

Band 3 Core 1 - List A	(list A1- blue; list A2 - green; list A3 - pink)	
WORD	DEFINITION / SYNONYM	TRANSLATION
addition	the action or process of adding something to something else	תוספת/הוספה
additional	extra, or supplementary to what is already present or available	נוסף
advance	moving forward	להתקדם
advanced	more highly developed or skilled	מתקדם
advertising	A written or spoken media message designed to interest consumers in purchasing a product or service	פרסום
among other things	used to say that there are other details or examples in addition to the ones you are mentioning.	בין השאר
analysis	A detailed examination of the elements or structure of something.	ניתוח
analyze	examine methodically and in detail the structure of something for purposes of explanation and interpretation.	לנתח
appear	to come into sight; to seem	להופיע, להיראות
appearance	the way that someone or something looks	מראה
approach	move towards; attitude	לגשת; גישה
as	while, when	כמו, בזמן ש
at least	minimum	לפחות
average	usual; ordinary	ממוצע
be responsible for something	to be in charge of something	להיות אחראי על משהו
before	prior to	לפני
besides	except	מלבד
can	(modal verb) signifying ability	יכול
challenge	a demanding or stimulating situation	אתגר
chance	opportunity; risk	סיכוי
change	to make or become different	שינוי
characteristic	a feature, a trait	מאפיין
claim	a statement; an opinion	טענה
come after	to follow	לבוא אחרי
common	usual; shared	נפוץ / משותף
complicated	complex	מורכב
concern	worry	דאגה
conditions	circumstances	תנאים
conduct	the manner in which a person / organization behaves, especially in a particular place or situation:	התנהלות
consequence	a result, effect	השלכה
considerable	significant in size, amount, or meaning	משמעותי
cope	to deal with	להתמודד
critic	a person who judges whether something is good or bad	מבקר
criticize	express a judgement	לבקר (לתת ביקורת)
current	contemporary	נוכחי / עכשווי
decrease	reduction	ירידה / הפחתה
delay	make (someone or something) late or slow	לעכב
deliberate	intentional	מכוון

deliberately	intentionally, on purpose	בכוונה
demonstrate	clearly show by giving proof or evidence; protest	להדגים; להפגין
design	a plan or drawing produced to show the look and function or workings of a building, garment, or other object before it is built or made; decoration	עיצוב
destruction	terrible damage	הרס
developed	advanced	מפותח
developing	making progress	מתפתח
development	progress, improvement	פיתוח
disagreement	difference of opinion, dissent	אי-הסכמה
disaster	catastrophe	אסון
discovery	revelation	גילוי
dislike	to not approve, refrain; aversion	להרגיש לא נעים
do	to act, perform	לעשות
doubt	question	ספק
drop	to let something fall	להפיל / נפילה
educate	to teach	לחנך
education	the process of learning	חינוך
educator	teacher, instructor, coach, mentor	מחנך
efficiency	productivity, doing something in a way that saves you time and energy	יעילות
efficient	being able to do something in a way that saves you time and energy	יעיל
emphasis	focus, stress, importance	הדגשה
emphasize	To give special attention to something, to stress, to point out	להדגיש
enjoyable	fun	מהנה
essay	a short piece of writing on a particular subject.	חיבור
essentially	basically	למעשה
even if	whether or not	גם אם
even though	although	אף על פי ש
event	happening	אירוע
exactly	precisely	בדיוק
except that	but	מלבד
exist	to be real; to have life	להתקיים
existence	the fact or state of living or having objective reality	קיום
existing	happening, used, or in place at the present time	קיים
extraordinary	very unusual; remarkable, amazing	יוצא דופן
feature	characteristic, trait	תכונה
feedback	giving information and opinion about something	משוב
figure	number; body shape	דמות; לחשב
figure out	find the solution to a problem or question, understand	להבין, לחשב
finance	management of money	פיננסים
financial	having to do with money	פיננסי
findings	results	ממצאים
flexibility	the quality of bending easily without breaking	גמישות
flexible	able to bend easily	גמיש

flood	A very heavy flow of water	שיטפון
flu	a viral disease, influenza	שפעת
focus	to put emphasis	להתמקד
focus on something	to pay very close attention to something	להתמקד במשהו
frequent	happening often	תדיר
fresh	just made; recent	רענן
frighten	to scare; to intimidate	להפחיד
from	indicating the starting point of motion or action	מ...
gain	to increase; to get; to win; a win; profit	זכייה, רווח
generate	to produce, to create	ליצור
guidance	leadership or direction, instruction	הדרכה
hopefully	used to express what one would like to happen	בתקווה
ideal	perfect	אידיאלי
illness	disease	מחלה
illustrate	clarify by giving an example of	להמחיש
illustration	Picture, drawing, diagram, design, or other graphic image	איור
image	a visual representation of an event or object	תמונה
in	used to indicate a position within limits	בתוך
in actual fact	in truth; in reality	למעשה
in connection with	relating to, concerning	בהקשר של
in terms of	with regard to, with respect to, in relation to	במונחים של
in that case	because of the mentioned situation	במקרה זה
in the meantime	meanwhile	בינתיים
initial	first; happening at the beginning	ראשוני
initially	at first, originally, primarily, in the beginning	בתחילה
instruction	the act of teaching or providing knowledge	הוראה
intelligence	mental quality consisting of the ability to learn from experience, solve problems, and use knowledge to adapt to new situations	אינטליגנציה
intelligent	able to learn, think, and understand quickly and easily	אינטליגנטי
interest	curiosity; a sum paid or charged for the use of money or for borrowing money	עניין
introduce	to bring into a group; to meet; to present something	להציג
invest	to put money into a project; to make an effort	להשקיע
investigate	to look into closely; to study in great detail, to explore	לחקור
investment	spending for the production and accumulation of capital	השקעה
just about	almost, virtually, nearly	כמעט
keep on doing	to continue	להמשיך לעשות
kind of	type of, sort of	סוג של
knowledge	skills, experience, and expertise coupled with information and intelligence that creates a person's intellectual resources	ידע
lack	to be without; shortage	חוסר
landscape	scenery	נוף
likely	probably	סביר
limited	restricted	מוגבל
little	small	קצת
look at	to examine, to watch, to observe	להסתכל על

low	situated below a certain surface or standard	נמוך
material	a substance from which a thing is made of; documents; information	חומר
mean	have significance or purpose	מתכוון, משמעות
meaning	representation; significance; purpose	משמעות
means	a method, course of action, or instrument by which something can be accomplished	דרך, אמצעי
measure	to evaluate, to assess; means; method	מדידה
mention	to refer to; to state; to indicate	להזכיר
miss	to fail to do; to long	להחמיץ
misunderstand	to think the wrong thing about what was communicated	לא להבין
more or less	approximately	יותר או פחות
must	necessary; have to	חייב
naturally	obviously; as expected	באופן טבעי
nature	character; type; outdoors	טבע
necessarily	in such a manner as could not be otherwise	בהכרח
nevertheless	in spite of that; however	עם זאת
not at all	not in any way	בכלל לא
not only	something more than	לא רק
notice	to observe; a warning	להבחין, להודיע
objective	an aim; a purpose; expressing or dealing with facts or conditions as perceived without distortion by personal feelings, prejudices, or interpretations	אובייקטיבי
occasional	happening once in a while	מזדמן
official	a person who holds a government job; having authority; formal	רשמי
on the one hand...on the other hand	from one point of view...from another point of view	מצד אחד...מצד שני
once	as soon as; the minute; happening one time	פעם אחת
others	a person or thing that is different or distinct from one already mentioned or known about	אחרים
otherwise	or else, if not	אחרת
out of date	obsolete	מיושן
participant	a person who takes part in something	משתתף
participate	to take part in	להשתתף
participation	involvement	השתתפות
particular	specific, distinctive	פרטי
past	the time before now	עבר
perform	to carry out a task; to act or entertain	לבצע
personality	character	אישיות
personally	individually	באופן אישי
planet	a celestial body moving in an elliptical orbit around a star.	פלנטה
planning	the process of anticipating future events and determining strategies to achieve objectives in the future	תכנון
plant	to grow; to put or set in the ground	צמח
point of view	perspective	נקודת מבט
policy	A proposed or adopted course or principle of action	מדיניות
pollute	contaminate (water, the air, etc.) with harmful or poisonous substances	לזהם

