

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
<b>proletariat</b>	श्रमिक वर्ग (Shramik varga)	The working-class people, regarded collectively (often used with reference to Marxism).	The factory strike demonstrated the growing unrest among the <b>proletariat</b> .
<b>eke</b>	थोरैबाट काम चलाउनु (Thoraibāta kāma calāunu)	To make a living or support oneself with difficulty. (Often used with "out").	She managed to <b>eke out</b> a living by working two part-time jobs.
<b>propensity</b>	ज़ुकाव / प्रवृत्ति (Jukāva / Pravṛtti)	An inclination or natural tendency to behave in a particular way.	His <b>propensity</b> for taking risks eventually led him to a career in extreme sports.
<b>clout</b>	प्रभाव / शक्ति (Prabhāva / Śakti)	Influence or power, especially in politics or business.	The CEO's financial <b>clout</b> allowed him to sway the board's decision.
<b>naive</b>	सोझो / सीधा (Sojho / Sīdhā)	Showing a lack of experience, wisdom, or judgment.	He was <b>naive</b> enough to believe the salesman's outrageous promises.

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<b>yearning</b>	तीव्र चाहना (Tīvra cāhanā)	A feeling of intense longing for something.	After years abroad, she felt a deep <b>yearning</b> for her childhood home.
<b>insistence</b>	जोड / हठ (Joda / Haṭha)	The fact of demanding something repeatedly or standing firm on a point.	Due to the customer's <b>insistence</b> , the restaurant agreed to refund the meal.
<b>nuanced</b>	सूक्ष्म / धेरै तहको अर्थ भएको (Sūkṣma / Dherai tahako artha bhaeko)	Characterized by subtle shades of meaning or expression.	The critic offered a <b>nuanced</b> analysis of the film, acknowledging both its strengths and flaws.
<b>blight</b>	रोग / विनाश (Roga / Vināśa)	A disease or pest that withers plants; anything that spoils or destroys.	The economic downturn cast a <b>blight</b> over the entire community.
<b>eddy</b>	घुम्टो (Ghumṭo)	A circular movement of water or wind,	A small <b>eddy</b> formed in the river just past the large rock.

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		causing a small whirlpool.	
<b>orgy</b>	उन्मत्त समारोह / रमाइलोको सीमा (Unmatta samaroha)	A wild party, often involving excessive indulgence; or, an excessive amount of something.	The final scene was an <b>orgy</b> of destruction, complete with explosions and collapsing buildings.
<b>vaunted</b>	प्रशंसित / गर्व गरिएको (Prasaṅsita / Garva gariēkō)	Highly or widely praised or boasted about.	The company's <b>vaunted</b> new software turned out to be full of bugs.
<b>annals</b>	इतिहास / अभिलेख (Itihāsa / Abhilekha)	A record of events year by year; historical records.	Her scientific breakthrough will be remembered in the <b>annals</b> of medicine.
<b>annual</b>	वार्षिक (Vārsika)	Occurring once every year.	The company holds its <b>annual</b> meeting in December.

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euphoric	आनन्दित / परम सुखी (Ānandita / Parama sukhi)	Characterized by or feeling intense excitement and happiness.	She felt absolutely <b>euphoric</b> after receiving the acceptance letter to her dream university.
skeptical	शंकालु / अविश्वासी (Śankālu / Aviśvāsī)	Not easily convinced; having doubts or reservations.	The doctor was <b>skeptical</b> about the claims of the new alternative medicine.
subtle	सुक्ष्म / मधुरो (Sūkṣma / Madhuro)	So delicate or precise as to be difficult to analyze or describe.	The painting's colours were <b>subtle</b> , changing depending on the light.
benevolent	परोपकारी / दयालु (Paropakārī / Dayālu)	Well meaning and kindly.	A <b>benevolent</b> donor provided the funds for the new community library.
presumably	सम्भवतः / मानौं (Sambhavataḥ / Mānaum)	By reasonable assumption; probably.	<b>Presumably</b> , the meeting was cancelled because the key speaker was ill.

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<b>palatial</b>	भव्य / दरबारी (Bhavya / Darabārī)	Resembling a palace in being large and splendid.	They hosted the gala in a <b>palatial</b> hall overlooking the lake.
<b>wreckage</b>	भग्नावशेष (Bhagnāvāśēṣa)	The remaining parts of something that has been badly damaged or destroyed.	Search teams sifted through the <b>wreckage</b> of the crashed aircraft.
<b>impecunious</b>	विपन्न / गरिब (Vipanna / Gariba)	Having little or no money; poor.	Despite his <b>impecunious</b> background, he managed to excel in his studies.
<b>wielding</b>	प्रयोग गर्दै (Prayoga gardai)	Holding and using (a weapon or tool); having and exerting (power or influence).	The protestors were <b>wielding</b> signs with strong political slogans.
<b>unravelling</b>	खुल्दै / सुलझ्दै (Khuldai / Sulajhdai)	Separating or undoing the threads of a woven fabric; or, becoming disclosed or understood.	The detective was slowly <b>unravelling</b> the mystery of the missing jewels.

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<b>deprived</b>	वञ्चित (Vañcita)	Suffering from a lack of a specified essential, like food, shelter, or education.	Children in the war-torn region were <b>deprived</b> of basic medical care.
<b>arsenal</b>	हातहतियारको भण्डार (Hātahatiyārako bhaṇḍāra)	A collection of weapons and military equipment; or, a large collection of resources.	The analyst had an impressive <b>arsenal</b> of data tools at his disposal.
<b>tranquillisers</b>	शान्त पार्ने औषधि (Śānta Pārnē Auṣadhi)	Drugs used to reduce anxiety or tension (British English spelling).	The doctor prescribed <b>tranquillisers</b> to help the patient manage severe panic attacks.
<b>fallacy</b>	भ्रम / भ्रामक तर्क (Bhrama / Bhrāmaka tarka)	A mistaken belief, especially one based on unsound argument.	The belief that all rich people are happy is a common <b>fallacy</b> .
<b>reeking</b>	गन्ध आइरहेको (Gandha āirahēko)	Smelling strongly and unpleasantly of something.	The abandoned cellar was <b>reeking</b> of mold and dampness.

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<b>abhorrent</b>	घृणित / अप्रिय (Ghrṇita / Apriya)	Inspiring disgust and loathing; very distasteful.	Acts of corruption are seen as <b>abhorrent</b> by the public.
<b>earworm</b>	दिमागमा बसिरहने गीत (Dimāgamā basirahane gīta)	A catchy tune or piece of music that continually repeats in a person's mind.	That catchy pop song became a real <b>earworm</b> for the whole week.
<b>brickbats</b>	कडा आलोचना (Kaḍā ālocanā)	Critical remarks or insults.	After the controversial decision, the government faced a flurry of <b>brickbats</b> from the opposition.
<b>rage-batting</b>	क्रोधपूर्ण टिप्पणी (Krodhapūrṇa tippanī)	(Slang) The act of deliberately making an inflammatory or frustrating social media post to provoke an angry reaction and boost engagement.	The celebrity was accused of <b>rage-batting</b> to stay relevant in the news cycle.

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<b>the stars are aligned</b>	सबै कुरा मिल्नु (Sabai kurā milnu)	Everything is in perfect order or circumstances are extremely favourable for success.	With the new funding and the perfect team, it feels like <b>the stars are aligned</b> for our product launch.
<b>Eerie</b>	डरलाग्दो / अनौठो (Daralāgdo / Anauṭho)	Strange and frightening.	The abandoned house on the hill had an <b>errie</b> silence about it.
<b>chip on the shoulder</b>	मनमा पुरानो रिस / गुनासो हुनु (Manmā purāno ris / gunāso hunu)	A lingering resentment or sense of inferiority, often displayed by an aggressive attitude.	He always seems to walk around with a <b>chip on his shoulder</b> about his humble upbringing.
<b>flak</b>	कडा आलोचना / निन्दा (Kaḍā ālocanā / Nindā)	Strong criticism; heavy opposition.	The executive took a lot of <b>flak</b> for the company's recent poor performance.
<b>tongue-in-cheek</b>	मजाकमा / ठट्टाको रूपमा (Majākamā / Ṭhaṭṭāko rūpamā)	Intended to be understood as a joke, although	His suggestion to sell the company was

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		often presented seriously.	clearly <b>tongue-in-cheek</b> .
<b>zone out</b>	ध्यान नदिनु / हराउनु (Dhyāna nadinu / Harāunu)	To lose attention or concentration; to stare blankly.	I often <b>zone out</b> during long, boring lectures.
<b>dewy-eyed</b>	निर्दोष / अनुभवहीन (Nirdōṣa / Anubhavahīna)	Having an innocent, naive, or sentimental view of something.	She went into the tough business world with a <b>dewy-eyed</b> idealism.
<b>leg up</b>	सहयोग / फाइदा (Sahayoga / Phāyadā)	Help or an advantage given to someone.	A good mentor can give a young professional a real <b>leg up</b> in their career.
<b>guinea pig</b>	परीक्षणको विषय (Parikṣanako viṣaya)	A person or thing used as a subject for a long or repeated experiment.	The volunteers agreed to be <b>guinea pigs</b> for the trial of the new vaccine.
<b>step up to the plate</b>	जिम्मेवारी लिनु / अगाडि बढ्नु (Jimmēvārī linu / Agāḍi baḍhnu)	To take action in a responsible way when there is a need or an opportunity.	When the crisis hit, the manager <b>stepped up to the plate</b> and took charge of

