

Wordlist

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English	Pronunciation	Example sentence	File	Section
absent-minded <i>adj</i>	/ˌæbsənt 'maɪndɪd/	She's so absent-minded – she's always forgetting things.	File 1	Useful words and phrases
approach <i>n</i>	/ə'prəʊtʃ/	The new approach to selecting candidates comes from Silicon Valley.	File 1	Useful words and phrases
arrogant <i>adj</i>	/ə'reɪɡənt/	People who sign their names in capital letters are often arrogant .	File 1	Useful words and phrases
bizarre <i>adj</i>	/bɪ'zɑː/	They asked some bizarre questions in the job interview.	File 1	Useful words and phrases
candidate <i>n</i>	/ˈkændɪdeɪt/	He wasn't impressed with the first candidate he interviewed.	File 1	Useful words and phrases
context <i>n</i>	/ˈkɒntekst/	Can you work out the meaning of this word from the context of the sentence?	File 1	Useful words and phrases
cruel <i>adj</i>	/'kruːəl/	Some interviewers can be extremely cruel to jobseekers.	File 1	Useful words and phrases
deadly <i>adv</i>	/'dedli/	This problem is deadly serious.	File 1	Useful words and phrases
demanding <i>adj</i>	/dɪ'mɑːndɪŋ/	It was a very demanding job interview process.	File 1	Useful words and phrases
despise <i>v</i>	/dɪ'spaɪz/	Which living person do you most despise , and why?	File 1	Useful words and phrases
drag <i>v</i>	/dræɡ/	If you drag that chair across the floor it will make a loud noise.	File 1	Useful words and phrases
easy-going <i>adj</i>	/'iːzi'ɡəʊɪŋ/	My husband is really easy-going and calm.	File 1	Useful words and phrases
essentially <i>adv</i>	/'esɪnʃəli/	Essentially , we use this interview technique to find people who can handle stress.	File 1	Useful words and phrases
estate agent <i>n</i>	/ts'teɪt əɪdʒənt/	The estate agent showed us around the house.	File 1	Useful words and phrases
extreme <i>adj</i>	/'kstriːm/	Bungee jumping is an extreme sport – not everyone would enjoy it.	File 1	Useful words and phrases
good-tempered <i>adj</i>	/'ɡʊd'tempəd/	My mum is very good-tempered .	File 1	Useful words and phrases
horizontal <i>adj</i>	/'hɒrɪzɒntl/	He writes his signature in a straight line – it's horizontal .	File 1	Useful words and phrases
I wonder	/aɪ 'wʌndə/	I wonder why he didn't come to the party.	File 1	Useful words and phrases
intonation <i>n</i>	/'ɪntə'neɪʃn/	Use friendly intonation when you speak to new people.	File 1	Useful words and phrases
laid-back <i>adj</i>	/'leɪd 'bæk/	I'm really laid-back – nothing bothers me usually.	File 1	Useful words and phrases
legible <i>adj</i>	/'ledʒəbl/	Your signature is pretty legible .	File 1	Useful words and phrases
narrow-minded <i>adj</i>	/'nærəʊ 'maɪndɪd/	The people who live here are judgemental and narrow-minded .	File 1	Useful words and phrases
odd <i>adj</i>	/ɒd/	Your neighbour looks really odd .	File 1	Useful words and phrases
open-minded <i>adj</i>	/'əʊpən 'maɪndɪd/	Psychotherapists need to be open-minded .	File 1	Useful words and phrases
pretty <i>adv</i>	/'prɪti/	My sister is pretty bad-tempered.	File 1	Useful words and phrases
rather <i>adv</i>	/'rɑːðə/	My brother is rather lazy.	File 1	Useful words and phrases
react <i>v</i>	/'riːækt/	React to your partner's answers.	File 1	Useful words and phrases
recruitment agency <i>n</i>	/'rɪ'kruːtmənt 'eɪdʒənsi/	He works for a recruitment agency as a headhunter.	File 1	Useful words and phrases
rub <i>v</i>	/'rʌb/	You should rub some cream into your wasp sting.	File 1	Useful words and phrases
specialist <i>adj</i>	/'speʃəlist/	He works for a specialist company that makes luxury chocolates.	File 1	Useful words and phrases
stable <i>adj</i>	/'steɪbl/	Are you an emotionally stable person?	File 1	Useful words and phrases
star <i>v</i>	/'stɑː/	He has starred in many successful films.	File 1	Useful words and phrases
terraced <i>adj</i>	/'terəst/	Our house is the middle one of three terraced houses.	File 1	Useful words and phrases
vegan <i>n</i>	/'viːɡən/	A vegan doesn't eat meat, fish, or any animal products.	File 1	Useful words and phrases
wasp <i>n</i>	/'wɒsp/	I was stung by a wasp in a market when I was six.	File 1	Useful words and phrases
weird <i>adj</i>	/'weɪd/	It's really weird that there's no one at home at this time of day.	File 1	Useful words and phrases
astrology <i>n</i>	/'æstrələdʒi/	Astrology involves analysing the position of the sun, moon, and stars when someone is born.	File 1	More words in File 1
backyard <i>n</i>	/'bækjɑːd/	There's a vegetable garden in our backyard .	File 1	More words in File 1
box set <i>n</i>	/'bɒks set/	I've got a box set of Mad Men series 1.	File 1	More words in File 1
car-jacking <i>n</i>	/'kɑːdʒækɪŋ/	Car-jacking is a common crime in this country.	File 1	More words in File 1
cheesy <i>adj</i>	/'tʃiːzi/	If something is cheesy it is emotional or romantic in an embarrassing way.	File 1	More words in File 1
clairvoyant <i>n</i>	/'kleə'vɔɪənt/	My great-aunt was a clairvoyant and could predict the future.	File 1	More words in File 1
crush <i>v</i>	/'krʌʃ/	We're not trying to crush candidates with the interview process.	File 1	More words in File 1
dinosaur <i>n</i>	/'daɪnəsoʊ/	Tyrannosaurus rex was the fiercest dinosaur .	File 1	More words in File 1
disheartened <i>adj</i>	/'dɪs'hɑːtnd/	Don't get disheartened if you fail your driving test the first time.	File 1	More words in File 1
Emmy <i>n</i>	/'emɪ/	She won an Emmy Award for her role in Mad Men.	File 1	More words in File 1
evolve <i>v</i>	/'iːvəlv/	As time goes on you will evolve as a person.	File 1	More words in File 1
faith healer <i>n</i>	/'feɪθ 'hiːlə/	She visited a faith healer to try and help her with her problems.	File 1	More words in File 1
flap <i>v</i>	/'flæp/	Flap your arms and you will look like a chicken.	File 1	More words in File 1
flustered <i>adj</i>	/'flʌstəd/	He does well in interviews because he's not easily flustered .	File 1	More words in File 1
fortune telling <i>n</i>	/'fɔːtʃuːn 'telɪŋ/	I don't believe in fortune telling .	File 1	More words in File 1
go clubbing <i>v</i>	/'ɡəʊ 'klʌbɪŋ/	I love to go clubbing with my friends till the early morning.	File 1	More words in File 1
graphology <i>n</i>	/'græfələdʒi/	Graphology is when you analyse someone's personality based on their handwriting.	File 1	More words in File 1
headhunter <i>n</i>	/'hedhʌntə/	A headhunter finds people with the necessary skills to work for a company.	File 1	More words in File 1
jasmine <i>n</i>	/'dʒæzmiːn/	I grew up in Los Angeles and there was always jasmine growing.	File 1	More words in File 1

pulse <i>n</i>	/pʌls/	Since my trip to hospital I've been obsessively checking my pulse .	File 2	Useful words and phrases
recommend <i>v</i>	/ˌrekeɪ'mend/	What kinds of websites does she recommend ?	File 2	Useful words and phrases
role <i>n</i>	/rəʊl/	Playing the role of an old person made me feel emotional.	File 2	Useful words and phrases
surgey <i>n</i>	/ˈsɜːdʒəri/	I was told that I needed heart surgey .	File 2	Useful words and phrases
symptom <i>n</i>	/ˈsɪmptəm/	Fever is one symptom of flu.	File 2	Useful words and phrases
treat <i>v</i>	/tri:t/	What's the best way to treat a nosebleed?	File 2	Useful words and phrases
typical <i>adj</i>	/ˈtɪpɪkəl/	A typical image of an old person is someone with a walking stick waiting at a bus stop.	File 2	Useful words and phrases
under the weather	/ˈʌndə ðə ˈweðə/	A few weeks ago I was feeling under the weather .	File 2	Useful words and phrases
virus <i>n</i>	/ˈvaɪrəs/	Colds are caused by a virus .	File 2	Useful words and phrases
wound <i>n</i>	/wu:nd/	Wash the wound under running water.	File 2	Useful words and phrases
wrinkled <i>adj</i>	/ˈrɪŋkld/	That old lady has really wrinkled skin.	File 2	Useful words and phrases
X-ray <i>n</i>	/ˈeks reɪ/	He had an X-ray to see if he had broken his leg.	File 2	Useful words and phrases
A&E (Accident and Emergency) <i>n</i>	/et ən iː/	They sent me to A&E for some tests.	File 2	More words in File 2
actually <i>adv</i>	/æktʃuəli/	So-called 'miracle cures' may actually do you harm.	File 2	More words in File 2
adventurous <i>adj</i>	/əd'ventʃərəs/	My mum is really adventurous and is always going on holiday to strange places.	File 2	More words in File 2
apart from	/ə'pɑːt frəm/	Apart from the symptoms you described, do you feel well?	File 2	More words in File 2
assume <i>v</i>	/ə'sjuːm/	Many people assume that what they read on the internet is fact.	File 2	More words in File 2
ban <i>v</i>	/bæn/	Do you think they will ban fur coats?	File 2	More words in File 2
blazer <i>n</i>	/'bleɪzə/	He always wears a blazer over his shirt.	File 2	More words in File 2
chinos <i>n pl</i>	/'tʃiːnəʊz/	Those blue chinos look great on you.	File 2	More words in File 2
cloth <i>n</i>	/klɒθ/	Use a piece of clean cloth as a bandage.	File 2	More words in File 2
clumsy <i>adj</i>	/'klʌmzi/	I'm so clumsy – I'm always breaking things.	File 2	More words in File 2
confession <i>n</i>	/kən'feʃn/	I have a confession to make – I've lost the handbag you gave me.	File 2	More words in File 2
conform <i>v</i>	/kən'fɔːm/	Do you know people in that age group who don't conform to stereotypes?	File 2	More words in File 2
consolation <i>n</i>	/kən'səleɪʃn/	The only consolation for this condition is that I'm in good company.	File 2	More words in File 2
cover <i>v</i>	/'kʌvə/	Cover the wound with a clean bandage.	File 2	More words in File 2
create <i>v</i>	/'kriːeɪt/	Did you create this report using information from the internet?	File 2	More words in File 2
cyberchondriac <i>n</i>	/ˌsɪtbə'kɒndrɪæk/	A cyberchondriac researches symptoms online.	File 2	More words in File 2
develop <i>v</i>	/dɪ'veləp/	Wait for a few days and see how your symptoms develop .	File 2	More words in File 2
discriminate <i>v</i>	/dɪ'skrɪmɪneɪt/	The online information often doesn't discriminate between common and very rare conditions.	File 2	More words in File 2
documentary <i>n</i>	/ˌdɒkjʊ'mentri/	She appeared in a TV documentary about old people.	File 2	More words in File 2
Dutch <i>adj</i>	/dʌʃ/	I had a wonderful Dutch cheese when I was in Amsterdam.	File 2	More words in File 2
ECG machine <i>n</i>	/iː siː ˈdʒɪː məʃiːn/	What if the ECG machine was faulty?	File 2	More words in File 2
elderly <i>adj</i>	/'eldəli/	Elderly people often feel lonely.	File 2	More words in File 2
exist <i>v</i>	/ɪg'zɪst/	Does that condition really exist ?	File 2	More words in File 2
fare <i>n</i>	/feə/	He tried to pay his bus fare with a £20 note.	File 2	More words in File 2
GP (general practitioner) <i>n</i>	/ˌdʒɪː ˈpiː/	After days of intensive internet diagnosis, I finally went to see my GP .	File 2	More words in File 2
harm <i>n</i>	/hɑːm/	Some medicines bought online may do you harm .	File 2	More words in File 2
herbal <i>adj</i>	/'hɜːbl/	He's a strong believer in herbal medicine.	File 2	More words in File 2
hypochondriac <i>n</i>	/'haɪpə'kɒndrɪæk/	My uncle always thinks he's ill – he's such a hypochondriac .	File 2	More words in File 2
ignorant <i>adj</i>	/'ɪgnərənt/	It made me realise how ignorant I was.	File 2	More words in File 2
ignore <i>v</i>	/ɪg'noː/	I'm going to ignore you because you are annoying me.	File 2	More words in File 2
impossible <i>adj</i>	/ɪm'pɒsəbl/	It's impossible to cure this illness.	File 2	More words in File 2
involve <i>v</i>	/ɪn'vɒlv/	Will the treatment involve an operation?	File 2	More words in File 2
lean <i>v</i>	/liːn/	Should I lean my head forwards or backwards if I have a nosebleed?	File 2	More words in File 2
monitor <i>n</i>	/'mɒnɪtə/	I'm going to buy a heart rate monitor .	File 2	More words in File 2
painful <i>adj</i>	/'peɪnfl/	This blister is really painful .	File 2	More words in File 2
pensioner <i>n</i>	/'penʃənə/	One of my new friends is a pensioner .	File 2	More words in File 2
piercing <i>n</i>	/'pɪəsɪŋ/	She has a piercing in her eyebrow.	File 2	More words in File 2
pinch <i>v</i>	/'pɪntʃ/	Pinch the soft part of the nose.	File 2	More words in File 2
plastic <i>adj</i>	/'plæstɪk/	If you haven't got a bandage you can use a clean plastic bag.	File 2	More words in File 2
preparation <i>n</i>	ˌprepə'reɪʃn/	The physical preparation for the role was very uncomfortable.	File 2	More words in File 2
press <i>v</i>	/pres/	Press on the wound to stop the bleeding.	File 2	More words in File 2
rare <i>adj</i>	/reə/	He's suffering from a very rare condition that is hard to treat.	File 2	More words in File 2
refer <i>v</i>	/rɪ'fɜː/	Do the first answers that come up on an internet search refer to the most common causes of a symptom?	File 2	More words in File 2
related <i>adj</i>	/rɪ'reɪtɪd/	A lot of website searches are related to health.	File 2	More words in File 2
remove <i>v</i>	/rɪ'muːv/	Once something has been put up on the internet it's difficult to remove .	File 2	More words in File 2
residential <i>adj</i>	ˌrezi'denʃl/	My grandfather now lives in a residential home.	File 2	More words in File 2
reveal <i>v</i>	/rɪ'viːl/	This study could reveal a serious problem.	File 2	More words in File 2
scare story <i>n</i>	/skeə 'stɔːri/	Do you believe every scare story you read?	File 2	More words in File 2
scenario <i>n</i>	/se'nɑːrɪəʊ/	What's the worst-case scenario ?	File 2	More words in File 2
software <i>n</i>	/'sɔːftweə/	My brother has just started a new job with a software company.	File 2	More words in File 2
streaked <i>adj</i>	/striːkt/	I think blue streaked hair looks great at any age.	File 2	More words in File 2
sufficiently <i>adv</i>	/sə'fɪʃntli/	Society doesn't sufficiently value the wisdom that elderly people have.	File 2	More words in File 2

