

**B2 Wordlist Unit 5**

# Navigate

Here is a list of useful or new words from Unit 5 of Navigate B2 Coursebook. You can insert your own translation.  
Words marked with a key (O) all appear in the *Oxford 3000*.

*adj* = adjective  
*adv* = adverb

*conj* = conjunction  
*n* = noun

*phr v* = phrasal verb  
*pl* = plural

*phr* = phrase  
*prep* = preposition

*pron* = pronoun  
*v* = verb

access <i>v</i> /'ækses/	_____	Memories are stored differently from the age of seven, making it easier to access them later.
amnesia <i>n</i> /æm'ni:ziə/	_____	Childhood amnesia occurs at around the age of seven.
analyse O <i>v</i> /'ænəlaɪz/	_____	At seven, children can analyse events more clearly.
anti-climb <i>adj</i> /'ænti klaim/	_____	What if we paint the walls with anti-climb paint?
apathetic <i>adj</i> /,æpə'tetɪk/	_____	'Apathetic boredom' is similar to depression.
army uniform O <i>n</i> /'ɑ:mi ,ju:nɪfɔ:m/	_____	Princess Elizabeth wore a brown army uniform, and she didn't look like a princess at all.
bored O <i>adj</i> /bɔ:d/	_____	I am really bored with this lecture. It's so dull!
bored to death <i>phr</i> /bɔ:d tə deθ/	_____	I was bored to death watching that film.
bulb <i>n</i> /bʌlb/	_____	Wait a few seconds before touching the bulb – it may be hot.
cage <i>n</i> /keɪdʒ/	_____	A group of minks were divided into two cages.
calibrating <i>adj</i> /'kælɪbreɪtɪŋ/	_____	'Calibrating boredom' is when your mind wanders from the present situation.
can recall it very clearly <i>phr</i> /kæn rɪ,kɔ:l ɪt ,veri 'kli:li/	_____	I can recall some events from early childhood very clearly.
can't sit still <i>phr</i> /'kɑ:nt sɪt stɪl/	_____	I hate that feeling when you can't sit still and you can't wait for the film to finish.
capable O <i>adj</i> /'keɪpəbl/	_____	Some people worry we are no longer capable of doing nothing.
carry out <i>phr v</i> /'kæri aʊt/	_____	The research was carried out at the University of Utah.
come up <i>phr v</i> /kʌm 'ʌp/	_____	I can't go to that boring lecture – something urgent has come up!
come up with <i>phr v</i> /kʌm 'ʌp wɪð/	_____	Psychologists came up with the idea that some people use the left side of their brain more.
concentration O <i>n</i> /kɒnsn'treɪʃn/	_____	In some boring situations, I find myself losing concentration after about half an hour.
convert O <i>v</i> /kɒn'vɜ:t/	_____	Self-help books promise to convert people from being left-brained to right-brained thinkers.
definition O <i>n</i> /,defɪ'nɪʃn/	_____	Can you give me a definition of boredom?
dental floss <i>n</i> /'dentl flɒs/	_____	Try using a piece of dental floss to get that ring off your finger.
desire O <i>n</i> /dɪ'zaɪə(r)/	_____	Sometimes you have a desire to do something, but you can't because you're stuck in a queue.
desperate O <i>adj</i> /'despəɪt/	_____	After a long-haul flight, I'm usually desperate to get off the plane.
die out <i>phr v</i> /daɪ 'aʊt/	_____	Some people believe that some things should be left to die out.
dream up <i>phr v</i> /dri:m 'ʌp/	_____	They dreamt up the right-brained/left-brained theory.
dull O <i>adj</i> /dʌl/	_____	Have you experienced the desire to fall asleep during a dull lecture?
emotion O <i>n</i> /ɪ'məʊʃn/	_____	Boredom can be a very useful emotion.
entertain <i>v</i> /,entə'teɪn/	_____	We need to be constantly entertained.
experiment O <i>n</i> /ɪk'sperɪmənt/	_____	Researchers pointed out that the experiments didn't show that animals feel truly bored.

