

EMPOWER

Intermediate wordlist

Unit numb	Page	ENGLISH	PoS	Definition	Pronunciation (UK)	Example
1	152	argue	<i>verb</i>	to speak angrily to someone, telling them that you disagree with them	'ɑ:gju:	<i>I try not to argue with my boss – even when he's wrong!</i>
1	153	awful	<i>adj</i>	very bad, of low quality, or unpleasant	'ɔ:fəl	<i>The food in that restaurant was absolutely awful.</i>
1	153	boiling	<i>adj</i>	very hot	'bɔɪlɪŋ	<i>It was absolutely boiling in Greece.</i>
1	153	brilliant	<i>adj</i>	very good	'brɪliənt	<i>He's brilliant at playing the piano.</i>
1	152	complain	<i>verb</i>	to say that something is wrong or that you are annoyed about something	kəm'pleɪn	<i>Are you going to complain about the terrible food?</i>
1	153	delicious	<i>adj</i>	If food or drink is delicious, it smells or tastes extremely good.	dɪ'lɪʃəs	<i>That cake is delicious! Could I have some more, please?</i>
1	152	encourage	<i>verb</i>	to make someone more likely to do something, or make something more likely to happen	ɪn'kʌrɪdʒ	<i>She encouraged me to apply for the job.</i>
1	13	enormous	<i>adj</i>	extremely large	ɪ'nɔɪməs	<i>That cake's absolutely enormous.</i>
1	13	exhausted	<i>adj</i>	very tired	ɪg'zɔ:stɪd	<i>I'm absolutely exhausted!</i>
1	8	express feelings	<i>phrase</i>	to show your emotions	ɪkspres 'fi:lɪŋz	<i>They express their feelings and opinions directly, and aren't afraid to say how they feel.</i>
1	8	face-to-face, face to face	<i>adj, adv</i>	directly, meeting someone in the same place	feɪs tə 'feɪs	<i>Baby Boomers definitely prefer face-to-face communication.</i>
1	13	fantastic	<i>adj</i>	very good	fæn'tæstɪk	<i>We had a fantastic holiday.</i>
1	153	filthy	<i>adj</i>	extremely dirty	'fɪlði	<i>Your T-shirt's filthy! Put it in the washing machine.</i>
1	13	freezing	<i>adj</i>	very cold	'fri:zɪŋ	<i>I went for a swim in the river and the water was absolutely freezing.</i>

1	153	furious	<i>adj</i>	extremely angry	'fjuəriəs	<i>I was furious when I found out he'd read my private diary!</i>
1	8	give a presentation	<i>phrase</i>	to give a talk giving information about something	giv ə prezən'teɪʃən	<i>I don't want to give a presentation.</i>
1	8	give opinions	<i>phrase</i>	to say what you think about something	giv ə'pɪnjənz	<i>Bloggers write articles that give their opinions about things.</i>
1	152	greet	<i>verb</i>	to welcome someone	gri:t	<i>We were greeted at the airport by the Minister of Tourism.</i>
1	13	impossible	<i>adj</i>	If an action or event is impossible, it cannot happen or be done.	ɪm'pɒsɪbl	<i>It's impossible! I'll never get it right.</i>
1	152	insist	<i>verb</i>	to demand that something must be done or that you must have a particular thing	ɪn'sɪst	<i>I said I would take a taxi to the airport but they insisted on driving me in their car.</i>
1	8	interview	<i>verb</i>	to ask someone questions in an interview	'ɪntəvju:	<i>The politician was interviewed by a journalist from 'The Times'.</i>
1	8	keep in touch	<i>phrase</i>	to continue to communicate with someone by telephoning or writing to them	ki:p ɪn 'tʌtʃ	<i>Let's keep in touch.</i>
1	153	miserable	<i>adj</i>	unhappy	'mɪzərəbl	<i>Why do you look so miserable?</i>
1	152	persuade	<i>verb</i>	to make someone agree to do something by talking to them a lot about it	pə'sweɪd	<i>She's trying to persuade me to go on holiday with her.</i>
1	8	speak in public	<i>phrase</i>	to give a talk to people you do not know	spi:k ɪn 'pʌblɪk	<i>When did you last speak in public?</i>
1	8	tell a joke	<i>phrase</i>	to say something to make people laugh, usually a short story with a funny ending	tel ə 'dʒəʊk	<i>Can you tell a joke?</i>
1	13	tiny	<i>adj</i>	extremely small	'tɪni	<i>There are only seven houses in my village – it's absolutely tiny.</i>
1	13	useless	<i>adj</i>	of low quality	'ju:sləs	<i>This book's useless!</i>
2	23	app	<i>noun</i>	abbreviation for application: a computer program that is designed for a particular purpose	æp	<i>She downloaded some apps.</i>
2	21	apply for sth	<i>verb</i>	to ask officially for something, especially a job	ə'plai fɔ:	<i>Hundreds of people applied for the job.</i>
2	21	be in charge of	<i>phrase</i>	to be the person who has control of or is responsible for someone or something	bi: ɪn 'tʃɑ:dʒ əv	<i>I'm in charge of a small team.</i>
2	23	browse	<i>verb</i>	to look at information on the internet	braʊz	<i>She spends a lot of time browsing the internet.</i>
2	23	browser	<i>noun</i>	a computer program which allows you to look at pages on the internet	'braʊzə	<i>Which browser do you use?</i>

2	23	button	<i>noun</i>	a switch that you press to control a piece of equipment	'bʌtən	<i>Press the button.</i>
2	21	candidate	<i>noun</i>	one of the people trying to get a job	'kændɪdət	<i>Only six candidates were invited for an interview.</i>
2	21	career	<i>noun</i>	a job that you do for a long period of your life and that gives you the chance to move to a higher position and earn more money	kə'riə	<i>It's hard to balance family life and a career.</i>
2	23	click	<i>verb</i>	to press on part of a computer mouse to make the computer do something	klɪk	<i>I opened one of the emails to click on the 'unsubscribe' link.</i>
2	23	connect	<i>verb</i>	to join two things or places together	kə'nekt	<i>Is there a way to connect to the internet?</i>
2	21	contact	<i>noun</i>	someone you know who may be able to help you because of their job or position	'kɒntækt	<i>I've got a lot of business contacts who work for employers in different countries.</i>
2	21	creative thinking	<i>phrase</i>	the ability to think about things in a new and imaginative way	kri:etɪv 'θɪŋkɪŋ	<i>We're very interested in your creative thinking and your problem-solving skills.</i>
2	21	CV	<i>noun</i>	a document which describes your qualifications and the jobs you have done, which you send to an employer that you want to work for	si:'vi:	<i>I've got good grades but I haven't got much experience to put on my CV.</i>
2	23	delete	<i>verb</i>	to remove something, especially from a computer's memory	dɪ'li:t	<i>He deleted the email.</i>
2	23	download	<i>verb</i>	to copy computer programs, music or other information electronically using the internet	daʊn'ləʊd	<i>She downloaded some apps.</i>
2	21	employee	<i>noun</i>	someone who is paid to work for a person or company	ɪm'plɔɪi:	<i>There are 200 employees in this organisation.</i>
2	21	employer	<i>noun</i>	a person or company that pays people to work for them	ɪm'plɔɪə	<i>I've got a lot of business contacts who work for employers in different countries.</i>
2	21	experience	<i>noun</i>	knowledge that you get from doing a job, or from doing, seeing, or feeling something	ɪk'spɪəriəns	<i>Climbing experience is needed for this job.</i>
2	21	friendly personality	<i>phrase</i>	Someone with a friendly personality is always friendly to other people.	frendli pɜ:sən'æləti	<i>We are looking for soft skills such as a friendly personality.</i>
2	21	grades	<i>plural noun</i>	the marks you get in your exams or school work	ɡreɪdz	<i>I've got good grades but I haven't got much experience to put on my CV.</i>