in the end <i>adv</i>	/ɪn ðə end/	<i>I thought the job would be boring, but in the end I loved it.</i>	File 3	Adverbs and adverbial phrases
late <i>adv</i>	/leɪt/	<i>The plane was late because of bad weather.</i>	File 3	Adverbs and adverbial phrases
lately <i>adv</i>	/ˈleɪtli/	<i>I haven't heard from Mike lately.</i>	File 3	Adverbs and adverbial phrases
near <i>adv</i>	/nɪə/	<i>Is there a bank near here?</i>	File 3	Adverbs and adverbial phrases
nearly <i>adv</i>	/ˈnɪəli/	<i>I've nearly finished my book.</i>	File 3	Adverbs and adverbial phrases
obviously <i>adv</i>	/ˈɒbvɪəsli/	<i>She's been promoted so obviously she'll get a pay rise.</i>	File 3	Adverbs and adverbial phrases
specially <i>adv</i>	/ˈspeʃəli/	<i>I wrote a specially commissioned report for the government.</i>	File 3	Adverbs and adverbial phrases
still <i>adv</i>	/stɪl/	<i>He's 35, but he still lives with his parents.</i>	File 3	Adverbs and adverbial phrases
yet <i>adv</i>	/jet/	<i>Have you found a job yet?</i>	File 3	Adverbs and adverbial phrases
aim <i>v</i>	/eɪm/	<i>Don't aim that gun at me!</i>	File 3	Useful words and phrases
anonymous <i>adj</i>	/əˈnɒnɪməs/	<i>The book is co-written by anonymous airline staff whose identities must remain secret.</i>	File 3	Useful words and phrases
approve <i>v</i>	/əˈpruːv/	<i>Do you approve of your son going out to nightclubs?</i>	File 3	Useful words and phrases
bitterly <i>adv</i>	/ˈbɪtəli/	<i>They had been arguing bitterly the night before.</i>	File 3	Useful words and phrases
brave <i>adj</i>	/breɪv/	<i>The brave pilot landed the plane on the river.</i>	File 3	Useful words and phrases
comic <i>n</i>	/ˈkɒmɪk/	<i>Can you buy a comic for my little nephew?</i>	File 3	Useful words and phrases
contribute <i>v</i>	/kɒnˈtrɪbjʊt/	<i>Fiftywordstories.com is a website to which people from all over the world contribute 50 word stories in English.</i>	File 3	Useful words and phrases
control <i>v</i>	/kənˈtrəʊl/	<i>You need to control the amount of food you eat if you want to lose weight.</i>	File 3	Useful words and phrases
corner <i>v</i>	/ˈkɔːnə/	<i>Did the thieves corner you before stealing your money?</i>	File 3	Useful words and phrases
difference <i>n</i>	/ˈdɪfrəns/	<i>Will a small yellow life jacket with a whistle make any difference if the plane crashes into the sea?</i>	File 3	Useful words and phrases
disappear <i>v</i>	/ˌdɪsəˈpiə/	<i>I was so embarrassed that I wanted to disappear.</i>	File 3	Useful words and phrases
error <i>n</i>	/ˈerə/	<i>A pre-recorded emergency announcement was activated in error on our flight from Miami to Heathrow.</i>	File 3	Useful words and phrases
exit <i>n</i>	/ˈegzɪt, ˈekst/	<i>They pushed towards the emergency exit.</i>	File 3	Useful words and phrases
explode <i>v</i>	/ɪkˈspləʊd/	<i>I think the engine is going to explode!</i>	File 3	Useful words and phrases
fasten <i>v</i>	/ˈfɑːsn/	<i>Fasten your seat belts, please.</i>	File 3	Useful words and phrases
fear <i>v</i>	/fɪə/	<i>Do you fear the worst when you feel turbulence on a plane?</i>	File 3	Useful words and phrases
frequently <i>adv</i>	/ˈfriːkwəntli/	<i>Buses run frequently from here into town.</i>	File 3	Useful words and phrases
generation <i>n</i>	/ˌdʒenəˈreɪʃn/	<i>The older generation doesn't understand us.</i>	File 3	Useful words and phrases
grab <i>v</i>	/græb/	<i>I saw him grab that lady's bag.</i>	File 3	Useful words and phrases
hold <i>v</i>	/həʊld/	<i>Hold my hand – I'm scared!</i>	File 3	Useful words and phrases
industry <i>n</i>	/ˈɪndəstri/	<i>Another miracle, courtesy of the airline industry.</i>	File 3	Useful words and phrases
inflate <i>v</i>	/ɪnˈfleɪt/	<i>Don't inflate your life jacket too early.</i>	File 3	Useful words and phrases
instruction <i>n</i>	/ɪnˈstrʌkʃn/	<i>He will give you an instruction and you must follow it.</i>	File 3	Useful words and phrases
journal <i>n</i>	/ˈdʒɜːnl/	<i>I wrote an article for an academic journal.</i>	File 3	Useful words and phrases
keep <i>v</i>	/kiːp/	<i>It was nearly 4 a.m. and she could hardly keep her eyes open.</i>	File 3	Useful words and phrases
life jacket <i>n</i>	/laɪf ˈdʒækt/	<i>They tell you how to put your life jacket on.</i>	File 3	Useful words and phrases
pack <i>v</i>	/pæk/	<i>You've been sacked so you need to pack your things.</i>	File 3	Useful words and phrases
quality <i>n</i>	/ˈkwɒləti/	<i>The quality of the food in this restaurant is pretty low.</i>	File 3	Useful words and phrases
report <i>v</i>	/rɪˈpɔːt/	<i>She went to the police to report that someone had stolen her bag.</i>	File 3	Useful words and phrases
request <i>v</i>	/rɪˈkwest/	<i>Some of the people who request wheelchairs often don't need them.</i>	File 3	Useful words and phrases
sound <i>v</i>	/saʊnd/	<i>Does it sound as if the plane's going to crash?</i>	File 3	Useful words and phrases
straight away <i>adv</i>	/ˌstreɪtəˈweɪ/	<i>I'll let you know straight away.</i>	File 3	Useful words and phrases
such <i>predet</i>	/sʌʃ/	<i>There is often such a strong smell of roast bird that passengers on the plane think that chicken is being cooked.</i>	File 3	Useful words and phrases
suddenly <i>adv</i>	/ˈsʌdənli/	<i>We suddenly realized that we had left one of the suitcases in the taxi.</i>	File 3	Useful words and phrases
textbook <i>n</i>	/ˈtekstbʊk/	<i>I can't find my maths textbook anywhere!</i>	File 3	Useful words and phrases
the press <i>n</i>	/ðə pres/	<i>She was written about in the press.</i>	File 3	Useful words and phrases
true <i>adj</i>	/truː/	<i>The story can either be true or invented.</i>	File 3	Useful words and phrases
unable <i>adj</i>	/ʌnˈeɪbl/	<i>They were unable to escape the rising water inside the plane.</i>	File 3	Useful words and phrases
wheelchair <i>n</i>	/ˈwiːltʃeə/	<i>Why do some airport staff get annoyed with people who ask for a wheelchair?</i>	File 3	Useful words and phrases
activate <i>v</i>	/ˈæktɪveɪt/	<i>A pre-recorded emergency announcement was activated in error on our flight from Miami.</i>	File 3	More words in File 3
audio <i>n</i>	/ˈɔːdiəʊ/	<i>I like to buy stories on audio so I can listen to them in the car.</i>	File 3	More words in File 3
bend <i>v</i>	/bend/	<i>She watched him bend iron.</i>	File 3	More words in File 3
bush <i>n</i>	/bʊʃ/	<i>There was a bush between her and her car.</i>	File 3	More words in File 3
cliff <i>n</i>	/klɪf/	<i>Don't walk too close to the edge of the cliff.</i>	File 3	More words in File 3
confrontation <i>n</i>	/ˌkɒnfrənˈteɪʃn/	<i>He prepared himself for confrontation as the door opened.</i>	File 3	More words in File 3
courtesy <i>n</i>	/ˈkɜːtəsi/	<i>Another miracle, courtesy of the airline industry!</i>	File 3	More words in File 3
dislike <i>v</i>	/dɪsˈlaɪk/	<i>I really dislike her.</i>	File 3	More words in File 3
escape <i>v</i>	/ɪˈskeɪp/	<i>They were unable to escape the rising water inside the plane.</i>	File 3	More words in File 3
fairly <i>adv</i>	/ˈfeəli/	<i>It was fairly busy in the town centre.</i>	File 3	More words in File 3
family-run <i>adj</i>	/ˈfæməli rʌn/	<i>It was a small family-run company.</i>	File 3	More words in File 3
ferry <i>n</i>	/ˈferi/	<i>We took the ferry from England to France.</i>	File 3	More words in File 3
frantic <i>adj</i>	/ˈfræntɪk/	<i>I've been frantic – you're late again!</i>	File 3	More words in File 3
guard <i>n</i>	/ɡɑːd/	<i>Don't let your guard down.</i>	File 3	More words in File 3
gun <i>n</i>	/ɡʌn/	<i>I want you to teach me how to shoot a gun.</i>	File 3	More words in File 3

hooligan <i>n</i>	/ˈhuːlɪɡən/	My cousin is a football hooligan .	File 3	More words in File 3
impact <i>n</i>	/ˈɪmpækt/	This is the captain, brace for impact .	File 3	More words in File 3
intake <i>n</i>	/ˈɪnteɪk/	You need to control your intake of calories.	File 3	More words in File 3
just on time	/dʒʌst ɒn taɪm/	I got to my appointment just on time .	File 3	More words in File 3
laughable <i>adj</i>	/ˈlɑːfəbl/	Most airline passengers think it is laughable that a small yellow life jacket will make any difference if the plane crashes.	File 3	More words in File 3
loudspeaker <i>n</i>	/ˈlaʊdˈspiːkə/	A voice came out of the loudspeaker .	File 3	More words in File 3
movie-goer <i>n</i>	/ˈmuːvɪɡəʊə/	The shops were closed when the last movie-goers came out into the street.	File 3	More words in File 3
nerves <i>n</i>	/nɜːvz/	Do you suffer from nerves when you're in an exam?	File 3	More words in File 3
parking lot <i>n</i>	/ˈpɑːkɪŋ lɒt/	We left our car in the parking lot .	File 3	More words in File 3
porter <i>n</i>	/ˈpɔːtə/	We had so much luggage we had to ask for a porter .	File 3	More words in File 3
Portuguese <i>adj</i>	/ˌpɔːtʃuːˈɡiːz/	I thought Paolo was Portuguese , but actually he's Brazilian.	File 3	More words in File 3
process <i>n</i>	/ˈprəʊses/	It's all part of the process .	File 3	More words in File 3
protect <i>v</i>	/prəˈtekt/	Stan had been telling her to learn how to protect herself.	File 3	More words in File 3
pudding <i>n</i>	/ˈpʊdɪŋ/	What are you going to have for pudding ?	File 3	More words in File 3
purse <i>n</i>	/pɜːs/	One minute I had \$50 in my purse and then I had nothing.	File 3	More words in File 3
revenge <i>n</i>	/rɪˈvendʒ/	Revenge is sweet.	File 3	More words in File 3
set out to do (something)	/set aʊt tə duː/	They wouldn't stop until they had done what they had set out to do .	File 3	More words in File 3
shadowed <i>adj</i>	/ˈʃædəʊd/	She examined the look on his shadowed face.	File 3	More words in File 3
shooting range <i>n</i>	/ˈʃuːtɪŋ reɪndʒ/	Take me to a shooting range so I can practise.	File 3	More words in File 3
shortage <i>n</i>	/ˈʃɔːtɪdʒ/	There's a shortage of wheelchairs.	File 3	More words in File 3
specifically <i>adv</i>	/spəˈsɪfɪkli/	Do you read anything specifically to improve your English?	File 3	More words in File 3
stab <i>v</i>	/stæb/	I'm scared someone is going to stab me in this pub.	File 3	More words in File 3
suitcase <i>n</i>	/ˈsuːtkeɪs/	This suitcase is really heavy.	File 3	More words in File 3
tourist <i>n</i>	/ˈtɔːrɪst/	He's wearing socks and sandals so he must be a tourist .	File 3	More words in File 3
traumatic <i>adj</i>	/ˈtrɔːˈmættɪk/	It was a very traumatic experience.	File 3	More words in File 3
trigger <i>n</i>	/ˈtrɪɡə/	He pulled the trigger on the gun.	File 3	More words in File 3
upgrade <i>v</i>	/ˌʌpɡreɪd/	We'd like to upgrade you to first class.	File 3	More words in File 3
witch <i>n</i>	/wɪtʃ/	Watch out – the old witch is here!	File 3	More words in File 3
below zero	/bɪˈləʊ ˈziərəʊ/	The temperature is below zero . It's minus five.	File 4	Vocabulary Banks - Weather
blizzard <i>n</i>	/ˈblɪzəd/	A blizzard is a snow storm with very strong winds.	File 4	Vocabulary Banks - Weather
boiling <i>adj</i>	/ˈbɔɪlɪŋ/	It's too hot today. It's boiling .	File 4	Vocabulary Banks - Weather
breeze <i>n</i>	/ˈbrɪːz/	The breeze is really cooling me down.	File 4	Vocabulary Banks - Weather
bright <i>adj</i>	/braɪt/	The bright sunshine lit up the mountain.	File 4	Vocabulary Banks - Weather
changeable <i>adj</i>	/ˈtʃeɪndʒəbl/	The weather is very changeable in the UK.	File 4	Vocabulary Banks - Weather
chilly <i>adj</i>	/tʃɪli/	It's a bit chilly in here. Shall I put the heating on?	File 4	Vocabulary Banks - Weather
clear <i>adj</i>	/kleə/	On a clear day you can see for miles.	File 4	Vocabulary Banks - Weather
cool <i>adj</i>	/kuːl/	It's a bit cool for this time of year. It's normally hotter.	File 4	Vocabulary Banks - Weather
damp <i>adj</i>	/dæmp/	The clothes are damp . There must have been a bit of rain last night.	File 4	Vocabulary Banks - Weather
drizzle <i>n</i>	/ˈdrɪzəl/	It's only raining a little bit. Just a light drizzle .	File 4	Vocabulary Banks - Weather
drought <i>n</i>	/draʊt/	A drought is a long, dry period when there is little or no rain.	File 4	Vocabulary Banks - Weather
flash <i>n</i>	/flæʃ/	The flash of lightning could be seen for miles.	File 4	Vocabulary Banks - Weather
flood <i>n</i>	/flʌd/	A flood is when everything becomes covered with water.	File 4	Vocabulary Banks - Weather
forecast <i>n</i>	/ˈfɔːkɑːst/	The forecast next week is for snow.	File 4	Vocabulary Banks - Weather
freezing <i>adj</i>	/ˈfriːzɪŋ/	It's freezing ! I'll have to scrape the ice from my car.	File 4	Vocabulary Banks - Weather
get soaked <i>v</i>	/ɡet səʊkt/	It poured with rain and I didn't have an umbrella. I got soaked .	File 4	Vocabulary Banks - Weather
hail <i>n</i>	/heɪl/	Hail is small balls of ice that fall like rain.	File 4	Vocabulary Banks - Weather
heatwave <i>n</i>	/ˈhiːtweɪv/	A heatwave is a period of unusually hot weather.	File 4	Vocabulary Banks - Weather
heavy <i>adj</i>	/ˈhevi/	The rain was so heavy I had to stop driving.	File 4	Vocabulary Banks - Weather
hill <i>n</i>	/hɪl/	The snow will be much heavier in the hills .	File 4	Vocabulary Banks - Weather
humid <i>adj</i>	/ˈhjuːmɪd/	It's hot and there's a lot of moisture in the air. It feels humid .	File 4	Vocabulary Banks - Weather
hurricane <i>n</i>	/ˈhʌrɪkən/	A hurricane is a violent coastal storm with very strong winds.	File 4	Vocabulary Banks - Weather
icy <i>adj</i>	/aɪsi/	I fell over on the icy path.	File 4	Vocabulary Banks - Weather
lightning <i>n</i>	/ˈlaɪtnɪŋ/	Lightning is a flash of very bright light in the sky caused by electricity.	File 4	Vocabulary Banks - Weather
midday <i>n</i>	/ˈmɪdˈdeɪ/	Rain will move into the area from midday .	File 4	Vocabulary Banks - Weather
mild <i>adj</i>	/maɪld/	It's quite mild by September. The summer heat has gone.	File 4	Vocabulary Banks - Weather
mist <i>n</i>	/mɪst/	The mist from the sea was so thick I couldn't see anything.	File 4	Vocabulary Banks - Weather
monsoon <i>n</i>	/ˈmɒnˈsuːn/	A monsoon is the season when it rains a lot in southern Asia.	File 4	Vocabulary Banks - Weather
occasional <i>adj</i>	/əˈkeɪʒənəl/	It will be mostly sunny with occasional periods of rain.	File 4	Vocabulary Banks - Weather
occur <i>v</i>	/əˈkɜː/	How often do these hot periods occur ?	File 4	Vocabulary Banks - Weather
period <i>n</i>	/ˈpɪəriəd/	It's been a really wet period this summer. How many weeks is it now?	File 4	Vocabulary Banks - Weather
pleasant <i>adj</i>	/ˈpleznt/	It's quite pleasant . You won't need a jumper.	File 4	Vocabulary Banks - Weather
pouring (with rain) <i>v</i>	/pɔː(r)ɪŋ wɪð reɪn/	When we arrived in New York it was pouring with rain .	File 4	Vocabulary Banks - Weather
scorching <i>adj</i>	/ˈskɔːtʃɪŋ/	It's scorching ! I need to go inside to cool down.	File 4	Vocabulary Banks - Weather
settled <i>adj</i>	/ˈsetld/	After a period of changeable weather it became much more settled .	File 4	Vocabulary Banks - Weather

