

# 1 CITIES

## STUDENT'S BOOK PAGES 6–7

### **affluent** /'æflu:ənt/ Adjective

if someone is *affluent*, they have a lot of money and are able to live comfortably. If a district is *affluent*, it has expensive houses and shops that sell good quality items, and the people who live there are quite rich

Collocates: an affluent suburb/neighbourhood/area | an affluent lifestyle | an affluent family

*an affluent district in the west of the city | most towns have private schools for the children of affluent families*

Noun: *affluence*

*the family lived in relative affluence*

#### • **ric / opulent**

### **chaotic** /keɪ'ɒtɪk/ Adjective

a *chaotic* situation is one in which lots of things are happening at the same time and in a very confused and disorganised way

*the city is busy, chaotic, and noisy | conditions at the airport were chaotic, with travellers sleeping on the floor for a second night | it was difficult to stay calm in such a chaotic situation*

Adverb: *chaotically* | Noun: *chaos*

Collocates: in chaos | chaos reigns

*the station was chaotically busy on Friday evening | the meeting ended in chaos*

#### • **caòtic**

### **compact** /'kɒmpækt/ Adjective

if something is *compact*, it is small and does not take up much space

*the flat is nice and compact, so it's easy to keep clean | a compact car | PDF files are very compact, so they download quickly*

#### • **compacte**

### **congested** /kən'dʒestɪd/ Adjective

roads that are *congested* have a lot of traffic on them, so everybody moves very slowly

*the congested streets of Bangkok | Oxford's roads are congested, polluted and dangerous | plan your journey in advance to avoid congested areas*

Noun: *congestion*

Collocates: ease congestion | avoid congestion | traffic congestion | heavy congestion

*the government brought in controls on car use to try and ease congestion*

#### • **congestionat**

### **run-down** /ˌrʌn 'daʊn/ Adjective

if a place is *run-down*, it is in a bad condition because no one has been looking after it for a while

*the city centre seems very run-down | it's a bit more run-down where I live, but at least it's more lively | a run-down restaurant near the station*

#### • **descuidat**

### **secure** /sɪ'kjʊə(r)/ Adjective

something that is *secure* is safe and is not going to change or be taken away from you. If you feel *secure*, you are not worried and do not think that anything bad is going to happen

*a child should always feel safe and secure in the home | her financial position was relatively secure | the hotel offers secure parking (a car park that is protected from thieves)*

Noun: *security* | Adverb: *securely* || Opposites – Adjective: *insecure* | Noun: *insecurity*

*the company takes the security of its computer system very seriously | the front door was securely locked | as their feeling of insecurity increased when the lights all went out*

#### • **segur**

### **spotless** /'spɒtləs/ Adjective

something that is *spotless* is very clean

*the hotel room was absolutely spotless | he was wearing a spotless white suit*

Adverb: *spotlessly*

Collocates: spotlessly clean

*her shirt was old but spotlessly clean*

#### • **impecable**

### **sprawling** /'sprɔːlɪŋ/ Adjective

a *sprawling* place or building spreads out over a large area in an untidy or uncontrolled way

*the sprawling suburbs of the capital city | the sprawling Cairo district of Nasr City | the college moved to a sprawling campus on the outskirts of Chennai*

Noun: *sprawl* | Verb: *sprawl*

Collocates: urban sprawl

*the city has seen population growth and considerable urban sprawl | the city sprawls out over 43 square miles*

#### • **en creixement**

**vibrant** /ˈvaɪbrənt/ Adjective

a *vibrant* place is one where lots of exciting and interesting things are always happening. People who are *vibrant* have a lot of energy and are always doing interesting things

Collocates: vibrant nightlife | a vibrant city

*a lively city with a vibrant nightlife | a young, vibrant and dynamic company | the children ran around all afternoon, vibrant and full of life*

- **vibrant**

**well-run** /ˌwel ˈrʌn/ Adjective

something that is *well-run* is properly organised

*we stayed in a very well-run hotel in the city centre | a well-run factory that provides jobs for local people*

- **ben portat / ben gestionat**

## STUDENT'S BOOK PAGES 8–9

**buzz** /bʌz/ Noun

if a place has a *buzz*, lots of exciting and interesting things happen there. A *buzz* is also the feeling of excitement and happiness that you get from doing something exciting

Collocates: a real buzz | a buzz about something

*it's expensive to live there, but London has a real buzz | I get a real buzz every time I step onto the stage (start performing in public)*

Verb: *buzz* | Adjective: *buzzing*

*the club was still buzzing at 3 in the morning | in the 1960s, London was the crazy, buzzing capital of fashion*

- **rebombori / plaer**

**choke** /tʃəʊk/ Verb

if you *choke*, you have a lot of difficulty breathing because you cannot get air into your lungs easily

Collocates: choke on something | choke to death

*the smog here is awful – you have to wear a mask or you'd choke on the fumes | Isabel nearly choked on a piece of meat | he lay in bed, coughing and choking*

- **ennuegar-se**

**condemned** /kənˈdemd/ Adjective

a *condemned* building is in a very bad and dangerous condition, and the authorities have decided it must be pulled down

*a condemned cement factory | he lived for a few months in a condemned block of flats*

Verb: *condemn*

*these buildings should all be condemned and rebuilt*

- **declarant en estat de ruïna**

**conspicuous consumption** /kənˌspɪkjʊəs kənˈsʌmpʃ(ə)n/

Noun uncount

*conspicuous consumption* involves buying a lot of expensive and often unnecessary things in order to impress people and show them you are rich

*there's a lot of conspicuous consumption with people showing off their wealth | conspicuous consumption used to be regarded as acceptable behaviour but nowadays most people don't approve of it*

- **consum ostentós**

**crawl** /krɔːl/ Verb

when cars, buses, and lorries are *crawling*, they are moving very slowly because there is a lot of traffic. When people *crawl*, they move slowly along the ground on their hands and knees

*the traffic is terrible and the cars just crawl along most of the time | we spent over an hour in the taxi crawling along – we should have walked | babies learn to crawl at about six months old*

Noun: *crawl*

Collocates: at a crawl

*traffic was moving at a crawl (very slowly) through the Blackwall Tunnel*

- **avançar lentament**

**fume** /fjuːm/ Noun

*fumes* are gases and smoke from fires, burning chemicals, car engines, etc., that are unhealthy and unpleasant to breathe, and that can make people ill

Collocates: toxic/poisonous fumes | petrol/diesel/exhaust/traffic fumes

*chemicals which give off nasty fumes | a cloud of toxic fumes*

- **fum**

**insane** /ɪnˈseɪn/ Adjective

someone who is *insane* has a very serious mental illness which means they do not behave in a normal way. In informal English, if you refer to a person as *insane*, you mean they are wild or foolish, and if you refer to a situation or behaviour as *insane*, you mean that it is very extreme or dangerous

*the way people drive here is insane | the bureaucracy is enough to drive you insane | no person who is insane may give evidence in court*

Adverb: *insanely* | Noun: *insanity* || Opposite –

Adjective: *sane*

*Game of Thrones was an insanely popular series (extremely popular) | he was found not guilty on the grounds of temporary insanity*

- **boig**

**litter** /'lɪtə(r)/ Noun uncount

*litter* is rubbish that is dropped in public places and which makes those places look untidy

Collocates: litter bin | drop litter

*the streets are covered in litter | clear up all the litter in the park*

Verb: *litter*

*broken bottles littered the beach | the entrance to the station was littered with fast food containers*

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• **escombraries**

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**mugging** /'mʌɡɪŋ/ Noun

a *mugging* is an attack on someone in the street in order to steal from them

*there have been a lot of muggings and shootings recently | he suffered a broken arm during the mugging*

Verb: *mug* | Noun: *mugger*

*he was mugged on his way home from work | the mugger dropped the wallet as he ran off*

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• **atracament**

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**scene** /si:n/ Noun

a particular *scene* is the activity and people involved in it

Collocates: a music/arts/drug/club, etc. scene

*he'd been involved in the drug scene in San Francisco in the 1960s | Tehran's art scene is growing fast*

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• **escena**

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**show off** /ʃəʊ 'ɒf/ Phrasal verb

if someone is *showing off*, they are trying to impress people by talking about their achievements or possessions in a very annoying way

*there's a lot of conspicuous consumption, with people showing off their wealth | he was eager to show off his new car | oh, stop showing off!*

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• **mostrar ostentament**

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**slum** /slʌm/ Noun

a *slum* is an area of houses that are in very bad condition, and that are lived in by people who have little or no money and no opportunity to move away

*the area is a slum, and the buildings should be pulled down and rebuilt | factory workers lived in slums on the edge of the central area*

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• **zona de barraques**

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**spring up** /ˌsprɪŋ 'ʌp/ Phrasal verb

if something *springs up*, it suddenly starts to exist somewhere

*new luxury hotels are springing up everywhere | several more airports have sprung up across the country | a large town had sprung up around the gold mines*

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• **aparèixer / sorgir**

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**trace** /treɪs/ Noun

a *trace* of something is a very small amount of it, or a sign that shows it had existed or been somewhere

Collocates: a trace of something | without trace

*there's not a trace of litter or chewing gum on the pavements | the air we breathe contains traces of carbon*

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• **restes**

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**STUDENT'S BOOK PAGES 10–11****armed** /ɑː(r)md/ Adjective

arms are weapons such as guns. If someone is *armed*, they are carrying guns or have guns available. *Armed* robbery, conflict, struggle, etc. is a robbery, conflict, struggle that involves people using guns

Collocates: heavily armed | armed robbery/conflict

*crowds throwing bottles confronted armed police in the main square | in June, armed conflict broke out between the two states | three heavily armed warships*

Opposite – Adjective: *unarmed*

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• **armat**

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**bring in** /ˌbrɪŋ 'ɪn/ Phrasal verb

to *bring in* a new law or rule means to introduce it officially

*the government brought in restrictions on car use | the new rules were brought in to improve safety in the factory*

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• **implantar**

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**credit** /'kredɪt/ Verb

if you *credit* something to something else, you mean that the first thing succeeded because of the second thing. If someone is *credited* with something good, they were responsible for its success

Collocates: credit something to someone or something

*the mayor's new policy was credited with reversing the trend | she credited her success to the team who supported her throughout the campaign*

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• **atribuir**

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**demolish** /dɪ'mɒlɪʃ/ Verb

to *demolish* a building means to destroy it completely, for example because it is old and no longer safe or because you are going to put a new building there. *Demolish* is a formal word; in ordinary spoken English, people usually say *knock down*

*they demolished the old cinema last week | the old school is going to be demolished | most of the remaining buildings were demolished in 2010*

Noun: *demolition*

Collocates: the demolition of something

*the factory continued making cars until its closure and demolition in 1997*

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• **enderrocar**

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**downturn** /ˈdaʊn,tɜː(r)n/ Noun

a *downturn* is a serious reduction in economic activity which can lead to businesses failing and people losing their jobs

Collocates: an economic downturn | a global downturn  
*the city was hit by an economic downturn | the Australian economy recorded 20 years of uninterrupted growth despite two global downturns*

• *crisi*

**ease** /iːz/ Verb

if something bad *eases* or if you *ease* it, it becomes less severe, dangerous, or unwelcome

*the pain was beginning to ease | when the storm eased, we were able to continue our journey | his financial situation eased after he got a new and better-paid job*

• *minvar*

**flourish** /ˈflaʊrɪʃ/ Verb

to *flourish* means to be very successful over a period of time  
*businesses are springing up and flourishing | the coal industry flourished in Victorian times | throughout the 1970s her career flourished*

Adjective: *flourishing*

*a flourishing city with a vibrant nightlife*

• *prosperar*

**halt** /hɔːlt/ Verb

if you *halt* something or if it *halts*, it stops happening or developing. *Halt* is a formal word. In ordinary spoken English, people usually say *stop*

*they are to receive funding to halt the decline that has taken place over a number of years | progress on the new building was halted by storms that lasted over a week | production at the factory halted while the accident was investigated*

Noun: *halt*

Collocates: come to a halt | call a halt (to something) | put a halt to something

*the train came to a sudden halt*

• *aturar*

**house** /haʊz/ Verb

to *house* something means to be the building where that thing is or where it operates from. To *house* people means to provide them with somewhere to live. To *re-house* people means to provide them with a new home after their original home is destroyed or no longer available for them to live in  
*the building now houses offices, classrooms and seminar rooms | we were offered a flat that could house up to six people | social housing was created to temporarily house those in need*

Noun: *housing*

• *allotjar*

**impose** /ɪmˈpəʊz/ Verb

to *impose* a law, rule, or restriction means to introduce it officially and make people accept it, even if they do not want to

Collocates: impose something on someone | impose a fine/punishment/penalty | impose a condition/deadline/limit/restriction | impose a ban

*the government has imposed restrictions on car use | it's difficult to impose controls on internet use | there can be no justification for imposing limits on the amounts that can be spent*

Noun: *imposition*

Collocates: the imposition of something (on someone or something)

*the imposition of import controls*

• *imposar*

**inhabitant** /ɪnˈhæbɪtənt/ Noun

the *inhabitants* of a place are the people who live there

*the old slums were demolished and the inhabitants were re-housed | the city has around 200,000 inhabitants*

Verb: *inhabit*

*the area is inhabited by about 20,000 people*

• *habitant*

**initiate** /ɪˈnɪʃieɪt/ Verb

if you *initiate* a process, you officially start it

Collocates: initiate a discussion/negotiation/debate | initiate an inquiry/investigation | initiate a process

*Alexander initiated substantial reforms in education | he has initiated legal proceedings against his neighbour (he has started a court case to solve a disagreement)*

Noun: *initiation*

Collocates: the initiation of something

*last year saw the initiation of a programme of reforms*

• *iniciar*

**inward** /ˈɪnwə(r)d/ Adjective

*inward* actions or movements are directed towards the centre of something. *Inward* investment is investment made in one country by people and companies from other countries

Collocates: inward investment | inward migration

*the city has managed to attract a lot of inward investment | over that period, inward migration to the UK fell by 42,000 to 536,00 | up to 100 jobs will be created in the town by a new inward investor*

• *intern*

**knock down** /ˌnɒk 'daʊn/ Phrasal verb

to *knock down* a building means to destroy it completely, for example because it is old and no longer safe or because you are going to put a new building there. *Knock down* is used in informal and spoken English; a more formal word is *demolish*

*they thought the Eiffel Tower was so ugly it should be knocked down | they're knocking down some of the old high-rise blocks | I think it's time they knocked it down*

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- **enderrocar**

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**neglected** /nɪ'glektɪd/ Adjective

if someone or something is *neglected*, they have not been looked after properly and are not in a good condition

*the whole area has become neglected and needs rebuilding | a wild and neglected garden that she had brought back to life | the shed was in such a neglected state that it had to be pulled down*

Verb: *neglect*

*the farmer was accused of cruelly neglecting his horses*

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- **abandonat**

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**pour into** /ˌpɔː(r) 'ɪntuː/ Phrasal verb

if you *pour money into* an activity or organisation, you spend a large amount of money on it over a period of time in order to try and make it as successful as possible

*the government poured £3 billion into the new rail network | they've been pouring money into education, building new schools and libraries*

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- **invertir**

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**reverse** /rɪ'vɜː(r)s/ Verb

to *reverse* something means to change it to the opposite

*the mayor's new policy was credited with reversing the trend | the High Court reversed the decision | attempts were made to reverse the ban on hunting*

Noun: *reversal*

Collocates: a reversal of something

*the 20th century saw a reversal of that trend*

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- **canviar el sentit**

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**secure** /sɪ'kjʊə(r)/ Verb

if you *secure* something, you succeed in getting it after a long process of trying

Collocates: secure a contract/deal | secure funding

*the council has managed to secure EU funding for the project | she helped in securing his release from prison | 90% of our students secured permanent jobs within three months of graduating*

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- **garantir / assegurar**

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**set out** /ˌset 'aʊt/ Phrasal verb

to *set out* a plan or proposal means to provide details about it so that people can understand what it is about

*the mayor set out an ambitious plan to develop the city centre | a mission statement is a sentence which sets out why an organisation exists | full details are set out in chapter 2*

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- **establir**

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**soar** /sɔː(r)/ Verb

if the rate or level of something *soars*, it increases very quickly and by a large amount

Collocates: prices soar | unemployment/inflation soars  
*the crime rate had soared in the 1980s | factories closed and unemployment soared | inflation looks set to soar in the coming months*

Adjective: *soaring*

Collocates: soaring prices/inflation

*soaring levels of student debt*

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- **elevant-se**

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**undergo** /ˌʌndə(r)'gəʊ/ Verb

if you *undergo* something necessary or unpleasant, you experience it or it happens to you

*the city has undergone huge changes in recent years | you might need to undergo surgery | the port is currently undergoing a programme of expansion and rebuilding*

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- **patir**

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**STUDENT'S BOOK PAGES 12–13****brim** /brɪm/ Noun

the *brim* of a container is its top edge. If you say that something is *full to the brim*, you mean it is very full and there is no room for anything else

Collocates: full to the brim

*her trolley was almost full to the brim | she left bright red lipstick on the brim of the glass*

Verb: *brim* | Adjective: *brimful*

Collocates: brimful of something

*a cup brimming with hot tea | he brought in a bowl brimful of fruit salad*

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- **vora**

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**calm** /kɑːm/ Verb

if you *calm* people who are worried about something, you say something or do something that reassures them and stops them worrying

*they needed to calm public fears | he found that listening to music helped to calm his anxiety*

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- **tranquil·litzar**

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**compel** /kəm'pel/ Verb

to *compel* someone to do something means to force them to do it, even if they do not want to

Collocates: compel someone to do something

*the police felt compelled to issue an official statement to calm public fears | her sense of duty compelled her to report the missing money to her boss | the grand jury can compel a witness to appear in court*

Noun: *compulsion* | Adjective: *compelling*

Collocates: a compulsion to do something | a compelling reason

*there is no legal compulsion on you to return the money | the risk of a heart attack was a compelling reason for him to try a healthier lifestyle*

• **obligar**

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**deed** /di:d/ Noun

a *deed* is an action or something that someone does.

People usually use the word *deed* when they are making a judgement about whether something was a good or bad action

Collocates: a good/bad deed

*he felt like he'd done his good deed for the day | the whole world was inspired by Mandela – by both his words and deeds*

• **acte**

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**drug** /drʌg/ Verb

to *drug* someone means to give them a drug without their knowing about it so that they will be sleepy or unconscious. To *drug* their drink means to put a drug into something that they will drink

*the gang was planning to drug visitors to the city | investigators believe he drugged his victims before taking them to the beach house | he was so heavily drugged he didn't regain consciousness for another ten hours*

• **drogar**

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**emerge** /ɪ'mɜ:(r)dʒ/ Verb

if something *emerges* it becomes visible or known about after having been hidden or unknown

*the truth will emerge eventually | "Mindfulness" has recently emerged as a multi-billion dollar industry | more details have emerged about the new iPhone*

Noun: *emergence*

Collocates: the emergence of something

*the 1960s saw the emergence of a new popular culture*

• **aparèixer**

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**entitled** /ɪn'taɪt(ə)ld/ Adjective

if a book, piece of music, play, etc. is *entitled* something, that is its name

*an email entitled "Travellers beware" went viral | a short film entitled "How to Change a Light Bulb"*

Verb: *entitle*

*she published a collection of poems which she entitled "Verses for a Summer Evening"*

• **titulat**

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**fate** /feɪt/ Noun

if you talk about someone's *fate*, you are talking about what is going to happen to them in the future, usually something unpleasant

Collocates: decide someone's fate

*the election will decide his fate as a politician | will we suffer the same fate as the dinosaurs and become extinct?*

• **destí**

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**freak out** /,fri:k 'aʊt/ Phrasal verb

if you *freak out*, or if something *freaks* you out, you become very worried or frightened by something strange or unusual that you cannot explain and don't understand

*he was getting a bit freaked out by her staring at him | I'm still freaking out at the thought of having to give a speech at my brother's wedding | whatever was freaking him out, he didn't like it and wanted it to stop*

• **al·lucinar / atabalar-se**

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**grip** /grɪp/ Verb

if a story or event *grips* you, you are very interested in it and can't stop paying attention to it

Collocates: be gripped by something

*Guatemala was gripped by stories about Americans kidnapping local children | we were all gripped by the TV reports from Kyiv*

Adjective: *gripping*

*it was a gripping read*

• **enganxar**

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**harvest** /'hɑ:(r)vɪst/ Verb

to *harvest* crops means to collect them from the fields where they have been growing once they are ripe and ready. To *harvest* cells or organs from someone's body means to collect them surgically in order to use them for medical purposes

*Guatemala was gripped by stories of Americans kidnapping local children and harvesting their organs | boys were released from school to help the farmers harvest their crops*

• **recol·lectar**

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**raise** /reiz/ Verb

to *raise* something means to tell people about it or make them think about it more

Collocates: raise an issue/question | raise a subject | raise concerns

*a campaign to raise awareness of AIDS (tell people more about it) | the accident has raised concerns about safety regulations | the article raises doubts about the honesty of the chairman*

- plantejar

**spark** /spɑ:(r)k/ Verb

to *spark* something violent or extreme means to cause it to start

*the email sparked hundreds of calls to the police department | what sparked this explosion of anger? | the announcement has sparked widespread demonstrations*

Noun: *spark*

*the assassination of Crown Prince Ferdinand in Sarajevo was the spark that led to the First World War*

- desencadenar

**surgically** /'sɜ:(r)dʒɪkli/ Adverb

if a medical operation is done *surgically*, it is done by a doctor who cuts into someone's body in order to repair it or take something out

*the finger was so badly damaged it had to be surgically removed | doctors surgically repaired his left knee*

Adjective: *surgical* | Noun: *surgery*

*nephrectomy is the medical term that means surgical removal of a kidney | he underwent heart surgery in a five-hour operation*

- quirúrgicament

**thrilled** /θrɪld/ Adjective

if you are *thrilled*, you are extremely happy and excited about something

*the woman was really thrilled to get the concert tickets | he'll be thrilled when he hears we're going to New York for the weekend | I was thrilled to bits (very thrilled) when I came first in the poetry competition*

Adjective: *thrilling* | Verb: *thrill* | Adverb: *thrillingly*

*a thrilling tale of adventure in the Canadian wilderness | John thrilled everyone with his skill and artistry | the game ended thrillingly with a last-minute goal for Spurs*

- emocionat

**trial** /'traɪəl/ Noun

a *trial* is a process during which a court of law discusses a crime and decides whether an accused person is guilty or not

Collocates: be on trial

*the trial began with the opening statement from the prosecution (the lawyers who think the accused person is guilty) | Watkins was caught and put on trial*

- judici

**wave** /weɪv/ Noun

a *wave* of something unpleasant or unwanted is a large amount of it that appears suddenly

Collocates: a wave of something

*the proposal sparked a wave of protests across the country | a wave of disappointment came over him*

- onada

**BINOMIALS****every now and then**

if something happens *every now and then* or *every now and again*, it happens occasionally but not very often

*the roof needs repairing, and water comes through every now and then*

**first and foremost**

you use *first and foremost* to emphasise what you think is most important about a place, person, or organisation

*Ronaldo is, first and foremost, a fantastic athlete*

**here and there**

things that are present *here and there* exist in a few different places in an area but not everywhere there

*it's an affluent area, but there are pockets of poverty here and there*

**law and order**

*law and order* is a peaceful state of affairs in which people obey the law

*it's the job of the police to keep law and order*

**long and hard**

if you do something *long and hard*, you put a lot of effort into it over a long period of time

*I thought long and hard about it before making a decision*

**on and off**

something that happens *on and off* or *off and on* doesn't happen all the time, but happens sometimes or for parts of a period of time

*I've been learning Russian now for six years, on and off*

**peace and quiet**

*peace and quiet* is a quiet atmosphere with no loud activity, in contrast to a busy, noisy atmosphere

*all she wanted was some peace and quiet after a long journey on a crowded train*

**rules and regulations**

*rules and regulations* are the rules or laws in a particular place or in a particular organisation. People usually use the term *rules and regulations* when they think there are too many of them and that they are not sensible or helpful

*the city is being ruined by the ever-growing number of rules and regulations*

**sick and tired**

if you are *sick and tired* of something, you really don't like it and think it has been happening for too long

*she was sick and tired of their endless complaining*

# 2 RELATIONSHIPS

## STUDENT'S BOOK PAGES 14–15

### turn out /tʊ:(r)n 'aʊt/ Phrasal verb

if a situation *turns out* to be something, it becomes that thing or happens in that way, even if it was not expected to

*he turned out to be successful after doing very badly at school | the weather forecast wasn't good, but it's turned out nice after all | children never turn out exactly how their parents think they will*

- **resultar**

## STUDENT'S BOOK PAGES 16–17

### approachable /ə'prəʊtʃəb(ə)/ Adjective

if someone in authority is *approachable*, they are friendly and always willing to talk to other people

*he's not the most approachable person | our tutors were young and very approachable | it's important to be open and approachable in this job*

- **proper**

### arrogance /'ærəgəns/ Noun uncount

*arrogance* is proud and unpleasant behaviour in which someone thinks they are a lot more important than other people

Collocates: sheer arrogance

*it was typical youthful arrogance | he had the arrogance to suggest that he was a better singer than Elvis*

Adjective: *arrogant* | Adverb: *arrogantly*

*he came across as rude and arrogant | she arrogantly declared that she didn't need lessons*

- **arrogància**

### back /bæk/ Noun

your *back* is the part of your body that is on the other side from your chest. If you do something *behind someone's back*, you deliberately do it without them knowing about it because you know they would not approve

*you know I'd never go behind your back | they were saying rather unpleasant things behind her back*

- **espatlla**

### back down /bæk 'daʊn/ Phrasal verb

if someone *backs down*, they stop insisting on something, especially because other people have been opposed to them

*once he's made up his mind he'll never back down | he backed down as soon as I challenged him | he knew he was wrong, but still refused to back down*

- **canviar d'opinió**

### barrier /'bæriə(r)/ Noun

a *barrier* is a physical object that blocks a road or path and stops you getting past. A *barrier* is also something that prevents people from speaking openly and honestly with each other

Collocates: put up a barrier | break down a barrier

*he just gets defensive and puts up a great big barrier | we need to break down the barriers between the two families*

- **obstacle**

### bitchy /'bitʃi/ Adjective

*bitchy* comments or behaviour involve being unfairly critical of someone or something. A *bitchy* person often makes unkind remarks about other people. Be careful, as this word can cause offence

*he hated all the criticism and bitchy comments | later, I realised I'd been really bitchy towards her*

Noun: *bitch* | Verb: *bitch* | Noun: *bitchiness*

*don't be such a bitch! | are you just going to sit there bitching and complaining, or are you going to help? | the article was a work of malicious bitchiness*

- **malintencionat**

### bothered /'bɒðə(r)d/ Adjective

if you are *bothered* about something, you don't like it and worry about it a lot

Collocates: bothered about something

*he never seems that bothered by criticism | I don't think he's bothered about not having a car*

Verb: *bother*

*does it bother you that you might lose your job?*

- **preocupat**

### charm /tʃɑ:(r)m/ Noun

someone who has *charm* behaves in a way that is pleasant and attractive and that makes people like them

Collocates: use your charm | turn on the charm | a charm offensive

*he has a lot of charm | he used his charm to get them to agree to the loan*

Adjective: *charming* | Verb: *charm*

*he could charm the birds from the trees (a saying, meaning he could get people to do what he wanted to by being nice to them) | she had such a charming personality*

- **encant**



**cynical** /ˈsɪnɪk(ə)/ Adjective

someone who is *cynical* doesn't usually believe that other people are honest or sincere. If you have a *cynical* view of things, you think they are happening for dishonest or insincere reasons. A *cynical* action is one which is done without any care for morals or the possible bad effects on other people

Collocates: a cynical view | a cynical attempt

*a lot of people here are very cynical about politicians | a cynical attempt to deceive the voters | he's always posting cynical comments on my blog*

Adverb: *cynically* | Noun: *cynic* | Noun: *cynicism*

Collocates: cynically exploit someone or something  
*she cynically suggested that he got the job because his father was a director | I'm not a cynic, just a realist*

• **cínic**

---

**drag down** /ˌdræɡ ˈdaʊn/ Phrasal verb

if someone *drags* you *down*, their actions put you in the same bad situation that they are in

*he's not just messing up his own career, he's dragging us down with him | don't let them drag you down to their level. You're better than them*

• **arrossegar**

---

**fake** /feɪk/ Adjective

someone who is *fake* is not sincere and pretends to be better or more educated than they really are. An object that is *fake* is a copy of a real, valuable object, that has been made in order to deceive people

*How can you like him? He's so fake! | he was arrested for trying to enter the country on a fake passport*

Noun: *fake* | Verb: *fake* | Adjective: *faked* || Opposite – Adjective: *genuine*

*this driving licence is a fake | he faked a degree certificate to get the job | they entered the country on faked documents*

• **fals**

---

**get ahead** /ˌget əˈhed/ Phrasal verb

if someone *gets ahead*, they are very successful in what they are trying to achieve in their life

*you need to pass your exams if you want to get ahead | a university degree will help you get ahead*

• **tenir èxit**

---

**go over someone's head** /ɡəʊ ˌəʊvə(r) sʌmwʌnz ˈhed/ Phrase

if you do something *over someone's head*, you do it without discussing it with them, especially when it is someone who is your boss or who has authority over you

Collocates: go over someone's head | do something over someone's head

*you need to go over his head and talk to his manager | Charles went over my head and signed the contract*

• **saltar-se l'autoritat d'algú**

---

**hit it off** /ˌhɪt ɪt ˈɒf/ Phrase

if two people *hit it off*, they realise they have a lot of things in common and become very friendly with each other

*we hit it off straight away | even though she was my cousin, we never hit it off*

• **avenir-se**

---

**incompetent** /ɪnˈkɒmpɪt(ə)nt/ Adjective

if someone is *incompetent*, they are not able to do a job or a particular task properly

Collocates: totally/completely incompetent

*whoever painted your kitchen was totally incompetent | incompetent officials lost my passport when I tried to renew it*

Adverb: *incompetently* | Noun: *incompetence* ||

Opposites – Adjective: *competent* | Adverb: *competently* | Noun: *competence*

Collocates: very/highly competent

*the company had been run incompetently for several years | she was a highly competent musician | she demonstrated a high degree of linguistic competence*

• **incompetent**

---

**intense** /ɪnˈtens/ Adjective

if someone is *intense*, they are very serious in the way they talk and behave

*she's incredibly intense and we end up having long, deep conversations | she can be a bit too intense sometimes | a very intense young man*

Noun: *intensity*

*he looked at me with real intensity | we could sense the intensity of her beliefs*

• **intens**

---

**laid-back** /ˌleɪdˈbæk/ Adjective

if someone is *laid-back*, they are always very calm and relaxed and never seem to worry about anything

*he's very laid-back and just seems to lie around all day | she was very laid-back about her exams | I enjoyed the laid-back atmosphere at my last school*

• **relaxat**

---

**lighten up** /ˌlaɪt(ə)n ˈʌp/ Phrasal verb

if you *lighten up*, you start to become less serious about things

*I wish he'd lighten up a little | lighten up and enjoy the party! | I think she needs to lighten up*

• **posar-se menys seriós**

---

**line manager** /'laɪn məˌnɪdʒə(r)/ Noun

your *line manager* is the person who is one level above you at your work, and who is responsible for telling you what you must do and making sure that you do it

*I have a weekly progress meeting with my line manager | you have to get your line manager's permission before you take a holiday*

Noun: *line management*

*she has line management responsibility for four people in her department*

---

• **cap directe**

**naïve** /naɪˈiːv/ Adjective

someone who is *naïve* does not have much experience of life and believes that other people will be kind and generous to them and that things will be easy

*you're just naïve if you think the election will make any difference | I wish I hadn't been so naïve when I went to university | she was naïve enough to think her father would give her the money*

Adverb: *naïvely* | Noun: *naïvety*

*he naïvely believed that she admired his writing*

---

• **innocent**

**pain** /peɪn/ Noun

if someone or something is a *pain*, they are very annoying

Collocates: a pain in the neck

*my little sister's such a pain, always complaining about me | it's a pain in the neck (extremely annoying) having to go through airport security*

---

• **alguna cosa o algú pesat**

**painful** /'peɪnf(ə)/ Adjective

if part of your body is *painful*, it hurts a lot. A *painful* action is one that causes you a lot of pain

*breaking my leg was the most painful experience of my life so far | your arms might feel painful for a while | a painful blow to the head*

Noun: *pain* || Opposite – Adjective: *painless*

Collocates: be in pain

*he was in a lot of pain after the operation | the dentist told me it would be painless, but it wasn't*

---

• **dolorós**

**principle** /'prɪnsəp(ə)/ Noun

your *principles* are the set of moral rules that you believe are right and that you are not willing to break

Collocates: strong/strict principles | moral principles | stick to one's principles

*she has very strong principles | it's against my principles to borrow money from my parents*

Adjective: *principled*

*we need a more principled approach to politics*

---

• **principi**

**prone** /prəʊn/ Adjective

if someone or something is *prone* to something harmful, or *prone* to doing something, it often happens to them, or they often do it

Collocates: be prone to doing something | accident-prone | injury-prone

*she's prone to forget things like that | some regions are more prone to thunderstorms than others | as a child, he was prone to illness*

---

• **procliu**

**slacker** /'slækə(r)/ Noun

a *slacker* is someone who is rather lazy and does not make any effort to work hard or do their job properly

*he's a right slacker – he just seems to lie around all day | he called us a bunch of slackers because we hadn't finished the job by 5 o'clock*

Verb: *slack* | Noun: *slacking*

Collocates: slack off

*everyone's trying really hard – no one's slacking off | there's too much slacking going on in this department*

---

• **gandul**

**snob** /snɒb/ Noun

a *snob* is someone who thinks they are better than other people because they come from a higher social class or because they have better taste in literature, music, etc.

Collocates: an intellectual snob

*he's a complete snob and only talks to people who went to the 'right' school | my brother's an intellectual snob who thinks Harry Potter books are only for children*

Adjective: *snobbish* | Adverb: *snobbishly* |

Noun: *snobbishness* | Noun: *snobbery*

*he was arrogant and snobbish | he admits to snobbishness when it comes to classical music | it's just snobbery to laugh at her accent*

---

• **esnob**

**stand up for** /ˌstænd 'ʌp fɔː(r)/ Phrasal verb

if you *stand up for* something, you support it publicly and defend it against people who disagree with you

*she stands up for what she believes in | my parents taught me to stand up for what is right | they stood up for equality and everyone's right to vote*

---

• **donar suport**

**streak** /striːk/ Noun

if you say that someone has a particular *streak*, you are talking about a part of their character that is different from or more extreme than the rest of their character

*he's got a real stubborn streak (he is very stubborn) and will never change his mind | there was a streak of mischief about him*

---

• **tret**

**stride** /straɪd/ Noun

if you *take* everything in your *stride*, you always stay calm even in difficult situations

*he's very calm and takes everything in his stride | I was far too hot there, but Jenny took the heat in her stride*

- *calma (prendre's alguna cosa amb calma)*

**suck up** /sʌk 'ʌp/ Phrasal verb

to *suck up* to someone means to try and please them in order to get some benefit from them. You use the expression *suck up* to show that you disapprove of the way someone is doing this

Collocates: *suck up to someone*

*he's always sucking up to the boss | the other kids thought I was sucking up to the teacher, but I wasn't*

- *fer la pilota*

**take over** /ˌteɪk 'əʊvə(r)/ Phrasal verb

if someone *takes over* a place, they move into it and use it for a particular purpose so that the people who usually use it are unable to use it for a while

*she just takes over the bathroom every morning | we took over the gym for the afternoon and put on a concert*

- *ocupar*

**undermine** /ˌʌndə(r)'maɪn/ Verb

to *undermine* something or someone means to weaken them or make them less powerful or effective

*she's always trying to undermine me | criticising her will seriously undermine her confidence | senior ministers were undermined by lack of support from the president*

- *soscavar*

**wilful** /ˈwɪlf(ə)/ Adjective

*wilful* actions are done deliberately, not by accident, and are often intended to cause harm. Someone who is *wilful* deliberately does things even though they might cause harm or they have been told not to

*their wilful failure to deal with the problem | theft and wilful damage are crimes | she had been a wilful and stubborn child*

Adverb: *wilfully*

*he wilfully ignored the rules*

- *per voluntat pròpia*

**STUDENT'S BOOK PAGES 18–19**

**collaborative** /kə'læb(ə)rətɪv/ Adjective

if you *collaborate* with someone, you work together with them and share the results and successes of the work. *Collaborative* activity is carried out by people who are collaborating

Collocates: *highly collaborative*

*it's the largest collaborative biology project in the world | the design process is highly collaborative | it was a collaborative effort by four composers*

Adverb: *collaboratively* | Verb: *collaborate* |

Noun: *collaboration* | Noun: *collaborator*

Collocates: *collaborate on something | collaborate with someone | collaborate together*

*when did you two start collaborating together? | social media helps encourage collaboration | they became firm friends and successful collaborators*

- *col·laborador*

**contested** /kən'testɪd/ Adjective

if something is *contested*, people argue about it because they do not agree about it

*researchers agree that it happens, but how it happens is highly contested | "code poetry" is another contested term and can have many meanings*

- *disputat*

**counterpart** /ˈkaʊntə(r),pɑː(r)t/ Noun

the *counterpart* of something is another thing of the same kind in a different place or at a different time

*the American critics were not as kind as their British counterparts | Soviet planners helped their Chinese counterparts with the design*

- *homòleg*

**determine** /dɪ'tɜː(r)mɪn/ Verb

to *determine* the facts about something means to discover them and be sure that they are right

*you need to determine the likely cost before you sign the contract | the investigation ended without determining the cause | it's difficult to determine the exact number of demonstrators*

- *determinar*

**draw** /drɔː/ Verb

if you *draw* a lesson from something, you learn something useful as a result of it. If you *draw* a conclusion from something, you decide what is true about it based on what you have just learned

Collocates: *draw a lesson | draw a conclusion*

*what lesson did you draw from the experience? | I can tell you what to read, but you have to draw your own conclusions | I've given it a lot of thought but haven't drawn any firm conclusions yet*

- *extreure*

**filtering** /'fɪltə(r)ɪŋ/ Noun uncount

*filtering* is the process of examining a large number of things in order to select the ones that are wanted and the ones that need to be thrown away or not used

*an email filtering program | without filtering, you'd simply have too much to handle*

Verb: *filter* | Noun: *filter*

*a program to filter out unwanted email | you need to install a spam filter (software to identify and delete unwanted messages)*

---

• **filtrat**

**give away** /ˌɡɪv əˈweɪ/ Phrasal verb

if you *give* something *away*, you let someone else have it for free

*they're giving away a free litre of milk with every loaf of bread you buy | I didn't have room for all those paintings so I gave some of them away | the puppies were given away to a local family*

---

• **donar gratis**

**narrow down** /ˌnærəʊ ˈdaʊn/ Phrasal verb

to *narrow down* a range of things means to reduce them to a smaller number

*police are trying to narrow down their list of suspects | I've been thinking hard about how I can narrow down my university options | we narrowed down the candidates and interviewed the best four of them*

---

• **reduir**

**perseverance** /ˌpɜː(r)sɪˈvɪərəns/ Noun

*perseverance* is the determination to continue doing something until you have finished it, even when it is difficult and might feel impossible

Collocates: show perseverance

*her courage and perseverance were admirable | she showed unusual perseverance, turning up for extra lessons three times a week*

Verb: *persevere* | Adjective: *persevering*

*I thought it was hopeless and gave up, but he persevered for another two hours*

---

• **perseverància**

**premises** /ˈpremɪsɪz/ Noun plural

the *premises* of a company or organisation are the buildings and land which it uses

Collocates: on the premises

*the company is moving into new premises next month | firefighters had to be sure that no one was left on the premises*

---

• **instal·lacions**

**prove** /pruːv/ Verb

if something *proves* difficult, effective, a success, etc., it becomes difficult, effective, successful

Collocates: prove to be something

*the employer proved to be right in the dispute | it has proved difficult to confirm the effectiveness of this method | members of his own party warned him that the proposal would prove unpopular*

---

• **resultar**

**sound out** /saʊnd ˈaʊt/ Phrasal verb

to *sound* someone *out* means to talk to them in order to find out what their opinion is about a plan or course of action

*have you sounded out the other board members? | we sounded out students from the other college about joining us in a demonstration | Alec wanted to sound out my views on the new proposal*

---

• **tantejar**

**subject to** /səbˈdʒekt tuː/ Phrasal verb

if someone *is subjected* to something, often something unpleasant, they are forced to experience it

*at the airport we were subjected to a thorough examination | his father subjected him to a miserable childhood | all our planes are subjected to regular safety checks*

---

• **sotmetre**

**subscriber** /səbˈskraɪbə(r)/ Noun

a *subscriber* is someone who pays to be able to use a service such as a TV channel, a telephone network, an online newspaper, etc.

