

9 In The Extreme!

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- 9.1 in the extreme** (expr) /ɪn ðə ɪk'stri:m/ much more than normal • *Some outdoor sports are dangerous in the extreme.* > extreme (adj), extremely (adv)
✎ Syn: extremely
- 9.2 geologist** (n) /dʒi'ɒlədʒɪst/ a person who studies geology • *Geologists are trying to find better ways to measure earthquakes.* > geology (n), geological (ad)
- 9.3 take care** (expr) /teɪk keɪ(r)/ be careful • *Take care so you don't fall off the banana boat.*
- 9.4 volcano** (n) /vɒl'keɪnəv/ a mountain that has (or had) hot gases and hot melted rocks coming out of a hole on its top • *Greece has many live volcanoes, for example, Santorini and Methana.* > volcanic (adj)
- 9.5 edge** (n) /edʒ/ the top of the outside part of sth • *Don't stand so close to the edge of the cliff.*
- 9.6 Hawaii** (n) /hə'waɪ,i:/ > Hawaiian (n, adj)

Reading

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- 9.7 kitesurfing** (n) /'kaɪtsɜ:fɪŋ/ the sport of riding on a board on water and holding a large kite that gets pushed by the wind • *A large wave hit the kitesurfer and he fell into the sea.* > kitesurf (v), kitesurfer (n)
- 9.8 banana boat** (n) /bə'nɑ:nə bæʊt/ a small rubber boat shaped like a large banana filled with air • *I fell off the banana boat into the sea.*
- 9.9 soapbox racing** (n) /'səʊpbɒks/ the sport of racing in homemade racing carts • *Ben goes soapbox racing at weekends. He loves racing down hills.*
- 9.10 paragliding** (n) /'pærəglɑɪdɪŋ/ a sport in which you jump from a high place with a kind of parachute you can steer until you reach the ground • *We saw people paragliding from the top of the mountain down to a field below.* > paraglide (v), paraglider (n)
- 9.11 extreme** (adj) /ɪk'stri:m/ much more than normal • *Frank is scared to do extreme sports like kitesurfing.* > extreme (n), extremely

- 9.12 frightening** (adj) /'fraɪtɪŋ/ sb/sth that makes you afraid • *It was very frightening when we got lost in the snow.* > frighten (v), fright (n), frightened (adj), frighteningly (adv)
- 9.13 careful** (adj) /'keəfl/ taking care not to get hurt or damage sth • *Be careful when you go climbing.* > care (v), care (n), carefully (adv)
- 9.14 exhausting** (adj) /ɪg'zɔ:stɪŋ/ very tiring; making you very tired • *Walking in thick snow is really exhausting.* > exhaust (v), exhaustion (n), exhausted (adj)
- 9.15 blog** (n) /blɒg/ a piece of writing on a website about events, opinions, etc. • *Did you read Ed's blog about his trip to China?* > blog (v), blogger (n)
- 9.16 article** (n) /'ɑ:tɪkl/ a piece of writing about sth in a newspaper or magazine, etc. • *This website has an interesting article about scuba diving.*

Word Focus

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- 9.17 compete** (v) /kəm'pi:t/ take part in a competition or sport • *Hundreds of runners compete in the marathon every year.* > competitor (n), competition (n), competitive (adj), competitively (adv)
- 9.18 glide** (v) /glɑɪd/ move easily through the air without moving wings; move easily and quietly • *The paragliders jumped off the cliff and glided down to the beach.* > gliding, glider (n)
- 9.19 slope** (n) /sləʊp/ an area of land on the side of a hill or mountain • *They skied down the slope of the mountain.* > slope (v)
- 9.20 gentle** (adj) /'dʒentl/ not extreme; quiet and kind • *There was a gentle wind blowing that kept us cool.* > gentleness (n), gently (adv)
- 9.21 give up** (phr v) /gɪv ʌp/ stop trying or doing sth; decide to stop • *The rescue team gave up and stopped looking for the lost climbers.*
- 9.22 decide** (v) /dɪ'saɪd/ think about different options and choose one • *Heather decided not to go sailing because of the weather.* > decision (n), decisive (adj), decisively (adv)

9.23 paralysed (adj) /'pærəlaɪzd/
not able to move your body or part of it • *I was so scared that I felt paralysed before I jumped.*
> paralyse (v), paralysis (n)

9.36 time (v) /taɪm/
check/count how much time sb takes to do sth • *I timed myself running home across the park and it took me sixteen minutes.* > timer, timing, time (n)

