

# Cambridge English

SECOND EDITION

# Complete Advanced

Word lists

# Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

## Unit 1

**anticipate** *verb* to expect something or prepare for something before it happens Are you anticipating a big crowd at the party tonight?

**assertion** *noun* a statement that you strongly believe is true I don't agree with his assertion that men are safer drivers than women.

**believe wholeheartedly** *phrase* to be completely sure about something I believe wholeheartedly that this plan will succeed.

**choose wisely** *phrase* to make a good decision about something He chose his staff wisely, and the company was a huge success.

**clueless** *adjective* without any knowledge about a situation or subject without any knowledge about a situation or subject

**come back to haunt you** *idiom* If something you do comes back to haunt you, it has bad consequences at a later time. Her earlier lies have come back to haunt her now.

**courage in the face of an affliction** *phrase* the ability to stay brave even though you are suffering Despite their problems, they remain positive and show courage in the face of affliction.

**critical thinking skills** *phrase* the ability to analyse or evaluate information without letting feelings or opinions influence you Many people believe that that critical thinking skills should be taught in schools.

**enquiring mind** *phrase* Someone who has an enquiring mind always wants to find out about things. She had inherited her father's enquiring mind and was hungry for knowledge and information.

**eye-opener** *noun* something that surprises you and teaches you new facts about life, people, etc. Living in another country can be a real eye-opener.

**go to incredible lengths** *idiom* to try extremely hard to achieve something She went to incredible lengths to impress her friends.

**hoodwink** *verb* to deceive or trick someone He hoodwinked us into agreeing.

**lap up** *phrasal verb* to accept or believe something with enthusiasm They positively lapped up everything he said.

**make a flying visit** *phrase* to visit somebody for a short period of time We won't have time to stop long – we're just making a flying visit on our way to Boston.

**make an informed choice** *phrase* to make a choice that is based on good information These leaflets will help you make an informed choice about your treatment.

**mismatch** *noun* an occasion when people or things are put together that are not suitable for each other There is a mismatch between the capacity of the airport and the large number of people wanting to fly from it.

**out in all weathers** *phrase* outside whatever the weather is like I wouldn't like to be a fisherman. They have to be out in all weathers to make a living.

**perform a trick** *phrase* to do a magic trick in order to entertain people I really liked it when he performed the trick of pulling a rabbit out of a hat.

**positive outlook** *phrase* If you have a positive outlook, you think the future is likely to be good. She has a positive outlook on life.

**serendipity** *noun* when you are lucky and find something interesting or valuable by chance Our meeting was pure serendipity.

**set foot in** *phrase* to go to or into a certain place That owner of that shop is so rude! I'm not setting foot in there again.

**share a viewpoint** *phrase* to have the same opinions about something We don't agree on everything, but we share a viewpoint on what's best for the children.

**splitting headache** *phrase* a very bad pain in your head I've got a splitting headache.

**suffer from stage fright** *phrase* to be scared of performing in public Although he has a lot of experience as an actor, he still suffers from stage fright.

**well-intentioned** *adjective* wanting to have good effects, but sometimes having bad effects that were not expected It was well-intentioned plan, but it did more harm than good in the long run.

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## Unit 2

**account for** *phrasal verb* to be the reason or explanation for something The recession accounts for the slow growth in the economy.

**biological diversity** *phrase* the range of different life forms living together in one place The destruction of the rainforest means there is less biological diversity in the Amazon.

**budget constraints** *phrase* limits to the amount of money that is available to spend We can't afford a new photocopier because of the current budget constraints.

**completely thrown** *phrase* very surprised and confused, so that you do not know what to do or how to react I was completely thrown by his questions and didn't know what to say.

**create wealth** *phrase* to make people richer New firms in the area are helping to create wealth.

**die out** *phrasal verb* to become more and more rare and then disappear completely Dinosaurs died out about 65 million years ago.

**facet** *noun* one part of a subject, situation, etc. that has many parts She has so many facets to her personality.

**fail to take into account** *phrase* to not consider or remember something when judging a situation We failed to take into account the difficulty of persuading people to adopt these measures.

**fulfil your potential** *phrase* to achieve everything you are capable of If James fulfils his potential, he could become a professional actor.