pollution	the release of harmful materials into the environment	זיהום
popular	liked by many people	פופולרי
population	A group of individuals that belong to the same species and live in the same area	אוכלוסייה
prevent	to stop from happening	למנוע
prevention	taking steps to keep something from happening	מניעה
priority	A thing that is regarded as more important than another.	עדיפות
private	personal; controlled or paid for by a person or a company and not the government	פרטי
probable	likely to happen	סביר
produce	make	לייצר
producer	A person, company, or country that makes, grows, or supplies goods or commodities for sale; a film maker	מפיק
profession	a job that needs special education and training	מקצוע
professional	an expert; skilled; a person who is paid for doing a job	מקצועי
professor	someone who is a member of the faculty at a college or university	פרופסור
proof	evidence	הוכחה
proposed	suggested	שהוצע
protest	demonstrate; demonstration	מחאה
provided	if	בתנאי ש
psychological	related to the mental and emotional state of a person.	פסיכולוגי
psychology	the scientific study of behavior and mental processes	פסיכולוגיה
public	an interaction with an audience; belonging to the government	ציבורי
purpose	an intention; a goal	מטרה
quality	how good or bad something is; characteristic	איכות
question	to ask; to interrogate; an inquiry; an issue	שאלה
questionnaire	a form used to obtain information from a respondent.	שאלון
react	to respond	להגיב
reaction	response	תגובה
reasonable	fair and sensible	סביר
recommend	to suggest; to give a favorable review	להמליץ
recommendation	suggestion; a favorable opinion	המלצה
recycle	to use again	למחזר
regard	to consider; to respect;	החשיב, התייחס
regarding	concerning, relating, about	לגבי
regardless	in spite of everything; anyway, without a connection to	ללא
region	an area, a zone	אזור
regional	local; provincial	אזורי
regular	ordinary	קבוע
relevant	connected with or related to the matter at hand	רלוונטי
reliable	trustworthy, dependable	אמין
rely on	to depend on, to count on	להסתמך על
request	to ask for; an inquiry	בקשה
research	a study; to examine, to explore	מחקר
result	the outcome of an experiment or problem	תוצאה
review	to go over	סקירה

revise	To make corrections to; edit or redo	לערוך
risk	to expose to hazard or danger; a situation involving exposure to danger, peril	סיכון
run out of	to have no more of (something)	להיגמר
rural	countryside	כפרי
salary	The money paid for an employee's services, an income	שכר
sample	a small part or quantity intended to show what the whole is like - an example; a selection	מדגם
seldom	rarely	לעיתים נדירות
sense	reason, good judgement; logic	חוש
sensible	reasonable	הגיוני
set up	to establish	להקים
significance	importance	משמעות
significant	important	משמעותי
skilled	able to do something well	מיומן
slight	small; an insult	קל
slightly	somewhat, a little	מעט
specialist	an expert in a certain field	מומחה
specialize	to spend most of one's time studying one particular subject or doing one type of business	להתמחות
specific	particular	ספציפי
still	yet, despite; without motion	עדיין
structure	an edifice; a building	מבנה
study	to learn; some research	ללמוד, מחקר
supposed	expected or required	כביכול
surface	the outside layer; the top	שטח
take advantage of	to make use of; to benefit from; to exploit	לנצל
thanks to	because of	הודות ל
theoretical	relating to abstract ideas	תאורטי
theory	a hypothesis	תיאוריה
throw away/out	to discard, to put in the trash	לזרוק
transport	to carry something from one place to another	תחבורה
trash	garbage, waste, rubbish	זבל
treatment	therapy; dealing with	טיפול
unfortunate	unlucky	מצער
unfortunately	unluckily	לצערנו
unhealthy	sick	לא בריא
unique	one of a kind	ייחודי
united	joined together	מאוחד
unity	the state of being together	אחדות
universal	present everywhere	אוניברסלי
universe	all of space and everything in it; the world; the globe	יקום
unknown	unfamiliar	לא ידוע
unlike	different	שלא כמו
unlikely	not probable	לא סביר
urban	relating to a city	עירוני

variation	a difference; a change	שינוי
vary	to change	להשתנות
view	landscape, scenery	נוף
visible	able to be seen or perceived	גלוי
vision	a dream, hope, an idea	חזון
volume	an amount	נפח
whom	a pronoun relating to a person	מי
wildlife	animals that live naturally in an the wild nature	חיות בר
within	inside	בתוך
worthwhile	rewarding; valuable	שווה את המאמץ
would	used as the past form of "will "	היה רוצה, היה, יהיה

Band 3 Core 1 - List B	(list B1- orange; list B2 - purple; list B3 - gray)	
WORD	DEFINITION / SYNONYM	TRANSLATION
above	higher in position or place	מעל
account	a report or description of an event or experience:	חשבון
acquire	to obtain or gain something	לרכוש
acquisition	the act of getting or obtaining something	רכישה
age	a period of history; the period of time a person has lived	גיל
agriculture	the practice of farming and growing crops	חקלאות
all of a sudden	unexpectedly	פתאום
altogether	completely, entirely	בסך הכל
anxious	worried or nervous about something	מודאג
apparent	clear and easily seen; obvious	נראה לעין
apparently	as far as one knows or can see, seemingly	לכאורה
appropriate	suitable or fitting for a particular situation	מתאים
at the expense of	doing something that may harm someone else for one's own benefit	על חשבון
atmosphere	A mixture of gases that surrounds a planet or moon.	אטמוספירה
automatically	being done without a person's deliberate control	באופן אוטומטי
bad	not good; of poor quality; rotting	רע
be in charge	to have control or responsibility over something	להיות אחראי
be situated in/on/by etc.	to be located in a specific place	להיות ממוקם ב/על/ליד וכו'
behind	at the back of something; slower	מאחור
believe in something	to have faith or confidence in something	להאמין במשהו
blame	to say or think that a person or thing is responsible for something bad that has happened	להאשים
block	to obstruct	לחסום
brilliant	very intelligent, bright	מבריק
bring up someone	to raise or care for a child	לגדל מישהו
calculate	to figure out using mathematical operations	לחשב
clothing	items worn to cover the body	בגדים
competitive	wanting to win or to be more successful than other people	תחרותי
contemporary	current, modern; from the same time	עכשווי
contest	a competition	תחרות
continent	one of the seven large landmasses on the earth	יבשת
copy	an identical reproduction of something; a single item of a book or a paper	עותק
criterion	a rule, test; a standard for judgment or evaluation	קריטריון
cut down something	to reduce the size or amount of something	לצמצם משהו
decade	a period of ten years	עשור
declare	to announce something clearly, firmly, publicly, or officially	להכריז
degree	a unit of measurement; qualification	תואר
deliver	to bring or transport something to a destination	לספק
demanding	requiring a lot of effort and attention	תובעני
detect	to discover or notice something	לזהות
determine	to decide	לקבוע