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			the recovery plan.
<b>Bubble wrap</b>	हावा भरिएको प्लास्टिक (Hāvā bhariēkō plāstika)	A sheet of plastic material used for packing fragile items, featuring numerous small air-filled bubbles.	We need to use extra <b>Bubble wrap</b> to protect the glass vases during shipping.
<b>eyeball</b>	नजिकबाट हेर्नु / जाँच गर्नु (Najikabāta hērnu / Jāñca garnu)	To look at or examine something closely.	I need to <b>eyeball</b> the final draft before it goes to the printers.
<b>groovy</b>	उत्कृष्ट / रमाइलो (Utkṛṣṭa / Ramāilō)	(Slang, 1960s/70s) Fashionable and exciting; excellent.	The band's new song has a really <b>groovy</b> beat.
<b>neck of woods</b>	नजिकको ठाउँ / क्षेत्र (Najikakō ṭhāum̄ / Kṣētra)	A nearby area or neighbourhood.	I rarely see you around this <b>neck of the woods</b> anymore.
<b>Bank for your Buck</b>	पैसाको राम्रो मूल्य (Paisākō rāmrō mūlyā)	Value obtained for the money spent; getting good quality for a low price.	That budget smartphone offers great <b>Bank for your Buck</b> with all its features.

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<b>Blurt out</b>	अकस्मात् बोलिहाल्नु (Akasmāt bōlihālnu)	To say something suddenly and without careful consideration.	She didn't mean to tell them the secret, but she just <b>blurted it out</b> .
<b>late bloomer</b>	ढिलो प्रगति गर्ने (Dhilō pragati garnē)	A person whose talents or capabilities are not recognized or developed until later than usual.	He was a <b>late bloomer</b> in his career, only finding success in his forties.
<b>stay put</b>	यथास्थानमा बस्नु (Yathāsthānma basnu)	To remain in one place or position; not move.	The police told the crowd to <b>stay put</b> until the road was cleared.
<b>word is Bond</b>	वाचा पक्का छ (Vācā pakkā cha)	(Slang) A declaration that one's promise is reliable and true.	Don't worry, I'll pay you back tomorrow; my <b>word is Bond</b> .
<b>Third wheels</b>	बाधा हुने व्यक्ति (Bādhā hunē vyakti)	A person who joins a couple on a social occasion and feels superfluous or unwanted.	I felt like a <b>third wheel</b> sitting with them as they discussed their wedding plans.

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<b>grab it with Both hands</b>	पूरे अवसर लिनु (Pūrai avasara linu)	To enthusiastically seize an opportunity.	When she was offered the lead role, she decided to <b>grab it with Both hands</b> .
<b>to the Manor Born</b>	जन्मजात धनी / विशेष (Janmajāta dhanī / Viśēṣa)	Naturally talented or suited for a particular role; born into a life of privilege.	He has the self-assurance and grace of someone who is <b>to the Manor Born</b> .
<b>curveball</b>	अप्रत्याशित कुरा (Apratyāsita kurā)	Something unexpected, confusing, or difficult to deal with.	The sudden change in regulations threw a real <b>curveball</b> into our plans.
<b>Grumpy</b>	रिसाहा / खिसिक्क परेको (Risāhā / Khisrikka parēkō)	Bad-tempered and irritable.	He's been really <b>grumpy</b> ever since he missed his morning coffee.
<b>always on the go</b>	सधैँ व्यस्त (Sadhaim' vyasta)	Constantly busy or moving from one place or activity to another.	She's a high-powered executive who is <b>always on the go</b> .

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<b>existential crisis</b>	आस्तित्वको सङ्कट (Astitvako saṅkāṭa)	A period of introspection and anxiety about the meaning, purpose, and value of one's life.	Leaving college triggered a brief <b>existential crisis</b> as he pondered his future.
<b>cog in the machine</b>	सामान्य कर्मचारी (Sāmānya karmacārī)	A small, insignificant person in a large organization or system.	He felt like just another <b>cog in the machine</b> at the massive corporation.
<b>culmination</b>	शिखर / अन्त्य (Śikhara / Antya)	The highest or ultimate point; the final result of a series of efforts.	The award ceremony was the <b>culmination</b> of a decade of hard work.
<b>ignorance is bliss</b>	अनभिज्ञतामा सुख (Anabhijñatāmā sukha)	The state of not knowing about something unpleasant is often better than knowing.	Sometimes I think <b>ignorance is bliss</b> when it comes to reading the daily news headlines.
<b>triple threat</b>	तीन प्रतिभा (Tīna pratibhā)	A person who is highly proficient in three different fields (e.g., singing, acting, and dancing).	The young artist is considered a <b>triple threat</b> in the entertainment industry.

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<b>Flaky</b>	अस्थिर / अविश्वसनीय (Asthira / Aviśvāsaniya)	(Informal) Unreliable or eccentric.	Don't rely on him too much; he can be pretty <b>flaky</b> when it comes to deadlines.
<b>right off the bat</b>	तुरुन्तै / तत्कालै (Turuntai / Tatkālai)	Immediately; without delay.	The interviewer was impressed with her qualifications <b>right off the bat</b> .
<b>the elixir of life</b>	जीवन बुटी (Jīvana butī)	A mythical potion supposed to grant eternal life or cure all ailments.	For some people, a strong cup of coffee in the morning is <b>the elixir of life</b> .
<b>dire consequences</b>	भयानक परिणाम (Bhayānaka parināma)	Extremely serious or urgent results, often negative.	Failure to follow the safety protocols could have <b>dire consequences</b> .
<b>catch lighting in a bottle</b>	दुर्लभ सफलता पाउनु (Durlabha saphalatā pāunu)	To achieve something incredibly difficult or capture a fleeting, extraordinary thing.	The band managed to <b>catch lighting in a bottle</b> with their one and only hit song.

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<b>put your money where your mouth is</b>	बोलेर मात्र नभई गरेर देखाउनु (Bōlēra mātra navhai garēra dēkhāunu)	To back up one's statements or beliefs with action or money.	If you really believe the stock will rise, then <b>put your money where your mouth is</b> and buy some shares.
<b>veg out</b>	आराम गर्नु / सुस्ताउनु (Ārāma garnu / Sustāunu)	(Informal) To relax in a passive and unthinking way.	After a tough week, all I want to do is <b>veg out</b> on the couch and watch movies.
<b>hoining in on</b>	ध्यान केन्द्रित गर्नु (Dhyāna kendrita garnu)	To move or focus gradually and precisely towards a target or objective (often incorrectly used for "homing in on").	The investigation team is <b>honing in on</b> the suspect's last known location.
<b>arm candy</b>	सुन्दर साथी (Sundara sāthī)	An attractive person accompanying someone to a social event, often for show.	She was his beautiful <b>arm candy</b> at the high-profile charity gala.

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<b>monkey brain</b>	चञ्चल दिमाग (Cañcalā dimāga)	(Informal) Refers to the primitive, impulsive, or easily distracted part of the human mind.	Sometimes you have to ignore your <b>monkey brain</b> and stick to the logical plan.
<b>at my wits' end</b>	दिक्क लाग्नु / तनावमा हुनु (Dikka lāgnu / Tanāvmā hunu)	So worried, confused, or annoyed that one does not know what to do next.	I'm <b>at my wits' end</b> trying to fix this complex computer bug.
<b>tarnish</b>	दाग लाग्नु / बिगार्नु (Dāga lāgnu / Bigārnu)	To make dirty or spoil the image/reputation of something.	The scandal threatened to <b>tarnish</b> the politician's long-standing career.
<b>smart cookies</b>	तीक्ष्ण बुद्धि (Tikṣṇa buddhi)	(Informal) Intelligent and clever people.	The company is always looking to hire <b>smart cookies</b> straight out of university.
<b>fidelity</b>	वफादारी / विश्वसनीयता (Vaphādārī / Viśvaniyatā)	Faithfulness to a person, cause, or belief; accuracy in the reproduction of sound or image.	The sound system boasts high <b>fidelity</b> , providing a crystal-clear audio experience.

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<b>whatever floats your boat</b>	जे मन लाग्छ (Jē mana lāgcha)	(Informal) Do whatever makes you happy or suits you.	I prefer hiking, but if you want to go shopping, <b>whatever floats your boat</b> .
<b>indisposed</b>	अस्वस्थ / अनुपलब्ध (Asvastha / Anupalabdha)	Temporarily unavailable or unwell; mildly sick.	The director is <b>indisposed</b> and will not be able to take your call today.
<b>run your mouth</b>	अनावश्यक रूपमा बोल्नु (Anāvaśyaka rūpmā bōlnu)	(Informal) To talk too much or boast aggressively.	Stop <b>running your mouth</b> and get back to work.
<b>put out to pasture</b>	कामबाट अवकाश दिनु (Kāmabāṭa avakāśa dinu)	To force a person or animal to retire due to old age or lack of usefulness.	The veteran executive felt hurt when he was suddenly <b>put out to pasture</b> .
<b>Decadent</b>	भ्रष्ट / अति-विलासी (Bhraṣṭa / Ati-vilāsī)	Characterized by moral or cultural decline; or, luxurious self-indulgence.	The rich chocolate cake was a truly <b>decadent</b> dessert.

