harm.
harmful	*	adj	/ˈhɑː(r)mf(ə)l/	causing harm	This decision could have harmful consequences.
harmless	*	adj	/ˈhɑː(r)mləs/	not causing any harm	Most of these bugs are harmless to us.
reason	***	n C	/ˈriːz(ə)n/	a fact, situation, or intention that explains why something happened, why someone did something, or why something is true	What was your reason for not liking the film?
reasonable	***	adj	/ˈriːz(ə)nəb(ə)l/	fair and sensible	Some people think it is perfectly reasonable to climb into the mouth of a volcano.
risk	***	n C / U	/rɪsk/	the possibility that something unpleasant or dangerous might happen	Some people's fear of flying is far out of proportion to the actual risk it involves.
risky	*	adj	/ˈrɪski/	involving the possibility of danger, harm, or failure	I wouldn't do it if I were you – it's too risky.
unreasonable	*	adj	/ʌnˈriːz(ə)nəb(ə)l/	not sensible	She has an unreasonable fear of spiders.
Word class					
abolish	**	v	/əˈbɒlɪʃ/	to officially get rid of a law, system, practice etc	Britain abolished slavery in 1807.
abolition		n U	/ˌæbəˈlɪʃ(ə)n/	the official end to a law, system, practice etc	James is in favour of the abolition of the death penalty.
brave	**	adj	/breɪv/	capable of dealing with danger or pain, without seeming to be frightened	It is easy to be brave from a safe distance.
bravery		n U	/ˈbreɪvəri/	brave behaviour	She showed bravery in the face of danger.
courage	**	n U	/ˈkʌrɪdʒ/	the ability to do something that you know is right or good, even though it is dangerous, frightening, or very difficult	She has shown immense courage in opposing a corrupt and violent regime.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
courageous		adj	/kə'reɪdʒəs/	very brave and determined	You've taken a courageous decision today.
disobedience		n U	/ˌdɪsə'bi:diəns/	someone's behaviour when they do not obey orders or rules	Disobedience will not be tolerated.
disobey		v	/ˌdɪsə'beɪ/	to deliberately do the opposite of what someone in authority has told you to do, or deliberately not obey a rule	If you continue to disobey the rules, you will be punished.
equal	***	adj	/'i:kwəl/	the same in value, amount, or size	President Johnson signed the Civil Rights Bill which granted equal rights to all American citizens.
equality	**	n U	/'ɪkwələti/	the state of being equal, especially in having the same rights, status, and opportunities	The Party is committed to sexual and racial equality.
free	***	adj	/fri:/	not a prisoner or a slave	He will soon be a free man again.
freedom	***	n C	/'fri:dəm/	the right to do what you want, make your own decisions, and express your own opinions	You can't separate peace from freedom because no one can be at peace unless he has freedom.
liberate		v	/'lɪbəreɪt/	to give someone the freedom to do what they want, for example by taking them out of a situation in which their behaviour is controlled	People thought technology had the power to liberate them from hard work.
liberty	**	n C	/'lɪbə(r)ti/	the freedom to think or behave in the way that you want and not be controlled by a government or by other people	The movement would fight for liberty and equality.
slave	**	n C	/sleɪv/	someone who belongs by law to another person as their property and has to obey them and work for them	Better to starve free than be a fat slave.
slavery		n U	/'sleɪvəri/	the condition of being a slave, or of having to work for another person	These were women who were forced into sexual slavery.
Homophones					
bare	**	adj	/beə(r)/	a part of your body that is bare is not covered by any clothes	The idea is to pick up the snake with your bare hands and throw it in the sack.
bear	**	n C	/beə(r)/	a large wild animal with thick fur. There are several different types of bears, for example the polar bear and the grizzly bear. A young bear is called a bear cub	They were attacked by a bear.
coarse	*	adj	/kɔ:(r)s/	a coarse substance or surface feels rough and hard	The jacket was made of coarse material.
course	***	n C	/kɔ:(r)s/	one of the parts of a meal	I had prawns, followed by steak for my main course.
ensure	***	v	/ɪn'ʃʊ:(r)/	to make certain that something happens or is done	Our new system ensures that everyone gets paid on time.
insure	*	v	/ɪn'ʃʊ:(r)/	to regularly pay an insurance company an amount of money so that they will give you money if something that you own is damaged, lost, or stolen, or if you die or are sick or injured	His appearance was so repulsive that I had to have my mirrors insured.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
plain	**	adj	/pleɪn/	plain food is simple and does not have a lot of things added to it	Plenty of stalls selling fried rattlesnake, rattlesnake kebabs, barbecued rattler, or just plain baked rattlesnake.
plane	***	n C	/pleɪn/	an aircraft with wings and at least one engine	Terrorists release two passengers from the plane.
pray	**	v	/preɪ/	to speak to God or a saint, for example to give thanks or ask for help	Some people go to church to pray.
prey	**	n C	/preɪ/	an animal that is caught by another animal and eaten	Spiders usually catch their prey by building webs.
principal	***	adj	/ˈprɪnsəp(ə)l/	main, or most important	The principal aim of the project is to provide an answer to this question.
principle	***	n C	/ˈprɪnsəp(ə)l/	A basic belief, theory, or rule that has a major influence in the way in which something is done	Don't move and he'll stay still, too. In principle anyway!
tail	**	n C	/teɪl/	a part at the back of an animal's body that can move	The animal sprays liquid from a gland under its tail.
tale	**	n C	/teɪl/	a story about imaginary events or people	We read tales of bravery and romance.
whole	***	adj	/həʊl/	all of something	I'm getting tired of the whole thing.
hole	***	n C	/həʊl/	a space in the surface of something that goes partly or completely through it	Rain poured through a gaping hole in the roof.
Other words & phrases					
abuse	**	n C / U	/əˈbjuːs/	cruel, violent, or unfair treatment, especially of someone who does not have the power to prevent it	The regime had been responsible for serious human rights abuses.
abusive		adj	/əˈbjuːsɪv/	using offensive or insulting language	He started receiving abusive text messages.
acronym		n C	/ˈækrənɪm/	an abbreviation consisting of letters that form a word. For example, NATO is an acronym for the North Atlantic Treaty Organization	It's a very memorable acronym.
acupuncture		n U	/ˈækjʊ.pʌŋktʃə(r)/	a medical treatment from China that involves putting special needles into particular parts of the body	Have you tried acupuncture or alternative medicine?
alliance	**	n C	/əˈlaɪəns/	a group of people, organizations, or countries who have united to work together to achieve something	Have you spoken to members of other parties within the alliance?
antidote		n C	/ˈæntɪ.dəʊt/	a substance that prevents a poison from having bad effects	There is no known antidote to the poison.
antivenin		n U	/ˌæntɪˈvɛnɪn/	a substance that prevents venom from having bad effects	We use the venom to manufacture the antivenin.
assertive		adj	/əˈsɜː(r)tɪv/	behaving in a confident way in which you are quick to express your opinions and feelings	You need to be more assertive to succeed in business.
award	***	v	/əˈwɔː(r)d/	to give someone a prize or other reward because they have achieved something	The prize is awarded annually.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
back	***	v	/bæk/	to give support to a person, organization, or plan, making them more likely to succeed	We'll back you all the way on this one!
bake	*	v	/beɪk/	to cook food in an oven	Bake the fish for about ten minutes.
balance	***	n C	/'bæləns/	a situation in which different aspects or features are treated equally or exist in the correct relationship to each other	A healthy diet is about getting the correct balance of a variety of foods.
bossy		adj	/'bɒsi/	someone who is bossy keeps telling other people what to do, in a way that annoys them	Don't be so bossy!
boycott		n C	/'bɔɪkɒt/	to not take part in an event, or to not buy or use something as a protest	She urged people to boycott the company's products.
campaigner		n C	/ˌkæmˈpeɪnə(r)/	someone who tries to achieve political or social change by persuading other people or the government to do something	Animal rights campaigners are trying to close down the farm.
capacity	***	n C / U	/kəˈpæsəti/	the ability to do something	Harry had a tremendous capacity for work.
civilize		v	/'sɪvəlaɪz/	to make someone behave in a more polite and reasonable way	The time has come for us to civilize ourselves.
conditioned		adj	/kənˈdɪʃ(ə)nd/	if someone is conditioned by their experiences or by another person, they are influenced by them so that they think or behave in a particular way	A phobia is a conditioned reflex.
confront	**	v	/kənˈfrʌnt/	to deal with a difficult situation	They have to confront the object of their fears.
cruel	**	adj	/'kru:əl/	someone who is cruel enjoys causing pain to other people or animals, or enjoys making them unhappy or upset	How could you be so cruel to someone who never did you any harm?
cruelty	*	n C / U	/'kru:əlti/	behaviour that deliberately causes pain to other people or animals, or that makes them unhappy or upset	She was shocked by the cruelty of his words.
culminate		v	/'kʌlmɪneɪt/	to happen or exist as the final result of a process or situation	A series of financial disasters culminated in the collapse of the country's largest bank.
deep-fried		adj	/ˌdi:pˈfraɪd/	cooked in a lot of hot oil	I love deep-fried onions.
defy		v	/dɪˈfaɪ/	to refuse to obey someone or something	The commander defied a direct order to surrender.
deserve	**	v	/dɪˈzɜ:(r)v/	if you deserve something, it is right that you get it, for example because of the way you have behaved	After five hours on your feet you deserve a break.
distress	**	n U	/dɪˈstres/	a feeling that you have when you are very unhappy, worried, or upset	I wouldn't want to cause her any distress.
domineering		adj	/ˌdɒmɪˈnɪəriŋ/	trying to control other people and make them obey you	She has an unpleasant domineering personality.
drop in		v	/ˌdrɒp ˈɪn/	to make a short visit somewhere	Why don't you drop in for coffee some time?
enclosed		adj	/ɪnˈkləʊzd/	surrounded by something and separated from what is outside	He has a fear of enclosed spaces.
fang		n C	/fæŋ/	one of the long pointed teeth that some animals have, for example snakes, dogs, and tigers	The snake bared its fangs.

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fine	*	v	/faɪn/	to make someone pay an amount of money as punishment for breaking the law	She was fined £250 for speeding.
folks	**	n pl	/fəʊks/	people	Folks can watch the snake handling shows throughout the day.
frail	*	adj	/freɪl/	physically weak and not very healthy	He is frail, but still manages to walk with a stick.
genetic	**	adj	/dʒə'netɪk/	relating to genes, or to the study of genes	Doctors believe the condition is caused by a genetic defect.
gradual	*	adj	/'grædʒuəl/	gradual processes and changes happen slowly and by small amounts	Scientists have observed a gradual change in the climate.
grant	***	v	/grɑ:nt/	to allow someone to have or do what they want	Irish nationalists urged the British government to grant an amnesty to all political prisoners.
harassment	*	n U	/'hærəsmənt/ /hə'ræsmənt/	annoying or unpleasant behaviour towards someone that takes place regularly, for example threats, offensive remarks, or physical attacks	The UN cannot tolerate the continuing harassment of peacekeeping soldiers.
herpetologist		n C	/'hɜ:(r)pə'tɒlədʒɪst	someone who scientifically studies amphibians and reptiles	I spoke to herpetologist, Chick Ferragamo, who introduced me to my first rattler.
homeless	*	adj	/'həʊmləs/	without a place to live	The government runs hostels for young homeless people.
hypnosis		n U	/'hɪp'nəʊsɪs/	a very relaxed state in which you seem to be sleeping but can still react to someone else's suggestions	He was under hypnosis for about an hour.
in a hurry		phr	/'ɪn ə 'hʌrɪ/	to do something or go somewhere quickly because you do not have much time	A frail old lady steps in line ahead of them and claims that she is in a hurry.
install	**	v	/'ɪnstɔ:l/	to put a piece of equipment somewhere and make it ready for use	Crime has decreased since the security cameras were installed.
interstate		adj	/'ɪntə(r)'steɪt/	existing or taking place between states, especially between the states in the US or Australia	He's an expert in interstate commerce.
mass	**	adj	/mæs/	involving or affecting a large number of people	The government is trying to solve the problem of mass unemployment.
medium-rare		adj	/'mi:diəm'reə(r)/	meat that is medium-rare has been cooked for a short time so that it is still slightly red in the middle	They are in a restaurant and order a steak medium-rare.
needle	**	n C	/'ni:d(ə)l/	a very thin sharp metal tube used for putting medicine or drugs into your body, or for taking blood out. It is attached to a plastic tube called a syringe	He has a fear of needles.
openness	*	n U	/'əʊpənəs/	an honest way of talking or behaving in which you do not try to hide anything	The judge praised him for his honesty and openness.
overcome	**	v	/'əʊvə(r)'kʌm/	to succeed in dealing with or controlling a problem	What can I do to overcome my fear of rejection?
overemphasize		v	/'əʊvər'emfə,saɪz/	to treat something as more important than it really is	We cannot overemphasize how damaging these results are to our reputation.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
oversleep		v	/ˌəʊvə(r)ˈsli:p/	to wake up later than you intended to	Sorry I'm late. I overslept.
overturn		v	/ˌəʊvə(r)ˈtɜ:(r)n/	to say officially that something such as a decision or law is wrong and change it	The appeal court refused to overturn the lower court's decision.
panic	**	n U / v	/'pænik/	a sudden strong feeling of fear or worry that makes you unable to think clearly or calmly	She felt a moment of sheer panic.
pass down		v	/ˌpɑ:s ˈdaʊn/	to give knowledge or teach skills to your children or to younger people	These traditional stories have been passed down from parent to child over many generations.
phobia		n C	/'fəubiə/	a very strong feeling of disliking or being afraid of someone or something	She has a phobia about spiders.
privilege	**	n C	/'prɪvəlɪdʒ/	a special benefit that is available only to a particular person or group	Cheap air travel is one of the privileges of working for the airline.
proceeds	*	n pl	/'prəʊ.sɪ:dz/	money that a person or organization makes from selling or winning something, or from organizing an event or activity	The proceeds will go to the school for refugee children.
prone to	*	adj	/'prəʊn ˌtu:/	likely to do something or be affected by something, especially something bad	The coastal region is prone to earthquakes.
rattle		n C	/'ræt(ə)l/	part of a rattlesnake's tail which makes short sharp knocking sounds as it moves or shakes	The rattle on the end of the tail is a warning signal.
rattler		n C	/'ræt(ə)lə(r)/	a rattlesnake	I was bitten by a rattler.
rattlesnake		n C	/'ræt(ə)lˌsneɪk/	a poisonous US snake that makes a noise that sounds like a rattle with its tail	Rattlesnakes usually hunt at night.
reassured	**	adj	ˌri:ə'ʃʊə(r)d/	made to feel less worried about something	Feeling better informed, but not particularly reassured it was time to move on to Sweetwater.
rebellion		n C	/'rɪˌbeljən/	opposition to someone in authority or to accepted ways of doing things	We can achieve our aims through disobedience and through rebellion.
reflex		n C	/'ri:flɛks/	a way of reacting to something that you do very quickly, without thinking about it	A phobia is a conditioned reflex.
regain	**	v	/'rɪˌgeɪn/	to get something again that you lost, especially an ability or a mental state	You should soon regain your appetite.
regardless	**	adv	/'rɪˌgɑ:(r)dɪəs/	without being affected or influenced by someone or something	President Johnson signed the Civil Rights Bill which granted equal rights to all American citizens regardless of the colour of their skin.
reserved		adj	/'rɪˌzɜ:(r)vɪd/	someone who is reserved tends not to talk about or show their feelings	They are emotionally reserved.
reverend		n C	/'rev(ə)rənd/	a title used for some Christian priests and ministers	That's the Reverend Francis Keenan.
reverse	**	v	/'rɪˌvɜ:(r)s/	to change the order or development of events, a process, or a situation to be the opposite of what it was	The effects of the disease can only be reversed by a bone-marrow donation.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
round up		n C	/ˈraʊndʌp/	an occasion when animals or people are forced to gather together in one place	The police conducted a round-up of suspects.
rule	***	v	/ru:l/	to officially control or govern a country or area	Portugal ruled East Timor for nearly four centuries.
sacking		n C	/ˈsækɪŋ/	rattlesnake sacking is a sport in which people try to get live rattlesnakes into a sack without being injured	Later in the programme, we'll visit the Rattlesnake Sacking Championships.
scout	*	n C	/skaʊt/	a boy or girl who is a member of the Scouts, an organization that encourages boys and girls to learn practical skills and help other people	The proceeds all go to good causes – the boy and girl scouts, the Red Cross, the homeless.
segregation		n U	/ˌsegrɪˈgeɪʃ(ə)n/	the policy of keeping people from different groups, especially different races, separate. Integration is the policy of bringing these groups together	Racial segregation in schools is no longer legal in the US.
self-assured		adj	/ˌselfəˈʃʊ:(r)d/	confident and relaxed because you are sure of your abilities	He's a little too self-assured for my liking.
severe	***	adj	/sɪˈvɪə(r)/	a severe pain, injury, or illness is one which is serious and unpleasant	They suffer severe panic attacks.
short-changed		adj	/ˌʃɔ:(r)tʃeɪndʒd/	if someone is short-changed, they do not receive back enough money for something they have paid for after they have paid more than the full price for the things	After walking out of a store, they discover they were short-changed by £3.
spark	*	v	/spɑ:(r)k/	to make something happen, especially something involving violence or angry feelings	The protests were sparked by the firing of two restaurant employees.
stand up for		v	/stænd ˈʌp fɔ:(r)/	to defend someone or something that is being criticized or attacked	You've got to stand up for what you believe in.
starve	*	v	/stɑ:(r)v/	to suffer or to die because there is not enough food	Better to starve free than be a fat slave.
stick	**	n C	/stɪk/	a thin piece of wood that has been broken or cut from a tree	I went out to find some sticks for a fire.
stiff	**	adj	/stɪf/	something that is stiff does not bend easily. If you have a stiff upper lip, you remain calm and do not let other people see what you are really feeling in a difficult or unpleasant situation	It is often said that the British have a 'stiff upper lip'.
swallow	**	v	/ˈswɒləʊ/	to make food or drink go from your mouth down through your throat and into your stomach	She quickly swallowed the rest of her coffee.
threat	***	n C	/θret/	a situation or an activity that could cause harm or danger	Officials were confident there had been no threat to public health.
timid		adj	/ˈtɪmɪd/	shy and nervous	She gave me a timid smile.
treat (sb)	***	v	/tri:t/	to use medicine or medical methods to cure a patient or an illness	Vitamin deficiency can be properly diagnosed and treated by a doctor.
trigger	**	v	/ˈtrɪgə(r)/	to cause someone to have a particular feeling or memory	People with a phobia often have an object that triggers their fears.

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venom		n U	/ˈvenəm/	poison produced by some animals, especially snakes and insects	The venom causes paralysis within a few minutes.
victim	***	n C	/ˈvɪktɪm/	someone who has suffered as a result of the actions or negative attitudes of someone else or of people in general	He was a victim of racism.
well-done		adj	/ˌwelˈdʌn/	well-done meat is meat that has been completely cooked	Would you like your steak rare, medium-rare or well-done?

