

C1 Wordlist**Navigate**

Here is a list of useful or new words from Navigate C1 Coursebook. You can insert your own translation.

Words marked with a key (Oxford) all appear in the *Oxford 3000*.

<i>adj</i> = adjective	<i>conj</i> = conjunction	<i>phr v</i> = phrasal verb	<i>phr</i> = phrase	<i>pron</i> = pronoun
<i>adv</i> = adverb	<i>n</i> = noun	<i>pl</i> = plural	<i>prep</i> = preposition	<i>v</i> = verb

a fraction (of) Oxford	<i>n</i> /ə 'frækʃn əv/	_____	Prosthetics such as false hands may soon be available at a fraction of the previous price.
a long way off	<i>phr</i> /ə 'lɔŋ wei ,ɒf/	_____	Complete understanding of how memory works is a long way off.
a raw deal	<i>n</i> /ə 'rɔ: di:l/	_____	Part-time workers often get a raw deal.
a wealth of	<i>phr</i> /ə 'welθ ɒv/	_____	There's a wealth of possibilities from an open-water swim to a night run.
abandon Oxford	<i>v</i> /ə'bændən/	_____	The making of traditional objects using natural materials was later abandoned.
absence (of) Oxford	<i>n</i> /'æbsəns əv/	_____	The most noticeable thing on the island was the absence of any traffic.
absorbent	<i>adj</i> /əb'zɔ:bənt/	_____	Cleaning materials such as sponges need to be made of absorbent materials.
absurdly	<i>adv</i> /əb'sɜ:dli/	_____	Absurdly, none of the new cycle paths will pass through the main tourist area.
accomplish	<i>v</i> /ə'kʌmplɪʃ/	_____	How does it accomplish this amazing feat?
account for	<i>phr v</i> /ə'kaʊnt fɔ:(r)/	_____	As linguists point out, this doesn't account for all the other words in our vocabulary.
accumulate	<i>v</i> /ə'kjju:mjəleɪt/	_____	The wealth they have accumulated is a result of the globalization of the world economy.
acknowledge Oxford	<i>v</i> /ək'nɒlɪdʒ/	_____	Even the most sceptical observer must acknowledge the evidence to be overwhelming.
acoustic guitar	<i>n</i> /ə'ku:stɪk ɡɪ,tɑ:(r)/	_____	I'm learning to play the acoustic guitar.
action point	<i>n</i> /'ækʃn ,pɔɪnt/	_____	I always highlight the action points on the agenda.
address an issue	<i>phr</i> /ə,dres ən 'ɪʃu:/	_____	We need to decide how to address the issue of staff dissatisfaction.
admittedly	<i>adv</i> /əd'mɪtɪdli/	_____	Admittedly, it is not the original palace, but it is very beautiful.
adopt Oxford	<i>v</i> /ə'dɒpt/	_____	The brain can cause people to adopt characteristics of another person's speech style.
adopt a child Oxford	<i>phr</i> /ə,dɒpt ə 'tʃaɪld/	_____	You can't apply to adopt a child until you're eighteen.
adrenaline junkie	<i>phr</i> /ə'drenəlɪn 'dʒʌnki/	_____	'Adrenaline junkies' take part in high-risk sports while on holiday.
advertorial	<i>n</i> /,ædvə'tɔ:riəl/	_____	Today's newspapers are full of advertorials, which many people feel are misleading.
advocate	<i>v</i> /'ædvəkeɪt/	_____	The scheme advocates self-sufficiency by strengthening the economies of small communities.
affordable	<i>adj</i> /ə'fɔ:ðəbl/	_____	Revolutionary manufacturing practices have made cars more affordable.
agenda	<i>n</i> /ə'dʒendə/	_____	Agendas are used at meetings in Spain, but they are often abandoned.
aglow	<i>adj</i> /ə'gləʊ/	_____	Looking in the window of the cottage, its fire aglow, we decided to knock.
alarmingly	<i>adv</i> /ə'lɑ:xməli/	_____	Alarmingly, nearly a sixth of people who take part in high-risk sports don't have insurance.
alert	<i>adj</i> /ə'lɜ:t/	_____	I was having great difficulty staying alert.

alien O <u>mn</u> <i>n</i> /'eɪliən/	_____	The main character was an ordinary woman who was actually an alien.
alike <i>adv</i> /ə'lаіk/	_____	They always tried to treat their children alike.
alive O <u>mn</u> <i>adj</i> /ə'lаіv/	_____	The city doesn't really come alive till after midnight.
all in all <i>phr</i> /ɔ:l ін ɔ:l/	_____	All in all, South Africa's only eco-arts festival makes for a great weekend away.
all things considered <i>adv</i> /ɔ:xl ѡіngz kən'sіdəd/	_____	All things considered, I think we should try again.
all-time favourite <i>phr</i> /ɔ:l taim 'feіvərіt/	_____	My all-time favourite game is Tetris.
allergic <i>adj</i> /ə'lз:dзіlk/	_____	Being allergic to eggs, that wasn't a problem for me.
alluring <i>adj</i> /ə'lуərіng/	_____	Emma Williams was thoroughly believable in the role of the alluring murderess.
aloof <i>adj</i> /ə'luf/	_____	He always kept himself very aloof, so had few friends.
alteration <i>n</i> /,ɔ:ltə'reіʃn/	_____	We had to make some alterations to the contract.
analogue clock <i>n</i> /'ænəlоg klɒk/	_____	I prefer analogue clocks to digital ones because they can be beautiful.
answer (to) <i>v</i> /'a:nſə(r) tə/	_____	You'll answer to Melanie and you need to keep her informed about what's going on.
apart O <u>mn</u> <i>adj</i> /ə'pа:t/	_____	The twins are identical; only their parents can tell them apart.
apathetic <i>adj</i> /,æpə'θetіk/	_____	I'm completely apathetic about politics.
appalling <i>adj</i> /ə'pɔ:lіŋ/	_____	I couldn't believe the appalling news about the air crash.
appetite <i>n</i> /'æpіtіt/	_____	Digital has not satisfied the human appetite for moving, for meeting and for touching.
apprehensive <i>adj</i> /,æprі'hensіv/	_____	I'm always a bit apprehensive when I have to disagree with my boss about something.
apprenticeship scheme <i>n</i> /ə'prentіſip ,ski:m/	_____	In an apprenticeship scheme, a young person can earn money and learn the job.
arguably <i>adv</i> /'a:gjuәbl/	_____	Pad Thai is arguably the most famous dish to come out of Thailand.
as early as <i>phr</i> /əz 'з:li əz/	_____	As early as the 16th century, English had already adopted words from other languages.
as yet <i>phr</i> /æz 'jet/	_____	Someone told me my boss is leaving, but I haven't heard anything from him as yet.
ashamed O <u>mn</u> <i>adj</i> /ə'ʃeіmd/	_____	I'm ashamed to say I forgot.
assert <i>v</i> /ə'sз:t/	_____	It has been asserted that there is a link.
assimilate <i>v</i> /ə'sіmіleіt/	_____	Many words from other languages have gradually been assimilated into English.
associated with O <u>mn</u> <i>phr v</i> /ə'səʊf'eitіd wіð/	_____	Exercise may produce other benefits associated with leading a healthy lifestyle.
astonished <i>adj</i> /ə'stɒnіst/	_____	The last time I was astonished was when I won the award for employee of the month.
astonishingly <i>adv</i> /ə'stɒnіſіŋli/	_____	Salamanca is an astonishingly beautiful city in the west of Spain.
at a loss <i>phr</i> /æt ə 'lɒs/	_____	The company was at a loss as to the reason for the delay.
at least half of O <u>mn</u> <i>phr</i> /æt li:st 'ha:f əv/	_____	At least half of words in English come from non-Anglo-Saxon sources.
at random <i>phr</i> /æt 'rændəm/	_____	It looks like everything was chosen at random but she says she had a definite plan.
at the very least <i>phr</i> /æt ðə 'veri li:st/	_____	The road repairs will take a year at the very least.
at times <i>phr</i> /æt tаіmz/	_____	At times I get really fed up with his behaviour.

at your fingertips <i>phr /æt jɔ:(r) 'fɪngətɪps/</i>	_____	Don't worry – you have the solution at your fingertips.
attraction O <i>n /ə'trækʃn/</i>	_____	I don't understand the attraction of computer games.
authorization <i>n /ɔ:θəraɪ'zeɪʃn/</i>	_____	Some plastic cards are used for the purpose of authorization.
aware O <i>adj /ə'weə(r)/</i>	_____	They were well aware of the risks, but they went anyway.
awareness O <i>n /ə'weənəs/</i>	_____	Seventeen-year-olds have no awareness of the risks involved.
ban O <i>v /bæn/</i>	_____	Do you think we should ban cyclists from busy roads?
bankrupt <i>adj /'bæŋkrʌpt/</i>	_____	The company that supplies those handbags has gone bankrupt.
bark <i>v /ba:k/</i>	_____	If your neighbour had a dog that barked all day and night, how would you react?
be aware of (something/somebody) O <i>phr /bi ə'weə(r) pəv ,səmθɪŋ ,səmbədi/</i>	_____	Are you aware of your body language?
be bound by <i>phr /bi 'baʊnd baɪ/</i>	_____	Official organizations like hotels are bound by safety regulations.
be bound to O <i>phr /bi 'baʊnd tə/</i>	_____	You're bound to have some fleece clothing in your wardrobe.
be down to <i>phr /bi 'daʊn tə/</i>	_____	The drop in tourism was down to the dreadful weather that summer.
be to blame for <i>phr /bi tə 'bleɪm fɔ:(r)/</i>	_____	I bet I know who's to blame for it – Michael.
bead <i>n /bi:d/</i>	_____	My necklace broke and the beads spilt all over the floor.
bear fruit <i>phr /beə(r) 'fru:t/</i>	_____	In time, the new ideas will bear fruit.
beat (eggs, etc.) O <i>v /bi:t/</i>	_____	This is what makes the white sauce special – I'm going to beat two eggs into it.
beware <i>v /bɪ'weə(r)/</i>	_____	Beware of fast knowledge. It is more dangerous than ignorance.
big picture <i>phr /bɪg 'pɪktʃə(r)/</i>	_____	A 'big-picture' person is someone who focuses on long-term outcomes.
biodegradable <i>adj /,baɪədəbl'greɪdəbl/</i>	_____	Scientists have developed a new biodegradable plastic material called 'Shrilk'.
bland <i>adj /blænd/</i>	_____	This soup is really bland. It needs some salt and pepper.
blended learning <i>n /,blendɪd 'lɜ:nɪŋ/</i>	_____	More students will be following blended learning programmes in England.
blood donor <i>n /'blʌd ,dəʊnə(r)/</i>	_____	At seventeen, you can become a blood donor in England.
body clock <i>n /'bɒdi klɒk/</i>	_____	For some teenagers, school lessons don't fit in with their body clock.
body language O <i>n /'bɒdi ,læŋgwɪdʒ/</i>	_____	Mirroring is when one person copies the body language of another.
bond O <i>n /bɒnd/</i>	_____	We've got a real bond, you and I.
boost morale <i>phr /bu:st mə'ræ:l/</i>	_____	She's the kind of manager who can boost the morale of the team.
brainstorm <i>v /'breɪnsto:m/</i>	_____	Let's brainstorm first, then choose the best ideas from the list.
breach O <i>v /bri:tʃ/</i>	_____	Do hackers have the knowledge to breach security?
break (something off) <i>v /breɪk ,səmθɪŋ 'ɒf/</i>	_____	They had to break off their conference call as the connection was bad.
break new ground <i>phr /,breɪk nju: 'graʊnd/</i>	_____	The company really broke new ground with their dating app.
breakdown <i>n /'breɪkdaʊn/</i>	_____	There was a breakdown in training schemes due to lack of money.
brightly-lit <i>adj /'braɪtlɪ lit/</i>	_____	We chose to sit at a brightly-lit table by the window.
broaden <i>v /'brɔ:dn/</i>	_____	The word 'e-cigarette' is an example of broadening the meaning of the suffix 'e-'.

