**Used for supporting a person’s head while resting =** a pillow

**A short sleep =** a nap

**In, to or at anyplace =** anywhere

**To cover, reach or have an effect over a wider area =**  to spread

**A person who does dangerous things =** a daredevil

**A rope or chain used to tie an animal/person to a place =** a tether

**Made according to the needs of a person =** custom-built

**To cause food to move from your mouth to your stomach =** to swallow

**Attractive =** appealing

**A person who watches other people’s lives =** voyeuristic

**To fall very quickly =** to plummet

**To increase your risks or demands to get a greater advantage** = to up the ante

**A person who spends money wastefully in an extravagant, irresponsible way =** spendthrift

**Mean subject at university =** major

**A problem =** a dilemma

**A fixed amount of money you can spend =** a budget

**Expenses =** expenditures

**To reduce =** to cut down

**Food or foodstuffs =** groceries

**To fluctuate =** to vary

**Discounted prices =** specials

**People or friends who share a flat or a house =** roommates

**to stop talking =** to shut up

**add to the problem =** make matters worse

**to understand =** to get the message

**to not be interested at all =** could not care less

**to realize =** come to the conclusion

**to be very enthusiastic =** to be all keen

**very easy =** a piece of cake

**to cry =** to weep

**to be very surprised =** to be flabbergasted

**to make sb feel better =** to put sb out of his misery

**someone who works for their government, but in an embassy in a different country =** a diplomat

**really fantastic =** fabulous

**would like very much =** ‘d so like to

**it happened / was built in =** dates back to

**it is not as good or impressive as the thing itself =** it’s not a patch on the real thing

**as if we were =** kind of like

**very old-fashioned, unsophisticated =** primitive

**the countryside that you see before you =** the scenery

**sides of mountains that people ski down =** slopes

**enjoyable =** really cool

**to die =** to pass away

**a path, usually in the wilderness =** a trail

**have sb’s (best) interests at heart =** care about sb and want to improve their situation

**go out of your way (to do sth) =** do sth that you do not have to do and that involves making a special effort to help or please sb

**go to great lengths to do sth =** try in a determined way to achieve sth

**hold sth together =** keep a group of people, a marriage, etc. united in difficult circumstances

**be there for =** be available and supportive if sb wants to talk to you or needs your help

**a shoulder to cry on =** a person who gives you sympathy

**turn to sb/sth =** go to sb/sth for help or advice

**set sb apart (from sb) =** make sb different from or better than others

**give/lend (sb) a helping hand =** help sb

**thank your lucky stars =** feel very grateful and lucky about sth

**have things/it (all) your own way, have/get your own way=** get or do what you want, even when other people want sth different

**put your foot down =** use your authority to stop sb doing sth

**sure of yourself =** (often disapproving) very confident

**stop at nothing =** do anything to get what you want, without caring about its effect on others

**walk all over sb =** treat sb badly by always doing what you want to do

**push sb around =** give sb orders in a rude or unpleasant way

**pick on sb =** treat sb unfairly by blaming or criticizing them

**stick up for sb/yourself =** support or defend sb/yourself

**not lift a finger (to do sth) =** do nothing to help sb

**take it for granted (that …) =** expect sth to happen because it usually does

**take sb for granted =** be so accustomed to sb that you don’t appreciate them

**twist sb round your little finger =** persuade sb to anything that you want

**get round sb =** persuade sb to do what you want often by being nice to them

**win sb over =** get sb support by persuading them you are right

**consumer =** a person who buys something

**vulnerable =** at risk for physical or emotional harm due to age or inexperience

**distinguish =** to find the differences between things

**purchasing power =** the authority to make buying decisions

**influence =** to convince someone to behave or speak in a certain way

**pester =** to bother someone with repetitive behavior

**sneaky =** sly or secretive

**cross-promote =** to market one product while advertising a related product

**ethical =** morally acceptable

**regulation =** a rule or law

**exploit =** to gain money or status at the expense of a vulnerable person

**inexperience =** the lack of skill and understanding in an area or field

**magistrate =** an official who acts as a judge in the lowest courts of law

**foreman =** a person who acts as the leader in a jury

**unanimous =** agreed by everyone in a group

**flawed =** not perfect

**peer =** a person who is the same age or who has the same social status as you

high profile

jury system

criminal case

maximum fine

panic attacks

drug trafficking

majority verdict

to be charged with murder

to go through the magistrates’ court

to reach a verdict

to hit the headlines

to plead guilty

to be tried by your peers