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<b>out of whack</b>	अव्यवस्थित / काम नगर्ने (Avyavasthita / Kāma nagarnē)	(Informal) Not functioning properly; out of order or balance.	My sleep schedule has been completely <b>out of whack</b> since I started the night shift.
<b>goody two shoes</b>	आदर्शवादी व्यक्ति (Ādarśavādī vyakti)	(Disparaging) A person who is excessively virtuous and acts in a morally perfect manner.	No one likes her because she's such a <b>goody two shoes</b> and always reports misbehaviour.
<b>claim to fame</b>	प्रसिद्धिको कारण (Prasiddhikō kāraṇa)	A reason why someone or something is famous or notable, even if it's only one thing.	His <b>claim to fame</b> is that he once appeared in a movie as an extra.
<b>tenacity</b>	लगनशीलता / दृढता (Lagaśīlatā / Dṛḍhatā)	The quality or fact of being able to grip something firmly; or, persistence.	It was his sheer <b>tenacity</b> that allowed him to finish the marathon despite the injury.
<b>resilient</b>	लचिलो / सहजै पूर्ववत् हुन सक्ने (Lacilō /	Able to withstand or recover quickly	The market proved to be highly <b>resilient</b>

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	Sahajai pūrvavat huna saknē)	from difficult conditions.	after the initial economic shock.
<b>rogue Person</b>	खराब व्यक्ति (Kharāba vyakti)	A dishonest or unprincipled person; or, one who acts independently against group norms.	We found the issue was caused by a <b>rogue person</b> who ignored the security protocols.
<b>oust</b>	हटाउनु / पदच्युत गर्नु (Haṭāunu / Padacyuta garnu)	To drive out or expel (someone) from a position or place.	The board voted to <b>oust</b> the CEO after the financial scandal broke.
<b>fraught</b>	समस्याले भरिएको (Samasyālē bhariēkō)	Filled with or destined to result in (something undesirable); causing or affected by great anxiety.	The diplomatic negotiations were <b>fraught</b> with tension and mistrust.
<b>regicide</b>	राजहत्या (Rājahatyā)	The action of killing a king.	The historical period was marked by revolution and several acts of <b>regicide</b> .

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<b>flout</b>	अवजा गर्नु / वास्ता नगर्नु (Avajñā garnu / Vāstā nagarnu)	To openly disregard (a rule, law, or convention).	He was fined for continuing to <b>flout</b> the parking regulations.
<b>inculcate</b>	मनमा बसाउनु / सिकाउनु (Manmā basāunu / Sikāunu)	To instill (an attitude, idea, or habit) by persistent instruction.	The school aims to <b>inculcate</b> a sense of civic responsibility in its students.
<b>thrift</b>	मितव्ययिता / बचत (Mitavyayitā / Bacata)	The quality of using money and other resources carefully and not wastefully.	Through careful <b>thrift</b> , they managed to save enough money for a down payment.
<b>frienziedly</b>	उन्मत्त ढंगले / पागलपनले (Unmatta dhangalē / Pāgalpanalē)	In a wildly excited or uncontrolled manner.	The fans cheered <b>frienziedly</b> when the rock star took the stage.
<b>nonchalant</b>	बेपरवाह / उदासीन (Beparavāha / Udāsīna)	Feeling or appearing casually calm and relaxed; not displaying anxiety, interest, or enthusiasm.	He acted completely <b>nonchalant</b> despite being told he had won the lottery.

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<b>Food coma</b>	खाएपछि सुस्तता (Khāēpachi sustata)	(Informal) A state of drowsiness or lethargy following a large meal.	After the Thanksgiving feast, everyone was sitting around in a deep <b>Food coma</b> .
<b>Hodophile</b>	यात्राप्रेमी (Yātrāprēmī)	A lover of travel.	As a lifelong <b>Hodophile</b> , she always had her next overseas trip planned.
<b>the peanut Butter to my jelly</b>	पूरक / असल जोडी (Pūraka / Asala joḍī)	(Informal) Someone who is the perfect complement to another person, like two things that go well together.	She's organized and I'm creative; we're <b>the peanut Butter to my jelly</b> in this project.
<b>Houdini</b>	जादूगार (Jādūgara)	(Reference to the famous escape artist) A person who is skilled at escaping from difficult situations.	The suspect made a quick getaway, performing a real <b>Houdini</b> act on the police.
<b>go down a spiral</b>	खस्कँदै जानु / बिग्रांदै जानु (Khaskamḍai jānu / Bigramḍai jānu)	To continually worsen, often rapidly and uncontrollably.	After losing his job, he started to <b>go down a spiral</b>

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
			of depression and debt.
<b>up my alley</b>	मेरो रुचि अनुसारको (Mērō ruci anusārako)	(Informal) Well-suited to one's tastes, interests, or abilities.	A task that involves detailed research is right <b>up my alley</b> .
<b>left, right and center</b>	चारैतिर / जताततै (Cāraítira / Jatātatāi)	Everywhere; in every direction; frequently and without discrimination.	The politician was criticized <b>left, right and center</b> for his comments.
<b>burn the candle at both ends</b>	धेरै काम गर्नु / कम सुत्नु (Dherai kāma garnu / Kama sutnu)	To work or do other things from early in the morning until late at night; overworking.	He was <b>burning the candle at both ends</b> to finish his thesis and keep his job, and it soon made him ill.
<b>nails on a chalkboard</b>	अति अप्रिय (Ati apriya)	A sound or thing that is extremely irritating or grating.	His constant whining is like <b>nails on a chalkboard</b> to me.
<b>melophile</b>	संगीतप्रेमी (Saṅgītraprēmī)	A person who loves music.	As a dedicated <b>melophile</b> , she spends hours

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
			curating her perfect playlist.
<b>take someone under your wing</b>	संरक्षक बन्नु (Sanrakṣaka bannu)	To look after and guide someone, especially someone less experienced.	The senior engineer agreed to <b>take the new intern under her wing</b> and teach him the ropes.
<b>obnoxious</b>	घिनलाग्दो / अप्रिय (Ghinalāgdo / Apriya)	Extremely unpleasant or offensive.	His loud, boastful behaviour at the party was truly <b>obnoxious</b> .
<b>smearing</b>	बदनामी गर्नु / लेपन गर्नु (Badanāmī garnu / Lēpana garnu)	To damage the reputation of someone with false accusations; or, to coat messily.	The political opponent launched an aggressive campaign <b>smearing</b> the candidate's character.
<b>levitating</b>	हावामाथि उडिरहेको (Hāvāmāthi uḍirahēkō)	Rising or floating in the air without any visible support.	The stage illusion gave the appearance of the magician <b>levitating</b> .

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
<b>throw the book at you</b>	कडा सजाय दिनु (Kaḍā sajāya dinu)	To punish someone with the full severity of the law.	Because of his repeated offenses, the judge decided to <b>throw the book at him</b> .
<b>kicking my tongue</b>	(Likely misuse/mishearing of "biting my tongue") चुप लागेर बस्नु (Cupa lāgēra basnu)	(Assuming the idiom is "biting my tongue") To make a conscious effort not to say something one wants to say.	I had to <b>bite my tongue</b> to keep from correcting the manager during his presentation.
<b>flash in the pan</b>	छोटो समयको सफलता (Choṭō samayakō saphalatā)	Something that shows great promise but fails after a short period.	Unfortunately, the debut album was just a <b>flash in the pan</b> , and their second album flopped.
<b>cut to the chase</b>	मुख्य कुरामा आउनु (Mukhya kurāmā āunu)	To get directly to the point, without unnecessary preamble.	Stop telling me the backstory and just <b>cut to the chase</b> —what happened?
<b>zaddy</b>	आकर्षक परिपक्व पुरुष (Ākarṣaka paripakkva puruṣa)	(Slang) An attractive man who is fashionable and projects a	Everyone agreed that the actor in the new drama

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
		strong, appealing confidence.	was a total <b>zaddy</b> .
<b>cookie cutter</b>	सामान्य / एकनासको (Sāmānya / Ēkanāsakō)	Used to describe something that is exactly like many others and lacks any unique characteristics.	The new neighbourhood consists of <b>cookie cutter</b> houses that all look the same.
<b>teeny</b>	धेरै सानो (Dherai sānō)	(Informal) Tiny; very small.	I only need a <b>teeny</b> bit of sugar in my coffee.
<b>on the Nose</b>	ठीक / सटीक (Thīka / Saṭīka)	Precisely accurate or exactly right.	The critic's review of the movie was absolutely <b>on the Nose</b> .
<b>flamboyant</b>	आकर्षक / भड़किलो (Ākarṣaka / Bhadakilō)	Tending to attract attention because of confidence, stylishness, and exaggerated behaviour.	The designer is known for his <b>flamboyant</b> outfits and eccentric personality.
<b>a bottomless pit</b>	नसकिने खाडल (Nasakinē khāḍala)	Something that consumes an endless supply of	My teenage son's stomach seems to be a <b>bottomless pit</b> ;

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
		things (especially money or food).	he's always eating.
<b>it takes one to know one</b>	चोरलाई चोरैले चिन्छ (Cōralā'ī cōraile cincha)	Used to suggest that the person making a negative statement about someone else has the same fault.	When he called her stubborn, she simply replied, " <b>it takes one to know one.</b> "
<b>rolling in the dough</b>	धेरै धनी हुनु (Dherai dhanī hunu)	(Informal) Extremely rich; having a lot of money.	After selling his tech company, he's been <b>rolling in the dough</b> .
<b>The apex predator</b>	सबभन्दा माथिको सिकारी (Sabbhandā māthikō śikārī)	The top predator in an ecosystem, having no natural enemies; or, the most powerful person/company in a field.	In the corporate world, that investment firm is considered <b>the apex predator</b> .
<b>the boat/ship has sailed</b>	अब ढिलो भयो (Aba ḍhilō bhayō)	An opportunity has passed and it is too late to take advantage of it.	I wanted to apply for the scholarship, but I checked the deadline, and <b>the boat has sailed</b> .