Reading

Pages 110–111

9.24 post (v) /pəʊst/
put a piece of writing or a picture on a website
• *George posted photos of the racing team on the website.* > post (n)

9.37 kit (n) /kɪt/
a set of parts that you need to make sth; a set of equipment needed for sth • *Linda followed the instructions to make the model ship from a kit.*

9.25 snowboard (n) /'snəʊbɔ:d/
the sport/activity of riding a board on snow down a hill; a board used for snowboarding
• *You can do snowboard lessons at the ski centre.* > snowboard (v), snowboarding, snowboarder (n)

9.38 book (v) /bʊk/
ask sb to keep sth for you to use later
• *Richard booked his ticket for the plane to Geneva.* > booking (n)

9.26 wingsuit (n) /'wɪŋsu:t/
a kind of skydiving suit with material between the arms to make it easier to fly slowly
• *Jill looked like a giant bird as she flew down the hill in her wingsuit.*

9.39 hand cycling (n) /hænd 'saɪklɪŋ/
a sport in which you make a bike move with your hands instead of your legs • *Hand cycling is a great sport for people who can't use their legs.*

9.27 take off (phr v) /teɪk ɒf/
leave the ground (for planes, etc.) • *The plane took off and flew up into the clouds.*
> take-off (n)

9.40 dizzy (adj) /'dɪzi/
feeling like everything is spinning around you as if you're going to fall • *Going up a ladder makes me feel dizzy.* > dizziness (n)

9.28 quietly (adv) /'kwaɪətli/
in a quiet way; without making any or much noise • *Colin sat quietly taking photos of the birds.* > quiet (n, adj)

9.41 carousel (n) /,kærə'sel/
a round platform with places for children to sit on that spins around, usually in a playground or amusement park • *The children enjoyed their ride on the carousel at the fair.*
☞ Syn: merry-go-round, roundabout

9.29 landing (n) /'lændɪŋ/
the act of bring a plane, etc., down onto the ground after flying • *The helicopter made a perfect landing on top of the building.*
> land (v)

9.42 Mozambique (n) /,məʊzæm'bi:k/
> Mozambican (n, adj)

9.30 be worth (expr) /bi wɜ:θ/
be useful enough to do; have a value • *The trip cost a lot of money, but it was worth it.*

9.43 offer (n) /'ɒfə(r)/
sth sb says they will give or do • *The hotel has a special offer of three nights for the price of two.* > offer (v)

9.31 derby (n) /'dɑ:bi/
a competition between teams or players from the same place • *They watched the derby match between Olympiakos and AEK.*

9.44 sportswoman (n) /'spɔ:tswʊmən/
a woman who plays a sport • *Nadia was the youngest sportswoman representing her country in the Olympics.*
☞ Also: sportsman, sportsperson

9.32 come along (phr v) /kʌm ə'lɒŋ/
go somewhere with sb • *We're going to watch the soapbox race. Do you want to come along?*

9.45 determination (n) /dɪ,tɜ:mi'neɪʃn/
the power to continue doing sth very difficult without giving up • *The survivors kept walking with determination until they found help.*
> determine (v), determined (adj)

9.33 motor (n) /'mɔ:tə(r)/
a machine that makes sth work • *Mike turned on the motor and the boat started to move.*
> motor (v), motor (adj)

9.46 medal (n) /'medl/
a flat piece of metal that sb gets as a prize for winning sth or doing sth very brave • *David won a gold medal for swimming in the national competition.*

9.34 bend (n) /bend/
a turn on a road • *Slow down when you drive round the bend.* > bend (v)

9.47 chest (n) /tʃest/
the top of the front part of your body • *The marathon runners all wore numbers on their chests.*

9.35 racer (n) /'reɪsə(r)/
a person or animal taking part in a race • *She is a famous ski racer.* > race (v, n)

9.48 carry on (phr v) /'kæri ɒn/
continue doing sth; continue moving • *Liz carried on driving until she found a good place for a picnic.*

- 9.49 take up** (phr v) /teɪk ʌp/
start doing sth new, e.g. a hobby or sport
• *Millie is always out at weekends because she's taken up cycling.*
- 9.50 sensation** (n) /sen'seɪʃn/
a feeling • *I had a sharp sensation in my wrist and I knew it was broken.* > sense (v)
- 9.51 dream** (n) /dri:m/
sth you want to do, be or have in the future
• *His dream is to climb Mount Everest one day.* > dream (v), dreamer (n)
- 9.52 come true** (exp) /kʌm truː/
really happen • *Her dream to take part in the Olympics came true in 2016.*