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Art					
abstract	**	adj	/ˈæbstrækt/	abstract art expresses the artist's ideas or feelings rather than showing the exact appearance of people or things	They have a large collection of modern abstract paintings.
collection	***	n C	/kəˈleɪʃ(ə)n/	works of art that are kept together, for example in a museum	The gallery houses one of the finest collections of impressionist art.
curator		n C	/kjʊˈreɪtə(r)/	someone whose job is to look after the objects in a museum	She's the curator of the museum.
dealer	***	n C	/ˈdi:lə(r)/	a person or company that buys and sells a particular product	The company is one of the largest New York art dealers.
exhibit	**	v	/ɪɡˈzɪbɪt/	to put something interesting in a museum or other public place so that people can go and look at it	His work will be exhibited in Moscow later this year.
exhibition	***	n C	/ˌeksɪˈbɪʃ(ə)n/	a public show where art or other interesting things are put so that people can go and look at them	We saw an exhibition of paintings by Henri Matisse.
landscape	**	n C	/ˈlæn(d),skeɪp/	a painting of an area of land	We went to an exhibition of Paul Gunn's most recent landscapes.
mural		n C	/ˈmjʊərəl/	a large painting done on a wall	This is a hand-painted mural by Diego Rivera.
patron	*	n C	/ˈpeɪtrən/	someone who supports the work of writers, artists, musicians etc, especially by giving them money	He was an enthusiastic patron of the arts.
portrait	**	n C	/ˈpɔ:(r)trɪt/	a painting, drawing, or photograph of someone, especially of their face only	The gallery features portraits of the most famous people in British history.
sculpture	**	n C	/ˈskʌlptʃə(r)/	a solid object that someone makes as a work of art by shaping a substance such as stone, metal, or wood	Works to be shown include sculptures by Houdon and Carpeaux.
self-portrait		n C	/ˌselfˈpɔ:(r)trɪt/	a picture of you that you draw or paint yourself	This painting is a self-portrait of the artist.
still life		n C	/ˈstɪl laɪf/	a type of art that represents objects rather than people, animals, or the countryside	A still life of flowers in a vase was sold recently.
-ever words					
however	***	adv	/haʊˈevə(r)/	used when you are saying something that seems surprising after your previous statement, or that makes your previous statement seem less true	Critics of the hospital's policy, however, were unimpressed.
whatever	***	adv	/wɒtˈevə(r)/	used for saying that what happens or what is true is not important, because it makes no difference to the situation	Whatever you think of it, I don't think that anybody would say it's a masterpiece.
whenever	**	adv	/wenˈevə(r)/	every time that something happens	Whenever we unveil a work of art, people always get together and talk about it.
wherever	**	adv	/werˈevə(r)/	everywhere or anywhere where someone does something or where a particular situation exists	Wherever you go in France, you see large public arts projects all around you.
whoever	**	adv	/huːˈevə(r)/	used for saying that it does not matter who is involved in something because the result or the situation will be the same	Whoever made the decision certainly hasn't got good taste.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Phrasal verbs					
come up with		phr	/kʌm 'ʌp wɪð/	to think of something such as an idea or a plan	Is that the best you can come up with?
live up to		phr	/lɪv 'ʌp tuː/	to be as good as what was expected or promised	The breathtakingly beautiful scenery certainly lived up to expectations.
put (sb/sth) off		phr	/,pʊt 'ɒf/	to make someone not want to do something, or to make someone not like someone or something	It's beginning to put me off my food.
set up		phr	/,set 'ʌp/	to start something such as a business, organization, or institution	The group plans to set up an import business.
take to		phr	/'teɪk ,tuː/	to begin to like someone or something	I took to John immediately.
turn (sb) away		phr	/,tɜː(r)n ə'weɪ/	to refuse to let someone come into a place	Reporters who visited the team's training ground were turned away.
turn (sb/sth) down		phr	/,tɜː(r)n daʊn/	to not accept an offer or request	I don't believe it: he turned me down flat!
turn out		phr	/,tɜː(r)n aʊt/	to develop in a particular way, or to have a particular result	Obviously, I'm disappointed at the way things have turned out.
Other words & phrases					
best-seller		n C	/'best'selə(r)/	a book that many people buy	She wrote her first best-seller when she was thirty years old.
billionaire		n C	/'bɪljə'neə(r)/	someone who has more than a billion pounds or dollars	Many new billionaires have been created in the country.
bookworm		n C	/'bʊk,wɜː(r)m/	someone who enjoys reading books and spends a lot of time doing it	I'm a bit of a bookworm.
breathe	**	v	/briːð/	to say something very quietly	'Oh' I breathed.
broadcast	**	n C	/'brɔːd,kɑːst/	a programme that can be seen or heard on radio or television	Channel 5's main news broadcast attracts a lot of viewers.
budget	***	n C	/'bʌdʒɪt/	the amount of money a person or organization has to spend on something	Two-thirds of their budget goes on labour costs.
building site		n C	/'bɪldɪŋ ,saɪt/	a place where something is being built	Proper safety procedures must be observed at all times on the building site.
calendar	**	n C	/'kælɪndə(r)/	a set of pages showing the days, weeks, and months of a particular year	There's a calendar on the wall.
candle	**	n C	/'kænd(ə)l/	a stick of wax with a string in it called a wick that you burn to give light	Blow out the candle.
catch up with		phr	/kætʃ 'ʌp 'wɪð/	to improve in order to reach the same standard or rate as someone or something	This country is simply catching up with other countries like France.
charm	**	n U	/'tʃɑː(r)m/	the quality of being pleasant or attractive	It has a certain charm.

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cloth	**	n C	/kloth/	a piece of cloth used for a particular purpose such as cleaning or covering a table	The table was covered with a yellow cloth.
clove		n C	/kloʊv/	a brown dried flower bud used as a spice for adding flavour to food	Add oil of cloves to improve the flavour.
colossal		adj	/kə'ləs(ə)l/	extremely great or large	It was a colossal achievement.
commission	***	n C	/kə'mɪʃ(ə)n/	a group of people that is officially put in charge of something or asked to find out about something	They set up a special parliamentary commission.
commit suicide		phr	/kə,mɪt 'su:ɪsaɪd/	to deliberately kill yourself	She was suffering from depression and tried to commit suicide.
comply		v	/kəm'plaɪ/	to obey a rule or law, or to do what someone asks you to do	You are legally obliged to comply fully with any investigations.
controversy	**	n C	/'kɒntrəvɜ:(r)si/ /kən'trɒvə(r)si/	a disagreement, especially about a public policy or a moral issue that a lot of people have strong feelings about	The election ended in controversy, with allegations of widespread vote-rigging.
conviction	**	n C/U	/kən'vɪkʃ(ə)n/	a strong belief or opinion about something	She holds deep religious convictions.
cover	***	n C	/'kʌvə(r)/	the outside page at the front or back of a book or magazine	The Oprah Winfrey Book Club logo on the front cover of a novel is now enough to ensure huge sales.
crawl	*	v	/kro:l/	if an insect crawls, it moves forward using its legs	His works include live maggots crawling over a dead animal.
craze		n C	/kreɪz/	something that suddenly becomes very popular, but for only a short time	The band is very popular at the moment because of the craze for Irish music.
depression	**	n U	/dɪ'preʃ(ə)n/	a feeling of being extremely unhappy	Some children show signs of anxiety and depression at exam time.
detention centre		n C	/dɪ'tenʃ(ə)n ,sentə(r)/	a special prison for young people	Oprah ran away from her home and, at the age of thirteen, was sent to a juvenile detention centre.
disbelief		n U	/'dɪsbɪ'li:f/	the feeling of not believing someone or something, especially something shocking or unexpected	Public reaction to the announcement has been one of shock and disbelief.
dot	*	n C	/dɒt/	a very small spot of ink or colour	The female fish is yellow, with tiny orange dots on the tail.
faint	*	v	/feɪnt/	to suddenly become unconscious for a short time, and usually fall to the ground	Many people in the crowd fainted in the heat.
falter		v	/'fɔ:ltə(r)/	to stop speaking, or to speak with pauses between the words, because you are nervous or upset	'But – my other ear is not pierced,' I faltered.
farce		n C	/fɑ:(r)s/	a situation or event that is silly because it is very badly organized, unsuccessful, or unfair	The trial has been a complete farce, from beginning to end.
focal point		n C	/'fəʊk(ə)l ,pɔɪnt/	the most important, interesting, or attractive part of something, that you concentrate on or pay particular attention to	Many environments could be improved, made more attractive with well-chosen works of art as a focal point.

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fuel		v	/ˈfjuːəl/	to make something increase or become worse, especially something unpleasant	The appointment of the new curator has fuelled the debate.
get away with		phr	/,get əˈwei wɪð/	to manage to do something bad without being punished or criticized for it	They have repeatedly broken the law and got away with it.
glance	***	v	/glɑːns/	to look somewhere quickly and then look away	I glanced up to see Britta watching me from the window.
godsend		n s	/ˈgɒdˌsend/	something that you are very grateful for because it helps you in a difficult situation	For the publishing world, it was a godsend.
greet	**	v	/gri:t/	to react to an action or news in a particular way	The unveiling of the sculpture was greeted with disbelief by the popular press.
have an affair		phr	/,hæv ən əˈfeə(r)/	to have a sexual relationship with someone, especially when you are married to someone else	Both of them had affairs with other people.
intimate		adj	/ˈɪntɪmət/	relating to very private or personal things	Drawn into the intimate world of her master's art.
jug	*	n C	/dʒʌg/	a container from which you pour liquids such as water or milk. The usual American word is pitcher	Fill a measuring jug with water.
juvenile	*	adj	/ˈdʒuːvənəl/	relating to young people who have committed a crime or who are accused of committing a crime	Oprah ran away from her home and, at the age of thirteen, was sent to a juvenile detention centre.
logo	*	n C	/ˈləʊgəʊ/	a symbol that represents an organization or company, used for example in its advertisements or on its products	The company has redesigned their logo.
maggot		n C	/ˈmæɡət/	a small soft creature with no arms or legs that later changes into a fly. Maggots are found in old meat and dead bodies.	The flour was crawling with maggots.
maid		n C	/meɪd/	a woman whose job is to clean rooms, serve meals, wash clothes etc in a house	She summoned her maid.
melt	**	v	/melt/	to change a solid substance into a liquid	Melt the butter in a small saucepan.
mortuary		n C	/ˈmɔː(r)tʃuəri/	a place where a dead body is kept	He works at the hospital mortuary.
needle	**	n C	/ˈniːd(ə)l/	a small thin metal tool that is used for sewing. It has a sharp point at one end and a hole at the other	I got out a needle and clove oil and pierced my other ear.
network	***	n C	/ˈnetˌwɜː(r)k/	a group of companies that broadcast the same television or radio programs throughout a large area, or a company that produces or sells the rights to such broadcasts	She is also the co-founder of a successful cable TV network.
nominate	*	v	/ˈnɒmɪneɪt/	to officially suggest that someone should be given a job, or that someone or something should receive a prize	Anyone can nominate a team for an award.
overly		adv	/ˈəʊvə(r)li/	very much, or too much	It is a problem, but we're not overly worried about it.
overpowering		adj	/ˌəʊvə(r)'paʊəɪŋ/	an overpowering smell or taste is very strong	The smell of paint was so overpowering.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
pearl	*	n C	/pɜ:(r)l/	a small round jewel that is white and shiny and that grows inside the shell of an oyster	She was wearing a pearl necklace.
perfectionist		n C	/pə(r)'fɛkʃənɪst/	someone who always wants things to be done perfectly	He can be a bit of a perfectionist.
phenomenon	**	n C	/fə'nɒmɪnən/	an event or situation that can be seen to happen or exist	The book club phenomenon grew and grew.
pill	*	n C	/pɪl/	a small piece of solid medicine that you swallow with water	I take a vitamin pill every morning.
pregnant	**	adj	/'pregnənt/	if a woman is pregnant, she has a baby developing inside her body	I was eight months pregnant at the time.
put forward		v	/'put 'fɔ:(r)wə(r)d/	to offer an idea, opinion, reason, etc, especially so that people can discuss it and make a decision	Oprah put forward a book which she had read and enjoyed and discussed it on the programme.
quote	*	n C	/kwəʊt/	the price that someone says they will charge you for doing a particular piece of work	Can you give us a quote for the whole job?
rate	***	n C	/reɪt/	the speed at which something happens within a particular period of time	The population was growing at an alarming rate.
recover	***	v	/'rɪkʌvə(r)/	to become fit and healthy again after an illness or an injury	It was while she was recovering from the bus accident that she began painting.
regime	**	n C	/'reɪʒɪm/	a program of medical treatment, exercise, or special food for improving your health or appearance	As part of the regime, Oprah had to learn five new words every day.
reputation	***	n U	/'repju'teɪʃ(ə)n/	the opinion that people have about how good or how bad someone or something is	Franzen was afraid that it might affect his reputation in literary circles.
retire	**	v	/'rɪtaɪə(r)/	to stop working, especially when you reach the age when you are officially too old to work	The managing director is going to retire next year.
sabre		n C	/'seɪbə(r)/	a heavy sword with a slightly curved blade, used in the past	The men drew their sabres.
set about		v	/'set ə'baʊt/	to begin doing something, especially in a determined or enthusiastic way	She set about the problem with her usual energy.
shark	*	n C	/'ʃɑ:(r)k/	a large fish with sharp teeth that lives in the sea. Some types of shark attack people	Not all species of shark are dangerous to swimmers.
single (sth/sb) out		v	/'sɪŋg(ə)l aʊt/	to choose one person from a group for special attention	Katie was often singled out for punishment.
skull	**	n C	/'skʌl/	the bones of the head	His skull was fractured in the accident.
slight	***	adj	/'slaɪt/	small in size, amount, or degree	There has been a slight increase in temperature.
slip	***	v	/'slɪp/	to go somewhere, especially quickly and quietly without people noticing you or stopping you	He was looking at a book and did not notice as I slipped into my chair.
slot	*	n C	/'slɒt/	a time during a series of events when it is arranged that something will happen	Oprah came up with the idea of a book club, of introducing a regular book slot on her show.
smarten (sth/sb) up		v	/'smɑ:(r)t(ə)n 'ʌp/	to improve the appearance of something or someone	I got the commission because they wanted to smarten the place up.

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stain	*	n C	/steɪn/	a mark left accidentally on clothes or surfaces	The place was absolutely awful, coffee stains on the carpets, broken-down vending machines everywhere, no redeeming features at all.
sting	*	v	/stɪŋ/	to have or cause a sudden pain or uncomfortable feeling	My eyes were stinging with the salt in the water.
strict	**	adj	/strikt/	someone who is strict has definite rules that they expect people to obey completely	Her father, Vernon, was strict.
suspend		v	/sə'spend/	to officially stop something for a short time	The writers were less impressed when Oprah suspended her book club in 2002.
tactic	**	n C	/'tæktɪk/	a particular method or plan for achieving something	The governor's tactics involved accusing his opponent of being too liberal.
talented	*	adj	/'tæləntɪd/	someone who is talented is very good at something	He's a highly talented young designer.
tireless		adj	/'taɪə(r)ləs/	working very hard without stopping	She's a tireless worker.
unveil		v	/ʌn'veɪl/	to remove the cover from something such as a statue as part of an official ceremony	She cut the ribbon to unveil the plaque.
vending machine		n C	/'vendɪŋ mə'ʃiːn/	a machine that you can buy things from, for example cigarettes, sweets, or drinks	The vending machine swallowed my last pound coin.
viewer	**	n C	/'vjʊːə(r)/	someone who is watching, or who watches, television programmes	Her own TV talk show is the most successful in television history and is watched by over thirty million viewers.
warden		n C	/'wɔː(r)d(ə)n/	someone whose job is to be responsible for a particular place or thing, and who checks that rules are obeyed	A traffic warden gave us a parking ticket.
worldwide	*	adj	/'wɜː(r)ld'waɪd/	happening or existing all over the world	Our company employs 1,500 staff worldwide.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Elections					
ballot paper		n C	/ˈbælət ˌpeɪpə(r)/	a ballot that you write your vote on	The ballot paper lists every candidate standing for election in alphabetical order.
candidate	***	n C	/'kændɪdeɪt/ / /'kændɪdət/	one of the people competing in an election	He will be the Conservative candidate at the next election.
constituency	**	n C	/kən'stɪtʃuənsi/	a division of a country that elects a representative to a parliament	MPs have a duty to represent the views of their constituency.
democracy	***	n C / U	/dɪ'mɒkrəsi/	a system of government in which people vote in elections to choose the people who will govern them	It can be seen as a threat to democracy.
democrat	*	n C	/'deməkræt/	someone who supports democracy as a political system	This bill will be welcomed by democrats everywhere.
democratic	***	adj	/,demə'krætɪk/	involving elections in which people vote for their political representatives	We wouldn't have a democratic system if people hadn't fought for the right to vote.
elect	***	v	/ɪ'lekt/	to choose someone by voting so that they represent you or hold an official position	The council is elected by popular vote.
electorate		n C	/ɪ'lekt(ə)rət/	all the people who are allowed to vote in an election	It's a policy designed to appeal to all sections of the electorate.
general election		n	/,dʒen(ə)rəl ɪ'lekj(ə)n/	an election in which every adult in the country can vote for the people who will represent them in parliament	He announced that a general election will be held in the spring.
head of state		n C	/,hed əv 'steɪt/	the leader of a country, for example a king, queen, or president	Heads of state gathered to mark the organization's 65th anniversary.
Member of Parliament	*	n C	/'membə(r) əv 'pɑ:(r)ləmənt/	someone who people have elected to represent them in a parliament. Members of Parliament are usually called MPs	He's the Member of Parliament for Bethnal Green.
parliament	***	n U	/'pɑ:(r)ləmənt/	the main law-making institution in some countries. In the UK, Parliament consists of politicians elected to the House of Commons and members of the House of Lords	Most of the seats in Parliament are won by the main political parties.
parliamentary	**	adj	/'pɑ:(r)lə'ment(ə)rɪ/	relating to a parliament or suitable for a parliament	They took part in a parliamentary debate.
polling station		n C	/'pɒlɪŋ ˌsteɪʃ(ə)n/	a building where people go to vote in an election	The local school is being used as a polling station.
representative	***	n C	/'reprɪ'zentətɪv/	someone who has been chosen or elected by a person or group to vote, give opinions, or make decisions for them	She's an elected representative.
stand for		v	/'stænd fɔ:(r)/	to try to get chosen in an election for a particular position or as a member of a particular institution. In American English, you say that someone runs for office	She is intending to stand for Parliament.
turnout		n C	/'tɜ:(r)nəʊt/	the number of voters in an election	We're expecting quite a low turnout for the local elections.

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Embarrassment					
acutely		adv	/ə'kju:tli/	used for emphasizing that a feeling, often an unpleasant one, is very strong	The situation brought back memories that were acutely painful.
ashamed	**	adj	/ə'ʃeɪmd/	feeling guilty or embarrassed because you have done something wrong, or think that you have not reached a standard that people expect	He's extremely ashamed of his behaviour last night.
bright	***	adj	/braɪt/	bright colours are strong but not dark	He went bright red.
blush	*	v	/blʌʃ/	if you blush, your cheeks become red because you feel embarrassed or ashamed	'A few of the girls were after me,' he recalled, blushing slightly.
humiliating		adj	/hju:'mɪli,eɪtɪŋ/	making you feel very embarrassed and ashamed	It was a humiliating mistake.
self-conscious		adj	/self 'kɒnʃəs/	embarrassed or worried about how you look or what other people think of you	Knowing they were watching me made me feel very self-conscious.
squirm		v	/skwɜ:(r)m/	to look or feel embarrassed and uncomfortable	He squirmed under the journalist's questioning.
-isms					
ageism		n U	/'eɪdʒɪz(ə)m/	the practice of treating older people in an unfair or insulting way, for example by not giving them jobs	Veteran presenters have attacked what they see as ageism by TV bosses.
elitism		n U	/'li:tɪz(ə)m/	the belief that a small group of people who have a lot of advantages should keep the most power and influence	The older universities were accused of elitism.
idealism		n U	/'aɪdɪəlɪz(ə)m/	a very strong belief in something which is good but probably impossible to achieve	She was always letting her idealism get in the way of practicalities.
nationalism	*	n U	/'næʃ(ə)nəlɪz(ə)m/	the wish for political independence of a group of people with the same language, culture, history, etc.	Some people in Scotland support Scottish nationalism.
optimism	*	n U	/'ɒptɪ,mɪzəm/	a tendency to be hopeful and to expect that good things will probably happen	There's still a degree of optimism that the leaders will deliver something.
pacifism		n U	/'pæsɪfɪz(ə)m/	the belief that violence is wrong and that people should refuse to fight in wars	My pacifism is an instinctive feeling.
pessimism		n U	/'pesə,mɪz(ə)m/	the attitude of someone who thinks that the worst thing will happen in every situation	I share your pessimism about the situation.
racism	*	n U	/'reɪ,sɪz(ə)m/	a way of behaving or thinking that shows that you do not like or respect people who belong to races that are different from your own and that you believe your race is better than others	There have been allegations of racism against the police.
realism	*	n U	/'riəlɪz(ə)m/	the ability to accept events and situations as they really are and to deal with them in a practical way	Though a romantic at heart, she had a strong streak of realism.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
sexism		n U	/ˈseksɪz(ə)m/	the belief that men and women should be treated in a different way and are suited to different types of jobs and different positions in society	The interview concluded with a discussion of what can be done to combat sexism in society.
socialism	**	n U	/ˈsəʊʃəlɪz(ə)m/	a political system that aims to create a society in which everyone has equal opportunities and in which the most important industries are owned or controlled by the whole community	The country is moving towards socialism.
Other words & phrases					
ad		n C	/æd/	an advertisement	He put an ad in the local paper.
alienate		v	/ˈeɪliəneɪt/	to make someone feel that they do not belong in a place or group	Quotas will simply alienate an awful lot of people.
apathy		n U	/ˈæpəθi/	a feeling of having no interest in or enthusiasm about anything, or of not being willing to make any effort to change things	We need to solve the problem of public apathy towards politics.
approachable		adj	/əˈprəʊtʃəb(ə)l/	someone who is approachable is friendly and easy to talk to	The staff are all very friendly and approachable.
articulate		adj	/ɑː(r)ˈtɪkjʊlət/	able to express your thoughts, arguments, and ideas clearly and effectively	She is a highly articulate woman.
assailant		n C	/əˈseɪlənt/	someone who violently attacks another person	She was able to fight off her assailant.
blank	**	adj	/blæŋk/	blank paper or a blank space is empty and contains no writing or other marks	Write your name in the blank space at the top of the page.
bribe		v	/braɪb/	to give money or presents to someone so that they will help you by doing something dishonest or illegal	They were found guilty of trying to bribe officials.
brush (sth) off		v	/brʌʃ ˈɒf/	to refuse to listen to someone, or to accept that something might be true or important	The Foreign Secretary brushed off suggestions that he had considered resigning.
centre-right		adj	/ˌsentə(r)ˈraɪt/	if a party is centre-right it is right-wing but not very strongly	The president's centre-right party has won 97% of the constituencies.
chancellor		n C	/ˈtʃɑːnsələ(r)/	the leader of the government in some countries, for example Germany and Austria	The Germans elected a woman Chancellor.
childcare		n U	/ˈtʃaɪldˌkeə(r)/	the job of looking after children, especially while their parents are working	She thinks that politicians should talk about equal pay and childcare.
close range		phr	/ˌkləʊs ˈreɪndʒ/	only a short distance away, or separated by only a short distance	Craig Evans, threw an egg at him from close range.
commit to		v	/kəˈmɪt tuː/	to promise to do something	Encourage your client to commit to their goals.
competent	**	adj	/ˈkɒmpɪtənt/	capable of doing something in a satisfactory or effective way	She's a very competent worker.
compulsory	**	adj	/kəmˈpʌlsəri/	something that is compulsory must be done because of a rule or law	School uniform is no longer compulsory in many British schools.
condescending		adj	/ˌkɒndɪˈsendɪŋ/	showing that you think you are more important or more intelligent than other people	She spoke to me in a very condescending manner.

