

9 Flying the Nest

Reading

pages 126-127

- 9.1 milestone** (n) /'maɪlstəʊn/
a significant event in your life • *Emigrating to New Zealand was a significant milestone in Athena's life.*
- 9.2 disproportionately** (adv) /,dɪsprə'pɔːʃənətli/
in a way that is unevenly divided • *Magda spends a disproportionately large amount of time on her work.* > disproportion (n), disproportionate (adj)
- 9.3 manifestation** (n) /,mænɪfe'steɪʃn/
a fact or action that shows something is true or exists • *The demonstration was a clear manifestation of support for the opposition party.* > manifest (v), manifest (n), manifest (adj), manifest (adv)
- 9.4 perpetuate** (v) /pə'petʃueɪt/
cause a situation to continue • *Their dependency on private education simply perpetuates the cycle of class inequality.* > perpetuation (n), perpetual (adj), perpetually (adv)
- 9.5 discrimination** (n) /dɪ'skrɪmɪ'neɪʃn/
the act of treating people differently on basis of their gender, race, age, etc. • *Returning to work at 40, Jane faced age discrimination at every turn; being told she was too old for most jobs.* > discriminate (v), discriminating (adj), discriminatory (adj)
- 9.6 mortality** (n) /mɔː'tæləti/
the number of deaths during a period of time • *Infant mortality is disproportionately high in poor countries.* > mortal (n), mortal (adj), mortally (adv)
📖 Opp: immortality
- 9.7 legitimate** (adj) /lɪ'dʒɪtɪmət/
accepted by law; justifiable • *Their decision to dismiss Nick was perfectly legitimate as he had been colluding with a rival firm.* > legitimise (v), legitimacy (n), legitimately (adv)
📖 Opp: illegitimate
- 9.8 maturity** (n) /mə'tʃʊərəti/
the state of being completely developed • *Amal was forced into an arranged marriage before she had reached maturity.* > mature (v), mature (adj), maturely (adv)
📖 Opp: immaturity
- 9.9 deference** (n) /'defərəns/
polite respect • *The books were censored in deference to the culture of the country.* > defer (v), deferential (adj), deferentially (adv)
- 9.10 legislative** (adj) /'ledʒɪslətɪv/
related to law-making procedures • *Legislative changes regarding sex discrimination were introduced in the UK in 1975.* > legislate (v), legislation (n), legislator (n)
- 9.11 enforcement** (n) /ɪn'fɔːsmənt/
the act of putting a law into practice so it is obeyed • *Despite the Greek no-smoking law, its enforcement is lax or non-existent in most areas.* > enforce (v), enforceable (adj)
- 9.12 burden** (n) /'bɜːdn/
a heavy or stressful responsibility • *In Mediterranean societies, the burden of elderly care usually falls on the family.* > burden (v)
- 9.13 revere** (v) /rɪ'vɪə(r)/
respect and admire to a great extent • *Revered as a great peacemaker, a day of mourning was declared on his death.* > reverence (n), reverent (adj), reverently (adv)
- 9.14 ranks** (n) /ræŋks/
the status of frontline soldiers rather than army officers; the ordinary members of a group rather than the leaders • *Out of business and out of luck, she was forced to join the ranks of the unemployed.* > rank (v), rank (n)
- 9.15 sacred** (adj) /'seɪkrɪd/
of religious importance; very important and highly respected • *Several animals, such as cows and monkeys, are regarded as sacred in Hindu culture and are not to be harmed.* > sacredness (n)
- 9.16 excruciating** (adj) /ɪk'skruːʃiətɪŋ/
extremely painful • *The prisoners were subject to the most excruciating forms of torture.* > excruciatingly (adv)
- 9.17 initiation** (n) /ɪ,nɪʃi'eɪʃn/
an act of making sb part of a group; an act of introducing sb to an activity • *His first book was a flop, but served as a lesson in his initiation as an author.* > initiate (v), initiative (n), initiator (n)