*a cable TV network with nearly 30 million subscribers | new subscribers get the first month free*

Verb: *subscribe* | Noun: *subscription*

Collocates: subscribe to something | take out a subscription | renew/cancel a subscription | a monthly/annual subscription

*We subscribe to Netflix | subscription is free for the first three months*

---

• **subscriber**

**thorough** /ˈθʌrə/ Adjective

something that is done in a *thorough* way is done very carefully and with a lot of attention to detail so that no aspect is forgotten

Collocates: a thorough search | a thorough investigation/examination/analysis

*it's vital that we carry out thorough research | police made a thorough search of the area*

Adverb: *thoroughly* | Noun: *thoroughness*

*the data will be thoroughly analysed by a team of experts | the work was done with great thoroughness and care*

---

• **exhaustiu / metòdic**

**wealth** /welθ/ Noun singular

a *wealth* of something useful or interesting is a very large amount of it

Collocates: a *wealth* of something

*she has a wealth of knowledge about the Russian Revolution | the website is a wealth of information about the Beatles*

- *gran quantitat*

---

## PAGES 20–21

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**aid** /eɪd/ Noun

*aid* is help that someone gives to someone else

Collocates: come/go to someone's *aid*

*who came to his aid? | he got no encouragement or aid from his own family*

- *ajuda*

**answer back** /ˌɑːnsə(r) 'bæk/ Phrasal verb

if you *answer back*, or *answer* someone *back*, you reply rudely to someone in authority after they have told you something or asked you to do something

*he's a bright lad, but I wish he wouldn't answer back | prisoners who answered back were punished | sometimes I couldn't stop myself answering back*

- *contestar malament*

**blow over** /ˌbləʊ 'əʊvə(r)/ Phrasal verb

if an unpleasant or difficult situation *blows over*, it finishes and things are back to normal

*they had a terrible row this morning, but it's all blown over now | he's in a really bad mood today, but it will soon blow over*

- *acabar*

**come** /kʌm/ Verb

if something *comes* as a surprise, shock, relief, etc., it makes you feel surprised, shocked, relieved

*the incident came as a shock to his coach | the news came as no surprise to us | my promotion came as a welcome surprise*

- *sorgir*

**confide** /kən'faɪd/ Verb

if you *confide* in someone, you tell them something personal about yourself that you do not want other people to know about, because you trust that person and want to share it with them

Collocates: *confide* that | *confide* something to someone | *confide* in someone

*what did Toby confide to his coach? | he confided everything to me when we were children | I didn't know her well and was surprised she wanted to confide in me*

- *confiar*

**conserve** /kən'sɜː(r)v/ Verb

to *conserve* something valuable or useful such as energy or water means to use as little of it as possible and to make sure that none of it is wasted or lost

Collocates: *conserve* energy/water

*I have to conserve my energy for the game tomorrow | take a shower instead of a bath to conserve water | the gentle temperature in the oven conserves moisture*

Noun: *conservation*

*a new government policy to promote energy conservation*

- *preservar*

**discharge** /dɪs'tʃɑː(r)dʒ/ Verb

to *discharge* someone from an institution such as a hospital or prison means to officially allow them to leave

Collocates: *discharge* someone from somewhere

*we'll probably discharge him next week | the doctor wants to discharge my father, but I don't think he's well enough to come home | he was discharged from the army in disgrace*

Noun: *discharge*

Collocates: an honourable *discharge* | a dishonourable *discharge*

*he rose to the rank of corporal and was granted an honourable discharge two years later*

- *donar l'alta / acomiadar*

**frail** /freɪl/ Adjective

someone who is *frail* is thin and not very strong

*he saw clearly how frail she had become | he was physically frail but mentally very active | becoming old and frail can be quite distressing*

Noun: *frailty*

*I hadn't seen him for years and was shocked at his frailty*

- *fràgil*

**instil** /ɪn'stɪl/ Verb

if you *instil* a particular feeling or way of behaving in someone, you teach them or encourage them to have that feeling or behave in that way

Collocates: *instil* something into someone | *instil* loyalty | *instil* confidence | *instil* discipline

*I did try and instil a bit of discipline into him | parents need to instil respect in kids and teach them right from wrong | if the website looks cheap, it won't instil visitor confidence*

- *inculcar*

**nerves** /nɜː(r)vz/ Noun plural

if someone or something *gets on* your *nerves*, they make you very angry by doing something that really annoys you, especially over a long period of time

*they get on each other's nerves all the time | it gets on my nerves the way he's always asking what the time is*

- *nervis (posar nerviós)*



**pace** /peɪs/ Noun

if someone *goes through their paces*, they show how well they can do something, especially in a sports activity

Collocates: go through your paces | put someone through their paces | show your paces

*the coach wants to put us through our paces | fans were able to watch the players going through their paces*

- donar el màxim

**patch** /pætʃ/ Noun

a *rough patch*, *difficult patch*, *sticky patch*, etc. is a period of time when someone has a lot of problems or difficulties in their life

*their marriage is going through a bit of a rough patch | I went through a bad patch in my first term at university*

- ratxa

**point blank** /ˌpɔɪnt 'blæŋk/ Adverb

if you say something *point blank*, you say it very forcefully, with no explanation or apology

Collocates: refuse point blank

*she told me point blank that she wasn't going to pay | he accused me point blank of stealing his wallet*

Adjective: *point blank*

*her request was met with a point blank refusal*

- a boca de canó

**prospect** /'prɒspekt/ Noun

someone's *prospects* are the chances that they will be successful in something

*hopefully this is just a setback rather than an end to his career prospects | my grandmother married a man with no prospects but it all turned out well*

- perspectiva

**rough** /rʌf/ Adjective

a *rough* period of time is one when life has become very difficult for someone

Collocates: a rough patch | a rough day/week | rough times

*I've had a really rough day at work | it was rough having to change schools halfway through the school year | we had some rough times, but we came out of them stronger and wiser*

Verb: *rough*

Collocates: rough it

*we had to rough it with no electricity or gas for several weeks*

- difícil

**scene** /si:n/ Noun

a *scene* is a loud or angry argument, especially one in front of other people, which causes embarrassment to the people involved and the people who see it

Collocates: make a scene

*he was very aggressive, and there was a bit of a scene | don't make a scene here, please*

- escena

**setback** /'set,bæk/ Noun

a *setback* is a sudden problem that temporarily stops you making progress in what you are trying to achieve

Collocates: suffer a setback | overcome a setback

*I wouldn't say it's a disaster – just a slight setback | her preparations for the World Cup suffered a serious setback when she broke her leg in training*

Phrasal verb: *set back*

*it won't stop progress altogether, but it will set them back slightly*

- revés

**terms** /tɜ:(r)mz/ Noun plural

if you are *on speaking terms* with someone, you are able to talk to them in a friendly way. If two people are *not on speaking terms*, they are angry with each other and refuse to speak to each other. If you say you are *on first name terms* with someone, you mean that you know them quite well and use their first name when you speak to them

*they're not on speaking terms at the moment | I don't want to boast, but I'm on first name terms with Paul McCartney*

- relacions (parlar-se amb algú, tenir confiança amb algú)

**the straight and narrow** /ðə 'streɪt ən 'nærəʊ/ Phrase

some people talk about *the straight and narrow* to mean a morally good and honest way of life

*I hope they get him back on the straight and narrow | a few of my schoolfriends strayed from the straight and narrow for a while*

- el bon camí

**toddler** /'tɒdlə(r)/ Noun

if small children *toddle* somewhere, they walk there in a rather unsteady way taking short steps. Young children who are just starting to walk are called *toddlers* because of the unsteady way in which they walk

*when Jack was a toddler, I did the childcare most days | I go to a mother and toddler group on Tuesday mornings*

Verb: *toddle*

*she's only 14 months old and she's already started toddling*

- nen petit (sobretot el que comença a caminar)

**unsteady** /ʌn'stedi/ Adjective

someone who is *unsteady* has difficulty keeping their balance when they walk. An *unsteady* action is one that is done uncertainly because someone has difficulty in controlling their movements

Collocates: be unsteady on your feet

*as I've got older I've become a bit unsteady on my feet | his father was very frail and unsteady | he poured the tea with a rather unsteady hand*

Adverb: *unsteadily* || Opposite – Adjective: *steady* |

Adverb: *steadily*

Collocates: a steady hand

*he was very pale and walked rather unsteadily | she walked steadily towards the door*

• **inestable**

**weight** /wert/ Noun uncount

your *weight* is how heavy you are. If you say that someone isn't *pulling* their *weight*, you mean that they are not making as much effort as they should and are therefore not contributing properly to the work of a team

*he doesn't tend to pull his weight, which causes some friction in the office | you'll have to pull your weight if you want to stay in the team | the whole project will fail unless everyone pulls their weight*

• **pes**

**STUDENT'S BOOK PAGES 22–23**

**adjacent** /ə'dʒeɪs(ə)nt/ Adjective

if something is *adjacent* to something else, it is next to or very close to the other thing

*the village consists of 40 houses closely adjacent to the church | parking is available adjacent to the old cinema building | plenty of the adjacent land is available for building houses*

• **adjacent**

**assemble** /ə'semb(ə)l/ Verb

to *assemble* people or things means to bring them together in one place. To *assemble* a building, machine, or other object means to build it by putting lots of different parts together

*they assemble the parts in a central plant | the family assembled at the front door to greet the visitors | I want you to assemble your best singers in the hall this evening*

Noun: *assembly*

Collocates: an assembly line

*the company has assembly plants in 12 countries*

• **reunir**

**blast** /bla:st/ Verb

to *blast* something means to use explosives to make holes in rock or to break rock into pieces, usually as part of the work involved in building something there

*large areas of rock were blasted away with explosives | more than 200 labourers worked on the tunnel, drilling and blasting through rock*

• **fer explotar**

**foundations** /faʊn'deɪf(ə)nz/ Noun plural

the *foundations* of a building are the layer of concrete, bricks or other solid material that sits under the building and supports it

Collocates: lay the foundations

*they will start to lay the foundations next week | the shed was built on concrete foundations*

• **fonaments**

**PHRASES WITH EYE(S)**

**keep an eye on:** if you *keep your eye on* someone or on a situation, you make sure you know what is happening so that you can provide help when it is needed

*I keep an eye on her as she's quite frail and has no relatives nearby | can you keep an eye on the baby while I go and have a shower?*

**see eye to eye:** people who *see eye to eye* or *see eye to eye on* something agree with each other

*my sister and I see eye to eye on most things / we just couldn't see eye to eye on political issues / they're not talking to each other as they just can't see eye to eye*

**in the public eye:** someone who is *in the public eye* is famous and is often seen on television or in the newspapers and on the internet

*as a popular actor, he is always in the public eye / the princess lived her whole life in the public eye*

# 3 CULTURE AND IDENTITY

## STUDENT'S BOOK PAGES 24–25

### conform /kən'fɔ:(r)m/ Verb

if you *conform*, you behave in the way that people expect you to behave

Collocates: conform to something

*she doesn't conform to any stereotype | he came under a lot of pressure to conform when he was at school | they conformed exactly to the caring image of nurses that people hold*

Noun: *conformity*

*the rigid conformity of life in an office*

#### • *complir*

### dominate /'dɒmɪneɪt/ Verb

to *dominate* a situation means to be the most noticeable, important, or powerful person or thing there

*several skyscrapers dominate the skyline | city boardrooms are still dominated by men | sports broadcasting is dominated by just two TV channels*

Noun: *domination* | Noun: *dominance* |

Adjective: *dominant*

*Golf has a long history of male domination | how do the politically dominant powers manage to maintain their dominance?*

#### • *dominar*

### hospitality /ˌhɒspɪ'tæləti/ Noun uncount

*hospitality* is friendly and welcoming behaviour towards visitors

*the people are incredibly welcoming because hospitality is central to their culture | thanks for your warm and generous hospitality*

Adjective: *hospitable* | Adverb: *hospitably* || Opposite –

Adjective: *inhospitable*

*our hosts were very hospitable and friendly | my aunt Julia was a most inhospitable woman – I never even saw inside her front door*

#### • *hospitalitat*

### level /'lev(ə)l/ Noun

a particular *level* is a position on a scale of size, importance, or quality

*you can only relate to them on a superficial level | this course will help you take your language skills to the next level*

#### • *nivell*

### mickey /'mɪki/ Noun singular

if you *take the mickey* out of someone, you try and make fun of them by copying them or teasing them about something

Collocates: take the mickey out of someone

*stop taking the mickey! | he was worried that they'd take the mickey out of him because of his new haircut*

#### • *burlar-se d'algú*

### mobility /məʊ'bɪləti/ Noun uncount

*mobility* is the ability to move around independently. *Social mobility* is the possibility for people to improve their living conditions and move from one social class to a higher social class through education and getting a good job

Collocates: social mobility | upward/downward mobility

*such jobs offer little hope of upward mobility | free university education must be good for social mobility*

Adjective: *mobile*

Collocates: socially mobile | upwardly/downwardly mobile  
*they worked hard to get their children educated and socially mobile*

#### • *mobilitat*

### outlook /'aʊtˌlʊk/ Noun

your *outlook* is what you think about your present situation and how it is likely to develop in the future

Collocates: an outlook on life | a positive/negative outlook

*people here have a very positive outlook | how would you describe your general outlook on life?*

#### • *perspectiva*

### relate /rɪ'leɪt/ Verb

if you *relate* to someone, you are able to understand how they think and can communicate with them

Collocates: relate to someone

*humour is a key part of how people relate to each other | it's difficult to relate to my uncle because he's always talking about politics*

Noun: *relationship*

Collocates: a good relationship (with someone)

*I have a good relationship with my boss*

#### • *relacionar-se*

**revolve around** /rɪˈvɒlv əˈraʊnd/ Phrasal verb

if something *revolves around* something else, the second thing is very important and is the focus of attention for the first thing

*most people's social life revolves around their extended family | the plot revolves around a young boy who prefers ballet to boxing | for 12 weeks my life revolved around revising for my exams*

• **girar al voltant**

---

**secular** /ˈsekjʊlə(r)/ Adjective

a *secular* society or tradition is one which does not involve any religion and is not controlled by any church

Collocates: a secular society

*there are separate secular and religious courts | you can choose a secular or a religious school for your children | France is a secular state (the state does not have an official religion)*

Verb: *secularise* | Noun: *secularisation*

*universities have been secularised | the complete secularisation of Belgian society*

• **secular**

---

**superficial** /ˌsuːpə(r)ˈfɪʃ(ə)l/ Adjective

something that is *superficial* is not very detailed and relies on the simplest and most obvious aspects of a situation. If a person or their behaviour is *superficial*, they do not think very hard about things and are not very sincere

*people are polite to him, but he feels they're just a bit superficial | their relationship was rather superficial at first, but they later became firm friends | it had a superficial resemblance to a painting by Picasso*

Adverb: *superficially* | Noun: *superficiality*

*he smiled superficially, then turned his back and left the room | he disliked the superficiality and materialism of the modern world*

• **superficial**

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**STUDENT'S BOOK PAGES 26–27**

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**benefit** /ˈbenɪfɪt/ Noun

a *benefit* is something that is good or useful that you get from something. In some countries, *benefits* are payments of money made to people who are unemployed or too ill to work

Collocates: *be/live on benefits*

*he thinks people on benefits are just lazy | one of the benefits of working from home is that you don't waste time travelling twice a day*

Verb: *benefit* | Adjective: *beneficial*

*we believe the new policy will benefit everyone, not just the rich | regular exercise is beneficial to health*

• **benefici**

---

**break down** /breɪk ˈdaʊn/ Phrasal verb

to *break down* a barrier or something else that is stopping people from living and working together means to remove it

*it's the women who are pushing the government to do more to break down barriers | we need to do more to break down the prejudices that still exist in society*

• **enderrocar**

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**grasp** /ɡrɑːsp/ Verb

if you *grasp* something that is difficult to understand, you finally understand it after making an effort

Collocates: *grasp the meaning of something | grasp the significance of something*

*sorry – I hadn't grasped all that | he didn't grasp my meaning to start with | after grasping the basics of counting to ten, children are ready to move on to simple addition*

Noun: *grasp*

*it requires a firm grasp of legal language*

• **entendre / captar**

---

**harsh** /hɑː(r)ʃ/ Adjective

something that is *harsh* is unkind and cruel

*it's a bit harsh to say he's lazy. I think he's just very tired | the speech drew harsh criticism in the local newspaper | they argued over his harsh treatment of her mother*

Adverb: *harshly*

*he was harshly critical of the proposal*

• **cruel**

---

**hypocrite** /ˈhɪpəkɹɪt/ Noun

a *hypocrite* is someone who pretends to have certain beliefs and principles that they do not really have

*she accused the prime minister of being a hypocrite | we all know he was a hypocrite and a liar*

Adjective: *hypocritical* | Adverb: *hypocritically* |

Noun: *hypocrisy*

*that's a rather hypocritical statement, given what he said before the election | he voted against the pay rise, then hypocritically accepted it | the sheer hypocrisy of the president is unbelievable*

• **hipòcrita**

---

**misinterpret** /ˌmɪsɪnˈtɜː(r)pɹɪt/ Verb

if you *misinterpret* what someone has said, you don't understand them properly and think they meant something very different

*have you ever misinterpreted something? | you've completely misinterpreted the text | he was accused of deliberately misinterpreting the evidence*

Noun: *misinterpretation*

*it was a serious misinterpretation of my words*

• **mal interpretar**

---

**root** /ru:t/ Noun

the *roots* of a plant are the long parts that go under the ground and that help transport food from the ground into the plant. People's *roots* are the places and communities where they originally came from

*what concerns me is that people lose touch with their roots | I took my mother back to Croatia to rediscover her childhood roots*

- **arrel**

**short-** /ʃɔ:(r)t/ Prefix

*short-* is sometimes used at the beginning of words to mean that not enough of something is present or provided. For example, if a company is *short-staffed*, it does not have enough workers. If someone feels *short-changed*, they believe that they have not been given everything that they had been promised or that they had paid for

*it wasn't as if they were short-staffed | the island trip lasted only two hours, leaving most of the tourists feeling short-changed*

- **mancat d'alguna cosa**

**understate** /ˌʌndə(r)'steɪt/ Verb

if you *understate* something, you talk about it as if it is less important than it really is. Something that is *understated* is not very obvious

*he was actually understating things when he said there was a disagreement – it was a fierce argument | while we don't want to understate the importance of exams, we don't want to overstate it either | the figures understate the true cost of the health service*

Adjective: *understated* | Noun: *understatement* || Opposite – Verb: *overstate*

*a few simple, understated pieces of jewellery | to say he likes food is a serious understatement*

- **minimitzar**

**STUDENT'S BOOK PAGES 28–29****absence** /'æbs(ə)ns/ Noun

the *absence* of something or someone is the fact that they are not present somewhere

Collocates: the absence of someone or something | in the absence of something or someone

*during my absence, they bought a new desk for my office | in the absence of rain, most of the plants faded and died*

Adjective: *absent* | Noun: *absentee*

Collocates: an absent parent/father/mother | absent from somewhere

*Walter was noticeably absent from the meeting | an absentee voter (someone who sends their vote in by post instead of coming to vote in person)*

- **absència**

**appliance** /ə'plaɪəns/ Noun

an *appliance* is a piece of equipment, usually electrical, that you use in your home, such as a washing machine, hair dryer, cooker, etc.

Collocates: domestic/household appliances | a modern appliance

*the kitchen was well-equipped with modern appliances | a shop selling domestic appliances*

- **electrodomèstic**

**bizarre** /bɪ'zɑ:(r)/ Adjective

something that is *bizarre* is very strange and unusual

*by a bizarre coincidence, Prokofiev and Stalin died on the same day | the idea of eating a chocolate ant sounds bizarre | she was wearing a bizarre dress made out of towels*

Adverb: *bizarrely*

*even more bizarrely, my father danced with my maths teacher*

- **estrany**

**chore** /tʃɔ:(r)/ Noun

*chores* are the things people have to do regularly around the house, like cleaning, cooking, and washing clothes.

Some people refer to a task that they have to do but that they do not enjoy as a *chore*

Collocates: household chores | do the chores

*we do the chores on Saturday mornings | changing the battery in my phone is a real chore*

- **tasca (domèstica)**

**clamp** /klæmp/ Noun

a *clamp* is a piece of equipment that you use to hold something very steady while you are working on it, or to hold two things together very firmly

*hold the two pieces together with a clamp until the glue dries | I used a clamp to hold the wood while I was cutting it*

Verb: *clamp*

*then another frame is clamped tightly to the first frame*

- **abraçadora**

**cosy** /'kəʊzi/ Adjective

if a place is *cosy*, it is warm, comfortable, and relaxing

*it was warm and cosy by the fire | make yourself cosy and I'll bring you a cup of tea | if you want to create a cosy atmosphere in a small room, go for darker colours*

Adverb: *cosily* | Noun: *cosiness*

*we sat cosily round the fire | the thick curtains provided additional cosiness and privacy*

- **acollidor**



**disgust** /dis'gast/ Noun

*disgust* is a feeling of strong dislike for something very unpleasant

Collocates: express disgust | in disgust | to someone's disgust

*she reacted with a mixture of confusion and disgust | he expressed his disgust at the idea of drinking*  
*nake's blood*

Verb: *disgust* | Adjective: *disgusted* | Adverb: *disgustedly* |  
Adjective: *disgusting* | Adverb: *disgustingly*

Collocates: be thoroughly disgusted | utterly disgusting  
*it disgusts me to think he got out of prison so soon | Lewis had become thoroughly disgusted with his neighbours' behaviour | the food was utterly disgusting*

• **desagrat / disgust**

---

**draughty** /'dra:fti/ Adjective

if an indoor place is *draughty*, there is cold air that blows through gaps in doors and windows

*a lot of the houses are cold and draughty | it's too draughty in here – I'm going upstairs to bed*

Noun: *draught*

*I could feel a draught around my feet*

• **amb corrent d'aire**

---

**flush** /flʌʃ/ Verb

to *flush* a toilet means to pull the handle that sends water down into the pan to carry away all the waste

*he's only five and sometimes forgets to flush the toilet | I could hear the sound of the toilet flushing upstairs*

• **tirar de la cadena**

---

**normality** /nɔ:(r)'mæləti/ Noun uncount

*normality* is a situation when everything happens in the usual and expected way

*definitions of normality vary across time and across different countries | things returned to normality after the holidays ended*

Adjective: *normal*

*it's quite normal to be nervous before an exam*

• **normalitat**

---

**pad** /pæd/ Noun

a *pad* is a piece of thick, soft material that you use to protect something

*a knee pad | I wear shin pads when I play football (to protect the part of my legs below the knees)*

Adjective: *padded*

*a bag with a padded shoulder strap*

• **protector**

---

**plug** /plʌg/ Noun

a *plug* is an object that you use to block the pipe in a sink or bath and keep the water in. When you take the *plug* out, the water can flow away

*she pulled the plug out and watched the water drain away | a bath plug*

• **tap**

---

**puzzled** /'pʌz(ə)ld/ Adjective

if you are *puzzled*, you are slightly confused because you do not properly understand something and you wonder what the actual truth is

Collocates: a puzzled look/expression/voice

*people were puzzled when I said I lived in a basement flat | she sounded rather puzzled | we were all puzzled about the ending of the film*

Verb: *puzzle* | Adjective: *puzzling*

*the mystery has puzzled scientists for centuries | I got a rather puzzling email from my brother*

• **confús**

---

**rinse** /rɪns/ Verb

if you *rinse* something, you run clean water over it to get rid of soap or dirt from it

*make sure you rinse the glasses to get the soap off | wash the tools with soapy water, then rinse*

Noun: *rinse*

*give the plates a rinse*

• **esbandir**

---

**rip** /rɪp/ Verb

if you *rip* something made of cloth or paper, you tear it so that it becomes damaged

*he ripped his trousers on the door handle | she ripped the envelope open | the nail ripped a hole in my sleeve*

Adjective: *ripped*

*ripped jeans are still fashionable*

• **estripar**

---

**scope** /skəʊp/ Noun uncount

the *scope* of something is its range and the limits that are placed on it

Collocates: limit/narrow/reduce the scope of something | widen/broaden the scope of something | outside/beyond the scope of something

*I didn't have an oven, which somewhat reduced the scope of my cooking | they widened the scope of the investigation*

• **abast**

---

**scrub** /skrʌb/ Verb

to *scrub* something means to clean it by rubbing hard, usually with water and a brush

*your clothes can be washed and scrubbed in here | I had to scrub the pan for ages to get it clean | I swept and scrubbed and cleaned the windows*

Noun: *scrub*

*give your hands a good scrub to get the dirt off*

• **fregar**

**stick** /stɪk/ Verb

if you *stick* something somewhere, you put it there. *Stick* is an informal word in this meaning

*I'm just going to stick the pie in the oven | she stuck the note in her handbag and dashed out of the house | just stick the books on that shelf over there*

• **posar**

**sweep** /swi:p/ Verb

if you *sweep* a surface such as a floor, you use a brush to push the dirt and dust together in order to clean it

*I need to sweep the floor before the visitors arrive | sweep the broken glass onto this bit of newspaper | let me sweep the dust up before you wash the floor*

• **escombrar**

**take for granted** /ˌteɪk fə(r) 'grɑ:ntɪd/ Phrase

if you *take* something *for granted*, you assume that it is true or that it will happen or continue without thinking about it very much. If you *take* someone *for granted*, you expect them to do things for you but you do not ask or thank them properly

*we often take it for granted that our way of life is obviously sensible and normal | I've offered to help, but I don't want to be taken for granted*

• **donar per fet**

**thread** /θred/ Verb

*thread* is long, thin pieces of cotton, silk or wool, used to make cloth or sew pieces of cloth together. If you *thread* a needle, you put the thread through the small hole at one end of the needle so that it is ready for you to start sewing

*I can't thread this needle without my glasses | here, can you thread the needle for me while I look for my bag | thread the cotton through the needle*

• **fil**

**tub** /tʌb/ Noun

a *tub*, or a *bathtub*, is a large container which you can fill with water and use as a bath

*the bathroom has a white tub and black and white walls | a metal tub which you could put in front of the fire*

• **banyera / cubell**

**utility** /ju:'tɪləti/ Noun uncount

*utility* is the quality of being useful. *Utilities* are services such as gas and electricity that come into people's homes. In a house or flat, the *utility* room or *utility* area is where people have a washing machine, dryer, and other household equipment

*there's a sink and a washing machine in the utility area | the utility room is just off the kitchen*

• **servei / utilitat**

**wring** /rɪŋ/ Verb

if you *wring* out a wet piece of cloth, you squeeze it very hard with your hands in order to force out as much water as you can

*he wrung out his wet socks and put them on the radiator | wring it out and wipe the table carefully*

• **escórrer**

**STUDENT'S BOOK PAGES 30–31**

**assumption** /ə'sʌmpʃ(ə)n/ Noun

an *assumption* is a belief that something is true, although the belief is not based on any evidence

Collocates: make an assumption

*you should read the report before making false assumptions | we took the decision to stay at home on the assumption that it would rain all weekend*

Verb: *assume* | Conjunction: *assuming*

*she didn't answer the door, so I assumed she was out | assuming your estimate is right, we should set off before 6 in the morning*

• **suposició**

**autonomy** /ɔ:'tɒnəmi/ Noun

*autonomy* is the power to make your own decisions without getting permission from a more important authority

*local councils were given greater autonomy in planning matters | they support the idea of regional autonomy*

Adjective: *autonomous* | Adverb: *autonomously*

*the port has its own autonomous administration | it is very difficult for companies to act autonomously in an increasingly global world*

• **autonomia**

**bug** /bʌg/ verb

if something *bugs* you, it makes you annoyed and slightly angry

*what's bugging you? | what really bugs me is that she thinks I've got lots of money | it's always bugged me that my brother has a bigger bedroom*

• **empipar / molestar**

**cling** /kɪŋ/ Verb

to *cling* to something means to hold it tightly. If you *cling* to an idea or belief, you continue to firmly believe it even though it is not true or useful any more

*they cling on to this idea of a unified national culture | the world has changed, but he still clings to the past | you just need to cling to the one idea that you'll succeed*

- **agafar-se / aferrar-se**

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**commerce** /ˈkɒmɜː(r)s/ Noun uncount

commerce is the business of buying and selling things

*web commerce has been growing steadily (using the internet to buy and sell things) | the city is a centre of government, commerce, and industry*

Adjective: *commercial* | Adverb: *commercially*

*the district is split between residential and commercial use | the first commercially available 3D printer (the first one that anybody could buy)*

- **comerç**

---

**conflicted** /kənˈflɪktɪd/ Adjective

if two ideas or beliefs *conflict*, they cannot both be true at the same time. If someone is *conflicted*, it is difficult for them to make a decision because there are two strong but different reasons for them to make two opposite decisions

*the only time I feel vaguely conflicted about my identity is when Pakistan play England at cricket | I have found myself deeply conflicted on this issue | he was conflicted over how to vote*

Verb: *conflict* | Noun: *conflict* | Adjective: *conflicting*

*test results conflicted with the predictions made earlier | there is a conflict between having freedoms and having limitations*

- **que està en conflicte**

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**diverse** /daɪˈvɜː(r)s/ Adjective

a *diverse* number of things includes many different sorts

*the place she lives in is very racially diverse | the university offers courses covering a diverse range of subjects*

Noun: *diversity* | Verb: *diversify*

*the quality and diversity of the restaurants in the city is amazing | the EU is attempting to diversify its energy supply (make sure it gets its energy from several different places)*

- **divers**

---

**elite** /ɪˈliːt/ Noun

the *elite* are people with special skills, education or money who are able to have power and influence in society. *Elite* groups of people or things are considered to be the best of their kind

Collocates: a ruling/wealthy/educated elite

*it's the ruling elite who get the benefits | a member of the political and educated elite*

Adjective: *elite*

*the Free University of Berlin is one of Germany's elite universities*

- **elit**

---

**retain** /rɪˈteɪn/ Verb

if you *retain* something, you keep it over a period of time

*he retains a sense of his family roots | she had insisted on retaining control of the company | this information will be retained for up to three years*

Noun: *retention*

*the project ensured the retention of 50 jobs*

- **retenir**

---

**static** /ˈstætɪk/ Adjective

something that is *static* does not move or change over time

*our identities aren't fixed or static | most of the website is static content, but the homepage changes every Monday | membership of the organisation has remained static for a few years*

- **estàtic**

---

**tight** /taɪt/ Adjective

*tight* controls over something are very strict

*we're on a very tight budget (we have to control what we spend very carefully) | security outside the parliament building was very tight*

Adverb: *tightly* | Verb: *tighten*

*many people think the banks should be more tightly controlled | should they tighten gun control laws?*

- **estricte / ajustat / rigorós**

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**PHRASES WITH *THING***

**it's no big thing:** if you say of a situation that it's *no big thing*, you mean that it is not as big a problem as someone might think

*you shouldn't have bought me flowers, it was no big thing, honestly. You'd have done the same for me, I'm sure*

**not the done thing:**

if you say that something is *not the done thing*, you mean that it is not socially acceptable

*and then he lit a cigarette before we left the dinner table – really not the done thing!*

**chance would be a fine thing:**

if you say *chance would be a fine thing*, you mean that a nice or desirable situation that you are talking about is unlikely ever to happen

*as if I could afford a holiday in January as well as August – chance would be a fine thing!*

**the furthest thing from my mind:**

if you say that something was *the furthest thing from your mind*, you mean that you were not thinking about it at all because you were concentrating on other things

*the furthest thing from my mind right now is the weather in San Francisco*

**first thing in the morning:**

*first thing in the morning* means very soon after you get up

*I go for a run first thing in the morning, then shower, have breakfast, and get the train to work*

**the sort of thing:**

if you describe something as being *the sort of thing* that makes you glad to be alive, or *the sort of thing* that makes life worth living, you mean that you are talking about one example of a situation that has a particular effect on you

*watching them smile when they realise they've understood something is the sort of thing that makes me proud to be a teacher*

**(what) with one thing and another:**

you say *what with one thing and another* when you want to say that there are several factors involved in a situation and you cannot give details about all of them

*I didn't get any sleep at all last night, what with one thing and another*

**one thing led to another:**

if you say that *one thing led to another*, you mean that something that happened was not planned but you did not want to stop it developing

*we met at a conference, and one thing led to another and now we've been married for three years*

# 4 POLITICS

## STUDENT'S BOOK PAGES 32–33

**charisma** /kə'rizmə/ Noun uncount

*charisma* is the quality some people have which makes other people notice them and admire them

Collocates: natural/personal charisma | lack charisma

*he's a good actor, but lacks charisma | Kennedy was known for his charisma and charm*

Adjective: *charismatic* | Adverb: *charismatically*  
*a natural and charismatic leader*

• *carisma*

**compassion** /kəm'pæʃ(ə)n/ Noun uncount

*compassion* is a feeling of sympathy and understanding for someone who is suffering

Collocates: feel/have/show compassion (for someone)

*he views any display of kindness or compassion as weakness | she felt great compassion for her grandchildren*

Adjective: *compassionate* | Adverb: *compassionately*  
*a caring and compassionate teacher*

• *compassió*

**ruthlessness** /'ru:θləsnəs/ Noun uncount

*ruthlessness* is the quality of not caring if other people are hurt as you make sure you achieve what you want

*he was known for his ruthlessness and cruelty | he achieved his aims thanks to a combination of ruthlessness and skill*

Adjective: *ruthless* | Adverb: *ruthlessly*

*the newspaper described him as a ruthless killer | we were ruthlessly punished for the smallest offences*

• *crueltat*

## PAGES 34–35

**bid** /bɪd/ Verb

a *bid* is an attempt to do something. If an organisation *bids* for something such as a contract, they say why they think they should be allowed to have that thing

Collocates: bid for something | bid to do/have something

*Paris bid unsuccessfully for the 2012 Olympics | we spent months preparing to bid for the new bridge building contract*

Noun: *bid* | Noun: *bidder*

Collocates: make a bid (for something/to do something)  
*they'll only waste money on the bid*

• *temptativa*

**compound** /kəm'paʊnd/ Verb

if something *compounds* a bad situation, it makes it worse

*the financial crisis has compounded the misery of many struggling companies | don't compound your mistake by pretending it wasn't you | losing his wallet simply compounded his problems that day*

• *agreujar*

**devil's advocate** /ˌdev(ə)lɪz 'ædvəkət/ Noun

if someone plays *devil's advocate*, they pretend to support an idea which they don't actually believe in, in order to make a discussion about the subject more thorough

Collocates: play devil's advocate

*let me play devil's advocate here and say that nuclear power might be the answer to our energy crisis | I'm only asking the question as a devil's advocate*

• *advocat del diable*

**distort** /dɪ'stɔ:(r)t/ Verb

to *distort* something means to change it from what it is or what it is meant to be into something that is not as natural or good

*the human ear starts to distort sounds at very high levels | the profit figures were distorted by the purchase of a new factory site | some journalists distort reality by making scientific errors*

• *distorsionar*

**division** /dɪ'vɪʒ(ə)n/ Noun

if there is *division* between people, they do not agree and they fight or argue with each other

*it will create division and lead to tension | there was often division within the leadership group*

• *divisió*

**outweigh** /ˌaʊt'weɪ/ Verb

if one consideration *outweighs* another, it is considered to be more important or useful than the other thing

Collocates: far outweigh something | outweigh the benefits/advantages/disadvantages

*I think the negatives far outweigh the positives | it seems these fears are outweighed by real concern about rising food costs | the needs of the group outweigh the needs of the individual*

• *tenir més pes*



**privatise** /'praɪvətaɪz/ Verb

if a government *privatises* a company or industry that it controls, it sells it or gives it to a private company

*I read somewhere that they're going to start privatising more of the health service | there are proposals to privatise the prison service | the railways were privatised in the 1990s*

Adjective: *privatised* | Noun: *privatisation*

*the newly privatised company has plans to develop new markets in Asia | the government planned further privatisation after the election*

• **privatitzar**

**reservation** /,rezə(r)'veɪʃ(ə)n/ Noun

if you have *reservations* about something, you have doubts about it and are not sure that it is a good thing

Collocates: *reservations about something | serious reservations | minor reservations*

*I am in favour, but I just have a few reservations about it | my only reservation is that the colour is too bright*

• **reserva**

**strengthen** /'streŋθ(ə)n/ Verb

to *strengthen* something means to make it stronger

Collocates: *strengthen someone's resolve*

*we hope to strengthen relations between our two countries | this exercise will strengthen your leg muscles | security measures at the stadium have been considerably strengthened*

• **reforçar**

**trigger** /'trɪɡə(r)/ Verb

if something *triggers* an event, it causes it to start happening

*it might trigger an election earlier than they wanted | the announcement triggered protests outside the presidential palace | the change in interest rates could trigger an increase in house-buying*

Noun: *trigger*

*common triggers for this illness include tobacco and coffee*

• **desencadenar**

**STUDENT'S BOOK PAGES 36–37**

**chatter** /'tʃætə(r)/ Verb

if people *chatter*, they talk quickly and in a friendly and excited way to each other

*they were sitting by the pool chattering to each other | the girls chattered happily to each other while they waited for the bus to arrive | we were too excited to sleep and chattered away until it was nearly light*

Noun: *chatter* | Noun: *chatterbox* | Noun: *chattering classes*

Collocates: *constant chatter | lively chatter*

*he could hear the nervous chatter of the guests | John was very quiet, but his brother was a real chatterbox (someone who is always talking, especially about unimportant things)*

• **xerrar**

**clutch** /klʌtʃ/ Verb

if you *clutch* someone or something, you hold them with a very firm grip

*he arrived at the door clutching a bunch of flowers | he twisted his knee and clutched his leg in pain | she clutched tightly to the handle of the suitcase*

Noun: *clutch*

*he kept me close with a tight clutch on my wrist*

• **agafar fort**

**creep** /kri:p/ Verb

if you *creep* somewhere, you move slowly and quietly there so that people cannot hear you or see you

*he crept slowly out of the kitchen | I thought I saw someone creeping into the garden | someone crept up behind me*

• **reptar / sortir silenciosament**

**emergence** /ɪ'mɜ:(r)dʒ(ə)ns/ Noun uncount

the *emergence* of something is when it first comes into existence

Collocates: *the emergence of something*

*the 1960s saw the emergence of new political organisations | the emergence of digital learning has transformed higher education*

Verb: *emerge* | Adjective: *emerging*

*more details about the bombing have emerged | the gallery shows work by young and emerging artists (artists who are just beginning to be recognised)*

• **aparició**

**engagement** /ɪn'geɪdʒmənt/ Noun uncount

if you *engage* in something, you take part in it in a serious way. *Engagement* is the act of *engaging* in something  
*as a result, political engagement is discouraged | teachers try to encourage student engagement in social clubs and societies*  
 Verb: *engage* | Adjective: *engaged*  
 Collocates: *engage* (someone) in something  
*we need to engage people in politics before it's too late | it will keep your employees actively engaged*

---

• **compromís**

---

**gasp** /gɑːsp/ Verb

if you *gasp*, you take air into your mouth quickly and loudly, for example because you are surprised, excited, or in pain. You also say that someone *gasps* when they say something in a surprised or excited way  
*the politician gasps "But what are you doing?" | "it sounds incredible," gasped Tom | what she saw made her gasp in surprise*  
 Noun: *gasp*  
 Collocates: an audible *gasp* | give a *gasp*  
*she gave a gasp of delight*

---

• **esbufegar**

---

**giggle** /'gɪg(ə)l/ Verb

if you *giggle*, you laugh in a quiet way because something is funny or because you are nervous or embarrassed  
*they waited outside the stage door, giggling nervously | we giggled and whispered secrets to each other long into the night | Jo's latest tweet made me giggle*  
 Noun: *giggle*  
 Collocates: a nervous *giggle* | get the *giggles* | a fit of the *giggles*  
*I had a giggle when I read his email*

---

• **tenir un riure ximplet**

---

**glare** /gleə(r)/ Verb

if you *glare* at someone, you look at them in a very angry and unfriendly way  
 Collocates: *glare* at someone  
*the stranger turned and glared at him | why are you glaring at me like that? | he glared angrily into my face*  
 Noun: *glare*  
*I looked away to avoid his glare*

---

• **mirar amb fúria**

---

**grow out of** /grəʊ 'aʊt əv/ Phrasal verb

if something *grows out of* an earlier thing, it develops because of that thing  
*the Black Power movement grew out of the civil rights struggle in America | French opera grew out of the ballet*

---

• **sorgir de**

---

**identity** /aɪ'dentɪti/ Noun

someone's *identity* is all the qualities and beliefs that they have, which makes them different from everyone else  
 Collocates: a sense of *identity* | an *identity crisis*  
*everyone in society contributes equally to a nation's identity | an identity crisis (a time when you start to have doubts about things that you have always believed about yourself)*

---

• **identitat**

---

**mere** /mɪə(r)/ Adjective

you use *mere* to emphasise how unimportant something or someone is  
*at the time, he was a mere van driver for the company; now he's the managing director | these were mere words, but what was needed was action | they were soldiers, but looked like mere boys*  
 Adverb: *merely*  
*I'm merely saying that we can't afford another holiday this year*

---

• **mer / simple**

---

**mumble** /'mʌmb(ə)l/ Verb

if you *mumble*, you say something in a way that is difficult for people to hear clearly  
*she mumbled something without raising her head | stop mumbling! | he doesn't say much to other people, but he's often mumbling to himself*  
 Noun: *mumble*  
*there was a low mumble of voices*

---

• **parlar entre dents**

---

**murmur** /'mɜː(r)mə(r)/ Noun

a *murmur* is a low, quiet sound, usually made by the voices of people speaking quietly or a long way away  
*there was a confused murmur of voices | there was a little murmur of approval*  
 Verb: *murmur*  
*Arthur murmured something softly in her ear*

---

• **murmur**

---

**mutter** /'mʌtə(r)/ Verb

if you *mutter*, you say something very quietly in a way that is difficult for people to hear clearly  
*he walked out of the room muttering to himself | she muttered an apology*  
 Noun: *mutter* | Noun: *muttering*  
*there were angry mutterings from the boys, but they calmed down when they saw the food arriving*

---

• **murmurar**

---

**opposition** /ˌɒpə'zɪʃ(ə)n/ Noun uncount

if there is *opposition* to something, people do not agree with it and want to stop it or change it. In British politics, *the opposition* is the political parties that are not part of the government. The *leader of the opposition* is the leader of the largest of these parties

*the leader of the opposition hopes to become prime minister after the election | when the economy is in trouble, the opposition gain more supporters*

• **oposició**

---

**representation** /ˌreprɪzen'teɪʃ(ə)n/ Noun uncount

if a group has *representation* on a committee, in a parliament, or in other positions of responsibility, there are people there who represent them or who are the same as them

*there's still insufficient representation of women in parliament (there are not enough women in parliament) | political parties must work together to promote women's involvement and representation in all levels of government*

Verb: *represent* | Noun: *representative*

*a total of 38 countries were represented at the conference | there are two student representatives on the campus catering committee*

• **representació**

---

**satirical** /sə'tɪrɪk(ə)l/ Adjective

*satirical* writing, films, opinions, etc. use humour to make fun of people in authority, especially politicians

*the satirical magazine Private Eye has had only two editors in its 54 years of existence | Catch-22 is a satirical novel about US soldiers during the war in Korea | the film was a satirical version of Shakespeare's Macbeth*

Adverb: *satirically* | Noun: *satire* | Noun: *satirist*

*I'm still not sure if the article was intended satirically | she uses wit and gentle satire in her poems | Peter Cook, the satirist and comedian, died in 1995 | a political satirist*

• **satíric**

---

**settle** /'set(ə)l/ Verb

if you *settle* or *settle down* somewhere, you make yourself as comfortable as you can because you are likely to be there for a few hours

*he settled into bed and fell asleep | settle yourselves down by the fire and I'll bring you a nice cup of tea*

• **acomodar-se**

---

**skip** /skip/ Verb

if you *skip*, you move forward in little jumps, first on one foot then on the other. If you say that someone *skips* somewhere, you mean that they go there quickly and cheerfully

*she skipped downstairs to say hello to her aunt | school had finished, and the children were running and skipping in the street*

Noun: *skip*

*it does not walk like other animals but takes funny little skips*

• **saltar (amb salts curts)**

---

**spot** /spɒt/ Verb

if you *spot* someone or something, you notice them

*I spotted an empty table at the far end of the restaurant | Madonna was spotted going into a theatre in Hammersmith*

• **veure / albirar**

---

**stagger** /'stæɡə(r)/ Verb

if you *stagger*, you walk in a slightly uncontrolled way, almost falling over, because you are hurt or unwell

*he staggered home and rang the police | she got up and staggered into the bathroom | he stumbled, staggered forward a few feet, then fell over*

• **trontollar / tentinejar**

---

**stroll** /strɒl/ Verb

if you *stroll* somewhere, you walk there slowly and in a relaxed way for pleasure

*he strolled happily along the beach | you could stroll round the lake before dinner | there was my father, strolling casually towards us*

Noun: *stroll*

Collocates: *take a stroll | a leisurely stroll | a(n) morning/ afternoon/evening stroll*

*the beach is only a short stroll from the hotel*

• **fer una passejada**

---

**struggle** /'strʌɡ(ə)l/ Noun

a *struggle* is a long period of time when people are trying hard to achieve something which is very difficult to achieve

Collocates: *an armed struggle | an uphill struggle*

*the Black Power movement grew out of the civil rights struggle in America | she faced an uphill struggle (an especially difficult struggle) to get staff to agree to a pay freeze*

• **lluita**

---

**trudge** /trʌdʒ/ Verb

if you *trudge* somewhere, you walk there slowly and sadly because you are tired or unhappy

Collocates: *trudge along/off/back*, etc.

