

1 Lifestyle

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chat /tʃæt/ Verb

if you **chat**, you talk to someone in a friendly and informal way

chat to someone

it was nice to see people and chat at the party | they chat on social media | we chatted for a while before his train arrived | she spent the journey chatting to her aunt on the phone

Noun: *chat* | Adjective: *chatty*

a chat with someone

Nice to see you! Have you got time for a chat? | I had a long chat with my neighbour yesterday | my granddaughter's only three but she's very chatty (talks a lot in a friendly way)

clubbing /ˈklʌbɪŋ/ Noun

if you go **clubbing**, you go to a nightclub to dance and have fun

go clubbing

I go clubbing every Saturday night | you're too young to go clubbing | he was out clubbing all night

countryside /ˈkʌntriːsaɪd/ Noun

countryside is land that is not in a city or town and where there are not many buildings

open countryside | unspoilt countryside | in the countryside

some beautiful open countryside (countryside where you can see things like rivers and trees and not buildings or roads) | we sat on the train watching the countryside go by | I prefer living in the countryside | we went for a walk through some lovely unspoilt countryside (countryside that has not been damaged by roads or buildings)

cycle /ˈsaɪk(ə)/ Verb

if you **cycle** somewhere, you go there riding on a bicycle

I like to cycle through the countryside | we cycled along the bike lane | I cycle to school every day | he cycles to work, even when it rains | I used to drive to work, but now I cycle | we cycled 300 kilometres in four days

Noun: *cyclist*

a group of cyclists went past us | my dad's a keen cyclist

jogging /ˈdʒɒɡɪŋ/ Noun

jogging is the activity of getting exercise by running, but not very fast

go jogging

I go jogging with my sister every morning | I'm going to start jogging regularly after Christmas | jogging will help you get fit

musical instrument /ˈmjuːzɪkəl ˈɪnstrʊmənt/ Noun

a **musical instrument** is something such as a guitar, violin or piano that can make musical sounds

I wish I could play a musical instrument | a shop that sells all sorts of musical instruments | how many musical instruments can you play?

play /pleɪ/ Verb

if you can **play** a musical instrument, you are able to make music on it

I'm learning to play the piano | can you play the guitar? | she can play several instruments

Noun: *player*

she's a very good piano player

social media /ˈsəʊʃəl ˈmiːdiə/ Noun

social media is apps such as Facebook, Twitter, Instagram, etc., which people use to share pictures and send messages to each other

we chat on social media every day | my dad doesn't do social media (doesn't use it) | social media is very useful for keeping in touch

walk /wɔːk/ Noun

if you go for a **walk**, you go outside and walk somewhere for pleasure

go for a walk | a long walk

we went for a long walk in the country | let's go for a walk | did you have a nice walk? | the weather is perfect for a walk

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asleep /əˈsliːp/ Adjective

if you are **asleep**, you are sleeping

fall asleep | fast asleep

she fell asleep (started being asleep) in front of the TV | he's asleep upstairs | don't wake the baby – he's asleep | he was fast asleep (very asleep) in bed | I'm half asleep (very tired)

board game /bɔːd geɪm/ Noun

a **board game** is an indoor game that you play using a board, moving pieces around on it according to the numbers that are shown when you throw a dice (a small cube with the numbers one to six on each side)

it was raining, so we played board games all afternoon | my favourite board game is Monopoly | it can take hours to finish a board game

break /breɪk/ Noun

when you are at work or doing a task, a **break** is a time when you stop working and relax for a short while before starting to work again

a lunch/tea/coffee break | a short/long break | take a break | be on your break

I haven't got time to take a break | I usually take a

break at about 11 | I worked from 8 till 4 without a break | that was a long break | I had to go to the bank during my lunch break | a ten minute break | he's on his break at the moment