- 9.18 venomous** (adj) /'venəməs/
poisonous • *The painful sting of the venomous jellyfish took me weeks to get over.*
> venom (n)
- 9.19 hallucination** (n) /həˌluːsɪ'neɪʃn/
an illusion that sb imagines, usually due to the effect of an illness or drug • *The painkillers were so strong that Greg was suffering hallucinations.* > hallucinate (v), hallucinatory (adj)
- 9.20 come to** (phr v) /kʌm tuː/
recover consciousness • *When the sailor came to, he realised he was shipwrecked on an island.*
- 9.21 agitated** (adj) /'ædʒɪteɪtɪd/
behaving nervously or anxiously • *He began to get agitated as he awaited the test results.*
> agitate (v), agitation (n), agitating (adj), agitatingly (adv)
- 9.22 raring** (adj) /'reəriŋ/
eager; enthusiastic about sth • *We were all packed and raring to go.*
- 9.23 readiness** (n) /'redɪnəs/
the state of being prepared for sth • *She donned her wedding gown in readiness for the ceremony.* > ready (adj), readily (adv)
- 9.24 span** (n) /spæn/
a length of time that sth lasts • *Young children have a relatively short attention span.* > span
- 9.25 impediment** (n) /ɪm'pedɪmənt/
an obstacle • *Omar's nationality was an impediment in his quest to find a job in Italy.*
> impede (v)
- 9.26 consent** (n) /kən'sent/
permission to do sth • *Under 18-year-olds cannot marry without parental consent in most European countries.* > consent (v), consenting (adj)
- 9.27 feat** (n) /fi:t/
an act that demands great strength or skill • *Herakles was revered for achieving great feats of courage and ingenuity.*
- 9.28 fortitude** (n) /'fɔːtɪtjuːd/
the courage shown under extreme difficulty • *The boys endured the pain of the poisonous stings with great fortitude.*
- 9.29 diminish** (v) /dɪ'mɪnɪʃ/
become weaker or less • *His savings rapidly diminished as did the chances of finding work.*
> diminished (adj)
- 9.30 provoke** (v) /prə'vəʊk/
cause sth to happen; create a certain reaction • *His sudden movement provoked the bear's attack.* > provocation (n), provocative (adj), provocatively (adv)

- 9.31 ageist** (adj) /'eɪdʒɪst/
discriminatory behaviour against people on grounds of age • *Despite laws to the contrary, ageist attitudes prevail in the job market where employers hire younger staff on lower pay.*
> ageism (n)

Adjectives

accomplished	legitimate
ageist	mediocre
agitated	raring
autonomous	sacred
conscientious	sovereign
emancipated	spontaneous
excruciating	upfront
instrumental	venomous
legislative	

Vocabulary pages 128-129-130

- 9.32 eviction** (n) /ɪ'vɪkʃn/
the act of making sb leave a house on legal grounds • *If we can't keep up with the rent, we'll soon be facing eviction.* > evict (v)
- 9.33 lease** (n) /li:s/
an official contract for the use of a property or vehicle for a period of time • *Their landlord will demand a rent increase when their three-year lease expires.* > lease (v)
- 9.34 let** (v) /let/
rent a house • *We found a small apartment to let in the suburbs.*
- 9.35 sublet** (v) /sʌb'let/
rent out a property that you rent from sb else • *The Watsons have sublet their spare room temporarily to a student who is on a work placement.*
- 9.36 tenancy** (n) /'tenənsɪ/
the period during which you rent a property; the right to occupy a property you rent • *They let the house under a one-year tenancy agreement.* > tenant (n), tenanted (adj)
- 9.37 upfront** (adj) /ʌp'frʌnt/
in advance • *There was an upfront deposit of a month's rent for the flat.* > upfront (adv)
- 9.38 utilities** (n) /juː'tɪlɪtɪz/
public services such as power or water supplies • *The building had been derelict for years and all the utilities had been disconnected.* > utilise (v)
- 9.39 testify** (v) /'testɪfaɪ/
make a statement that sth is true • *I can write you a reference to testify to your work experience with the company.* > testament (n)