*he saw his friends trudging along in front of him | he left the house and trudged off towards the bus stop | we trudged back to the house through the rain*

Noun: *trudge*

*it was a long trudge back to the campsite round the lake*

---

• ***caminar fatigosament***

**yell** /jel/ Verb

if you *yell*, you shout in a very loud and angry or excited voice

Collocates: *yell (something) at someone*

*the crowd started yelling at the referee | what are they yelling about? | they yelled insults at us as they drove away*

Noun: *yell*

*I heard yells of warning from outside*

---

• ***cridar / escridassar***

**STUDENT'S BOOK PAGES 38–39****abolish** /ə'bɒlɪʃ/ Verb

to *abolish* a law, system, or tradition means to officially end it

*thanks to the student council we were able to abolish school uniform | slavery was abolished in Britain in 1833 | the death penalty was abolished in the 1960s*

Noun: *abolition*

*the abolition of slavery*

---

• ***abolir***

**allege** /ə'ledʒ/ Verb

if you *allege* something bad, or *allege* that someone has done something wrong, you say that you think it is true but you do not have proof yet

*he is alleged to have faked the experiments | the paper alleged that he had deliberately avoided paying tax on the income*

Noun: *allegation* | Adjective: *alleged* | Adverb: *allegedly*

*he defended himself against allegations of dishonesty | the alleged incident took place in the early hours of the morning | he allegedly came up with the idea after he nearly crashed into a wall*

---

• ***al·legar***

**allocate** /'æləkert/ Verb

to *allocate* things means to decide which person or organisation should receive them and what they should use them for

*the government has allocated another £3m to flood prevention in the region | we need to allocate more resources to primary education | supermarkets allocate large budgets to advertising*

Noun: *allocation*

Collocates: *an allocation of something*

*fair allocation of resources is a difficult thing to achieve*

---

• ***destinar / assignar***

**ballot** /'bælət/ Noun

a *ballot* is a vote in which people choose a representative, or vote for or against a particular proposal

Collocates: *cast a ballot | a secret ballot*

*votes were cast by secret ballot and counted in public view | counting of ballot papers (the pieces of paper where voters marked their choice) went on all night*

Verb: *ballot*

*they now have to ballot their members before calling an official strike*

---

• ***vot***

**bribery** /'braɪb(ə)ri/ Noun uncount

*bribery* is illegally paying money to someone in authority so that they will do something useful for you

*the bribery scandal made headlines in the newspapers the next day | political corruption and police bribery were common*

Noun: *bribe* | Verb: *bribe*

Collocates: *accept/take a bribe | offer a bribe*

*a minister was sent to jail for taking bribes | city officials and police officers were bribed*

---

• ***suborn***

**broad** /brɔ:d/ Adjective

if there is *broad* agreement about something, most people agree about it

*a broad consensus | the proposal won broad support from all political parties*

Adverb: *broadly*

*his arrival as manager was broadly welcomed by the fans*

---

• ***ampli***

**call** /kɔ:l/ Verb

to *call* an election, a meeting, etc. means to officially announce that it must happen and say when it will be

Collocates: *call a meeting | call an election*

*the government called an election for the 10th of May | the chairman called an emergency meeting to discuss the crisis*

---

• ***convocar***

**cast** /kɑːst/ Verb

if you *cast* a vote, you officially vote

*you can cast your votes by phone or online | they received over 60% of all the votes cast | only 30% of voters actually cast a ballot*

- **donar un paper / llançar (un vot)**

**consensus** /kən'sensəs/ Noun

if there is *consensus*, everybody agrees about something

Collocates: achieve/reach consensus | build a consensus | a consensus emerges | general/broad consensus

*a tradition of consensus has been established in Switzerland | no consensus has emerged among scientists on the topic*

- **consens**

**cover up** /kʌvə(r) 'ʌp/ Phrasal verb

to *cover something up* means to stop people from knowing about it, especially when it is something that is illegal or embarrassing

*some believe the police covered up the facts, but we'll never know | he was lying to cover up his mistakes | he was covering up for his son's activities*

Noun: *cover-up*

*the papers were convinced there had been a police cover-up*

- **ocultar**

**federal** /'fed(ə)rəl/ Adjective

a *federal* system of government involves states which have a lot of control over their own affairs, but which all belong to the same country with a central government that makes decisions for everyone on important matters such as foreign policy

*total US federal debt now exceeds \$16 trillion | there are state taxes collected locally, and there are federal taxes | the school system became dependent on federal funding*

Noun: *federation*

*the Russian Federation came into being in 1991*

- **federal**

**hollow** /'hɒləʊ/ Adjective

a statement, event, or person that is *hollow* does not have any real value, effectiveness, or sincerity

*a hollow victory | he finally discovered the solution, but it was a hollow success as his rival had got there before him | she answered in a hollow voice*

- **buit**

**inclusivity** /ˌɪnklʊː'sɪvəti/ Noun uncount

*inclusivity* is a policy of accepting the widest possible range of people within a culture or organisation

*we are committed to increasing inclusivity | the colours of the Olympic rings carry a message of inclusivity*

Adjective: *inclusive*

*the main aim is to make our society more inclusive*

- **inclusió**

**landslide** /'lænd(d)slaɪd/ Noun

a *landslide* or a *landslide* victory is when someone wins an election with a very big majority

Collocates: a landslide victory | by a landslide

*they won the election by a landslide | Labour won a landslide victory in the 1997 election*

- **victòria aclaparadora**

**leak** /li:k/ Verb

if secret or private information *leaks*, or if someone *leaks* it, it is made public

*the story leaked out before they could stop it | the letter was leaked to the press by someone inside the department | he leaked secrets to at least two other newspapers*

Noun: *leak* | Adjective: *leaked*

*the leaked documents were published by several national newspapers | the leak obviously came from inside the ministry*

- **filtrar-se**

**line** /laɪn/ Noun

a party *line*, government *line*, etc., is a set of beliefs and attitudes that a political party or a government holds, and that its members are expected to follow

Collocates: the official/party/government line | toe the line  
*MPs are expected to follow the party line | the official line was that no serious error had been made*

- **línia**

**lobby** /'lɒbi/ Verb

to *lobby* politicians or governments means to talk to them in an organised way to try and get them to change a law or introduce a new law

Collocates: lobby hard | lobby the government/MPs/ Congress/parliament | lobby for/against something

*they're lobbying the government to build more houses | environmentalists unsuccessfully lobbied parliament for a ban on the practice*

Noun: *lobby* | Noun: *lobbying* | Noun: *lobbyist*

*after pressure from an industry lobby group, the government scrapped the idea | tobacco lobbyists fought the ban on advertising*

- **fer pressió**



**loose end** /lu:z 'end/ Phrase

if you are *at a loose end*, you do not have anything you need to do and can't decide what to do

Collocates: be at a loose end

*for the first time in weeks I was at a loose end | take a book in case you find yourself at a loose end*

---

• **cap per a lligar**

**outspoken** /ˌaʊt'spəʊkən/ Adjective

someone who is *outspoken* is not afraid to say what they think, even when they know people will not agree with them

*an outspoken MP | an outspoken critic of the president | my father was always outspoken about his political views*

Phrasal verb: *speak out*

*they spoke out against the war*

---

• **obert / franc**

**persist** /pə(r)'sɪst/ Verb

if you *persist* in doing something, you continue to do it, even if it is difficult or unpopular

Collocates: persist in doing something | persist with something

*the management is persisting with a ridiculous offer that will see wages fall | he persisted in calling me Mrs Savage | she persisted in her belief that her husband was innocent*

Adjective: *persistent* | Adverb: *persistently*

Noun: *persistence*

*she was very persistent in her attempts to get into university*

---

• **persistir a fer alguna cosa**

**petition** /pə'tɪʃ(ə)n/ Noun

a *petition* is a document signed by a lot of people demanding that a government or other authority take action about something

Collocates: sign a petition | hand in/submit a petition  
*individuals can challenge the decision by collecting 50,000 signatures on a petition | will you sign our petition to stop them closing the hospital?*

Verb: *petition*

*campaigners petitioned the local authority to keep the hospital open*

---

• **petició**

**prominent** /'prɒmɪnənt/ Adjective

someone who is *prominent* is one of the most important people in their field of work, and is well-known and successful

*a prominent figure in the anti-war movement | the group was composed of prominent local business people | a group of nationally prominent researchers*

Noun: *prominence*

Collocates: rise to prominence

*she came to international prominence after she won the Nobel Prize*

---

• **prominent / destacat**

**ratings** /'reɪtɪŋz/ Noun plural

the TV or radio *ratings* is a list which shows how many people watch or listen to each individual programme

Collocates: a ratings war

*the programme's ratings were falling | ratings for the show have never been higher*

---

• **valoració**

**referendum** /ˌrefə'rendəm/ Noun

a *referendum* is an occasion when every adult is asked to vote about one particular issue, and the government has to accept what the majority of voters say

Collocates: hold/conduct a referendum

*the UK will hold another referendum on membership of the EU | in the referendum, voters rejected the proposal to expand the airport*

---

• **referèndum**

**rep** /rep/ Noun

a *rep* is a representative - someone who represents a company or a group of people

*I was elected student rep on the university council last year | he was a sales rep for a furniture company*

---

• **representant**

**rig** /rɪg/ Verb

to *rig* an election or competition means to cheat in order to get a result that would not be the case if everything was run fairly

*FIFA were accused of rigging the election | the opposition claimed the vote was rigged | ballot-rigging was common in the 19th century*

Adjective: *rigged*

*the country has a history of rigged elections*

---

• **falsejar / manipular**

**stand** /stænd/ Verb

to *stand* in an election means to be a candidate in the election

Collocates: stand for something

*she stood for parliament three times before she was finally elected | she decided to stand for President | a total of seven candidates are standing in this local election*

• presenter-se

**take aback** /ˌteɪk əˈbæk/ Phrasal verb

if something *takes* you *aback*, it surprises you

*when the results were published, I was a bit taken aback | it just took me aback when I first saw you | she was clearly taken aback by my question*

• sorprendre

**turnout** /ˈtɜː(r)naʊt/ Noun

at an election, the *turnout* is the number of people who actually go and vote

*this may explain why voter turnout was down this time | turnout at elections has been steadily falling*

Phrasal verb: *turn out*

*supporters turned out in force in Thursday's election*

• assistència

**unanimous** /juːˈnæɪməs/ Adjective

a *unanimous* decision is one that is agreed to by everyone who is involved in making it

Collocates: a unanimous decision

*the committee reached a unanimous decision | this was not a unanimous view among party members*

Adverb: *unanimously* | Noun: *unanimity*

*the request was approved unanimously | there was almost complete unanimity when it came to the vote*

• unànime

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**STUDENT'S BOOK PAGES 40–41**

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**civilise** /ˈsɪvəlaɪz/

to *civilise* people means to teach them how to live well and sensibly and have a good life. Be careful if you use this word. It was often used by people in the West to suggest that people in Africa or Asia are not as well developed culturally or politically

*European attempts to 'civilise' the Aborigines had tragic consequences | the British mistakenly thought they were civilising the people in their Empire*

Adjective: *civilised* | Adjective: *civilising*

*let's talk about this in a civilised way*

• civilitzar

---

# 5 GOING OUT, STAYING IN

## STUDENT'S BOOK PAGES 42–43

### arise /ə'raɪz/ Verb

if a situation *arises*, it starts to exist

*I'd probably go to Australia if the opportunity arose | we call in extra staff when the need arises | let me explain how this unfortunate situation arose*

#### • *sorgir*

### induce /ɪn'djuːs/ Verb

to *induce* someone to do something means to persuade them to do it. It's a rather formal word

Collocates: induce someone to do something  
*nothing in the world would induce me to go there | we neither encouraged nor induced him to break the law | he was induced into signing the contract*

Noun: *inducement*

Collocates: financial inducement

*the company offered financial inducements to new employees to move to the north of Scotland*

#### • *induir*

### tailor-made /ˌteɪlə(r) 'meɪd/ Adjective

a *tailor* is a skilled person who makes clothes that are measured and made to fit each customer individually. Something that is *tailor-made* is specially created for an individual, rather than being available for anyone

*it looks tailor-made for someone like me | we offer tailor-made software to suit your exact requirements | a tailor-made training course*

#### • *fet a mida*

## STUDENT'S BOOK PAGES 44–45

### burst /bɜː(r)st/ Verb

if something *bursts*, it breaks open very suddenly. If you say you are going to *burst*, you mean that you have eaten too much food and you feel as if your stomach will break open  
*there must have been at least ten courses. I thought I was going to burst | I'd better not have any more ice cream or I'll burst | my back tyre burst while I was cycling home*

#### • *esclatar*

### hassle /'hæs(ə)/ Verb

to *hassle* someone means to annoy them by causing problems or constantly demanding their attention when they don't want to talk to you

*sorry – I didn't mean to hassle you | my dad's always hassling me about staying out too late | tourists are regularly hassled outside the cathedral*

Noun: *hassle*

*the tour company was great and the whole trip was hassle free*

#### • *donar la llaua*

### hype /haɪp/ Noun singular

*hype* is a large amount of publicity given to something in an attempt to make people take notice and buy it or watch it  
*the concert didn't live up to the hype | there's been a lot of hype surrounding the launch of the new iPhone*

Verb: *hype*

*they've been hyping the last episode of the series almost since the start*

#### • *bombo / propaganda exagerada*

### in bits /ɪn 'bɪts/ Adjective

if someone is *in bits*, they are extremely upset and sad about something

*he was in bits when he heard the news | getting the sack by text! She must be in bits now*

#### • *destrossat*

### in hand /ɪn 'hænd/ Phrase

if a situation is *in hand*, it is being dealt with and is under control

*the arrangements are all in hand | it was a tricky situation, but Bryce had it well in hand*

#### • *tenir controlat*

### in stitches /ɪn 'stɪtʃɪz/ Phrase

if you are *in stitches*, you are laughing very hard because you think something was very funny

Collocates: have someone in stitches

*it was hilarious – we were all in stitches | he had the audience in stitches within minutes of the start of the show*

#### • *partir-se de riure*

**mortified** /'mɔː(r)tɪfaɪd/ Adjective

if you are *mortified*, you are very upset and ashamed or embarrassed by something

*it was so embarrassing – I was mortified | he was mortified to hear his brother had gone to jail | we were mortified when my dad started dancing at the wedding*

Adjective: *mortifying* | Verb: *mortify*

*it was mortifying to know that it was my fault | they embarrassed and mortified me, though not deliberately*

- *humiliat / mort de vergonya*

**on top of things** /ɒn 'tɒp əv ˌθɪŋz/ Phrase

if you are *on top of things*, you are in control of everything you are trying to do

*the week didn't start well, but I was on top of things by Thursday | you can't afford to rest if you want to keep on top of things*

- *mantenir l'ordre*

**overwhelmed** /,əʊvə(r)'welmd/ Adjective

if you are *overwhelmed* by something, it has such a strong effect on your feelings that it is difficult for you to describe exactly how you feel

Collocates: *feel overwhelmed*

*she was so overwhelmed that she burst into tears | we were totally overwhelmed by everyone's support and good wishes | I was overwhelmed by a feeling of despair*

Verb: *overwhelm* | Adjective: *overwhelming*

*a feeling of deep sadness suddenly overwhelmed her | it was all a bit overwhelming for me*

- *desbordat*

**swallow** /'swɒləʊ/ Verb

if you *swallow* something, you make it move from your mouth into your stomach. If the ground *swallows* something, the object sinks below the surface and gets covered over. If you say you want the ground to *swallow* you up, you mean you are very embarrassed about something and don't want people to see you

*I was so embarrassed I just wanted the ground to open up and swallow me | she swallowed a chicken bone by accident*

- *empassar*

**tread** /tred/ Verb

if you *tread* on something, you put your foot on it while you are walking

*I like dancing, but I'm still prone to tread on toes | be careful – you nearly trod on my foot | treading softly across the carpet, he took a seat by the window*

Noun: *tread*

*she moved with a noiseless tread*

- *trepitjar*

**yawn** /jɔːn/ Verb

if you *yawn*, your mouth opens very wide and uncontrollably because you are tired

*I just couldn't stop yawning, it was so boring | Paul yawned loudly and shrugged his shoulders | it's polite to put your hand over your mouth when you yawn*

Noun: *yawn*

*I tried to stifle a yawn (tried to stop myself from yawning)*

- *badallar*

**STUDENT'S BOOK PAGES 46–47**

**beaten track** /ðə 'biːt(ə)n 'træk/ Phrase

a *track* is a path that leads from one place to another. The *beaten track* is a place or route where there are always a lot of people. If you go *off the beaten track*, you go somewhere which doesn't often get visitors or tourists

Collocates: *off the beaten track*

*let's tempt you off the beaten track into south London | we always took our holidays off the beaten track*

- *fora dels circuits on hi ha molta gent*

**bunch** /bʌntʃ/ Noun

a *bunch* of bananas, grapes, flowers, etc. is several of them together. A *bunch* of people is a group of people together somewhere. A *bunch* of things or of something is a large number of them or a large amount of it

Collocates: *a bunch of something*

*he arrived at the door clutching a bunch of flowers | a bunch of us met up for a meal at the weekend | I've got a bunch of stuff to do before I go home tonight*

- *manat / pom / grapat*

**creation** /kri'eɪʃ(ə)n/ Noun uncount

the *creation* of something is the process of making it start to exist

Collocates: *the creation of something*

*all these factors helped the creation of today's computer industry | since its creation in 2003, the company has made over 1 million cars*

Verb: *create* | Adjective: *creative* | Adverb: *creatively* |

Noun: *creator*

*she had loads of creative ideas for new apps | you need to think creatively to solve this problem | Laffey was the creator, producer, and writer for the film*

- *creació*

**dip** /dɪp/ Noun

if you go for a *dip*, you go into a pool, lake, the sea, etc. and swim for pleasure

Collocates: *go for a dip | have a dip | take a dip*

*we went for a dip in the lake | I stayed on the beach and read while the others had a dip*

- *capbussada*

**embrace** /ɪmˈbreɪs/ Verb

if you *embrace* new ideas, ways of doing things, change, etc., you accept them with enthusiasm

*we've embraced a huge range of different cooking styles | some people embrace change and find it exciting | the company embraced new technology more cautiously than its rivals*

- **acceptar amb entusiasme**

**hop** /hɒp/ Verb

if you *hop* somewhere, you move there quickly and suddenly

*I hopped on a bus to the station | she hopped out of bed and ran to the kitchen | Dave pulled up alongside me in his BMW and told me to hop in*

- **fer un salt (també en sentit figurat)**

**horde** /hɔː(r)d/ Noun

a *horde* is a large number of people, especially when they are behaving in a slightly uncontrolled or frightening way

Collocates: hordes of people | in hordes

*there were hordes of tourists in Trafalgar Square | a vast horde of people flooded out of the station | people were leaving the countryside in hordes (in large numbers) looking for work in the cities*

- **horda**

**iceberg** /ˈaɪs,bɜː(r)g/ Noun

an *iceberg* is a large mass of ice in the sea. Most of an iceberg is under the surface of the water, so icebergs are actually much bigger than they appear. If you say that something is the *tip of the iceberg*, you mean that what you are aware of is just a very small part of a much bigger situation, problem, etc.

Collocates: the tip of the iceberg

*the ship had crashed into a small iceberg | these examples of cheating are only the tip of the iceberg*

- **iceberg**

**pastime** /ˈpɑːs,tʰaɪm/ Noun

a *pastime* is an *activity* that is not work, and that you do for pleasure

*mountain climbing can be a dangerous pastime | another widely enjoyed pastime is video gaming*

- **passatemps**

**peckish** /ˈpekɪʃ/ Adjective

if you are *peckish*, you are slightly hungry

Collocates: feel peckish

*it was quite late, and I was getting peckish | by ten he was feeling peckish and stopped for a sandwich | all that walking made me rather peckish*

- **que té una mica de gana**

**peculiarly** /pɪˈkjuːljə(r)li/ Adverb

you use *peculiarly* to refer to things that exist or are present only in certain places or situations

*pantomime is a peculiarly British sort of show | the sunsets that autumn were peculiarly beautiful | this style of architecture is peculiarly Italian*

Adjective: *peculiar*

Collocates: peculiar to someone or something

*a form of social organisation peculiar to India*

- **singularment**

**pleasure** /ˈpleɪʒə(r)/ Noun

*pleasure* is happiness you get from doing something that you enjoy

Collocates: the pleasure of (doing) something

*we had the pleasure of going to two weddings last month | I always enjoy the pleasure of your company | it's been a pleasure talking to you*

Adjective: *pleasurable* || Opposite – Noun: *displeasure*

*we spent a pleasurable afternoon watching cricket | he expressed his displeasure in a series of tweets*

- **plaer**

**rear** /rɪə(r)/ Noun

the *rear* of somewhere or something is the back part of it

*there is a large garden at the rear of the house | a small shed to the rear is used for keeping garden tools*

Adjective: *rear*

*the burglars got in through a rear window*

- **part posterior**

**sign** /saɪn/ Noun

a *sign* is an event, situation, or fact that means something is happening or is true or exists

Collocates: a sign of something

*he just goes quiet at the slightest sign of stress | another sign of the times is that no one here belongs to a union any more*

- **senyal**

**sneak** /sniːk/ Verb

if you *sneak* somewhere, you go there quietly and secretly, hoping that no one will see you. If something *sneaks* in somewhere, it gets there secretly or without being noticed. If you *sneak* something somewhere, you take it there secretly so that no one knows you have it there

*it sneaks into our list of unusual places to visit | I managed to sneak a piece of cake up to my bedroom | one employee tried to sneak secret information out of the factory*

- **passar d'amagat**



**stand-up** /ˈstændʌp/ Adjective

*stand-up* comedy is a type of performance where a comedian appears on his or her own on stage and entertains the audience with funny stories and jokes. This type of comedy is often just called *stand-up*, and a comedian who does *stand-up* is also called a *stand-up*

*I enjoy watching stand-up comedy | in between songs, he does some short stand-up routines | she's a stand-up comedian, actor, and writer*

Noun: *stand-up*

*She'd always wanted to be a stand-up*

- **comèdia estil monòleg**

---

**swarm** /swɔː(r)m/ Noun

a *swarm* of insects is a large number of them all together. You can also use *swarm* to refer to a large number of people, especially if you do not approve of them or what they are doing

Collocates: a swarm of things/people

*a swarm of bees | a swarm of journalists waited outside the hospital for news of the royal baby*

Verb: *swarm*

*waving banners, the crowd swarmed onto the square (went onto it in large numbers)*

- **eixam**

---

**synonymous** /sɪˈnɒnɪməs/ Adjective

a *synonym* is a word that means the same as another word. For example, 'below' is a *synonym* of 'beneath'. Words that are *synonyms* are *synonymous* with each other. If you talk about things or situations being *synonymous* with each other, you mean that they are very similar, or that if one thing is true in a situation then the other thing will also be true

Collocates: synonymous with something

*the words Switzerland and chocolate are virtually synonymous | the development of cities was synonymous with the rise in civilisation | the brand Rolls Royce is synonymous with excellence*

Noun: *synonym*

Collocates: a true/exact synonym | a near synonym

*'hot' and 'cold' are not synonyms; they are antonyms (they mean the opposite of each other)*

- **sinònim**

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**tip** /tɪp/ Noun

the *tip* of something is the pointed end of it

*the plane measures 61 metres from wing tip to wing tip | he sliced off the tip of his finger by accident*

- **punta**

---

**venture** /ˈventʃə(r)/ Verb

if you *venture* somewhere you have never been before, or where there is some sort of risk, you go there

*he'd never ventured outside his home city | I wasn't prepared to venture outdoors in that storm | they rarely venture far from the village*

- **arriscar**

---

**wasp** /wɒsp/ Noun

a *wasp* is a flying insect with a yellow and black body, that can sting you

*I was stung by a wasp | bees and wasps have two pairs of wings*

- **vespa**

---

**STUDENT'S BOOK PAGES 48–49****acceptance** /əkˈseptəns/ Noun uncount

*acceptance* of a difficult or unpleasant situation is the ability to understand that it cannot be changed and to think about it without getting upset or angry

*the book deals with the theme of acceptance | one important aspect of dealing with disappointment is acceptance*

Verb: *accept*

*my mother never accepted my brother's decision to move to New Zealand*

- **acceptació**

---

**by turns** /baɪ ˈtɜː(r)nz/ Adverb

if things happen *by turns*, they happen after each other rather than at the same time

*the story is by turns absurd, dark, and full of insight | he grew hot and cold by turns*

- **per torns**

---

**centre** /ˈsentə(r)/ Verb

if something *centres* on a topic or person, that topic or person is the main thing that is being considered

Collocates: centre on something | centre around something

*this crime thriller centres on a young man already in prison | the debate centred around the role of the teacher in 19th century schools*

- **centrar-se**

---

**conquer** /ˈkɒŋkə(r)/ Verb

if you *conquer* something, you succeed in getting control of it or making it less harmful

*if you believe that love conquers all, this is a book for you | I had to conquer my fear of flying if I was to go to New York | the government claimed it had finally conquered inflation*

- **conquerir**

---

**credible** /'kredəb(ə)l/ Adjective

if something is *credible*, you can believe it or trust it  
*his excuse was scarcely credible* | *I believe there must be a more credible explanation* | *there is no credible evidence to support these claims*

Adverb: *credibly* | Noun: *credibility* || Opposite – Adjective: *incredible*

Collocates: *lend credibility to something* | *gain credibility*  
*Melbourne is, I am credibly informed, well worth visiting* | *having a letter of approval will lend credibility to your application* | *that was a literally incredible story*

---

- *creïble*

**dialogue** /'daɪələʊg/ Noun

*dialogue* is the conversation between characters in a play, film, or book

*the long opening scene has no dialogue* | *there was not much character development and little meaningful dialogue*

---

- *diàleg*

**eccentric** /ɪk'sentɹɪk/ Adjective

something or someone that is *eccentric* is not the same as most other people or things, and behaves in ways that people think are strange and unusual

*his mother belonged to an eccentric Irish family* | *his behaviour was eccentric, to say the least* | *it wasn't a normal school, in fact I'd say it was highly eccentric*

Adverb: *eccentrically* | Noun: *eccentricity* | Noun: *eccentric*  
*the more eccentrically he behaved, the more people seemed to like him* | *eccentricity runs in her family* | *he was always slightly odd, but now he's a complete eccentric*

---

- *excèntric*

**factor in** /'fæktə(r) 'ɪn/ Phrasal verb

if you *factor something in*, you consider its influence on a situation or plan that you are thinking about

*they'll sell two and a half million books a year, and that's before you factor in the power of Facebook* | *we went over budget because we hadn't factored the weather into our calculations* | *all the extra costs have to be factored into our fee*

Noun: *factor*

*what factors are important for a good quality of life?*

---

- *considerar la influència*

**in keeping** /ɪn 'ki:pɪŋ/ Phrase

if something is *in keeping* with something else, it matches it or is very suitable or appropriate for it

Collocates: *in keeping with something*

*the venture is very much in keeping with current cultural trends* | *in keeping with the relaxed mood, service in the restaurant is very informal*

Opposite – Phrase: *out of keeping*

Collocates: *out of keeping with something*

*the proposed building was totally out of keeping with the rest of the High Street*

---

- *en harmonia amb alguna cosa / d'acord amb alguna cosa*

**light** /laɪt/ Noun

the *light* in which something is seen is the attitude that people have towards it. If you cast *light* on something, you do something that makes it possible for people to understand it

Collocates: *cast/throw/shed light on something*

*not everyone sees these trends in such a positive light* | *these essays cast light on Byron's early years*

---

- *punt de vista / perspectiva*

**marked** /mɑ:(r)kt/ Adjective

something that is *marked* is very significant or noticeable

*social media has had a marked influence on reading choices* | *her exam results were a marked improvement on last year's* | *there's a marked resemblance between Harold and his nephew James*

---

- *destacat*

**memoir** /'mem,wɑ:(r)/ Noun

a *memoir* is a book or piece of writing that someone writes about their own life

*Jones confronts her childhood in this moving memoir* | *her second volume of memoirs was published in 2006*

Noun: *memoirist*

*Rhodes was a novelist, travel writer, biographer and memoirist*

---

- *memòries*

**narrator** /nə'reɪtə(r)/ Noun

the *narrator* of a story is the person who is telling or writing it

*the book explores the many arguments between the narrator and his girlfriend* | *an omniscient narrator (a narrator who knows everything about all the characters in the story)*

Noun: *narrative* | Noun: *narration* | Verb: *narrate*

*the narrative has no firm beginning or end* | *the film is narrated by Spencer Tracy*

---

- *narrador*

**oppression** /ə'pref(ə)n/ Noun uncount

*oppression* is cruel and unfair treatment of people by their rulers

*the book tackles issues such as poverty and oppression | they risked their lives to escape oppression in their home nation*

Verb: *oppress* | Adjective: *oppressed*

Adjective: *oppressive* | Noun: *oppressor*

*Racha was a cruel ruler who oppressed his subjects | a poor and oppressed country | the government was accused of being corrupt and oppressive*

• **opressió**

**resolution** /ˌrezə'lʊːʃ(ə)n/ Noun

*resolution* is determination to do something. If you make a *resolution*, you make a firm and determined decision to do something

Collocates: make a resolution

*did you make any resolutions? | my resolution to go jogging every day lasted just two weeks*

Verb: *resolve*

Collocates: resolve to do something

*I resolved to keep silent about the matter*

• **resolució**

**tale** /teɪl/ Noun

a *tale* is a story, especially one involving exciting events or magic

Collocates: a cautionary tale | a tall tale | a fairy tale

*this uplifting tale will appeal to all readers | I've heard such tales about him*

• **conte**

**universal** /ˌjuːnɪ'vɜː(r)s(ə)l/ Adjective

something that is *universal* exists everywhere or is available to all people

*the appeal of book clubs is seemingly universal | if language differences were biological, we'd expect them to be universal to all cultures | the proposal had almost universal support throughout the country*

Adverb: *universally*

*it was universally acknowledged that something had to be done soon*

• **universal**

# 6 CONFLICT AND RESOLUTION

## STUDENT'S BOOK PAGES 50–51

**aggression** /ə'ɡreɪʃ(ə)n/ Noun uncount

*aggression* is very angry and determined behaviour which sometimes becomes violent

*raising your voice is a form of aggression | violence is often the result of anger and aggression*

Adjective: *aggressive* | Adverb: *aggressively*

*sometimes, clients become aggressive | several people reacted aggressively to the announcement*

### • *agressió*

**annoyance** /ə'noʊəns/ Noun

an *annoyance* is a small problem that makes you feel annoyed

*having to remember two passwords for my bank account is a real annoyance | the biggest annoyance was that the bathroom was downstairs*

Verb: *annoy* | Adjective: *annoying* | Adverb: *annoyingly* | Adjective: *annoyed*

*the music from next door annoyed me all afternoon | her little brother was a very annoying child | the download time was annoyingly slow*

### • *incomoditat / molèstia*

**let off steam** /let ɒf 'sti:m/ Phrase

if you *let off steam*, you do something extreme such as shouting or physical activity in order to get rid of anger or extreme emotions that you feel

*it's healthy to let off steam some of the time | I went to the gym to let off steam*

### • *desfogar-se*

## STUDENT'S BOOK PAGES 52–53

**drop** /drɒp/ Verb

if you *drop* what you are doing, you stop doing it. If you *drop* a subject, you stop talking about it in a conversation you are having. If you tell someone to *drop it*, you are telling them to stop doing something or saying something

*you'd better drop the subject before I lose my temper | I'm busy! I can't just drop everything because you need a lift to the station! | I studied French, Russian and Italian for the first year at university, but had to drop Italian for the second year*

### • *deixar*

**grip** /ɡrɪp/ Noun

if you have a *grip* on something, you are holding it firmly in your hand. If you have a *grip* on a problem or difficult situation, you are in control of it and able to prevent any problems developing

Collocates: *get/have/take a grip on something*

*we've got to get a grip on costs | Clara felt her grip on the situation slipping*

### • *control*

**offence** /ə'fens/ Noun

if someone takes *offence*, they feel angry or upset because they think someone has been deliberately rude or behaved unfairly towards them

Collocates: *take offence (at something) | cause offence | no offence*

*she's always been quick to take offence | the BBC was forced to apologise for causing offence*

Verb: *offend* | Adjective: *offended* | Adjective: *offensive* | Adverb: *offensively*

*Jeremy was easily offended | I think I offended them by not visiting over Christmas | he looked rather offended at the suggestion | many people found the cartoon offensive*

### • *ofensa*

**tremendous** /trə'mendəs/ Adjective

something that is *tremendous* is very great in size, amount, or degree

*I have a tremendous amount of work on | there are tremendous opportunities here for the right candidate | the flames generated tremendous heat*

Adverb: *tremendously*

*the event was tremendously successful*

### • *enorme*

## PHRASES USED IN ARGUMENTS

### twist someone's words:

if you *twist someone's words*, you deliberately suggest that they meant to say something different from what they really meant, usually in order to get an advantage for yourself or to try and win an argument

*I never said I thought you were too old for the job – that was just Robin twisting my words again to cause trouble between us*

### get your wires crossed:

if you've *got your wires crossed*, you and someone else are confused because you each think the other person is talking about something different from what they are actually talking about

*I think we've got our wires crossed – I'm Donald's father, not his brother!*

### clear the air:

if you *clear the air*, you have a conversation with someone to try and settle a disagreement between you

*I think we need to clear the air first if we're going to cooperate on this project*

### not the end of the world:

if you say that something is *not the end of the world*, you are telling someone that a situation is not as bad as they think it is

*missing the plane wasn't the end of the world as it gave me another day to spend in Tbilisi*

### no use crying over spilt milk:

if you say *there's no use crying over spilt milk*, you mean that although something bad has happened, there's no point being sorry about it because you can't change what happened

*OK, there's no use crying over spilt milk – we've just got to start again and hope we get it right this time*

### go round in circles:

if you are *going round in circles*, you are doing something or discussing something but are not making any progress and are always coming back to the same problem you started with

*what a waste of time that meeting was – we just went round in circles for two hours and no one was prepared to change their mind*

## STUDENT'S BOOK PAGES 54–55

### break down /breɪk 'daʊn/ Phrasal verb

if talks or negotiations *break down*, they stop because the two sides involved cannot agree

*peace talks broke down after just two days | if negotiations break down the strike will start on Friday*

Noun: *breakdown*

Collocates: a breakdown in something

*he resigned following the breakdown in negotiations | there were further problems caused by a breakdown in communications*

#### • *fracassar*

### break out /breɪk 'aʊt/ Phrasal verb

if something unpleasant or violent *breaks out*, it starts to happen

*fighting broke out on the border | the fire broke out at 3 in the morning | when war broke out in 1939, his father left home to join the army*

Noun: *outbreak*

Collocates: an outbreak of something

*there's been a recent outbreak of fighting in the region*

#### • *esclatar*

### casualty /'kæʒuəlti/ Noun

a *casualty* is someone who is injured during fighting or in an accident

Collocates: suffer casualties | heavy casualties | civilian casualties

*people moved away before the storm arrived so there were very few casualties | we suffered six fatalities and 13 casualties in the attack*

#### • *víctima*

### complexity /kəm'pleksəti/ Noun

*complexity* is the state of being very complicated

*we were overwhelmed by the sheer complexity of the problems | I needed a specialist to guide me through the legal complexities of the case*

Adjective: *complex*

*it was a complex task and couldn't be done quickly*

#### • *complexitat*

### continuation /kən'tɪnjʊ'eɪʃ(ə)n/ Noun

the *continuation* of something is the fact that it carries on happening or existing

*the lecture was a continuation of last week's | treatment should include continuation of regular morning exercise*

Verb: *continue*

Collocates: continue to do something | continue doing something

*the company continued in business until 1997*

#### • *continuació*

### coup /kuː/ Noun

a *coup* is when a government is removed by illegal, undemocratic, or violent means

*opposition leaders staged a coup | on 6 August, another coup overthrew the government*

#### • *cop d'estat*

### domain /dəʊ'meɪn/ Noun

a *domain* is a particular area of interest or activity

*the same is true in other domains of knowledge | one of the biggest problems in the domain of environmental protection*

#### • *àmbit*



**dynamics** /daɪ'næmiks/ Noun plural

*dynamics* are the different ways in which people or things react and affect each other

*I'm especially interested in group dynamics | the dynamics of their relationship were constantly changing*

---

- **dinàmica**

**escalate** /'eskəleɪt/ Verb

if a difficult or dangerous situation *escalates*, it becomes even more extreme

*the conflict escalated after the peace talks failed | sending troops to the border will simply escalate the conflict | as tensions escalated, families started leaving the city*

Noun: *escalation*

Collocates: the escalation of something

*these actions marked an escalation of the conflict*

---

- **escalar**

**fatality** /fə'tæləti/ Noun

a *fatality* is a death caused by violence or accident

Collocates: suffer fatalities

*there were 2,650 fatalities from car accidents last year | three fatalities occurred as a result of the floods*

Adjective: *fatal* | Adverb: *fatally*

*he received a fatal blow to the head | he had been fatally wounded*

---

- **víctima mortal**

**feed in** /fi:d ɪn/ Phrasal verb

if something *feeds in*, or *feeds into* a situation or problem, it is one of the factors that has an effect on or creates the situation

*there are a number of factors that feed into climate change | these results will be fed into the revised proposal | we'll feed in the responses to the questionnaire and analyse them by the end of the month*

---

- **alimentar**

**forces** /fɔː(r)sɪz/ Noun plural

if you *join forces* with someone, you start to work together with them rather than you both working separately to achieve the same thing

Collocates: join/combine forces

*they've had to join forces to fight off new businesses that are challenging them in the market | three schools and the university are combining forces on this project | police are joining forces with local businesses to fight crime*

---

- **forces**

**ground** /graʊnd/ Noun uncount

you use *ground* in a number of phrases such as *lose ground* or *gain ground* to talk about how an advantage changes from one person to another

Collocates: *lose ground* | *gain ground* | *give ground*

*they're gaining ground in the election and look likely to win 20 more seats | there was no point arguing with him as he was obviously not going to give ground*

---

- **terreny**

**inversion** /ɪn'vɜː(r)ʃ(ə)n/ Noun

*inversion* is the reversing of a situation so that it becomes its opposite

*in an ironic inversion of the world off the pitch, Peace defeated War | to say that he was guilty is an inversion of the truth*

Verb: *invert*

*the image is inverted in the mirror*

---

- **inversió**

**legitimate** /lɪ'dʒɪtəmət/ Adjective

something that is *legitimate* is allowed by law

*it encouraged the creation of legitimate state institutions | it was perfectly legitimate to call a new election | we favour trade expansion by every legitimate means*

Adverb: *legitimately* | Noun: *legitimacy* | Verb: *legitimise*

*a legitimately elected government | foreign observers questioned the legitimacy of the election result*

---

- **legítimar**

**notable** /nəʊtəb(ə)l/ Adjective

something or someone that is *notable* is very significant, interesting, unusual or good

*she was remembered for a number of notable achievements | he met Abraham Lincoln and other notable figures | there are several notable differences between the two proposals*

Adverb: *notably* | Noun: *notables*

*they were notably influenced by the Rolling Stones and the Beatles | we saw the prime minister and other notables arriving at the palace*

---

- **notable**

**rage** /reɪdʒ/ Verb

if something unpleasant or violent *rages*, it continues with a lot of energy and causes a lot of anger or destruction

Collocates: a battle/war/conflict *rages* | a storm *rages* |

a dispute/argument *rages* | a fire/blaze *rages*

*a dispute had been raging for months over the issue | a violent storm raged over the city all night | huge forest fires were raging out of control*

Adjective: *raging*

*a raging fire was visible in the distance*

---

- **enfurismar / venir amb fúria**

**renewal** /rɪ'nju:əl/ Noun

the *renewal* of something is the fact of it starting again

Collocates: renewal of something

*this weekend sees the renewal of one of sport's oldest rivalries | the spring saw a renewal of the war*

Verb: *renew*

*in June, hostilities were renewed (fighting started again)*

---

• **renovació**

**sanction** /'sæŋkʃ(ə)n/ Noun

*sanctions* are formal measures taken by one or more countries against another country, such as restricting trade or cultural exchanges, in order to punish that country or make it change the way it does things

Collocates: impose sanctions | lift sanctions | sanctions against someone

*the EU imposed sanctions on Russia over their role in the war in Ukraine | the US wanted to tighten economic sanctions against Iran*

---

• **sanció**

**seize** /si:z/ Verb

to *seize* a place or to *seize* control of somewhere means to use force to take control there

Collocates: seize control | seize power

*rebels seized control of the presidential palace | they seized public buildings and the airport | he seized the city of Vidin in 1365*

Noun: *seizure*

*the seizure of the city brought an end to two years of fighting*

---

• **prendre / requisar**

**siege** /si:dʒ/ Noun

a *siege* is when an army surrounds a town or city during a war and stops people or things going in or out in order to make it surrender

Collocates: lay siege (to somewhere) | relieve/lift/raise a siege | withstand a siege | be under siege

*Leningrad was under siege for 872 days | Hertford decided not to lay siege but to burn the city*

Verb: *besiege*

*troops besieged the town until it surrendered*

---

• **setge**

**stage** /steɪdʒ/ Verb

to *stage* an event means to organise it, especially an event involving a lot of people

*students staged protests against the rent rises | workers threatened to stage a strike unless management withdrew the proposal | thousands of anti-war protesters staged a demonstration in central London*

---

• **organitzar**

**strive** /straɪv/ Verb

if you *strive* to do something, you try very hard to do it

Collocates: strive to do something

*we constantly strive for knowledge and self-improvement | the government is striving to bring down unemployment | he strove hard to complete his university degree*

---

• **esforçar-se**

**surrender** /sə'rendə(r)/ Verb

to *surrender* means to stop fighting a battle or war because you know you cannot win, and to say that the other side has won

*the city surrendered after a three-week siege | they were told to surrender unconditionally (without asking for anything at all in return) | the government made plans to formally surrender*

Noun: *surrender*

*in despair, he attempted to negotiate a surrender*

---

• **rendir-se**

**track down** /træk 'daʊn/ Phrasal verb

if you *track down* a person or thing, you find them after a long and difficult search

*there are websites that help you track down people you went to school with | I'm trying to track down a copy of the film on DVD | the police finally managed to track him down in Sheffield*

---

• **trobar el rastre d'algú**

**trial** /'traɪəl/ Noun

a *trial* is a legal procedure during which a decision is made about whether or not someone is guilty of a crime they have been accused of

Collocates: put someone on trial | be on trial | stand trial | bring someone to trial

*he was put on trial three weeks after his arrest | two of them were released, but the other three will have to stand trial*

---

• **judici**

**troops** /tru:ps/ Noun plural

*troops* are soldiers

*international troops were sent in | the US had 50,000 troops stationed in southern Germany*

---

• **tropes**

**violation** /,vaɪə'leɪʃ(ə)n/ Noun

a *violation* is an action that breaks a law or rule

Collocates: a serious/gross/clear violation

*the UN received reports of human rights violations in the region | if it's only a minor violation, the police probably won't do anything*

Verb: *violate*

*their proposed action would violate international law*

---

• **violació**

**withdraw** /wɪð'drɔː/ Verb

if soldiers *withdraw*, or if they *withdraw* their weapons, they move back from a place so that they can no longer fight there

*British troops began to withdraw in December of that year | the Soviets finally agreed to withdraw their missiles from Cuba | the army withdrew towards the coast*

Noun: *withdrawal*

*the gradual withdrawal of soldiers from the area*

---

• **retirar-se**

---



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**STUDENT'S BOOK PAGES 56–57**

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**allegation** /ˌæləˈɡeɪʃ(ə)n/ Noun

an *allegation* is a statement that someone has done something wrong, but which has not been proved yet

Collocates: deny an allegation | confirm an allegation | make an allegation

*I can assure you the allegations against me are completely false | several pupils made serious allegations against the headteacher*

Verb: *allege* | Adjective: *alleged* | Adverb: *allegedly*

*the shopkeeper alleged that the man had a knife | the two alleged offences date back to 2004 | he had allegedly stolen £20,000 from his employers*

---

• **acusació**

---

**bombard** /bɒmˈbɑː(r)d/ Verb

to *bombard* a place means to fire heavy cannons at it over a long time. To *bombard* people with something means to send them a lot of things, usually things that are unwanted

Collocates: bombard someone or something with something

*they've been bombarding us with requests for support | she'd been bombarded with emails and text messages | navy ships bombarded the town at regular intervals*

Noun: *bombardment*

*the bombardment caused a large number of casualties*

---

• **bombardejar**

---

**crucial** /ˈkruːʃ(ə)l/ Adjective

something that is *crucial* is the most important thing in a particular situation

