

CAMBRIDGE

SECOND EDITION

# face2face

anglický výkladový slovník

Advanced

OXICO

jazykové knihy

ENGLISH	Pronunciation (UK)	PoS	Definition	Example
<b>Lesson 1A</b>				
<b>bicker (about)</b>	'bɪk.ər	<i>phrasal verb</i>	argue about unimportant matters	Couples who constantly bicker should split up.
<b>butt in (to)</b>	bʌt ɪn	<i>phrasal verb</i>	interrupt someone who is talking	In general, men butt in more than women, which women find very annoying.
<b>eavesdrop (on)</b>	'i:vz.drɒp	<i>verb</i>	intentionally listen to others' (private) conversations	It's rude to eavesdrop on other people's conversations.
<b>gossip (about sb/sth)</b>	'gɒs.ɪp	<i>verb</i>	talk about other people's private lives	On the whole, women gossip more than men.
<b>grumble (about)</b>	'grʌm.bl	<i>verb</i>	complain about something	Elderly people have good reasons to grumble about the youth of today.
<b>have a row (with sb/about sth)</b>	hæv ə rəʊ	<i>phrase</i>	argue, especially loudly	If you overhear people having a row in public, you should intervene.
<b>chat (sb) up</b>	tʃæt ʌp	<i>phrase</i>	talk to somebody in a way that shows them that you are sexually attracted to them	Women chat up men as often as men chat up women.
<b>intervene</b>	ˌɪn.tə'vi:n	<i>verb</i>	to get involved in a difficult situation, in order to help	If you overhear people having a row in public, you should intervene.
<b>overhear</b>	ˌəʊ.və'hɪər	<i>verb</i>	accidentally hear what other people are saying without their knowledge	If you overhear people having a row in public, you should intervene.
<b>witter (on)</b>	'wɪt.ər	<i>verb</i>	talk about unimportant things for a long time	Politicians generally witter on without ever answering the interviewers' questions.
<b>Lesson 1B</b>				
<b>at a glance</b>	ət ə glɑ:ns	<i>phrase</i>	immediately	We knew at a glance that she was upset.
<b>at a loose end</b>	ət ə lu:s end	<i>phrase</i>	with nothing to do	Could I do that for you? I'm at a loose end.
<b>at arm's length</b>	ət ɑ:m leŋθ	<i>phrase</i>	a distance	We're not close. She keeps me at arm's length.
<b>at fault</b>	ət fɔlt	<i>phrase</i>	responsible for a problem	Nobody was at fault for the accident.
<b>at hand</b>	ət hænd	<i>phrase</i>	easily available	They need to know that help is at hand.
<b>at random</b>	ət 'rænd.əm	<i>phrase</i>	by chance	The winner was picked at random.
<b>at short notice</b>	ət ʃɔ:t 'nəʊ.tɪs	<i>phrase</i>	only a short time before something happens	They cancelled the meeting at short notice.
<b>at times</b>	ət taɪmz	<i>phrase</i>	occasionally	He's a bit bad tempered at times.
<b>on a (broader) scale</b>	ɒn ə skeɪl	<i>phrase</i>	relating to the size or level of something (especially when large)	To get more accurate results, the research needs to be done on a broader scale.
<b>on a regular basis</b>	ɒn ə 'reg.jʊ.lər 'ber.sɪs	<i>phrase</i>	happening or doing something often	She sees her ex-husband on a regular basis, so they still get on.
<b>on average</b>	ɒn 'æv.ər.ɪdʒ	<i>phrase</i>	typically	On average, I go to the cinema twice a month.
<b>on bad terms</b>	ɒn bæd tɜ:mz	<i>phrase</i>		
<b>on demand</b>	ɒn dɪ'mɑ:nd	<i>phrase</i>	whenever needed or asked for	She's up all night; she feeds the baby on demand.

<b>on good terms</b>	ɒn ɡʊd tɜ:mz	<i>phrase</i>	have a good relationship with one another	Jerry always tries to stay on good terms with ex-girlfriends.
<b>on purpose</b>	ɒn 'pɜ:.pəs	<i>phrase</i>	intentionally, not by accident	We can't prove it but we're sure he broke it on purpose.
<b>on the increase</b>	ɒn ði: ɪn'kri:s	<i>phrase</i>	increasingly	Poverty is on the increase.
<b>on the same wavelength</b>	ɒn ði: seɪm 'weɪv.leŋθ	<i>phrase</i>	with similar views/opinions	I can't work with him – we're simply not on the same wavelength.

## Lesson 1C

<b>Actions speak louder than words.</b>	'æk.fənz spi:k laʊdə ðæn wɜ:dz	<i>sentence</i>	a saying which means to emphasise that what you do is more important and shows your intentions and feelings more clearly than what you say	
<b>Better late than never.</b>	'bet.ər leɪt ðæn 'nev.ər	<i>sentence</i>	a saying which is said when you think that it is better for somebody or something to be late than never to arrive or to happen	
<b>Don't make a mountain out of a molehill.</b>	dəʊnt meɪk ə 'maʊn.tɪn aʊt əv ə 'məʊl.hɪl	<i>sentence</i>	a saying which means don't make a slight difficulty seem like a serious problem	
<b>Engage brain before mouth.</b>	ɪn'geɪdʒ breɪn bɪ'fɔ: məʊθ	<i>sentence</i>	a saying which means think about something before saying anything about it	
<b>Nothing ventured, nothing gained.</b>	'nʌθ.ɪŋ 'ven.tʃəd 'nʌθ.ɪŋ geɪnd	<i>sentence</i>	a saying which means to emphasise that you have to take a risk in order to obtain a benefit	
<b>Once bitten, twice shy.</b>	wʌns 'bɪt.ən twaɪs ʃaɪ	<i>sentence</i>	a saying which means when you are frightened to do something again because you had an unpleasant experience doing it the first time	
<b>One man's meat is another man's poison.</b>	wʌn mən mi:t ɪz ə'nʌð.ər məenz 'pɔɪ.zən	<i>sentence</i>	a saying which means to emphasise that people like different things	
<b>Rome wasn't built in a day.</b>	rəʊm 'wɔz.ənt bɪlt ɪn ə deɪ	<i>sentence</i>	a saying which means to emphasise that you can't expect to do a lot of things in a short period of time	

## Lesson 2A

<b>a bit</b>	ə bɪt	<i>phrase</i>	slightly	I was a bit tired.
<b>a little (bit)</b>	ə 'lɪt.l	<i>phrase</i>	slightly	When I'm feeling a little bit lonely, I've kept all the letters that people have sent me over the years, and sometimes I'll open one of those.
<b>absolutely</b>	,æb.sə'lu:t.li	<i>adverb</i>	completely	All the animals are absolutely tame.
<b>bitterly</b>	'bɪt.ə.li	<i>adverb</i>	in a way which shows strong negative emotion such as anger or disappointment	He sighed bitterly and stormed off into a back room.
<b>completely</b>	kəm'pli:t.li	<i>adverb</i>	in every way or as much as possible	It was a completely isolated tribe; they still used stone to make tools and weapons.
<b>deeply</b>	'di:p.li	<i>adverb</i>	extremely or strongly	It is, in fact, a lively and exciting science; challenging and deeply satisfying.
<b>distinctly</b>	dɪ'stɪŋktli	<i>adverb</i>	clearly and certainly	I distinctly remember asking him.
<b>entirely</b>	ɪn'taɪə.li	<i>adverb</i>	completely	As we might imagine, their 8,000 mile walk certainly wasn't entirely stress-free.
<b>extremely</b>	ɪk'stri:m.li	<i>adverb</i>	very	The city is a bit more peaceful than I had expected it to be.
<b>fairly</b>	'feə.li	<i>adverb</i>	more than average, but less than very	I do go out and see friends on a fairly regular basis.
<b>firmly</b>	'fɜ:m.li	<i>adverb</i>	in a way that is certain or definite	I firmly believe my cousin Julia should win the award.

<b>highly</b>	'haɪ.li	<i>adverb</i>	very, to a large degree, or at a high level	I think it is highly unfair.
<b>quite</b>	kwɑ:t	<i>adverb</i>	completely	He's quite remarkable.
<b>rather</b>	'rɑ:.ðər	<i>adverb</i>	quite; to a slight degree	They're sort of rather stupid-looking, clumsy birds with blue feet and long necks and they're about the size of a goose and do really strange, flappy dances.
<b>really</b>	'ri:li	<i>adverb</i>	very or very much	The lecture was really fascinating.
<b>really</b>	'ri:li	<i>adverb</i>	very or very much	He's been really chatty ever since.
<b>savant</b>	'sæv.ənt	<i>noun</i>	someone who has unusual, often exceptional, abilities or knowledge	Daniel Tammet is an autistic savant with an extraordinary gift for numbers and languages.
<b>strongly</b>	'strɒŋ.li	<i>adverb</i>	very much or in a very serious way	Flaherty strongly believes that the increased creative output may be partly because the brain is becoming less self-critical.
<b>thoroughly</b>	'θʌr.ə.li	<i>adverb</i>	completely, very much	If I could live my life again, I would definitely come back as a woman, for the simple fact that I've really thoroughly enjoyed my life so far.
<b>totally</b>	'təʊ.tə.li	<i>adverb</i>	completely	I totally agree with what he's saying. I mean, the bit where it says "as a rule we aren't good listeners," I mean, that's so true.
<b>very</b>	'ver.i	<i>adverb</i>	(used to add emphasis to an adjective or adverb) to a great degree or extremely	It was very interesting.
<b>vividly</b>	'vɪv.ɪd.li	<i>adverb</i>	producing very clear, powerful, and detailed images in the mind	It's incredibly beautiful and hypnotic, with lush vegetation, white beaches and vividly green countryside.