Phrasal Verbs & Expressions

be worth	in the extreme
carry on	take care
come along	take off
dream come true	take up
give up	

Vocabulary Pages 112–113

- 9.53 equipment** (n) /ɪ'kwɪpmənt/
the things you need to do a job or an activity
• *You don't need any special equipment on the trip. Just wear comfortable clothes and shoes.*
- 9.54 skydiving** (n) /'skaɪdaɪvɪŋ/
a sport in which sb jumps out of a plane and falls without opening a parachute for as long as possible • *Jumping out of a plane to do skydiving is exciting, but it's very dangerous.*
> skydive (v), skydiver (n)
- 9.55 scuba diving** (n) /'skuːbə 'daɪvɪŋ/
swimming underwater using a container of air that you have on your back and a tube that you use to breathe • *My dream is to go scuba diving in the Caribbean Sea.*
- 9.56 wetsuit** (n) /'wetsuːt/
an item of waterproof clothing made of rubber that fits over the whole body • *Lazaros wears his wetsuit to swim in the sea when it's cold in winter.*
- 9.57 flipper** (n) /'flɪpə(r)/
a kind of rubber shoe with a long flat part that helps sb swim quickly • *I can't swim fast today because I don't have my flippers.*
- 9.58 ski** (n) /skiː/
a long thin board that you wear on your boot to move across snow • *You can hire skis at the winter sports centre.* > ski (v), skiing, skier (n)

- 9.59 goggles** (n) /'gɒɡlz/
special glasses to cover your eyes for sports in the snow or swimming • *I don't like swimming in the pool without my goggles because the water gets in my eyes.*
- 9.60 board** (n) /bɔːd/
a long thin piece of hard material used in sports like surfing. • *This board is made of wood and I use it for surfing.*
- 9.61 swimwear** (n) /'swɪmwɛə(r)/
the clothes you wear to go swimming • *This website sells bikinis and other swimwear.*
- 9.62 knee** (n) /niː/
the joint between the top and bottom parts of the leg • *Vanessa hurt her knee when she fell and she can't walk easily.*
- 9.63 knee pad** (n) /niː pæd/
protective clothing for knees • *Skateboarders should wear knee pads to protect them when they fall.*
- 9.64 elbow** (n) /'elbəʊ/
the middle joint of your arm that connects the top and lower part • *I hit my elbow on the door as I went out.*
- 9.65 elbow pad** (n) /'elbəʊ pæd/
a piece of hard material (e.g. plastic or rubber) that you wear on your arm to protect your elbow • *The biker didn't break his arm because he was wearing elbow pads.*
- 9.66 ice axe** (n) /'aɪs aks/
a tool for climbers to cut steps in ice • *The explorers used ice axes to make holes in the ice.*
- 9.67 crampon** (n) /'kræmpɒn/
a metal plate with sharp points that climbers can put on their boots to walk on ice • *The walkers slid and fell on the icy slope because they didn't have crampons on their shoes.*
- 9.68 parachute** (n) /'pærəʃuːt/
a large piece of cloth that opens to form an umbrella shape held by sb when they jump out of a plane to make them fall to the ground slowly • *She jumped out of the plane and soon her parachute opened.* > parachute (v), parachutist (n)

Equipment

board	kit	snowboard
crampon	knee pad	swimwear
elbow pad	map	trapeze
flipper	motor	wetsuit
glove	parachute	wingsuit
goggles	rope	
ice axe	ski	