**get stuck in** *idiom* (informal) to start doing something with energy and purpose We showed them where the crates had to be moved to, and they got stuck in straight away.

**have a detrimental effect** *phrase* to affect something or someone in a bad way Smoking has a detrimental effect on your health.

**have limited prospects** *phrase* to not have many opportunities Lack of education means that these young people have limited prospects.

**have the requisite skills** *phrase* to have the skills that are needed in order to do something This training should give you the requisite skills to do the job.

**hold your own** *phrase* to be as successful or capable as others in a certain situation Elena can hold her own in any conversation on science.

**impending** *adjective* An impending event will happen soon and is usually bad or unpleasant. The high winds warned us of the impending hurricane.

**lack resources** *phrase* to not have enough of something you need We can't expand our business because we lack the financial resources.

**language competence** *phrase* the ability to communicate in a language I lacked the language competence to study in Germany.

**lose touch with your roots** *phrase* to lose contact with or forget about where you came from Pierre has lived abroad for so long that he has lost touch with his roots.

**make a conscious decision** *phrase* to intentionally decide to do something I made a conscious decision to eat more healthy foods.

**make a fool of yourself** *phrase* to make yourself look stupid in front of others I really made a fool of myself when I couldn't remember her name.

**produce substantial savings** *phrase* to save a lot of money The new computer system should produce substantial savings.

**serve no useful purpose** *phrase* to not be useful for anything Nobody ever uses the college coffee machine. It really serves no useful purpose.

**settle into the area** *phrase* to get used to a place where you have started to live It took Pavel a while to settle into the area, but now he has a lot of good friends here.

**shift away from** *phrasal verb* to stop using something or doing something Many men are starting to shift away from these traditional roles. This has been changed to 'settle into the area' on the proofs.

**stand someone in good stead** *idiom* to be useful to someone in the future This experience will stand you in good stead when you go to college.

**up to scratch** *idiom* (informal) reaching an acceptable standard Your last essay wasn't up to scratch.

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## Unit 3

**adept** *adjective* having a natural ability to do something that needs skill She's very adept at dealing with the media.

**attention span** *noun* the length of time that someone can keep their thoughts and interest fixed on something Young children have a quite short attention span.

**come to terms with** *phrase* to gradually accept a situation You're going to have to come to terms with the fact that you'll never make much money as an artist.

**cultivate** *verb* to try to develop or improve something She has cultivated an image as a tough negotiator.

**digital technology** *phrase* equipment that uses a computer Digital technology has transformed the way we communicate with each other.

**discourage someone from doing sth** *phrase* to try to persuade someone not to do something The government launched a campaign to discourage people from smoking.

**exert control** *phrase* to use your power to control someone or something The teacher was unable to exert control over the class.

**feel valued** *phrase* to feel that people appreciate things that you do It's important to make your staff feel valued.

**get things into perspective** *phrase* to think about a situation in a reasonable way that does not make it seem worse than it is It really isn't that bad! You need to get things into perspective and stop complaining.

**have an aptitude for** *phrase* to have a natural ability to do something Sarah really has an aptitude for maths.

**have a flair for** *phrase* to have a natural ability to do something Marco has a flair for drawing.

**instil values** *phrase* to influence someone so that they share your beliefs I hope to instil the values of tolerance and generosity in my children.

**lose your temper** *phrase* to suddenly become very angry I really lost my temper when the neighbours broke my fence.

**peer group** *noun* a group of people of about the same age, social position, etc He was the first of his peer group to get married.

**physical characteristics** *phrase* the appearance of someone's body Sasha is very different from his father, but they share many of the same physical characteristics.

**the animal kingdom** *noun* the group of all living creatures that are animals This type of behaviour is common in the animal kingdom.

**update your status** *phrase* to bring people up to date what you are doing, usually on a social network Now that I'm at university, I'm going to have to update my status to let all my friends know.

**vicious circle** *phrase* a continuing bad situation, created when one problem causes another problem which then makes the first problem worse When Frederick started borrowing money to pay his debts, it started a vicious circle.

**work-life balance** *noun* the amount of time you spend doing your job compared with the amount of time you spend away from work It can be difficult to get the right work-life balance.

