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| **Idiom/Word** | **Definition** | **Sample Sentence** |
| **Agenda** | A list of items to be discussed at a formal meeting; دستورجلسه | What’s on the agenda today? |
| **Not to have a clue** | To have no idea. | I haven’t got a clue. |
| **Presumably** | Probably |  |
| **Legal tender** | The official money that can be used within a country | If a currency is not legal tender, we cannot use it to pay taxes or settle debts. |
| **Soar** | Increase very quickly. |  |
| **Skepticism** | Doubt that something is real or true |  |
| **Riddle** | A question (معما) |  |
| **Suggestive** | Ant: definitive | The research result is suggestive not definitive. |
| **Soldier on** | Continue despite difficulties |  |
| **Brew** | A cup of tea |  |
| **Cup of joe** | A cup of coffee |  |
| **Dash** | A small amount of sth, especially liquid | A dash of milk. I want my gin with a dash of tonic and my soup with a dash of salt. |
| **Aficionado** | A person who is very enthusiastic | A coffee aficionado |
| **weasel** | راسو |  |
| **Cheap as chips** | Very cheap | I bought my shoes at a market for next to nothing. They were as cheap as chips. |
| **Quality product** |  | Personally, I like a quality product, and I am willing to pay a bit more for it. |
| **Artisan** | صنعتگر، صنعتی | Artisan cafes |
| **Relieve** |  | I am kind of relieved about that! |
| **Authentic** | معتبر و صحیح | Authentic listening practice. |
| **Resolution** | A promise to yourself to do sth | We must keep up our resolution to do sth. |
| **Teetotal** | وابسته به طرفداری از منع مشروبات | Let’s become teetotal and stop drinking |
| **Social anxiety** |  | I had a lot of social anxiety when I meet new people. |
| **Crutch** | Help; Sth that you depend on for support and sometimes you rely on it too much. |  |
| **Abstain** | Refrain, خودداری کردن Stop doing sth that is enjoyable but bad for you | Eventually she decided to abstain from drinking. |
| **willpower** |  | Haven’t you got the willpower to just quit drinking for just 30 days? |
| **Bed in** | Become normal and start working properly | It takes 66 days for doing a regular activity, a habit, to bed in. |
| **Correspondent** | Journalist | An article by a technology correspondent |
| **Intellectual** | Related to mind | It was his ambition to achieve an AI that can beat humans at any intellectual task |
| **Infallible** | Never failing لغزش ناپذیر | Robots would be infallible because they would be so clever |
| **Benevolent** | Kind and helpful خیرخواه و مهربان | We would program the computers to be benevolent. |
| **Sentient** | Able to think for itself با ادراک | Once the intelligence becomes sentient, who knows what it will do. |
| **Interpret** |  | A sentient robot could make up its own mind about how to interpret the laws. |
| **Far-fetched** | Difficult to believe | I think the robots taking over humans is a little far-fetched. |
| **Army of support** |  | I am not alone, but I don’t have an army of support either. |
| **Maiden name** | Family name of a woman before she gets married |  |
| **Double-barreled name** | Two names that are connected by a hyphen |  |
| **A growing number** | Increasing number |  |
| **Patriarchal** | Controlled by men  Ant: matriarchal | It was an opportunity to acknowledge the unseen patriarchal bias and sexism in our society. |
| **Bias** | The unfair support or opposition to a person, idea or thing | Many fans are biased in favor of their football team. |
| **Survey (v.)** | Analyze | He surveyed a number of people and found interesting results. |
| **Wear the trousers** | Have the control and make the decisions for both people in marriage |  |
| **Power to someone** |  | If people want to do it, then all the power to them. |
| **Family unit** |  | Trying to create a family unit. |
| **It makes you wonder what the future holds** |  | If you look back and see how transportation has changed, it makes you wonder what the future holds. |
| **Automation** | Using machines to do work that humans normally do |  |
| **Freight train** | A train uses to transport goals and commodities |  |
| **Prototype** | First version of sth which can be tested before it is produced in large quantities |  |
| **Maglev** | Magnetic Levitation شناور بودن مغناطیسی | Maglev means trains will travel on magnetic track rather than conventional rails. |
| **Commute** | Short Trip | Maglev trains would make my commute to work very fast! |
| **Smuggle** | Trade illegally; قاچاق کردن | Smuggle drugs |
