

B1 Wordlist Unit 1**Navigate**

Here is a list of useful or new words from Unit 1 of Navigate B1 Coursebook. You can insert your own translation. Words marked with a key (Oxford 3000) all appear in the *Oxford 3000*.

adj = adjective *conj* = conjunction *phr v* = phrasal verb *phr* = phrase *pron* = pronoun
adv = adverb *n* = noun *pl* = plural *prep* = preposition *v* = verb

aerobics <i>n</i> /eə'rəʊbɪks/	_____	She does aerobics once or twice a week.
blog <i>n</i> /blɒg/	_____	Would you like to write a blog about your daily life?
busy O adj /'bɪzɪ/	_____	My life is too busy.
camping O n /'kæmpɪŋ/	_____	We usually go camping in the summer.
cards O n /ka:dz/	_____	Marta and Felix often play cards together.
chat O v /tʃæt/	_____	I like to chat with friends online.
chess <i>n</i> /tʃes/	_____	Mehmet plays chess once or twice a week.
cloudy O adj /'klaʊdi/	_____	It's very cloudy today.
coffee O n /'kɒfi/	_____	We hardly ever go out for a coffee.
cold O adj /kəuld/	_____	The air's cold this morning.
computer game O n /kəm'pjʊ:tə geɪm/	_____	He nearly always plays computer games after school.
damp O adj /dæmp/	_____	Wear your raincoat. It's another damp day today.
dream O n /dri:m/	_____	Do you ever have a dream about flying?
early O adj /'ɜ:li/	_____	I'm going to have an early night.
equal O adj /'i:kwəl/	_____	You should try to have an equal balance of all three.
exercise O n /'eksəsarɪz/	_____	You should do some exercise.
family O n /'fæməli/	_____	Do you spend a lot of time with your family?
film <i>n</i> /fɪlm/	_____	Have you ever made a film and posted it on YouTube?
film O v /fɪlm/	_____	One of them stands next to the painting as the other one films her.
fun O n /fʌn/	_____	I like to have fun.
golf <i>n</i> /gɔlf/	_____	Do you play golf?
gym <i>n</i> /dʒim/	_____	I sometimes go to the gym after work.
homework O n /'həʊmwɜ:k/	_____	Make sure you do your homework before supper.
hot O adj /hɒt/	_____	I love this hot weather.
housework <i>n</i> /'haʊswɜ:k/	_____	I'm going to do the housework after lunch.
humid adj /'hju:mɪd/	_____	I hate this humid weather.
indoors O adv /,ɪn'do:z/	_____	We sometimes play cards indoors.
karate <i>n</i> /kə'rɑ:tɪ/	_____	He does karate most days.
late O adv /leɪt/	_____	I try not to go to bed late during the week.
lie-in <i>n</i> /,laɪ 'ɪn/	_____	Are you going to have a lie-in on Sunday?
light O adj /laɪt/	_____	There is going to be some light snow this evening.
lightning <i>n</i> /'laɪtnɪŋ/	_____	Did you see the lightning last night?
look O n /lʊk/	_____	We'll have a look at it back at the hotel.
make a list O phr /,meɪk ə 'list/	_____	I always start the day by making a to-do list.
make plans O phr /meɪk 'plaenz/	_____	She is making plans for her future.
meal O n /mi:l/	_____	We sometimes go out for a meal.

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nasty <i>adj</i> /'na:sti/	_____	The water's too warm and there are sea snakes and other nasty animals.
outdoors <i>adv</i> /,aut'dɔ:z/	_____	They are always playing outdoors.
period <i>n</i> /'piəriəd/	_____	There are going to be some short periods of rain later.
photograph <i>n</i> /'fəutəgra:f/	_____	I always look serious if someone takes a photograph of me.
pleasant <i>adj</i> /'pleznt/	_____	The weather is very pleasant.
pleasure <i>n</i> /'pleʒə(r)/	_____	Can you say 'no' to immediate pleasures?
post <i>v</i> /pəust/	_____	We'll post that on Facebook later.
promise <i>n</i> /'prəmɪs/	_____	When I make a promise, I never change my mind.
psychologist <i>n</i> /saɪ'kɒlədʒɪst/	_____	Professor Philip Zimbardo is a psychologist.
record <i>n</i> /'rekɔ:d/	_____	I always make a record of everything I spend in a day.
record <i>v</i> /rɪ'kɔ:d/	_____	We can record the speech and post it on YouTube later.
relationship <i>n</i> /rɪ'leɪʃnʃɪp/	_____	They have a very good relationship with their parents.
relative <i>n</i> /'relətɪv/	_____	I love spending time with relatives.
reviewer <i>n</i> /rɪ'veju:ə(r)/	_____	Here to tell us about the new book by Haruki Murakami is this week's reviewer, Maria Georgiou.
running <i>n</i> /'rʌnɪŋ/	_____	Do you ever go running?
shopping <i>n</i> /'ʃɒpɪŋ/	_____	I'm going to do the shopping this afternoon.
snowfall <i>n</i> /'snəʊfɔ:l/	_____	In the late autumn we get our first snowfalls.
spend time <i>v</i> /spend 'taɪm/	_____	You should try and spend more time with relatives.
stay in <i>v</i> /steɪ 'ɪn/	_____	I'm going to stay in tonight.
swimming <i>n</i> /'swɪmɪŋ/	_____	We never go swimming.
text <i>n</i> /tekst/	_____	Do you use special language when you write a text?
time <i>n</i> /taɪm/	_____	Do you spend time with family during your holidays?
to-do list <i>n</i> /tə 'du:,list/	_____	There's so much to do. You should make a to-do list.
trip <i>n</i> /trip/	_____	Let's go on a trip somewhere.
uncomfortable <i>adj</i> /ʌn'kʌmftəbl/	_____	This hot weather is uncomfortable.
walk <i>n</i> /wɔ:k/	_____	She rarely goes for a walk.
work <i>n</i> /wɜ:k/	_____	I must do some work this afternoon.

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architect <i>n /'a:kɪkt/</i>	_____	Jim Thompson was an American architect who moved to Bangkok after the Second World War.
block O <i>v /blɒk/</i>	_____	They block my way and don't move even when I say politely, 'Excuse me ...'.
café <i>n /'kæfeɪ/</i>	_____	There's a pavement café in the city centre.
candle <i>n /'kændl/</i>	_____	I love the candles in your bedroom.
CCTV camera <i>n /,sɪ:sɪ:tɪ:vɪ:kæmərə/</i>	_____	CCTV cameras check their speed.
chest of drawers <i>n /,tʃestəv'drɔ:z/</i>	_____	I'm surprised there isn't a chest of drawers in the bedroom.
cloth O <i>n /klɒθ/</i>	_____	Please clean the kitchen with this cloth.
collect O <i>v /kə'lekt/</i>	_____	They are developing a new way to collect rubbish.
crowded O <i>adj /'kraʊdɪd/</i>	_____	The streets are crowded in the summer.
destroy O <i>v /dɪ'stroɪ/</i>	_____	The new building work is going to destroy the old town.
dull O <i>adj /dʌl/</i>	_____	It's quite dull in winter.
dustpan and brush <i>n /,dʌstpænən'bʌʃ/</i>	_____	He's cleaning the floor with a dustpan and brush.
duvet <i>n /'du:veɪ/</i>	_____	The blue duvet on her bed is lovely.
fast lane O <i>n /'fa:st leɪn/</i>	_____	In a pedestrian fast lane, the maximum speed is 3 mph.
fine O <i>v /fain/</i>	_____	Police officers fine people not following the rules.
flower stall O <i>n /'flaʊə stɔ:l/</i>	_____	There's a flower stall in the town centre.
house swap O <i>n /'haʊs swɒp/</i>	_____	They are doing a house swap with a family in the United States.
household possessions O <i>n pl /,haʊshəuld pə'zeʃnz/</i>	_____	Huang Qingjun takes photos of people outside their homes with their household possessions.
house-sit <i>v /'haʊs sɪt/</i>	_____	Felix is house-sitting for a friend.
industry O <i>n /'ɪndəstri/</i>	_____	He is famous for rebuilding the Thai silk industry.
lively O <i>adj /'laɪvli/</i>	_____	The nightlife is lively.
location O <i>n /ləʊ'keɪʃn/</i>	_____	He visited one location where a couple had to move house.
market place O <i>n /'ma:kɪt pleɪs/</i>	_____	I really like the market place in your town.
maze <i>n /meɪz/</i>	_____	This city's like a maze.
microwave oven <i>n /,maɪkroʊweɪv 'ʌvn/</i>	_____	I'm disappointed there's only a microwave oven in the kitchen.
mirror O <i>n /'mɪrə(r)/</i>	_____	Did you see the mirror on the bedroom wall?
narrow O <i>adj /'nærəʊ/</i>	_____	Many Italian towns have small or narrow streets.
navigation <i>n /,nævɪ'geɪʃn/</i>	_____	Dustcart is a friendly-looking robot with maps and GPS navigation.
on business O <i>phr /ɒn 'bɪznəs/</i>	_____	There are so many people who come here on business.
on holiday O <i>phr /ɒn 'hɒlədeɪ/</i>	_____	I really don't understand why they come here on holiday.
on public transport O <i>phr /ɒn ,pʌblɪk 'trænsپɔ:t/</i>	_____	Can you get to work or university on public transport?
on the internet O <i>phr /ɒn ði: 'ɪntənet/</i>	_____	You just look it up on the internet.
on the way O <i>phr /ɒn ðə 'wei/</i>	_____	I was on the way to the city centre.
on time O <i>phr /ɒn 'taɪm/</i>	_____	Nobody's ever on time for anything.
on TV O <i>phr /ɒn ,ti: 'vi:/</i>	_____	Do you prefer watching films on TV or at the cinema?
pan O <i>n /pæn/</i>	_____	Use this pan to cook the pasta in.
parking space <i>n /'pa:kɪŋ speɪs/</i>	_____	It's difficult to find a parking space.

