

3 Water

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diving /ˈdaɪvɪŋ/ Noun uncount

diving is the activity of swimming deep below the surface of the sea, usually wearing special equipment so that you can breathe while you are under the water for a long time

she's a trained diving instructor | I tried diving on holiday last year, but I didn't like it | we spent most of the afternoon diving near the coral reef | diving equipment is very expensive

Verb: *dive* | Noun: *diver*

the deepest I've ever dived is 200 feet | two of the divers needed help to get back onto the boat

jet-skiing /dʒet-ˈskiːɪŋ/ Noun uncount

jet-skiing is the activity of moving very fast on the sea or a lake using a machine with an engine that looks a little bit like a motorbike

I prefer sunbathing to jet-skiing | we did some jet-skiing in the afternoon | I tried jet-skiing but I kept falling off

Verb: *jet-ski* | Noun: *jet-ski*

she's learning to jet-ski | we rented jet-skis for the afternoon

kayaking /ˈkaɪækɪŋ/ Noun uncount

kayaking is the activity or sport of using a kayak (a boat like a canoe that you use with a single paddle)

kayaking is more relaxing than jet-skiing | we'd never been kayaking before, and it was great fun | kayaking is easy to do even if you have no experience | kayaking is very good exercise

Noun: *kayak*

she bought a kayak before going on holiday

rafting /ˈrɑːftɪŋ/ Noun uncount

rafting is the activity of sailing down a river on a raft (a platform that floats, made from pieces of wood or other material that are tied together)

I love rafting on the Zambezi | I was too scared to try white-water rafting (rafting down a very fast flowing river) | we spent the afternoon river rafting

Noun: *raft*

we had a raft race across the river

rowing /ˈrəʊɪŋ/ Noun uncount

rowing is the activity or sport of moving a small boat through the water using oars (poles with a flat blade at the end)

a rowing race | I gave up football and took up rowing | a rowing boat | a rowing team

Verb: *row* | Noun: *rower*

we rowed back to the side of the river | an Olympic rower (someone who rowed in the Olympic Games)

snorkelling /ˈsnɔːkəlɪŋ/ Noun uncount

snorkelling is the activity of swimming just below the surface of the water, using a pipe that sticks out above the water so that you can breathe in air

it's a popular spot for snorkelling | we tried rafting, windsurfing, and snorkelling | guests can enjoy snorkelling in the clear, warm water

Verb: *snorkel* | Noun: *snorkel*

we snorkelled across the lake | I left my snorkel behind

stream /striːm/ Noun

a **stream** is a small river

the stream was too shallow for us to go swimming | after the rain the stream was flowing very fast | there's a stream at the bottom of the field | sheep were drinking out of the stream

thrill /θrɪl/ Noun

a **thrill** is a feeling of great excitement or fear that you get, for example when doing something different or dangerous

experience/feel a thrill | a thrill of something

the thrill of white-water rafting | Harry felt a thrill of excitement when he saw the mountain | experience the thrill of flying your own plane | seeing Niagara Falls was the biggest thrill of the holiday

Verb: *thrill* | Adjective: *thrilling* | Adjective: *thrilled*

Keith Jarrett thrilled his audience with his hour-long solo | a thrilling tale of adventure in the Canadian wilderness | Wales won 19-16 in a thrilling match | I was thrilled when I realized George Clooney was in the same restaurant | he'll be thrilled when he hears we're going to New York for the weekend

waterfall /ˈwɔːtə(r)fɔːl/ Noun

a **waterfall** is a place where a stream or river comes over the edge of a cliff or rock and falls downward through the air

they walked for nearly two miles to see the waterfall | tourists come to the waterfall every day during the summer | a 20-metre high waterfall

water-skiing /ˈwɔːtə-ˈskiːɪŋ/ Noun uncount

water-skiing is the activity or sport of being pulled across water by a boat, with two long blades (water-skis) attached to your feet so that you are standing upright while moving

water-skiing is very difficult if you haven't done it before | it's a great lake for water-skiing | they used to show water-skiing on TV | a water-skiing instructor

Verb: *water-ski* | Noun: *water-ski* | Noun: *water-skier*

she tried to teach me to water-ski | a pair of new water-skis will cost you at least £100 | she's a very good water-skier

windsurfing /ˈwɪnd,sɜːfɪŋ/ Noun uncount

windsurfing is the activity or sport of moving across water while standing on a board that has a sail attached to it

the weather was too calm to go windsurfing | the beaches on the other side are very popular for windsurfing | she went water-skiing while her brother went windsurfing