| **Surveillance** | The act of carefully watching someone or something, perhaps a criminal | The police kept the jewelry shop under surveillance because they had a **tip-off** about robbery. |
| **Take off** | Start | Before our discussion about to takes off, we need to do other things. |
| **Drone on** | Talking too much in a very boring way | What are you droning on about Rob?! |
| **Aerial footage** | A film recording of the view from above the ground | The aerial footage on TV of the dolphins swimming was spectacular. |
| **On the flip side** | On the other hand |  |
| **Game changer** | Sth that completely changes the way sth is done or thought about | Drones have been a game changer for wildlife programs on TV. |
| **The sky is the limit** | There’s no limit to what sth can do | It seems like the sky is the limit for the uses of drones! |
| **Harmonize** | Being suitable for another thing to allow them to work properly | As technology progresses, regulation and operational use needs to then be harmonized with it. |
| **Anaerobic** | Ant: aerobic |  |
| **Aquatic** | Related or connected to water |  |
| **Up and down** |  | Swimming up and down a pool is just boring! |
| **Make splash** | Become popular | “Mermaiding” is making a splash at the moment. |
| **Mono-fin** | A single fin = باله ماهی |  |
| **Cardiovascular** | Relates to heart and blood vessels | Experts say those who quit smoking could also quickly reduce their risk of cardiovascular disease. |
| **Live out childhood dreams** | Do things you wanted to do when you were a child. | Let’s live out our fantasies. |
| **Exertion** | Involved great force تقلا، زور | Any exercise that consists of short exertion, high-intensity movements is an anaerobic exercise. |
| **Minefield** | A field full of explosive landmines | A subject full of unpredictable difficulties. |
| **Get in such a muddle** | Get confused or lost | You might get in a muddle if one person expects two kisses and the other expects only one. |
| **Reaffirm** | Confirm our bonds and make them stronger |  |
| **Hail** | A shout to attract someone’s attention; greet someone loudly especially from distance. |  |
| **Before long** |  | And before long, this became the actual way to greet somebody on the telephone. |
| **Woe** | Sadness | I am full of woe. |
| **Check in with someone** | An informal way of saying you talk to someone in order to report or find out information | I can’t you meet today, but I’ll check in with you tomorrow. |
| **Stigma** | It refers to negative associations that people have about something شرم، ننگ | Using an app carries less stigma than maybe seeing a human therapist. |
| **Ethical concerns** | Ant: unethical | They haven’t been compared Woebot to a real therapist due to ethical concerns. |
| **Self-reflection** | Thinking deeply about yourself, in order to understand the reasons behind your feelings | She believes that we don’t have much time for self-reflection because there are so many distractions in life. |
| **Monolingual** |  | A study of monolingual and bilingual speakers suggests speaking two languages can help slow down the brain’s decline with age. |
| **Lemma** | Simplest form or base form of a word |  |
| **Words inflection** | It refers to how the base word is changed according to its use in a sentence. |  |
| **A sobering thought** | Used when a situation seems serious and makes you become serious & thoughtful. | It's a **sobering thought** when you consider how many people go without clean water every day. |
| **Wanderlust** | A strong desire to travel |  |
| **Circumnavigate the globe** | Go all the way around the world |  |
| **Circumference** | How far is it around a circle  محیط |  |
| **Suspense** | Stated of being stopped | I shall keep you in suspense and tell you the answer at the end. |
| **Instill** | Gradually but firmly establish (an idea or attitude, especially a desirable one) in mind; القا کردن | How do we instill a sense of rightness in today's youth? |
| **Sense of adventure** | Feeling of doing a new, exciting and sometimes dangerous activity | Shorter breaks are less expensive and also instill a sense of adventure |
| **To coin** | Use a word or phrase that no one has used before | He has coined the phrase “micro-adventure”. |
| **Expedition** | Trip | He has gone to big trips and expeditions **to the four corners of the globe**. |
| **Hunch** | a feeling or guess based on intuition rather than known facts ظن و گمان ; قوز | I had this hunch that you didn’t need to go to the ends of the word to have some sort of adventure. |