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## Unit 4

**antiquated** *adjective* very old and not modern enough Our accounts are in a mess owing to the antiquated system we are using.

**collaborative** *adjective* describing a situation or project in which people work together well as a team You can achieve more in a collaborative working environment.

**commute** *verb* to travel regularly between work and home He commutes to London every day.

**digital footprint** *noun* a record of your online activity Whenever you visit a website you leave a digital footprint.

**disenchanted** *adjective* disappointed with something that you thought was good in the past He became disenchanted with politics and resigned from the party.

**ergonomic** *adjective* designed to help people work efficiently and comfortably Our offices have an ergonomic design.

**ethical code** *phrase* a set of rules about what is right and wrong We have a strict ethical code that all employees must follow.

**exploit** *verb* to use someone unfairly for your own advantage It is easy to exploit workers who are desperate for a job.

**extra-curricular** *adjective* not part of a formal educational course We encourage our students to take up extra-curricular activities.

**foolproof** *adjective* so simple, easy or perfect that it cannot go wrong He said he had a foolproof scheme for making money.

**have no outlet** *phrase* to have no way to express or use energy, emotion, talent, etc. She had no outlet for her creativity.

**internship** *noun* a period of (often unpaid) work experience She did an internship with a bank in Hong Kong.

**make it a priority** *phrase* to treat something as important and deal with it before doing other things I made it a priority to contact all the club's members.

**privacy setting** *noun* a control that allows you to decide how much information you disclose on a social media site and who you allow to see it You should tighten up your privacy settings.

**reap rewards** *phrase* to get something good as a result of your actions I worked really hard at university, and now I'm reaping the rewards.

**retaliate** *verb* to do something bad to someone because they have done something bad to you They have threatened to retaliate against any troops that attack.

**sick leave** *noun* a period of time when you are absent from work because of illness He was away for a fortnight on sick leave.

**social media profile** *phrase* the information that you give about yourself on social media sites I need to update my social media profile to tell friends about my new job.

**strictly speaking** *phrase* being completely accurate, according to the rules Strictly speaking, the deadline for this report is Monday, but it won't matter if you need an extra day or two.

**tight budget** *phrase* a small amount of money available to spend There will be no special treats this month. We're on a tight budget.

**treat with healthy respect** *phrase* to be very careful about how you use something because it could cause problems for you You should treat these medicines with healthy respect.

**troubleshooting** *noun* discovering why something does not work effectively and making suggestions about how to improve it The instruction manual includes a section on troubleshooting to help you with any simple problems you might have with the television.

**undermine** *verb* to make something weaker A series of scandals have undermined people's confidence in the government.

**work station** *noun* a desk and the area around it where you work in an office Our work stations are separated by screens.



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## Unit 5

**at first light** *phrase* as soon as the sun starts to rise We will have to get up at first light tomorrow.

**be in two minds about something** *idiom* to be unable to decide about something I'm in two minds about going to see that film as it's had mixed reviews.

**bump into** *phrasal verb* to meet someone when you have not planned to meet them I bumped into an old school friend in town today.

**emergency services** *plural noun* the organisations that deal with accidents and urgent problems such as fire, illness, or crime The emergency services were on standby as the plane landed.

**firefighter** *noun* someone whose job is to stop fires burning More than twenty firefighters battled the blaze.

**have flashbacks** *phrase* to have vivid memories of an experience, usually an unpleasant one I still have flashbacks to the car accident we had.

**in response to** *phrase* as an answer to I am writing in response to your letter.

**keep your ears pricked** *idiom* to listen carefully for something We kept our ears pricked for intruders.

**keep your fingers crossed** *idiom* to hope that things will happen in the way that you want them to Let's keep our fingers crossed that it doesn't rain.

**narrow-minded** *adjective* not willing to accept new ideas or opinions that are different from your own The people here are very narrow-minded.

**put your foot on the accelerator** *phrase* to press down on the pedal that makes a car go more quickly I saw the time and put my foot on the accelerator.

**sense of achievement** *phrase* a feeling of pride because you have been able to do something successfully I had a real sense of achievement when I passed my driving test.

**strong current** *phrase* a powerful flow of water in the sea or in a river The strong current swept the man out to sea.