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pavement artist <i>n</i> /'peɪvmənt ,a:tɪst/	_____	In the summer you can see pavement artists on some of the streets.
pedestrian area <i>n</i> /pə'destriən ,eəriə/	_____	The pedestrian area is good for shopping.
play area O <i>n</i> /'pleɪ ,eəriə/	_____	There's a play area for the children.
project O <i>n</i> /'prɒdʒekt/	_____	He began this project in 2006.
publisher O <i>n</i> /'pʌblɪʃə(r)/	_____	I'm the writer, publisher and the salesman.
rage <i>n</i> /reɪdʒ/	_____	He was so angry. I had never seen him in such a rage before.
recycle <i>v</i> /,ri:saɪkl/	_____	These days, we recycle more and more of our rubbish.
robot <i>n</i> /'rəʊbɒt/	_____	Dustcart is a street-cleaning robot.
rubbish O <i>n</i> /'rʌbɪʃ/	_____	There's a huge problem with rubbish in the city centre.
rug <i>n</i> /rʌg/	_____	I don't like the white rugs in the sitting room.
safe O <i>adj</i> /seɪf/	_____	The city centre is safe at night.
satellite dish <i>n</i> /'sætəlɔɪt dɪʃ/	_____	The photo shows a satellite dish on the house.
sheet O <i>n</i> /ʃeɪt/	_____	All the beds have got clean sheets.
shop display O <i>n</i> /'ʃɒp dɪ,spley/	_____	The people in front of me were walking slowly and taking photos of the shop displays.
shopper O <i>n</i> /'ʃɒpə(r)/	_____	There are so many shoppers on the streets.
solution O <i>n</i> /sə'lju:ʃn/	_____	One solution to the problem is a pedestrian fast lane.
souvenir seller <i>n</i> /,sʊvə'nɪə ,selə(r)/	_____	There are lots of souvenir sellers in summer.
stall <i>n</i> /stɔ:l/	_____	The market has all kinds of stalls.
statue O <i>n</i> /'stætʃu:/	_____	It's famous for its statue of a lion.
strange O <i>adj</i> /streɪndʒ/	_____	Some people think that it's a strange idea.
street cleaner O <i>n</i> /'stri:t ,kli:nə(r)/	_____	The street cleaners keep our city looking nice.
street performer O <i>n</i> /'stri:t pə,�ɔ:mə(r)/	_____	You can see street performers every weekend in our city.
student accommodation O <i>n</i> /'stju:dnt ə,kɒmə,deɪʃn/	_____	Petra is staying in student accommodation this term.
tap O <i>n</i> /tæp/	_____	I can't work the taps in the bathroom.
towel <i>n</i> /'taʊəl/	_____	The towels in the bathroom are lovely.
tower block O <i>n</i> /'taʊə blɒk/	_____	There are plans to build some tower blocks in the city centre.
truck O <i>n</i> /trʌk/	_____	Rubbish trucks don't find it easy to get around the narrow streets.
wardrobe <i>n</i> /'wɔ:d्रəʊb/	_____	I'm surprised there isn't a wardrobe for our clothes.
wash basin O <i>n</i> /'wɒʃ ,beɪsn/	_____	The wash basin in the bathroom is very small.

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achievement O <i>n /ə'tʃɪrvmənt/</i>	_____	Hello and welcome to <i>Making History</i> , the programme where we look back at human achievements that have changed history.
angrily O <i>adv /'æŋgrəli/</i>	_____	I look at them angrily.
angry O <i>adj /'æŋgri/</i>	_____	I get angry when people drop rubbish in the street.
anxious O <i>adj /'æŋkʃəs/</i>	_____	I think she's feeling anxious.
avoid O <i>v /ə'veɪd/</i>	_____	I try to avoid eye contact.
backwards O <i>adv /'bækwədz/</i>	_____	Scuba divers always dive backwards out of a boat.
balloon <i>n /bə'lʊn/</i>	_____	A large balloon took him up into space.
behaviour O <i>n /bɪ'hɛvɪə(r)/</i>	_____	If you watch what people do in lifts, you'll see some very interesting behaviour.
bother O <i>v /'bɒðə(r)/</i>	_____	It doesn't bother me if they listen to loud music.
calmly O <i>adj /'kɔ:mli/</i>	_____	He calmly pushed the alarm button and waited for an answer.
capsule <i>n /'kæpsju:l/</i>	_____	He came slowly out of the capsule.
climb O <i>v /klaim/</i>	_____	I haven't got my key. I know – I'll climb in through that open window.
confused O <i>adj /kən'fju:zd/</i>	_____	I feel very confused. I don't know what to do!
cook O <i>n /kuk/</i>	_____	She's a good cook.
dive <i>v /daiv/</i>	_____	Watch him dive into the swimming pool.
drop O <i>v /drɒp/</i>	_____	If you drop your phone into liquid, put it in a bowl of uncooked rice to dry it out.
easily O <i>adv /i:zəli/</i>	_____	I can easily start a conversation with a stranger.
eater <i>n /i:tə(r)/</i>	_____	She's a slow eater.
embarrassed O <i>adj /ɪm'bærəst/</i>	_____	I feel so embarrassed about it.
excited O <i>adj /ɪk'saitɪd/</i>	_____	I feel so excited about journey tomorrow.
exhausted <i>adj /ɪg'zɔ:stɪd/</i>	_____	I feel exhausted most days.
eye contact O <i>n /'aɪ,kɒntækt/</i>	_____	She's very shy and never makes eye contact.
fall O <i>v /fɔ:l/</i>	_____	Watch out! I think that tree is going to fall.
fluently <i>adv /'flu:əntli/</i>	_____	I would like to speak two languages fluently.
forwards O <i>adv /'fɔ:wədz/</i>	_____	She was running too fast and fell forwards.
frightened O <i>adj /'fraɪtnd/</i>	_____	The building was empty. Now he was frightened.
guilty O <i>adj /'gilti/</i>	_____	I think he's feeling guilty about not going to the party.
headphones <i>n /'hedfəʊnz/</i>	_____	Put your headphones on to listen to your music.
in a good mood O <i>phr /ɪn ə ,gud 'mu:d/</i>	_____	She's in a good mood.
intercom <i>n /'ɪntəkɒm/</i>	_____	A voice on the intercom asked, 'Is someone in there?'
into O <i>prep /'ɪntu:, 'ɪntə/</i>	_____	They ran into the garden.
jump O <i>v /dʒʌmp/</i>	_____	Everybody shouted and jumped up and down.
land O <i>v /lænd/</i>	_____	He landed safely.
lift O <i>v /lift/</i>	_____	Can you help me lift the new TV out of its box?
lift O <i>n /lift/</i>	_____	He was stuck in a lift for 41 hours!
loudly O <i>adv /laudli/</i>	_____	I hate it when people speak loudly on their mobile phones.
nervous O <i>adj /'nɜ:vəs/</i>	_____	I feel nervous about the exam.
nicely O <i>adv /'naɪsli/</i>	_____	I ask them nicely to turn it down.

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nightmare <i>n</i> /'naɪtmēə(r)/	_____	I had a terrible nightmare last night.
out of O ut <i>prep</i> /'aut əv/	_____	He came out of the capsule.
over O ver <i>prep</i> /'əʊvə(r)/	_____	He slowly walked over to the capsule.
parachute <i>v</i> /'pærəʃu:t/	_____	He parachuted down towards the desert.
pleased O ut <i>adj</i> /pli:zd/	_____	She's really pleased the party was a success.
politely O ut <i>adv</i> /pə'laitli/	_____	I smile politely.
pull out O ut <i>v</i> /pʊl 'aut/	_____	Then he pulled the button out, so that the alarm rang and rang continuously.
quickly O ut <i>adv</i> /'kwɪkli/	_____	He quickly moved to another seat.
reader O ut <i>n</i> /'ri:də(r)/	_____	He's a slow reader.
rescue team O ut <i>n</i> /'reskjū:ti:m/	_____	A rescue team arrived a short time later to take her to hospital.
round and round O ut <i>prep</i> /'raʊnd ən raʊnd/	_____	He suddenly began to turn round and round.
runner O ut <i>n</i> /'rʌnə(r)/	_____	She's a really fast runner.
skydiving <i>n</i> /'skایdاینɪŋ/	_____	The rest of his skydiving team saw this on their computer screens and were worried he was in terrible trouble.
smartly O ut <i>adv</i> /'smɑ:tli/	_____	In my job I need to dress smartly.
snowboarding <i>n</i> /'snəʊbɔ:diŋ/	_____	A group of us went snowboarding in Switzerland.
stranger O ut <i>n</i> /'streɪndʒə(r)/	_____	When you sit next to a stranger on a bus or train, what do you do?
straw <i>n</i> /strɔ:/	_____	It was one of those little cartons of juice that comes with a little straw.
stressed O ut <i>adj</i> /strest/	_____	He's feeling stressed about the new project.
take off O ut <i>v</i> /teɪk 'ɒf/	_____	Come and watch the plane take off.
through O ut <i>prep</i> /θru:/	_____	She walked through the open door.
towards O ut <i>prep</i> /tə'wɔ:dz/	_____	Look! Martha is walking towards us.
traffic lights O ut <i>n, pl</i> /'træfɪk laɪts/	_____	Come on traffic lights, turn green. I'm going to be so late for my meeting!
traveller O ut <i>n</i> /'trævələ(r)/	_____	I'm a regular traveller.
typist <i>n</i> /'taɪpɪst/	_____	She's a quick typist.
video camera O ut <i>n</i> /'vɪdiəʊ,kæmərə/	_____	He hit the walls several times and shouted at the video camera.
walker O ut <i>n</i> /'wɔ:kə(r)/	_____	He's a fast walker.

