

Linguaskill

from **Cambridge**

LINGUASKILL VOCABULARIO |INTERCAMBIOIDIOMASONLINE|
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Curriculum: Learning Topics

Each learning topic contains high frequency vocabulary and example exams that give the learner a balanced and complete preparation for the exam.

Unit 1: People and their lives

Learn language about routines, where people live and how to .

Unit 2: Hobbies and leisure time

Learn about free time and how to express preferences.

Unit 3: Education and learning styles

Learn about education and language learning.

Unit 4: Travel and movement

Learn about travel, transport and how people get around.

Unit 5: Work and employment

Learn about jobs and our working lives.

Unit 6: Money and consumerism

Learn about finance and the way people use and spend money.

Unit 7: Health and wellbeing

Learn about the human body, food and diets,

Unit 8: Technology and communication

Learn about technological advancements and development.

Unit 9: The environment and the natural world

Learn about our planet, nature and the changing environment

Unit 10: Crime and social issues

Learn about current and past social issues such as crime

Levels A2 to C1 available: Choose your level and download the lists for each topic

Methodology: PASS

An essential part of language learning is the method that we use to achieve fluency. Everyone learns in their own way and these small individual differences make every learning process unique, therefore, we have developed a simple methodology that can easily be adapted according to each learner's individual nuances. What is essential however is that learners have a strict process that is both achievable and they enjoy:

FIND A WORD - WRITE THE WORD - WRITE 5 SENTENCES - SAY THEM ALOUD

PRIORITIZE: language learners must choose what they wish to learn and focus their attention on what they need to know. A language has an almost infinite amount of vocabulary and structures, and learners need to pick what they wish to learn and write it down in their notebook in an organised way.

APPLY: learners should use the language that they have selected and put it into phrases and contexts that they are likely to use. It is important to have a clear idea of how you will use language. Write phrases, questions and expressions that are relevant to your life, you will remember them if they are personal.

SAY: to consolidate language, learners need to use language in a conversation. Saying new words, phrases and expressions out loud is a key element of our method. It will give you the confidence to speak fluently and you can also check pronunciation.

SEARCH FOR A SYNONYM: learners should avoid translation and try to improve your vocabulary. You need to link new vocabulary to synonyms and similar expressions, this will help you to enhance your speaking, reading, listening and writing skills.

This is a tried and tested method that is based on solid linguistic theory. We have based our method on a communicative approach to language learning that uses simplified grammar. Our principal focus is on communication, consistency and organisation. If it is followed in a consistent way, success is guaranteed!

A2 VOCABULARY: UNIT 1 PEOPLE AND THEIR LIVES

| NOUNS | VERBS |
|--|---|
| Alarm clock Apartment/flat Balcony Basement/cellar Bathroom Bed Bedroom Bedside table Cleaning Closet Computer Cupboard Cutlery Dining room Door handle Dresser/chest of drawers Duvet/cover Garage Garden Hob House Housework Kitchen Laundry/washing Living room/Lounge Loft/attic Mirror Oven Pillow Pots and pans Routine School Shop Supermarket Wash basin | Brush (PD*) hair Brush (PD*) teeth Clean Do exercise Drink Eat Get dressed Get undressed Go to bed Go to work Have a shower Hoover/Vacuum Iron Live Need Relax Rest See Set Shave Sing Sleep Stay Sweep Take Tell Tidy Use Want Wash Watch TV Work |
| ADJECTIVES | PHRASAL VERBS |
| Easy Everyday Familiar Friendly Funny | Carry on Get around Get up Go out |

| | |
|--|--|
| Habitual Hard Kind Nice Noisy Organised Normal Pleasant Quiet Sociable Strange Strict Talkative Traditional Unkind Usual Unusual | Make for Put away Stay up Tidy up Wake up Wash up Work out |
|--|--|

A2 VOCABULARY: UNIT 2 HOBBIES AND LEISURE TIME

| NOUNS | VERBS |
|---|--|
| Activity Bat Board game Book Captain Cinema Club Coach Competition Concert Festival Fun Goggles Group Gym Kit Match Music Novel Participant Player Raquet Shopping centre Sport Swimming pool Team Trunks | Collect Cook Create Dance Draw Fish Go Listen to Lose Organise Paint Play Participate in Practise (the piano) Read Relax Rest Run See Sing Start Swim Train Travel Watch (TV) Win |
| ADJECTIVES | PHRASAL VERBS |
| Boring Difficult Enthusiastic Easy Fun Funny Friendly Interesting Long New Old Short Tired | Be into Get into Go out Join in Stay in |

A2 VOCABULARY: UNIT 3 EDUCATION AND LEARNING STYLES

| NOUNS | VERBS |
|--|--|
| Activity Board Canteen Class Classroom Computer Course Desk Dictionary Exam Folder Language Lesson Library Marks Material Notebook Notes Pencil case Pupil Resources School Student Subject Talent Teacher Uniform University | Attend (a class) Answer Comprehend Copy Do (an exam) Do (your homework) Fail Get (a good grade) Go (to school) Learn Listen to Make an effort Pass Read Receive Remember Review Revise Say Study Take notes Test Think about Translate Try Underline Understand Write (a paper) |
| ADJECTIVES | PHRASAL VERBS |
| Artistic Boring Difficult Easy Educational Entertaining Intelligent Interesting Mental Naughty Sporty Talented Tiring Useful Useless | Carry on Give up Hand in Look up Take up |

A2 VOCABULARY: UNIT 4 TRAVEL AND MOVEMENT

| NOUNS | VERBS |
|---|--|
| Airport Baggage Bicycle Bus Bus station Bus stop Campsite Car Coach Coach station Ferry Foreigner Harbour Helicopter Holiday Hotel Hostel Motorbike Passport Plane Platform Public transport Resort Suitcase Tourist Traffic Train Train station Vehicle Visitor | Act Arrive at Arrive in Bring Buy Cancel Carry Catch Come Crash Dance Drive Enjoy Fly Get (the train) Go (by train) Include Look at Miss (a bus) Pack (a bag) Postpone Prepare Reserve Ride Sail Stay (in a hotel) Take (the bus) Travel Try on Visit |
| ADJECTIVES | PHRASAL VERBS |
| Busy Cheap Close Dangerous Dirty Empty Expensive Far Long Loud Short | Get back Get off Get on Go back Take off |

A2 VOCABULARY: UNIT 5 WORK AND EMPLOYMENT

| NOUNS | VERBS |
|---|---|
| Artist Boss Business Businessman/woman Career Department Driver Industry Job Journalist Leader Manager Meeting Objective Pension Profession Receptionist Tax Wages Waiter/waitress Wealth Work Writer | Apply Ask Delegate Earn Explore Get (a good job) Give Have (a job) Help Impress Instruct Interview Learn Lose (a job) Manage Organise Pay Retire Talk to Tell Train Try Wait Watch Work |
| ADJECTIVES | PHRASAL VERBS |
| Badly-paid Early Easygoing Educated Hardworking Intense Late Rich Permanent Poor Prepared Stable Steady Temporary well-paid | Call off Give back Go on Look for Set up Take on |

A2 VOCABULARY: UNIT 6 MONEY AND CONSUMERISM

| NOUNS | VERBS |
|--|--|
| Bank Basket Bookshop Brand Card Cash Cashpoint Clothes shop Customer Display Earnings Fortune Market Money Price Poverty Profit Purse Receipt Shop/store Shop assistant Shopping centre Supermarket Trolley Wallet Wealth | Buy Carry Cost Do the shopping Earn Export Get (a bag) Give (a present) Go shopping Import Invest Keep (the change) Look for Manage Need Obtain Pay for Push Put Save Sell Select Shop for Spend on Take Wait |
| ADJECTIVES | PHRASAL VERBS |
| Cheap Closed Expensive Exported Imported Inexpensive Open Poor Popular Rich Saved Wealthy | Get by Give away Pay back Put in Save up Take back |