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
<b>Fake it till you make it</b>	नजाने पनि जान्नेजस्तो गर्नु (Najānē pani jānnējastō garnu)	Act confident and capable until you actually become confident and capable.	Even though she was nervous, she decided to <b>Fake it till she made it</b> during her presentation.
<b>different ball game</b>	फरक परिस्थिति (Pharaka paristhiti)	A completely different situation or set of circumstances.	Managing a small team is easy, but running an entire department is a <b>different ball game</b> .
<b>pain is beauty</b>	कष्ट सौन्दर्य हो (Kaṣṭa saundarya hō)	(Idiomatic) The idea that one must endure discomfort or suffering to achieve a beautiful or desired physical appearance.	She believes in the mantra that <b>pain is beauty</b> as she works out intensely every day.
<b>put you on the map</b>	प्रसिद्ध बनाउनु (Prasiddha banāunu)	To make someone or something famous or well-known.	The film festival success is really going to <b>put the young director on the map</b> .

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
<b>clairvoyant</b>	भविष्य देख्ने (Bhavisya dēkhnē)	A person who claims to have a supernatural ability to perceive events in the future or beyond normal sensory contact.	The old woman claimed to be <b>clairvoyant</b> and predicted the outcome of the war.
<b>avant-garde</b>	नवप्रवर्तनशील (Navapravartanaśīla)	New and unusual or experimental, especially in the arts.	Her work is considered too <b>avant-garde</b> for mainstream audiences.
<b>hold you tongue</b>	चुप बस्नु (Cupa basnu)	To refrain from speaking; to keep silent.	I was so angry, but I managed to <b>hold my tongue</b> and avoid an argument.
<b>shotgun wedding</b>	बाध्यकारी विवाह (Bādhyakārī vivāha)	A wedding that is arranged quickly and under pressure, typically because of pregnancy.	They had a quiet, sudden <b>shotgun wedding</b> last month.
<b>serendipity</b>	संयोगवश शुभ खोज (Saṁyōgavaśa śubha khōja)	The occurrence and development of events by	Meeting his business partner on a random flight was an act

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
		chance in a happy or beneficial way.	of pure <b>serendipity</b> .
<b>float like a butterfly sting like a bee</b>	चतुर तर शक्तिशाली हुनु (Catura tara śaktisālī hunu)	(From Muhammad Ali) To be graceful and evasive, yet strike with great power.	His negotiation style is to <b>float like a butterfly, sting like a bee</b> —calm but effective.
<b>chicken out</b>	डराएर पछि हट्नु (Daraēra pachi haṭnu)	(Informal) To decide not to do something out of fear.	He was going to try bungee jumping but <b>chickened out</b> at the last minute.
<b>jitters</b>	बेचैनी / डर (Bēcainī / Dara)	A feeling of extreme nervousness.	She got a bad case of the <b>jitters</b> right before her final exam.
<b>punk</b>	खराब युवा (Kharāba yuvā)	A worthless or inexperienced person; also, a style of rock music/culture.	The security guard told the young <b>punk</b> to leave the premises.
<b>fly on the wall</b>	गोप्य दर्शक (Gopya darśaka)	An unseen observer of a	I wish I could be a <b>fly on the wall</b> during the

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
		particular situation.	meeting to hear what they really think.
<b>over the handlebars</b>	साइकलबाट खस्नु (Sāikala-bāṭa khasnu)	To fall forward off a bicycle, usually by being thrown over the handlebars.	He hit a pothole and went <b>over the handlebars</b> , landing hard on the ground.
<b>imposter syndrome</b>	अयोग्य महसुस (Ayoga mahasus)	The persistent inability to believe that one's success is deserved or legitimately achieved, often despite evidence.	Despite her PhD, she still suffers from <b>imposter syndrome</b> in academic settings.
<b>stop and smell the roses</b>	जीवनको आनन्द लिनु (Jīvanako ānanda linu)	To slow down and appreciate the beauty and pleasure of life.	You're always working; you need to <b>stop and smell the roses</b> once in a while.
<b>put my foot in my mouth</b>	नराम्रो कुरा भन्नु (Narāmrō kurā bhannu)	To accidentally say something embarrassing, tactless, or offensive.	I really <b>put my foot in my mouth</b> when I asked her about her "husband" and learned they were divorced.

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
<b>chalk and cheese</b>	फरक (Pharaka)	Completely different from each other; having nothing in common.	My brother and I are like <b>chalk and cheese</b> —he's quiet, and I'm loud.
<b>man Friday or girl friday</b>	विश्वासपात्र सहयोगी (Viśvāspātra sahayōgī)	A faithful and reliable servant or assistant.	She relies heavily on her <b>girl Friday</b> to manage her busy schedule.
<b>talk turkey</b>	गम्भीर कुरा गर्नु (Gambhīra kurā garnu)	To discuss the essential facts or matters directly and seriously.	Let's skip the small talk and <b>talk turkey</b> about the financial details of the deal.
<b>head in the clouds</b>	सपनाको संसारमा हुनु (Sapanākō saṁsāramā hunu)	To be impractical, dreamy, or unaware of reality.	He's a creative artist but always seems to have his <b>head in the clouds</b> when it comes to business.
<b>right on the money</b>	एकदम सही (Ēkadama sahī)	Exactly correct; accurate.	His prediction for the election results was <b>right on the money</b> .

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
<b>cut some slack</b>	छूट दिनु / खुकुलो गर्नु (Chūṭa dinu / Khukulō garnu)	To allow someone to deviate from a standard or give them a break.	He's been working overtime, so we should <b>cut him some slack</b> on this small mistake.
<b>stay in your own lane</b>	आफ्नो काममा ध्यान दिनु (Āphnō kāmmā dhyāna dinu)	(Informal) To mind one's own business or focus on one's own affairs without interfering.	He gave me advice I didn't ask for, so I told him to <b>stay in his own lane</b> .
<b>Buckle up</b>	तयारी गर्नु / बेल्ट लगाउनु (Tayārī garnu / Bēlṭa lagāunu)	To fasten one's seatbelt; or, to prepare for something difficult or exciting.	<b>Buckle up</b> everyone, it's going to be a bumpy ride for the next few months.
<b>good cop and bad cop</b>	नरम र कडा भूमिका (Narama ra kaḍā bhūmikā)	A strategy where two people take opposing approaches—one aggressive and the other friendly—to achieve a desired outcome.	The negotiation team played <b>good cop and bad cop</b> to pressure the supplier into lowering the price.

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
<b>talk the talk and walk the walk</b>	भान्नु र गर्नु (Bhannu ra garnu)	To back up one's words with corresponding actions; to be genuine.	She doesn't just promise results; she <b>talks the talk and walks the walk</b> .
<b>on the fence</b>	दुविधामा हुनु (Duvidhāmā hunu)	Undecided about something.	I'm still <b>on the fence</b> about whether to accept the job offer or not.
<b>roll with the punches</b>	परिस्थितिसँग जुध्नु (Paristhitisamga judhnu)	To be flexible and adapt to difficulties and setbacks.	In a start-up environment, you have to learn to <b>roll with the punches</b> quickly.
<b>testing the water</b>	जाँच गर्नु / प्रयास गर्नु (Jāñca garnu / Prayāsa garnu)	To try something out cautiously before committing to it.	We're just <b>testing the water</b> with this new product before investing in large-scale production.
<b>ick</b>	घिन लाग्नु (Ghina lāgnu)	(Slang) A feeling of disgust or intense dislike, especially in a romantic or social context.	His chewing loudly gave me the <b>ick</b> during the date.