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cruise	*	v	/kru:z/	to sail in a ship for pleasure, especially to a series of places	The first week was spent cruising around the Baltic.
deputy leader		n C	/,depjuti 'li:də(r)/	someone whose job is the second most important in a department or organization, and who takes the responsibilities of the most important person in some situations	Peter Gloystein, the deputy leader of the German state of Bremen, caused acute embarrassment to the centre-right Christian Democrat party.
determine	**	v	/dɪ'tɜ:(r)mɪn/	to control what something will be	She claims that most human behaviour is socially determined.
discrimination	**	n U	/dɪ'skrɪmɪ'neɪʃ(ə)n/	unfair treatment of someone because of their religion, race, or other personal features	Ms Howell claimed she had been the victim of sexual discrimination.
discussion forum		n C	/dɪ'skʌʃ(ə)n ɪ'fɔ:rəm/	a website where people can express their ideas and opinions	Read the postings on a discussion forum.
dismissal	**	n C	/dɪs'mɪs(ə)l/	an act of making someone leave their job	Those were not fair grounds for dismissal.
engineer	***	n C	/,endʒɪ'nɪə(r)/	someone who designs or builds things such as roads, railroads, bridges, or machines	He's an excellent engineer.
fair	***	adj	/feə(r)/	if a situation is fair, everyone is treated equally and in a reasonable way	The country will hold its first free and fair elections in the summer.
foot and mouth disease		n U	/,fʊt ən 'maʊθ dɪ'zi:z/	a very infectious disease of sheep, cows, and pigs	There has been an outbreak of foot and mouth disease.
fuss	*	n U	/fʌs/	a lot of unnecessary worry or excitement about something	What is all the fuss about?
get the sack			/,get ðə 'sæk/	to lose your job, especially for doing something wrong	Have you heard the news about Frank getting the sack?
graduate	**	n C	/'grædʒuət/	someone who has a degree from a university	There are many possible careers for philosophy graduates.
grant	***	v	/grɑ:nt/	to allow someone to have or do what they want	The Board has refused to grant your request.
grounds		n pl	/graʊndz/	a reason for what you say or do, or for being allowed to say or do something	Those were not grounds for dismissal.
candidate	**	n C	/hi:l/	one of the people competing for a job	The ideal candidate will have excellent secretarial skills, a good phone manner and a smart appearance.
horrified		adj	/'hɒrɪfaɪd/	very shocked or frightened	Police were horrified to discover a child's body in the empty building.
humiliating		adj	/hju:'mɪli,eɪtɪŋ/	making you feel very embarrassed and ashamed	They've mad a humiliating mistake.
issue	***	n C	/'ɪʃu:/ /'ɪsju:/	a subject that people discuss or argue about, especially relating to society, politics etc	It's a website devoted to environmental issues.
launch	**	n C	/lɔ:ntʃ/	an occasion when a company starts selling a new product or service to the public	He attended the launch of the German wine week.
liability	**	n U	/'laɪə'bɪləti/	someone or something that causes problems for someone	The man's a liability!

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macho		adj	/ˈmætʃəʊ/	behaving in a way traditionally considered typical of a man, for example by being strong and willing to fight, and by hiding your feelings	Colin likes to kid everyone he's the big macho tough guy.
magnum		n C	/ˈmæɡnəm/	a large bottle that holds 1.5 litres	The group of us shared a magnum of champagne.
make matters worse		phr	/ˌmeɪk mətə(r)z ˈwɜː(r)s/	to make a situation worse	A red-faced Gloystein made matters worse by attempting to be 'friends' with Mr Oelschlager.
memo		n C	/ˈmeməʊ/	a short note that you send to someone who you work with	She sent a memo to her staff telling them about the change.
mess (sth) up		phr	/ˌmes ˈʌp/	to make something dirty or untidy	They had managed to mess up the whole office.
moderate	**	adj	/ˈmɒd(ə)rət/	reasonable and avoiding extreme opinions or actions	She was on the moderate wing of the party.
object to (sth)	*	v	/ɒbˈdʒekt tuː/	to be opposed to something, or to express your opposition to it in words	Local residents objected to the proposed development.
offend	*	v	/əˈfend/	to make someone upset and angry by doing or saying something	They avoided saying anything that might offend their audience.
offensive	*	adj	/əˈfensɪv/	unpleasant or insulting, and likely to make people upset or embarrassed	They've banned books containing offensive language.
on purpose		adv	/ɒn ˈpʊː(r)pəs/	deliberately	Did you do that on purpose?
outbreak	*	n C	/ˈaʊtˌbreɪk/	the sudden start of war, disease, violence etc	An outbreak of food poisoning led to the deaths of five people.
outcome	***	n C	/ˈaʊtˌkʌm/	the final result of a process, meeting, activity, etc	So we're not really arguing about the end, the outcome, it's about how we get there.
oversee		v	/ˌəʊvə(r)ˈsiː/	to watch something in order to check that it works or happens in the way that it should	It's one of the government agencies that oversee the airline industry.
own up to (sth)		phr	/ˌəʊn ˈʌp tuː/	to admit that you have done something bad or embarrassing	Two local students later owned up to the prank.
philosophical	**	adj	/ˌfɪləˈsɒfɪk(ə)l/	relating to philosophy	We spent the evening discussing philosophical problems.
philosophy	***	n U	/ˌfɪləsəfi/	the study of theories about the meaning of things such as life, knowledge, and beliefs	He's a professor of philosophy.
posting		n C	/ˈpəʊstɪŋ/	a message sent over the Internet to a newsgroup etc	I read a posting in the comments section of the article.
pour	***	v	/pɔː(r)/	to make a liquid or substance flow out of a container that you are holding	He poured the last of his drink down the sink.
press charges		phr	/pres ˈtʃɑː(r)dʒ/	to officially accuse someone of committing a crime	The police asked him if he wanted to press charges.
proceedings	**	n pl	/prəˈsiːdɪŋz/	an event or series of related events	Martin kicked off the proceedings with a stunning performance of his new hit single.

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promptly	*	adv	/ˈprɒmptli/	used for saying that someone does something immediately after doing another thing when this is surprising	He offered to help, then promptly forgot.
provoke	**	v	/prəˈvəʊk/	to deliberately try to make someone angry	He's just trying to provoke you.
punch	*	v	/pʌntʃ/	to hit someone or something with your fist (=closed hand), usually as hard as you can	Two men punched him, knocking him to the ground.
quota system		n C	/ˈkwɒtə ˌsɪstəm/	a system in which someone has to do or have a certain amount of something	The quota system, sometimes referred to as 'positive discrimination', is not popular with everyone.
red-faced		adj	/ˌredˈfeɪst/	with a red face, because of being embarrassed, angry, or hot	The star was left red-faced by the revelations.
refer to (sth)	***	v	/rɪˈfɜː(r) tuː/	to describe something, or to be about something	The term 'groupware' refers to software designed to be used by several computer users at once.
resign	***	v	/rɪˈzaɪn/	to state formally that you are leaving a job permanently	It now seems clear that she will resign her directorship immediately.
respect	**	v	/rɪˈspekt/	a feeling of admiration that you have for someone because of their personal qualities, their achievements, or their status, and that you show by treating them in a polite and kind way	She has worked hard to gain the respect of her colleagues.
right	***	n C	/raɪt/	something that you are morally or legally allowed to do or have	You have no right to come barging in here like that.
scribble		v	/ˈskrɪb(ə)l/	to write something quickly and carelessly	He scribbles something down.
secretarial		adj	/ˌsekrəˈteəriəl/	relating to the work or skills of a secretary	We need to hire more secretarial staff.
spark		n C	/spɑː(r)k/	the quality of being lively and original	The performance was short on spark and creativity.
spin doctor		n C	/ˈspɪn ˌdɒktə(r)/	someone whose job is to give journalists information that makes a politician or an organization seem as good as possible	The government relies too heavily on spin doctors.
suffragette		n C	/ˌsʌfrəˈdʒet/	in the UK and US, a woman who took part in public protests about giving women the right to vote in the early 1900s	The importance of the suffragette movement should not be underestimated.
supervise	**	v	/ˈsuːpə(r)vaɪz/	to be in charge of an activity or a place and to check that things are done correctly	He's supposed to be supervising other people's work, not having his work supervised!
sure as hell		phr	/ˌʃʊə(r) əz ˈhel/	used for saying that something is very certain	Sure as hell should be!
tackle	*	v	/ˈtæk(ə)l/	to make an organized and determined attempt to deal with a problem, often a social problem such as crime or unemployment	Successive governments have failed to tackle the question of homelessness.
tearful		adj	/ˈtiə(r)f(ə)l/	crying, or feeling as if you want to cry	A tearful Oelschlager refused the offer.
union	***	n C	/ˈjuːnjən/	an organization that represents the workers in a particular industry and tries to improve pay, conditions etc	We encourage all employees to join a union.

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un-PC		adj	/ˌʌn piː'siː/	not politically correct. Politically correct language or behaviour is not offensive, especially to people who have often been affected by discrimination (=unfair treatment)	He was sacked for being totally un-PC.
wheel around		v	/ˌwiːl ə'raʊnd/	to turn around quickly where you are standing	She wheeled around and glared at me.

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The environment					
climate change		n U	/ˈklaɪmət ˌtʃeɪndʒ/	the changes that are thought to be affecting the world's weather so that it is becoming warmer	The conference will address the problems of climate change.
exhaust fume		n C	/ɪgˈzɔːst ˌfjuːm/	gases or steam produced by an engine as it works	Prolonged exposure to diesel exhaust fumes may cause chronic asthma.
fossil fuel		n C	/ˈfɒs(ə)l ˌfjuːəl/	a fuel such as coal or oil, made from decayed material from animals or plants that lived many thousands of years ago	We are still totally reliant on fossil fuels.
global warming	*	n U	/ˌɡləʊb(ə)l ˈwɔː(r)mɪŋ/	the slow increase in the temperature of the Earth caused partly by the greenhouse effect increasing the amount of carbon dioxide in the atmosphere	The country is trying to help prevent man-made global warming.
greenhouse gas		n C	/ˌɡriːnhaʊs ˈɡæs/	a gas that stops heat from escaping from the atmosphere and causes the greenhouse effect. Carbon dioxide is a greenhouse gas	the release of greenhouse gases into the atmosphere
organic food		n U	/ɔː(r)ˌɡæɪnɪk ˈfuːd/	organic food or drink is produced using only a small number of artificial chemicals	The interest in healthier food will also mean that we will be eating more and more organic food.
solar energy		n C	/ˈsəʊlə(r) ˌenə(r)dʒi/	energy that uses the power of the Sun's light and heat to produce electricity	The company is a pioneer in solar energy and solar heating installations.
wind farm		n C	/ˈwɪnd ˌfɑː(r)m/	a place where wind turbines are used for producing electricity from the power of the wind	Several wind farms have been built in the area.
Expressions with make					
make a difference		phr	/ˌmeɪk ə ˈdɪfrəns/	to have an important effect on something, especially a good effect	This scheme will certainly make a difference to the way I do my job.
make a point of (doing) (sth)		phr	/ˌmeɪk ə ˌpɔɪnt əv ˈduːɪŋ/	to be certain that you do something, usually in an obvious way	From then on he made a point of avoiding her.
make it easier		phr	/ˌmeɪk ɪt ˈiːzɪə(r)/	to make something less difficult to do, or need less work	How do they make it easier to decide what to do?
make sense		phr	/ˌmeɪk ˈsens/	to be practical and sensible	It makes sense to keep such information on disk.
make the most of (sth)		phr	/ˌmeɪk ðə ˈməʊst əv/	to use a good situation to get the best possible result	It's a beautiful day today. Let's make the most of it.
make time for (sth)		phr	/ˌmeɪk ˈtaɪm fə(r)/	to find time to do something or be with someone in spite of being busy	He's finding it difficult to make time for his children.
make or break		phr	/ˌmeɪk ɔː(r) ˈbreɪk/	bringing either total success or total failure, and therefore very important	It's a make-or-break decision for the manager.
Nouns & Prepositions					
advances in		phr	/ədˈvɑːnsəz ɪn/	progress or an instance of progress in science, technology, human knowledge etc	In recent years there have been major advances in computer technology.

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consumption of		phr	/kən'sʌmpʃ(ə)n ɪv/	the amount that someone eats, drinks, or smokes	Watch out for a huge increase in the consumption of seafoods.
demand for		phr	/dɪ'mɑ:nd fɔ:(r)/	the amount of a product or service that people want, or the fact that they want it	Demand for organic food is increasing.
drive for		phr	/'draɪv fɔ:(r)/	a big effort to achieve something, especially by a company or government	The turn of the century was marked by the drive for super sizes.
increase in		phr	/'ɪn'kri:s ɪn/	to become larger in amount or number	The club has been increasing in popularity.
interest in		phr	/'ɪntrəst ɪn/	a feeling of wanting to know about or take part in something	The interest in healthier food will also mean that we will be eating more and more organic food.
shortage of		phr	/'ʃɔ:(r)tɪdʒ əv/	a lack of something that you need or want	Some countries are experiencing a shortage of clean water.
taste for		phr	/'teɪst fɔ:(r)/	if you have a taste for something, you like it	Children will develop a taste for more and more complicated computer games.
Other words & phrases					
account for		v	/ə'kaʊnt fɔ:(r)/	to form, use, or produce a particular amount or part of a group of people or things	Electronic goods account for over 30% of our exports.
all the rage		phr	/ɪ:ɪl ðə 'reɪdʒ/	very popular	Internet shopping is now all the rage.
appliance	*	n C	/ə'plaɪəns/	a machine or piece of equipment that you have in your home, for example a washing machine or refrigerator	We stock a wide range of kitchen appliances.
approve	***	v	/ə'pru:v/	to have a positive feeling towards someone or something that you consider to be good or suitable	He seemed to approve of my choice.
asthma	*	n U	/'æsmə/	a medical condition that makes it difficult to breathe	She had an attack of asthma.
backpack		n C	/'bæk,pæk/	a rucksack	He put his sleeping bag at the bottom of his backpack.
bare bones		phr	/beə(r) bæʊnz/	the most basic features or details	Anderson outlined the bare bones of his strategy.
barrier	**	n C	/'bæriə(r)/	anything that prevents progress or makes it difficult for someone to achieve something	Disability need not be a barrier to a successful career.
beachwear		n U	/'bi:tʃ,wɛə(r)/	light summer clothes that you wear on the beach	We need to find a shop that sells beachwear and swimwear.
blanket	**	n C	/'blæŋkɪt/	a thick cover made of wool or another material that you use to keep warm in bed	Soft furnishings, like blankets and cushions, will be particularly useful for the elderly.
bleach		v	/bli:tʃ/	to remove the colour from something with a chemical or through the action of sunlight	Raw cloth is bleached and then dyed.
bleed	*	v	/bli:d/	to have blood flowing from your body, for example from a cut	You're bleeding!

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block	**	v	/blɒk/	to stop someone from going forward or making progress	Explore the problems and barriers blocking the client's way.
breeze	**	n C	/bri:z/	a light wind	It was a warm day but there was a gentle breeze.
bring up		v	/ˌbrɪŋ ˈʌp/	to take care of a child until he or she becomes an adult	Millions of Americans look to her to tell them how to bring up their children.
carbon	**	n U	/'kɑ:(r)bən/	a chemical element that is found in all living things, and can also exist as diamonds or coal	The black carbon powder is refined from pure oil.
carrier bag		n C	/'kæriə(r) ˌbæg/	a cheap bag that a shop gives you for carrying your goods home	I've got a carrier bag full of shopping.
charger		n C	/'tʃɑ:(r)dʒə(r)/	a piece of equipment used for providing a battery with electricity	Have you seen my phone charger?
chronic	*	adj	/'krɒnɪk/	a chronic illness or chronic pain is serious and lasts for a long time. A serious illness or pain that lasts only for a short time is described as acute	She suffers from chronic back pain.
compatible	*	adj	/kəm'pætəb(ə)l/	if one piece of computer equipment or software is compatible with another, they can be used together	It is compatible with all the major phone manufacturers.
cooperative		n C	/kəʊ'p(ə)rətɪv/	a business or other organization owned by the people who work in it who also share the profits	We're part of a housing cooperative.
cut down on		v	/kʌt daʊn ɒn/	to reduce an amount of something	These improvements will cut down on traffic noise.
damp	**	adj	/dæmp/	something that is damp is slightly wet, often in an unpleasant way or when it should be dry	The wood won't burn if it's damp.
decorate	**	v	/'dekəreɪt/	to put paint or paper on the walls of a room	We decorated the kitchen last weekend.
devastating	*	adj	/'devə,steɪtɪŋ/	causing a lot of harm or damage	Many people have had to leave their homes due to a devastating flood.
diesel	*	n U	/'di:z(ə)l/	heavy oil used as fuel instead of petrol in some engines	Fill the tank with diesel.
double glazing		n U	/'dʌb(ə)l 'gleɪzɪŋ/	windows or doors that have two layers of glass, so that the building will be warmer and quieter	They've fitted new double glazing.
drill	*	n C	/drɪl/	a tool used for making a hole in something. A drill that uses electricity is called an electric drill and a drill that works when you turn a handle is called a hand drill	There's something wrong with that drill.
dump	**	v	/dʌmp/	to get rid of someone or something that you no longer want or need	Over 150,000 tonnes of waste are dumped annually along the coastline.
dust	**	n U	/dʌst/	very small pieces of dirt that cover surfaces inside buildings like a powder	The dictionaries were covered in dust.
dye		n C / v	/daɪ/	a substance used for changing the colour of something such as clothing or your hair	I've bought a bottle of hair dye.
emission	**	n C	/ɪ'mɪʃ(ə)n/	the act of sending gas, light, or heat into the air	Many countries are trying to limit the emission of greenhouse gases.