differ	be unlike or dissimilar; to disagree; to vary widely	להיות שונה
disappoint	to let someone down; to not make someone proud or satisfied	לאכזב
divide	to separate or split to parts; to calculate	לחלק
domestic	native to a country, not foreign; relating to the life or affairs of a household	ביתי
done	completed or finished	מוכן
double	twice the amount or size	כפול
economical	careful about spending money or using resources	חסכוני
editor	a person who reviews and prepares content for publication	עורך
either way	in both cases, regardless of the choice or situation	כך או כך
element	a basic component or substance	אלמנט
emerge	to come out	להתגלות
emotion	a feeling	רגש
exception	something that does not fit into a general rule	חריגה
exchange	to trade, to give something and receive something in return	חילופין
expected	anticipated; awaited	צפוי
expedition	A journey made for a special purpose	משלחת
expense	the cost of something	הוצאה
export	to send goods to another country for sale	ייצוא
expression	a way of conveying thoughts or feelings; a phrase	ביטוי
extend	to reach out; to make something longer or larger;	להרחיב
extreme	the furthest or highest degree of something	קיצוני
farther/further	at a greater distance or degree	יותר רחוק
fed up	feeling annoyed or frustrated	כשנמאס ממשהו...
fetch	to go after and bring back	להביא
final	last, end	סופי
fit	suitable or appropriate for a purpose; in a good shape	להתאים / בכוסר
generation	a group of people born around the same time	דור
genuine	authentic, real	אותנטי
get rid of something	to remove or throw away something unwanted	להיפטר ממשהו
get something wrong	to make a mistake	לטעות
get worse	to deteriorate	להחמיר
give something away	give something to someone for free	להעניק / לתת משהו
go out	to leave home (often for a social event)	לצאת
hidden	concealed	חבוי
highlight	to emphasize	להדגיש
historian	a person who studies the past	היסטוריון
historic	of great importance	היסטורי
identical	exactly the same	זהה
immigration	the act of coming to live permanently in a foreign country	הגירה
import	to bring goods from another country for use or sale	יבוא
impress	to make a strong impact	להרשים
impression	a feeling or understanding resulting from an experience	רושם
in light of	because of	לאור
incredible	unbelievable; extraordinary	מדהים
indoors	inside a building	בתוך הבית

infection	the invasion and multiplication of microorganisms in body tissues	זיהום
input	information or data entered into a system	קלט
inside	the interior or inner part of something	בפנים
interaction	communication between people or things	אינטראקציה
interpret	to explain the meaning of something	לפרש
interrupt	break into or between; hinder; stop	להפריע
involvement	participation or engagement in an activity	מעורבות
issue	an important topic or problem for debate or discussion	בעיה
it looks like/ as if/ as though	it seems	נראה ש
jam	a sweet spread made of fruit; a congestion; a problem	פקק
journalist	a person who reports news and events for the media	עיתונאי
judgment	the ability to form opinions or make decisions	שיפוט
just as...adj. as	equally	בדיוק כמו
justice	fairness	צדק
keen	eager, enthusiastic; sharp	נלהב
keep	to hold or retain something	לשמור
kit	a set of tools or equipment for a specific purpose	ערכה
learn	to acquire knowledge or skills through study or experience	ללמוד
lecture	a talk or speech about a particular subject	הרצאה
light	to illuminate	אור
living	the condition of being alive, existing	חי
logical	reasonable; making sense	הגיוני
look forward to something/ doing something	to expect, to anticipate something with excitement	לצפות ל
lower	to reduce the height, position or amount of something	נמוך יותר
made up of	consisting of	מורכב מ
make sense	be logical	להסביר
make up something	to invent	להמציא משהו
make up your mind	to decide	להחליט
mend	to repair, to fix	לתקן
mixture	a combination of different substances	תערובת
monthly	happening once a month or every month	חודשי
mystery	something that is difficult to explain or understand	תעלומה
name	to specify, to indicate	שם
native	belonging to a particular place by birth, indigenous	יליד
native language	mother tongue	שפת אם
neither...nor	not either of the options	לא זה ולא זה
nightmare	a bad, disturbing or frightening dream	סיוט
nonsense	an absurd or illogical statement or idea	שטויות
not believe/ understand/ hear/ say a word	not to trust what was said	לא להאמין/ להבין/ לשמוע/ לדבר מילה
not until	not before; only after a specified time or event	לא לפני
occupation	a job or profession	עיסוק
occupied	taken or held by someone; busy	תפוס
occupy	to take up space or engage in a task	להשתלט

oil	A liquid fuel formed from marine organisms that is burned to obtain energy	נפט
on the whole	entire, complete	בסך הכל
open	not closed; accessible; start officially	פתוח
operate	to work or control the functioning of something; to perform surgery	להפעיל
operation	surgery; a planned activity in order to achieve a certain goal	פעולה
organ	a part of the body with a specific function	איבר
organization	a group of people who work together to achieve some specific purpose; being arranged in an orderly way	ארגון
outstanding	exceptional	יוצא מן הכלל
part time	involving less than a full; time commitment	במשרה חלקית
patience	a willingness to wait for someone or something without complaining	סבלנות
patient	willing to wait without complaining; a person receiving medical treatment	סבלני / מטופל
peculiar	odd, strange, unusual	מוזר
place	a location or position	מקום
point	a specific detail or idea in a discussion; a particular time or place; to hold something so that it faces someone or something; to look at a certain direction	נקודה
position	a location or the way something is arranged	מיקום, תפקיד
potential	the possibility of future success or development	פוטנציאל
preference	A strong liking for one thing over another	העדפה
present	to offer or show something to others; a gift; the current time	להציג / מתנה / עכשווי - הווה
pressure	force applied on a surface or against an object	לחץ
prime	first in rank, excellence, quality, importance, or time	ראשי
principal	most important; main; head of school	מנהל
promote	to raise or move to a higher grade, rank, or job; to advocate	לקדם
put up with something/ somebody	to accept something/somebody unpleasant in a patient way, tolerate, endure	לסבול משהו/מישהו
reach	arrive at; get as far as	להגיע
reason	the cause or justification behind something	סיבה
record	to store information; a documented account of something	תיעוד, תקליט
reflect	to think deeply about; to show an image	לשקף
register	to formally record or enter information	להירשם
regret	to feel sorry or remorseful about something	להצטער
relate	to show or make a connection between things; to tell	לקשר
relative	dependent upon; a member of one's family	קרוב משפחה
relax	to rest or unwind from stress	להירגע
remark	a comment or statement	הערה
remote	distant, far away	מרוחק
replace	supersede; to put something new in the place of something old	להחליף
rescue	to save from danger or difficulty	להציל
respect	admiration or regard for someone or something	כבוד
retire	to stop working because one has reached a certain age	לפרוש
right	correct / morally justified	נכון, זכות