Verb: **break**

the meeting starts at 9 and we'll break for lunch at 12:30

check /tʃek/ Verb

if you **check** something, you look at it to see if anything has changed about it or to make sure that it is still in good condition

check something for something

he checked his phone for messages before the meeting started | I check my emails on the train going to work | you should check the weather forecast before you set off | check the website to make sure the plane is still on time

eat out /i:t aʊt/ Phrasal verb

if you **eat out**, you go to a restaurant to have a meal instead of eating at home

we eat out once or twice a week | I can't afford to eat out | eating out in restaurants is very expensive | let's eat out tonight

exercise /'eksə(r)saɪz/ Noun

exercise is activity that you do with your body to help you stay fit and healthy

do exercise | get exercise

you need to do more exercise | I don't get enough exercise | if you don't get enough exercise, you'll get ill | I play football on Sundays for the exercise | swimming is good exercise

Verb: **exercise**

you should exercise regularly to stay fit

get home /gɛt hæʊm/ Phrase

when you **get home**, you arrive back to where you live

I got home late last night | what time do you usually get home from school? | I want to get home before it's dark

get up /gɛt ʌp/ Phrasal verb

when you **get up**, you get out of bed after you have finished sleeping

I usually get up about 8 | what time do you get up? | I got up late this morning | she got up at 6:30 | I hate getting up in the dark in winter | we get up late at weekends | I've got to get up early tomorrow

hours /'aʊə(r)z/ Noun plural

your **hours** are the number of hours you have to spend at work every day or every week

work long hours

workers are demanding higher wages and shorter working hours | I've been working very long hours this week | my hours are 9 till 5

often /'ɒf(ə)n/ Adverb

if something happens **often**, it happens regularly or on many occasions

I often wake up at seven | we often go to the theatre in Guildford | do you often feel tired? | how often do you go to the cinema?

once or twice /wʌns ɔ: twaɪs/ Phrase

if you do something **once or twice**, you do it a very small number of times, but the exact number of times is not important

I visit my grandparents once or twice a year | he came to see us once or twice last year | yes, I met her once or twice in Sheffield | turn the fish over once or twice while it's cooking

play /pleɪ/ Verb

if you **play** a game or a sport, you take part in it

shall we play cards? | we played football all afternoon | I'm learning to play tennis | it was raining, so we played board games all afternoon

stay up /steɪ ʌp/ Phrasal verb

if you **stay up**, you stay awake for longer than usual and go to bed later than you usually do

stay up late

I sometimes stay up late to finish my homework | we stayed up till 3 o'clock to watch the football from Japan | I often used to stay up all night when I was at university | I had to stay up until Andy came home because he didn't have a key

stressed /strest/ Adjective

if you are **stressed**, you are very worried about something and cannot relax

I'm feeling very stressed about the new job | I got really stressed before my driving test | you look stressed – why don't you have a day off?

Noun: **stress**

be under stress

he's under a lot of stress at work | moving house can cause a lot of stress

tired /taɪə(r)d/ Adjective

if you are **tired**, you want to sleep because you have done a lot of activity

feel tired

I've been feeling tired all day | it was hard work, but I don't feel tired yet | all that running made me tired | try to get some sleep if you're tired | he looks tired

Adjective: **tiring**

it was very tiring working in the garden all afternoon

TV /'ti: 'vi:/ Noun

a **TV** is a television – a machine that shows moving pictures along with sounds, especially of programmes that are specially made

watch TV | be on TV

I like watching TV | a TV set | what's on TV tonight? | a TV programme | watching sport on TV | we've got three TVs in the house

two or three times /tu: ɔ: θri: taɪmz/ Phrase

if something happens **two or three times**, it happens a few times, but the exact number is not really important

she wakes up two or three times in the night | I tried ringing you two or three times, but your phone always went to voicemail | I've only used it two or three times | I go back to Prague two or three times a year

usually /ˈjuːʒuəli/ Adverb

if something **usually** happens, it happens most times when it is possible for it to happen

she's usually late for work | I usually visit my gran on Sundays | they usually go to school by bus

wake up /weɪk ʌp/ Phrasal verb

if you **wake up**, you stop being asleep and become awake. If you **wake** someone **up**, you make them stop sleeping and become awake

wake up early/late

I woke up early and went for a walk | the baby often wakes up during the night | she woke up at six in the morning | I usually wake up before the alarm clock goes off | can you wake me up at seven? | don't make a noise – I don't want the baby to wake up