2	23	icon	<i>noun</i>	a small picture on a computer screen that you choose in order to make the computer do something	'aɪkən	<i>Click on the icon.</i>
2	23	install	<i>verb</i>	to put software onto a computer	ɪn'stɔ:l	<i>He installed the app on his phone.</i>
2	21	interview	<i>noun</i>	a meeting in which someone asks you questions to see if you are suitable for a job or course	'ɪntəvju:	<i>Only six candidates were invited for an interview.</i>
2	21	knowledge	<i>noun</i>	information and understanding that you have in your mind	'nɒlɪdʒ	<i>I'm proud of my practical skills and medical knowledge.</i>
2	23	password	<i>noun</i>	a secret word that allows you to do something, such as use your computer	'pɑ:swɜ:d	<i>You need to type your password.</i>
2	21	positive attitude	<i>phrase</i>	If you have a positive attitude, you feel happy about things and believe they will work out well.	pəʒətɪv 'ætɪtju:d	<i>I have a positive attitude towards my work.</i>
2	21	practical skills	<i>phrase</i>	the ability to do things that are useful in real situations	'præktɪkəl skɪlz	<i>Maybe your knowledge and practical skills aren't right for the job.</i>
2	23	press	<i>verb</i>	to push something firmly	pres	<i>Press the button.</i>
2	21	problem-solving	<i>noun</i>	being able to find answers to problems	'prɒbləm sɒlvɪŋ	<i>We're very interested in your creative thinking and your problem-solving skills.</i>
2	21	self-confidence	<i>noun</i>	being sure about yourself and your abilities	self'kɒnfɪdəns	<i>He doesn't have much self-confidence.</i>
2	23	share	<i>verb</i>	to allow someone to use or have something that belongs to you	ʃeə	<i>She shared the photos online.</i>
2	21	skills	<i>plural noun</i>	the things you are able to do	skɪlz	<i>Do you have the right skills for the job?</i>
2	21	team	<i>noun</i>	a group of people who work together to do something	ti:m	<i>I work well in a team.</i>
2	23	text message	<i>noun</i>	a written message, usually containing words with letters left out, sent from one mobile phone to another	'tekst mesɪdʒ	<i>She sent me a text message.</i>
2	23	turn off	<i>verb</i>	to move the switch on a machine, light, etc so that it stops working	tɜ:n 'ɒf	<i>Please turn off your phones.</i>
2	23	turn on	<i>verb</i>	to move the switch on a machine, light, etc so that it starts working	tɜ:n 'ɒn	<i>How do you turn on this computer?</i>
2	23	type	<i>verb</i>	to write something using a keyboard	taɪp	<i>I typed my password.</i>

2	23	upload	verb	to copy computer programs or information electronically, usually from a small computer to a larger one or to the internet	ʌp'ləʊd	<i>He uploaded some photos.</i>
2	23	username	noun	a name or other word that you sometimes need to use together with a password before you can use a computer on the internet	'ju:zəneɪm	<i>Type your username and password.</i>
3	32	background	noun	a person's education, family, and experience of life	'bækgraʊnd	<i>Most of my friends come from the same background as me.</i>
3	36	bring sb up	verb	to look after a child and teach them until they are old enough to look after themselves	briŋ 'ʌp	<i>My grandmother brought me up, so I'm very close to her.</i>
3	35	childhood	noun	the part of your life when you are a child	'tʃaɪldhʊd	<i>I spent all my childhood in Malta.</i>
3	36	cut sth off	verb	to cut something so that it is no longer attached to something else	kʌt 'ɒf	<i>We saw that we'd both cut all our hair off!</i>
3		elder	noun	an important, respected, older member of a group	'eldə	
3		eldest	adj	being the oldest of three or more people, especially within a family	'eldɪst	
3	32	friendship	noun	when two people are friends	'frendʃɪp	<i>My longest friendship started when I was at primary school.</i>
3	35	generation	noun	all the people in a society or family who are approximately the same age	dʒenə'reɪʃən	<i>I've just become a grandmother, so there are now three generations in our family!</i>
3	32	get on with sb	verb	to like someone and be friendly with them	get 'ɒn wɪð	<i>I generally get on with people of all different ages.</i>
3	32	get to know sb	phrase	to become familiar with someone because you have met them and talked to them	get tə 'nəʊ	<i>I think you can only get to know people well when you live with them.</i>
3	36	get together	verb	to meet in order to do something or spend time together	get tə'geðə	<i>We usually speak on the phone two or three times a day, and we get together as often as we can.</i>
3	36	grow apart	verb	to become less friendly	grəʊ ə'pa:t	<i>We didn't use to argue much, but in our teenage years we started to grow apart.</i>
3	36	grow up	verb	to become older or an adult	grəʊ 'ʌp	<i>As we grew up, we created our own identities.</i>
3	36	hang out	verb	to spend time with someone	hæŋ 'aʊt	<i>We wanted to hang out with each other more.</i>

3	32 have sth in common	phrase	to share interests, experiences, or other characteristics with someone or something	hæv ɪn 'kɒmən	<i>My friends and I like the same music but that's the only thing we have in common.</i>
3	32 keep in touch	phrase	to continue to communicate with someone by telephoning or writing to them	ki:p ɪn 'tʌtʃ	<i>I'm not very good at keeping in touch with friends who live far away.</i>
3	35 middle child	noun	a child who has a younger and an older brother or sister	mɪdl 'tʃaɪld	<i>I'm the middle child in our family.</i>
3	36 mix sth/sb up	verb	to confuse two people or things by thinking that one person or thing is the other person or thing	mɪks 'ʌp	<i>We looked so similar – our parents used to mix us up.</i>
3	35 nephew	noun	the son of your brother or sister, or the son of your husband's or wife's brother or sister	'nefju:	<i>My brother has got a son and a daughter, so I've got a nephew and a niece.</i>
3	35 niece	noun	the daughter of your brother or sister, or the daughter of your husband's or wife's brother or sister	ni:s	<i>My brother has got a son and a daughter, so I've got a nephew and a niece.</i>
3	35 only child	noun	someone who has no brothers or sisters	'əʊnli tʃaɪld	<i>I haven't got any brothers or sisters, so I'm an only child.</i>
3	32 personality	noun	the way you are as a person	pɜ:sən'æləti	<i>Your personality type influences your friendships, your relationships and your career.</i>
3	35 raise	verb	to look after and educate a child until they have become an adult	reɪz	<i>Helena has given up work to stay at home and raise her young children.</i>
3	32 relationship	noun	the way two people or groups feel and behave towards each other	rɪ'leɪʃənʃɪp	<i>I have a good relationship with my cousins.</i>
3	32 relative	noun	a member of your family	'relətv	<i>A lot of my relatives live in the same town as I do.</i>
3	36 ring sb up	verb	to call someone on the telephone	rɪŋ 'ʌp	<i>My parents ring me up every Sunday night for a chat.</i>
3	32 sense of humour	noun	the ability to understand funny things and to be funny yourself	sens əv 'hju:mə	<i>I can be friends with anyone who has the same sense of humour as me.</i>
3	32 shared interests	phrase	If people have shared interests, they are interested in the same things or enjoy doing the same things.	ʃeəd 'ɪntrəsts	<i>I have shared interests with most of my close friends.</i>
3	32 stranger	noun	someone you have never met before	'streɪndʒə	<i>I don't like it when strangers start talking to me.</i>
3	32 support	noun	help or encouragement	sə'pɔ:t	<i>I don't need emotional support from my friends.</i>