shower <i>n</i>	/ˈʃaʊə/	Let's wait a minute to see if it's just a short shower .	File 4	Vocabulary Banks - Weather
smog <i>n</i>	/smɒɡ/	Los Angeles is famous for its thick smog .	File 4	Vocabulary Banks - Weather
strong <i>adj</i>	/strɒŋ/	The strong wind blew over many trees.	File 4	Vocabulary Banks - Weather
sunburnt <i>adj</i>	/ˈsʌnbɜːnt/	I wear suncream on hot days so I don't get sunburnt .	File 4	Vocabulary Banks - Weather
sunny <i>adj</i>	/ˈsʌni/	You look really brown. Was it sunny on your holiday?	File 4	Vocabulary Banks - Weather
sweat <i>v</i>	/ˈswet/	I'm sweating . Can we turn the air conditioning on?	File 4	Vocabulary Banks - Weather
thick <i>adj</i>	/θɪk/	The fog was so thick I couldn't see anything.	File 4	Vocabulary Banks - Weather
thunder <i>n</i>	/ˈθʌndə/	Thunder is the loud noise that you hear during a storm.	File 4	Vocabulary Banks - Weather
tornado <i>n</i>	/ˌtɔːˈneɪdəʊ/	A tornado is a violent storm that can appear without warning.	File 4	Vocabulary Banks - Weather
warm <i>adj</i>	/wɔːm/	How warm is it outside? Do I need a jumper?	File 4	Vocabulary Banks - Weather
a sense of (one's) own vulnerability	/ə sɛns əv wʌnz əʊn ˌvʌlnərəˈbɪləti/	We want to give them a sense of their own vulnerability , their human limitations, and the risks involved.	File 4	Useful words and phrases
admit <i>v</i>	/ədˈmɪt/	The participants are asked to introduce themselves and admit that they have a problem.	File 4	Useful words and phrases
affect <i>v</i>	/əˈfekt/	Does the weather affect your mood?	File 4	Useful words and phrases
alive <i>adj</i>	/əˈlaɪv/	I want to stay alive for as long as possible.	File 4	Useful words and phrases
buzz <i>n</i>	/bʌz/	It's not the speed, it's the buzz you get when you go fast.	File 4	Useful words and phrases
climate change <i>n</i>	/ˈklaɪmət tʃeɪndʒ/	Pollution is leading to climate change .	File 4	Useful words and phrases
communicate <i>v</i>	/kəˈmjʊːnɪkeɪt/	When will we have learnt enough English to be able to communicate fluently?	File 4	Useful words and phrases
edge <i>n</i>	/edʒ/	Imagine that you had a dream where you were standing on the edge of a precipice.	File 4	Useful words and phrases
environment <i>n</i>	/ɪnˈvaɪrənmənt/	Earth Day is an annual day to increase awareness of the environment .	File 4	Useful words and phrases
environmentally-friendly <i>adj</i>	/ɪnˌvaɪrənməntəli ˈfrendli/	I only shop at places which stock environmentally-friendly products.	File 4	Useful words and phrases
face <i>v</i>	/feɪs/	The lessons learned from facing the difficulties may be very valuable in everyday life.	File 4	Useful words and phrases
get straight to the point	/ɡet streɪt tə ðə pɔɪnt/	Let me get straight to the point . This is not good enough.	File 4	Useful words and phrases
global warming <i>n</i>	/ˌɡləʊbəl ˈwɔːmɪŋ/	Many people worry that global warming is affecting the climate.	File 4	Useful words and phrases
habitual offender <i>n</i>	/həˈbɪtʃuəl əˈfendə/	He's a habitual offender . He's been caught six times.	File 4	Useful words and phrases
in advance	/ɪn ədˈvɑːns/	Have you ever travelled somewhere without having booked somewhere to stay in advance ?	File 4	Useful words and phrases
in case	/ɪn keɪs/	Take your umbrella in case it's raining when you leave work.	File 4	Useful words and phrases
lead <i>v</i>	/liːd/	I'm going to lead the session today.	File 4	Useful words and phrases
make sure <i>v</i>	/meɪk ʃʊː/	Please make sure the windows are closed before you leave the house.	File 4	Useful words and phrases
mixture <i>n</i>	/ˈmɪksʃə/	The mixture of speed and noise raises people's adrenaline.	File 4	Useful words and phrases
negative <i>adj</i>	/ˈneɡətɪv/	Everything has two sides to it – a positive one and a negative one.	File 4	Useful words and phrases
observe <i>v</i>	/əbˈzɜːv/	I like to observe people's reactions when I tell them my news.	File 4	Useful words and phrases
opportunity <i>n</i>	/ˌɒpəˈtjuːnəti/	There are many opportunities for people with university degrees.	File 4	Useful words and phrases
participant <i>n</i>	/ˌpɑːˈtɪsɪpənt/	At the beginning of the course the participants are asked to introduce themselves and admit that they have a problem.	File 4	Useful words and phrases
potentially fatal consequences	/pəˈtenʃəli ˈfeɪtl ˈkɒnsɪkwənsɪz/	It's sensation-seeking, it's taking risks, looking for that buzz, but ignoring the potentially fatal consequences .	File 4	Useful words and phrases
realistic <i>adj</i>	/ˌriːəlɪˈstɪk/	They need to make a realistic assessment of the risks involved.	File 4	Useful words and phrases
reason <i>n</i>	/ˈriːzn/	The writer Sir John Mortimer saw a deeper reason for Britain's peculiar obsession with the weather.	File 4	Useful words and phrases
recycle <i>v</i>	/ˈriːsaɪkl/	I recycle all my newspapers, bottles, and plastic salad boxes.	File 4	Useful words and phrases
regret <i>v</i>	/rɪˈɡret/	I regret going to university. It didn't help me get a better job.	File 4	Useful words and phrases
regularly <i>adv</i>	/ˈregjələli/	But if you regularly drive at 120mph (190kph) on a public road, sooner or later you're going to get caught.	File 4	Useful words and phrases
release <i>v</i>	/rɪˈliːs/	When you practise extreme sports your brain releases endorphins.	File 4	Useful words and phrases
reusable <i>adj</i>	/ˈriːjuːzəbəl/	I own several reusable shopping bags made of recyclable materials.	File 4	Useful words and phrases
rule <i>v</i>	/ruːl/	The judge ruled that he had broken the law.	File 4	Useful words and phrases
run out <i>v</i>	/rʌn aʊt/	Other sources of energy will be needed as fossil fuels will run out .	File 4	Useful words and phrases
soar <i>v</i>	/sɔː/	Temperatures are set to soar to 30 degrees on Saturday.	File 4	Useful words and phrases
strategy <i>n</i>	/ˈstrætədʒi/	In a world that's changing really quickly, the only strategy that is guaranteed to fail is not taking risks.	File 4	Useful words and phrases
sum up <i>v</i>	/sʌm ʌp/	To sum up , extreme sports can have many health benefits.	File 4	Useful words and phrases
take seriously	/teɪk ˈsɪəriəʊsli/	We need to take the risks involved in driving very seriously .	File 4	Useful words and phrases
vehicle <i>n</i>	/ˈviːəkl/	Motorcyclists make up just 1% of all the vehicles on the road.	File 4	Useful words and phrases
warm spell <i>n</i>	/wɔːm spel/	We need this warm spell after the rain we have had.	File 4	Useful words and phrases
addiction <i>n</i>	/əˈdɪkʃn/	People can suffer from addiction to many things, from smoking to speed.	File 4	More words in File 4
adrenaline <i>n</i>	/əˈdrenəlɪn/	It's the adrenaline . It's the buzz you get when you go fast.	File 4	More words in File 4
affair <i>n</i>	/əˈfeə/	We are friends, but I don't know much about their private affairs .	File 4	More words in File 4
although <i>conj</i>	/ɔːlˈðəʊ/	I think this is a family photo, although none of the family members are actually looking at the camera.	File 4	More words in File 4
appliance <i>n</i>	/əˈplɑːɪəns/	Always unplug electrical appliances (e.g. a hairdryer) as soon as you have stopped using them.	File 4	More words in File 4
battery <i>n</i>	/ˈbæteri/	I throw dead batteries in the rubbish.	File 4	More words in File 4
bungee jump <i>n</i>	/ˈbʌndʒɪ dʒʌmp/	When the rope broke from her bungee jump she landed in a river.	File 4	More words in File 4
carbon footprint <i>n</i>	/ˈkɑːbən ˈfʊtprɪnt/	My flights made my carbon footprint much bigger.	File 4	More words in File 4
chapter <i>n</i>	/ˈtʃæptə/	She writes a chapter of her novel a week.	File 4	More words in File 4
collision <i>n</i>	/kəˈlɪʒn/	There was a collision between two cars but luckily no one was hurt.	File 4	More words in File 4

curriculum <i>n</i>	/kə'ri:kjələm/	The teaching of handwriting will have disappeared from the school curriculum because students will only be writing on tablets or laptops.	File 4	More words in File 4
decorator <i>n</i>	/'de:kəreɪtə/	The decorators will have finished painting by Tuesday, so we can move back into the flat then.	File 4	More words in File 4
desalination <i>n</i>	/diːsəleɪ'neɪʃn/	Desalination is when the salt is removed from sea water.	File 4	More words in File 4
disturb <i>v</i>	/dɪ'stɜ:b/	I'll have finished in an hour if you don't disturb me.	File 4	More words in File 4
double <i>v</i>	/'dʌbl/	The manufacturing cost is set to double in the next ten years.	File 4	More words in File 4
drown <i>v</i>	/'draʊn/	He drowned his cereal in milk.	File 4	More words in File 4
earnestly <i>adv</i>	/'ɜ:nɪstli/	On television and in the newspapers, experts argued earnestly over what such extreme weather meant.	File 4	More words in File 4
ecology <i>n</i>	/'i:kələdʒi/	Ecology is the relationship between the plants, animals, and the environment in a particular area.	File 4	More words in File 4
element <i>n</i>	/'elɪmənt/	There is an element of addiction in this sort of behaviour.	File 4	More words in File 4
engrave <i>v</i>	/'ɪn greɪv/	My watch is engraved with my birthday.	File 4	More words in File 4
equipment <i>n</i>	/'i:kwɪpmənt/	You need a lot of equipment if you go camping.	File 4	More words in File 4
facilitate <i>v</i>	/'fæ:sɪlɪteɪt/	People use weather-talk to facilitate social interaction.	File 4	More words in File 4
fence <i>n</i>	/'fens/	We often talk to our next-door neighbours over the fence in the garden.	File 4	More words in File 4
fill <i>v</i>	/'fɪl/	I use a reusable water bottle which I fill with tap water.	File 4	More words in File 4
furthermore <i>adv</i>	/'fɜːðə'mɔː/	It is one of the cheapest available. Furthermore , it is one of the best.	File 4	More words in File 4
globe <i>n</i>	/'gləʊb/	The weather varies greatly across the globe .	File 4	More words in File 4
guarantee <i>v</i>	/'gæərəntiː/	I can guarantee that you won't regret it.	File 4	More words in File 4
helmet <i>n</i>	/'helmt/	I always wear a helmet when riding my bike.	File 4	More words in File 4
idiot <i>n</i>	/'ɪdiət/	I won't get in a car with him. He drives like an idiot .	File 4	More words in File 4
in haste	/'ɪn heɪst/	It is very important that decisions are not made in haste .	File 4	More words in File 4
Indian summer <i>n</i>	/'ɪndiən 'sʌmə/	An Indian summer only occurs 'as a warm spell in autumn, especially in October and November'.	File 4	More words in File 4
interaction <i>n</i>	/'ɪntər'ækʃn/	People use weather-talk to facilitate social interaction .	File 4	More words in File 4
intoxicating <i>adj</i>	/'ɪn'tɒksɪkeɪtɪŋ/	It is an intoxicating combination of high-powered engines, testosterone, and youth.	File 4	More words in File 4
intrinsically <i>adv</i>	/'ɪn'trɪnzɪkli/	We talk about it a lot, but not because it is an intrinsically interesting topic.	File 4	More words in File 4
lack <i>n</i>	/'læk/	Many ski resorts will have closed because of a lack of winter snow.	File 4	More words in File 4
lock up <i>v</i>	/'lɒk 'ʌp/	Never leave a dog locked up in a car if it's hot.	File 4	More words in File 4
measure <i>n</i>	/'meʒə/	They require a lot of equipment, safety measures , and well-trained and qualified instructors.	File 4	More words in File 4
no point	/'nəʊ pɔɪnt/	There's no point phoning Sonia now. She won't be there.	File 4	More words in File 4
organic <i>adj</i>	/'ɔːgənɪk/	Organic fruit and vegetables haven't been treated with pesticides.	File 4	More words in File 4
oven <i>n</i>	/'ʌvən/	Laura won't have arrived before dinner so I'll leave some food in the oven for her.	File 4	More words in File 4
parachute jump <i>n</i>	/'pærəʃuːt dʒʌmp/	I did a parachute jump from a plane for charity.	File 4	More words in File 4
peculiar <i>adj</i>	/'piːkjʊ:liə/	Britain has a peculiar obsession with the weather.	File 4	More words in File 4
plenty <i>pron</i>	/'plenti/	If you are travelling somewhere, do you normally get to the station or airport with plenty of time or at the last minute?	File 4	More words in File 4
precipice <i>n</i>	/'presəpɪs/	He dreamt he was standing on the edge of a precipice .	File 4	More words in File 4
reluctant <i>adj</i>	/'rɪ'lʌktənt/	I am reluctant to talk about politics with my friends.	File 4	More words in File 4
resort <i>n</i>	/'rɪzɔːt/	Many ski resorts will have closed because of a lack of winter snow.	File 4	More words in File 4
rhythm <i>n</i>	/'rɪðəm/	I can't dance. I have no sense of rhythm .	File 4	More words in File 4
sensation-seeking <i>v</i>	/'sen'seɪʃn 'siːkɪŋ/	It's sensation-seeking , it's taking risks, looking for that buzz, but ignoring the potentially fatal consequences.	File 4	More words in File 4
severe <i>adj</i>	/'siːvə/	The accident caused severe damage to his spine.	File 4	More words in File 4
sin <i>n</i>	/'sɪn/	Earth Day is a day that invites people to think about their eco- sins .	File 4	More words in File 4
solar panel <i>n</i>	/'səʊlə 'pænl/	Most people will have installed solar panels or wind turbines on their houses or blocks of flats to generate their own electricity.	File 4	More words in File 4
statistic <i>n</i>	/'stætɪstɪk/	The statistics show that more people die on motorbikes than in cars.	File 4	More words in File 4
stock <i>v</i>	/'stɒk/	I only shop at places which stock environmentally-friendly products.	File 4	More words in File 4
tempt <i>v</i>	/'tempt/	Every year, more and more people are tempted by the idea of going on an adventure sports holiday, especially during the summer months.	File 4	More words in File 4
testosterone <i>n</i>	/'tes'tɒstəʊn/	It is an intoxicating combination of high-powered engines, testosterone , and youth.	File 4	More words in File 4
the Met Office <i>n</i>	/'ðə met ɒfɪs/	The Met Office provides the weather forecast for the UK.	File 4	More words in File 4
turbine <i>n</i>	/'tɜːbaɪn/	A wind turbine converts wind power into energy.	File 4	More words in File 4
unlikely <i>adj</i>	/'ʌn'laɪkli/	It's unlikely that schools will change much in the next few years.	File 4	More words in File 4
urban <i>adj</i>	/'ɜːbən/	I can't live in rural areas. I like living in urban places.	File 4	More words in File 4
astonished <i>adj</i>	/'əːstəʊnɪʃt/	I was astonished when they lost. They always win.	File 5	Vocabulary Banks - Feelings
bewildered <i>adj</i>	/'biːwɪldəd/	I was bewildered by the range of choices.	File 5	Vocabulary Banks - Feelings
delighted <i>adj</i>	/'dɪˈlaɪtɪd/	I was delighted with my high score.	File 5	Vocabulary Banks - Feelings
desperate <i>adj</i>	/'despəreɪt/	I was desperate to get a job. I really needed the money.	File 5	Vocabulary Banks - Feelings
devastated <i>adj</i>	/'devəsteɪtɪd/	I was devastated when my grandad died.	File 5	Vocabulary Banks - Feelings
disappointed <i>adj</i>	/'dɪsə'pɔɪntɪd/	I was a bit disappointed you didn't come.	File 5	Vocabulary Banks - Feelings
down <i>adj</i>	/'daʊn/	You look a bit down . What's the problem?	File 5	Vocabulary Banks - Feelings
gobsmacked <i>adj</i>	/'gɒbsmækt/	I was completely gobsmacked when I heard she was getting married!	File 5	Vocabulary Banks - Feelings
grateful <i>adj</i>	/'ɡreɪtfl/	I'm grateful for any help I get.	File 5	Vocabulary Banks - Feelings
guilty <i>adj</i>	/'ɡɪlti/	I feel guilty when I eat too much.	File 5	Vocabulary Banks - Feelings