## Lesson 2B

<b>beautiful white sandy beaches</b>	'bjʊ:.tɪ.fəl waɪt 'sæ.n.dɪ bi:tʃɪz	<i>phrase</i>	example of adjective order; beaches which look very nice and are made of white sand	It's incredibly beautiful, with beautiful white sandy beaches.
<b>breathtaking high snowcapped peaks</b>	'breθ.tɪ.kɪŋ haɪ 'snəʊ.kæpt pi:kz	<i>phrase</i>	example of adjective order; high, pointed, snow-covered tops of mountains, which are extremely exciting, beautiful, or surprising	It's incredibly beautiful, with breathtaking high snowcapped peaks
<b>delicious Thai fish and coconut curries</b>	dɪ'lɪʃəs taɪ fɪʃ ænd 'kəʊ.kə.nʌt 'kʌrɪz	<i>phrase</i>	example of adjective order; curries from Thailand containing fish and coconut with a very pleasant taste	They have delicious Thai fish and coconut curries.
<b>extravagant white marble buildings</b>	ɪk'stræv.ə.gənt waɪt 'mɑ:.bl bɪldɪŋz	<i>phrase</i>	example of adjective order; buildings which may have been expensive to construct, and which used a lot of white marble in their construction, especially on the outside of the building or in other visible parts of the building	There are extravagant white marble buildings.
<b>charming rustic stone cottages</b>	'tʃɑ:.mɪŋ 'rʌs.tɪk stəʊn 'kɒt.ɪdʒɪz	<i>phrase</i>	example of adjective order; small houses made of stone, usually in the countryside, which are pleasant and attractive, simple and often rough in appearance	It's incredibly beautiful, with charming rustic stone cottages
<b>massive 100-year-old tortoises</b>	'mæs.ɪv X ɪr əʊld 'tɔ:.tə.sɪz	<i>phrase</i>	example of adjective order; very large tortoises which are a hundred years old	There are massive 100-year-old tortoises.
<b>picturebook medieval Italian villages</b>	X ,med.i'i:vəl r'tæl.jən 'vɪl.ɪdʒɪz	<i>phrase</i>	example of adjective order; beautiful villages in Italy in which many of the buildings were built in the Middle Ages	It's incredibly beautiful, with picturebook medieval Italian villages
<b>stark modern log cabins</b>	stɑ:k 'mɒd.ən lɒg 'kæb.ɪnz	<i>phrase</i>	example of adjective order; small, simple houses made of logs which are designed and made using recent ideas and methods	There are stark modern log cabins.

## Lesson 2C

<b>golden</b>	'gəʊl.dən	<i>adjective</i>	the colour of gold	In addition to stunning golden beaches, it boasts such tropical scenery as the Dongjiao Coconut Plantation.
<b>heritage</b>	'her.i.tɪdʒ	<i>noun</i>	features belonging to the culture of a particular society, such as traditions, languages or buildings, which still exist from the past and which have a historical importance	Home to the Terracotta Army, the city has a historical heritage second to none.
<b>high-rise</b>	'haɪ.raɪz	<i>adjective</i>	tall with a lot of floors	Chengdu is a modern city, full of traffic and high-rise department stores.
<b>hustle and bustle</b>	'hʌs.l ənd 'bʌs.l	<i>phrase</i>	all the noise and activity	Shut away from the hustle and bustle of the city outside, the 'hutong' dwellers enjoy a peaceful existence.
<b>icebound</b>	'aɪs.baʊnd	<i>adjective</i>	covered in ice, making it difficult for people to move about because of the conditions	While northern China is snowy and icebound, in Hainan it is possible to swim in the sea and enjoy warm sunshine all year round.
<b>searing</b>	'sɪə.rɪŋ	<i>adjective</i>	If something, such as a feeling or temperature, is described as searing, it is extreme	Today, despite the searing summer heat and the freezing winters, Xi'an is a joy to visit.
<b>snow-clad</b>	sneʊ klæd	<i>adjective</i>	covered in snow	Bordered by snow-clad peaks and glaciers, the valley's numerous ponds are strewn with gold-coloured limestone deposits.
<b>spectacular</b>	spek'tæk.jʊ.lər	<i>adjective</i>	very exciting to look at	Beyond the city, you can experience the spectacular Huanglong Valley (Yellow Dragon Valley).
<b>stunning</b>	'stʌn.ɪŋ	<i>adjective</i>	extremely beautiful or attractive	In addition to stunning golden beaches, it boasts such tropical scenery as the Dongjiao Coconut Plantation.
<b>winding</b>	'waɪn.dɪŋ	<i>adjective</i>	describes a path, road, river, etc. which repeatedly turns in different directions	Many people say that the real culture of Beijing, China's capital city, lies in the winding lanes known as 'hutong' (meaning 'water well') and the courtyards.

## Lesson 3A

<b>arrogant</b>	'ær.ə.gənt	<i>adjective</i>		I found him arrogant and rude.
<b>courageous</b>	kə'reɪ.dʒəs	<i>adjective</i>	shocking or very impressive	It was very courageous of her to resign without finding another job first.
<b>decisive</b>	dɪ'saɪ.sɪv	<i>adjective</i>	used to describe people who are able to make decisions quickly and confidently	It's lucky that my wife's so decisive, because I find it difficult to make important decisions.
<b>deferential</b>	,def.ə'ren.fəl	<i>adjective</i>	used to describe people who are respectful and polite	He is always deferential towards older people.
<b>forceful</b>	'fɔ:s.fəl	<i>adjective</i>	used to describe people who express opinions strongly and demand attention and action	The opposition leader led a very forceful attack on the government in parliament this morning.
<b>fussy</b>	'fʌs.i	<i>adjective</i>	used to describe people who are difficult to please	All my children were fussy eaters.
<b>impetuous</b>	ɪm'pet.ju.əs	<i>adjective</i>	used to describe people who act on a sudden idea without considering the results of their actions	He's so impetuous – why can't he think things over before he rushes into them?
<b>innocent</b>	'ɪn.ə.sənt	<i>adjective</i>	used to describe people who have no knowledge or experience of the unpleasant or evil things in life	It is difficult for children to remain innocent with the influence of TV and the internet.
<b>loud</b>	laʊd	<i>adjective</i>	used to describe people who tend to seek attention and dominate situations	The men at the bar were loud and obnoxious.
<b>meticulous</b>	mə'tɪk.jʊ.ləs	<i>adjective</i>	used to describe people who are very careful and pay great attention to every detail	I can't believe this was written by Paul – it's so inaccurate! He's normally meticulous in everything he does.
<b>modest</b>	'mɒd.ɪst	<i>adjective</i>	used to describe people who talk little about their skills or achievements	She's so modest that I never realized how successful she is.
<b>outgoing</b>	,aʊt'gəʊ.ɪŋ	<i>adjective</i>	used to describe people who are friendly and like meeting people	She has a very outgoing personality; she has loads of friends and is always out having a good time.

<b>reckless</b>	'rek.ləs	<i>adjective</i>	used to describe people who do dangerous things and do not care about the risks and the possible results	He was found guilty of reckless driving.
<b>reserved</b>	rɪ'zɜ:vəd	<i>adjective</i>	used to describe people who tend not to show their feelings or thoughts	The English have a reputation for being reserved.
<b>spontaneous</b>	spɒn'teɪ.ni.əs	<i>adjective</i>	used to describe people who do things in a natural, often sudden, way, without any planning or without being forced	She's always been a spontaneous sort – flying off all over the place at a moment's notice.
<b>submissive</b>	səb'mɪs.ɪv	<i>adjective</i>	used to describe people who are easily controlled by other people	He was looking for a quiet submissive wife who would obey his every word.
<b>thrifty</b>	'θrɪf.ti	<i>adjective</i>	used to describe people who are careful with the use of money, particularly by avoiding waste	He earns a lot of money these days but he's still quite thrifty.
<b>tight-fisted</b>	,taɪt'fɪs.tɪd	<i>adjective</i>	used to describe people who are unwilling to spend money	Don't imagine Gillian'll buy you a drink – she's too tight-fisted.