- 9.40 retain** (v) /rɪ'teɪn/
keep sth • *Ivana has to apply for a permit every year to retain the right to stay in the country.* > retention (n), retainer (n), retaining (adj)
- 9.41 tender** (v) /'tendə(r)/
officially submit sth • *The company tendered an estimate for internal repairs required before the building can be occupied.* > tenderness (n), tender (n), tender (adj), tenderly (adv)
- 9.42 relieve sb of sth** (phr v) /rɪ'liːv 'sʌmbədi əv 'sʌmθɪŋ/
remove a responsibility or role from sb • *As a result of his cowardice, William was relieved of his position as captain.* > relief (n)
- 9.43 give sb their marching orders** (expr) /gɪv 'sʌmbədi ðeə 'mɑːtʃɪŋ 'ɔːdəz/
order sb to leave a job or place • *Caught stealing from the cash register, Simon was given his marching orders.*
- 9.44 paternity leave** (n) /pə'tɜːnəti liːv/
a period of time that a father is allowed to take off work to care for his newborn child • *Paul chose to take a few months paternity leave to look after the baby when his wife resumed work.*
- 9.45 delegate** (v) /'delɪgeɪt/
assign work or part of your responsibilities to sb else • *There was too much work for one person, so Cynthia delegated the more time-consuming parts to her assistant.* > delegate (n), delegation (n)
- 9.46 nominate** (v) /'nɒmɪneɪt/
officially put forward sb's name for an important role, award, etc. • *Bob was nominated for a Nobel Peace Prize in 2016.* > nomination (n)
- 9.47 downtime** (n) /'daʊn.taɪm/
a period of time when sb stops working to relax; a period of time when sth is not working • *You look as if you need some downtime; it's months since you've had a break.*
- 9.48 flexitime** (n) /'fleksɪtaɪm/
a system of flexible working hours • *Working flexitime means that Karen can start work at the office as soon as the kids leave for school at 7:30 and go home at 15:30.*
- 9.49 autonomous** (adj) /ɔː'tɒnəməs/
independent • *West Papua became an autonomous province in 2003.* > autonomy (n), autonomously (adv)
- 9.50 emancipated** (adj) /ɪ'mænsɪpeɪtɪd/
freed from some type of restriction • *Women in western society are more emancipated than their counterparts around the globe due to the effects of political activism in the 20th century.* > emancipate (v), emancipation (n)
- 9.51 enfranchise** (v) /ɪn'fræntʃaɪz/
give sb the right to vote or to have citizenship • *As a result of the women's Suffrage movement, women were first enfranchised to a limited extent by an act of Parliament in 1918 in the UK.* > enfranchisement (n)
🗞 Opp: disenfranchise
- 9.52 liberate** (v) /'lɪbəreɪt/
free a person or country from sth/sb that controls or restricts them • *New legislation was introduced to liberate slaves.* > liberation (n)
- 9.53 sovereign** (adj) /'sɒvrɪn/
self-governing • *The Kingdom of Scotland was an independent sovereign state until 1707.* > sovereign (n)
- 9.54 monasticism** (n) /mə'næstɪsɪz(ə)m/
the way of life related to monks or nuns in a monastery • *Buddhist monasticism remains customary in some South-east Asian countries, such as Thailand.* > monastic (adj)
- 9.55 hierarchy** (n) /'haɪərəʊkiː/
the people who hold controlling power in a country or organisation; a system where people are ranked in levels of importance • *She joined the hierarchy, having been elected as a member of parliament in the 1980s.* > hierarchical (adj)
- 9.56 mediocre** (adj) /,miːdi'əʊkə(r)/
of ordinary standard or quality, not exceptional • *In view of the team's mediocre performance this season, it's unlikely they will make it to the final rounds.* > mediocrity (n)
- 9.57 conscientious** (adj) /,kɒnʃi'entʃəs/
giving attention to detail and correctness • *Amelia has always been a conscientious student who consistently completes her assignments to exceptional standards.* > conscience (n), conscientiousness (n), conscientiously (adv)
- 9.58 tribunal** (n) /traɪ'bjuːnl/
a court specialising in a particular type of legal issues • *The decision to strip him of his rank due to unprofessional conduct was taken at a military tribunal.*
- 9.59 saddle sb with sth** (phr v) /'sædl 'sʌmbədi wɪθ 'sʌmθɪŋ/
give sb responsibility for doing sth unpleasant • *Richard got saddled with the job of cleaning the camp toilets.*
- 9.60 stand in** (phr v) /stænd ɪn/
replace sb at work, etc. • *Our dentist was on leave, so his partner was standing in for him at the surgery.* > stand-in (n)
- 9.61 step down** (phr v) /step daʊn/
resign from a position of power • *The party leader stepped down the day after the referendum.*

