

1

Scaling the Heights

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- 1.1 scale the heights** (expr) /skeɪl ðə haɪts/
be very successful • *The athlete scaled the heights when he won gold in all his races.*
- 1.2 achievement** (n) /ə'tʃi:vmənt/
sth sb succeeds in doing • *Getting into university was a great achievement.*
> achieve (v)
- 1.3 overcome** (v) /əʊvə'kʌm/
manage to deal with a problem or a feeling
• *He overcame his fear of flying and went by plane to London.*
- 1.4 obstacle** (n) /'ɒbstəkl/
sth in your way • *Her main obstacle when she moved to Munich was not knowing any German.*
- 1.5 bivouac** (v) /'bɪvʊæk/
camp in a temporary shelter which is like a small tent • *When the storm began, we bivouacked in the cave entrance.*

Word Focus

page 6

- 1.6 bare-bones** (expr) /beə bæʊnz/
having only the simplest and most important parts • *He lived on a bare-bones budget while he was a student.*
- 1.7 tandem** (adj) /'tændəm/
built for two people • *Two people can ride this tandem vehicle.*
- 1.8 staggering** (adj) /'stægərɪŋ/
unbelievable; amazing • *The banker earns a staggering two million dollars per year.*
- 1.9 top-notch** (adj) /tɒp nɒtʃ/
excellent; of the highest quality • *Major football teams rely on top-notch sponsors to finance them.*
- 1.10 acclaim** (n) /ə'kleɪm/
public praise • *The film received worldwide acclaim and won many awards.* > acclaim (v)

Reading

pages 6-7

- 1.11 secure a deal** (expr) /sɪ'kjʊə ə diəl/
arrange an agreement • *The businessman secured a deal with an advertising agency.*
- 1.12 exclusive** (adj) /ɪks'klu:sɪv/
not shared • *This exclusive arrangement means that only your company name will be on the team's shirts.* > exclusivity (n)

- 1.13 expedition** (n) /ekspə'dɪʃn/
a journey to explore a place • *The expedition to the North Pole was a dangerous journey.*
> expeditionary (adj)
- 1.14 inspire** (v) /ɪn'spaɪə/
make sb want to do sth • *Watching the Olympics inspired Martin to become an athlete.*
> inspiration (n), inspirational (adj)
- 1.15 pursue one's dreams** (expr) /pə'sju: wʌnz dri:mz/
follow one's ambitions • *Bob is pursuing his dreams to become an actor by going to drama school.*
- 1.16 runner-up** (n) /'rʌnə ʌp/
sb who finishes second in a race or competition
• *The runner-up was disappointed not to win.*
- 1.17 ultimate** (adj) /'ʌltɪmət/
most extreme • *Climbing Mount Everest is the ultimate challenge for a mountaineer.*
> ultimately (adv)
- 1.18 descent** (n) /dɪ'sent/
action of going down • *The descent from the summit to the foot of the mountain took three hours.* > descend (v) ☞ Opp: ascent
- 1.19 remarkable** (adj) /rɪ'mɑ:kəbl/
impressive • *The remarkable performance by the team got them into the final.* > remark (v)
- 1.20 corporate sponsor** (n) /'kɔ:prət 'spɒnsə/
a business that pays for a show, sports event, etc. in exchange for the right to advertise at that event • *The corporate sponsor for the team is Telecom.*
- 1.21 essentials** (pl n) /ɪ'senʃlz/
necessary things • *Two essentials for a good report are clarity and organisation.* > essential (adj)
- 1.22 vision** (n) /'vɪʒn/
an idea of what sb thinks sth should be like
• *The architect's vision was to create an energy-saving building.* > visionary (n, adj)
- 1.23 quest** (n) /kwɛst/
search • *The explorers went on a quest for the mythical city of El Dorado.*
- 1.24 summit** (n) /'sʌmɪt/
highest point of a mountain • *They climbed up to the summit of the mountain.*
- 1.25 launch** (v) /lɔ:ntʃ/
throw into the air • *The boy ran fast to launch his kite into the air.* > launch (n)
- 1.26 highlight** (n) /'haɪlaɪt/
best moment • *The highlight of the year was our school trip to the Natural History Museum.*
> highlight (v)