*scanners will play a crucial role in protecting the public from terrorism | we've reached a crucial stage in the project | it's crucial that you get a good night's sleep before the exam tomorrow*

Adverb: *crucially*

*it's crucially important that you follow the instructions exactly*

---

• **crucial**

---

**dispute** /drɪˈspjuːt/ Noun

a *dispute* is a serious disagreement between people or groups

*try to find a solution to the dispute | you don't want to end up in a legal dispute*

Verb: *dispute*

*Mr Berry disputed the claim that he had deliberately set fire to the garage*

---

• **disputa**

---

**engage** /ɪnˈɡeɪdʒ/ Verb

if people *engage* in an activity or *are engaged* in it, they are taking part in it

Collocates: engage in something

*they've been engaged in a price war | he became engaged in politics as a student | I'm currently engaged in designing a new theatre*

Noun: *engagement*

*we're trying to encourage public engagement in the decision-making process*

---

• **comprometre's**

---

**gross** /grəʊs/ Adjective

a *gross* action is one that is very serious and unacceptable

*it was a gross invasion of privacy | the patient died as a result of gross negligence by the hospital | a gross violation of their human rights*

Adverb: *grossly*

*if you think that's acceptable, you're grossly mistaken*

---

• **greu**

---

**harassment** /həˈræsmənt/ Noun uncount

*harassment* is threatening or unpleasant behaviour towards someone

*he'd been accused of harassment | she'd been subjected to sexual harassment*

Verb: *harass* | Adjective: *harassed*

*they complained of being harassed by the police | she came to the door looking rather harassed*

---

• **assetjament**

---

**hostile** /ˈhɒstaɪl/ Adjective

someone or something that is *hostile* is not friendly or helpful and intends to cause harm or damage to someone

Collocates: be hostile to or towards someone | openly hostile

*he was very hostile towards us when we arrived | she was shocked at his hostile attitude | public opinion towards the government had turned hostile*

Noun: *hostility*

*there was a lot of hostility against the police*

---

• **hostil**

---

**march** /mɑː(r)tʃ/ Verb

when soldiers *march*, they walk somewhere as a group in an organised way. When people *march*, they go somewhere in a large crowd, usually to protest about something

*protesters marched on Downing Street | the general marched his army across the desert | nearly 500 people marched through the city centre in protest*

Noun: *march*

*I used to go on protest marches when I was a student*

• marxar

**ruling** /'ruːlɪŋ/ Noun

a *ruling* is a decision about something made by someone in authority, which people have to accept and obey

*the government has accepted the ruling | three appeal court judges handed down a unanimous ruling (all three agreed)*

Verb: *rule*

*the appeal court ruled that the original decision was wrong*

• reglament

**scanner** /'skænə(r)/ Noun

a *scanner* is a machine that is used to detect and record information about something by using light, sound, or X-rays. Some *scanners* are used in hospitals to examine people and discover what is wrong with their bodies. Other *scanners* are used at places like airports to make sure that people are not carrying weapons or bombs. Shops use *scanners* to read the bar code on things that are being bought

*full body scanners are being installed in airports across the country | police now use a digital scanner to take someone's fingerprints*

Verb: *scan* | Noun: *scan*

*the machine scans the brain looking for abnormal activity | the results of his brain scan came back – it was good news*

• escàner

**settlement** /'set(ə)lmənt/ Noun

a *settlement* is an agreement that ends a dispute between people, countries, or organisations

Collocates: *reach a settlement | agree to/come to a settlement*

*the two sides agreed to a settlement before the case got to court | workers and employers finally reached a settlement after four days of talks*

Verb: *settle*

*we tried to settle the dispute before it got to court*

• acord

**vandal** /'vænd(ə)l/ Noun

a *vandal* is someone who causes deliberate damage to things for no reason, especially things in public places

*vandals had sprayed the statue with paint | the monument was damaged by vandals*

Noun: *vandalism* | Verb: *vandalise* | Noun: *vandalisation*  
*the house had been damaged by vandalism | he was caught vandalising a statue | he admitted being responsible for the vandalism of the bus station*

• vàndal

**will** /wɪl/ Noun

your *will* is your desire and determination to do something once you have decided to do it, and a refusal to give up

*it was a battle of wills that Connie was determined to win | throughout the war, she never lost the will to live*

• voluntat

# 7 SCIENCE AND RESEARCH

## STUDENT'S BOOK PAGES 62–63

### backing /'bækɪŋ/ Noun

backing for a person or a proposal is support from someone in a position of authority

Collocates: financial backing

*with his backing, the project managed to get extra funding | the company received strong financial backing*

Verb: back

*the government has refused to back the scheme*

#### • suport

### breakthrough /'breɪkθruː/ Noun

a breakthrough is an important discovery that is made, especially after a lot of effort

Collocates: a breakthrough in something | make a breakthrough

*a major breakthrough in the fight against AIDS | thanks to a recent medical breakthrough, the condition can now be treated*

#### • avenç

### breed /briːd/ Verb

when animals breed, they have baby animals. If people breed animals, they keep them and put them together so that they will produce baby animals

*scientists have been breeding see-through frogs and fish | the frogs were bred for educational purposes | they bred dairy cows, horses, and pigs*

Noun: breeder | Noun: breed

*a horse breeder | there are many different breeds of rabbit around the world (many different kinds of rabbit)*

#### • criar

### conclusive /kən'kluːsɪv/ Adjective

conclusive evidence is evidence that proves something is definitely true

*the evidence is pretty conclusive | there is no conclusive research on this topic yet*

Adverb: conclusively | Verb: conclude | Noun: conclusion || Opposite – Adjective: inconclusive

*a scientific theory is worthless until it has been conclusively proven | the judge arrived at the conclusion that Tyrrell was guilty | the results of the test were inconclusive*

#### • conclouent

### devise /dɪ'vaɪz/ Verb

if you devise something, you invent something new, or think of a plan for doing something

*he has devised a number of vocabulary tests | we devised a plan to keep the hospital open at weekends | students are encouraged to devise their own research methods*

#### • dissenyar

### disorder /dɪs'ɔː(r)də(r)/ Noun

a disorder is a medical problem or illness

*the genetic disorder was more common than they had realised | our daughter had an eating disorder*

#### • desordre

### duplicate /'djuːplɪkət/ Verb

if you duplicate something, you do something that has already been done by you or by someone else

*other scientists have yet to duplicate the results | the error was duplicated on both computers, suggesting it was a software issue | there's no reason you can't duplicate your sister's success at university*

Noun: duplicate | Adjective: duplicate

*he looks like an exact duplicate of his father | a duplicate copy of the contract*

#### • duplicar

### extract /ɪk'strækt/ Verb

if you extract something from somewhere, you remove it from there, often with some difficulty

Collocates: extract something from somewhere

*they had to extract DNA from a banana | olive oil is extracted by pressing the fruit | salt and other minerals are extracted here*

Noun: extraction

*the land was sold for oil and gas extraction*

#### • extreure

### fragrance /'freɪgrəns/ Noun

a fragrance is a very nice smell. Perfume can also be called fragrance

*pineapples have a sweet fragrance when they are ripe | a lovely fragrance filled the room*

Adjective: fragrant

*the plants were highly fragrant*

#### • fragància



**insert** /ɪn'sɜː(r)t/ Verb

if you *insert* something into something else, you put it inside the other thing

Collocates: insert something in/into something

*how can I insert my signature into a pdf document? | the doctor inserted a needle into my arm | her hand shook slightly as she inserted the key in the lock*

Noun: *insertion* | Noun: *insert*

Collocates: the insertion of something

*regular insertion and removal of the plug can make the wires come loose | some advertisers place inserts in the magazine (loose pages carrying advertising)*

---

- **insertar**

**pave the way** /ˌpeɪv ðə 'weɪ/ Phrase

if something *paves the way*, it creates the right conditions for a later situation to develop

Collocates: pave the way for something | pave the way to something

*the findings could pave the way for new techniques | his resignation paved the way for new elections*

---

- **aplanar el camí**

**probe** /prəʊb/ Noun

a *probe* is a long thin medical instrument that doctors put inside part of someone's body in order to examine it. A *probe* can also be an investigation into something

*they stuck probes into the brains of rats | police conducted a probe into the incident*

Verb: *probe*

*she gently probed the area for any sign of infection*

---

- **sonda**

**procedure** /prə'siːdʒə(r)/ Noun

a *procedure* is a set of actions that you follow in order to do something correctly. In a hospital, a *procedure* is a particular medical treatment or operation

Collocates: normal/correct/proper procedure

*there are concerns about possible negative effects of the procedure | the company's standard procedures for taking on new staff*

Adjective: *procedural*

*the appeal was dismissed on procedural grounds (because the proper procedure had not been followed)*

---

- **procediment**

**shield** /ʃiːld/ Noun

a *shield* is an object that soldiers used to hold in front of themselves for protection when they were fighting. A *shield* is also any object that protects people from a particular danger

Collocates: a shield against something

*they want to build a sun shield in space to prevent global warming | police started using riot shields in 1970*

Verb: *shield*

*he used his hand to shield his eyes from the bright sunlight*

---

- **escut**

**slippery slope** /slɪpəri 'sləʊp/ Noun

if you say that something is a *slippery slope*, you mean that a situation will become much worse or more extreme and it will be almost impossible to prevent that from happening

*to me, the whole experiment is a slippery slope | I agreed to help out at weekends, but I was afraid this was the top of a slippery slope*

---

- **afer relliscós**

**stimulus** /'stɪmjʊləs/ Noun

a *stimulus* is something which causes a particular reaction or activity

Collocates: a stimulus for something

*the workshop is intended to provide a stimulus for creativity | research into how we process visual stimuli*

Verb: *stimulate* | Noun: *stimulation*

*these toys will stimulate your child's imagination | the main aim is the stimulation of the global economy*

---

- **estímul**

**thin end of the wedge** /θɪn end əv ðə 'wedʒ/ Phrase

if you say that something is the *thin end of the wedge*, you mean that although it is not seriously bad at the moment, it will certainly lead to a situation becoming much worse

*to me, this experiment represents the thin end of the wedge | closing the canteen in the evening is the thin end of the wedge – they'll shut it permanently next*

---

- **la punta de l'iceberg**

**undertake** /ˌʌndə(r)'teɪk/ Verb

if you *undertake* a task, project, job, etc., you agree that you should do it and you start to do it

*researchers undertook the survey to see if there was a link between attitudes and health | you'll need to undertake further training if you want to get ahead in your career*

Noun: *undertaking*

*building the railway during the winter was an ambitious undertaking*

---

- **emprendre / comprometre's a fer alguna cosa**

**STUDENT'S BOOK PAGES 64–65****accelerate** /æk'seləreɪt/ Verb

if something *accelerates*, it starts to move or happen more quickly

*the arms race accelerated in the 1950s | the pace of technological change is accelerating | we need to accelerate our progress on this project*

- **accelerar**

**address** /ə'dres/ Verb

if you *address* a problem or difficult situation, you make a serious attempt to understand it and solve it

Collocates: address a problem/issue

*I have some personal problems I need to address | many countries still refuse to address the issue of global warming | we help patients address the challenge of living with cancer*

- **resoldre**

**arms race** /'ɑ:(r)mz reɪs/ Noun

an *arms race* is a situation where two countries are each trying to build more weapons than the other

*the arms race was accelerating at the time | talks were held to try and slow down the arms race*

- **carrera armamentística**

**colonial** /kə'ləʊniəl/ Adjective

a *colony* is a country that is ruled by another, more powerful country. *Colonial* means relating to a colony or its ruling country

*the story had obvious parallels with colonial exploitation | the old colonial powers left Africa in the 1960s | a rebellion against French colonial rule began in Algeria*

Noun: colony

*Georgia became a royal colony in 1752*

- **colonial**

**devastation** /,devə'steɪʃ(ə)n/ Noun uncount

*devastation* is a lot of destruction and damage over a wide area

*it's difficult for us to understand the sheer scale of the devastation | the storm caused widespread devastation across the region*

Verb: devastate | Adjective: devastating |

Adverb: devastatingly | Adjective: devastated

*a bomb devastated the city centre | the utterly devastating power of modern weapons | a devastatingly powerful bomb*

- **estrall / destrucció / dalta baix**

**hang** /hæŋ/ Verb

if something is left *hanging*, it has not been answered or dealt with properly. If people are left *hanging*, they have not been given enough information and are still wondering about something

*the film's ending leaves several questions hanging | the last ten pages were missing, and I was left hanging | I can't believe you just left us hanging with no explanation at all*

- **pendent**

**intent** /ɪn'tent/ Adjective

if you are *intent* on doing something, you are concentrating very hard on it and determined to succeed

Collocates: intent on/upon (doing) something

*she was intent upon winning the election | he was so intent on finishing his book that he forgot to get off the train*

Noun: intention | Adjective: intentional |

Adverb: intentionally | Verb: intend | Adjective: intended ||

Opposites – Adjective: unintentional |

Adverb: unintentionally | Adjective: unintended

Collocates: intend to do something | intend doing something

*it was always my intention to move back to Scotland | I hope his dishonesty was not intentional | Gordon denied that he intentionally left the door open | I don't intend going back to school for another year | the mistake was my fault, but it was unintentional*

- **determinat**

**lame** /leɪm/ Adjective

a *lame* argument, excuse, joke, etc. is one that is very weak and unconvincing

Collocates: a lame argument/excuse/joke

*a chilling thriller became a lame comedy | saying your phone was in the other room is a rather lame excuse | the film was full of the lamest jokes imaginable*

- **feble**

**metaphor** /'metəfɔ:(r)/ Noun

*metaphor* is a way of describing something by calling it something else which you think is the same in some way, though not in all ways. For example, if you say you saw an army of children, you mean there were a lot of them, because an army has a lot of people in it, but you don't mean that the children were soldiers

Collocates: a mixed/extended metaphor

*Avatar can be seen as a metaphor for the struggles for control of the Internet | his writing was rich in metaphor*

Adjective: metaphorical | Adverb: metaphorically

Collocates: a metaphorical sense | metaphorically speaking

*the plot describes a journey in both a literal and metaphorical sense | Russia is often metaphorically referred to as a bear*

- **metàfora**

**mutate** /mju:'teɪt/ Verb

if a living thing *mutates*, it becomes different from how it was before because of changes in its genes

Collocates: mutate into something

*a sea creature that had been mutated by radiation | the two diseases combined and mutated into something much worse | the condition is the result of a number of mutated cells*

Noun: *mutation* | Adjective: *mutant*

*a genetic mutation that is found in 30% of the population*

• *mutar*

**plug** /plʌg/ Verb

if people *are plugged* into something useful, they know about it and connect with it so that they can benefit from it

*the planet is a living network that the natives plug into through fibre-optic cables | several local businesses are already plugged into the scheme*

• *promoure / connectar-se*

**prompt** /prɒmpt/ Verb

if something *prompts* an action or *prompts* someone to do something, it is the reason for the action to start happening or for the person to start doing something

Collocates: prompt someone to do something

*the film prompted me to think about what makes sci-fi so great | the decision prompted loud protests from the unions | what he saw in the classroom prompted him to write a textbook*

Noun: *prompt*

*an on-screen prompt (something on a computer screen that tells you it is ready for the next instruction)*

• *motivar / causar*

**rebel** /rɪ'bel/ Verb

if people *rebel*, they start to fight against or oppose the people who have authority over them

Collocates: rebel against something

*they rebelled against the cruelty of their working conditions | when she was told she could not go to university, she openly rebelled*

Noun: *rebel* | Adjective: *rebellious* | Noun: *rebellion*

*the town was attacked by rebels during the night | rebellious teenagers | the rebellion was quickly crushed*

• *rebel·lar-se*

**resonate** /'rezəneɪt/ Verb

if something *resonates* with people, it seems important to them and has a special meaning for them

Collocates: resonate with someone or something

*the film resonated with the political situation at the time | if our message resonates with you, please let us know by liking our videos | the truth and importance of his words still resonate today*

Adjective: *resonant* | Noun: *resonance*

*his voice was resonant with menace | music of great power and cultural resonance*

• *ressonar*

**revelation** /,revə'leɪʃ(ə)n/ Noun

a *revelation* is surprising information that suddenly becomes known after being secret

*what emerged was a shocking revelation of misconduct at the highest levels of government | revelations of an even more extraordinary nature were still to come*

Verb: *reveal* | Adjective: *revelatory*

Collocates: reveal that

*the article revealed the truth about corruption in the police | travelling across Asia when I was 19 was a revelatory experience*

• *revelació*

**rouse** /raʊz/ Verb

if something *rouses* you, or if you are *roused*, you are made to feel a strong emotion, often with the result that you feel very strongly that you have to take action about something

Collocates: rouse someone to/into (doing) something

*fear roused them into action again | he roused himself for a final effort | she was roused to anger by what she saw*

• *animar / incitar*

**send packing** /send 'pækɪŋ/ Phrase

if you *send someone packing*, you tell them very firmly to go away or force them to go away

*the invaders were sent packing | he knew she'd send him packing if she found out what he'd done*

• *donar el passaport / fer les maletes a algú (sentit figurat)*

**strand** /strænd/ Noun

a *strand* is one of several parts that make up an idea, plan, or story

*the ending leaves a number of plot strands hanging | this is an important strand in current philosophical thinking*

• *corrent / tendència*

**submit** /səb'mɪt/ Verb

if you *submit* to something, you agree to allow it or obey it because you do not have the power or authority to refuse

Collocates: submit to something

*I had to submit to a thorough search at the airport | he had been taught to submit to authority | I wasn't prepared to submit to bullying*

Noun: *submission* | Adjective: *submissive* |

Adverb: *submissively*

*he demanded complete submission to his will | his son was obedient and submissive | he crept submissively out of the room*

---

• **sotmetre's**

---

**test** /test/ Noun

a *test* is something that tries to find out how well something works. If something stands a *test*, it is considered to be successful. To *stand the test of time* means to have survived successfully over a long period and still be considered good

*Avatar is one story that has stood the test of time | this theory cannot stand the test of serious reasoning*

---

• **examen / prova**

---

**unfold** /ʌn'fəʊld/ Verb

if a story *unfolds*, events happen one after the other and more becomes known about it

Collocates: a story/mystery/plot unfolds

*reading the letters is like seeing a great mystery unfold | I want to see how the story unfolds | news websites were updated every few minutes as the crisis unfolded*

---

• **desenvolupar-se / desplegar-se**

---

**utter** /'ʌtə(r)/ Adjective

you use *utter* to emphasise how bad something is or how strong a particular feeling is

*everything you've just said was complete and utter nonsense | I had never experienced such utter despair | Conroy displayed utter contempt for his victims*

Adverb: *utterly*

*this whole situation is utterly absurd*

---

• **absolut**

---

**wreak** /ri:k/ Verb

if something *wreaks* havoc or destruction, it causes a lot of damage or disorder

Collocates: wreak havoc/destruction/devastation, etc. (on something)

*the storm wreaked widespread destruction along the coast | a second computer virus wreaked havoc on our systems*

---

• **provocar / causar**

---

**STUDENT'S BOOK PAGES 66–67****anomaly** /ə'nɒməli/ Noun

an *anomaly* is something that looks like a mistake because it is different from what would normally be expected

*there appeared to be several anomalies in the accounts | it was several weeks before anyone noticed the anomaly*

Adjective: *anomalous*

*there was something anomalous about the test results*

---

• **anomalia**

---

**anonymously** /ə'nɒnɪməsli/ Adverb

if you do something *anonymously*, you do it without your name being known

*it was published anonymously on the Web | you can call this number anonymously and get advice*

Adjective: *anonymous* | Noun: *anonymity*

*an anonymous caller told the police where to find the body | no need to register, so anonymity is guaranteed*

---

• **de manera anònima**

---

**attribute** /ə'trɪbjʊ:t/ Verb

if something *is attributed* to something else, the second thing is considered to be the reason for or cause of the first thing

Collocates: attribute something to something

*the deaths were attributed to heart disease | to what do you attribute your success? | problems on the roads were attributed to a combination of fog and ice*

---

• **atribuir**

---

**belief** /bɪ'li:f/ Noun

*belief* is certainty of the truth of something

Collocates: belief in something

*contrary to popular belief, crime has been falling (most people think the opposite) | she has a strong belief in God*

---

• **creença**

---

**commission** /kə'mɪʃ(ə)n/ Verb

if you *commission* someone, you formally ask them to do an important piece of work, such as write an expert report, paint a portrait, or design a building. A *commission* is the job that has to be done. The group of people who work on preparing such a report are also called a *commission*

*who was the report commissioned by? | we've commissioned some research into the matter | in 1998, NPG began commissioning portraits of presidents, starting with George H. W. Bush*

Noun: *commission*

*she has received several public commissions*

---

• **encarregar**

---

**contract** /kən'trækt/ Verb

if you *contract* an illness, you start to have it

*there are four common ways of contracting the disease | at least 20 people in the city contracted AIDS last year*

• contreure

---

**counter-** /ˌkaʊnt(ə)r-/ Prefix

you use *counter-* in front of some adjectives to make an adjective that is the opposite. For example, something that is *counterintuitive* is not what your intuition would expect. Something that is *counterproductive* does not produce the result that was intended

*this statistic seems counterintuitive, but only if you ignore the other evidence | too much time in the classroom can be counterproductive*

• prefix de contrari a alguna cosa

---

**dump** /dʌmp/ Verb

if you *dump* something somewhere, you throw it there carelessly and untidily. When there is a lot of rain or snow, you can say that it was *dumped*

*two feet of snow were dumped on the South of England last night | the storm dumped twice the usual annual snowfall in only three days*

• desfer-se d'alguna cosa / abocar

---

**empowering** /ɪm'paʊə(r)ɪŋ/ Adjective

if something is *empowering*, it helps you find the strength and authority to take control of a situation

*I found the course empowering and life changing | it was an extremely empowering moment when I realised I could say no*

Verb: *empower* | Noun: *empowerment*

*the aim is to empower students to work independently | self empowerment has to come from within*

• que dona forces

---

**end** /end/ Noun

an *end* is a result that someone wants to achieve, or the purpose of what they are trying to do

*the company twisted the figures to suit its own ends | the end justifies the means (if the result is important, it doesn't matter how you achieve it)*

• fi

---

**exhibit** /ɪg'zɪbɪt/ Verb

if someone *exhibits* a particular quality, emotion, or behaviour, they are seen to have that quality or emotion, or to behave in that way

*those kids who had been kept at home exhibited more aggression | many of them exhibit signs of clinical depression*

• mostrar

---

**flawed** /flɔ:d/ Adjective

if something is *flawed*, it has some mistakes

Collocates: *fatally/fundamentally/deeply flawed*

*he had a flawed understanding of economics | there was a good deal of flawed reasoning in the article | his argument was deeply flawed*

Noun: *flaw*

Collocates: *a fundamental/serious flaw | a minor flaw*

*we fixed a few minor flaws in the program*

• defectuós

---

**follow-up** /'fɒləʊʌp/ Noun

a *follow-up* is something that is done to add to or to check that earlier work was done properly and successfully

*a follow-up visit to the doctor two weeks after the operation*

Phrasal verb: *follow up*

*all patients were followed up within six weeks*

• seguiment

---

**fundamentally** /ˌfʌndə'ment(ə)li/ Adverb

*fundamentally* is used to emphasise that you are talking about the very basic and most important aspects of something

*the analysis was fundamentally wrong | I fundamentally disagree with him on the topic | social media has fundamentally changed the way our marketing department works*

Adjective: *fundamental*

*housing has been declared a fundamental human right*

• fonamentalment

---

**grip** /grɪp/ Noun

if you have a *grip* on something, you are holding it firmly in your hand. If you have a *grip* on a problem or difficult situation, you are in control of it and able to prevent any problems developing. If you *get to grips* with something, you make a determined effort to understand it or learn how to do it

Collocates: *get/have/take a grip on something | get to grips with something*

*I'm finally getting to grips with social media | we need to get to grips with stats*

• subjecció / control

---

**hole** /həʊl/ Noun

if there are *holes* in a story, plan, or theory, there are serious weaknesses or faults in it

*his account was full of holes | it was an interesting theory, but on closer scrutiny there were holes in it*

• forat / error

---



**inflate** /ɪnˈfleɪt/ Verb

if you *inflate* something such as a tyre or balloon, you fill it with air. If you *inflate* the amount or influence of something, you make it bigger or more important than it really is or than it is meant to be

*they were accused of inflating the figures | it is alleged that he artificially inflated his fees | hotels inflate their prices over the holiday period*

Adjective: *inflated*

*he had an inflated sense of his own importance*

---

• **inflar**

**inform** /ɪnˈfɔː(r)m/ Verb

if something *informs* a decision or development, it influences it

*statistics are used to inform policy development | our decision was informed by a desire to finish the project as soon as possible | lack of resources informed the later strategy*

---

• **influir en alguna cosa**

**lead** /liːd/ Verb

if a newspaper or news broadcast *leads* with a story, that is the most important story and is dealt with first

*newspapers led with the state visit of the Emperor of Japan | TV news led with the story about flooding in Cumbria*

Noun: *lead*

*the lead item on the news bulletin*

---

• **encapçalar**

**leap** /liːp/ Verb

if a number or quantity *leaps*, it suddenly gets much bigger

*the number of injuries leapt suddenly | inflation leapt to 20%*

Noun: *leap*

*there's been another leap in unemployment*

---

• **pujar de sobte**

**peer** /piə(r)/ Noun

your *peers* are people who are the same as you in terms of education, age, and status. If a piece of research is *peer* reviewed, it is examined by several people who are also expert in that field to make sure it is of good quality

Collocates: *peer review | peer pressure*

*has the research been peer reviewed? | he started smoking because of peer pressure (because he wanted to be like the other people he was friends with and who smoked)*

---

• **igual / coetani**

**pressure** /ˈpreʃə(r)/ Verb

if someone is *pressured* into doing something they do not really want to do, they are forcefully persuaded to do it

Collocates: *pressure someone into doing something | pressure someone to do something*

*researchers may get pressured into finding positive results | over 70% of girls in that age group felt pressured to be beautiful | the mayor pressured the police to make a swift arrest*

Noun: *pressure*

Collocates: *under pressure | apply pressure | put pressure on someone*

*my dad put a lot of pressure on me to get into Oxford*

---

• **pressionar**

**random** /ˈrændəm/ Adjective

*random* things or events happen without being planned or without a known method so you cannot know in advance what is going to happen

Collocates: *at random*

*the sample group wasn't chosen at random | these were random events that were out of our control | English spelling often seems quite random*

Adverb: *randomly* | Verb: *randomise*

*the questions are randomly chosen | each time, the cards appeared in a different randomised order*

---

• **aleatori**

**scrutiny** /ˈskruːtɪni/ Noun uncount

*scrutiny* is careful examination and consideration of something. If something does not *stand up to scrutiny*, faults become apparent when you examine it carefully

*the figures don't stand up to scrutiny | their intention was to avoid public scrutiny*

Verb: *scrutinise*

*the company figures were scrutinised by two independent accountants*

---

• **escrutini**

**time frame** /ˈtaɪm freɪm/ Noun

a *time frame* is a limited amount of time that is available for a task to be carried out

*the time frame for each lesson is between 30 and 40 minutes | you must send in your application within a two-week time frame*

---

• **límit de temps / termini**

**toss** /tɒs/ Verb

if you *toss* a coin, you throw it in the air and let it fall to the ground, then you look to see which side faces up. The two sides are called heads and tails. You sometimes do this to make a choice between two things. For example, if you can't decide whether to go to the cinema or a gig, you *toss* a coin, and if it's heads you go to the cinema, if it's tails you go to the gig

*the probability of tossing a coin twice and getting two heads is 25% | let's toss a coin to see who goes first*

Noun: *toss* | Noun: *toss-up*

*the referee called the two captains over for the toss (at the start of a football match, to decide which team will kick off) | it's a toss-up where to go for the best food (several places are all equally good)*

- **llançar**

**trustworthy** /ˈtrʌs(t)wɜː(r)ði/ Adjective

someone or something that is *trustworthy* is reliable, truthful, and can be trusted

*is the report trustworthy? | you need to appoint a trustworthy person to the job | his memory is not entirely trustworthy*

- **confiable**

**twist** /twɪst/ Verb

if you *twist* something such as the truth or someone's words, you present something in a slightly different and untrue way

*the company twisted the figures to suit its own ends | don't twist my words, Jack | most politicians will twist the truth if they think it will win them a few more votes*

Adjective: *twisted*

*they'll justify what they do with their own twisted logic*

- **tergiversar**

**variable** /ˈveəriəb(ə)l/ Noun

a *variable* is something which is different in different situations

*water temperature is another independent variable | an example of a measured variable would be the height of a human being*

Adjective: *variable* | Adverb: *variably* | Verb: *vary* |

Opposites – Adjective: *invariable* | Adverb: *invariably*

*the colour of the apples is quite variable | the car behaved variably over the 24 hours of the race | the cost varies according to the time of year | he was invariably late for meetings*

- **variable**

**vested interest** /ˌvestɪd ˈɪntrəst/ Noun

if you have a *vested interest* in something, you want it to happen or succeed because you will get a benefit or advantage from it. *Vested interests* are people or groups who will benefit from a particular situation

Collocates: a *vested interest* in (doing) something

*they have a vested interest in making sure all the students pass the exam | vested interests are eager for the war to continue so they can sell more weapons*

- **interès creat**

# 8 NATURE AND NURTURE

## STUDENT'S BOOK PAGES 70–71

### barren /'bærən/ Adjective

a barren place is rather empty because plants cannot grow in it

*it's too dry and barren to grow anything here | his efforts to grow vegetables failed because the soil was too barren | a barren landscape of rocky hills*

#### • estèril

### brehtaking /'breθ,teɪkɪŋ/ Adjective

if something is breathtaking, it is extremely beautiful

Collocates: breathtaking scenery/view

*Lake Ritsa was simply breathtaking | the view from the hotel window was breathtaking | the sunset over the lake was quite breathtaking*

Adverb: breathtakingly

Collocates: breathtakingly beautiful

*the scenery was breathtakingly beautiful*

#### • imponent

### civilisation /ˌsɪvəlaɪ'zeɪʃ(ə)n/ Noun uncount

civilisation is human society that is organised and developed. People sometimes refer to cities where there is a lot of social activity as civilisation

*I just wanted to get away from civilisation for a few weeks | sitting by the side of the lake felt like a long way from civilisation*

#### • civilització

### crater /'kreɪtə(r)/ Noun

a crater is a large hole in the ground caused by a powerful impact such as a bomb

*the largest crater was about 50 metres across | the explosion left a huge crater in the road*

#### • clot / forat

### death wish /'deθ wɪʃ/ Noun

a death wish is a desire to die. If you say that someone has a death wish, you mean that they enjoy doing very dangerous things

*unless you have a death wish, don't go swimming here – there are sharks | most of the drivers on this motorway seem to have a death wish*

#### • desig de morir

### dense /dens/ Adjective

something that is dense is made up of a lot of things that are very close together

*the woods are so dense you can easily get lost | the surrounding area is a dense jungle | a dense layer of green leaves*

Adverb: densely | Noun: density

*a densely populated city | population density in Westminster is 10,557 people per square kilometre*

#### • dens

### expertise /ˌɛkspə(r)'tiːz/ Noun uncount

expertise is deep knowledge about something or great skill at doing something

Collocates: expertise in something | technical/legal/scientific, etc. expertise

*we benefited from his time and expertise | we need someone with legal expertise to advise us*

Noun: expert | Adverb: expertly | Adjective: expert

*many experts agreed that global warming was getting worse | if you want expert advice it will be expensive*

#### • experiència / coneixements

### glacier /'glæsiə(r)/ Noun

a glacier is a very large sheet of ice that moves very slowly and covers a wide area of land

*a lake was formed after the glacier melted | 10,000 years ago, this land was covered in a massive glacier*

#### • glacera

### hack /hæk/ Verb

if you hack something, you hit it very hard with something sharp such as a knife or an axe. If you hack your way somewhere, or hack through somewhere, you use a tool to cut down plants to clear a path for yourself

*he survived after hacking his way out of the jungle | the four hacked their way through the fence | we hacked through the bushes to get to the river*

#### • tallar amb una destrat

### head /hed/ Noun

if you have a head for something, you are able to do it well or experience it without any bad effects. If you have a head for heights, you are comfortable when you are a long way up. If you have a head for business, you are able to do what is needed to run a business

*I don't have much of a head for heights | he wasn't very good at reading but had a good head for figures (could do maths well)*

#### • tenir aptituds per fer alguna cosa

**jagged** /ˈdʒæɡɪd/ Adjective

something that is *jagged* has a lot of sharp points sticking out of it

*the glass broke, leaving a jagged edge | we crossed a broad ridge of sharp, jagged rocks*

- *dentat / serrat*

**lush** /lʌʃ/ Adjective

something that is *lush* has a lot of green plants, leaves, etc.

*we found ourselves in a lush, green valley | the cattle had a constant supply of lush summer grass | we cycled through the lush countryside as far as Moon Hill*

- *exuberant*

**murky** /ˈmɜː(r)ki/ Adjective

if water or air is *murky*, it is not clear, and it is difficult to see through

*the water in the pond is very murky | the sea was a dull murky green | we could just see the mountain in the murky darkness | it was a winter afternoon of great murkiness*

- *tèrbol*

**nuts** /nʌts/ Adjective

if you say that someone is *nuts*, you mean they are crazy and do very silly things

*they must be nuts to go climbing without ropes | my neighbour thought I was nuts when he saw me watering my pot plants in the rain | yes, he's odd, but he's not nuts*

- *tocat del bolet*

**plain** /pleɪn/ Noun

a *plain* is a large area of flat or very gently sloping land with not many trees growing on it

*we drove across these huge flat plains | the region is a gently rolling plain, with a few hills to the north*

- *planúria*

**range** /reɪndʒ/ Noun

a *range* or a *mountain range* is a group of hills or mountains that are joined together

*there are five mountain ranges that run through the country | there are broad central plains with several ranges of low hills*

- *serralada*

**ridge** /rɪdʒ/ Noun

a *ridge* is a long thin area of land, usually high up on a mountain

*there's a narrow ridge leading up to the main peak | he pointed to a small ridge of land ahead of them*

- *cresta*

**rolling** /ˈrɒlɪŋ/ Adjective

*rolling* countryside has a lot of gently sloping hills

*it was mostly flat, with just a few rolling hills in the distance | we had miles of rolling countryside to explore | beyond the village were green, rolling fields*

- *ondulat / suau (paisatge)*

**rusty** /ˈrʌsti/ Adjective

if something made of metal is *rusty*, the metal has been damaged and weakened by water and has turned a brown colour

*in the lock was a rusty key | I trod on a rusty nail | most of my garden tools went rusty over the winter*

Noun: *rust* | Verb: *rust* | Adjective: *rusting*

*oil the knife regularly to prevent rust | can you explain why iron rusts?*

- *rovellat*

**scramble** /ˈskræmb(ə)l/ Verb

if you *scramble* somewhere, you climb there, using your hands to help you

*there's a steep path where you can scramble down to the beach | we scrambled over the rocks | little boys used to have to scramble up chimneys in Victorian times*

Noun: *scramble*

*it's a bit of a scramble down to the beach*

- *grimpar*

**sheer** /ʃɪə(r)/ Adjective

a *sheer* drop goes straight down very steeply

*the road was narrow, with a sheer drop on one side | the birds build nests on sheer cliffs*

- *escarpat*

**stray** /streɪ/ Verb

if someone *strays*, they move away from the place or route where they are meant to be

*be careful not to stray from the path | the sheep were always straying into the neighbour's field | he's never strayed far from home before*

Adjective: *stray* | Noun: *stray*

Collocates: a *stray* dog/cat

*a stray dog (a dog that has gone from its home) | our first dog was a stray which we found by the river*

- *extraviar-se*

**STUDENT'S BOOK PAGES 72–73****articulate** /ɑː(r)'tɪkjʊlət/ Adjective

someone who is *articulate* is able to speak clearly and fluently in a way that makes their ideas easy to understand

Collocates: highly articulate

*he's not very articulate and finds it a struggle to express himself | a persuasive and articulate speaker | her conference speech was articulate and convincing*

Verb: *articulate* | Noun: *articulation*

*he found it hard to articulate exactly how he felt | she has provided the strongest articulation of this theory to date*

- **articular**

**beat about the bush** /bi:t əbaʊt ðə 'bʊʃ/ Phrase

if you *beat about the bush*, you talk a lot but in an indirect way and without saying exactly what you mean

*I wish he'd stop beating about the bush and get to the point | he didn't beat about the bush, and said straight away he was resigning*

- **fugir d'estudi**

**blunt** /blʌnt/ Adjective

someone who is *blunt* says exactly what they think in a direct way and doesn't care if they offend the people they are speaking to

*he gave me honest, blunt advice | to be blunt, you should look for a different job | my grandfather was a plain, blunt man who spoke his mind*

Adverb: *bluntly* | Noun: *bluntness*

*to put it bluntly, you'll never be a good actor | he apologised for his bluntness earlier*

- **franc**

**butt into** /ˌbʌt 'ɪntuː/ Phrasal verb

if you *butt into* what someone is saying, or if you *butt in*, you rudely interrupt what someone is saying

*I was upset that he'd butted into my conversation with her | don't butt in when I'm talking! | he kept butting in with silly comments*

- **entremetre's / ficar-se**

**defy** /di'faɪ/ Verb

if you *defy* someone, you deliberately do something that they do not want you to do. If you *defy* rules or traditions, you do something that is not allowed or not usual

*her appearance defied traditional gender stereotypes | the graphics on these games defy description | she was not afraid to defy her parents' expectations of her*

Noun: *defiance*

Collocates: in defiance of something

*there was an element of defiance in his voice*

- **desafiar**

**dismiss** /dis'mɪs/ Verb

if you *dismiss* an idea or suggestion, you make it clear that you think it is not worth considering

Collocates: dismiss something as something

*I don't think you can just totally dismiss stereotypes | my expertise was dismissed in favour of Google! | the idea was dismissed as useless*

Adjective: *dismissive*

*I left the meeting early because of the chairman's dismissive attitude*

- **descartar**

**edgewise** /'edʒweɪz/ Adverb

*edgewise* means sideways. If you say you can't *get a word in edgewise*, you mean that someone else is talking so much that you never get a chance to say anything yourself

*he never stopped talking and we couldn't get a word in edgewise | he never let me get a word in edgewise*

- **aconseguir dir alguna cosa**

**hard-wired** /hɑː(r)d'waɪə(r)d/ Adjective

if a characteristic, ability, or way of behaving is *hard-wired* in someone, it is part of their personality and cannot be changed by persuasion or education

*is this behaviour hard-wired in our brains? | the human body is hard-wired for survival | many people believe that important characteristics are genetically hard-wired*

- **innat**

**lean** /li:n/ Verb

if you *lean*, you move your body forward or sideways slightly so that you are not standing or sitting straight

*she smiled and leaned forward to hear better | Matt leaned over and handed me an envelope | he leant out of the window and shouted after me*

- **inclinar-se**

**mince** /mɪns/ Verb

if you *mince* your words, you say something rather indirectly, especially when it is something that is critical of the person you are talking to

Collocates: mince (your) words

*she doesn't mince her words, and tells you exactly what she thinks | I won't mince words: get out of my house*

- **no mesurar les paraules / dir sense embuts**



**neutral** /'nju:trəl/ Adjective

if something is *neutral*, it is evenly balanced between two or more opinions or sides

*we need a gender-neutral pronoun (a pronoun that can refer to someone without saying whether they are male or female) | he gave a neutral reply to my question and I still don't know what he really thinks*

Noun: *neutrality*

*the neutrality of the situation is important in this experiment*

• **neutral**

---

**nurture** /'nɜ:(r)tʃə(r)/ Noun uncount

*nurture* is the care and education given to children as they grow up

*what role does nurture have to play in shaping our personalities? | we all need help at times in the care and nurture of our children*

Verb: *nurture*

*the urge to nurture and protect is very strong in mammals*

• **criança**

---

**popularise** /'pɒpjʊləraɪz/ Verb

to *popularise* something means to make it known and liked by a large number of people

*the theory was popularised over 20 years ago by Dr John Gray | we need to do more to popularise football among girls*

Adjective: *popular* | Noun: *popularity* || Opposite –

Adjective: *unpopular* | Noun: *unpopularity*

*her music is popular all over the world | the Harry Potter books enjoy huge popularity*

• **popularizar**

---

**reinforce** /ˌri:ɪn'fɔ:(r)s/ Verb

if you *reinforce* something, you make it stronger

*these attitudes are reinforced by their use of language | this exercise will reinforce your ability to use the present perfect tense | we had to reinforce the ceiling before it fell down*

Noun: *reinforcement*

*the reinforcement of their social skills*

• **reforçar**

---

**shoulder** /'ʃəʊldə(r)/ Phrase

if you say that you need a *shoulder to cry on*, you mean that you are upset and you want to talk about your problem with someone who will be sympathetic. When you do this, you are *crying on someone's shoulder*

*just ring me any time you need a shoulder to cry on | he spent the afternoon crying on my shoulder*

• **espatlla**

---

**vital** /'vaɪt(ə)/ Adjective

something that is *vital* is very important and is needed in order for something to work properly and be successful

Collocates: *vital that* | *vital to something* | *vital to do something*

*it's vital that we challenge these myths | effective communication is vital to all businesses | these are vital work skills*

Adverb: *vitaly*

*good schools are vitally important in any community*

• **vital**

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**STUDENT'S BOOK PAGES 74–75**

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**angle** /'æŋɡ(ə)/ Noun

an *angle* is one way of considering a situation, or one situation that can have an influence on something

*the film was criticised from a number of angles | we finally solved it by approaching the problem from a different angle*

• **angle**

---

**bark** /bɑ:(r)k/ Noun uncount

*bark* is the outer covering of a tree

*it gnaws away at the bark to make a hole | if you strip the bark off you can see the actual colour of the wood underneath*

• **escorça**

---

**beak** /bi:k/ Noun

a bird's *beak* is the hard part at the front of its head, which forms its mouth

*blackbirds have yellow beaks | a powerful beak used for crushing nuts*

• **bec**

---

**blend** /blend/ Verb

if something *blends* into the background, or if it *blends in*, it is similar to the things around it so that you do not always notice it is different from them

*it can easily blend into the background | the new library blended into its surroundings | their dark green colouring lets them blend into their environment*

• **barrejar-se**

---

**breast** /breɪst/ Noun

a bird's *breast* is the front part of its body

*the bird had light, striped markings on its breast | robins with their plump red breasts*

Suffix: *-breasted*

*a yellow-breasted finch*

• **pit**

---

**captive** /'kæptɪv/ Adjective

*captive* people or animals have been captured and are being kept somewhere such as a prison or a zoo and are not allowed to leave

Collocates: take someone or something captive | hold someone or something captive

*the oldest recorded captive tiger lived for 26 years | about 300 soldiers were taken captive during the operation | they were held captive for three weeks before they escaped*

Noun: *captive*

*they finally released their captives*

---

- ***captiu***

---

**claw** /klaʊ/ Noun

an animal's *claws* are the hard, curved nails on its feet

*its claws are useful for digging through the earth | the adult males have longer claws than females*

---

- ***urpa***

---

**communal** /'kɒmjʊn(ə)l/ Adjective

*communal* activities or things are done or owned by people in a group rather than by individuals on their own. A *commune* is a group of people who live together and share everything

*communal living has disadvantages as well as benefits | each flat is self-contained, but there are communal gardens | bringing in the harvest was a communal activity in the past*

Noun: *commune*

*I lived in a commune for three years after I left university*

---

- ***comunitari***

---

**crack down** /kræk 'daʊn/ Phrasal verb

if the authorities *crack down* on something illegal, they make a determined effort to find and punish cases where illegal activities are happening

Collocates: crack down on something

*the government has promised to crack down on corruption | local police are cracking down on anti-social behaviour*

Noun: *crackdown*

Collocates: a crackdown on something

*the president ordered a crackdown on the drug trade*

---

- ***castigar / controlar rigorosament***

---

**draw upon** /'drɔː əpɒn/ Phrasal verb

if you *draw upon* something or *draw on* it, you start to use it because it is available and useful to you

*the camel draws upon these fat reserves at a later time | his novels draw heavily on his experiences in the army | their music drew on several influences*

---

- ***recórrer***

---

**extensively** /ɪk'stensɪvli/ Adverb

if something happens *extensively*, it happens over a large area

Collocates: travel extensively

*he travelled extensively in Europe and Asia | wheat is extensively grown across the region*

Adjective: *extensive* | Verb: *extend*

*the storm caused extensive flooding | at one time the Roman Empire extended as far as Carlisle in the north*

---

- ***en una gran extensió***

---

**-friendly** /fren(d)li/ Suffix

*-friendly* is added to some nouns to describe things or places that are suitable for that particular sort of person or thing

*a child-friendly restaurant | a customer-friendly online service*

---

- ***sufix per indicar fàcil / adequat / d'ajut***

---

**gnaw** /nɔː/ Verb

to *gnaw* something means to bite into it over a period of time

*it gnaws away at the bark to make a hole | these creatures destroy the trees by gnawing their roots*

---

- ***rosegat***

---

**grip** /grɪp/ Verb

if you *grip* something, you hold it very firmly

*a small projection on the underside of its claw allows it to grip and hold onto its prey | she gripped the steering wheel tightly | don't grip the pen too hard*

Noun: *grip*

*I tightened my grip on the dog's lead*

---

- ***agafar fort***

---

**horn** /hɔː(r)n/ Noun

*horns* are the hard pointed things that grow on the heads of some animals such as cows, goats, or deer. The material they are made of is also called *horn*

*most cows have horns | the handle of the sword was made of horn*

Adjective: *horned*

*a herd of horned cattle*

---

- ***banya***

---

**hump** /hʌmp/ Noun

a *hump* is a small raised area of land. A camel's *hump* is the raised part on its back where it stores fat

*actually, a camel's hump stores fat, not water | the dromedary camel has one hump, and the bactrian camel has two humps*

---

- ***turonet / gepa***

---

**let out** /let 'aʊt/ Phrasal verb

if you *let out* a sound, you make that particular sound  
*it lets out a high-pitched squeal | Robin let out a deep sigh | she let out a roar of laughter*

• **deixar anar**

**manoeuvre** /mə'nu:və(r)/ Verb

if you *manoeuvre* somewhere, you succeed in moving there with some difficulty because you have to be careful of other things around you

*it is able to manoeuvre quickly through the trees | Patrick manoeuvred around the table and chairs to get to the sink*

Noun: *manoeuvre*

*it was a difficult manoeuvre, getting the wardrobe through the side door*

• **maniobra**

**mating** /'meɪtɪŋ/ Noun uncount

*mating* is sex between animals to produce young

*a study of the mating habits of tigers | the mating season (the time of year when animals have sex)*

Verb: *mate* | Noun: *mate*

*they only socialise in order to mate | males use a special song to attract mates*

• **aparellament**

**pest** /pest/ Noun

*pests* are small animals or insects which eat or damage food crops

*cats can be used to control pests in the house | caterpillars are serious pests in the vegetable garden*

• **plaga**

**predator** /'predətə(r)/ Noun

a *predator* is an animal that kills and eats other animals

*polar bears are the world's largest predator on land | they have no natural predators in the city*

Adjective: *predatory*

*the mantis is a long and narrow predatory insect*

• **depredador**

**process** /'prəʊses/ Verb

to *process* something means to carry out all the actions that are needed to change it from one state into another state, usually into a state where it can be used or eaten more easily

*we don't know how these camels process salt water | vitamin D is processed by the liver*

Noun: *process*

*we were heavily involved throughout the design process*

• **processar**

**projection** /prə'dʒekʃ(ə)n/ Noun

a *projection* is a part of something that is sticking out of it  
*a small projection on the underside of its claw allows it to grip and hold onto its prey | there were several smaller projections higher up the side of the mountain*

Verb: *project* | Adjective: *projecting*

*a long strip of land projected into the sea*

• **projecció**

**puff up** /pʌf 'ʌp/ Phrasal verb

if part of a person's or animal's body *puffs up* or is *puffed up*, it becomes bigger

*it puffs up its chest to keep warm | birds puff up their feathers for various reasons | my eyes were puffed up from crying so much*

• **inflar-se**

**reserve** /rɪ'zɜ:(r)v/ Noun

a *reserve* of something is an amount of it that you have and do not use immediately because you want it to be available for a later time

Collocates: *in reserve*

*camels store reserves of fat in their humps | we kept some flour in reserve so we could make bread if necessary*

• **reserva**

**-resistant** /rɪ'zɪst(ə)nt/ Suffix

*-resistant* is added to nouns like water or wind to describe something that will not be damaged by water or rain

*my watch is water-resistant | storm-resistant jackets are very expensive*

• **sufix que indica resistent a alguna cosa**

**sense** /sens/ Verb

to *sense* something means to become aware of it even though you can't see it or hear it

*it can sense the slightest movement | its feelers allow it to sense nearby food | I could sense the tension as soon as I entered the room*

• **sentir**

**shrub** /ʃrʌb/ Noun

a *shrub* is a bush that has several woody stems

*the garden was well stocked with trees and shrubs | a thorny shrub that grows very fast*

Noun: *shrubbery*

*they decided to plant a shrubbery at the end of the garden (an area with a lot of shrubs close together)*

• **arbust**

**superstitious** /ˌsuːpə(r)ˈstɪʃəs/ Adjective

*superstition* is a belief that certain objects or events can be lucky or unlucky, even though there is no scientific explanation. If someone is *superstitious*, they believe in *superstition*

*he had a superstitious belief that the number 13 was unlucky | she had been very superstitious in the past, but no longer believed any of that*

Adverb: *superstitiously* | Noun: *superstition*

*she walked across the grass, superstitiously avoiding walking on Dan's shadow | old superstitions take a long time to die away*

---

• **supersticiós**

---

**tail** /teɪl/ Noun

an animal's *tail* is the long thin part of its body that sticks out behind it

*rats have very long tails | the dog jumped up and started wagging its tail (moving it from side to side)*

---

• **cua**

---

**thorn** /θɔː(r)n/ Noun

a *thorn* is a short sharp point on the stem of a bush.