**take someone to court** *phrase* to take legal action against someone She's threatening to take me to court for not paying the bill on time.

**watch your step** *idiom* to be careful about what you say and do You'll be thrown out of college if you don't watch your step.

**workout** *noun* a series of exercises to make your body strong and healthy He does a daily workout at the gym.

**worthwhile occupation** *phrase* a job that has benefits for others I think teaching is a very worthwhile occupation.

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## Unit 6

**bad-hair day** *phrase* (informal) a day when you feel that you do not look attractive, especially because of your hair I'm having a bad-hair day.

**capture an expression** *phrase* to represent the look of someone's face accurately in a picture or photograph The portrait really captures her expression of joy.

**commission a portrait** *phrase* to arrange for someone to paint a picture of a person in exchange for payment He's so vain, he's commissioned a portrait of himself.

**complimentary** *adjective* praising or expressing admiration for someone The reviews of his latest film have been highly complimentary.

**conspiracy** *noun* a secret plan made by a group of people to do something bad or illegal Police uncovered a conspiracy to overthrow the government.

**draw your own conclusion** *phrase* to consider the facts of a situation and make a decision about what is true, correct, likely to happen, etc. She refused to talk about it – you can draw your own conclusion from that.

**eyes boring into you** *phrase* If someone's eyes are boring into you, that person is staring very hard at you. I could feel his eyes boring into me.

**from the outset** *phrase* from the beginning The project was doomed from the outset.

**innate** *adjective* An innate quality or ability is one that you were born with and not one you have learned. She has an innate gift for working with children.

**in your element** *phrase* in a place or situation that is completely natural and comfortable for you He's always loved acting and you can see he's in his element when he's on stage.

**minor character** *phrase* somebody in a story who is not very important I got a part in the play, but it was only a minor character.

**overstated** *adjective* expressed in a way that is too strong I feel that his complaints were overstated.

**passing moods and emotions** *phrases* emotional states that do not last long The novel captures the passing moods and emotions of its main character very convincingly.

**plead guilty** *phrase* to state in court that you are guilty of a crime He was sent straight to prison after pleading guilty.

**put the finishing touches to** *phrase* to add small details in order to make something perfect I'm just putting the finishing touches to the wedding cake.

**self-consciousness** *noun* the state of being too aware of how you appear to others She stood up and sang for us, without any self-consciousness.

**so to speak** *phrase* used to explain that you are using a special or unusual expression In their household it's Lorna who wears the trousers, so to speak.

**status symbol** *noun* something that someone owns that shows they have a high position in society For lots of people, a sports car is a status symbol.

**trail of destruction** *phrase* instances of damage in different places along a route The hurricane left a trail of destruction.

**turn out** *phrasal verb* to happen in a particular way, or to have a particular result The bomb warning turned out to be a false alarm.

**unsettling** *adjective* making you feel worried or uncomfortable Going back to the place where I grew up was a very unsettling experience.

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## Unit 7

**addiction** *noun* the state of being unable to stop doing, having or using something Exercise has become an addiction for me.

**competitive sport** *phrase* a sport that involves competition against other people Football is the most popular competitive sport.

**drown out** *phrasal verb* to make a noise that prevents another noise from being heard I turned up the radio to drown out the noise of the roadworks.

**for a start** *phrase* used when you are giving the first in a list of reasons or points you want to make We never go to that café. For a start, it's too expensive, and also the service is very slow.

**force someone to do something** *phrase* to make someone do something they don't want to do I hated the violin when I was younger, but my mother forced me to learn it.

**grab someone's attention** *phrase* to do something that immediately makes someone look or listen The advertisement is designed to grab people's attention.

**hack into** *phrasal verb* to get into someone's computer system without permission in order to get information or do something illegal He was arrested for hacking into government files.

**leave things to chance** *phrase* to act without any particular plan or expectation I decided to book a hotel rather than leaving things to chance.

**leisure activity** *phrase* something that you do in your free time for enjoyment Playing computer games is a very popular leisure activity.

**mass market** *phrase* a large number of people who want to buy something We don't produce goods for the mass market.

**pass down from generation to generation** *phrase* If something is passed down from generation to generation, it is given by older people to their children, who then give it to their children, and so on. These stories have been passed down from generation to generation.

