

Module 1
cover (p.7)

(A) home away from home
 Feels like home
 Have a roof over your head
 Home is where the heart is
 Home sweet home
 Live out of a suitcase
 Make yourself at home
 There's no place like home

1a (pp.8-9)

access (n.)
 admire
 belongings
 cope with
 cramped
 currently
 drawback
 drop by
 expenses
 face (v.)
 fill up
 furnished
 get tired of
 get used to
 go shopping
 heating
 houseboat
 inviting
 isolated
 lighthouse
 location
 loneliness
 luxurious
 narrow
 out of one's mind
 peace and quiet
 permanent
 recreational
 regret (v.)
 residence
 settle in
 spacious
 stairway
 temporary
 tower
 wisely

1a (pp.10-11)

bungalow
 campus
 check in
 check out
 cottage
 county
 inform
 lane (= street)
 move in
 move out
 outskirts
 put sb up
 rural
 suburb
 suburban
 urban

1b (pp.12-13)

adjust
 anxiety
 appreciate
 bakery
 become aware of
 catch up on
 cause (v.)
 community
 discovery
 enthusiasm
 fascinated
 frustrated
 get down to business
 get involved
 get over
 get rid of
 get to know
 homesickness
 impatient
 initial
 loved ones
 miss out on
 native (language)
 no longer
 observe
 obtain
 occur
 period of time
 phase
 remind
 shock
 sign up
 study (= research)
 surroundings
 turn into

1b (pp.14-15)

as well (= too)
 beachfront
 bicycle lane
 consider
 get the hang of sth
 ideal
 option
 pleased
 run (for buses)
 suitable
 town centre
 university
Phrases
 All the best
 Best wishes
 Drop me a line
 Email me when you get the chance
 Get back to me soon
 How are you keeping?
 I haven't told you the latest, have I?
 I'd better finish off here
 It's taken me ages to reply
 I've been meaning to...
 Just thought I'd drop you a line
 Keep me posted
 Let me fill you in
 Personally, I believe...
 Very true, but...
 You have a point

Module 2
cover (p.17)

bungee jump
 endurance
 go without food
 hold
 hold one's breath
 rope
 run a marathon
2a (pp.18-19)
 abandoned
 against all odds
 barely
 branch
 breathe
 catastrophic
 coconut
 cover (= travel a distance)
 crawl
 damage (v. & n.)
 dig
 drag

drop (temperature)
 drown
 eventually
 extreme conditions
 float (v.)
 footprint
 force (v.)
 form (v.)
 harm (v. & n.)
 hiker
 igloo
 injure
 one by one
 oxygen
 passerby
 ranger
 recover
 ruin (v.)
 several
 shelter
 signal (v.)
 spot (v.)
 strike (tsunami)
 stunned
 supplies
 survivor
 trapped
 treat (v.) (in hospital)
 wave (v.)

2a (pp.20-21)

ambulance
 block (v.)
 bystander
 emergency services
 jungle
 land (v.)
 overturn
 possibility
 resident
 skid
 slide (v.)
 violent
Words related to the weather
 blizzard
 blow
 boiling
 breeze
 chilly
 clear skies
 drizzle (v.)
 dull
 foggy
 freezing
 icy

lightning
mild
overcast
pour (v.)
shine
shower
snowstorm
thunder

2b (pp. 22-23)

amateur
annual
assist
assistant
attendant
breathtaking
challenge (n.)
compete
competitor
contestant
conventional
cyclist
distance
edit
editor
endure
extraordinary
fatal
finalist
finish line
incident
instructor
journal
journalist
land (n.)
landscape
lead (v.)
leader
loser
majority
measures
mud
organiser
participant
participate
professional (n.)
quad
race (v.)
racer
rally
reality
remain
sand dune
security
specifically
spectator

test (v.)
tough
trainer (person)

2b (pp. 24-25)

bandage (v.)
be in luck
be in shock
be over
bear
camp (v.)
chase (v.)
cliff
edge
fog
hang
hold on
in the middle of nowhere
light a fire
relieved
scared stiff
shake with fear
signal
swollen
thick

Phrases

Oh, dear!
What's up with you?

