

8 Time to Spare

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- 8.1 **time to spare** (phr) /taɪm tə speə/
more time than you need • *If you have any time to spare, can you help me with my work?*
- 8.2 **free-running parkour** (n) /friː-ˈrʌŋɪŋ pɑːˈkʊə/
a sport that involves running and jumping in the streets of a city • *Free-running parkour is the latest popular sport in towns, but if you fall you can really hurt yourself.*

Word Focus

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- 8.3 **headlamp** (n) /hedlæmp/
light on the front of a car or on a special helmet • *By turning on the headlamp, I was able to see inside the dark cave.*
- 8.4 **forehead** (n) /ˈfɔːhed/
the part of your face above your eyes and below your hair • *I had some paint on my forehead because I had been decorating.*
- 8.5 **victim** (n) /ˈvɪktɪm/
sb who has been hurt or killed • *The victims of the crash were taken to hospital.*
> victimise (v)

Reading

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- 8.6 **popularity** (n) /pɒpjʊˈlærəti/
the state of being liked a lot • *The singer's popularity increased with his new song, which was on the radio every day.* > popular (adj)
- 8.7 **eat out** (phr v) /iːt aʊt/
have a meal in a restaurant • *They like eating out at different restaurants.*
- 8.8 **specially-equipped** (adj) /ˈspeʃəli ɪˈkwɪpt/
specially provided with the things that are needed for an activity • *Specially-equipped cavers went into the caves to explore them.*
- 8.9 **vehicle** (n) /ˈviːəkl/
sth used for transporting people, such as a car • *A lorry is a large vehicle.*
- 8.10 **surround** (v) /səˈraʊnd/
be all around sth/sb • *A beautiful garden surrounds the house.* > surroundings (pl n)
- 8.11 **caver** (n) /ˈkeɪvə/
sb who explores caves • *Cavers have to climb and swim in order to get to new caves which have never been explored.* > cave (n)
- 8.12 **twisting** (adj) /twɪstɪŋ/
bending and changing direction often • *Driving on the twisting road up the mountain, I began to feel sick.* > twist (v, n)

- 8.13 **tunnel** (n) /ˈtʌnl/
a long passage through rock • *The train entered a long tunnel to go through the mountain.*
- 8.14 **rock formation** (n) /rɒk fɔːˈmeɪʃn/
rock that is formed in a particular shape • *Experts can tell how old an area is from the rock formations in cliffs and caves.*
- 8.15 **impressive** (adj) /ɪmˈpresɪv/
very good, large or important, so people admire it • *The impressive rock formations at Meteora are worth seeing.* > impress (v), impression (n) 📖 Opp: unimpressive
- 8.16 **look out for sb** (phr v) /lʊk aʊt fə ˈsʌmbədi/
take care of sb and make sure nothing bad happens to them • *In our family, we look out for each other.*
- 8.17 **knee pad** (n) /niː pæd/
protective clothing for knees • *Skateboarders should wear knee pads to protect their knees in case they fall.*
- 8.18 **crawl** (v) /krɔːl/
move along the ground on your hands and knees • *The nine-month-old baby crawled to her mother.* > crawl (n)
- 8.19 **torch** (n) /tɔːtʃ/
a small light that is held in the hand and is powered by batteries • *He turned on his torch to see in the darkness.*
- 8.20 **decoration** (n) /dekəˈreɪʃn/
things that make sth look more beautiful • *The children put Christmas decorations all around the classroom.* > decorate (v), decorative (adj)
- 8.21 **drip** (v) /drɪp/
fall in drops • *When rainwater drips from the roof of the house, large puddles of water form in the garden.* > drip (n)
- 8.22 **stalactite** (n) /ˈstæləktɪt/
a long thing made of minerals, that is formed by water as it drips from the roof of a cave • *The large stalactites we saw in the cave were hanging down nearly to the floor.*
- 8.23 **hang (down)** (v) /hæŋ (daʊn)/
be attached from above but not reaching the ground • *In very cold weather, you can see icicles hanging down from the roofs of houses.*
- 8.24 **stalagmite** (n) /ˈstæləɡmaɪt/
a pointed object that comes up from the floor of a cave, and that is formed by drops of water from a stalactite • *The stalagmites had been formed by water dripping from above through limestone.*
- 8.25 **upwards** (adv) /ˈʌpwədz/
from bottom to top • *We looked upwards at the sky to observe the storm clouds.*