**raise funds** *phrase* to collect a sum of money for a certain purpose We're trying to raise funds for a new swimming pool.

**relief** *noun* a feeling of happiness that something unpleasant has not happened or has ended After the exam, I felt an incredible sense of relief.

**value for money** *phrase* If something is value for money, you feel satisfied with what you get for its price. Our customers like to feel they're getting value for money.

**virtual world** *phrase* a world that only exists online You should get out and experience the real world instead of sitting here playing in a virtual world.



# Word list

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## Unit 8

**aspire to** *phrasal verb* to have a strong wish or hope to do or achieve something As a child, he aspired to be a great writer.

**audience appeal** *phrase* the quality that makes something attractive or interesting to an audience It's easy to understand the audience appeal of her show.

**breaking news story** *phrase* a news story that is just starting to be reported Now we go live to Florida for a breaking news story.

**empathise** *verb* to be able to understand how someone else feels Luís could really empathise with Miguel because he had been in the same situation.

**give an account** *phrase* to give a spoken or written description of something She was asked to give an account of the event in court.

**insight** *noun* a clear and sometimes sudden understanding about something that is complicated I really gained an insight into the lives of these people by living with them for year.

**in the long run** *phrase* at a time that is far away in the future It seems a lot of effort but I'm sure it's the best solution in the long run.

**multinational corporation** *phrase* a company that buy and sell goods in different countries Sven didn't want to work in a small firm, so he applied to a number of multinational corporations.

**news bulletin** *noun* a short news story, usually on TV or radio We first heard about the disaster from a news bulletin on the radio.

**provoke a reaction** *phrase* to make people react, especially by being shocking or arousing strong feelings The protest certainly provoked a reaction, as the government has agreed to change its plans.

**reality TV** *noun* television programmes showing ordinary people filmed in real situations She appeared in a reality TV show.

**sense of community** *phrase* the feeling that we are part of a group of people with shared beliefs In our village, we all know each other and there's a real sense of community.

**side effect** *noun* an unpleasant effect of a medical drug that happens in addition to the intended effect Does this drug have any side effects?

**source of information** *phrase* a person or place that provides information This website is a good source of information for organic gardeners.

**symptomatic** *adjective* being a bad sign that indicates a more serious illness or problem Jealousy in a relationship is usually symptomatic of low self-esteem in one of the partners.

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## Unit 9

**at the mercy of** *phrase* in a situation where someone or something has complete power over you Poor people are increasingly at the mercy of money-lenders.

**at this juncture** *phrase* at this particular point in time At this juncture, it is impossible to say whether she will make a full recovery.

**barbarism** *noun* extremely cruel and unpleasant behaviour He witnessed some appalling acts of barbarism during the war.

**behind the wheel** *phrase* driving a motor vehicle I'm a different person when I'm behind the wheel.

**blow something out of proportion** *phrase* to treat a particular event or problem far too seriously It's ridiculous – we have a tiny disagreement and you blow the whole thing out of proportion!

**conserve energy** *phrase* to use as little energy as possible The new light bulbs use less electricity and therefore conserve energy.

**criminal record** *noun* Someone with a criminal record has been found guilty of crimes in the past. The company will not employ anyone with a criminal record.

**degenerate** *verb* to become worse The demonstration soon degenerated into violence.

**disorientated** *adjective* confused and not knowing where to go or what to do He woke up feeling completely disorientated.

**feasible** *adjective* able to be made, done, or achieved With the extra resources, the project now seems feasible.

**financial resources** *phrase* the amount of money that is available to spend The country doesn't have the financial resources to invest in housing.

**find something laughable** *phrase* to think something is stupid or ridiculous I found their plan to change fruit into oil laughable.

**flawed** *adjective* not perfect, containing mistakes Further studies show that her data was flawed.

**grab the headlines** *phrase* to be widely reported in the news The museum grabbed the headlines when it paid over £1 million for a pile of bricks.

**hand down** *phrasal verb* to give something to someone in your family who is younger than you I really wanted new clothes when I was younger, but everything was handed down by my brother.