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end product		n C	/ˌend ˈprɒdʌkt/	the thing that is produced at the end of a process	What are the end products of fermentation?
erect	*	v	/ɪˈrekt/	to build something such as a statue or bridge	A memorial to her was erected after her death.
extension	***	n C	/ɪkˈstɛnʃ(ə)n/	an extra room or rooms added to a building	We are building an extension on the back of our house.
extract	**	v	/ɪkˈstrækt/	to remove a substance from another substance	It's a method of extracting sulphur from copper ore.
fabric	**	n C	/ˈfæbrɪk/	cloth, especially when it is used for making things such as clothes or curtains	She was wearing a dress made of a floral fabric.
fancy	**	v	/ˈfænsi/	to want to have or do something	Do you fancy going to the cinema?
fertiliser		n C	/ˈfɜː(r)təˌlaɪzə(r)/	a natural or chemical substance added to soil in order to help plants grow	The farm uses a lot of sacks of fertiliser.
filter	**	n C	/ˈfɪltə(r)/	an object or piece of equipment that allows you to remove solid parts that are not wanted from a liquid or gas	We've started using a water filter.
fittings	*	n pl	/ˈfɪtɪŋz/	a small part that you connect to something	We really need new bathroom fittings.
floorboard		n C	/ˈflɔː(r)bɔː(r)d/	a long wooden board that is part of a wooden floor	I'm going to sand the floorboards at the weekend.
flush	*	v	/flʌʃ/	to make water pass through a toilet	If any medicine is left over, flush it down the toilet.
fold	**	v	/fəʊld/	if something folds, or if you can fold it, you can bend part of it so that it becomes smaller and easier to carry or store	The bed folds away conveniently for storage.
four wheeler		n C	/ˌfɔː(r)ˈwiːlə(r)/	a vehicle with four wheels, for example a car or truck	More and more of these gas-guzzling four-wheelers are finding themselves out on the streets with a For Sale sign in their windows.
frustrated	*	adj	/frʌˈstreɪtɪd/	feeling annoyed and impatient because you are prevented from achieving something	Frustrated passengers have started to use other forms of transport.
furnishings		n pl	/ˈfɜː(r)nɪʃɪŋz/	such things as furniture, carpets, and curtains	The wallpaper should match the furnishings.
genetically modified food		n U	/dʒəˌnetɪkli ˌmɒdɪfaɪd ˈfuːd/	food from a plant or animal that has had its genetic structure changed in order to make it more suited to a particular purpose	Advances in genetically-modified food will revolutionize our diet.
germ		n C	/dʒɜː(r)m/	a form of bacteria that spreads disease among people or animals	It's a germ that causes sore throats.
get in shape		phr	/ˌget ɪn ˈʃeɪp/	to improve your physical condition	Ever tried to get in shape?
glove	**	n C	/glʌv/	a piece of clothing that covers your fingers and hands	We'll be able to read the football results on the palm of our gloves.
greywater tank		n C	/ˈgreɪwɔːtə(r) ˌtæŋk/	a large metal container for waste water which has been used for domestic activities	We don't know when the greywater tank is coming.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
guided tour		n C	/ˌɡaɪdɪd ˈtʊə(r)/	a short journey around a building or place with a person who tells you about what you are seeing or with a pair of headphones on which you can listen to a recorded description of what you are seeing	They gave us a guided tour of the city.
gas-guzzling		adj	/ˈɡæs ˌɡʌz(ə)lɪŋ/	a gas-guzzling vehicle uses a lot of fuel	More and more of these gas-guzzling four-wheelers are finding themselves out on the streets with a For Sale sign in their windows.
heat-sensitive		adj	/ˈhi:t ˌsensətɪv/	reacting quickly or strongly to being hot or cold	Heat-sensitive fabrics will also be coming into their own with a hundred and one different uses.
helmet	*	n C	/ˈhelmit/	a hard hat that you wear to protect your head	He's wearing a motorcycle helmet.
hire	**	v	/ˈhaɪə(r)/	if you hire something, such as a car, room, or piece of equipment, you pay the owner so that you can use it, especially for a short time. The usual American word is rent	You can hire a car at the airport.
icon	*	n C	/ˈaɪkɒn/	someone who is very famous and who people think represents a particular idea	He was one of the best-known pop icons of the 1980s.
ink	*	n C	/ɪŋk/	a black or coloured liquid used for writing, drawing, or printing	The price of ink cartridges is outrageous.
insulation		n U	/ˌɪnsjʊˈleɪʃ(ə)n/	material used for preventing heat, cold, noise, or electricity from passing through something	Make sure that you have adequate loft insulation.
integrate	**	v	/ˈɪntɪɡreɪt/	to connect or combine two or more things so that together they form an effective unit or system	A whole range of clothes will be developed that can integrate electronics with fabrics.
invariably	*	adv	/ɪnˈveəriəbli/	always, or almost always	Victoria was invariably late.
kilt		n C	/kɪlt/	a type of traditional Scottish clothing, similar to a skirt, worn by men. Kilts are made of woollen cloth in a pattern called tartan	He wore a kilt in MacIntosh tartan.
layer	***	n C	/ˈleɪə(r)/	a piece of clothing that you wear underneath or over another piece of clothing	Sweatshirts will change colour to show it's time to put on another layer.
life coach		n C	/ˈlaɪf ˌkəʊtʃ/	someone who provides advice and support to people who want to improve their lives, helping them to make decisions, solve problems, and achieve their goals	She approached a life coach.
lifestyle	**	n U	/ˈlaɪfˌstɑɪl/	the type of life that you have, for example the type of job or house you have or the type of activity you like doing	I try to live a healthy, outdoor lifestyle.
merchandise		n U	/ˈmɜ:(r)tʃ(ə)ndaɪz/	goods that people buy and sell	The band sells a lot of merchandise at their concerts.
mosaic		n C / U	/məʊˈzeɪk/	a pattern or picture made of many small colored pieces of stone, glass, etc	I'm going to build a mosaic wall in the kitchen!
mutual	**	adj	/ˈmju:tʃʊəl/	belonging to or true of two or more people	They were introduced by a mutual friend.
neighbouring	*	adj	/ˈneɪbərɪŋ/	near each other	A lot of people from neighbouring towns came to the festival.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
packaging	*	n U	/ˈpækɪdʒɪŋ/	the activity of putting products into containers so that they can be sold in shops	There have been big advances in packaging technology.
palm	**	n C	/pɑ:m/	the inside part of your hand, between your fingers and your wrist	We'll be able to read the football results on the palm of our gloves.
solar panel	***	n C	/ˈsəʊlər ˌpæn(ə)l/	a piece of equipment that uses energy from the Sun to create power for a building	These polycarbonate plastic bricks contain solar panels and a light source.
pathway		n C	/ˈpɑ:θ,weɪ/	a path that you can walk on	There's a lovely pathway across the park.
pesticide		n C	/ˈpestɪsaɪd/	a chemical used for killing insects, especially those that damage crops	The trees have been sprayed with pesticides.
pinpoint		v	/ˈpɪn,pɔɪnt/	to discover or explain exactly what something is	We've been unable to pinpoint the source of the problem.
plumbing		n U	/ˈplʌmɪŋ/	the system of pipes, water tanks, and other equipment used for supplying and storing water in a building	I spent all day trying to fix a leak in the plumbing.
plummet		v	/ˈplʌmɪt/	if something such as an amount, rate, or value plummets, it suddenly becomes much lower	Share prices plummeted today to a three-month low.
polluter		n C	/pəˈlu:tə(r)/	a person or company responsible for causing pollution	The polluter will pay compensation to the farmers whose land they have polluted.
pop in		v	/pɒp ɪn/	to go somewhere quickly or for a short time	I was just passing and I thought I'd pop in and see how the work's going.
powder	**	n U	/ˈpaʊdə(r)/	a soft dry substance that looks like dust or sand	The detergent is sold in both liquid and powder forms.
power up		v	/ˌpaʊə(r) ˈʌp/	to switch a computer on in the correct way	Power up your computer and we'll start.
produce	*	n U	/ˈprɒdʒu:s/	fruit, vegetables, and other things that farmers grow	The shop sells only organic produce.
PVC		n U	/ˌpi:vi:'si:/	polyvinyl chloride: a type of plastic used for making clothes, shoes, water pipes etc	She's wearing a black PVC raincoat.
query	*	n C	/ˈkwɪəri/	a question that you ask because you want information or because you are not certain about something	One of our staff will be available to answer your queries.
razor	*	n C	/ˈreɪzə(r)/	a small tool or piece of electrical equipment used for shaving (=removing hair from your skin)	I normally use an electric razor.
recycle	*	v	/riˈsaɪk(ə)l/	to change waste materials such as newspapers and bottles so that they can be used again	Japan recycles 40% of its waste.
refine		v	/rɪˈfaɪn/	to remove things from a natural substance in order to make it pure	The powder is refined from pure oil.
renovation		n C / U	/ˌrenəˈveɪʃ(ə)n/	the process of making something old to look new again by repairing and improving it, especially a building	The government has announced new laws to encourage eco renovations.
retardant		n C	/rɪˈtɑ:(r)d(ə)nt/	a fire retardant is a mixture of chemicals which makes something difficult to burn	The final fabric is bleached, dyed and sprayed with a fire retardant.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
rubble		n U	/ˈrʌb(ə)l/	broken pieces of stone and brick from buildings, walls etc that have been destroyed	A bomb reduced the houses to rubble.
sanding machine		n C	/ˈsændɪŋ məˌʃiːn/	a piece of equipment that makes something such as wood very smooth by rubbing it with sandpaper	Winston's hired one of those sanding machines.
sarong		n C	/səˈrɒŋ/	a long wide piece of cloth that is tied around the waist to make a skirt or at the shoulder to make a dress. It is worn by men and women in Malaysia and some other countries	They showed me how to tie a sarong.
seaweed		n C	/ˈsiːwiːd/	a green or brown plant that grows in the sea	At low tide the rocks are covered in seaweed.
self-cleaning		adj	/ˌselfˈkliːnɪŋ/	if something is self-cleaning it can remove dirt from itself	It's possible to buy self-cleaning ovens.
shave	*	v	/ʃeɪv/	to make a part of your body smooth by cutting off the hair using a razor or shaver	I cut myself while I was shaving.
sledgehammer		n C	/ˈsledʒ,hæmə(r)/	a long heavy hammer that you swing with both hands	Dan knocked down the wall with a sledgehammer.
smash up		v	/ˌsmæʃ ˈʌp/	to destroy something completely by violently breaking it into many pieces	She got angry and started smashing things up.
spray	*	v	/spreɪ/	to cover crops or a large area of land with a chemical spray in order to kill insects or prevent diseases	In developing countries, more than 50% of all pesticides used in agriculture are sprayed onto cotton fields.
step-by-step		adj	/ˌstep baɪ ˈstep/	a step-by-step plan or set of instructions is easy to follow and explains each stage of a process in a clear and simple way	Read our step-by-step guide to home improvement.
strip	**	v	/striːp/	if you strip something down, you take something such as a machine apart	First of all we're stripping the house down to its bare bones.
subsidize		v	/ˈsʌbsɪdaɪz/	to pay some of the cost of goods or services so that they can be sold to other people at a lower price	Meals in the cafeteria are subsidized by the company.
substance	***	n C	/ˈsʌbstəns/	a particular type of liquid, solid, or gas	The wood is coated with a special substance that protects it from the sun.
supplement	**	n C	/ˈsʌplɪmənt/	a pill or special food that you take or eat when your food does not contain everything that you need	We'll be eating seaweed supplements along with most of our meals.
SUV		n C	/ˌes juː ˈviː/	a sports utility vehicle: a vehicle which has a system that provides power to all four wheels	The much-loved American SUV (sports utility vehicle) is quickly losing its appeal.
take (sth) to pieces		v	/ˌteɪk tə ˈpiːsəz/	to separate something into its individual parts	It looks like you're taking the whole house to pieces!
tank	***	n C	/tæŋk/	a large metal container for liquid or gas	The SUV has a large fuel tank.
tarnish		v	/ˈtɑː(r)nɪʃ/	if something tarnishes your reputation or image, it makes people have a worse opinion of you than they did before	The revelations tarnished her image.
tasty	*	adj	/ˈteɪsti/	tasty food has a nice flavour	We will be able to keep food fresh and tasty out of the fridge for much longer.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
thermos bag		n C	/ˈθɜː(r)məs ˌbæg/	a container that keeps liquids hot or cold	Thanks to new ultra-light materials, thermos bags and bottles will be lighter, smaller and easier to carry.
throw a party		phr	/ˌθrəʊ ə ˈpɑː(r)ti/	to organize a party, especially in your own home	Let's throw a dinner party for him.
tile		n C	/taɪl/	a flat square piece of baked clay or another substance used for covering a wall or a floor	The floor was made from ceramic tiles.
tunnel	**	n C	/ˈtʌn(ə)l/	an underground passage through which vehicles travel	They're building a tunnel under the river.
tyre	**	n C	/ˈtaɪə(r)/	a thick rubber cover that fits round the wheel of a bicycle, car, or other vehicle	I need to change the tyres on my car.
vintage		adj	/ˈvɪntɪdʒ/	vintage wine is excellent in quality and was made several years ago	She bought a bottle of vintage champagne.
watch out for		v	/wɒtʃ ˈaʊt fɔː(r)/	to pay attention so that you will see something when it arrives or happens	Watch out for cyclists.
willpower		n U	/ˈwɪlˌpaʊə(r)/	the ability to control your thoughts and behaviour in order to achieve something	Dieting is just a matter of willpower.
wiring		n U	/ˈwaɪərɪŋ/	the electric wires in a building, vehicle, or machine	Faulty wiring may have caused the fire.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Symptoms					
ache	*	v	/eɪk/	if part of your body aches, you feel a continuous pain there that is unpleasant, but not very strong	Philip's head began to ache.
backache		n C	/'bækɪk/	pain in your back	She often suffers from backache.
hacking cough		n C	/,hækɪŋ 'kɒf/	a cough that makes a loud rough sound	I developed a dry, hacking cough.
high temperature		n C	/,haɪ 'tempɪtʃə(r)/	if you have a high temperature, your body is hotter than normal because you are ill	I woke up with a high temperature.
rash		n C	/ræʃ/	an area of small red spots on your skin, caused by an illness or an allergic reaction to something that you have touched, eaten etc	I was out in the sun for so long that I got heat rash.
run-down		adj	/'rʌn,daʊn/	so tired that you do not feel well	Evie had been working too hard and was feeling run-down.
runny nose		n C	/'rʌni'nəʊz/	a runny nose has liquid coming out of it	To have a truly heavy cold you need more than just a runny nose.
sore throat		n C	/,sɔ:(r) 'θrəʊt/	a painful and uncomfortable area at the back of your mouth and inside your neck, usually as a result of an infection	Have we got any medicine for a sore throat?
stiff muscles		n C	/,stɪf 'mʌs(ə)lz/	if you have stiff muscles, the muscles in your body are painful, for example because you have done a lot of exercise	I have really stiff muscles.
swelling		n C	/'swelɪŋ/	an area of your body that has increased in size as a result of an injury or an illness	A large swelling had come up on my ankle.
throbbing headache		n C	/,θrɒbɪŋ 'hedɪk/	if you have a throbbing headache, you have a pain in your head which comes and goes again and again in a regular pattern	I woke up with a high temperature and a throbbing headache.
upset stomach		n C	/'ʌpset 'stʌmək/	if your stomach is upset, you have an illness that is affecting your stomach, usually caused by something that you have eaten or drunk	I've had an upset stomach.
Health idioms					
at death's door		phr	/ət ,deθs 'dɔ:(r)/	very ill and likely to die	I felt like I was at death's door.
there's a bug going around		phr	/ðeə(r)z ə 'bʌg ɡəʊɪŋ ə,raʊnd/	if there's a bug going around, a lot of people in an area or community are having the same illness at the same time	I know there's a bug going around at college.
give (sb) a clean bill of health		phr	/,ɡɪv ə ,kli:n bɪl əv 'helθ/	to tell somebody that they are healthy after examining them	The doctor gives you a clean bill of health.
go down with (sth)		phr	/,ɡəʊ 'daʊn wɪð/	to become ill with a particular illness	Three people in my office have gone down with the flu.
in good shape		phr	/ɪn ,ɡʊd 'ʃeɪp/	in good physical condition	Medical experts warn that such websites can lead to people who are in perfectly good shape worrying over nothing.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
my back was killing me		phr	/maɪ ˌbæk wəz ˈkɪlɪŋ miː/	used to say that you were experiencing a lot of pain in your back	My back was also killing me, so I went back to the doctor's.
under the weather		phr	/ˌʌndə(r) ðə ˈweðə(r)/	if a person is under the weather, they do not feel well	I've been feeling a bit under the weather this week.
Phrasal verbs with objects					
bring (sth) up		phr	/ˌbrɪŋ ˈʌp/	to start discussing a subject	I hate to bring this up but you still owe me £50.
fall for (sth)		phr	/ˌfɔːl ˈfɔː(r)/	to believe that a trick or a joke is true	How could you fall for such an obvious trick?
get back to (sb)		phr	/get ˈbæk tə/	to phone, write, or speak to someone at a later time because you were busy or could not answer their question earlier	Can you get back to me on those figures by the end of the day?
make (sth) up		phr	/ˌmeɪk ˈʌp/	to invent a story, poem, etc.	He made up a story for his children.
put (sth) off		phr	/ˌpʊt ˈɒf/	to delay doing something, especially because you do not want to do it	You can't put the decision off any longer.
run into (sb)		phr	/ˌrʌn ˈɪntə/	to meet someone when you did not expect to	Guess who I ran into this morning?
sort (sth) out		phr	/ˌsɔː(r)t ˈaʊt/	to do what is necessary to deal with a problem, disagreement, or difficult situation successfully	This matter could be sorted out if they would just sit down and talk.
Other words & phrases					
absenteeism		n U	/ˌæbs(ə)nˈtiːɪz(ə)m/	the habit of not being at school or work when you should be, usually without a good reason	Absenteeism is increasingly becoming a problem at the school.
access	***	n U	/ˈækses/	the right or opportunity to have or use something that will bring you benefits	Some groups still have difficulty gaining access to health care.
achiness		n U	/ˈeɪkɪnəs/	a feeling of pain that is continuous and unpleasant, but usually not very strong	Loud, repeated sniffing is good on the phone, but don't try to communicate general achiness or you may come across as a bit too melodramatic.
acupuncture		n U	/ˈækjʊpʌŋktʃə(r)/	a medical treatment from China that involves putting special needles into particular parts of the body	Have you tried acupuncture?
acute		adj	/əˈkjuːt/	an acute illness is one that becomes very bad very quickly	He's got an acute ear infection.
anti-smoker		n C	/ˌæntɪˈsməʊkə(r)/	someone who is opposed to smoking	The anti-smokers want to ban smoking in all public places.
appetite	**	n C / U	/ˈæpətaɪt/	the natural feeling of wanting to eat	The symptoms include fever and loss of appetite.
aromatherapist		n C	/əˌrəʊməˈθerəpɪst/	someone who is trained to practise a health treatment in which oils with a nice smell are rubbed into your skin to make you feel relaxed	Next came the aromatherapist, Jules.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
aromatherapy		n U	/əˌrəʊməˈθerəpi/	a health treatment in which oils with a nice smell are rubbed into your skin to make you feel relaxed. Someone who is trained to do aromatherapy is called an aromatherapist	She used a combination of aromatherapy oils.
benefit	***	n C	/'benɪfɪt/	an advantage you get from a situation	Consider the potential benefits of the deal for the company.
bergamot		n U	/'bɜː(r)gəˌmɒt/	a herb with a slightly lemony smell and taste	He chose a blend of lemon, bergamot and lavender for the central diffusion system.
bin	*	n C	/bɪn/	a container for putting rubbish in. A bin without a lid for paper or other dry rubbish is also called a waste paper basket and a large bin that is kept outside is also called a dustbin	It's time you threw those shoes in the bin.
blend		n C	/blend/	a combination of different tastes, styles, qualities etc that produces an attractive or effective result	The dish is a delicious blend of sharp and sweet flavours.
blender		n C	/'blendə(r)/	a piece of electrical equipment that mixes foods or turns soft food into a liquid	Put the ingredients in a blender.
bone	***	n C	/bəʊn/	one of the hard parts that form a frame inside the body of a human or animal. This frame is called a skeleton	She fell and broke a bone in her foot.
boost	**	v	/buːst/	to help something to increase, improve, or become more successful	It's a drug that boosts serotonin levels in the body.
calm	**	v	/kɑːm/	to make someone feel more relaxed and less emotional	Blue is a particularly calming colour and ideal in counterbalancing high levels of stress.
chain smoker		n C	/ˌtʃeɪn ˈsməʊkə(r)/	someone who often smokes one cigarette immediately after another	She's a chain smoker.
chronic	*	adj	/'krɒnɪk/	a chronic illness or chronic pain is serious and lasts for a long time. A serious illness or pain that lasts only for a short time is described as acute	She suffers from chronic back pain.
claim	***	n C	/kleɪm/	to say that something is true, even though there is no definite proof	The report claimed that hundreds of civilians had crossed the border to escape the fighting.
clinical	**	adj	/'klɪnɪk(ə)l/	involving working with people who are ill	Earlier this year, a judge ruled that the doctor was guilty of clinical negligence.
collapse	**	v	/kəˈlæps/	to suddenly fall down and become very ill or unconscious	I ended up collapsing with exhaustion.
colour therapy		n U	/'kʌlə(r) ˌθerəpi/	a form of alternative medicine method in which the therapist uses colour and light to treat patients	He's having colour therapy to treat his depression.
concern	***	n C	/kənˈsɜː(r)n/	something that you think is important	My only concern is to find my daughter.
compensation	**	n U	/ˌkɒmpənˈseɪʃ(ə)n/	money that someone receives because something bad has happened to them	She was awarded £2,000 compensation for her injuries.
consultation	**	n C	/ˌkɒns(ə)lˈteɪʃ(ə)n/	a meeting with an expert or a professional person to get advice or discuss a problem, especially a meeting with a doctor	She has a consultation with the psychologist at 3.00 pm today.