broadly O <u>m</u> <i>adv</i> /'brɔ:dli/	_____	The results of other studies have been broadly similar.
broadly speaking <i>phr</i> /'brɔ:dli,spɪ:kɪŋ/	_____	Broadly speaking, young people in Romania speak excellent English.
build on <i>phr v</i> /'bɪld ɒn/	_____	We've been able to build on the relationship.
bundle of nerves <i>phr</i> /'bʌndl əv nɜ:vz/	_____	If I've got a big presentation to make, I'm a bundle of nerves the night before.
by and large <i>adv</i> /,baɪ ən 'la:dʒ/	_____	By and large, public transport in the UK is pretty reliable.
by no means <i>phr</i> /baɪ 'nəʊ mi:nz/	_____	I know a bit about architecture but I'm by no means an expert.
by the same token <i>phr</i> /baɪ ðə ,seɪm 'təukən/	_____	They aren't hiring more staff this year and, by the same token, I don't think we'll get a pay rise.
cacophony <i>n</i> /kə'kɒfəni/	_____	Whether you are at work or in the home, you are surrounded by a cacophony of sounds.
caffeine <i>n</i> /'kæfi:n/	_____	80% of people on the planet consume caffeine regularly.
captivating <i>adj</i> /'kæptɪvɪtɪŋ/	_____	This programme delivers a captivating story and loads of comedy.
carefree <i>adj</i> /'keəfrɪ:/	_____	People over sixty are more carefree than we might imagine.
carer <i>n</i> /'keərə(r)/	_____	I think being a good carer is about being a good listener.
caring profession O <u>m</u> <i>phr</i> /'keərɪŋ prə'feʃn/	_____	What qualities do you need to work in a caring profession?
catastrophic <i>adj</i> /,kætə'strɒfɪk/	_____	The consequences of losing his job were catastrophic for him.
catch on <i>v</i> /kætʃ 'ɒn/	_____	Using different bins to separate waste took a long time to catch on in many places.
catch sight <i>v</i> /kætʃ 'saɪt/	_____	As we went round the corner, I caught sight of him in the distance.
catching up <i>n</i> /'kætʃɪŋ ʌp/	_____	I really had a lot of catching up to do for my exams.
cause (something/somebody) to <i>phr</i> /kɔ:z 'sʌmθɪŋ, 'sʌmbədi tə/	_____	Being stressed at work caused me to forget my wife's birthday.
centre of attention <i>n</i> /,sentə(r) əv ə'tenʃn/	_____	I always loved being the centre of attention when I was a small child.
CEO <i>n</i> /,si: i: 'əʊ/	_____	The CEO didn't like the way in which the media reported the situation.
change our world O <u>m</u> <i>phr</i> /,tʃeɪndʒ ə:(r) 'wɜ:ld/	_____	There is no doubt that social media is changing our world.
characterization <i>n</i> /,kærəktəraɪ'zeɪʃn/	_____	The novel was let down by the slightly one-dimensional characterization.
characterize <i>v</i> /'kærəktəraɪz/	_____	Whereas animals live in the moment, humans are characterized by their ambitions.
charged (with) <i>adj</i> /'tʃa:dʒd wɪð/	_____	You can be charged with a criminal act from the age of ten in England.
chatter <i>n</i> /'tʃætə(r)/	_____	You can hear the chatter of people engaging in conversation.
chill out <i>phr</i> /'tʃil aut/	_____	I chilled out on my sofa all day long.
chillax <i>v</i> /tʃl'æk:s/	_____	You can dance to your favourite music, chillax or have your friends over.
choc-tastic <i>adj</i> /tʃɒk 'tæstɪk/	_____	I love the puddings at this restaurant – they're choc-tastic!
chop <i>v</i> /tʃɒp/	_____	I've roughly chopped up some onion and softened it in oil.
cite a source <i>phr</i> /saɪt ə 'sɔ:s/	_____	There was only one source he cited.
civil servant O <u>m</u> <i>n</i> /,sɪvɪl 'sɜ:vənt/	_____	Many people become civil servants for the pay and conditions.
claim responsibility <i>phr</i> /kleɪm rɪ,spɒnsə'bɪləti/	_____	From Greece to Iran, Turkey to India, everyone is claiming responsibility for inventing the kebab.
clip <i>n</i> /klɪp/	_____	You attach the entry pass to your clothes with a clip.

Name _____

Navigate

craze <i>n</i> /kraɪz/	_____	Online crazes are becoming more and more popular.
criterion O <i>n</i> /kraɪ'triəriən/	_____	There's one important criterion which you don't fulfil, so we can't offer you the job.
critic O <i>n</i> /'krɪtɪk/	_____	Critics of the theory say that it can't possibly be correct.
critically important <i>adv</i> /'krɪtɪkɒlɪm'pɔ:tnt/	_____	Humans have a critically important advantage, which is that we can run for long distances.
criticize O <i>v</i> /'krɪtɪsaɪz/	_____	What would you do if your boss criticized your work in front of your team?
curriculum <i>n</i> /kə'rɪkjələm/	_____	The internet needs to be a part of the school curriculum.
cut (something) off <i>phr</i> /kʌt ,sʌmθɪŋ 'ɒf/	_____	The village was cut off by the floods for six days.
cut (something) out <i>phr</i> /kʌt ,sʌmθɪŋ 'aut/	_____	It's pretty difficult to cut out plastic completely these days.
cut down on <i>phr</i> /kʌt 'daʊn ɒn/	_____	I've been trying to cut down on my use of plastic.
cut out O <i>phr v</i> /'kʌt aut/	_____	When we're at a party, we can cut out music or other background noise.
cycle lane O <i>n</i> /'saɪkl leɪn/	_____	I love cycling in Germany because there are cycle lanes everywhere.
daft <i>adj</i> /dɑ:ft/	_____	Supporting the same football team year after year seems a bit daft.
dated O <i>adj</i> /'deɪtɪd/	_____	The music of many rock stars from the 20th century now seems dated.
day care <i>n</i> /'deɪ keə(r)/	_____	My daughter goes to a day care centre while I'm at work.
dedicated O <i>adj</i> /'dedɪkeɪtɪd/	_____	There should be dedicated cycle lanes on all main roads.
deficiency <i>n</i> /dɪ'fɪʃnsi/	_____	Lack of exposure to the sun can cause vitamin deficiencies.
demanding O <i>adj</i> /dɪ'mændɪŋ/	_____	I reckon most people wouldn't think plumbing is a very demanding job.
dependable <i>adj</i> /dɪ'pendəbl/	_____	He's really dependable – if he says he'll do something, he will.
deposit O <i>v</i> /dɪ'pɔ:zɪt/	_____	We go to a recycling centre about once a month, where we deposit all our recyclable waste.
deteriorate <i>v</i> /dɪ'tɪəriəreɪt/	_____	Communication within the company has deteriorated over the last five years.
determine O <i>v</i> /dɪ'tɜ:min/	_____	Originally the date of the festival was determined by the lunar calendar.
devastated <i>adj</i> /'devəsteɪtɪd/	_____	Alexander's family were devastated when he gave up a great job and became a clown.
devise <i>v</i> /dɪ'veɪz/	_____	Psychologist Kurt Lewin devised a three-step model for the effective management of change.
diagnosis O <i>n</i> /,daɪəg'nəʊsɪs/	_____	Scientists believe graphene could help in the diagnosis of cancer.
discard <i>v</i> /dɪs'ka:d/	_____	People seldom discard plastic cards that they no longer use.
discernible <i>adj</i> /dɪ'sɜ:nəbl/	_____	To me, there was no discernible difference between any of the candidates.
discretion <i>n</i> /dɪ'skredʒn/	_____	You need total discretion in my job – people often talk about private, personal issues.
discriminate <i>v</i> /dɪ'skrɪmɪneɪt/	_____	It is illegal to discriminate against a person because of their race, religion or gender.
disorientated <i>adj</i> /dɪs'ɔ:rɪənteɪtɪd/	_____	I was disorientated and felt distanced from everything.
disposable battery <i>n</i> /dɪs'pozəbl 'bætəri/	_____	You can recycle disposable batteries in a lot of countries now.
dispute O <i>v</i> /dɪ'spjʊ:t/	_____	Some recent research would appear to dispute these claims.
diverse <i>adj</i> /dɪ'vers/	_____	Humans are very diverse, yet education systems tend to be uniform.

dock <i>v /dɒk/</i>	_____	He was installed in the ship's sick room until it docked in the port.
donor card <i>n /'dəʊnə ,ka:d/</i>	_____	Organ donor cards are commonly found among the plastic cards that we all carry.
dormant <i>adj /'dɔ:mənt/</i>	_____	This kind of boss I call 'The Volcano'. Most of the time, they're dormant.
down O <i>adv /daʊn/</i>	_____	We can't use the network this morning. The whole system's down.
down O <i>adv /daʊn/</i>	_____	Did you get that down? It's really important.
downhearted <i>adj /,daʊn'hɑ:tɪd/</i>	_____	I've felt downhearted since I lost the promotion.
downsize <i>v /'daʊnsaɪz/</i>	_____	The HR department has been downsized in the last year.
dozens (of) O <i>adj /'dʌznz əv/</i>	_____	There are dozens of parks in Shanghai now – a lot more than there used to be.
drag on <i>phr v /'dræg ən/</i>	_____	As neither side would compromise, the negotiations dragged on for weeks.
drawback <i>n /'drɔ:bæk/</i>	_____	The main drawback to the job is the unsociable hours.
drive (somebody) up the wall <i>phr /,draɪv ,sʌmbədɪ ,ʌp ðə 'wɔ:l/</i>	_____	Customers who keep changing their minds drive me up the wall!
dump O <i>v /dʌmp/</i>	_____	Have you seen the videos of people dumping icy water over themselves?
durable <i>adj /'djuərəbl/</i>	_____	In Bangalore, India, a new more durable road surface has been laid using 10% of the city's waste.
e-banking <i>n /'i: ,bæŋkɪŋ/</i>	_____	With limited opening hours and long queues, many customers today are opting for e-banking.
e-book <i>n /'i: buk/</i>	_____	E-books are popular because you can take an unlimited number of them on holiday.
e-cigarette <i>n /'i: ,sigə,ret/</i>	_____	E-cigarettes are increasingly popular among people trying to give up smoking.
e-learning <i>n /'i: ,lɜ:nɪŋ/</i>	_____	I'm doing a university course through e-learning.
e-reader <i>n /'i: ,ri:də(r)/</i>	_____	I was opposed to them for ages, but I've finally got an e-reader and I love it!
easier said than done <i>phr /,i:ziə(r) 'sed ðæn ,dʌn/</i>	_____	I wanted to make better use of my old clothes, but that's easier said than done.
educationalist <i>n /,edʒu'keɪʃənlɪst/</i>	_____	She may be a respected educationalist, but I still don't agree with her views on homework.
elastic <i>adj /ɪ'læstɪk/</i>	_____	Graphene is very elastic and can stretch up to 20% its original length.
electrifying <i>adj /ɪ'lektrɪfaɪɪŋ/</i>	_____	She gave an electrifying performance as the young heroine.
eligible <i>adj /'elɪdʒəbl/</i>	_____	At what age are you eligible to vote in your country?
elite <i>n /'elɪ:t/</i>	_____	Who makes up this elite of the 6,000 most powerful people on the planet?
embarrassment O <i>n /ɪm'bærəsmənt/</i>	_____	Embarrassment can make people avoid social situations, and even not go out at all.
embrace O <i>v /ɪm'breɪs/</i>	_____	I was surprised when I was embraced by a total stranger while out walking.
encounter difficulties O <i>phr /ɪn'kaʊntə(r) 'dɪfɪkəltɪz/</i>	_____	Understandably, numerous difficulties were encountered during its construction.
encounter problems O <i>phr /ɪn'kaʊntə(r) 'prɒbləmz/</i>	_____	I encountered a lot of problems when I started my new job.
endless <i>adj /'endləs/</i>	_____	The possibilities for online games are endless.
endorse <i>v /ɪn'dɔ:s/</i>	_____	This product is endorsed by several celebrities.

engage in conversation O <i>phr /ɪn'geɪdʒ ɪn ,kɔːnvə'seɪʃn/</i>	_____	Everyone was already engaged in conversation when I arrived at the party.
enhance O <i>v /ɪn'hæns/</i>	_____	The eventual aim is to design better products that will improve and enhance communication.
entail an effort <i>phr /ɪn'teɪl æn 'efət/</i>	_____	The construction of the ancient city of Teotihuacan in Mexico entailed a massive physical effort.
entail difficulties <i>phr /ɪn'teɪl 'dɪfɪkəltɪz/</i>	_____	Building the cathedral in the 14th century entailed a lot of difficulties.
envious <i>adj /'enviəs/</i>	_____	Well, when my sister bought a brand new car, I was a bit envious.
epidemic <i>n /,epɪ'demɪk/</i>	_____	These measures eventually brought an end to the epidemic.
episodic <i>adj /,epɪ'sɒdɪk/</i>	_____	Episodic memories relate to episodes that happen to you.
escort <i>v /ɪ'skɔːt/</i>	_____	The football fans were escorted to the stadium by the local police.
ethical <i>adj /'eθɪkl/</i>	_____	In an ideal world, journalistic practices should be responsible and ethical.
evaluate O <i>v /ɪ'veljuːɪt/</i>	_____	I evaluate each of my students' progress at the end of each term.
eventual <i>adj /ɪ'ventʃʊəl/</i>	_____	Our eventual aim is to design better products.
evidently <i>adv /'evɪdəntli/</i>	_____	Evidently, the cups in the breakfast room had not been washed since the night before.
evolve O <i>v /ɪ'velv/</i>	_____	Music from New Orleans is thought to have evolved into what we now know as jazz.
exaggerate O <i>v /ɪg'zædʒəreɪt/</i>	_____	I think he was exaggerating when he said his boss was like a dictator!
exceedingly impressive <i>adv /ɪk'si:dɪŋli ɪm'presɪv/</i>	_____	The nest is an exceedingly impressive piece of work.
excess (of) O <i>n /ɪk'ses əv/</i>	_____	There have been floods recently due to an excess of rain.
excessive <i>adj /ɪk'sesɪv/</i>	_____	Some people were at risk from excessive exposure to the sun.
exist O <i>v /ɪg'zɪst/</i>	_____	The sun has existed for several billion years.
experimental O <i>adj /ɪk,speri'mentl/</i>	_____	All children go through a curious, experimental phase as they get older.
experimentation <i>n /ɪk,sperɪmen'teɪʃn/</i>	_____	Many parents would also prefer to see their children learning through experimentation.
expertise O <i>n /,ekspɜː'tiːz/</i>	_____	Anyone who wants to implement change must first ensure that their knowledge and expertise is recognized.
explicit <i>adj /ɪk'splɪsɪt/</i>	_____	Explicit memories are ones which you can describe and give details about.
exponentially <i>adv /,ekspə'nenʃəli/</i>	_____	This website offers advice if you want to grow your business exponentially.
exposure (to something) O <i>n /ɪk'spəʊzə(r) tə ,sʌmθɪŋ/</i>	_____	The body generates vitamin D through exposure to the sun.
express a preference for <i>phr /ɪk'spres ə 'prefrəns fɔ:(r)/</i>	_____	The guest expressed a preference for a room with a sea view.
express concern <i>phr /ɪk,spres kən'sɜːn/</i>	_____	The doctor expressed concern about one of her patients.
expressway <i>n /ɪk'spresweɪ/</i>	_____	They always seem to be building a new expressway or widening an existing one.
external accreditation <i>n /ɪk'stɜːnl ə,kredɪ,teɪʃn/</i>	_____	Many secondary school students take exams and get external accreditation these days.
eye-catching <i>adj /'aɪ ,kætʃɪŋ/</i>	_____	The internet is full of eye-catching photos that people have posted.