**in broad terms** *phrase* speaking in a general way He described the job in broad terms, without going into details.

**labour-saving device** *phrase* a machine or piece of equipment that saves time and effort Vacuum cleaners and washing machines are labour-saving devices.

**meet regulations** *phrase* to fulfil or satisfy a set of rules The offices do not meet safety regulations.

**predator** *noun* an animal that hunts, kills and eats other animals Hippos do not have many predators.

**relatively few and far between** *phrase* not happening or existing very often You may as well walk, as buses from here are relatively few and far between.

**rock steady** *phrase* not likely to move or break Make sure the fence posts are rock steady.

**world view** *phrase* a way of thinking about the world Our world view is quite different from that of writers in the fourth century BC.

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## Unit 10

**as luck would have it** *phrase* by chance We ran out of petrol on the way home, but as luck would have it, we were very near a garage.

**be passionate about** *phrase* to have very strong feelings or emotions about something, especially because you think it is important He is passionate about the need to educate these children.

**be torn between** *phrase* If you are torn between two possibilities, you find it very difficult to choose between them. I was torn between the desire for freedom and loyalty to my family.

**by contrast** *phrase* used to show that there is an important difference between two things, people, or situations Their economy has done well. By contrast, ours has declined.

**clued up** *adjective* (informal) knowledgeable about something Marisa will be able to tell you the problem – she's really clued up about computers.

**culture shock** *noun* the feeling of confusion someone has when they go to a new and very different place Moving from a university to a multinational company was a bit of a culture shock.

**fascination with** *phrase* the feeling of finding something extremely interesting My fascination with opera started when I lived in Italy.

**from the word go** *phrase* (informal) from the time when something started The project had problems with funding right from the word go.

**glossy brochure** *phrase* an expensive-looking short magazine that gives information about a product or a company We spent ages looking at the glossy brochures advertising holidays all over the world.

**have a passion for** *phrase* to enjoy something very much He has a passion for football.

**have someone's best interests at heart** *phrase* to care about what is best for someone I don't feel that the company has the best interests of its staff at heart.

**implement** *verb* to make a law, system, plan, etc. start to happen or operate Our new computerised system will soon be fully implemented.

**in a quandary** *phrase* not able to decide what to do about a situation I was in a quandary when they offered me the job.

**in marked contrast to** *phrase* used to emphasise that one thing or situation is completely different from another His kindness was in marked contrast to the attitude of the other doctors.

**make a (real) difference** *phrase* to improve a situation (a lot) Exercise can make a real difference to your state of health.

**make something available** *phrase* to provide something for people to buy or use We had so many applicants for the course that we have decided to make another ten places available.

**pass on knowledge** *phrase* to inform other people about things you know Through these books, he passed on his knowledge to future generations.

**put effort into** *phrase* to work hard to achieve something She has clearly put a lot of effort into this work.

**self-study** *noun* a way of learning about a subject that involves studying on your own, rather than in a classroom with a teacher The diploma is awarded following a course of self-study ending in a three-hour exam.

**social life** *noun* the time you spend with other people when you are not working or studying Lucia has lots of friends and hobbies so she has a very active social life.

**work independently** *phrase* to work on your own, without help from other people To be a successful student, you need to be able to work independently.

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## Unit 11

**call (someone) up** *phrasal verb* to telephone someone My dad called me up to tell me the good news.

**demise** *noun* death On his demise, the land will go to his son.

**fatal** *adjective* causing death Police are investigating a fatal accident in the town centre.

**get your hands on** *idiom* to be able to obtain something I read anything I could get my hands on.

**hasty judgement** *phrase* an opinion or conclusion that you have formed too quickly, without knowing enough about the situation You should avoid hasty judgements and get to know her first.

**impose a deadline** *phrase* to tell somebody a date or time by which something must be done If he's working too slowly, you need to impose some deadlines.

**inhospitable** *adjective* An inhospitable place is not pleasant or easy to live in because it is too hot, cold, etc. We visited some of the world's most inhospitable deserts.

**intrepid** *adjective* extremely brave and showing no fear of dangerous situations He was tracked down by an intrepid reporter.

**keep someone waiting** *phrase* to make someone wait for you The boss is ready to see you – don't keep her waiting!

**offer condolences** *phrase* to tell someone that you are very sorry about something that has happened to them, especially when someone important to them has died Please offer my condolences to your sister on her loss.