- 9.69 earth** (n) /ɜːθ/
the planet Earth; the ground • *The earth goes round the sun.*
✎ Also: Earth
- 9.70 joint** (n) /dʒɔɪnt/
a part of the body that connects two bones
• *My joints hurt the day after I ran in the race.*
> join (v)
- 9.71 wave** (n) /weɪv/
a large mass of water flowing, e.g. in the sea
• *Suddenly, a big wave hit the side of the boat.*
> wave (v)
- 9.72 skydiver** (n) /ˈskaɪdaɪvə(r)/
sb who does skydiving • *No, it isn't a giant bird. It's a skydiver!* > skydive (v), skydiving (n)
- 9.73 frightened** (adj) /ˈfraɪtnd/
feeling scared • *Are you frightened of walking in the dark?* > frighten (v), fright (n), frightening (adj)
- 9.74 disappointed** (adj) /ˌdɪsəˈpɔɪntɪd/
unhappy when sth doesn't go as well as you wanted it to • *Sally felt disappointed that there were no tickets left for the show.* > disappoint (v), disappointing (adj), disappointment (n)
- 9.75 disappointing** (adj) /ˌdɪsəˈpɔɪntɪŋ/
not as good as you thought sth would be
• *The skiing course was disappointing. I didn't learn very much.* > disappoint (v), disappointed (adj), disappointment (n)
- 9.76 brave** (adj) /breɪv/
not afraid to do sth • *I'm not brave enough to jump out of a plane.* > bravely (adv)
- 9.77 bravely** (adv) /ˈbreɪvli/
in a brave way • *Ahmed bravely dived into the sea and saved the child.* > brave (adj)
- 9.78 noisily** (adv) /ˈnɔɪzɪli/
in a noisy way • *The cars raced noisily round the track.* > noise (n), noisy (adj)
- 9.79 dangerously** (adv) /ˈdeɪndʒərəsli/
in a dangerous way • *They surfed dangerously close to the rocks.* > endanger (v), danger (n), dangerous (adj)
- 9.80 diver** (n) /ˈdaɪvə(r)/
sb who works underwater, usually with special equipment; sb who dives for fun or sport • *The diver took photos of strange fish at the bottom of the sea.* > dive (v, n)
- 9.81 slowly** (adj) /ˈsləʊli/
not quickly; at a slow speed • *Luke skated slowly on the ice at first.* > slow (v), slow (adj)
- 9.82 coral** (n) /ˈkɒrəl/
a hard red, pink or white substance that forms on the bottom of the sea from the bones of very small animals • *The pink rocks we saw in the sea were actually coral.* > coral (adj)

- 9.83 skier** (n) /ˈskiːə(r)/
a person who skis • *In winter, the mountain village is full of skiers going to the slopes.*
> ski (v, n), skiing (n)
- 9.84 bungee jumping** (n) /ˈbʌndʒi dʒʌmpɪŋ/
a sport in which you jump off a high place, like a bridge or a cliff, with an elastic rope tied to your feet • *People sometimes do bungee jumping from the bridge at Corinth.*
- 9.85 amaze** (v) /əˈmeɪz/
surprise sb very much • *Ian amazed us with his skateboarding moves.* > amazement (n), amazed, amazing (adj)
- 9.86 amazed** (adj) /əˈmeɪzd/
very surprised • *We were amazed at Grandpa's bungee jumping experience.*
> amaze (v), amazement (n), amazing (adj)
- 9.87 elastic** (adj) /ɪˈlæstɪk/
made of rubber material that stretches easily
• *This jacket has got elastic around the wrists.*
> elastic (n)
- 9.88 rope** (n) /rəʊp/
very strong thick string used to tie things
• *The climbers used strong ropes to help them climb the mountain.*
- 9.89 ankle** (n) /ˈæŋkl/
the part of the body that connects the foot to the leg • *Eva fell and broke her ankle during the race.*

Body Parts

ankle	joint
chest	knee
elbow	

Grammar

Pages 114–115

- 9.90 marathon** (n) /ˈmærəθən/
a long distance race, usually about 42 kilometres • *The road was closed because hundreds of people were running in the marathon.* > marathon (adj)
- 9.91 host** (v) /həʊst/
organise an event and invite people to take part • *Which country is hosting the next Olympic Games?* > host (n)
- 9.92 dive** (v) /daɪv/
jump into water with your arms and head going in first • *We dived off the rocks into the sea.*
> dive, diver, diving (n)
- 9.93 vitamin** (n) /ˈvɪtəɪn/
sth that you get from food that you need to grow and be healthy • *Fresh fruit has more vitamins than sweets or crisps.*

- 9.94 biking** (n) /'baɪkɪŋ/
the sport of riding a bicycle or motorbike
• *I like biking in the country, but I haven't tried fat biking.* > bike (v), bike, biker (n)
- 9.95 biker** (n) /'baɪkə(r)/
sb who rides a bicycle or motorbike • *There are special paths in the city for bikers to cycle on.* > bike (v), bike, biking (n)
- 9.96 sandy** (adj) /'sændi/
covered with sand • *Walking on a sandy beach is good exercise.* > sand (n)
- 9.97 excite** (v) /ɪk'saɪt/
make sb feel excited • *The idea of travelling around the world excited him.* > excitement (n), exciting, excited (adj)