B1 Wordlist Unit 4**Navigate**

about O <u>m</u>	adv /ə'baʊt/	_____	I think she's about thirty-five.
arrive O <u>m</u>	v /ə'raɪv/	_____	She arrived home very late.
attack O <u>m</u>	v /ə'tæk/	_____	As he was leaving a concert, two men attacked him.
become O <u>m</u>	v /bɪ'kʌm/	_____	He became anxious the more he thought about it.
blog	v /blɒg/	_____	She blogs about daily life with two young children.
boxer	n /'bɒksə(r)/	_____	He decided to become the manager of a boxer from Brazil.
buy O <u>m</u>	v /baɪ/	_____	I want to buy a new T-shirt.
challenge O <u>m</u>	n /'tʃælɪndʒ/	_____	He did the challenges for a few months.
change career O <u>m</u>	phr /tʃeɪndʒ kə'rɪə(r)/	_____	I want to change career.
choose O <u>m</u>	v /tʃu:z/	_____	I need to choose a career, but I don't know what to do.
concert hall O <u>m</u>	n /'kɒnsət hɔ:l/	_____	He has played in many of the world's greatest concert halls.
conductor O <u>m</u>	n /kən'dʌktə(r)/	_____	João Carlos Martins is a famous Brazilian classical pianist and conductor.
deal with O <u>m</u>	phr v /'di:l wɪð/	_____	I need to deal with these emails.
do online banking O <u>m</u>	phr /du:, ,ɒn,laɪn 'bæŋkɪŋ/	_____	How often do you do online banking?
download	v /daʊn'ləʊd/	_____	You can download this app for free.
engaged O <u>m</u>	adj /ɪn'geɪdʒd/	_____	When did you get engaged?
get married O <u>m</u>	phr /get 'mærɪd/	_____	We're getting married this year.
go online O <u>m</u>	phr /gəʊ ,ɒn'laɪn/	_____	Why don't you go online to book the hotel?
go to O <u>m</u>	phr v /'gəʊ tu:, tə/	_____	She wants to go to university.
have a baby / children O <u>m</u>	v /,hæv ə 'beɪbi, 'tʃɪldrən/	_____	We want to have children.
in (your) late twenties	n /ɪn (jɔ:) ,leɪt 'twentiz/	_____	I think he's in his late twenties.
in (your) sixties	n /ɪn (jɔ:) 'sɪkstiz/	_____	A lot of people retire in their sixties.
learn to swim O <u>m</u>	v /,lɜ:n tə 'swɪm/	_____	I want to learn to swim.
leave home / school O <u>m</u>	v /li:v 'həʊm, 'sku:l/	_____	She decided to leave home. / I leave school this year.
live with O <u>m</u>	phr v /'lɪv wɪð/	_____	Do you live with your partner?
log on / out	phr v /lɒg 'ɒn, 'aut/	_____	Make sure you log out when you have finished.
mid O <u>m</u>	prep /mɪd/	_____	She's in her mid-twenties.
middle-aged	adj /,mɪdl 'eɪdʒd/	_____	They're a middle-aged couple, with grown-up children.
moment O <u>m</u>	n /'məʊmənt/	_____	It was the most amazing moment of his life.
move house or flat O <u>m</u>	phr /mu:v ,haʊs ə: 'flæt/	_____	Martha moved house last week.
obtain O <u>m</u>	v /ə'b'teɪn/	_____	Where did you obtain that from?
pass your exams / driving test O <u>m</u>	phr /,pɑ:s jɔ:r ɪg'zæmz, jɔ: 'draɪvɪŋ test/	_____	Did you pass all your exams?
perform O <u>m</u>	v /pə'fɔ:m/	_____	He learned to play the piano when he was a child and as a teenager he performed in concerts around the world.
pianist	n /'piənist/	_____	He wanted to follow his dream of being a pianist.
present O <u>m</u>	n /'preznt/	_____	Did you get a lot of presents for your birthday?
read / listen to the news O <u>m</u>	phr /,ri:d, ,lɪsn tə ðə 'nju:z/	_____	I want to listen to the news.

B1 Wordlist Unit 4**Navigate**

receive O <i>v /rɪ'sɪrv/</i>	_____	I received a present today.
repetitive strain injury (RSI) <i>n /rɪ'petətɪv 'streɪn ,ɪndʒəri/</i>	_____	He performed in concerts for another seven years, but then he had to give up because of Repetitive Strain Injury (RSI).
retire O <i>v /rɪ'taɪə(r)/</i>	_____	He's going to retire from teaching next year.
review O <i>n /rɪ'veju:/</i>	_____	The hotel gets some great reviews.
seafront <i>n /'si:f्रnt/</i>	_____	The restaurant is on the seafront.
share O <i>v /ʃeə(r)/</i>	_____	I share a small flat with friends.
shop online O <i>v /ʃɒp ,ɒn'lain/</i>	_____	I like to shop online.
social media O <i>n /'səʊʃl ,mi:dɪə/</i>	_____	I use social media all the time, especially Facebook.
take up O <i>phr v /,teɪk θp/</i>	_____	I want to take up a new hobby.
talk O <i>n /tɔ:k/</i>	_____	Matt gave an online talk about how the challenges changed his life.
teenager <i>n /'ti:nɪdʒə(r)/</i>	_____	This TV programme is for teenagers and young adults.
travel O <i>v /'trævl/</i>	_____	We're going to travel by taxi to the airport.
tweet <i>v /twi:t/</i>	_____	He tweeted that he was going to meet a famous musician.
update <i>v /,ʌp'deɪt/</i>	_____	Did you update your Facebook page?
use O <i>n /ju:s/</i>	_____	A few years later, he lost the use of his left hand.
vase <i>n /vɑ:z/</i>	_____	I'm very sorry I broke your vase.
vegetarian cookbook <i>n /,vedʒə'teəriən 'kʊkbuk/</i>	_____	We're going to get a vegetarian cookbook to help us.

B1 Wordlist Unit 5**Navigate**

advice O <i>n</i> /əd'vaɪs/	_____	It also included advice for teachers about how to teach music and mathematics.
afford O <i>v</i> /ə'fɔ:d/	_____	What would you like to buy, but can't afford right now?
antique <i>adj</i> /æn'ti:k/	_____	It's antique and gold.
balance O <i>n</i> /'bæləns/	_____	I check my balance regularly so I know how much money there is in my bank account.
bank account O <i>n</i> /'bæŋk ə,kaʊnt/	_____	Do you know how much money is in your bank account?
benefit O <i>n</i> /'benɪfɪt/	_____	Do you think living in a cashless society offers enough benefits?
bill O <i>n</i> /bɪl/	_____	Ask the waiter for the bill.
borrowed O <i>v, pp</i> /'bɒrəud/	_____	Have you ever borrowed a large amount of money?
brand new O <i>adj</i> /,brænd 'nju:/	_____	It's brand new. I only got it a few weeks ago.
bright O <i>adj</i> /braɪt/	_____	It's a lovely bright colour.
buyer O <i>n</i> /'baɪə(r)/	_____	We'll get a buyer for it.
change O <i>n</i> /tʃeɪndʒ/	_____	I've got some change and lots of receipts in my wallet.
coin O <i>n</i> /kɔɪn/	_____	We can give some coins to the street performers.
collection O <i>n</i> /kə'lekʃn/	_____	As a result, our book collection went from 300 down to six.
comfort O <i>n</i> /'kʌmfət/	_____	I prefer to watch films in the comfort of my own home.
comfort O <i>v</i> /'kʌmfət/	_____	She went to the nursery to comfort the baby.
comfortable O <i>adj</i> /'kʌmftəbl/	_____	It's very comfortable to ride.
compute <i>v</i> /kəm'pjut/	_____	We need to compute the size and weight of each object.
condition O <i>n</i> /kən'dɪʃn/	_____	It's not in very good condition.
credit card O <i>n</i> /'kredɪt ka:d/	_____	Can I pay for this by credit card, please?
crime O <i>n</i> /kraɪm/	_____	Things have improved, for instance there isn't as much crime in Sweden.
dark O <i>adj</i> /da:k/	_____	It's got a dark blue stone.
debt O <i>n</i> /det/	_____	I don't like being in debt.
decide O <i>v</i> /dɪ'saɪd/	_____	She has to decide by next Monday.
developing world <i>n</i> /dɪ'veləpiŋ wɜ:ld/	_____	Many countries in the developing world are using mobile phones to do online banking.
digit <i>n</i> /'dɪdʒɪt/	_____	How many digits are there in your account number?
digital <i>adj</i> /'dɪdʒɪtl/	_____	Modern digital technology has helped. We gave away our CDs and now keep our music on the computer.
disappointment O <i>n</i> /,dɪsə'poɪntmənt/	_____	Have you bought anything recently which was a disappointment?
economy O <i>n</i> /ɪ'kɒnəmi/	_____	I think life is better since the decrease in the cash economy.
enjoy O <i>v</i> /ɪn'dʒɔ:i/	_____	Did you enjoy your holiday?
enjoyable O <i>adj</i> /ɪn'dʒɔ:iəbl/	_____	Some people think our life isn't enjoyable any more.
equip <i>v</i> /ɪ'kwɪp/	_____	This course will equip you with the skills you need.
essential O <i>adj</i> /ɪ'senʃl/	_____	It's essential you save some money.
fashionable O <i>adj</i> /'fæʃnəbl/	_____	It is quite fashionable.
fee O <i>n</i> /fi:/	_____	In Kenya, people can use credit on their mobile phones to pay for things like their children's school fees.
heavy O <i>adj</i> /'hevi/	_____	This box is really heavy.
large O <i>adj</i> /la:dʒ/	_____	This is difficult to carry – it's quite large.