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
<b>retail therapy</b>	किनमेलद्वारा तनाव हटाउनु (Kinamēladvārā tanāva haṭāunu)	The act of shopping to improve one's mood or emotional state.	After a stressful day, she treated herself to some <b>retail therapy</b> at the mall.
<b>consummate optimist</b>	पूर्ण आशावादी (Pūrṇa āśāvādī)	A person who is complete or perfect in their belief that things will turn out well.	Despite the setbacks, she remained a <b>consummate optimist</b> about the project's future.
<b>fomo</b>	छुट्ने डर (Chuṭnē dara)	(Acronym for <b>Fear Of Missing Out</b> ) Anxiety that an exciting or interesting event may be happening elsewhere.	His constant need to check social media is driven by <b>fomo</b> .
<b>Gazillion</b>	अनगिन्ती (Anagintī)	(Informal) An indefinitely large number.	He has a <b>Gazillion</b> things to do before the deadline.
<b>rest on my laurels</b>	विगतको सफलतामा भर पर्नु (Vigatako saphalatāmā bhara parnu)	To stop trying because you are satisfied with your	A great athlete never <b>rests on their laurels</b> ;

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
		past achievements.	they always seek new challenges.
<b>cheeky</b>	शरारती / निर्लज्ज (Śarāratī / Nirlajja)	Impudent or irreverent, often in an engaging or amusing way.	The child gave a <b>cheeky</b> grin after being caught stealing a cookie.
<b>it's going down</b>	केही हुन लागेको छ (Kēhī huna lāgēkō cha)	(Slang) Something exciting, important, or eventful is about to happen.	The music is loud, the crowd is huge—it's <b>going down</b> tonight!
<b>get your mind out of the gutter</b>	नराम्रो सोच्न बन्द गर्नु (Narāmrō sōcna banda garnu)	(Informal) Stop thinking about rude or sexual things.	When I said "wood," he laughed, and I had to tell him to <b>get his mind out of the gutter</b> .
<b>horsing around</b>	मजाक गर्नु / उपक्रिनु (Majāka garnu / Upakhrinu)	(Informal) Playing around in a boisterous and playful way.	The teacher separated the students who were <b>horsing around</b> during class.
<b>euphoria</b>	परम आनन्द (Parama ānanda)	A feeling or state of intense	She experienced a brief state of <b>euphoria</b>

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
		excitement and happiness.	immediately after winning the race.
dilly-dally	ढिलासुस्ती गर्नु (Dhilāsustī garnu)	To waste time, especially by messing around or being indecisive.	Stop <b>dilly-dallying</b> and finish your homework before dinner.
conscientious	कर्तव्यनिष्ठ / इमान्दार (Kartavyaniṣṭha / Imāndāra)	Wishing to do one's work or duty well and thoroughly.	She is a very <b>conscientious</b> student who always submits high-quality work.
wooing	फकाउने प्रयास (Phakāunē prayāsa)	Trying to gain the love or favour of someone, especially with a view to marriage; seeking support.	The company is <b>wooing</b> potential investors with promises of high returns.
latchkey kid	एकलै बस्ने बालक (Ēklai basnē bālaka)	A child who is left unsupervised after school because both parents are working.	Many children today are <b>latchkey kids</b> who must let themselves into their homes.

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
<b>bury your head in the sand</b>	वास्तविकतालाई बेवास्ता गर्नु (Vāstavikatālā'ī bēvāstā garnu)	To ignore or refuse to confront an unpleasant reality.	You can't just <b>bury your head in the sand</b> and pretend the problem doesn't exist.
<b>minimalist</b>	न्यूनतमवादी (Nyūnatamavādī)	A person who is interested in having the minimum amount of possessions or living simply.	His apartment is very clean and simple, reflecting his <b>minimalist</b> lifestyle.
Word/Phrase	English Meaning	Nepali Meaning (Approximate)	Example Sentence
<b>scorned</b>	To be treated with deep contempt, disrespect, or strong rejection.	तिरस्कार गरिएको (Tiraskāra gariēkō)	He felt <b>scorned</b> by his former colleagues after the failure of the merger.

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
Lament	An expression of sorrow or deep regret; to mourn.	विलाप गर्नु / शोक व्यक्त गर्नु (Vilāp garnu / Śōka vyakta garnu)	The poet's latest work is a lament for the traditions lost to modernization.
Sceptical	Having doubts that a claim or statement is true or that something will happen.	शंकालु / अविश्वासी (Śankālu / Aviśvāsī)	I am sceptical about his chances of winning the election after his recent controversies.
Brevity	The quality of being brief or fleeting; conciseness in speech or writing.	संक्षिप्तता (Saṅkṣiptatā)	The chairman spoke with great brevity, limiting his report to just three main points.
ruled out	To dismiss from consideration or a contest; to make impossible.	अस्वीकार गरियो / असम्भव बनाइयो (Asvīkāra gariēkō / Asambhava banāiyō)	John was ruled out as a possible suspect because he had a strong alibi.
Libertarianism	A political philosophy that strongly values individual freedom and is skeptical about	स्वतन्त्रतावाद (Svatantratāvāda)	Proponents of Libertarianism strongly favor free trade and

<b>English Term</b>	<b>Nepali Meaning</b>	<b>English Definition</b>	<b>Example Sentence (Use)</b>
	the justified scope of government.		limited government intervention.
<b>rhetorical firepower</b>	The power of language used to convey a point, make an argument more compelling, or convince an audience.	वक्तृत्वको शक्ति / तर्कशक्ति (Vaktr̥ta kō śakti / Tarkaśakti)	The opposition leader deployed all his rhetorical firepower to sway the parliament's decision.
<b>unrequited</b>	(Used almost exclusively in the context of love) Not returned or reciprocated.	अप्रेमित / नफर्काइएको (Aprēmit / Naparkāiēkō)	She suffered in silence over her unrequited love for her best friend.
<b>radical transformation</b>	A significant and fundamental change that alters the nature or function of something.	आमूल परिवर्तन (Āmūla parivartana)	The company's radical transformation involved shifting from traditional retail to an online-only model.
<b>Fox News rant</b>	A long, loud, or passionate complaint, especially	फक्स न्युजमा चर्को आलोचना (Phaksa Nyujamā carkō ālocañā)	His latest Fox News rant about the government's tax policy generated

<b>English Term</b>	<b>Nepali Meaning</b>	<b>English Definition</b>	<b>Example Sentence (Use)</b>
	one broadcast on the Fox News channel.		significant controversy.
<b>Spate</b>	A large number of things that appear or happen in a short period of time.	धेरै संख्यामा (Dherai sañkhyāmā)	A recent spate of books on climate change has come out this year.
<b>Tipples</b>	(Verb, 3rd person singular) Drinks alcohol frequently or habitually, usually in small amounts.	सानो मात्रामा रक्सी पिउनु (Sānō mātrāmā raksī piunu)	His uncle habitually tipples a glass of wine after dinner every night.
<b>Deplore</b>	To express strong disapproval of, or to regret deeply.	घोर निन्दा गर्नु / गहिरो खेद व्यक्त गर्नु (Ghōra nindā garnu / Gahiro khēda vyakta garnu)	We deplore the government's treatment of political prisoners.
<b>Voluptuous</b>	Characterized by fullness and shapeliness, often implying a connection to sensual pleasure or luxury.	कामुक / पुष्ट (Kāmuka / Puṣṭa)	Marilyn Monroe was known for her voluptuous figure.

English Term	Nepali Meaning	English Definition	Example Sentence (Use)
<b>few teething issues</b>	Small, temporary problems that occur when a new business, project, or system is first started or used.	केही प्रारम्भिक समस्याहरू (Kēhī prārambhika samasyāharū)	After a few teething issues with the new software, the project is running smoothly now.
<b>the rollout has been uneven</b>	The introduction or implementation of a new product or system has lacked consistency or uniformity across different areas.	वितरण / कार्यान्वयन असमान भएको छ (Vitarana / Kāryānvayana asamāna bhaēkō cha)	The vaccine rollout has been uneven, with some regions receiving supplies much later than others.
<b>Stacked egregiously against someone</b>	Extremely unfairly arranged or biased, making it very difficult for that person or group to succeed.	कसैको विरुद्धमा अत्यन्तै अनुचित रूपमा राखिएको (Kasai kō viruddhamā atyantaii anucita rūpamā rākhiēkō)	Poor families often have the deck stacked egregiously against them when they look for housing.
<b>Sheepishly</b>	In an embarrassed or bashful fashion.	लाज मान्दै / लज्जापूर्वक (Lāja māndai / Lajjāpūrvaka)	She sheepishly glanced around, hoping no one had noticed her mistake.

No .	Word	English Meaning	Synonyms	Example Sentence
1	<b>Ameliorate</b> (v.)	To make something better or improve a bad situation.	enhance, better, improve, alleviate	The government is attempting to <b>ameliorate</b> the housing crisis by increasing funding for affordable homes.
2	<b>Ponder</b> (v.)	To think about something carefully and deeply.	contemplate, muse, deliberate, reflect	Before making a major decision, it is wise to <b>ponder</b> all potential consequences .
3	<b>Crucial</b> (adj.)	Extremely important or necessary.	vital, essential, critical, indispensable	Time management is <b>crucial</b> for students aiming to achieve a high score in the exam.
4	<b>Detrimental</b> (adj.)	Causing harm or damage.	harmful, damaging, adverse, pernicious	Excessive screen time can be <b>detrimental</b> to a child's

No .	Word	English Meaning	Synonyms	Example Sentence
				cognitive development.
5	<b>Elicit</b> (v.)	To draw out (a response, answer, or fact) from someone.	evoke, extract, obtain, generate	The journalist's questions failed to <b>elicit</b> a clear response from the politician.
6	<b>Disrupt</b> (v.)	To interrupt or stop something from continuing in a usual way.	interrupt, disturb, interfere, impede	Loud traffic noise frequently <b>disrupts</b> the concentration of students in the library.
7	<b>Diverse</b> (adj.)	Showing a great deal of variety; very different.	varied, manifold, heterogeneous, mixed	The city's economy benefits greatly from its <b>diverse</b> range of industries.
8	<b>Diligent</b> (adj.)	Having or showing care and conscientiousness in one's work or duties.	hardworking, careful, assiduous, meticulous	<b>Diligent</b> research is required to ensure the academic integrity of any major paper.