guttled <i>adj</i>	/ˈgʌtrd/	When they missed that last penalty I was absolutely guttled .	File 5	Vocabulary Banks - Feelings
homesick <i>adj</i>	/ˈhəʊmsɪk/	I miss home so much. I'm feeling homesick .	File 5	Vocabulary Banks - Feelings
horrified <i>adj</i>	/ˈhɒrɪfaɪd/	My mum was horrified with the mess in my room.	File 5	Vocabulary Banks - Feelings
lonely <i>adj</i>	/ˈləʊnli/	I feel lonely without you here.	File 5	Vocabulary Banks - Feelings
nervous <i>adj</i>	/ˈnɜːvəs/	Exams make me nervous .	File 5	Vocabulary Banks - Feelings
offended <i>adj</i>	/əˈfendɪd/	I feel really offended . My cousin didn't invite me to his wedding.	File 5	Vocabulary Banks - Feelings
overwhelmed <i>adj</i>	/əʊvəˈwelmd/	I just don't know what to say. I'm overwhelmed with emotion.	File 5	Vocabulary Banks - Feelings
proud <i>adj</i>	/praʊd/	I'm so proud my daughter won the race.	File 5	Vocabulary Banks - Feelings
relieved <i>adj</i>	/rɪˈliːvd/	I was relieved when I finally got a job.	File 5	Vocabulary Banks - Feelings
scared stiff <i>adj</i>	/skeəd stɪf/	I'm scared stiff of heights.	File 5	Vocabulary Banks - Feelings
shattered <i>adj</i>	/ˈʃætəd/	I'm absolutely shattered . I just want to sit down and put my feet up.	File 5	Vocabulary Banks - Feelings
shocked <i>adj</i>	/ʃɒkt/	I was shocked by the sad news.	File 5	Vocabulary Banks - Feelings
sick of (hearing)	/sɪk əv/	I'm sick of hearing you complain about my food. Why don't you learn to cook?	File 5	Vocabulary Banks - Feelings
stunned <i>adj</i>	/stʌnd/	I was stunned by the proposal. I just wasn't expecting it.	File 5	Vocabulary Banks - Feelings
thrilled <i>adj</i>	/θrɪld/	I was thrilled when I heard I was going to become a grandparent.	File 5	Vocabulary Banks - Feelings
abandon <i>v</i>	/əˈbændən/	Eventually they decided to abandon the search for the village and just to hike back to Apolo.	File 5	Useful words and phrases
ability <i>n</i>	/əˈbɪləti/	My ability to stay calm helps in my job.	File 5	Useful words and phrases
absolutely <i>adv</i>	/ˈæbsəluːtli/	I find speaking in public absolutely terrifying. I hate doing it.	File 5	Useful words and phrases
alone <i>adv</i>	/əˈləʊn/	What would you do if you were hiking alone in the mountains and you got completely lost?	File 5	Useful words and phrases
anything <i>pron</i>	/ˈeniθɪŋ/	Of course I've made mistakes, but I don't regret anything .	File 5	Useful words and phrases
assess <i>v</i>	/əˈses/	They don't panic and they assess the situation clearly.	File 5	Useful words and phrases
attempt <i>n</i>	/əˈtemp/	It took me five attempts to get it right.	File 5	Useful words and phrases
be bothered <i>v</i>	/biˈbɒəd/	I wish people wouldn't leave supermarket trolleys in the car park just because they can't be bothered to take them back.	File 5	Useful words and phrases
briefing <i>n</i>	/'briːfɪŋ/	Pay attention to the flight attendant's safety briefing .	File 5	Useful words and phrases
bury <i>v</i>	/'berɪ/	In traditional stories pirates always bury their treasure.	File 5	Useful words and phrases
case <i>n</i>	/keɪs/	I wish my family would put DVDs back in their cases .	File 5	Useful words and phrases
challenge <i>n</i>	/'tʃælɪndʒ/	The key to survival is to divide the challenges into manageable tasks.	File 5	Useful words and phrases
chance <i>n</i>	/'tʃɑːns/	The chance of winning the lottery is small.	File 5	Useful words and phrases
civilization <i>n</i>	/'sɪvəlaɪzətʃn/	The four men set off from the town of Apolo and soon they had left civilization far behind.	File 5	Useful words and phrases
count <i>v</i>	/kaʊnt/	Memorize where the emergency exits are and count how many rows you are away from them.	File 5	Useful words and phrases
destination <i>n</i>	/'destɪneɪʃn/	I'd keep walking and try to find my way to my destination .	File 5	Useful words and phrases
enter <i>v</i>	/'entə/	Before they entered the jungle, the three friends made a promise that they would 'go in together and come out together'.	File 5	Useful words and phrases
excuse <i>n</i>	/'ɪkskjuːs/	Do you want me to phone and make an excuse ?	File 5	Useful words and phrases
fact <i>n</i>	/'fækt/	I'm just completely bewildered by so many facts and figures.	File 5	Useful words and phrases
factor <i>n</i>	/'fæktə/	Money was an important factor in my decision.	File 5	Useful words and phrases
infuriate <i>v</i>	/'ɪnfjʊəriət/	It really infuriates me when people drive too close behind me.	File 5	Useful words and phrases
intruder <i>n</i>	/'ɪntruːdə/	What would you do if you woke up in the middle of the night and thought that you could hear an intruder in your home?	File 5	Useful words and phrases
major <i>adj</i>	/'meɪdʒə/	On average people have one major regret in life.	File 5	Useful words and phrases
manage <i>v</i>	/'mænɪdʒ/	I managed to give it up, which I'm proud of.	File 5	Useful words and phrases
manageable task <i>n</i>	/'mænɪdʒəbl taːsk/	The key to survival is to divide the challenges into manageable tasks .	File 5	Useful words and phrases
memorize <i>v</i>	/'memərəɪz/	I memorize a lot of information before any exam.	File 5	Useful words and phrases
oversleep <i>v</i>	/'əʊvəˈsliːp/	I wouldn't have been late if I hadn't overslept .	File 5	Useful words and phrases
oxygen <i>n</i>	/'ɒksɪdʒən/	Plants produce oxygen for us to breathe.	File 5	Useful words and phrases
pay attention <i>v</i>	/'peɪ əˈtenʃn/	Pay attention and also read the safety information in the seat pocket.	File 5	Useful words and phrases
pure <i>adj</i>	/'pjʊə/	I see them as pure mistakes – something to learn from.	File 5	Useful words and phrases
rate <i>n</i>	/'reɪt/	Research has shown that the survival rate in air crashes is 95.7%.	File 5	Useful words and phrases
rational <i>adj</i>	/'ræʃnəl/	Try to keep calm and behave in a rational way.	File 5	Useful words and phrases
revolution <i>n</i>	/'revəluːʃn/	Many revolutions have changed the political systems of different countries.	File 5	Useful words and phrases
rumour <i>n</i>	/'ruːmə/	I wish people wouldn't start stupid rumours on Twitter that aren't true.	File 5	Useful words and phrases
self-control <i>n</i>	/'self kənˈtrəʊl/	Well, that's your problem. You've got no self-control !	File 5	Useful words and phrases
species <i>n</i>	/'spiːʃiːz/	The Amazonian rainforest is the home of more than half the plant and animal species known in the world.	File 5	Useful words and phrases
water <i>v</i>	/'wɔːtə/	If you had watered the plants, they wouldn't have died.	File 5	Useful words and phrases
avalanche <i>n</i>	/'ævələːnʃ/	An avalanche can be extremely dangerous for climbers.	File 5	More words in File 5
backpack <i>v</i>	/'bækpæk/	In 1981 three friends went backpacking in a remote area of Bolivia.	File 5	More words in File 5
Bolivia <i>n</i>	/'bɒlɪviə/	Bolivia is in South America.	File 5	More words in File 5
cadet <i>n</i>	/'kædət/	I was a cadet in the army in 2012.	File 5	More words in File 5
despair <i>v</i>	/'dɪspeə/	Apart from staying calm and not despairing , knowing the right thing to do in a crisis is also vital.	File 5	More words in File 5
dwel <i>v</i>	/'dwel/	A recent survey has shown that we spend almost three-quarters of an hour every week dwelling on our regrets.	File 5	More words in File 5
hysterical <i>adj</i>	/'hɪstərɪkl/	She was so excited she was hysterical .	File 5	More words in File 5
in the long run	/'ɪn ðə lɒŋ rʌn/	In the long run it was probably a good thing.	File 5	More words in File 5

jungle <i>n</i>	/ˈdʒʌŋɡl/	Four young men went into the jungle on the adventure of a lifetime.	File 5	More words in File 5
lethal <i>adj</i>	/ˈliːθl/	It is the home of more than half the plant and animal species known to man, many of which are lethal .	File 5	More words in File 5
philosophy <i>n</i>	/fəˈlɒsəfi/	I wish there was a song called 'Je regrette tout'. That would be my philosophy of life!	File 5	More words in File 5
property ladder <i>n</i>	/ˈprɒpəti ˈlædə/	Common regrets range from not getting on the property ladder sooner to not having had more relationships when they were younger.	File 5	More words in File 5
rainforest <i>n</i>	/ˈreɪnfɔːrɪst/	The Amazonian rainforest is roughly the size of Europe or Australia.	File 5	More words in File 5
spirit <i>n</i>	/ˈspɪrɪt/	His spirits change from desperate to optimistic, and then to desperate again.	File 5	More words in File 5
alien <i>n</i>	/ˈeɪliən/	There are lots of films about aliens but no one really knows if they exist.	File 6	Useful words and phrases
attack <i>v</i>	/əˈtæk/	In movies aliens are often shown to attack humans.	File 6	Useful words and phrases
ballet <i>n</i>	/ˈbæleɪ/	My favourite ballet is Swan Lake. I've seen it three times.	File 6	Useful words and phrases
bass guitar <i>n</i>	/ˈbeɪs ɡɪˈtɑː/	I think the bass guitar is one of the easiest string instruments to learn.	File 6	Useful words and phrases
be used to <i>v</i>	/bi ˈjuːst tə/	I'm used to sleeping with a duvet. I've never slept with blankets.	File 6	Useful words and phrases
cello <i>n</i>	/ˈtʃeləʊ/	I hate taking my cello to school. It's too big and heavy.	File 6	Useful words and phrases
choir <i>n</i>	/ˈkwaɪə/	I sing in the school choir .	File 6	Useful words and phrases
continue <i>v</i>	/kənˈtɪnjuː/	Let's continue work on this later.	File 6	Useful words and phrases
decade <i>n</i>	/ˈdekeɪd/	Once you've tired of classical, you could start with music from the fifties and progress through each decade .	File 6	Useful words and phrases
drums <i>n</i>	/drʌmz/	My son wants to play the drums but they are so loud!	File 6	Useful words and phrases
eat out <i>v</i>	/iːt aʊt/	Do you want to get a takeaway this evening? No, I'd prefer to eat out .	File 6	Useful words and phrases
exploit <i>v</i>	/ɪkˈsploɪt/	He exploited the opportunity and made a lot of money.	File 6	Useful words and phrases
fall asleep <i>v</i>	/fɔːl əˈsliːp/	How long does it usually take you to fall asleep at night?	File 6	Useful words and phrases
fast asleep <i>adj</i>	/fɑːst əˈsliːp/	I was fast asleep when a knock on the door woke me up.	File 6	Useful words and phrases
film-maker <i>n</i>	/ˈfɪlm meɪkə/	Many famous film-makers work in Hollywood.	File 6	Useful words and phrases
flute <i>n</i>	/fluːt/	You nearly always see girls and not boys playing the flute .	File 6	Useful words and phrases
get used to <i>v</i>	/ɡet juːst tə/	I can't get used to working at night. I feel tired all the time.	File 6	Useful words and phrases
head <i>v</i>	/hed/	When I'm with my friends we usually head to the park to relax.	File 6	Useful words and phrases
influence <i>v</i>	/ˈɪnfluəns/	Many new musicians are influenced by music they heard in their childhood.	File 6	Useful words and phrases
insomnia <i>n</i>	/ɪnˈsɒmniə/	Some people can't sleep because they suffer from insomnia .	File 6	Useful words and phrases
keep you awake	/kiːp ju əˈweɪk/	If you drink coffee in the evening, it may keep you awake .	File 6	Useful words and phrases
midnight <i>n</i>	/ˈmɪdnaɪt/	I'm not used to staying up so late. I'm usually in bed by midnight .	File 6	Useful words and phrases
pillow <i>n</i>	/ˈpɪləʊ/	They get into bed and put their head on the pillow .	File 6	Useful words and phrases
post (online) <i>v</i>	/pəʊst/	I often post messages online about newspaper stories.	File 6	Useful words and phrases
psychologist <i>n</i>	/ˈsaɪkələdʒɪst/	A psychologist studies the mind.	File 6	Useful words and phrases
saxophone <i>n</i>	/ˈsæksəfoʊn/	The saxophone is my favourite instrument in the jazz band.	File 6	Useful words and phrases
sheet <i>n</i>	/ʃiːt/	In bed people cover themselves with a blanket or a sheet .	File 6	Useful words and phrases
siesta <i>n</i>	/siˈestə/	Some people have a siesta after lunch.	File 6	Useful words and phrases
sleeping pills <i>n pl</i>	/ˈsliːpɪŋ pɪlz/	When I can't sleep I take sleeping pills .	File 6	Useful words and phrases
soprano <i>n</i>	/səˈprɑːneɪ/	Many female opera singers are a soprano .	File 6	Useful words and phrases
taste <i>n</i>	/teɪst/	My musical taste is very different from yours.	File 6	Useful words and phrases
used to <i>v</i>	/juːst tə/	My parents used to make me tidy my room every morning.	File 6	Useful words and phrases
weep <i>v</i>	/wiːp/	Some people find music so moving that it makes them weep .	File 6	Useful words and phrases
among <i>prep</i>	/əˈmʌŋ/	Sleepwalking is most common among young boys.	File 6	More words in File 6
ancestor <i>n</i>	/ˈænsəstə/	My ancestors are all from Suffolk.	File 6	More words in File 6
blanket <i>n</i>	/ˈblæŋkɪt/	I like to take an extra blanket with me when I go travelling.	File 6	More words in File 6
blinds <i>n pl</i>	/blaɪnd/	Do you usually sleep with your bedroom completely dark, or with the curtains or blinds open?	File 6	More words in File 6
bouquet <i>n</i>	/buˈkeɪz/	I gave her a bouquet of flowers for Valentine's Day.	File 6	More words in File 6
cacophony <i>n</i>	/kəˈkɒfəni/	A cacophony of sounds filled the room.	File 6	More words in File 6
cappuccino <i>n</i>	/ˌkæpuˈtʃiːneɪ/	I prefer cappuccino to other types of coffee.	File 6	More words in File 6
chauffeur <i>n</i>	/ʃəʊfeɪ/	The company sent a chauffeur to pick them up.	File 6	More words in File 6
chorus <i>n</i>	/ˈkɔːrəs/	The chorus is the most famous part of the song.	File 6	More words in File 6
clack <i>n</i>	/klæk/	The clack of my colleague's keyboard drives me crazy.	File 6	More words in File 6
concerto <i>n</i>	/kənˈtʃɜːtəʊ/	Mozart wrote a concerto when he was very young.	File 6	More words in File 6
consequently <i>adv</i>	/ˈkɒnsɪkwəntli/	He can listen to just about anything ever composed. Consequently his experience may help us to understand more about musical taste.	File 6	More words in File 6
country music <i>n</i>	/ˈkʌntri mjuːzɪk/	Country music is often associated with America.	File 6	More words in File 6
croissant <i>n</i>	/ˈkrwæsoʊ-/	Croissants are a really unhealthy breakfast.	File 6	More words in File 6
curtains <i>n pl</i>	/ˈkɜːtɪn/	I close the curtains on winter nights to keep the room warm.	File 6	More words in File 6
dominate <i>v</i>	/ˈdɒmɪneɪt/	I don't like people who try to dominate others.	File 6	More words in File 6
duvet <i>n</i>	/ˈduːvet/	I'm not used to sleeping with a duvet . I've always slept with blankets.	File 6	More words in File 6
encore <i>n</i>	/ˈɒŋkɔː/	The crowd wanted more so they started shouting for an encore .	File 6	More words in File 6
faithful <i>adj</i>	/ˈfetθfʊl/	He was faithful to his wife and never cheated on her.	File 6	More words in File 6
field <i>n</i>	/fiːld/	English has 'borrowed' many words from other languages, for example in the field of music from Italian, Greek, and French.	File 6	More words in File 6
genre <i>n</i>	/ˈʒɒnrə/	What genre of music do you like?	File 6	More words in File 6