eyesight <i>n</i> /'aɪsaɪt/	_____	As we get older, our eyesight gets worse.
facilitate <i>v</i> /fə'silɪteɪt/	_____	In Germany, change can be facilitated by formal written communication.
faculty <i>n</i> /'fæklɪti/	_____	Former graduates spoke to the present students of the faculty.
fad <i>n</i> /fæd/	_____	The new fad is for High-Intensity Interval Training.
fair enough <i>phr</i> /,feə(r) ɪ'nʌf/	_____	'We all have to agree the rules, otherwise, it'll be chaos.'
fairy-tale <i>adj</i> /'feəri ,teɪl/	_____	'OK, fair enough.'
fall apart <i>phr</i> /fɔ:l ə'pa:t/	_____	A solitary green ogre finds his life is interrupted by various fairy-tale characters.
fall flat <i>v</i> /,fɔ:l 'flæt/	_____	Without reliable statistics, the arguments in favour of a new law may fall apart.
fanzine <i>n</i> /'fænzi:n/	_____	A men's team even tried to recruit Dottie, but that fell flat.
fascination (with) <i>n</i> /,fæsɪ'neɪʃn wɪθ/	_____	The actor is the subject of numerous books, fanzines and websites.
fashionista <i>n</i> /,fæʃn'i:stə/	_____	Each of the constructions shows our fascination with the sun.
fast-moving <i>adj</i> /fa:st 'mu:vɪŋ/	_____	Ed has become a real fashionista since he started working for that magazine.
feat <i>n</i> /fi:t/	_____	In tomorrow's fast-moving world, companies will need to come up with innovative solutions.
feed <i>n</i> /fi:d/	_____	One of the most amazing feats of the human brain is that of hearing and listening.
feisty <i>adj</i> /'faɪsti/	_____	One idea to improve communication would be an in-house social media feed.
fiddle <i>v</i> /'fɪdl/	_____	The feisty heroine is a schoolgirl who becomes a zombie.
financial woes <i>phr</i> /fə'nænʃl wəuz/	_____	Eric, could you stop fiddling with your phone, please?
finely O <i>adv</i> /'fainli/	_____	This loan is a good temporary solution to my financial woes.
fleece <i>n</i> /fli:s/	_____	Place the garlic and bread in a food processor and chop finely.
flexible O <i>adj</i> /'fleksəbl/	_____	I love wearing fleece jumpers in the winter.
flexible O <i>adj</i> /'fleksəbl/	_____	This type of person is flexible and open to new ideas.
float along <i>v</i> /fləut ə'lɒŋ/	_____	With graphene, scientists say we will be able to produce a new generation of flexible phones and tablets.
flooded (with) O <i>adj</i> /'flʌdɪd wɪð/	_____	If you don't give positive feedback, employees may simply float along.
flop <i>n</i> /flɒp/	_____	We've never been flooded with new ideas for products.
fluffy <i>adj</i> /'flʌfi/	_____	There was a real possibility that the whole scheme would be a flop.
fool O <i>v</i> /fu:l/	_____	The sauce goes nice and fluffy when you add eggs to it.
for the most part <i>phr</i> /fɔ:(r) ðə 'məʊst ,pa:t/	_____	Once again, you're fooled by your feelings.
fork (out) <i>v</i> /fɔ:k aut/	_____	I find my job, for the most part, really interesting.
formal O <i>adj</i> /'fɔ:ml/	_____	Some people don't like forking out large amounts of money on new clothes.
formally O <i>adv</i> /'fɔ:məli/	_____	Everyone is dressed in formal clothes, and you're in jeans and a T-shirt.
format O <i>n</i> /'fɔ:ma:t/	_____	Communication of change should also be done formally, through written documents.
formulaic <i>adj</i> /'fɔ:mljərɪk/	_____	Changes in technology are affecting the format of dictionaries.
		There was something about the story that was really mechanical and formulaic.

forward <i>v /'fɔ:wəd/</i>	_____	Could you forward me that email from Human Resources, please?
found O <i>m v /faʊnd/</i>	_____	The World Responsible Tourism Awards were founded in 2004.
fragile <i>adj /'frædʒəl/</i>	_____	My glasses are less fragile because they're made of plastic, not glass.
frankly <i>adv /'fræŋklɪ/</i>	_____	£500? Frankly, I'm not really happy with that.
fraudulent <i>adj /'frə:dʒələnt/</i>	_____	The proportion of scientific papers which are fraudulent is increasing.
frivolous <i>adj /'frɪvələs/</i>	_____	You shouldn't make any frivolous decisions – you may regret them later.
from now on <i>phr /frəm 'naʊ ,ɒn/</i>	_____	We'd like you to take care of the Miller account from now on.
frustrated <i>adj /frʌ'streɪtɪd/</i>	_____	I felt frustrated when my brand new laptop kept crashing.
fuel O <i>m v /'fju:əl/</i>	_____	The Industrial Revolution was fuelled by the wealth and power that existed in Europe at the time.
fumes <i>n pl /fju:mz/</i>	_____	The emergency services were called in because the waste was giving off toxic fumes.
fund O <i>m v /fʌnd/</i>	_____	The company could fund social events out of the day-to-day budget.
fundamental O <i>m adj /,fʌndə'mentl/</i>	_____	Spanish business culture has been going through rapid and fundamental changes.
fundamental shift O <i>m phr /,fʌndə'mentl ſift/</i>	_____	This invention of the compass was the key to a fundamental shift in the economics of the world.
fuss <i>n /fʌs/</i>	_____	I never make a fuss in restaurants, even if they bring me the wrong food.
gadget <i>n /'gædʒɪt/</i>	_____	I don't use this gadget any more because it seems to use an excessive amount of power.
generously O <i>m adv /'dʒenərəsli/</i>	_____	I've added salt and pepper to the aubergine layer and brushed it generously with olive oil.
gently O <i>m adv /'dʒentli/</i>	_____	This now needs to cook gently for at least half an hour.
gesture O <i>m n /'dʒestʃə(r)/</i>	_____	Early humans needed their hands to communicate with gestures.
get (your) head round <i>phr /get jə(r) 'hed ,raund/</i>	_____	There were quite a few bits that I just couldn't get my head round.
get away from it all <i>phr /get ə'wei frəm it ,ɔ:l/</i>	_____	I prefer to spend my free time getting away from it all.
get on (somebody's) nerves <i>v /get ɒn ,sʌmbədiz 'nɜ:vz/</i>	_____	My students are really lovely but they sometimes just get on my nerves!
get on (your) nerves <i>phr /,get ɒn jɔ:(r) 'nɜ:vz/</i>	_____	If my neighbour had a noisy dog it would really get on my nerves.
get on with (somebody) <i>phr v /get 'ɒn wið ,sʌmbədi/</i>	_____	I don't get on with my sister – we're always arguing.
get on with (something) <i>phr v /get 'ɒn wið ,sʌmθɪŋ/</i>	_____	I had to put my trip off and get on with fulfilling the order.
get rid of (somebody) O <i>m phr /,get 'rɪd əv ,sʌmbədi/</i>	_____	The company had to get rid of him because he was a troublemaker.
get to the top O <i>m phr /get tə ðə tɒp/</i>	_____	He's really ambitious and is desperate to get to the top.
get your hands dirty <i>phr /get jɔ:(r) 'hændz ,dɜ:tɪ/</i>	_____	This type of person is willing to get their hands dirty.
get your hands on (something) <i>phr /get jɔ:(r) 'hændz ɒn ,sʌmθɪŋ/</i>	_____	What's the best way to get my hands on some quick money?

get-together <i>n /'get tə,geðə(r)/</i>	_____	What I feel like doing on a Friday night is having a get-together with my friends.
ghost <i>n /gəʊst/</i>	_____	She looked as if she had seen a ghost.
give (somebody) a hand <i>phr /gɪv ,sʌmbədi ə 'hænd/</i>	_____	Will you give me a hand with this report?
give (somebody) a lift <i>phr /gɪv ,sʌmbədi ə 'lift/</i>	_____	Passing my exam gave me a lift. I feel hopeful about the future now.
give (something) off <i>phr v /gɪv ,sʌmθɪŋ 'ɒf/</i>	_____	The plastic wrapping was giving off a nasty smell.
give (something) up <i>phr v /gɪv ,sʌmθɪŋ 'ʌp/</i>	_____	Can you tell us why you decided to give up plastic?
give in <i>phr v /gɪv 'ɪn/</i>	_____	There was a lot of pressure, but the women couldn't give in.
go off <i>phr v /gəʊf 'ɒf/</i>	_____	Fresh milk will go off very quickly if you don't put it in a fridge.
go overdrawn <i>phr /gəʊ ,əʊvə'draʊn/</i>	_____	Going overdrawn at the bank is nonsensical because you end up owing them money.
go under <i>phr v /gəʊ 'ʌndə(r)/</i>	_____	If we don't do something, the whole company will go under.
go up <i>phr v /gəʊ 'ʌp/</i>	_____	Smartphone ownership is going up all the time.
go viral <i>phr /gəʊ 'vairəl/</i>	_____	If a video or photo goes viral, it can be seen by millions of people.
good stuff O <i>phr /gud stʌf/</i>	_____	You should try using this new organic whitening toothpaste – it's good stuff.
grab an opportunity <i>phr /græb æn ,ɒpə'tju:nəti/</i>	_____	Sometimes you have to grab an opportunity when it presents itself.
grate <i>v /greɪt/</i>	_____	I've grated some cheese and I'm going to melt that into the white sauce.
great deal (of) O <i>phr /,greɪt 'di:l əv/</i>	_____	You've given me a great deal of help – I'm really grateful.
grill <i>v /grɪl/</i>	_____	While on duty, soldiers would put meat on their swords and grill it over an open fire.
grim <i>adj /grɪm/</i>	_____	They all looked grim after they heard the news about the factory closing.
gritty <i>adj /'griti/</i>	_____	He gave a gritty performance as a war veteran in his latest film.
guesstimate <i>n /'gestɪmət/</i>	_____	At a guesstimate, there were about 200 people there.
hacker <i>n /'hækə(r)/</i>	_____	Talented hackers can have a huge influence on the global economy.
handful (of) <i>n /'hændfʊl ɒv/</i>	_____	I've been living here for ten years but I only have a handful of good friends.
handle with care <i>phr /'hændl wɪð ,keə(r)/</i>	_____	You need to handle this situation with a lot of care.
hard copy O <i>n /'ha:d ,kɔpi/</i>	_____	Do you need me to print you out a hard copy of these files?
hard up <i>adj /,ha:d 'ʌp/</i>	_____	I'm a bit hard up at the moment so I'm not having a holiday this year.
hardship <i>n /'ha:dʃɪp/</i>	_____	Liverpool suffered great economic hardship in post-industrial Britain.
have a long history of <i>phr /həv ə lɒŋ 'histri əv/</i>	_____	The UK has a long history of trading and colonial links with other countries.
have an argument O <i>phr /həv ən 'a:gjumənt/</i>	_____	I don't think my parents have ever had an argument in front of me.
have the highest regard for <i>phr /həv ðə 'haɪst rɪ'gɑ:d fɔ:(r)/</i>	_____	The students have the highest regard for their English teacher.
health care <i>n /'helθkeə(r)/</i>	_____	The people who live in the retirement flats don't tend to have any major health care issues.
heart of stone <i>n /,ha:t ɒv 'stəʊn/</i>	_____	You'd have to have a heart of stone not to cry at the end of this film!