Noun: windsurfer

he's a keen windsurfer

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bank /bæŋk/ Noun

the **banks** of a river are the areas of land along either side of it

I live near the river, and you can walk for miles along the banks | their house is on the south bank of the river | the banks of the river Adur | it was lying in the sun on the opposite bank

missing /ˈmɪsɪŋ/ Adjective

if someone is **missing**, they are not where they they should be and no one knows where they are go missing

my mum realized I was missing and called for help | she's been missing for two days | police are looking for a missing person who left home last Tuesday and has not been seen since | there are still several missing passengers following the plane crash | his son went missing two years ago

rapids /ˈræpɪdz/ Noun plural

rapids are a section of a river where the water flows very fast and very roughly, making it difficult and dangerous to sail down it

we tried rafting down the rapids | these rapids are too dangerous for inexperienced rafters | he nearly drowned in the rapids

sea snake /siː sneɪk/ Noun

a **sea snake** is a poisonous snake that lives in water in warm areas

there are no sea snakes in the Atlantic | all sea snakes are poisonous | sea snakes feed mostly on fish and their eggs

white-water /waɪt-ˈwɔːtə/ Adjective

the **white-water** section of a river is where the water runs very fast and the bottom is uneven, making a sort of white foam on the surface of the water

an exciting white-water experience | white-water rafters went past us very fast

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debris /ˈdebriː/ Noun uncount

debris is the broken pieces of something that remain after it has been destroyed somehow

there was debris all over the road | debris from the wreck came onto the beach | firefighters started to remove the debris | mud and debris flowed through the village after the storm

iceberg /ˈaɪs,bɜː(r)g/ Noun

an **iceberg** is a very large lump of ice floating in the sea, some of which is visible above the surface of the sea but most of which is under the surface

the ship collided with an iceberg and sank | we could see the tip of an iceberg about three miles away | icebergs are melting because of global warming | only 10% of an iceberg is visible above the water

remains /rɪˈmeɪnz/ Noun plural

the **remains** of someone or something are all that is left of them after they have died or been destroyed the remains of someone/something | human/animal remains

I'd asked people to treat Titanic's remains with respect | they uncovered the remains of three 12th century monks | there were traces of human remains in the cellar | the charred remains of the house (what was left after a fire)

seabed /ˈsiːbɛd/ Noun

the **seabed** is the land at the bottom of the sea, under the water

the wreck had been lying for over 40 years on the seabed | there are some interesting creatures living on the seabed | divers looked for debris on the seabed

submarine /ˈsʌbməriːn/ Noun

a **submarine** is a kind of ship that can travel underneath the surface of the sea

two submarines disappeared in the 1960s | he served on submarines during the war | a submarine can stay underwater for weeks at a time | a US navy submarine

wreck /rek/ Noun

a **wreck** is what is left of a ship after it has sunk to the bottom of the sea

they found the wreck of a battleship that sunk in 1942 | divers went down to explore the wreck | the wreck is lying in 34 metres of water near the coast of Greece

Verb: wreck

the ship was wrecked off the coast of Scotland

yacht /jɒt/ Noun

a **yacht** is a boat, either with sails or a motor, used for racing or for leisure

a yacht was found floating in the middle of the ocean | they spent all summer on a yacht in the Mediterranean | the harbour was full of yachts | the yacht has room for ten people and a crew of three

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bodysurf /ˈbɒdɪsɜːf/ Verb

if you **bodysurf**, you try and lie on waves to move through the sea, using your body as a sort of surfboard

I tried to bodysurf one wave to the shore but went under the water | he learned to bodysurf in Cornwall last year | this is the beach where people bodysurf

Noun: bodysurfer

did you know Obama was a good bodysurfer?

crawl /krɔ:l/ Verb

when you **crawl**, you move along the ground on your hands and knees, or you move along very slowly
he crawled out of the water onto the beach | babies learn to crawl at about six months old | I managed to crawl to the phone | we had to crawl through the entrance to the tent

fault /fɔ:lt/ Noun

if a bad situation or a mistake is your **fault**, you are responsible for causing it. When this happens, you can also say that you are **at fault**
 be someone's fault | be at fault
it was my own fault – I didn't check the time before I set off | do we know whose fault it was? | it was an unfortunate accident, but the school was not at fault

race /reɪs/ Verb

if your heart **races**, it beats much faster than normal because you are excited or afraid
I tried to stay calm but my heart was racing | my heart races when I think about what happened | this will make your heart race!