| **Glamourous** | Fascinating, alluring, attractive, beautiful, seductive; فریبنده |  |
| **Camp out** | Sleep outside in a tent |  |
| **Frisson** | A sudden strong feeling of excitement or fear; a thrill | That is part of the charm of making a little frisson of adventure. |
| **On your doorstep** | Close to where you live | There is an adventure to be had on your doorstep. |
| **Planned out** |  | He has no sense of adventure because he likes his holidays to be planned out with no surprises. |
| **Accessory** | An additional item added to sth to make it more useful or attractive; لوازم جانبی | A tie is a smart accessory to wear with a suit. |
| **Be seen dead doing sth** | Very rare to do sth | I wouldn’t be seen dead carrying a man-bag! |
| **Laughing stock** | If someone is laughing stock, everyone thinking of him as silly | If I came to work in a suit I would be a laughing stock. |
| **Flock (v.)** | Gather, assemble; گرد آمدن، جمع شدن | Many big names have flocked to adopt the trend. |
| **Being dented** | affected | We are still very tied up with the idea of masculinity that is almost so fragile that it can be dented by a carrying a bag. |
| **Inhibition** | Feeling that makes one self-conscious & unable to act in a relaxed and way. منع و بازداری | You need to **shake off your inhibitions.** |
| **Splash out on sth** | Spend money freely on sth | You can also splash out on a bag. |
| **Macho** | a man who is aggressively proud of his masculinity |  |
| **Rush off** |  | Before you rush off to purchase a man-bag, don’t forget to check our website! |
| **Carriage** |  | Love and marriage is like horse and carriage! |
| **Archaic** | Very old fashioned | Marriage is an archaic concept for me. |
| **Commitment phobe** | Phobe= someone who is a afraid of something | A commitment phobe is someone who is afraid of, or doesn’t like the idea of commitment. |
| **Stabilizing** | Sth that makes something else strong and stable | Marriage has a stabilizing effect on society. |
| **Foodie** | Who has a strong interest in food | Foodies rarely buy books and watch cookery programs on TV. |
| **Understand one end of a pig from another** | Understand well | Someone who may not know which end of a pig is which is a little bit silly. |
| **Grumpy** | Bad-tempered | If I don’t get some food soon, I’m in danger of getting very grumpy. |
| **A white lie** | It is a distortion of the truth. |  |
| **Malicious intent** | Cruel or nasty reason or purpose | I think you have a malicious intent, telling me that. |
| **Societal Norm** | It is regular, common, or usual in the society |  |
| **Technological development** |  | The Internet has been one of, if not the most important technological developments perhaps of all time. |
| **Take sth for granted** |  | These days we take the internet for granted. |
| **Initially** | At first; in the beginning; it suggest changes later |  |
| **Anonymity** | State of having a hidden identity or personality | Anonymity can bring out the nastiest side of people. They write things that would never say to someone in person because they think there will be no consequences. |
| **Ameliorate** | To improve or make sth better | How does he suggest the problem could be ameliorated? |
| **Tweak** | Make a small change to the way sth works |  |
| **Kudos** | Praise or honor received for an achievement تجلیل و ستایش | Kudos to you Rob for today’s program. Thank you very much! |
| **Neutral** | Not controlling or not taking any action to control  بی طرف، خنثی |  |
| **Witty** | Funny but in a clever way |  |
| **Hone** | Carefully craft, skillfully create and develop over a period of time | 1. I have been honing my body in the gym. 2. Are you being witty?! :D |
| **Demographic(n)** | A particular sector of a population |  |
| **Blast off** |  | Before we blast off out of here, let’s review the vocabulary we covered today. |
| **Offer someone a lift** | Suggest to give him a drive | If you don’t trust anybody’s driving, I won’t offer you a lift. |
| **Risk-averse** | Against risk, and don’t like it | We have three types of people: risk-averse, risk-tolerant, and risk-seekers |
| **Put your money away** | Save your money |  |
| **Subtle(adj.)** | زیرک، دقیق، لطیف |  |
| **Scent** | Perfume, good smell or odorant | Scent of sth can take you right back in time and fill you with emotions. |
| **Catalyst** | Trigger (n.); sth that causes a particular response رها ساز، ایجاد کننده | Perfumes are like catalysts. They can bring back memories. |