heated argument <i>n</i> /'hi:tɪd ,a:gjumənt/	_____	We'd end up having a heated argument.
held responsible (for) <i>adj</i> /held rɪ'spɒnsəbl ,fɔ:(r)/	_____	Children under the age of ten cannot be held responsible for their actions.
helmet <i>n</i> /'helmɪt/	_____	Why didn't you wear a crash helmet?
heroine <i>n</i> /'herəʊɪn/	_____	The heroine is an ordinary school teacher who has special powers.
hibernate <i>v</i> /'haɪbəneɪt/	_____	How do they know that these trees are the right ones to hibernate in?
high expectations O <i>m</i> <i>phr</i> /hai ,ekspeɪk'teɪʃnz/	_____	It's important to have high expectations of your colleagues.
highly sophisticated O <i>m</i> <i>adv</i> /'haɪlɪ sə'fɪstɪkeɪtɪd/	_____	The termite's nest involves highly sophisticated systems.
hire (somebody) O <i>m</i> <i>v</i> /'haɪə(r) sʌmbədi/	_____	I was hired because of my background in psychology.
hold on <i>phr</i> /həʊld 'ɒn/	_____	Hold on, what did you mean by that?
hold the purse strings <i>phr</i> /həʊld ðə 'pɜ:s ,strɪŋz/	_____	Who really holds the world's purse strings?
homonym <i>n</i> /'həmənɪm/	_____	Words with two meanings are called 'homonyms'.
hopelessly <i>adv</i> /'həʊpləslɪ/	_____	Humans are hopelessly slow at running and swimming.
horizontally <i>adv</i> /,hɔ:rɪ'zɒntəlɪ/	_____	Many kebabs today are still cooked horizontally on a metal skewer.
host O <i>m</i> <i>adj</i> /həʊst/	_____	The bacteria shine a light that allows the host animal to hunt at night.
house <i>v</i> /haʊs/	_____	The termite's nest has a special room that houses the queen.
huddle <i>v</i> /'hʌdl/	_____	Millions of monarch butterflies huddle together for warmth when they hibernate.
humanity <i>n</i> /hju:'mænəti/	_____	Their work could represent as much of a change to humanity as plastic did in the past.
hyperactivity <i>n</i> /,haɪpəræk'tɪvəti/	_____	The effect that energy drinks have is dramatic – teachers report hyperactivity.
I couldn't care less <i>phr</i> /aɪ ,cu:dн kеə(r) 'ləs/	_____	I couldn't care less who wins the World Cup final.
idolize <i>v</i> /'aɪdəlaɪz/	_____	As a child, I idolized my older brother.
ignorance <i>n</i> /'ɪgnərəns/	_____	Ignorance is no excuse for breaking the law.
ill-thought through <i>adj</i> /,ɪl θɔ:t 'θru:/	_____	Politicians often propose laws that are ineffective and ill-thought through.
imitate <i>v</i> /'ɪmɪteɪt/	_____	Our ancestors imitated natural sounds.
immensely <i>adv</i> /'ɪ'mensli/	_____	Members of the Superclass are immensely wealthy.
immersion <i>n</i> /ɪ'mɜ:sʃn/	_____	Total immersion in a language is the quickest way to become fluent.
immune system <i>n</i> /ɪ'mju:n ,sɪstəm/	_____	Exposure to the sun is vital for the immune system.
implement O <i>m</i> <i>v</i> /'ɪmplɪmənt/	_____	Those wishing to implement change in Anglo-Saxon countries need to highlight benefits to the team.
implicit <i>adj</i> /ɪm'plɪsɪt/	_____	Implicit memories are things that you don't have to think about.
imply O <i>m</i> <i>v</i> /ɪm'plai/	_____	Just because a person has a poor memory, this does not imply that he or she is not intelligent.
impose (on) O <i>m</i> <i>v</i> /ɪm'pəuz ,ɒn/	_____	It's best to agree change with your team, rather than impose it on them.
in confidence <i>phr</i> /ɪn 'kɒnfɪdəns/	_____	Anything my patients say is treated in complete confidence.

in high spirits <i>phr /ɪn 'haɪ ,sᴘɪrɪts/</i>	_____	It was the first day of the holidays and the children were in high spirits.
in low spirits <i>phr /ɪn 'ləʊ ,sᴘɪrɪts/</i>	_____	We were in low spirits because it had been raining all day.
in terms of (something) O <i>phr /ɪn 'tɜ:mz əv ,sʌmθɪŋ/</i>	_____	Which is the best region in your country in terms of food?
in the public eye <i>adj /ɪn ðə 'pʌblɪk ,aɪ/</i>	_____	Philip K Wrigley wanted to keep baseball in the public eye.
in the region of O <i>phr /ɪn ðə 'ri:dʒən n̩v/</i>	_____	They're planning to build somewhere in the region of seven more metro lines.
in two minds <i>phr /ɪn ,tu: 'maɪndz/</i>	_____	I'm in two minds. What do you think?
incentive O <i>n /ɪn'sentɪv/</i>	_____	I was determined to get into university, so I suppose that gave me the incentive.
incidentally <i>adv /,ɪnsɪ'dentli/</i>	_____	Incidentally, Berlin is very bike-friendly, so you could cycle everywhere.
incompetent <i>adj /ɪn'kɒmpɪtənt/</i>	_____	I thought the new CEO looked a bit incompetent.
incredibly <i>adv /ɪn'kredəbli/</i>	_____	Incredibly, the local teens jump off the bridge to go swimming in the water.
indifferent (to) <i>adj /ɪn'dɪfrənt tə/</i>	_____	The manager appears indifferent to what his staff are feeling.
inefficient <i>adj /,ɪnɪ'fɪʃnt/</i>	_____	Transporting goods was extremely inefficient until the invention of the wheel.
infiltrate <i>v /'ɪnfɪltreɪt/</i>	_____	Some hackers have the knowledge to infiltrate the world's information systems.
infinitely <i>adv /'ɪnfɪnətli/</i>	_____	We now expect everything to be available infinitely more quickly than in the past.
influential <i>adj /ɪnflu'enʃl/</i>	_____	Each of the regions in my country is influential in national politics.
infrequently <i>adv /ɪn'fri:kwəntli/</i>	_____	Some of the cards people carry are only used infrequently.
initiative O <i>n /ɪ'nɪʃətɪv/</i>	_____	The scheme was launched in 2007 as part of an initiative called Transition Towns.
innovation O <i>n /,ɪnə'veɪʃn/</i>	_____	I think smartphones are the most useful innovation of the last twenty years.
innovative <i>adj /'ɪnəvətɪv/</i>	_____	I think touchscreens were something genuinely innovative and took computers in a new direction.
inside joke <i>n /,ɪn'saɪd dʒəʊk/</i>	_____	People feel a sense of belonging – they are 'in' on an inside joke.
insight O <i>n /'ɪnsaɪt/</i>	_____	We need to give all staff an insight into the thinking of different sections of the company.
insist (on) O <i>v /ɪn'sist ən/</i>	_____	She insisted on paying for the meal.
inspiration O <i>n /,ɪnspə'reɪʃn/</i>	_____	My history teacher was an inspiration to me when I was at school.
instalment <i>n /ɪn'stɔ:lment/</i>	_____	This is instalment number three in the nearly twenty-year-old series.
instigate <i>v /'ɪnstɪgeɪt/</i>	_____	The new manager instigated a lot of changes in our working practices.
intellect <i>n /'ɪntəlekt/</i>	_____	Chimpanzees certainly don't have the intellect that humans do.
intense O <i>adj /ɪn'tens/</i>	_____	It's thought that intense physical activity is better for you than gentler exercise.
intensity O <i>n /ɪn'tensəti/</i>	_____	Low-intensity exercise is less effective at burning fat than high-intensity exercise.
interaction O <i>n /,ɪntə'rækʃn/</i>	_____	In the digital age, there is a real necessity for a live experience, for physical interaction.

interfere <i>v /,intə'fɪə(r)/</i>	_____	I won't have the clients interfering too much in my work.
international student <i>○ n /,intə'næʃnəl 'stju:dnt/</i>	_____	The number of international students is likely to reach seven million by 2020.
internationalism <i>n /,intə'næʃnəlɪzəm/</i>	_____	The current trend towards internationalism is also here to stay.
interpret <i>○ v /in'tɜ:pri:t/</i>	_____	How are we to interpret these findings?
interpretation <i>○ n /in,tɜ:pri'teɪʃn/</i>	_____	The statistics are open to interpretation.
intriguing <i>adj /in'tri:gɪŋ/</i>	_____	Last night's nature programme included an intriguing sequence about killer whales.
invade (somebody's) privacy <i>phr /in'veɪd ,sʌmbədɪz ,prɪvəsɪ/</i>	_____	Responsible journalism involves not invading people's privacy.
invade <i>v /in'veɪd/</i>	_____	Many people complain about the way English is invading other languages.
invasion <i>n /in'veɪʒn/</i>	_____	Invasion by foreign peoples has led to the adoption of many new expressions.
invulnerable <i>adj /in'vʌlnərəbl/</i>	_____	At seventeen we think we are invulnerable.
ironic <i>adj /aɪ'rɒnɪk/</i>	_____	It's ironic that compasses helped Europe to grow wealthy, because they were a Chinese invention.
irrational <i>adj /ɪ'ræʃənl/</i>	_____	The psychology of supporting a particular group or team seems mysterious and irrational.
irrespective <i>adv /,ɪrɪ'spektɪv/</i>	_____	The restaurant will be busy irrespective of what time we get there.
irritated <i>○ adj /'ɪritetɪtɪd/</i>	_____	The constant complaints from my housemates got me very irritated.
issue <i>○ v /'ɪʃu:/</i>	_____	It's thought that the dollar sign was first used on money bags issued by the United States Mint.
jittery <i>adj /'dʒɪtəri/</i>	_____	The effect that energy drinks have is dramatic – teachers report jittery behaviour.
job rotation <i>n /,dʒɔ:b rəʊ'teɪʃn/</i>	_____	I think job rotation's a great idea.
just around the corner <i>phr /dʒʌst ə'raʊnd ðə 'kɔ:nə(r)/</i>	_____	I suddenly realized that exams were just around the corner.
keep (your) temper <i>phr /ki:p jə(r) 'tempə(r)/</i>	_____	I'd try to keep my temper. It never helps to shout at people.
keep our eyes and ears open <i>phr /ki:p a:(r) aɪz ænd ɪəz 'əʊpən/</i>	_____	We keep our eyes and ears open for new things that we hear in the media.
key <i>adj /ki:/</i>	_____	There are several key disadvantages to this approach.
laid-back <i>adj /leid 'bæk/</i>	_____	I'm a pretty laid-back kind of guy.
landline <i>n /'lændlайн/</i>	_____	Far fewer people have a landline than ten years ago.
launch <i>○ v /lɔ:ntʃ/</i>	_____	No rocket is powerful enough to launch the completed space station in one go.
laze around <i>v /leɪz ə'raʊnd/</i>	_____	I hate lazing around doing nothing when I'm on holiday.
lead the way <i>○ phr /li:d ðə weɪ/</i>	_____	New world economies are leading the way in numbers of international students.
leave (something) jammed <i>○ phr /li:v 'sʌmθɪŋ dʒæmd/</i>	_____	I came down to use the photocopier and somebody had left it jammed again.
legislation <i>○ n /,ledʒɪsl'eɪʃn/</i>	_____	A lobbyist works to persuade members of the government to pass beneficial legislation.
let (down) <i>○ v /let daʊn/</i>	_____	The film was let down by the poor special effects.
let alone <i>phr /let ə'ləʊn/</i>	_____	I can hardly fit my stuff into the case, let alone yours.
lethargy <i>n /'leθədʒi/</i>	_____	After drinking energy drinks, there is a sudden drop to lethargy and tiredness.

level (off) <i>v /'levl 'ɒf/</i>	_____	The unemployment rate has levelled off over the last couple of years.
levy <i>v /'levi/</i>	_____	The government decided to levy a new tax on frozen food products.
liberating <i>adj /'lɪbəreɪtɪŋ/</i>	_____	'The Freedom Experiment' is about getting rid of your to-do list and doing liberating things instead.
lightweight <i>adj /'laɪtweɪt/</i>	_____	Plastic is lightweight and has replaced many traditional materials.
likelihood <i>n /'laɪklihɒd/</i>	_____	There is a likelihood of snow later in the week.
line up <i>phr v /laɪn 'ʌp/</i>	_____	Here is a brief introduction to the talks we have lined up for you this weekend.
linguist <i>n /'lɪŋgwɪst/</i>	_____	As linguists point out, this theory doesn't account for all the other words in our vocabulary.
literacy <i>n /'lɪtərəsi/</i>	_____	Literacy rates in most developing countries are still behind those in the developed world.
live from hand to mouth <i>phr /lɪv frɒm ,hænd tə 'maʊθ/</i>	_____	I'm living from hand to mouth at the moment – I never have any spare money.
live in the moment <i>phr /lɪv ɪn ðə 'məʊmənt/</i>	_____	I always live in the moment. Why worry about the future?
load (something) up <i>ɔː</i> <i>phr v /ləud ,sʌmθɪŋ 'ʌp/</i>	_____	We loaded up our plates with as much food as possible at the buffet.
loathe <i>v /ləuð/</i>	_____	I absolutely loathe romantic comedies – they annoy me so much!
lobbyist <i>n /'lobbiɪst/</i>	_____	There are lobbyists working to represent the interests of universities and schools.
look (after something/somebody) <i>ɔː</i> <i>v /lʊk 'a:ftə(r) ,sʌmθɪŋ ,sʌmbədi/</i>	_____	My mum looks after my niece every Friday when my sister is at work.
look (something up) <i>v /lʊk 'sʌmθɪŋ ʌp/</i>	_____	I looked up the word in an online dictionary.
look (up to) <i>v /lʊk 'ʌp tə/</i>	_____	I look up to my mum because she brought up five children on her own.
look (back on something) <i>v /lʊk 'bæk ɒn ,sʌmθɪŋ/</i>	_____	Future generations will look back on the present day as one of enormous technological advances.
look (down on) <i>v /lʊk 'daʊn ɒn/</i>	_____	I think Rupert looks down on me because I didn't go to a private school.
lose money <i>ɔː</i> <i>phr /lu:z 'mʌni/</i>	_____	I have never lost money investing in the stock market.
lose out to <i>phr /lu:z 'aut tə/</i>	_____	Businesses have always complained about losing out to new ways of doing things.
luckily <i>adv /'lʌkɪli/</i>	_____	We arrived at our hotel early, but, luckily, they let us check into our room.
lucrative <i>adj /'lu:k्रətɪv/</i>	_____	Live performances have become more lucrative than recordings or downloads.
lunatic <i>n /'lu:nətɪk/</i>	_____	The woman said 'Well, I think it's time you stopped letting lunatics stay here!'
luxury <i>n /'lʌkʃəri/</i>	_____	I never spend money on luxuries like chocolate or flowers.
m-commerce <i>n /'em ,kɒmɜ:s/</i>	_____	It seems m-commerce is on the increase.
m-learning <i>n /'em ,lɜ:niŋ/</i>	_____	The growth of m-learning is a huge opportunity for educational publishers.
m-ticketing <i>n /'em ,tɪkɪtɪŋ/</i>	_____	At airports today, an increasing number of customers are switching to m-ticketing.
madman <i>n /'mædmən/</i>	_____	I had just told a guest that this VIP guy was a madman.