No .	Word	English Meaning	Synonyms	Example Sentence
9	<b>Decorum</b> (n.)	Proper behavior, good manners, or polite formality.	propriety, etiquette, civility, courtesy	Formal <b>decorum</b> is expected of all members when addressing the board of directors.
10	<b>Cumulative</b> (adj.)	Increasing or growing by successive additions over time.	increasing, growing, collective, aggregate	The <b>cumulative</b> effect of small daily habits can lead to significant success over many years.
11	<b>Dogmatic</b> (adj.)	Inclined to lay down principles as undeniably true, without consideration of evidence or the opinions of others.	opinionated, rigid, uncompromising , unyielding	His <b>dogmatic</b> approach hindered any productive discussion in the team meeting.
12	<b>Gratuitous</b> (adj.)	Unnecessary or uncalled for; lacking good reason.	unprovoked, unneeded, superfluous, unwarranted	The film was criticized for its <b>gratuitous</b> scenes of violence that

No .	Word	English Meaning	Synonyms	Example Sentence
				added nothing to the plot.
13	<b>Ineffable</b> (adj.)	Too great or extreme to be expressed or described in words.	indescribable, transcendent, unspeakable	The profound beauty of the mountain landscape was almost <b>ineffable</b> .
14	<b>Nimble</b> (adj.)	Quick and light in movement or action; quick-witted.	agile, quick, deft, sharp	A <b>nimble</b> mind is essential for quickly analyzing data and solving complex problems.
15	<b>Iconoclast</b> (n.)	A person who attacks cherished beliefs or institutions.	nonconformist, rebel, dissident, heretic	He was known as an <b>iconoclast</b> in academic circles for challenging established theories.
16	<b>Idiosyncratic</b> (adj.)	Unique or peculiar to an individual; distinctive.	peculiar, unique, distinct, unconventional	Her <b>idiosyncratic</b> writing style, though unusual,

No .	Word	English Meaning	Synonyms	Example Sentence
				quickly gained a large following.
17	<b>Incumbent</b> (n./adj.)	The current holder of an office or post (n.); necessary for someone as a duty or responsibility (adj.).	current holder, obligatory, mandatory, binding	It is <b>incumbent</b> upon all citizens to participate in the democratic process.
18	<b>Vicissitude</b> (n.)	A change of circumstances or fortune, typically one that is unwelcome or unpleasant.	change, alteration, fluctuation, upheaval	Life is full of unpredictable <b>vicissitudes</b> , requiring resilience and adaptability.
19	<b>Exodus</b> (n.)	A mass departure of people.	migration, evacuation, departure, flight	High taxation led to an <b>exodus</b> of skilled workers from the country.
20	<b>Scrutinise</b> (v.)	To examine or inspect closely and thoroughly.	examine, inspect, analyze, pore over	Scientists must <b>scrutinise</b> the data carefully before publishing

No .	Word	English Meaning	Synonyms	Example Sentence
				their final conclusions.
21	<b>Indigenous</b> (adj.)	Originating or occurring naturally in a particular place; native.	native, aboriginal, inherent, local	<b>Indigenous</b> traditions must be preserved and celebrated as part of our cultural heritage.
22	<b>Epitome</b> (n.)	A person or thing that is a perfect example of a particular quality or type.	archetype, embodiment, quintessential example, representation	She is the <b>epitome</b> of dedication, always the first to arrive and the last to leave.
23	<b>Rhetoric</b> (n.)	The art of effective or persuasive speaking or writing.	oratory, eloquence, discourse, bombast	Voters are often swayed by effective political <b>rhetoric</b> during an election campaign.
24	<b>Emulate</b> (v.)	To imitate; to match or surpass a person or achievement,	imitate, mirror, match, rival	Many young artists try to <b>emulate</b> the style of the old masters to

No .	Word	English Meaning	Synonyms	Example Sentence
		typically by imitation.		learn technique.
25	<b>Hurdle</b> (n.)	An obstacle or difficulty.	obstacle, challenge, impediment, barrier	The biggest <b>hurdle</b> in the project was securing the necessary capital investment.
26	<b>Competence</b> (n.)	The ability to do something successfully or efficiently.	proficiency, capability, skill, expertise	Language <b>competence</b> is crucial for success in all four sections of the IELTS exam.
27	<b>Compendium</b> (n.)	A collection of concise but detailed information about a particular subject.	collection, compilation, summary, anthology	The guide serves as a useful <b>compendium</b> of essential historical facts.
28	<b>Proclivity</b> (n.)	A natural tendency or inclination to do something.	tendency, inclination, propensity, bias	His <b>proclivity</b> for risk-taking often led him into financially

No .	Word	English Meaning	Synonyms	Example Sentence
				dubious ventures.
29	<b>Opulence</b> (n.)	Great wealth or luxuriousness.	luxury, lavishness, richness, affluence	The <b>opulence</b> of the mansion was astonishing, with marble floors and gold fixtures.
30	<b>Overt</b> (adj.)	Done or shown openly; not secret or hidden.	open, visible, observable, manifest	There was <b>overt</b> support from the community for the new environmental regulations.
31	<b>Lavish</b> (adj.)	Sumptuously rich, elaborate, or luxurious; characterized by extravagance.	abundant, extravagant, sumptuous, opulent	He gave a <b>lavish</b> account of the event, detailing every expense and every guest.
32	<b>Menace</b> (n.)	A person or thing that is likely to cause harm; a threat or danger.	threat, hazard, peril, danger	Air pollution remains a serious <b>menace</b> to public health in

No .	Word	English Meaning	Synonyms	Example Sentence
				industrialized cities.
33	<b>Refurbish</b> (v.)	To renovate and redecorate (something, especially a building).	renovate, restore, revamp, remodel	The city council voted to <b>refurbish</b> the old town hall into a modern community center.
34	<b>Raze</b> (v.)	To completely destroy (a building, town, or other site).	destroy, demolish, level, obliterate	The outdated industrial zone was entirely <b>razed</b> to make way for new residential buildings.
35	<b>Rapt</b> (adj.)	Completely engrossed or absorbed; deeply attentive.	captivated, engrossed, absorbed, fascinated	The class listened with <b>rapt</b> attention as the professor described the ancient city.
36	<b>Perpetuate</b> (v.)	To make (something, typically an undesirable	maintain, sustain, prolong, conserve	We must be careful not to <b>perpetuate</b> harmful

No .	Word	English Meaning	Synonyms	Example Sentence
		situation or an unfounded belief) continue indefinitely.		stereotypes through careless language.
37	<b>Malignant</b> (adj.)	Highly injurious, dangerous, or harmful; aggressively hostile.	harmful, dangerous, hostile, malevolent	<b>Malignant</b> rumors about the company's financial state spread rapidly across the market.
38	<b>Denigrate</b> (v.)	To criticize unfairly; disparage.	disparage, belittle, condemn, vilify	It is unprofessional to <b>denigrate</b> the efforts of your colleagues, even if you disagree with them.
39	<b>Dauntless</b> (adj.)	Showing fearlessness and determination.	fearless, determined, brave, intrepid	The <b>dauntless</b> climber pressed on toward the summit despite the worsening weather.

No .	Word	English Meaning	Synonyms	Example Sentence
40	<b>Abbreviate</b> (v.)	To shorten, condense, or make briefer.	shorten, condense, trim, curtail	When taking notes, it is helpful to <b>abbreviate</b> long words and phrases.
41	<b>Analytical</b> (adj.)	Relating to or using analysis or logical reasoning.	logical, investigative, diagnostic, systematic	The ability to perform <b>analytical</b> thinking is a key skill for a high score in the IELTS reading section.
42	<b>Antagonize</b> (v.)	To provoke or incur the hostility of someone.	provoke, annoy, irritate, inflame	The diplomat's harsh words served only to <b>antagonize</b> the opposing delegation.
43	<b>Apolitical</b> (adj.)	Not interested or involved in politics.	unpolitical, nonpolitical, disinterested, neutral	She considers herself <b>apolitical</b> , choosing to focus on social work rather than

No .	Word	English Meaning	Synonyms	Example Sentence
				government policy.
44	<b>Commence</b> (v.)	To begin; start.	begin, initiate, inaugurate, launch	The ceremony will <b>commence</b> promptly at 9:00 AM, so please arrive early.
45	<b>Abundant</b> (adj.)	Existing or available in large quantities; plentiful.	ample, plentiful, copious, prolific	The region is fortunate to have an <b>abundant</b> supply of fresh, clean water.
46	<b>Assimilate</b> (v.)	To adopt or adjust fully to the customs and attitudes of the prevailing culture.	integrate, absorb, adapt, blend in	Immigrant communities often strive to <b>assimilate</b> while retaining their own cultural identity.
47	<b>Contemplate</b> (v.)	To look thoughtfully for a long time at; to think about something deeply.	reflect, consider, meditate, scrutinise	The city council must <b>contemplate</b> the long-term impact of the

No .	Word	English Meaning	Synonyms	Example Sentence
				new construction plan.
48	<b>Emphasize</b> (v.)	To give special importance or prominence to something in speaking or writing.	highlight, stress, underline, accentuate	The report <b>emphasizes</b> the urgent need for a reduction in carbon emissions.
49	<b>Apparent</b> (adj.)	Clearly visible or understood; obvious.	evident, visible, manifest, distinct	It is <b>apparent</b> from the initial findings that the experiment was a success.
50	<b>Alleviate</b> (v.)	To make suffering, deficiency, or a problem less severe.	ease, relieve, mitigate, diminish	New medical advancements are constantly being developed to <b>alleviate</b> patient discomfort.