Adjective: awake

are you awake yet? | I was still awake when it started getting light

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active life /ˈæktɪv laɪf/ Noun

an **active life** involves regular exercise that helps someone stay fit and healthy

lead an active life

my parents have led very active lives | your dog should be living a more active life

beyond /bɪˈjɒnd/ Preposition

beyond a certain age means older than that age. For example, if someone lives beyond the age of 80, they are older than 80

very few people live beyond the age of 100

card /kɑː(r)d/ Noun

a **card** or a **playing card** is a small piece of cardboard that has numbers or pictures on it, used for playing games. A pack of **cards** usually has 52 cards in it. If you play **cards**, you play a game using a pack of cards

play cards | a pack/deck of cards | deal the cards

do you like playing card games? | let's have a game of cards | he always cheats when he plays cards | it's your turn to deal the cards (give them out to the players at the start of the game) | shuffle the cards first (mix them up so that no one knows what order they are in)

catch /kætʃ/ Verb

if you **catch** fish or other animals, you succeed in getting them so that you can kill them and eat them

he didn't catch a single fish all afternoon | Dad said he wanted to catch a rabbit for tea

do /duː/ Verb

if you **do** something, you become involved in a particular activity. Often, the real meaning is in the name of the activity and **do** is a general word which just means 'carry out some action'

I do a lot of exercise | I'm going to do some gardening this afternoon | who's going to do the dishes (wash them) | you should do your homework before you have dinner

explanation /ˌekspləˈneɪʃən/ Noun

an **explanation** is a statement that gives information about and reasons for something so that people can understand what it is or why it happened

one explanation is that the family is very important here | another explanation suggested the string was too weak | see the next chapter for a full explanation | what is the explanation for your behaviour? | there's a scientific explanation for this

Verb: explain

explain something to someone

she's good at explaining ideas | can you explain what you mean, exactly? | she tried explaining it to me

explorer /ɪkˈsplɔːrə(r)/ Noun

an **explorer** is someone who goes to places in order to find out about them, especially places that no one has been to before

Columbus, the explorer who discovered America, was Italian | the first European explorer came to New Zealand in 1642 | the island was named by explorer James Cook | Spanish explorers arrived here in 1536

Verb: explore | Noun: exploration

Henry Hudson explored the islands in 1607 | the exploration of space

go /gəʊ/ Verb

if you **go** fishing, **go** swimming, **go** dancing, etc., you travel to a place where you do that particular activity

we're going shopping this afternoon | Dan's gone swimming, but he'll be home soon | shall we go clubbing on Saturday? | I haven't been jogging for weeks

good health /gʊd hælθ/ Noun uncount

if someone is in **good health**, they are fit and well and do not have any illnesses

be in good health

doing yoga will help keep you in good health | my grandfather has always enjoyed good health | you should eat more fruit for good health

hiking /ˈhaɪkɪŋ/ Noun

if you go **hiking**, you walk a long distance in the country for pleasure

go hiking

we went hiking in the mountains in Scotland | my hobbies are hiking and playing the piano | a hiking holiday

Verb: hike | Noun: hiker

we hiked from Forres to Findhorn at the weekend | she could see two hikers coming down the side of the hill

karate /kəˈrɑːti/ Noun

karate is a sport that started in Japan, in which two people fight each other using their hands and feet

do you prefer judo or karate? | his brother does

karate on Tuesday afternoons | she went to karate classes for several years

lifestyle /ˈlaɪf,staɪl/ Noun

someone's **lifestyle** is the way they live, the things they do for work and pleasure, the way they spend their money, etc.