magnetic O rr <i>adj</i> /'mæg'nɛtɪk/	_____	Drinks cans made of steel are magnetic, but those made of aluminium aren't.
maintain O rr <i>v</i> /meɪn'teɪn/	_____	They also maintain that it makes you burn more calories during the day.
majority (of) O rr <i>n</i> /'mædʒɔːrəti/ pr /	_____	The majority of people in the company feel that they aren't appreciated.
make (it) <i>v</i> /meɪk/ it/	_____	She's my role model because she made it to the top in her industry.
make a decision O rr <i>phr</i> /meɪk/ ə dr'sɪz̩n/	_____	I'm keen to make a decision today.
make a point of (doing something) <i>phr</i> /meɪk/ ə pɔɪnt əv/ /'du:ɪŋ sʌmθɪŋ/	_____	Make a point of thanking people, even the office junior, when they help you.
make (an exception) <i>v</i> /meɪk/ ən ik'sepʃn/	_____	We might be able to make an exception in this case.
make (ends meet) <i>v</i> /,meɪk endz/ 'mi:t/	_____	I know people who struggle to make ends meet at the end of the month.
make (reference to) <i>v</i> /meɪk/ 'refrəns tu:/	_____	The speaker made reference to various people who I'd never heard of.
make your day <i>phr</i> /,meɪk jɔ:(r) 'deɪ/	_____	It made my day when my colleague complimented me on my presentation.
man-eating <i>adj</i> /'mæn i:tɪŋ/	_____	Villagers in India are hunting a man-eating tiger that has killed six people.
manage (your) money O rr <i>phr</i> /,mænɪdʒ jə(r) 'mʌni/	_____	Most people I know try to manage their money.
mandatory <i>adj</i> /'mændətəri/	_____	Several governments have made it mandatory for cyclists to wear helmets.
mansion <i>n</i> /'mænʃn/	_____	After winning the lottery, they bought a mansion in the Scottish mountains.
manual car O rr <i>n</i> /'mænjuəl ka:(r)/	_____	I've only ever driven manual cars, and I'm finding it hard to get used to an automatic.
mass O rr <i>adj</i> /mæs/	_____	Thanks to mass production and low cost, just about everyone has owned a bicycle.
matter O rr <i>n</i> /'mætə(r)/	_____	Nanotechnology is the engineering of matter at the level of molecules.
mature student <i>n</i> /mætʃuə 'stju:dnt/	_____	I'm doing a degree in psychology as a mature student.
mechanism O rr <i>n</i> /'mekənɪz̩m/	_____	There are many animals who have much superior hearing mechanisms to humans.
melt O rr <i>v</i> /melt/	_____	I'm melting the butter with some flour, and now I need to add some warm milk and beat it in.
meme <i>n</i> /mi:m/	_____	Richard Dawkins was the first person to use the word 'meme'.
metabolism <i>n</i> /mə'tæbəlɪz̩m/	_____	They maintain that it speeds up metabolism.
metamorphosis <i>n</i> /,metə'mɔ:fəsɪs/	_____	There are various reasons why the idea of metamorphosis is so important in art and culture.
migration <i>n</i> /maɪ'greɪʃn/	_____	Bamako, the capital of Mali, has grown due to rural migration.
mindfulness <i>n</i> /'maɪndflnəs/	_____	It's difficult to experience true mindfulness in today's digital world.
miraculously <i>adv</i> /mɪ'rækjələsli/	_____	Miraculously, everyone survived the train crash.
miss the point <i>phr</i> /,mis ðə 'pɔɪnt/	_____	I'm afraid I think you're missing the point here.
moan (about) <i>v</i> /məʊn/ ə'baut/	_____	My friends moan about having been forced to attend organized activities.
mock <i>adj</i> /mɒk/	_____	We do mock exams at my school a couple of months before the real exams.

model O <u>m</u> <i>n</i> /'mɒdl/	_____	The Scandinavian model is often thought of as the best example of education and public services.
moderate <i>adj</i> /'mɒdərət/	_____	The results suggest that moderate exercise may improve memory.
modify O <u>m</u> <i>v</i> /'mɒdɪfaɪ/	_____	We subconsciously modify our speech depending on who we're talking to.
module <i>n</i> /'mɒdju:l/	_____	On this course you'll do practical modules on how to build a dynamic surfboard.
monetary O <u>m</u> <i>adj</i> /'mʌnɪtri/	_____	Today there are a number of complementary monetary schemes around the world.
monotonous <i>adj</i> /mə'nɒtənəs/	_____	Some of the scenes between Martha and her husband are slightly monotonous.
moody <i>adj</i> /'mu:dɪ/	_____	If we bring a moody attitude, we'll probably have a depressing day.
mortified <i>adj</i> /'mɔ:tɪfaɪd/	_____	I'd be so mortified, I wouldn't know what to say.
motivation O <u>m</u> <i>n</i> /,məʊtɪ'veɪʃn/	_____	She was able to make a significant change to the motivation of her team.
move on <i>phr v</i> /mu:v 'ɒn/	_____	Now we're going to move on to have a quick look at the work of business expert Glenn Parker.
much as <i>phr</i> /'mʌtʃ eɪz/	_____	Much as I adore killer whales, the programme demonstrated a ruthless side to their character.
multi-purpose <i>adj</i> /,mʌltɪ'pɜ:pəs/	_____	I bought a multi-purpose pen which can also be a knife and a torch.
multiply O <u>m</u> <i>v</i> /'mʌltiplaɪ/	_____	The remaining bacteria multiply during the day.
mutation O <u>m</u> <i>n</i> /mju:'teɪʃn/	_____	Mutation – such as frogs becoming princes – is a common theme in children's stories.
nanotechnology <i>n</i> /,nænəʊtek'nɒlədʒi/	_____	We're definitely going to see a lot more nanotechnology in the future.
narrow-minded <i>adj</i> /,nærəʊ 'maɪndɪd/	_____	Don't be so narrow-minded – this is the 21st century!
negotiate O <u>m</u> <i>v</i> /nɪ'gəʊʃieɪt/	_____	In certain countries, you can try negotiating the price of food in markets.
nerdy <i>adj</i> /'nɜ:di/	_____	The hero is a nerdy office worker who turns into a spider at the first sign of danger.
nest O <u>m</u> <i>n</i> /nest/	_____	A termite's nest is utterly astonishing.
networking O <u>m</u> <i>n</i> /'netwɜ:kɪŋ/	_____	Members of the Superclass share an impressive capacity for networking.
newsworthy <i>adj</i> /'nju:zwɜ:ði/	_____	When a particularly newsworthy crime happens, the politicians rush to make changes.
NGO <i>n</i> /,en dʒi: 'əʊ/	_____	I work for an NGO that provides clean water in Africa.
nostalgia <i>n</i> /nɒ'stældʒə/	_____	Change in modern life is being accompanied more and more by a sense of nostalgia.
nosy <i>adj</i> /'nəʊzi/	_____	Are you listening to that couple's conversation? Don't be so nosy!
not least <i>phr</i> /nɒt li:st/	_____	There are many advantages to living by the sea. Not least, the fantastic fresh fish in the shops.
noticeable O <u>m</u> <i>adj</i> /'nəʊtɪsəbl/	_____	There is a noticeable link between studying music and improving your memory.
numerous O <u>m</u> <i>adj</i> /'nju:mərəs/	_____	Karapetyan received numerous awards for his underwater rescue.
nutritious <i>adj</i> /nju'trɪʃəs/	_____	Fast food can be every bit as nutritious as other food.
obesity <i>n</i> /əʊ'bɪ:səti/	_____	Obesity is a growing problem in most western societies.

obligatory <i>adj /ə'blɪgətri/</i>	_____	The management say it's not obligatory for them to inform people about changes.
obsolete <i>adj /'ɒbsəlɪt/</i>	_____	I think cars driven by people will be obsolete within twenty years.
obstacle <i>n /'ɒbstəkl/</i>	_____	The Rockford Peaches overcame obstacles and got to the top of the All American Girls Baseball League.
off O m <i>adv /ɒf/</i>	_____	The wedding is off – Sarah's decided she wants to wait to get married.
off O m <i>adj /ɒf/</i>	_____	I managed to get £10 off the original price.
off O m <i>adv /ɒf/</i>	_____	I think this milk's off – don't drink it.
official O m <i>adj /ə'fɪʃl/</i>	_____	The French and Spanish languages are each controlled by an official body.
offshore campus <i>n /,ɒfʃɔ:(r) 'kæmpəs/</i>	_____	The development of offshore campuses is expected to continue.
on balance <i>phr /ɒn 'bæləns/</i>	_____	On balance, the policy is on course to deliver what it set out to do.
on edge <i>adj /ɒn 'edʒ/</i>	_____	My girlfriend's always telling me to reduce my workload; she says I'm always on edge.
on hand <i>phr /ɒn 'hænd/</i>	_____	The residents know that I'm on hand should they need anything.
on the ball <i>phr /,ɒn ðə 'bɔ:l/</i>	_____	I like the new CEO – she seems really on the ball.
on the breadline <i>phr /ɒn ðə 'bredlaɪn/</i>	_____	After my business started doing well, I was never on the breadline again.
on the face of it <i>phr /ɒn ðə 'feɪs əv ɪt/</i>	_____	On the face of it, the sharing economy has numerous benefits.
on the increase <i>phr /,ɒn ðə 'ɪnkri:s/</i>	_____	Tourism is on the increase in Beihai in the Guangxi region of China.
on the verge of <i>phr /ɒn ðə 'vɜ:dʒ əv/</i>	_____	The project is on the verge of completion.
one-dimensional <i>adj /,wʌn daɪ'menʃənl/</i>	_____	The main character was totally one-dimensional and unrealistic.
online gaming O m <i>n /,ɒn'lain 'geɪmɪŋ/</i>	_____	Online gaming is hugely popular among teenagers and adults all over the world.
open to new ideas <i>phr /'əʊpən tə nju: əɪ'dɪəz/</i>	_____	I like working with Sam because she's always open to new ideas.
operational O m <i>adj /,ɒpə'reɪʃənl/</i>	_____	The Bilingual Education Programme has been operational in schools in Madrid since 2004.
organ O m <i>n /'ɔ:gən/</i>	_____	The human ear is a complex and wonderful organ.
organically <i>adv /ɔ:gə'nɪkli/</i>	_____	Successful memes are unforced, starting organically rather than in a marketing meeting.
organism O m <i>n /'ɔ:gə,nɪzəm/</i>	_____	How do these single-celled organisms manage such important functions?
out of the blue <i>phr /,aut ðv ðə 'blu:/</i>	_____	My cousin from Australia turned up at my flat out of the blue last night.
out of the question <i>phr /,aut ðv ðə 'kwestʃən/</i>	_____	I'm afraid twenty-four days' leave is out of the question.
outcome O m <i>n /'autkʌm/</i>	_____	This type of person is focused on the long-term outcomes.
outset <i>n /'autset/</i>	_____	We need to provide support for people with depression from the outset.
outstanding achievement O m <i>phr /aut'stændɪŋ ə'tʃi:vment/</i>	_____	The construction of the Great Pyramid of Giza was an outstanding achievement.
outstanding effort O m <i>phr /aut'stændɪŋ 'efət/</i>	_____	My students have all made an outstanding effort to pass their exams.