- 8.26** **cave floor** (n) /keɪv flɔː/
the ground at the bottom of a cave • *There was some water on the cave floor.*
- 8.27** **nest** (n) /nest/
a structure that a bird makes for its eggs
• *There were four tiny blue eggs in the nest.*
> nest (v)
- 8.28** **eyeless** (adj) /'aɪləs/
without eyes • *The cavers observed how the eyeless animals moved around and found food.* > eye (n)
- 8.29** **capture** (v) /'kæptʃə/
catch sb/sth • *The police captured the thief and he's in prison now.* > capture (n)
- 8.30** **flow** (v) /fləʊ/
move easily in one direction • *The Nile flows into the Mediterranean Sea.* > flow (n)
- 8.31** **footprint** (n) /'fʊtprɪnt/
a mark in the ground left by a foot or shoe
• *We left footprints in the snow when we walked across the garden.*
- 8.32** **kill time** (phr) /kɪl taɪm/
doing unimportant things while you are waiting for sth else to happen • *People usually kill time by looking at magazines in the doctor's waiting room.*
- 8.33** **descend** (v) /dɪ'send/
go down • *We descended in the lift to the floor below where the new gym had been opened.*
> descent (n)
- 8.34** **light** (v) /laɪt/
give light to a place • *In the past, homes were lit by candles.* > light (n)
- 8.35** **entrance** (n) /'entrəns/
the place that leads to a building or room
• *I'll meet you at the entrance to the theatre.*
> enter (v), entry (n)
- 8.36** **passage** (n) /'pæsɪdʒ/
a narrow space which connects two places
• *The bathroom is at the end of the passage, opposite my bedroom.*
- 8.37** **direction** (n) /dɪ'rekʃn/
the position sb/sth moves towards • *Did you see which direction the car went in?*
> direct (v)
- 8.38** **pastime** (n) /'pɑːstaɪm/
an activity you enjoy doing in your free time
• *Gaming is one of the most popular pastimes for young people.*

Compound nouns

art gallery	martial art
ballroom dancing	primary school
campsite	rock formation
cave floor	tap dancing
footprint	teammate
headlamp	traffic jam

Vocabulary

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- 8.39** **martial art** (n) /'mɑːɪl aːt/
a style of fighting like karate, kung fu and tae kwon do • *Jim wants to take up a martial art and he's thinking of trying karate.*
- 8.40** **drama** (n) /'drɑːmə/
acting; plays • *Jane wants to study drama at the Royal Academy of Dramatic Art.*
> dramatic (adj), dramatically (adv)
- 8.41** **sculpture** (n) /'skʌlptʃə/
making works of art out of stone, wood, metal etc; an object made out of stone, wood, clay etc. • *There are many marble sculptures of gods like Athena and Apollo in museums in Greece.*
- 8.42** **ballet** (n) /'bæleɪ/
dancing that tells a story with music • *I love watching ballet; the dancers are so graceful.*
- 8.43** **gaming** (n) /'geɪmɪŋ/
playing computer games • *My brother loves gaming but I prefer reading.* > game (n)
- 8.44** **primary school** (n) /'praɪməri skuːl/
a school for children between the ages of five and eleven • *Most children enjoy going to primary school.*
- 8.45** **recipe** (n) /'resəpi/
instructions for how to cook sth • *Can you give me your recipe for chocolate cake?*
- 8.46** **art gallery** (n) /ɑːt 'gæləri/
a building in which the public can see works of art • *There is a great exhibition of modern art at the art gallery.*
- 8.47** **adore** (v) /ə'dɔː/
like sth very much • *I adore dancing and I want to be a ballet dancer.*
- 8.48** **leisure** (n) /'leɪzə/
time when you are not working • *Mum doesn't have a lot of leisure because she works so many hours.* > leisurely (adj, adv)
- 8.49** **entertaining** (adj) /entə'teɪnɪŋ/
interesting and amusing • *I find comedies very entertaining and often enjoy watching one at the cinema.* > entertain (v), entertainment (n), entertainer (n)

Grammar

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- 8.50** **abroad** (adv) /ə'brɔːd/
in or to a foreign country • *Helen has travelled all over Greece but she has never been abroad.*
- 8.51** **appointment** (n) /ə'pɔɪntmənt/
an arrangement to see sb at a particular time for a reason connected with work or health
• *I have an appointment at the dentist's this afternoon at three.* 📅 make an appointment

Listening

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- 8.52 **gym** (n) /dʒɪm/
a room for doing physical exercise • *The students are having a PE lesson in the gym.*
> gymnast (n), gymnastics (n)