Listening

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- 9.98 mermaid** (n) /'mɜːmeɪd/
a creature that is like a woman with a long fish tail instead of legs • *She swam under the water like a mermaid with feet inside her large flipper.*
- 9.99 trapezing** (n) /trə'piːzɪŋ/
the sport of swinging on a trapeze (a swing hanging on ropes high above the ground)
• *We watched the team of acrobats trapezing in the circus.* > trapeze (n)
- 9.100 zorbing** (n) /'zɔːbɪŋ/
the sport of running inside a large ball filled with air that rolls around • *Zorbing looks like fun, but never do it on a windy day or the zorb ball will blow away.* > zorb (v, n)
- 9.101 wide** (adj) /waɪd/
(the distance) from one side of sth to the other
• *The river is three metres wide.* > widen (v), width (n)

Activities

banana boat riding	paragliding
biking	scuba diving
bungee jumping	skydiving
carousel	soapbox racing
hand cycling	trapezing
kitesurfing	zorbing
marathon	

Speaking

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- 9.102 high life** (n) /'haɪ laɪf/
a way of life that includes spending a lot of money on food, new things and entertainment
• *The family aren't exactly living the high life since Dad lost his job.*

- 9.103 trapeze** (n) /trə'piːz/
a swing hanging on ropes high above the ground usually in a circus • *Armando jumped from the top of the high ladder and caught the trapeze in the air.* > trapezing (n)
- 9.104 fee** (n) /fiː/
the money you pay to do sth or join a club, class, etc. • *I pay a small fee every month to use the sports centre.*
- 9.105 online** (adv) /,ɒn'laɪn/
on the Internet • *Silvia booked her plane tickets online.* > online (adj)
- 9.106 Switzerland** (n) /'swɪtsələnd/
> Swiss (n, adj)
- 9.107 glove** (n) /glɒv/
an item of clothing to keep your hand warm
• *Put on your gloves to keep your hands warm on the ski slope.*

Writing

Pages 118–119

- 9.108 heading** (n) /'hedɪŋ/
a title for a piece of writing • *He gave his blog an interesting heading.* > head (v), head (n)
- 9.109 subheading** (n) /,sʌb'hedɪŋ/
a title for small parts of a long piece of writing that has a main heading • *Each paragraph in her report had a subheading to show the subject it was about.*
- 9.110 link** (v) /lɪŋk/
connect • *Remember to link your sentences with words like 'but' or 'so'.* > link (n)
- 9.111 call** (n) /kɔːl/
an order or request • *The blog includes a call to make sport free for everyone.* > call (v), caller (n)
- 9.112 action** (n) /'ækʃn/
what sb does to make sth happen • *There's lots of action on the island in summer. You won't get bored!* > act (v), active (adj), actively (adv)
- 9.113 image** (n) /'ɪmɪdʒ/
a picture; the idea that sb/sth gives others about them • *The image above Tim's article was a photo of him scuba diving.*
- 9.114 emotion** (n) /ɪ'məʊʃn/
a feeling • *She photographed the children laughing happily to show their emotions.* > emotional (adj)
- 9.115 characteristic** (n) /,kærəktə'rɪstɪk/
a feature, e.g. describing age, personality, appearance • *He gave a description of his personal characteristics, including his age and appearance.* > characteristic (adj)

- 9.116 shocking** (adj) /'ʃɒkɪŋ/
surprising in a bad way; very bad • *Yesterday on TV, there was a shocking story about the rubbish in the sea.* > shock (v, n), shocked (adj)
- 9.117 surprising** (adj) /sə'praɪzɪŋ/
not expected to happen • *A surprising number of people want to try bungee jumping.*
> surprise (v, n), surprised (adj)
- 9.118 route** (n) /ru:t/
the way from one place to another
• *Ken takes the shortest route home from school every day.*
- 9.119 map** (n) /mæp/
a plan that shows the surface of the earth and all the roads, etc., to go somewhere • *I looked at the map to find the way to the village.*
- 9.120 graffiti** (n) /grə'fi:tɪ/
things painted or written on walls in public places • *The walls in the city centre are covered with graffiti.*
- 9.121 streetlight** (n) /'stri:tlaɪt/
a light on top of a tall pole at the side of a road or another public place • *There aren't many streetlights near the station, so I don't like walking there at night.*
- 9.122 statue** (n) /'stætʃuː/
a figure of a person, animal or object that sb makes from stone or metal • *There's a statue of Lord Byron in the park.*
- 9.123 urban** (adj) /'ɜːbən/
related to or in a town or city • *You can travel by urban railway from the airport to the city centre.*
- 9.124 confusing** (adj) /kən'fjuːzɪŋ/
not easy to understand • *The streets all looked the same, which was confusing for visitors.* > confuse (v), confusion (n), confused (adj)