3	36	take after	verb	to be similar to an older member of your family	teɪk 'ɑːftə	<i>I think I mainly take after my dad.</i>
3	35	twin	noun	one of two children who are born to the same mother at the same time	twɪn	<i>What's it like to have a twin?</i>
4	44	ability	noun	the physical or mental skill or qualities that you need to do something	ə'bɪlɪti	<i>She has the ability pass exams without even trying.</i>
4	44	achievement	noun	something good that you achieve	ə'tʃiːvmənt	<i>Learning French was a big achievement for me.</i>
4	49	active	adj	doing a lot of things, or moving around a lot	'æktɪv	<i>Extroverts are active and lively.</i>
4	47	amused	adj	showing that you think something is funny	ə'mjuːzd	<i>I thought Clare would like the picture, but she wasn't amused.</i>
4	47	amusing	adj	making you laugh or smile	ə'mjuːzɪŋ	<i>It was an amusing story.</i>
4	47	bored	adj	feeling tired and unhappy because something is not interesting or because you have nothing to do	bɔːd	<i>I was a bit bored by all the stuff about business.</i>
4	47	boring	adj	not interesting or exciting	'bɔːrɪŋ	<i>Everyone who thinks that introverts are depressed or boring should read this book.</i>
4	44	bright	adj	intelligent	braɪt	<i>These kids are very bright.</i>
4	44	brilliant	adj	very good	'brɪliənt	<i>He's brilliant at playing the piano.</i>
4	44	confident	adj	certain about your ability to do things well	'kɒnfɪdənt	<i>It's good to be confident!</i>
4	47	depressed	adj	very unhappy, often for a long time	dɪ'prest	<i>Everyone who thinks that introverts are depressed or boring should read this book.</i>
4	7	depressing	adj	making you feel unhappy and without any hope for the future	dɪ'presɪŋ	<i>Some people find winter depressing but I like it.</i>
4	44	determined	adj	wanting to do something very much, and not letting anyone stop you	dɪ'tɜːmɪnd	<i>She was determined to work on TV.</i>
4	47	disappointed	adj	unhappy because someone or something was not as good as you hoped or expected, or because something did not happen	dɪsə'pɔɪntɪd	<i>I was disappointed that Susan Cain only writes about society in the USA.</i>
4	47	disappointing	adj	making you feel disappointed	dɪsə'pɔɪntɪŋ	<i>Everyone says the new restaurant is very good but I thought it was very disappointing.</i>
4	47	fascinated	adj	extremely interested	'fæsnɪeɪtɪd	<i>Japan is a wonderful country. I'm fascinated by the culture.</i>

4	47	fascinating	adj	extremely interesting	'fæsnɪetɪŋ	<i>This is the most fascinating book I've read for a long time.</i>
4	44	give up	verb	to stop doing something	ɡɪv 'ʌp	<i>He thought the course was too easy, so he gave up after six months.</i>
4	44	good at	phrase	able to do something well	'ɡʊd ət	<i>She is good at making friends.</i>
4	44	intelligent	adj	able to learn and understand things easily	ɪn'telɪdʒənt	<i>She was very intelligent and did well at school.</i>
4	47	interested	adj	wanting to do, get, or achieve something	'ɪntrəstɪd	<i>Jo and I are going to a concert next week. Are you interested?</i>
4	47	interesting	adj	Someone or something that is interesting keeps your attention because they are unusual, exciting, or have lots of ideas.	'ɪntrəstɪŋ	<i>I found the ideas very interesting.</i>
4	49	lively	adj	full of energy and interest	'laɪvli	<i>Extroverts are active and lively.</i>
4	44	positive attitude	phrase	If you have a positive attitude, you feel happy about things and believe they will work out well.	pəʒətɪv 'ætɪtjuːd	<i>It's important to have a positive attitude towards your work.</i>
4	47	relaxed	adj	feeling happy and comfortable because nothing is worrying you	rɪ'lækst	<i>The service in this restaurant is always friendly and relaxed.</i>
4	47	relaxing	adj	making you feel relaxed	rɪ'læksɪŋ	<i>There was a relaxing atmosphere in the restaurant, with plenty of space.</i>
4	47	satisfied	adj	pleased because you have got what you wanted, or because something has happened in the way that you wanted	'sætɪsfɑɪd	<i>We weren't satisfied with his explanation.</i>
4	47	satisfying	adj	making you feel pleased because you have got what you wanted, or because something has happened in the way that you wanted	'sætɪsfɑɪɪŋ	<i>It's so satisfying when you manage to take the photo at just the right moment.</i>
4	49	sensitive	adj	easily upset by the things people say or do	'sensɪtɪv	<i>Introverts are shy and sensitive.</i>
4	49	shy	adj	not confident, especially about meeting or talking to new people	ʃaɪ	<i>Introverts are shy and sensitive.</i>
4	49	sociable	adj	Someone who is sociable enjoys being with people and meeting new people.	'səʊjəbl	<i>It's good to be sociable!</i>
4	44	success story	noun	something or someone that achieves great success, often by making a lot of money	sək'ses stɔːri	<i>Getting that job was the beginning of her success story.</i>
4	44	successful	adj	having achieved a lot or made a lot of money through your work	sək'sesfəl	<i>Oprah Winfrey is a successful TV presenter in the USA.</i>

4	44	talented	adj	showing natural ability in a particular area	'tæləntɪd	<i>I'm not very talented at art.</i>
4	49	talkative	adj	A talkative person talks a lot.	'tɔ:kətɪv	<i>Students and employees are expected to be confident and talkative.</i>
4	47	terrified	adj	very frightened	'terəfaɪd	<i>When I saw the spider on my leg I was terrified!</i>
4	47	terrifying	adj	making you very frightened	'terəfaɪɪŋ	<i>I thought the plane was going to crash. It was terrifying!</i>
5	155	bay	noun	an area of coast where the land curves in	beɪ	<i>They sailed into the bay.</i>
5	60	branch	noun	one of the many parts of a tree that grows out from its trunk	brɑ:ntʃ	<i>This is an Indian leaf butterfly, sitting on the branch of a tree.</i>
5	155	cave	noun	a large hole in the side of a cliff, mountain, or under the ground	keɪv	<i>It was completely dark inside the cave.</i>
5	56	climate change	noun	the way the Earth's weather is changing	'klaɪmət tʃeɪndʒ	<i>Do most people in your country care enough about climate change?</i>
5	155	coast	noun	the land beside the sea	kəʊst	<i>Miami has endless sandy beaches along the coast.</i>
5	56	conservation	noun	the protection of nature	kənsə'veɪʃən	<i>There are several conservation projects in this area.</i>
5	154	creature	noun	anything that lives but is not a plant	'kri:tʃə	<i>Fortunately, there are several conservation projects working to save this beautiful creature.</i>
5	56	damage	verb	to harm or break something	'dæmɪdʒ	<i>Have new roads and buildings damaged the environment near you?</i>
5	155	desert	noun	a large, hot, dry area of land with very few plants	'dezət	<i>This lizard lives in the desert in Australia.</i>
5	154	destroy	verb	to damage something so badly that it does not exist or cannot be used	dɪ'strɔɪ	<i>If we're not careful, the home of the orang utan will be completely destroyed.</i>
5	56	endangered	adj	Endangered plants and animals may soon not exist because there are very few now alive.	ɪn'deɪndʒəd	<i>Unfortunately, the orang utan is endangered.</i>
5	56	environment	noun	the air, land and water where people, animals and plants live	ɪn'vaɪrənmənt	<i>What can ordinary people do to help the environment?</i>
5	56	environmentally friendly	adj	not damaging the environment	ɪnvaɪə'rənməntəli 'frendli	<i>We try to be environmentally friendly.</i>
5	60	feather	noun	one of the soft, light things that grow from and cover a bird's skin	'feðə	<i>When the snow melts, the bird's feathers change colour.</i>