Speaking

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- 8.53 **feel sick** (phr) /fi:l sɪk/
feel that you want to vomit (vomit = bring food from your stomach back out through your mouth) • *This boat is moving up and down and I feel sick.*
- 8.54 **traffic jam** (n) /'træfɪk dʒæm/
a lot of vehicles that cannot move because there are so many of them • *The bad weather caused a traffic jam on the road and it took hours to get home.*
- 8.55 **coach** (n) /kəʊtʃ/
a bus for transporting people long distances
• *We're going to Larissa by coach.*

Vocabulary

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- 8.56 **call for** (phr v) /kɔ:l fɔ:/
require • *Growing a fancy beard calls for months of patience.*
- 8.57 **be cut out for** (phr v) /bi: kʌt aʊt fɔ:/
be suited to • *I'm very short, so I'm not cut out for basketball.*
- 8.58 **show off** (phr v) /ʃəʊ ɒf/
behave boastfully; try to impress people by talking about the things you have, what you can do, etc. • *The little boy was showing off his to his friends by telling them how rich his parents were.*
- 8.59 **take to** (phr v) /teɪk tu:/
start to like • *Kerry took to swimming when she was a baby and now she's a champion water polo player.*
- 8.60 **call out** (phr v) /kɔ:l aʊt/
announce; say sth in a loud voice • *When I call out your name, put up your hand.*
- 8.61 **try out for sth** (phr v) /traɪ aʊt fə 'sʌmθɪŋ/
audition; compete for a place in a team, for a part in a play, etc. • *I'm going to try out for the part of Juliet in the play.*
- 8.62 **audition** (v) /ɔ:'dɪʃn/
take part in a short performance so that sb can decide if you are a good choice to act in a play or film, be in a show, etc. • *He auditioned for a small part in a film but he didn't get it.* > audition (n)
- 8.63 **boastfully** (adv) /'bəʊstfli/
in a way that shows you want to impress other people • *'My dad has more money than your dad,' said the child boastfully.* > boastful (adj), boast (n, v)

- 8.64 **announce** (v) /ə'naʊns/
say sth in a loud voice • *Shh! They're going to announce the winner of the competition.* > announcement (n)
- 8.65 **suited** (adj) /'su:ɪtɪd/
appropriate for sth • *I think Gina is the person best suited for the job.* > suit (v)
- 8.66 **super rich** (adj) /'su:pə rɪtʃ/
extremely rich • *The necklace costs a million pounds. Only a super rich person can buy it.*
- 8.67 **on the road** (phr) /ɒn ðə rəʊd/
travelling for a long time or a long distance
• *The rock group have been on the road for a month, giving concerts around the country.*
- 8.68 **audience** (n) /'ɔ:diəns/
people watching a performance • *At the end of the play, the audience stood up and clapped loudly.*
- 8.69 **stage** (n) /steɪdʒ/
a raised area in a theatre where people give performances • *The actors came onto the stage and the audience clapped enthusiastically.*
- 8.70 **tap dancing** (n) /tæp 'dɑ:nsɪŋ/
dancing in which you tap your feet in time to the music while wearing shoes with metal on the toes and heels • *I love old Hollywood musicals because I enjoy watching the tap dancing.*
- 8.71 **ballroom dancing** (n) /'bɔ:lru:m 'dɑ:nsɪŋ/
dancing for couples done in a large room
• *Tim and Sandra danced the waltz in the final of the ballroom dancing competition.*
- 8.72 **stamina** (n) /'stæmɪnə/
strength that lets you continue doing sth for a long time • *You need a lot of stamina to run a marathon.*

Compound nouns

art gallery	martial art
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Grammar

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- 8.73 **lack** (n) /læk/
not having any or enough • *We had to stop the trek and turn back because of lack of food and water.* > lack (v)
- 8.74 **obligation** (n) /ɒblɪ'geɪʃn/
a duty • *Bill felt an obligation to help the old lady across the road as it would have been unsociable not to.* > oblige (v), obligatory (adj)

- 8.75 necessity** (n) /nə'sesəti/
a requirement • *There is a great necessity to get some medicine for the baby today because the pharmacies are closed tomorrow.*
> necessary (adj)
- 8.76 prohibition** (n) /,prəʊɪ'bɪʃn/
stopping sth from being done by law or because of a rule • *There is a prohibition on the use of cameras in this museum.* > prohibit (v)
- 8.77 arts and crafts** (n) /ɑ:ts ən kra:fts/
activities that need artistic and practical skills, e.g. making pottery and jewellery • *She's creative and loves doing arts and crafts.*
- 8.78 ankle** (n) /'æŋkl/
the joint connecting your foot to your leg • *The little dog bit me on the ankle.*
- 8.79 shout** (v) /ʃaʊt/
speak loudly and angrily to sb • *I'm sorry I broke your mobile. Now stop shouting at me!*
> shout (n)
- 8.80 teammate** (n) /'ti:mmeɪt/
a member of the same team as yourself • *My teammates and I celebrated our victory over the other team.* > team (n)
- 8.81 fine** (n) /faɪn/
money that you pay as punishment for breaking a law or rule • *He was driving too fast and he had to pay a fine.* > fine (v)