| **Give off** | Broadcast some message about oneself without saying anything | This perfume can give off a message about the kind of person we are and that we shouldn’t underestimate that. |
| **Someone not to be messed with** | Someone to be taken seriously, someone who is serious who you don’t want to try and trick |  |
| **Irritability** | The state of having or showing a tendency to be easily annoyed or made angry; کج خلقی، زودرنج | We’ve recognized that hunger leads to irritability |
| **Dietetics** | مبحث اغذیه | She is a lecturer in nutrition and dietetics. |
| **Neuropeptides** | The tings that control our brain, the chemicals in our brain |  |
| **Rage** | Violent, uncontrollable anger | When we are hungry the same emotion as rage can **run through us**. |
| **Impulsive** | behavior without forethought; spontaneous; without considering consequence | When we are angry we can behave impulsively. |
| **Fight or flight hormones** |  | They are the hormones that the body uses to prepare us to either fight or run away from a dangerous situation. |
| **Portmanteau words** | Words that are made by joining two different words together | Hunger + anger = hanger |
| **Boast** | به رخ کشیدن و بالیدن; خودستایی کردن | Alright then smarty pants. No need to boast! |
| **Fist** | مشت | Don’t, or I might just merge my fist with your face! |
| **To date** | Up until this point in time | To date we’ve thought of them largely as tools. |
| **Vernacular** | بومی و محلی، زبان بومی |  |
| **Brusque** | Abrupt or offhand in speech or manner; direct and not polite | I don’t mean to be brusque but it is time for the answer to this week’s quiz question. |
| **To the point** | Being very direct and without unnecessary information. | Let’s get to the point. |
| **Chit-chat** | Small talk | Chit-chats are conversation topics which aren’t important but are part of everyday social communication, like talking about the weather. |
| **Cheeky** | Impudent or irreverent, typically in an endearing or amusing way. گستاخ و پررو | Cheeky! Enough of this chit-chat! |
| **Agency** | Ability to thing, make decisions and act independently |  |
| **Passing interest** | لذت زود گذر | I’ll just be taking a passing interest, I’ve got better things to do. |
| **Mascot** | نظر قربانی، نماد | A mascot is a person or thing that is supposed to bring good luck or that is used to symbolize a particular event or organization. |
| **Rusty** | (Of knowledge or a skill) impaired by lack of recent practice. زنگ زده و فرسوده | My Russian is a little rusty. |
| **Fancy their chances** | They think they are likely to succeed, even though the might not | There’ll be lots of countries who fancy their chances of lifting the World Cup trophy. |
| **Revamp (v., n.)** | Give new and improved form, structure, or appearance to. | The final will take place in the **revamped –** or much improved – Luzhiniki Stadium in Moscow. |
| **Alliteration** | Words beginning with the same letter. | Ex: Four-week festival of fun. |
| **Underdog team** | A team considered to be the weakest and the least likely to win | You could say Iceland are the underdogs in this tournament. |
| **Sportsmanship** | Fair and honest behavior; مردانگی و ورزشکاری | Football has changed and now lacks real sportsmanship |
| **Corporate(adj.)** | Sponsored by big companies | The tournament has become very corporate. So the companies decide how the tournament is run. |
| **Fortnight** | A period of two weeks |  |
| **Get into** | To become really interested in sth | I’ve never got into games even though I’ve tried one or two. |
| **Noughts and crosses** | Tic-Tac-Toe |  |
| **Nuance** | A situation that is nuanced has small but possibly important differences; فرق جزئی ولی مهم داشتن | It’s a little bit more nuanced than that. |
| **Bereavement** | The intense feeling of sadness we get when someone close to us dies; داغداری و عزاداری | For most of us when we have a broken heart whether it’s bereavement or a relationship coming to an end we will be fine. |
| **We muddle our way through it** | Get through maybe slowly and maybe we don’t think clearly and don’t make the right decisions. |  |
| **Convenience food** |  | This leads to our not doing as much exercise and eating more convenience food rather than making our own food from healthy ingredients. |
| **Surf and turf** | An expression for online shopping. | When you surf and turf, you put items in your basket but never actually buy them. |