B1 Wordlist Unit 5**Navigate**

leather O <i>n</i> /'leðə(r)/	_____	This seat's made of leather.
lent O <i>v, pp</i> /lent/	_____	Have you lent money to someone in the last month?
metal O <i>n</i> /'metl/	_____	It's made of metal.
minimalist <i>adj</i> /'mɪnɪməlɪst/	_____	Our flat was full of stuff, so we went minimalist: we sold or gave away the things which we hardly ever use.
mosquito <i>n</i> /mə'ski:təʊ/	_____	It's a very bad time of year for mosquitoes.
note O <i>n</i> /nəʊt/	_____	I've got one or two notes in my wallet.
owe O <i>v</i> /əʊ/	_____	She owes me £20!
pale O <i>adj</i> /peɪl/	_____	It's a kind of pale grey colour.
pay back O <i>v</i> /pei 'bæk/	_____	I'll pay you back the money tomorrow.
personal O <i>adj</i> /'pɜ:sənl/	_____	It contains personal things.
plastic O <i>adj</i> /'plæstɪk/	_____	It's got a plastic cover.
possess O <i>v</i> /pə'zes/	_____	I don't possess a single CD or DVD.
possessions O <i>n, pl</i> /pə'zeʃnz/	_____	Do you think possessions can make you feel happy?
purse <i>n</i> /pɜ:s/	_____	I think I've got some money in my purse.
refund <i>n</i> /ri:fʌnd/	_____	I'd like to return the wallet and get a refund.
rent O <i>n</i> /rent/	_____	How much is the rent for your flat?
repellent <i>n</i> /rɪ'pelənt/	_____	I always pack a mosquito-repellent plug.
revolution O <i>n</i> /,revə'lu:ʃn/	_____	Kenya has led a revolution in mobile banking.
save up O <i>v</i> /seɪv 'ʌp/	_____	I'm saving up for a new car.
scooter <i>n</i> /'sku:tə(r)/	_____	Riding my scooter is great fun and the feel of the cool wind is wonderful.
shiny O <i>adj</i> /'ʃaɪni/	_____	It's so bright and shiny.
special O <i>adj</i> /'speʃl/	_____	Somebody special gave it to me.
statistic <i>n</i> /stə'tɪstɪk/	_____	Statistics show that the number of bank robberies has dropped.
stress O <i>n</i> /stres/	_____	He's under a lot of stress at the moment at work.
stress O <i>v</i> /stres/	_____	I must stress how important it is to be careful with your money.
stressful O <i>adj</i> /'stresfl/	_____	Sometimes having too many things can be stressful.
suitable O <i>adj</i> /'su:təbl/	_____	It isn't suitable for work.
thin O <i>adj</i> /θɪn/	_____	It's very thin and light, so it's easy to carry.
time capsule O <i>n</i> /'taɪm ,kæpsju:l/	_____	A time capsule is a special container with objects inside.
transfer O <i>v</i> /træns'fɜ:(r)/	_____	Mobile phones are perfect for transferring money.
useful O <i>adj</i> /'ju:sfl/	_____	It's so useful that I can't imagine life without it.
valuable O <i>adj</i> /'væljuəbl/	_____	This watch isn't very valuable.
wallet O <i>n</i> /'wɒlɪt/	_____	What's in your wallet at the moment?

B1 Wordlist Unit 6**Navigate**

adopt O <i>v /ə'dɒpt/</i>	_____	They have decided to adopt a child.
bad manners O <i>phr /bæd 'mænəz/</i>	_____	I've heard that in other countries it's bad manners to talk when another person is speaking.
best-selling O <i>adj /'best 'selɪŋ/</i>	_____	Susan Cain is the author of the best-selling book <i>Quiet</i> .
characteristic O <i>n /,kærəktə'rɪstɪk/</i>	_____	What do you think are the main characteristics of introverts?
confident O <i>adj /'kɒnfɪdənt/</i>	_____	She's confident about her exams.
couple O <i>n /'kʌpl/</i>	_____	Nicole and Paul make a lovely couple.
creative <i>adj /kri'eɪtɪv/</i>	_____	He's quite creative and often has new ideas.
dishonest O <i>adj /dɪs'ɒnɪst/</i>	_____	It was dishonest of him to say that.
disorganized <i>adj /dɪs'ɔ:gənائزد/</i>	_____	His manager is a bit disorganized. His office is a mess.
extrovert <i>n /'ekstrəvɜ:t/</i>	_____	She's an extrovert and confident in a large group of people.
fair O <i>adj /feə(r)/</i>	_____	Do you think it was fair of her to say that?
father-in-law <i>n /'fa:ðərɪnlɔ:/</i>	_____	My father-in-law enjoys gardening.
flatmate <i>n /'flætmɪt/</i>	_____	My flatmate is quite lazy. He never does the washing up.
friendly O <i>adj /'frendli/</i>	_____	He's a very friendly person.
get divorced O <i>phr /,get dr'veɪst/</i>	_____	You get divorced only if your marriage goes wrong.
hard-working O <i>adj /,ha:d 'wɜ:kɪŋ/</i>	_____	She's a very hard-working person and works long hours.
honest O <i>adj /'ɒnɪst/</i>	_____	Mia's an honest person – she always tells the truth.
impatient O <i>adj /ɪm'peɪʃnt/</i>	_____	She's a bit impatient. She doesn't like waiting for things.
impolite <i>adj /,ɪmpə'lait/</i>	_____	I think it's a bit impolite to say that.
impossible O <i>adj /ɪm'pɒsəbl/</i>	_____	It was impossible to sleep because it was so hot.
introvert <i>n /'intrəvɜ:t/</i>	_____	I'm an introvert. I find it easier to express myself in writing than speaking.
mother-in-law <i>n /'mʌðərɪnlɔ:/</i>	_____	Your mother-in-law is your husband or wife's mother.
necessary O <i>adj /'nesəsəri/</i>	_____	Was it necessary to speak to me like that?
patient O <i>adj /'peɪʃnt/</i>	_____	I'm patient and don't mind if things take a long time.
possible O <i>adj /'pɒsəbl/</i>	_____	It's possible she will arrive shortly.
related O <i>adj /rɪ'leɪtɪd/</i>	_____	Did you know that Pascal and Isabelle are related to each other?
romantic O <i>adj /rəʊ'mæntɪk/</i>	_____	They are in a romantic relationship.
separate O <i>v /'sepəreɪt/</i>	_____	My parents separated when I was eight.
shy O <i>adj /ʃai/</i>	_____	He's quite a shy person and is often nervous about speaking to people.
slurp <i>v /slɜ:p/</i>	_____	It sounds like a competition to see who can slurp the loudest.
smart O <i>adj /smɑ:t/</i>	_____	He's really smart. He knows everything about computers.
sociable <i>adj /'səʊʃəbl/</i>	_____	They're very sociable people and enjoy having parties.
stepmother/father <i>n /'stepmʌðə(r), -fa:ðə(r)</i>	_____	My father married my stepmother when I was 12 years old.
stupid O <i>adj /'stju:pɪd/</i>	_____	I think he was really stupid to leave his job.
twins O <i>n, pl /twɪnz/</i>	_____	My sister gave birth to twins yesterday. A boy and a girl!
unfair O <i>adj /,ʌn'feə(r)/</i>	_____	I think it's unfair that not everyone was invited to the party.
unfriendly O <i>adj /ʌn'frendli/</i>	_____	I think she's a bit unfriendly.
unkind O <i>adj /,ʌn'kaɪnd/</i>	_____	It was a bit unkind of him to do that.