- 9.62 lay sb off** (phr v) /leɪ 'sʌmbədi ɒf/
make sb redundant • *When the pit became flooded, hundreds of mine workers were laid off.* > lay-off (n)
- 9.63 lean on sb/sth** (phr v) /liːn ɒn 'sʌmbədi/ 'sʌmθɪŋ/
depend on sb/sth for support • *Although now in her 20s, she still leans on her family for financial support.*
- 9.64 strike out** (phr v) /straɪk aʊt/
start doing sth new • *Disillusioned with the job market, Kevin struck out on his own and opened a bicycle repair shop.*

Verbs

concede	nominate
delegate	perpetuate
deposit	provoke
diminish	retain
enfranchise	revere
let	sublet
liberate	tender
merge	testify

Phrasal verbs

come to	saddle sb with sth
lay sb off	stand in
lean on sb/sth	step down
relieve sb of sth	strike out

- 9.65 pull your weight** (expr) /puːl jɔː weɪt/
work hard to the best of your abilities • *You'd better start pulling your weight if you expect to get a pay rise.*
- 9.66 burn the midnight oil** (expr) /bɜːn ðə 'mɪdnɑːt ɔɪl/
work or study long hours into the night • *Her sleep patterns were totally out of sync after months of burning the midnight oil before the exams.*
- 9.67 be thrown in at the deep end** (expr) /biː θrəʊn ɪn æt ðə diːp end/
be made to start sth difficult, often without experience • *Tracy was thrown in at the deep end and left in charge of the office when the manager went off sick.*
- 9.68 leave sb to their own devices** (expr) /liːv 'sʌmbədi tə ðeə əʊn dɪ'vaɪsɪz/
let sb decide what to do on their own • *While their parents were out at work, the twins were left to their own devices for an hour or so after school.*