| **Get the wrong end of the stick** | Misunderstand sth | You have completely got the wrong end of the stick. |
| **Turf sth out** | Throw sth or someone out of an organization because they’ve broken rules or behaved badly. | Someone who is behaving badly might be turfed out of a club; If we don’t finish the program on time we might be turfed out of this studio. |
| **Fall foul of sth or someone** | Make a mistake and get into trouble with someone | And as we don’t want to fall foul of the next team who need to use this studio, it’s just time for us to say goodbye! |
| **Checkout** | The place where you pay for shopping | You can check out at the checkout. |
| **Panicky** | دستپاچه و مضطرب | If I went more than a minute without my phone, I'd probably get sort of sweaty palms and I think I'd start feeling a bit panicky. |
| **Spoilsport** | A person who behaves in a way that spoils others' pleasure, especially by not joining in it. |  |
| **Spend ages** | Spend so much time | They pull you in with more and more videos and I’ve spent ages just getting lost in video after video. |
| **Look up** | Refer; lookup = the action of or a facility for systematic electronic information retrieval. | I think I said 2005, without looking it up on my phone, Rob! |
| **Chauvinism** | State of someone who thinks that their country or race or sex is better than others; تعصب |  |
| **Proxy** | A person or a thing that carries out your wishes and your instructions for you. | Computers are **proxies** for their programmers. |
| **Objective** | Neutral, fair and balanced; بی طرف |  |
| **A Nuanced problem** | A subtle problem; it’s not a simple case of right or wrong. | In a nuanced problem there are small but important things that you need to consider. |
| **Millennial** | A person who was born in the 1980s or 1990s | The age group before millennials is Generation X who were born in 1960s and 70s. |
| **Phenomenal** | Amazing, surprising, and unbelievable |  |
| **Cephalopod** | A kind of sea creature, like a squid or octopus (pl.: octopodes); سرپایان | Cephalopods have usually eight tentacle. |
| **Publicity stunt** | Sth a company might do to grab your attention and promote its products. (stunt = شیرین کاری) | I don’t think that octopus is really psychic; it was just a publicity stunt by the zoo that had him, a way to promote their zoo. |
| **Comparable** | Similar to | Octopus has a nervous system that is comparable to vertebrates (مهره دارن). |
| **Protean** | Changeable or adaptable | But the absence of hard parts, the protean nature of the body makes it a hard thing to think about. |
| **To Short-change someone** | To not give someone what they are entitled to, what they deserve. | Originally this phrase comes from paying for something and not getting the right money back. |
| **Pun** | جناس | And in the context of facing discrimination because you're not tall, 'Shortchanged' is a really good pun. |
| **Relish (v.)** | Enjoy sth; getting great satisfaction from sth; ذوق داشتن از چیزی | Tall people relish their height. |
| **Embellish (v.)** | Exaggerate sth to make it seem bigger, faster, better, and so on; زینت دادن | People generally tend to even embellish what their height is when you ask them what it is. |
| **Disparity** | Difference; بی شباهتی، اختلاف | And this disparity between the salaries of taller and shorter people, is an example of discrimination. |
| **Wrinkle** | چین و چروک | How did you know I am a father?! Is it the grey hair in my beard? Is it the wrinkles around the eyes?! |
| **Evolutionary anthropologist** | انسان شناس تکاملی | She is an evolutionary anthropologist. |
| **Go along with sth** | Agree to do sth even though you don’t really want to do it; کنار آمدن |  |
| **Neglectful** | سر به هوا، مسامحه کار |  |
| **Disciplinarian** | اهل انضباط | That describes someone whose main communication with their children was to give them strict rules and tell them off or punish them if they did something wrong. |
| **Hands-on** | Involved | These days fathers are much more hands-on. |
| **Souvenir** | یادگاری، یادبود، خاطره | This picture is a little souvenir of our time together. |
| **Dropped off a cliff** | A very significant fall (usually in sales) in a short period of time. | Compact cameras have dropped off a cliff. |
| **Opt** | Choose; برگزیدن یا انتخاب کردن | Customers who would choose a compact camera are now opting for the camera on their smartphones. |