A *thorn* is also a plant that has *thorns* on it

*my hands were all scratched by the thorns | the stem was covered in large sharp thorns*

Adjective: *thorny*

*the camel loves to eat thorny bushes*

---

• **espina / punxa**

---

**tunnel** /ˈtʌn(ə)l/ Verb

to *tunnel* somewhere means to dig into the ground to make a passage

*it tunnels down into the earth | it uses its claws to tunnel its way into the side of the hill | ten prisoners tunneled out of the jail*

Noun: *tunnel*

---

• **fer un túnel**

---

**underwater** /ˌʌndə(r)ˈwɔːtə(r)/ Adverb

something that happens or is done *underwater* happens or is done under the surface of the water in a river, lake, sea, etc.

*these creatures can swim underwater | they can stay underwater for long periods of time*

Adjective: *underwater*

*underwater photography*

---

• **sota l'aigua**

---

**withstand** /wɪðˈstænd/ Verb

to *withstand* something unpleasant or dangerous means to survive it

*it can withstand freezing temperatures | I need some plants that will withstand frost | the buildings are designed to withstand earthquakes*

---

• **resistir**

---

**STUDENT'S BOOK PAGES 76–77****ancestral** /ænˈsestrəl/ Adjective

*ancestral* things or people are connected with people in your family who lived a very long time ago

*this may be the trace of an ancestral instinct for holding onto a mother's back | his ancestral origins include English, Welsh, and Danish | there was a common ancestral link between us*

---

• **ancestral**

---

**barrage** /ˈbærɑːʒ/ Noun

a *barrage* of something such as criticism, questions, or impressions is a lot of them arriving very quickly and one after the other, in an aggressive or confusing way

Collocates: a *barrage* of something

*he backs up his argument with a barrage of statistics | the scheme has faced a barrage of public criticism*

---

• **gran nombre de**

---

**blank slate** /ˌblæŋk ˈsleɪt/ Noun

if you refer to someone's mind as a *blank slate*, you mean that their personality has not started to develop and so can be influenced and taught to develop in a certain way

*he believed that the mind of a baby is a blank slate | it started out in the world with a completely blank slate*

---

• **paper en blanc**

---

**consistent** /kənˈsɪstənt/ Adjective

if ideas, results, facts, etc. are *consistent*, they do not contradict each other

Collocates: *consistent* with something

*the results of the experiments were pretty consistent | the findings were consistent with the original theory*

Opposite – Adjective: *inconsistent*

*the two statements were clearly inconsistent*

---

• **coherent**

---

**glance** /glɑːns/ Noun

if you *glance* at someone or something, you look at them briefly and then look away again. A *glance* is a quick look at someone or something

*I had a quick glance at the letter | his glance fell upon the broken cup*

Verb: *glance*

*I glanced at my watch*

---

• **fer una ullada**

---

**intuitively** /ɪn'tjuːətɪvli/ Adverb

if you do something *intuitively*, you do it automatically and without thinking about it

*I intuitively knew what I had to do | any parent intuitively knows when their children are in trouble*

Adjective: *intuitive* | Noun: *intuition* | Verb: *intuit*  
*the program is very intuitive (easy to use without having to look at instructions) | her intuition told her that he was lying*

• **de manera intuitiva**

**reflex** /'rɪːfleks/ Noun

your *reflexes* are your natural ability to react quickly and effectively to something that happens suddenly

Collocates: quick/fast reflexes

*their reflexes help them survive in the wild | she had lightning fast reflexes*

• **reflex**

**startle** /'stɑː(r)t(ə)l/ Verb

to *startle* someone means to surprise them suddenly

*a loud bang startled the children | we wanted to startle the audience at the very beginning of the show | I was startled by the sound of a bomb going off*

Adjective: *startling* | Adverb: *startlingly* | Adjective: *startled*  
*this was a startling discovery | he had a startled look on his face*

• **sobresaltar**

**submerge** /səb'mɜː(r)dʒ/ Verb

if something *submerges* or if you *submerge* it, it goes completely under the surface of some water

*the village was completely submerged by the flood | there's a risk that the sea will submerge whole islands | the submarine submerged eight minutes later*

• **submergir**



# 9 WORK

## STUDENT'S BOOK PAGES 80–81

### draw up /drɔː 'ʌp/ Phrasal verb

if you *draw up* an official document, you write it

Collocates: draw up a contract/document

*I draw up all the contracts and deal with any contractual issues | she finished drawing up the guidelines for the new project | a detailed policy document was drawn up*

#### • redactar

### dump /dʌmp/ Verb

if you *dump* something somewhere, you put it there for a while in a quick or careless way

*just dump your stuff down here for the moment | he'd dumped all the dirty washing on the bed | can I dump my suitcase here?*

#### • deixar de qualsevol manera / descarregar

### eager /'i:gə(r)/ Adjective

someone who is *eager* is very keen to do something or have something

Collocates: eager to do something

*I was so eager to start work that I got there an hour early | he was always helpful and eager to please | I was eager for more news about their travels*

Adverb: *eagerly* | Noun: *eagerness*

*they are waiting eagerly for the release of the next Star Wars film | he listened quietly, but with eagerness*

#### • ansios

### input /'ɪnpʊt/ Verb

to *input* information into a computer means to put it in there, for example by using a keyboard

*I have to input information into the database | the team in the next office are inputting sales orders | once we've input the revised figures, we'll get an idea of how much profit we've made*

Noun: *input*

*each page has fields which require input*

#### • introduir

### invoice /'ɪnvɔɪs/ Noun

an *invoice* is a document which lists goods or services that have been supplied and says how much you have to pay for them

Collocates: issue an invoice | submit an invoice | pay an invoice

*invoices are now issued electronically | payment is due seven days after the date of invoice*

Verb: *invoice*

*you will be invoiced in Euros, not dollars*

#### • factura

### liaise /li'eɪz/ Verb

to *liaise* with someone in a different department or organisation means to communicate with them and share information so that you can both work more effectively

Collocates: liaise closely/directly (with someone)

*I liaise closely with the design team throughout the project | you should liaise directly with the Paris office | they liaised regularly with the local council*

Noun: *liaison*

*she's our press liaison officer (the person whose job is to liaise with the press)*

#### • treballar amb col·laboració

### place /pleɪs/ Verb

when you make an arrangement for something to be done, such as ordering goods or having an advertisement appear in a publication, you *place* an order, *place* an advertisement, etc.

*I want to place an ad in next month's magazine | you can place your order online | he placed a bet on the result of the World Cup final*

#### • trametre / fer / col·locar

### ropes /rəʊps/ Noun plural

the *ropes* are all the things you need to know to be able to do a new job or work in a new place

Collocates: show someone the ropes | learn the ropes | know the ropes

*this is Jenny; she'll show you the ropes | I've only been here a week so I'm still learning the ropes*

#### • els ets i uts

### schedule /'ʃedju:l/ Verb

a *schedule* is a list of activities and the time when they will all happen. If you *schedule* something, you arrange for it to happen at a particular time

Collocates: schedule a meeting/appointment | schedule a time/date

*shall I schedule a meeting for tomorrow? | I've just emailed them to schedule a time for the video call | she's got three appointments scheduled for the afternoon*

Noun: *schedule*

Collocates: a busy schedule | a tight schedule

*I've got a busy schedule tomorrow, but I could see you for 10 minutes at 8 o'clock*

#### • calendari

**settle in** /set(ə)l 'ɪn/ Phrasal verb

when you *settle in*, you become comfortable in a new place or job and feel that you belong there

*they're all very friendly here and I'm sure you'll settle in quickly | once you're settled in, you'll never want to leave*

- **establir-se / integrar-se**

**spot** /spot/ Noun

a *spot* is a particular place

*we'll find you a spot later | this would be a good spot for a picnic*

- **lloc**

**temperamental** /ˌtempərə'ment(ə)l/ Adjective

someone who is *temperamental* is likely to lose their temper suddenly and unexpectedly. *Temperamental* machines or systems don't always work properly or in the way that they are expected to

*the photocopier is a bit temperamental | he was not as temperamental as his father had been | the weather is rather temperamental at this time of year*

Noun: *temperament*

*in a fit of temperament (having suddenly become angry), he threw his golf club in the lake*

- **temperamental**

**tender loving care** /tendə(r) ˈlʌvɪŋ 'keə(r)/ Noun uncount

*tender loving care* is gentle, kind, and sympathetic treatment that you show someone or something. *Tender loving care* is often spoken and written as *TLC*

*he's very upset and in need of a bit of tender loving care | with a bit of TLC we should get another year or two out of the car*

- **estima i afecte**

**troubleshoot** /ˈtrʌb(ə)lʃu:t/ Verb

if you *troubleshoot* a problem, you find out exactly what is causing the problem and then you fix it

*I troubleshoot any problems with the computer system | if you ring the helpdesk, they will troubleshoot the issue for you | we can now troubleshoot issues from a central location in the UK*

Noun: *troubleshooter* | Noun: *troubleshooting*

*he took on the job of being the company's international troubleshooter | students will learn basic troubleshooting techniques*

- **resoldre**

**STUDENT'S BOOK PAGES 82–83****admiration** /ˌædmə'reɪʃ(ə)n/ Noun uncount

*admiration* is a feeling of respect and liking for someone or for something they have achieved

*I have a lot of admiration for the work he's done | he has expressed admiration for several of the performances*

Verb: *admire* | Adjective: *admiring* | Adverb: *admiringly* | Adjective: *admirable* | Adverb: *admirably*

*her novels were admired by readers on both sides of the Atlantic | he looked at her with an admiring glance | her courage was admirable | he coped admirably with a very difficult situation*

- **admiració**

**blissfully** /ˈblɪsɪf(ə)li/ Adverb

*bliss* is a feeling of great happiness. When you feel like that, you are *blissful*. When you want to emphasise how happy someone is, you can say they are *blissfully* happy

Collocates: *blissfully* happy

*I'm blissfully happy in my new job | it was blissfully quiet after the children had gone to bed*

Noun: *bliss* | Adjective: *blissful*

Collocates: *sheer/pure bliss*

*the first few months living in Rome were pure bliss | we spent a blissful week travelling around the south of France*

- **feliçment**

**commit** /kə'mɪt/ Verb

if you *commit* to something, you say that you will definitely do it or spend a lot of your time on it

Collocates: *commit* to something | *commit* yourself to something

*they paid for me to do an MBA in return for me committing to the company afterwards | when he came back from Thailand he committed himself to finishing his degree course*

Adjective: *committed*

Collocates: *committed* to (doing) something

*the only thing he was really committed to was football*

- **comprometre's / dedicar-se en ferm**

**conspiracy** /kən'spɪrəsi/ Noun

a *conspiracy* is a secret, organised plan by a group of people to do something wrong or illegal

Collocates: *conspiracy* to do something | a *conspiracy* theory

*security forces uncovered a conspiracy to assassinate the prime minister | a conspiracy theory (a belief held by a few people that there is a particular conspiracy even though most other people don't believe it)*

Verb: *conspire* | Noun: *conspirator*

Collocates: *conspire* to do something | *conspire* against someone

*they conspired to rob the largest bank in Italy*

- **conspiració**

**drain** /dreɪn/ Verb

if your energy or strength *drains* or if something *drains* it, you start to feel tired

*my vitality drained away | hours of swimming had drained his strength more than he had expected*

Adjective: *drained* | Adjective: *draining*

*by the end of the meeting I felt totally drained (very tired)*

---

• **esgotar**

**drift** /drɪft/ Verb

if your mind *drifts* or *drifts off*, you start thinking about other things when you are meant to be concentrating on something else

*I spent hours drifting off into my own little world | the longer the speech went on, the further her mind drifted | I watched him in the meeting and you could see when his mind was drifting off*

---

• **divagar**

**enthuse** /ɪnˈθjuːz/ Verb

if someone or something *enthuses* you, or if you are *enthused* by them, you feel very excited and impressed about something and are eager to be involved in it

*we had an English teacher who enthused and inspired us | not everyone was so enthused by the lecture | this is a book which will enthuse anyone with an interest in the future of the planet*

Adjective: *enthusiastic* | Adverb: *enthusiastically* |

Noun: *enthusiasm*

*as in London, the New York audiences were wildly enthusiastic | make sure you express your enthusiasm for the job at the end of the interview*

---

• **entusiasmar-se**

**fiercely** /ˈfɪə(r)sli/ Adverb

you use *fiercely* to emphasise how strong or severe something is

*you have to be fiercely competitive to get ahead in business | she was fiercely critical of the new government*

Adjective: *fierce*

*competition between the two shops is fierce*

---

• **de manera ferotge**

**formality** /fɔː(r)ˈmæləti/ Noun

if a process or action is a *formality*, it happens but it won't change anything because the result has already been decided

*the interview was just a formality and they offered me the job on the spot | the vote was a formality as there was only one candidate*

---

• **formalitat**

**hangover** /ˈhæŋ,əʊvə(r)/ Noun

if you have a *hangover*, you have a headache and feel ill because you drank too much alcohol the previous day

*two-thirds of young professionals have called in sick because of a hangover | the next day we both woke up with a bad hangover*

Adjective: *hungover*

*she regularly went to work hungover*

---

• **ressaca**

**immensely** /ɪˈmensli/ Adverb

you use *immensely* to emphasise the strength of a particular quality

*nursing is immensely rewarding | conditions in the refugee camp were immensely difficult*

Adjective: *immense*

*this fact is of immense importance*

---

• **immensament**

**inevitability** /ɪnˌevɪtəˈbɪləti/ Noun uncount

the *inevitability* of something is the fact that it will definitely happen

Collocates: an inevitability about something | the inevitability of something

*we shouldn't accept the inevitability of this state of affairs | he kept talking about the inevitability of death*

Adjective: *inevitable* | Adverb: *inevitably*

*by June 1939 everyone knew that war was inevitable | the arrest of two teachers inevitably appeared on the front page of the local newspaper*

---

• **caràcter d'inevitable**

**inherently** /ɪnˈherəntli/ Adverb

an *inherent* quality is one that something naturally has and needs. Something that is *inherently* true is true because it involves an *inherent* quality

*boxing is an inherently violent sport | any investment on the stock market is inherently risky*

Adjective: *inherent*

*this material has an inherent ability to absorb water*

---

• **de manera inherent**

**mind-numbing** /ˈmaɪnd nʌmɪŋ/ Adjective

if you feel *numb*, you cannot think clearly because you are shocked, frightened, or very upset. Something that is *mind-numbing* is so boring that you cannot think.

*sitting through a two-hour speech was a mind-numbing experience | my first job in a factory was monotonous and mind-numbing*

Adverb: *mind-numbingly* | Adjective: *numb* | Verb:

*numb* | Adjective: *numbed*

*when they told me she had died, I just went numb | we were all numbed by the news*

---

• **mortífer / molt avorrit**

**payroll** /payrɒl/ Noun

a company's *payroll* is the amount of money it spends on paying its workers. If someone is on the *payroll*, they are an employee of the company

*we've got over 200 people on the payroll | its annual payroll exceeds £200 million*

• **nòmina**

---

**redundancy** /rɪˈdʌndənsi/ Noun

*redundancy* is when a company tells a worker he or she has to leave their job because they are no longer needed or because the company cannot afford to keep paying them. When this happens, the worker is made *redundant*

Collocates: voluntary redundancy | compulsory redundancy

*they asked me if I wanted to take voluntary redundancy | management denied that there would be any more compulsory redundancies*

Adjective: *redundant*

Collocates: make someone redundant

*50% of the workforce were made redundant*

• **acomiadament**

---

**remotely** /rɪˈməʊtli/ Adverb

if you say that something is not *remotely* interesting, funny, similar, etc., you mean that it is not at all interesting, funny, similar, etc.

*listening to golf on the radio is not even remotely interesting | it doesn't sound remotely like her voice*

• **remotament**

---

**screw** /skruː/ Verb

if someone *screws* you, they treat you badly and dishonestly and try to get money from you unfairly

*but I wasn't screwing the system – the system was screwing me | they screwed £100 out of me | it was only afterwards that we realised we'd been screwed*

• **esprémer**

---

**slump** /slʌmp/ Verb

if you *slump*, or if your head or shoulders are *slumped*, you sit or walk with your head down because you are tired or miserable

*he slumped over the steering wheel | she slumped forward and nearly fell off the chair*

• **desplomar-se**

---

**small talk** /ˈsmɔːl tɔːk/ Noun uncount

*small talk* is polite conversation about unimportant things

Collocates: make small talk

*in the lift he tried to start some small talk | OK – enough of the small talk. Let's get down to business*

• **conversa trivial**

---

**soul-destroying** /ˈsəʊl dɪˌstrɔɪɪŋ/ Adjective

something that is *soul-destroying* makes you very unhappy because it is very boring or because you know there is no point to it but you have to keep doing it

*every morning we'd have a soul-destroying progress meeting which just wasted the first hour of the day | there is nothing so soul-destroying as the daily one-hour commute on a crowded train into London*

• **depriment**

---

**soul-searching** /ˈsəʊl sɜː(r)tʃɪŋ/ Noun

*soul-searching* is long and careful thought when you are trying to make a very important decision or trying to decide the right thing to do after things have gone wrong

*the shooting led to a lot of soul-searching and calls for restrictions on gun ownership | after much soul-searching, they both decided the marriage was over*

• **introspecció / examen de consciència**

---

**technically** /ˈteknɪkli/ Adverb

if something is, for example, *technically* difficult or *technically* complicated, it needs very particular skills and abilities for someone to be able to do it

*the piano is a technically difficult instrument to play | the surgeon said the operation wasn't technically complicated*

Adjective: *technical*

*he has a lot of technical ability*

• **tècnicament**

---

**under-** /ʌndə(r)/ Prefix

*under-* is added to some words to make other words that describe how there is not enough of something in a particular situation

*much of the workforce is under-employed (they do not have enough work to do) | a village in one of the most underdeveloped regions in the country*

Opposite – Prefix: *over-*

*I always overeat at Christmas*

• **prefix que indica mancaça d'alguna cosa**

---

**STUDENT'S BOOK PAGES 84–85**

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**absenteeism** /ˌæbs(ə)n'tiːɪz(ə)m/ Noun uncount

*absenteeism* is regular failure to be at work or at school

*we've launched a crackdown on absenteeism | absenteeism has become a big problem at the factory*

Adjective: *absent* | Noun: *absence*

*three children in my class were absent yesterday | you've had a long absence so it will take you quite a while to catch up with the others*

• **absentisme**

---

**casualisation** /kæʒʊəlaɪ'zeɪʃ(ə)n/ Noun uncount  
casualisation of the workforce is when an employer doesn't use so many permanent staff and employs workers on short-term contracts

*the casualisation of the workforce | employers were accused of having secret casualisation plans*

Verb: *casualise* | Adjective: *casualised* | Adjective: *casual*

Collocates: casual labour/workers

*a casualised workforce | the new bridge was built using casual labour*

---

• ***el fet de contractar treballadors temporals***

---

**compassionate leave** /kəm.pæʃ(ə)nət 'li:v/ Noun uncount  
compassionate leave is time off work that someone gets when a close relative is seriously ill or has died

*when my father died I was granted two months' compassionate leave | he was allowed home from the army on compassionate leave*

---

• ***permís per malaltia o decès***

---

**condemn** /kən'dem/ Verb

if you condemn something, you say that you strongly disapprove of it and think it is bad or morally wrong  
*the government condemned the strike | of course we condemn any acts of terror | the killings were strongly condemned by the church*

Noun: *condemnation*

*he expressed condemnation of all use of violence*

---

• ***condemnar***

---

**crèche** /kreʃ/ Noun

a crèche is a place where very young children are looked after while their parents are at work

*we have a crèche at work where I can leave my daughter | the crèche opens at 8 in the morning*

---

• ***bressol***

---

**dip into** /dɪp 'ɪntu:/ Phrasal verb

if you dip into a container, you put your hand in there in order to take something out  
*he decided to dip into a biscuit tin that he found in the office | she dipped into her handbag for her keys*

---

• ***sucar / ficar***

---

**dismissal** /dɪs'mɪs(ə)l/ Noun

someone's dismissal is the fact of their being removed from their job

Collocates: unfair dismissal | constructive dismissal

*he won compensation for unfair dismissal | his dismissal came after three written warnings*

Verb: *dismiss*

*both employees were dismissed when the theft was uncovered*

---

• ***acomiadament***

---

**duty** /'dju:ti/ Noun

your duties are things that you have to do as part of your job

Collocates: fulfil/carry out your duties

*his duties included locking up at night | she reports for duty at 8 every morning*

---

• ***obligació***

---

**final straw** /faɪn(ə)l 'strɔ:z/ Noun

straw is dried stems of wheat or other plants. If you say that something is the straw that broke the camel's back, or is the final straw, you mean that it was the latest in a series of unfortunate events and it has finally caused you to become angry or upset about the situation

*a straw hat | missing the last train was the final straw*

---

• ***la gota que fa vessar el got***

---

**grant** /grɑ:nt/ Verb

if someone in authority grants someone something, they give it to them or allow them to have it

Collocates: grant permission | grant a request

*I was granted two months' compassionate leave | the local council have granted permission for the building to be demolished | he granted several requests for interviews*

---

• ***concedir***

---

**labour** /'leɪbə(r)/ Noun uncount

labour is hard physical work

*it was hard manual labour (working with your hands) | the new machinery will save a lot of time and labour*

Verb: *labour* | Noun: *labourer*

*my grandfather laboured in the fields all his working life | a farm labourer*

---

• ***treball***

---

**mourn** /mɔ:(r)n/ Verb

if you mourn someone who has died, you feel sad that they are dead and behave quietly and respectfully for a while

Collocates: mourn someone's death | mourn for someone

*she was widely mourned throughout Japan | following his death in 1965, the whole nation mourned | it was painful watching him mourn for his daughter*

Noun: *mourning* | Noun: *mourner*

*a week of national mourning was declared | mourners gathered by the graveside*

---

• ***plorar la mort d'algú***

---



**perk** /pɜː(r)k/ Noun

a *perk* is something that you get for free from your employer, for example free or cheap food, a car, or medical insurance

*we all get subsidised travel, which is a nice perk | other perks include free tea and coffee from the machine*

- gratificació

**slavery** /ˈsleɪvəri/ Noun uncount

*slavery* is the system under which some people were bought as slaves, and were legally owned by the people who had bought them

*the abolition of slavery | millions of people around the world are victims of slavery | slavery continued on the island until about 1863*

Noun: *slave* | Verb: *enslave*

*prisoners were used as slave labour | whole families were enslaved and sent to North America*

- esclavatge

**stationery** /ˈsteɪʃ(ə)n(ə)ri/ Noun uncount

*stationery* is paper, pens, envelopes and other things that are used for writing

*you'll find everything you need in the stationery cupboard | I just need some basic office stationery*

- material de papereria

**statutory** /ˈstætʃʊt(ə)ri/ Adjective

*statutory* means relating to what must happen because of a law or rule

*the government have agreed to raise the statutory minimum wage | the council has a statutory duty to provide housing for homeless families | we get four weeks' statutory holiday a year*

- estatutari

**tribunal** /traɪˈbjuːn(ə)l/ Noun

a *tribunal* is a kind of court that has authority to make decisions about particular problems

Collocates: employment/industrial/military tribunal

*he took his employer to a tribunal and won compensation | an employment tribunal*

- tribunal

**PHRASES**

**show you the ropes:**

*the ropes* are all the things you need to know to be able to do a new job or work in a new place. If someone *shows you the ropes*, they tell you everything you need to know

*there's a lot to learn in my new job, but Jenny has been showing me the ropes*

**beg the question:**

if you say that something *begs the question*, you mean that it makes someone want to ask a particular question

*they didn't need graduates, which rather begs the question: why did they pay for me to do an MBA?*

**get the most out of:**

if you *get the most out of* something, you use it very effectively so that you achieve, acquire, or learn the greatest amount possible from it

*get the most out of your museum visit by joining a guided tour*

**set the wheels in motion:**

if you *set the wheels in motion*, you do what is necessary to make a process or event start happening

*her generous gift set the wheels in motion for the opening of a new theatre*

# 10 HEALTH AND ILLNESS

## STUDENT'S BOOK PAGES 88–89

### **anaesthetic** /ˌænəs'tetɪk/ Noun

an *anaesthetic* is a drug which stops a patient feeling any pain during a medical operation

Collocates: general anaesthetic | local anaesthetic | under anaesthetic

*they gave him an anaesthetic when he got to the hospital | she had the operation under general anaesthetic (an anaesthetic which makes you sleep)*

Verb: *anaesthetise* | Noun: *anaesthesia*

*he was anaesthetised before the operation | I had the operation without any anaesthesia*

#### • *anestèsic*

### **bleach** /bli:tʃ/ Noun uncount

*bleach* is a very strong chemical that is used for killing germs and to make things white

*he used a bleach solution on my teeth | mix one part bleach to 10 parts water and apply with a stiff brush*

Verb: *bleach* | Adjective: *bleached*

*she took off her hat, revealing her short, bleached hair*

#### • *lleixiu*

### **blood vessel** /'blʌd ves(ə)l/ Noun

your *blood vessels* are the tubes (veins and arteries) which carry blood around your body

*blood vessels in his brain had been damaged | the blood vessels were blocked*

#### • *vas sanguini*

### **chemotherapy** /ˌki:məʊ'therəpi/ Noun uncount

*chemotherapy* is treatment to try to stop or cure cancer using very powerful drugs

*she underwent a course of chemotherapy | he started receiving weekly chemotherapy*

#### • *quimioteràpia*

### **conscious** /'kɒŋʃəs/ Adjective

if you are *conscious* of something, you are aware of it and know it is happening or present

Collocates: conscious of something | conscious that

*I was conscious of what was happening, but I couldn't feel anything | she was very conscious that she hadn't done her best in the interview | he wasn't conscious of being tired even though he'd been up for 20 hours*

Adverb: *consciously*

*we might not consciously experience this as fear*

#### • *conscient*

### **diagnose** /'daɪəgnəʊz/ Verb

if a doctor *diagnoses* an illness, he or she identifies exactly what illness a patient has

Collocates: be diagnosed with something | diagnose someone as having something

*the lump was diagnosed as cancer | his doctor diagnosed heart disease | this condition is very difficult to diagnose accurately*

Noun: *diagnosis* | Adjective: *diagnostic*

Collocates: diagnostic test/tool

*early diagnosis is very important | X-rays are an important diagnostic tool (something that helps make a diagnosis)*

#### • *diagnòstic*

### **donor** /'dɒnə(r)/ Noun

a *donor* is someone who gives some of their blood or part of their body to be used for medical operations. A blood *donor* gives blood, and an organ *donor* gives something such as a kidney or a liver

Collocates: a blood donor | an organ donor | a donor card

*after several months, they finally found a kidney donor | I've been a blood donor for 20 years*

Verb: *donate*

*she agreed to donate her organs after she died*

#### • *donant*

### **drip** /drɪp/ Noun

a *drip* is a tube that feeds medicine directly into someone's body

*once in the ambulance he was put on a drip | she had a drip going into each arm*

#### • *gota a gota*

### **drop** /drɒp/ Noun

drops are *medicine* that you drop into your eyes, ears, or nose

*I bought some eye drops because my eyes were really sore | try these ear drops if the pain hasn't gone away*

#### • *gotes*

**excruciating** /ɪk'skruːʃi,etɪŋ/ Adjective

something that is *excruciating* is extremely painful, boring, or embarrassing

*the pain was excruciating | the atmosphere in the meeting was excruciating | he described his research topic in excruciating detail*

Adverb: *excruciatingly*

*an excruciatingly painful visit to the dentist*

- **insuportable**

---

**extensive** /ɪk'stensɪv/ Adjective

something that is *extensive* is very thorough and includes a lot of details or activity

*she had to undergo extensive physiotherapy on her injured knee | there was extensive discussion about the election*

Adverb: *extensively*

*he has written extensively on the history of the World Wide Web*

- **extensiu**

---

**eyesight** /'aɪ,saɪt/ Noun uncount

your *eyesight* is your ability to see

Collocates: good/keen eyesight | bad/poor eyesight | failing eyesight

*my father had poor eyesight from when he was a child | I've never had any problems with my eyesight*

- **vista**

---

**fast** /fɑːst/ Verb

when you *fast*, you do not eat anything for a period of time, usually for religious reasons or medical reasons

*you have to fast for 12 hours before the operation | Muslims fast during Ramadan*

Noun: *fast* | Noun: *fasting*

Collocates: break a fast

*after a week, I was able to break my fast (start eating again)*

- **fer dejuni**

---

**filling** /'fɪlɪŋ/ Noun

if you have a *filling* in a tooth, a dentist has put a small amount of metal or plastic in it to protect it from breaking or rotting

*I went to the dentist to have a filling | when he opened his mouth, you could see he had several fillings*

- **empastat**

---

**graft** /gra:ft/ Noun

a *graft* is a piece of healthy skin or bone that is put onto a damaged area of someone's body so that it will grow there and repair it

Collocates: a skin/bone graft

*the injury required a bone graft | he may need skin grafts to repair the damaged area*

Verb: *graft*

Collocates: graft something onto something

*the surgeon grafted skin from her thigh onto her neck*

- **empelt**

---

**laser** /'leɪzə(r)/ Verb

a *laser* or a *laser beam* is a narrow and powerful beam of light. *Lasers* are used in some medical treatments, and to cut through metals and other hard materials

*laser eye surgery can help reduce loss of vision | a laser cutter (a tool for cutting hard materials)*

Verb: *laser*

*I had my eyes lasered to correct my short-sightedness*

- **làser**

---

**mercifully** /'mɜː(r)sɪf(ə)li/ Adverb

*mercy* is forgiving someone or treating them gently instead of punishing or hurting them. Someone who is *merciful* shows mercy to someone. You use *mercifully* to say you are glad that a situation is not as bad as it might have been, or that someone has treated you gently instead of punishing or hurting you

*mercifully, I didn't have to have an injection | he hoped he would be dealt with mercifully*

Adjective: *merciful* | Noun: *mercy*

*he believed in a merciful God | he begged for mercy*

- **afortunadament**

---

**physiotherapy** /ˌfɪziəʊ'therəpi/ Noun uncount

*physiotherapy* is treatment for parts of the body that are injured, which involves doing special exercises to get them working properly again

*I'm still having physiotherapy on my shoulder | physiotherapy will strengthen the muscles in your legs*

Noun: *physiotherapist*

*she's training to be a physiotherapist*

- **fisioteràpia**

---

**rehabilitation** /ˌriːəbɪlɪ'teɪʃ(ə)n/ Noun uncount

*rehabilitation* is the process of helping someone to live a normal life again, for example after a serious illness or after being in prison

*he went through a rehabilitation programme after the operation | the rehabilitation of offenders*

Verb: *rehabilitate*

*it's very important to do everything we can to rehabilitate young offenders*

- **rehabilitació**

---

**relapse** /'ri:læps/ Noun

a *relapse* is when someone who has slightly recovered from a serious illness becomes seriously ill again

Collocates: have/suffer a relapse

*he suffered a relapse two months later | the main aim of the treatment is to prevent a relapse*

Verb: *relapse*

*he soon relapsed and was rushed back to hospital*

---

• **recaiguda**

---

**remission** /rɪ'mɪʃ(ə)n/ Noun uncount

if a patient with a serious disease is in *remission*, or if the disease is in *remission*, the disease stops developing for a while and the patient recovers slightly

Collocates: be in remission | go into remission

*she's been in remission for two months now*

---

• **remissió**

---

**rod** /rɒd/ Noun

a *rod* is a long thin bar made of metal or wood or plastic

*they inserted metal rods in his ankle to help it heal | he went back to hospital three months later to have the rods taken out*

---

• **canya**

---

**scarring** /ska:riŋ/ Noun uncount

*scarring* is visible damage to the skin that remains after a wound has healed

*after several months, the scarring was still noticeable | the attack left him with permanent scarring*

Noun: *scar* | Verb: *scar*

*I've got a scar on my leg | his face was permanently scarred by a childhood illness*

---

• **cicatriu**

---

**solution** /sə'lu:ʃ(ə)n/ Noun

a *solution* is a liquid that has a gas or solid dissolved into it

*he used a bleach solution on my teeth | a weak solution of water and sugar*

---

• **solució**

---

**swell** /swel/ Verb

if part of your body *swells* or *swells up*, it becomes bigger

*my knee swelled up straight away | my ankles swell when I'm on a plane | I could feel my foot starting to swell*

Adjective: *swollen* | Noun: *swelling*

*his face was very swollen | I went to the doctor with a swelling on my back*

---

• **augmentar**

---

**STUDENT'S BOOK PAGES 90–91****belly** /'beli/ Noun

your *belly* is the front part of your body below your chest

*an enormous man with a round belly | he lay on his belly reading the newspaper*

---

• **panxa**

---

**blow up** /,bləʊ 'ʌp/ Phrasal verb

if you *blow up*, you suddenly lose your temper and become very angry

Collocates: blow up at someone

*to be honest, I have a tendency to blow up when I'm under stress | he managed to stay calm during the meeting, but as soon as Derek had left he blew up | he didn't take the news well, blowing up at her and saying it was all her fault*

---

• **explotar**

---

**bout** /baʊt/ Noun

if you have a *bout* of illness, you are ill for a period of time

Collocates: a bout of something

*he suffered recurrent bouts of depression and anxiety | her education was interrupted by frequent bouts of illness*

---

• **atac**

---

**clench** /klentʃ/ Verb

if you *clench* your fist, jaw, teeth, etc., you squeeze them tightly together, often because you are angry or upset

Collocates: clench your fist/teeth/jaw

*my face went red and I clenched my teeth | he had clenched his fist and was obviously angry | her jaw was clenched tight in anger*

Adjective: *clenched*

*Robbie repeated the words through clenched teeth | I was so angry I punched the door with my clenched fist*

---

• **serrar (les dents, els llavis, etc.)**

---

**clutch** /klʌtʃ/ Verb

if you *clutch* something, you hold on to it very firmly because you do not want to lose it. If you *clutch at* something, you suddenly take hold of it

*her fingers clutched at the sleeve of his coat | he fell down sideways, clutching his knee in pain | Jo's hands clutched at the arms of his chair*

Noun: *clutch*

*the boy wriggled out of his clutch and ran off down the street*

---

• **agafar / aferrar-se**

---

**dietary** /ˈdaɪət(ə)ri/ Adjective

your diet is the food that you eat. *Dietary* means relating to the food you eat

Collocates: dietary supplement | dietary fibre

*I take a lot of dietary supplements to keep my body in balance | breakfast cereal was a source of dietary fibre (food that helps food pass through your body efficiently) | the dietary guidelines recommend eating less fat*

Noun: *diet*

Collocates: a healthy diet | a balanced diet | a poor diet  
*poor diet can lead to loss of energy*

---

• **dietètic**

**dwell on** /ˈdwel ɒn/ Phrasal verb

if you *dwell on* something unpleasant, you spend a lot of time thinking about it or talking about it

*I'll often dwell on things, and that makes me feel a bit down | the subject was too painful to dwell on*

---

• **donar voltes a alguna cosa**

**eradicate** /ɪˈrædɪkeɪt/ Verb

to *eradicate* something unpleasant or unwanted means to get rid of it altogether

*many infectious diseases have been completely eradicated | we are committed to eradicating extreme hunger in Africa by 2020 | more work is needed to eradicate racism from football*

Noun: *eradication*

Collocates: the eradication of something

*their aim is the eradication of the illegal drugs trade*

---

• **erradicar**

**eyelash** /ˈaɪ.læʃ/ Noun

your *eyelashes* are the hairs that grow from your eyelids above and below your eyes

*he had unusually long eyelashes for a man | she had the longest eyelashes I'd ever seen*

---

• **pestanya**

**flutter** /ˈflʌtə(r)/ Verb

if something *flutters*, it moves lightly and quickly up and down or from side to side. If someone *flutters* their eyelashes at you, they open and close their eyes several times very quickly as a sign that they are attracted to you or want you to do something for them

*I could hear the birds fluttering their feathers outside | the flag fluttered in the light breeze | it's no use fluttering your eyelashes at me – I'm not lending you any money*

Noun: *flutter*

*the flutter of wings*

---

• **aleteig**

**grumpy** /ˈgrʌmpi/ Adjective

if someone is *grumpy*, they are slightly bad-tempered and often complain about something

Collocates: grumpy about something

*I get quite grumpy when I'm hungry | what are you so grumpy about? | a grumpy old man*

Adverb: *grumpily* | Noun: *grumpiness*

*he agreed, rather grumpily, and got ready to come with me | his grumpiness spoiled the whole evening*

---

• **rondinaire**

**harmony** /ˈhɑː(r)məni/ Noun uncount

*harmony* is a state where different things and/or people are able to exist peacefully alongside each other

Collocates: in harmony (with someone or something)

*within a few hours, harmony was restored | here, man and nature have achieved perfect harmony*

Adjective: *harmonious* | Adverb: *harmoniously*

*employees are expected to build up and maintain harmonious relationships with each other | communities where people live harmoniously together*

---

• **harmonia**

**low-level** /ˈləʊ lev(ə)l/ Adjective

*low-level* situations, people, or jobs are not very important and do not have a high rank

*many doctors dismiss patients with low-level complaints as 'the worried well' | even low-level employees can access the central database*

---

• **de nivell baix / bàsic**

**march** /mɑː(r)tʃ/ Noun singular

the *march* of something is its steady development over time

*the march of progress will never end | the relentless march of technology*

---

• **marxa**

**mortality** /mɔː(r)tæləti/ Noun uncount

*mortality* is the rate at which people die. If there is high *mortality* somewhere, more people die at a young age compared with places where there is lower *mortality*, where people on average live longer

Collocates: mortality rate

*western medicine has been very successful in improving mortality | measures to reduce infant mortality rates*

---

• **mortalitat**



**mount** /maʊnt/ Verb

if something *mounts*, it increases gradually in quantity or intensity

*evidence is mounting of its potential to combat a range of health issues | pressure is mounting on the government to take stronger action | as war became more likely, tension mounted in the capital*

Adjective: *mounting*

*a single mother with mounting debts*

---

• **incrementar**

**neural** /'njʊərəl/ Adjective

*neural* means relating to nerves or the nervous system

*your neural pathways are the links in your brain through which information passes | there was no sign of neural activity*

---

• **neural**

**prescribe** /prɪ'skraɪb/ Verb

if a doctor *prescribes* you a particular medicine or treatment, he or she says that you should have that medicine or treatment. A *prescription* is the piece of paper from the doctor that tells the chemist what medicines to give you

Collocates: *prescribe someone something*

*your doctor might prescribe drugs for your condition | take no drugs unless they've been prescribed by your doctor | the doctor prescribed me some pills and told me to come back in a week*

Noun: *prescription*

Collocates: *on prescription*

*take this prescription to the chemist*

---

• **receptar**

**recurrent** /rɪ'kʌrənt/ Adjective

something that is *recurrent* happens again and again

*having recurrent dreams is a very common experience | there are no recurrent illnesses in the family | he suffered recurrent bouts of depression and anxiety*

Verb: *recur* | Noun: *recurrence* | Adjective: *recurring*

*the cancer recurred in 2014 | he then suffered a recurrence of the same injury | she suffered from recurring nightmares*

---

• **recurrent**

**regulation** /ˌregjʊ'leɪʃ(ə)n/ Noun uncount

*regulation* is control of a particular activity or process

Collocates: *regulation of something*

*these areas of the brain are associated with the regulation of emotions | they introduced stronger regulation of the gambling industry*

Verb: *regulate* | Noun: *regulator*

*the housing market is heavily regulated*

---

• **regulació**

**scepticism** /'skeptɪ,sɪz(ə)m/ Noun uncount

*scepticism* is doubt about the truth or usefulness of something or about the likelihood of something happening

*the claim was greeted with scepticism by environmental campaigners | despite his initial scepticism, he became a keen supporter of the policy*

Adjective: *sceptical* | Adverb: *sceptically* | Noun: *sceptic*

Collocates: *sceptical about/of something*

*people are often sceptical about buying shoes online | this account is regarded sceptically by most historians | climate sceptics (people who doubt that the climate is changing)*

---

• **esceptisme**

**shrug off** /ʃrʌg 'ɒf/ Phrasal verb

if you *shrug*, or *shrug* your shoulders, you move your shoulders up and down slightly as a sign that you are not sure about something or do not care about something. If you *shrug* something off, you are able to show that you do not care about it or that it does not worry you

*I sometimes get negative feelings, but I can usually shrug them off | these issues were shrugged off as irrelevant*

---

• **arronsar (les espatlles) / treure importància**

**shudder** /'ʃʌdə(r)/ Verb

if you *shudder*, your body shakes for a short while, for example because you are afraid, worried, or cold

*she shuddered and turned away from the door | just thinking about it makes me shudder*

Noun: *shudder*

*a cold shudder ran down my back*

---

• **estremir-se**

**spiral** /'spaɪrəl/ Noun

a *spiral* is a line that curves round and round a central point with each curve getting further from the central point.