B1 Wordlist Unit 6**Navigate**

unlucky  <i>adj</i> /ʌn'lʌki/	_____	We've been so unlucky with the weather.
unnecessary  <i>adj</i> /ʌn'nesəsəri/	_____	That's a bit unnecessary. There was no need to say that.
unpleasant  <i>adj</i> /ʌn'pleznt/	_____	I find the smell of peanut butter a bit unpleasant.
unsociable  <i>adj</i> /ʌn'səʊʃəbl/	_____	He hates going out and is quite unsociable.
untidy  <i>adj</i> /ʌn'taɪdi/	_____	The children are so untidy. Look at their bedroom!
usual  <i>adj</i> /'ju:ʒuəl/	_____	The journey to university took longer than usual.
workplace <i>n</i> /'wɜ:kpleɪs/	_____	In the USA especially, many schools, universities and workplaces are less interested in introverts than in extroverts.

B1 Wordlist Unit 7**Navigate**

accommodation O <i>n</i> /ə,kɒmə'deɪʃn/	_____	What type of holiday accommodation do you prefer?
advantages O <i>n, pl</i> /əd'ventɪdʒɪz/	_____	As well as speed, Maglev has a number of advantages over other transport systems.
amazed O <i>adj</i> /ə'meɪzd/	_____	I was amazed when my dog turned up at my house after six months away.
annoyed O <i>adj</i> /ə'nɔɪd/	_____	Martha's annoyed because you didn't invite her.
annoying O <i>adj</i> /ə'nɔɪnɪŋ/	_____	That noise is so annoying. I can't concentrate.
apply O <i>v</i> /ə'plai/	_____	Do I need to apply for a visa before I travel?
basic O <i>adj</i> /'beɪsɪk/	_____	It's basic but you have everything you need.
book in advance O <i>phr</i> /,bʊk ɪn əd'veəns/	_____	Train fares are much cheaper if you book in advance.
book your flight O <i>phr</i> /,bʊk jɔː 'flaɪt/	_____	Have you booked your flight to Spain yet?
bored O <i>adj</i> /bɔːd/	_____	The lessons are always the same, so the students get rather bored.
bus pass O <i>n</i> /'bʌs pɑːs/	_____	I have a bus pass.
code O <i>n</i> /kəʊd/	_____	Will I need a code?
confusing O <i>adj</i> /kən'fjuːzɪŋ/	_____	Her directions to the town were a bit confusing.
convenient O <i>adj</i> /kən'veniənt/	_____	The bus is the most convenient form of transport for me.
currency <i>n</i> /'kʌrənsi/	_____	Did you get the foreign currency for our trip?
cycle lane O <i>n</i> /'saɪkl leɪn/	_____	The main roads have special cycle lanes.
development O <i>n</i> /dɪ'veləpmənt/	_____	The technology is still in development.
diesel <i>n</i> /'diːzl/	_____	Diesel engines are greener these days.
efficient O <i>adj</i> /ɪ'fɪʃnt/	_____	The bus service is efficient.
embarrassing O <i>adj</i> /ɪm'bærəsɪŋ/	_____	That was the most embarrassing moment of my life.
exciting O <i>adj</i> /ɪk'saɪtɪŋ/	_____	It was a really exciting film.
fare <i>n</i> /feə(r)/	_____	Bus fares are expensive.
fascinated <i>adj</i> /'fæsɪneɪtɪd/	_____	I was fascinated to hear my uncle's stories.
fascinating <i>adj</i> /'fæsɪneɪtɪŋ/	_____	I watched a fascinating programme last night.
float O <i>v</i> /fləʊt/	_____	The train floats in the air above the tracks.
foreign O <i>adj</i> /'fɔːrnə/	_____	How much foreign currency are you taking on holiday?
frightening O <i>adj</i> /'fraɪtnɪŋ/	_____	My whole body is in pain. It's frightening.
fuel O <i>n</i> /'fjuːəl/	_____	They use less fuel than other vehicles.
greener O <i>adj</i> /'grɪ:nə(r)/	_____	Buses are greener than in the past.
guidebook <i>n</i> /'gaɪdbʊk/	_____	Do you usually take a guidebook on holiday?
high-speed O <i>adj</i> /,haɪ 'spiːd/	_____	Right now there is only one high-speed Maglev system in the world.
hire O <i>v</i> /'haɪə(r)/	_____	How much will it cost to hire a car for a week?
hostel <i>n</i> /'hɔːstl/	_____	All the hostels were full so someone suggested staying in this Manga café.
in advance O <i>phr</i> /ɪn əd'veəns/	_____	Do you book your holidays far in advance?
insurance O <i>n</i> /ɪn'ʃʊərəns/	_____	We need to buy our travel insurance before we go on holiday.
last minute O <i>adj</i> /laːst 'mɪnɪt/	_____	I'm a last-minute person and never book my holidays in advance.
line O <i>n</i> /laɪn/	_____	In 2045, the line will extend to Osaka.

B1 Wordlist Unit 7**Navigate**

luggage O <i>n /'lʌgɪdʒ/</i>	_____	Where can we leave our luggage?
main road O <i>n /'meɪn rəʊd/</i>	_____	The main roads are very busy in our town.
petrol O <i>n /'petrəl/</i>	_____	Does your car run on petrol?
planner O <i>n /'plænə(r)/</i>	_____	Transport planners are looking at the problems.
pollution O <i>n /pə'lju:ʃn/</i>	_____	Buses are quieter and create less pollution these days.
predict O <i>v /prɪ'dɪkt/</i>	_____	They predict that the Tokyo to Osaka line will cost 51 billion dollars.
reality O <i>n /ri'æləti/</i>	_____	Their dreams are now a reality.
registration form O <i>n /,redʒɪ'streɪʃn fɔ:m/</i>	_____	Could you fill in the registration form, please?
regular O <i>adj /'regjələ(r)/</i>	_____	There's a regular bus service between the two towns.
relaxed O <i>adj /rɪ'lækst/</i>	_____	The atmosphere in my company is relaxed.
relaxing O <i>adj /rɪ'læksɪŋ/</i>	_____	It was very relaxing to lie next to the swimming pool and have a drink.
reliable <i>adj /rɪ'lائےbl/</i>	_____	The trains are very reliable – they usually leave on time.
remote O <i>adj /rɪ'məut/</i>	_____	Yakutsk is remote – it's six time zones from Moscow.
replace O <i>v /rɪ'pleɪs/</i>	_____	Maglev technology probably won't replace other forms of transport in the near future.
self-catering O <i>adj /,self 'keɪtərɪŋ/</i>	_____	I prefer self-catering holidays.
souvenir O <i>n /su:və'nɪə(r)/</i>	_____	I always buy souvenirs when I'm on holiday.
surprised O <i>adj /sə'praɪzd/</i>	_____	I was surprised when she told us she was engaged to be married.
surprising O <i>adj /sə'praɪzɪŋ/</i>	_____	It wasn't surprising that we lost the match.
thermometer O <i>n /θə'məmɪtə(r)/</i>	_____	Kids here can only miss school if the thermometer reaches -35!
tiring O <i>adj /'taɪərɪŋ/</i>	_____	This train journey is tiring.
track O <i>n /træk/</i>	_____	Powerful magnets lift the train off the tracks and push them forward.
traffic jam O <i>n /'træfɪk dʒæm/</i>	_____	There are often bad traffic jams on the motorways.
worried O <i>adj /'wʌrid/</i>	_____	I'm really worried about the exam tomorrow.
worrying O <i>adj /'wʌriŋ/</i>	_____	The increase in prices is very worrying.

B1 Wordlist Unit 8**Navigate**

achieve O <i>v /ə'tʃi:v/</i>	_____	In the last few years, Finland and Shanghai have achieved the highest grades in the tests.
after-school O <i>adj /'a:fθə sku:l/</i>	_____	What after-school activities do you do?
art O <i>n /a:t/</i>	_____	Did you do art at school?
atmosphere O <i>n /'ætməsfɪə(r)/</i>	_____	The atmosphere is relaxed.
blossom <i>n /'blɒsəm/</i>	_____	I really like the word 'blossom', because I think it sounds as gentle as the thing it represents.
communication skills O <i>n, pl /kə,mju:nɪ'keɪʃn skilz/</i>	_____	I have very good communication skills.
connection O <i>n /kə'nekʃn/</i>	_____	It's a really bad connection. Could you repeat that, please?
course O <i>n /kɔ:s/</i>	_____	Is she going to do a course in psychology at university?
creatively <i>adv /kri'eitivli/</i>	_____	Will computers ever be able to think creatively, like humans?
decision O <i>n /dɪ'sɪʒn/</i>	_____	Are you good at making decisions?
degree O <i>n /dr'grɪ:/</i>	_____	She's got a degree in history from York University.
diploma <i>n /dr'pləʊmə/</i>	_____	I have a diploma in food safety.
economics O <i>n /,i:kə'nɒmɪks/</i>	_____	We studied economics for two years. It's a hard subject.
education O <i>n /,edʒu'keɪʃn/</i>	_____	I think private schools offer the best education.
emotion O <i>n /ɪ'meʊʃn/</i>	_____	Scientists might even be able to learn more about where our thoughts and emotions come from.
entrance exam O <i>n /'entrəns ɪg,zæm/</i>	_____	In Shanghai, the university entrance exam is called the <i>goo koo</i> .
explain O <i>v /ɪk'spleɪn/</i>	_____	I don't think he's very good at explaining things clearly.
fields O <i>n, pl /fi:ldz/</i>	_____	Please complete all required fields below.
fully-qualified O <i>adj /'foli ,kwɒlfɪəd/</i>	_____	We're offering proper training with fully-qualified instructors.
grade O <i>n /greɪd/</i>	_____	My grades in literature and languages weren't great.
history O <i>n /'histri/</i>	_____	My favourite subject was history.
imagination O <i>n /ɪ,mædʒɪ'neɪʃn/</i>	_____	She uses her imagination to come up with some great ideas.
ironing O <i>n /'aɪənɪŋ/</i>	_____	Who usually does the ironing?
IT <i>n /aɪ 'ti:/</i>	_____	I'm pleased I did IT at school. I love working with computers.
languages O <i>n, pl /'læŋgwɪdʒɪz/</i>	_____	I was really good at languages at school. I speak three languages now.
learning skills <i>n, pl /'lɜ:nɪŋ skilz/</i>	_____	His learning skills are very good. I think he's the best in the class.
literature O <i>n /'lɪtrətʃə(r)/</i>	_____	Did you study literature at school?
map reading O <i>n /'mæp ,ri:dɪŋ/</i>	_____	I'll drive, but are you any good at map reading?
Master's degree <i>n /'ma:stəz drɪ,gri:/</i>	_____	He's got a Master's degree in economics.
maths O <i>n /mæθs/</i>	_____	When I was at school I didn't enjoy maths at all.
mistake O <i>n /mɪ'steɪk/</i>	_____	Have you ever made a big mistake?
myth <i>n /mɪθ/</i>	_____	This is one of the most common myths about the brain.
next of kin <i>n /,nekst əv 'kɪn/</i>	_____	Who's your next of kin?
organ O <i>n /'ɔ:gən/</i>	_____	The brain is an amazing organ.
organize O <i>v /'ɔ:gənaɪz/</i>	_____	She loves organizing events.
PE <i>n /pi: 'i:/</i>	_____	I really enjoyed PE at school, especially tennis lessons.
photocopy O <i>n /'fəʊtəuknɒpi/</i>	_____	I'll just make a photocopy of the certificate for you.