Module 3 cover (p. 27)

broaden the mind
globetrotting

3a (pp. 28-29)

accommodation
achievement
adventurer
article
attempt (n. & v.)
benefit (n.)
brave
circle (v.)
complete (v.)
courage
crew
cruise
despite
development
entire
excursion
expedition
globe
globetrotter
hitchhiking
hold the record
journey

presentation
prove
provide
publish
remarkable
sail (v.)
sailor
set sail
solo
succeed
unfamiliar
voyage
wear sth out

3a (pp. 30-31)

accommodate
achieve
advertise
announce
announcement
application
apply
campground
cancellation
confirm
connect
connection
description
destination
develop
exotic
explanation
exploration
guided tour
improvement
inexpensive
insurance
introduction
on board
platform
present (v.)
reservation
reserve
safari
scenery
stress-free
wildlife

3b (pp. 32-33)

access (v.)
anxious
app
arrival
bargain (n.)
car rental
come across
come up

compare
count on
currency
delay
departure
directly
do without sth
domestic flight
essential
fed up with
flexible
frequent
handy
hassle (n.)
illegal
impressed
interactive
journal
landmark
legal
leisure
major
offline
once (sth happens)
record (v.)
right (n.)
schedule (n.)
section
store (v.)
struggle (n.)
timetable
tram
unique
update (n.)
upload (v.)

3b (pp. 34-35)

botanical garden
colourful
educational
enjoyable
fascinating
from up close
get seasick
highlight (n.)
impression
magnificent
massive
mouth-watering
once in a lifetime
opportunity
palm tree
peaceful
pond
private
recommendation

species
spectacular
square (adj.)
suggestion
sweet-smelling
the public
tropical
typical
unforgettable
weird
wonder (n.)

Phrases

I'd prefer (not) to...
I'd rather (not)...
See for yourself

Module 4
cover (p. 37)

balance (n.)
prospects
salary

4a (pp. 38-39)

advise
at last
be willing to
career break
creature
CV
delighted
eager
encourage
enthusiastic
fairly
give sth a try
greet
headteacher
hopefully
income
interact
motivated
on one's mind
overtime
plenty of
rewarding
rise
sanctuary
sleepless
somehow
staff
teens

Collocations with 'make'

make a decision/guess
make a difference
make a good/bad
impression
make a mistake
make a suggestion/an
arrangement
make an effort
make plans
make sense
make the most of sth
make up one's mind

Collocations with 'do'

do a project
do an experiment
do as you please
do business
do my hair
do one's best
do research
do sb a favour
do some exercise
do well/badly

4a (pp. 40-41)

applicant
careless
earn a living
experience (work)
get fired
hire
knowledge
pay rise
position
previous
qualifications
quit
react
rent
tell sb off

Phrases

I didn't mean to...
I've got no excuse for my
behaviour
I would strongly advise you
to...
That was thoughtless of me
That wasn't very wise of
you
Why on earth did you do
that?

4b (pp. 42-43)

affect
come up with
concern (n.)

deadline
emotion
express (v.)
extrovert
freedom
get along with
imagination
introvert
issue
medical care
role model
solution
take one's time
technician
trust (v.)

Jobs

academic
accountant
consultant
detective
engineer
interior designer
lawyer
marketing manager
mechanic
politician
public speaker
researcher
vet

Personality adjectives

ambitious
artistic
courageous
disorganised
honest
imaginative
musical
patient
rational
reliable
sociable
spontaneous
strict
well-organised

4b (pp. 44-45)

apart from that
argument
by mistake
candidate
delete
document
dress (v.)
exchange programme
final (year)
furthermore

give a talk
in addition
internship
job fair
notice board
promote
promotion
registration
to begin with
what is more

Phrases

I bet...
I doubt it
It's hard to say...
It's probable that...
It's very (un)likely that...
My guess is that...

Module 5
5a (pp. 48-49)

accidentally
be around
beneficial
commonplace
compulsory
effective
encyclopedia
foreigner
generation
gesture
hill
hilly
mist
mountainous
mystery
origin
pass down
pick sth up (learn)
practice makes perfect
rare
separate (adj.)
sign language
speech
take control
take over
valley
whistle (v.)
widely
yell

Collocations with 'tell'

tell a joke
tell a lie
tell a secret
tell a story
tell the difference
tell the truth

tell the time

Collocations with 'say'

say hello

say so

say sorry

say sth

say thank you

say yes

5a (pp. 50-51)

argue

care (v.)

chat

complain

costly

face-to-face

gossip (v.)

inconvenient

instantly

mention

outdated

place (v.)

portable

practical

refer

socialise

time-consuming

time-saving

up to date

user-friendly

Words/Phrases related to technology

account (e.g. *email*)

attach

crash

data

deactivate

drag and drop

function

gadget freak

install

instant messaging

key

keyboard

post (v.)

press

scroll

select

shut down

tap (v.)

touchscreen

virus

Phrases

Anyway, as I was saying...

Can I add something?

Could I say something

before you continue?

Hold on. Are you saying that...?

May I interrupt you for a second?

Now, what was I saying?

Now, where was I?