A *spiral* is also a situation in which something becomes uncontrollably worse or better

Collocates: *a spiral of something | a downward/upward spiral*

*since they lost the election, the party has been in a downward spiral | he became stuck in a spiral of depression*

Adjective: *spiral* | Verb: *spiral*

*a spiral staircase | he could feel his life spiralling out of control*

---

• **espiral**

**supplement** /ˈsʌplɪmənt/ Noun

a *supplement* is a pill or a special kind of food that you eat in order to make sure you have enough of a particular kind of nutrition

*buying cheap supplements is not a good idea | some of the patients received supplements containing iron*

Verb: *supplement* | Adjective: *supplementary*

*breakfast every day was toast, which he occasionally supplemented with orange juice*

• **suplement**

---

**underpin** /ˌʌndə(r)ˈpiːn/ Verb

to *underpin* something means to be the main thing that supports it and helps it to succeed

*exports have been the main base underpinning the economy | the company's growth was underpinned by growing demand from China | our values underpin everything we do*

Noun: *underpinning*

*democracy is the necessary underpinning of a peaceful society*

• **sustentar**

---

**STUDENT'S BOOK PAGES 92–93**

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**breach** /briːtʃ/ Verb

to *breach* a rule, contract, or agreement means to break it

*he was accused of breaching patient confidentiality | he breached the contract and they took him to court*

Noun: *breach*

Collocates: (in) breach of contract

*failure to pay by the end of the month will leave you in breach of contract*

• **infringir**

---

**break-in** /ˈbreɪkɪn/ Noun

when there is a *break-in*, one or more criminals force their way into a building in order to steal things

*we had a break-in last night, but luckily they didn't take much | I phoned the police to report the break-in*

Phrasal verb: *break in*

*thieves broke in and stole £3,000 in cash*

• **robatori amb violació de domicili**

---

**bypass** /ˈbaɪpɑːs/ Noun

a *bypass* is a road that deliberately goes past a town rather than through it

*they want to build a bypass to reduce traffic in the town centre | plans to build a bypass round Ambleside have finally been dropped*

Verb: *bypass*

*similar roads in Sweden tend to bypass towns and villages*

• **carretera secundària**

---

**cliché** /ˈkliːʃeɪ/ Noun

a *cliché* is an idea or expression that has been used so many times that it no longer has any real meaning

*in most cases, using clichés is just lazy writing | as the cliché goes, it was too little too late*

Adjective: *clichéd*

*most reviewers found the novel clichéd and uninteresting*

• **clixé**

---

**confidentiality** /ˌkɒnfɪdənjɪˈæləti/ Noun uncount

*confidentiality* is a requirement that certain information should not be passed on or told to anyone else

*the principle of patient confidentiality is very important | confidentiality was guaranteed*

Adjective: *confidential* | Adverb: *confidentially* |

Noun: *confidence*

Collocates: strictly/highly confidential | in confidence

*you must keep your password strictly confidential | all personal details will be treated confidentially | I'll tell you – but in strictest confidence*

• **confidencialitat**

---

**cover-up** /ˈkʌvə(r)ʌp/ Noun

a *cover-up* is a deliberate attempt to stop the truth about a crime or mistake becoming known by the public

*there was a big cover-up to stop the public finding out about it | his book exposed a massive government cover-up*

Phrasal verb: *cover up*

*documents were destroyed in an attempt to cover up the truth*

• **encobriment**

---

**falling-out** /ˌfɔːlɪŋ ˈaʊt/ Noun

if two people have a *falling-out*, they have a disagreement or argument

Collocates: a falling-out with someone (over something)

*we had a bit of a falling-out over something quite stupid | she had a falling-out with Ray over financial matters*

Phrasal verb: *fall out*

Collocates: fall out with someone (over something)

*the two of them fell out over who should do the cooking*

• **discussió**

---

**outbreak** /ˈaʊtbreɪk/ Noun

if there is an *outbreak* of something unpleasant or unwanted, it starts to happen or be present somewhere

Collocates: an outbreak of something

*I had to give up my studies during the Ebola outbreak | there's been a recent outbreak of fighting in the region*

Phrasal verb: *break out*

*fighting broke out on the border*

• **brot / esclat**

---

**run-up** /ˈrʌŋ ʌp/ Noun

the *run-up* to an event is the period of time shortly before it happens when there is a lot of activity connected to the event

Collocates: the run-up to something

*she was frantically busy in the run-up to the election | shops stay open for longer in the run-up to Christmas*

Phrasal verb: *run up*

Collocates: run up to something

*she became increasingly tired in the weeks running up to the baby's birth*

---

• *període previ*

**shake-up** /ˈʃeɪk ʌp/ Noun

a *shake-up* is an important number of changes to the way an organisation or system works

*our health system needs a serious shake-up to cope with an aging population | primary schooling is in the middle of another shake-up*

Phrasal verb: *shake up*

*we've got a new boss who's busy shaking up the department*

---

• *canvi radical*

**springboard** /ˈsprɪŋ,bɔː(r)d/ Noun

a *springboard* is something that helps you start an activity that will develop and become successful

Collocates: a springboard for something

*I've found it a really useful springboard for my students to discuss ethics | editing the student newspaper was a springboard into a career in journalism*

---

• *trampoli*

**upbringing** /ˈʌp,briŋɪŋ/ Noun

someone's *upbringing* is the way their parents looked after them and how they taught them to behave when they were growing up

*he'd had a very strict upbringing | little is known of Perkins' childhood and upbringing*

Phrasal verb: *bring up* | Adjective: *brought-up*

*we were brought up to believe that good manners were important | a very well brought-up child*

---

• *educació*

**walkout** /ˈwɔːkaʊt/ Noun

if there is a *walkout*, employees of a company go on strike

*they staged a walkout in protest at the cutbacks | union members voted to end the week-long walkout*

Phrasal verb: *walk out*

*workers walked out when their pay claim was turned down*

---

• *vaga*

**workout** /ˈwɜː(r)kaʊt/ Noun

a *workout* is a period of hard physical exercise that you do to keep fit

*a vigorous workout for 30 minutes a day will help keep you fit | I really enjoy my morning workout*

Phrasal verb: *work out*

*she listens to music when she's working out*

---

• *entrenament*

**write-off** /ˈraɪtɒf/ Noun

a *write-off* is a car that has been so badly damaged that it cannot be repaired

*luckily, no one was injured, but the car was a complete write-off | it didn't look too badly damaged, but the insurance company said it was a write-off*

Phrasal verb: *write off*

*he'd written off two cars by the time he was 21*

---

• *sinistre total*

**STUDENT'S BOOK PAGES 94–95****aftercare** /ˈɑːftə(r)keə(r)/ Noun uncount

*aftercare* is the care someone needs after they leave hospital or prison to help them to live independently

*social workers helped draw up an aftercare plan for her | councils are now expected to provide more aftercare but have less money to do it*

---

• *assistència posterior*

**pay off** /ˌpeɪˈɒf/ Phrasal verb

if something *pays off*, it starts to give you successful results

*Catherine's dedication eventually pays off | her hard work paid off and she got top grades in all her exams | so far, the strategy is paying off and sales are increasing*

---

• *recompensar*

**resent** /rɪˈzent/ Verb

if you *resent* something, you don't like it and are angry or upset about it because you think it is unfair

Collocates: bitterly/deeply/strongly resent something

*he'd always resented the amount of time his wife spent at her mother's house | I deeply resent the comments she made about me | locals resented the presence of foreign soldiers in their town*

Adjective: *resentful* | Adverb: *resentfully* | Noun: *resentment*

*he was deeply resentful towards his mother for making him stay at home that night | it wasn't my fault, he thought resentfully*

---

• *ressentir-se*

# 11 PLAY

## STUDENT'S BOOK PAGES 96–97

### **abuse** /ə'bjuz:/ Verb

to *abuse* someone means to deliberately say very insulting things to them

*sections of the crowd began to abuse the referee | he was sacked for verbally abusing one of his pupils*

Noun: *abuse* | Adjective: *abusive* | Adverb: *abusively*

Collocates: shout/scream/hurl abuse (at someone) | verbal abuse

*the driver then started shouting abuse at me | people began posting abusive messages using the same hashtag | his comments were verbally abusive*

#### • **insultar**

### **boo** /bu:/ Verb

when people in a theatre or at a sporting event *boo*, they shout 'boo' or make other noises to show that they do not approve of something or do not like what is happening

*the crowd started to boo him as soon as he came onto the field | instead of clapping, the audience booed loudly*

Noun: *boo*

*the result was greeted with boos and hisses*

#### • **escridassar**

### **chant** /tʃɑːnt/ Verb

if you *chant* something, you repeat it loudly again and again

*the crowd started chanting his name after the second goal | we don't want supporters who chant racial abuse coming to England games*

Noun: *chant*

*the club's fans began a new chant*

#### • **corejar / cantar**

### **favourite** /'feɪv(ə)rət/ Noun

in a sports competition, the *favourite* is the person or team who is expected to win

*Barcelona are favourites to win the Champions League again this season | Djokovic starts the tournament as favourite*

#### • **favorit**

### **underdog** /'ʌndə(r)dɒg/ Noun

in a sports competition, the *underdog* is the person or team who is not expected to win

*it's more fun to support the underdog | they started the game as underdogs, but were three goals ahead by half time*

#### • **probable perdedor**

## STUDENT'S BOOK PAGES 98–99

### **absent-minded** /,æbs(ə)nt'maɪndɪd/ Adjective

if someone is *absent-minded*, they often forget things, especially because they are thinking about something else

*she's so absent-minded – today she forgot her keys, and yesterday it was her wallet | he's got much more absent-minded as he's got older*

Adverb: *absent-mindedly* | Noun: *absent-mindedness*

*he picked up another biscuit and started eating it absent-mindedly | his absent-mindedness was the object of several of our jokes*

#### • **distret**

### **blow** /bləʊ/ Verb

if you *blow* something such as a chance, you waste it by not doing the right thing that would take advantage of it. If you *blow* some money on something, you spend it carelessly and on something that is not very important or needed. If you *blow* it, you waste a good opportunity to achieve something

*you had your chance and you blew it | he blew his chances of winning the Tour de France by crashing on the way into Paris | I blew £300 on a new coat when I got my first pay packet*

#### • **malbaratar**

### **call** /kɔːl/ Noun

if a referee makes a *call* in a sports competition, he or she makes a decision about something that has just happened

Collocates: a good/bad/close call

*the referee clearly made a bad call there | Murray challenged the call straight away*

Verb: *call*

*the line judge called it out (said the ball landed outside the playing area)*

#### • **amonestació / avis**

### **challenge** /'tʃæləndʒ/ Verb

if a player *challenges* a decision by a referee or umpire, they ask the referee or umpire to change the decision

*if you don't challenge the umpire's decision within 15 seconds, then it's too late | he kept wasting time by challenging every decision | the referee refused to change his decision even though all eleven Leeds players challenged it*

Noun: *challenge*

*in a tennis match, each player is allowed three challenges in every set*

#### • **reclamar**

**cramp** /kræmp/ Noun

*cramp* is strong pain in a muscle which has become too tight and which makes it difficult to move. Cramp sometimes happens when someone is doing a lot of physical activity

Collocates: get cramp | suffer (from) cramp

*I got cramp ten minutes before the end of the match | too much salt can give you stomach cramps*

• **rampa**

---

**dirty** /'dɜ:(r)ti/ Adjective

in sport, a *dirty* match or a *dirty* player is one that involves a lot of cheating and breaking the rules

*it was a dirty game right from the start when their captain punched our goalkeeper | lots of people thought Billy Bremner was a dirty player*

Adverb: *dirty*

Collocates: play dirty | fight dirty

*they fought a clean election campaign, but their opponents played dirty and nearly won*

• **brut**

---

**doping** /dəʊpɪŋ/ Noun uncount

*doping* is the use of illegal or banned drugs by a sports person in an attempt to improve his or her performance  
*the 1998 Tour de France was ruined by a major doping scandal | she denied all charges of doping*

• **dopatge**

---

**drop** /drɒp/ Verb

to *drop* a player from a sports team means to not include them in a team after they had played in the previous match

*he was dropped for the match against Milan | it's the manager's job to inform the players that have been dropped*

• **no incloure un jugador**

---

**fade** /feɪd/ Verb

if you *fade*, you start to lose energy and cannot run as fast as you want to

*he was in the lead after 300 metres but faded in the last 100 metres | after they faded against Aston Villa, the manager ordered extra fitness training*

• **perdre forces**

---

**fault** /fɔ:lt/ Noun

in tennis, if a player hits a serve outside the playing area, it is called a *fault*, and they get another attempt to serve. If their second attempt also lands outside the playing area, it is called a *double fault*, and they lose the point

*the umpire called a fault (said the ball landed outside the legal area) | Murray served three double faults in the first set, but none at all after that*

Verb: *double-fault*

*he double-faulted twice in the last game of the set*

• **falta**

---

**fix** /fɪks/ Verb

to *fix* a contest such as a sports event or an election means to do something dishonest in order to get the result that you want instead of allowing the event to happen fairly  
*he was given £1,000 to fix the result of the match | everyone knew that the race was fixed | do you think they can fix the election?*

Suffix: *-fixing*

*he was banned for life after he was found guilty of match-fixing*

• **arreglar (un partit, una votació)**

---

**go through** /,gəʊ 'θru:/ Phrasal verb

if you *go through* in a sports competition, you win a match so you are able to continue to the next match, while your opponent can no longer take part

*both London clubs went through to the fourth round | Taylor went through after a close match against van Gerwen*

• **passar / superar**

---

**knock out** /,nɒk 'aʊt/ Phrasal verb

if you *knock someone out* in a sports competition, you beat them and so you carry on in the competition while the person or team you beat can no longer take part

*we were knocked out in the second round | who was the last person to knock Nadal out of a tennis tournament?*

Noun: *knockout*

*the winners of each group go through to the knockout stage of the tournament*

• **batre**

---

**one-sided** /,wʌn 'saɪdɪd/ Adjective

if a contest is *one-sided*, one of the two people or teams is much stronger than the other and is able to win very easily

*Spurs won a one-sided match by five goals to nil | in a one-sided-contest, Sheffield won comfortably*

• **desigual**

---

**overrated** /,əʊvə'reɪtɪd/ Adjective

if you say that something is *overrated*, you mean that a lot of people say that it is very good or important but that you do not agree with them

*that player is so overrated – there's no way he was worth £60 million | the importance of social media as a marketing tool is overrated if you ask me | that must be the most overrated film of the year*

• **sobrevalorat**

---



**overturn** /əʊvə(r)'tɜ:(r)n/ Verb

to overturn a decision, for example a decision made by a judge or a referee in a sports competition, means to say it was wrong and to change it

*the referee refused to overturn the decision | the case went to the court of appeal where the decision was overturned | there's a chance that they'll overturn the ruling*

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• **rebutjar**


---

**rally** /'ræli/ Noun

in games such as tennis or badminton, a rally is a continuous series of shots that lasts until a point is won

*we had some very long rallies early in the match | Murray won a spectacular point at the end of a rally of 32 shots*

---

• **piloteig**


---

**scrape through** /ˌskreɪp 'θru:/ Phrasal verb

if you *scrape through* in a sports competition, you win a match by a very narrow margin and continue to the next match

*they just scraped through with a one-nil win against Charlton | we scraped through to the final, where we were heavily beaten by Tottenham*

---

• **guanyar per molt poc**


---

**send off** /ˌsend 'ɒf/ Phrasal verb

when a referee *sends* a player *off* in a sports match, the referee tells the player to leave the pitch as a punishment for seriously breaking the rules

*Lineker was never sent off in his entire career | in 1968, Alan Mullery became the first England player to be sent off in an international match | the referee had no choice but to send him off for violent conduct*

Noun: *sending-off*

*it was his third sending-off of the season*

---

• **expulsar**


---

**substitute** /'sʌbstɪtju:t/ Verb

to *substitute* a player in a sports match means to take one player off the pitch and replace him or her with another player

*Walcott was substituted after 70 minutes | the manager substituted Terry at half time because of an injury scare*

Noun: *substitution* | Noun: *substitute*

Collocates: *make a substitution*

*you are allowed to make three substitutions in the course of a match | Alli came on as a substitute for the second half*

---

• **substituir**


---

**suspend** /sə'spend/ Verb

if a sports person is *suspended*, they cannot play any matches in their sport for a certain amount of time as a punishment

*two of our defenders are suspended for this match | if he's sent off again this season he'll be suspended for three matches*

Noun: *suspension*

*he served a three-match suspension*

---

• **suspendre**


---

**thrash** /θræʃ/ Verb

to *thrash* someone in a game means to beat them by a very wide margin

*we got thrashed six-nil | Bale scored four goals as Real Madrid thrashed Rayo Vallecano by 10 goals to two*

Noun: *thrashing*

*they suffered a thrashing at the hands of Manchester City*

---

• **guanyar còmodament**


---

**uphold** /ʌp'həʊld/ Verb

if a decision is *upheld*, someone in authority officially confirms that it was correct and refuses to change it

*the decision was upheld after the fourth official watched several replays | the judge's ruling was later upheld in the appeal court*

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• **ratificar**


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**STUDENT'S BOOK PAGES 100–101**


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**attentive** /ə'tentɪv/ Adjective

if you are *attentive*, you are paying attention to what is happening and to what people are saying to you

*they're less attentive than I'd like them to be | she was very attentive to what they were saying to her | he was considered an attentive student*

Adverb: *attentively* | Noun: *attentiveness*

*he listened attentively to the tour guide | Bryce watched him with increasing attentiveness*

---

• **atent**


---

**cement** /sə'ment/ Verb

if you *cement* something such as a friendship, a reputation, or a position, you make it stronger and more likely to last a long time

*they cemented their friendship during those late-night sessions | if she plays well tomorrow, she'll cement her place in the team | he married his boss's daughter, which cemented his position in the company*

---

• **consolidar**


---

**coding** /'kəʊdɪŋ/ Noun uncount  
coding is the activity of writing computer programs  
*I've started going to coding classes | the coding on the website was not very good*  
Verb: code | Noun: coder | Noun: code  
*it took me three months to code the game | she works as a web designer and coder*

---

• **codificació**

---

**drag** /dræg/ Verb  
if you *drag* someone somewhere, you make them go there with you, even though they do not want to go. If you *drag* yourself somewhere, you make yourself go there even though you would prefer not to go there  
*they stay up very late, then have to drag themselves into school the next day | they dragged me off to the cinema | I've managed to drag myself into the gym quite often*

---

• **arrossegar**

---

**engrossed** /ɪn'grəʊst/ Adjective  
if someone is *engrossed*, they are very interested in something and paying so much attention to it that they do not notice what is happening around them  
Collocates: engrossed in/by something  
*I was engrossed in the game and didn't hear her come in the room | he later became engrossed by politics | she spent the afternoon engrossed in thought*  
Adjective: *engrossing*  
*I found the film totally engrossing*

---

• **absort**

---

**evangelical** /i:væn'dʒelɪk(ə)/ Adjective  
*evangelical* Christians believe that it is their duty to tell other people about Christianity. You can refer to anyone who is very enthusiastic about something and who wants to share their enthusiasm with other people as *evangelical*  
*even the most evangelical game players admit it can have an effect on your life | Professor Dawkins talks about science with evangelical fervour (very enthusiastically)*

---

• **evangelista**

---

**fly** /flaɪ/ Verb  
if you want to say that time seems to be passing very quickly, you can say that *time flies*  
*time flies when you're having fun | then I started reading, and time flew by till the train arrived at Waterloo | the hours flew by, and before I knew it, it was time to go home*

---

• **volar**

---

**foster** /'fɒstə(r)/ Verb  
to *foster* a positive idea, feeling, or relationship means to help it develop and become stronger  
*gaming can actually help foster family relationships | art lessons foster creativity in young children | efforts to foster regional political cooperation*

---

• **fomentar**

---

**graphics** /'græfɪks/ Noun plural  
*graphics* are pictures and images, especially ones that are created using a computer  
Collocates: computer graphics  
*the film used a lot of computer graphics | we did the graphics for their advertising campaign*  
Adjective: *graphical*  
*the app gives you a clever graphical representation of the weather forecast*

---

• **gràfics**

---

**moderation** /,mɒdə'reɪʃ(ə)n/ Noun uncount  
*moderation* is behaviour that is not extreme. If you do something *in moderation*, you do it a certain amount but not too much  
Collocates: in moderation  
*that's all fine so long as it's done in moderation | moderation in everything is what he always advised*  
Adjective: *moderate* | Adverb: *moderately* | Verb: *moderate*  
*eat fresh fruit in moderate amounts | summers here are moderately warm but rarely hot*

---

• **moderació**

---

**nod off** /,nɒd 'ɒf/ Phrasal verb  
if you *nod off*, you fall asleep, usually while you are sitting somewhere  
*I nearly nodded off during the film | I felt myself nodding off and shook myself awake | he nodded off to sleep in the armchair*

---

• **fer cabotades**

---

**odd** /ɒd/ Adjective  
*odd* means occasional  
Collocates: the odd something  
*I spend the odd evening playing online chess | I'm not a smoker, but I have the odd cigarette if I'm at a party | we had the odd argument, but mostly we got on very well together*

---

• **ocasional**

---

**realm** /reɪlm/ Noun  
a *realm* is any area of activity, knowledge, or thought  
*she was highly respected in the political realm | a company that is trying to break into the social networking realm*

---

• **àmbit**

---

**roleplaying** /'rəʊpleɪɪŋ/ Noun

*roleplaying* is an activity in which people pretend to be another person and behave and talk in the way that person would

*a lot of online roleplaying games really stimulate the imagination | we do a lot of roleplaying in our English classes*

Noun: *roleplay* | Verb: *roleplay*

*I thought the roleplay exercise was particularly stimulating | you are going to roleplay a radio phone-in programme*

- **actuació / representació**

**shooter** /'ʃu:tə(r)/ Noun

to *shoot* someone or something means to fire a gun at them. A person who does this can be called a *shooter*. A *first-person shooter* game is a video or computer game in which the person playing the game is the main character and has to shoot other characters in the game

*first-person shooter games are a great way of letting off steam | I prefer roleplaying games to first-person shooters*

- **tirador**

**simulation** /ˌsɪmjʊˈleɪʃ(ə)n/ Noun

to *simulate* something means to make something else that looks exactly like it or behaves like it. *Simulation* is the process of doing this, or the result of doing it

*a business simulation game | this had been predicted using a computer simulation*

Verb: *simulate* | Adjective: *simulated* | Noun: *simulator*

*researchers simulated the effects of climate change | the analysis was repeated using simulated data | a flight simulator (a machine that helps people learn how to fly and practise flying a plane)*

- **simulació**

**strings** /ˈstrɪŋz/ Noun plural

the *strings* are the thin wires that are used to control puppets. You can use the word *strings* when you are talking about situations in which control is an important factor. For example, if there are *no strings attached* to an agreement or relationship, then you know that no one will interfere with it and expect anything extra in return. If you think someone is *pulling the strings*, you think they are controlling a situation

Collocates: (no) strings attached | pull the strings | pull some strings (for someone)

*the offer came with no strings attached | no one knows who's really pulling the strings in the government | my uncle pulled some strings and got me a job in his bank (used his influence)*

- **filis**

**texture** /'tekstʃə(r)/ Noun

the *texture* of something is the way it feels when you touch it

*it tastes like beef and has the same texture | it has the texture of the finest silk*

- **textura**

**traumatic** /trɔ:'mætɪk/ Adjective

a *traumatic* event or experience is one that causes someone a lot of mental and emotional pain

*losing his job was the beginning of a traumatic period in his life | she suffered a number of emotionally traumatic events in her childhood*

Adverb: *traumatically* | Noun: *trauma* | Verb: *traumatise* | Adjective: *traumatised* | Adjective: *traumatising*

*their lives were traumatically affected by the war | children from violent homes suffer many emotional traumas | his experiences in hospital were traumatising*

- **traumàtic**

**STUDENT'S BOOK PAGES 102–103****exception** /ɪk'sepʃ(ə)n/ Noun

an *exception* to a statement or rule is something that is not included in it

Collocates: without exception | with the exception of someone or something | a notable exception

*everyone, without exception, believed I was guilty | all parties, with the exception of the Scottish Nationalists, voted in favour of the proposal*

- **excepció**

**hybrid** /'haɪbrɪd/ Adjective

a *hybrid* is something that is a mixture of two other things

*a hybrid electric vehicle (that can use petrol or electricity) | most Canadian corn is produced using hybrid seed*

Noun: *hybrid*

*it's a hybrid of fiction and serious journalism*

- **híbrid**

**oral** /'ɔ:ɪrəl/ Adjective

something that is *oral* uses speech and not writing

*the Carrier language has an oral tradition | the competition involved a written report and an oral presentation | I had an oral agreement with him, so there are no documents we can refer to*

Adverb: *orally*

*I was informed of the decision orally on Monday, and in writing on Wednesday*

- **oral**

**pun** /pʌn/ Noun

a *pun* is a joke that depends on using two different meanings of the same word, or using a word that sounds like another word. For example, a restaurant called 'A Nice Plaice to Eat' uses the word for a kind of fish, 'plaice', but when you say it, it sounds like 'place'

*my grandfather likes making puns | it's difficult to translate puns from one language to another*

Noun: *punning*

*she shared her father's dislike of punning*

- **joc de paraules**

**sanctuary** /ˈsæŋktʃuəri/ Noun

*sanctuary* is a place where someone can be protected from danger

Collocates: seek sanctuary

*they're seeking sanctuary from the war | a wildlife sanctuary (where animals are protected)*

- **santuari**

**sexist** /ˈseksɪst/ Adjective

*sexist* people or attitudes believe that one sex, usually men, are stronger, cleverer, or better than the other sex

*he held incredibly sexist views | after yet another sexist joke, she walked out of the theatre | it was the usual sexist assumption that a doctor would be a man*

Noun: *sexist* | Noun: *sexism*

*he denied being a sexist | sexism in the workplace is still a problem here*

- **sexista**

**ship-shape** /ˈʃɪpˌʃeɪp/ Adjective

something that is *ship-shape* is clean and tidy and in good condition

*we need to make sure everything's ship-shape before the inspection | with some help from the neighbours we got the place ship-shape after the flood | he spent some time putting the office into ship-shape order*

- **endreçat**

**spin off** /ˌspɪn ˈɒf/ Phrasal verb

if something *spins off* from another thing, it starts to develop from it without being planned

*the exercise was fun, and it then spun off into a discussion about what we found difficult in Spanish | the protest march spun off into rioting in the capital*

- **derivar**

**PHRASES**

**bite the bullet:**

if you *bite the bullet*, you take the decision to do something that you need to do, which will be difficult, unpleasant, or expensive

*repairs to the car were expensive, but we just had to bite the bullet and pay*

**call it a day:**

if you *call it a day*, you decide to stop doing whatever you were doing because it has become too difficult, or it is not working properly, or you have become tired

*we decided to call it a day once it got too dark to see what we were doing*

**doom and gloom:**

*doom and gloom* is a feeling that things are bad and that there is not much hope that they can improve

*it's not all doom and gloom – I've still got a family that loves me*

**give as good as you get:**

if you *give as good as you get*, you respond to being attacked or insulted by behaving in the same way

*he was trying to annoy her, but she can give as good as she gets*

**jump the gun:**

if you *jump the gun*, you start doing something before you are meant to

*dinner's at 8 so don't jump the gun and start eating now*

**lap of luxury:**

if someone is living in *the lap of luxury*, they have a very comfortable and easy life, with a lot of money and possessions

*she grew up in a palace, in the lap of luxury*

**reserve the right:**

if you *reserve the right* to do something, you say that you might do it if or when you think it is necessary to do so

*the company reserves the right to change the prices*

**stop the rot:**

to *stop the rot* means to stop a bad situation getting worse and start making improvements

*why has it all gone wrong, and why can't we stop the rot?*

# 12 HISTORY

## STUDENT'S BOOK PAGES 106–107

### **bark** /bɑː(r)k/ Noun

a *bark* is the noise a dog makes. If you say that someone's *bark is worse than their bite*, you mean that they seem much more rude or fierce than they really are

*it turned out his bark was much worse than his bite | don't worry about Fred, his bark's worse than his bite*

#### • *lladruc*

### **belch** /beltʃ/ Verb

if you *belch*, air comes up from your stomach and out of your mouth, usually making a noise

*he still eats like a peasant and belches after meals | he tried to stop himself belching, unsuccessfully*

Noun: *belch*

*a smile crossed his face, followed by a belch*

#### • *eructar*

### **broken home** /ˌbrəʊkən 'həʊm/ Noun

if someone comes from a *broken home*, they grow up with just one parent because their parents have divorced or separated

*Martin was a child of a broken home | she grew up in a broken home*

#### • *llar desestructurada*

### **build up** /ˌbɪld 'ʌp/ Phrasal verb

if you *build something up*, you do what is needed to make it develop and be successful

*he slowly built things up until he got to where he is today | we built up the business over a number of years | they built it up from a little corner shop to a chain of supermarkets*

#### • *crear / construir*

### **capital** /'kæpɪt(ə)l/ Noun

the *capital* of a country is the city where the government is based

*he decided to move to the capital | what's the capital city of Australia? | lots of people think New York is the capital of the USA, but actually it's Washington D.C.*

#### • *capital*

### **close-knit** /ˌkləʊs 'nɪt/ Adjective

a *close-knit* group of people live or work together very closely and support each other a lot

*he grew up in a very close-knit community | ours was a close-knit family | this is a very close-knit organisation, where everyone knows everyone else*

#### • *molt unit*

### **drop out** /ˌdrɒp 'aʊt/ Phrasal verb

if you *drop out* of a course of study, you stop doing it and leave the institution where you were studying. A person who does this is a *dropout*

*he had to drop out of school and earn money for his family | he went back to college, but dropped out for a second time | about one third of students drop out of the course by the end of the second year*

Noun: *dropout*

*it's not easy to find work if you're a dropout*

#### • *esborrar-se*

### **evacuate** /ɪˈvækjuet/ Verb

when people are *evacuated*, they are moved out of the area where they live because of a war or other danger, to somewhere safer

*she was evacuated during the war | luckily, they all managed to evacuate the village before the floods came | the police had evacuated the area before the bomb went off*

Noun: *evacuation* | Noun: *evacuee*

*the school was used as an evacuation centre | the evacuees included over 200 children*

#### • *evacuar*

### **from scratch** /frɒm 'skrætʃ/ Phrase

if you start something *from scratch*, you do it without using anything that has been prepared for you or that has existed before

*she built up the business from scratch | the garden was completely bare, so we had to start from scratch*

#### • *de zero*

### **generation** /ˌdʒenə'reɪʃ(ə)n/ Noun

a *generation* is the group of all the people who were born and lived at around the same time. If you talk about the *first generation*, you are referring to the first generation of people who have moved to live in another country. Their children who are then born there are the *second generation*

*he came from a first-generation Chinese family | she'd never been to Ireland, although her mother was a second-generation Irish-American*

#### • *generació*



**orphan** /'ɔ:(r)f(ə)n/ Verb

an *orphan* is a child whose parents have both died.  
Someone who becomes an orphan *has been orphaned*  
*he was orphaned when both his parents died in a plane crash |*  
*thousands of children were orphaned during the war*

Adjective: *orphaned* | Noun: *orphan*

*there are approximately 700 orphaned children in the city |*  
*Jackson became an orphan at the age of 12*

• **orfe**

**pass away** /,pɑ:s ə'weɪ/ Phrasal verb

if someone has *passed away*, they have died. *Pass away* is a more formal and less direct way of saying die

*when he was 13, his dad passed away | my grandmother passed away last year | he passed away in his sleep*

• **morir**

**peasant** /'pez(ə)nt/ Noun

a *peasant* is someone in a poor country who works as a farmer and does not have much money or education. People sometimes use the word *peasant* to suggest that someone does not behave politely or does not have any education

*he said I eat like a peasant! | peasants left the countryside to look for work in the big cities | her grandfather was a peasant who could not read or write*

Noun: *peasantry*

*living conditions for the French peasantry changed a lot between 1870 and 1914*

• **pagès**

**privileged** /'prɪvəlɪdʒd/ Adjective

someone who is *privileged* has a lot of advantages in life, for example because they come from a rich family or have had a good education

Collocates: a privileged family/background

*she's from a very privileged background | she gave up her privileged lifestyle and volunteered to work in a rural village in India for a year*

Noun: *privilege*

*from an early age he became used to having money and privilege*

• **privilegiat**

**sheltered** /'ʃeltə(r)d/ Noun

if someone has had a *sheltered* upbringing or a *sheltered* life, they have been protected from dangerous or unpleasant experiences

Collocates: a sheltered upbringing/life/background

*due to his sheltered upbringing, he was shy and quite naïve | both of us had a very sheltered upbringing*

• **protegit**

**textile** /'tekstaɪl/ Noun

*textiles* are fabrics made from wool, cotton, silk, etc.

a *textile mill* (a factory that makes textiles) | *the city is a former centre of textile production*

• **tela / roba**

**SIMILES**

**memory like a sieve:**

if you have a *memory like a sieve*, you forget things very easily. A sieve is a bowl with holes in it that you use in the kitchen to separate liquids from solids

*I read it the other week, but I've got a memory like a sieve and can't even remember the name of the main character*

**smoke like a chimney:**

if someone *smokes like a chimney*, they smoke a lot of cigarettes, all day long. A chimney is the tall pipe that carries smoke from a fire out of a building

*my grandad smoked like a chimney all his life and, amazingly, lived to be 92*

**like a fish out of water:**

if you feel *like a fish out of water*, you feel very uncomfortable because you are in a situation that you are not used to and you don't feel you belong there

*there I was, like a fish out of water, the only person at the party who was over 30*

**avoid something like the plague:**

if you *avoid something like the plague*, you do everything you can to avoid it. The plague is a very serious disease that spreads very quickly and kills people who have it

*she's been avoiding me like the plague since I asked her to help with painting the house*

**like chalk and cheese:**

if you say two people or things are *like chalk and cheese*, you mean that they are very different from each other

*even though they're both in Russia, Moscow and St Petersburg are like chalk and cheese*

**as hard as nails:**

if you say that someone is *as hard as nails*, you mean they do not show emotions such as sympathy or kindness

*she looks very friendly, but watch out, she's as hard as nails and a very tough businesswoman*

**as dead as a dodo:**

if you say that something is *as dead as a dodo*, you mean that it is no longer in existence or no longer active or interesting. A dodo was a bird that could not fly and is now extinct (does not exist at all)

*the steel industry in this town is as dead as a dodo*

**as white as a sheet:**

if someone goes *as white as a sheet*, they look very frightened, worried, or ill

*when he heard the news, he went as white as a sheet*

**as old as the hills:**

if you say that something is *as old as the hills*, you mean that it is very old

*that story is as old as the hills, but the children hadn't heard it before and enjoyed it*

**as clear as mud:**

if you say that something is *as clear as mud*, you mean that it is very difficult to understand

*these are instructions are as clear as mud!*

## STUDENT'S BOOK PAGES 108–109

**comprehensive** /ˌkɒmpri'hensɪv/ Adjective

something that is *comprehensive* includes as much detail and as many relevant things as possible

*the first comprehensive book about the war | a comprehensive list of winners can be found on our website | a comprehensive survey of the birds of Canada*

Adverb: *comprehensively*

*this topic will be comprehensively discussed in the next chapter*

• **exhaustiu**

**couple with** /'kʌp(ə)l wɪð/ Phrasal verb

if something is *coupled with* another thing, the two things combine in some way and produce a particular result

*this fear of borrowing has been coupled with an effort to reduce state intervention | the advantages are lightness coupled with great strength | cold temperatures coupled with strong winds made it very uncomfortable outside*

• **associar / combinar**

**cripple** /'krɪp(ə)l/ Verb

if something *cripples* a machine, organisation, or activity, it damages it so much that it cannot work properly any more

*the old colonial powers were crippled by debts | the virus might slow down or cripple your computer*

Adjective: *crippled* | Adjective: *crippling*

Collocates: *crippling debt | a crippling blow*

*it will take years for our crippled economy to recover | crippling debts forced them to sell the company*

• **espatllar / paraitzar**

**declaration** /ˌdeklə'reɪʃ(ə)n/ Noun

a *declaration* is a formal statement announcing a serious action that a government is starting to take

Collocates: *a declaration of something | make/issue a declaration*

*the president made a declaration on state television | the two sides issued a joint declaration at the end of the conference*

Verb: *declare*

Collocates: *declare independence | declare war*

*Croatia declared independence on 8 October 1991 | the following day, Chamberlain declared war*

• **declaració**

**elaborate** /ɪ'læbəreɪt/ Verb

if you *elaborate* on something, you say more about it and provide more details about it

Collocates: *elaborate on something*

*could you elaborate on that a little? | I'll elaborate on this idea in the next lecture | all this will be fully elaborated in the next chapter*

Noun: *elaboration*

*I think this idea needs further elaboration*

• **elaborar**

**embrace** /ɪm'breɪs/ Noun

an *embrace* of new ideas, ways of doing things, change, etc., is an enthusiastic acceptance of them

Collocates: *an embrace of something*

*our embrace of science and technology dates back to the second world war | his embrace of Thatcher's political philosophy did not last long*

Verb: *embrace*

*some people embrace change and find it exciting*

• **acceptar amb entusiasme**

**flower** /'flaʊə(r)/ Verb

if an idea or relationship *flowers*, it develops and becomes stronger and more successful

*women's liberation flowered in the 1960s and 1970s | his love of poetry flowered at university | we need to give her an environment where her creativity can flower*

• **florir**

**go over** /ˌgəʊ 'əʊvə(r)/ Phrasal verb

if you *go over* something, you repeat it in order to try and understand it better or to make it clear to someone

*could you go over that again? | I went over what I wanted to say several times before picking up the phone | we've gone over this three times already*

• **repetir**

**head** /hed/ Noun

your *head* is the top part of your body that holds your brain.  
You can use the word *head* in a number of expressions to do with your ability to think

*for some reason, he got it into his head that I was German | I'm sure you can work it out – just use your head!*

• **cap**

---

**incur** /ɪn'kʊ:(r)/ Verb

if you *incur* debts, losses, costs, etc. you start to owe money for something

Collocates: incur debts/losses/costs/expenses

*they incurred huge debts during the war | are you willing to incur the additional expense of travelling first class?*

• **incórrer**

---

**intervention** /,ɪntə(r)'venʃ(ə)n/ Noun

*intervention* is the act of starting to become involved in a situation in order to have an effect on what happens

*the government are trying to reduce the amount of state intervention in people's lives | direct military intervention was going to be politically dangerous*

Verb: *intervene*

*Roosevelt personally intervened in the dispute*

• **intervenció**

---

**kick-start** /'kɪk stɑ:(r)t/ Verb

if you *kick-start* a motorbike, you make the engine start by pressing a lever with your foot. If you *kick-start* a process, you do what is necessary to help it start or develop more quickly

*what better way to kick-start the economy than by developing trade with China | the success of his first novel kick-started his career as a writer | it is up to the government to kick-start the housing market*

• **arrencar**

---

**massacre** /'mæsəkə(r)/ Noun

a *massacre* is the killing of a lot of people in a short space of time in a violent way

*after another massacre in the town, fresh calls for gun control were made | another survivor described the massacre of her family*

Verb: *massacre*

*thousands of civilians were massacred*

• **massacre**

---

**nationalise** /'næʃ(ə)nəlaɪz/ Verb

when a company *is nationalised*, it stops being privately owned and starts being controlled by the government of the country where it is based

*lots of companies and banks were nationalised | the new Labour government nationalised the coal industry | in 1956, Nasser nationalised the Suez Canal*

Noun: *nationalisation* | Adjective: *nationalised*

Collocates: the nationalisation of something | nationalised industries

*the nationalisation of the coal industry*

• **nacionalitzar**

---

**overstatement** /,əʊvə(r)'steɪtmənt/ Noun

an *overstatement* is an exaggerated statement that describes something as being more important or serious than it really is

*don't you think it's an overstatement to say that it failed? | it might sound dramatic, but it's not an overstatement*

Verb: *overstate*

*these figures overstate the extent of the problem*

• **exageració**

---

**overthrow** /'əʊvə(r)'θrəʊ/ Noun

the *overthrow* of a government or political leader is their removal, usually by force

*following the overthrow of the old regime, a new government was formed | their aim is the violent overthrow of democracy*

Verb: *overthrow*

*the government was overthrown just five months after it was elected*

• **enderrocament**

---

**reform** /rɪ'fɔ:(r)m/ Noun

a *reform* is a change to an existing law, system, or institution  
*educational reform was an important topic during the election | the last major tax reform was in 1986*

Verb: *reform* | Noun: *reformer*

*an attempt to reform the House of Lords | the government are about to reform the tax system*

• **reforma**

---

**resistance** /rɪ'zɪst(ə)ns/ Noun uncount

the *Resistance* is the group of people who continue to fight against an army that has invaded and taken control of their country. *Resistance* is also the activity that they do

*many women were central to the resistance movement that fought against the occupation | ten members of the Resistance were arrested and shot*

Verb: *resist*

*the inhabitants were resisting occupation of their land*

• **resistència**

---

**scale** /skeɪl/ Noun

the *scale* of something is its size or extent

Collocates: the (sheer) *scale* of something | on a particular *scale*

*it's difficult for us to get our heads round the sheer scale of the devastation* | *a large scale research project*

- *mesura / escala*

**seed** /si:d/ Noun

a *seed* is a small part of a plant that you put into the ground in order to grow a new plant. You can use the word *seed* to talk about something that is the beginning of a new idea, activity, or belief

Collocates: sow the *seeds* (of something)

*the war sowed the first seeds of women's liberation* | *we started with £3000 seed money (a little money to get a project started)*

- *llavor*

**spark** /spɑ:(r)k/ Noun

a *spark* is something that causes a serious event to happen or develop

*maybe it would have happened anyway, but the war provided the spark at the time* | *it proved to be the spark that started the revolution*

Verb: *spark*

*the announcement sparked widespread demonstrations*

- *espurna*

**turning point** /'tɜ:(r)niŋ pɔɪnt/ Noun

a *turning point* is a time during a process or sequence of events when things start to change and develop in a different way and therefore change the eventual result

*the election marked a turning point in the country's history* | *a turning point in the strike came a week later*

- *punt d'inflexió*

**untenable** /ʌn'tenəb(ə)l/ Adjective

if a belief, situation, or position is *untenable*, it cannot continue because there is a serious problem with it

*the prime minister's position was untenable when he lost the vote in parliament (he could no longer continue as prime minister)* | *the situation was now untenable and the army retreated back to the other side of the river*

- *insostenible*

**vivid** /'vɪvɪd/ Adjective

something that is *vivid* is very clear, understandable, and contains a lot of detail

Collocates: a *vivid* description/memory

*Keith Lowe's book gives a very vivid account of the whole process* | *he still has vivid memories of his first day at school*

Adverb: *vividly* | Noun: *vividness*

*I vividly remember two events from that trip* | *that Christmas remains in my memory with great vividness*

- *vívid*

**welfare** /'welfeə(r)/ Noun uncount

*welfare* is all the things that a state does for its citizens, such as providing medical care, pensions, unemployment benefits, etc.