5	155	forest	<i>noun</i>	a large area of trees growing closely together	'fɒrɪst	<i>It takes quite a long time for forests to recover if they've already been cut down.</i>
5	60	fur	<i>noun</i>	the thick hair that covers the bodies of some animals like cats and rabbits	fɜː	<i>Polar bears have white fur.</i>
5	155	lake	<i>noun</i>	a large area of water which has land all around it	leɪk	<i>It's just not pleasant to swim in rivers and lakes that have plastic bags floating in them.</i>
5	60	leaf	<i>noun</i>	a flat, green part of a plant that grows from a stem or branch	liːf	<i>This butterfly looks like a leaf.</i>
5	154	limit	<i>verb</i>	to control something so that it is less than a particular amount or number	'lɪmɪt	<i>The government needs to limit the number of cars and factories.</i>
5	154	local	<i>adj</i>	relating to an area near you	'ləʊkəl	<i>We can't do anything without the support of the local people.</i>
5	155	national park	<i>noun</i>	a large area of park for use by the public, usually an area of special beauty	næʃənəl 'pɑːk	<i>The wildlife in the national park is amazing.</i>
5	154	natural	<i>adj</i>	Something that is natural exists or happens because of nature, not because it was made or done by people.	'nætʃərəl	<i>Some people say that the melting ice is natural – that human beings are not causing climate change.</i>
5	155	ocean	<i>noun</i>	one of the five main areas that the sea is divided into	'əʊʃən	<i>There are five oceans in the world.</i>
5	60	paw	<i>noun</i>	the foot of certain animals, such as cats and dogs	pɔː	<i>Polar bears can easily run up to other animals and attack with their huge paws.</i>
5	60	petal	<i>noun</i>	one of the thin, flat, coloured parts on the outside of a flower	'petəl	<i>This bee orchid looks exactly like it has a real bee resting on its petals.</i>
5	56	pollution	<i>noun</i>	damage caused to water, air, etc by harmful substances or waste	pə'luːʃən	<i>Is air pollution a problem where you live?</i>
5	56	prevent	<i>verb</i>	to stop something happening or to stop someone doing something	prɪ'vent	<i>How can we prevent air pollution?</i>
5	56	protect	<i>verb</i>	to keep someone or something safe from something dangerous or bad	prə'tekt	<i>We are trying to protect these animals.</i>
5	155	rainforest	<i>noun</i>	a forest with a lot of tall trees where it rains a lot	'reɪnfɒrɪst	<i>Are you going to work in the rainforests?</i>
5	56	recycle	<i>verb</i>	to put used paper, glass, plastic, etc through a process so that it can be used again	riː'saɪkl	<i>We recycle all our glass and paper.</i>

5	155	river	<i>noun</i>	a long, natural area of water that flows across the land and into a sea, lake, or another river	'rɪvə	<i>He took me to an old boat on the river.</i>
5	56	save	<i>verb</i>	to stop someone or something from being killed or destroyed	seɪv	<i>We want to save these wildlife areas.</i>
5	60	scales	<i>plural noun</i>	the flat pieces of hard material that cover the skin of fish and snakes	skeɪlz	<i>Many fish can change the colour of their scales instantly to match their background.</i>
5	155	sea	<i>noun</i>	a large area of salt water	siː	<i>Did you have to do some training before you went in the sea?</i>
5	60	skin	<i>noun</i>	the outer layer of a person or animal's body	skɪn	<i>Polar bears have layers of fat under their skin.</i>
5	154	species	<i>noun</i>	a group of plants or animals which share similar characteristics	'spiːʃiːz	<i>Some scientists think that many species will not be able to survive if the temperature changes too much.</i>
5	155	stream	<i>noun</i>	a small river	striːm	<i>The children jumped across the stream.</i>
5	154	survive	<i>verb</i>	to continue to exist after being in a difficult or dangerous situation	sə'vaɪv	<i>Some scientists think that many species will not be able to survive if the temperature changes too much.</i>
5	60	tail	<i>noun</i>	the long, narrow part that sticks out at the back of an animal's body	teɪl	<i>The bird goes grey, from its head to its tail.</i>
5	155	valley	<i>noun</i>	an area of low land between hills or mountains	'væli	<i>Their house is in a valley.</i>
5	155	waterfall	<i>noun</i>	a stream of water that flows from a high place, often to a pool below	'wɔːtəfɔːl	<i>There are several waterfalls in the area.</i>
5	60	web	<i>noun</i>	a type of net made by a spider to catch other insects	web	<i>The Amazon jungle spider creates a web which looks like a much larger spider.</i>
5	56	wildlife	<i>noun</i>	animals, birds, and plants living in their natural environment	'waɪldlaɪf	<i>What wildlife or natural environments are endangered in your country?</i>
6	157	add	<i>verb</i>	to put something with something else	æd	<i>Add 500g minced lamb to the onions.</i>
6	68	air conditioning	<i>noun</i>	a system that keeps the air cool in a building or car	'eə kənɪdɪʃənɪŋ	<i>The air conditioning wasn't working in my car so I was boiling hot.</i>
6	71	bitter	<i>adj</i>	having a strong, sour, usually unpleasant taste	'bɪtə	<i>The cake has a bitter orange filling.</i>
6	78	cash machine	<i>noun</i>	a machine, usually in a wall outside a bank, that you can get money from using a plastic card	'kæʃ məʃiːn	<i>I need some money. Is there a cash machine near here?</i>

6	157	chop	verb	to cut something into small pieces	tʃɒp	<i>Chop four chilies, two tomatoes, one onion and a bunch of coriander.</i>
6	156	creamy	adj	like cream or containing cream	'kri:mi	<i>We had a creamy avocado and tomato dip with crunchy tortilla chips.</i>
6	156	crunchy	adj	Crunchy food is hard and makes a noise when you eat it.	'krʌntʃi	<i>We had a creamy avocado and tomato dip with crunchy tortilla chips.</i>
6	68	cycle lane	noun	a narrow area of a road for bicycles	'saɪkl leɪn	<i>I saw someone waving to me from the cycle lane.</i>
6	156	dried	adj	Dried food or plants have had all their liquid removed, especially in order to stop them from decaying.	draɪd	<i>We ate some dried fruit.</i>
6	156	eat out	verb	to eat in a restaurant	i:t 'aʊt	<i>When I eat out, I generally prefer Chinese food.</i>
6	156	fresh	adj	Fresh food has been produced or collected recently and has not been frozen, dried, etc.	frefʃ	<i>The meatballs were served with couscous and fresh herbs.</i>
6	157	fry	verb	to cook something in hot oil or fat or to be cooked in hot oil or fat	fraɪ	<i>Fry the meatballs in the oil.</i>
6	69	get around	verb	to travel around a place	get ə'raʊnd	<i>The quickest way to get around my home town is on foot.</i>
6	69	go away	verb	to go somewhere, often for a holiday	gəʊ ə'weɪ	<i>Next time I go away with my family, I'd like to go to Spain.</i>
6	156	go back	verb	to return to a place	gəʊ 'bæk	<i>I loved my visit to my country's capital city and I'd like to go back soon.</i>
6	157	heat up	verb	to make something become hot or warm	hi:t 'ʌp	<i>Heat up one tablespoon of olive oil in a pan.</i>
6	156	heavy	adj	Heavy food makes you feel too full.	'hevi	<i>I had a really heavy dinner last night so I didn't sleep very well.</i>
6	71	hot	adj	Hot food contains strong spices which cause a burning feeling in your mouth.	hɒt	<i>The fish is served with hot chillies.</i>
6	156	light	adj	Light food does not make you feel very full.	laɪt	<i>We had noodles and vegetables in a light soup.</i>
6	156	look around	verb	to look at things in a place	lʊk ə'raʊnd	<i>When I get the chance, I really enjoy looking around art galleries.</i>
6	157	mash	verb	to crush food until it is soft	mæʃ	<i>Mash three avocados in a bowl.</i>
6	157	mix	verb	to combine two or more substances to make one substance	mɪks	<i>Mix all the ingredients together.</i>
6	68	pedestrian crossing	noun	a special place on a road where traffic must stop if people want to cross	pə'destriən 'krɒsɪŋ	<i>The lights at a pedestrian crossing were broken.</i>