a healthy lifestyle | a simple lifestyle | an active lifestyle

they're doing less exercise now because of their new lifestyle | we lived a simple lifestyle out in the country | his lifestyle hasn't changed since he got his new job | our job is to encourage a healthy lifestyle for our customers

nothing /ˈnʌθɪŋ/ Pronoun

if you do **nothing**, you do not do anything at all

I spent the afternoon doing nothing | she went home because there was nothing to do at the office | you can't sit at home all day doing nothing

surfing /ˈsɜː(r)fɪŋ/ Noun

surfing is the activity of standing on a flat board and riding on a wave in the sea as it comes onto a beach

it was too cold to go surfing | I did a lot of surfing in Cornwall last summer | this beach is good for surfing

Noun: surfer

a group of surfers came into the café

yoga /ˈjəʊgə/ Noun

yoga is a system of exercises that help you control your breathing and become fitter and more relaxed

she teaches yoga on Thursday evenings | I used to do yoga when I was at university | I feel a lot healthier since I started doing yoga

PAGES 14–15

better /ˈbetə(r)/ Adjective

if you feel **better**, you feel well again after you have been ill, or you start to feel happy and relaxed after you have been working hard or being in a difficult situation

feel better | get better

I'll feel better after a cup of tea | don't come back to work until you're feeling better | he said he felt much better after his holiday | you won't get better unless you take the medicine

feel /fiːl/ Verb

if you **feel** like something or **feel** like doing something, you think you want to do it now, although you might not always want to do it. If you **feel** that something is true, you believe it is true. If you **feel** better, you are happier or healthier than you have been recently. What you **feel** about something are the ideas and beliefs you have about it

feel like (doing) something | feel that | feel better

I feel like an ice cream | she felt like shouting for joy | I always felt that table tennis wasn't a serious sport | her father felt that it would be disappointing if she didn't go to university | you'll feel better after a hot

meal | drink this - it'll make you feel better | how do you feel about nature? Does it interest you?

feel like /fiːl laɪk/ Phrase

if you **feel like** doing something, you want to do it. If you **feel like** something, you want to have it

feel like (doing) something

what do you feel like doing after a long day at work? | I feel like a sandwich (I want to eat a sandwich) | do you feel like going to the cinema tonight?

lower /ˈləʊə(r)/ Adjective

if something is getting **lower**, it is becoming smaller in number or quantity

get lower

the number of visitors is getting lower every year | the level of the water was getting lower

physical health /ˈfɪzɪkəl hɛlθ/ Noun

your **physical health** is the state of your body and whether you are in good condition or not

lack of exercise is having an effect on their physical health | he was over 90 but his physical health was still good | she was in poor physical health

relaxed /rɪˈlæksd/ Adjective

if you feel **relaxed**, you are calm and not worrying about work or problems

their contact with nature helped them feel more relaxed | everyone was relaxed and enjoyed the party | he looked relaxed and happy

Verb: relax | Noun: relaxation | Adjective: relaxing

I walk in the park to relax | listening to music helps me relax | I play chess for relaxation | the weekend is for relaxation | a nice relaxing bath | we had a relaxing weekend by the sea

that /ðæt/ Conjunction

you use **that** after some verbs to introduce something that describes what you are saying, thinking, or feeling

do you feel that nature is good for us? | he didn't think that it was a good film | Terry said that he wanted to go home

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abbreviation /əˌbrɪːvi'eɪʃ(ə)n/ Noun

an **abbreviation** is a short way of writing something using just the first letter of each word, or the first few letters of a word

DOB is an abbreviation for "date of birth" | his tweets are full of abbreviations that I don't understand | the abbreviations are explained on page 60

address /əˈdres/ Noun

your **address** is the number of your house or flat and the name of the street and town where you live

he asked for my address and telephone number | have I given you my new address since we moved house? | what's your address?