*in many European countries, welfare systems simply didn't exist before the war* | *spending on health, social welfare, and education must not be allowed to drop*

- *assistència social*

**widowed** /'wɪdəʊd/ Adjective

a *widow* is someone whose husband has died. A *widower* is someone whose wife has died. Someone who is *widowed* had a husband or wife who has died

*she lived with her widowed sister-in-law in Paris* | *less than ten per cent of single parents are widowed mothers*

Verb: *widow* | Noun: *widow* | Noun: *widower*

*thousands of women were widowed by the war* | *he left a widow and three small children*

- *vidu*

**STUDENT'S BOOK PAGES 110–111****assert** /ə'sɜ:(r)t/ Verb

if you *assert* something, you say very firmly that you believe it is true

Collocates: *assert* that

*some historians assert that the decline of the Roman Empire was the result of a series of invasions* | *Oswald repeatedly asserted his innocence* | *this did not prevent him from asserting his opinion*

Noun: *assertion*

*his assertion was not based on any evidence*

- *afirmar*

**assign** /ə'saɪn/ Verb

to *assign* someone to a particular task means to make them do that task. To *assign* someone to a particular place means to send them to work there

Collocates: *assign* someone to do something | *assign* someone to somewhere

*she assigned the students to groups and gave each group a separate task* | *after three weeks, she was assigned to the Manchester branch* | *Somerville was permanently assigned to the Embassy in Lisbon*

Noun: *assignment*

*following his assignment to Washington, he received a large pay rise*

- *assignar*

**cast** /kɑ:st/ Verb

if you *cast* doubt on something, you make people think it might not be true. If you *cast* light on something, you say something that makes people understand it better

*several people have already cast doubt on these claims* | *a recent book has cast doubt on these conclusions* | *the story cast some light on the sort of person he was*

- *projectar*

**challenge** /ˈtʃæləndʒ/ Verb

if you *challenge* something, you suggest that it is not true  
*the article challenged the conventional views of the time | he is known for challenging the current beliefs in his field | I have to challenge your assertion that we will never know the truth about this*

- posar en dubte

**consume** /kənˈsju:m/ Verb

if a feeling or desire *consumes* someone, they feel it very strongly and cannot control it  
*more than 30 other people had been consumed by a similar urge | he was consumed by a desire for revenge | her feelings of guilt began to consume her*

- consumir

**contend** /kənˈtend/ Verb

if you *contend* that something is the case, you say quite firmly that you believe it is true

Collocates: contend that

*many psychologists contend that extreme stress was the cause | the author contends that the state should not be responsible for education | opponents contend that this would be a tax on breathing*

Noun: contention

*there is no evidence for his contention that speed limits have no effect*

- afirmar

**craze** /kreɪz/ Noun

a *craze* is something that becomes very popular for a short time

*the disco craze spread around the world in the 1970s | there was a brief craze for knitting at my school*

- maniobra

**demonstrate** /ˈdemənstreɪt/ Verb

if you *demonstrate* something, you show that it exists or is true

*students should demonstrate an understanding of at least three languages | the research demonstrated the effectiveness of the new drug | these results demonstrate the importance of regular practice*

- demonstrar

**epidemic** /ˌepɪˈdemɪk/ Noun

when there is an *epidemic*, a serious disease affects a large number of people at the same time

*the flu epidemic of 1919 | the epidemic spread very rapidly into neighbouring countries*

- epidèmia

**handful** /ˈhæn(d)fʊl/ Noun

a *handful* is the amount of something you can hold in your hand. You can use the word *handful* to say that a quantity of something is not very big

*there have been only a small handful of cases since then | eat a handful of peanuts in the middle of the afternoon*

- manat / grapat

**harsh** /hɑː(r)ʃ/ Adjective

something that is *harsh* is very difficult to live with, or is very cruel or unfair

*harsh environmental conditions were to blame | they received harsh punishment | the harsh reality is that we can't afford to replace the car*

Adverb: harshly | Noun: harshness

*the sun shone harshly all afternoon | the book clearly shows the harshness of life in the 17th century*

- hostil / dur

**holy** /ˈhəʊli/ Adjective

something that is *holy* is considered to be very special by a particular religion

*a holy shrine | the river Ganges is considered holy by Hindus | Jerusalem is holy to three great religions*

Noun: holiness

*it is a place of great holiness*

- sagrat

**mania** /ˈmeɪniə/ Noun

a *mania* for something is a strong interest in it and a desire to be involved in it, especially when a lot of people are affected by it at the same time

*there had been several earlier instances of dancing mania | luckily, his mania for gambling did not last long*

- obsessió

**plague** /pleɪɡ/ Noun

a *plague* is a serious disease that can kill a lot of people very quickly. You can also use the word *plague* to talk about something unwanted that is difficult to control, or about a large number of rats, insects, etc.

*they thought the dancing plague was a natural disorder caused by hot blood | it was rumoured that a plague of rats was living in the underground railway network*

Verb: plague

*we've been plagued with flies all summer*

- plaga



**plausible** /ˈplɔːzəb(ə)l/ Adjective

something that is *plausible* is reasonable and seems likely to be true

*I couldn't think of a plausible explanation for the incident | it was a perfectly plausible theory | she needed a plausible excuse for not going to the theatre*

Adverb: *plausibly* | Opposites – Adjective *implausible* |

Adverb: *implausibly*

*he could not plausibly explain how he was two hours late for the meeting | it seems implausible that the marketing campaign could result in a 40% increase in profits*

---

• **plausible**

**rule out** /ˌruːl 'aʊt/ Phrasal verb

to *rule something out* means to decide that it is not possible or relevant

*medical experts ruled out supernatural causes | that possibility has since been ruled out | at first we thought he was too hot, but we ruled that out when we took his temperature*

---

• **descartar**

**shrine** /ˈfraɪn/ Noun

a *shrine* is a special place that is associated with a holy event or person. You can also refer to somewhere as a *shrine* when it is connected very strongly with a particular person or activity

Collocates: a shrine to someone or something

*some of the dancers were taken to a special healing shrine | his entire house is a shrine to chess*

---

• **santuari**

**stage** /steɪdʒ/ Verb

to *stage* an event or activity means to organise it and make it happen

*they staged a walkout in protest at the cuts | the students staged a concert on the last day of term | similar exhibitions were successfully staged in Belfast and Cardiff*

Adjective: *staged*

*it was a very carefully staged event*

---

• **organitzar**

**unorthodox** /ʌn'ɔː(r)θədɒks/ Adjective

something that is *unorthodox* is considered to be unusual by most people

*it was a rather unorthodox attempt to cure the problem | she demonstrated an unorthodox approach to solving the problem | he held unorthodox views*

Opposite: *orthodox*

*the orthodox view was that government needed to encourage more private enterprise*

---

• **poc convencional**

**withdrawal** /wɪð'drɔːəl/ Noun

the *withdrawal* of something or someone is their removal from the place where they are

*the troop withdrawal was completed a week later | I went to the bank and made a withdrawal of £200*

Verb: *withdraw*

*British forces were withdrawn in 1954*

---

• **retirada**

**STUDENT'S BOOK PAGES 112–113****in vain** /ɪn veɪn/ Adverb

a *vain* attempt or action does not succeed in what it is trying to do. If you do something *in vain*, you fail to achieve what you wanted to

*I tried in vain to get the mark off my shirt | we spent the afternoon looking for the ring, but in vain*

---

• **debades / en va**

**mould** /məʊld/ Noun

a *mould* is a container with a special shape. You pour liquid into it, and when the liquid becomes solid it has the same shape as the container

*a set of jelly moulds in the shape of different fish | pour the wax very carefully into the mould*

---

• **motlle**

**rightful** /ˈraɪt(ə)l/ Adjective

*rightful* things or people are officially accepted as being legally right or correct

*they believed he was their rightful king | our family have been the rightful owners of the castle for over 500 years | they robbed him of his rightful inheritance*

Adverb: *rightfully*

*we only want what is rightfully ours*

---

• **legítim**

# 13 NEWS AND THE MEDIA

## STUDENT'S BOOK PAGES 116–117

### bar /bɑː(r)/ Verb

if someone *is barred* from going in somewhere or *barred* from doing something, they are officially not allowed to go in there or not allowed to do it

Collocates: bar someone from doing something | bar someone from going somewhere

*club bars fans in crackdown on hooliganism | he was barred from entering the UK | some voters were barred from casting their vote because they were out of the country at the time*

#### • prohibit

### bid /bɪd/ Noun

a *bid* is an attempt to buy something by offering an amount of money. It will be successful if no one else offers a larger sum. A *takeover bid* is an attempt to buy a whole company

Collocates: a takeover bid

*they launched a takeover bid in early December | Kraft's original takeover bid was originally rejected by Cadbury*

Verb: *bid* | Noun: *bidder*

Collocates: the highest bidder

*Kraft bid £9.8 billion for Cadbury | the highest bidder had offered \$250 million*

#### • oferta

### brink /brɪŋk/ Noun

the *brink* of something is a situation that is going to change very soon, often to something that is much worse

Collocates: on the brink of (doing) something | bring someone to the brink of something

*the Cuban missile crisis brought the world to the brink of nuclear war | we're on the brink of a major new medical discovery*

#### • llindar

### clash /klæʃ/ Verb

when people or groups *clash*, they fight or have a violent disagreement

Collocates: clash with someone

*on Thursday afternoon, the two groups clashed again | last week, the Syrian army clashed with rebels in the heart of Damascus*

Noun: *clash*

*the arrests sparked fierce clashes between demonstrators and the police*

#### • enfrontar-se

### clear /kliə(r)/ Verb

if someone *is cleared*, it is officially decided that they were not guilty of something they had been accused of

Collocates: clear one's name

*Sanders was cleared of bribery charges | he was arrested in February, and was not completely cleared until September | we launched a campaign to clear their names*

#### • absoldre

### coverage /'kʌv(ə)rɪdʒ/ Noun uncount

to cover a story means to report it in a newspaper, on television, in a magazine, etc. The *coverage* of something is the amount of reporting of it that happens

*there's been a lot of news coverage about it | the story had virtually no national coverage*

Verb: *cover*

*I've just got back from covering the G8 conference*

#### • cobertura

### get off /get 'ɒf/ Phrasal verb

if someone *gets off*, or *gets off lightly*, they are not punished or receive only a light punishment after they have done something wrong

Collocates: get off lightly

*he got off with a warning | I don't expect to get off this time as it's my third offence | Bourne got off lightly, but his partner got a prison sentence*

#### • sortir d'un judici

### hail /heɪl/ Verb

if someone *hails* something, they say publicly that it is very good

Collocates: hail someone or something as something | be hailed something

*the president hailed the breakthrough in the peace talks | in his speech, he hailed the success of the scheme | on his return, he was hailed as a hero*

#### • aclamar

### key /ki:/ Noun

a *key* is a tool that you use to lock and unlock a door

*I left my keys at the office | a bunch of keys*

#### • clau

**line your pockets** /laɪn jə(r) 'pɒkɪts/ Phrase

if you say that someone is *lining their own pockets*, you mean they are taking money dishonestly from somewhere and keeping it for themselves

*it was obvious he was lining his own pockets | they'd been lining their own pockets for years before they were caught*

• **omplir-se les butxaques (il-legalment)**

---

**outburst** /'aʊt,bʊ:(r)st/ Noun

an *outburst* is a sudden and loud expression of emotion, often anger

Collocates: a sudden outburst | an emotional/furious/angry outburst

*he was prone to sudden outbursts of anger | her outburst had no effect at all on her mother*

Phrasal verb: *burst out*

*'You're lying,' he burst out angrily*

• **explosió**

---

**pull out of** /pʊl 'aʊt əv/ Phrasal verb

if you *pull out of* something, you stop being involved in it

*Kohl pulled out of the tournament because of an injury | the ambassador pulled out of the talks at the last minute | Spielberg pulled out of the project in 2009*

• **retirar-se**

---

**raid** /reɪd/ Noun

in a war, a *raid* is a sudden armed attack on a place. When criminals break into somewhere such as a bank, that is a *raid*. And a *raid* is also when the police rush into a building by surprise to try and catch criminals inside it

Collocates: bombing raid | armed raid

*police found £10 million of drugs in a raid on a house in Hoxton | a series of night raids failed to take the town*

Verb: *raid*

Collocates: armed police raided the house early on Wednesday

• **assalt**

---

**slash** /slæʃ/ Verb

to *slash* things such as costs, prices, or jobs, means to reduce them a lot

*defence spending had been slashed | the company desperately needed to slash labour costs | they slashed prices in a final attempt to attract more customers*

• **retallar**

---

**stake** /sterk/ Noun

if you have a *stake* in a company, you have invested money in it and so are a part owner of it

*Kirov increased his stake in Mac Industries | they had a 51% stake in the firm*

• **acció**

---

**stir up** /stɜː 'ʌp/ Verb

to *stir up* trouble means to cause it deliberately

Collocates: stir up trouble/hatred/controversy

*maybe the opposition are just stirring up trouble | they're stirring up hatred against the immigrants | his tweet stirred up a big controversy*

• **provocar**

---

**storm in a teacup** /stɔː(r)m ɪn ə 'tiːkʌp/ Phrase

if you say that something is a *storm in a teacup*, you mean that people are creating a lot of trouble out of something that is not at all important. Americans call it a *tempest in a teapot*

*it was just a storm in a teacup and it blew over quickly enough | they seemed to be taking it very seriously, but it looked to me like a storm in a teacup*

• **fer-ne un gra massa**

---

**sword** /sɔː(r)d/ Noun

a sword is a weapon that has a long metal blade

*he drew his sword (took it out) and waited for the attack | every cavalry soldier has a sword*

• **espasa**

---

**technicality** /ˌteknɪ'kæləti/ Noun

a *technicality* is a very small detail of the law that can have a very big effect on something such as a trial

Collocates: on a technicality

*he got off on a technicality | a legal technicality prevented us from claiming the money*

• **tecnicisme**

---

**thug** /θʌg/ Noun

a *thug* is a violent, often criminal man

*he was attacked by a couple of thugs on his way home last night | some shopkeepers paid local thugs to protect them*

Adjective: *thuggish*

*there was something thuggish about the way he spoke*

• **gamberro**

---

**title** /'taɪt(ə)l/ Noun

when a sportsperson or team wins a *title*, they win a particular competition

*Murray won the Wimbledon title in 2014 | Anderson retained his world championship title*

• **títol**

---

**toll** /təʊl/ Noun

when there is a disaster, the *toll* is the number of people who are killed or injured as a result of it

Collocates: the death toll | a heavy toll

*the death toll carried on rising as more bodies were found | the bombing raids took a heavy toll on civilians*

• **peatge**

---

**up** /ʌp/ Verb

to *up* something means to increase the amount or level of it

*the band upped the volume for the last song of the gig | the doctor upped my dose to 40mg | you need to up your effort if you want to pass the exam*

- *apujar*

**STUDENT'S BOOK PAGES 118–119****finger** /ˈfɪŋɡə(r)/ Noun

your *fingers* are the four long thin parts at the end of your hands. If you say that someone *didn't lift a finger*, you mean they did nothing to help in a particular situation

*I cut my finger on the bread knife | he spent a week here and never once lifted a finger to help in the kitchen*

- *dit*

**intrusion** /ɪnˈtruːʒ(ə)n/ Noun

*intrusion* is when someone does something that affects you personally, like disturbing you when you want to be alone or by interfering in your personal affairs

*the news report represented a gross intrusion into his private life | the new law will see a rise in government intrusion into our lives*

Verb: *intrude* | Adjective: *intrusive* | Adverb: *intrusively*

*I objected that they were intruding upon my privacy and asked them to leave | the staff were very helpful without being intrusive*

- *intrusió*

**murder** /ˈmɜː(r)də(r)/ Noun

*murder* is the deliberate and illegal killing of someone.

If you say that someone *got away with murder*, you mean that they did something bad but did not get punished for it

*there've been three murders in the city since January | having a rich daddy can help you get away with murder*

- *assassinat*

**pang** /pæŋ/ Noun

a *pang* is a sudden feeling of an emotion such as sadness, regret, or jealousy

Collocates: a pang of something

*I felt a pang of disappointment | he felt a pang of jealousy when his twin sister got into university*

- *rampell*

**punch** /pʌntʃ/ Verb

to *punch* someone means to hit them with a closed hand

*several photographers have been punched by bodyguards | he was punched and kicked until he was unconscious | she punched the cushion to release the stress and anger she was feeling*

Noun: *punch*

Collocates: throw a punch

*he threw a punch at the policeman before trying to run away*

- *donar un cop de puny*

**shot** /ʃɒt/ Noun

a *shot* is a picture taken by a camera or a sequence of pictures in a film

Collocates: a close-up shot

*he managed to get an exclusive shot of Madonna as she left the hotel | a close-up shot of her earrings*

Verb: *shoot*

*we're going to Ireland to shoot the final scenes of the film*

- *fotografia*

**steady** /ˈstedi/ Adjective

something that is *steady* happens at a regular pace and is unlikely to change suddenly

*it was a steady job, but sometimes it became very boring | I decided to take the job because I needed a steady income | we made steady progress in the first three months of the project*

Adverb: *steadily* | Noun: *steadiness*

*the business has grown steadily every year | her boss appreciated her steadiness under pressure*

- *estable*

**tip off** /tɪp ˈɒf/ Phrasal verb

if you *tip* someone *off* about something, you give them information about something that is going to happen, especially something that is secret or that they are not meant to know about

*he was tipped off that a boy band was staying at the hotel | someone tipped him off that the police were about to come and search his flat | Taplin tipped off prison staff about the planned escape*

Noun: *tip-off*

*police received an anonymous tip-off about the planned bank raid*

- *avisar*

## COMMON SAYINGS

### when the going gets tough, the tough get going:

if you say *when the going gets tough, the tough get going*, you mean that in a difficult situation, strong people work hard in order to succeed

*I couldn't believe how determined he was, but as the saying goes, when the going gets tough, the tough get going*

### people in glass houses shouldn't throw stones:

glass is a material that easily breaks, so if you throw stones in a glass house, you will damage your own environment. *People in glass houses shouldn't throw stones* is a saying that means that it is not sensible to make criticisms of other people if you have the same faults that you are criticising in them

*I was going to say that he'd got a bit fat, then looked in a mirror and thought people in glass houses shouldn't throw stones*

### when in Rome (, do as the Romans do):

you say *when in Rome*, or *when in Rome, do as the Romans do*, to justify doing something that you would not normally do, because you are in a different place from usual and it is acceptable to the people and culture where you now are  
*'I thought you were a vegetarian!' – 'When in Rome, as they say. This is the best steak you can get in America'*

### if you can't beat them (, join them):

*if you can't beat them (, join them)* is a saying that means you might as well do what everyone else is doing even though you don't like it or disapprove of it, because you have tried doing something else but have not succeeded in it

*I've never enjoyed sunbathing, but if you can't beat them ...*

### it takes all sorts (to make a world):

*it takes all sorts (to make a world)* is a saying that means that you think someone is behaving in a strange way but that you have to accept it because people are all different from each other

*he's volunteered to work over the weekend again – well, it takes all sorts*

### the early bird catches the worm:

*the early bird catches the worm* is a saying that means you are likely to be successful if you start an activity before other people

*he used to start work at 7 hoping to be the early bird that catches the worm*

### never look a gift horse in the mouth:

people used to look in a horse's mouth to see if it was healthy and fit. If you tell someone not to *look a gift horse in the mouth*, you mean they shouldn't try and find a fault in something that they got for free

*never one to look a gift horse in the mouth, I thanked my aunt and put the vase on the dining table*

### if it ain't broke, don't fix it:

*if it ain't broke, don't fix it* is a saying that means that you should not try and make changes to something that already works properly. The saying deliberately uses informal and ungrammatical English. *If it ain't broke* means if it isn't broken

*I can't get this door handle back to how it was – just goes to show that if it ain't broke, don't fix it*

### too many cooks (spoil the broth):

*broth* is a kind of soup. *Too many cooks (spoil the broth)* is a saying that means if too many people become involved in an activity it will not succeed because everyone will get in other people's way.

*lunch was a disaster – it was literally a case of too many cooks*

### (every cloud has) a silver lining:

*(every cloud has) a silver lining* is a saying that means that there is usually something good in a situation even if the situation seems bad or unpleasant

*every cloud has a silver lining, and when it rained all weekend I was able to finish reading War and Peace*

### the grass is always greener (on the other side):

*the grass is always greener (on the other side)* is a saying that means that people have a habit of thinking that things are better for other people or in other places

*after a week in the marketing department I realised that the grass wasn't actually greener on the other side and went back to my old job*

### don't count your chickens (before they are hatched):

if you *don't count your chickens (before they are hatched)*, you don't make plans that depend on something before it is certain that it will be successful. The image is of counting eggs and imagining that you will have a lot of chickens when in fact some of the eggs might not hatch (give birth to live chickens)

*don't count your chickens – you haven't had the exam results yet*

## STUDENT'S BOOK PAGES 120–121

### assure /ə'ʃʊ:(r)/ Verb

if you *assure* someone that something is true, you tell them firmly that it is true, especially when it is something that they hope is true

*a police spokesman assured reporters that the gunman had been captured | Gary assured me that our conversation was not being recorded | they've assured us that the danger has passed*

Noun: *assurance*

Collocates: give/make an assurance

*he gave us his assurance that he would be back before dark*

- *assegurar*



**base rate** /'beɪs reɪt/ Noun singular

in Britain, the *base rate* is a rate of interest that is set by the Bank of England and that other banks use as a guide to the rates that they charge when they lend money to their customers

*the latest rise took the base rate to a ten-year high of 4% | the financial press expected there to be no change to the base rate for the fifth month in a row*

---

- **tipus bàsic**

**behind** /brɪ'haɪnd/ Preposition

if you are *behind* a person or an idea, you support them and want to help them succeed

*on all policy issues, I'm firmly behind the government | my family have stood behind me all the way*

---

- **darrere**

**bust** /bʌst/ Adjective

if a company *goes bust*, it has too many debts and cannot continue to exist

Collocates: go bust

*if the crisis lasts much longer, we'll go bust | there was a risk the newspaper would go bust | thousands of small firms went bust during the recession*

---

- **fallida**

**calm** /kɑ:m/ Noun uncount

*calm* is an atmosphere that is quiet and peaceful

*relative calm has returned to the capital after last night's rioting | she felt a sense of peace and calm when she went into the church*

Adjective: *calm*

*after a night of violence, the streets were calm again in the morning*

---

- **tranquil**

**counter** /'kaʊntə(r)/ Verb

to *counter* an action or process means to do something that will stop it, or that will have the opposite effect

*the government took steps to counter the effects of cheap imports | they successfully countered all attempts to have the book banned*

Adverb: *counter*

*his decision ran counter to our earlier agreement*

---

- **contrarestar**

**counter-** /kaʊntə(r)/ Prefix

*counter-* is used to make words that mean the opposite of something or that react to something

*the court heard claim and counterclaim about the state of their marriage | a counter-terrorist police unit*

---

- **prefix per indicar oposició**

**destabilise** /di:'steɪbəlaɪz/ Verb

to *destabilise* a government, organisation, or system means to damage it so that it cannot work properly

*the president put the blame on subversive groups trying to destabilise the country | a fresh wave of strikes destabilised the government even more | the economy was seriously destabilised by the banking crisis*

Noun: *destabilisation*

*the war caused destabilisation throughout the region*

---

- **desestabilitzar**

**disposal** /dɪ'spəʊz(ə)l/ Noun

*disposal* is the act of getting rid of something you do not want. Bomb *disposal* is the activity of making unexploded bombs safe so that they can be removed from a place where they are a danger

*a company that specialises in waste disposal | a bomb disposal team arrived to deal with the situation*

Verb: *dispose*

Collocates: dispose of something

*he had to dispose of the car before it broke down again*

---

- **eliminació / rebuig**

**force** /fɔ:(r)s/ Verb

if you use your power or authority to *force* someone to do something, you make them do it even though they do not want to

Collocates: force someone to do something | force someone into doing something

*he was forced out of office even before the election had happened | we were forced to hand over our passports | he was forced into accepting a pay cut*

---

- **forçar**

**form** /fɔ:(r)m/ Noun uncount

a sportsperson's *form* is whether they are regularly playing well or badly. If a player is *on good form*, he or she is going through a period of playing very well

Collocates: on good/great/brilliant form

*my form dropped a bit at the start of the season, but I'm back to my best now | her form this year has been excellent*

---

- **forma**

**grumble** /'grʌmb(ə)l/ Verb

if someone *grumbles*, they complain about something in an unpleasant way

Collocates: grumble about something

*he's always grumbling about his boss | stop grumbling and enjoy the sunshine! | the kids never grumbled, even though it rained every day of the holiday*

Noun: *grumble* | Noun: *grumbling*

*there have already been grumbles of discontent*

---

- **queixar-se / rondinar**

**hands** /hændz/ Noun plural

if something is in someone's *hands*, they own it or have control over it. If it is out of their *hands*, they no longer own it or control it

*I'll leave this in your hands for the moment | I'm afraid I can't help – the matter is entirely out of my hands now*

• **mans**

---

**helpless** /'helpləs/ Adjective

someone who is *helpless* cannot do anything about a difficult or dangerous situation that they are in

Collocates: feel helpless

*watching the news just leaves me feeling helpless | he stood there looking helpless | they are helpless victims of something they cannot control*

Adverb: *helplessly* | Noun: *helplessness*

*his hands hung down helplessly by his side | a feeling of helplessness came over him*

• **indefens**

---

**hike** /haɪk/ Noun

a *hike* is an increase in the amount, number, or rate of something

*spending cuts are more effective than tax hikes | last year saw a 5% hike in the price of electricity*

Verb: *hike*

*train operators have hiked ticket prices by a massive 7% this January*

• **pujada forta**

---

**keep up with** /ki:p ʌp wɪð/ Phrasal verb

if you *keep up with* events or *keep up with* the news, you regularly hear about all the latest developments

*I'm happy to keep up with the news via social media | I keep up with my brother on Facebook | I can't keep up with everything that's going on in the fashion world*

• **estar al dia**

---

**libel** /libəl/ Noun

*libel* is something that is written about someone and that is deliberately untrue and makes other people have a very bad opinion of that person. *Libel* is against the law. If it is spoken rather than written, then it is called slander

*they launched a libel action against the newspaper | he sued the paper for libel, but lost the case*

Verb: *libel* | Adjective: *libellous*

*you can't libel someone if they are dead | there's a big problem with libellous material on the Internet*

• **calúmnia / difamació**

---

**missile** /'mɪsaɪl/ Noun

a *missile* is a weapon that flies through the air. A *missile* can be heavy object that someone throws at someone else, or a weapon that contains explosives and that can fly over long distances before exploding when it lands

*crowds throwing missiles confronted police in the main square | a guided missile (one that uses technology to make sure it hits its target)*

• **missil**

---

**proceeds** /'prəʊ.sɪ.dz/ Noun plural

the *proceeds* of an event or activity are the money that you get from it

Collocates: the proceeds of something

*all the proceeds will be given to charity | all proceeds from the event will be used for further research*

• **guanyys**

---

**rioting** /'raɪətɪŋ/ Noun

*rioting* is violent protesting and fighting in the streets by a large number of people

*the rioting began shortly after police had shot and killed a young black man | widespread violence and rioting followed*

Noun: *riot* | Verb: *riot* | Noun: *rioter*

*riots broke out after the announcement | around 450 rioters were arrested*

• **disturbis**

---

**rolling** /'rɒlɪŋ/ Adjective

a *rolling* news channel or a *rolling* contract is one that starts again as soon as it has finished

*a rolling 24-hour news channel | he was offered a three-month rolling contract (a contract for three months that can probably be renewed)*

• **continuat / renovable**

---

**sham** /ʃæm/ Adjective

something that is *sham* is not genuine and not what it seems to be

*they denied that theirs was a sham marriage | everyone knew that it was a sham trial*

Noun: *sham*

*the opposition insisted the trial was a sham*

• **simulat**

---

**sniffer dog** /'snɪfə(r) dɒg/ Noun

if you *sniff*, you breathe in forcefully through your nose, often in order to find out what something smells like. A *sniffer dog* is a dog that is trained to find things such as illegal drugs, explosives, or buried people by using its sense of smell

*a medal has been awarded to an army sniffer dog | firefighters helped by sniffer dogs have managed to pull 20 people from the ruins of the building*

• **gos detector**

---

**subversive** /səb'vɜ:(r)sɪv/ Adjective

something that is *subversive* is intended to damage the power or influence of a government or other authority

*he was arrested on suspicion of subversive activities | he wanted to use his art as a subversive force in society | police found the subversive documents when they searched an abandoned car*

Verb: *subvert* | Noun: *subversion*

*the play subverts our ideas about truth and honesty | they were accused of engaging in political subversion*

- **subversiu**

---

**suppress** /sə'pres/ Verb

if information is *suppressed*, people are deliberately not told about it, even if they have the right to know about it

*we must challenge any attempt to suppress freedom of expression | some of the evidence was suppressed*

Noun: *suppression*

*suppression of evidence is a crime*

- **suprimir**

---

**tack** /tæk/ Noun uncount

if you *change tack* or *try a different tack*, you start doing something in a different way

*the government rejected demands for it to change tack | let's try a different tack and use water instead of milk*

- **tàctica**

---

**tear gas** /'tiə(r) ,gæs/ Noun uncount

*tear gas* is a gas that causes pain in someone's eyes and stops them seeing clearly, used by police to control crowds of people

*police used tear gas to disperse the crowd | nine youths suffered the effects of tear gas or rubber bullets*

- **gas lacrimogen**

---

**term** /tɜ:(r)m/ Verb

if you say that something is *termed* a particular thing, that is what people call it or that is its correct name

*he urged what he termed the silent majority to make their voices heard | such a method is termed 'the indirect approach' | a police spokeswoman termed the action 'criminal'*

Noun: *term*

*the term 'passive' is used in grammar*

- **anomenar**

---

# 14 BUSINESS AND ECONOMICS

## STUDENT'S BOOK PAGES 124–125

**all things considered** /ɔ:l θɪŋz kən'sɪdə(r)d/ Phrase  
you say *all things considered* when you are making an assessment of something to show that you have taken into account all aspects of the situation  
*things at work aren't too bad, all things considered* | *all things considered, he took the news very well*

- **tenint en compte tots els aspectes**

**consolidate** /kən'sɒlɪdeɪt/ Verb  
when a business *consolidates* its activities, it starts combining different parts or different activities in order to try and work more efficiently  
*we're having to consolidate the range of services we provide* | *the companies consolidated into four main businesses* | *the Bristol factory was closed, and operations were consolidated at the Newcastle centre*  
Noun: *consolidation*  
*a period of consolidation followed the takeover*

- **consolidar**

**cutback** /'kʌt,bæk/ Noun  
*cutbacks* are a reduction in the amount of money that is spent on something or on the amount of people or resources that are used by an organisation  
*we're having to make serious cutbacks* | *schools are facing a cutback in their budgets*  
Phrasal verb: *cut back*  
Collocates: *cut back on something*  
*all departments have been asked to cut back*

- **retallada**

**dire** /'daɪə(r)/ Adjective  
something that is *dire* is very bad or very severe  
*the economy is in a pretty dire state right now* | *using a mobile while driving can have dire consequences* | *my financial position is dire*

- **greu**

**diversify** /daɪ'vɜ:(r)sɪfaɪ/ Verb  
when a company *diversifies*, or *diversifies* its activities, it starts providing a wider range of goods or services  
*as they diversified their products they needed to build new factories* | *we need to diversify to survive* | *firms can diversify their activities by operating in several markets*  
Noun: *diversification* | Adjective: *diverse* | Noun: *diversity*  
*they introduced a strategy of diversification* | *the company now offers a diverse range of services*

- **diversificar**

**float** /fləʊt/ Verb  
to *float* a company means to start to sell its shares on the stock market  
*we're thinking of floating the firm on the stock market* | *the company was floated in 2007* | *they decided to float the company on the Dublin Stock Exchange rather than in London*  
Noun: *flotation*  
*it was the biggest flotation of a tech company since Google*

- **reflotar**

**go under** /,gəʊ 'ʌndə(r)/ Phrasal verb  
if a business *goes under*, it stops operating because it has too many financial problems  
*the plane was sold when the company went under* | *several banks came close to going under* | *yet another High Street shop has gone under*

- **enfonsar-se**

**hang in** /,hæŋ 'ɪn/ Phrasal verb  
if someone *hangs in*, they survive with difficulty during a difficult period  
*times are tough, but we're hanging in* | *if we can just hang in till the end of the year, things should pick up in January*

- **anar tirant**

**inundate** /ɪn'ʌndeɪt/ Verb  
if a place is *inundated*, it fills with water, for example during a flood. If you are *inundated* with things that arrive in large numbers at the same time, you get so many of them that it is difficult to deal with them all  
Collocates: *be inundated with something*  
*floods inundated farmland and destroyed rice fields* | *we've been inundated with orders* | *the website was inundated with traffic yesterday*

- **inundar**

**lay off** /,leɪ 'ɒf/ Phrasal verb  
when a company *lays* employees *off*, it stops employing them because it has no work for them  
*we've had to lay off about 30 people* | *I was laid off over six months ago*  
Noun: *layoff*  
*significant layoffs were expected in the steel industry*

- **acomiar**

**overheads** /'əʊvə(r)hedz/ Noun plural

the *overheads* of a business are the money it has to spend regularly on things like rent, wages, electricity, etc

*we can drop our prices because our overheads are now much lower | they need to cut their overheads if they want to survive*

---

• **despeses**

---

**pencil in** /'pens(ə)l 'ɪn/ Phrasal verb

if you *pencil* something *in*, you arrange for it to happen but know that it might have to change later

*yes, 10:15 should be fine – I'll pencil it in | the Chancellor has pencilled in another £12 billion in cuts | our first meeting has been pencilled in for 9th December*

---

• **programar (provisionalment)**

---

**quarter** /'kwɔː(r)tə(r)/ Noun

in business, a year is divided into four *quarters* of three months

Collocates: first/second/third/fourth quarter

*sales have picked up a bit this quarter | profits were down in the second quarter (April, May and June)*

---

• **trimestre**

---

**relegation** /ˌrelə'geɪʃ(ə)n/ Noun uncount

*relegation* is when a sports team finishes at or near the bottom of the division they are in and so have to move down to the division below them for the following season

*we're on the brink of relegation again | there are four divisions, with a system of promotion and relegation between them*

Verb: *relegate* || Opposites – Noun: *promotion* |

Verb: *promote*

*the bottom two teams will be automatically relegated | they'll get promoted if they win their last two matches*

---

• **descens**

---

**relocate** /ˌriːləʊ'keɪt/ Verb

when a company *relocates*, it moves its factory or offices from one place to a different place. When an employee *relocates*, he or she goes to work in a different place but for the same company

*we're going to be relocating to a smaller town where rents are cheaper | several factories closed and businesses relocated | I relocated to Chicago when my company moved there*

Noun: *relocation*

*they'll give you a generous relocation payment if you have to move house*

---

• **traslladar-se**

---

**solid** /'sɒlɪd/ Adjective

something or someone that is *solid* is very reliable and can be depended on

*this brand is popular and has a solid reputation | the system uses solid, reliable technology | there is no solid evidence against him*

Adverb: *solidly* | Noun: *solidity*

*the organisation was solidly run for the first few years | the company had a great reputation for solidity and reliability*

---

• **sòlid**

---

**take on** /ˌteɪk 'ɒn/ Phrasal verb

when a company *takes* someone *on*, they start to employ them

Collocates: *take on staff*

*we've had to take on 20 new staff this year | they offered to take me on for a period of six months*

---

• **contractar**

---

**take to** /ˌteɪk tʊ/ Phrasal verb

if you *take* to something, you discover you like it and want to do it a lot more

*I got a summer job here and just really took to it | once he had taken to gardening he spent every day outside*

---

• **aficionar-se**

---

**talk through** /ˌtɔːk 'θruː/ Phrasal verb

if you *talk through* something, or *talk* someone *through* something, you discuss the details of it with them and make sure that everything is understood

*it would be good to talk through the new proposals with you | he talked us through the revised contract | let me just talk you through the reasons for the decision*

---

• **explicar amb detall**

---

**terminate** /ˈtɜː(r)mɪneɪt/ Verb

if you *terminate* something such as a contract or agreement, you officially and legally end it

*sadly we had to terminate his contract | Shelton terminated his agreement with the company in 2012 | her employment was terminated in October last year*

Noun: *termination*

*we received a letter three days before the termination of the contract*

---

• **rescindir / concloure**

---

**the bright side** /ðə 'braɪt saɪd/ Phrase

if you talk about *the bright side*, you are suggesting that as well as bad or unpleasant things, there is also something positive or good about a situation

Collocates: *look on the bright side*

*the job's in Peterborough, but on the bright side I'll get a huge pay increase | I'm trying to look on the bright side, but it's difficult right now*

---

• **la part positiva**

---



**upturn** /ʌp,tɜː(r)n/ Noun

an *upturn* is an improvement in a situation, especially in the field of business or economics

Collocates: an *upturn* in something

*we've seen a definite upturn in sales recently | her career took a dramatic upturn for the better*

Opposite: *downturn*

*the steel industry experienced a massive downturn*

---

• *millora*

**weather** /ˈweðə(r)/ Verb

if you *weather* a difficult or dangerous situation, you survive throughout it and can carry on normally after it has passed

*we're weathering the storm, which is more than many companies can say | the economy is in a strong position to weather the downturn | the company weathered several major crises last year*

---

• *superar / capejar*

**STUDENT'S BOOK PAGES 126–127****austerity** /ɔːˈsterəti/ Noun uncount

*austerity* is a combination of bad economic conditions and a reduction of government spending which means that people don't have as much money as they used to and their living conditions are not so good

*Britain went through years of austerity after the war | Greece was forced to impose strict austerity measures*

---

• *austeritat*

**avert** /əˈvɜː(r)t/ Verb

if you *avert* a disaster or something very unpleasant, you stop it from happening

*we're not doing nearly enough to avert the threat of climate change | a terrible disaster was averted*

Adjective: *averse*

*banks have become much more risk averse (avoid taking any risks)*

---

• *evitar*

**bad apple** /ˌbæd ˈæp(ə)l/ Noun

a *bad apple* is a person who has a bad effect on other people

*there are bad apples in every company | it only takes a few bad apples to damage the whole team*

---

• *poma podrida (sentit figurat)*

**bail out** /beɪl ˈaʊt/ Phrasal verb

if you *bail* someone *out*, you help them out of a difficult situation, usually by giving them money

*bailing out big corporations costs the taxpayer a lot of money | do you think they should have been bailed out with public money?*

Noun: *bailout*

*a government bailout programme rescued several banks*

---

• *rescatar*

**bring to bear** /ˌbrɪŋ tə ˈbeə(r)/ Phrase

if you *bring* something *to bear* on someone or something, you use power, influence, pressure, etc. in order to achieve something or make someone do something

*the judgement showed that justice could be brought to bear on individuals, no matter how powerful they were | considerable pressure was brought to bear in an attempt to get her to sell the flat*

---

• *aplicar / fer ús*

**disclose** /dɪsˈkləʊz/ Verb

to *disclose* information that has been secret or not widely known means to tell people about it

*the men had failed to disclose that the money had been illegally obtained | the committee's existence was not disclosed until last week | we will not disclose any of your personal information*

Noun: *disclosure*

*full disclosure of all relevant information is compulsory*

---

• *revelar*

**entity** /ˈentəti/ Noun

an *entity* is something that exists and that has its own identity separate from anything else

*elsewhere, banks – the non-human entities – have been fined over £170 billion for various offences | the new company was a totally separate legal entity*

---

• *entitat*

**executive** /ɪgˈzekjʊtɪv/ Noun

an *executive* is someone who works at a senior level in a company and who is responsible for helping to make the important decisions about how the company is run

*the four men were executives from an Icelandic bank | I'm in favour of limiting the salaries of bankers and executives*

---

• *executiu*

**lengthen** /'leŋθ(ə)n/ Verb

to *lengthen* something means to make it longer  
*his jail sentence was lengthened following a failed appeal | by March, the days were lengthening | these trousers need lengthening*

Noun: *length* | Adjective: *lengthy*

*the total length of the path was 21 miles | getting a passport was a lengthy process*

---

- **allargar**

---

**malpractice** /mæl'præktɪs/ Noun uncount

if a professional person or an organisation has committed *malpractice*, they have broken the rules of their profession and can be punished for it

*once again, a bank has been found guilty of malpractice | the laws governing medical malpractice are very strict*

---

- **mala pràctica**

---

**obscure** /əb'skjʊə(r)/ Adjective

something that is *obscure* is difficult to understand  
*the proposed arrangements are rather obscure | it was a very obscure reference to one of Shakespeare's plays | for some obscure reason, she decided to walk all the way from the station*