role	a part or function played by a person or thing	תפקיד
room	a space within a building enclosed by walls	חדר
rough	not smooth	מחוספס
rule	a guideline or principle; to govern	כלל / לשלוט
run	to move swiftly on foot	לרוץ
rush	to hurry	למהר
satisfy	to meet a need or desire	לספק
scale	a range or series of levels	קנה מידה / סולם
scene	a setting where an event occurs	סצנה
schedule	a timetable of planned events	לוח זמנים
semi final	the round immediately preceding the final round	חצי גמר
sensitive	able to feel or perceive intensely	רגיש
service	assistance or advice given to customers	שירות
set	to place or fix something in a certain position	קיבע / ערך
setting	the context in time and place in which the action of a story occurs.	תפאורה
shortly	soon	בקרב
shut something down	to turn something off	לכבות משהו
similarity	a resemblance or likeness between things	דמיון
slow someone down	to decrease someone's speed	להאט מישהו
so called	seemingly, apparently	כביכול / לכאורה
society	a community of people who share a common culture	חברה
sooner or later	eventually, after a period of time	מוקדם או מאוחר יותר
spectacular	amazing; impressive; fantastic	מרהיב
speech	verbal expression or communication	נאום
spoil	to damage or harm the quality of something	להרוס
start something off	to begin or initiate something	להתחיל משהו
style	a particular manner or way of doing/exhibiting things	סגנון
sum something up	to conclude the main ideas about a point	לסכם משהו
summary	a brief statement or account of the main points of something	סיכום
support	to provide assistance, encouragement or backing	תמיכה
survive	to stay alive	לשרוד
take part	to participate	להשתתף
take place	to happen, occur	להתרחש
take somebody/ something seriously	to think that somebody/something is important and deserves respect	לקחת משהו/מישהו ברצינות
take something into account	to consider something	לקחת משהו בחשבון
take the opportunity to do something	to use an occasion to do or say something	לנצל את ההזדמנות לעשות משהו
take/ accept/ claim responsibility for something	to acknowledge one's obligation or fault	לקחת/לקבל/להתחייב על משהו
the headlines	the most important news stories of the day	הכותרות הראשיות
the heart of something	the central or most important part of something	ליבה של משהו
the main thing	the most important thing	הדבר העיקרי
the reality of something	the actual facts or circumstances	המציאות של משהו

theme	the central idea of a work of art	נושא מרכזי
to	expressing direction or movement	אל
to start with	to begin with	ראשית
traffic jam	a line of vehicles that are moving slowly or not moving at all	פקק תנועה
treasure	valuable things	אוצר
try	to attempt	לנסות
turn	to change direction or position	להסתובב
uncomfortable	feeling uneasy	לא נוח
underneath	below	מתחת
understand	to comprehend	להבין
undo	to reverse or cancel an action	לבטל
unemployed	without a job	מובטל
unexpected	surprising, not foreseen	לא צפוי
up to date	modern, recent, or containing the latest information	מעודכן
urgent	requiring immediate attention or action	דחוף
use something up	to finish the supply of something	להשתמש במשהו עד תום
virtual reality	a technological simulation of the actual world	מציאות מדומה
vowel	the letters a, e, i, o, u, and sometimes y	תנועה (בלשון-פונטיקה)
waste	discarded material, trash	בזבז, זבל
wealth	an abundance of valuable resources or possessions	עושר
welcome	to greet or receive with hospitality	ברוכים הבאים
wherever	in any location or place	בכל מקום

Band III Core 1 List C	(list C1- green; list C2 - orange; list C3 - purple)	
WORD	DEFINITION / SYNONYM	TRANSLATION
(all) on your own	alone, without assistance	לבד
(at) any minute; any minute now	shortly, In the near future	בכל רגע
(be) in your twenties / 20s /thirties/30s, etc	To be in the age range of twenties / 20s / thirties / 30s, etc.	בשנות ה...
absorb	Soak up, take in	לספוג
access	Entry, entrance,	גישה
ambition	Aspiration, goal, or a strong desire to achieve success or reach a certain objective.	שאיפה
annoy	Irritate, bother, or provoke someone to feel impatient or angry.	להציק
argue	persuade, give reasons	להתווכח/לטעון
as a matter of fact	In reality, in truth, or as it actually is.	למעשה
ashamed	Embarrassed, guilty, or feeling ashamed of one's actions or behavior.	נבוך
aside	to one side	מלבד
assure	promise or give confidence to someone	להבטיח
at his/its, etc. best	At the peak or highest level of performance or quality.	בשיא
attraction	thing to see, feeling	משיכה/ אטרקציה
awareness	Consciousness, realization, or having knowledge or understanding of something.	מודעות
barely	Just, only just	בקושי
barrier	Obstacle/ something that blocks or prevents progress or access.	מכשול
be (just) about to do sth	be ready or prepared to do something.	להיות בהיכון
be out of sth	Have none left	אזל
beat	rhythm	למנצח/ להביס
bend	Curve, flex, or change the shape of something by curving it.	עיקול
biology	The scientific study of living organisms, including their structure, function, and behavior.	ביולוגיה
bitter	sour, or having an unpleasant taste or flavor.	מריר
bold	Courageous, daring, or showing a willingness to take risks.	אמיץ
bother	Annoy, or cause someone to feel troubled or concerned.	להציק
bottom	lowest part	תחתית
breeze	Gentle wind, gust, or a light and pleasant movement of air.	רוח קלה
brilliant	full of light and color	מבריק
can tell	Able to understand something.	מבין
capacity	the maximum amount/ volume that something can hold or contain.	יכולת
cash	Money in the form of coins or banknotes.	מזומן
capture	catch/ take someone or something into possession.	לתפוס/לשבות
casual	Informal, relaxed, or not formal or serious in manner or style.	לא רשמי
ceremony	Ritual, formal occasion	טקס
chairperson	Chair, chairwoman, or the person who presides over a meeting or an organization.	יושב ראש
chase	follow, or run after someone or something in order to catch or capture them.	לרדוף
cheat	Deceive, trick, or act dishonestly in order to gain an advantage or avoid punishment.	לרמות
classic	Traditional, timeless, or characteristic of the highest quality or standard.	קלאסי
clinic	Medical facility, healthcare center, or a place where medical treatment or consultations are provided.	מרפאה
coach	Trainer, instructor, or a person who instructs or trains someone in a specific skill or activity.	מאמן
collector	Gatherer, a person who collects or gathers items of a particular kind.	אספן
correspond	Communicate, exchange letters or messages	התכתבות
costume	Outfit, a set of clothes worn as a disguise or for a particular occasion or performance.	תלבושת/ תחפושת
courage	Bravery, fearlessness, or the ability to face difficulties or danger without fear.	אומץ
cover	Protect, shield, or place something over or around to conceal or protect it.	מחסה
cure	Heal, treat a person's illness	מרפא
cyberbullying	Online harassment, electronic bullying, or the use of digital communication to harass or intimidate someone.	בריונות ברשת
cycle	Circular, recurring, or a series of events or processes that repeat in a predictable pattern.	מעגלי