| **the next rung up** | (Rung = پله نردبان; horizontal step of a ladder) the next level, moving up the levels. | They want to see what the next rung up is. The expression “taking the next rung up” is a way to describe doing sth at a higher level. |
| **Stalls** | غرفه، دکه | There are some great places in London where you can find delicious foods from all over the world, cooked in front of you in market stalls on the street. |
| **Mouldy** | کپک زده، کهنه و فاسد | That old bread must have been mouldy. |
| **Captured the imagination** |  | This has captured the imagination of the public. People have experienced and thought – ‘yep, you know, I like this, this is a great idea.’ |
| **Sedentary** | Involve a lot of siting and low percentage of movement. | Would you say you had a sedentary lifestyle at all? And if you are very **sedentary**, it can lead to a lower **life expectancy**. |
| **Shirker** | A person who avoids doing thing; آدم طفره رو | If you’re an exercise shirker because you’re fat or old or asthmatic or chained to your computer, the will come after you! |
| **Stern** | very serious and strict, someone without a sense of humor who might be angry; عبوس و سخت گیر | They will come to you in the form perhaps, of a stern lady with a clipboard and make some firm suggestions. |
| **Tongue-in-cheek** | It is meant to be funny and shouldn’t be taken seriously. |  |
| **Dust yourself off** | A way of saying you think positively to make yourself feel better | Imagine falling over on the ground, when you get up, you might be covered in dust and dirt, you need to dust yourself off to make yourself ready again, before you carry on. |
| **Cope with** | Another way of saying 'difficult to manage' is difficult to cope with. از عهده چیزی برآمدن |  |
| **Exhilarate** | نشاط دادن، شادمان کردن | The may find it exhilarating or uniting to call out discrimination. |
| **Decency** | آراستگی، محجوبیت، نجابت | Some people may feel proud to be a snowflake because it means they are standing up for a particular standard, they have a level of decency and social responsibility that is higher than that of those who are calling them snowflakes. |
| **Call sth out** | To challenge sth, to highlight it and look for justification. |  |
| **Dazzle** | خیره کردن، تابش یا روشنی خیره کننده | Rob, it's good to see you keeping up with fashion by wearing the high-vis jacket – although I have to say it is a bit dazzling. |
| **Fashion victim** | Someone who always wears what’s thought to be fashionable. | I am no fashion victim. |
| **Fashion statement** | Sth you wear to attract attention and people who know sth about fashion. | Wearing high-vis clothing has become the latest fashion statement. |
| **Pedestrian** | People who walks; پیاده روندگان | This type of cloths designed for cyclists and pedestrians to be seen. |
| **Traction** | کشش و انقباض | **Traction** here means this fashion trend is starting to stick |
| **Understate (v.)** | دست کم گرفتن | In fashion, understated thing described sth that does not attract attention and is not that impressive. |
| **Cashmere jumper** | بلوز آستین کوتاه کشمیری یا ترمه |  |
| **Talking point** | Sth that you may discuss at work or on social media – even if it is to say “that guy looks ridiculous” |  |
| **Devalue** | از ارزش کسی یا چیزی کاستن | We know that many people wearing high-vis jackets are doing important jobs, so does this fashion devalue what they're doing? |
| **Thorny issues** | subjects that are difficult deal with; thorny = خاردار، تیغ تیغی | A tree or bush with thorns is difficult to touch and handle and similarly a thorny issue is a subject that is difficult to deal with and discuss. |
| **Cramp (n., v.)** | گرفتگی عضلات، انقباض ماهیچه در اثر کار زیاد | Leg warmers were originally worn by dancers to keep their muscles from cramping after stretching. |
| **Baby boomers** | Who were born in between the 1940s and the early 1960s |  |
| **Generation X** | Born between the mid1960s and the early 1980s. |  |
| **Generation Y** | Millennials, born mid-1980s to late 1990s |  |
| **Generation Z** | Born in the late nineties or early **noughties** (first decade of the 21st century) | Our research found that Gen Z are tech-innate (innate = غریزی), hyper-informed consumers, and extremely savvy. |
| **Cater (v.)** | آذوقه رساندن، خواربار رساندن To cater for = provide sth that is needed for a particular group | Our research shows that Gen Z are different and they have their own set of values and preferences which consumer brands need to cater for. |