A2 VOCABULARY: UNIT 7 HEALTH AND WELLBEING

| NOUNS | VERBS |
|---|--|
| Antibiotics Cold Cough Disease Exercise Fever/temperature Fruit Gym Health Illness Infection Ingredient Meal Operation Pain Pharmacy/chemists Pill Practice Salt Sneeze Taste Treatment Vegetables Vitamin | Climb Cook Cycle Do sport Drink Eat Exercise Go Ignore Infect Jog Play Practise Prepare Run Ski Suffer Surf Swim Time Try Warm (up) |
| ADJECTIVES | PHRASAL VERBS |
| Bitter Fit Healthy High Infected Low Poorly Salty Sick/ill Sour Sporty Spotty Sweet Tasty Treatable Unfit Unhealthy | Get over Go off Lie down Sit down Stand up Work out |

A2 VOCABULARY: UNIT 8 TECHNOLOGY AND COMMUNICATION

| NOUNS | VERBS |
|--|--|
| Application Blog Camera Computer Devices Document DVD Equipment File Harddrive Headphones Internet Keyboard Mobile phone Mouse MP3 player PDF Post Printer Screen Speakers Technology USB stick Webcam Website | Blog Bring Chat Copy Discover Download Invent Impact on Improve Investigate Lack Look at Modernize Open (a file) Operate Paste Print Receive Run Send Stream Study Type Upload Watch |
| ADJECTIVES | PHRASAL VERBS |
| Automatic Bored Digital Great Hard Maximum Metal Minimum Modern New Offline Old Online Plastic Unique Uploaded Uptodate | Break down Make up Set up Turn on Turn off |

A2 VOCABULARY: UNIT 9 THE ENVIRONMENT AND THE NATURAL WORLD

| NOUNS | VERBS |
|--|--|
| Amphibian Animal Change Climate Damage Earth Environment Experiments Forest Habitat Insect Lightning Mammal Mountain Nature Planet Rain Reptile Sun Thunder Weather Wind World | Amaze Calm Change Cool Decrease Experiment Explode Freeze Improve Increase Learn about Locate Litter Name Preserve Prevent Protect Rain Recycle Rescue Save Want to Warm |
| ADJECTIVES | PHRASAL VERBS |
| Amazing Chilly Cloudy Cold Cool Foggy Freezing Hot Mild Rainy Stormy Warm Wild Windy | Blow up Clear up Keep out Look after Tidy up |

A2 VOCABULARY: UNIT 10 CRIME AND SOCIAL ISSUES

| NOUNS | VERBS |
|---|---|
| Accident Community Crime Criminal Damage Death Habit Investigation Law Politics Population Prison Privacy Protest Punishment Robber Robbery Routine Society Survival | Accept Accuse Admit Arrest Cause Criticise Damage Deny Die Discuss Forgive Insult Investigate Order Protest Punish Respect Rob Steal Survive |
| ADJECTIVES | PHRASAL VERBS |
| Calm Criminal Guilty Illegal Impossible Legal Loud Quiet Peaceful Possible Public Reasonable Responsible Social | Beak in Get away with Pick up Tell off Watch out |

B1 VOCABULARY: UNIT 1 PEOPLE AND THEIR LIVES

| NOUNS | VERBS |
|---|--|
| <p>Argument Boyfriend Couple Discussion/conversation Divorce Girlfriend Husband Marriage Mood Neighbour Neighbourhood Outskirts/suburbs Patience Privacy Relationship Relative/relation Respect Siblings Temperament Wife</p> | <p>Apologise Can't stand (gerund) Clean Cry about Detest Dislike Enjoy Feel Hate Joke about Knock on (the door) Laugh about Live in Look at Marry Mind (gerund) Rent Respect Shout at/about Trust</p> |
| ADJECTIVES | PHRASAL VERBS |
| <p>Amazed by/at Angry/annoyed/cross about Aware of Bored of/with Emotional Enthusiastic about Excellent at Excited about Fascinated by Glad about/with Grateful for Interested in Jealous of Lively Loyal to Naughty Polite to/about Rude to/about Tired of/with Upset with/about Worried about</p> | <p>Calm down Cheer up Come on Crack up Go on Hang on Let down Run away Shut up Speak up</p> |

B1 VOCABULARY: UNIT 2 HOBBIES AND LEISURE TIME

| NOUNS | VERBS |
|---|--|
| Challenge Changing rooms Competition Computer/video games Concert Entertainment Fashion Fun Hobby Interest Locker Magazines Documentaries Leisure Match Opponent Race Referee Score TV/television the internet Travel Watch | Amaze Begin Can't stand Cheat Compete Defeat Despise Feel like/Fancy Jog/go jogging Kick Loathe Lose Plan Risk Score Shop for Shopping Spend time (gerund) Support Surf Tend (infinitive) Travel Win |
| ADJECTIVES | PHRASAL VERBS |
| Active Athletic Big on Boring/dull Challenging Crazy/mad about Energetic Entertaining Fond of Fun Interested in Organised Keen on Risky Trained | Be into Call on Carry on Get around to Get into Give up Go off Go out Hang out Join in Look forward to Take up |

B1 VOCABULARY: UNIT 3 EDUCATION AND LEARNING STYLES

| NOUNS | VERBS |
|--|--|
| Assignment Break/playtime Curriculum Degree Examiner Example Exercise/task Grade Instruction Lecture Lesson Notes Profesor Pupil Qualification Seminar Student Studies Subject Talent Teacher University | Complete Correct/mark Experience Fail Fill in Guess Listen to Look at Mark Pass Remember Remind Resume Review Revise Search for Set (homework) Sit/take/do (an exam) Study Summarize Teach Test |
| ADJECTIVES | PHRASAL VERBS |
| Bad at Clever/smart/Intelligent Concerned about Experienced Focused on Good at Hardworking/Studious Involved in Lazy/idle Prepared for/Trained for Qualified for Ready for Stressed about Stupid/Slow Talented at Qualified | Be into Catch up with Cross out Drop out Go over Hand in Keep up with Look forward to Look up Read out Stick to Turn over Write down |

B1 VOCABULARY: UNIT 4 TRAVEL AND MOVEMENT

| NOUNS | VERBS |
|--|---|
| Accommodation Booking/reservation Border City-break Coach Cruise Delay Desert Destination Flight Journey Jungle Language Luggage/baggage Means of transport Memory/experience Monument Motorway Rainforest Souvenirs Tourism Traffic Traffic jam Trip Valley | Arrange Arrive at Become Book/reserve Bore Cancel Catch/take Delay/postpone Excite Get to Land Pack Photograph Reach Reduce Show Sightsee/go sightseeing Speak (a foreign language) Sunbathe Surprise Tour Translate Vary View |
| ADJECTIVES | PHRASAL VERBS |
| Abroad Booked Convenient Crowded Expensive Foreign Lengthy Low-cost Luxury/ 5 star Nearby Reasonable | Check in Check out Drop off Get back Go away Go back Get off Hold up Pick up See off Set off Take off |

B1 VOCABULARY: UNIT 5 WORK AND EMPLOYMENT

| NOUNS | VERBS |
|--|--|
| Ability Ambition Application Company Contract Employee Employer/boss Employment Goal Income Interview Pension Pressure Process Profession Retirement Role Salary Skills Staff Tax Wages | Apply for Borrow Commute Create Dedicate Deserve Earn Employ/hire Explain Handle Impress Interview Lead to Lend Manage/run (a business) Retire Search for/look for Seek (work) Strike Train Translate Worry |
| ADJECTIVES | PHRASAL VERBS |
| Ambitious Bored of Bossy Calm Diligent Employed Fed up of/with Hardworking Impossible Incorrect Pressured Previous Productive Retired Secure Successful Terrible at Wealthy | Call off Give back Keep on Put off Set up Take in Take off Take on Take over Take to |