### Lesson 3B

<b>be blocked up</b>	bɪ: blɒkt ʌp	<i>phrasal verb</i>	when a part of your body, e.g. your nose, is filled with something that prevents anything getting past	Have you ever tried using steam when your nose is blocked up?
<b>come off sth</b>	kʌm ɒf 'sʌm.θɪŋ	<i>phrasal verb</i>	to stop taking a type of medicine	Have you ever come off antibiotics before you were supposed to?
<b>come on</b>	'kʌm.ɒn	<i>phrasal verb</i>	If you feel an illness coming on, you start to feel ill	What do you do if you feel a cold coming on?
<b>come out in sth</b>	kʌm aʊt ɪn 'sʌm.θɪŋ	<i>phrasal verb</i>	when spots or a rash appear on your skin	Have you ever come out in a rash because you were allergic to something you'd eaten?
<b>flare up</b>	'fleə.rʌp	<i>phrasal verb</i>	when a condition worsens after a period of improvement	Have you ever suffered from a condition that flares up from time to time?
<b>go around</b>	gəʊ ə'raʊnd	<i>phrasal verb</i>	when a lot of people get an illness in the same time period because the illness passes from person to person	Do you usually catch bugs that are going around?
<b>go down with sth</b>	gəʊ daʊn wɪð 'sʌm.θɪŋ	<i>phrasal verb</i>	to become ill, usually with a disease that is not very serious	If you go down with flu, do you usually still go to work?
<b>pick up</b>	'pɪk.ʌp	<i>phrasal verb</i>	to catch an illness from somebody or something	Have you ever picked up a stomach bug when travelling somewhere new?
<b>put sb on sth</b>	pʊt 'sʌm.bə.di ɒn 'sʌm.θɪŋ	<i>phrasal verb</i>	to give somebody a particular type of medical treatment or food	Does your doctor usually put people on antibiotics if they have a cold?
<b>swell up</b>	swel ʌp	<i>phrasal verb</i>	when a part of your body becomes larger and rounder than usual, often because of an illness or injury or insect bite	When you are bitten by an insect, does the area around the bite usually swell up?

### Lesson 3C

<b>a bit of a handful</b>	ə bɪt əv ə 'hænd.fʊl	<i>phrase</i>	difficult to look after, especially children and animals	Your son can be a bit of a handful at times and finds the work we're doing challenging.
<b>a bit on the chilly side</b>	ə bɪt ɒn ðɪ: 'tʃɪl.i saɪd	<i>phrase</i>	cold	It's a bit on the chilly side in this room. Can we turn the heating up?
<b>a senior citizen</b>	ə 'si:ni.ər 'sɪt.i.zən	<i>phrase</i>	an old person	You get a discount on public transport if you're a senior citizen.
<b>be/feel under the weather</b>	bɪ: fi:l 'ʌn.dəər ðɪ: 'weð.ər	<i>phrase</i>	be or feel ill	I was feeling a little under the weather yesterday, so I stayed in bed.
<b>behind the times</b>	bɪ'haɪnd ðɪ: taɪmz	<i>phrase</i>	be old-fashioned	My dad's somewhat behind the times when it comes to technology. He still watches videos.
<b>economical with the truth</b>	,i:kə'nɒm.i.kəl wɪð ðɪ: tru:θ	<i>phrase</i>	to not tell the truth; to lie	I think you were being economical with the truth on that occasion.
<b>get on a bit</b>	get ɒn ə bɪt	<i>phrase</i>	get old	You'll have to speak up – she's getting on a bit and is hard of hearing.

<b>hard of hearing</b>	hɑ:d əv 'hiə.rɪŋ	<i>phrase</i>	not able to hear well	You'll have to speak up – she's getting on a bit and is hard of hearing.
<b>challenging</b>	'tʃæl.ɪn.dʒɪŋ	<i>adjective</i>	very difficult	Your son can be a bit of a handful at times and finds the work we're doing challenging.
<b>see better days</b>	si: 'bet.ər deɪz	<i>phrase</i>	be old and in bad condition	Rosie's car has seen better days. She could really do with a new one.

## Lesson 4A

<b>follow the news</b>	'fɒl.əʊ ði: nju:z	<i>phrase</i>	to be interested in the news	He follows the news avidly.
<b>go to press</b>	gəʊ tu: pres	<i>phrase</i>	to start to be printed	The newspaper will go to press at midnight.
<b>hit the headlines</b>	hɪt ði: 'hed.laɪnz	<i>phrase</i>	If something hits the headlines, it is important news that reaches or achieves the headlines	The news of his death hit the headlines across all the newspapers.
<b>hold a press conference</b>	həʊld ə pres 'kɒn.fər.əns	<i>phrase</i>	to have a meeting at which a person or organisation makes a public statement and reporters can ask questions	They held a press conference to give their side of the story
<b>issue a press release</b>	'ɪʃ.u: ə pres rɪ'li:z	<i>phrase</i>	to provide a public statement to the press to publish if they wish	We need to issue a press release.
<b>make the front page</b>	meɪk ði: frʌnt peɪdʒ	<i>phrase</i>	If a news story makes the front page, it is thought to be important enough to go on the front of a newspaper.	The story made the front page.
<b>press</b>	pres	<i>noun</i>	a machine used to print books or newspapers	The printing press needed some repairs.
<b>receive a lot of coverage</b>	rɪ'si:v ə lɒt əv 'kʌv.ər.ɪdʒ	<i>phrase</i>	If a particular event or subject receives a lot of coverage, there is a lot of reporting about it.	The election received a lot of coverage.
<b>run a story</b>	rʌn ə 'stɔ:ri	<i>phrase</i>	If a newspaper or news broadcaster runs a story, it decides to publish or broadcast that story.	The newspaper ran a story about the election.
<b>seek publicity</b>	si:k pʌb'lɪs.ɪ.ti	<i>phrase</i>	to try to make certain that somebody or something attracts a lot of attention in the media	"Are you actively seeking publicity?" she asked.
<b>sue for libel</b>	su: fɔ:r 'laɪ.bəl	<i>phrase</i>	to take legal action against a person or organization because of some harm that they have caused you because of a piece of writing that contains bad and false things about you	She threatened to sue the magazine for libel.

## Lesson 4B

<b>country folk</b>	'kʌn.tri fəʊk	<i>noun</i>	people who live in the countryside	It was life in the city that made it possible for man to acquire skills, learn from other people, study, teach and develop social arts that made country folk seem very uneducated.
<b>development</b>	dɪ'vel.əp.mənt	<i>noun</i>	the process in which someone or something grows or changes and becomes more advanced	These same developments in medicine similarly lengthened lives in the countryside, leading to a huge rise in the rural population.
<b>growth</b>	grəʊθ	<i>noun</i>	an increase in the size or the importance of something	Improvements in transport made the growth of trade possible.
<b>human</b>	'hju:.mən	<i>noun</i>	a man, woman, or child	Not until the end of the last ice age did humans start building anything that might be called a village.
<b>human being</b>	'hju:.mən 'bi:ɪŋ	<i>noun</i>	a man, woman, or child	So, wisely or not, human beings have become homo urbanus.
<b>improvement</b>	ɪm'pru:v.mənt	<i>noun</i>	an occasion when something gets better or when you make it better	Improvements in transport made the growth of trade possible.
<b>increase</b>	ɪn'kri:s	<i>noun</i>	a rise in the amount or size of something	This increase has not been matched with commensurate growth in rural prosperity.
<b>man</b>	mæn	<i>noun</i>	the human race	Man's habitat at the outset was dominated by the need to find food; hunting and foraging were rural pursuits.

<b>people</b>	'pi:pl	<i>noun</i>	men, women and children	The first villages came with the emergence of agriculture and the domestication of animals: people no longer had to wander as they hunted and gathered but could instead draw together in settlements.
<b>rise</b>	raɪz	<i>noun</i>	an increase	These same developments in medicine similarly lengthened lives in the countryside, leading to a huge rise in the rural population.
<b>rural inhabitants</b>	'ruə.rəl ɪn'hæb.ɪ.tənts	<i>noun</i>	people who live in the countryside	In the 19th century, the invention of engines and manufacturing machinery provided factory work which attracted multitudes of rural inhabitants to leave the land for the city.
<b>settlement</b>	'set.l.mənt	<i>noun</i>	a place where people come to live or the process of settling in such a place	The first villages came with the emergence of agriculture and the domestication of animals: people no longer had to wander as they hunted and gathered but could instead draw together in settlements.
<b>village</b>	'vɪ.lɪdʒ	<i>noun</i>	a group of houses and other buildings, such as a church, a school and some shops, which is smaller than a town, usually in the countryside	The first villages came with the emergence of agriculture and the domestication of animals: people no longer had to wander as they hunted and gathered but could instead draw together in settlements.
<b>villager</b>	'vɪ.lɪ.dʒər	<i>noun</i>	a person who lives in a village	More and more villagers have been upping sticks to seek a better life in cities.