- 1.27 gender** (n) /'dʒendə/
being male or female • *She faced gender prejudice in the male-dominated board room.*
- 1.28 barrier** (n) /'bæriə/
sth that prevents you from doing sth • *The language barrier between Carlos and Sandra led to many misunderstandings.*
- 1.29 go on (to do)** (phr v) /gəʊ ɒn/
continue or move to the next thing • *After finishing school, she went on to study at university.*
- 1.30 crush** (v) /krʌʃ/
beat completely • *PAOK crushed Olympiakos 5–0.* > crushing (adj)
- 1.31 snatch** (v) /snætʃ/
grab • *Greece snatched the victory when they scored a goal in extra time.*
- 1.32 pocket** (v) /'pɒkɪt/
take possession of • *He won the final of the darts competition and pocketed a thousand pounds.* > pocket (n)
- 1.33 home turf** (n) /həʊm tɜːf/
the place sb comes from or lives in
• *Panathinaikos won on their home turf at OAKA, but they must play CSKA in Moscow next week.*
- 1.34 ground-breaking** (adj) /graʊnd 'breɪkɪŋ/
important and new • *The ground-breaking research could mean a cure for cancer.*
- 1.35 industrial** (adj) /ɪn'dʌstriəl/
related to factories • *The factory is in an industrial area near the port.* > industry (n), industrialist (n)
- 1.36 instant** (adj) /'ɪnstənt/
immediate • *David Bowie's new song was an instant hit, reaching the top ten overnight.* > instantly (adv)
- 1.37 mind-blowing** (adj) /'maɪnd-bləʊwɪŋ/
very impressive • *His mind-blowing 100-metre sprint was a new world record.*
- 1.38 stunt** (n) /stʌnt/
a dangerous action done to entertain people • *He did a stunt where he jumped over ten cars on a motorbike.*
- 1.39 leap** (v) /li:p/
jump • *She ran and leapt over the wall.* > leap (n)
- 1.40 beam** (n) /bi:m/
a long piece of wood or metal used in building
• *There are large beams across the ceiling that hold up the roof.*
- 1.41 suspend** (v) /sʌs'pend/
hang • *The light is suspended in the centre of the room by a wire.* > suspension (n)
- 1.42 patroller** (n) /pə'trəʊlə/
a guard; a police officer • *The night patroller stopped a man who looked drunk.* > patrol (v, n)
- 1.43 fearlessness** (n) /'fiələsnəs/
lack of fear • *She showed total fearlessness when she calmly landed the damaged plane.*
- 1.44 enable** (v) /ɪn'eɪbl/
make it possible for sb to do sth • *Good marks enabled him to get into university.*
- 1.45 hail** (v) /heɪl/
acknowledge, claim to be • *Bolt is hailed as the fastest man on Earth, having won many gold medals.*
- 1.46 execute** (v) /'eksɪkju:t/
perform • *The tennis player executed the service perfectly.* > execution (n)
- 1.47 tumble** (v) /'tʌmbl/
fall with a rolling movement • *Doug fell over and tumbled down the grassy hill.* > tumble (n)
- 1.48 vertical** (adj) /'vɜːtɪkl/
straight up • *They looked up the vertical cliff and wondered how to climb it.* > vertical (n), vertically (adv)
- 1.49 face** (n) /feɪs/
a side of a mountain • *The rocky face of the mountain was difficult to climb.*
- 1.50 gaping** (adj) /'geɪpɪŋ/
big and wide • *There was a gaping hole in the road where the workman had dug it up.* > gape (v)
- 1.51 crevasse** (n) /krɪ'væs/
a deep crack in ice, especially in glaciers
• *The man broke his leg when he fell into a crevasse in the glacier.*
- 1.52 spontaneous** (adj) /spɒn'teɪniəs/
not planned; decided at that moment • *Many of the comedian's jokes were spontaneous in reaction to the audience.* > spontaneity (n)
- 1.53 upbringing** (n) /'ʌpbreɪɪŋ/
the way your parents look after you and teach you to behave when you are growing up • *His upbringing in the UK and Dubai made him open to other cultures.* > bring up (phr v)