outweigh <i>v /'aut'wei/</i>	_____	We feel this expense would easily be outweighed by the potential benefits.
over O <i>prep /'əʊvə(r)/</i>	_____	It was stupid of us to argue over something so trivial.
over O <i>prep /'əʊvə(r)/</i>	_____	This town has changed a lot over the course of the last ten years.
over the years <i>phr /'əʊvə(r) ðə jɜ:z/</i>	_____	English is probably the language which has borrowed most terms from others over the years.
overcautious <i>adj /,əʊvə'kɔ:ʃəs/</i>	_____	Elderly people often become overcautious when they drive.
overcome difficulties O <i>phr /,əʊvə'kʌm 'dɪfɪkəltɪz/</i>	_____	We had to overcome many difficulties when my father lost his job.
overcome obstacles <i>phr /,əʊvə'kʌm 'ɒbstəklz/</i>	_____	The engineers had to overcome many obstacles.
oversee <i>v /,əʊvə'sri:/</i>	_____	I oversee a team of fifty staff.
overtake <i>v /,əʊvə'teɪk/</i>	_____	Ghaziabad in India could overtake Surat in terms of growth rate in the next ten years.
overview <i>n /'əʊvəvju:/</i>	_____	In some countries, people believe that the person at the top of the company has a good overview.
overwhelm <i>v /,əʊvə'welm/</i>	_____	Many film-makers have seen our worries about rapid changes overwhelming us.
overwhelming <i>adj /,əʊvə'welmiŋ/</i>	_____	The evidence for climate change is overwhelming.
overwhelmingly <i>adv /,əʊvə'welmiŋli/</i>	_____	The results of the questionnaire were overwhelmingly negative.
own (up) <i>v /əʊn 'ʌp/</i>	_____	Who did this? Is anyone going to own up?
p-book <i>n /'pi:buk/</i>	_____	Some people now say 'p-book' to refer to traditional print books.
pain in the neck <i>phr /,peɪn ɪn ðə 'nek/</i>	_____	Rather than just being a pain in the neck, they do play a crucial part in the team.
part and parcel <i>phr /pɑ:t ænd 'pa:sl/</i>	_____	Life events such as starting a new job are part and parcel of human existence.
participant O <i>n /pɑ:tɪsɪpənt/</i>	_____	Three participants got injured at the charity fun run.
particularly interested O <i>phr /pə'tɪkjələli 'ɪntrəstɪd/</i>	_____	I'm particularly interested in how long animals can travel at the fastest speeds.
party-goer <i>n /'pɑ:ti,gəʊə(r)/</i>	_____	Some party-goers were making a noise outside my window.
pay (off) <i>v /pei 'ɒf/</i>	_____	The gamble paid off – women's baseball turned out to be really popular.
peel <i>v /pi:l/</i>	_____	You have to peel the tomatoes, as the skin goes bitter if you leave it in the sauce.
peppercorn <i>n /'pepəkɔ:n/</i>	_____	I always buy whole peppercorns, not ground black pepper.
perceive O <i>v /pə'si:v/</i>	_____	They are trying to find out how the human brain perceives different sounds in a noisy environment.
perceptive observation <i>phr /pə'septɪv ,pəbzə'veɪʃn/</i>	_____	My best friend often makes perceptive observations about my relationship with my boyfriend.
persist in (doing something) <i>phr v /pə,sɪst ɪn 'du:ɪŋ ,səmθɪŋ/</i>	_____	You shouldn't persist in doing your son's homework for him.
persuade O <i>v /pə'sweɪd/</i>	_____	Salespeople sometimes use body language to persuade people to buy their products.
pharmaceutical <i>adj /,fa:mə'sju:tɪkl/</i>	_____	Lobbyists often represent powerful industries like pharmaceutical corporations.
philanthropist <i>n /fi'lænθrəpɪst/</i>	_____	Members of the Superclass include billionaire philanthropists.
photosynthesis <i>n /,fəʊtəʊ'sɪnθəsɪs/</i>	_____	All plants depend on sunlight for photosynthesis.

pick out <i>phr v /pɪk 'aut/</i>	_____	We are always pleased when our project team is picked out for special recognition.
pick up on <i>phr v /,pɪk 'ʌp ɒn/</i>	_____	If a team picks up on their manager's anxiety, it may become nervous in turn.
pioneer <i>n /,paɪə'nɪə(r)/</i>	_____	Buddy Holly was a pioneer in the world of rock and roll.
pleasurable <i>adj /'plezərəbl/</i>	_____	A long, pleasurable walk in the country may not be as beneficial as we once thought.
plummet <i>v /'plʌmɪt/</i>	_____	The number of new houses built in the city has plummeted in recent years.
poisoning O <i>n /'pɔɪzniŋ/</i>	_____	People used to use chemicals to make their skin pale – poisoning was very common.
pose a problem O <i>phr /pəʊz ə 'prɒbləm/</i>	_____	The construction of the Channel Tunnel posed numerous technical problems.
pose a question O <i>phr /pəʊz ə 'kwestʃən/</i>	_____	This issue poses the question, should we really have started the project?
positive development <i>phr /,pɒzɪtɪv dr'veləpmənt/</i>	_____	There is considerable debate about whether they are a positive development or not.
possess O <i>v /pə'zes/</i>	_____	This type of person possesses excellent communication skills.
praise O <i>v /preɪz/</i>	_____	If you praise somebody, and that person goes red, you're more likely to find that person trustworthy.
predictably <i>adv /pri,dɪktəbli/</i>	_____	Predictably, the city suffers badly from traffic congestion.
present challenges <i>phr /præz,ent 'tʃælɪndʒɪz/</i>	_____	The aging population presents challenges in caring for the elderly.
present difficulties <i>phr /præ,zent 'dɪfɪkəltɪz/</i>	_____	Teaching students who don't understand your language presents particular difficulties.
press on (with something) <i>phr v /pres 'ɒn wɪð ,sʌmθɪŋ/</i>	_____	Although they were very tired, they decided to press on with it and finish the job.
prestigious <i>adj /pre'stɪdʒəs/</i>	_____	Many prestigious works of art have concerned heroes who changed into somebody else.
prey O <i>n /preɪ/</i>	_____	Once their prey was in the water, it was only a matter of time before lunch was served.
principle O <i>n /'prɪnsəpl/</i>	_____	The basic principles of driving a car are the same in every country.
proficiency <i>n /præ'fɪʃnsi/</i>	_____	Proficiency in a foreign language, particularly English, is an extremely desirable skill.
prominent <i>adj /'prɒmɪnənt/</i>	_____	My university professor is a prominent figure in the research of early European literature.
prone <i>adj /prəʊn/</i>	_____	My brother is prone to depression when things aren't going well for him.
proportion O <i>n /præ'pɔ:ʃn/</i>	_____	I believe that a significant proportion of members of parliament should be women.
prosper <i>v /'prɒspə(r)/</i>	_____	We all want our children to prosper in life.
protagonist <i>n /prə'tægənist/</i>	_____	The protagonist is a young boy who is brought up by his elder sister and her husband.
protein O <i>n /'prəʊti:n/</i>	_____	Vitamin D helps to regulate the correct functioning of proteins and minerals.
provocative <i>adj /prə'vekətɪv/</i>	_____	Rothkopf's provocative and at times controversial book is a 'must-read'.
punctual <i>adj /'pʌŋktʃuəl/</i>	_____	This type of person is usually very dependable and punctual.
put (something) off <i>phr v /put ,sʌmθɪŋ 'ɒf/</i>	_____	I want a new car, but I've put off buying one till I can find an electric one I like.

pyramid <i>n</i> /'pɪrəmɪd/	_____	The Mayan pyramids are constructions which show our fascination with the sun.
quality assurance <i>n</i> /'kwɒləti ə,ʃɔ:rəns/	_____	Students these days increasingly expect their tuition to be subject to quality assurance.
quarantine <i>n</i> /'kwɔ:rənti:n/	_____	After the discovery, the hospital was closed and quarantine was introduced.
quick-thinking <i>adj</i> /kwɪk 'θɪŋkɪŋ/	_____	The girl was saved by a quick-thinking sailor in a passing boat.
radical departure <i>phr</i> /'rædɪkl dr'pa:tʃə(r)/	_____	This restaurant is a radical departure in the appreciation of food.
radically different <i>adv</i> /'rædɪklɪ 'dɪfrənt/	_____	Humans have a radically different body structure from other animals.
rate O <i>n</i> /reɪt/	_____	Big cities like Delhi and Mumbai are growing at a much slower rate.
rationale <i>n</i> /,ræʃə'nɑ:l/	_____	I don't understand the rationale for having this meeting after everyone else has gone home.
reach consensus <i>v</i> /ri:tʃ kən'sensəs/	_____	This type of boss always tries to reach consensus in their team.
reality check <i>phr</i> /ri'æləti tʃek/	_____	Failing my exams gave me a reality check.
realize a dream <i>phr</i> /'riəlaɪz ə dri:m/	_____	It took them two and a half decades to realize their dream.
realize an ambition <i>phr</i> /'riəlaɪz ən æm'bɪʃn/	_____	I'm sure I'll realize my ambition of learning Chinese one day.
reasonable O <i>adj</i> /'ri:znəbl/	_____	She is a reasonable person, and you have always got on well with her.
reassuring <i>adj</i> /,ri:ə'sʃərɪŋ/	_____	I find it reassuring that digital technology hasn't replaced all aspects of communication.
reciprocal <i>adj</i> /rɪ'sɪprəkl/	_____	Timebanking is a reciprocal service exchange where time, not money, is the unit of the currency.
reckless <i>adj</i> /'rekłəs/	_____	My brother is always doing reckless things like cycling at night without any lights.
reconditioned <i>adj</i> /,ri:kən'dɪʃnd/	_____	I've got a reconditioned radio from the 1950s that I'm trying to sell.
reconstruct <i>v</i> /,ri:kən'strʌkt/	_____	If you take notes during a lecture, can you reconstruct the lecture afterwards?
recreate <i>v</i> /,ri:kri'eit/	_____	The Large Hadron Collider recreates the conditions that existed just after the Big Bang.
recruitment O <i>n</i> /rɪ'kru:tment/	_____	We work in various different areas like recruitment – taking on new staff, contracts and so on.
rectify <i>v</i> /'rektɪfaɪ/	_____	It is clear that steps must be taken to rectify the situation.
redeem <i>v</i> /rɪ'di:m/	_____	Unfortunately the date on these vouchers has expired, so you can't redeem them.
refine <i>v</i> /rɪ'fain/	_____	The rules of the game were later refined.
reflect O <i>v</i> /rɪ'flekt/	_____	He spent a night in jail so that he could reflect on what he'd done.
regardless <i>adv</i> /rɪ'ga:dls/	_____	My legs were hurting, but I continued running regardless.
regime <i>n</i> /reɪ'ʒi:m/	_____	I'm loving my new exercise regime – it's really having a positive effect on me.
regrettably <i>adv</i> /rɪ'gretəbli/	_____	Regrettably, I didn't have enough time to see the city properly.
regular coffee O <i>n</i> /'regjələ(r) ,kɒfi/	_____	Would you like a cappuccino, a latte or just a regular coffee?
relieved <i>adj</i> /rɪ'lɪ:vɪd/	_____	I was very relieved when my ten-year-old son arrived home yesterday evening.

relocate <i>v</i> /rɪ:ləʊ'keɪt/	_____	Relocating the whole company to our northern office is the best way to reduce costs.
reluctant <i>adj</i> /rɪ'lʌktənt/	_____	Women were revealed to be much more reluctant to throw cards away than men.
remarkably complex O <i>phr</i> /rɪ'ma:kəblɪ 'kɒmpleks/	_____	A bird's nest is remarkably complex and beautiful.
rephrase <i>v</i> /rɪ:'freɪz/	_____	Let me rephrase that. What I meant was that not everybody would enjoy that sort of thing.
reproduce O <i>v</i> /rɪ:p्रə'dju:s/	_____	If you don't remember the mistakes you make, you'll just reproduce them.
resilience <i>n</i> /rɪ'zɪliəns/	_____	Feats such as running a marathon require a lot of physical and mental resilience.
resist O <i>v</i> /rɪ'zɪst/	_____	If change isn't handled well, people will always resist it.
resistant <i>adj</i> /rɪ'zɪstənt/	_____	If managers fail to take these factors into account, they may find workers are highly resistant to change.
responsible (for) O <i>adj</i> /rɪ'spɒnsəbl fɔ:(r)/	_____	At ten, you are legally responsible for your actions in England.
restrict O <i>v</i> /rɪ'strɪkt/	_____	We suggest setting up a Facebook or LinkedIn page restricted to staff.
restricted O <i>adj</i> /rɪ'strɪktɪd/	_____	The short-term memory has restricted capacity.
restrictions O <i>n pl</i> /rɪ'strɪkʃnz/	_____	Working restrictions for fourteen- and fifteen-year-olds are almost the same in England.
retain O <i>v</i> /rɪ'teɪn/	_____	There is a very big need for older people to retain their independence.
revolutionize <i>v</i> /,revə'lu:ʃənaɪz/	_____	The workers revolutionized their business through four simple principles.
rhyme <i>n</i> /raɪm/	_____	Children are happy to sing meaningless rhymes in the playground, and so are adults at football matches.
rigid <i>adj</i> /'rɪdʒɪd/	_____	The lenses of my glasses are rigid.
rim <i>n</i> /rɪm/	_____	The rims of the cups were covered in bright pink lipstick!
ring the changes <i>phr</i> /rɪŋ ðə 'tʃeɪndʒɪz/	_____	It's important to ring the changes with your exercise regime, otherwise you'll get bored.
roar <i>n</i> /rɔ:(r)/	_____	The lion has a roar which can be heard eight kilometres away.
role model <i>n</i> /'rəʊl ,mɒdl/	_____	Professional sportspeople should realize that they are role models for millions of young people.
roll out <i>phr v</i> /'rəʊl aut/	_____	The recipe was rolled out across the country in the 1940s.
roller coaster of emotions <i>phr</i> /,rəʊlə(r) ,kəʊstə(r) əv ɪm'əʊʃnz/	_____	I experience a roller coaster of emotions when I watch my favourite team play.
rotation O <i>n</i> /rəʊ'teɪʃn/	_____	The sun completes a rotation every twenty-six days.
roughly O <i>adv</i> /'rʌflɪ/	_____	Chop the onions roughly – the pieces don't have to be exactly the same size.
run on <i>phr v</i> /rʌn 'ɒn/	_____	The buses in the city run on waste cooking oil.
rundown <i>n</i> /'rʌndəʊn/	_____	Can you give us a simple rundown of the different types of memory?
rush into O <i>v</i> /'rʌʃ ,ɪntə/	_____	I don't like to rush into decisions.
rush job <i>n</i> /'rʌʃ dʒɒb/	_____	By doing this one rush job, we've been able to build on the relationship.
ruthless <i>adj</i> /'ru:θləs/	_____	Killer whales are ruthless and efficient killers.
sacrifice <i>v</i> /'sækrifais/	_____	I loved the bit at the end where the heroine sacrifices herself.
scandal <i>n</i> /'skændl/	_____	We often use the suffix '-gate' to describe any type of scandal.
scenario <i>n</i> /sə'nɑ:riəʊ/	_____	Many film-makers create scenarios which reflect changes in our society.