# Collocation words

These are essential for describing graphs and charts accurately.

1. **Dramatic increase:** A very large and sudden rise.
2. **Steady growth:** Continuous movement upward at a constant rate.
3. **Significant drop:** A noticeable and important decrease.
4. **Reach a peak:** To hit the highest point on a graph.
5. **Remain constant:** To stay the same over a period of time.
6. **Slight fluctuation:** Small, frequent changes up and down.
7. **Upward trend:** A general move toward higher levels.
8. **Marked difference:** A very clear or obvious distinction.

## 2. Presenting Arguments (Task 2)

Use these to structure your paragraphs and introduce ideas.

9. **A highly controversial issue:** A topic that people disagree on strongly.
10. **Widely believed:** Something many people think is true.
11. **Primary cause:** The main reason something happens.
12. **Convincing argument:** A strong point that is easy to believe.
13. **Take into account:** To consider something when making a decision.
14. **Broadly speaking:** Used to introduce a general statement.
15. **Strongly advocate:** To support an idea or policy firmly.
16. **Address the issue:** To try to solve or deal with a problem.

## 3. Education & Work

17. **Academic achievement:** Success in school or university.
18. **Core curriculum:** The central, required subjects in a school.
19. **Tertiary education:** University or college-level studies.
20. **Vocational training:** Education focused on specific job skills.

21. **Career prospects:** The chances of being successful in a job.
22. **Work-life balance:** The equilibrium between time spent working and living.
23. **Acquire knowledge:** A more formal way to say "learn things."
24. **Practical experience:** Skills gained from doing a job, not just reading.

#### **4. Society & Environment**

25. **Standard of living:** The level of wealth and comfort people have.
26. **Social hierarchy:** The way people are ranked in society.
27. **Cultural diversity:** The existence of a variety of cultural groups.
28. **Poverty line:** The minimum income level needed to secure necessities.
29. **Environmental impact:** The effect of human activity on nature.
30. **Carbon footprint:** The amount of an individual or group produces.
31. **Renewable energy:** Energy from sources that don't run out (solar, wind).
32. **Urban sprawl:** The uncontrolled expansion of urban areas.

#### **5. Government & Global Issues**

33. **Government grants:** Money given by the state for a specific purpose.
34. **Implement a policy:** To start using a new rule or plan.
35. **Public spending:** Money spent by the government on services.
36. **Vested interest:** A personal reason for wanting something to happen.
37. **Global warming:** The long-term heating of Earth's climate system.
38. **International aid:** Help (money, food, medicine) sent to other countries.
39. **Economic recession:** A period of temporary economic decline.
40. **Law-abiding citizen:** Someone who obeys all the rules of society.

#### **6. Common Verb + Noun Pairings**

41. **Pose a threat:** To be a source of danger.
42. **Bridge the gap:** To reduce the difference between two things.
43. **Exercise control:** To use power over something.

44. **Fulfill a dream:** To make a dream come true.
45. **Bear in mind:** To remember or consider a specific piece of information.
46. **Gain insight:** To get a deep understanding of a complex issue.
47. **Raise awareness:** To increase knowledge about a problem.
48. **Reap the benefits:** To get the good results of a situation.
49. **Mitigate the effects:** To make the bad effects of something less severe.
50. **Play a crucial role:** To be an extremely important part of something.

## **1. Technology & Modern Life**

51. **Technological breakthrough:** A significant discovery or development.
52. **Digital footprint:** The information about a person that exists on the internet.
53. **Online presence:** The visibility of a person or business on the web.
54. **Information overload:** Exposure to too much data or information at once.
55. **Cyber security:** Measures taken to protect against the criminal use of electronic data.
56. **Cutting-edge technology:** The most advanced stage of development.
57. **State-of-the-art:** Using the latest and most sophisticated techniques.
58. **Social media platforms:** Sites like Facebook, X, or Instagram.

## **2. Crime & The Law**

59. **Juvenile delinquency:** Criminal behavior by young people.
60. **Capital punishment:** The death penalty.
61. **Deterrent effect:** Something that discourages people from doing something.
62. **Rehabilitate offenders:** To help criminals return to a normal life.
63. **Community service:** Work done without payment to help other people.
64. **Incidence of crime:** The frequency or rate of criminal activity.
65. **Stiff penalties:** Very harsh or severe punishments.

66. **Violent crimes:** Crimes involving physical force or weapons.

### 3. Health & Lifestyle

67. **Sedentary lifestyle:** A way of life that involves little physical activity.

68. **Childhood obesity:** The condition of being very overweight in childhood.

69. **Nutritional value:** A measure of how good a food is for your health.

70. **Life expectancy:** The average period a person is expected to live.

71. **Chronic disease:** A disease that lasts for a long time (e.g., diabetes).

72. **Wholesome diet:** A diet that is healthy and full of nutrients.

73. **Preventative medicine:** Medical care that focuses on preventing disease.

74. **Strenuous exercise:** Very energetic or demanding physical activity.

### 4. Economy & Business

75. **Consumer society:** A society in which buying goods is very important.

76. **Market competition:** The rivalry between companies selling similar products.

77. **Profit margin:** The difference between the cost of making and the selling price.

78. **Economic inequality:** The gap between the rich and the poor.

79. **Supply and demand:** The amount of a product available and the desire of buyers for it.

80. **Multinational corporations:** Large companies that operate in many countries.

81. **Small-scale businesses:** Companies with few employees and low turnover.

82. **Knowledge-based economy:** An economy based on intellectual capital.

### 5. Abstract Concepts (High-Level Task 2)

83. **A vicious circle:** A sequence of reciprocal cause and effect in which two or more elements intensify and aggravate each other.

84. **Integral part:** A necessary or essential component of something.

85. **Fundamental right:** A basic human right.

86. **Moral obligation:** A duty based on beliefs of what is right or wrong.

87. **Inextricably linked:** Two things that are so closely connected they cannot be separated.

88. **Mutual understanding:** A shared sympathy or agreement.

89. **Profound impact:** A very deep or far-reaching effect.

90. **Root cause:** The fundamental reason for a problem.

## 6. Describing People & Relationships

91. **Extended family:** A family that includes grandparents and other relatives.

92. **Nuclear family:** A couple and their dependent children.

93. **Peer pressure:** Influence from members of one's peer group.

94. **Role model:** A person looked to by others as an example to be imitated.

95. **Generation gap:** A difference of opinions between one generation and another.

96. **Social exclusion:** Being pushed to the margins of society.

97. **Foster a sense of community:** To encourage a feeling of belonging.

98. **Close-knit community:** A group where everyone knows each other well.

## 7. Logical Connections (Transitions)

99. **All things considered:** Taking everything into account (useful for conclusions).

100. **Compelling evidence:** Very strong proof that is difficult to ignore.

## 1. Arts, Culture, and Tradition

101. **Cultural heritage:** Traditions, sites, and objects inherited from past generations.

102. **Artistic expression:** The way an artist conveys their ideas and feelings.

103. **Preserve traditions:** To keep old customs alive.

104. **Master the craft:** To become exceptionally skilled at a specific art or skill.

105. **Visual arts:** Art forms like painting, sculpture, and photography.

106. **Cultural assimilation:** The process by which a minority group adopts the customs of a majority.

107. **Historical significance:** The importance of an event or place in history.

108. **Performing arts:** Arts like music, dance, and drama performed for an audience.

## 2. Media, Advertising, and News

109. **Sensational journalism:** News that is exaggerated to get people's attention.
110. **Target audience:** The specific group of people an advertisement or show is for.
111. **Mass media:** Methods of communication that reach large numbers of people.
112. **Information age:** The current period characterized by the ability to transfer information freely.
113. **Brand loyalty:** When customers continue to buy from the same company.
114. **Subliminal messaging:** Hidden messages that affect the subconscious mind.
115. **Publicity stunt:** Something done to get media attention.
116. **News coverage:** The extent to which an event is reported.

## 3. Psychology and Human Behavior

117. **Cognitive development:** How a person's thought processes develop.
118. **Intrinsic motivation:** Doing something because it is internally rewarding.
119. **Emotional intelligence:** The ability to understand and manage emotions.
120. **Social norms:** The unwritten rules of behavior in a society.
121. **Subconscious mind:** The part of the mind you are not fully aware of.
122. **Coping mechanism:** A strategy used to deal with stress or trauma.
123. **Sense of belonging:** The feeling of being an accepted member of a group.
124. **Behavioral patterns:** Recurring ways in which a person acts.

## 4. Tourism and Travel

125. **Eco-tourism:** Tourism directed toward exotic, often threatened, natural environments.
126. **Tourist trap:** A place that attracts many tourists and charges high prices.

127. **Off the beaten track:** Places that are not frequently visited by tourists.
128. **Peak season:** The time of year when most people go on holiday.
129. **Cultural immersion:** Deeply engaging with the local culture while traveling.
130. **Sustainable tourism:** Travel that minimizes impact on the environment and local culture.
131. **Travel itinerary:** A planned route or journey.
132. **Local hospitality:** The friendly reception of guests by residents.