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cordless		adj	/ˈkɔː(r)dɪləs/	a cordless tool or piece of equipment works without being connected to the electricity supply	I've just bought a cordless telephone.
couch potato		n C	/ˌkaʊtʃ pəˈteɪtəʊ/	someone who spends a lot of time sitting at home watching television	Watching too much TV will turn you into a couch potato.
counter-argument		n C	/ˌkaʊntə(r) ˈɑː(r)ɡjʊmənt/	a reason or set of reasons that you use for persuading other people to support your views, opinions, etc used to oppose another argument	Her counter-argument was very convincing.
counterbalance		v	/ˈkaʊntə(r)ˌbæləns/	to have an effect that is equal and opposite to something else	The risk is counterbalanced by the potential rewards.
cure	*	v	/kjʊə(r)/	a treatment that makes someone who is ill become healthy	The doctors cured her of her illness.
dairy		adj	/ˈdeəri/	dairy products include milk and foods that are made from milk, for example butter and cheese	Dairy products are usually high in calcium.
database	**	n C	/ˈdeɪtəˌbeɪs/	a large amount of information stored in a computer in an organized way that allows individual pieces of information to be found quickly	The database contains information about all our customers.
deathbed		n C	/ˈdeθˌbed/	a bed in which someone dies or is about to die	He wrote her a letter when he was on his deathbed.
deliver a baby		phr	/dɪˌlɪvə(r) ə ˈbeɪbi/	to help a woman to give birth to a baby	One in seven doctors are now refusing to deliver babies.
diagnosis	**	n C	/ˌdaɪəɡˈnəʊsɪs/	a statement about what disease someone has, based on examining them	Early diagnosis and treatment can prevent serious problems.
diffusion		n U	/dɪˈfjuːʒ(ə)n/	the process of a gas or liquid spreading through a substance or through the air	He chose a blend of lemon, bergamot and lavender for the central diffusion system.
disabled	**	adj	/dɪsˈeɪb(ə)ld/	someone who is disabled is unable to use part of their body or brain properly because of injury or disease	Mr Bowe collapsed, the victim of a stroke that has left him permanently disabled.
disrupt	*	v	/dɪsˈrʌpt/	to interrupt something and prevent it from continuing by creating a problem	Protesters tried to disrupt the meeting.
energize		v	/ˈenə(r)ˌdʒaɪz/	to make someone feel full of energy or enthusiasm	Her speech energized the protesters.
entitled		adj	/ɪnˈtaɪt(ə)ld/	if someone is entitled to something, they have a right to have it	Mr Bowe is now entitled to compensation.
ergonomics		n pl	/ɜː(r)ɡəˈnɒmɪks/	the study of the way that furniture, equipment etc can be designed so that it is easy and comfortable to use and produces the most benefits and the best working or living conditions for the user	Ergonomics play an important role in the design of monitors and keyboards.
essential oil		n C	/ɪˈsenʃ(ə)l ɔɪl/	an oil that contains the qualities of the plant that it is taken from, used for making perfume and in aromatherapy	Essential oils can lower stress.
fitness freak		n C	/ˈfɪtnəs ˌfriːk/	someone who is extremely interested in keeping fit	We've become complete fitness freaks.
flu	*	n U	/fluː/	a very common infectious disease that lasts a short time and makes you feel hot or cold, weak, and tired	He's in bed with flu.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
fluorescent		adj	/flɔ:'res(ə)nt/	a fluorescent light is a very bright light that consists of a long glass tube containing a gas that reflects light	Liz installed full spectrum fluorescent lights instead.
go off (your) food		phr	/gəʊ ɒf fu:d/	to stop wanting to eat, usually because you are ill	You normally lose your appetite and go off your food when you are ill.
GP		n C	/,dʒi: 'pi:/	General Practitioner: a doctor who deals with general medical problems and treats the families in a particular area	I've made an appointment to see my GP.
happy medium		n s	/'hæpi ˌmi:diəm/	a way of doing something that is between two extreme positions or is satisfactory to everyone	We'll see if we can find a happy medium.
healing		adj	/'hi:lɪŋ/	making someone feel better after they have been ill or unhappy	It has a healing effect on the body.
heighten		v	/'haɪt(ə)n/	if something heightens a feeling or emotion, or if a feeling or emotion heightens, it becomes stronger	An educational effort to heighten awareness about global warming is currently underway.
hot toddy		n C	/'hɒt 'tɒdi/	an alcoholic drink made of whisky with hot water and sugar	Let me make you a hot toddy.
hypnosis		n U	/hɪp'nəʊsɪs/	a very relaxed state in which you seem to be sleeping but can still react to someone else's suggestions	He put her under hypnosis.
hypochondria		n U	/'haɪpəʊ'kɒndrɪə/	a mental condition in which someone worries a lot about their health and thinks that they are ill when they are not	I'm afraid you're suffering from hypochondria.
hypochondriac		n C	/'haɪpəʊ'kɒndrɪæk/	a person who worries a lot about their health and thinks that they are ill when they are not	He's a terrible hypochondriac.
immunity		n U	/'ɪmjʊ:nəti/	the protection that someone's body gives them against a particular disease	It is possible to develop an immunity to many illnesses.
inevitable	**	adj	/ɪn'evɪtəb(ə)l/	impossible to avoid or prevent	War now seems almost inevitable.
infection	**	n C / U	/ɪn'fekʃ(ə)n/	a disease or other medical condition that is caused by bacteria or by a virus or a parasite	Most throat infections are caused by viruses.
insurance policy		n C	/ɪn'ʃʊərəns ˌpɒləsi/	an official document containing the details of the agreement between you and an insurance company	It's always important to read the small print in your insurance policy.
irritable		adj	/'ɪrɪtəb(ə)l/	likely to become easily annoyed or impatient	I'm usually quite irritable until I've had my first cup of coffee.
junk food addict		n C	/'dʒʌŋk fu:d ˌædɪkt/	someone who eats a lot of junk food that is not healthy because it contains a lot of fat, salt, and sugar	She's a real junk food addict.
lavatory		n C	/'lævətəri/	a toilet	I need to go to the lavatory.
lavender		n C / U	/'lævəndə(r)/	a plant with small purple flowers that smell nice	I love the smell of a sprig of lavender.
leak	*	n C / v	/li:k/	an amount of liquid or gas that comes out of a hole or crack in something	Can you smell gas? There must be a leak somewhere.
leftover		adj	/'left.əʊvə(r)/	remaining after you have finished using the amount that you want or need	What should we do with the leftover food?
lung	**	n C	/'lʌŋ/	one of the two organs in your chest that fill with air when you breathe	Breathe in deeply and let the fresh air fill your lungs.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
maintenance	**	n U	/ˈmeɪntənəns/	work that is done to keep something such as a building, machine, or piece of equipment repaired and in good condition	I give my car regular maintenance.
massage	*	n C	/ˈmæsɑːʒ/	the action of pressing, squeezing, and rubbing someone's body in order to reduce pain in their muscles or to make them relax	I went for a back and shoulder massage at the spa.
melodramatic		adj	/ˌmelədrəˈmætɪk/	behaving in a way that is too emotional or too serious	There's no need to be so melodramatic.
migraine		n C	/ˈmiːgreɪn/ /ˈmaɪgreɪn/	a very bad headache that often makes you unable to bear strong light	He suffers from migraines.
morale	*	n U	/məˈrɑːl/	the amount of enthusiasm that a person or group of people feel about their situation at a particular time	Morale is low, and many people are disillusioned.
negligence		n U	/ˈneglɪdʒ(ə)ns/	failure to give care or attention, especially when this causes harm or damage	His former employers accused him of gross negligence.
pampering		n U	/ˈpæmpə(r)/	the process of taking care of someone very well, especially by making them feel very comfortable or by giving them nice things	Use this time to get maximum attention and pampering from your loved ones.
paracetamol		n C/U	/ˌpærəˈsiːtəməʊl/ /ˌpærəˈsetəməʊl/	a drug, usually in the form of pills, that you take to cure minor pains. The American word is acetaminophen	Take two paracetamol with a glass of water.
prescribe	**	v	/prɪˈskrɪb/	if a doctor prescribes a drug or treatment, they say you should have it	The drug should not be taken unless prescribed by a doctor.
propaganda	*	n U	/ˌprɒpəˈgændə/	information, especially false information, that a government or organization spreads in order to influence people's opinions and beliefs	It's just a piece of pro-war propaganda.
raging fever		n U	/ˌreɪdʒɪŋ ˈfiːvə(r)/	a medical condition in which the temperature of your body is very high and you feel ill	You've got to have a raging fever of 45°.
rate	**	v	/reɪt/	the speed at which something happens within a particular period of time	The population was growing at an alarming rate.
reflexology		n U	/ˌrɪːfleksˈsɒlədʒi/	a type of massage in which a person's hands or feet are rubbed and pressed in order to make other parts of their body more healthy or to help them to relax	In a reflexology chart each zone corresponds to a part of the body.
remedy	**	n C	/ˈremədi/	a cure for pain or a minor illness	Have you ever tried herbal remedies?
renewed		adj	/rɪˈnjuːd/	happening again after a pause, and with more energy, strength, or enthusiasm than before	Graham returned to the sport with renewed vigour after injury problems.
revitalize		v	/rɪˈvaɪtəlaɪz/	to make someone feel healthy again	The hot shower revitalized me.
sickness	**	n U	/ˈsɪknəs/	a feeling that you are going to bring up food from your stomach	The standard supplementary symptoms are a headache, sore throat, temperature, sickness, achiness and a cough.
sneeze		v	/sniːz/	to loudly blow air out of your nose in a sudden uncontrolled way	She sneezed violently.
sniff	*	v	/snɪf/	to breathe in noisily through your nose, for example because you have been crying	Amanda sniffed and wiped her nose.

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spectrum	**	n C	/ˈspektrəm/	a range of radio waves or light waves	Full spectrum lights have all the colours and wavelengths of natural light.
splitting headache		n C	/ˌsplɪtɪŋ ˈhedɪk/	a very bad pain in your head	She went home because she had a splitting headache.
squash		n U	/skwɒʃ/	a game in which two players use rackets to hit a small ball against a wall. You play squash on an indoor area called a court	You preferred dancing to running or squash.
staggering		adj	/ˈstægərɪŋ/	extremely surprising	Nobody expected the staggering success of the books.
starve	*	v	/stɑː(r)v/	to make someone suffer or die by preventing them from having enough food	They were accused of deliberately starving the prisoners.
stimulate	**	v	/ˈstɪmjʊleɪt/	to make plants, cells, or a part of someone's body grow or become more active	She decided to use colours that stimulate and energize.
stress-related		adj	/ˈstresrɪˌleɪtɪd/	connected to a worried or nervous feeling that stops you relaxing, caused, for example, by pressure at work or financial or personal problems	With stress-related illness on the increase.
stroke	**	n C	/strəʊk/	a medical condition in which blood is suddenly blocked and cannot reach the brain, or in which a blood vessel in the brain breaks, often causing a loss of the ability to speak or to move particular muscles	Leni suffered a stroke last year, and is unable to walk.
sue	**	v	/suː/ /sjuː/	to make a legal claim against someone, usually to get money from them because they have done something bad to you. The legal claim is called a lawsuit	We intend to sue for damages.
Tai-chi		n U	/ˌtaɪˈtʃiː/	a Chinese martial art which involves doing slow physical exercises	I've started learning Tai-Chi.
the bush		n U	/ðə bʊʃ/	areas in hot countries like Australia and Africa that are not used for growing crops. They are usually far from cities and very few people live there	Dirt roads are the only ways across the bush.
the outback		n U	/ðiː ˈaʊtˌbæk/	the large areas of land in Australia that are not used for growing crops and are far away from any city or town	The threat of snake bites is one of the most common fears for people planning to travel in the outback.
tissue		n C	/ˈtɪʃuː/ /ˈtɪsjuː/	a piece of soft thin paper used especially for wiping your nose	Do you have a box of tissues?
trace		n C	/treɪs/	a very small amount of a substance, especially when it is too small to see clearly or measure accurately	Traces of blood were found in the bathroom.
track	***	n C	/træk/	a path or road with a rough surface	I walked along a track to the mountain village.
trick	**	n C	/trɪk/	something that you do in order to annoy someone or to make people laugh at them, often by making them believe something that is not true	I thought he was playing a trick on me.
unpaved		adj	/ʌnˈpeɪvd/	an area of ground that is unpaved does not have a hard, flat surface such as bricks, blocks of stone or concrete	The pilots sometimes have to land on roads or unpaved tracks.

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vegan		n C	/ˈviːɡən/	someone who chooses not to eat anything derived (=made) from animals or fish, including eggs, milk, and cheese	Apparently she's become a vegan.
vital	***	adj	/ˈvaɪt(ə)l/	very important, necessary, or essential	To be able to cope with change is vital for survival.
vomit	*	v	/ˈvɒmɪt/	if you vomit, food comes up from your stomach and out through your mouth because you are ill. The usual British expression is be sick	The smell made her want to vomit.
wavelength		n C	/ˈweɪvˌleŋθ/	the distance between two waves of sound or light that are next to each other	Violet light has the shortest wavelength.
wheelchair		n C	/ˈwiːlˌtʃeə(r)/	a chair with large wheels that someone who cannot walk uses for moving around	After the crash he was confined to a wheelchair.
workload	*	n U	/ˈwɜː(r)kˌləʊd/	the amount of work that a person or organization has to do	She was suffering from stress caused by her heavy workload.
work-related		adj	/ˈwɜː(r)kˌrɪleɪtɪd/	connected to a job that someone is paid to do	The Office Doctors is one of a growing number of companies which claim they can reduce work-related stress.

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Adjectives with prepositions					
aware of		adj	/ə'weə(r) əv/	knowing about a situation or a fact	They're aware of the dangers.
connected to		adj	/kə'nektɪd ˌtuː/	used about people who have a social, business, or family relationship	Local people do not think he is connected to the man in the orange suit.
devoted to		adj	/dɪ'vəʊtɪd ˌtuː/	to use a particular amount of time or space for dealing with something	The newspaper has begun devoting more review space to children's books.
familiar with		adj	/fə'mɪliə(r) ˌwɪð/	if you are familiar with something, you know about it because you have learnt about it or experienced it before	The author assumes that his readers are familiar with certain basic concepts.
free from		adj	/'friː ˌfrɒm/	not containing or involving something unpleasant	The world of men and elves will never be completely free from his evil.
intent on		adj	/ɪn'tent ɒn/	determined to do something. This expression sometimes means that you do not approve of the thing that someone is determined to do	National newspapers were so intent on publishing the story.
involved in		adj	/ɪn'vɒlvd ɪn/	someone who is involved in something takes part in it	The orange-suited Monkey Man has been involved in a number of incidents.
responsible for		adj	/rɪ'spɒnsəb(ə)l fɔː(r)/	if something or someone is responsible for a situation or event, they are the cause of it	Phone companies are sometimes responsible for cold-calling.
restricted to		adj	/rɪ'strɪktɪd ˌtuː/	only for the use of or only including particular people or purposes	Monkey Man's acts of goodness had been restricted to the kind of thing that any good citizen is expected to do.
sympathetic to		adj	/ˌsɪmpə'tetɪk ˌtuː/	supporting a plan, action, or person	A spokesman for the local police said they were always sympathetic to acts of good citizenship.
Crimes					
armed robbery		n C	/ˌɑː(r)mɪd ˈrɒbəri/	the crime of taking money or property illegally using a weapon	He spent ten years in prison for armed robbery.
assault	**	n C	/ə'sɔːlt/	a physical attack on someone, or the crime of physically attacking someone	He was charged with assault.
hijacking		n U	/'haɪˌdʒækɪŋ/	an occasion when someone illegally takes control of a vehicle, especially a plane, using violence or threats	In a hijacking situation it is important to remain calm.
kidnapping		n U	/'kɪdnæpɪŋ/	the act of kidnapping someone	Police said the group might have been responsible for the kidnapping.
mugging		n U	/'mʌŋɪŋ/	an attack on someone in a public place in order to steal their money, jewellery, or other possessions	Mugging is on the increase.
murder	***	n U	/'mɜː(r)də(r)/	the crime of killing someone deliberately	She is being charged with attempted murder.
smuggling		n U	/'smʌŋ(ə)lɪŋ/	the practice of secretly and illegally taking goods or people into or out of a country, especially as a way of earning money	The tunnels were part of a huge smuggling operation.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
vandalism		n U	/ˈvændəˌlɪz(ə)m/	the act of deliberately damaging or destroying things, especially public property	He committed several acts of vandalism.
Compound nouns (jobs)					
disc jockey		n C	/ˈdɪsk ˌdʒɔki/	someone who plays CDs and records in a club etc	She's a disc jockey on Radio 1.
estate agent		n C	/ˈsteɪt ˌeɪdʒ(ə)nt/	someone whose job is to help people buy and sell or rent property. The American word is real estate agent	We're going to contact an estate agent about putting the house on the market.
firefighter		n C	/ˈfaɪə(r)ˌfaɪtə(r)/	someone whose job is to make fires stop burning and help people to escape from other dangerous situations	Firefighters struggled for hours to control the blaze.
motorcycle courier		n C	/ˈməʊtə(r)ˌsaɪk(ə)l ˌkʊrɪə(r)/	someone whose job is to deliver documents or packages on a motorcycle	Motorcycle couriers are very familiar with all the short-cuts in their city.
nightclub bouncer		n C	/ˈnaɪtklʌb ˌbaʊnsə(r)/	someone whose job is to make certain that no one causes trouble in a bar or club, for example by not allowing particular people to come in	I don't suppose anyone's going to stand up and defend nightclub bouncers.
rescue worker		n C	/ˈreskjuː ˌwɜː(r)kə(r)/	someone whose job is to save people from dangerous or unpleasant situations	The most respected professionals are members of the armed forces, followed by rescue workers.
tax inspector		n C	/ˈtæks ɪnˌspektə(r)/	a government worker whose job is to check that people or companies are paying the right amount of tax	Businesses are being warned to prepare for a call from the tax inspector.
telesales rep		n C	/ˈtelɪseɪlz ˌrep/	someone whose job is to sell the products or services of a particular company on the telephone	She got a job last week as a telesales rep.
traffic warden		n C	/ˈtræfɪk ˌwɔː(r)d(ə)n/	someone whose job is to check that vehicles are legally parked	A traffic warden gave me a parking ticket.
Other words & phrases					
absorb	**	v	/əbˈzɔː(r)b/	to learn and understand new facts, so that they become part of your knowledge	Smith's real power comes from his ability to absorb memories and power from his victims.
an all-time low		phr	/ən ɔːlˈtaɪm ləʊ/	the lowest level that something has ever been at	Members of the armed forces are highly respected but recruitment is at an all-time low.
anthropologist		n C	/ˌænθrəˈpɒlədʒɪst/	someone who studies human societies, customs and beliefs	It is, say the anthropologists, natural for us to evaluate people in terms of the success they have achieved.
avatar		n C	/ˈævəˌtɑː(r)/	a picture on a computer screen that represents a particular computer user, especially one of several users who are having a conversation with each other on the Internet	My avatar is a picture of a parrot.
baddy		n C	/ˈbædi/	someone in a film or book who does unkind or illegal things	The hero kills the baddies and escapes in a speedboat.
bikini		n C	/bɪˈkiːni/	a swimming suit for women, with separate parts to cover the breasts and the lower part of the body	The bikini was invented in 1946.

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book (sth)	**	v	/bʊk/	to buy tickets, or to arrange to have or use something at a particular time in the future	I'll book a table for 8 o'clock.
brutality		n U	/bru:'tæləti/	extreme violence, especially when it is deliberately cruel	Nobody was prepared for the brutality of the attack.
bullet	**	n C	/'bʊlɪt/	a small piece of metal that is shot from a gun and causes serious damage to the person or thing it hits	He was taken to hospital with a bullet wound.
cape		n C	/keɪp/	a loose piece of clothing without sleeves that hangs from your shoulders	A masked man in an orange suit, brown underpants and cape.
caped		adj	/keɪpt/	wearing a loose piece of clothing without sleeves that hangs from your shoulders	We can now reveal that the identity of the caped crusader.
cast	*	n C	/kɑ:st/	all the performers in a film, play etc	She was a member of the cast of The Sound of Music for years.
cast a spell		phr	/,kɑ:st ə 'spɛl/	to use magic to make something happen	He casts powerful spells with his magic staff.
citizenship	*	n U	/'sɪtɪz(ə)nʃɪp/	the legal right to be a citizen of a particular country	I'm applying for Canadian citizenship.
cold caller		n C	/'kəʊld ,kɔ:lə(r)/	someone who phones or visits unexpectedly to try to sell something	I absolutely hate being disturbed at home by cold callers.
cold-calling		n U	/kəʊld 'kɔ:lɪŋ/	making unexpected telephone calls or visits to try to sell something	Phone companies are sometimes responsible for cold-calling.
community-minded		adj	/kə'mju:nəti ,maɪndɪd/	interested in the welfare of the people who live in your area	Stanley Ward, also supported Monkey Man's acts so long as they remained 'community-minded'.
concrete	**	n U / adj	/'kɒŋkri:t/	a hard substance used in building made by mixing cement, sand, small stones, and water	The floors were made of concrete.
confessional		adj	/kən'feʃ(ə)nəl/	admitting to bad or embarrassing things that you have done	The criminal wrote a confessional letter.
crusader		n C	/kru:'seɪdə(r)/	someone who works hard for a long time to achieve something that they strongly believe is morally right	We can now reveal that the identity of the caped crusader.
cutting		adj	/'kʌtɪŋ/	a cutting remark is cruel and intended to upset someone	In an all-American cast, the Sheriff's cutting British accent marks him out as the perfect villain.
cynical	*	adj	/'sɪnɪk(ə)l/	someone who is cynical believes that people care only about themselves and are not sincere or honest	Do you have to be so cynical about everything?
dashing		adj	/'dæʃɪŋ/	attractive and fashionable in an exciting way	She was saved by the dashing young officer.
dazzling		adj	/'dæzɪŋ/	extremely impressive	Despite your own dazzling performance
despise		v	/dɪ'spaɪz/	to hate someone or something and have no respect for them	I despised him for the way he treated his children.
dodge		v	/dɒdʒ/	to avoid someone or something by moving quickly, especially so that something does not hit you or someone does not see you	Shoppers had to dodge flying glass when the bomb exploded.