Sorry to interrupt, but...

5b (pp. 52-53)

against the law

at all times

be located

be supposed to

behave

beware of

carriage

caution

circle (n.)

construction worker

evacuate

evacuation

exit (v.)

fire extinguisher

handle (n.)

hazard (n.)

in case of

in progress

keep off

keep out

manner

member of staff

notify

obtain

owner

permission

permit (v.)

protection

protective

qualified

required

(building) site

strictly forbidden

suspicious

track

unaffected

warn

warning

wave (n.)

5b (pp. 54-55)

get off (work)

ice cream parlour

seminar

shift

Directions

Could you give me directions to the...?

Cross at the zebra crossing/footbridge

Do you happen to know where the...is?

Go along... Street.

Go past/towards...

Go straight on/ahead for another hundred metres.

It's on the corner of...

Keep going for two blocks.

Take the first/second/etc. left/right onto...

Turn...at the crossroads.

You'll find it on the left/right-hand side.

Phrases

Does that make sense?

I didn't catch/get that

I hope that's not too confusing

I hope you're making some sense of what I'm saying

I'm not following you

Is everything clear?

Were my directions clear enough?

What was that again?

Module 6 cover (p. 57)

make history

well educated

6a (pp. 58-59)

award

barefoot

blame (v.)

by nature

candle

concept

developing country

doubt (n.)

exist

fable

fall in love

go after (a dream)

investigate

irrational

laughter

make fun of

president

realistic

response

reveal

risk (v.)

satisfying

seed

set a goal

unrealistic

victory

6a (pp. 60-61)

accomplish

affected

ambition

illiterate

illogical

immature

impolite

impractical

inappropriate

incorrect

inexperienced

insecure

intelligence

intend

irregular

irrelevant

irresponsible

literate

logical

marshmallow

mature

psychologist

relevant

secure (adj.)

unaffected

unaware

unkind

unprofessional

unreliable

unsuitable

unwilling

6b (pp. 62-63)

altitude

anger

approximately

awareness

named

belief

break a record

briefly

cave

creativity

darkness

depth

fame

fearless

feat

kindness
laziness
leap (v.)
mission
named
parachute
passion
popularity
properly
relief
responsibility
sadness
set a record
similarity
slow down
speed
strength
therefore
thought (n.)
unhurt
weakness
weight

6b (pp. 64-65)

all in all
appealing
besides that
demanding
devote
devotion
disappointment
energising
escape from
extensive
failure
in conclusion
in the first place
injury
lack of
last but not least
let sth go to waste
maintain
maintenance
moreover
on the one hand
on the other hand
on the whole
outweigh
patio
the pros and cons
to sum up

turn professional
unappealing
weather dependent
while (= contrast)
work out (= exercise)

**Module 7
cover (p. 67)**

running water
sparkling water
tap water
water cooler
water fountain
water pollution

7a (pp. 68-69)

attack (v.)
be about to
beak
beast
blind
companion
cry (n.)
enormous
feather
for an instant
force (n.)
gaze (v.)
giant
gigantic
grab
head (v.)
knock over
legend
liquid
marine
monster
myth
obvious(ly)
order (n.)
overcome
overhear
repair
rush (v.)
squid
stare
struggle (v.)
surface
swallow
tears
violence
weapon

7a (pp. 70-71)

cause (n.)
disease
endangered species
extinct
hunting
national park

Animals

beetle
cheetah
koala
octopus
penguin
rhinoceros (rhino)
toad
turtle
whale

Geographical features

bay
canal
canyon
desert
falls
gulf
mountain range
peak
rainforest
volcano

Phrases

I can't say for sure but...
I could be wrong but
I believe...
I have no doubt that...
I know for a fact that...
I suppose...
I'm absolutely certain
I'm positive
I'm very/fairly/completely
confident that...
It seems unbelievable but...

7b (pp. 72-73)

agriculture
at risk
average
bother (v.)
congratulate
consume
cooperate
decrease
depend
flush toilet
for instance
germs
in motion
increase

insist
instant coffee
limited
link (v.)
muscle
nausea
percentage
raise awareness
rely
source (of life)
suffer from
supply (n.)
swamp
take sth for granted
total amount
trillion
use up
vomit
water shortage

7b (pp. 74-75)

astonished
be out of luck
binoculars
die down
dot
fall overboard
filthy
furious
gentle
gorgeous
hilarious
just in time
lifeboat
marvellous
miserable
on the horizon
rock (v.)
rough
row (v.)
sink (v.)
starving
think to oneself
thrilled
tiny
treasure
unconscious
wounded

Phrases

I get it
I nearly jumped out of my
skin
I went as red as a beetroot
In other words,...
It was too good to be true

The next thing I knew...
There was no hope left
Within minutes...
Without thinking...

