1. HIGHLIGHTED VOCABULARY KEYNOTE

# Unit 4: Challenges

**By day**, he was an average office clerk, but **by night** he was a crime-fighting super hero.

He was **struggling** to make his business a success.

The airline is **struggling** **with** high costs.

We were **charmed** by the friendliness of the local people.

I like his **quirky** sense of humour.

An **acoustic** guitar

The concert was recorded in a church that is famous for its **acoustics**.

Police arrested several men, who were later **released**.

A version of the game for Mac computers will be **released** in February.

He struggled to **overcome** his shyness.

Charles was **overcome** with grief.

Her worst **fear** was never seeing her children again.

**Turn something to your own advantage**

Professionals need to be aware of such things and **turn** them **to** **good** **advantage**.

a study of the **physiology** of whales

**physiological**

an **open mic** evening for aspiring comedians (also **open mike**)

The **sympathetic nervous system** is a part of the autonomic nervous system.

**Adrenalin/Adrenaline**

The **adrenalin rush** of the entire evening made him declare his love.

There’s nothing like a good horror film to **get the adrenalin going.**

The committee was uncomfortable about the **extremity** of the proposal.

After his expedition to the North Pole he came back with frozen **extremities**. (usually plural)

He had a painful **epiphany** about the absurdity of the job and quit.

‘**Epiphany’** is a Christian holy day on January 6th that celebrates the day when the Three Kings came to see the baby Jesus.

The activities are designed to **stimulate** classroom discussions.

The children were filled with **excitement** at the thought of visiting Disneyland.

**Body rebelled**

teenage boys **rebelling** against their parents

**Wave of anxiety washed over me**

Dee watched the **waves** breaking on the shore.

A **wave of relief** washed over Harry.

Another **wave of nausea** hit him.

She lives a life of constant **anxiety** over money and job security.

**Experience fear**

We **experienced** a lot of difficulty in selling our house.

**Sympathetic nervous system kicks in**

The painkillers **kicked in** and he became sleepy.

**Heart rate increases**

a rapid **increase** in the divorce **rate**

The population **increased** dramatically in the first half of the century.

The number of people who have the disease has **decreased** significantly in recent years.

**Breathing gets faster**

**Non-essential systems start to shut down**

Use what detail you need and filter out the **non-essential** stuff.

An accident which resulted in two of the plant’s nuclear reactors being **shut** **down.**

**Mouth gets dry**

**Blood is routed away from your extremities**

Deliveries are **routed** by way of London.

What’s the best **route** to Cambridge?

**Your fingers don’t work**

**Your pupils dilate**

If it is hungry, the moment the food dish appears the animal's pupils will dilate.

**Your muscles contract**

**Your Spidey-sense tingles**

My body **tingled** all over and I had a terrible headache.

Graham felt a **tingling** sensation in his hand.

**Your whole body is trigger-happy**

The investigator said the killings were the result of poor procedure by **trigger-happy** police rather than premeditated murder.

**HOW I BEAT STAGE FRIGHT**

I ran into my old college **roommate** today.

His behaviour can be somewhat **irrational** at times.

a **fear** of flying

**irrational** **fear**

**The more** I thought about it, **the less** I liked the idea.

It always seems like **the more** I earn, **the more** I spend.

It takes hours of **practice** to learn to play the guitar. (= noun)

It gives students the opportunity to **practise** their speaking skills. (=verb)

Try and **put** the incident **behind** you and get on with normal life.

The club is so popular that it's usually **packed** by 9 o'clock.

I **signed up** to take an art class just to get out of the house in the evenings.

All animals have a stomach, a structure that permits eating and **digestion**.

Poor ventilation in a room and extremes of temperature can **be** **conducive** **to** discomfort.

He's absolutely **terrified** of snakes.

**Somehow**, I managed to lose my keys.

Her **voice wavered** uncertainly.

Water came **streaming** out of the burst pipe.

People **streamed** past us on all sides.