**off the beaten track** *idiom* in a place where few people go Her cottage is a long way off the beaten track.

**on the spur of the moment** *idiom* If you do something on the spur of the moment, you do it suddenly, without planning it. On the spur of the moment we decided to visit James.

**open to** *phrase* willing to experience something You will learn a lot if you are open to new ideas.

**plain sailing** *idiom* something that is easy and without problems I had revised for weeks, so the test was plain sailing.

**put someone on hold** *phrase* to leave someone waiting on the telephone before they can speak to someone His line's busy at the moment – I'll put you on hold.

**remote wilderness** *phrase* an area of completely wild land that is far away from where people live We walked through the remote wilderness of northern Scotland.

**sponsored walk** *phrase* a walk that people pay you to do in order to raise money for charity I owe Saskia \$10 for that sponsored walk she did.

**starting price** *noun* the lowest amount of money that you can buy a particular thing for These apartments have a starting price of £500,000.

**stick around** *phrasal verb* (informal) to stay somewhere for a period of time Stick around after the concert and you might meet the band.

**sustainable** *adjective* causing little or no damage to the environment and therefore able to continue for a long time We need to find more sustainable sources of fuel.

**take the rough with the smooth** *idiom* to accept the unpleasant parts of a situation as well as the pleasant parts In a long relationship, you have to take the rough with the smooth.

**torrent** *noun* a sudden, large amount of something He received a torrent of abuse from the crowd.

**voyage into the unknown** *phrase* a journey to a place that nobody knows about Their expedition was a real voyage into the unknown.

**within earshot** *phrase* inside the range of distance where you can hear something or someone Make sure the children are within earshot.

# Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

## Unit 12

**cash crop** *noun* a crop that is grown to be sold rather than being used by people who live in the area where it is grown Coffee is an important cash crop in this region.

**deliberate** *adjective* intentional and planned We made a deliberate decision to live apart for a while.

**fire risk** *phrase* something that could cause a fire This old wiring is a fire risk.

**flood defences** *plural noun* barriers or other methods used to stop an area from flooding The government plans to build stronger flood defences on this area of coastline.

**fossil fuel** *noun* a fuel such as coal or oil that is obtained from under the ground We need to find alternatives to fossil fuels.

**global warming** *noun* when the air around the world becomes warmer because of pollution Global warming is affecting the polar ice caps.

**heat wave** *noun* a period of time, usually a few days or weeks, when the weather is much hotter than usual The heat wave is set to last for another week.

**immunity** *noun* a state in which your body is protected from disease The vaccination gives you immunity against the disease for six months.

**infectious** *adjective* able to pass a disease from one person, animal or plant to another This disease is highly infectious.

**learning difficulties** *plural noun* mental problems that affect a person's ability to learn things Some of the children have specific learning difficulties.

**natural energy** *noun* energy that comes from sources such as wind or the sun The house is heated entirely from natural energy.

**reach your potential** *phrase* to achieve everything you are capable of She was a gifted violinist, but she never reached her potential.

**refugee camp** *noun* a place where people who have escaped from their own country can live, usually in bad conditions and only expecting to stay for a limited time Huge refugee camps have sprung up on the borders.

**rote learning** *phrase* learning something in order to be able to repeat it from memory, rather than in order to understand it Much of what they do in class is little more than rote learning.

**sign language** *noun* a system of communication using hand movements, used by people who cannot hear They communicated with sign language.

**submit a proposal** *phrase* to give someone a formal, written suggestion for doing something Youth groups are invited to submit proposals for activities they would like to be funded.

**time-consuming** *adjective* needing a lot of time The legal process was time-consuming and expensive.



# Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

## Unit 13

**allergic** *adjective* If you are allergic to something, you become ill if you touch it, eat it or go near it. I'm allergic to cat fur.

**aspiration** *noun* something that you hope to achieve I've never had any political aspirations.

**13 avoid contact with** *phrase* to make sure that you do not touch or come near something Try to avoid direct contact with any of the chemicals.

**balanced diet** *noun* a healthy combination of different types of food If you have a balanced diet, you are getting all the vitamins you need.