Module 8 8a (pp. 78-79)

a series of
absorb
artificial
attack (n.)
carbon dioxide
completion
criticism
damaging
decade
destruction
devastating
dust (n.)
enemy
expanding
global warming
habitat
intruder
loss
man-made
Only time will tell
outcome
process
rate
result in
scarce
speed up
traffic congestion
valuable

8a (pp. 80-81)

acid rain
alternative energy
ban (v.)
carpool
chemicals
close down
coal
commercial
cut down (trees)
deforestation
exhaust fumes
factory
fine (n.)
firewood
fossil fuels
gases
layer
leak (v.)

materials
mixture
monuments
oil spill
pass a law
poisonous
pump into
recycling plant
reuse
severe
smog
spread (v.)
substance
tanker
threat
toxic waste
wind turbine

Phrases

I couldn't agree more
It is a fact that...
It is common knowledge
that...
It is (generally) believed
that...

8b (pp. 82-83)

balanced diet
blood pressure
calcium
carbohydrates
cholesterol
cut down on
cut sth out (of a diet)
dairy products
diabetes
end up
exclude
fat (n.)
fibre
function (v.)
grains
immune system
in the long run
iron
look into
matter (n.)
minerals
nutrients
nutritious
obese
obesity
point out
prevent
protein
replace
stick to

vegan
vegetarianism
vitamin
Food
apricot
aubergine
cauliflower
grapefruit
lamb
lentils
noodles
oatmeal
pasta
peanuts
pear
pumpkin
shrimp
spinach
watermelon

Phrases

Don't get me wrong

8b (pp. 84-85)

affordable
beverages
calorie
cancer
carbonated drink
crops
diet / regular drink
food poisoning
food stall
highly (toxic)
insect
organic food
soil
three-course meal
vendor
whereas

Module 9 cover (p. 87)

brand
preference
slogan

9a (pp. 88-89)

analyse
be based on
bombard
brain
conduct (an experiment)
conservative
countless
factor
indicate

influence (v.)
initially
instinct
limit (v.)
measure (v.)
misery
necessarily
no matter how
pick (= choose)
range (n.)
selection
spam email
take sth into consideration
tend
unimportant

9a (pp. 90-91)

be broke
be on a tight budget
be short of cash
beanbag
browse
cheat sb out of sth
chore
cost a fortune
game console
model
on sale
out of stock
refund (n.)
sale
shop around
shopaholic
spare some cash
special offer
storage box
vacuum cleaner

Phrases

If it were up to me,....
It doesn't matter
It's a rip-off
Money is no object
My first choice would be...
That's a steal

9b (pp. 92-93)

accent
adore
amusing
burst out laughing
can't be bothered
case (= container)
charge (a service)
combine
complaint
contract

disapprove
dishonest
disrespect
dissatisfied
endless
gag
hopeless
in stock
inflatable
label (n.)
misbehave
misinform
mislead
misleading
misplace
misspell
misunderstand
overpriced
play a joke on sb
plug in
pop (out)
pretend
set up
shipping
slight
spray (n.)
tricky
try out
typewriter
wireless
worthless

9b (pp. 94-95)

a good read
a page-turner
account (= story)
author
autobiography
award-winning
be set in
bestseller
biography
chapter
character
classic
complicated
cookery book
dull (= boring)
fantasy
fiction
graphic novel

gripping
hero
heroin
killer
murder (v. & n.)
non-fiction
ongoing
perfection
plot
poetry
predict
question (v.)
reader
suspect (n.)
suspense
timeless
trilogy
twists and turns
universe
unoriginal
victim
vivid

Phrases

It appeals to all ages
Make sure you get a copy
Overall, I found...
You will find it hard to put down

**Module 10
cover (p. 97)**

be a bit of a downer
be bored stiff
be thrilled to pieces/
bits
get a kick out of sth
get on one's nerves
have a whale of a time
make one's day
wind sb up

10a (pp. 98-99)

a flight of steps
backflip
blow sb away
can't help (doing sth)
come back to sb
cover (v.)
elastic band
evolution
examine
gather
give sth a shot
halfway
hand sth over

in one's younger days
judge (v.)
jump at the chance
look sb up and down
original
sb's mouth fell open
somersault
springs
transform
trick (n.)
witness (v.)