On the road to success

acclaim	inspire
ground-breaking	overcome
hail	quest

Vocabulary

pages 8-9

- 1.54 discriminate** (v) /dɪs'krɪmɪneɪt/
treat a person or group differently from another in an unfair way • *Racial discrimination is a terrible thing.* > discrimination (n)
- 1.55 distinguish** (v) /dɪs'tɪŋgwɪʃ/
notice or understand the difference between two things; make one person or thing seem different from another • *What distinguishes me from my twin is that I am taller.* > distinction (n)

- 1.56 baby boomer** (n) /'beɪbi 'buːmə/
sb born during a period when more babies are born than usual • *The baby boomers of the 1960s were a lucky generation.* > baby boom (n)
- 1.57 bring about** (phr v) /brɪŋ ə'baʊt/
make sth happen • *What brought about the change in his attitude?* ☞ Syn: cause
- 1.58 evolution** (n) /,evə'lʊːʃn/
gradual development • *The evolution of the computer has been rapid.* > evolve (v), evolutionary (adj)
- 1.59 revolution** (n) /rəvə'lʊːʃən/
a complete change in ways of doing things • *The technological revolution has completely changed the world of communications.* > revolutionise (v), revolutionary (adj)
- 1.60 entrepreneur** (n) /ɒntrəprə'nɜː/
sb who starts a business • *The entrepreneur started a successful online store.*
- 1.61 founder** (n) /'faʊndə/
sb who establishes a business, organisation, school, etc. • *Steve Jobs was one of the founders of Apple.* > found (v)
- 1.62 realise one's ambitions** (expr) /'riːəlaɪz wʌnz æm'bɪʃənz/
succeed in doing what you want to do • *She realised her ambitions when she became a doctor.*
- 1.63 accrue** (v) /ə'kruː/
increase over a period of time • *The Hollywood star accrued a fortune over the years.*
- 1.64 industrious** (adj) /ɪn'dʌstriəs/
hard-working • *The industrious employee produced three reports in one week.*
- 1.65 accomplish** (v) /ə'kʌmplɪʃ/
succeed in doing sth • *He accomplished his career goals by the age of fifty.* > accomplishment (n)
- 1.66 insist** (v) /ɪn'sɪst/
say firmly • *She insisted on turning off the TV even though I wanted to watch the film.* > insistence (n), insistent (adj)
- 1.67 persist** (v) /pə'sɪst/
continue doing sth even though it is difficult • *He persisted in arriving late for work so he was asked to leave.* > persistence (n), persistent (adj)
- 1.68 resolve** (v) /rɪ'zɒlv/
solve or end a problem or difficulty • *They resolved their differences and now get on marvellously.* > resolution (n)
- 1.69 troubleshooter** (n) /'trʌblʃuːtə/
sb who is employed to come into an organisation to deal with a problem • *They want to employ a troubleshooter to make the company more efficient.* > troubleshooting (n), troubleshoot (v)
- 1.70 admit defeat** (expr) /əd'mɪt dɪ'fiːt/
accept that you have failed and give up • *The athlete had to admit defeat when he finished fourth.*
- 1.71 bold** (adj) /bəʊld/
not afraid • *The bold student made a speech at the demonstration.* > boldness (n)
- 1.72 gutsy** (adj) /'gʌtsi/
brave and determined • *The gutsy boy did a stunt on his skateboard.* > guts (pl n)
- 1.73 mediocre** (adj) /mɪːdi'əʊkə/
not very good • *The mediocre film received neither good nor bad reviews.* > mediocrity (n)
- 1.74 honourable** (adj) /'hɒnərəbl/
honest and fair; deserving praise and respect • *If you lose, it would be honourable to congratulate the winner.* > honour (v, n)
- 1.75 noble** (adj) /'nəʊbl/
moral in an honest, brave and unselfish way • *It was noble of him to forgive his enemies.* > nobility (n)
- 1.76 vain** (adj) /veɪn/
too proud of oneself • *Rob is so vain that he is always telling us how clever he is.* > vanity (n)
- 1.77 virtuous** (adj) /'vɜːtʃʊəs/
good and honest • *The virtuous woman never cheated or told a lie.* > virtue (n)
- 1.78 merciless** (adj) /'mɜːsɪləs/
having or showing no mercy • *The merciless school bully took everyone's lunch money.* > mercy (n)
- 1.79 pitiless** (adj) /'pɪtɪləs/
cruel and having no pity • *His pitiless cruelty made her cry.* > pity (v, n)
- 1.80 ruthless** (adj) /ruːθləs/
without pity, feeling or guilt • *The ruthless businessman sacked ten employees to save money.* > ruthlessness (n)
- 1.81 selfless** (adj) /'sɜːɪfləs/
caring about other people more than about yourself • *It takes a selfless person to volunteer to help sick children.* > self (n), selflessness (n) ☞ Opp: selfish
- 1.82 crafty** (adj) /kraːfti/
clever and dishonest • *That crafty man cheated me out of twenty pounds.* > craftiness (n)
- 1.83 cunning** (adj) /'kʌnɪŋ/
clever at planning to get what you want, especially by tricking other people • *It was cunning of you to get me to do your homework.* > cunning (n)
- 1.84 sly** (adj) /slaɪ/
deceiving people in a clever way to get what you want • *Don't trust her; she's very sly.*
- 1.85 touchy** (adj) /'tʌtʃi/
too sensitive; easily upset • *Katy is very touchy, so she'll get cross if you ask her age.* > touch (v)