B1 VOCABULARY: UNIT 6 MONEY AND CONSUMERISM

| NOUNS | VERBS |
|--|--|
| Bargain Brand Cash desk/till Change Changing rooms Choice Coin(s) Cost/Expense Credit card Customer Decision Discount Fee Label Money Note Payment Purchase Receipt Return Sale Sales Saver Savings Shop/sales assistant Shopping centre/mall Supermarket Waste | Afford (v) Ask about Ask for Be on discount Belong to Borrow (STH) from (SB) Buy/Purchase Choose between Compare with Decide on Demand for Do the shopping Export Fit Go shopping Import Invest Lend (STH*) to (SB*) Own Pay for Possess Save Search for Spend on Suit Take into account Think about Waste on |
| ADJECTIVES | PHRASAL VERBS |
| Addictive Affordable Cheap/reasonable/well-priced Costly Fashionable Free Unfashionable Unpopular Valuable Varied Worth | Add up Give away Go for Hurry up Opt out (of) Pay back Save up (for) Take back |

B1 VOCABULARY: UNIT 7 HEALTH AND WELLBEING

| NOUNS | VERBS |
|---|---|
| Balance Basketball court Benefit Champion Check-up Competition Complaint Cure Defeat Diet Football pitch Health Injury Fitness Fitness centre Flu Gym Medication/Medicine Preparation Recovery Risk Running Track Score Sports centre Stretch Swimming pool Treatment Work-out | Advise about Balance Believe in Breathe Chew Combine with Complain about Contain Cook Cure Fight against Get fat Get fit Get worse at Give advice to Ignore Improve at/get better at Injure Jog Limit Lose weight Prescribe Recover from Suffer Taste Treat Try Worsen at/get worse at |
| ADJECTIVES | PHRASAL VERBS |
| Addicted to Balanced (Un)Believable Combined with Contagious Fit/in shape Infectious Injured/hurt Related to Pleased with/by | Cut down (on) Get into Give up Go off Put on (weight) Run out (of) Take up Work out |

B1 VOCABULARY: UNIT 8 TECHNOLOGY AND COMMUNICATION

| NOUNS | VERBS |
|--|--|
| Conclusion Development Download Experiment Gadget Harddrive Hardware Headphones Headset Innovation Invention Lack Laptop Measurement Microphone Monitor Password Plug Printer Program Scanner Screen Search engine/browser Software Update USB cable Web developer | Automate Chat Click Complicate Copy Decrease Develop Download Experiment with Fascinate Install Invent Involve Mean Paste Post Print Program Record Repeat Respond to Run Scan Update Upload Understand Unplug |
| ADJECTIVES | PHRASAL VERBS |
| Actual Artificial Automatic Complicated Digital Exact Innovative Maximum Minimum Modern Precise Sudden Technological | Come across Find out Log off Log on Make out Plug in Pull off Put on Put up Switch on Switch off Work on |

B1 VOCABULARY: UNIT 9 THE ENVIRONMENT AND THE NATURAL WORLD

| NOUNS | VERBS |
|--|--|
| Avalanche Change Cliff Climate change Cloud Contamination Countryside Destruction Earthquake Environment Forecast Heat Heat wave Impact Increase in Lack of Litter/rubbish/trash/garbage Mist Moon Natural disaster Pollution Possibility Preservation Recycling Solution to Star Tide Wave Wildlife | Cause damage to Cool Consider Consist of Contaminate Deal with Defend Destroy Dry Escape from Evolve Forecast Flood Have (something) left/remaining Heat Hide Litter Look out for Melt Mix Preserve Pollute Prevent from Recover from React Recycle Resolve Settle for Think about |
| ADJECTIVES | PHRASAL VERBS |
| Aware of Boiling Concerned/worried about/by Global International Local National Responsible for Serious about Short of | Blow up Build up Clear up Die out Keep out Make up for Put out Run out of Stand up for |

B1 VOCABULARY: UNIT 10 CRIME AND SOCIAL ISSUES

| NOUNS | VERBS |
|---|--|
| Accident Assumption Cause Claim Community Crime scene Doubt Fraud Insult Investigation Judge Jury Motive Police Police officer Population Prison/jail Punishment Purpose Robbery Society Theory Thief Vandal Victim | Arrest Assume Break Cause Claim Commit (a crime) Commit suicide Complain Convince Criticise Demand Deny Doubt Forgive Investigate Kill Order Persuade Pretend Provide Punish Realise Refuse Report Warn Witness |
| ADJECTIVES | PHRASAL VERBS |
| Extreme Ideal Illegal Negative Positive Sensible Serious | Break into Get away Get rid of Look into Run away Watch out Work out |

B2 VOCABULARY: UNIT 1 PEOPLE AND THEIR LIVES

| NOUNS | VERBS |
|--|---|
| <p>Acquaintance Blame/fault Bills Colleague/Mate Enjoyment/pleasure Fault Favour Honesty Independence Intuition about Mood Mortgage Parents Partner/couple Promise Punctuality Relationship Relatives Rent Sibling Tolerance for</p> | <p>Agree with/on Apologise/say sorry Approve of sth Argue with/about Blame for Boast Bother/annoy Chat Deny Depend/rely on Fancy Frown Gossip Live/inhabit/reside Meet/know (people) Pretend/imitate/copy Seem/Look like Shout Smile Support/assist/help Swap</p> |
| ADJECTIVES | PHRASAL VERBS |
| <p>Connected Curious Eager (infinitive) Easy-going Extraordinary Independent Jealous/envious of Moody Proud of Ridiculous Reliable Rural Sensible Sociable/talkative/chatty/outgoing Unknown Urban Willing (infinitive)</p> | <p>Bring up - start talking about sth Chill out – relax Fit in with – be assimilated into friends Get along (with) – have a good relationship Get at – suggest Get into – start liking Go off – stop liking Grow up – become older Look up to – admire Pass away – die Put up with – stand for Stand out – be different/remarkable Stay in – not go out Stay out – not go home Stay up – not go to bed Stick to – continue doing the same</p> |

B2 VOCABULARY: UNIT 2 HOBBIES AND LEISURE TIME

| NOUNS | VERBS |
|---|---|
| <p>Court DIY Draw Elimination Freedom Half time/interval Hobby/pastime Involvement Loss Pitch Referee Ring Rink Spectator/Viewer Track Trunks Umpire Win/Victory Work-out/exercise session</p> | <p>Alter Arrange/plan Beat Cannot help (ing)/not avoid (ing) Can't stand Compete against Draw Eliminate Get to/reach Involve in Join in Concentrate/focus on Loathe/detest/despise Participate in Support Score Take a fancy to Unwind Wonder/think/reckon</p> |
| ADJECTIVES | PHRASAL VERBS |
| <p>Addictive Amateur Amusing/fun Crazy/mad about Eager (infinitive) Entertaining Enthralling Exciting Exhausting Frustrating Gratifying Gripping Hooked Influential Narrow-minded Professional Thrilling Time-consuming</p> | <p>Calm down - relax Call off - cancel Carry on – continue End up – final result Get (a)round to – start (after planning) Get into – start liking Get up to – do sth/do sth you should not Go off – stop liking Hang out (with) – spend time (with) Join in – participate in Lounge about - do nothing Put off – delay Put up with – tolerate Root for - support Sign up for – do/join a team or club Stand for – tolerate/protect or defend Take to – become good at Take up – start doing</p> |

B2 VOCABULARY: UNIT 3 EDUCATION AND LEARNING STYLES

| NOUNS | VERBS |
|--|---|
| Assignment Certificate/Diploma Colleague/classmate Coursework Deadline Degree Essay/writing Flexibility Focus/goal Lecture Qualification Qualities Recognition Result/grade/mark Seminar Speech Strength Subject Task/activity Thesis Training Weakness | Achieve/get good grades Certify Complain about Consist of Count Educate Handle/cope with/deal with Hope/wish/expect Lecture Measure Pass/fail/take/do (an exam) Qualify Revise/review/go over/cram Satisfy Settle for Speak Strive Succeed in Teach Thrive Understand/take in/get Value |
| ADJECTIVES | PHRASAL VERBS |
| Able (Un)Achievable Attentive Bright Capable of Certified Educated Focussed Hopeful (Il)Literate Qualified Recognised Settled (Un)Successful Suitable for | Catch on – understand Deal with – handle/cope with Drop out (of) – stop studying/going to Fall behind – not do sth fast enough Find out – discover information Get at – suggest Get away with – not be caught or punished Get on with – continue doing Go for – choose Go into – begin to describe in detail Go over - review Make up – invent information or a story Take down – write down Take in – understand Think over – consider |