graffiti <i>n</i>	/græ'fi:ti/	Some people think that graffiti is art.	File 6	More words in File 6
hearing aid <i>n</i>	/'hiəriŋ eɪd/	My grandad needs a hearing aid to hear.	File 6	More words in File 6
hum <i>n</i>	/hʌm/	The hum from the air-conditioning was really loud.	File 6	More words in File 6
log <i>n</i>	/lɒɡ/	Are you a light sleeper or do you sleep like a log ?	File 6	More words in File 6
lucid <i>adj</i>	/'lu:sɪd/	In a lucid dream the person who is dreaming can sometimes change what is happening.	File 6	More words in File 6
macchiato <i>n</i>	/'mæki'ɑ:təʊ/	I like to drink macchiato because it's a bit lighter.	File 6	More words in File 6
mezzo soprano <i>n</i>	/'meɪtsəʊ sə'prɑ:nəʊ/	She is a mezzo soprano .	File 6	More words in File 6
microphone <i>n</i>	/'maɪkrə'fəʊn/	I need a microphone for people to hear me.	File 6	More words in File 6
nap <i>n</i>	/'næp/	When I'm tired I have a short nap during the day.	File 6	More words in File 6
neurological disorder <i>n</i>	/'nju:ərə'lɒdʒɪkl dɪs'ɔ:ðə/	Doctors diagnosed her as having a rare neurological disorder called Kleine-Levin Syndrome.	File 6	More words in File 6
parallel <i>adj</i>	/'pærəlel/	My house is parallel with a field.	File 6	More words in File 6
postpone <i>v</i>	/'pə'spəʊn/	I postponed our meeting until next Sunday.	File 6	More words in File 6
profoundly <i>adv</i>	/'prə'faʊndli/	He was born profoundly deaf.	File 6	More words in File 6
recur <i>v</i>	/'rɪ'kɜ:ɪ/	My nightmare recurs nearly every night.	File 6	More words in File 6
REM (rapid eye movement) <i>n</i>	/'ɑ:ri:'em/	REM is an acronym for 'rapid eye movement'.	File 6	More words in File 6
restore <i>v</i>	/'rɪ'stɔ:ɪ/	Research has shown that short naps are very effective in restoring our energy levels and mood.	File 6	More words in File 6
routine <i>n</i>	/'ru:ti:n/	Have a regular routine – try to go to bed at roughly the same time every day.	File 6	More words in File 6
score <i>n</i>	/'skɔ:ɪ/	Writers of film scores are experts at using music to create an atmosphere.	File 6	More words in File 6
seek <i>v</i>	/'si:k/	He decided to seek further help.	File 6	More words in File 6
sleepwalker <i>n</i>	/'sli:pwɔ:kə/	You should never wake up a sleepwalker .	File 6	More words in File 6
snore <i>v</i>	/'snɔ:ɪ/	Have you ever had to share a room with someone who snores ?	File 6	More words in File 6
sonata <i>n</i>	/'sə'nɑ:tə/	A sonata is usually played on just one instrument.	File 6	More words in File 6
spinach <i>n</i>	/'spɪnɪdʒ/	Spinach is a vegetable many children don't like.	File 6	More words in File 6
suggestion <i>n</i>	/'sʌdʒestʃən/	The suggestions for their holiday really helped.	File 6	More words in File 6
symphony <i>n</i>	/'sɪmfəni/	I love Beethoven's Ninth Symphony .	File 6	More words in File 6
syndrome <i>n</i>	/'sɪndrəʊm/	Doctors diagnosed her as having a rare neurological disorder called Kleine-Levin Syndrome .	File 6	More words in File 6
tire <i>v</i>	/'taɪə/	Once you've tired of classical, you could start with music from the fifties and progress through each decade.	File 6	More words in File 6
universe <i>n</i>	/'ju:nɪvɜ:s/	The book opened his mind to a whole universe of ideas.	File 6	More words in File 6
unwanted <i>adj</i>	/'ʌn'wɒntɪd/	All unwanted ideas were rejected.	File 6	More words in File 6
vast <i>adj</i>	/'vɑ:st/	The ship was vast with a capacity of over 2,000 passengers.	File 6	More words in File 6
video game <i>n</i>	/'vɪdiəʊ geɪm/	A university psychologist in Canada believes that people who play video games are more likely to be able to control their own dreams.	File 6	More words in File 6
virtual <i>adj</i>	/'vɜ:tʃʊəl/	Gamers spend hours a day in a virtual reality and they are used to controlling their game environments.	File 6	More words in File 6
wander <i>v</i>	/'wɒndə/	My parents heard me wandering downstairs in the middle of the night.	File 6	More words in File 6
whir <i>v</i>	/'wɜ:ɪ/	The computer whirred as it started up.	File 6	More words in File 6
advise <i>v</i>	/'æd'vaɪz/	My teachers are going to advise me what subjects to study next year.	File 7	Vocabulary Banks - Verbs often confused
argue <i>v</i>	/'ɑ:gju:ɪ/	I often argue with my parents about doing housework.	File 7	Vocabulary Banks - Verbs often confused
avoid <i>v</i>	/'ə'vɔɪd/	Jack always tries to avoid arguing with me.	File 7	Vocabulary Banks - Verbs often confused
beat <i>v</i>	/'bi:t/	Arsenal beat Manchester United 5–2.	File 7	Vocabulary Banks - Verbs often confused
deny <i>v</i>	/'di:naɪ/	Tom always denies that he has a problem.	File 7	Vocabulary Banks - Verbs often confused
discuss <i>v</i>	/'dɪ'skʌs/	I need to discuss the problem with my boss.	File 7	Vocabulary Banks - Verbs often confused
expect <i>v</i>	/'ɪk'spekt/	I expect that Daniel will forget our anniversary. He always does.	File 7	Vocabulary Banks - Verbs often confused
hope <i>v</i>	/'həʊp/	I hope that you can come on Friday. I haven't seen you for ages.	File 7	Vocabulary Banks - Verbs often confused
lay (past laid) <i>v</i>	/'lei/	I laid the baby on the bed and changed his nappy.	File 7	Vocabulary Banks - Verbs often confused
lie (past lay) <i>v</i>	/'laɪ/	Last night I came home from work, lay on the sofa, and went to sleep.	File 7	Vocabulary Banks - Verbs often confused
look <i>v</i>	/'lʊk/	Carol doesn't look very well. I think she's working too hard.	File 7	Vocabulary Banks - Verbs often confused
matter <i>v</i>	/'mætə/	It doesn't matter if we are five minutes late.	File 7	Vocabulary Banks - Verbs often confused
mind <i>v</i>	/'maɪnd/	My parents don't mind if I stay out late.	File 7	Vocabulary Banks - Verbs often confused
notice <i>v</i>	/'nəʊtɪs/	I didn't notice that Karen had changed her hair colour.	File 7	Vocabulary Banks - Verbs often confused
prevent <i>v</i>	/'pri'vent/	My dad can't prevent me from seeing my friends.	File 7	Vocabulary Banks - Verbs often confused
raise <i>v</i>	/'reɪz/	It's hard not to raise your voice when you are arguing with someone.	File 7	Vocabulary Banks - Verbs often confused
realize <i>v</i>	/'ri:əlaɪz/	I didn't realize you were so unhappy.	File 7	Vocabulary Banks - Verbs often confused
refuse <i>v</i>	/'rɪ'fju:z/	Tom always refuses to discuss the problem.	File 7	Vocabulary Banks - Verbs often confused
remember <i>v</i>	/'rɪ'membə/	Remember to turn off the lights before you go.	File 7	Vocabulary Banks - Verbs often confused
remind <i>v</i>	/'rɪ'maɪnd/	Can you remind me to call my mum later?	File 7	Vocabulary Banks - Verbs often confused
rise <i>v</i>	/'raɪz/	The cost of living is going to rise again this month.	File 7	Vocabulary Banks - Verbs often confused
rob <i>v</i>	/'rɒb/	The men had been planning to rob the bank.	File 7	Vocabulary Banks - Verbs often confused
seem <i>v</i>	/'si:m/	I've spoken to her husband twice and he seems very nice.	File 7	Vocabulary Banks - Verbs often confused
steal <i>v</i>	/'sti:l/	If you leave your bike unlocked, somebody might steal it.	File 7	Vocabulary Banks - Verbs often confused
wait <i>v</i>	/'weɪt/	We'll have to wait half an hour for the next train.	File 7	Vocabulary Banks - Verbs often confused
warn <i>v</i>	/'wɔ:n/	I think I should warn you that Liam doesn't always tell the truth.	File 7	Vocabulary Banks - Verbs often confused
win <i>v</i>	/'wɪn/	Arsenal won the match 5–2.	File 7	Vocabulary Banks - Verbs often confused
wish <i>v</i>	/'wɪʃ/	I wish I was a bit taller!	File 7	Vocabulary Banks - Verbs often confused

ankle <i>n</i>	/ˈæŋkəl/	I sprained my ankle playing football.	File 7	Vocabulary Banks - The body
bite your nails	/baɪt jɔː neɪtɪz/	Do you bite your nails when you're nervous?	File 7	Vocabulary Banks - The body
blow your nose	/bləʊ jɔː nəʊz/	Here's a tissue to blow your nose .	File 7	Vocabulary Banks - The body
bottom <i>n</i>	/ˈbɒtəm/	My bike saddle is uncomfortable and it hurts my bottom !	File 7	Vocabulary Banks - The body
brain <i>n</i>	/breɪn/	Is it true we only use 25% of our brain ?	File 7	Vocabulary Banks - The body
brush your hair / teeth	/brʌʃ jɔː heə, tiːθ/	You need to brush your hair before I take you to dance class.	File 7	Vocabulary Banks - The body
calf <i>n</i>	/kɑːf/	I pulled my calf muscle running.	File 7	Vocabulary Banks - The body
chest <i>n</i>	/tʃest/	What size chest is your jacket?	File 7	Vocabulary Banks - The body
chew <i>v</i>	/tʃuː/	The steak was tough and difficult to chew .	File 7	Vocabulary Banks - The body
comb your hair	/kəʊm jɔː heə/	Are you going to comb your hair ? It looks messy.	File 7	Vocabulary Banks - The body
elbow <i>n</i>	/ˈelbəʊ/	I don't know why I've got a lot of wrinkled skin on my elbow .	File 7	Vocabulary Banks - The body
fist <i>n</i>	/fɪst/	She hit me with her fist .	File 7	Vocabulary Banks - The body
fold your arms	/fəʊld jɔː ɑːmz/	Fold your arms – it will keep you warmer.	File 7	Vocabulary Banks - The body
frown <i>v</i>	/fraʊn/	The teacher frowned when she saw all the mistakes I had made.	File 7	Vocabulary Banks - The body
heart <i>n</i>	/hɑːt/	My heart is beating so fast after that race.	File 7	Vocabulary Banks - The body
heel <i>n</i>	/hiːl/	Careful! You stood on my heel .	File 7	Vocabulary Banks - The body
hips <i>n pl</i>	/hɪps/	My grandad has false hips .	File 7	Vocabulary Banks - The body
hold someone's hand	/həʊld sɔːmwʌnz hænd/	I'm going to hold someone's hand when I skate. I'm worried I'll fall over.	File 7	Vocabulary Banks - The body
hug <i>v</i>	/hʌɡ/	When we meet we always hug each other.	File 7	Vocabulary Banks - The body
kidneys <i>n pl</i>	/ˈkɪdnɪz/	The kidneys help clean the blood.	File 7	Vocabulary Banks - The body
kneel <i>v</i>	/niːl/	Some women think a man should kneel down when he proposes marriage.	File 7	Vocabulary Banks - The body
liver <i>n</i>	/ˈlɪvə/	Drinking too much alcohol is bad for your liver .	File 7	Vocabulary Banks - The body
lungs <i>n pl</i>	/lʌŋz/	I smoke 40 cigarettes a day. My lungs must be terrible.	File 7	Vocabulary Banks - The body
nails <i>n pl</i>	/neɪtɪz/	Where did you get your nails done?	File 7	Vocabulary Banks - The body
palms <i>n pl</i>	/pɑːmz/	She tries to read people's palms .	File 7	Vocabulary Banks - The body
point <i>v</i>	/pɔɪnt/	If you don't know the word for something, just point at what you want.	File 7	Vocabulary Banks - The body
raise your eyebrows	/reɪz jɔː ˈaɪbraʊz/	Don't raise your eyebrows at me.	File 7	Vocabulary Banks - The body
scratch <i>v</i>	/skrætʃ/	Don't scratch the mosquito bite. You'll only make it worse.	File 7	Vocabulary Banks - The body
shake hands	/ʃeɪk hændz/	We normally shake hands when we meet people.	File 7	Vocabulary Banks - The body
shake your head	/ʃeɪk jɔː hed/	Nod if you agree or shake your head if you don't.	File 7	Vocabulary Banks - The body
shrug your shoulders	/ʃrʌɡ jɔː ʃəʊldəz/	Do you always shrug your shoulders when you don't know the answer?	File 7	Vocabulary Banks - The body
stare <i>v</i>	/steə/	The painting was so strange I stared at it for a long time.	File 7	Vocabulary Banks - The body
stretch <i>v</i>	/stretʃ/	She got out of bed, and yawned and stretched .	File 7	Vocabulary Banks - The body
suck your thumb	/sʌk jɔː θʌm/	Did you suck your thumb when you were young?	File 7	Vocabulary Banks - The body
thighs <i>n pl</i>	/θaɪz/	My thighs are too big for those trousers.	File 7	Vocabulary Banks - The body
touch your toes	/tʌʃ jɔː təʊz/	You know you're getting old when you can't touch your toes .	File 7	Vocabulary Banks - The body
waist <i>n</i>	/weɪst/	What waist size are your trousers?	File 7	Vocabulary Banks - The body
wave <i>v</i>	/weɪv/	She waved goodbye sadly to her boyfriend as the train left the station.	File 7	Vocabulary Banks - The body
wink <i>v</i>	/wɪŋk/	He winked at me to show that he was only joking.	File 7	Vocabulary Banks - The body
wrist <i>n</i>	/rɪst/	I can't play tennis. I've hurt my wrist .	File 7	Vocabulary Banks - The body
yawn <i>v</i>	/jɔːn/	It's rude to yawn without covering your mouth.	File 7	Vocabulary Banks - The body
back up <i>v</i>	/ˈbæk ʌp/	I have all the evidence to back up my argument.	File 7	Useful words and phrases
background <i>n</i>	/ˈbækgraʊnd/	In the background there is a man playing golf.	File 7	Useful words and phrases
be supposed to <i>v</i>	/bi səˈpəʊzɪd tə/	In Papua New Guinea when a woman is arguing with her husband, he's supposed to reply to his wife's insults.	File 7	Useful words and phrases
Botox <i>n</i>	/ˈbəʊtɒks/	Botox should be banned for actors as steroids are for sportsmen.	File 7	Useful words and phrases
can't have <i>v</i>	/kɑːnt əv/	I failed my piano exam. I can't have practised enough.	File 7	Useful words and phrases
capable <i>adj</i>	/ˈkeɪpəbəl/	Women are capable of driving cars just as well as men.	File 7	Useful words and phrases
change the subject	/tʃeɪndʒ ðə ˈsʌbdʒekt/	I don't want to talk about this anymore. Let's change the subject .	File 7	Useful words and phrases
cheek <i>n</i>	/tʃiːk/	His cheeks are really red after running.	File 7	Useful words and phrases
chin <i>n</i>	/tʃɪn/	He has got a small beard on his chin .	File 7	Useful words and phrases
combine <i>v</i>	/kəmˈbaɪn/	Many things combine to show how we feel about something.	File 7	Useful words and phrases
complexity <i>n</i>	/kəmˈpleksəti/	Many things combine to present human experience in all its complexity .	File 7	Useful words and phrases
consider <i>v</i>	/kənˈsɪdə/	He wasn't considered a major suspect in the murder case.	File 7	Useful words and phrases
estimate <i>v</i>	/ˈestɪmeɪt/	It's estimated that as much as 80% of our interaction with others is through non-verbal communication.	File 7	Useful words and phrases
eyelashes <i>n pl</i>	/ˈaɪləʃɪz/	Her eyelashes are so long. Are they real?	File 7	Useful words and phrases
eyelids <i>n pl</i>	/ˈaɪlɪdz/	She wears a lot of make-up on her eyelids .	File 7	Useful words and phrases
facial <i>adj</i>	/ˈfeɪʃl/	Facial expressions show a lot about how we feel.	File 7	Useful words and phrases
foreground <i>n</i>	/ˈfɔːgraʊnd/	In the foreground we see the inside of a room with a glass door leading into a garden.	File 7	Useful words and phrases
forehead <i>n</i>	/ˈfɔːhed/	Most of my wrinkles are on my forehead .	File 7	Useful words and phrases
human being <i>n</i>	/ˈhjuːmən ˈbiːɪŋ/	Human beings argue about everything but are there any differences between the sexes in the way that we argue?	File 7	Useful words and phrases
hurtful <i>adj</i>	/ˈhɜːtfl/	I'll say something hurtful to him and he'll say something equally hurtful back.	File 7	Useful words and phrases
in floods of tears	/ɪn ˈflʌdz ɒv tiːəz/	Is she okay? I saw her in floods of tears .	File 7	Useful words and phrases
look as if <i>v</i>	/lʊk eɪz ɪf/	I think she looks as if she has just had some bad news.	File 7	Useful words and phrases