sore /sɔ:(r)/ Adjective

if a part of your body is **sore**, it is painful and uncomfortable
 a sore throat
I've got a blocked nose and a horrible sore throat | your eyes may feel dry and sore | his left arm was getting stiff and sore | my whole body was sore
 Noun: soreness
the soreness should only last for a few days

swallow /'swɒləʊ/ Verb

if you **swallow** something, you make it go down from your mouth into your stomach
you shouldn't swallow chewing gum | I can't swallow this pill | she swallowed a chicken bone by accident | my throat hurts when I swallow

PAGES 40–41**bay** /beɪ/ Noun

a **bay** is a section of the edge of the sea where the land curves inwards so that the sea has land on three sides of it
the town was built by the edge of a bay | we sailed into the bay to shelter from the wind | there's a good beach on the south side of the bay

boiling /'bɔɪlɪŋ/ Adjective

if the weather is **boiling**, or **boiling hot**, it is very hot. You can say you are **boiling** or **boiling hot** when you are very hot
they said it's going to be boiling hot all week | I'm boiling – can you open the window? | it's boiling in here

cargo /'kɑ:(r)gəʊ/ Noun

the **cargo** of a ship, plane, lorry, etc., is all the goods that it is transporting somewhere

the ship lost its cargo during the storm | the plane carried a cargo of flour and rice | a cargo ship (one used to transport goods rather than passengers) | it took most of the day to unload the cargo from the ship

clutch /klʌtʃ/ Verb

if **clutch** something, you hold it with a very firm grip
everyone was clutching odd shoes | he arrived at the door clutching a bunch of flowers | she clutched tightly to the handle of the suitcase | he closed his eyes and clutched her hand

collapse /kə'læps/ Verb

if someone **collapses**, they suddenly fall down or lie down because they are very tired or ill
at the end of the game we all collapsed on the sand | he said he was all right, but he collapsed ten minutes later and had to go to hospital | I was ready to collapse when we reached the top of the hill

do the dishes /du: ðə 'dɪʃɪz/ Phrase

if you **do the dishes**, you wash and dry the plates, cups, bowls, etc., that you have just used during a meal
whose turn is it to do the dishes? | I'll do the dishes after we've watched the film | let's do the dishes before we go out

exhausted /ɪg'zɔ:stɪd/ Adjective

if you are **exhausted**, you are very tired
I was exhausted by the time we got home | sit down – you must be exhausted | I was too exhausted to argue with him | I'm absolutely exhausted
 Adjective: exhausting | Verb: exhaust | Noun: exhaustion
 exhaust yourself
I just want to sleep. It's been an exhausting day | he had exhausted himself even before the concert started | all this fresh air has exhausted me | he collapsed out of physical exhaustion | she was suffering from exhaustion

grab /græb/ Verb

if you **grab** something, you take hold of it quickly and roughly
grab your things and let's go | he grabbed my bag and ran off | she grabbed hold of the branch to stop herself from falling | he grabbed the knife and stabbed the burglar in the leg | Julie suddenly grabbed his arm

lid /lɪd/ Noun

a **lid** is a cover for a container
 put a lid on something
we put a lid across the top of the tank | put a lid on the pan | keep the lid on while the potatoes are cooking | I lifted the lid | a tight-fitting lid | a saucepan lid | the dustbin lid

odd /ɒd/ Adjective

odd shoes, socks, etc., are a pair of them consisting of two items that do not match, instead of two that are the same

he went to school wearing odd socks | I got dressed in the dark and didn't realize I put on odd shoes

packed /pækt/ Adjective

if a place or object is **packed**, it is very full of people or things

packed with something

it was a hot day and the beach was packed | every museum was packed with tourists | the train was so packed that I couldn't sit down | the centre of town was absolutely packed this morning | the drink is packed with vitamins | an action-packed film (full of action)

pour /pɔː(r)/ Verb

if it is **pouring**, it is raining very hard. You can also say that it's **pouring** with rain, or that the rain is **pouring down**

it was pouring outside so we stayed in all afternoon | rain poured down all night | it's not just raining, it's absolutely pouring