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fade <i>v</i> /feɪd/	_____	When do childhood memories start to fade?
fed up <i>adj</i> /fed 'ʌp/	_____	'Searching boredom' is when you are fed up with having nothing to do.
find out <b>Om</b> <i>phr v</i> /faɪnd 'aʊt/	_____	I'd like to find out more about the five types of boredom.
fire department <i>n</i> /'faɪə(r) dɪpɑːtmənt/	_____	My mum called the fire department when I was locked in the bathroom at age two.
hand cream <i>n</i> /'hænd kriːm/	_____	Cover your finger with something slippery like hand cream to remove the ring.
have enough of <i>phr</i> /hæv ɪ'nʌf ɒv/	_____	I've had enough of this TV programme.
helmet <i>n</i> /'helmt/	_____	My helmet had slipped down, so I couldn't see a thing.
identify <b>Om</b> <i>v</i> /aɪ'dentɪfaɪ/	_____	They seemed to identify some differences.
incapable <i>adj</i> /ɪn'keɪpəbl/	_____	'Apathetic boredom' means you are incapable of finding enjoyment in life.
indifferent <i>adj</i> /ɪn'dɪfrənt/	_____	'Indifferent boredom' is a pleasant feeling which allows you to zone out after a long day.
just about remember <i>phr</i> /dʒʌst ə'baut rɪ'membə(r)/	_____	I was only two, but I can just about remember it.
ladder <i>n</i> /'lædə(r)/	_____	One of the firemen climbed up a ladder and broke through the bathroom window.
long-haul flight <i>n</i> /lɒŋ hɔːl flaɪt/	_____	For me, the most boring experiences are long-haul flights.
lose concentration <i>phr</i> /luːz ˌkɒnsn'treɪʃn/	_____	What makes you lose concentration?
maintain <b>Om</b> <i>v</i> /meɪn'teɪn/	_____	Security cameras are expensive to maintain.
make up <i>v</i> /'meɪk ʌp/	_____	The right-brained/left-brained theory was largely made up by psychologists and the media.
melody <i>n</i> /'melədi/	_____	The right side of the brain is best at appreciating the melody of the music.
memory has begun to fade <i>phr</i> /'meməri həz bɪ'ɡʌn tə feɪd/	_____	My memory of it has begun to fade.
mink <i>n</i> /mɪŋk/	_____	The minks in the bare cage ate more food and slept for longer than the other minks.
no memory whatsoever <i>phr</i> /nəʊ ˌmeməri wɒtsəʊ'evə(r)/	_____	I have no memory of my childhood whatsoever.
no recollection of it <i>phr</i> /nəʊ ˌrekə'lekʃn ɒv ɪt/	_____	I have absolutely no recollection of how we got home again.
noisy <b>Om</b> <i>adj</i> /'nɔɪzi/	_____	My main memory of the day was that it was unbelievably noisy and happy.
nonsense <b>Om</b> <i>n</i> /'nɒnsns/	_____	It's all a load of nonsense.
occupied <b>Om</b> <i>adj</i> /'ɒkjʊpaɪd/	_____	For me, the most boring thing in the world is not being occupied enough at work.
oxygen <i>n</i> /'ɒksɪdʒən/	_____	We used to think that we yawn to take in more oxygen to keep ourselves awake.
packaging <b>Om</b> <i>n</i> /'pækɪdʒɪŋ/	_____	For safe disposal of the old bulb, use the packaging of the new one.
phase out <i>phr v</i> /feɪz 'aʊt/	_____	Let's phase out the security cameras and install lights instead.
pop up <i>phr v</i> /'pɒp ʌp/	_____	Google 'right brain, left brain', and hundreds of quizzes on this subject will pop up.
precise <b>Om</b> <i>adj</i> /prɪ'saɪs/	_____	Can you remember the precise details of that conversation?
reactant <i>adj</i> /rɪ'æktənt/	_____	'Reactant boredom' is caused by feeling trapped in a situation.
recall <b>Om</b> <i>v</i> /rɪ'kɔːl/	_____	Although I was only two, I can recall it vividly.