look like <i>v</i>	/lʊk laɪk/	<i>I think she looks like a teenage student.</i>	File 7	Useful words and phrases
meaningful <i>adj</i>	/miːnɪŋfl/	<i>Through an understanding of non-verbal behaviour, you will achieve a deeper, more meaningful view of the world around you.</i>	File 7	Useful words and phrases
muscle <i>n</i>	/ˈmʌsl/	<i>I'm too fat. I want more muscle.</i>	File 7	Useful words and phrases
must have <i>v</i>	/məst əv/	<i>You must have lost your phone.</i>	File 7	Useful words and phrases
performance <i>n</i>	/pə'fɔ:məns/	<i>I don't think his performance in this series was as good as in the last one.</i>	File 7	Useful words and phrases
postman <i>n</i>	/ˈpəʊstmən/	<i>As they were leaving the postman arrived with the mail.</i>	File 7	Useful words and phrases
require <i>v</i>	/rɪ'kwəə/	<i>To understand this, and then make a conscious decision that you will do it differently requires a lot of maturity.</i>	File 7	Useful words and phrases
rest <i>v</i>	/rest/	<i>In the photo there is a girl sitting at the table, resting her head on one hand.</i>	File 7	Useful words and phrases
should have <i>v</i>	/ʃəd əv/	<i>I'm so tired. I should have gone to bed earlier.</i>	File 7	Useful words and phrases
significance <i>n</i>	/sɪgnɪfɪkəns/	<i>Joe immediately understood the significance of the eyelid movement he had witnessed, and the man became the chief suspect.</i>	File 7	Useful words and phrases
spot <i>v</i>	/spɒt/	<i>Then there are the non-verbal signs but that many have not learnt to spot.</i>	File 7	Useful words and phrases
technique <i>n</i>	/tek'ni:k/	<i>What technique does he use to help convey the feeling of happiness?</i>	File 7	Useful words and phrases
would rather	/wəd 'rə:ðə/	<i>I would rather go to the cinema than to a club.</i>	File 7	Useful words and phrases
assertive <i>adj</i>	/ə'sɜ:tɪv/	<i>John Gray says that men are more assertive in arguments than women.</i>	File 7	More words in File 7
cave <i>n</i>	/keɪv/	<i>There are some beautiful caves along the coast.</i>	File 7	More words in File 7
conflict <i>n</i>	/kɒnflɪkt/	<i>Conflict is an important part of any relationship. It's healthy to argue.</i>	File 7	More words in File 7
convey <i>v</i>	/kən'veɪ/	<i>What two things does he say radio actors use to convey feelings?</i>	File 7	More words in File 7
counsellor <i>n</i>	/ˈkaʊnsələ/	<i>We argue too much. I think we need to see a counsellor.</i>	File 7	More words in File 7
crouch <i>v</i>	/kraʊtʃ/	<i>My back hurts from crouching down with the children.</i>	File 7	More words in File 7
daydream <i>v</i>	/deɪdri:m/	<i>He often just looks out of the window and starts to daydream.</i>	File 7	More words in File 7
decipher <i>v</i>	/dɪ'saɪfə/	<i>It was difficult to decipher what he meant.</i>	File 7	More words in File 7
deduce <i>v</i>	/dɪ'dju:z/	<i>I try to deduce many things based on evidence I have.</i>	File 7	More words in File 7
e-book <i>n</i>	/i: bʊk/	<i>I would rather read an e-book than a normal book.</i>	File 7	More words in File 7
frog <i>n</i>	/frɒg/	<i>Have you ever tried frogs' legs? Apparently they taste like chicken.</i>	File 7	More words in File 7
fury <i>n</i>	/fjuəri/	<i>Her fury could be heard by everyone around her.</i>	File 7	More words in File 7
gender <i>n</i>	/dʒendə/	<i>Damian Whitworth investigates gender differences when couples argue.</i>	File 7	More words in File 7
gesture <i>n</i>	/dʒestʃə/	<i>Physical gestures can be quite different from one culture to another.</i>	File 7	More words in File 7
ice pick <i>n</i>	/aɪs pɪk/	<i>One of the weapons, the ice pick, had actually been used in the crime.</i>	File 7	More words in File 7
lift <i>v</i>	/lɪft/	<i>Try to lift it off the page and make it sound natural.</i>	File 7	More words in File 7
linguist <i>n</i>	/lɪŋgwɪst/	<i>She's a skilled linguist. She understands so much about languages.</i>	File 7	More words in File 7
loo <i>n</i>	/lu:/	<i>Where's the men's loo?</i>	File 7	More words in File 7
machete <i>n</i>	/mə'ʃetɪ/	<i>He cut his way through the tall plants with a machete.</i>	File 7	More words in File 7
mediate <i>v</i>	/mi:diət/	<i>I often mediate between my parents when they argue.</i>	File 7	More words in File 7
metro <i>n</i>	/ˈmetrəʊ/	<i>You shouldn't have gone by car. The metro is much faster.</i>	File 7	More words in File 7
naturalistic <i>adj</i>	/ˌnætʃrə'lɪstɪk/	<i>It's as naturalistic as you can make it sound – to lift it off the page, to make it sound as though you're not reading it.</i>	File 7	More words in File 7
naughty <i>adj</i>	/ˈno:ti/	<i>Maybe the boy has been naughty because it seems as if he's looking at the ground.</i>	File 7	More words in File 7
non-verbal <i>adj</i>	/nɒn 'vɜ:bl/	<i>It's estimated that as much as 80% of our interaction with others is through non-verbal communication.</i>	File 7	More words in File 7
out of tune	/aʊt ɒv tju:n/	<i>That guitar sounds completely out of tune.</i>	File 7	More words in File 7
perfume <i>n</i>	/ˈpɜ:fju:m/	<i>Your perfume smells like roses.</i>	File 7	More words in File 7
press on <i>v</i>	/pres ɒn/	<i>Even though it was difficult he decided to press on with the marathon.</i>	File 7	More words in File 7
rose <i>n</i>	/rəʊz/	<i>He gave her a single red rose on their anniversary.</i>	File 7	More words in File 7
rotten <i>adj</i>	/ˈrɒtn/	<i>That apple is rotten. You should throw it out.</i>	File 7	More words in File 7
sincere <i>adj</i>	/sɪn'sɪə/	<i>He sounded sincere when he apologized.</i>	File 7	More words in File 7
soft <i>adj</i>	/sɒft/	<i>Your new jacket feels very soft.</i>	File 7	More words in File 7
speculate <i>v</i>	/ˈspekjuleɪt/	<i>I often speculate about changing the past.</i>	File 7	More words in File 7
stuff <i>n</i>	/stʌf/	<i>We see lots of stereotypical stuff when we are young.</i>	File 7	More words in File 7
sugar cane <i>n</i>	/ˈʃʊgə keɪn/	<i>Sugar cane is one of the main crops in some countries.</i>	File 7	More words in File 7
thus <i>adv</i>	/ðʌs/	<i>Body language gives away a lot about someone's feelings, thus it is important to understand it.</i>	File 7	More words in File 7
tirade <i>n</i>	/taɪ'reɪd/	<i>She launched an angry tirade of insults and swear words.</i>	File 7	More words in File 7
topic <i>n</i>	/ˈtɒpɪk/	<i>Men avoid talking about topics that may cause an argument.</i>	File 7	More words in File 7
upbringing <i>n</i>	/ˈʌpbɪŋɪŋ/	<i>Our upbringing as children impacts on how we behave.</i>	File 7	More words in File 7
useless <i>adj</i>	/ju:sləs/	<i>I'm useless at arguing. My partner always wins.</i>	File 7	More words in File 7
withdraw <i>v</i>	/wɪð'drɔ:/	<i>Men tend to withdraw from an argument and become silent.</i>	File 7	More words in File 7
accuse <i>v</i>	/ə'kju:z/	<i>They were accused of armed robbery and car theft.</i>	File 8	Vocabulary Banks - Crime and punishment
acquit <i>v</i>	/ə'kwɪt/	<i>He was acquitted and allowed to go free.</i>	File 8	Vocabulary Banks - Crime and punishment
arrest <i>v</i>	/ə'rest/	<i>They were arrested and taken to a police station.</i>	File 8	Vocabulary Banks - Crime and punishment
blackmail <i>n</i>	/ˈblækmeɪl/	<i>Blackmail is often committed when someone has some information another person wants kept secret.</i>	File 8	Vocabulary Banks - Crime and punishment
bribery <i>n</i>	/ˈbrɪzbəri/	<i>They got the contract by using bribery.</i>	File 8	Vocabulary Banks - Crime and punishment
burglary <i>n</i>	/ˈbɜ:gləri/	<i>The burglary was very upsetting for the people who lived there.</i>	File 8	Vocabulary Banks - Crime and punishment

catch <i>v</i>	/kætʃ/	Carl and Adam were caught driving to the airport in a stolen car.	File 8	Vocabulary Banks - Crime and punishment
charge <i>v</i>	/tʃɑːdʒ/	Finally they were charged with armed robbery.	File 8	Vocabulary Banks - Crime and punishment
commit <i>v</i>	/kə'mɪt/	Carl and Adam committed a crime. They robbed a large supermarket.	File 8	Vocabulary Banks - Crime and punishment
court <i>n</i>	/koːt/	The defendants appeared in court .	File 8	Vocabulary Banks - Crime and punishment
drug dealing <i>n</i>	/drʌŋ 'diːlɪŋ/	Drug dealing involves selling any illegal drug.	File 8	Vocabulary Banks - Crime and punishment
evidence <i>n</i>	/e'vɪdəns/	The jury looked at and heard all the evidence .	File 8	Vocabulary Banks - Crime and punishment
fraud <i>n</i>	/frɔːd/	He committed fraud by using other people's identities.	File 8	Vocabulary Banks - Crime and punishment
guilty <i>adj</i>	/'gɪlti/	Carl was found guilty . His fingerprints were on the gun used in the robbery.	File 8	Vocabulary Banks - Crime and punishment
hacking <i>n</i>	/hækɪŋ/	Hacking into computer systems can enable people to steal private information.	File 8	Vocabulary Banks - Crime and punishment
hijacking <i>n</i>	/haɪdʒækɪŋ/	The hijacking of the plane forced the airport to close.	File 8	Vocabulary Banks - Crime and punishment
investigate <i>v</i>	/ɪn'vestɪgeɪt/	The police investigated the crime.	File 8	Vocabulary Banks - Crime and punishment
judge <i>n</i>	/dʒʌdʒ/	The judge decided what Carl's punishment should be.	File 8	Vocabulary Banks - Crime and punishment
jury <i>n</i>	/dʒʊəri/	The jury looked at and heard all the evidence.	File 8	Vocabulary Banks - Crime and punishment
kidnapping <i>n</i>	/kɪdnæpɪŋ/	Kidnapping often happens when a criminal tries to get money from a rich person.	File 8	Vocabulary Banks - Crime and punishment
manslaughter <i>n</i>	/mænsloʊtə/	Manslaughter is killing someone by accident.	File 8	Vocabulary Banks - Crime and punishment
mugging <i>n</i>	/mʌgɪŋ/	Mugging is like robbery, but on the street.	File 8	Vocabulary Banks - Crime and punishment
murder <i>n</i>	/mɜːdə/	He went to prison for the murder of five people.	File 8	Vocabulary Banks - Crime and punishment
proof <i>n</i>	/pruːf/	There was no proof that Adam had committed the crime.	File 8	Vocabulary Banks - Crime and punishment
punishment <i>n</i>	/pʌnɪʃmənt/	The judge decided what Carl's punishment should be.	File 8	Vocabulary Banks - Crime and punishment
question <i>v</i>	/kwestʃən/	The police questioned them for ten hours.	File 8	Vocabulary Banks - Crime and punishment
rape <i>n</i>	/reɪp/	Rape is often about power and control.	File 8	Vocabulary Banks - Crime and punishment
robbery <i>n</i>	/rɒbəri/	Robbery usually is violent and involves a weapon.	File 8	Vocabulary Banks - Crime and punishment
sentence <i>v</i>	/sentəns/	He sentenced him to ten years in prison.	File 8	Vocabulary Banks - Crime and punishment
smuggling <i>n</i>	/smʌgɪŋ/	Smuggling involves taking illegal products from one country to another.	File 8	Vocabulary Banks - Crime and punishment
stalking <i>n</i>	/stɔːkɪŋ/	Stalking can happen physically or on the internet.	File 8	Vocabulary Banks - Crime and punishment
terrorism <i>n</i>	/tə'rɪzəm/	Terrorism is often political or religious.	File 8	Vocabulary Banks - Crime and punishment
theft <i>n</i>	/θeft/	The theft was very stressful for the victim.	File 8	Vocabulary Banks - Crime and punishment
vandalism <i>n</i>	/vændəlɪzəm/	Some people say graffiti is art; others say it is vandalism .	File 8	Vocabulary Banks - Crime and punishment
verdict <i>n</i>	/vɜːdɪkt/	After two days the jury reached their verdict .	File 8	Vocabulary Banks - Crime and punishment
witness <i>n</i>	/wɪtnəs/	The witness told the court what they had seen or knew.	File 8	Vocabulary Banks - Crime and punishment
accurate <i>adj</i>	/ækjərət/	The film review was quite accurate . It said the plot was poor but the acting was good, which was true.	File 8	Vocabulary Banks - The media
agony aunt <i>n</i>	/ˈæɡəni a:nt/	An agony aunt writes in a newspaper or magazine giving advice to people in reply to their letters.	File 8	Vocabulary Banks - The media
axe <i>v</i>	/æks/	Thousands of jobs axed by UK firms.	File 8	Vocabulary Banks - The media
back <i>v</i>	/bæk/	Prime minister backs his Chancellor in latest scandal.	File 8	Vocabulary Banks - The media
biased <i>adj</i>	/baɪəst/	The news on Channel 12 is really biased . You can't believe anything you hear on it.	File 8	Vocabulary Banks - The media
bid <i>v</i>	/bɪd/	Astronaut bids to be first man on Mars.	File 8	Vocabulary Banks - The media
censored <i>adj</i>	/sensəd/	I think the report was censored . The newspaper wasn't allowed to publish all the details.	File 8	Vocabulary Banks - The media
clash <i>v</i>	/klæʃ/	Ministers clash over new car tax proposal.	File 8	Vocabulary Banks - The media
commentator <i>n</i>	/kɒmentətə/	A commentator is a person who describes a sports event while it's happening on TV or radio.	File 8	Vocabulary Banks - The media
critic <i>n</i>	/kɪtɪk/	A critic is a person who writes a review about the good / bad qualities of books, concerts, theatre, films, etc.	File 8	Vocabulary Banks - The media
editor <i>n</i>	/edɪtə/	An editor is a person in charge of a newspaper or magazine, or part of one, and decides what should be in it.	File 8	Vocabulary Banks - The media
freelance journalist <i>n</i>	/friːlɑːns 'dʒɜːnəlɪst/	A freelance journalist is a person who writes articles for different papers and is not employed by any one paper.	File 8	Vocabulary Banks - The media
hit <i>v</i>	/hɪt/	Stock market hit by oil fears.	File 8	Vocabulary Banks - The media
newsreader <i>n</i>	/njuːzriːdə/	A newsreader is a person who reads the news on TV or radio.	File 8	Vocabulary Banks - The media
objective <i>adj</i>	/əb'dʒektɪv/	I think The Observer is the most objective . It bases its stories just on facts, not on feelings or beliefs.	File 8	Vocabulary Banks - The media
paparazzi <i>n pl</i>	/pæpə'reɪzi/	The paparazzi are photographers who follow famous people around to get photos of them to sell to newspapers and magazines.	File 8	Vocabulary Banks - The media
presenter <i>n</i>	/prezente/	A presenter is a person who introduces the different sections of a radio or TV programme.	File 8	Vocabulary Banks - The media
quit <i>v</i>	/kwɪt/	United boss to quit after shock cup defeat.	File 8	Vocabulary Banks - The media
quiz <i>v</i>	/kwɪz/	Police quiz witness in murder trial.	File 8	Vocabulary Banks - The media
reporter <i>n</i>	/rɪ'pɔːtə/	A reporter is a person who collects and reports news for newspapers, radio, or TV.	File 8	Vocabulary Banks - The media
row <i>n</i>	/raʊ/	Famous actress in restaurant bill row .	File 8	Vocabulary Banks - The media
sensational <i>adj</i>	/sen'setʃənəl/	The reporting in the paper was very sensational . It made the story seem more shocking than it really was.	File 8	Vocabulary Banks - The media
split <i>v</i>	/splɪt/	Footballer and wife split over affair with cleaner.	File 8	Vocabulary Banks - The media
tip <i>v</i>	/tɪp/	Tarantino tipped to win best director.	File 8	Vocabulary Banks - The media
vow <i>v</i>	/vaʊ/	Bayern Munich boss vows to avenge defeat.	File 8	Vocabulary Banks - The media
wed <i>v</i>	/wed/	Prince to wed 18-year-old TV soap star.	File 8	Vocabulary Banks - The media
bomb <i>n</i>	/bɒm/	Sommerville knows it's not if another bomb goes off, it's when.	File 8	Useful words and phrases
bonus <i>n</i>	/bəʊnəs/	The Chancellor has warned that the row about paying bonuses threatens to put jobs at risk.	File 8	Useful words and phrases
brilliant <i>adj</i>	/brɪljənt/	It's thrilling and brilliant and useful most of the time, but it's not a right to be able to use it.	File 8	Useful words and phrases