## Lesson 4C

<b>a crash, bang, wallop style</b>	ə kræʃ bæŋ 'wɒl.əp staɪl	<i>phrase</i>	a style which is very exciting and successful	The language in a tabloid tends to be snappier, shorter words, shorter crisper sentences, what we call a sort of 'crash bang wallop' style.
<b>brasher, instant appeal</b>	'breɪ.ʃə 'ɪn.stənt ə'pi:l	<i>phrase</i>	the quality in a story that makes it immediately attractive or interesting to the reader, showing a lot of confidence and not much respect	They like TV stories, they like stories about film stars, they like stories about royals, they like crime stories, something with a much, sort of brasher, instant appeal.
<b>crisper sentences</b>	kɪspə 'sen.təntsɪz	<i>phrase</i>	sentences which are quick, confident, and effective	The language in a tabloid tends to be snappier, shorter words, shorter crisper sentences, what we call a sort of 'crash bang wallop' style.
<b>heart of our audience</b>	hɑ:t əv əvər 'ɔ:.di.əns	<i>phrase</i>	the central or most important part of the audience	We like family stories, we like stories that relate to the kind of people that are buying our paper, the middle-class families that we think are at the heart of our audience.
<b>in a sober kind of fashion</b>	ɪn ə 'səʊ.bər kaɪnd əv 'fæʃ.ən	<i>phrase</i>	in a serious and calm manner	The quality press, for example The Times, still uses more serious language, they still use smaller headlines, they still present the news in a more sober kind of fashion.
<b>in tune with the audience</b>	ɪn tju:n wɪð ðɪ: 'ɔ:.di.əns	<i>phrase</i>	If you are in tune with the audience, you understand or agree with them.	It means the story is easier to read, it has a faster pace, it's more in tune with the kind of audience, with the kind of readership that a tabloid has.
<b>quality press</b>	'kwɒl.ɪ.ti pres	<i>phrase</i>	newspapers that are generally believed to be more serious than the tabloids, and typically printed on large sheets of paper	If you read a story in the quality press, the paragraphs will be much longer and much harder work to get through.
<b>red-top</b>	red tɒp	<i>noun</i>	a popular newspaper that sells a large number of copies	If you go right to the other end of the market with the downmarket, so-called red-top tabloids, they like TV stories, they like stories about film stars, they like stories about royals, they like crime stories.
<b>shout at you</b>	ʃaʊt ət ju:	<i>phrase</i>	to try to attract your attention using large pictures, etc.	A tabloid tends to shout at you a bit more, tends to attract attention using huge pictures, huge headlines – it tells you what to think and how to react.
<b>snappier language</b>	'snæpi.ə 'læŋ.gwɪdʒ	<i>phrase</i>	language which is immediately effective in getting people's attention or communicating an idea	What you find when you get to read the actual story is that they use snappier language.



<b>tabloid</b>	'tæb.lɔɪd	<i>noun</i>	(of or relating to) a type of popular newspaper with small pages which has many pictures and short simple reports	What you find when you get to read the actual story is that the language in a tabloid tends to be snappier.
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## Lesson 5A

<b>counter-</b>	'kaʊn.tər	<i>prefix</i>	opposing or as a reaction to	Brentwell was constantly adjusting her psyche to become the perfect complement or counterbalance: she could play the humble servant, the trusted confidante, the admirer, or the supportive family member.
<b>inter-</b>	ɪn'tɜːr	<i>prefix</i>	used to form adjectives meaning 'between or among the stated people, things or places'	There was never any real interaction.
<b>over-</b>	'əʊ.vər	<i>prefix</i>	too much or more than usual	The personal assistants to film stars are overworked, underpaid and invisible.
<b>pseudo-</b>	'sjʊː.dəʊ	<i>prefix</i>	pretended and not real	The result was a pseudo-friendship, in which one person did all the talking and feeling, while the other deftly manoeuvred to stay out of the way.
<b>semi-</b>	'sem.i	<i>prefix</i>	half or partly	It stands to reason that a city like Los Angeles, home to so many of the famous and the semi-famous, is also home to the Association of Celebrity Personal Assistants (CPAs).
<b>super-</b>	'suː.pər	<i>prefix</i>	larger, or more effective, or more powerful, or more successful than usual; very or more than usually	If you have a demanding day, when you work from early morning until late at night and you've done all the things they throw at you – both important and trivial – you feel like a superwoman.
<b>under-</b>	'ʌn.dər	<i>prefix</i>	not enough or not done as well or as much as is necessary	The personal assistants to film stars are overworked, underpaid and invisible.

## Lesson 5B

<b>apply for a course</b>	ə'plɑɪ fɔːr ə kɔːrs	<i>phrase</i>	to officially request a place on a course, usually by writing or sending in a form	I want to apply for a course.
<b>apply for a place at university</b>	ə'plɑɪ fɔːr ə pleɪs ət juː.nɪ'vɜːsɪ.ti	<i>phrase</i>	to officially request a place at university, usually by writing or sending in a form	She's going to apply for a place at university.
<b>come to a decision</b>	kʌm tuː ə dɪ'sɪʒ.ən	<i>phrase</i>	to make a decision or reach a conclusion	So how are you trying to come to a decision?
<b>do courses</b>	də kɔːsɪz	<i>phrase</i>	to do a set of classes or a plan of study on a particular subject, usually leading to an exam or qualification	I have to do courses before I can sit the exam.
<b>do work experience</b>	də wɜːk ɪk'spɪəri.əns	<i>phrase</i>	to work in a place, usually unpaid, to gain experience	Recently, I've been trying to do lots of work experience in lots of different fields and talk to people in those different areas to try and gain an insight.
<b>forget losing</b>	fə'get luːzɪŋ	<i>phrase</i>	to be unable to remember losing	I'll never forget losing them.
<b>forget to</b>	fə'get tuː	<i>phrase</i>	to not remember to do something	Don't forget to have a good time, too.
<b>gain a place at university</b>	geɪn ə pleɪs ət juː.nɪ'vɜːsɪ.ti	<i>phrase</i>	to be offered a place on a university course	I want to gain a place at university to do sports science.
<b>gain an insight</b>	geɪn ən 'ɪn.sɑɪt	<i>phrase</i>	the ability to understand what something is really like	Recently, I've been trying to do lots of work experience in lots of different fields and talk to people in those different areas to try and gain an insight.
<b>go on courses</b>	gəʊ ɒn kɔːsɪz	<i>phrase</i>	to ask officially for something (often in writing)	I'm going to go on courses to try and learn more about it.
<b>look into different options</b>	lʊk 'ɪn.tuː 'dɪf.ər.ənt 'ɒpʃənz	<i>phrase</i>	to examine the facts about a situation	I've looked into different options like teaching, publishing, I've done some charity work, so just basically trying to gain some experience.

<b>means coordinating</b>	mi:nz kəʊ'ɔ:.di.neɪ.tɪŋ	<i>phrase</i>	means making various different things work effectively as a whole	Dressage is about many things – beauty, grace, movement – but above all it means coordinating all of your body in order to control the horse, right down to the most specific movements.
<b>meant to make</b>	ment tu: meɪk	<i>phrase</i>	intended to make	Riding was just meant to make physiotherapy fun.
<b>regret to say</b>	rɪ'gret tu: seɪ	<i>phrase</i>	feel sorry about saying something, especially about something sad or wrong or a mistake that you have made	I regret to say that at school I was trouble.
<b>regretted</b>	rɪ'gret.ɪd	<i>verb</i>	felt sorry about a situation, especially something sad or wrong or a mistake that you made	He never regretted making that decision.
<b>take a decision</b>	teɪk ə dɪ'sɪz.ən	<i>phrase</i>	to decide something	Was it easy to take a decision?
<b>take courses</b>	teɪk kɔ:sɪz	<i>phrase</i>	to do a set of classes or a plan of study on a particular subject, usually leading to an exam or qualification	I have to take courses before I can sit the exam.
<b>take some time out</b>	teɪk sʌm taɪm aʊt	<i>phrase</i>	to have a break from something, for example something difficult or unpleasant	And I just wanted a gap year to have a, a bit of time out really because things have been, a lot of, been a lot of pressure for a lot of years, so I wanted to take some time out to work out completely what I wanted to do.
<b>went on playing</b>	went ɒn pleɪɪŋ	<i>phrase</i>	continued playing	Neymar went on playing for Santos FC throughout his teens.
<b>went on to become</b>	went ɒn tu: bɪ'kʌm	<i>phrase</i>	continued and started to be	Making beats went on to become my life.
<b>work out what to do</b>	wɜ:k aʊt wɒt tu: də	<i>phrase</i>	to understand the reasons for something	I wanted to take some time out to work out what to do.