- 1.86 sentimental** (adj) /sentɪ'mentl/
easily affected by emotions such as love in a way that seems silly to others • *Being sentimental, she cries whenever she sees a romantic film.* > sentiment (n)
- 1.87 upbeat** (adj) /'ʌp,bɪ:t/
hopeful and happy • *The dance music created an upbeat mood at the party.*
- 1.88 fair** (adj) /feə/
right and just; not taking sides • *To be fair, you deserved to get punished because you cheated.* > fairness (n) ☞ Opp: unfair
- 1.89 impartial** (adj) /ɪm'pɑ:ʃl/
not taking sides • *The football commentator wasn't impartial and clearly supported Panionios.* > impartiality (n) ☞ Opp: partial
- 1.90 objective** (adj) /əb'dʒektɪv/
based on facts; not influenced by personal feelings • *It is hard to be objective when judging your own family.* > objectivity (n) ☞ Opp: subjective
- 1.91 timid** (adj) /'tɪmɪd/
shy and afraid • *The timid child was too shy to say hello.* > timidity (n)
- 1.92 cautious** (adj) /kɔ:ʃəs/
avoiding risk • *He was very cautious as he drove slowly along the icy road.* > caution (n)
- 1.93 impetuous** (adj) /ɪm'petʃuəs/
acting suddenly and without thinking • *The impetuous player kicked the ball without aiming and missed the goal.*
- 1.94 rash** (adj) /ræʃ/
careless or unwise; not thinking what the result of one's actions may be • *It was rash to swim where you know there are sharks.* > rashness (n)
- 1.95 reckless** (adj) /'rekləs/
doing sth dangerous and not worrying about the risks and the possible results • *The reckless driver caused a serious accident.* > recklessness (n)
- 1.96 candid** (adj) /'kændɪd/
open, honest • *His candid manner made everyone trust him.* > candour (n)
- 1.97 headstrong** (adj) /'hedstrɒŋ/
determined to do what you want without listening to others • *She is a headstrong child who rarely listens to good advice.*
- 1.98 obstinate** (adj) /'ɒbstɪnət/
determined to act in a particular way despite what anyone else says • *I can't understand your obstinate refusal to go to university.* > obstinacy (n)
- 1.99 stubborn** (adj) /'stʌbən/
determined not to change your opinion, ideas, plans, etc. • *Jack is far too stubborn to change his mind.* > stubbornness (n)
- 1.100 adaptable** (adj) /ə'dæptəbl/
able to change in order to be successful in new situations • *She'll settle down quickly in her new home as she's adaptable.* > adapt (v), adaptation (n)
- 1.101 considerate** (adj) /kən'sɪdərət/
kind; thinking of others • *It was very considerate of you to help me move house.* > consider (v), consideration (n)
- 1.102 modest** (adj) /'mɒdɪst/
not talking too much about yourself or being too proud of yourself • *The actor was being modest when he said he didn't deserve so much praise.* > modesty (n) ☞ Opp: immodest
- 1.103 triumphant** (adj) /traɪ'ʌmfənt/
successful • *He felt triumphant when he won the gold medal.* > triumph (n)
- 1.104 apprehensive** (adj) /æprɪ'hensɪv/
worried or nervous about the future • *He felt apprehensive about spending a lot of money on a car.* > apprehension (n)
- 1.105 conceited** (adj) /kən'si:ɪtɪd/
too proud of oneself • *You are conceited if you think you are the only person who matters.* > conceit (n)
- 1.106 ignorant** (adj) /'ɪgnərənt/
not knowing things that you should know • *Only an ignorant person wouldn't know where the Parthenon is.* > ignorance (n)
- 1.107 inflexible** (adj) /ɪn'fleksɪbl/
unwilling to change • *The manager is inflexible in his opinion of candidates without university degrees; he refuses to employ them.* > inflexibility (n) ☞ Opp: flexible
- 1.108 blow sb away** (phr v) /bləʊ 'sʌmbədi ə'weɪ/
impress sb • *The amazing painting blew me away.*
- 1.109 break through** (phr v) /breɪk θru:/
manage to get past sth that is in your way • *The demonstrators broke through the police barriers.* > breakthrough (n)
- 1.110 come up against** (phr v) /kʌm ʌp ə'genst/
face a problem • *The builders came up against a problem when they found water underground.*
- 1.111 pull sth off** (phr v) /pʊl 'sʌmθɪŋ ɒf/
succeed in doing sth • *We didn't think we would get to the summit, but we pulled it off!*
- 1.112 fall through** (phr v) /fɔ:l θru:/
not happen • *The plans for the trip fell through because nobody could come.*
- 1.113 get ahead** (phr v) /get ə'hed/
make progress • *He got ahead in his career and became department manager.*
- 1.114 hang on** (phr v) /hæŋ ɒn/
wait • *Don't leave. Hang on a minute and I'll come with you.*