If you **stream** sound or video, you play it on your computer while it is being downloaded from the Internet.

Sound **comes streaming out.**

He whistles with a beautiful, steady **vibrato**.

A cough **convulsed** her whole body.

All of us were **convulsed** with laughter.

His temperature was very high and he **went into convulsions**.

**Be in convulsions** (=to be laughing in a way that you cannot control)

Years after the accident I still have **nightmares** about it.

**a recurring nightmare** (=one which you have again and again)

He needs to **focus** more **on** his career.

If the exercise causes **discomfort**, stop immediately. (=a feeling of slight pain or of being physically uncomfortable)

To her **discomfort**, he laughed. (=a feeling of embarrassment)

Bad teachers are a **tiny** minority.

a **tiny** **little** baby

a **glimpse** of what life might be like in the future

They **caught a glimpse** of a dark green car.

We were **hoping for** good weather.

Liam decided to ignore the warning and just **hope for the best.**

She’s **promised** to do all she can to help.

**Every single week**

**Sure enough**, Mike managed to get lost.

**Shake** the bottle before you open it.

Last year I had a cold for six weeks. **I couldn’t shake it!**

Homeworkers can easily be **exploited** by employers.

When a great opportunity like that comes along, you'd be a fool not to **exploit** it.

**authentic** French food

The hotel even has an **authentic** Japanese garden.

If none of you guys **fesses up**, you're all grounded for a week.

**Fessing up to** the problem

**Manifestation** of the disease often doesn’t occur until middle age.

These occupations now **account** **for** 37. 6 percent of all workers. (=form a particular amount or part of something)

Can you **account** **for** your movements on that night? (=to give a satisfactory explanation of why something has happened or why you did something)

a **shaky** voice

Grandad was a little **shaky** on his feet.

**shaky** evidence

**get permission**

**give permission**

**have permission**

I **felt** **bad** **about** not being able to come to the party last night.

I **feel** **bad** **for** Ann – she studied so hard for that test and she still didn’t pass.

Jack warmly **embraced** his son.

We hope these regions will **embrace** democratic reforms.

A fallen tree is **blocking** the road.

The Senate **blocked** publication of the report.

I had to **get past** the biggest issue that held me back.

The car handles these mountain roads with great **ease**.

Maybe **a** **sip** **of** water?

His lip started to **tremble** and then he started to cry.

We’ve already **discussed** the subject **at (great) length**.

**Frankly**, I think the Internet is overrated.

You should have followed my **advice**. (= noun)

She needed someone to **advise** her. (= verb)

Arthur was a very **gentle**, caring person.

Just because you're older than me, it doesn't give you the right to **patronize** me.

He can’t help making **sarcastic** comments.

a **crowd** of 30,000 spectators

As a record company executive, his job is to **nurture** young talent.

**Unnurtured fear**

an **irrational** **fear** of flying

She was **belting** **out** her favourite songs.

After a few days of fever, she began to recover.

She's getting better, **slowly but surely**.

I was **angry** because he hadn’t told me his plans.

She still looks **pretty** miserable.

What a **horrible** thing to say!

I felt **embarrassed** about how untidy the house was.

an **uncomfortable** silence

She was so **nervous** about her exams that she couldn’t sleep.

As the project comes to an end, many workers now **face** an uncertain future.

**INFORMATION OVERLOAD**

The final cost could be as much as one **billion** dollars.

The US Congress is roughly **equivalent** to the British Parliament.

the body’s **absorption** of iron

**absorption rate**

electronic data **transfer**

**transfer rate**

The program would **generate** a lot of new jobs.

Try to reduce the **amount** of fat in your diet.

a **considerable** **amount** of money

Country Music Television currently has 15 million **subscribers**.

The plane will be landing in **approximately** 20 minutes.

a figure **in the order of** $7 million

**As many as** 10,000 civilians are thought to have fled the area.

I live **about** 10 miles away.

There were **roughly** 200 people there.

**Roughly speaking**, I’d say we need about $500.

It’s just **under three** centimetres long.