B2 VOCABULARY: UNIT 4 TRAVEL AND MOVEMENT

| NOUNS | VERBS |
|--|---|
| Accommodation Arrangement/plan Attempt Booking/Reservation Border Choice/Option Distance Fare/Fee Guide Impact (Foreign) language Package tour Phrase book Route Scenery Sight Sign/signal Territory Tourism Voyage | Advance/progress Appeal to Appear Arrange/plan Attempt Book/reserve Choose/pick/go for Differ from Dream about/of Find/come across Guide/lead Inhabit Know/meet/get to know Live/stay Photograph Regret (ing) Search/look for Sightsee Spend/take (time) Sunbathe |
| ADJECTIVES | PHRASAL VERBS |
| Amazed Arranged Astonished Astounded Impressive Medieval Over-populated Regretful Reliable Striking Stunning Superb Surprised Thrilled Touristic Unspoilt Vast Well-known | Catch up with – get to the same point as Check in – enter a hotel/flight Check out – leave a hotel Check out – look at sth Drop off – leave in a place Get around – move from place to place Get back – return Get/go away – go on holiday/escape Hold up – delay Hurry up – go faster Look around – explore Look forward to – be excited about Make for – head in a direction Pick up – collect See off – say goodbye at the airport etc. Set off – start a journey Take off – the plane leaves the ground |

B2 VOCABULARY: UNIT 5 WORK AND EMPLOYMENT

| NOUNS | VERBS |
|--|--|
| Attendance Boss/CEO Business/company/firm Employee Employer Enterprise/start-up Excitement Job/work/career Manager Meeting Over time/duty Pension Pressure Promotion Qualifications Redundancy Resignation Retirement Role model Scheme Shift Teamwork Timetable/schedule Work experience Work placement | Apply for (a job) Change/swap (jobs) Collaborate Commute to/get to/travel to work Distract Earn/win/lose/save/cost (money) Employ/hire/contract/take on Hand/give in Idolise Insist on Mean (infinitive) Notice/realise Pay/income/salary/wage Qualify as/in sth Rely on/Depend on Resign/Quit/give up a job Retire Sack/fire/make redundant/lose a job Start/begin work Substitute/cover Take a break/relax/rest Take (a) holiday/time off Work as/in/at Work like (=similar to) |
| ADJECTIVES | PHRASAL VERBS |
| Collaborative Disciplined Diligent Experienced in/at sth Full-time Insistent Part-time Permanent Punctual Reliable Responsible for sth Stressful Temporary Trustworthy | Bring out – start selling a new product Catch up (on/with) – reach the same level Go over – review Keep up with an activity - follow the pace Opt out of – decide not to Stand in for – substitute Set up – start a business Take on – hire/employ Take to – become good at/become a habit Take over – take control of Turn down – reject Work away – work abroad Work out – solve or find a solution |

B2 VOCABULARY: UNIT 6 MONEY AND CONSUMERISM

| NOUNS | VERBS |
|---|--|
| Advertising/commercials Agenda Amount of Bargain Bill Cash/credit card/cheque/debit card Client/customer Communication between...and... Costume/fancy dress Discount/reduced price Increase in (price) Inspiration Label/price-tag Look/appearance Make/brand/label Price/cost Receipt Refund Shopping centre/mall/department store Things/stuff/possessions Till/checkout/cash register Transformation Type/kind of Distributor | Advise/give advice about Attract/get attention Borrow (money) from sb Buy/purchase Charge sb for sth Choose/go for Create/design Distribute Earn money/make a profit Fit Enthuse/create interest Get better/improve/get worse/worsen Lend (money) to sb Live above your means Look at/glimpse/glance at Look like/seem Owe money/ Change pick/select Produce/make/manufacture/fabricate Sell/get rid of/cash in on Spend (money) on Succeed/achieve Suit/match/go together/compliment Supply/sell |
| ADJECTIVES | PHRASAL VERBS |
| Admired Advertised Appealing Attractive Biased Cheap/low-cost In debt Exclusive Inspired Legitimate Modern/traditional/new age Publicised Used to (ing) | Bank on – depend Buy (sth) up – purchase large amounts of Buy (sb) out – pay to have control of a Cash in on (sth) – sell (sth) for profit Do without – live without Get by – manage with little money Pay (sth) off – pay all of Pay up – give sb the money you owe them Put by – save money for the future Save up (for) – keep a little money for Sell out – not have any left/sell all of |

B2 VOCABULARY: UNIT 7 HEALTH AND WELLBEING

| NOUNS | VERBS |
|---|--|
| Advantage/disadvantage of sth Alternative Antibiotics/medicine/pills/tablets/vaccines Binge Bond Cuisine/dish/diet Danger of Exhaustion/tiredness Exposure to Illness/disease Injury/pain Lack of Ligaments/tendons/muscles Livelihood Misery Need of sth Result of Standard/quality Upbringing | Care/mind/matter Choose between Chop/cut/slice/mince Cure/recover/get over Develop (fitness) Disappoint Faint/pass out Fill with Hurt/injure/damage/dislocate Mix/stir/whisk/beat/blend Oven/Bake/Boil/Microwave/Fry/Steam/Grill Regard as Recommend/suggest/advise/endorse Satisfy Sip Suffer from Swallow Try (food) Vomit/puke |
| ADJECTIVES | PHRASAL VERBS |
| Alert Allergic Alternatively Bothered with Contagious/catchy Eligible Fit Fussy/picky Healthy Hurt/in pain/injured Ill/sick/poorly Illicit In shape Knackered Prone to Sore Tired of/Sick of/Bored of Worth (ing) | Bring on – cause an illness Cut down (on) – reduce the amount of Eat out – eat in a restaurant Feel up (to) – feel well enough to Get over – recover from Go/come down with – become ill Go for – choose Run out of – not have any left Pass away – die Pass out – faint/become unconscious Pull through – recover from Put off – make sb not want sth any more Put on – gain weight Swell up – become inflamed Turn out – have a particular result Warm up – prepare for sth Work out – do exercise |

B2 VOCABULARY: UNIT 8 TECHNOLOGY AND COMMUNICATION

| NOUNS | VERBS |
|---|---|
| <p>Attempt (infinitive) Blogging Computing/ICT/IT Development Downside of Fact/truth Gadget/device Hacker/Hacking Innovation Matter of (fact) Meeting Network Podcast Proposal Reason/cause Report Survey Techie/Technical person Upside of Video conference Way/method</p> | <p>Attempt/try/test Automate Become/Turn into Blog Browse Design/develop/create/work on Download Estimate/calculate Expect/intend Experiment with Hack Install Keep in touch/maintain contact Observe/watch/look at Progress/advance Repair/fix/mend Research/look into Surf the internet Update Upload Work on/at sth</p> |
| ADJECTIVES | PHRASAL VERBS |
| <p>Artificial/false Deteriorating Downloaded Driverless Fake Innovative Life-changing Man-made Offline/Online Outdated Progressive Revolutionizing Secure Simulated Temperamental Updated Viral</p> | <p>Build up – construct a lot of buildings Carry out – perform an experiment Catch up with - speak after a long time Come off – succeed Come on – make progress Come up with – think of Find out – discover information Get up to date – have the current information Look forward to – be excited about Plug in – connect to a power supply Turn into – become/change into Turn off – stop machine from working Work on – dedicate time to perfect sth Work out – find a solution/resolve</p> |