B1 Wordlist Unit 8**Navigate**

practical skills O <i>n, pl /'præktɪkl skɪlz/</i>	_____	Her practical skills are excellent, so I think she is the right person for the job.
private school O <i>n /'praɪvət skuːl/</i>	_____	Did you go to a private school?
probably O <i>adv /'prɒbəbli/</i>	_____	I probably won't go out tonight.
promotion O <i>n /prə'məʊʃn/</i>	_____	Please send me details of offers and promotions.
psychology <i>n /saɪ'kɒlədʒi/</i>	_____	My brother's doing an MSc in psychology.
qualification O <i>n /,kwɔːlɪfɪ'keɪʃn/</i>	_____	What qualifications do you have?
remember O <i>v /rɪ'membə(r)/</i>	_____	Are you good at remembering people's names?
science O <i>n /'saɪəns/</i>	_____	I think science was the least useful subject for me at school.
search engine O <i>n /'sɜːtʃ ,endʒɪn/</i>	_____	Did you use a search engine to find out about us?
signal O <i>n /'sɪgnəl/</i>	_____	I keep losing the signal so we might get cut off.
solve O <i>v /sɒlv/</i>	_____	He's great at solving computer problems.
spelling O <i>n /'spelɪŋ/</i>	_____	He's not very good at spelling.
state school O <i>n /'steɪt skuːl/</i>	_____	I think state schools are just as good as private schools.
strict O <i>adj /strɪkt/</i>	_____	Was your school strict?
study O <i>n /'stʌdi/</i>	_____	An international study called PISA tests 500,000 students from over 60 countries in maths, science and reading.
success O <i>n /sək'ses/</i>	_____	Do you think a university degree is necessary for success in life?
system O <i>n /'sɪstəm/</i>	_____	What is it about their education system that produces these great results?
take care of O <i>phr /teɪk keəf əv/</i>	_____	She really enjoys taking care of people.
tell jokes O <i>phr /tel 'dʒoʊks/</i>	_____	Are you good at telling jokes?
terrible O <i>adj /'terəbl/</i>	_____	I'm terrible at remembering people's names.
train O <i>v /treɪn/</i>	_____	I trained as a chef.
understand O <i>v /,ʌndə'stænd/</i>	_____	She's very good at understanding how things work.

B1 Wordlist Unit 9**Navigate**

active O adj /'æktrɪv/	_____	She has a very active lifestyle.
already O adv /ɔ:l'redi/	_____	I do quite a bit of exercise already, so I'm pretty fit.
argument O n /'a:gjumənt/	_____	Sometimes, people shake hands when they make friends again after an argument.
assignment n /ə'saimmənt/	_____	Please can I have some more time to do my assignment?
believe in O v /br'lɪ:v ɪn/	_____	I don't believe in the health benefits of taking exercise.
belong to O v /br'lɒŋ tə/	_____	You must always look after things that belong to other people.
bump v /bʌmp/	_____	They bump fists as a greeting.
cancer O n /'kænsə(r)/	_____	Diseases, such as cancer, exist today because of our modern diet and lifestyle.
ceremony O n /'serəməni/	_____	The graduation ceremony starts at 9 a.m.
cheek O n /tʃi:k/	_____	They kiss two or three times, starting with the right cheek.
chest O n /tʃest/	_____	They put both their hands together at chest level.
chin O n /tʃɪn/	_____	He always touches his chin if he is worried about something.
clap O v /klæp/	_____	They clap their hands three times before saying hello.
congratulate O v /kən'grætʃuleɪt/	_____	We use a handshake when we congratulate people.
consist of O v /kən'sɪst əv/	_____	My diet consists of only the healthiest food.
cycling O v /'saɪklɪŋ/	_____	Cycling is a good form of exercise.
depend (on) O v /dɪ'pend (ɒn)/	_____	Your success in life does not depend on other people, but on you alone.
depressed O adj /dɪ'prest/	_____	Lack of sunshine can make you depressed.
diabetes n /,daɪə'bɪ:tɪ:z/	_____	Diabetes is one of today's common diseases.
diet O n /'daɪət/	_____	Her diet isn't very good.
disease O n /dr'i:zi:z/	_____	Many of today's diseases exist because of our modern lifestyle.
dream of O v /dri:m əv/	_____	Do you ever dream of visiting New York?
easy O adj /'i:zi:/	_____	Some people find it easy to keep fit.
elbow O n /'elbəʊ/	_____	He sits with his elbows on the table.
experiment O n /ɪk'sperɪmənt/	_____	Tell us how the experiment was carried out.
fist n /fɪst/	_____	In some countries, you bump fists when you greet someone.
fitness n /'fɪtnəs/	_____	I'm trying to improve my fitness by cycling to work.
forehead n /fɔ:hed/	_____	They press their foreheads together while closing their eyes.
gentle O adj /'dʒentl/	_____	Do plenty of gentle exercise, like walking.
germs n, pl /dʒɜ:mz/	_____	People worry they might catch germs if they shake somebody's hand.
graduation n /,grædʒu'eɪʃn/	_____	Will you be at my graduation ceremony?
greet v /gri:t/	_____	What do you do when you greet a friend?
greeting n /'gri:tɪŋ/	_____	How much do you know about international greetings?
handshake n /'hændʃeɪk/	_____	He welcomed me with a smile and a handshake.
happen O v /'hæpən/	_____	If something good happens to me, it's because I deserve it.
health O n /helθ/	_____	It's important to look after your health and keep fit.
hug v /hʌg/	_____	They hug each other when they greet good friends.
impression O n /ɪm'preʃn/	_____	If you get it wrong, you might give a bad impression.

B1 Wordlist Unit 9**Navigate**

informal O <i>adj</i> /ɪn'fɔːml/	_____	You usually do this greeting in an informal situation.
junk food <i>n</i> /'dʒʌŋk fu:d/	_____	Definitely don't eat any junk food, like crisps.
kiss O <i>v</i> /kɪs/	_____	They kiss three times.
lip O <i>n</i> /lɪp/	_____	She's got very thin lips.
medical O <i>adj</i> /'medɪkl/	_____	Here's a copy of my medical certificate.
mental health O <i>n</i> /'mentl helθ/	_____	I think that regular physical exercise can help to improve your mental health.
natural O <i>adj</i> /'nætʃrəl/	_____	Eat only natural food like meat, vegetables and fruit.
nod <i>v</i> /nɒd/	_____	They nod their heads.
painkiller <i>n</i> /'peɪnkɪlə(r)/	_____	We'll give him some strong painkillers before he goes for the X-ray.
peace O <i>n</i> /pi:s/	_____	A common theory is that it started as a sign of peace.
philosophy O <i>n</i> /fə'lɒsəfi/	_____	That's part of our philosophy.
press O <i>v</i> /pres/	_____	They press their noses together.
reserve O <i>v</i> /rɪ'zɜ:v/	_____	You'll definitely need to reserve a place before you come.
respect O <i>v</i> /rɪ'spekt/	_____	I trust and respect you.
ridiculous O <i>adj</i> /rɪ'dɪkjələs/	_____	How ridiculous! People will think you are unfriendly if you refuse a handshake.
rude O <i>adj</i> /ru:d/	_____	In China or Turkey, for example, if your handshake is too tight and strong, you will seem rude.
shake hands O <i>phr</i> /ʃeɪk 'hændz/	_____	They shake hands for a very long time.
shoulder O <i>n</i> /'ʃəuldə(r)/	_____	He touched me on the shoulder to get my attention.
sleeve O <i>n</i> /slɪ:v/	_____	This proved that there were no weapons hiding in their sleeve.
smile O <i>v</i> /smайл/	_____	I always smile at someone when I first meet them.
stick O <i>v</i> /stɪk/	_____	They stick their tongues out at each other.
succeed in O <i>v</i> /sək'si:d ɪn/	_____	You can succeed in doing anything if you try hard enough.
thumb O <i>n</i> /θʌm/	_____	Press the button with your thumb.
tongue O <i>n</i> /tʌŋ/	_____	In some countries, they stick out their tongues as a greeting.
touch O <i>v</i> /tʌtʃ/	_____	They greet without touching the body.
trend O <i>n</i> /trend/	_____	The Paleo movement is a recent trend in health and fitness.
virus O <i>n</i> /'vaɪrəs/	_____	Instead they died from things like viruses or old age.
weapon O <i>n</i> /'wepən/	_____	They would put their right hand forward towards another man and opened it to show they were not holding a knife or other weapon.
weight-lifting O <i>n</i> /'weɪtliftɪŋ/	_____	Only do intense activity like weight-lifting occasionally.
work for O <i>v</i> /'wɜ:k fɔ:(r), fə(r)/	_____	Jack works for an oil company.