Adjectives

amazed	dizzy	paralysed
brave	elastic	sandy
careful	exhausting	shocking
confusing	extreme	spectacular
disappointed	frightened	surprising
disappointing	frightening	urban
diverse	gentle	wide

Adverbs

bravely	mentally	quietly
dangerously	noisily	slowly
extremely	physically	unique

- 9.125 realise** (v) /'riːəlaɪz/
understand that sth is happening • *I didn't realise your parents were Italian.*
> realisation (n)
- 9.126 step** (n) /step/
a stair, usually outdoors or on a ladder; the movement of lifting up your foot then putting it down when you walk • *They sat on the steps outside the library, waiting for it to open.*
> step (v)
- 9.127 exist** (v) /ɪg'zɪst/
live; be • *Smartphones didn't exist until a few years ago.* > existence (n)
- 9.128 encourage** (v) /ɪn'kʌrɪdʒ/
talk to sb to make them do sth by saying it is a good thing to do • *My friends encouraged me to go climbing with them.* > encouragement (n), encouraging (adj)
- 9.129 certificate** (n) /sə'tɪfɪkət/
a piece of paper which says you have finished a course • *At the end of the weekend, everyone got a certificate to show that they attended the training course.* > certify (v)
- 9.130 prove** (v) /pruːv/
use evidence to show that sth is true or that sth really happened • *Matthew studied French for eight years, but he hasn't got a paper to prove it.* > proof (n)
- 9.131 certify** (v) /'sɜːtɪfaɪ/
write or say that sth is true or that sb has done sth • *The doctor wrote a note to certify that Kim wasn't too ill to go to school.* > certificate (n), certify (adj)

Video 9 Extremely Spectacular

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- 9.132 extremely** (adv) /ɪk'striːmli/
very much • *Mum was extremely worried when I went bungee jumping.*
> extreme (adj, n)
- 9.133 spectacular** (adj) /spek'tækjʊlə(r)/
exciting to see • *There was a spectacular fireworks display at the end of the event.*
- 9.134 diverse** (adj) /daɪ'vɜːs/
including many different kinds of things or people • *Our walking club is a diverse group of people of many nationalities.* > diversity (n)
- 9.135 landscape** (n) /'lændskeɪp/
the things you can see across a large area of land • *The typical Dutch landscape has canals and fields of flowers.*

- 9.136 formation** (n) /fɔː'meɪʃn/
sth that has been formed; a particular pattern
• *Jake is studying geology to learn about the formation of our planet.* > form (v, n), formative (adj)
- 9.137 erosion** (n) /ɪ'rəʊʒn/
the natural process that slowly destroys sth or makes it weaker because of water, or the weather, etc. • *A large rock broke off the cliff and fell onto the beach because of erosion by the sea.* > erode (v)
- 9.138 inspire** (v) /ɪn'spaɪə(r)/
to give somebody an idea to do something
• *His journey to India inspired him to write the blog.* > inspiration (n), inspiring (adj)
- 9.139 climber** (n) /'klaɪmə(r)/
sb who climbs mountains or rocks • *The group of climbers used ropes to help them down from the hilltop.* > climb (v, n), climbing (n)
- 9.140 physically** (adv) /'fɪzɪkli/
related to the body • *We were physically exhausted by the end of the marathon.*
> physical (adj)
- 9.141 unique** (adj) /juː'niːk/
the only one of a kind • *Every child is unique because no two people can be exactly the same.*
- 9.142 adventurer** (n) /əd'ventʃərə(r)/
sb who enjoys doing exciting new things and travelling to strange places • *Sue's family think she's an adventurer because she's always travelling to different places and doing dangerous activities.* > adventure (n), adventurous (adj)
- 9.143 interact** (v) /ɪntə'rækt/
communicate and act with sb/sth • *It's interesting how animals interact when they meet each other for the first time.* > interaction (n), interactive (adj)
- 9.144 mentally** (adv) /'mentəli/
related to the mind • *Are you mentally prepared for the cycling race?* > mental (adj)
- 9.145 affect** (v) /ə'fekt/
cause a change to sb/sth • *The weather affected our plan to go camping because it was too cold and wet.*