| **Savvy** | Clever and informed; زرنگ و دانا | And being savvy means being able to understand situations well and make clever decisions because of this knowledge. |
| **Entangle** | گیر انداختن، گرفتار کردن | Not only does plastic cause a mess - wildlife, particularly marine animals, are at risk when they become entangled in plastic waste, or ingest it. |
| **Biodegradable** | Sth that can decay naturally without harming anything. | This man-mad substance which is not biodegradable is everywhere - from clothing to crisp packets, and bottles to buckets. |
| **Beam (n., v.)** | پرتو، پرتو افکندن | At the one time, we're so horrified by what we're seeing – the whales dying, the oceans vomiting plastic, beaming in from all over the world. |
| **Dissonance** | A disagreement between two opposing ideas; ناهنجاری; ناسازگاری; psychological dissonance; | That creates a **psychological dissonance** –which I think is the barrier to behavioral change. |
| **Psychological attachment** | Means that in your minds we feel we have to use plastic; we are addicted. | We have this weird psychological attachment to plastic that's been around and it's like a push and pull. |
| **Activism** | Taking action to change sth. عملگرایی | I'm finding now awareness has peaked and it's going over into activism |
| **Outset** | Beginning; آغاز و ابتدا | I really think that to concentrate on stopping the flow of plastics into your life is easier and more effective in the long term, than trying to go plastic-free from the outset. |
| **The future of sth is in our hands** | We can change the outcome of that | It does seem that the future of plastic is in our hands and we can use our collective power to force change if it's needed. |
| **Pick up a bargain** | Bargain: معامله کردن، داد و ستد | Charity shops are a great place to pick up a bargain and I also donate items to them too. |
| **Founding fathers** | That's a term used to describe people who start an idea or an organization. |  |
| **Rummage** | Rummaging is when you search for sth that’s mixed up with lots of other things; زیر و رو کردن، گشتن | It's not just about looking messy – like you've rummaged in a teenager's dressing up box. |
| **Redress the balance** | Change things to make them fairer and more equal; redress= التیام، جبران خسارت، فریادرسی | I think we need to redress the balance that puts the focus purely on gaining the skills and far more on actually using them in a creative way. |
| **Lifeblood** | The most important thing. | In fact one of our values states that ‘creativity is the lifeblood of our organization.’ |
| **Disparate** | Different and unrelated;  ناجور، مختلف | We have to slow down a bit, and start forming these new connections between disparate ideas that result in divergent new original ideas. |
| **Shred** | پاره کردن، بریدن، ریز کردن | The painting was recently auctioned (به حراج گذاشته شد) in London but amazingly shredded in its frame as someone’s winning bid was accepted! |
| **Objectification** | Reduce people to objects |  |
| **Implausibly** | به طور غیر محتمل | Impossibly attractive and implausibly perfect models in adverts and in movies and on TV you are more likely to see naked or half-naked women than men. |
| **Role model** | Someone whose behavior is seen as a good example for others to copy. | When it comes to presenting 6 Minute English, you are my **role model**, Neil. |
| **Aspire to** | If you aspire to sth, it’s sth you can aim for, sth you want to achieve; آرزو داشتن، آرزو کردن | I **aspire to** your level of professionalism, Sam. |
| **Aspirational** | Characteristics of sth that people aspire to achieve; | The TV series Love Island is aspirational; **Aspirational** TV programs or adverts show lifestyles that people might want to be theirs. |
| **Detrimental** | Sth that has a negative impact; زیان آور، مضر detriment = ضرر و زیان | We heard that **aspiring to** the perfect body can be **detrimental** because it might lead to **narcissism**. |
| **Narcissism** | It is the term for someone who is so obsessed with their own life that they don't care about others. |  |
| **Regulate** | تنظیم کردن control | Younger people have not yet learned how to regulate their emotions. |
| **Stereotype** | A simplistic view of person or group based on their nationality, age, and the like; قالب رفتار | So a stereotype of British people is that we can't cook, we have bad teeth, we are very reserved and never say what we mean. |
| **On an individual level** |  | On an individual level, the super-chickens achieved productivity because they **suppressed** the **productivity** of their flock members. |