It’s just **over three** centimetres long.

It took **nearly** two hours to get here.

We have to leave in five minutes **or so**.

It will take you **at least** 20 minutes to get there.

**-ish** (=about)

We’ll expect you around eight**ish** (=at about eight o'clock).

He’s forty**ish** (=about 40 years old).

I receive **hundreds** of emails every day.

I’m **kind** **of** glad I didn’t win.

a place where the ground was **more or less** flat

Can you give me **some** idea of the cost?

Repairs can be **time-consuming** and expensive.

The company provides cheap Internet access. **In addition**, it makes shareware freely available.

**In addition to** his movie work, Redford is known as a champion of environmental causes. (in addition to something)

Food prices **increased** by 10% in less than a year.

Average house prices **decreased** by 13% last year.

**In comparison to** other recent video games, this one isn’t very exciting.

**in** comparison (with/to something)

He showed us the original text **for comparison**.

**for** comparison (with something)

Before buying a car you should **consider** the cost of insuring it.

The local authority **considered** **that** the school did not meet requirements.

The company makes **devices** to detect carbon monoxide.

**On a device**

**Near a device**

Dave didn’t **respond** **to** any of her emails.

Tests revealed the **presence** of poison in the blood.

**Social media presence**

**Update your Facebook status**

It's difficult for teachers to **switch** **off** when they go home at night.

If you miss a lot of classes, it’s very difficult to **catch** **up.**

**GET THE NAME RIGHT**

It’s been cold, but today’s an **exception**.

Each plant, **without** **exception**, contains some kind of salt.

A lot of firms are **relocating** **to** the North of England.

AIDS is a **global** problem which needs a global response.

Let’s keep this conversation **brief**; I have a plane to catch.

Full-time employees are entitled to receive health insurance.

Amy's very proud of what she's **accomplished**.

A new tax would **meet** a lot of **opposition**.

Cameron Diaz **made** **a** big **splash** in "The Mask."

The new game is apparently **selling like hot cakes**.

His idea **got a cool reception** from his colleagues.

The prince was given **a warm reception** when he visited Birmingham.

This issue **is an** **obstacle** to a successful peace treaty.

We seem to have **come up against a brick wall** in this investigation.

The company said that it will address **the issue** at the next scheduled board meeting.

Some people have **voiced** **(their) concern** about the state of the president's health.

I’d have chosen something more modern myself, but **each to his own**.

**What’s in a name?**

**If at first you don’t succeed, try, try again.**

**One man’s meat is another man’s poison.**

Some of the technical vocabulary may be unfamiliar to you.

The experiment produced some unexpected results.

Then add the cranberries, salt, pepper and vinegar.

The library houses a **notable** collection of rare manuscripts.

The town is **notable** **for** its busy open-air market.

All we’ve got is a couple of cans of soup.

The software companies **enjoyed** **success**.

The company is ready to **meet** the **challenges** of the next few years.

The company still **faces** some **challenges**.

The company still **comes up against** some **challenges**.

We’ll be working hard over the next ten days to **win over** the undecided voters.

Which **flavour** do you want – chocolate or vanilla?

flowers that **vary** **in** colour and size

Medical treatment **varies** **greatly** from state to state. Cooking times may vary slightly, depending on your oven.

At both lunch and dinner, a small salad, miso soup, **pickles** and rice are included.

The book gave me **an understanding** of what it must be like to be addicted to drugs.

We **came to an understanding that** I would find a job and my husband would stay home with the baby.

**adaptation** to the environment

I had the sense that he was lying.

The Canadian police plan to launch an investigation into the deal.

The doctor is pleased the actor is **raising** **awareness** of tinnitus.

She was active in **increasing** **awareness** and raising money for serious diseases.

the gradual **transformation** from woodland to farmland

In recent years, the movie industry has **undergone** a dramatic **transformation**.

It is important to take measures to **avoid** the risk of fire.

a large organization with offices **throughout** the world

The disease spread rapidly **throughout** Europe.