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recollection <i>n</i> /ˌrekəˈlekʃn/	_____	I have absolutely no recollection of how we got home again.
repetitive <i>adj</i> /rɪˈpetətɪv/	_____	Doing the ironing is the most boring and repetitive of all the household jobs.
risky <i>adj</i> /ˈrɪski/	_____	‘Searching boredom’ can result in risky behaviour.
run out <i>phr v</i> /rʌn ˈaʊt/	_____	We don’t want to run out of ideas.
security camera <i>n</i> /sɪˈkjʊərəti ˌkæməɾə/	_____	One alternative would be to install some security cameras.
set up <i>phr v</i> /set ˈʌp/	_____	Security cameras are difficult to set up.
settle <i>v</i> /ˈsetl/	_____	Should we welcome the opportunity to be bored sometimes and let our thoughts settle?
slippery <i>adj</i> /ˈslɪpəri/	_____	To remove a stuck ring, cover your finger in something slippery, such as cream or butter.
sort out <i>phr v</i> /sɔ:t ˈaʊt/	_____	Lights and anti-climb paint ... they should sort the problem out.
steam train <i>n</i> /ˈsti:m treɪn/	_____	I remember travelling on a steam train to London just after the Second World War.
steer <b>Om</b> <i>v</i> /stiə(r)/	_____	Boredom steers us away from useless activities.
store <b>Om</b> <i>v</i> /stɔ:(r)/	_____	From the age of seven, children can store memories more effectively.
swell <b>Om</b> <i>v</i> /swel/	_____	Be careful not to twist the dental floss too hard or else your finger will swell up even more.
tired of <b>Om</b> <i>adj</i> /ˈtaɪəd ɒv/	_____	I’m tired of doing the same thing every day.
trapped <i>adj</i> /træpt/	_____	Boredom means that you feel trapped in a situation that you’re desperate to escape from.
turn out <i>phr v</i> /ˌtɜ:n ˈaʊt/	_____	I thought I was four when I went to school, but it turns out I didn’t remember it correctly.
turn up <i>phr v</i> /ˌtɜ:n ˈʌp/	_____	I seem to recall we just turned up and that there was no need to book the restaurant.
understanding <b>Om</b> <i>n</i> /ˌʌndəˈstændɪŋ/	_____	At seven, children have a better understanding of time and place.
uninteresting <i>adj</i> /ʌnˈɪntrəstɪŋ/	_____	I was bored because the lecture was very uninteresting.
unwind <i>v</i> /ˌʌnˈwaɪnd/	_____	As you unwind the dental floss, the ring will move up your finger until you can pull it off.
useless <b>Om</b> <i>adj</i> /ˈju:sləs/	_____	Boredom may seem like a useless emotion, but it isn’t.
vaguely remember <i>phr</i> /ˌveɪɡli rɪˈmembə(r)/	_____	I can vaguely remember going to see that film.
vandalism <i>n</i> /ˈvændəlɪzəm/	_____	What are we going to do about this vandalism problem?
vivid memory <i>phr</i> /ˌvɪvɪd ˈmeməri/	_____	My brother has a vivid memory of our first holiday abroad.
wave <b>Om</b> <i>v</i> /weɪv/	_____	They waved and waved and everyone was cheering and singing.
work out <i>phr v</i> /ˈwɜ:k aʊt/	_____	There are tests designed to help you work out whether you are right-brained or left-brained.
yawn <b>Om</b> <i>v</i> /jɔ:n/	_____	We seem to yawn to cool down our brain when it’s too hot.
your mind wanders <i>phr</i> /jɔ:(r) maɪnd ˈwɒndəz/	_____	If your mind wanders, it means you have stopped paying attention.
zone out <i>phr v</i> /zəʊn ˈaʊt/	_____	I like to zone out after a hard day’s work.