deaf	unable to hear.	חרש
debt	Money owed, obligation, or a sum of money that is owed or due.	חוב
decorate	enhance the appearance of something by adding decorative elements.	לקשט
dedicate	to devote wholly and earnestly, as to some person or purpose	להקדיש
departure	Leaving, exit, or the act of leaving a place or starting a journey.	עזיבה
deposit	place money or valuable items into a bank account or a secure location.	הפקדה
deserve	be worthy of, or be entitled to something	זכאי
destination	End point, final stop, or the place to which someone or something is going.	יעד
direct	to give commands or orders.	להורות
disabled	Handicapped, or having a physical or mental condition that limits one's abilities.	מוגבל
dispute	Argument, disagreement, or a conflict	ויכוח
distinguish	Differentiate, separate, or recognize the unique characteristics or qualities of someone or something.	להבחין
disturb	Bother, interrupt, or interfere with someone or something	להפריע
do a good/excellent, etc. job	Perform well, excel, or carry out a task or responsibility in a satisfactory or impressive manner.	לעשות עבודה טובה
dozen	Twelve, a group or set of twelve items or units.	תריסר
draft	a rough sketch or plan of something.	טיוטה
dramatic	Theatrical, striking, or characterized by intense emotions, conflicts, or suspense.	דרמטי
earth	Soil, ground, or the planet we inhabit.	אדמה/ כדור הארץ
earthquake	sudden shaking or trembling of the Earth's surface.	רעידת אדמה
elderly	Senior, aged, or pertaining to or characteristic of older people.	קשיש
enter	Access, go into, or step into a place or a situation.	הכנס
episode	a single event or part of a series or sequence.	פרק
equal	identical, or having the same value, status, or importance as something or someone else.	שווה
escape	Flee, get away, or break free from a situation or confinement.	לברוח
fare	Price, cost, or the amount of money paid for transportation or a service.	מחיר
fire	dismiss, sack	לפטר
firm	hard, solid	קשיח
float	Drift, hover, or remain on the surface of a liquid without sinking.	לרחף
fold	Bend, crease, or double over a material to bring one part into contact with another.	לקפל
follow	go after someone or something in order to observe or understand.	לעקוב
for the sake of	In consideration of, for the purpose of, or with regard to someone or something.	למען
formal	Official, ceremonial	רשמי
former	Previous, prior, or referring to someone or something that came before in time or position.	קודם
fortune	a significant amount of money/ prosperity.	עושר
free	not limited	חופשי
free will	Autonomy, independence	חופשי
frozen	icy, or transformed into a solid state due to extreme cold temperatures.	קפוא
generous	willingly giving or sharing with others.	נדיב
get	Obtain, acquire, or come into possession of something.	להשיג
get in touch	Contact, communicate, or reach out to someone.	להתקשר
give in	Surrender, or stop resisting or opposing something.	להכנע
give up	Abandon, cease efforts related to something.	לזנוח
go ahead	Proceed, continue, or move forward with a planned action or decision.	להתקדם
grab	Seize, snatch, or take hold of something quickly or forcefully.	לחטוף
grateful	Thankful, appreciative, or feeling or expressing gratitude towards someone or something.	מודה
hardware	Tools, equipment, or physical components of a computer or electronic device.	חומרה
headquarters	Main office, central command, or the primary location from which an organization or operation is managed.	מפקדה
here you are/here it is, etc.	Used to present or offer something to someone.	בבקשה
hold up / hold up sb/sth or hold sb/sth up	Delay the progress or movement of someone or something.	לעכב
honesty	Integrity, truthfulness, or the quality of being truthful	כנות
idiom	Expression, phrase, or a group of words that has a figurative meaning different from its literal interpretation.	ביטוי

in turn	one after another, or taking turns in a particular order or sequence.	בתורו
incident	Event, occurrence, or a noteworthy happening, often involving an unexpected or unusual circumstance.	תקרית
laugh	produce sounds and expressions indicating amusement or joy.	צחוק
layer	level, or a sheet or thickness of material covering a surface or forming part of a structure.	שכבה
leave behind	Abandon, intentionally not take someone or something along when moving or departing.	לזנוח
let out	Release, set free, or allow someone or something to exit or escape from a confined space.	לשחרר
let in / past / through, etc	Permit entry, grant passage, or allow someone or something to enter	להכניס
light	ignite	אור
lightly	Gently, softly, or with a delicate touch or manner.	ברכות
liquid	Fluid, watery, or a substance that flows freely and takes the shape of its container.	נוזל
lively	full of energy, enthusiasm, or activity.	חיני
load	to place or insert especially as a load in a device or piece of equipment	לטעון
loan	Borrowing, advance, or a sum of money or item of property that is lent to someone temporarily, usually with interest.	הלוואה
log in/on	Access, sign in, or enter a computer system or website by providing the necessary credentials.	גישה
log off/out	Sign out, exit, or terminate a computer session or online activity.	התנתקות
lonely	Solitary, isolated, or feeling alone and lacking companionship or social interaction.	בודד
look	Gaze, observe, or direct one's eyes toward someone or something to perceive or examine visually.	מבט
lose interest / patience, etc	Become disinterested, bored, or disengaged from something	לאבד עניין
maker	manufacturer	יצרן
mark	line, stain	סימן
marvelous	Wonderful, fantastic, or extraordinarily good or impressive.	מדהים
mayor	Chief magistrate, leader, or the elected or appointed head of a municipal government.	ראש עיר
melt	change from a solid state to a liquid state	נמס
membership	the state of being a member of a group, organization, or society.	חברות
message	an underlying theme or idea	מסר
might as well	or it would be logical or reasonable to do something under the circumstances.	יכול גם
miss	Fail to hit	להחטיא
modest	not proud	צנוע
mood	Emotion, feeling, or a state or quality of mind characterized by a particular emotion or disposition.	מצב רוח
name	reputation	מוניטין
off	price reduction, not at work	כבוי
offense	an act or instance of breaking a rule or law.	עברה
(every) once in a while	Occasionally, from time to time, or at irregular intervals.	מדי פעם
or so	Approximately, about	בערך
organic	Natural, ecological, or relating to or derived from living organisms	אורגני
pace	Speed, rate, or the speed at which someone or something moves or progresses.	קצב
partner	a person who shares in an activity, business, or relationship with another.	שותף
pause	Stop temporarily, cease activity or movement, or take a momentary break or rest.	הפסקה
peaceful	characterized by a state of calmness, quietness, and absence of disturbance or conflict.	שליו
plot	Storyline, narrative, or the sequence of events that make up a story, novel, or play.	עלילה
position	rank; part someone plays in game (e.g., football)	מיקום
pour	Flow, stream, or cause a liquid or other substance to flow or be discharged from a container in a continuous stream.	לשפוך
powder	Fine particles, dust, or a substance consisting of finely ground or pulverized particles.	אבקה
preposition	Word, element, or a word or group of words that shows the relationship between a noun or pronoun and other words in a sentence.	מילת יחס
pride	Self-esteem, dignity, or a feeling of deep pleasure or satisfaction derived from one's achievements, qualities, or possessions.	גאווה
punish	Penalize, discipline, or impose a penalty or consequence on someone as a result of their wrongdoing or misconduct.	להעניש
quarrel	Argument, dispute, or a heated exchange of words or conflicting opinions between people.	ויכוח
quit	Resign, give up, or voluntarily stop or cease an activity, job, or habit.	לעזוב/ להתפטר