Verb: *obscure* | Noun: *obscurity*

*it was a poor translation which obscured the meaning rather than made it clear | his literary style was responsible for most of the obscurities in his work*

---

- **fosc**

---

**organism** /'ɔ:(r)gə'nɪz(ə)m/ Noun

an *organism* is any living thing, especially one that is extremely small

*they talk about banks as if they're some kind of organism that has no free will | how could any living organism survive a nuclear explosion?*

---

- **organisme**

---

**prosecute** /'prɒsɪkju:t/ Verb

to *prosecute* someone means to officially accuse them of having committed a crime and to try and prove this during a trial

Collocates: *prosecute someone for (doing) something*  
*four bankers have actually been prosecuted for malpractice | why were these crimes not prosecuted and punished? | there was not enough evidence, so the police decided not to prosecute*

Noun: *prosecution* | Noun: *prosecutor*

*the former president went abroad to avoid prosecution | the chief prosecutor decided to drop the charges (to stop the prosecution)*

---

- **processar**

---

**serve** /sɜ:(r)v/ Verb

if someone *serves time*, they spend some time in prison as a punishment for something

*not one of the people who committed the offences has served time | he had previously served time for robbery | I served my time, and now I just want to start again*

---

- **complir**

---

**shareholder** /'ʃeə(r),həʊldə(r)/ Noun

a *shareholder* is a person or organisation that owns shares in a company

*the offer was rejected by shareholders | he set up a firm of which he became the sole shareholder*

Noun: *shareholding*

*Turner held a 2.5% shareholding in the company*

---

- **accionista**

---

**throw the baby out with the bathwater** /θrəʊ ðə beɪbi aʊt wɪð ðə 'bɑ:θwɔ:tə(r)/ Phrase

if you say that someone has *thrown the baby out with the bathwater*, you mean they have accidentally got rid of something important while they were getting rid of something they did not want

*you could stop getting unwanted phone calls by throwing your phone away, but that would be just throwing the baby out with the bathwater*

---

- **no llançar el gra amb la palla**

---

**transparent** /træns'pærənt/ Adjective

if a system or process is *transparent*, people can easily understand how it works and believe it is honest and fair

*our recruitment process is completely transparent | the review will be carried out in a fair and transparent way | we need a more transparent system of management*

Adverb: *transparently* | Noun: *transparency*

*an attempt to improve transparency and accountability in government*

---

- **transparent**

---

**STUDENT'S BOOK PAGES 128–129****approach** /ə'prəʊtʃ/ Verb

if you *approach* someone, you talk to them because you want them to do something for you or you want to offer them something

Collocates: *approach someone about something | approach someone to do something*

*I've been approached by the unions about this matter | we've approached three opposition MPs to see if they will come on the programme | my music teacher approached me to perform in the school concert*

Noun: *approach*

Collocates: *an approach to someone*

*she rejected their approaches and said she wanted to stay in her current job*

---

- **fer una proposta a algú**

---

**bottom line** /ˌbɒtəm 'laɪn/ Noun

a company's *bottom line* is the amount of profit or loss it has made. You can also use the term *bottom line* to refer to the single most important factor that has to be considered in a particular situation

*getting that big order before the end of the month will improve our bottom line | the bottom line is if you don't start scoring goals, you'll be out of the team*

---

- **balanç**

**chair** /tʃeə(r)/ Noun

the *chair* of a meeting or committee is the person who is in charge of it

*her mother was chair of the parliamentary finance committee | we need to elect a new chair*

Verb: *chair*

*it's actually very difficult to chair a meeting effectively*

---

- **president**

**concession** /kən'seɪʃ(ə)n/ Noun

if someone makes a *concession*, they eventually agree to something during a negotiation, even though they did not originally want to

Collocates: win a concession

*the strikers returned to work having won major concessions from the management | we had to settle for a few minor concessions*

Verb: *concede*

*they were not prepared to concede independence to the islands*

---

- **concessió**

**err** /ɜː(r)/ Verb

to *err* means to make a mistake. *Err* is quite an old-fashioned word, and is used mostly in the expression *err on the side of* something

*the higher figure is very much erring on the side of caution (the calculation is probably wrong, but the actual figure is likely to be better for us rather than worse) | I learned a lesson: always err on the side of generosity (be more generous than you need to be, not less) | we need to err on the side of safety*

---

- **equivocar-se**

**focus group** /'fəʊkəs gru:p/ Noun

a *focus group* is a group of people who are used in market research. They answer questions and discuss what they think about a particular product, political policy, TV programme, etc. so that the makers or politicians can make improvements to what they are making or to their policies

*feedback from the focus groups was rather negative | the focus group sessions lasted 90 minutes*

---

- **grup mostra**

**margin** /'mɑː(r)dʒɪn/ Noun

in business, a *margin* is the difference between the cost of making or buying a product and the amount of money it is sold for

*what are the margins on this product? | the average profit margin on our goods is 35%*

---

- **marge**

**minutes** /'mɪnɪt/ Noun plural

the *minutes* of a meeting are the official notes taken during the meeting that say what decisions were made

Collocates: take minutes

*Ron, will you take the minutes today please? | does everyone have the minutes of the last meeting?*

Verb: *minute*

*the group minuted their thanks to the outgoing chair*

---

- **acta**

**ongoing** /'ɒŋɡəʊɪŋ/ Adjective

something that is *ongoing* is still happening and has not finished yet

*the negotiations are ongoing | the ongoing renovation of the city centre | a police spokesperson said the investigation was ongoing*

Phrasal verb: *go on*

*talks are expected to go on well into the early hours of the morning*

---

- **en curs**

**plan B** /ˌplæn 'biː/ Noun

if you have a *plan B*, you have thought of a way to do something differently if the original way doesn't seem to be working

*make sure you have a plan B | this isn't working – we need to fall back on plan B*

---

- **pla B**

**projection** /prə'dʒekʃ(ə)n/ Noun

a *projection* is an estimate of the future amount of something

*we've had to revise our sales projections for next year | operating costs were nearly double the original projection*

Verb: *project* | Adjective: *projected*

*European production was projected to fall sharply | the projected completion date is November 2018*

---

- **predicció**

**property** /'prɒpə(r)ti/ Noun

a *property* is a particular feature or quality that something has

*these tiny pieces of silver have antibacterial properties | Newton discovered the physical properties of light*

---

- **propietat**

**region** /'ri:dʒ(ə)n/ Noun

if a number is *in the region of*, for example, 10,000 or 300, it is approximately 10,000 or 300

Collocates: something in the region of something  
*we've estimated something in the region of 10,000 units in the first year | we've put our house on the market and are hoping for offers in the region of £235,000*

- al voltant de

**scale back** /ˌskeɪl 'bæk/ Phrasal verb

if you *scale something back*, you reduce its size, amount, or extent

*we need to scale back our operations till the economy recovers | the festival was scaled back last year for financial reasons*

Opposite – Phrasal verb: *scale up*

*we need more funding to scale up the business*

- reduir

**seal** /si:l/ Verb

if you *seal* something such as an agreement or a deal, you make it definite, so that it cannot be changed

*we sealed the deal after two weeks of negotiation | Bale's goal sealed the win for Wales | his fate was sealed when the company went bankrupt*

- segellar

**spreadsheet** /ˈspredʃi:t/ Noun

a *spreadsheet* is a computer program that displays information in rows and columns, and that can do calculations with the data it displays. Spreadsheets are used especially for financial information

*I've handed out the spreadsheet of current figures | I created a spreadsheet for our household expenses*

- full de càlcul

**substantial** /səb'stænʃ(ə)l/ Adjective

something that is *substantial* is very large, significant, or important

*it looks as though we'll make a substantial loss this year | there was a substantial increase in car crime last year | we're very grateful for your substantial contribution to the project*

Adverb: *substantially*

*the population of cities like Delhi and Mumbai will rise substantially*

- substantial

**tap into** /ˌtæp 'ɪntu:/ Phrasal verb

to *tap into* something means to try and get something useful from it

*if we can tap into the right market for this it will generate massive profits | he has a lot of experience, and we should try and tap into it | we need to tap into our colleagues' range of skills*

- accedir

**STUDENT'S BOOK PAGES 130–131**

**bulk** /bʌlk/ Noun uncount

the *bulk* of something is its large size or quantity. If you buy something *in bulk*, you buy a very large quantity of it

*we placed a bulk order for 40,000 table lamps | because of its bulk, it looks more like a van than a family car*

- gruix / a l'engròs

# 15 TRENDS

## STUDENT'S BOOK PAGES 134–135

### go easy /gəʊ 'i:zi/ Phrase

if you tell someone to *go easy* on something, you are telling them not to use too much of it

Collocates: go easy on something

*you might want to go a bit more easy on the gel | I've got to go easy on the coffee or I won't sleep tonight*

#### • *no excedir-se*

### lace /leɪs/ Noun

on a pair of shoes, the *laces* are the two long thin things like string that you tie to make the shoes fit tightly against your feet

*my laces had come undone | he nearly tripped over his laces*

Verb: *lace*

Collocates: lace up

#### • *cordó*

### lining /'laɪnɪŋ/ Noun

a *lining* is a layer of material on the inside of something such as a piece of clothing or curtains to make it warmer or thicker

*my jacket had a thin cotton lining | a red velvet lining*

Verb: *line*

Collocates: line something with something

*I've bought the material I need to line the curtains*

#### • *capa / folre*

### loud /laʊd/ Adjective

if you say that someone's clothes are *loud*, you mean they are very bright and not very nice to look at

*he was well-known for his loud shirts and gold jewellery | do you think this jacket is too loud?*

#### • *llampant*

### pull off /pʊl 'ɒf/ Phrasal verb

if you *pull something off*, you succeed in doing something that is quite difficult

*it wouldn't look good on me, but I think she pulls it off quite well | the doctors had pulled off a seemingly impossible operation*

#### • *sortir-se'n*

### seam /si:m/ Noun

a *seam* is the line where one piece of material is joined to another piece of material with stitches

*my dress split down the seam while I was dancing | I stitched the seam by hand*

#### • *costura*

### sleeve /sli:v/ Noun

the *sleeves* on a piece of clothing are the parts that cover your arms

*I rolled up my sleeves and started work | the jacket looked nice but the sleeves were a bit short*

Suffix: *-sleeved*

Collocates: long-sleeved | short-sleeved

*a long-sleeved pullover*

#### • *màniga*

### stick out like a sore thumb /stɪk aʊt laɪk ə sɔ:(r) 'θʌm/ Phrase

if someone or something *sticks out like a sore thumb*, they are very noticeable because they are very different from everyone or everything else around them

*I was the only person wearing a dinner jacket, so I stuck out like a sore thumb | our red front door stood out like a sore thumb*

#### • *cridar l'atenció*

### sturdy /'stɜ:(r)dɪ/ Adjective

something or someone that is *sturdy* is quite strong and will not be easily damaged or injured

*a bed with a sturdy metal frame | the statue was lowered onto a sturdy base | he was a quiet, sturdy boy, and an excellent tennis player*

Adverb: *sturdily* | Noun: *sturdiness*

Collocates: the wooden steps were sturdily constructed | the sturdiness of the new tent was impressive

#### • *robust*

### wig /wɪg/ Noun

a *wig* is artificial hair that someone wears on their head

*she wore a blonde curly wig | he took off his wig and fake beard*

#### • *perruca*

### zipped /zɪpt/ Adjective

a *zip* is a fastener made of two lines of metal or plastic teeth which lock together. Something that is *zipped* has been closed or fastened with a *zip*

*there's a zipped inside pocket for your wallet | the tent had a zipped door*

Noun: *zip* | Verb: *zip*

Collocates: zip something up

*the zip jammed on my jeans | she zipped up her jacket and went outside*

#### • *tancat amb cremallera*



## FASHION VOCABULARY

### bangle:

a *bangle* is a ring that you wear around your wrist  
*a gold bangle*

### bead:

*beads* are small pieces of glass, wood, plastic, etc. that have a hole in them and can be put on a piece of thin string to be worn as jewellery

*she wore a necklace of red and green beads*

### bob:

a *bob* is a short haircut which goes as far as your chin and is the same length all the way round

*she wore her hair in a bob, like Audrey Hepburn*

### bushy:

*bushy hair* or *fur* grows very thickly  
*a bushy black beard*

### flats:

*flats* are women's shoes that do not have a high heel  
*even in flats, she was taller than me*

### flares:

*flares* are trousers which get wider at the bottom  
*flares came into fashion in the 1960s*

### frayed:

if cloth or clothing is *frayed*, the threads start to become loose, especially at the edges  
*a pair of frayed jeans*

### gelled:

*gel* is a thick liquid that people use to keep their hair in the same place all the time. If you use *gel*, your hair is *gelled*  
*his hair was gelled and he had an earring in his right ear*

### lapel:

the *lapels* on a jacket are the parts that are folded back just below the collar  
*wide lapels are back in fashion*

### paisley:

*paisley* is a pattern using curved shapes that look a bit like feathers, used especially on cloth  
*she was wearing a yellow paisley dress*

### ponytail:

a *ponytail* is a bunch of long hair tied together at the back of your head so that it hangs down  
*he got quite embarrassed when his dad picked him up from school with his hair in a ponytail*

### revealing:

if a piece of clothing is *revealing*, it leaves a part of the body uncovered that is usually covered  
*do you think this T-shirt is too revealing?*

### shades:

*shades* is an informal word for sunglasses  
*wearing shades and a baseball cap*

### tartan:

*tartan* is a traditional Scottish material with a large checked pattern  
*a tartan blanket*

### wedges:

*wedges* are shoes where the soles are thin at the toes and become very thick at the heel  
*it's not so easy to run when you're wearing wedges*

### worn out:

if clothes are *worn out*, they are old and faded and do not look very good  
*a worn out overcoat*

## STUDENT'S BOOK PAGES 136–137

### analogy /ə'neɪlədʒi/ Noun

an *analogy* is a comparison which shows the similarities between two things or situations

Collocates: draw/make an analogy | by analogy with something

*he drew an analogy between sport and war | the only way I can explain it is by using an analogy*

Adjective: *analogous*

*the situation is roughly analogous to what happened in 1939*

#### • *analogia*

### champion /'tʃæmpiən/ Verb

if you *champion* an idea or a course of action, you support it and try to persuade other people to support it

*the idea was championed by two national newspapers | the association he runs has been championing a change in the law | she championed the cause of open government*

Noun: *champion*

Collocates: a champion of something

*she remained a champion of civil rights all her life*

#### • *donar suport*

### disorientating /dɪs'ɔːriəntetɪŋ/ Adjective

something that is *disorientating* is very confusing and leaves you uncertain about where you are or what is happening

*the speed with which trends come and go can be slightly disorientating | none of the streets are straight, which can be quite disorientating after a while*

Verb: *disorientate* | Adjective: *disorientated*

*the strange colours and shapes disorientated many of the visitors | she awoke the next morning confused and disorientated*

#### • *que desorienta*

**endorsement** /ɪnˈdɔː(r)smənt/ Noun

when someone famous *endorses* a product, they appear in an advertisement and say how good it is. What they do is an *endorsement*

*they used celebrity endorsement to promote their brands | she was paid a lot of money for endorsements*

Verb: *endorse*

*athletes are not expected to endorse tobacco products*

---

• **promoció**

**epidemic** /ˌepɪˈdemɪk/ Noun

an *epidemic* is a situation in which a serious disease affects a large number of people and spreads over a large area

*his grandmother had died in the flu epidemic of 1919 | after a few days the epidemic spread to nearby towns and villages*

---

• **epidèmia**

**evolution** /ˌiːvəˈluːʃ(ə)n/ Noun uncount

*evolution* is the process by which animals and plants develop over a very long period of time and gradually change so that they can continue to survive in their environment

*Professor Brooks believes that evolution is behind the rise and fall of trends | the theory of evolution was first put forward by Darwin*

Verb: *evolve* | Adjective: *evolutionary*

*camels have evolved to withstand extremes of heat and cold | eventually the two species went down different evolutionary paths*

---

• **evolució**

**markings** /ˈmɑː(r)kɪŋ/ Noun plural

the *markings* on an animal or plant are the natural patterns and shapes on its skin or surface

*its light striped markings help it blend into the background | the female has grey markings while the male has white markings*

---

• **taques / marques**

**masculinity** /ˌmæskjʊˈlɪnəti/ Noun uncount

*masculinity* is the range of qualities that are thought of as being typical of men rather than women

*having a beard emphasised another aspect of their masculinity | we need to change how we define masculinity*

Adjective: *masculine*

*she argued that most human beings have both masculine and feminine qualities*

---

• **masculinitat**

**obscurity** /əbˈskjʊərəti/ Noun uncount

*obscurity* is the state of not being well-known or remembered by anyone

*all sorts of cultural content will pass into obscurity and be forgotten | she rose from poverty and obscurity to become a national newspaper editor*

Adjective: *obscure*

*an obscure 17th century poet*

---

• **foscó**

**opt** /ɒpt/ Verb

if you *opt* for something, you choose it from among several possibilities. If you *opt* to do something, you decide to do that thing rather than something else

Collocates: *opt for something | opt to do something*

*women were more likely to opt for men with facial hair | I opted for drama school rather than university | she opted for a leather jacket and jeans*

Noun: *option* | Adjective: *optional*

*there are plenty of additional options available*

---

• **optar**

**piercing** /ˈpiə(r)ɪŋ/ Noun

a *piercing* is a hole made in part of your body such as your ear or nose where jewellery can be worn

*nose piercings are still popular in India | they wore several ear piercings and tattoos*

Verb: *pierce* | Adjective: *pierced*

*Nina pierced her own ears | she had a pierced nose and a pierced lower lip*

---

• **pírcing**

**pinpoint** /ˈpɪnˌpɔɪnt/ Verb

if you *pinpoint* a particular detail, you identify it from among a number of details

*I can't pinpoint exactly what went wrong | it wasn't possible to pinpoint the precise cause of the problem | a new study now pinpoints the reason why green vegetables are good for the heart*

Adjective: *pinpoint*

Collocates: *pinpoint accuracy*

*the bomb was dropped with pinpoint accuracy*

---

• **determinar / concretar**

**predator** /ˈpredətə(r)/ Noun

a *predator* is an animal that attacks and kills other animals for food. The animals it attacks are its prey

*the fish are easily recognised by predators | wild horses have few natural predators*

Adjective: *predatory*

*hedges are kept tall to attract predatory insects*

---

• **depredador**

**profound** /prə'faʊnd/ Adjective

something that is *profound* is very significant and important

*this simple idea has profound evolutionary implications | this experience had a profound effect on his career*

Adverb: *profoundly*

*he was profoundly saddened by her departure*

- *profund*

**routinely** /ru:'ti:nli/ Adverb

if something happens *routinely*, it happens quite regularly and is not unusual or surprising

*we were routinely searched every time we visited the prison | police here do not routinely carry guns*

Adjective: *routine* | Noun: *routine*

*a routine maintenance check | my daily routine begins with a 5 km run*

- *de manera rutinària*

**set** /set/ Adjective

if something is *set* to happen, it is about to happen or very likely to happen

Collocates: *be set to do/be something | be set for something*

*next week's lottery prize is set to be over £10 million | petrol prices are set to fall as the price of oil drops on the global market | I was all set for the interview that afternoon*

- *previst*

**take on board** /,teɪk ɒn 'bɔ:(r)d/ Phrase

if you *take on board* an idea, suggestion, or piece of advice, you think about and use it to change or improve something you are doing

*it was a lesson the whole team needed to take on board | we took his comments on board and revised the report | he's still learning, and he's taken on board what you said to him*

- *adoptar una idea nova*

**trait** /treɪt/ Noun

a *trait* is a particular characteristic or quality that someone or something has

Collocates: *a personality trait*

*some personality traits lead people naturally into leadership roles | this trait is common to most plants*

- *tret*

**wane** /weɪn/ Noun

if something is on the *wane*, it is becoming weaker or less important

Collocates: *on the wane*

*yet another fad is on the wane | by 1995, his film career was on the wane*

Verb: *wane*

*support for the government has been steadily waning*

- *decreixement*

---

**STUDENT'S BOOK PAGES 138–139**

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**broaden** /'brɔ:d(ə)n/ Verb

if you *broaden* something, you increase it so that it now includes a much wider range of things, ideas, or people

*both campaigns aim to broaden the images of beauty beyond the fashion industry | it was time to broaden my horizons (try new things) | travel will broaden your view of life*

Adjective: *broad* | Adverb: *broadly* | Noun: *breadth*

*we gathered broad support from the grassroots | that feeling was broadly shared by most people in the audience*

- *ampliar*

**cosmetics** /kɒz'metɪks/ Noun plural

*cosmetics* are things like lipstick and powder that people put on their faces to look more attractive

*none of our cosmetics are tested on animals | a range of expensive cosmetics*

Adjective: *cosmetic*

*we stock a wide range of cosmetic products*

- *cosmètic*

**grassroots** /,grɑ:s'ru:ts/ Adjective

the *grassroots* of an organisation or society are the ordinary people in it rather than the leaders or decision makers.

*Grassroots* activities are aimed at these people or involve these people

*a campaign to get more support at the grassroots level | she addressed a meeting of 300 grassroots supporters*

Noun: *grassroots*

*tennis needs to focus on the grassroots and get more people playing for fun*

- *bases*

**hesitate** /'hezɪteɪt/ Verb

if you *hesitate*, you pause for a short while before you say or do something because you are nervous or worried about what you are going to say or do

*women were secretly filmed hesitating as they chose which door to go through | he hesitated a moment before he answered | you can't afford to hesitate, I need an answer straight away*

Noun: *hesitation* | Adjective: *hesitant* | Adverb: *hesitantly* | Adverb: *hesitatingly* || Opposites – Adjective: *unhesitating* | Adverb: *unhesitatingly*

Collocates: *hesitant to do something | hesitant about (doing) something*

*I said yes with not a moment's hesitation | I was a bit hesitant about calling them again | he hesitantly agreed to her suggestion | his voice was clear and unhesitating*

---

• **dubtar**

---

**hold up** /'həʊld 'ʌp/ Phrasal verb

to *hold* someone or something *up* as something means to say that they represent a very good example of it

Collocates: *hold someone or something up as something*  
*she has been held up as a force for change in the fashion industry | the UN was held up as the only hope of keeping peace in the region | several newspapers are holding him up as the possible next prime minister*

---

• **posar com a exemple**

---

**incidence** /'ɪnsɪd(ə)ns/ Noun

the *incidence* of something bad or unwanted is the rate at which it happens or is present

*an increased incidence of anorexia | there is a much higher incidence of lung cancer among smokers*

---

• **incidència**

---

**insecurity** /,ɪnsɪ'kjʊərəti/ Noun

*insecurity* is a feeling of having no confidence in yourself and being worried about your life

*the campaign doesn't play upon anyone's existing insecurities | he was always telling jokes in an attempt to hide his insecurity*

Adjective: *insecure* || Opposites – Noun: *security* | Adjective: *secure*

*as a child, he was anxious and insecure | he wanted the security of knowing his mother was in the next room*

---

• **inseguretat**

---

**knock-on** /'nɒk ,ɒn/ Adjective

if an action has a *knock-on* effect, it causes something else to happen after the originally intended effect

Collocates: *a knock-on effect/consequence*

*closing the steel factory will have a knock-on effect on jobs in the town's shops | another knock-on benefit of the scheme was that we all saved money*

---

• **efecte col·lateral**

---

**neatly** /'ni:tli/ Adverb

if something happens *neatly*, it happens in a simple but effective way

*well, that brings us neatly to our next item | the material is neatly divided into four separate subject areas*

Adjective: *neat*

*this was a neat solution to the problem*

---

• **clarament**

---

**participant** /pɑ:(r)'tɪsɪpənt/ Noun

a *participant* is someone who takes part in an activity or event

*all the participants said how much they enjoyed the session | this year's event attracted 65 participants*

Verb: *participate* | Adjective: *participatory*

Collocates: *participate in something*

*he never participated in any after-school activities*

---

• **participant**

---

**self-esteem** /,self ɪ'sti:m/ Noun uncount

someone's *self-esteem* is the opinion they have of themselves

Collocates: *low/negative self-esteem | high/positive self-esteem*

*success leads to higher self-esteem | our goal is to promote positive self-esteem*

---

• **autoestima**

---

**shield** /ʃi:ld/ Verb

if you *shield* someone from something dangerous or unpleasant, you protect them by not letting them have any contact with it

Collocates: *shield someone from something*

*but you can't shield your children forever from the dangers of the world | he was anxious to shield and protect me | they need to be shielded from the horrors of war*

---

• **protegir**

---

**viral** /'vaɪrəl/ Adjective

when something on the Internet goes *viral*, it suddenly becomes very popular and lots of people see it or download it

Collocates: *go viral*

*a number of their advertisements have gone viral | the video went viral with over a million views | viral videos can earn a lot of money through advertising*

Adverb: *virally*

Collocates: *spread virally*

*the ad was shown online and promoted virally*

---

• **viral**

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# 16 DANGER AND RISK

## STUDENT'S BOOK PAGES 142–143

### agony /'ægəni/ Noun

agony is extreme physical pain

Collocates: in agony

*I was screaming my head off in agony | you could see he was in agony when his wrist snapped*

Adjective: *agonising* | Adverb: *agonisingly*

*the pain was agonising | with no drugs available, the operation was agonisingly painful*

#### • *agonia*

### come to /,kʌm 'tʊ/ Phrasal verb

if you *come to*, you wake up after being unconscious for a while

*when I came to I realised I couldn't feel my hands | after he fainted it was 10 minutes before he came to | she was quite unsteady on her feet after she had come to*

#### • *tornar en si*

### forehead /'fɒrɪd / 'fɔː(r)hed/ Noun

your *forehead* is the part of the front of your head above your eyes

*he had a nasty scar on his forehead | he wiped his forehead with a handkerchief*

#### • *front*

### gash /gæʃ/ Noun

a *gash* is a long deep cut in someone's skin

*I ended up with a huge gash on my arm | it left an ugly gash on his cheek*

Verb: *gash* | Adjective: *gashed*

*his throat had been gashed from ear to ear | I wiped the blood from his gashed leg*

#### • *tall*

### haul /hɔːl/ Verb

if you *haul* something heavy, you pull it along using a lot of force

*we were trying to haul ourselves over the wall | trucks hauled away several tons of cargo from the airport | the coal is hauled by rail to the power station*

Noun: *haulage*

*he runs a road haulage business (a business transporting heavy goods by road)*

#### • *arrossegar / transportar*

### head first /hed 'fɜː(r)st/ Adverb

if you fall or rush *head first* somewhere, you move there with your head in front of the rest of your body

*he was blown head first into a door | Clarke lost his balance and fell head first down the stairs*

#### • *de cap*

### presence /'prez(ə)ns/ Noun uncount

the *presence* of something or someone somewhere is the fact that they are there. If you are in someone's *presence*, you are there with them

Collocates: in the presence of someone | in someone's presence

*looks like he's comfortable in your presence now | there was a heavy police presence in the city centre*

Adjective: *present*

*her parents were present during the interview*

#### • *presència*

### profusely /prə'fjuːsli/ Adverb

if something happens *profusely*, it involves large quantities of something

*I was bleeding quite profusely from the wound | he thanked me profusely for the book*

Adjective: *profuse* | Noun: *profusion*

Collocates: a profusion of something | in profusion

*the injury resulted in profuse bleeding that needed hospital treatment*

#### • *profusament*

### scald /skɔːld/ Verb

if you *scald* yourself, you hurt yourself with very hot liquid or steam

*I scalded myself badly with a kettle of boiling water | he nearly scalded his tongue on the hot tea | they were both scalded in an accident in the kitchen*

Noun: *scald* | Adjective: *scalding*

*this is useful for treating burns and scalds | a cup of scalding tea (so hot it might scald you)*

#### • *escaldar-se*

### snap /snæp/ Verb

if something *snaps*, or if you *snap* it, it breaks, often with a sharp noise

*I heard the bone snap from 20 metres away | he managed to snap his wrist when he fell | I could feel something in my knee snap*

Noun: *snap*

*the pencil broke with a snap*

#### • *espetegar / cruixir*



**sneak** /sni:k/ Verb

if you *sneak* off somewhere, you go there quietly or secretly so that no one knows where you are

*couldn't he have sneaked off somewhere instead of doing it right here? | Dad saw me sneaking out of school at lunchtime | we sneaked into the back of the cinema without paying*

• **fer alguna cosa d'amagat**

**stream** /stri:m/ Verb

when liquid *streams* somewhere, it flows there quite quickly

*blood was streaming down my leg | his father had tears streaming down his face | water streamed down the kitchen wall | sweat was streaming into his eyes*

Noun: *stream*

Collocates: a stream of something

*a steady stream of blood poured from his nose*

• **brollar**

**stumble** /'stʌmb(ə)l/ Verb

if you *stumble*, you nearly lose your balance when your foot accidentally hits against something. If you *stumble* in a particular direction, you go there by walking in a very unsteady way, for example because you are not well or cannot see properly where you are going

*I managed to stumble home and then whacked my head on the door going in | she almost stumbled in front of a car | he stumbled blindly up the steps looking for the light switch*

• **ensopegar / topar**

**top off** /,tɒp 'ɒf/ Phrasal verb

if you *top* something off, you end it in an especially noticeable or remarkable way

*to top the whole thing off, he didn't even notice | we topped off the holiday by eating at the most expensive restaurant in Paris*

• **culminar / ser la cirereta**

**whack** /wæk/ Verb

if you *whack* something, you hit it hard. If you *whack* a part of your body, you accidentally hit it against something

*I whacked my head on the door | he whacked his knee on the edge of the table | just whack the tap with a hammer if it doesn't come on properly*

Noun: *whack*

*I got a whack on my head*

• **colpejar / donar-se un cop**

**STUDENT'S BOOK PAGES 144–145**

**absurd** /əb'sɜ:(r)d/ Adjective

something that is *absurd* is completely ridiculous or unreasonable

*her claim was utterly absurd | his first explanation was rejected as absurd | we were in the absurd position of having a boat but no water for 40 miles*

Adverb: *absurdly* | Noun: *absurdity*

Collocates: the absurdity of something

*the answer was almost absurdly simple | Morris laughed when he saw the absurdity of the situation*

• **absurd**

**compliance** /kəm'plaɪəns/ Noun uncount

*compliance* with a law or instruction is the fact of obeying it. If someone is guilty of *non-compliance*, they do not do what they are meant to do

Collocates: compliance with something

*the authority monitors compliance with the regulations | penalties for non-compliance are high*

Verb: *comply* | Adjective: *compliant*

Collocates: comply with something | compliant with something

*our products comply with all international safety standards | these products are not compliant with European safety regulations*

• **compliment**

**confine** /kən'faɪn/ Verb

if something is *confined* to a particular place or area of activity, it stays within those limits and does not spread beyond them

Collocates: be confined to something

*his influence was not confined to music | she had confined her attention to 20th century French literature for the past three years*

• **confinar**

**confiscate** /'kɒnfɪskeɪt/ Verb

to *confiscate* something from someone means to take it away from them as a punishment or because they are not allowed to have it

*if you try to take more than 50 ml of liquid through airport security, it will be confiscated | police confiscated five guns and many bullets | his camera and memory cards were confiscated as he was trying to leave the country*

Noun: *confiscation*

*possession of drugs can be punished by confiscation and a fine*

• **confiscar**

**dismiss** /dɪs'mɪs/ Verb

to *dismiss* something means to refuse to consider it  
*the case was dismissed on the grounds of insufficient evidence | she always dismissed my ideas without even discussing them | he dismissed suggestions that climate change was responsible for the flooding*

Noun: *dismissal* | Adjective: *dismissive*

Collocates: the dismissal of something | dismissive of something

*you were very dismissive of the idea earlier*

---

• **desestimar**

---

**file** /faɪl/ Verb

if you *file* a complaint, lawsuit, charges, etc., you submit documents to a court or other authority so that it can be considered and a decision made

*she filed a lawsuit against her employer claiming unfair dismissal | complaints filed by the public are kept confidential for a number of years | you have ten days in which to file an appeal*

---

• **arxivar**

---

**goggles** /'gɒɡ(ə)lz/ Noun plural

*goggles* are glasses that fit closely against your face and protect your eyes from dust, wind, water, etc.

*all staff and visitors must wear safety goggles in the laboratory | I always wear goggles when I go swimming*

---

• **ulleres protectores**

---

**guard against** /ˌɡɑː(r)d ə'ɡenst/ Phrasal verb

if you *guard against* something, you do what you need to do to make sure it does not happen or does not have a bad effect on you

Collocates: guard against doing something

*it is important to guard against making the same mistake again | make sure you eat plenty of oranges to guard against winter colds*

---

• **protegir-se**

---

**hold back** /ˌhəʊld 'bæk/ Phrasal verb

to *hold* someone or something *back* means to prevent their development or progress in some way

*half of all teachers believe children are being held back by health and safety regulations | all this red tape is holding back the development of a new energy industry | he missed three weeks of school, which has held him back a bit this year*

---

• **estancar-se / frenar**

---

**lawsuit** /'lɔːsuːt/ Noun

a *lawsuit* is a case in a court involving a disagreement between two people or organisations

Collocates: file/bring a lawsuit (against someone)

*he left the country before they could bring a lawsuit against him | the lawsuit was dropped after the mistake was discovered*

---

• **demanda judicial**

---

**liability** /ˌlaɪə'bɪləti/ Noun

someone's *liability* is their legal responsibility for paying money for something or for damage or loss that they cause

Collocates: liability for something

*we accept no liability for damage caused to customers' cars in our car park | your tax liability may be affected by your change of job*

Adjective: *liable*

*he is personally liable for the whole of the loan*

---

• **responsabilitat**

---

**precedent** /'presɪdənt/ Noun

a *precedent* is an official decision that was made earlier, and that cannot be contradicted by a decision in a similar case later

Collocates: set a precedent | follow precedent

*many believed the decision set a dangerous precedent | no precedent existed for how to proceed with this case*

---

• **precedent**

---

**red tape** /ˌred 'teɪp/ Noun uncount

*red tape* is all the official rules and procedures that seem unnecessary and that stop things happening quickly

*they promised to cut unnecessary red tape | local government red tape has caused several delays in the project*

---

• **paperassa / tràmits burocràtics**

---

**repeal** /rɪ'piːl/ Verb

to *repeal* a law means to formally rule that it is no longer valid

*a lot of people want to see the legislation repealed | the Act was repealed in 1996 | the state can't afford to repeal the law on property tax*

Noun: *repeal*

Collocates: repeal of something

*they continued to fight for full repeal of the law*

---

• **revocar**

---

**smother** /ˈsmʌðə(r)/ Verb

if you *smother* someone, you protect them so much that they cannot live or develop freely

*he thought he was doing the right thing, but his children felt smothered by him | they grew up smothered in love but unable to think independently | I just wish you'd stop smothering the boy*

- **sufocar / ofegar**

---

**sue** /su:/ Verb

if you *sue* someone, you make a claim against them in court because of damage or injury they have caused you

Collocates: sue someone for something

*the Senator sued the paper for libel | his widow sued the company for negligence | the ambulance took over two hours to arrive so now the boy's family are suing*

- **posar una demanda a algú**

---

**violation** /ˌvaɪəˈleɪʃ(ə)n/ Noun

a *violation* is an instance of a law being broken or a regulation deliberately not being followed

Collocates: in violation of something

*a violation of the peace agreement | if this goes ahead, we will be in violation of international law*

Verb: violate | Noun: violator

*several people were arrested for violating public order | violators face a long jail sentence*

- **violació**

---

**welcome** /ˈwelkəm/ Verb

if you *welcome* something, you say that you are pleased it has happened and approve of it

*any research that can help develop new treatment has to be welcomed | the president welcomed the opportunity to meet a group of business leaders | the proposals were cautiously welcomed by campaigners*

- **donar la benvinguda**

---

**STUDENT'S BOOK PAGES 146–147****appraisal** /əˈpreɪz(ə)/ Noun

an *appraisal* is an opinion about a situation based on what is known about it

Collocates: an appraisal of something

*well, that was a fairly bleak appraisal | the article contained a comprehensive appraisal of the proposals*

Verb: appraise

Collocates: appraise something as something

*try to appraise the situation objectively*

- **valorar**

---

**bleak** /bli:k/ Adjective

if a situation is *bleak*, it seems bad and does not have much chance of improving

*the future is looking very bleak for the company | the economic outlook is bleak*

Noun: bleakness

*when the next day came, the bleakness of our situation became even more apparent*

- **desolador**

---

**blessing** /ˈblesɪŋ/ Noun

a *blessing* is something that is good and that you are pleased to have or experience

Collocates: a mixed blessing

*we're asking whether the Internet is more of a curse than a blessing | it's such a blessing to have all the family at home for Christmas*

- **benedicció**

---

**curse** /kɜː(r)s/ Noun

a *curse* is something that causes you a lot of trouble or harm

Collocates: the curse of something

*that car was a curse from the day we bought it | only the poor really understand the curse of poverty*

Verb: curse

*we've been cursed with bad luck ever since we moved to this town*

- **maledicció**

---

**deteriorate** /dɪˈtɪəriəreɪt/ Verb

if a bad situation *deteriorates*, it gets even worse

*the situation is bound to deteriorate | his health has deteriorated significantly | the weather is deteriorating rapidly*

Noun: deterioration | Adjective: deteriorating

Collocates: deterioration of/in something

*the gradual deterioration of his eyesight*

- **deteriorar**

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**detox** /ˈdiːtɒks/ Noun uncount

*detox* is a process of getting rid of unwanted and harmful substances from your body. Digital *detox* is a period of time when someone deliberately does not use any phones, computers, or tablets

*a detox clinic | leave the phone behind and have a digital detox weekend by the sea*

Verb: detox

*there are many gentler ways to detox the body*

- **desintoxicar**

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**disruption** /dɪsˈrʌpʃ(ə)n/ Noun

if there is *disruption*, a process or system is prevented from operating normally. *Digital disruption* is when existing companies have to change the way they work because of competition from other companies who do their business on the Internet

*there's been disruption on the railways due to heavy snow | we suffered serious disruption to our Internet connection all afternoon*

Verb: *disrupt* | Adjective: *disruptive*

*phone and electrical services were disrupted by the storm | he'd been warned before about his disruptive behaviour*

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• **interrupció / alteració**

**distinct** /dɪˈstɪŋkt/ Adjective

a *distinct* possibility or chance of something is an obvious or definite possibility

*there's a distinct chance you'll end up in a legal dispute | there's a distinct possibility our jobs will be at risk | he agreed, but with a distinct lack of enthusiasm*

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• **inconfusible**

**finalise** /ˈfaɪnəlaɪz/ Verb

if you *finalise* something, you complete the last parts of it so that it is finished

*we'll send out more information as soon as we finalise the details | Marx never finalised the text of the third volume of Capital | we're on the verge of finalising the purchase of our new house*

Noun: *finalisation*

*the report was published just three days after its finalisation*

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• **finalitzar**

**footprint** /ˈfʊt.prɪnt/ Noun

a *footprint* is the mark left by someone's foot when they have stepped on soft or wet ground. Someone's digital *footprint* is the information about them that can be found on the Internet, for example on social networking sites, blogs, personal web pages, etc.

*we saw his footprints in the sand | we can follow the digital footprints of social media users*

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• **petjada**

**fraught** /frɔ:t/ Adjective

if a situation is *fraught* with danger, problems, or other unpleasant features, there are a lot of them present

Collocates: *fraught with something*

*the project was fraught with difficulties | the whole situation is fraught with problems | the atmosphere at home was fraught with tension*

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• **ple de / carregat de**

**haunt** /hɔ:nt/ Verb

if something unpleasant *haunts* you, it continues to make you sad or causes problems for you

*things can easily come back to haunt you later on | the memory of his election defeat still haunts him after seven years | what dark secret from his past is haunting him?*

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• **rondar / perseguir**

**literacy** /ˈlɪt(ə)rəsi/ Noun uncount

*literacy* is the basic ability to be able to read and write. You can also use *literacy* about other skills, for example financial *literacy* is knowing how to deal with your money sensibly, and digital *literacy* is the ability to effectively use computers and the Internet and social media

Collocates: *financial/computer/digital literacy | adult literacy | literacy rates | literacy skills*

*financial literacy should be taught in schools | they had basic literacy and numeracy (they could read and write and do basic arithmetic)*

Opposite – Noun: *illiteracy* | Adjective: *literate* ||

Opposite – Adjective: *illiterate*

Collocates: *computer literate*

*targets for reducing poverty, disease, hunger, and illiteracy | if you're not computer literate, you won't get on the course*

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• **alfabetització**

**meltdown** /ˈmelt.daʊn/ Noun

*meltdown* is a sudden and serious failure of something that affects a large number of people, such as a country's economy or banking system

Collocates: *be in meltdown*

*the Internet is at risk of complete meltdown because of the amount of traffic | the economy is still recovering from the last banking meltdown*

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• **esfondrament**

**menace** /ˈmenəs/ Noun

a *menace* is something that is likely to cause serious damage or harm

Collocates: *the menace of something*

*they should do more to combat the menace of cyber-bullying | he's a menace to society*

Verb: *menace* | Adjective: *menacing* | Adverb: *menacingly*

*the world continues to be menaced by terrorism | in the distance we heard a loud, menacing roar | storm clouds hung menacingly over the airport*

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• **amença**

**peril** /ˈperəl/ Noun

*peril* is great danger

Collocates: at someone's peril | be in peril

*ignore the warning at your peril! | if we don't act on climate change soon, the world will be exposed to great peril | by 1940, the country was in great peril*

Adjective: *perilous* | Adverb: *perilously* | Verb: *imperil*

*they began a long and perilous journey across the mountains | her temperature was perilously high | he believes that nuclear weapons imperil our common future*

• **perill**

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**plagiarism** /ˈpleɪdʒəˌrɪz(ə)m/ Noun uncount

if someone commits *plagiarism*, they copy someone else's work and present it as their own work

*plagiarism became a much bigger problem once everyone had access to the Internet | he was accused of plagiarism and had to leave college*

Verb: *plagiarise* | Noun: *plagiarist*

*the publishers denied that their author had plagiarised my work | he was accused of being a plagiarist*

• **plagi**

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**put off** /ˌput ˈɒf/ Phrasal verb

if something *puts* you *off* something, it makes you dislike it or not want to do it

Collocates: put someone off (doing) something

*if we punish these two it might put the others off | I felt so sick afterwards that it put me off smoking for life*

Adjective: *offputting*

*the opening of the film was rather offputting, but it quickly got better*

• **desanimar / fer enrere**

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**slim** /slɪm/ Adjective

something that is *slim* is not very great

*the chances of people avoiding all this are pretty slim | there's a slim hope that they are still alive*

• **remot**

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**sound** /saʊnd/ Adjective

something that is *sound* is reliable and effective

*it was sound advice | his judgement is usually sound | it was a financially sound proposal*

• **sòlid**

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**spam** /spæm/ Noun

*spam* is unwanted email messages that are sent out to large numbers of people. The people who organise the spam are *spammers*

*my inbox is full of spam | a spam filter (software that identifies and deletes spam so you don't have to see it)*

Verb: *spam* | Noun: *spamming* | Noun: *spammer*

*he thinks that if a website asks for his email address he'll get spammed | where do the spammers get all the email addresses from?*

• **correu brossa**

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**verge** /vɜː(r)dʒ/ Noun

if someone is on the *verge* of doing something, or if something is on the *verge* of happening, they are about to do it or it is about to happen

Collocates: be on the verge of (doing) something

*I've been here 40 years and now I'm on the verge of retiring | I could see she was on the verge of tears*

Phrasal verb: *verge on*

*his behaviour was verging on the criminal*

• **a punt de**

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