## Lesson 5C

<b>(climb) the career ladder</b>	ðɪ: kə'rɪər 'læd.ər	<i>phrase</i>	(go up through) the sequence of job positions through which a person progresses in an organisation	Rob's been steadily climbing the career ladder since he joined the company a few years back.
<b>a dead-end job</b>	ə ded end dʒɒb	<i>phrase</i>	a job in which there is no chance of getting a promotion	I don't want to end up in some dead-end job like my brother.
<b>a deadline</b>	ə 'ded.laɪn	<i>phrase</i>	a time by which something must be done	The deadline for proposals is not until November.
<b>a fortune</b>	ə 'fɔ:tfu:n	<i>phrase</i>	a large amount of money, goods, property, etc	Sara earns a fortune working for a Swiss bank.
<b>a pittance</b>	ə 'pɪ.təns	<i>phrase</i>	a very small amount of money, especially money received as payment or income	She works so hard for that company and she's paid a pittance.
<b>against the clock</b>	ə'genst ðɪ: klək	<i>phrase</i>	If you do something against the clock, you do it as fast as possible and try to finish it before a certain time	We would be working against the clock if we accepted the order.
<b>be self-employed</b>	bi: self ɪm'plɔɪd	<i>phrase</i>	not working for an employer but finding work for yourself or having your own business	I'm self-employed so I tend to work on Saturday mornings.
<b>be snowed under</b>	bi: snəʊd 'ʌn.dər	<i>phrase</i>	have so much work that you have problems dealing with it all	We need some more support before we get snowed under.
<b>be stuck in a rut</b>	bi: stʌk ɪn ə rʌt	<i>phrase</i>	be too fixed in one particular type of job, activity, method	I've been stuck in a rut at work for over a year and it's time for a change.
<b>be thrown in the deep end</b>	bi: θrəʊn ɪn ðɪ: di:p end	<i>phrase</i>	start a new job or activity without enough preparation	The new job is going to be challenging. I've really been thrown in the deep end.
<b>be up to your eyes in sth</b>	bi: ʌp tu: jɔ:r aɪz ɪn 'sʌm.θɪŋ	<i>phrase</i>	be very busy doing something	I'm up to my eyes in work at the moment.
<b>high-powered</b>	ˌhaɪ'paʊəd	<i>phrase</i>	a very important job or a very successful person	Isn't your brother a high-powered executive at a computer company?
<b>run-of-the-mill</b>	ˌrʌn.əv.ðə'mɪl	<i>phrase</i>	ordinary and not special or exciting in any way	We just need someone to do run-of-the-mill office administration.

<b>take it easy</b>	teɪk ɪt 'i:zi	<i>phrase</i>	relax and not use too much energy	I'm going to spend a few weeks at home taking it easy over the summer.
<b>take on too much work</b>	teɪk ɒn tu: mʌtʃ wɜ:k	<i>phrase</i>	accept too much work	The danger of working for yourself is taking on too much work.
<b>talk shop</b>	tɔ:k ʃɒp	<i>phrase</i>	talk about your job with those you work with when not at work	I'm banning you and Stephanie from talking shop while we're at dinner together
<b>team player</b>	ti:m 'pleɪ.ə	<i>phrase</i>	someone who is good at working closely with other people	Ann has never been much of a team player and generally prefers working alone.

## Lesson 6A

<b>branch</b>	brɑ:ntʃ	<i>noun</i>	one of the parts of a tree that grows out from the main trunk and has leaves, flowers, or fruit on it	The fruit on the lower branches was protected from the sun.
<b>branch</b>	brɑ:ntʃ	<i>noun</i>	one of the offices that form part of a bank	She's a branch manager.
<b>branch</b>	brɑ:ntʃ	<i>noun</i>	a part of something larger	Immunology is a branch of biological science.
<b>break</b>	breɪk	<i>noun</i>	a short period of rest, when food or drink is sometimes eaten	We'll have a break for coffee at 10.30.
<b>break</b>	breɪk	<i>verb</i>	to (cause something to) separate suddenly or violently into two or more pieces, or to (cause something to) stop working by being damaged	It's expensive if the builders break a window.
<b>break</b>	breɪk	<i>verb</i>	to fail to keep a law, rule, or promise	He didn't know he was breaking the law.
<b>fine</b>	faɪn	<i>adjective</i>	sunny and dry	The weather's fine today.
<b>fine</b>	faɪn	<i>adjective</i>	good or good enough; healthy and well	I'm feeling fine now.
<b>flat</b>	flæt	<i>adjective</i>	not interesting, or without emotion or excitement	After the excitement of the holiday, life feels rather flat now.
<b>flat</b>	flæt	<i>adjective</i>	level and smooth, with no curved, high, or hollow parts	Much of the land in East Anglia is very flat.
<b>flat</b>	flæt	<i>adjective</i>	describes a drink that has stopped being fizzy (= with bubbles)	If you don't put the top back on that bottle of lemonade, it will go flat.
<b>heavy</b>	'hev.i	<i>adjective</i>	used to describe a large amount of traffic (especially unpleasant traffic)	There's heavy traffic in the rush hour.
<b>heavy</b>	'hev.i	<i>adjective</i>	thick, strong, solid, or strongly made	She wore a heavy winter coat.
<b>heavy</b>	'hev.i	<i>adjective</i>	used to describe the sleep of someone who is not easily woken up by noise, etc.	He's a very heavy sleeper. He didn't even wake up when the window broke.
<b>odd</b>	ɒd	<i>adjective</i>	strange or unexpected	There was a couple who had very odd behaviour.
<b>odd</b>	ɒd	<i>adjective</i>	not matching	She insisted on putting on odd socks every morning.
<b>plain</b>	pleɪn	<i>adjective</i>	used to describe paper that has no lines on it	The letter was written on plain paper.
<b>plain</b>	pleɪn	<i>adjective</i>	with nothing added	He prefers plain food – nothing too fancy.
<b>plain</b>	pleɪn	<i>adjective</i>	ordinary, not exceptionally attractive	She has a plain face.
<b>sweet</b>	swi:t	<i>adjective</i>	sugary	Do you want your pancakes sweet or savoury?

<b>sweet</b>	swi:t	<i>adjective</i>	charming, attractive	My daughter, she's six, wanted to put on different colour socks. It's obviously the height of fashion ... It's sweet, isn't it?
<b>top</b>	tɒp	<i>noun</i>	the highest part	She waited for me at the top of the stairs.
<b>top</b>	tɒp	<i>noun</i>	the most successful	He's always top of the class.
<b>train</b>	treɪn	<i>noun</i>	a railway engine connected to carriages for carrying people or to wheeled containers for carrying goods	I commute on the train to work every day.
<b>train</b>	treɪn	<i>verb</i>	to prepare someone or yourself for a job, activity, or sport, by learning skills and/or by mental or physical exercise	She wants to train to be a psychologist.

## Lesson 6B

<b>back and forth</b>	bæk ænd fɔ:θ	<i>phrase</i>	going from one thing to another, repeatedly	I tend to go back and forth between brands.
<b>each and every</b>	i:tʃ ænd 'ev.ri	<i>phrase</i>	every thing or person in a group or category	Each and every student must register for the exam by tomorrow.
<b>hit and miss</b>	ˌhɪt.ən'mɪs	<i>phrase</i>	if something is hit and miss you cannot depend on it to be of good quality, on time, accurate, etc	Our recent marketing campaigns have been a bit hit and miss.
<b>in leaps and bounds</b>	ɪn li:ps ænd baʊndz	<i>phrase</i>	changing or progressing very quickly	Online marketing has come on in leaps and bounds over the last 10 years.
<b>make or break</b>	ˌmeɪk.ɔ:'breɪk	<i>phrase</i>	make something a success or a failure	This job is so big it could make or break the company.
<b>on and off</b>	ɒn ænd ɒf	<i>phrase</i>	happening sometimes	She's been working on and off for an advertising consultancy, but has never had a regular position with them.
<b>over and over again</b>	'əʊ.vər ænd 'əʊ.vər ə'gen	<i>phrase</i>	happening or done many times	I've watched this advert over and over again, but I still don't understand it.
<b>part and parcel of (sth)</b>	pɑ:t ænd 'pɑ:ˌsəl əv	<i>phrase</i>	be a necessary feature of a particular experience	A quality website is part and parcel of most successful businesses nowadays.
<b>take it or leave it</b>	ˌteɪk.ɪt.ɔ:'li:v.ɪt	<i>phrase</i>	said about something that you quite like but that you do not love or need badly	I quite like coffee, but I can take it or leave it.
<b>time after time</b>	taɪm 'ɑ:f.tər taɪm	<i>phrase</i>	repeatedly, again and again	It's so annoying when a good programme is interrupted time after time.