- 9.69 be wet behind the ears** (exp) /biː wet bɪ'haɪnd ðə ɪəz/
be inexperienced • *She has just started her apprenticeship, so she's still a bit wet behind the ears.*
- 9.70 free hand** (n) /friː 'hænd/
the right to make your own decisions on what to do • *Since he seemed quite capable, the school owner gave David a free hand in designing the course.*
- 9.71 of your own accord** (expr) /əv jɔː əʊn ə'kɔːd/
without being made to do sth • *Fiona left the company of her own accord, having received a better offer.*
- 9.72 see fit** (expr) /siː fɪt/
consider sth appropriate to do • *I can give you my opinion, but at the end of the day, you should just do whatever you see fit.*
- 9.73 be at liberty to do sth** (expr) /biː æt tə duː 'sʌmθɪŋ/
have permission or the right to do sth • *You are at liberty to express your own opinions.*
- 9.74 at will** (expr) /æt wɪl/
any time you like • *Hospital visiting times are restricted, so relatives and friends are not allowed to remain in the wards at will.*
- 9.75 batch** (n) /bætʃ/
a group of things dealt with together; an amount of a product made at the same time • *Taxi drivers hovered outside the airport, waiting for the next batch of passengers to arrive.* > batch (v)
- 9.76 a bundle of nerves** (expr) /ə 'bʌndl əv nɜːvz/
extremely nervous about sth • *He was a bundle of nerves waiting to hear the outcome of the interview.*
- 9.77 bale** (n) /beɪl/
a large amount of material collected together and tied up • *Bales of hay lay in neat rows in the fields ready for collection.* > bale (v)
- 9.78 deed** (n) /diːd/
an intentional act • *Rescuing the child from the blaze was a brave and heroic deed.*
- 9.79 be no mean feat** (expr) /biː nəʊ miːn fiːt/
be sth difficult to do • *Running a company and keeping it sustainable is no mean feat.*
- 9.80 pull strings** (expr) /pʊl striːŋz/
use your influence to get an advantage • *Rosemary's friend managed to pull some strings to help her get a scholarship.*
- 9.81 pull the plug on sth** (expr) /pʊl ðə plʌg ɒn 'sʌmθɪŋ/
stop sth from proceeding • *The government has pulled the plug on student grants.*

- 9.82 pull the punches** (expr) /pʊl ðə ɹʌntʃɪz/
say sth bad in a polite way to avoid upsetting people • *The reporter certainly didn't pull any punches; he was quite offensive and prying.*
- 9.83 pull up stakes** (expr) /pʊl ʌp steɪks/
move house and go to live elsewhere (US Eng) • *Nicola's family recently pulled up stakes and emigrated to Canada for a more secure future.*
✎ Also: pull up sticks (Br Eng)

Expressions

a bundle of nerves

at will
of your own accord

be at liberty to do sth
be no mean feat
be thrown in at the deep end
be wet behind the ears
burn the midnight oil
give sb their marching orders
leave sb to their own devices
pull strings
pull the plug on sth
pull the punches
pull up stakes
pull your weight
see fit
tied to sb's apron strings

Grammar pages 131-132-133

- 9.84 deposit** (n) /deɪzɪt/
a down payment made in advance • *Malcolm has been saving up for a deposit to buy a flat.*
> deposit (v)
- 9.85 orientation** (n) /ˌɔːrɪən'teɪʃn/
a period of preparatory training • *We haven't started lessons yet as we're having a week of orientation to get used to university life.*
> orientate (v)
✎ Opp: disorientation

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- 9.86 tied to sb's apron strings** (expr) /taɪd tə 'sʌmbədɪz 'eɪprən strɪŋz/
dependent on sb, especially your mother
• *Isn't it time you got a place of your own, son? You can't stay tied to my apron strings forever!*

- 9.87 etiquette** (n) /'etɪkət/
the rules of polite culturally acceptable behaviour • *Before travelling abroad, it's wise to read up on the local etiquette to avoid embarrassing moments.*
- 9.88 manoeuvre** (n) /mə'nuːvə(r)/
a movement to control the position or direction of sth • *Our pilot carried out some skilful manoeuvres to avoid flying into the eye of the storm.* > manoeuvre (v)
- 9.89 squatter** (n) /'skwɒtə(r)/
sb who moves into sb else's property and lives there without paying • *The abandoned factory has been taken over by squatters.* > squat (v)
- 9.90 dress code** (n) /dres kʊəd/
the rules that state which clothes are appropriate • *Teachers and students are expected to respect the school dress code.*
- 9.91 explicitly** (adv) /ɪk'splɪsɪtli/
in a clear and direct way • *The students were explicitly told to submit their assignments by the end of the month.* > explicit (adj)
✎ Opp: implicitly
- 9.92 spontaneous** (adj) /spɒn'teɪniəs/
doing things suddenly without prior planning; done without prior planning • *The manager was stunned at Timothy's spontaneous resignation.* > spontaneity (n), spontaneously (adv)