## 5. Urban Planning and Infrastructure

133. **Public transport network:** The system of buses, trains, and subways in a city.
134. **Residential area:** A district where people live, rather than work.
135. **Pedestrian zone:** An area in a city where vehicles are not allowed.
136. **Infrastructure project:** Large-scale building of roads, bridges, or power plants.
137. **Affordable housing:** Housing that is priced so that lower-income families can afford it.
138. **Green spaces:** Parks and gardens within a city.
139. **Congestion charge:** A fee paid by drivers to enter a busy city center.
140. **Commuter belt:** An area surrounding a city where many residents travel to the city for work.

## 6. Science and Research

141. **Empirical evidence:** Information acquired by observation or experimentation.
142. **Scientific rigorousness:** The strict application of the scientific method.
143. **Genetic engineering:** The deliberate modification of the characteristics of an organism.
144. **Clinical trial:** A research study conducted with human participants.

145. **Ethical dilemma:** A situation where a difficult choice has to be made between two moral principles.
146. **Breakthrough discovery:** A sudden and important step forward in science.
147. **Technological leap:** A massive jump in progress or capability.
148. **Peer review:** Evaluation of scientific work by others in the same field.

## 7. Modern Problems and General Phrases

149. **Grave consequences:** Very serious or dangerous results.
150. **Heighten the risk:** To make a danger more likely to happen.

### 1. Space & Exploration

151. **Space exploration:** The discovery and exploration of celestial structures.
152. **Outer space:** The physical universe beyond the Earth's atmosphere.
153. **Celestial bodies:** Natural objects in space, such as planets or stars.
154. **Unmanned mission:** A space mission without a human crew (e.g., probes or rovers).
155. **Colonize planets:** To establish a permanent human settlement on another planet.
156. **Satellite communications:** The use of artificial satellites to provide links for telecommunications.
157. **Astronomical costs:** Extremely high prices or expenses (often used metaphorically too).
158. **Zero gravity:** The state of weightlessness.

### 2. Food, Agriculture, and Nutrition

159. **Genetically modified (GM) crops:** Plants used in agriculture, the DNA of which has been modified.
160. **Organic farming:** Producing food without the use of synthetic chemicals.

161. **Food security:** The state of having reliable access to a sufficient quantity of affordable, nutritious food.
162. **Processed food:** Food that has been altered from its natural state for safety or convenience.
163. **Intensive farming:** A type of agriculture where a lot of capital and labor is used to increase yield.
164. **Artificial additives:** Man-made chemicals added to food to improve taste or shelf life.
165. **Balanced diet:** A diet that contains the proper proportions of nutrients.
166. **Malnutrition:** Lack of proper nutrition, caused by not having enough to eat.

### **3. Psychology of Success & Motivation**

167. **A sense of accomplishment:** The proud feeling of having done something difficult and worthwhile.
168. **Innate ability:** A natural talent or skill that one is born with.
169. **Drive and determination:** The internal motivation to achieve a goal.
170. **Fear of failure:** An intense worry that prevents people from taking risks.
171. **Setting realistic goals:** Choosing targets that are actually achievable.
172. **Self-esteem:** Confidence in one's own worth or abilities.
173. **Peer recognition:** Being respected and acknowledged by people of the same age or status.
174. **Social status:** A person's standing or importance in relation to other people within a society.

### **4. Global Economics & Finance**

175. **Emerging economies:** Nations with social or business activity in the process of rapid growth.
176. **Foreign investment:** Investment made by a company or individual in one country into business interests in another.
177. **Disposable income:** Money remaining after deduction of taxes and living expenses.

178. **Financial literacy:** The ability to understand and effectively use various financial skills.
179. **Wealth distribution:** The way in which the wealth of a nation is divided among its citizens.
180. **Tax evasion:** The illegal non-payment or underpayment of taxes.
181. **Economic stimulus:** Attempts by the government to financially kickstart a slow economy.
182. **Market volatility:** The tendency of a market to change quickly and unpredictably.

## 5. Work & Professional Life

183. **Job satisfaction:** The level of contentment a person feels regarding their job.
184. **Career ladder:** A metaphor for the hierarchy of jobs in a profession.
185. **Redundancy package:** Money paid to an employee when their job is no longer needed.
186. **Telecommuting:** Working from home while communicating with the office via the internet.
187. **Workplace productivity:** The efficiency of a team or individual in a work setting.
188. **Professional development:** Learning to earn or maintain professional credentials.
189. **Heavy workload:** A large amount of work that a person is expected to do.
190. **Incentive scheme:** A system that rewards employees for high performance.

## 6. Nature & Geography

191. **Natural habitat:** The environment where a specific animal or plant normally lives.
192. **Endangered species:** A species of animal or plant that is at risk of extinction.
193. **Natural disaster:** A major adverse event resulting from natural processes of the Earth.

194. **Geographical barriers:** Physical features like mountains or oceans that separate places.
195. **Ecosystem balance:** The delicate state where all organisms in an environment thrive.
196. **Deforestation:** The action of clearing a wide area of trees.

## 7. Advanced Connective Collocations (For the Conclusion)

197. **Taking everything into account:** Used to sum up all points discussed.
198. **The crux of the matter:** The most important point of an issue.
199. **A double-edged sword:** Something that has both favorable and unfavorable consequences.
200. **Broaden one's horizons:** To increase the range of one's knowledge, understanding, or experience.

## 1. Education: University Functions & Funding

201. **Grant a scholarship:** To provide financial aid to a student based on merit.
202. **Student loans:** Money borrowed from the government or a bank to pay for education.
203. **Tuition fees:** The money paid for instruction at a college or university.
204. **Conduct research:** To carry out systematic investigation into a subject.
205. **Submit a dissertation:** To turn in a long essay on a particular subject, especially for a degree.
206. **Distance learning:** Education that takes place remotely, often via the internet.
207. **Alumni network:** A group of former students of a particular university.
208. **Academic discipline:** A specific branch of knowledge or field of study.

## 2. Health: Healthcare Costs & Systems

209. **Universal healthcare:** A system that provides health services to all citizens.
210. **Public health funding:** Money provided by the state for medical services.

211. **Private health insurance:** Coverage provided by non-government organizations.
212. **Medical breakthroughs:** Significant progress or discoveries in medicine.
213. **Wait times:** The amount of time patients wait before receiving treatment.
214. **Soaring costs:** Prices that are rising very quickly (e.g., healthcare expenses).
215. **Understaffed hospitals:** Hospitals that do not have enough doctors or nurses.
216. **Medical malpractice:** Negligent treatment by a health professional.

### **3. Technology: Communication & Gadgets**

217. **Instant communication:** The ability to send and receive messages immediately.
218. **Technological dependency:** Relying too heavily on gadgets or the internet.
219. **Automated systems:** Processes that operate automatically without human intervention.
220. **User-friendly interface:** A system that is easy for people to use and understand.
221. **Portable devices:** Electronic items like smartphones or tablets that are easy to carry.
222. **Privacy settings:** Controls that allow users to manage their personal information.
223. **Virtual reality:** A computer-generated simulation of a three-dimensional environment.
224. **Wireless connectivity:** The ability to connect to the internet without cables.

### **4. Environment: Individual vs. Government Responsibility**

225. **Enforce regulations:** When a government ensures that environmental laws are followed.
226. **Subsidize green energy:** When the state pays part of the cost of solar or wind power.

227. **Consumer choices:** The decisions individuals make about what to buy (e.g., plastic-free).
228. **Exhaust fumes:** Gases ejected from an engine as waste products.
229. **Toxic waste:** Chemical waste that is harmful to humans and the environment.
230. **Ecological footprint:** The impact of a person or community on the environment.
231. **Government intervention:** Action taken by the state to solve environmental issues.
232. **Collective effort:** When a group of people works together to achieve a goal.

## 5. Society: Globalization & Family Dynamics

233. **Cultural homogenization:** The process of different cultures becoming similar.
234. **Global village:** The world considered as a single community linked by telecommunications.
235. **Loss of identity:** When a culture loses its unique characteristics due to globalization.
236. **Economic interdependence:** When nations rely on each other for resources and trade.
237. **Single-parent household:** A family where only one parent lives with the children.
238. **Breadwinner:** The member of a family who earns the money to support the others.
239. **Strict upbringing:** A style of parenting with many rules and high expectations.
240. **Household chores:** Routine tasks like cleaning or cooking done within the home.

## 6. Travel and Transport

241. **Public infrastructure:** The basic physical systems of a country (roads, bridges, rails).

242.     **Traffic congestion:** A condition on roads characterized by slower speeds and longer trip times.
243.     **Integrated transport system:** A system where different modes of transport (bus, train) work together.
244.     **High-speed rail:** A type of passenger rail transport that operates significantly faster than normal.
245.     **Carbon offset:** A way to compensate for emissions by funding an equivalent \$CO<sub>2</sub>\$ saving elsewhere.
246.     **Freight transport:** The physical process of transporting commodities and merchandise.
247.     **Car-pooling:** An arrangement where several people travel together in one car.
248.     **Peak hours:** The times of day when traffic is at its heaviest (rush hour).

## **7. Crime: Punishment & Prevention**

249.     **Rehabilitation programs:** Schemes designed to help criminals re-enter society.
250.     **Restorative justice:** A system of criminal justice which focuses on the rehabilitation of offenders through reconciliation with victims.