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dungeon		n C	/ˈdʌndʒ(ə)n/	a dark underground room in a castle that was used as a prison in the past	They were held prisoner in the castle dungeons.
dutifully		adv	/ˈdjuːtɪf(ə)li/	in a way that shows you are being careful to do things that other people ask or expect you to do	Picking up litter and dutifully putting it in the rubbish bins.
elf/elves		n C	/elf/ /elvz/	a small imaginary person with magic powers	He inhabits the world of men and elves.
emulate		v	/ˈemjʊleɪt/	to try to be like someone or something else, usually because you admire them	It is a legal system that has been emulated all over the world.
evil	**	n U / adj	/ˈiːv(ə)l/	a power that makes people do very bad and cruel things	The story is about the struggle between good and evil.
fabulous	*	adj	/ˈfæbjʊləs/	extremely good	You look fabulous.
flip side		n U	/flɪp ˌsaɪd/	the negative aspects of an idea, plan, or situation	The flip side of the government's economic growth policy is high inflation.
fuel		v	/ˈfjuːəl/	a substance such as oil, gas, coal, or wood that produces heat or power when it is burned. Coal and wood are sometimes called solid fuel	What will you do if there is a shortage of food and fuel?
glory	**	n U	/ˈɡlɔːri/	admiration and praise that you get because you have done something impressive	He dreams of destroying Potter by any means possible and returning to his full, former glory.
gorgeous	*	adj	/ˈɡɔː(r)dʒəs/	very beautiful	She wore a gorgeous red and gold silk sari to the party.
gossip		n U	/ˈɡɒsɪp/	conversation about unimportant subjects, especially people's private lives	I never listen to office gossip.
grotesque		adj	/grəʊˈtesk/	extremely ugly and strange	He created a grotesque statue of the devil.
gullible		adj	/ˈɡʌləb(ə)l/	a gullible person is easy to trick because they trust and believe people too easily	They take advantage of gullible tourists.
handful		n C	/ˈhæn(d)fʊl/	a very small number of people or things	The game was dominated by a handful of players.
harmless	*	adj	/ˈhɑː(r)mləs/	not causing any harm	Their wrestling was just harmless fun.
hatred	*	n U	/ˈheɪtrɪd/	a very strong feeling that you dislike someone or something very much	Some people have a hatred of anything new.
have egg on (sb's) face		phr	/hæv eg ɒn ˈfeɪs/	to be embarrassed or appear stupid because something that you tried to do has gone wrong	They found themselves out of pocket and with egg on their faces.
headdress		n C	/ˈhedˌdres/	a decorated piece of clothing that someone wears on their head	He's wearing a tribal headdress.
henchman		n C	/ˈhentʃmən/	a supporter of a powerful person, especially one who is willing to behave in an immoral or violent way	Two of his henchmen carried out the killing.
hero worship		n U	/ˈhɪərəʊ ˌwɜː(r)ʃɪp/	strong admiration for someone, especially when this is extreme or unreasonable	His hero worship turned into an all-consuming passion.

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highlight	*	n C	/ˈhaɪlaɪt/	the most exciting, impressive, or interesting part of an event	The highlight of the trip was visiting the Great Wall of China.
immortality		n U	/ˌɪmɔː(r)ˈtæləti/	the fact of being immortal or being famous enough to be remembered for a long time	Immortality is usually associated with vampires, gods and fairies.
impressionable		adj	/ɪmˈpreʃ(ə)nəb(ə)l/	someone who is impressionable is easily impressed and influenced by other people, usually because they are young and lack experience in life	You worry about teenagers because they're at such an impressionable age.
inconvenience		n C	/ˌɪnkənˈviːniəns/	an annoying problem or situation, especially one that forces you to make an extra effort to do something	We apologize for the inconvenience caused to passengers.
instalment		n C	/ɪnˈstɔːlmənt/	one of several parts of a story or article that are published at different times in a magazine or newspaper	Tonight they're publishing the final instalment of the series.
know no bounds		phr	/ˌnəʊ nəʊ ˈbəʊndz/	to have no limits that affect and control what can happen or what people are able to do	The sheriff's cruelty knows no bounds.
liar		n C	/ˈlaɪə(r)/	someone who tells lies	The best way to spot a liar is to look them in the eyes.
like-minded		adj	/ˌlaɪkˈmaɪndɪd/	like-minded people, groups etc have similar tastes, interests, and opinions	The conference is a chance to meet like-minded individuals.
litter	*	n U	/ˈlɪtə(r)/	things such as pieces of paper that people have dropped on the ground in a public place, making it messy	Picking up litter and dutifully putting it in the rubbish bins.
look up to		v	/lʊk ʌp tə/	to admire and respect someone	He's a role model for other players to look up to.
masked		adj	/mɑːskt/	wearing a mask	The store was held up by a masked gunman.
meaningless	*	adj	/ˈmiːnɪŋləs/	without any clear purpose or importance	My life seems meaningless since Eddie died.
menace		n C	/ˈmenəs/	someone or something that is dangerous and likely to cause harm	The escaped prisoners are a menace to society.
minute	**	adj	/maɪˈnjuːt/	very careful and detailed	Our lawyer went over the contract in minute detail.
moped		n C	/ˈməʊpəd/	a type of motorcycle with an engine that is not powerful and pedals like a bicycle	She goes everywhere on her moped.
nastiness		n U	/ˈnɑːstɪnəs/	saying or doing unkind things to other people	The villains are ranked in order of nastiness.
obnoxious		adj	/əbˈnɒkjəs/	very rude, offensive, or unpleasant	My son is an obnoxious child.
obsessed	*	adj	/əbˈsest/	considering someone or something as so important that you are always thinking about them, in a way that seems extreme to other people	This is a sign of a government obsessed with secrecy.
on the rampage		phr	/ˌɒn ðə ˈræmpəɪdʒ/	behaving in an uncontrolled way, especially when this involves damaging or destroying property over a wide area	Alex and his gang go on the rampage, beating and murdering.
parade		v	/pəˈreɪd/	to publicly show something that you are proud of	Gossip magazines and TV shows parade the stars before us.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
parking ticket		n C	/ˈpɑː(r)kɪŋ ˌtɪkɪt/	an official document put on your car telling you that you have broken a rule about parking and must pay a fine	You'll get a parking ticket if you stop here.
patrol	*	v	/pəˈtrəʊl/	to move regularly around a place in order to prevent trouble or crime	He patrols the town, sorting out life's little inconveniences.
pedestrian	*	n C	/pəˈdestriən/	someone who is walking, especially in a town or city, instead of driving or riding	The area is open to cyclists and pedestrians.
power-mad		adj	/ˈpaʊə(r) ˌmæd/	if you are power-mad, you strongly desire the ability to influence or control other people	Powerful, power-mad and extremely dangerous
primitive	**	adj	/ˈprɪmətɪv/	at a very simple stage of development, before modern technology	She spent time living with a primitive tribe.
purse	*	n C	/pɜː(r)s/	a small bag in which a woman carries money	The man had tapped her on the shoulder and returned the purse that she had lost earlier.
random	**	adj	/ˈrændəm/	chosen or happening without any particular method, pattern, or purpose	They interviewed a random sample of voters.
resist	***	v	/rɪˈzɪst/	to not be affected or harmed by something	The shelters are designed to resist heat and toxic fumes.
role model	*	n C	/rəʊl ˈmɒd(ə)l/	someone whose behaviour is considered to be a good example for other people to copy	She's a good role model for the kids.
satin		adj	/ˈsætɪn/	a very smooth shiny cloth that is used for making expensive clothes	She's wearing a satin dress.
screensaver		n C	/ˈskriːnˌseɪvə(r)/	a computer program that makes the screen black or that shows a picture when the computer is on but not being used. It is designed to protect the screen from damage	I downloaded a new screensaver.
sight		v	/saɪt/	to see something suddenly or in the distance	Monkey Man, as he is known, was sighted earlier this week.
sighting		n C	/ˈsaɪtɪŋ/	an occasion when you see something, especially something unusual or something that you have been looking for	There are many sightings of UFOs every year.
simulate		v	/ˈsɪmjʊleɪt/	to produce the features of something in a way that seems real but is not	The delegates were shown computer models used for simulating battle conditions.
sophisticated	**	adj	/səˈfɪstɪˌkeɪtɪd/	complicated and advanced in design	The police used highly sophisticated surveillance equipment.
soulmate		n C	/ˈsəʊlˌmeɪt/	someone who you have a special relationship with because you share the same feelings, attitudes, and beliefs	I'm looking for my soulmate.
spine-chilling		adj	/ˈspɑːnˌtʃɪlɪŋ/	a spine-chilling story, book, film etc is very frightening	She told us a spine-chilling ghost story.
spit	*	v	/spɪt/	to force some of the clear liquid called saliva out from your mouth	They often behave like pigs: swearing, spitting, starting fights.
staff		n C	/stɑːf/	a long stick used for making walking easier, used mainly in the past	He does spells with a wooden staff.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
superhero		n C	¹ su:pə(r)hɪrəʊ/	a character in a comic strip (=story told in pictures), film etc who has special powers that can be used for saving people and fighting against evil	Who is your favourite superhero?
superhuman		adj	/ ¹ su:pə(r)hju:mən/	superhuman qualities are much greater and more impressive than those of an ordinary person	He seems to have superhuman strength.
tax declaration		n C	/tæks ˌdeklə'reɪʃ(ə)n/	an official written statement that you sign to show how much money you have earned and how much tax you have to pay	You are one day late with your annual tax declaration.
thug		n C	/θʌg/	a man who is violent, especially a criminal	They were just a group of mindless thugs.
underpants		n pl	/ ¹ ʌndə(r)pænts/	underwear for men worn on the lower half of the body	He put on a pair of underpants.
unquestionably		adv	/ʌn ¹ kwestʃ(ə)nəb(ə)li/	used for emphasizing how true something is, or for saying that most people believe it	The syndrome is unquestionably fuelled by the media's own obsession with celebrities.
vengeance		n U	/ ¹ vendʒ(ə)ns/	the act of harming or killing someone because they have done something bad to you	Both sides were locked in a cycle of violence and vengeance.
villain	*	n C	/ ¹ vɪlən/	the main bad character in a story, play, film etc. The main good character is the hero or heroine	He's just like the villain out of a James Bond film.
vindictive		adj	/ ¹ vɪn ¹ dɪktɪv/	someone who is vindictive is cruel to anyone who hurts them and will not forgive them	Divorced couples often become quite vindictive towards each other.
vow		v	/ ¹ vau/	to promise that you will do something	I vowed that I would never gamble again.
wicked	*	adj	/ ¹ wɪkɪd/	morally wrong and deliberately intending to hurt people	I knew that it was a wicked thing to do.
witness	**	n C	/ ¹ wɪtnəs/	someone who sees a crime, accident, or other event happen	Witnesses reported hearing two gunshots.
wizard		n C	/ ¹ wɪzə(r)d/	a man in stories who has magic powers	He is a powerful wizard.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Reflexive verbs					
adapt yourself		v	/ə'dæpt jə(r),self/	to change your ideas or behaviour so that you can deal with a new situation	At some point in their life, everybody has to adapt themselves to new circumstances.
content yourself		v	/'kɒntent jə(r),self/	to be willing to accept what you have, although you would prefer to have something else	Initially, she contented herself with simply looking after her family.
deceive yourself		v	/dɪ'si:v jə(r),self/	to refuse to believe something because you do not want to	You're just deceiving yourself if you think he'll come back to you.
destroy yourself		v	/dɪ'strɔɪ jə(r),self/	to damage yourself so severely that you no longer exist or can never return to your normal state	Selfish groups destroy themselves.
distinguish yourself		v	/dɪ'stɪŋɡwɪʃ jə(r),self/	to do something very well so that people notice and respect you	He distinguished himself during the war.
endanger yourself		v	/ɪn'deɪndʒə(r) jə(r),self/	to put yourself in a situation where you might be harmed or destroyed	They endanger themselves in the process.
express yourself		v	/'ɪks'pres jə(r),self/	to show your feelings in a particular way	People express themselves through their actions more than their words.
pride yourself		v	/'praɪd jə(r),self/	to feel proud about an achievement, skill, or special quality that you have	Margaret prided herself on being fair and honest with all of her students.
remind yourself		v	/'rɪ'maɪnd jə(r),self/	to tell yourself again about an event from the past or about a fact that you used to know	It's a good idea to remind yourself from time to time that life is short.
sacrifice yourself		v	/'sækrɪfaɪs jə(r),self/	to allow yourself to die in order to save other people	Many animals, including humans, are prepared to sacrifice themselves for their family.
Collocations with give					
give (sb) a call		phr	/'gɪv ə 'kɔ:l/	to telephone someone	I may give him a call.
give (sth) a clean		phr	/'gɪv ə 'kli:n/	to remove the dirt from something	I'll give the car a clean before we leave.
give a damn		phr	/'gɪv ə 'dæm/	to care about someone or something	I don't give a damn.
give (sb) a hand		phr	/'gɪv ə 'hænd/	to help someone	People often ask me to give them a hand.
give (sb) a headache		phr	/'gɪv ə 'hedɪk/	to cause someone to have a pain in their head	Hard work often gives me a headache.
give (sb) problems		phr	/'gɪv 'prɒbləmz/	to cause trouble or difficulty	My colleague is giving me some problems at the moment.
give a lecture		phr	/'gɪv ə 'lektʃə(r)/	to talk to a group of people about a particular subject, especially at a college or university	He gave a really interesting lecture last week.

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give a lot of thought		phr	/ˌɡɪv ə ˌlɒt əv ˈθɔ:t/	to think carefully about something	I don't give a lot of thought to my future.
give (sb) a piece of your mind		phr	/ˌɡɪv ə ˌpi:əs əv jə(r) ˈmaɪnd/	to criticize someone very strongly	I'm going to give him a piece of my mind when I see him.
give (sb) a second		phr	/ˌɡɪv ə ˈsekənd/	to wait for someone for a short period of time	Hang on, give me a second.
give a speech		phr	/ˌɡɪv ə ˈspi:tʃ/	to speak to an audience on a formal occasion	I have to give a speech today in front of 100 people.
give (sth) a try		phr	/ˌɡɪv ə ˈtraɪ/	to do something in order to find out what happens or to find out whether something is good, appropriate, effective etc	I like new experiences and I'll give anything a try once.
give a warning		phr	/ˌɡɪv ə ˈwɔ:(r)nɪŋ/	to tell someone that they will be punished or that something bad will happen if they do something	I'm going to give you a warning, but don't do it again.
give consideration		phr	/ˌɡɪv kənˌsɪdəˈreɪʃ(ə)n/	to think about something carefully before making a decision or developing an opinion	I think we need to give consideration to Dave's idea before we make a final decision.
give permission		phr	/ˌɡɪv pə(r)ˈmɪʃ(ə)n/	to allow someone to do or have something	I've given her permission to go out for the evening.
give priority		phr	/ˌɡɪv praɪˈɒrəti/	to decide that something is important and must be done first or needs more attention than anything else	We need to give priority to finishing last week's work.
give (sb) the benefit of the doubt		phr	/ˌɡɪv ðə ˌbenɪfɪt əv ðə ˈdaʊt/	to treat someone as if their behaviour is honest or correct, even though you are not certain that it is	I think we should probably give her the benefit of the doubt.
give the impression		phr	/ˌɡɪv ðɪ ɪmˈpreʃ(ə)n/	to behave in a way that makes people believe something about you	He gives the impression that he really doesn't care.
Job responsibilities					
coordinate	*	v	/kəʊˈɔ:(r)dɪneɪt/	to organize the different parts of a job or plan so that the people involved work together effectively	I had to coordinate the work of small groups of volunteer workers.
facilitate	*	v	/fəˈsɪləteɪt/	to make it possible or easier for something to happen	The counsellor may be able to facilitate communication between the couple.
liaise		v	/liˈeɪz/	if one person liaises with another, or if people liaise, they talk to each other and tell each other what they are doing, so that they can work together effectively	In my current job I write press releases and liaise with volunteers.
oversee		v	/ˌəʊvə(r)ˈsi:/	to watch something in order to check that it works or happens in the way that it should	It's the responsibility of the government agencies that oversee the airline industry.
participate	**	v	/pɑ:(r)ˈtɪsɪpeɪt/	to take part in something	The rebels have agreed to participate in the peace talks.
promote	***	v	/prəˈməʊt/	to support or encourage something	The Government is committed to promoting the development and use of public transport.
seek out		v	/ˌsi:k ˈaʊt/	to find someone or something by looking for them in a determined way	Corbett resolved to seek out the truth.

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track	*	v	/træk/	to follow the development or progress of something	They visit local projects periodically to track developments.
Other words & phrases					
access		v	/ˈækses/	to get information, especially from a computer	The database allows you to access the sales figures in a number of ways.
administer		v	/ədˈmɪnɪstə(r)/	to be responsible for making certain that something is done according to the rules	It takes a lot of time to prepare, administer, and mark the tests.
aid	**	n U	/eɪd/	money, food, or other help that an organization or government gives to a country or area where people need it, for example because of a war or flood	The UN provided emergency economic aid to the refugees.
altruism		n U	/ˈæltruːɪz(ə)m/	a way of thinking or behaving that shows you care about other people and their interests more than you care about yourself	Animals may also sometimes exhibit altruism.
altruistic		adj	/ˌæltruːɪstɪk/	thinking or behaving in a way that shows you care about other people and their interests more than you care about yourself	He was well known for his altruistic behaviour.
ambassador	**	n C	/æmˈbæsədə(r)/	a senior official who lives in a foreign country and represents his or her own country there. An ambassador is responsible for an office called an embassy	The statement was made by the Egyptian ambassador to London.
attach importance to (sth)		phr	/əˈtætʃ ɪmˈpɔː(r)t(ə)n(ə)s tuː/	to think that something is important or true and that it should be considered seriously	Unlike other animals, we attach great importance to moral values.
back up		v	/ˌbæk ˈʌp/	to show that an explanation or belief is probably true	All the evidence backs up her story.
bean	**	n C	/biːn/	a dried bean that you grind (=make into a powder) and use to make drinks such as coffee and cocoa	Have you ground the coffee beans yet?
blood transfusion		n C	/ˈblʌd trænˌsfjuːʒ(ə)n/	a medical treatment in which blood from another person is put into someone's body, for example if they have lost a lot of blood from an injury	He was rushed to hospital and given a blood transfusion.
bracelet		n C	/ˈbreɪslət/	a piece of jewellery that you wear around your wrist	He's wearing a copper bracelet.
charity shop		n C	/ˈtʃærəti ʃɒp/	a shop belonging to a charity that sells things that people have given to it	They donated the clothes to the charity shop.
chimpanzee		n C	/ˌtʃɪmpænˈziː/	an African animal with black or brown fur that lives and hunts in groups. It belongs to the ape family, which is the most similar to humans.	The number of chimpanzees in the wild is steadily decreasing.
city		adj	/ˈsɪti/	used to describe someone who lives and works in a city, especially in the finance industry	He's a city type, merchant banker.
conflict	***	n C / U	/ˈkɒnflikt/	a situation in which it is difficult for two things to exist together or be true at the same time	The puzzle shows that there is a conflict between what is good for the individual and what is good for the group.
count on (sb)		v	/ˈkaʊnt ɒn/	to depend on someone to do what you want or expect them to do for you	The whole team was counting on me, and I let them down.