backache /'bækɪk/ Noun

if you have a **backache**, your back hurts

the bed was really uncomfortable and now I've got backache | I've had a really bad backache all day | I just wish this backache would go away

contact details /'kɒntækt 'dɪtɪəlz/ Noun plural

your **contact details** are your address and telephone number where someone can write to you or get in touch with you

can you give me your daytime contact details? (where you are during the day, for example at work) | I'm afraid I don't have any contact details for him | we will not give contact details of our employees to journalists

cough /kɒf/ Noun

if you have a **cough**, you cough a lot

a bad cough

he didn't go to school because he had a bad cough | I felt all right yesterday but I woke up with a cough this morning | she had a bad cough all last week

Verb: *cough*

he was coughing all night | my chest hurts when I cough

cough sweet /kɒf swi:t/ Noun

a **cough sweet** is a medicine to help you stop coughing

a packet of cough sweets | these cough sweets taste horrible | lemon flavour cough sweets

country of origin /'kʌntri ɒv 'brɪdʒɪn/ Noun

your **country of origin** is the country where you were born

I live in Germany, but my country of origin is Turkey | his country of origin is India, but he has a British passport | after twenty years in the US she decided to return to her country of origin

dependent /'dʒendə(r)/ Noun

your **dependents** are people like your children or elderly parents who rely on you to provide their food, clothing and a home

a married man with three dependents | how many dependents do you have?

Adjective: *dependent*

they have two dependent children and a son who is now 21

earache /'ɪərəɪk/ Noun

if you have **earache**, you feel pain in an ear or in both ears

I always get an earache after I've been swimming | being outside in the cold wind gave him earache | my earache kept me awake all night

emergency /'ɪmɜ:(r)dʒ(ə)nsi/ Noun

an **emergency** is a serious or dangerous situation that requires immediate action

in case of emergency

who should we contact in case of emergency? | call me on this number if there's an emergency

fill in a form /fɪl ɪn ə fɔ:m/ Phrase

if you **fill in a form**, you write information in spaces on a piece of paper or on a computer screen, for example your name, address, credit card number, etc.

please fill in this form and return it to the hospital | I had to fill in a lot of forms to get my new passport

gender /'dʒendə(r)/ Noun

on a form, where it says **gender**, you have to write *male* or *female* depending on whether you are a man or a woman

headache /'hedeɪk/ Noun

if you have a **headache**, your head hurts, for example because you are ill

a splitting headache

I had a headache so I stayed at home | I've got a splitting headache (an extremely painful one) | all that loud music gave me a headache | she took an aspirin for her headache (to make it better) | I get a headache if I drink coffee

ill /ɪl/ Adjective

if you are **ill**, you are not well and have a problem with your health

feel ill | be seriously ill

I've been feeling ill all afternoon | I was too ill to go to school | he was taken ill last night (he suddenly became ill) | she's still seriously ill (very ill) in hospital | he fell ill and died while he was on holiday

Noun: *illness*

he had some sort of illness all last week

marital status /'mæɪtl 'stetəs/ Noun

your **marital status** is whether you are married or not married

what is your marital status? | please inform us if there is a change in your marital status | your driving licence does not show your marital status

medication /,medɪ'keɪʃ(ə)n/ Noun

medication is the medicine that someone is taking because they are ill or to avoid becoming ill

take medication | be on medication

are you on any medication? | is he taking any medication? | the doctor recommended trying a different kind of medication

medicine /'med(ə)s(ə)n/ Noun

medicine is stuff that doctors give to people who are ill to make them better

take medicine

a bottle of medicine | he had to take his medicine every morning | the doctor gave me some medicine for my headaches | this medicine is very strong

next of kin /nɛkst ɒv kɪn/ Noun

your **next of kin** is your closest relative, for example your husband or wife if you are married, or your father or mother

police are still looking for the victim's next of kin | his mother was listed as his next of kin | the next of kin

have been informed (the close relatives of someone who has just died have been told about it)

occupation /ˌɒkjʊˈpeɪʃ(ə)n/ Noun

an **occupation** is a job. This word is used in forms and formal writing

please supply your name, address and occupation | what is your occupation?