scepticism <i>n</i> /'skeptɪsɪzəm/	_____	My immediate reaction was one of slight scepticism.
scrumptious <i>adj</i> /'skrʌmpʃəs/	_____	The sardines they serve are really scrumptious.
season <i>v</i> /'si:zn/	_____	Once the eggs are beaten in, I'll season it and add some grated nutmeg.
seemingly <i>adv</i> /'si:mɪŋli/	_____	There is seemingly no discernible difference between the teams.
self-conscious <i>adj</i> /,self 'kɒnʃəs/	_____	In your teens, you're often self-conscious about your appearance.
semantic <i>adj</i> /sɪ'mæntɪk/	_____	Our semantic memory allows us to remember specific pieces of information.
sense of belonging <i>phr</i> /sens əv bɪ'lɔŋɪŋ/	_____	People feel a sense of belonging when they are included in an inside joke.
sentimental <i>adj</i> /,sentɪ'mentl/	_____	I thought the film was too sentimental.
sequence O <i>n</i> /'si:kwəns/	_____	The best sequence featured an insect that lived in a hole in the ground.
seriously loud O <i>phr</i> /'sɪəriəslɪ laʊd/	_____	My neighbour's dogs have a seriously loud bark.
set off <i>phr v</i> /set 'ɒf/	_____	We got to New York and set off heading west.
set people off against each other <i>phr</i> /set ,pi:pł ɒf ə'geɪnst i:tʃ ,ʌðə(r)/	_____	I think he's trying to set people off against each other – not nice.
settlement O <i>n</i> /'setlmənt/	_____	Settlement by foreign peoples has led to the adoption of many new customs.
shareholder O <i>n</i> /'ʃeə,həuldə(r)/	_____	The shareholders' meeting was quite exciting.
sharing economy <i>phr</i> /'ʃeərɪŋ ɪ,kɒnəmi/	_____	The sharing economy has really taken off in recent years.
sheltered housing complex <i>n</i> /,ʃeltəd 'haʊzɪŋ ,kɒmpléks/	_____	I'm a warden at a sheltered housing complex – a residential option for older people.
shift rapidly O <i>phr</i> /ʃift 'ræpɪdli/	_____	The way we communicate has shifted rapidly over the last ten years.
short and sharp <i>phr</i> /,ʃɔ:t ænd 'ʃɑ:p/	_____	Get on that rowing machine and keep it short and sharp!
short of money <i>adj</i> /ʃɔ:t ɒv 'mʌni/	_____	When I was a student, I was always short of money.
shortage (of) <i>n</i> /'ʃɔ:tɪdʒ ɒv/	_____	A shortage of potatoes led to a terrible famine.
sibling <i>n</i> /'siblɪŋ/	_____	When was the last time you and a friend or sibling argued over something trivial?
signal <i>v</i> /'sɪgnəl/	_____	The best lecturers really signal the direction their talk is going.
sip <i>v</i> /sɪp/	_____	For me, the summer meant lying on the grass in the garden, sipping lemonade.
sit on the fence <i>phr</i> /,sit ɒn ðə 'fens/	_____	He tends to sit on the fence in meetings.
sitcom <i>n</i> /'sítkɒm/	_____	I can't stand sitcoms, particularly when they add artificial laughter.
skewer <i>n</i> /'skju:ə(r)/	_____	Many food items, such as meat, vegetables and fish, can be cooked on skewers.
skinny <i>adj</i> /'skɪni/	_____	He was really skinny after a month of trekking in the jungle.
slack off <i>phr v</i> /slæk 'ɒf/	_____	I was a good student in my early teens, but then I kind of slacked off.
slice O <i>v</i> /slaɪs/	_____	Slice the potatoes and chop them into small cubes.
slip (by) <i>v</i> /,slip 'baɪ/	_____	People regretted letting good friendships slip by over the years.
slump <i>v</i> /slʌmp/	_____	I just want to slump in front of the TV and watch the latest detective serial.
snail mail <i>n</i> /'sneɪl meɪl/	_____	I had to sign my new contract and send it to my employer by snail mail.

snap <i>n</i> /snæp/	_____	The snapping shrimp makes an astonishingly loud snap that lasts for just one millisecond.
snob <i>n</i> /snɒb/	_____	He's such a snob. He looks down on his neighbours because they drive an old car.
so last year <i>phr</i> /səʊ la:st jɜ:(r)/	_____	Using a desktop PC is so last year!
soak <i>v</i> /səʊk/	_____	At this festival, it's totally fine and normal to soak complete strangers.
soar <i>v</i> /sɔ:(r)/	_____	Unemployment in the city soared after the car factory was closed.
social media <i>n</i> /,səʊʃl 'mi:dɪə/	_____	I use social media to keep in touch with my friends from school.
solar O <i>adj</i> /'səʊlə(r)/	_____	Solar power and wind power aren't the answer to our energy problems.
soldier on <i>phr</i> /'səʊldʒə(r) 'ɒn/	_____	We shouldn't expect people to simply soldier on if they are having emotional problems.
sound <i>adj</i> /saʊnd/	_____	You can trust Henry – he's a sound guy.
sparingly <i>adv</i> /'speərɪŋli/	_____	If you want to add salt, do so sparingly, because the sauce is already quite salty.
specialist O <i>adj</i> /'speʃəlist/	_____	Older people are often given any specialist care they need at home.
speculate <i>v</i> /'spekju:leɪt/	_____	We all speculated as to why Jennifer had started missing work so often.
speed limit <i>n</i> /'spi:d ,lɪmɪt/	_____	I know it sounds crazy, but I would say: increase the speed limits.
spine-chilling <i>adj</i> /'spaɪn tʃɪlɪŋ/	_____	I had nightmares after reading a spine-chilling ghost story before bed.
spontaneity <i>n</i> /,spɒntə'nɛɪəti/	_____	I like the spontaneity of that – just go to the station and see where fate takes you.
spotlight <i>n</i> /'spɒtlɑ:t/	_____	You get the feeling that he can't stand it when the spotlight is on somebody else.
spring up <i>phr v</i> /sprɪŋ 'ʌp/	_____	It's the internet which has allowed all these different sites to spring up.
sprinkle <i>v</i> /'sprɪŋkl/	_____	Some people like to sprinkle cheese on top and grill it at the end.
stabilize <i>v</i> /'steɪbəlaɪz/	_____	Global population growth is showing no signs of stabilizing.
start out <i>phr v</i> /sta:t 'aut/	_____	I had to learn very quickly when I started out as a teacher.
starve <i>v</i> /sta:v/	_____	Most gamers would sooner starve than stop playing in order to eat!
staycation <i>n</i> /,steɪ'keɪʃn/	_____	During the recession, a staycation became the only option for many families.
steal the show <i>phr</i> /,sti:l ðə 'ʃəʊ/	_____	Those two young talents stole the show, in my opinion.
stimulant <i>n</i> /'stɪmju:lənt/	_____	From being a stimulant in sport, energy drinks are now widely available.
stormy <i>adj</i> /'stɔ:mi:/	_____	I have a stormy relationship with my dad – we are always falling out.
stressed out <i>adj</i> /strest aut/	_____	I get pretty stressed out in my job.
student loan O <i>n</i> /'stju:dnt ləʊn/	_____	It's almost impossible to get through university without a student loan.
substance O <i>n</i> /'sʌbstəns/	_____	She gave an entertaining speech, but there was no real substance to it.

substantial O <u>m</u> <i>adj</i> /səb'stænʃl/	_____	The singer gave a substantial donation to an animal rescue centre in his home town.
substantially O <u>m</u> <i>adv</i> /səb'stænʃəli/	_____	Children studying music usually make substantially better progress.
succession <i>n</i> /sək'seʃn/	_____	Her poor performance in the tournament was due to a succession of injuries.
superfood <i>n</i> /'su:pəfu:d/	_____	You should cut out chips, crisps and that sort of thing and eat more superfoods.
superior O <u>m</u> <i>adj</i> /su:r'pɪəriə(r)/	_____	Dogs have a superior sense of smell to humans.
supposed to O <u>m</u> <i>phr</i> /sə'pəuzd tə/	_____	We're supposed to be in the office until 5.30.
surplus (of) O <u>m</u> <i>n</i> /'sɜ:pləs ɒv/	_____	There's a surplus of student accommodation, which makes it very cheap.
sustain O <u>m</u> <i>v</i> /sə'steɪn/	_____	Some birds are extraordinarily fast over a short distance, but they can't sustain the speed.
sweep <i>v</i> /swi:p/	_____	I'm going to talk to you today about an exciting revolution which is sweeping our world.
swerve <i>v</i> /swɜ:v/	_____	Without warning, a dog ran into the road and I had to swerve.
switch allegiance <i>phr</i> /swɪtʃ ə'lɪdʒəns/	_____	I've tried switching my allegiance to a more successful team.
symbolize <i>v</i> /'sɪmbəlaɪz/	_____	Pouring water on people symbolizes the start of the new year.
sympathetic O <u>m</u> <i>adj</i> /,sɪmپə'θetɪk/	_____	I don't think I'm very sympathetic – I rarely have people telling me their problems.
symptomatic <i>adj</i> /,sɪmptə'mætɪk/	_____	It could be claimed that these tales are symptomatic of our age.
synthesize <i>v</i> /'sɪnθəsaɪz/	_____	Some bacteria are helpful – they synthesize our vitamins.
tackle a problem O <u>m</u> <i>phr</i> /,tækl ə 'prɒbləm/	_____	I organized myself, tackled the problem and got the grades I needed.
tackle difficulties O <u>m</u> <i>phr</i> /,tækl 'dɪfɪkəltɪz/	_____	Your boss can help you to tackle any difficulties that you're having.
take an instant dislike to <i>phr</i> /teɪk ən ,ɪnstənt dis'laisk tə/	_____	I can't explain why, but I took an instant dislike to the new boss.
take by surprise <i>phr</i> /teɪk bai sə'praɪz/	_____	It took me completely by surprise when my boyfriend proposed while we were on holiday.
take great pleasure in <i>phr</i> /teɪk greɪt 'pleʒə(r) in/	_____	He seemed to take great pleasure in telling us that we'd all lost our jobs.
take on <i>phr v</i> /teɪk 'ɒn/	_____	It's common to take on aspects of the way someone else talks.
take on <i>phr v</i> /teɪk ɒn/	_____	At fourteen, you can take on part-time employment for two hours each school day.
take over O <u>m</u> <i>phr v</i> /teɪk 'əʊvə(r)/	_____	When you can't see, your other senses take over.
take personally <i>phr</i> /teɪk 'pɜ:sənəli/	_____	Katya is always unfriendly with people she doesn't know – don't take it personally.
take some beating <i>phr</i> /teɪk səm 'bi:tɪŋ/	_____	His new world record will take some beating.
tanning studio <i>n</i> /'tænɪŋ ,stju:dɪəʊ/	_____	In the USA alone some twenty-two million customers visit tanning studios.
tap water O <u>m</u> <i>n</i> /'tæp ,wɔ:tə(r)/	_____	Could we get a couple of glasses of tap water, please?
target O <u>m</u> <i>v</i> /'ta:gɪt/	_____	I don't like the way in which advertisers target small children.
technical hitch <i>phr</i> /,teknikl 'hitʃ/	_____	Despite the occasional technical hitches, this was a highly enjoyable production.
tell the difference <i>phr</i> /tel ðə 'dɪfrəns/	_____	Can you tell the difference between a violin and a cello?
tendency O <u>m</u> <i>n</i> /'tendənsi/	_____	Youngest children have a tendency to be rebellious.