6	69	pick sth up	verb	to learn language by hearing it or practising it and not by being taught	pɪk 'ʌp	<i>I try to pick up new English vocabulary by watching TV.</i>
6	78	public transport	noun	a system of vehicles such as buses and trains which operate at regular times and that the public use	pʌblɪk 'trænsپɔ:t	<i>Shall we drive or use public transport?</i>
6	156	raw	adj	not cooked	rɔ:	<i>The soup was served with a raw egg.</i>
6	71	rich	adj	Rich food has a lot of butter, cream, or eggs in it.	rɪtʃ	<i>I had a slice of rich Austrian chocolate cake.</i>
6	68	rush hour	noun	the time when a lot of people are travelling to or from work and so roads and trains are very busy	'rʌʃ aʊə	<i>By the time I was on the road it was rush hour and the roads were very busy.</i>
6	157	serve	verb	to give someone food or drink, especially guests or customers in a restaurant or bar	sɜ:v	<i>Serve the guacamole with tortilla chips.</i>
6	69	show sb around	verb	to take someone around a place and show it to them	ʃəʊ ə'raʊnd	<i>I'd be a good person to show someone around my local neighbourhood.</i>
6	156	sour	adj	having a sharp, sometimes unpleasant, taste or smell, like a lemon, and not sweet	sauə	<i>This cream's horrible. It tastes really sour.</i>
6	71	spicy	adj	containing strong flavours from spice	'spaisi	<i>The white fish was cooked in a spicy Thai sauce.</i>
6	157	squeeze	verb	to press something firmly	skwi:z	<i>Squeeze the juice of half a lime into the mixture.</i>
6	157	stir	verb	to mix food or liquid by moving a spoon round and round in it	stɜ:	<i>Cook for 30 minutes, stirring occasionally.</i>
6	156	sweet	adj	with a taste like sugar	swi:t	<i>The dessert wasn't as sweet as I expected.</i>
6	71	tasty	adj	Food which is tasty has a good flavour and is nice to eat.	'teisti	<i>We had some tasty Moroccan meatballs.</i>
6	68	traffic jam	noun	a line of cars, trucks, etc that are moving slowly or not moving at all	'træfɪk dʒæm	<i>I sat in the same traffic jam for about 45 minutes.</i>
6	68	traffic lights	plural noun	a set of red, green and yellow lights that is used to start and stop traffic	'træfɪk laɪts	<i>All the traffic lights in the city centre were stuck on red.</i>
6	156	turn up	verb	to arrive somewhere	tɜ:n 'ʌp	<i>I was the first person to turn up to class today.</i>
7	84	apologise for	verb	to tell someone that you are sorry about something you have done	ə'pɒlədʒaɪz fə	<i>I'd like to apologise for what I said earlier.</i>
7	84	argue with	verb	to speak angrily to someone, telling them that you disagree with them	'ɑ:gju: wɪð	<i>I argued with the traffic warden about the parking fine.</i>
7	158	attic	noun	a room at the top of a house under the roof	'ætɪk	<i>I put all the stuff I don't use in the attic.</i>

7	80 balcony	<i>noun</i>	a small area joined to the wall outside a room on a high level where you can stand or sit	'bælkəni	<i>We don't have a garden or a terrace, but we do have a balcony where we can sit outside.</i>
7	158 basement	<i>noun</i>	a room or set of rooms that is below ground level in a building	'beismənt	<i>A lot of American houses have a large basement under the house.</i>
7	84 believe in sth	<i>verb</i>	to think that something exists	bɪ'li:v ɪn	<i>Do you believe in bad luck?</i>
7	84 belong to sb	<i>verb</i>	If something belongs to you, you own it.	bɪ'lɒŋ tu:	<i>All of the land near the river is private – it belongs to the university.</i>
7	80 block of flats	<i>noun</i>	a large building that is divided into apartments	blɒk əv 'flæts	<i>I live on the fourth floor of a modern block of flats.</i>
7	84 care about sth	<i>verb</i>	to think that something is important and to feel interested in it or worried about it	'keər əbaʊt	<i>If we really care about the environment we should all consider buying electric cars.</i>
7	84 complain about sth	<i>verb</i>	to say that something is wrong or that you are annoyed about something	kəm'pleɪn əbaʊt	<i>People complain about the traffic here, but it isn't bad compared to a big city.</i>
7	84 cope with sth	<i>verb</i>	to deal quite successfully with a difficult situation	'kəʊp wɪð	<i>My friend is finding it hard to cope with all the noise in the city.</i>
7	84 depend on sth/sb	<i>verb</i>	If something depends on someone or something, it is influenced by them, or changes because of them.	dɪ'pend ɒn	<i>Do I like living in the countryside? That depends on the weather!</i>
7	158 doorbell	<i>noun</i>	a button that you press next to or on a door that makes a noise to let someone know that you are there	'dɔ:bel	<i>Two police officers rang my doorbell.</i>
7	158 first floor	<i>noun</i>	the level of a building directly above the ground level	fɜ:st 'flɔ:	<i>My apartment's on the first floor.</i>
7	158 flat	<i>noun</i>	a set of rooms to live in, with all the rooms on one level of a building	flæt	<i>Our flat is on the third floor of our building.</i>
7	80 floor	<i>noun</i>	a particular level of a building	flɔ:	<i>Our flat is on the third floor of our building.</i>
7	158 front door	<i>noun</i>	the main entrance to a building, especially a house, which usually faces the road	frʌnt 'dɔ:	<i>The wind had blown a tree down and it had blocked the front door.</i>
7	158 ground floor	<i>noun</i>	the level of a building which is on the ground	graʊnd 'flɔ:	<i>He lives in a ground floor flat.</i>
7	158 landing	<i>noun</i>	the area of floor at the top of a set of stairs	'lændɪŋ	<i>Go up the stairs to the landing.</i>
7	80 location	<i>noun</i>	a place or position	ləu'keɪʃən	<i>My new house is in a good location.</i>

7	158	lock	<i>noun</i>	the thing that is used to close a door, window, etc, and that needs a key to open it	lɒk	<i>The front door has two locks.</i>
7	80	move house	<i>phrase</i>	to leave your home in order to live in a new one	mu:v 'haus	<i>I've moved house a lot of times, so I've had lots of different addresses.</i>
7	80	move in/into	<i>verb</i>	to begin living in a new home	mu:v 'in/'ɪntu:	<i>I can't move into my new place until Friday</i>
7	80	move out	<i>verb</i>	to leave your home and go to live somewhere else	mu:v 'aʊt	<i>I've got to move out of this house on Tuesday.</i>
7	80	neighbourhood	<i>noun</i>	an area of a town or city that people live in	'neɪbəhʊd	<i>I live in a very busy neighbourhood.</i>
7	84	pay for sth	<i>verb</i>	to give money to someone in order to buy something from them	'peɪ fə	<i>I'm sorry, but I'm not going to pay for the dessert.</i>
7	84	rely on sth/sb	<i>verb</i>	to need something or someone in order to be successful, work correctly, etc	rɪ'laɪ ɒn	<i>You can't rely on public transport.</i>
7	80	rent	<i>verb</i>	to pay money to live in a building that someone else owns	rent	<i>I don't have my own house, so I rent the house I'm living in.</i>
7	158	steps	<i>plural noun</i>	the surfaces that you walk on when you go up or down stairs	steps	<i>Go up the steps at the front of the building.</i>
7	84	succeed in sth	<i>verb</i>	to achieve what you are trying to achieve	sək'si:d ɪn	<i>He hasn't succeeded in finding a job yet, unfortunately.</i>
7	158	terrace	<i>noun</i>	a flat area outside a house, restaurant, etc where you can sit	'terəs	<i>We don't have a garden or a terrace.</i>
7	84	think about sth	<i>verb</i>	to use your mind to imagine a situation	'θɪŋk əbaʊt	<i>You don't have to think about anything, you can just sit and watch the world go by.</i>
7	80	view	<i>noun</i>	the things that you can see from a place	vju:	<i>The view from my bedroom is nothing special – just a street and more houses.</i>
7	84	wait for sb/sth	<i>verb</i>	to stay in a place until someone or something arrives or someone is ready for you	'weɪt fə	<i>You can read it while you wait for the train.</i>
7	84	worry about sth	<i>verb</i>	to think about problems or unpleasant things that might happen in a way that makes you feel anxious	'wʌri əbaʊt	<i>A lot of people worry about money.</i>
8	96	admit	<i>verb</i>	to agree that you did something bad, or that something bad is true	əd'mɪt	<i>The woman admitted eating the dessert.</i>
8	96	advise sb to do sth	<i>verb</i>	to make a suggestion about what you think someone should do	əd'vaɪz	<i>They advised him to advertise the hotel more.</i>