## Lesson 6C

<b>accidentally</b>	ˌæk.sɪ'den.təl.i	<i>adverb</i>	by chance or by mistake	I might accidentally have exaggerated my musical skills last night.
<b>adoringly</b>	ə'dɔ:ɪŋli	<i>adverb</i>	in a way that shows very strong love for someone	Julie looked up adoringly at Carlos, who in turn looked at me like a stray dog had just walked into his fantastic restaurant.
<b>bitterly</b>	'bɪt.ə.li	<i>adverb</i>	in a way which shows strong negative emotion such as anger or disappointment	He sighed bitterly and stormed off into a back room.
<b>clearly</b>	'klɪə.li	<i>adverb</i>	in a way that is easy to see, hear, read or understand	To be honest, the only thought in my head was that Julie and Carlos were clearly a couple. So what was I doing here?
<b>expectantly</b>	ɪk'spekt.əntli	<i>adverb</i>	in the way that you behave when you think that something pleasant or exciting is going to happen	They stood next each other, looking at me expectantly.
<b>meekly</b>	'mi:kli	<i>adverb</i>	in a way which is quiet, gentle, and not willing to argue or express your opinions in a forceful way	I meekly took the guitar and looked at it like I'd never seen one before.
<b>politely</b>	pə'laɪt.li	<i>adverb</i>	in a polite way	The couple clapped politely.
<b>unbelievably</b>	ˌʌn.bi'li:və.bli	<i>adverb</i>	in a way that is very surprising or difficult to believe	I noticed an unbelievably beautiful girl smiling at me.

uncertainly	ʌn'sɜ:.tənli	adverb	in a way that you behave when you do not know what to do or believe, or you are not able to decide about something	"Are you Steve?" asked the man, who was about a foot taller than me. I looked up at him, and nodded uncertainly.
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## Lesson 7A

get (my, your, our, their, etc.) own back (on sb)	get əʊn bæk	phrase	take revenge	After her husband had left her, the woman got her own back by destroying his favourite shirts.
get away from sth	get ə'wei frɒm 'sʌm.θɪŋ	phrase	leave behind	It's hard for ex-offenders to get away from their criminal record when looking for work.
get away with sth	get ə'wei wið 'sʌm.θɪŋ	phrase	do wrong and not be punished	The robbers got away with the jewel theft because there was not enough evidence to convict them.
get back	get bæk	phrase	return to	Women are more likely to get out of a prison sentence if they have children.
get into sth	get 'ɪn.tu: 'sʌm.θɪŋ	phrase	become involved in	My son has really got into crime novels recently.
get out of sth	get aʊt əv 'sʌm.θɪŋ	phrase	avoid doing something you should	It can be more difficult for close relatives to get through a prison sentence than for the criminals themselves.
get round sth	get raʊnd 'sʌm.θɪŋ	phrase	find a way of dealing with a problem	The government is trying to get round the problem of overcrowded prisons by releasing some prisoners early.
get round to sth	get raʊnd tu: 'sʌm.θɪŋ	phrase	do something that you have intended to do for a long time	I lost my credit card a few days ago but I haven't got round to reporting it yet.
get through sth	get θru: 'sʌm.θɪŋ	phrase	finish something	My work involves trying to get through to young offenders who think
get through to sb	get θru: tu: 'sʌm.bə.di	phrase	communicate successfully	It's difficult for prisoners to get back to the life they had before they went to jail.

## Lesson 7B

breakdown	'breɪk.daʊn	noun	a failure to work or be successful	I had a breakdown in the middle of the road.
break-up	'breɪk.ʌp	noun	the coming to an end of a business or personal relationship, caused by the separation of those involved	Long separations had contributed to their marriage break-up.
downpour	'daʊn.pɔ:ɹ	noun	a lot of rain in a short time	There was a sudden downpour.
get-together	'get.tə.ɡeð.ər	noun	an informal meeting or social occasion, often arranged for a particular purpose	a family get-together
input	'ɪn.pʊt	noun	something such as energy, money or information that is put into a system, organization or machine so that it can operate	I didn't have much input into the project.
intake	'ɪn.teɪk	noun	an act of taking in something, especially breath	I heard a sharp intake of breath behind me.
kick-off	'kɪk.ɒf	noun	the time when a game of football starts, or when it begins again after it has stopped because of a goal, etc.	Kick-off is at 2pm.
onset	'ɒn.set	noun	the moment at which something unpleasant begins	The new treatment can delay the onset of the disease by several years.
outcry	'aʊt.kraɪ	noun	a strong expression of anger and disapproval about something, made by a group of people or by the public	The release from prison of two of the terrorists has provoked a public outcry.
outlook	'aʊt.lʊk	noun	the likely future situation	The outlook for the economy is bleak.
setback	'set.bæk	noun	something that happens which delays or prevents a process from advancing	Sally had been recovering well from her operation, but yesterday she experienced/suffered a setback.
update	ʌp'deɪt	noun	when you update something or someone with new information	Jo's just doing an update on the mailing list.
upshot	'ʌp.ʃɒt	noun	something which happens as a result of other actions, events or decisions	The upshot of the discussions is that there will be no redundancies.

## Lesson 7C

<b>bright</b>	braɪt	<i>adjective</i>	clever and quick to learn	He's a really bright lad – I can't believe he'd turn to crime.
<b>bright</b>	braɪt	<i>adjective</i>	full of light	It was such a bright day I needed my sunglasses.
<b>crack</b>	kræk	<i>verb</i>	become very stressed because of work pressure etc.	Vicky is a good choice for the job because she doesn't crack under pressure.
<b>crack</b>	kræk	<i>verb</i>	a very narrow space between parts of something	I suddenly noticed the large crack in the ceiling.
<b>dawn</b>	dɔːn	<i>noun</i>	to begin to be understood by somebody	It suddenly dawned on the inspector who the criminal might be.
<b>dawn</b>	dɔːn	<i>noun</i>	the first light of daybreak	I have to get up at dawn to drive to work.
<b>flood</b>	flʌd	<i>noun</i>	to fill or enter a place in large numbers or amounts	The market is flooded with cheap, plastic goods.
<b>flood</b>	flʌd	<i>noun</i>	to cause to become covered with water	If it rains any more, the roads will soon be flooded.
<b>fly</b>	flaɪ	<i>verb</i>	to pass very quickly	The crime novel was so exciting, the time flew.
<b>fly</b>	flaɪ	<i>verb</i>	to travel through the air by plane, etc.	My parents flew to Brazil last week.
<b>freeze</b>	friːz	<i>verb</i>	to stop moving and become completely still	When I saw the burglar, I froze and couldn't move.
<b>freeze</b>	friːz	<i>verb</i>	to lower the temperature of something below 0°C causing it to become very cold and often hard	It was so cold that the lake froze.
<b>grill</b>	grɪl	<i>verb</i>	to ask somebody a lot of questions often over a long time	The police grilled him for hours about what he'd done that night.
<b>grill</b>	grɪl	<i>verb</i>	to cook something by direct heat	I grilled the meat for five minutes.
<b>storm</b>	stɔːm	<i>noun</i>	attack	The police stormed the building and rescued the hostages.
<b>storm</b>	stɔːm	<i>noun</i>	an extreme weather condition with strong winds, heavy rain and often thunder and lightning	The forecast warns a severe storm is on its way.
<b>warm</b>	wɔːm	<i>adjective</i>	friendly and affectionate	We got a warm welcome from my cousin.
<b>warm</b>	wɔːm	<i>adjective</i>	having a comfortably high temperature, although not hot	The pizza wasn't warm enough so I put it in the microwave.

## Lesson 8A

<b>for the time being</b>	fɔːr ðiː taɪm 'biːɪŋ	<i>phrase</i>	for the time being	For the time being, I'm going to stay in London.
<b>give sb a hard time</b>	grɪv 'sʌm.bə.di ə hɑːd taɪm	<i>phrase</i>	to give sb a hard time	My wife gives me a hard time about buying bottled water.
<b>have (got) no time for sb/sth</b>	hæv nəʊ taɪm fɔːr 'sʌm.bə.di 'sʌm.θɪŋ	<i>phrase</i>	to have (got) no time for sb/sth	I've got no time for people moaning about the smoking ban.
<b>have time to kill</b>	hæv taɪm tuː kɪl	<i>phrase</i>	to have nothing to do for a particular period of time	If you've got time to kill, you could do some washing up.
<b>have time to spare</b>	hæv taɪm tuː speə	<i>phrase</i>	to have time to spare	We arrived at the airport with time to spare so we did a bit of shopping before checking in.
<b>in plenty of time</b>	ɪn 'plɛn.ti əv taɪm	<i>phrase</i>	in plenty of time	If I take the motorway, we'll arrive in plenty of time.

<b>it's only a matter of time</b>	ɪt 'əʊn.li ə 'mæt.ər əv taɪm	<i>phrase</i>	it's only a matter of time	It's only a matter of time before we will experience an environmental catastrophe.
<b>make time for sb/sth</b>	meɪk taɪm fɔːr 'sʌm.bə.di 'sʌm.θɪŋ	<i>phrase</i>	to make time for sb/sth	We must make time for a meeting before starting the new project.
<b>take (my/your/etc.) time</b>	teɪk taɪm	<i>phrase</i>	to take (my/your/etc.) time	There's no hurry for the report. Take your time.
<b>there's no time like the present</b>	ðeər nəʊ taɪm laɪk ðiː 'prez.ənt	<i>phrase</i>	there's no time like the present	Why don't you call him now? There's no time like the present.

## Lesson 8B

<b>-al</b>	əl	<i>suffix</i>	used to add the meaning 'the action of' to nouns	Happiness for me, it seems, lies in being mundane; not very flattering, but at least it shows I have a keen sense of survival.
<b>-ance</b>	ənts	<i>suffix</i>	used to form nouns that refer to an action or series of actions	Whoever was causing this disturbance was obviously trying to enter my house at 4 a.m., uninvited, of course!
<b>-er</b>	ɜːr	<i>suffix</i>	added to some verbs to form nouns which refer to people or things that do that particular activity	They are the riders of roller-coasters, the fans of horror, the boy car
<b>-ment</b>	mənt	<i>suffix</i>	used to form nouns which refer to an action or process or its result	They love excitement, growth, change.
<b>-sion</b>	'sɪ.ən	<i>suffix</i>	added to verbs to form nouns showing action or condition	In an article I read about fear, it said there was a clear division between 'thrill-seekers' and 'fear-avoiders'.
<b>-ure</b>	ʃuə	<i>suffix</i>	used to form nouns from verbs	Nothing pleases them more than a difficult challenge, or better still, an impossible one. And failure to find this bit of danger in the day can leave them despondent.
<b>-y</b>	wai	<i>suffix</i>	used to form nouns from verbs	I have to say, my recovery was slow.