campaign <i>v</i>	/kæm'peɪn/	People campaign for things they believe in.	File 8	Useful words and phrases
civil liberty <i>n</i>	/sɪvəl 'lɪbəti/	Civil liberties are important for people's freedom.	File 8	Useful words and phrases
column <i>n</i>	/kɒləm/	Geoff Lewis, 30, writes a weekly newspaper column on cooking.	File 8	Useful words and phrases
disconnection <i>n</i>	/dɪskə'nekʃn/	When the government proposed punishing illegal downloaders with internet disconnection , people campaigned against it.	File 8	Useful words and phrases
electrician <i>n</i>	/ɪ'lek'trɪʃn/	I need an electrician to fit a new light.	File 8	Useful words and phrases
eye contact <i>n</i>	/aɪ 'kɒntækt/	If you see that people are watching you in a suspicious way, look straight back at them and make eye contact .	File 8	Useful words and phrases
fake <i>adj</i>	/feɪk/	Lots of people buy fake products because they are cheaper than a genuine product.	File 8	Useful words and phrases
finally <i>adv</i>	/faɪnəli/	Finally , I do not think that a fine is a suitable punishment for young people.	File 8	Useful words and phrases
firstly <i>adv</i>	/fɜːstli/	Firstly , community service often persuades a young person not to re-offend.	File 8	Useful words and phrases
for instance	/fɔː 'ɪnstəns/	It takes more than luck. For instance , hard work is important.	File 8	Useful words and phrases
hand over <i>v</i>	/hændəʊvə/	A woman in Florida handed over \$400 for an iPad which turned out to be fake.	File 8	Useful words and phrases
horoscope <i>n</i>	/'hɒrəskəʊp/	I never read my horoscope . I think it's nonsense.	File 8	Useful words and phrases
in addition	/ɪn ə'dɪʃn/	In addition , in prisons many of the inmates take drugs and this is a terrible example for young offenders.	File 8	Useful words and phrases
in conclusion	/ɪn kən'kluːʒn/	In conclusion , I believe that community service has important advantages.	File 8	Useful words and phrases
in most cases	/ɪn məʊst keɪsɪz/	In most cases working with sick children or old people makes young offenders realize that there are people who have more difficult lives than they do.	File 8	Useful words and phrases
income <i>n</i>	/'ɪnkʌm/	There can be big income differences between urban and rural areas.	File 8	Useful words and phrases
insist on <i>v</i>	/ɪn 'sɪst ɒn/	Jamie insisted on paying for the meal.	File 8	Useful words and phrases
introduction <i>n</i>	/'ɪntro'dʌkʃn/	An introduction is at the start of an essay or article.	File 8	Useful words and phrases
jail <i>n</i>	/dʒeɪl/	He is being held in Volusia County jail .	File 8	Useful words and phrases
justification <i>n</i>	/dʒʌ'stɪfɪ'keɪʃn/	There are plenty of justifications for taking things for free on the internet.	File 8	Useful words and phrases
menu <i>n</i>	/'menjuː/	He later admitted having seen the dish on the menu at Andrew's pub.	File 8	Useful words and phrases
minor <i>adj</i>	/'maɪnə/	Community service is the best punishment for young people who commit a minor offence.	File 8	Useful words and phrases
nearby <i>adj</i>	/'nɪə'baɪ/	He bought them in a nearby town.	File 8	Useful words and phrases
official <i>adj</i>	/ə'fɪʃl/	Only get taxis that have an official number.	File 8	Useful words and phrases
paragraph <i>n</i>	/'pærəgrɑːf/	A paragraph contains ideas related to one topic.	File 8	Useful words and phrases
print <i>n</i>	/'prɪnt/	You could see his paw print on the key of the phone.	File 8	Useful words and phrases
reach for <i>v</i>	/'riːtʃ fɔː/	The first thing she reaches for is her BlackBerry.	File 8	Useful words and phrases
recipe <i>n</i>	/'resəpi/	Can I have the recipe for this? It's delicious!	File 8	Useful words and phrases
reverse <i>v</i>	/'rɪvɜːs/	Labour have accused him of putting the economy into reverse .	File 8	Useful words and phrases
secondly <i>adv</i>	/'sekəndli/	Secondly , spending time in prison results in young people meeting other criminals and learning more about the criminal world.	File 8	Useful words and phrases
shoplifter <i>n</i>	/'ʃɒplɪftə/	A shoplifter is someone who steals something when he / she is in a shop.	File 8	Useful words and phrases
skip <i>v</i>	/'skɪp/	Don't skip breakfast. You'll be hungry later.	File 8	Useful words and phrases
so <i>adv</i>	/'səʊ/	They do not usually have much money themselves, so , it is often their parents who pay the fine for them.	File 8	Useful words and phrases
spare <i>adj</i>	/'speə/	The police got in with the help of a neighbour, Paul Walker, who had a spare key.	File 8	Useful words and phrases
summary <i>n</i>	/'sʌməri/	A good summary focuses only on the main points.	File 8	Useful words and phrases
tap <i>v</i>	/'tæp/	Well-manicured fingers tap keys, and she starts looking at her diary.	File 8	Useful words and phrases
wardrobe <i>n</i>	/'wɔːdrəʊb/	In her head Helen is already choosing the wardrobe she needs to wear.	File 8	Useful words and phrases
armed <i>adj</i>	/'ɑːmd/	There is nothing polite about armed robbery.	File 8	More words in File 8
armoured <i>adj</i>	/'ɑːməd/	Sommerville climbs into a British armoured vehicle.	File 8	More words in File 8
become entangled <i>v</i>	/'bɪ:kəm ɪn'tæŋɡld/	He became entangled with the cord of the phone and was choking.	File 8	More words in File 8
breed <i>n</i>	/'briːd/	Some breeds of dog are aggressive.	File 8	More words in File 8
cab <i>n</i>	/'kæb/	Never ever get into a cab that has another person in the front passenger seat.	File 8	More words in File 8
convoy <i>n</i>	/'kɒnvɔɪ/	The army convoy moves forward.	File 8	More words in File 8
dopey <i>adj</i>	/'dəʊpi/	In fact, he's really dopey – he just likes to chew socks most of the time.	File 8	More words in File 8
everlasting <i>adj</i>	/'evə'lɑːstɪŋ/	Fans who don't pay their idols are like lovers who promise everlasting love but then sit and watch you as you drown.	File 8	More words in File 8
idol <i>n</i>	/'aɪdl/	Fans who don't pay their idols are like lovers who promise everlasting love but then sit and watch you as you drown.	File 8	More words in File 8
incredible <i>adj</i>	/'ɪn'kredəbl/	It was incredible . You could see his paw print on the key of the phone.	File 8	More words in File 8
inmate <i>n</i>	/'ɪnmet/	In prisons many of the inmates take drugs.	File 8	More words in File 8
limousine <i>n</i>	/'lɪmə'ziːn/	A limousine sweeps along Wilshire Boulevard, Los Angeles.	File 8	More words in File 8
literally <i>adv</i>	/'lɪtərəli/	You could see his paw print on the key of the phone. He literally saved his own life.	File 8	More words in File 8
luxury <i>n</i>	/'lʌkʃəri/	We don't have a right to listen to the music we want for free. These things are treats, pleasures, luxuries .	File 8	More words in File 8
manicured <i>adj</i>	/'mænɪkjʊəd/	Well- manicured fingers tap keys, and she starts looking at her diary.	File 8	More words in File 8
mask <i>n</i>	/'mɑːsk/	He wears a mask and washing-up gloves during robberies.	File 8	More words in File 8
matchbox <i>n</i>	/'mætʃbɒks/	She's got all her complex life locked up in that electronic matchbox .	File 8	More words in File 8
mayonnaise <i>n</i>	/'meɪə'neɪz/	Mayonnaise is a popular ingredient in sandwich fillings.	File 8	More words in File 8
monument <i>n</i>	/'mɒnjʌmənt/	Nelson's Column is a famous monument in London.	File 8	More words in File 8
necessity <i>n</i>	/'neɪ'sesəti/	The internet isn't a necessity .	File 8	More words in File 8
oppose <i>v</i>	/'əʊpəʊz/	I oppose the government's changes. They should be stopped.	File 8	More words in File 8

overprotective <i>adj</i>	/ˌəʊvəprə'tektɪv/	Sometimes the locals can be overprotective because they want you to see the best side of their town.	File 8	More words in File 8
paws <i>n pl</i>	/po:z/	The dog touched the key with his paws .	File 8	More words in File 8
pickpocket <i>n</i>	/pɪk'pɒkt/	A pickpocket is someone who steals from you in the street, usually without you noticing.	File 8	More words in File 8
pose <i>v</i>	/pəʊz/	They look up at Big Ben, and then they pose to have their photo taken.	File 8	More words in File 8
premature <i>adj</i>	/ˈpremətʃə/	Dozens of Facebook groups deal with everything, from drugs to abandoned wives, to panic attacks and premature babies.	File 8	More words in File 8
regulated <i>adj</i>	/ˈregjuleɪtɪd/	If you do have to get a taxi in the street, make sure it looks like a regulated one.	File 8	More words in File 8
reputable <i>adj</i>	/ˈrepjətəbəl/	The safest thing to do is to phone a reputable company every time you need a cab.	File 8	More words in File 8
scroll <i>v</i>	/skraʊl/	Scroll down and it's at the bottom.	File 8	More words in File 8
shrink <i>v</i>	/frɪŋk/	The music industry has shrunk 40% since 2000.	File 8	More words in File 8
sideline <i>v</i>	/ˈsaɪdlaɪn/	No one was paying her any attention. She was starting to feel sidelined .	File 8	More words in File 8
squat <i>v</i>	/skwɒt/	Squatting in an unoccupied house is illegal.	File 8	More words in File 8
sweep <i>v</i>	/swi:p/	The car sweeps past people standing alongside the road.	File 8	More words in File 8
tag <i>n</i>	/tæg/	An Apple logo had been cut out in the middle, and a Best Buy price tag stuck on the back.	File 8	More words in File 8
till <i>n</i>	/tɪl/	The robber always says 'please' and 'thank you' when he orders shop staff to give him the money in the till .	File 8	More words in File 8
tramp <i>n</i>	/træmp/	You don't have to look like a tramp , but you should try to look as if you aren't carrying much of value.	File 8	More words in File 8
treat <i>n</i>	/tri:t/	We don't have a right to listen to the music we want for free. These things are treats , pleasures, luxuries.	File 8	More words in File 8
ultimately <i>adv</i>	/ˌʌltɪmətli/	Illegally downloading will ultimately harm the people who are committing the crime.	File 8	More words in File 8
unanimously <i>adv</i>	/juːnə'nɪməsli/	Newspaper staff tried both dishes and unanimously declared Andrew's to be the winner.	File 8	More words in File 8
undistinguished <i>adj</i>	/ˌʌndɪ'strɪŋgwɪʃ/	The undistinguished building would not be noticed by anyone.	File 8	More words in File 8
unoccupied <i>adj</i>	/ˌʌn'ɒkjʊpaɪd/	The house is unoccupied . No one lives there.	File 8	More words in File 8
well off <i>adj</i>	/wel ɒf/	His clothes look expensive. He must be well off .	File 8	More words in File 8
become <i>v</i>	/bɪ'kʌm/	You will become conscious again after an hour.	File 9	Vocabulary Banks - Business
branch <i>n</i>	/brɑ:ntʃ/	A branch is an office or shop that is part of a larger organization.	File 9	Vocabulary Banks - Business
business <i>n</i>	/ˈbɪznəs/	A business is an organization which produces or sells goods or provides a service.	File 9	Vocabulary Banks - Business
the CEO (= chief executive officer) <i>n</i>	/si: i:'əʊ/	The CEO is the head of a company.	File 9	Vocabulary Banks - Business
chain <i>n</i>	/tʃeɪn/	A chain is a group of shops, hotels, etc. owned by the same person or company.	File 9	Vocabulary Banks - Business
client <i>n</i>	/ˈkliənt/	A client receives a service from a professional person.	File 9	Vocabulary Banks - Business
close down <i>v</i>	/kloʊz daʊn/	Many companies close down in a recession.	File 9	Vocabulary Banks - Business
colleague <i>n</i>	/ˈkɒli:ɡ/	A colleague is a person who works with you.	File 9	Vocabulary Banks - Business
company <i>n</i>	/ˈkʌmpəni/	What company do you work for?	File 9	Vocabulary Banks - Business
customer <i>n</i>	/ˈkʌstəmə/	A customer is someone who buys goods or services.	File 9	Vocabulary Banks - Business
do a deal (= business agreement)	/du: ə di:l/	I want to do a deal on a new car.	File 9	Vocabulary Banks - Business
do a job	/du: ə dʒɒb/	Do a job well and you'll get promoted.	File 9	Vocabulary Banks - Business
do badly	/du: 'bædli/	If you do badly will you lose your job?	File 9	Vocabulary Banks - Business
do business (with)	/du: 'bɪznəs/	Many companies do business in a variety of countries.	File 9	Vocabulary Banks - Business
do market research	/du: ˌmɑ:kɪt rɪ'sɜ:ʃ/	Many companies do market research to find out more about their customers.	File 9	Vocabulary Banks - Business
do well	/du: wel/	If I do well I might make more money.	File 9	Vocabulary Banks - Business
drop <i>v</i>	/drɒp/	Standards of living drop in a recession.	File 9	Vocabulary Banks - Business
employee <i>n</i>	/em'plɔɪ'i:/	An employee is a person who works for somebody.	File 9	Vocabulary Banks - Business
expand <i>v</i>	/ɪk'spænd/	The company expanded to open shops in other countries.	File 9	Vocabulary Banks - Business
export <i>v</i>	/ɪk'spɔ:t/	They export the product around the world.	File 9	Vocabulary Banks - Business
firm <i>n</i>	/fɜ:m/	Firm means the same as business.	File 9	Vocabulary Banks - Business
grow <i>v</i>	/grəʊ/	An economic boom is a time when a country's economy grows .	File 9	Vocabulary Banks - Business
head office <i>n</i>	/hed 'ɒfɪs/	The head office is the main office of a company.	File 9	Vocabulary Banks - Business
import <i>v</i>	/ɪm'pɔ:t/	Our country imports most of its oil.	File 9	Vocabulary Banks - Business
improve <i>v</i>	/ɪm'pru:v/	Standards of living improve in an economic boom.	File 9	Vocabulary Banks - Business
increase <i>v</i>	/ɪn'kri:s/	I need to increase my income.	File 9	Vocabulary Banks - Business
launch <i>v</i>	/lɔ:ntʃ/	Nowadays it is quite a risk to launch a new business.	File 9	Vocabulary Banks - Business
make (someone) redundant	/meɪk rɪ'dʌndənt/	When you make someone redundant it's important to manage it effectively.	File 9	Vocabulary Banks - Business
make a decision	/meɪk ə dɪ'sɪʒn/	I have to make a decision before the end of the day.	File 9	Vocabulary Banks - Business
make a loss	/meɪk ə los/	Most businesses make a loss in the first few years.	File 9	Vocabulary Banks - Business
make a profit	/meɪk ə 'prɒfɪt/	I think my business will make a profit this year.	File 9	Vocabulary Banks - Business
make money	/meɪk 'mʌni/	I need to make money quickly.	File 9	Vocabulary Banks - Business
manager <i>n</i>	/ˈmænɪdʒə/	The manager is the person in charge of part of an organization, for example a shop or a branch.	File 9	Vocabulary Banks - Business
manufacture <i>v</i>	/ˈmænjʊ'fæktʃə/	China manufactures many products for the world.	File 9	Vocabulary Banks - Business
market <i>v</i>	/ˈmɑ:kɪt/	Companies often use celebrities to help market their products.	File 9	Vocabulary Banks - Business
merge <i>v</i>	/mɜ:dʒ/	The two companies merged to create one large company.	File 9	Vocabulary Banks - Business
multinational <i>n</i>	/ˌmʌlti'næʃnəl/	A multinational company has offices or factories in many countries.	File 9	Vocabulary Banks - Business
owner <i>n</i>	/əʊnə/	The owner is the person who owns a business.	File 9	Vocabulary Banks - Business
produce <i>v</i>	/prə'dju:s/	Saudi Arabia produces more oil than any other country.	File 9	Vocabulary Banks - Business
recession <i>n</i>	/rɪ'seɪʃn/	In a recession many people worry about their jobs.	File 9	Vocabulary Banks - Business