B2 VOCABULARY: UNIT 9 THE ENVIRONMENT AND THE NATURAL WORLD

| NOUNS | VERBS |
|---|---|
| Audit Carbon dioxide Climate Conservation area Defence of Denial Emissions Forecast/prediction Fossil fuels Influence on Landfill site Natural disasters - <i>tsunami, earthquake, flood, drought, hurricane, tornado, landslide, acid rain, climate change/global warming</i> Reservoir Rubbish/trash/waste/refuse/litter/garbage Pond Puddle Warning sign | Admit to Audit Become extinct Blame for Bustle Campaign for Confess Control Crown Deny Develop/construct/build Evaluate Insist Prevent/impede Protect/defend from Recycle/reuse Take care of Take into account Urge Worry about |
| ADJECTIVES | PHRASAL VERBS |
| Aggressive Aware of Bleak Considerate of Direct Dreary Extinct/endangered/be in danger Famous/known for Groundbreaking Indirect Overcrowded Short of/on Sustainable Natural Over-used Recyclable Reusable | Call for – require Call off – cancel Clear up – when the weather improves Cut down (trees) – chop trees down Cut down (on) – reduce Cut out – stop using/doing Die out – when all of sth dies Face up to – accept as true Give off – emit (fumes etc.) Look after – take care of Put down to – suggest sth is the result of Stand for – represent sth Stand up for – defend/protect Throw away – get rid of/put in the bin |

B2 VOCABULARY: UNIT 10 CRIME AND SOCIAL ISSUES

| NOUNS | VERBS |
|---|---|
| Assault Blame/fault Bribery Bribe Criminal/robber/thief/burglar Fine/punishment/penalty Guilty of Hooligan Immigrant In doubt Innocent of Justice Law/rule/regulation Lawyer Manslaughter Mistake/error Mugging Murder Murderer/killer Prison/jail Proof/evidence Prosecutor Refugee Right Robbery Sentence Thief/burglar/robber/mugger/shoplifter Verdict | Accuse of Allow/let/permit Assault Attack Ban/forbid Bribe/pay off Burgle Charge with Corrupt with Damage/harm Detain for Escape/flee from Extradite for/to Fine for Forgive sb for Frighten Interrogate about Intimidate Manslaughter Mistake for Mug Murder/kill Prosecute Respect sb for Sentence Shoplift Suspect Threaten |
| ADJECTIVES | PHRASAL VERBS |
| Admissible (Un)Determined Guilty Innocent Lawful/Lawless Negligible (Un)Provoked Suspicious Urgent | Back down – stop demanding sth Beat up – attack with violence Break in – force entry Get away with – not be punished for sth Lock up – put in prison Let off – not punish/forgive Look into – investigate Tell off – shout at Tip off – tell on/grass on |

C1 VOCABULARY: UNIT 1 PEOPLE AND THEIR LIVES

| NOUNS AND ADJECTIVES | VERBS |
|--|--|
| <p>Attracted to/by Awesome time Awful Awkward Charismatic Compatible with Concubine Consistent Contrasting Constructive (criticism) Dim Diverse Eager (infinitive) Envious/jealous External Extrovert Favourable Fragrant Furnished (apartment) Gaudy Heated debate Included in Intimate Introvert Joint Lavishly (decorated) Lonely/solitary Mutual Petty argument Proud of Relative Snowed under Sociable/talkative/chatty/outgoing Spacious Spouse Tasteful Tasteless Tolerance for Willing (infinitive) Witty</p> | <p>Adopt Approve of sth Attach Boast Bond Coexist Confront Compromise Conflict Contradict Cooperate Distinguish Divorce Encourage/motivate Empathise Exaggerate Exclude Flatter Frown Gossip Inhabit/reside Integrate Interfere Intervene Liken Link to Merge Negotiate Pretend/imitate/copy Roam Relate to Resemble Rush Separate from Smile Support/assist/help Sympathise Wave Wobble Yell</p> |

| FIXED PHRASES | PHRASAL VERBS |
|--|--|
| <p>At its height At that time Ever since For a long time to come On the outskirts Be on good terms with Bear in mind Brace yourself For some... for others Pull yourself together It's high time - it's about time</p> | <p>Answer back – respond in a bad way Ask out – ask if sb wants to go on a date Bottle up – not reveal feelings Break up – end a relationship Bump into – see by coincidence Calm down - unwind Carry on - continue Cheer up – make sb happier Come between – cause problems between Crack up – make sb laugh or cry Grow on – start to like Grow up – become more mature Let down – disappoint sb Meet up – get together with sb Pick on – tease sb Split up – finish with sb Take after – be similar to a relative</p> |

| IDIOMS |
|---|
| <p>Be over the moon – TO BE VERY HAPPY Be on cloud noun – TO BE VERY HAPPY Come on leaps and bounds - IMPROVE See eye to eye – TO AGREE Be in the clouds – TO BECOME DISTRACTED Jump for joy – TO BE EXCITED Get on like a house on fire – TO HAVE A REALLY GOOD RELATIONSHIP Be an item – TO BE A COUPLE Tie the knot – TO GET MARRIED Be like two peas in a pod – TWO PEOPLE WHO LOOK OR BEHAVE THE SAME Have butterflies in your stomach – TO BECOME NERVOUS Be on the same wavelength – TO UNDERSTAND EACH OTHER Be your flesh and blood – BE RELATED TO YOU/TO BE IN YOUR FAMILY Be on good terms – TO HAVE A GOOD RELATIONSHIP AFTER A DIFFICULT SITUATION</p> |

C1 VOCABULARY: UNIT 2 HOBBIES AND LEISURE TIME

| NOUNS AND ADJECTIVES | VERBS |
|-----------------------------|--------------------------|
| Absorbing | Adore |
| Addicted to | Appeal to |
| Arbitrary | Bear |
| Boredom | Bridge (a gap) |
| Bound | Can't help (ing) – avoid |
| Compulsory | Compete against |
| Cosy | Confuse with |
| Craving | Decline |
| Dedicated to | Defy |
| Dependent on | Delight |
| Eager | Desire |
| Exhilarating | Devote |
| Fascinating | Differentiate |
| Fortnight | Envy |
| Greedy | Fascinate |
| Hassle | Garden |
| Idle | Hassle |
| Messy | Hike |
| Midnight | Hold (an event) |
| Mouth-watering | Indulge |
| Noon | Kill (time) |
| Obstacles | Praise |
| Outing/excursion | Relocate |
| Overpowering | Sacrifice |
| Pastime | Satisfy |
| Perk | Schedule/organise |
| Premature (adj) | Share/split with |
| Punctual (adj) | Skip |
| Recreation | Strive |
| Retro | Take advantage of |
| Scruffy | Tempt |
| Shabby | Thrive |
| Spacious | Time |
| Subtle | Urge |
| Sunrise | Waste (time) |
| Sunset | Wave |
| Tedious | Welcome |
| Trivial | Work on/dedicate time to |
| Value | Yearn |
| Venue | Yell |

| FIXED PHRASES | PHRASAL VERBS |
|---|---|
| <p>As well as As long as I'd rather + verb (do) Regret (not) + ing Be worth + ing A part of As soon as By the time On/at the point of Take ages Take by surprise From time to time A matter of time At this point/At a time During which No longer Be on time According to See the point in (ing)</p> | <p>Clock in – record when people start work Clock out – record when people finish work Crop up – occur suddenly Fit in – find time to do sth Get into – start liking Get together – meet to spend time together Go off – stop liking Hang out – spend time with sb Keep on - continue Knock off – stop doing sth Lay out – plan sth Lie ahead – what will occur Mess about – waste time doing sth Press on – continue working Pick up – start to learn Run out (of) – not have any left/remaining Take off – spend time away from work Tide over – provide what is needed for a short time</p> |

| IDIOMS |
|--|
| <p>Be at a loose end – TO HAVE NOTHING TO DO Let off steam – TO UNWIND Put your feet up – TO RELAX A couch potato – TO BE LAZY Take five – TO TAKE A BREAK Recharge your batteries – TO RECOVER Surf the net – USE THE INTERNET Variety is the spice of life – WHAT MAKES LIFE MORE ENJOYABLE Be on the ball – TO BE ON FIRE Jump the gun – TO JUMP AHEAD (precipitarse) Around the corner – TO BE VERY SOON In a flash – TO DO SOMETHING FAST In the nick of time – TO BE JUST IN TIME Lose track of time – TO NOT KNOW THE TIME Before your time – TO BE TOO SOON When pigs fly – TO RULE SOMETHING OUT/NEVER For good - PERMANENTLY Once in a blue moon – TO DO SOMETHING RARELY On the spur of the moment - SUDDENLY</p> |