race	ethnic group	גזע
raw	Uncooked	בא
reassure	Comfort, console, or give confidence or relief to someone by removing their doubts, fears, or worries.	לעודד/ לנחם
remain calm/open, etc	Stay composed, accessible, or maintain a particular state or condition, such as being calm or open-minded.	להשאר רגוע
reserve	Save, set aside, or keep something for a particular purpose or person.	לשמור
server	a computer or program that provides services or resources to other computers or users.	מארח
shame	Embarrassment, guilt, or a painful feeling of humiliation or disgrace	בושה
shaming	Humiliating, the act of publicly criticizing or condemning someone for their actions or characteristics.	השפלה
shelter	Refuge, protection, or a place that provides cover or protection from danger, weather, or harm.	מקלט
show up	Arrive, appear, or make an appearance, especially at a scheduled or expected time.	להופיע/להגיע
side	Aspect, perspective, or one of the two or more parties or factions involved in a particular situation or conflict.	צד
sign	Symbol, indicator, object that conveys a specific meaning or message.	סימן
signal	Indication, cue, or a gesture, sound, or action that serves as a means of communication or a command.	סימון
sink	go below the surface of a liquid or into a lower position or state.	לשקוע
slip	Slide, lose one's balance or footing unintentionally.	להחליק
smart	Intelligent, clever, or having or showing quick-witted intelligence or sharpness.	חכם
smooth	Even, level, or having a flat, regular surface without roughness or irregularities.	חלק
so did we/so have I/so is mine, etc.	Used to express agreement or confirmation of a statement or action mentioned by someone else.	כמוני כמוך
some kind of	A certain type of, a particular sort of	סוג של
somewhere around / between, etc.	Approximately, about, or close by	בסביבה
sound angry / happy / rude, etc.	Convey an impression of anger, happiness, rudeness, or other emotional or behavioral states through vocal expression.	נשמע..
speak about/of sth	Discuss, talk about, or communicate information, opinions, or ideas on a particular subject or topic.	לדבר אודות
special offer	Promotion, deal, or a discounted or exclusive opportunity or arrangement available for a limited time or specific group.	הצעה מיוחדת
speed	the rate at which something moves or operates.	מהירות
spill	Pour out, or accidentally cause a liquid or substance to flow or be discharged from its container.	לשפוך
spirit	temper or disposition of mind or outlook	גישה
spread	Distribute, extend over an area or range.	למרוח
stay	period of time you spend in a place	שהייה
strengthen	Reinforce, make something stronger or more resilient.	לחזק
strike	stop work	שביתה
strong	Powerful, having great physical or intellectual strength or force.	חזק
struggle	Battle, fight	מאבק
subway	Underground, metro, or an electric railway system located below ground level, usually in urban areas.	רכבת תחתית
suffer from sth	be affected by physical or mental pain, illness, or hardship.	לסבול מ..
super	Excellent, superb, or of exceptional quality, size, or intensity.	מעולה
swear	promise	להישבע
suspect	have reason to believe or suspect that someone is involved in something wrong or illegal.	לחשוד
switch	electrical on-off device	מתג
symbol	object, image, or idea used to represent or convey a specific meaning or concept.	סמל
table	chart	שולחן/ טבלה
take pleasure/pride/an interest, etc.	Enjoy, be proud of, or show enthusiasm or satisfaction in an activity, accomplishment, or topic.	
take sb's place	Substitute, replace, or assume someone else's position, role, or responsibility.	לתפוס את מקומו
tear	rip. separate or cause damage to something by pulling it apart forcefully or violently.	לקרוע
term	conditions, rules	תנאי
terminal	Final, concluding	סופי
that kind/sort of thing	Similar thing, similar category, or used to refer to a similar or related thing or situation.	מאותו סוג
that's it	That's all, that's the end, or used to indicate the completion or conclusion of something.	זהו זה

the following day / morning, etc.	Next day, subsequent day, or the day or morning that comes after a specific reference point or event.	למחרת
thief	Burglar, robber, or a person who steals	גנב
tight	Secure, fitting closely or firmly.	הדוק
tip	a useful piece of advice	עצה
tired of doing sth	Weary, fatigued, or feeling bored or frustrated by repeatedly engaging in a particular activity.	נמאס מ..
tiring	Fatiguing, exhausting, or causing fatigue or weariness.	מעייף
touch	Contact, feel, or make physical contact with someone or something.	מגע
tough	strong, or difficult to break or overcome.	קשיח
trade	industry, occupation, job	מקצוע
transfer	Move, shift, or relocate someone or something from one place to another.	להזיז
tribe	Clan, group, or a social unit consisting of people sharing common ancestry, culture, or beliefs.	שבט
trick	Deception, ploy, or a cunning or skillful act intended to deceive or amuse.	תרמית
turn (sb/sth) into sb/sth	Transform, convert, or change someone or something into a different form, state, or condition.	לשנות
underline	Emphasize, highlight	להדגיש
union	Association, alliance, or a group or organization formed by people with a common purpose or interest.	איחוד
use	the way a word is used; to say or write a particular word	שימוש
via	Through, by way of, or by means of a particular route, method, or channel.	דרך
victim	a person who is harmed, injured, or negatively affected by an event, action, or circumstance.	קורבן
warm	Heat, heat up, or make something or someone warmer or more comfortable.	לחמם
weakness	vulnerability, or a lack of strength or effectiveness in a particular area or aspect.	חולשה
wear (sth) out or wear out (sth)	Exhaust, use up, or cause something to become worn, damaged, or unusable due to continued use or friction.	להשתמש לעייפה
weather forecast	Weather prediction, weather report, or a statement or description of expected weather conditions.	תחזית
weigh	heaviness; consider carefully	לשקול
weird	Strange, odd, or unusual in a way that is difficult to explain or understand.	מוזר
whatever	Anything, any, or used to indicate a lack of preference or concern about a specific option or outcome.	לא משנה
Who cares?	What does it matter?, What difference does it make?, or an expression indicating a lack of interest or concern about something.	מה זה משנה
wise	Intelligent, knowledgeable, or having or showing good judgment or discernment.	חכם
wrap	Enclose, cover, or secure something by folding or winding material around it.	לעטוף
Yours sincerely	Formal closing, sincerely yours, or a polite and formal way to end a letter or message, expressing sincerity or good wishes.	שלך..
will	mental power	כוח רצון

Band III Core 1 List D		
(list D1- gray; list D2 - yellow; list D3 - blue)		
WORD	DEFINITION / SYNONYM	TRANSLATION
a little something	a small amount or quantity of something	מעט
aggressive	hostile, assertive, confrontational	אגרסיבי
air force	the branch of a country's military that conducts aerial warfare	חיל אוויר
alarm	a signal or device that warns or alerts people of danger or an emergency	אזעקה
all is well	everything is in a good condition	הכל טוב
all over the place	disorganized, chaotic, scattered	בכל מקום
ambassador	a diplomatic representative of one country sent to another country	שגריר
arrow	a mark (as on a map or signboard) to indicate direction	חץ
artistic	creative, imaginative, expressing skill or talent in the arts	אומנותי
at fault	responsible, to blame for something	נושא באשמה
bank	the rising ground bordering a lake, river, or sea	גדה
bank account	a personal or business account held at a bank for managing money	חשבון בנק
bargain	a deal or agreement made on favorable terms, often involving a lower price	מקח
base	a foundation or starting point; a military facility or headquarters	בסיס
bay	a permanent military installation	בסיס צבאי
be expecting (a baby)	anticipating the birth of a child, pregnant	מצפה לתינוק
believe it or not	used to introduce something surprising or hard to believe	לא יאומן
bell	a hollow metallic object that produces a ringing sound when struck	פעמון
bench	a long seat for multiple people	ספסל
blow up (sth/sb) or blow (sth/sb) up	to cause something or someone to explode or burst; to enlarge or inflate something	לפוצץ/ לנפח
boiled	cooked in boiling water or liquid	מורתח
brake	a device used to slow down or stop the motion of a vehicle	בלם
branch	a division or subdivision of an organization or a part of a tree	ענף
breast	the front part of the upper body	חזה
brick	a rectangular block of baked clay or other material used in construction	לבנה
bucket	a cylindrical container with a handle, used for carrying liquids or objects	דלי
bug	an insect or small creature, often considered a nuisance or harmful	חרק
bull	a male adult cow-like animal, often associated with strength and aggression	שור
bunch	a group or cluster of things or people	מקבץ
burst into tears	suddenly start crying loudly or uncontrollably	לפרוץ בבכי
bury	to place something or someone underground, to hide or conceal	לקבור
butcher	a person who cuts and sells meat; to slaughter or prepare meat for sale or consumption	קצב
cab	a taxi or a hired vehicle for transportation	מונית
cabin	a small, simple dwelling, typically found in rural or outdoor settings	תא
catalog/catalogue	a systematic list or record of items, often with descriptions and details	קטלוג
cave	a natural underground hollow space	מערה
certificate	an official document attesting to a qualification, completion, or achievement	תעודה
charge	to give an electric charge to, to supply energy	לטעון
check in/check out	to register arrival/departure at a hotel or airport; to record entry/exit	להרשם
Cheers!	an exclamation used to express good wishes or as a toast	לחיים
cold	unfriendly	לא ידידותי
collar	a band around the neck, often attached to clothing	קולר
crash	a sudden, violent collision; to collide forcefully	התנגשות
cross	a cruciform sign made to invoke the blessing of Christ	צלב
customs	the official department that regulates the import and export of goods	מכס