operation /ˌɒpəˈreɪʃ(ə)n/ Noun

if someone has an **operation**, doctors cut into their body in order to repair it or take something out

he had an operation on his knee | a minor operation (not very serious) | she needed an emergency operation | a heart operation | the operation was successful

Verb: *operate*

operate on someone

they operated on my uncle to fix his broken shoulder

pill /pɪl/ Noun

a **pill** is a small, solid piece of medicine that you swallow when you are ill to make you better

the doctor gave me some pills for my cough | the pills are quite big, so break them in half before you try to swallow them | I have to take two pills in the morning and three in the evening | these pills will make you sleepy, so you shouldn't drive

place of issue /pleɪs ɒv ˈɪʃuː/ Noun

on a passport, the **place of issue** refers to the particular passport office which was responsible for preparing the passport and sending it to you

place of issue: Passport Office, Peterborough

postcode /ˈpəʊs(t)kəʊd/ Noun

a **postcode** is a short series of numbers and letters at the end of someone's address to help a delivery person find the exact building

I can never remember my postcode | all postcodes in Swansea begin with the letters SA | the letter got here even though they didn't put the postcode on the envelope

qualifications /ˌkwɒlɪfɪˈkeɪʃənz/ Noun plural

your **qualifications** are the exams you have passed and the courses of study you have successfully completed, for example at university

do you have any qualifications? | he left school with no qualifications | if you don't get any qualifications, you won't get a good job

Verb: *qualify* | Adjective: *qualified*

qualify as a doctor/lawyer, etc.

he qualified as a doctor last year | a qualified lawyer (one who has passed the exams and can work as a lawyer)

runny nose /ˈrʌni nəʊz/ Noun

if you have a **runny nose**, your nose fills with liquid because you are ill

have you got a tissue? I've got a runny nose | she woke up with a sore throat and a runny nose | I've got a runny nose and I've been coughing all day

sick /sɪk/ Adjective

if you are **sick**, you are not well and food that you have eaten comes back out of your mouth

feel sick | be sick

I need some fresh air – I feel a bit sick | that curry made me sick | I think I'm going to be sick | you'll be sick if you eat any more ice cream

sore throat /sɔː θrəʊt/ Noun

if you have a **sore throat**, your throat (area at the back of your mouth and inside your neck) hurts

I've got a really sore throat | she had a runny nose and a sore throat | smoking will give you a sore throat

spouse /spaʊs/ Noun

your **spouse** is your husband or wife

employees could bring their spouses to the company party | friends and spouses were welcome | his spouse died a year ago

stomach ache /ˈstʌmək eɪk/ Noun

if you have a **stomach ache**, your stomach hurts

you'll get stomach ache if you eat too quickly | chocolate always gives me a stomach ache | he didn't go to school because he had a bad stomach ache

surgery /ˈsɜː(r)dʒəri/ Noun

surgery is a medical treatment that involves cutting into someone's body in order to repair or take out a part that is diseased or damaged

you may need further surgery | she had to have emergency surgery | heart surgery | brain surgery

surname /ˈsɜː(r)neɪm/ Noun

your **surname** is the name that everyone in your family has

what's your surname? | Elton John's real surname is Dwight | she changed her surname when she got married | Jones is a very common surname in Wales

temperature /ˈtemprɪtʃə(r)/ Noun

if you have a **temperature**, your body is too hot because you are ill

have a temperature | a high temperature | take someone's temperature

I've got a temperature and my whole body aches | he had a high temperature so his mother kept him off school | I felt quite ill, but my temperature was 37, which was normal | when I took her temperature (measured it) it was 38.5