Adverbs

disproportionately explicitly

Speaking page 135

- 9.93 concede** (v) /kən'siːd/
admit that sb else is correct or sth is true
• *Elena conceded that learning to drive was not as easy as it seemed.* > concession (n)
- 9.94 adulthood** (n) /'ædʌlthʊd/
the state of being an adult • *At what age do you consider a child has reached adulthood?*

Writing pages 136-137

- 9.95 accomplished** (adj) /ə'kʌmplɪʃt/
highly skilled and having achieved a lot
• *Once the naughty boy of the class, he had grown up to become a calm and accomplished young man.* > accomplish (v), accomplishment (n)

- 9.96** **rose-coloured glasses** (n) /rəʊz 'kʌləd glɑːsɪz/
an unrealistic over-optimistic view of life
• *He's rather naïve and tends to view the world through rose-coloured glasses.*
- 9.97** **merge** (v) /mɜːdʒ/
blend together with other things so the differences are not clear; join two or more things to form one • *Feelings of anxiety merged with happy excitement as he approached his sold home.* > merger (n)
- 9.98** **anecdote** (n) /'æniːkdəʊt/
a short amusing or interesting story about an experience or other event • *In the staff room, teachers exchanged amusing anecdotes about their students.* > anecdotal (adj)
- 9.99** **instrumental** (adj) /,ɪnstrə'mentl/
having a key influence • *Her aunt was instrumental in getting her the job.*
> instrument (n)
- 9.100** **disposable income** (n) /dɪ'spəʊzəbl 'ɪnkʌm/
the money you have available after making tax payments, etc. • *Many families are struggling to make ends meet as their disposable income has shrunk in the recent years.*
- 9.101** **eye-opener** (n) /'aɪ,əʊpənə(r)/
a surprising experience or information that makes you understand more about sth
• *Helping out at the soup kitchen for the first time was a real eye-opener.* > eye-opening (adj)
- 9.102** **facet** (n) /'fæsɪt/
one part of sth • *The article covered the most important facets of academic life.*

Compound nouns

disposable income	rose-coloured glasses
dress code	tree ring
eye-opener	
paternity leave	

- 9.104** **deposit** (v) /dɪ'pɒzɪt/
leave behind a layer of a substance on the surface of sth • *The retreating floods had deposited a layer of mud and gravel on the town streets.* > deposit (n)
- 9.105** **remains** (n) /rɪ'meɪnz/
parts of sth left when the rest has been used or removed • *They uncovered the remains of an ancient warrior while excavating the sanctuary.* > remain (v), remainder (n), remaining (adj)
- 9.106** **remoteness** (n) /rɪ'məʊtnəs/
the state of being far away from inhabited areas • *The geographical remoteness of the island makes import costs high.* > remote (adj), remotely (adv)
- 9.107** **tree ring** (n) /triː rɪŋ/
the circular lines visible in wood when a tree is cut horizontally across the trunk • *As well as calculating the age of a tree, scientists can use old tree rings to detect the effects of weather patterns throughout the centuries.*

Nouns

adulthood	hallucination
anecdote	impediment
bale	initiation
batch	lease
burden	manifestation
calcite	manoeuvre
consent	maturity
deed	milestone
deference	monasticism
deposit	mortality
discrimination	orientation
downtime	ranks
enforcement	readiness
etiquette	remains
eviction	remoteness
facet	span
feat	squatter
flexitime	tenancy
fortitude	tribunal
free hand	utilities

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- 9.103** **calcite** (n) /'kælsaɪt/
an opaque or clear carbonate mineral that forms part of major rocks • *A phosphorescent light glowed from some of the calcites on the cave walls in the cavers' torchlight.* > calcify (v), calcification (n)