8	96	agree	verb	to say you will do something that someone asks you to do	ə'gri:	<i>She agreed to have the new product on her hair.</i>
8	92	article	noun	a piece of writing in a magazine, newspaper, etc	'a:tɪkl	<i>I read some articles in a magazine.</i>
8	95	afford	verb	to have enough money to buy something	ə'fɔ:d	<i>There were some boots I really liked, but I couldn't afford them.</i>
8	159	blogger	noun	a person who writes or reads a blog	'blɒgə	<i>He is a business blogger.</i>
8	92	breaking news	noun	news that is just becoming known	breɪkɪŋ 'nju:z	<i>I always want to keep up to date with breaking news in my country and abroad.</i>
8	95	browse	verb	to look at information on the internet	braʊz	<i>Do you prefer browsing online, or in real shops?</i>
8	92	business	noun	the buying and selling of goods or services	'bɪznɪs	<i>I was a bit bored by all the stuff about business.</i>
8	92	celebrity gossip	noun	conversations about the private lives of famous people	sɪlebrɪti 'ɡɒsɪp	<i>I quite often go on websites to check the latest celebrity gossip.</i>
8	95	come out	verb	If a product comes out, it becomes available to buy.	kʌm 'aʊt	<i>That new game came out last Sunday.</i>
8	92	current affairs	plural noun	important political or social events which are happening in the world at the present time	kʌrənt ə'feəz	<i>I'm interested in current affairs.</i>
8	159	editor	noun	someone who is in charge of a newspaper or magazine	'editə	<i>The editor told me to rewrite the story.</i>
8	92	entertainment	noun	shows, films, television, or other performances or activities that entertain people	entə'teɪnmənt	<i>If you want to know what's happening in Hollywood, you should watch the entertainment news.</i>
8	159	good value (for money)	phrase	If something is good value, it is of good quality or there is a lot of it so you think the amount of money you spent on it was right.	ɡʊd 'vælju:	<i>Our holiday was a bit more expensive than we thought, but it was still good value.</i>
8	159	have a guarantee	phrase	to have a written promise made by a company to repair one of its products or give you a new one if it had a fault	hæv ə ɡærən'ti:	<i>Did the tablet have a guarantee when you bought it?</i>
8	92	headline	noun	the title of a newspaper story that is printed in large letters above it	'hedlaɪn	<i>There are dramatic headlines everywhere I look.</i>
8	159	in stock	phrase	to be available in a shop	ɪn 'stɒk	<i>The book I wanted wasn't in stock.</i>
8	96	invite	verb	to ask someone to come to a social event	ɪn'vaɪt	<i>I've invited your parents to visit us.</i>

8	159	journalist	<i>noun</i>	someone whose job is journalism	'dʒɜːnəlɪst	<i>Liz Kerr is an environmental journalist who is helping whales that have come ashore.</i>
8	95	look for a bargain	<i>phrase</i>	to try to find something being sold for less than its usual price	lʊk fər ə 'bɑːɡɪn	<i>I've been looking for bargains at the clothes market.</i>
8	92	news	<i>noun</i>	the announcement of important events on television, radio and in newspapers	njuːz	<i>Every day I watch the news on TV.</i>
8	92	news feed	<i>noun</i>	a continuous supply of news announcements	'njuːz fiːd	<i>I subscribe to a couple of news feeds online.</i>
8	159	news organisation	<i>noun</i>	a company that gathers and reports news	'njuːz ɔːɡənaɪzeɪʃən	<i>How much do governments influence news organisations like Sky News and the BBC?</i>
8	96	offer	<i>verb</i>	to say that you are willing to do something	'ɒfə	<i>The waiter offered to get the manager.</i>
8	159	on sale	<i>phrase</i>	available for a lower price than usual	ɒn 'seɪl	<i>Was the tablet on sale?</i>
8	92	politics	<i>noun</i>	ideas and activities relating to how a country or area is governed	'pɒlɪtɪks	<i>I don't usually watch programmes about politics on TV.</i>
8	159	post comments	<i>phrase</i>	to leave a message on a website	pəʊst 'kɒments	<i>Young adults prefer news websites where they can post comments about articles.</i>
8	159	presenter	<i>noun</i>	someone who introduces a radio or television programme	priːzentə	<i>Carel Pedre, a local radio presenter, used information from Twitter and Facebook in his reports to help people find family members.</i>
8	96	promise	<i>verb</i>	to say that you will certainly do something or that something will certainly happen	'prɒmɪs	<i>They promised to write a good review.</i>
8	159	reasonably priced	<i>phrase</i>	not expensive	riːzənəbli 'praɪst	<i>The game was reasonably priced.</i>
8	96	recommend	<i>verb</i>	to advise someone that something should be done	rekə'mend	<i>He recommended trying a new hair product.</i>
8	95	refund	<i>noun</i>	to give back money that someone has paid to you	'riːfʌnd	<i>Do you think I'll get a refund?</i>
8	96	refuse	<i>verb</i>	to say that you will not do or accept something	rɪ'fjuːz	<i>The woman refused to pay for the dessert.</i>
8	96	remind	<i>verb</i>	to make someone remember something, or remember to do something	rɪ'maɪnd	<i>He reminded them to write a review.</i>

8	159	reporter	<i>noun</i>	someone whose job is to discover information about news events and describe them on television, radio, or in a newspaper	rɪ'pɔ:tə	<i>He worked as a reporter for a national newspaper.</i>
8	159	send sth back	<i>verb</i>	to return something to someone you have bought it from	send 'bæk	<i>My soup was tasty, but it was half cold and I had to send it back.</i>
8	159	social media	<i>noun</i>	websites and computer programs that allow people to communicate and share information on the internet	səʊʃəl 'mi:diə	<i>People often express their opinions about news stories on social media.</i>
8	159	spread	<i>verb</i>	to increase, or move to cover a larger area or affect a larger number of people	spred	<i>Breaking news spreads quickly online.</i>
8	96	suggest	<i>verb</i>	to express an idea or plan for someone to consider	sə'dʒest	<i>He suggested changing the woman's hairstyle.</i>
8	159	take sth back	<i>verb</i>	to return something to a shop	teɪk 'bæk	<i>The camera didn't work so I took it back.</i>
8	96	threaten	<i>verb</i>	to tell someone that you will kill or hurt them, or cause problems for them if they do not do what you want	'θretən	<i>The woman threatened to write a bad review.</i>
8	96	warn	<i>verb</i>	to advise someone not to do something that could cause danger or trouble	wɔ:n	<i>She warned him not to cut her hair too short.</i>
9	160	action film	<i>noun</i>	a film in which the characters have exciting physical adventures	'ækʃən film	<i>You know, I go to watch a drama, or an action film – and it just doesn't look real.</i>
9	107	album	<i>noun</i>	several songs or pieces of music on a CD, a record, etc	'ælbəm	<i>I really like Kanye West and I've got all his albums.</i>
9	160	animation	<i>noun</i>	an animated film, or the process of making animated films	æni'meɪʃən	<i>I studied computer animation at college.</i>
9	109	artist	<i>noun</i>	someone who creates art, especially paintings and drawings	'ɑ:tɪst	<i>You can enjoy sculptures and other modern art installations by artists from around the world.</i>
9	109	artistic	<i>adj</i>	showing skill and imagination in creating things, especially in painting, drawing, etc	ɑ:'tɪstɪk	<i>My sister's very artistic.</i>
9	107	audience	<i>noun</i>	the people who sit and watch a performance at a theatre, cinema, etc	'ɔ:diəns	<i>I don't like the audience at cinemas.</i>
9	160	base sth on sth	<i>verb</i>	If you base something on facts or ideas, you use those facts or ideas to develop it.	'beɪs ɒn	<i>I was very surprised when I discovered that this film is based on a true story.</i>
9	109	beautiful	<i>adj</i>	very attractive	'bjʊ:tɪfəl	<i>That's a beautiful photo.</i>
9	109	beauty	<i>noun</i>	the quality of being beautiful	'bjʊ:ti	<i>This film shows the beauty of the Pacific islands.</i>