for <i>prep</i>	/fɔː/	It was probably produced for young men.	File 9	Useful words and phrases
gift <i>n</i>	/ɡɪft/	Small free gifts are often given with big purchases.	File 9	Useful words and phrases
however <i>adv</i>	/haʊ'evə/	I'm going to buy it however expensive it is!	File 9	Useful words and phrases
image <i>n</i>	/'ɪmɪdʒ/	Experts warned of the negative effect these kinds of images might have.	File 9	Useful words and phrases
in order to	/ɪn 'ɔːdə tə/	The photo has been airbrushed in order to make her skin look perfect.	File 9	Useful words and phrases
in spite of	/ɪn spaɪt əv/	In spite of a huge marketing campaign, the product was not successful.	File 9	Useful words and phrases
ingredient <i>n</i>	/ɪn'ɡriːdiənt/	The product's ingredients are on the label.	File 9	Useful words and phrases
must-have <i>n</i>	/məst'hæv/	Everyone wants one of those products. It's a must-have .	File 9	Useful words and phrases
neighbourhood <i>n</i>	/'neɪbəhʊd/	New York has some very dangerous neighbourhoods .	File 9	Useful words and phrases
ordinary <i>adj</i>	/'ɔːdnri/	During the week these men have ordinary jobs and they're model citizens.	File 9	Useful words and phrases
poverty <i>n</i>	/'pɒvəti/	Poverty can be a problem in a city that is growing quickly.	File 9	Useful words and phrases
progress <i>v</i>	/'prɒ'ɡres/	The business is going digital to progress further.	File 9	Useful words and phrases
reasonable <i>adj</i>	/'riːznəbl/	Many reasonable -looking restaurants have very expensive wine lists.	File 9	Useful words and phrases
relatively <i>adv</i>	/'relətɪvli/	There is also relatively low unemployment compared to other big cities in the world.	File 9	Useful words and phrases
satisfactory <i>adj</i>	/'sætɪs'fæktəri/	Our accommodation isn't satisfactory .	File 9	Useful words and phrases
so as to	/səʊ əz tə/	I went to the bank so as to talk to my bank manager.	File 9	Useful words and phrases
so that	/səʊ ðæt/	Dark colours are used so that it makes the product look cool.	File 9	Useful words and phrases
statement <i>n</i>	/'steɪtmənt/	This ruling eventually made it illegal for celebrities to make false statements of fact in advertisements.	File 9	Useful words and phrases
status <i>n</i>	/'stetəs/	Even though Paul Feldman had high status and earned a good salary, he was bored with his job.	File 9	Useful words and phrases
sue <i>v</i>	/suː/	Lauren threatened to sue a blogger who was the first person to publish and comment on the image online.	File 9	Useful words and phrases
trouble <i>n</i>	/'trʌbl/	I got in a lot of trouble at school.	File 9	Useful words and phrases
whatever <i>det, pron</i>	/'wʌt'evə/	Whatever I give her, it's always the wrong thing.	File 9	Useful words and phrases
wherever <i>adv</i>	/'weə'revə/	Please sit wherever you like.	File 9	Useful words and phrases
whichever <i>det, pron</i>	/'wɪtʃ'evə/	I'll go by bus or train, whichever is cheaper.	File 9	Useful words and phrases
whoever <i>pron</i>	/'huː'evə/	There is a prize for whoever can answer the question first.	File 9	Useful words and phrases
agricultural <i>adj</i>	/'ægrɪ'kʌltʃərə/	What agricultural products are produced in your country?	File 9	More words in File 9
bagel <i>n</i>	/'beɪgl/	My daughter likes bagels for breakfast.	File 9	More words in File 9
battle <i>n</i>	/'bætl/	So began an epic legal battle which the FTC ultimately lost.	File 9	More words in File 9
construct <i>v</i>	/'kɒn'strʌkt/	There are even driving schools constructed on top of buildings.	File 9	More words in File 9
contrast <i>n</i>	/'kɒntrɑːst/	As a complete contrast to Tokyo, Marr takes us to Mexico City, a colourful and vibrant city of about 20 million people.	File 9	More words in File 9
divide <i>n</i>	/'dɪvaɪd/	There is a huge social divide . On one hillside we see massive, luxurious houses and on the next hill, slums.	File 9	More words in File 9
entire <i>adj</i>	/'ɪn'taɪə/	By the end of the century three-quarters of the entire planet will be urban.	File 9	More words in File 9
harbour <i>n</i>	/'hɑːbə/	They went down to the harbour to see if they had fresh fish.	File 9	More words in File 9
helicopter <i>n</i>	/'helɪkɒptə/	As Marr flew over Tokyo in a helicopter he saw football pitches and playgrounds on top of buildings.	File 9	More words in File 9
incident <i>n</i>	/'ɪnsɪdənt/	The incident made him leave his job.	File 9	More words in File 9
intact <i>adj</i>	/'ɪn'tækt/	These walls are amazing – they're completely intact even after the war.	File 9	More words in File 9
Islamic <i>adj</i>	/'ɪz'læmɪk/	The Museum of Islamic Art has a whole lot of pieces from Muslim times.	File 9	More words in File 9
leftovers <i>n pl</i>	/'leftəʊvəz/	I usually eat the leftovers from dinner for lunch the next day.	File 9	More words in File 9
massive <i>adj</i>	/'mæsɪv/	On one hillside we see massive , luxurious houses and on the next hill, slums.	File 9	More words in File 9
Muslim <i>adj</i>	/'mʌzliəm/	A mosque is where Muslim people go to worship.	File 9	More words in File 9
policy <i>n</i>	/'pɒləsi/	The manager called a meeting so as to explain the new policy .	File 9	More words in File 9
proportion <i>n</i>	/'prɒpɔːʃn/	The biggest proportion of people eat cereal for breakfast.	File 9	More words in File 9
refund <i>n</i>	/'riːfʌnd/	Sorry, we don't give refunds . You can't get your money back.	File 9	More words in File 9
reinforced <i>adj</i>	/'riːɪn'fɔːs/	There are boutiques which sell tops that look normal but are in fact bulletproof, made of reinforced Kevlar.	File 9	More words in File 9
slum <i>n</i>	/'slʌm/	Millions of people live in slums without basic facilities.	File 9	More words in File 9
subscription <i>n</i>	/'sʌb'skrɪpʃn/	I have a subscription to the magazine.	File 9	More words in File 9
unintentionally <i>adv</i>	/'ʌnɪn'tenʃənəli/	I'm sorry I offended you. I did it unintentionally .	File 9	More words in File 9
unthinkable <i>adj</i>	/'ʌn'θɪŋkəbl/	The idea of late trains is almost unthinkable .	File 9	More words in File 9
vibrant <i>adj</i>	/'vaɪbrənt/	Mexico City is a colourful and vibrant city where people live their lives in the street.	File 9	More words in File 9
acceptable <i>adj</i>	/'æk'septəbl/	Do you think it is acceptable for animals to be used in experiments?	File 10	Useful words and phrases
acid <i>n</i>	/'æstɪd/	A diamond can be destroyed by either intense heat or acid .	File 10	Useful words and phrases
air <i>n</i>	/eə/	When we breathe out, some of that air is oxygen.	File 10	Useful words and phrases
anaesthetic <i>n</i>	/'ænes'θetɪk/	I was given an anaesthetic before my operation.	File 10	Useful words and phrases
beforehand <i>adv</i>	/'bɪ'fɔːhænd/	I intended it as a surprise so I didn't say anything beforehand .	File 10	Useful words and phrases
biologist <i>n</i>	/'baɪ'ɒlədʒɪst/	A biologist studies the structure of living organisms.	File 10	Useful words and phrases
bits and pieces	/'bɪts ən piːsɪz/	I didn't buy much, just a few bits and pieces .	File 10	Useful words and phrases
blood transfusion <i>n</i>	/'blʌd træn'sfjuːʒn/	After she lost a lot of blood the doctors performed a blood transfusion .	File 10	Useful words and phrases
clinical trial <i>n</i>	/'kɪlɪnɪk 'traɪəl/	People can volunteer to be guinea pigs in clinical trials .	File 10	Useful words and phrases
disabled <i>adj</i>	/'dɪs'etɪbl/	He contracted polio at the age of 51 which left him disabled .	File 10	Useful words and phrases

discovery <i>n</i>	/di'skʌveri/	Archimedes made an important discovery in his bath.	File 10	Useful words and phrases
donor <i>n</i>	/'dəʊnə/	Hospitals need donors to give blood for operations.	File 10	Useful words and phrases
gas <i>n</i>	/gæs/	Helium gas can be found in both liquid and solid form.	File 10	Useful words and phrases
geneticist <i>n</i>	/dʒə'netɪsɪst/	A geneticist is a scientist who studies genetics.	File 10	Useful words and phrases
give and take	/gɪv ən teɪk/	Every relationship needs a bit of give and take .	File 10	Useful words and phrases
ideal <i>n</i>	/'aɪdi:əl/	I have cherished the ideal of a democratic and free society.	File 10	Useful words and phrases
imprison <i>v</i>	/'ɪm'prɪzn/	Several suffragettes had been imprisoned for attacking policeman.	File 10	Useful words and phrases
inhale <i>v</i>	/'ɪn'heɪl/	To prove its safety he inhaled its vapour for a minute.	File 10	Useful words and phrases
issue <i>n</i>	/'ɪʃu:/	It's important to know about sensitive local issues .	File 10	Useful words and phrases
laboratory <i>n</i>	/'leɪbərətɪ/	Scientists carry out experiments in a laboratory .	File 10	Useful words and phrases
law and order	/'lɔ: ən ɔ:də/	The army were called in to restore law and order .	File 10	Useful words and phrases
leap <i>n</i>	/'li:p/	That's one small step for a man, one giant leap for mankind.	File 10	Useful words and phrases
malaria <i>n</i>	/'mæ'leəriə/	He got malaria after he was bitten by a mosquito.	File 10	Useful words and phrases
mankind <i>n</i>	/'mænkaind/	Shamanism is the oldest healing method of mankind .	File 10	Useful words and phrases
now and again	/'nəʊ ən ə'geɪn/	I've been having headaches now and again .	File 10	Useful words and phrases
nuclear <i>adj</i>	/'nju:klɪə/	Nuclear power is one of the main sources of energy in some countries.	File 10	Useful words and phrases
physicist <i>n</i>	/'fɪzɪsɪst/	A physicist is a scientist who studies physics.	File 10	Useful words and phrases
polio <i>n</i>	/'pəʊliəʊ/	He contracted polio at the age of 51 which left him disabled.	File 10	Useful words and phrases
radiation <i>n</i>	/'reɪdɪ'eɪʃn/	Nuclear power is associated with exposure to radiation .	File 10	Useful words and phrases
rope <i>n</i>	/'rəʊp/	His invention caused his death when he was strangled by the ropes .	File 10	Useful words and phrases
safe and sound	/'seɪf ən saʊnd/	Despite flying through a storm we arrived safe and sound .	File 10	Useful words and phrases
sick and tired	/'sɪk ən 'taɪəd/	I'm sick and tired of hearing you complain.	File 10	Useful words and phrases
side effect <i>n</i>	/'saɪd ɪ'fekt/	Scientists have to do lots of research into the possible side effects of new drugs.	File 10	Useful words and phrases
solid <i>adj</i>	/'sɒlɪd/	Helium gas can be found in both liquid and solid form.	File 10	Useful words and phrases
strangle <i>v</i>	/'stræŋgl/	His invention caused his death when he was strangled by the ropes.	File 10	Useful words and phrases
tuberculosis <i>n</i>	/'tju: bə:kju'laʊsɪs/	Tuberculosis is a serious infectious disease that affects the lungs.	File 10	Useful words and phrases
ups and downs	/'ʌps ən daʊnz/	We've had our ups and downs , but now we get on really well.	File 10	Useful words and phrases
wait and see	/'weɪt ən si:/	You'll have to wait and see what's for lunch.	File 10	Useful words and phrases
activist <i>n</i>	/'æktɪvɪst/	Nelson Mandela spent 27 years in jail for being an activist in the fight against apartheid.	File 10	More words in File 10
additive <i>n</i>	/'ædətɪv/	There were several deaths from lead poisoning at the factory where the additive was produced.	File 10	More words in File 10
all <i>det</i>	/'ɔ:l/	All fruit contains sugar.	File 10	More words in File 10
all (of) the <i>pron</i>	/'ɔ:l ðə/	I work hard all of the week.	File 10	More words in File 10
any <i>det, pron</i>	/'eni/	Come any weekend!	File 10	More words in File 10
apartheid <i>n</i>	/'ə'pɑ:teɪt/	Apartheid in South Africa gave white people more rights than others.	File 10	More words in File 10
astronaut <i>n</i>	/'æstrə'nɔ:t/	Before Neil Armstrong became an astronaut he worked for the navy.	File 10	More words in File 10
autograph <i>n</i>	/'ɔ:təgrɑ:f/	Many people collect autographs of famous people.	File 10	More words in File 10
barber <i>n</i>	/'bɑ:bə/	I get my hair cut by the same barber as my brother.	File 10	More words in File 10
bumpy <i>adj</i>	/'bʌmpi/	He had a bumpy start to his career and was fired from many jobs.	File 10	More words in File 10
cosmetics <i>n pl</i>	/'kɒz'metɪks/	Does it make a difference if the experiments are for medical research or for cosmetics testing?	File 10	More words in File 10
council <i>n</i>	/'kaʊnsəl/	People are complaining because the council have refused to build a new hospital.	File 10	More words in File 10
defend <i>v</i>	/'dɪ'fend/	We shall defend our island, whatever the cost may be.	File 10	More words in File 10
democratic <i>adj</i>	/'demə'krætɪk/	I have cherished the ideal of a democratic and free society in which all persons live together in harmony.	File 10	More words in File 10
desert <i>n</i>	/'dezət/	Two passengers made the pilot land in the desert .	File 10	More words in File 10
diamond <i>n</i>	/'daɪəmənd/	A diamond can be destroyed by either intense heat or acid.	File 10	More words in File 10
distracting <i>adj</i>	/'dɪ'stræktɪŋ/	There were too many distracting graphics. I couldn't concentrate.	File 10	More words in File 10
either <i>det, pron</i>	/'aɪðə/	Marie Curie wanted to study either physics or mathematics.	File 10	More words in File 10
electron <i>n</i>	/'ɪ'lektrɒn/	In direct current, the electrons move only in one direction.	File 10	More words in File 10
every <i>det</i>	/'evrɪ/	Every door was closed.	File 10	More words in File 10
everybody <i>pron</i>	/'evrɪbɒdi/	Everybody arrived on time.	File 10	More words in File 10
everything <i>pron</i>	/'evrɪθɪŋ/	Everything is expensive.	File 10	More words in File 10
exquisitely <i>adv</i>	/'ɪk'skwɪzɪtli/	We live in a society exquisitely dependent on science and technology.	File 10	More words in File 10
flow <i>v</i>	/'fləʊ/	The River Danube flows into the Black Sea.	File 10	More words in File 10
harmony <i>n</i>	/'hɑ:məni/	I have cherished the ideal of a democratic and free society in which all persons live together in harmony .	File 10	More words in File 10
intolerable <i>adj</i>	/'ɪn'tɒlərəbl/	It is only people who feel an intolerable sense of oppression who would adopt a means of that kind.	File 10	More words in File 10
invalid <i>n</i>	/'ɪnvəlɪd/	The accident left him an invalid for the last two decades of his life.	File 10	More words in File 10
invasion <i>n</i>	/'ɪn'veɪʒn/	A German invasion of Britain was expected at any moment in 1940.	File 10	More words in File 10
lawsuit <i>n</i>	/'lɔ:su:t/	He filed a lawsuit against his record company.	File 10	More words in File 10
lead <i>n</i>	/'led/	Lead was added to petrol to make car engines less noisy.	File 10	More words in File 10
lightning <i>n</i>	/'laɪtnɪŋ/	The tree was hit by lightning in the storm.	File 10	More words in File 10
means <i>n pl</i>	/'mi:nz/	He tries to get what he wants by any means .	File 10	More words in File 10
most of <i>pron</i>	/'məʊst ɒv/	She's right most of the time.	File 10	More words in File 10
myth <i>n</i>	/'mɪθ/	Do you know any other things that some people think are scientific facts, but are really myths ?	File 10	More words in File 10
navy <i>n</i>	/'neɪvɪ/	Many countries have an army, air force, and navy .	File 10	More words in File 10

neither *det, pron*
nitrogen *n*
none *pron*
obstacle *n*
railing *n*

resist *v*
stamina *n*
suffragette *n*
surrender *v*
toxic *adj*
vapour *n*
various *adj*
volcano *n*

/ˈnaɪðə/
/ˈnaɪtrədʒən/
/nʌn/
/ˈɒbstəkl/
/ˈreɪlɪŋ/

/rɪˈzɪst/
/ˈstæmɪnə/
/ˌsʌfrəˈdʒet/
/səˈrendə/
/ˈtɒksɪk/
/ˈveɪpə/
/ˈveəriəs/
/vɒlˈkeɪnəʊ/

Neither Pierre nor Marie were aware of the dangers of radiation.
During this time he also permanently damaged his eyes in a **nitrogen** trichloride explosion.
Is there any food? No, **none** .
We will never give up, no matter what **obstacles** stand in our way.
They were imprisoned for chaining themselves to **railings** outside the Prime Minister's house in London.
However long it takes, we will **resist** the enemy and we will never give up.
My brother has neither the energy nor the **stamina** to run a marathon.
Emmeline Pankhurst was the leader of the **suffragette** movement in 1913.
We shall fight in the fields and in the streets, we shall fight in the hills; we shall never **surrender** .
Toxic substances cause damage to the environment.
He inhaled its **vapour** for a minute.
He had **various** jobs before becoming a chemist.
Mount Vesuvius is a **volcano** in south west Italy.

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