**Prepositional
phrases**

in a row
in case (of)
in charge of
in general
in need
in particular
in person
in/out of control
in/out of danger
in/out of order
in/out of shape
in/out of sight
in/out of trouble
in/out of use
out of breath
out of date
out of one's reach
out of the ordinary
out of the question
out of work

10a (pp. 100-101)

every other day
gentle
lift weights
move (n.)
overweight
persuade
pull a muscle
run into
sign (v.)
stretch
stretching exercises
treadmill
warm up
weight training
workout

Phrases

a piece of cake
cross one's mind
grab a bite to eat
I can't take it anymore
I'll pass

kill two birds with one stone

10b (pp. 102-103)

approach
bow and arrow
cautiously
compared to
controls
dismount
dragon
drawing
guard
imaginary
lose a life
lose contact
lose interest in
lose one's patience
lose one's temper
miss a meal
miss a meeting/
an appointment
multiplayer
no time to lose
proceed
purpose
reflexes
script
scriptwriter
sequel
soldier
stage
step by step
summarise
surround
sword
tail
tale
trail (n.)
trap (n.)
trick (v.)
walkthrough
wander
windmill
wing

10b (pp. 104-105)

admission
assure
ceremony
charity
city hall
disabled people
donation
entertaining
exhibit

fancy dress
fee
for a good cause
fundraiser
funds
glow
go according to plan
hand out
improvise
name tag
necklace
on display
raise money
refreshments
roll (v.)
rollerblades
rollerblading
sculpture
set (sun)
skater
skates
stray (v.)
support
venue
wristband

**Module 11
cover (p. 107)**

comet
early bird
night owl
satellite

11a (pp. 108-109)

adequate
adjustment
alert
be up all night
behind the wheel
concentrate
constantly
consult
cure (v.)
depressed
diary
disorder
distracted
energised
fall behind
figure out
get sb down
give up
have a nap
insomnia
long-term effect
medical condition

physician
sleepiness
specialist
sunlight
symptom
treatment
uncontrollable

11a (pp. 110-111)

bring up
call up
cough
dial
give up
hang up
heart attack
heater
hurt sb's feelings
keep up
make up
mental health
nightmare
physical health
pill
sleep in
stay up
turn up

11b (pp. 112-113)

anticipate
astonish
astonishing
brighten
challenging
cultural
curtain
delight (n.)
delightful
explosion
first-hand
fjord
fox
generate
glow (n.)
impress
in awe
in search of
indigenous people
luxury
meet up
mysterious
(natural)
phenomenon
planetarium
powerful
(un)predictable

profession
release
remark (n. & v.)
snowmobile
spectacle
thrilling
treat (v.)
view (v.)

11b (pp. 114-115)

aim (v.)
at all costs
burglary
commit a crime
concerned
criminal
inadequate
lot (n.)
mayor
nonsense
outrageous
pedestrian
poor
priority
rubbish collector
rubbish lorry
switch off
take action
threaten
unemployment
vandalism
Phrases
As a consequence...
As I see it...
For this reason...
I'm writing in
response to...
Our main concern
should be...
This is due to the fact
that...

Module 12 cover (p. 117)

**Phrases with
'chance'**
a second chance
by chance
fat chance
given half the chance
last chance
leave nothing to
chance
not stand a chance
slim chance
take my chances

12a (pp. 118-119)

antibiotic
bacteria
bookmark
cell (biology)
chemist
(potato) crisps
experiment (v.)
flame
glue (n.)
inspection
irritating
lab
make a profit
mankind
match (n.)
mould (n.)
numerous
on the contrary
patent
penicillin
pharmacy
picky
progress (v.)
remove
reputation
scrap paper
slice (v.)
slippery
stick (n.)
stick (v.)
thanks to
vase

12a (pp. 120-121)

Phrases with 'time'

for the time being
from time to time
have no time for sth
have time to kill
in no time
in time
in one's own time
of all time
on time
turn back time

Phrases

Better late than never
Better luck next time
I know the feeling
It's better than
nothing
It's never too late
Look on the bright
side
What a pity!

What a shame!
You win some, you
lose some

12b (pp. 122-123)

coincidence
come over one
envelope
give a sigh of relief
give birth
hesitate
identical twins
knock
odd
sealed
send a shiver down
my spine
slam (v.)
spooky
toss and turn

Idioms

a pain in the neck
all ears
blow one's mind
can't make head or
tail of sth
in a flash
on top of the world
one's heart was in
one's mouth
one's jaw dropped
out of the blue
ring a bell
sleep like a log
spill the beans

12b (pp. 124-125)

behind sb's back
circle of friends
clear one's head
expand
feel rejected
friendship
handle (v.)
jump to conclusions
put money aside
reasonable
throw money around
work out differences

Phrases

If I were in your
position, ...
Let me know how
things turn out