9	109	celebrate	<i>verb</i>	to do something enjoyable because it is a special day, or because something good has happened	'selɪbreɪt	<i>My aunt doesn't usually celebrate her birthday.</i>
9	109	celebration	<i>noun</i>	when you celebrate a special day or event	selɪ'breɪʃən	<i>This annual music and arts festival is a celebration of creativity and culture.</i>
9	160	character	<i>noun</i>	a person in a book, film, etc	'kærəktə	<i>George Clooney plays a character who wants to steal money from a casino.</i>
9	109	charitable	<i>adj</i>	A charitable event, activity, or organization gives money, food, or help to people who need it.	'tʃærɪtəbl	<i>Many people gave charitable donations.</i>
9	109	charity	<i>noun</i>	an official organization that gives money, food, or help to people who need it	'tʃærɪti	<i>I'd like to raise money for charity.</i>
9	160	chat show	<i>noun</i>	a television or radio programme where people are asked questions about themselves	'tʃæt ʃəʊ	<i>They had some brilliant guests on that chat show.</i>
9	107	choir	<i>noun</i>	a group of people who sing together	kwaɪə	<i>I sing in a choir.</i>
9	160	comedy	<i>noun</i>	entertainment such as a film, play, etc which is funny	'kɒmədi	<i>Did you see that new comedy programme last night?</i>
9	109	create	<i>verb</i>	to make something happen or exist	kri'eɪt	<i>A computer program creates the special effects.</i>
9	109	creative	<i>adj</i>	good at thinking of new ideas or using imagination to create new and unusual things	kri'eɪtɪv	<i>You can be creative in your job.</i>
9	109	creativity	<i>noun</i>	the ability to produce new ideas or things using skill and imagination	kri:ɪ'eɪtɪvɪti	<i>This annual music and arts festival is a celebration of creativity and culture.</i>
9	109	cultural	<i>adj</i>	relating to music, art, theatre, literature, etc	'kʌltʃərəl	<i>The organisers donate all the money they make to projects for social and cultural development.</i>
9	109	culture	<i>noun</i>	music, art, theatre, literature, etc	'kʌltʃə	<i>This annual music and arts festival is a celebration of creativity and culture.</i>
9	109	develop	<i>verb</i>	to grow or change and become more advanced, or to make someone or something do this	dɪ'veləp	<i>The characters develop in interesting and unexpected ways.</i>
9	109	development	<i>noun</i>	when someone or something grows or changes and becomes more advanced	dɪ'veləpmənt	<i>The organisers donate all the money they make to projects for social and cultural development.</i>
9	160	director	<i>noun</i>	someone who tells the actors in a film or play what to do	dɪ'rektə	<i>My favourite director is Sofia Coppola.</i>

9	107	DJ	<i>noun</i>	someone who plays music on the radio or at discos	'di:dʒeɪ	<i>The DJ was playing hip hop.</i>
9	160	documentary	<i>noun</i>	a film or television programme that gives facts about a real situation or real people	ˈdɒkjʊ'mentəri	<i>There was a fascinating wildlife documentary on TV last night about African elephants.</i>
9	160	drama	<i>noun</i>	a play in a theatre or on television or radio	'dra:mə	<i>You know, I go to watch a drama, or an action film – and it just doesn't look real.</i>
9	107	festival	<i>noun</i>	a series of special events, performances, etc that often takes place over several days	'festɪvəl	<i>The best day of the festival is the last day.</i>
9	160	film	<i>verb</i>	to record moving pictures with a camera, usually to make a film for the cinema or television	film	<i>Did you film the race?</i>
9	160	game show	<i>noun</i>	a programme on television in which people play games to try to win prizes	'geɪm ʃəʊ	<i>My friend was on the game show 'Who Wants to Be a Millionaire?' and won £5,000!</i>
9	109	happiness	<i>noun</i>	the feeling of being happy	'hæpɪnəs	<i>Everyone's happiness levels are high today!</i>
9	109	happy	<i>adj</i>	pleased and in a good mood, especially because something good has happened	'hæpi	<i>People who sing a lot always seem happy.</i>
9	160	horror film	<i>noun</i>	a film in which very frightening or unnatural things happen, for example dead people coming to life and people being murdered	'hɒrə film	<i>'Dracula' is one of the most famous horror films of all time.</i>
9	107	instrument	<i>noun</i>	an object that is used for playing music, for example a piano or drum	'ɪnstɾəmənt	<i>Can you play the piano or any other musical instrument?</i>
9	109	musical	<i>adj</i>	relating to music	'mju:zɪkəl	<i>There were several musical performances.</i>
9	107	musician	<i>noun</i>	someone who plays a musical instrument, often as a job	mju:ˈzɪʃən	<i>It's always interesting to watch musicians perform.</i>
9	107	orchestra	<i>noun</i>	a large group of musicians who play different instruments together	'ɔ:kɪstrə	<i>Music played by an orchestra was added after filming had finished.</i>
9	109	organise	<i>verb</i>	to plan or arrange something	'ɔ:gənaɪz	<i>This app helps busy people organise themselves.</i>
9	109	organised	<i>adj</i>	An organised person arranges things well.	'ɔ:gənaɪzd	<i>It sounds like you have to be quite organised to have a card system.</i>

9	109	organiser	<i>noun</i>	someone who plans an event or activity	'ɔ:ɡənaɪzə	<i>We'd like to thank the organisers for all their hard work in preparing the show.</i>
9	107	perform	<i>verb</i>	to entertain people by acting, singing, dancing, etc	pə'fɔ:m	<i>Someone is performing a piece of music.</i>
9	109	performance	<i>noun</i>	acting, singing, dancing, or playing music to entertain people	pə'fɔ:məns	<i>Live performances of rock, indie, hip hop and electronic music take place continuously.</i>
9	109	performer	<i>noun</i>	someone who entertains people	pə'fɔ:mə	<i>Past performers include the Red Hot Chili Peppers and Florence and the Machine.</i>
9	107	play live	<i>phrase</i>	If musicians play live, they play their instruments rather than playing a recording	pleɪ 'laɪv	<i>The band is playing live.</i>
9	107	playlist	<i>noun</i>	a list of pieces of music chosen to be broadcast or played	'pleɪlɪst	<i>Do you like making playlists?</i>
9	107	recording studio	<i>noun</i>	a place where music is recorded using special equipment	rɪ'kɔ:dɪŋ stju:diəʊ	<i>They spent all week in the recording studio.</i>
9	160	romance	<i>noun</i>	a story about love	'rəʊməns	<i>The movie was a romance.</i>
9	160	scene	<i>noun</i>	a short part of a film, play, or book in which the events happen in one place	sɪ:n	<i>The final scene of the film was amazing – it looked so real!</i>
9	160	science fiction film	<i>noun</i>	a film based on a story about life in the future or in other parts of the universe	saiəns 'fɪkʃən fɪlm	<i>I'm not very keen on science fiction films like Star Wars or The Matrix.</i>
9	160	soap opera	<i>noun</i>	a series of television or radio programmes that continues over a long period and is about the lives of a group of characters	'səʊp ɒprə	<i>EastEnders' is a very popular soap opera on British TV.</i>
9	160	studio	<i>noun</i>	a room where television/radio programmes or musical recordings are made	'stju:diəʊ	<i>They used some outdoor locations, but most of the filming was done in the studio.</i>
9	160	thriller	<i>noun</i>	a book or film with an exciting story, often about crime	'θrɪlə	<i>I saw a really exciting thriller at the cinema on Saturday.</i>
9	107	track	<i>noun</i>	one song or piece of music on a CD, record, etc	træk	<i>What's your favourite track on this album?</i>
10	118	afraid of	<i>adj</i>	frightened of	ə'freɪd əv	<i>I don't like extreme sports – I'm afraid of hurting myself.</i>
10	161	attack	<i>verb</i>	to try to score points, goals, etc. against someone in a sport	ə'tæk	<i>You need to attack your opponent.</i>