Phrasal verbs

be cut out for	look out for sb
call for	show off
call out	take to
eat out	try out for sth

Writing: a postcard

pages 104-105

- 8.82 Peru** (n) /pə'ru/
a country in South America • *The capital of Peru is Lima.* > Peruvian (n, adj)
- 8.83 in-laws** (n) /ɪn-ˈlɔ:z/
your relatives by marriage • *My husband's parents are coming to dinner tonight. Luckily, I get on well with my in-laws.*
☞ Also: father-in-law, mother-in-law, sister-in-law, brother-in-law
- 8.84 campsite** (n) /'kæmpsaɪt/
a place where people on holiday can camp • *The campsite had toilets and showers, and a small shop.* > camp (n, v), camper (n)
- 8.85 sightseeing** (n) /'saɪtsi:ɪŋ/
the action of visiting interesting places and buildings, usually as a tourist • *We went sightseeing and saw the main tourist attractions.* > sightseer (n)

- 8.86 ledge** (n) /ledʒ/
a flat, narrow piece of rock that sticks out of the side of a cliff or mountain • *The climber fell but luckily landed on a ledge where the rescue team could reach him.*
- 8.87 ordinary** (adj) /'ɔ:dnri/
not unusual • *The film is about the lives of ordinary people whose lives are changed suddenly.* > extraordinary (adj)
- 8.88 rappel** (v) /ræ'pel/
abseil, go down a cliff or rock on a piece of rope • *They climbed to the top of the cliff and then rappelled down again on long ropes.*
- 8.89 necessities** (pl n) /nə'sesətɪz/
things that you must have • *Food and drink, and a blanket to sit on are the basic necessities for a fun picnic.*
> necessary (adj)
- 8.90 tight** (adj) /taɪt/
with very little space for a lot of things • *There are going to be 100 people at the meeting. It will be a tight fit.* > tightly (adv)
- 8.91 spot** (n) /spɒt/
a particular place • *We stopped the car and had a picnic in a beautiful spot with a view of the sea.*
- 8.92 chimney** (n) /'tʃɪmni/
a structure on the roof of a building through which smoke from a fire can leave • *Father Christmas traditionally comes down the chimney.*
- 8.93 drop** (n) /drɒp/
a distance from a high place down to a lower place • *The drop to the bottom of this cave is 20 metres so be very careful.*
> drop (v)
- 8.94 exhilarating** (adj) /ɪg'zɪləreɪtɪŋ/
very exciting • *The trek was difficult and exhausting but finishing successfully gave me an exhilarating feeling.* > exhilarate (v), exhilaration (n)
- 8.95 narrow** (adj) /'nærəʊ/
measuring a small distance from one side to the other • *The street is narrow, so only one car can go along it at a time.* > narrowly (adv)
☞ Opp: wide
- 8.96 access** (n) /'æksɪs/
the way you use to enter a place • *There is no access to the cave from above, so we have to go through a long tunnel from the beach.*
access (v), accessible (adj)

- 8.97** **gently** (adv) /'dʒentli/
carefully • *She put down the heavy object gently on the glass table so as not to break it.* > gentle (adj), gentleness (n)
- 8.98** **lower** (v) /'ləʊə(r)/
move sth down • *They lowered the piano gently to the ground.* > low (adj)
📎 Opp: raise
- 8.99** **squeeze** (v) /skwiːz/
push through a small space • *The car was parked very close to another one, so I had to squeeze to get between them.* > squeeze (n)
- 8.100** **requirement** (n) /rɪ'kwaɪəmənt/
sth that must be done • *It is a safety requirement that you check all your equipment before you rappel down the mountain.*
> require (v)
- 8.101** **eventually** (adv) /ɪ'ventʃʊəli/
finally • *It was a long scary night, but eventually the sun rose and we felt better.*
- 8.102** **sight** (n) /saɪt/
sth that you see • *The snow on the mountains was a wonderful sight.* > sightseeing (n)