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countless	*	adj	/ˈkauntləs/	very many, especially more than you think is reasonable	The occupying forces committed countless atrocities.
dedicated to	**	v	/ˈdedɪˌkeɪtɪd tuː/	to spend your time and effort doing something	He dedicated himself to academic work.
delegation	**	n C	/ˌdeləˈgeɪʃ(ə)n/	a group of people who represent a country, government, or organization	They agreed to send a delegation to the African summit meeting.
detriment		n C	/ˈdetrɪmənt/	harm caused to something as a result of something else	Starting formal education too early can be of serious detriment to the child.
dilemma	**	n C	/dɪˈlemə/	a situation in which you have to make a difficult decision	The company is facing a moral dilemma.
disrupt	*	v	/dɪsˈrʌpt/	to interrupt something and prevent it from continuing by creating a problem	Protesters tried to disrupt the meeting.
do good deeds		v	/ˌduː ɡʊd ˈdiːdz/	to do things that are good or helpful	Humans and other animals are capable of doing good deeds.
donate	*	v	/dəʊˈneɪt/	to give something such as money or goods to an organization, especially to a school, hospital, political party, or charity	Many big corporations donate to political parties.
donor	*	n C	/ˈdəʊnə(r)/	someone who gives blood, sperm, eggs, or a part of their body to be used in the medical treatment of someone else	I've registered as a blood donor.
ecosystem		n C	/ˈiːkəʊˌsɪstəm/	all the plants and animals in a particular area, considered as a system with parts that depend on one another	It's easy to damage the fragile rainforest ecosystem.
elders		n pl	/ˈeldə(r)z/	an older and more experienced member of a group or organization who gives advice and makes decisions	The decision was taken by a council of village elders.
faithful	*	adj	/ˈfeɪθf(ə)l/	continuing to support someone or be their friend, even in a difficult situation	He had always been a faithful friend.
film crew		n C	/ˈfɪlm ˌkruː/	a group of people who work together to make a film	After a few minutes, you are stopped by a man with a microphone and a film crew.
foreseeable		adj	/ˈfɔː(r)ˈsiːəb(ə)l/	a foreseeable event or time is one that can easily be imagined or known about before it happens	The increased demand for organic produce was not foreseeable ten years ago.
fund	***	v / n C	/fʌnd/	to provide the money for something that costs a lot	The National Asthma Campaign is funding research into allergy and air pollution.
fur	*	n C / U	/fɜː(r)/	an animal skin covered with soft hair, used for making clothes	He's wearing a black cloak trimmed with fur.
gene	**	n C	/dʒiːn/	a pattern of chemicals within a cell that carries information about the qualities passed to a living thing from its parents	He believes that shyness is in the genes.
geranium		n C	/dʒəˈreɪniəm/	a plant with soft round leaves and bright flowers that are usually pink, red, or white	There's a pot of geraniums on the windowsill.
grant	***	n C	/grɑːnt/	an amount of money that the government or an organization gives you for a specific purpose and does not ask you to pay back. Money that you have to pay back is called a loan	They've applied for a grant from the lottery.
grassroots		n pl	/ˌgrɑːsˈruːts/	the ordinary people in a community, country, society, or organization rather than its leaders	They have a lot of support from grassroots activists.

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grower		n C	/ˈgrəʊə(r)/	a person, company, or place that grows a type of plant or crop	There are a lot of organic apple growers in the area.
hang up		v	/ˌhæŋ ˈʌp/	to stop using a telephone at the end of a conversation	Greg hung up and sat back in his chair.
homeless	*	adj	/ˈhəʊmləs/	without a place to live	I've been working as a press officer for a local homeless charity.
honour	**	v	/ˈɒnə(r)/	to show your respect or admiration for someone, especially by giving them a prize or a title, or by praising them publicly	She will be honoured for her work in promoting friendship between the two countries.
immorality		n U	/ˌɪməˈræləti/	behaviour that people think is morally wrong	The protesters spoke out against the immorality of multinational corporations.
knock over		v	/ˌnɒk ˈəʊvə(r)/	to hit someone with a vehicle so that they are injured or killed	Sue was knocked down just yards from her home.
light up		v	/laɪt ʌp/	to light a cigarette	Is it okay to light up in here?
limousine		n C	/ˌlɪməˈzi:n/	a large expensive comfortable car in which a screen separates the driver from the passengers	I go to work in a chauffeur-driven limousine.
make-up	*	n U	/ˈmeɪkʌp/	the individual qualities and attitudes that combine to form someone's basic character	They analysed the strengths and weaknesses of his psychological make-up.
merchant banker		n C	/ˈmɜː(r)tʃ(ə)nt ˌbæŋkə(r)/	someone who has an important position in a bank that provides financial services to companies, not people	He's a City type, merchant banker.
microphone	*	n C	/ˈmaɪkrəˌfəʊn/	a piece of equipment for making someone's voice louder when they are speaking, performing, or recording something	Speak into the microphone.
nest	**	n C	/nest/	a structure that birds make to keep their eggs and babies in	Some birds will help other birds to feed their young and to protect the nest.
non-profit	*	adj	/nɒnˈprɒfɪt/	a non-profit organization works to help people in some way rather than to make a profit	The charity is a strictly non-profit organization.
partial	**	adj	/ˈpɑː(r)ʃ(ə)l/	not complete	It's helpful but it's only a partial explanation.
philanthropist		n C	/fɪˈlænrəpɪst/	someone who believes in helping people, especially by giving money to those who need it	Wealthy philanthropists and private foundations are supporting biomedical research.
poppy		n C	/ˈpɒpi/	an artificial poppy that people in the UK wear for Remembrance Day (=a day when people remember the soldiers who died in wars)	They're all wearing red poppy badges.
press release		n C	/pres rɪˈliːs/	an official statement or report that an organization gives to journalists, for example about a new product or an important achievement	The company issued a press release earlier today.
puzzle	*	n C	/ˈpʌz(ə)l/	someone or something that you cannot understand	In an attempt to provide answers to this question, scientists have turned to a puzzle known as 'The Prisoner's Dilemma'.
quid	*	n C	/kwɪd/	a pound in money	Here's the six quid I owe you.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
rainforest	*	n C	/ˈreɪnˌfɔːrɪst/	a forest in a tropical region of the world where it rains a lot. Rainforests are considered to be important environmental areas and many people want them to be protected by law	Many areas of rainforest have been destroyed.
raise money		v	/ˌreɪz ˈmʌni/	to collect money for a particular purpose	More than 30 million red poppy badges are sold in Britain every year to raise money for people who have been injured or lost their lives serving the country.
ribbon	*	n C	/ˈrɪbən/	a narrow piece of coloured cloth folded over itself, worn to show support for an organization, principle, or aim	She's wearing a ribbon.
rollerblades		n pl	/ˈrəʊlə(r)ˌbleɪdz/	a type of boot with a single row of small wheels along the bottom, used for moving quickly along, especially for fun or as a sport	I've just bought a new pair of rollerblades.
sector	***	n C	/ˈsektə(r)/	a part of a country's economic or business activity	The country's industrial sector continues to grow.
seed	***	n C	/siːd/	a small hard part produced by a plant that can grow into a new plant of the same type	I've ordered a packet of seeds.
self-help		n U	/ˌselfˈhelp/	things that you do to solve your own problems instead of depending on other people. A self-help group consists of people who discuss their problems and find ways to deal with them. A self-help book is designed to help you to solve your own problems	She's written a self-help book about diet and exercise.
set (sb) apart from			/ˌset əˈpɑː(r)t frəm/	to make someone different or special	We pride ourselves on those aspects of our behaviour and culture that set us apart from the rest of the animal kingdom.
shiver	*	v	/ˈʃɪvə(r)/	if you shiver, your body shakes slightly, for example because you are cold or frightened	We stood shivering in the icy wind.
single-handed		adv	/ˌsɪŋ(ə)l ˈhændɪd/	done by one person without help from anyone else	She sailed across the Atlantic single-handed.
species	***	n C	/ˈspiːʃiːz/	a plant or animal group whose members all have similar general features and are able to produce young plants or animals together	Over 120 species of birds have been recorded in this National Park.
tear	**	v	/teə(r)/	to pull something so that it separates into pieces or gets a hole in it, or to become damaged in this way	It's made of very thin material that tears easily.
troop	***	n C	/truːp/	a group of animals	We saw a troop of monkeys in the jungle.
tropical	**	adj	/ˈtrɒpɪk(ə)l/	in or from the hottest parts of the world	It isn't possible to grow many tropical plants in England.
veranda		n C	/vəˈrændə/	a covered area along the outside of a house, often enclosed by a low wall	We had afternoon tea on the veranda.
volunteer	**	n C	/ˌvɒləntɪə(r)/	someone who is not paid for the work that they do	The organization is appealing for volunteers.
well-supported		adj	/ˌwelˌsəˈpɔː(r)tɪd/	provided with plenty of money	Charities that rescue or look after animals are also well supported.
worried sick		adj	/ˌwʌrɪd ˈsɪk/	very worried	Where have you been? We've been worried sick.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Geographical features					
bay	**	n C	/beɪ/	an area of the coast where the land curves inwards	The harbour lights were visible across the bay.
canal	**	n C	/kə'neɪl/	an artificial river	Canals were dug to connect England's industrial cities with the sea.
cape		n C	/keɪp/	a large area of land that continues further out into the sea than the land it is part of. This word is often used in the names of places.	They sailed around the cape.
desert	**	n C	/'deɪzə(r)t/	a large area of land with few plants and little water and where the weather is always dry	We drove across the Gobi Desert.
falls	***	n pl	/fɔ:lz/	a waterfall	Have you ever been to the Niagara Falls?
gulf		n C	/gʌlf/	a large area of sea that is almost surrounded by land	We visited the Persian Gulf last year.
mount		n C	/maʊnt/	a mountain: used in names	He's going to attempt to climb Mount Everest?
ocean	**	n C	/'əʊʃ(ə)n/	one of the large areas of salt water that cover most of the Earth	We flew over the Atlantic ocean.
peninsula		n C	/pə'nɪnsjʊlə/	a long piece of land that is mostly surrounded by water, but is joined at one end to a larger area of land	It's a narrow peninsula.
strait		n C	/streɪt/	a narrow area of water that joins two larger areas of water	Where is the Strait of Hormuz?
Binomials					
bits and pieces		phr	/'bɪts ən 'pi:si:z/	small individual things	With a couple of bits and pieces that I've added.
black and white		phr	/'blæk ən 'waɪt/	in a written or printed form, and therefore more likely to be true or definite	I want it written down here in black and white.
born and bred		phr	/'bɔ:(r)n ən 'bred/	used for saying where someone was born and grew up	Jane was born and bred in Seattle.
down and out		phr	/'daʊn ən 'aʊt/	very poor, with nowhere to live and no job	He was down-and-out, and with nowhere to go.
flesh and blood		phr	/'fleʃ ən 'blʌd/	someone's relative	She's your own flesh and blood – how can you treat her like that?
forgive and forget		phr	/fə(r),gɪv ən fə(r)'get/	to decide not to continue being angry about something that someone has done, and not to allow your memory of it to influence your future relationship	I might forgive and forget, but I'm more likely to get mad and get even.
here and now		phr	/'hɪə(r) ən 'naʊ/	at this moment	Do I have to make up my mind here and now?
long and hard		phr	/'lɒŋ ən 'hɑ:(r)d/	if you think about something long and hard, you think about it carefully and thoroughly	I've thought about it long and hard and my mind is made up.
pick and choose		phr	/'pɪk ən 'tʃu:z/	to have the chance to choose the things that you prefer, rather than simply accepting what someone gives you	We cannot pick and choose which laws to obey.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
short and sweet		phr	/,ʃɔ:(r)t ən 'swi:t/	not too long or complicated	Time is limited, so please keep your remarks short and sweet.
sick and tired		phr	/,sɪk ən 'taɪə(r)d/	very unhappy about something	I am sick and tired of listening to your complaints.
to and fro		phr	/,tu: ən 'frəʊ/	in one direction and then back again	The swing rocked to and fro.
tried and tested		phr	/,traɪd ən 'testɪd/	known to be good or effective	It's a tried and tested way of getting food stains out of clothing.
Describing landscape					
a bare rocky ridge		phr	/ə ,beə(r) ,rɒki 'rɪdʒ/	the long narrow top of a mountain or group of mountains which is covered in stones and has no plants on it	We climbed along a bare, rocky ridge.
a deep narrow gorge		phr	/ə ,di:p ,nærəʊ 'gɔ:(r)dʒ/	a deep valley with high straight sides where a river has cut through rock that is not very wide	The river runs through a deep, narrow gorge.
a fertile wooded valley		phr	/ə ,fɜ:(r)taɪl ,wʊdɪd 'væli/	a low area of land between mountains or hills, usually with a river flowing through it which has trees in it and where the soil is rich so plants can grow easily	The house is located in a fertile, wooded valley.
gentle rolling hills		phr	/,dʒent(ə)l ,rəʊlɪŋ 'hɪlz/	a group of areas of land that are higher than the land surrounding them but smaller and lower than mountains which gently slope up and down over a long distance	The landscape is made up of gentle, rolling hills.
a jagged snowy peak		phr	/ə ,dʒæɡɪd ,snəʊi 'pi:k/	the top of a mountain covered in snow, the edge of which has a lot of rough pointed parts that make it look broken or torn	We could see a jagged, snowy peak in the distance.
a sheltered sandy cove		phr	/ə ,ʃeltə(r)d ,sændi 'kəʊv/	a small area of ocean that is partly surrounded by land which is covered in sand and is not affected by bad weather	We spent the day swimming in a sheltered, sandy cove.
a tall steep cliff		phr	/ə ,tɔ:l ,sti:p 'klɪf/	the steep side of an area of high land	When they looked up they could see a tall, steep cliff.
Other words & phrases					
adamant		adj	/'ædəmənt/	determined not to change your belief or decision about something	We tried to persuade her but she was adamant.
affluent		adj	/'æflu:ənt/	rich enough to buy things for pleasure	He's an affluent businessman.
ambiguity	*	n C / U	/,æmbrɪ'gju:əti/	a lack of clear and exact use of words, so that more than one meaning is possible	Try to avoid ambiguity and keep your comments brief.
artefact	*	n C	/'ɑ:(r)tɪ,fækt/	a tool or other object that was made a very long time ago	Chinese artefacts and settlements in Sri Lanka and the east coast of Africa support claims that he sailed across the Indian Ocean.
a tall order		phr	/ə tɔ:l 'ɔ:(r)də(r)/	something very difficult that someone expects you to do	To score four goals in one game is a tall order, even for him.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
breed	**	v	/bri:d/	to produce new plants or animals from existing ones, especially in order to produce plants or animals with particular characteristics	She breeds sheep.
circumnavigate		v	/ˌsɜ:(r kəm'nævɪˌgeɪt/	to sail or fly completely around something, especially the world or an island	Magellan was the first person to circumnavigate the globe.
colony	**	n C	/'kɒləni/	a group of animals or birds of the same type that live in the same area	The farm keeps a colony of bees.
commander	**	n C	/kə'mɑ:ndə(r)/	an officer of high rank in the British navy	The order was given by the commander of the submarine.
controversial	**	adj	/ˌkɒntrə'vɜ:(r)ʃ(ə)l/	a controversial subject, opinion, or decision is one that people disagree about or do not approve of	We tried to stay away from controversial topics at the dinner party.
correlation	*	n C	/ˌkɒrə'leɪʃ(ə)n/	a connection or relationship between two or more things that is not caused by chance. A positive correlation means that two things are likely to exist together, a negative correlation means that they are not	the correlation between personal wealth and health
counterpart	**	n C	/'kaʊntə(r),pɑ:(r)t/	someone or something that has the same job or purpose as another person or thing, but in a different country, time, situation, or organization	The prime minister is meeting his German counterpart.
craftsman		n C	/'krɑ:ftsmən/	a man who makes beautiful or practical objects using his hands	The cabinet had obviously been built by a master craftsman.
crawling		adj	/'krɔ:liŋ/	if a place is crawling with people, it is full of people in a way that is unpleasant	The area is probably crawling with tourists by now.
crucial	***	adj	/'kru:ʃ(ə)l/	something that is crucial is extremely important because it has a major effect on the result of something	We believe the question being investigated by the Commission is one of crucial importance to the country.
cruise	*	v / n C	/kru:z/	a journey on a ship for pleasure, especially one that involves visiting a series of places	I met her on a summer cruise.
Dane		n C	/deɪn/	someone from Denmark	Richard married a Dane and now lives in Copenhagen.
deter		v	/dɪ'tɜ:(r)/	to make someone decide not to do something	The rain didn't deter people from coming to the game.
dispute	*	n C	/dɪ'spju:t/	a serious disagreement, especially one between groups of people that lasts for a long time	The workers are involved in a dispute over pay.
down under		n U	/ˌdaʊn ˈʌndə(r)/	a way of referring to Australia or New Zealand	He got sick and tired of them going on and on about how he came from 'down under'.
dragon		n C	/'dræɡən/	a large imaginary creature in old stories that has wings and a long pointed tail and breathes out fire	The legend tells of a fire-breathing dragon.
epic		n C	/'epɪk/	a long poem that tells a story about ancient people and gods	It's a real epic.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
estuary		n C	/ˈestjuəri/	the part of a large river where it becomes wide and flows into the sea	We took a boat down the estuary.
euphoric		adj	/juːˈfɔːrɪk/	feeling extremely happy, usually for a short time only	The euphoric crowd had begun cheering even before the teams reached the stadium.
fortnight	**	n C	/ˈfɔː(r)tnaɪt/	a period of two weeks	The children spent a fortnight away from home.
fjord		n C	/ˈfiːɔː(r)d/ /fjɔː(r)d/	a narrow section of sea between high rocks, especially on the coast of Norway	The ship sailed up the fjord.
fleet	**	n C	/fli:t/	a group of ships, or all the ships in a nation's navy	Menzies describes how Zheng He's fleet rounded the Cape of Good Hope.
flood	**	v	/flʌd/	to become covered or filled with water	Parts of the ship could be flooded to create giant fish tanks.
footage		n U	/ˈfʊtɪdʒ/	film of a particular subject or event	I get as much footage as I can of the locations I'm interested in.
glossy	*	adj	/ˈɡlɒsi/	printed on shiny paper with a lot of bright pictures	They found the holiday in a glossy travel brochure.
harbour	**	n C	/ˈhɑː(r)bə(r)/	an area of water near the land where it is safe for boats to stay. A port is a harbour where passengers and goods can be taken on and off	The landscape provides a splendid natural harbour.
interpreter	*	n C	/ɪnˈtɜː(r)prɪtə(r)/	someone whose job is to translate what a speaker is saying in one language into another language so that someone else can understand it	She works as an interpreter at the UN.
itinerary		n C	/aɪˈtɪnərəri/	a plan of a journey that you are going to make, including information about when and where you will travel	Take a look at our suggested three-day itinerary.
league table		n C	/ˈliːg ˌteɪb(ə)l/	a list of institutions or organizations put in order according to how well they are performing in comparison with each other	Her school is at the top of the league table for this area.
magnify		v	/ˈmæɡnɪfaɪ/	to make something appear bigger than it really is	Thick spectacles magnified his eyes.
mainland		adj	/ˈmeɪnˌlænd/	part of a large mass of land that forms the main part of a country but does not include any islands belonging to the country	Enjoy open sea-sailing across the Atlantic from San Miguel to mainland Europe.
navigate		v	/ˈnævɪgeɪt/	to choose a path so that a ship, plane, or car can go in a particular direction, especially by using maps or instruments	By law a harbour pilot must be on board to navigate the ship into port.
ocean-going		adj	/ˈəʊʃ(ə)nˌɡəʊɪŋ/	designed for sailing across the sea	She's the captain of an ocean-going liner.
paramount		adj	/ˈpærəmaʊnt/	more important than all other things	Passenger safety is of paramount importance.
perception	**	n C	/pə(r)ˈsepʃ(ə)n/	a particular way of understanding or thinking about something	The public's perception of him is slowly changing.
populate		v	/ˈpɒpjuleɪt/	if a group of people or animals populate an area, they live there	These open areas of central Australia are mainly populated by farmers.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
round	**	v	/raʊnd/	to go round something	The van had just rounded the corner when it was hit by a lorry.
rural	***	adj	/'rʊərəl/	relating to the countryside, or in the countryside	People who live in remote rural areas rarely visit cities.
scout	*	n C / v	/skaʊt/	someone who searches or examines a place, area or situation to get information about it	It is more stressful to be a location manager than a location scout.
set foot		v	/,set 'fʊt/	to go to a place, especially when there is something special or unusual about you doing this	It was the first time I had set foot on French soil.
set sail		v	/,set 'seɪl/	to begin a journey across water	The ship set sail on Wednesday.
settlement	**	n C	/'set(ə)lmənt/	a place where people have come to live permanently, usually when there were very few people living there before	They discovered the remains of an early Anglo-Saxon settlement.
shape		v	/ʃeɪp/	to influence the way that a person, idea, or situation develops	His generation firmly believed they could shape the future.
submarine	*	n C	/'sʌbməri:n/	a ship that can travel both on the surface of the water and under water	He's serving on a nuclear submarine.
supply	***	v	/sə'plaɪ/	an amount or quantity of something that is available to use	Aquarium fish need a constant supply of oxygen.
temporary	***	adj	/'temp(ə)rəri/	existing, done, or used for only a limited period of time	These measures are only temporary.
turtle		n C	/'tɜ:(r)t(ə)l/	an animal with a shell and four short legs that lives on the land, in the ocean, or in rivers and lakes. The animal that lives on the land is usually called a tortoise	This is a beach on Koh Tao, Turtle Island.
unspoilt		adj	/ʌn'spɔɪlt/ /ʌn'spɔɪld/	an unspoiled place has not been changed in ways that make it less beautiful or enjoyable	I really love to see beautiful unspoilt countryside.
upside down	*	adv	/,ʌpsaɪd 'daʊn/	with the top part at the bottom or lower than the bottom part	The car landed upside down in a ditch.
vessel	**	n C	/'ves(ə)l/	a large boat or ship	She owns a small fishing vessel.
veteran		adj	/'vet(ə)rən/	very experienced and skilled in a particular activity	He's a veteran location scout.
warship		n C	/'wɔ:(r)ʃɪp/	a large ship with a lot of weapons, used for fighting in wars	The ships of the past were very different to modern warships.
wash away		v	/wɒʃ ə'weɪ/	if something such as rain or a river washes something away, it carries it away	Heavy rains have washed away the bridge.
well-earned		adj	/,wel 'ɜ:(r)nd/	earned or deserved because of hard work or a difficult experience	James is taking a well-earned rest.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Idioms (money)					
be hard up		phr	/bi ˌhɑ:(r)d ˈʌp/	to have very little money	I was pretty hard up when I was a student.
be in the red		phr	/bi: ˌɪn ðə ˈred/	if a bank account is in the red, more money has been spent from the account than there is available	Their bank account was in the red again.
be on the breadline		phr	/bi: ˌɒn ðə ˈbredlaɪn/	to be very poor	Many families are on the breadline.
be without a penny to your name		phr	/bi wɪðˌaʊt ə ˈpeni tə jə(r) ˈneɪm/	to have no money	He died without a penny to his name.
be worth a fortune		phr	/bi ˌwɜ:(r)θ ə ˈfɔ:(r)tʃən/	if someone is worth a fortune, they have a lot of money and property	I don't know exactly how much money he has, but he must be worth a fortune.
have money to burn		phr	/hæv ˌmʌni tə ˈbɜ:(r)n/	used for saying that you think someone is spending too much money on things they do not need	I don't know why you need a new car, unless you've got money to burn.
live hand to mouth		phr	/lɪv ˌhænd tə ˈmaʊθ/	to have just enough money or food to live on	We will have to live hand to mouth until I can get a steady job.
live in the lap of luxury		phr	/lɪv ɪn ðə ˌlæp əv ˈlʌkʃəri/	to live in very comfortable and expensive conditions	They live together in the lap of luxury in a beautiful Victorian mansion.
Phrasal verbs 2					
fall for		phr	/ˈfɔ:l ˌfɔ:(r)/	to believe that a trick or a joke is true	How could you fall for such an obvious trick?
get away with		phr	/get əˈweɪ wɪð/	to manage to do something bad without being punished or criticized for it	They have repeatedly broken the law and got away with it.
get your own back on (sb)		phr	/get jə(r) ˈəʊn bæk ɒn/	to do something bad to someone because they did something bad to you	He was bitter, determined to get his own back.
give (sth) away		phr	/ˌɡɪv əˈweɪ/	to tell information or facts that you should keep secret	If captured, they might give away vital military secrets.
hand (sth) back		phr	/ˌhænd ˈbæk/	to give something back to someone	The officer handed me my passport back.
make (sth) up		phr	/ˌmeɪk ˈʌp/	to invent a story, poem, etc.	I don't believe that story – I think you made it up!
rip (sb) off		phr	/ˌrɪp ˈɒf/	to cheat someone, especially by charging them too much money for something	Tourists are worried they'll get ripped off.
turn (sb) away		phr	/ˌtɜ:(r)n əˈweɪ/	to refuse to let someone come into a place	Reporters who visited the team's training ground were turned away.
US & UK English					
bathroom	**	n C	/ˈbɑ:θru:m/	a room with a toilet in it	I need to go to the bathroom.
toilet	**	n C	/ˈtɔɪlət/	a room with a toilet in it	I need to go to the toilet.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
check	**	n C	/tʃek/	a piece of paper that shows how much money you owe after eating in a restaurant.	Can we have the check, please?
bill	***	n C	/bɪl/	a piece of paper that shows how much money you owe after eating in a restaurant.	Can we have the bill, please?
eggplant		n C / U	/ˈeg,plɑːnt/	a vegetable with a smooth dark purple skin and white flesh	Add sliced eggplant to the pot.
aubergine		n C / U	/ˈəʊbə(r),ʒiːn/	a vegetable with a smooth dark purple skin and white flesh	Add sliced aubergine to the pot.
faucet	*	n C	/ˈfɔːsɪt/	an object used for controlling how much water, gas, or liquid comes out from a pipe or container	Turn on the faucet.
tap	**	n C	/tæp/	an object used for controlling how much water, gas, or liquid comes out from a pipe or container	Turn on the tap.
fries		n pl	/fraɪz/	long thin pieces of potato cooked in hot oil	I'm going to order a cheeseburger and fries.
chips	**	n pl	/tʃɪps/	long thin pieces of potato cooked in hot oil	I'm going to order a cheeseburger and chips.
garbage can		n C	/ˈgɑː(r)bɪdʒ ˌkæn/	a container that you keep outside and use for putting rubbish in	Throw it in the garbage can.
dustbin	*	n C	/ˈdʌs(t)bɪn/	a container that you keep outside and use for putting rubbish in	Throw it in the dustbin.
gas station	*	n C	/ˈgæs ˌsteɪʃ(ə)n/	a garage that sells petrol for your car	We need to find a gas station soon.
petrol station		n C	/ˈpetrəl ˌsteɪʃ(ə)n/	a garage that sells petrol for your car	We need to find a petrol station soon.
pants	*	n pl	/pænts/	a piece of clothing covering the body from the waist to the feet, divided into separate parts for each leg and worn by both men and women	I've bought a suit with two pairs of pants.
trousers	**	n pl	/ˈtraʊzə(r)z/	a piece of clothing covering the body from the waist to the feet, divided into separate parts for each leg and worn by both men and women	I've bought a suit with two pairs of trousers.
sidewalk	**	n C	/ˈsaɪd,wɔːk/	a path with a hard surface beside a road	Don't park your car on the sidewalk.
pavement	**	n C	/ˈpeɪvmənt/	a path with a hard surface beside a road	Don't park your car on the pavement.
soccer	*	n U	/ˈsɒkə(r)/	a game in which two teams of eleven players kick a round ball and try to score goals	I've never been to a soccer match.
football	***	n U	/ˈfʊt,bɔːl/	a game in which two teams of eleven players kick a round ball and try to score goals	I've never been to a football match.
stove	*	n C	/stəʊv/	a large piece of kitchen equipment that is used for cooking	The kitchen is equipped with an electric stove.
cooker	*	n C	/ˈkʊkə(r)/	a large piece of kitchen equipment that is used for cooking	Do you have an electric cooker?
subway	**	n C	/ˈsʌb,wet/	a system of public transport consisting of trains that travel in tunnels below a city	She dislikes travelling on the subway.
underground		n U	/ˈʌndə(r),graʊnd/	a system of public transport consisting of trains that travel in tunnels below a city	I hate travelling on the underground.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
underpass		n C	/ˈʌndə(r)ˌpɑːs/	part of a road or path that goes under another road or under a railway	We walked through the underpass.
subway	**	n C	/ˈsʌbˌweɪ/	part of a road or path that goes under another road or under a railway	We walked through the subway.
undershirt		n C	/ˈʌndə(r)ˌʃɜː(r)t/	a piece of underwear for the top half of your body	He stripped down to his undershirt.
vest		n C	/vest/	a piece of underwear for the top half of your body	He stripped down to his vest.
Other words & phrases					
alive and well		phr	/əˈlaɪv ən ˌwel/	still existing and not gone or forgotten, especially when this is surprising	In twenty-first Century America, bounty hunters are still alive and well.
all-seeing		adj	/ɔːlˈsiːɪŋ/	able to see everything that happens	The all-seeing eye is the Eye of Fortune.
axe	*	n C	/æks/	tool used for cutting down trees and cutting up large pieces of wood, consisting of a long wooden handle and a heavy metal blade	He used an axe to chop wood for the fire.
and the like		phr	/ˌænd ðə laɪk/	used for including other similar people or things in what you are saying	The bar is frequented by pop stars, film stars, models, and the like.
bail	*	n C	/beɪl/	money that is given to a court when someone is allowed to stay out of prison until their trial. If they do not return for the trial, the court keeps the money	You can remain free, until the time of your trial, if you pay bail or a sum of money to the court.
bait		n C	/beɪt/	something that is offered in order to persuade someone to do something or buy something	Interest-free credit is on offer and customers are taking the bait.
bankrupt	*	adj	/ˈbæŋkrʌpt/	a person or business that is bankrupt has officially admitted that they have no money and cannot pay what they owe	Many of the companies that they had invested in went bankrupt.
billfold		n C	/ˈbɪlˌfəʊld/	a wallet	She found a billfold containing \$500.
bondsman		n C	/ˈbɒndzsmən/	someone who is responsible for paying money that is owed or for making certain that someone goes to court when they should	The bondsman will employ a bounty hunter to find the person and get the money back.
bounty hunter		n C	/ˈbaʊnti ˌhʌntə(r)/	someone who tries to catch criminals in order to receive a reward	He was pursued by bounty hunters.
cargo	*	n C/U	/ˈkɑː(r)ɡəʊ/	things that are being sent by ship, plane, train, or truck	The ship and all its cargo sank.
clasp	*	v	/kləːsp/	to hold someone or something tightly with your hand	He clasped Lindsay's hand tightly.
codeword		n C	/ˈkəʊdˌwɜː(r)d/	a word used for sending a secret message	He asked the would-be conman to write a codeword on a piece of card.
conman/conmen		n C	/ˈkɒnmæn/, /ˈkɒnmen/	a man who tricks other people, especially in order to get their money	A conman tricked them out of a lot of money.
counterfeit		adj	/ˈkaʊntə(r)ˌfɪt/	counterfeit bank notes, products, tickets etc are illegal copies made in order to trick people	They tried to produce counterfeit £50 notes.
deactivate		v	/diːˈæktɪveɪt/	to prevent something such as a bomb or an alarm from being able to work	You need a key to deactivate the alarm.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
deathbed		n C	/ˈdeθɪbed/	a bed in which someone dies or is about to die	I can't come to work. I'm practically on my deathbed.
decode		v	/di:'kəʊd/	to succeed in understanding the meaning of a message written in code	We were unable to decode the message.
deface		v	/dɪ'feɪs/	to deliberately damage something valuable by writing on it or breaking it	The painting was defaced by vandals.
denomination		n C	/dɪ,nɒmɪ'neɪʃ(ə)n/	the value of a particular coin or banknote	The police found notes of various denominations.
desperado		n C	/ˌdespə'ra:dəʊ/	an extremely dangerous and violent criminal	In reality they were a gang of dangerous desperados.
dig	**	v	/dɪg/	to make a hole in earth or sand using your hands, a machine, or a tool, especially a spade	The children like to dig in the sand.
doubloon		n C	/ˈdʌblu:n/	a Spanish gold coin used in the past	All he found was one single doubloon (a Spanish gold coin), and he died in poverty.
embark on		v	/ɪm'ba:(r)k ɒn/	to start a new project or activity, usually one that will be difficult and will take time	After leaving college, Lucy embarked on an acting career.
enforce	**	v	/ɪn'fɔ:(r)s/	to make sure that a law or rule is obeyed by people.	The law is enforced by the American secret service.
excess	**	n U	/ɪk'ses/	more than is usual or necessary.	After a lifetime of excess, she was arrested.
expel		v	/ɪk'spel/	to officially force someone to leave a place or organization because of their bad behavior.	She was expelled from four schools.
face value		n U	/feɪs 'vælju:/	the value of a stamp or coin that is shown on the front of it	The coin is not worth much more than its face value.
fake		adj / n C	/feɪk/	made to look like something real in order to trick people	He tried to leave the country using a fake passport.
fall apart		v	/fɔ:l ə'pɑ:(r)t/	to break because of being old or badly made.	They can change hands hundreds of times and they can be folded eight thousand times before they begin to fall apart.
fall into the hands of (sb)		phr	/ɪfɔ:l ɪntə ðə 'hændz əv/	if something falls into someone's hands, they get it, usually by chance	Bonito's map fell into the hands of a German sailor.
fishpond		n C	/'fɪʃpɒnd/	an area of water that is similar to a lake but smaller and contains fish	They have a fishpond in their garden.
fool	*	v	/fu:l/	to trick someone by making them believe something that is not true	I was completely fooled by her.
forward		v	/'fɔ:(r)wə(r)d/	to send a letter, parcel, email etc that has been sent to your address to someone else at another address	Your enquiry has been forwarded to our head office.
fugitive		n C	/'fju:dʒətɪv/	someone who has done something illegal and is trying to avoid being caught by the police	He spent 5 years as a fugitive from justice.