10	161	beat	<i>verb</i>	to defeat someone in a competition	bi:t	<i>You won last time, but this time I'm going to beat you!</i>
10	161	compete	<i>verb</i>	to take part in a race or competition	kəm'pi:t	<i>They are competing for a prize.</i>
10	161	competitor	<i>noun</i>	a person, team, or company that is competing with others	kəm'petitə	<i>There are several competitors in the race.</i>
10	161	court	<i>noun</i>	an area for playing particular sports	kɔ:t	<i>He lives in an enormous house with a swimming pool and a tennis court.</i>
10	121	do research	<i>phrase</i>	to study a subject in detail in order to discover new information	du: ri'sɜ:tʃ	<i>We'll have to do some research to find out about their lives.</i>
10	161	do badly	<i>phrase</i>	to be unsuccessful	du: 'bædli	<i>He did badly in the exam.</i>
10	161	do well	<i>phrase</i>	to be successful	du: 'wəl	<i>They're going to pay me a bonus if I do well.</i>
10	161	do your best	<i>phrase</i>	to do something as well as you can	du: jɔ: 'best	<i>I realise he isn't a very sociable person but please do your best to persuade him to come to the party.</i>
10	161	do your homework	<i>phrase</i>	to do work which teachers give you to do at home	du: jɔ: 'həʊmwɜ:k	<i>I've been doing this maths homework all night and I still don't understand it.</i>
10	118	essential for	<i>adj</i>	very important and necessary for	i'senʃəl fɔ:	<i>I think that having lots of friends is essential for a happy, healthy life.</i>
10	116	extreme sport	<i>noun</i>	a sport that is very dangerous and exciting, for example skydiving and bungee jumping	ɪkstri:m 'spɔ:t	<i>This is an extreme sport.</i>
10	166	have a go	<i>phrase</i>	to try something	hæv ə 'gəʊ	<i>If you like surfing, you should have a go at this.</i>
10	118	interested in	<i>adj</i>	wanting to give your attention to something and discover more about it	'intrəstɪd ɪn	<i>I'm very interested in health and fitness.</i>
10	161	lose	<i>verb</i>	If you lose a game, competition, or election, the team or person that you are competing with wins.	lu:z	<i>We mustn't lose this game!</i>
10	161	make a (big) difference	<i>phrase</i>	to change a situation (a lot)	meɪk ə 'dɪfərəns	<i>Travelling made a big difference to the way I see the world.</i>
10	161	make a decision	<i>phrase</i>	to decide something	meɪk ə dɪ'sɪʒən	<i>Extroverts often make quick decisions.</i>
10	161	make a mistake	<i>phrase</i>	to do something in a way that is not correct	meɪk ə mɪ'steɪk	<i>If you write in pencil, it doesn't matter if you make a mistake.</i>
10	161	make a phone call	<i>phrase</i>	to call someone on the telephone	meɪk ə 'fəʊn kɔ:l	<i>I need to make a phone call.</i>
10	161	make friends (with sb)	<i>phrase</i>	to begin to know and like someone	meɪk 'frendz	<i>Do you want to make new friends from around the world?</i>

10	161	make money	<i>phrase</i>	to earn money	meɪk 'mʌni	<i>He won't make any money unless he sells more products.</i>
10	121	make our own luck	<i>phrase</i>	to be responsible for our futures	meɪk əʊər əʊn 'lʌk	<i>Was Anna just lucky? Or did she make her own luck?</i>
10	161	make progress	<i>phrase</i>	to develop and improve	meɪk 'prəʊgres	<i>I'm trying to learn Russian but I'm not making much progress.</i>
10	161	make sense	<i>phrase</i>	to have a meaning or reason that you can understand	meɪk 'sens	<i>It makes sense that there are more car accidents in the countryside.</i>
10	121	make the most of	<i>phrase</i>	to take full advantage of something	meɪk ðə 'məʊst əv	<i>Are you making the most of life's opportunities?</i>
10	161	match	<i>noun</i>	a sports competition in which two people or teams compete against each other	mætʃ	<i>He'll win the match if he scores one more point!</i>
10	116	miss	<i>verb</i>	to not hit or catch something as you intended	mɪs	<i>You win points when your partner misses the ball.</i>
10	161	net	<i>noun</i>	something made with a piece of net, for example for sports	net	<i>You must hit the ball over the net.</i>
10	161	opponent	<i>noun</i>	someone who you compete against in a game or competition	ə'pəʊnənt	<i>You need to attack your opponent.</i>
10	118	perfect for	<i>adj</i>	as good as possible for	'pɜ:fekt fɔ:	<i>Yoga sounds perfect for me.</i>
10	161	point	<i>noun</i>	a unit used for showing who is winning in a game or competition	pɔɪnt	<i>You win points when your partner misses the ball.</i>
10	118	popular with	<i>adj</i>	liked by	'pɒpjʊlə wɪð	<i>Swimming's popular with all kinds of people.</i>
10	118	proud of	<i>adj</i>	feeling very pleased about something you have done, something you own, or someone you know	'praʊd əv	<i>I am very proud of my little sister.</i>
10	161	referee	<i>noun</i>	someone who makes sure that players follow the rules during a sports game	refə'ri:	<i>If the referee had seen what number 7 had done to your goalkeeper, there would have been a penalty for sure.</i>
10	118	right for	<i>adj</i>	suitable for	'raɪt fɔ:	<i>I've found a sport which is right for me.</i>
10	118	scared of	<i>adj</i>	frightened of	'skeəd əv	<i>I'm not scared of spiders.</i>
10	161	score	<i>verb</i>	to get points in a game or test	skɔ:	<i>We'd have scored a lot more points if we'd done more training over the last few weeks.</i>
10	118	similar to	<i>adj</i>	Something which is similar to something else has many things the same, although it is not exactly the same.	'sɪmɪlə tu:	<i>American football is similar to rugby.</i>

10	161	take a break	phrase	to stop an activity for a short time in order to rest or eat	teɪk ə 'breɪk	<i>How often do you take a break when you're studying?</i>
10	161	take a chance	phrase	to take a risk	teɪk ə 'tʃɑːns	<i>He failed, but he was right to take a chance.</i>
10	161	take a nap	phrase	to have a short sleep	teɪk ə 'næp	<i>I'm tired - I'm going to take a nap.</i>
10	121	take a risk	phrase	to do something although something bad might happen because of it	teɪk ə 'rɪsk	<i>Do you know anyone who takes a lot of risks?</i>
10	121	take action	phrase	to do something	teɪk 'ækʃən	<i>They take action to make the most of their opportunities.</i>
10	121	take advantage of	phrase	to use the good things in a situation	teɪk əd'vɑːntɪdʒ əv	<i>We should take advantage of opportunities when they come our way.</i>
10	161	take care of sth	phrase	to deal with something	teɪk 'keər əv	<i>Just choose a programme and we'll take care of the details.</i>
10	161	take it easy	phrase	to relax and not use too much energy	teɪk ɪt 'iːzi	<i>I've already told the team that they cannot take it easy.</i>
10	161	take part in	phrase	to be involved in an activity with other people	teɪk 'pɑːt ɪn	<i>Would you like to take part in the programme?</i>
10	118	tired of	adj	bored or annoyed by something that has happened too often	'taɪəd əv	<i>I'll never get tired of visiting new places.</i>
10	161	track	noun	the sport of running in races around a wide circular path made for this sport	træk	<i>How many times did you run round the track?</i>
10	116	training	noun	preparation for a sport or competition	'treɪnɪŋ	<i>The training is very difficult.</i>
10	116	workout	noun	when you do a series of exercises to make your body strong and healthy	'wɜːkaʊt	<i>It's a fun game and a great workout too.</i>
10	118	worried about	adj	anxious because you are thinking about problems or unpleasant things that might happen	'wʌrɪd əbaʊt	<i>I'm worried about my football team's performance at the moment.</i>