B1 Wordlist Unit 10**Navigate**

alcoholic drink O <i>n /'ælkə'hɒlik drɪŋk/</i>	_____	Some dark green vegetables can taste bitter.
apple juice O <i>n /'æpl dʒu:s/</i>	_____	I drink apple juice for breakfast.
bake O <i>v /beɪk/</i>	_____	They're baked in the oven.
best before O <i>n /'best bɪfɔ:(r)/</i>	_____	A 'best before' label tells you about quality, not safety.
bitter O <i>adj /'bɪtə(r)/</i>	_____	I don't like it. It's got a very bitter taste.
boiled O <i>adj /bɔɪld/</i>	_____	I don't like boiled vegetables.
bottle O <i>n /'bɒtl/</i>	_____	Let's get a bottle of sparkling water as well.
box O <i>n /bɒks/</i>	_____	We bought them a box of chocolates.
can O <i>n /kæn/</i>	_____	Can I have a can of lemonade, please?
cardboard O <i>n /'ka:dbo:d/</i>	_____	This container is made from cardboard.
carton O <i>n /'ka:tn/</i>	_____	There's a carton of apple juice in the fridge.
charge O <i>v /tʃɑ:dʒ/</i>	_____	Supermarkets should charge customers for shopping bags.
chocolate O <i>n /'tʃɒklət/</i>	_____	He gave me some chocolates for my birthday.
consumer O <i>n /kən'sju:mə(r)/</i>	_____	It's not the consumers who are responsible for waste.
curry <i>n /'kʌri/</i>	_____	Most curry dishes are hot and spicy.
dessert <i>n /dɪzɜ:t/</i>	_____	Would you like some cake for dessert?
different O <i>adj /'dɪfrənt/</i>	_____	There are many different sorts of spring roll.
dish O <i>n /dɪʃ/</i>	_____	I usually serve this dish with vegetables.
doggy bag <i>n /'dɒgi bæg/</i>	_____	Ask the waiter for a 'doggy bag' to take home food you can't eat.
figure O <i>n /'fɪgə(r)/</i>	_____	Please write the number in words and figures. / It's a figure of a man.
flavour O <i>n /'fleɪvə(r)/</i>	_____	You dip them into this sauce to give them extra flavour.
frozen O <i>adj /'frəʊzn/</i>	_____	I need a packet of frozen peas for the meal tonight.
fry O <i>v /fraɪ/</i>	_____	Sometimes the spring rolls are fried.
funny O <i>adj /'fʌni/</i>	_____	Do you know any funny jokes? / A funny thing happened to me on the way to work.
herb <i>n /hɜ:b/</i>	_____	There are lots of herbs in this stew.
honey <i>n /'hʌni/</i>	_____	The tagine has some honey in it so it tastes quite sweet.
jar <i>n /dʒɑ:(r)/</i>	_____	Could you buy a jar of olives when you're at the supermarket, please?
kind of O <i>phr /'kaɪnd (əv)/</i>	_____	It's a kind of stew.
lamb <i>n /læm/</i>	_____	This tagine is made with pieces of lamb.
leave O <i>v /li:v/</i>	_____	I've left some cake for you.
left O <i>adj /left/</i>	_____	We took a left turn instead of right.
mark O <i>n /ma:k/</i>	_____	There's a mark on my trousers. / What mark did you get in the test?
olives <i>n, pl /'ɒlivz/</i>	_____	Would you like some olives to have with your drink?
packet O <i>n /'pækɪt/</i>	_____	I think there's a packet of frozen peas in the freezer.
plain O <i>adj /pleɪn/</i>	_____	I prefer plain food. Nothing spicy.
preserve O <i>v /prɪ'zɜ:v/</i>	_____	His invention preserved food beautifully.
pretty <i>adj /'prɪti/</i>	_____	She's a very pretty woman.
pretty O <i>adv /'prɪti/</i>	_____	It's pretty expensive.

B1 Wordlist Unit 10**Navigate**

raspberry <i>n</i> /'rɑ:zbəri/	_____	Would you like some raspberries for dessert?
raw O <i>adj</i> /rɔ:/	_____	They're filled with raw vegetables.
sauce O <i>n</i> /sɔ:s/	_____	You dip the spring rolls into this sauce to give them extra flavour.
savoury <i>adj</i> /'sevəri/	_____	Do you prefer sweet or savoury food?
serve O <i>v</i> /sɜ:v/	_____	This dish is often served with rice.
several O <i>pron</i> /'sevrəl/	_____	There are several different vegetables you can eat with this dish.
shocking O <i>adj</i> /'ʃɒkɪŋ/	_____	It's a pretty shocking figure. So what are the facts behind it?
snack <i>n</i> /snæk/	_____	I have a small snack at 11 a.m.
sour O <i>adj</i> /'saʊə(r)/	_____	The sauce has lime juice in it to make it sour.
sparkling water <i>n</i> /'spa:klin, wɔ:tə(r)/	_____	Please can I have some sparkling water?
spice O <i>n</i> /spaɪs/	_____	This dish is made with lots of different spices.
spicy O <i>adj</i> /'spaɪsi/	_____	There is some chilli in the sauce to make it spicy.
spinach <i>n</i> /'spɪnɪtʃ/	_____	Spinach has a bitter taste.
stew <i>n</i> /stju:/	_____	I'm making a lamb stew tonight. Would you like some?
strawberry <i>n</i> /'strə:bəri/	_____	You put strawberry jam on them.
tagine <i>n</i> /tə'ʒi:n/	_____	Tagine is a kind of stew.
taste O <i>n</i> /teɪst/	_____	This has a nice, bitter taste.
taste buds O <i>n, pl</i> /'teɪst bʌdz/	_____	People taste food differently; it depends on the number of taste buds on your tongue.
texture <i>n</i> /'tekstʃə(r)/	_____	I love all the different textures in this dish.
thick O <i>adj</i> /θɪk/	_____	This is quite a thick sauce, but it tastes lovely.
tin O <i>n</i> /tɪn/	_____	I'm going to use a tin of tomatoes.
tobacco <i>n</i> /tə'bækəʊ/	_____	Tobacco has a strong taste.
tomato O <i>n</i> /tə'ma:təʊ/	_____	We need some tomatoes for the salad.
toothpaste <i>n</i> /'tu:θpeɪst/	_____	I need to buy a tube of toothpaste.
transportation O <i>n</i> /,trænspɔ:t'eɪʃn/	_____	The waste happens on farms during production, or transportation.
tube O <i>n</i> /tju:b/	_____	Did you pack a tube of toothpaste?
use by O <i>n</i> /'ju:z baɪ/	_____	Make sure you check the 'use by' date on the label.
wasteful <i>adj</i> /'weɪstfl/	_____	In the past, people were not as wasteful as they are today.