C1 VOCABULARY: UNIT 3 EDUCATION AND LEARNING STYLES

| NOUNS AND ADJECTIVES | VERBS |
|-----------------------------|-----------------------|
| Burning ambition | Accomplish/succeed in |
| Catchy | Alter/change/adapt |
| Colossal amount | Annoy |
| Confusing task | Assess/test/examine |
| Daunting task | Blur |
| Deadline | Boast of/about |
| Dilemma/problem/issue | Bridge |
| Dismal Failure | Consist of/entail |
| Essential/fundamental | Cram/revise |
| Excessive | Declaim |
| Formidable challenge | Deduce |
| Flawed idea | Deliberate |
| Full-on course | Doodle |
| Futile effort | Encourage |
| Grinding (effort) | Educate |
| Groundbreaking | Enhance |
| Hooked | Erase |
| Indecisive/unclear | Escalate |
| Lengthy process | Facilitate |
| Literary | Fluctuate |
| Mundane/dull/monotonous | Gather/Deduce |
| Naïve/inexperienced | Grasp |
| Noticeable improvements | Handle |
| Problematic issue | Hassle |
| Raise awareness of | Hurry |
| Rational argument | Influence |
| Reasonable amount of work | Inspire |
| Reassuring feedback | Issue |
| Reflection | Justify |
| Repetitive | Modify |
| Resounding success | Monitor |
| Shattered dream | Motivate |
| Sneering glare | Persist |
| Strength | Quit |
| Testing (issue) | Recall |
| Tricky | Revise |
| Unmitigated circumstances | Sketch |
| Weakness | Slam |
| Work in progress | Sneer |
| Worrying issue | Thrive |

| FIXED PHRASES | PHRASAL VERBS |
|---|---|
| <p>Make sense Make up your mind By all accounts Pay attention to See no point in Have (little/no) difficulty in On your own The benefit to/of On balance Be in two minds Raise the question of Beg to differ Side by side</p> | <p>Brush up on - improve Drop out (of) – stop studying/going to school Deal with – handle/cope with Get on with – continue doing Think over – consider Get at – suggest Catch on – understand Mull over – think about Go for – choose Be into – like Find out – discover information Figure out – find the solution to Fall behind – not do sth fast enough Go over - review Go into – begin to describe in detail Get away with – not be caught or punished Make up – invent information or a story Puzzle out - confuse Stick to - continue doing Take down – write down Take in – understand</p> |

| IDIOMS |
|---|
| <p>Bark up the wrong tree - MISTAKE SOMEONE OR SOMETHING FOR SOMETHING Be ahead of the pack – TO BE BETTER THAN OTHER PEOPLE Be on the mark – TO BE CORRECT Cover all the bases – TO DO A BIT OF EVERYTHING Cut your losses - GIVE UP ON SOMETHING REGARDLESS OF WHAT YOU LOSE Hit the books – TO STUDY A LOT Pull an all nighter – TO WORK ALL NIGHT With flying colours – TO DO SOMETHING WELL</p> |

C1 VOCABULARY: UNIT 4 TRAVEL AND MOVEMENT

| NOUNS AND ADJECTIVES | VERBS |
|-----------------------------|----------------------|
| Airline | Accelerate |
| Backpacking | Approach |
| Beaten track | Arrange for |
| Burden | Ascend |
| Bustline | Backpack |
| Cargo | Bounce |
| Coastline | Commute |
| Destination | Convey |
| Developed | Crawl |
| Economy (class) | Creep |
| Effort | Dash |
| Hard bargain | Drift |
| Hiker | Emigrate |
| Hilarious | Endure |
| Hillside | Establish |
| Hustle and bustle | Extend |
| Implication | Flow |
| Impression | Gain |
| Insight | Grasp |
| Laid-back atmosphere | Have a good grasp of |
| Landmark | Load |
| Luxurious trip | Migrate |
| Mountainous | Mislead |
| Overcrowding | Mistake |
| Overview | Overestimate |
| Package holidays | Overlook |
| Passerby | Pose for |
| Pedestrian | Prearrange |
| Period | Prebook |
| Picturesque | Provide with |
| Remote | Review |
| Road trip | Rotate |
| Shoreline | Sink |
| Threat | Slip |
| Traveller | Speed |
| Underdeveloped | Spoil |
| Unspoiled | Trek |
| Upgrade | Underestimate |
| Venue | Unload |
| Wave | Wander |
| Wetsuit | Wave |

| FIXED PHRASES | PHRASAL VERBS |
|--|--|
| <p>Just in case In order to In terms of Give consideration to Keep in touch Either way Every other way On board</p> | <p>Catch up with – get to the same point as Check in – enter a hotel/flight Check out – leave a hotel Check out – look at sth Drop off – leave in a place Get back – return Get around – move from place to place Get/go away – go on holiday/escape Hold up – delay Hurry up – go faster Look around – explore Look forward to – be excited about Make for – head in a direction Pick up – collect See off – say goodbye at the airport etc. Set off – start a journey Take off – the plane leaves the ground</p> |

| IDIOMS |
|--|
| <p>Be down to earth – BE HUMBLE OR REALISTIC Go with the flow – GO ALONG WITH Have itchy feet – WANT TO MOVE OR TAKE ACTION Be a globetrotter – BE A TRAVELLER OR ENJOY TRAVELLING Be in the same boat – BE IN THE SAME SITUATION AS SOMEONE ELSE Dive (SB) up the wall – ANNOY SOMEONE Take sth in one's stride – ACCEPT SOMETHING FOR WHAT IT IS</p> |

C1 VOCABULARY: UNIT 5 WORK AND EMPLOYMENT

| NOUNS AND ADJECTIVES | VERBS |
|--|--|
| <p>Abrupt Advertising Alphabetical Annual Chronological Consultant Duration Experienced in/at sth External Interim Internal Lifetime Market Maternity leave Over time/duty Paternity leave Pension Permanent Phase Promotion Prompt Provisional Responsible for sth Schedule/timetable Seasonal Self-employed Shift/turn Simultaneous Start-up Temporary Testing (challenge)</p> | <p>Advertise Apply for (a job) Depend/Rely on Clock in/out Commute to Consult Contract Elapse Employ Encounter Endure Expire/go out of date Fire Hire Lapse/lose time Last Lose a job Make redundant Market Mean (infinitive) Promote Prompt Restrict Qualify as/in sth Quit/give up a job/hand in a Recruit Retire Sack Span Take time off Time</p> |
| FIXED PHRASES | PHRASAL VERBS |
| <p>On purpose By accident Be willing Be praised for Better/worse than expected The pros and cons of On time</p> | <p>Carry out – realize sth End up – what will occur Get on (with) – start working Get out (of) – not have to do Give in - quit Go over - review Kick off – stop working</p> |

| | |
|--|--|
| <p>Every now and then In the moment From time to time From day to day In this day and age Any day now Ages ago About time Course of action Come to an end Do sth about sth/sb No end in sight Bring sth to an end Put an end to sth (Weeks/Hours) on end On and on Over and over With age Be on duty</p> | <p>Knuckle down – start working Make up – invent or create sth Press on – get on with your work Push on – continue working Set out – plan some work Set to – get started Set up – start a business Shut down – close a business Snow under – be overwhelmed Take on - hire Take over – assume control Wind down – slowly come to an end Wind up – gradually get started Work on – focus a lot of attention on sth</p> |
|--|--|