**developed country** *phrase* a country with a lot of industrial activity and where people generally have high incomes Our sample came from a broad cross-section of the populations of developed countries.

**exhaust fumes** *phrase* waste gas from a vehicle's engine that comes out through a pipe We sat in the traffic jam, breathing in the exhaust fumes from the cars around us.

**familiar with** *phrase* knowing something quite well I'm sorry, I'm not familiar with your poetry.

**fit for purpose** *phrase* Something that is fit for purpose is good enough to be used for the function it was intended for. The school buildings are no longer fit for purpose.

**immune system** *noun* the cells and tissues in your body that fight against infection Vitamins help boost your immune system.

**obsessed with** *phrase* too interested or worried about something She's obsessed with computer games – they're the only thing she can talk about!

**on behalf of** *phrase* representing I'm proud to accept this award on behalf of all my colleagues.

**physical exertion** *phrase* effort that you make with your body I get out of breath with any kind of physical exertion.

**physical fitness** *phrase* the state of having a strong, healthy body All this cycling has certainly improved my physical fitness.

**resistant to** *phrase* not harmed or affected by something Some bacteria are resistant to these antibiotics.

**rural area** *phrase* an area of countryside Bus services to rural areas are very poor.

**state-of-the-art** *adjective* using the newest ideas, designs, and materials This computer system uses state-of-the-art technology.

**vote with your feet** *idiom* to leave a place or an organisation because you do not like something about it If prices go up, customers will vote with their feet.

# Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

## Unit 14

**accountable decision-making** *phrase* making decisions for which you accept responsibility You will not get accountable decision-making if you have a new boss every few months.

**be the case** *phrase* to be true Bad diet can cause tiredness, but I don't think that's the case here.

**brain drain** *noun* the situation in which large numbers of educated and very skilled people leave their own country to live and work in another one where pay and conditions are better Politicians fear a huge brain drain in coming years.

**Don't get me wrong.** *phrase* used when you do not want someone to think that you do not like someone or something Don't get me wrong – I like her, but she can be very annoying.

**feel special ties** *phrase* to feel an emotional connection with a place or a person I feel special ties with my old school.

**feeling of insecurity** *phrase* a feeling that you are not safe or protected The driver's nervous laughter gave us a feeling of insecurity.

**fit in** *phrasal verb* to feel that you belong to a particular group and are accepted by them He doesn't fit in with the other pupils in his class.

**get ideas across** *phrase* to communicate ideas to other people We need more publicity in order to get our ideas across to the public.

**have a different take on something** *phrase* to have a different opinion or a different way of thinking about something I think that smacking children is wrong, but my parents have a different take on it.

**language barrier** *phrase* the difficulty of communication between people who do not speak the same language well For the children there was no language barrier – they started playing together straight away.

**look down on someone** *phrasal verb* to think that someone is less important or intelligent than you I felt that people looked down on me because of my accent.

**make good** *phrase* to succeed and become rich Having grown up in a poor family, he came to the city hoping to make good.

**make the transition** *phrase* to change from one situation to another I found it hard to make the transition from student to employee.

**marry up** *phrasal verb* to combine different things successfully so that they work well together We've married up several different approaches to provide our customers with the best possible service.

**melting pot** *noun* a place where people of many different races and from different countries live together The area is a melting pot of different cultures.

**mixed marriage** *phrase* a marriage between people of different races There haven't been many mixed marriages in my country.

**peripheral** *adjective* not as important as other things The book contains a great deal of peripheral detail.

**preconception** *noun* an idea or opinion formed before enough information is available for it to be accurate Try to go into the meeting without any preconceptions about what the other group might want.

**restrictive** *adjective* limiting the amount or freedom of something The college is unable to expand because of restrictive planning laws.

**settle down** *phrasal verb* to start living in a place where you intend to stay for a long time, usually with a partner Do you think he'll ever settle down and have a family?

**the driving force** *phrase* a person or thing that has a very strong influence and makes something happen She was the driving force behind the project.

**the essence of something** *phrase* to be the most important part of the character of something An atmosphere of mutual respect forms the essence of our working relationship.

**untapped potential** *phrase* something that could be useful but that is not being used As a tourist destination, this place has a lot of untapped potential.