B1 Wordlist Unit 11**Navigate**

abroad O ad v /ə'brɔ:d/	_____	Many people are looking for jobs abroad.
article O n /'a:tɪkl/	_____	It was also the first time that newspapers contained pictures as well as articles.
attachment O n /ə'tætʃmənt/	_____	No email communication is 100% secure. You should only open attachments if you trust the sender.
benefit O v /'benifɪt/	_____	Everybody would benefit from a bit of extra intelligence.
bunch O n /bʌntʃ/	_____	She gave me a bunch of flowers.
carry on O phr v /,kæri 'ɒn/	_____	History and human problems change, but time and nature carry on.
continent O n /'kɒntɪnənt/	_____	News reached different continents within minutes.
coral reef n /'kɔrəl ri:f/	_____	We need to keep tourists away from the damaged coral reefs.
crash O n /kræʃ/	_____	People who saw the crash posted comments and photos on Twitter.
cure O n /kjʊə(r)/	_____	Is there a possible cure for AIDS?
election O n /ɪ'lekʃn/	_____	I want to watch the news report about the European elections.
erupt v /ɪ'rʌpt/	_____	When a volcano erupted on the Pacific island of Krakatoa in 1883 it killed 36,000 people.
expensive O adj /ɪk'spensɪv/	_____	Ordinary people didn't use to buy newspapers because they were expensive.
extreme O adj /ɪk'stri:m/	_____	There has been an increase in extreme weather conditions.
financial O adj /fai'nænsʃl, fə-/	_____	What do you think about the financial crisis?
find out O phr v /faɪnd 'aut/	_____	You need to find out the answer yourself.
flock n /flɒk/	_____	A plane landed in the Hudson River after a flock of birds flew into its engine.
flood O n /flʌd/	_____	The road is closed because of a flood.
forest fire O n /'fɔrɪst ,faɪə(r)/	_____	There is a large forest fire near Sydney, Australia.
give up O phr v /gɪv 'ʌp/	_____	I want to give up smoking.
global O adj /'gləʊbl/	_____	The global economy has become unstable.
global warming O n /,gləʊbl 'wɔ:rmɪŋ/	_____	Is global warming really happening?
grow up O phr v /grəʊ 'ʌp/	_____	He wants children to grow up to have a positive relationship with nature.
home-made adj /'həʊm meɪd/	_____	This is lovely home-made jam.
hunger n /'hʌŋgə(r)/	_____	They do a lot to try and fight world hunger and poverty.
hurricane n /'hʌrɪkən/	_____	Did you hear about the hurricane off the Mexican coast?
intelligent O adj /ɪn'telɪdʒənt/	_____	My idea to change the world is to spend more money on developing drugs that can make us more intelligent.
invention O n /ɪn'venʃn/	_____	This changed in the 1850s with the invention of powerful printing presses.
issue O n /'ɪʃu:/	_____	I want to talk to you about global issues.
man-made adj /'mæn meɪd/	_____	It's a region that has suffered many man-made problems.
milestone n /'maɪlstəʊn/	_____	There have been several media milestones.
natural disaster O n /'nætʃrəl dɪ,za:stə(r)/	_____	It was one of the worst natural disasters in history.
powerful O adj /'paʊəfl/	_____	The powerful printing presses could print 10,000 papers per hour.
put down O phr v /put 'daʊn/	_____	He carefully put down the statues.

B1 Wordlist Unit 11**Navigate**

put on O <u>m</u> <i>phr v /pʊt 'ɒn/</i>	_____	I think she's put on weight.
reach O <u>m</u> <i>v /ri:tʃ/</i>	_____	The news of Abraham Lincoln's death took nearly two weeks to reach Europe in 1865.
report O <u>m</u> <i>v /rɪ'pɔ:t/</i>	_____	Now anybody can report news.
robbery <i>n /'rəbəri/</i>	_____	They've arrested two men in connection with the robbery.
sculptor <i>n /'skʌlpٹə(r)/</i>	_____	I've been a sculptor for a long time.
secure O <u>m</u> <i>adj /sɪ'kjʊə(r)/</i>	_____	Be careful when you check emails in an internet café as public Wi-Fi is not always secure.
set up O <u>m</u> <i>phr v /set 'ʌp/</i>	_____	They want to set up a business this year.
spread O <u>m</u> <i>v /spred/</i>	_____	The news spread around the world in seconds.
steal O <u>m</u> <i>v /sti:l/</i>	_____	Don't leave your work files or laptop in your car because someone might steal them.
strike O <u>m</u> <i>n /straɪk/</i>	_____	Because of the transport strike, there are no trains running today.
telegraph <i>n /'telɪgra:f/</i>	_____	Before the telegraph was invented, it used to take weeks for news to travel around the world.
up to date <i>adj /,ʌp tə 'deɪt/</i>	_____	The news wasn't always up to date.
weekly O <u>m</u> <i>adv /'wɪkli/</i>	_____	News reels were changed weekly, not daily.
wire O <u>m</u> <i>n /'waɪə(r)/</i>	_____	News could travel around the world in minutes, using undersea electrical telegraph wires.

B1 Wordlist Unit 12**Navigate**

accountant <i>n /ə'kaʊntənt/</i>	_____	I'd like to become an accountant.
administration <i>n /əd'mɪnɪ'streɪʃn/</i>	_____	I work in administration.
advertising campaign <i>Omn. n /'ædvətarɪzɪŋ/</i>	_____	We need some help with our advertising campaign.
arm wrestle <i>Omn. n /'a:m ,resl/</i>	_____	He asked us if we wanted an arm wrestle.
building site <i>Omn. n /'bɪldɪŋ saɪt/</i>	_____	Nicholas works on a building site.
business <i>Omn. n /'bɪznəs/</i>	_____	We run the day-to-day business of the court.
candidate <i>Omn. n /'kændɪdæt/</i>	_____	She asked the candidate, 'Where do you see yourself in five years' time?'
client <i>Omn. n /'klaɪənt/</i>	_____	My job is to advise clients about their business.
construction <i>Omn. n /kən'strʌkʃn/</i>	_____	She works for a construction company.
corporate <i>adj /'kɔ:pərət/</i>	_____	He was applying for the job at the corporate office of a shoe company.
court <i>Omn. n /kɔ:t/</i>	_____	Martha works in a court.
customer <i>Omn. n /'kʌstəmə(r)/</i>	_____	I deal with all the customer enquiries.
day-to-day <i>Omn. adj /,deɪ tə 'deɪ/</i>	_____	She is responsible for the day-to-day business.
engineering <i>Omn. n /,endʒɪ'nɪəriŋ/</i>	_____	I'm studying engineering at university.
enquiry <i>Omn. n /ɪn'kwaɪəri/</i>	_____	We answer phone enquiries and deal with emails.
entertain <i>Omn. v /,entə'tein/</i>	_____	It is my job to entertain the staff.
health care <i>Omn. n /'helθ keə(r)/</i>	_____	They both work in health care.
in a hurry <i>Omn. phr /,ɪn ə 'hʌri/</i>	_____	It's easy to make mistakes if you do things in a hurry.
in a mess <i>Omn. phr /,ɪn ə 'mes/</i>	_____	He never tidies his desk. It's always in a mess.
in charge of <i>Omn. phr /ɪn 'tʃɑ:dʒ əv/</i>	_____	The assistant manager's in charge of the hotel while the manager's away.
in detail <i>Omn. phr /ɪn 'di:təl/</i>	_____	There isn't time to explain the plan in detail now.
in the middle <i>Omn. phr /,ɪn ðə 'mɪdl/</i>	_____	I'm in the middle of doing something at the moment.
in trouble <i>Omn. phr /ɪn 'trʌbl/</i>	_____	If I'm late again, I'll be in trouble with the boss.
inventor <i>Omn. n /ɪn'ventə(r)/</i>	_____	Who was the inventor of the light bulb?
judge <i>Omn. n /dʒʌdʒ/</i>	_____	Martha works as a judge.
laboratory <i>Omn. n /la'bɒrətri/</i>	_____	He's a scientist and works in a laboratory.
law <i>Omn. n /la:/</i>	_____	She works for a law firm.
light bulb <i>Omn. n /'laɪt bʌlb/</i>	_____	Thomas Edison is famous for inventing the light bulb.
medical research <i>Omn. n /'medɪkl rɪ'sɜ:tʃ, 'ri:-/</i>	_____	I work in medical research at the university.
negative <i>Omn. adj /'negətɪv/</i>	_____	She's quite a negative person.
neutral <i>adj /'nju:tərl/</i>	_____	He sounds neutral. He doesn't really have an opinion.
nurse <i>Omn. n /nɜ:s/</i>	_____	I work as a nurse.
office <i>Omn. n /'ɒfɪs/</i>	_____	She works in an office.
open-plan <i>Omn. adj /,əʊpən 'plæn/</i>	_____	I work in an open-plan office.
paperwork <i>n /'peɪpərwo:k/</i>	_____	I also do a lot of paperwork.
personal assistant (PA) <i>Omn. phr /,pɜ:sənl ə'sɪstənt, ˌpi: 'eɪsɪstənt/</i>	_____	She works as a PA.
politics <i>Omn. n /'pɒlətɪks/</i>	_____	He is planning to retire from politics next year.

B1 Wordlist Unit 12**Navigate**

positive O ^m	<i>adj</i>	/'pozətɪv/	_____	Mike is very positive about the future.
presentation O ^m	<i>n</i>	/,prezn'teɪʃn/	_____	I have to give presentations.
productivity	<i>n</i>	/,prɒdʌk'tɪvəti/	_____	Research has shown that the noise in open-plan offices can reduce productivity by 66%.
profession O ^m	<i>n</i>	/prə'feʃn/	_____	What profession do you work in?
real-life O ^m	<i>adj</i>	/'riəl laɪf/	_____	You have to try and solve real-life problems.
recruit	<i>v</i>	/rɪ'kru:t/	_____	The way that companies recruit new staff has also changed.
report O ^m	<i>n</i>	/rɪ'pɔ:t/	_____	I have to write reports and give presentations.
software developer O ^m	<i>n</i>	/'softweə dɪ,veləpə(r)/	_____	I'm a software developer for a big company.
staff O ^m	<i>n</i>	/stɑ:f/	_____	I train kitchen and waiting staff.
study O ^m	<i>v</i>	/'stʌdi/	_____	She's studying politics at university.
tattoo	<i>n</i>	/tə'tu:/	_____	His back was covered in tattoos.
zone O ^m	<i>n</i>	/zəʊn/	_____	Desks were organized into work zones of different sizes.