## Lesson 8C

<b>back off</b>	bæk ɒf	<i>phrase</i>	stop liking or being interested in someone or something	There's always the chance he'll back off if I come on too strong.
<b>come on strong</b>	kʌm ɒn strɒŋ	<i>phrase</i>	say someone is very attractive, but say it too forcefully	There's always the chance he'll back off if I come on too strong.
<b>go off</b>	gəʊ ɒf	<i>phrase</i>	stop being involved in a situation	For all I know he could have gone off me already.
<b>make no effort</b>	meɪk nəʊ 'ef.ət	<i>phrase</i>	to not try	If I make no effort, that leaves him with more of a challenge.
<b>make the first move</b>	meɪk ðiː 'fɜːst muːv	<i>phrase</i>	be the person to take action	Does it matter, with adults, who makes the first move?

## Lesson 9A

<b>at any price</b>	ət 'en.i praɪs	<i>phrase</i>	however much something cost	I love my coat so much; I would have bought it at any price.
<b>cost a fortune</b>	kɒst ə 'fɔː.tʃuːn	<i>phrase</i>	be very expensive	Have you ever bought something that cost a fortune and then regretted it?
<b>cost of living</b>	kɒst əv 'lɪv.ɪŋ	<i>noun</i>	the amount of money that a person needs to live on	Has the cost of living risen much over the last year?
<b>cost-effective</b>	ˌkɒst.ɪ'fek.tɪv	<i>adjective</i>	If an activity is cost-effective, it is good value for the amount of money paid	Travelling by train in Britain is not cost-effective.
<b>half price</b>	ˌhɑːfpraɪs	<i>adjective</i>	half the usual price	The big department stores have a lot of sales on and everything is half price.
<b>overpriced</b>	ˌəʊ.və'praɪst	<i>adjective</i>	costing too much	Have you bought anything recently that you thought was over-priced?

<b>price tag</b>	praɪs tæg	<i>noun</i>	a piece of paper with a price on which is fixed to a product	When you shop for clothes do you always check the price tag before you buy them?
<b>priceless</b>	'praɪs.ləs	<i>adjective</i>	describes an object which has such a high economic or sentimental value, the price of it cannot be calculated	Do you have anything that you would consider priceless?
<b>reasonably priced</b>	'ri:.zən.ə.bli praɪst	<i>phrase</i>	not expensive	Do you think basic commodities are reasonably priced?

## Lesson 9B

<b>-able</b>	'eɪ.bl	<i>suffix</i>	used with verbs to form adjectives which mean 'can be'	Their journey was totally unpredictable.
<b>-conscious</b>	'kɒn.ʃəs	<i>suffix</i>	used with nouns to form adjectives which mean 'thinking about or very concerned about something'	They were very health-conscious and only ate vegetarian food.
<b>-free</b>	fri:	<i>suffix</i>	used with nouns to form adjectives which mean 'without'	Their 8.000-mile walk certainly wasn't entirely stress-free.
<b>-ish</b>	ɪʃ	<i>suffix</i>	used with adjectives to form adjectives which mean 'to some degree or partly'	They started walking around sixish every morning.
<b>-ish</b>	ɪʃ	<i>suffix</i>	with nouns to form adjectives which describe what something or somebody is like	You're being so childish about this.
<b>-led</b>	led	<i>suffix</i>	used with nouns and nationalities to form adjectives which mean 'controlled by'	There were many community-led campaigns.
<b>-minded</b>	mɑɪndɪd	<i>suffix</i>	used with adjectives, nouns or adverbs to form adjectives which describe people with a particular character or interest	The two men weren't particularly money-minded.
<b>-proof</b>	pru:f	<i>suffix</i>	used with nouns to form adjectives which mean 'resistant to'	It was raining, but they didn't have waterproof clothing.
<b>-related</b>	rɪ'leɪ.tɪd	<i>suffix</i>	used with nouns to form adjectives that say one thing is connected with another	He's off work for stress-related reasons.
<b>-worthy</b>	'wɜ:.ði	<i>suffix</i>	used with nouns to form adjectives which say something is suitable or deserving to receive a particular thing	Don't worry about leaving Tom to lock up. He's completely trustworthy.

## Lesson 9C

<b>developing country</b>	dɪ'vel.ə.pɪŋ 'kʌn.tri	<i>noun</i>	a country with a relatively low level of income per person and little industrialisation	We're running a scheme to donate books to people in a developing country.
<b>economic decline</b>	i:.kə'nɒm.ɪk dɪ'klaɪn	<i>noun</i>	a decrease in a country's capacity to produce goods and services over a period of time	Our company has beaten the general economic decline to grow by 10% this year.
<b>economic growth</b>	i:.kə'nɒm.ɪk grəʊθ	<i>noun</i>	an increase in a country's capacity to produce goods and services over a period of time	Governments can control economic growth by raising or lowering interest rates and taxation.
<b>economic superpower</b>	i:.kə'nɒm.ɪk 'su:.pə,pəʊər	<i>noun</i>	a country which has very great economic power	Newly discovered oil fields in Brazil could soon make it into an economic superpower.
<b>gender discrimination</b>	'dʒen.dər dɪ'skrɪm.ɪ'neɪ.ʃən	<i>noun</i>	different treatment of people because they are either male or female	The company has been accused of gender discrimination for paying its male and female staff on different scales.
<b>housing market</b>	'haʊ.zɪŋ 'mɑ:.kɪt	<i>noun</i>	describing the supply and demand of property in a town, region or country	The housing market tends to slow down when interest rates go up.
<b>mass-produced</b>	,mæs.prə'dju:st	<i>adjective</i>	describes goods made cheaply and in large numbers, often using machines in a factory	These days almost all children's toys are mass-produced in countries like China.
<b>nuclear power</b>	'nju:.klɪər paʊər	<i>noun</i>	a type of power that is produced by dividing the nucleus of an atom	Nuclear power has long been the most controversial method of energy production due to the danger of the materials involved.
<b>overseas aid</b>	,əʊ.və'si:z eɪd	<i>noun</i>	the help, mostly economic, which is provided to countries abroad	Last week the Prime Minister promised to increase overseas aid by £1.5 billion.
<b>recession</b>	rɪ'seʃən	<i>noun</i>	a period of economic decline often accompanied by high unemployment	The country is likely to stay in recession for the rest of the year.



<b>record levels</b>	rɪ'kɔ:d 'lev.əlz	<i>noun</i>	higher levels than ever achieved before	In the early 1980s some towns had record levels of unemployment of over 25%.
<b>renewable energy</b>	rɪ'nju:.ə.bl 'en.ə.dʒi	<i>noun</i>	a form of energy, e.g. solar or wind energy, which can be produced as quickly as it is used	Power from flowing water, or hydropower, is the largest source of renewable energy.

## Lesson 10A

<b>besiege</b>	bɪ'si:dʒ	<i>verb</i>	to surround a place, especially with an army, to prevent people or supplies getting in or out	When Paris was besieged during the war in 1870, pigeons provided a vital link to the outside world.
<b>demolish</b>	dɪ'mɒl.ɪʃ	<i>verb</i>	to completely destroy something	Initially, only a couple were recruited when a quantity of money orders was demolished by rodents, and an allowance was paid to a Post Office porter for their upkeep.
<b>ebb away</b>	eb ə'weɪ	<i>phrasal verb</i>	If something ebbs away, it becomes less strong or disappears.	Commercial dog teams in Alaska and Canada saw their source of income ebb away when mail delivery contracts were lost to the aeroplane in the 1920s.
<b>far-flung</b>	,fɑ:'flʌŋ	<i>adjective</i>	describes places that are a great distance away, or something that is spread over a very large area	It is known that the ancient civilisations of Egypt, Persia, Mesopotamia, Greece and Rome relied on pigeons to carry messages to far-flung corners of their kingdoms and empires.
<b>pension off</b>	'pen.ʃən ɒf	<i>phrasal verb</i>	to make someone leave their job and give them a pension, usually when they have reached an age at which they can stop working	News comes via email these days, so the birds were pensioned off long ago.
<b>recruit</b>	rɪ'kru:t	<i>verb</i>	If an animal is 'recruited', it begins to work for a company or becomes a new member of an organization.	Initially, only a couple were recruited when a quantity of money orders was demolished by rodents, and an allowance was paid to a Post Office porter for their upkeep.
<b>scrupulously</b>	'skru:.pjə.ləsli	<i>adjective</i>	in a way that is extremely honest, or doing everything correctly and exactly as it should be done	Accounts of cats on the payroll were recorded scrupulously, but the cats never received a pay rise.
<b>smuggle out</b>	'smʌg.l aʊt	<i>phrasal verb</i>	to take things or people from a place secretly and often illegally	The birds were smuggled out in balloons, returning later with much-needed news.