date	a social or romantic outing or appointment	פגישה
deck	a flat platform or surface on a ship	סיפון
defeat	to win against, overcome, or conquer; to cause someone to fail or be unsuccessful	להביס
devil	a supernatural being associated with evil or temptation	שד
diagram	a visual representation or chart that shows the relationship between different elements	תרשים
difficult	challenging, hard, not easy	קשה
dishonest	untruthful, deceitful, lacking honesty or integrity	לא ישר
disk	a flat, round, or cylindrical object, often used for storing or reading data	דיסק
divorce	to end a marital relationship	גירושין
Don't ask me!	an expression indicating a refusal to answer or provide information	אל תשאל אותי
Don't ask!	a command or request not to inquire about something	אל תשאל
dreadful	terrible, awful, causing fear or distress	מעורר אימה
drink	to consume alcoholic liquid, an alcoholic beverages	לשתות/ משקה
drive	to operate a vehicle or transport something by operating a vehicle	לנהוג
drop	to let something fall or be released from one's grasp or from a higher position	להשליך
drunk	intoxicated by alcohol	שיכור
elbow	the joint between the upper and lower arm	מרפק
engagement	a formal agreement to get married; a period of time when two people are committed to each other	אירוסין
explode	to burst or shatter violently, often with a loud noise or release of energy	להתפוצץ
fall in love	to develop strong romantic feelings for someone	להתאהב
fasten	to secure or attach something firmly or tightly	להדק
fly	a winged insect	זבוב
folk	people in general, especially those of a particular group or community	עם
fool	a person who lacks good judgment or behaves in a silly or senseless manner	אוויל
for fun or for the fun of it	doing something for enjoyment or amusement, without a serious purpose	בשביל הכיף
force	a body of persons or things available for a particular end	כוח
forehead	the part of the face above the eyes and below the hairline	מצח
forgetful	having a poor memory	שכחן
garage	a building or structure for housing vehicles or as a workshop for repairs	מוסך
gate	an area (as at a railroad station or an airport) for departure or arrival	שער
gentleman	a polite and well-mannered man	ג'נטלמן
get away with sth	to escape punishment or negative consequences	להתחמק
get in	to enter or arrive at a place or vehicle	להכנס
ghost	the spirit or soul of a deceased person that may appear or haunt the living	רוח רפאים
giant	an extremely large or tall person or creature	ענק
grow tired/old/calm, etc.	to gradually develop or experience a specific state or condition	
hang about/around	to spend time idly without a specific purpose	להתבטל
hang out	to spend time with someone casually or regularly; to relax or socialize	לבלות זמן
harbor	a sheltered area of water where ships can anchor; to provide refuge or protection	נמל
heaven	a place or state of eternal happiness or bliss, often associated with religious belief	גן עדן
heel	the back part of the foot below the ankle; the high part of a shoe's sole	עקב
hell	a place or state of suffering, punishment, or turmoil	גהנום
horror	a feeling of extreme fear, shock, or disgust	זוועה
hunt	to pursue with intent to capture	מרדף
hurry up sb/sth or hurry sb/sth up	to move or make someone or something move quickly or more quickly	למהר

hut	a small, simple, often temporary shelter or dwelling	בקתה
immoral	not conforming to accepted moral standards; unethical	לא מוסרי
in tears	crying or weeping, often due to sadness or distress	בבכי
initial	first/ the first letter or letters of a name or word	תחילית
insult	an offensive or disrespectful remark or action	עלבון
insurance	a contract in which an individual or entity pays a premium to protect against financial losses or risks	ביטוח
iron	a strong, magnetic metal; to use heat and pressure to remove wrinkles or creases from fabric	ברזל/מגהץ
jog	to run at a slow and steady pace; a slow, steady run for exercise or fitness	ריצת כושר
jump	to make a sudden movement (in fright)	להיבהל
jury	a group of individuals selected to hear and decide the facts of a legal case	חבר מושבעים
knit	to create fabric by interlocking loops of thread using knitting needles	לסרוג
laser	a device that emits a focused beam of light, often used for cutting, surgery, or reading optical discs	לייזר
lead	to be first in or among	להוביל
learning	the process of acquiring knowledge, skills, or understanding through study, experience, or teaching	למידה
lightning	a sudden, powerful discharge of electricity accompanied by a flash of light in the sky	ברק
literary	relating to literature or the writing, study, or appreciation of literature	ספרותי
loaf	a shaped mass of bread that is baked	כיכר
loose	not firmly or tightly fixed in place; not strict or confined	רופף
lover	sexual partner, fan	מאהב
madam	a polite and formal term of address for a woman	גברת
magnificent	extremely beautiful, elaborate, or impressive	מרהיב
make	to bring into existence or create; to cause to happen or occur	לעשות
marriage	the legally or formally recognized union of two people as partners in a personal relationship	נישואים
mask	a covering for the face, often worn for protection, disguise, or ceremonial purposes	מסיכה
mate	a partner, companion, or spouse; to join or connect together	רע
mess	a disorderly or untidy state; a group of people who eat together	ערבוביה
mineral water	water containing minerals or dissolved substances, often consumed for its perceived health benefits	מים מינרליים
mix up sb/sth or mix sb/sth up	to confuse or scramble the order or arrangement of someone or something	לערבב/ לבלבל
monster	a large, often imaginary creature that is typically frightening or dangerous	מפלצת
moral	relating to principles of right and wrong behavior; ethical	מוסרי
naked	not wearing any clothes; exposed or unprotected	ערום
nasty	highly unpleasant, offensive, or disgusting	מרושע
navy	the branch of a nation's armed forces that operates at sea	צי
neat	tidy, well-organized, or clean; skillful or efficient	נקי ומסודר
next door	in or at the adjacent or neighboring place or location	שכן
not believe your eyes/ears	to be astonished about something one has seen or heard	לא להאמין
nut	a hard-shelled fruit or seed; a mentally unstable or eccentric person	אגוז/ משוגע
on a diet	following a prescribed eating plan to control or reduce body weight	בדיאטה
on board	present or involved in a particular activity or undertaking	בעניין
on display	placed or exhibited for public viewing	מוצג
on duty/off duty	actively working or available for work/not working or available for work	בתפקיד
orchestra	a large group of musicians playing various instruments together	תזמורת
pack	to put items into a container or bag for transport or storage; a group of items wrapped or tied together	אריזה/ לארוז