IDIOMS

Work like a dog – TO WORK HARD
All in good time – TO WAIT
Work 9-5 OR Work 24/7 – TO WORK LONG HOURS
Be for the time being – TO BE FOR NOW/IN THE MEANTIME
Work around the clock – TO WORK LONG HOURS
At the drop of a hat - IMMEDIATELY
Be a people person – TO BE SOCIABLE
Have the gift of the gab – TO BE CONVINCING
In donkey's years – SINCE A LONG TIME AGO
Be a big fish – TO BE AN IMPORTANT PERSON
Be a go-getter – TO BE AMBITIOUS
Be a cheapskate – TO BE TIGHT/NOT LIKE SPENDING MONEY
Foot the bill – TO PAY FOR EVERYTHING
A drop in the ocean – A SMALL AMOUNT
Have an eye for – TO BE ABLE TO FIND CERTAIN THINGS WELL
Be pinching pennies – TO NOT HAVE A LOT OF MONEY
Go halves/50-50 – TO MEET HALF WAY
Line your pockets – TO EARN A LOT OF MONEY (FOR YOURSELF)
Six of one, half a dozen of the other – TO BE EQUALLY GOOD OR BAD
Be on the dole – TO BE UNEMPLOYED
Fall short – NOT BE ENOUGH
Break even – NO PROFIT BUT NO LOSS EITHER
Be skint – TO NOT HAVE A LOT OF MONEY

C1 VOCABULARY: UNIT 6 MONEY AND CONSUMERISM

| NOUNS AND ADJECTIVES | VERBS |
|--|---|
| <p>Abundant Account Ample ATM/cashpoint Average Considerable Countless Debt Deposit Direct debit Even/equal Finances Finite/limited Imbalance Infinite/unlimited Loan Meagre Magnitude Mortgage Odd/uneven Overdraft Rate Ratio Sufficient Sum Volume Widespread</p> | <p>Add Assume Balance Contribute Deduct Divide Equal Expand Finance Force Insure Interest Invest Market Multiply Quantify Protect Publicise Ration Return Risk Share Shrink Speculate Subtract Vary Withdraw</p> |
| FIXED PHRASES | PHRASAL VERBS |
| <p>(ot) be bothered by - not care about Be in two minds - undecided Be just about to - be at the point of Brace yourself for - prepare oneself for By no means Drop a hint During which - in this time Lead the way - guide Make stuff up No longer Pay attention to Safe and sound See no point in Sooner or later</p> | <p>Add up to - the sum of different sources Buy off - give someone cash so they collaborate with you Cash in on - sell something for a lot of money Club together - many people contribute to a total sum of money Give back - return money Hand out - distribute Pay back - return money to someone Pay out . pay money owed over a period of time Take away - remove a quantity from a total number</p> |

IDIOMS

Be a drop in the ocean - A SMALL AMOUNT

Be a long shot - BE UNREALISTIC

Be one's bread and butter - THE ONLY SOURCE OF INCOME

Know where your bread is buttered - KNOW WHERE YOUR MONEY COMES FROM

Line one's pockets - EARN LOTS OF MONEY

C1 VOCABULARY: UNIT 7 HEALTH AND WELLBEING

| NOUNS AND ADJECTIVES | VERBS |
|--|---|
| <p>Advantage/disadvantage of sth Antibiotics/medicine/pills/tablets/vaccines Base jumping Behaviour Benefit/drawback of Brilliance of Cast Contagious/catchy Cutting edge Diagnosis Dodgy Eastern medicine Exhaustion/tiredness Flawed Hang (Be/stay/keep/get) healthy/fit/in shape Hurt/sore/in pain/injured Ill/sick/poorly Illness/disease Ligaments/tendons/muscles Modern medicine Mundane Paralysis Procedure Plaster Prescription Prognosis Prone to sth Ripple effect Routine case Side effect Stakes Surgery Syringe Tiresome Training exercise Treatment Tricky Unnerving Ward Worth (ing)</p> | <p>Ache/Hurt/injure/damage/dislocate Acknowledge Advise/warn about Agonise/cause harm Avoid Benefit from Break (a bone) Bruise Care/mind/matter Chuckle/laugh/giggle Comfort Complain of/about Cope/deal with Cure/recover/get over Diagnose Disgust Faint/pass out Glimpse/glance at/look at Gloat/boast/show off Grimace Handle/deal with/cope with Moan/complain Mock/make fun of Neglect Operate Pave the way for Plaster Play a vital role in Prescribe Pressurize Prevent Resent Scrape Scratch Shatter Smirk/smile Snap/break/rip/tare Suffer from Throb Train/exercise/practice/work out Vomit/puke</p> |

| FIXED PHRASES | PHRASAL VERBS |
|---|--|
| <p>A far cry from A result of As (one) can imagine As far as I know As though/if Be at risk Be in danger of Be in the act of Be somewhat sth Exposure to Go dead/numb In need of sth Likely to result in Take care</p> | <p>Bring on – cause an illness Cut down (on) – reduce the amount of Feel up (to) – feel well enough to Get over – recover from Get rid of – throw/give away or sell Give up/in – stop doing Go/come down with – become ill Look after – take care of Pass away – die Pass out – faint/become unconscious Play up – cause problems for sb Pull through – recover from Put on – gain weight Sign up for – do/join a team or club Swell up – become inflamed Warm up – prepare for sth Work out – do exercise</p> |

| IDIOMS |
|---|
| <p>Get your heart pumping – TO BECOME ACTIVE Push yourself – TO MAKE AN EFFORT Risk life and limb – TO TAKE A HUGE RISK Give someone a taste of their own medicine – TREAT SOMEONE BAD IN A BAD WAY Keep a straight face – TO REMAIN SERIOUS Keep your hair on – TO REMAIN CALM Never look a gift horse in the mouth – NOT COMPLAIN ABOUT WHAT YOU ARE GIVEN Grin and bear it – ACCEPT A DIFFICULT SITUATION Take with a pinch of salt – NOT TAKE SOMETHING SERIOUSLY Be a piece of cake – TO BE EASY Be tough to swallow – TO BE A DIFFICULT SITUATION TO ACCEPT Give someone a taste of – SHOW SOMEONE A GLIMPSE OF SOMETHING Take the biscuit – TO BE OUT OF ORDER/UNREASONABLE Be as easy as pie – TO BE VERY EASY Spill the beans – TO REVEAL/TELL A SECRET Pig out – TO EAT A LOT Cry over spilt milk – COMPLAIN ABOUT SOMETHING THAT ISN'T IMPORTANT Not be someone's cup of tea – TO DISLIKE</p> |