Before appropriate action is taken, we first have to **identify the problem**.

Can you speak any foreign languages?

He **acknowledges** that when he’s tired he gets bad-tempered.

The refugees were allowed to remain in the UK.

agricultural commodities

Commodity prices fell sharply.

We immediately noticed the **heavy** **odour** of opium in the room.

A **strong** **odour** of curry predominated.

The apple pie is delicious with vanilla ice cream.

The **popularity** of the Internet has soared.

The band **enjoyed** great **popularity** in the 1980s.

Non-alcoholic beverages will be on sale in the foyer.

He came back, enthusiastically popped the cork and poured two glasses of the **fizzy** wine.

There were presents for every child, disco dancing, party games, **fizzy drinks** and floating gas balloons.

My nephew is just **setting** **out** **on** a career in journalism.

The rapid **expansion** of cities can cause social and economic problems.

It is impossible to prove the **existence** of God.

They want to **set up** their own import–export business.

The whisky is **bottled** here before being sent abroad.

Thousands of people blocked the street, **protesting** **against** the new legislation.

Your **threats** don’t scare me.

**I THOUGHT IT WOULD BE EASY**

**I’m not with you.**

**Could you go over** that last bit again, please?

**You’ve lost me.**

Would you mind **giving that to me one more time?**

**Sorry, I didn’t catch that.**

**Could you run it by me again?**

**Would you mind backing up for a second?** I missed the last bit.

**Can you explain why I would need to…?**

**I’m probably just a bit slow, but am I supposed to…?**

**Sorry, I didn’t get that last bit.**

**Do you mean…?**

**Are you saying…?**

**Sorry, I’m a bit confused. Did you say… or…?**

Tourists must **bear in mind** that they are visitors in another country.

**Be sure to** ring and let us know you’ve got back safely.

‘Did you lock the front door?’ ‘I think so, but I’d better **make** **sure**.’

I’d take an umbrella, **just to be on the safe side.**

They should **beware of** mak**ing** hasty decisions.

**One final request**

They have made an urgent **request** **for** international aid.

Anderson repeated his **request** **that** we postpone the meeting.

**I would be grateful if you could** tell me where I can get hold of such posters.

We had to **keep an eye open for** police patrols.

He made **occasional** visits to London.

He only has **occasional** use of a car.

I drink **the** **occasional** glass of wine, but not much else.

There is a **leak** in the ceiling.

I **grabbed** my bag and ran off.

Pam’s staying **overnight** at my house.

Don’t forget to **turn** **off** the lights when you leave.

They’ve **turned** the gas **off** for a couple of hours. (the supply of water, gas etc.)

He gripped the steering wheel more **tightly**.

**Turn the water off tightly**

You’ll have to go now, otherwise you’ll miss your bus.

The tap’s dripping.

**Imagine** that you have just won a million pounds.

The job interview proved **to be much worse than I had imagined** it would be. (**be bigger/smaller/worse etc. than you had imagined**)

**Fire alarm**

**Smoke alarm**

We were in the middle of an exam when the **fire alarm went off**.

**A ringing smoke alarm**

The entire house lights up when a burglar or **fire alarm** is **triggered**.

In the middle of the night, the **fire alarm sounds**, and we awaken.

Jake **turned on** his computer and checked his mail.

**Extractor fans** and hard-wired smoke detectors must be installed in new housing to comply with Building Regulations.

I **locked** myself **out** of the house!

He left a letter for me to read **in the event of** his death.

Do you have any **spare** **cash**?

I’ll go and see if there are any **spare** seats.

**A spare key**

He shows her a **text message** sent by Emily asking how the field trip is going. (also ‘**a text**’)

She’s always **text messaging** her friends. (also ‘**texting**’)

I’ll find out the prices and get back to you.

Ask your neighbour to take any **deliveries** while you are on vacation.

The rattle of the **letter** **box** told her that the **postman** had just delivered the mail.

Tom hung his coat on the **hook** behind the door.