## Lesson 10B

<b>a big relief</b>	ə bɪg rɪ'li:f	<i>phrase</i>	describes a large amount of relief	That was a big relief and a really unique, outstanding moment.
<b>a calm guy</b>	ə kɑ:m gaɪ	<i>phrase</i>	describes a man who is relaxed and not worried	He's a calm guy.
<b>a calm sea</b>	ə kɑ:m si:	<i>phrase</i>	describe the sea when it is still and has no waves	He prefers a calm sea.
<b>a cool guy</b>	ə ku:l gaɪ	<i>phrase</i>	used to comment positively about a man's attitude to life or style	Mike is a cool guy.
<b>a crazy guy</b>	ə 'kreɪ.zi gaɪ	<i>phrase</i>	describes a man who is stupid or not reasonable	Mike is a crazy guy.
<b>a dark colour</b>	ə dɑ:k 'kɒl.ər	<i>phrase</i>	describes colours that are nearer to black than white in colour	I don't like this dark colour.
<b>a dry day</b>	ə draɪ deɪ	<i>phrase</i>	describes a day without rain or without much rain	Yesterday was dry day with no rain at all.
<b>a dry wine</b>	ə draɪ waɪn	<i>phrase</i>	describes a wine that does not taste sweet	I love dry wines, especially the Australian wines.
<b>a faint possibility</b>	ə feɪnt ,pɒs.ə'bɪl.ɪ.ti	<i>phrase</i>	something that is not very likely to happen	The forecast said that there's a faint possibility of snow tonight.
<b>a gentle person</b>	ə 'dʒen.tl 'pɜ:.sən	<i>phrase</i>	describes a person who is calm or kind	He's a very gentle person.
<b>a gentle wind</b>	ə 'dʒen.tl wɪnd	<i>phrase</i>	describes wind that is not violent, severe, or strong	There was a gentle wind blowing.

<b>a heavy meal</b>	ə 'hev.i mɪəl	<i>phrase</i>	describes a lunch consisting of a large amount of solid food	It's not a good idea to do exercise after a heavy meal.
<b>a huge relief</b>	ə hju:dʒ rɪ'li:f	<i>phrase</i>	describes a very large amount of relief	That was a huge relief.
<b>a light colour</b>	ə laɪt 'kʌl.ər	<i>phrase</i>	describe pale colours	Shall we paint the room a light colour?
<b>a light meal</b>	ə laɪt mɪəl	<i>phrase</i>	describes a lunch that is small and easy to digest	I don't eat much for lunch – just a light meal.
<b>a low building</b>	ə ləʊ 'bɪl.dɪŋ	<i>phrase</i>	describes a building that does not measure much from the base to the top	It's a low building with only one floor.
<b>a modern building</b>	ə 'mɒd.ən 'bɪl.dɪŋ	<i>phrase</i>	describes a building that is designed and made using the most recent ideas and methods, or has existed for only a short time and is not old	The once-empty site is now covered with modern buildings.
<b>a patterned shirt</b>	ə 'pæt.ənd ʃɜ:t	<i>phrase</i>	describes a shirt with a design made from repeated lines, shapes, or colours	I have a colourful patterned shirt but my wife doesn't like it.
<b>a plain shirt</b>	ə pleɪn ʃɜ:t	<i>phrase</i>	describes a shirt that is not decorated in any way	My manager always wears a plain shirt to work.
<b>a rough sea</b>	ə rʌf si:	<i>phrase</i>	describe the sea with strong winds or big waves	I'm always seasick if it's a rough sea.
<b>a rough surface</b>	ə rʌf 'sɜ:.fɪs	<i>phrase</i>	describes a surface that is not even or smooth	The planet has a rough surface.
<b>a short person</b>	ə ʃɔ:t 'pɜ:.sən	<i>phrase</i>	describes a person of less than average height	He's quite a short person.
<b>a slight relief</b>	ə slɑ:t rɪ'li:f	<i>phrase</i>	describes a small amount of relief	That was a slight relief.
<b>a smooth surface</b>	ə smu:ð 'sɜ:.fɪs	<i>phrase</i>	describes a surface that is perfectly regular and has no holes, lumps, or areas that rise or fall suddenly	The marble has a smooth, shiny surface.
<b>a strong coffee</b>	ə strɒŋ 'kɒf.i	<i>phrase</i>	describes a cup of coffee that contains a lot of coffee powder compared to the water in it, so that it has a strong flavour	She has a strong coffee every morning.
<b>a strong possibility</b>	ə strɒŋ ,pɒs.ə'bɪl.ɪ.ti	<i>phrase</i>	something that is very likely to happen	The forecast said that there's a strong possibility of snow tonight.
<b>a strong wind</b>	ə strɒŋ wɪnd	<i>phrase</i>	describes wind that is powerful; having or using great force or control	The forecast warned of strong winds of up to 60 miles an hour today.
<b>a sweet wine</b>	ə swi:t waɪn	<i>phrase</i>	describes a wine that tastes sweet	I love Australian wines, especially the sweet wines.
<b>a tall building</b>	ə tɔ:l 'bɪl.dɪŋ	<i>phrase</i>	describes a building of more than average height	He works in a tall building in downtown San Francisco.
<b>a tall person</b>	ə tɔ:l 'pɜ:.sən	<i>phrase</i>	describes a person of more than average height	He's a tall person.
<b>a weak coffee</b>	ə wi:k 'kɒf.i	<i>phrase</i>	describes a cup of coffee that contains a lot of water compared to the coffee powder in it, so that it does not have a strong flavour	When I go to that café, they always give me a weak coffee.
<b>a wet day</b>	ə wet deɪ	<i>phrase</i>	describes a rainy day	If it's a wet day tomorrow, the children will have to stay inside.
<b>a young person</b>	ə jʌŋ 'pɜ:.sən	<i>phrase</i>	describes a person who has lived or existed for only a short time and is not old	He's not a young person.
<b>an aggressive person</b>	ən ə'gres.ɪv 'pɜ:.sən	<i>phrase</i>	describes a person who behaves in an angry and violent way towards other people	If I criticize him, he becomes an aggressive person and starts shouting.
<b>an old building</b>	ən əʊld 'bɪl.dɪŋ	<i>phrase</i>	describes a building that has existed for many years	The site is covered with old buildings.
<b>an old person</b>	ən əʊld 'pɜ:.sən	<i>phrase</i>	describes a person who has lived or existed for many years	I don't think of him as an old person

<b>light gloves</b>	laɪt glʌvz	<i>phrase</i>	describe gloves do not weigh very much	I'd be better off wearing light gloves
<b>plain food</b>	pleɪn fu:d	<i>phrase</i>	describes food with nothing added	He's only eating plain food because he's not feeling well.
<b>rich food</b>	rɪtʃ fu:d	<i>phrase</i>	describes food that contains a large amount of oil, butter, eggs, or cream	He shouldn't eat too much rich food.
<b>the easiest moment</b>	ði: 'i:zi.əst 'məʊ.mənt	<i>phrase</i>	describes a moment which needs little effort	What was your easiest moment?
<b>the lowest moment</b>	ði: ləʊəst 'məʊ.mənt	<i>phrase</i>	describes a moment with an unhappy emotional state	What was your lowest moment?
<b>the most challenging moment</b>	ði: məʊst 'tʃæl.ɪn.dʒɪŋ 'məʊ.mənt	<i>phrase</i>	describes a moment which is difficult, in a way that tests your ability or determination	What was your most challenging moment?
<b>the sweetest moment</b>	ði: swi:təst 'məʊ.mənt	<i>phrase</i>	describes a moment which is very pleasant and satisfying	Baumgartner thinks hard when asked about his jump's sweetest moment.
<b>the toughest moment</b>	ði: tʌfəst 'məʊ.mənt	<i>phrase</i>	describes a moment which is difficult to deal with	The toughest moment was when I lost my team.
<b>thick gloves</b>	θɪk glʌvz	<i>phrase</i>	describe gloves which are made of thick material	I'd be better off wearing thick gloves
<b>thin gloves</b>	θɪn glʌvz	<i>phrase</i>	describe gloves which are made of thin material	She was only wearing thin gloves.

## Lesson 10C

<b>gregarious</b>	grɪ'geəri.əs	<i>adjective</i>	(of people) liking to be with other people, or (especially of animals) living in groups	Emma's a gregarious, outgoing sort of person.
<b>jot sth down</b>	dʒɒt 'sʌm.θɪŋ daʊn	<i>phrasal verb</i>	to make a quick short note of something	I carry a notebook so that I can jot down any ideas.
<b>switch</b>	swɪtʃ	<i>verb</i>	to change suddenly or completely, especially from one thing to another, or to exchange by replacing one person or thing with another	He used to write in English and then he switched to French.
<b>trashy</b>	'træʃi	<i>adjective</i>	of low quality; with little or no value	It's one of those trashy programmes late at night.
<b>woolly</b>	'wʊli	<i>adjective</i>	made of wool, or made of something that looks like wool	Put a woolly jumper on if you're cold.

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