Adjective: *pouring*

he had to walk home through the pouring rain

race /reɪs/ Verb

if you **race** somewhere, you go there very fast

the kids raced along the street | the rabbit raced across the road | the boys raced ahead and got home 5 minutes before us | two cyclists raced past us down the hill

sink /sɪŋk/ Noun

a **sink** is an open container in a kitchen or bathroom that you can fill with water and use for washing things

a kitchen/bathroom sink

the kitchen sink was very dirty | put the dishes in the sink | the cloth is in the cupboard under the sink | fill the sink with warm water | the sink's blocked (water won't flow out of it properly)

stare /steə(r)/ Verb

if you **stare** at something or someone, you look at them for a long time and with a lot of concentration

stare at someone or something

everyone was staring out to sea | they have to stare at a computer all day | it's rude to stare at people | she was staring into space | I couldn't stop staring at her | he stared intently at the floor

tank /tæŋk/ Noun

a **tank** is a container, usually made of glass or clear plastic, that you fill with water so that you can keep fish in it

a fish tank

the fish had jumped out of the tank | I hate cleaning the fish tank | we've got so many fish now that the tank is too small

wander /ˈwɒndə(r)/ Verb

if you **wander** somewhere, you walk there casually, without any real purpose

I wandered along the beach, enjoying the silence | she wandered into the gallery not knowing what to expect | they wandered round the exhibition getting bored | we wandered through the old town | the kids had wandered off

Noun: *wander*

a wander round somewhere

I'm going to have a wander round the market | we went for a wander round the shops

PAGES 42–43**aspect** /ˈæspekt/ Noun

an **aspect** of something is one of the different parts involved in it

the most enjoyable aspect of my job is meeting new people | I like the fashion and design aspect of the business | you have to consider the practical aspects of living on a boat | the book covers various aspects of political science

awesome /ˈɔːs(ə)m/ Adjective

something that is **awesome** is extremely impressive

the highest mountain on our awesome planet | the view from the hotel room was awesome | have you seen their new website? It's awesome | we got here yesterday, and I can tell you that Moscow is absolutely awesome

concept /ˈkɒnsept/ Noun

the **concept** of something is the main idea about it, especially the original idea that made it happen

the original concept

the concept of the project was to travel and explore the Amur river | it was an interesting concept, but we didn't have enough money to develop it | we all worked together on it, but it was Alan's concept originally (he had the first idea for it)

free-flowing /friːˈfləʊɪŋ/ Adjective

something that is **free-flowing** moves along or progresses naturally and is not blocked by people or anything that people have built

the longest free-flowing river on the planet | the Mississippi is a relatively free-flowing river | once we got on the motorway, the traffic was free-flowing

light /laɪt/ Adjective

something that is **light** is enjoyable and not very serious

light entertainment (music and comedy that is not very serious) | we made light conversation while we waited for the lecture to start | Dostoevsky was very intense - I want something light to read now

memorable /ˈmem(ə)rəb(ə)l/ Adjective

something that is **memorable** is so good or impressive that you will always remember it very clearly

my most memorable holiday was in China | your wedding should be the most memorable day of your life | visiting a studio in Hollywood was a memorable experience | the teachers did everything they could to make it a memorable occasion

Adverb: *memorably*

it was memorably shown on TV in 1984

passionate /'pæʃ(ə)nət/ Adjective

someone who is **passionate** is very enthusiastic about what they are doing, and believes in it very strongly
passionate about something

passionate teachers make a difference | people here are passionate about football | we are extremely passionate about social media | a passionate critic of the government

Adverb: *passionately* | Noun: *passion*

he passionately believed in the freedom of the individual | she spoke passionately about the need to change the law | his great passion in life is cricket

perspective /pə(r)'spektɪv/ Noun

your **perspective** is the way you see or understand a situation

from our perspective, we don't see enough police on the streets | the story is seen from the mother's perspective | my illness has given me a new perspective on life | try to see things from a broader perspective

pursue /pə(r)'sjuː/ Verb

if you **pursue** someone or something, you chase them and try and get close to them because you want to get them to do something for you or because you want to have them

we were pursuing sponsors for our new video | John was pursuing a new job opportunity (was trying to get a new job)

showcase /'ʃəʊ.keɪs/ Verb

if you **showcase** something, you present it for people to see in a way that emphasizes the good and interesting qualities that it has

our goal with showcasing a river was to let people fall in love with it | we've produced a video to showcase what our company can do for you | the exhibition showcased a wide range of students' work | YouTube provides plenty of opportunity for you to showcase your film-making skills

sponsor /'spɒnsə(r)/ Noun

a **sponsor** is a person or organization who provides money for a particular event or activity. Companies sometimes provide money for big public events, usually in exchange for being allowed to advertize at the event

some sponsors are large national and multinational companies | original corporate sponsors included two local banks

Verb: *sponsor* | Noun: *sponsorship*

Disney sponsored three research field trips | Samsung has sponsored the team since 2000 | many years ago, the cricket World Cup was sponsored by a tobacco company | BP is providing £1m of sponsorship | commercial sponsorship of women's football is growing