painful	causing physical or emotional pain or distress	מכאיב
pale	light in color or shade; lacking color or intensity	חיוור
passage	connecting way (e.g., hallway, tunnel)	מעבר
pavement	a hard, paved surface, typically for pedestrians or vehicles	מדרכה
peak	the pointed top of a mountain or hill; the highest point or level	פסגה
penalty	a punishment imposed for breaking a law, rule, or agreement	עונש
pill	a small round mass of solid medicine for swallowing whole	גלולה
pin	a thin piece of metal with a sharp point at one end	פין
pity	feeling sorrow or compassion for someone's suffering	רחמים
pork	meat from a pig, usually used as food	חזיר
pray	to communicate with a deity or higher power, often through words of praise, request, or thanks	תפילה
pregnant	having a child or offspring developing in the womb; expecting a baby	בהריון
priest	a person ordained for religious duties, typically within a specific faith or belief system	כומר
propose	suggest marriage	להציע נישואים
pump	a mechanical device for moving fluids or gases by pressure or suction	משאבה
queue	a line of people or vehicles waiting their turn	תור
racket	a loud, harsh noise; an illegal or dishonest scheme or activity	רעש חזק/תרמית
rainbow	a meteorological phenomenon that produces a spectrum of colors in the sky, often seen after rain	קשת בענן
range	the distance between limits	טווח
refund	the repayment of money previously paid	החזר
regards	greetings, good wishes, or respect expressed towards someone	בברכה
republic	a form of government where power rests with the citizens or their elected representatives	רפובליקה
resort	a place or facility designed for relaxation, recreation, or vacation	אתר נופש/ שימוש
rob	to take property unlawfully or by force; to steal from	לשדוד
romantic	characterized by an idealized view of love or an emphasis on emotional feelings	רומנטי
rope	a strong cord or twine made of fibers twisted or braided together	חבל
rub out sth or rub sth out	to erase, remove, or obliterate something by rubbing or wiping	למחות
rubber	a flexible and elastic material derived from the sap of certain plants or made synthetically; an eraser	גומי
rubbish	waste material, garbage, or worthless or unwanted things	אשפה
rude	displaying a lack of manners, consideration, or respect for others	חצוף
scandal	an event, action, or behavior that causes public outrage or controversy	שערוריה
scratch	to mark or damage the surface of something by a sharp object	לשרוט
sculpture	a three-dimensional work of art created by shaping or carving materials such as stone, wood, or metal	פסל
see off sb or see sb off	to accompany someone to their departure point, often saying goodbye	
selfish	concerned primarily with one's own interests or benefits	אנוכי
separate	to divide or disconnect into distinct parts or entities	להפריד
sex	sexual activity or intercourse, making love	מין/ יחסי מין
shade	a darkened area or protective cover from sunlight	צל
shake your head	to move one's head from side to side as a gesture to indicate disagreement, disbelief, or disapproval	לנענע את הראש
shave	to remove hair from the body using a razor or similar tool	להתגלח
shore	the land along the edge of a body of water	חוף
show sb around / round	to guide or give a tour to someone, usually in a new place or location	להדריך
shut (sb) up	to silence someone or make them stop talking	להשתיק
sidewalk	a paved walkway alongside a road or street, typically for pedestrians	מדרכה

sigh	to emit a deep breath accompanied by a sound, often indicating relief, tiredness, or resignation	אנחה
silk	a fine and lustrous natural fiber produced by certain insect larvae, often used to make fabric	משי
sit up/stand up straight	to assume an upright and erect posture while sitting or standing	לשבת/ לעמוד זקוף
slave	a person who is legally owned by another and forced to work without personal freedom or rights	עבד
sleeve	the part of a garment that covers the arm	שרוול
sore	painful, tender, or inflamed, often as a result of injury or illness	כואב
split up	to separate or break apart, usually referring to the end of a romantic or interpersonal relationship	להתפצל/ להיפרד
sportsman	a person who engages in or is skilled in sports or athletic activities	ספורטאי
spot	to see, notice, or identify something or someone	סימן/ כתם/ להבחין
spy	a person employed to secretly collect information or observe others without their knowledge	מרגל
squeeze	to apply pressure or force to compress or extract something, often between two surfaces	ללחוץ
stare	to look fixedly or intently at someone or something, often with a prolonged gaze	לבהות
stay over	to spend the night or stay overnight at a place	להשאר ללון
stay up	to remain awake or not go to bed at the usual or expected time	להשאר ער
steep	having a sharp or high slope or incline	תלול
step back / forward / over, etc.	to move one's foot or body in a specified direction or manner	לנוע
step on/in sth	to accidentally place one's foot or body weight onto something	לדרוך
stick	short branch, rod	מקל/ לדבוק
strangely enough	surprisingly or unexpectedly	באופן מפתיע
stream	a small, narrow river	זרם
stretch	to extend or lengthen by pulling	למתוח
strict	rigidly enforcing rules or regulations; demanding precise conformity	קפדני
string	a thin cord or thread, often made of twisted fibers, thin rope	חוט/ רצף אירועים
stripe	a long, narrow band or line of contrasting color or texture	פס
suit	to be appropriate or well-suited for someone or something	חליפה/ מתאים
swear	curse, to use profane or offensive language	לקלל
sweep	to clean or clear a surface or area using a broom or brush; to move swiftly or extensively across an area	לטאטא
sword	a weapon with a long metal blade and a hilt or handle	חרב
tail	a long, narrow part extending from the back of an animal or object	חרב
take a risk	to engage in an action or venture that involves potential danger, uncertainty, or loss	לקחת סיכון
take sb out or take out sb	to escort or accompany someone on a social outing or date; to eliminate or kill someone	לצאת/ לחסל
tap	to strike or touch lightly or gently; a device for controlling the flow of liquid or gas from a pipe	ברז/ לנקוש
temple	a building or place of worship or religious significance; the flat region on the side of the head	מקדש/רכה
territory	an area of land or region under the jurisdiction or control of a particular government, ruler, or animal	אזור
terror	an intense feeling of fear, often associated with a perceived threat or danger; extreme violence or brutality	אימה/ טרור
tie sb/sth up or tie up sb/sth	to bind or secure someone or something using ropes, cords, or restraints	לקשור
tournament	a series of contests or competitions, often in sports or games, to determine a champion	תחרות
track	a course laid out especially for racing	מסלול/ להתחקות

tragedy	a disastrous or unfortunate event or situation; a genre of dramatic literature characterized by serious and somber themes	טרגדיה
triangle	a geometric shape with three sides and three angles	משולש
tube	a long, hollow cylindrical object or container	שפורפרת
undressed	not wearing clothes or not fully clothed; not adorned or covered	להתפשט
unpack	to remove items from a suitcase, bag, or container	לפרוק
van	a large enclosed vehicle used for transporting goods or people	
verse	a line of poetry; a stanza or grouping of lines in a poem	בית בשיר
weapon	an object or device designed or used for inflicting harm or injury	נשק
web	a network of interconnected threads or fibers	כורי עכביש
wheat	a cereal grain widely cultivated for its edible seeds, used in making flour and other food products	חיטה