C1 VOCABULARY: UNIT 8 TECHNOLOGY AND COMMUNICATION

| NOUNS AND ADJECTIVES | VERBS |
|-----------------------------|-----------------------------|
| Aim/objective/focus | Access |
| Adoptable | Adjust |
| Alternative | Alternate |
| Analysis | Boot |
| Attempt (infinitive) | Calculate |
| Back-up | Click |
| Blogging | Comment on |
| Broadband | Convert |
| Browser | Design |
| Cause of | Develop |
| Connetion | Distort |
| Data | Download |
| Download | Endure |
| Dynamic | Estimate |
| File | Evolve |
| Forum | Fix |
| Influential | Google |
| Installation | Influence |
| Introduction to | Innovate |
| Log-in | Install |
| Manual | Invent |
| Module | Link to |
| Network | Manage/achieve/succeed (in) |
| Offline | Mend |
| Online | Persist |
| Password | Post |
| Performance | Progress/advance |
| Programmer | Remain |
| Reason/cause | Repair |
| Resource | Research/look in |
| Result of | Revolutionize |
| Sequence | Shift |
| Social network | Spoilt |
| Steady | Stand the test of time |
| (Technical) jargon | Steady |
| Unfriended | Substitute |
| Uniform | Sustain |
| Update | Transform |
| Upgrade | Unfriend |
| Username | Update |
| Wireless (network) | Work on/at sth |

| FIXED PHRASES | PHRASAL VERBS |
|---|---|
| <p>All in all As a matter of fact As a result Be in demand Be reluctant to Change your mind Demand for Have a try/go at In fact Keep in touch Lead the way Matter of (fact) On average On the internet Undergo a change</p> | <p>Blurt out – say without thinking Change into – convert into Chat up – try to flirt with Come out (with) – say sth without thinking Do away with – get rid of Get at - suggest Get across – give information to Let on – give the impression of Mix up - confuse Pass on – give sth to sb Ring up - call Sign up - join Speak out – voice your opinion Talk over – speak when sb else is speaking Tell off – shout at Use up – use all of sth Wear out – use so much that it breaks</p> |

| IDIOMS |
|---|
| <p>Surf the net – USE THE INTERNET Blow a fuse – TO BECOME FURIOUS Pull the plug – TO GIVE UP OR STOP DOING SOMETHING To make something tick – TO MAKE SOMETHING FUNCTION WELL</p> |

C1 VOCABULARY: UNIT 9 THE ENVIRONMENT AND THE NATURAL WORLD

| NOUNS AND ADJECTIVES | VERBS |
|--|--|
| <p>Aware of By dint of Certain of Coincidence Concerned about Considerate of Crop Defence of Deliberate Drought Exploitation Extinct/endangered/be in danger Famine Flood Focussed on Forecast/prediction Harvest Likelihood/chance Luck of Mishap/accident/mistake/error Natural disasters - <i>tsunami, earthquake, flood, drought, hurricane, tornado,</i> Landslide Nuclear Mishap/mistake Odds Random Reservoir Risk of Short of/on Sign of Sparse Spontaneous Statistics Theoretical</p> | <p>Appreciate Assign Assure/make sure Attribute Become extinct Bet on Blow Bridge (a gap) Campaign for Cause/provoke Contaminate Curse Destroy Determine Develop/construct/build Evacuate Flood Fluctuate/change/adapt Foresee/predict Gamble Harvest Inhabit Jinx Meander Mutate Prevent/impede Protect/defend Recycle/reuse Risk sth on Speculate Startle/scare/frighten Take care of Take into account Threaten Transpire</p> |
| FIXED PHRASES | PHRASAL VERBS |
| <p>A means by which As it (so) happens At a guess</p> | <p>Call off – cancel Call for – require Chance upon – find by coincidence</p> |

| | |
|---|--|
| <p>At the disposal of</p> <p>By accident</p> <p>By chance</p> <p>By nature (of)</p> <p>By no means</p> <p>In no time</p> <p>On purpose</p> <p>Set a fire</p> <p>Take a chance</p> <p>The odds of</p> <p>Under threat of</p> | <p>Cut down (on) – reduce</p> <p>Cut out – stop using/doing</p> <p>Cut down (trees) – chop trees down</p> <p>Clear up – when the weather becomes better/clean</p> <p>Dig up – get something out of the ground</p> <p>Give off - emit</p> <p>Kill off - end</p> <p>Throw away – get rid of/put in the bin</p> <p>Put down to – suggest that sth is the result of sth</p> <p>Spring up – appear suddenly</p> <p>Stand for – represent sth</p> <p>Stand up for – defend/protect</p> <p>Look after – take care of</p> <p>Give off – emit (fumes etc.)</p> <p>Die out – when all of sth dies</p> <p>Face up to – accept as true</p> |
|---|--|

IDIOMS

Rain cats and dogs – TO RAIN A LOT

Be bucketing it down – TO RAIN A LOT

Touch wood – TO TRY AND HAVE GOOD LUCK

Out of the blue – SOMETHING UNEXPECTED

Face the facts – TO ACCEPT A REALITY

Come rain or shine – NO MATTER WHAT HAPPENS

Have green fingers – BE GOOD AT GROWING PLANTS AND FLOWERS

An act of God – DUE TO NATURAL FORCES SUCH AS THE WEATHER

C1 VOCABULARY: UNIT 10 CRIME AND SOCIAL ISSUES

| NOUNS AND ADJECTIVES | VERBS |
|--|---|
| <p>Abolishment Age-old Authority Bully Bureaucracy Charity Civil rights Consent Conviction Corruption Courtroom Deterrent Dictator Drug dependency Entitled Exempt Freedom Genocide Gun control Health and safety Heritage Immigration Immigrant Legalisation Nationalism Outdated Prejudice Privilege Prosecution Racism Refugee Reluctant to Reform Rights Society State Superior Unrest Vulnerable War Xenophobia</p> | <p>Accuse of Admit to Allow + object + (infinitive) Ascend/improve/go up/increase Attack/assault/hurt/injure/cause Bribe/pay off/corrupt/influence Charge with/prosecute/punish Consent Descend/go down Eliminate/rub out/erase Emigrate/move abroad Enforce/obligate Ensnare Entice Extradite Fine for Flee from Grab/get/pick up Force + object + (infinitive) Impose Insist on/Prioritize Interrogate Intrigue Let + object + (bare infinitive) Lock (away) Loosen Make + object + (bare infinitive) Mistake/make an error/ get sth wrong Murder/kill Obligate + object + (infinitive) Profess Refrain from Resist Restrict Sentence Steal/rob/mug/burgle Suspect Prosecute Threaten/intimidate/frighten Victimize Undermine</p> |

| FIXED PHRASES | PHRASAL VERBS |
|----------------------------|---|
| Against the law | Back down – admit defeat |
| Be at fault | Back out (of) – decide not to do |
| Be concerned with | Bang up - lock up |
| Be under control | Blend in – not be noticed |
| Break the law | Bring out – get the best out of |
| By accident | Buy off – pay for control |
| By coincidence | Crack down on – extreme measures |
| On purpose | Get away with – escape without punishment |
| Safe and sound | Get into – have access to |
| Come as a shock/surprise | Give up - quit |
| Commit a crime | Go off (track) – not be focussed on |
| Commit suicide | Hit back – defend against with action |
| Drop a hint | Let down - disappoint |
| Grab the attention of | Let off – not punish sb |
| Have sth on good authority | Lock up – put in prison |
| On account of | Opt out (of) – decide against |
| Put into words | Phase out – gradually stop |
| Slip out of | Push around – force to do something |
| Word of mouth | Stand out – be different from the rest |
| | Stand up for – defend or protect |
| | Take over – assume control |

| IDIOMS |
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| Let the cat out of the bag – TO REVEAL A SECRET |
| Bury your head in the sand – IGNORE A SITUATION |
| Smell a rat – TO SENSE SOMETHING IS WRONG |
| Be under someone's thumb – BE CONTROLLED BY SOMEONE ELSE |
| Curiosity killed the cat – TO BE CURIOUS AND GET INTO TROUBLE |
| The powers to be – THE PEOPLE IN CONTROL |
| Copy cat – TO DO THE SAME AS SOMEONE ELSE |
| Smell something fishy – TO BE SUSPICIOUS |
| Turn a blind eye – TO NOT TAKE NOTICE OF SOMETHING |
| Pull a few strings – TO USE YOUR INFLUENCE TO YOUR OWN ADVANTAGE |
| Gain the upper hand – TAKE ADVANTAGE OF SOMETHING |
| Give a hand with sth – TO HELP WITH SOMETHING |
| Keep an eye on sb – TO OBSERVE SOMETHING |
| Have a cat nap – TO SLEEP FOR A SHORT TIME |
| Give the green light – TO GIVE PERMISSION |
| Be a busy body – TO BE NOSY/ TO GOSSIP ABOUT SOMETHING |
| Be a know it all – TO THINK YOU KNOW EVERYTHING |