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give (sb) more teeth		phr	/ˌɡɪv mɔː(r) ˈtiːθ/	to give a person or organization more power or authority	These have given the police more teeth.
grab	**	v	/græb/	To get something, especially by being quick or by being the best at something	We got there early and grabbed seats at the front.
haul		n C	/hɔːl/	a large amount of something illegal such as drugs or weapons that is found by the police	Officials found the cocaine haul hidden in the wheels of the truck.
head for		v	/ˈhed ˌfə(r)/	if you head for something, you go towards it	He too headed for Cocos Island, hiding his treasure in an area known as Wafer Bay.
hoard		n C	/hɔː(r)d/	a large amount of something that someone has saved or hidden somewhere	They discovered a hoard of treasure.
inscription		n C	/ɪnˈskrɪpʃ(ə)n/	a piece of writing written or cut on or in something, especially as a record of an achievement or in order to honour someone	The watch has an inscription on the back.
life savings		n pl	/ˈlaɪf ˌseɪvɪŋz/	all the money that you have saved in a bank or invested during your life, so that you can use it later	Winnie Mitchell lost her life savings when she gave away her bank details after falling for one email scam.
jet set		n U	/ˈdʒet ˌset/	rich people who travel to a lot of different parts of the world and have exciting lives	He's a member of the jet set.
linen		n U	/ˈlɪnɪn/	light cloth made from a plant called flax.	Dollar bills are a mixture of 75% cotton and 25% linen.
loot		n U	/luːt/	stolen money or goods	They stashed the loot on a desert island.
magnet		n C	/ˈmæɡnɪt/	someone or something that attracts and interests many people very strongly	The mountains remain a magnet for all kinds of fugitives.
make off with		v	/ˌmeɪk ɒf ˈwið/	to escape with something, especially something stolen	They made off with our television and our stereo.
metal detector		n C	/ˈmet(ə)l dɪˌtektə(r)/	a piece of equipment that is used for finding metal objects buried in the ground	Chris went over the area with a metal detector, but didn't find anything.
numeral		n C	/ˈnjuːmərəl/	a symbol that represents a number	This is the Arabic numeral 7.
on the trail of		phr	/ˌɒn ðə ˈtreɪl əv/	very close to finding someone or to discovering something	Ask most people what they know about bounty hunters and they'll probably think of a hardened cowboy, on the trail of a bank robber.
overboard		adj	/ˈəʊvə(r)ˌbɔː(r)d/	off a boat or ship and into the water	Two sailors were swept overboard by the wave.
overdose		n C	/ˈəʊvə(r)ˌdɔːs/	too much of a drug that someone takes at one time.	Domino Harvey was found dead in her bath of a drug overdose.
play (sb) at their own game		phr	/ˌpleɪ ət ðeə(r) ˌəʊn ˈɡeɪm/	to take part in an activity with someone who has a reputation for being very good at it	The sport of scam baiting is to play the scammers at their own game.
provider	*	n C	/ˌprəˈvaɪdə(r)/	an organization or company that makes a service available to the public	Who's your Internet service provider?

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put up a fight		phr	/ˌpʊt ʌp ə ˈfaɪt/	to try to stop something from happening	Paloma was not prepared to see her mother ripped off without putting up a fight.
raid	**	n C / v	/reɪd/	a sudden short military attack	Soldiers carried out raids on enemy targets in the area.
ranch hand		n C	/ˈrɑːntʃ ˌhænd/	someone who does physical work on a very large farm in the western US or Canada, where cows, horses, or sheep are kept	She is rumoured to have worked first as a ranch hand.
recall	***	v	/rɪˈkɔːl/	to remember something	None of the staff there could recall ever having come across anyone with the name of Domino Harvey.
rumour	**	n C / U	/ˈruːmə(r)/	unofficial information that may or may not be true	He'd heard rumours about some big financial deal.
Saxon		adj	/ˈsæks(ə)n/	a member of a group of German people who came to live in England in the 5th and 6th centuries AD	The museum has recreated a Saxon village.
scam		n C	/skæm/	a dishonest plan, especially for getting money	I was the victim of an Internet phishing scam.
scam baiter		n C	/ˈskæm beɪtə(r)/	someone who deliberately falls victim to a scam (dishonest plan, especially for getting money) in order to catch the criminal	Amazingly, many of the conmen fall for the scam baiters' tricks.
scour		v	/ˈskaʊə(r)/	to search a place or document thoroughly for something	Jake scoured auction sales for the furniture they needed.
seal	**	n C	/siːl/	a special mark that you put on something, for example a document, to show that it is legal or official	The queen of England has an official seal.
serial number		n C	/ˈsɪəriəl ˌnʌmbə(r)/	a number that is printed on things such as electrical goods or paper money so that each one can be recognized	Make a note of the bike's serial number in case it is stolen.
set in		v	/ˌset ˈɪn/	to write or produce a play, book, film etc that happens in a particular time or place	The film is set in 18th-century New England.
shame	**	n U	/ʃeɪm/	a reason for feeling sad or disappointed	It was a shame that you couldn't come with us.
shield	**	n C	/ʃiːld/	a design shaped like a soldier's shield, especially one used on a badge or a coat of arms	The thirteen stars, arrows and bars on the shield all represent the thirteen original colonies.
single out		v	/ˈsɪŋg(ə)l ˌaʊt/	to choose one person from a group for special attention	Katie was often singled out for punishment.
skeleton	*	n C	/ˈskelɪt(ə)n/	the set of bones that supports a human or animal body, or a model of this	He dug up some bones from a human skeleton.
spam		n U	/spæm/	emails that are sent to large numbers of people on the Internet, especially when these are not wanted	My inbox is full of spam again.
spammer		n C	/ˈspæmə(r)/	someone who sends e-mails to large numbers of people on the Internet, especially when these are not wanted	Spammers send out millions of emails every day.
speculate	*	v	/ˈspekjʊleɪt/	to take the risk of investing your money in a company in the hope that you can make a big profit later by selling the shares that you buy	It's a bad time to start speculating on the stock exchange.

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string	***	n C	/ˈstrɪŋ/	a group of similar or connected things	A string of cars travelled up the narrow mountain road.
the chances are		phr	/ðə ˈtʃɑːnsəz ˌɑː(r)/	used for saying that something is likely to happen but is not certain	The chances are that I will be looking for a new job soon.
to the tune of		phr	/tə ðə ˈtjuːn əv/	used for emphasizing how large an amount is	The company is in debt to the tune of £1.2 billion.
trace	**	v	/treɪs/	to use electronic equipment to find out where a telephone call was made	Cavan's call was traced to a call box in Brighton.
track down		v	/ˌtræk ˈdaʊn/	to find someone or something after a long search	I finally managed to track him down in Manchester.
transaction	**	n C	/trænˈzækʃ(ə)n/	the action or process of buying or selling something	The sale of goods is the most common form of commercial transaction.
trickery		n U	/ˈtrɪkəri/	the use of tricks to get what you want	He obtained her credit card details through trickery.
turn up		v	/ˈtɜː(r)n ˈʌp/	to come somewhere, especially unexpectedly or without making a firm arrangement	There is no need to book – just turn up on the night.
ungirly		adj	/ʌnˈɡɜː(r)li/	not girly (suitable for girls and women rather than boys or men)	She was described as aggressive and ungirly, preferring to fight with the boys, rather than play with dolls.
whaling		adj	/ˈweɪlɪŋ/	the activity of hunting whales	She spent 2 years working on a whaling ship.
wooded		adj	/ˈwʊdɪd/	filled with trees	All around us we could see wooded hillsides.
would-be	*	adj	/ˈwʊdbiː/	hoping or trying to do something	The would-be thieves smashed a glass panel in the front door.
yield up		v	/ˌjiːld ˈʌp/	to finally allow people to see something that has been hidden	This latest dig has yielded up over a hundred pieces of fine Roman silverware.