term O v /tɜːm/	_____	According to writer David Rothkopf, the world is controlled by what he terms the 'Superclass'.
tertiary education <i>n</i> /tɜː'fəri ,edʒu'keɪʃn/	_____	Over 170 million students are in tertiary education.
the elderly O <i>n</i> /ðɪ 'eldəli/	_____	China has recently passed a law highlighting the need for care for the elderly.
the last word <i>n</i> /ðə laɪst 'wɜːd/	_____	Some people are always searching for the last word in design.
theoretically <i>adv</i> /,θɪə'retɪklɪ/	_____	Theoretically, you can rent a car to get around the region, but I would advise against it.
thereby <i>adv</i> /,ðeə'bəɪ/	_____	We work to achieve long-term goals, thereby giving our life meaning.
think straight <i>phr</i> /θɪŋk streɪt/	_____	For a minute, I couldn't think straight.
think twice <i>phr</i> /θɪŋk twaɪs/	_____	You should think twice before making life-changing choices.
thinly <i>adv</i> /'θɪnlɪ/	_____	Slice the cucumbers very thinly and mix them with sour cream.
threaten O v /'θretn/	_____	Many people feel threatened by change.
thrill-seekers <i>n pl</i> /'θrɪl ,sɪ:kəz/	_____	The average age of thrill-seekers is getting higher.
time and again <i>phr</i> /,taɪm ænd ə'geɪn/	_____	I have to tell myself time and again not to forget my work pass.
time flies <i>phr</i> /,taɪm 'flaɪz/	_____	They say that time flies when you're having fun.
time management <i>n</i> /,taɪm 'mænɪdʒmənt/	_____	Effective time management is the key to a stress-free life.
time really drags <i>phr</i> /taɪm 'rɪəli drægz/	_____	Time really drags when you're bored at work.
time-consuming <i>adj</i> /'taɪm,kənsju:mɪŋ/	_____	I think cleaning is the most time-consuming household job.
title <i>n</i> /'taɪtl/	_____	They've won the league title in their country over twenty times.
to a large degree <i>phr</i> /tə ə 'la:dʒ dɪ,grɪ/	_____	The quality of language input depends to a large degree on the teacher's level of English.
to say the least <i>phr</i> /tə sei ðə 'li:st/	_____	There needs to be some form of basic regulation, to say the least.
topical <i>adj</i> /'tɒpɪkl/	_____	In this show, contestants have forty-five seconds to present their answer to a topical question.
touch (of) <i>n</i> /tʌtʃ ɒv/	_____	This soup is nice but it needs a touch of garlic, in my opinion.
tough O <i>adj</i> /tʌf/	_____	Because my glasses are made of plastic as opposed to glass, they're a lot tougher.
toxic O <i>adj</i> /'tɒksɪk/	_____	The school was evacuated after toxic fumes were detected in the kitchen.
toxic chemicals O <i>n pl</i> /'tɒksɪk ,kemɪklz/	_____	In the 16th century, people used toxic chemicals to achieve pale skin.
trace O v /treɪs/	_____	The concept of time currencies can be traced back to the early nineteenth century.
tranquil <i>adj</i> /'træŋkwil/	_____	Art galleries are very tranquil places.
transaction O <i>n</i> /træn'zækʃn/	_____	Some plastic cards are used for financial transactions such as shopping.
transactional <i>adj</i> /træn'zækʃnl/	_____	One of the functions of language is called T-communication, with 'T' standing for 'transactional'.
transcend v /træn'send/	_____	The power of the Superclass transcends borders.
transformation O <i>n</i> /,trænsfə'meɪʃn/	_____	One of the most famous transformation stories, <i>Dr Jekyll and Mr Hyde</i> , was published in 1886.
transparent O <i>adj</i> /træns'pærənt/	_____	Obviously the lenses are transparent so I can see where I'm going.
traverse v /trə'veɪs/	_____	The compass provided people with a reliable method of traversing the world's oceans.
treble v /'trebl/	_____	The number of students at our school trebled after two local schools were closed down.

triathlon <i>n</i> /'trai'æθlən/	_____	He says he's never felt so alive since he took up triathlons.
trigger your memory <i>phr</i> /'trɪgə(r) jə(r) 'meməri/	_____	Often, certain smells or tastes trigger your memory of something from many years ago.
triumph O <i>n</i> /'trɪʌmf/	_____	It was a triumph, and in its best season the league had almost a million fans.
troublemaker <i>n</i> /'trʌblmeɪkə(r)/	_____	She was a troublemaker, so we had to move her to another team.
trustworthy <i>adj</i> /'trʌst,wɜːði/	_____	You're trustworthy and reliable, and we know you'll always get the job done.
tuition fees <i>n pl</i> /tju'ɪʃn fi:z/	_____	In Brazil, the government is to fund tuition fees abroad for 100,000 students.
turn (out) <i>v</i> /tɜːn 'aut/	_____	Women's football turned out to be a great success.
turn up <i>phr v</i> /'tɜːn ʌp/	_____	How would you feel if you turned up at a party wearing different clothes to everyone else?
twenty-twenty vision <i>phr</i> /,twenti ,twenti 'vɪʒn/	_____	I don't need glasses – I have twenty-twenty vision.
twist <i>n</i> /twist/	_____	There were one or two twists in the plot, but I liked the characters.
typically O <i>adv</i> /'tipɪkli/	_____	Typically in parts of Spain, a little plate of food is provided when you order a drink.
uncomfortable O <i>adj</i> /ʌn'kʌmftəbl/	_____	It makes me uncomfortable to see families living in poor conditions.
unconscious O <i>adj</i> /ʌn'kɒnʃəs/	_____	Breathing is an unconscious act that we do without thinking.
uncontrollably <i>adv</i> /,ʌnkən'trəʊləblɪ/	_____	Two old people were laughing uncontrollably.
undeniably <i>adv</i> /,ʌndɪ'naiəblɪ/	_____	Pad Thai has undeniably become the national dish of Thailand.
underestimate <i>v</i> /,ʌndə'rɛstɪmət/	_____	The stress of situations such as moving house is often underestimated.
underlying O <i>adj</i> /,ʌndə'lainɪŋ/	_____	Being overweight was the underlying cause of his health problems.
undermine <i>v</i> /,ʌndə'maɪn/	_____	The sharing economy is likely to undermine traditional businesses such as hotels or taxis.
underweight <i>adj</i> /,ʌndə'weɪt/	_____	I'm worried about Sally – she looks underweight.
unforced <i>adj</i> /ʌn'fɔːst/	_____	I love this photo of Maya because her smile is natural and unforced.
unfulfilled <i>adj</i> /,ʌnfʊl'fɪld/	_____	Many people were frustrated that so many of their dreams had gone unfulfilled.
uniform O <i>adj</i> /'ju:nɪfɔːm/	_____	The results will not be uniform across schools.
unilateral <i>adj</i> /,ju:nɪ'lætrəl/	_____	This phenomenon is by no means unilateral.
uninhibited <i>adj</i> /,ʌnɪn'hɪbitɪd/	_____	I'd never have done a bungee jump when I was younger, but now I feel uninhibited.
universal O <i>adj</i> /,ju:nɪ'versəl/	_____	This problem could be solved through the introduction of a single, universal system.
unpaid <i>adj</i> /,ʌn'peɪd/	_____	I'd rather do unpaid work than do nothing at all.
unproductive <i>adj</i> /,ʌnprə'dʌktɪv/	_____	I find memorizing lists of words very unproductive.
unwind <i>v</i> /,ʌn'waɪnd/	_____	It might sound crazy, but the best way to unwind is karaoke!
up to speed <i>adj</i> /,ʌp tə 'spi:d/	_____	Are you up to speed with all the latest developments in new technology?
upheaval <i>n</i> /ʌp'hɪvl/	_____	Moving house is a real upheaval, especially for older people.
ups and downs <i>phr</i> /ʌps ən 'daunz/	_____	His career has had some spectacular ups and downs.
urge O <i>v</i> /ɜːdʒ/	_____	The report urges people to be more vigilant.

useless O ^m <i>adj</i> /'ju:slsəs/	_____	You can blame Michael for the fault – he's useless with machines
utilize <i>v</i> /'ju:təlaɪz/	_____	He utilized his skill at negotiating to achieve the outcome that he wanted.
utterly astonishing <i>phr</i> /,ʌtəli ə'stɒnɪʃɪŋ/	_____	The way that animals migrate is utterly astonishing.
valuables O ^m <i>n pl</i> /'væljuəblz/	_____	Be careful with your cameras and any other valuables because everything will get wet.
value O ^m <i>v</i> /'vælju:/	_____	What do you think is the value of such activities?
ventilation <i>n</i> /,ventɪ'leɪʃn/	_____	The environment inside a termite's nest is temperature-controlled with special ventilation.
versatile <i>adj</i> /'vɜ:sətərl/	_____	Plastic has several uniquely versatile properties.
versus <i>adv</i> /'vɜ:səs/	_____	The importance of the individual versus the group varies in different cultures.
vertically <i>adv</i> /'vɜ:tɪklɪ/	_____	Meat is cooked vertically in the modern doner kebab.
vicinity <i>n</i> /və'sɪnəti/	_____	This invention displays the strength of Wi-fi signals in your vicinity.
vigorously <i>adv</i> /'vɪgərəsli/	_____	Beat the sauce vigorously so that lumps don't have the chance to form.
virtual learning environment <i>n</i> /,vɜ:tʃuəl 'ɪz:nɪŋ m,vaɪrənmənt/	_____	The use of virtual learning environments is changing the nature of many types of learning.
visionary <i>n</i> /'vɪʒənri/	_____	This person is very much the visionary – they focus on the long-term outcomes.
vocational training <i>n</i> /vəʊ'keɪʃənl 'treɪnɪŋ/	_____	Vocational training is every bit as valid an option for young people as higher education.
walk on eggshells <i>v</i> /wɔ:k ɒn 'egʃelz/	_____	Everybody's productivity is reduced when they're walking on eggshells all the time.
wardrobe <i>n</i> /'wɔ:dribʊb/	_____	I have a different wardrobe for every season.
wary (of) <i>adj</i> /'weəri/	_____	National governments have become wary of trying to control the Superclass.
water-resistant <i>adj</i> /'wɔ:tərɪ,zɪstənt/	_____	My watch says it's water-resistant, but it stopped working when I wore it in the sea.
waterfront <i>n</i> /'wɔ:təfrənt/	_____	I absolutely love what's happened in the waterfront area.
wave (of something) <i>phr</i> /'weɪv ɒv ,sʌmθɪŋ/	_____	A new wave of online games is helping to solve medical and scientific problems.
wealthy <i>adj</i> /'welθi/	_____	I managed to get by, but I was never wealthy.
welfare officer <i>n</i> /'welfeə(r),pflsə(r)/	_____	I'm the welfare officer – I'm responsible for your accommodation, health and so on.
well off <i>adj</i> /wel 'ɒf/	_____	It's better to be a little hard up than extremely well off.
well-being <i>n</i> /wel 'bi:ɪŋ/	_____	Exposure to the sun is vital for our psychological well-being.
whatsoever <i>adv</i> /wɒtsəʊ'evə(r)/	_____	There's no doubt whatsoever that the world is becoming a smaller place.
widespread O ^m <i>adj</i> /'waɪdspred/	_____	The use of electricity became widespread at the end of the 19th century.
wind (somebody) up <i>phr v</i> /,wind ,sʌmbədi 'ʌp/	_____	The sound of traffic in the street really winds me up.
witch <i>n</i> /wɪtʃ/	_____	This story involves a princess transforming into a witch.
with hindsight <i>phr</i> /wɪð 'haɪndsaɪt/	_____	With hindsight, I shouldn't have trusted him.
withdraw O ^m <i>v</i> /wið'drɔ:/	_____	I'd like to withdraw 200 euros, please.
without a care in the world <i>phr</i> /wɪ,ðaut ə ,keə(r) ɪn ðə 'wɜ:ld/	_____	My dad is without a care in the world now that he's retired.

wooden <i>adj /'wudn/</i>	_____	The main character was very good-looking, but his performance was a bit wooden.
work (something) out <i>phr v /wɜ:k ,sʌmθɪŋ 'aut/</i>	_____	To answer a question, the children will have had to work out for themselves what they need to do.
work out <i>phr v /wɜ:k 'aut/</i>	_____	Unfortunately, things didn't work out so well for the league.
worship <i>phr v /'wɜ:ʃɪp/</i>	_____	The sun was worshipped by Aztecs, Incas, Egyptians, Greeks and Romans.
worth your weight in gold <i>phr /,wɜ:θ jɔ:(r) ,weɪt ɪn 'gəʊld/</i>	_____	We can't afford to lose Emil from the team – he's worth his weight in gold.
would sooner <i>phr /wəd 'su:nə(r)/</i>	_____	Most people would sooner spend their time gaining points than saving the planet!
year abroad <i>n /jɜ:(r) ə'b्रɔ:d/</i>	_____	I spent a year abroad in the Russian city of Yaroslavl as part of my degree.
youngster <i>n /'jʌŋstə(r)/</i>	_____	The course is designed to increase youngsters' confidence in their own ability.
zero in <i>phr v /'zɪərəʊ ɪn/</i>	_____	When we are in a noisy environment, we can zero in on particular sounds.
zombie <i>n /'zɒmbi/</i>	_____	Zombie films are classic examples of transformation stories.