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| **Idiom/Word** | **Definition** | **Sample Sentence** |
| **Agenda** |  | 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 o 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 |  |
| **Power to sb** |  | 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 | 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 that 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. | 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 |  |
| **Camp out** | Sleep outside in a tent |  |
| **Frisson** | A sudden strong feeling of excitement of 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 | 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 | 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. |
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