| **Impose (upon)** | Force sth on sb | But it's one that they create among themselves, rather than one that's **imposed** upon them; the government **imposed** new taxes on fuel. |
| **Pecking order** | Used it to describe levels of importance in an organization. | Pecking describes what chickens do with their beaks (نوک). |
| **By which time** |  | We'll have the answer later in the program by which time, maybe the caffeine will have left your body Catherine |
| **Physiological responses** | Physiological refers to what our bodies do and a response is a reaction. | Perhaps your mouth begins to water in anticipation. |
| **Past your tongue** |  | You are drinking the coffee from something that is designed to deliver the hot liquid directly past your tongue but stop any smell coming up to your nose. |
| **Gastronome** | Someone who enjoys and knows a lot about high-quality food; |  |
| **Feast (n., v.)** | A ceremonial dinner party; سور، مهمانی، جشن | Shall we feast on a question first Rob? |
| **Posh(adj.)** | Fashionable; elegant; classy | I had dinner at a posh restaurant last night. |
| **Restaurateur** | The name of a person who owns and manages a restaurant. | I've also heard that some chefs and restaurateurs have adjusted their menus to produce meals that look good on a smartphone camera. |
| **Artistically** | ;به طور هنرمندانه |  |
| **Influential** | Having the power to make people change what they think. |  |
| **Exasperate** | Make worse; make annoyed or frustrated; aggravate; exacerbate | OK, thank you Rob, that’s enough of your jokes. I’m getting exasperated! |
| **The penny has just dropped.** | a phrase for when someone suddenly understands something | Particularly something that is obvious to others. |
| **Inland revenue** | The government department in the UK that deals with tax |  |
| **Dock (v.)** | Deduct (decrease) from someone’s wages (salary, دستمزد). | He joked that they probably **docked** her another 20 **quid (**A slang word for a British pound**).** |
| **Dogma** | A word used to describe a strong belief that people are expected to accept as true; عقاید تعصب آمیز | Professor Blakemore said that the **dogma** had been that our brains are mostly fully developed in *early* childhood, long before **adolescence**. |
| **Adolescence** | the period when someone is developing from a child into an adult; دوره بلوغ | The first study showing that the human brain undergoes this very substantial and significant development throughout **adolescence.** |
| **Prefrontal cortex** | the part of the brain right at the front, just behind the forehead; | The prefrontal cortex is involved in a whole range of very high-level cognitive tasks such as decision making and planning. |
| **Cognitive task** | Requires conscious thinking and processing, such as making decisions and planning. |  |
| **Adolescent (n., adj.)** |  | An **adolescent** might be responsible for **adolescent** behavior in his or her **adolescence**. |
| **Fidgeting** | Fidget (n., v.) = move restlessly; بی قرار بودن، بی قراری، بی آرامی، لول خوردن | I think it's down to the fidgeting instinct of very digital (digit = finger, toe) or manual creatures. (digital creatures = creatures with fingers) |
| **Well-groomed** | neat and tidy, clean and well  presented; groom = آراستن |  |
| **Inspire** | If you are inspired you feel a strong motivation to achieve something particular | If you are inspired to do something, you get a strong feeling that you want to do something, often because of something someone else has said or achieved. |
| **Imposter syndrome** | Imposter = a person who makes deceitful pretenses; دغل باز، وانمود کننده | It’s called **imposter syndrome** – that feeling where you think one day everyone will realize that you're really not very good at what you do. |
| **Empowerment** | Authorization; | That’s giving people the strength, confidence and power to achieve what they want in life by themselves. |
| **In their own right** |  | When you say that someone is talented **in their own right**, it means that their talent comes from their own skills and abilities. |
| **Station in life** | Social status; جایگاه اجتماعی | We **assume** that working-class folks are not highly gifted **in their own right** when a lot of times your **station in life** is limited by the circumstances that you find yourself in. |
| **To talk openly about something** | To discuss something, without hiding your feelings, emotions or facts about that subject. |  |