- 1.115** **knuckle down** (phr v) /'nʌkl daʊn/
start working or studying hard • *We have to knuckle down and study for our exams.*
- 1.116** **go for it** (expr) /gəʊ fɔː ɪt/
decide to do sth • *If you want to be in the team, just go for it and sign up.*
- 1.117** **have (got) a lot of one's plate** (expr) /hæv (gɒt) ə lɒt ɒn wʌnz pleɪt/have a lot to do • *I can't come out this weekend as I've got a lot on my plate.*
- 1.118** **work around the clock** (expr) /wɜːk ə'raʊnd ðə klɒk/
work day and night • *They had to work around the clock to prepare the car for the race.*
- 1.119** **by a mile** (expr) /baɪ ə maɪl/
by far • *That was the funniest film I've ever seen by a mile.*
- 1.120** **be under fire** (expr) /bi 'ʌndə faɪə/
facing criticism • *The coach was under fire for the sixth defeat of the season.*
- 1.121** **go without a hitch** (expr) /gəʊ wɪð'aʊt ə hɪtʃ/
happen without any problems • *There was no violence between fans and the game went without a hitch.*
- 1.122** **get there** (expr) /get ðeə/
succeed; arrive • *He got there in the end, passing his driving test on the third attempt.*
- 1.123** **persevere** (v) /pɜːsɪ'viə/
keep trying • *You should persevere and finish the course you are on even if you find it hard.* > perseverance (n)
- 1.124** **do the trick** (expr) /dʊ ðə trɪk/
solve a problem; provide what is needed • *Changing the battery did the trick and now this gadget works again.*
- 1.125** **go all out** (expr) /gəʊ ɔːl aʊt/
try one's hardest • *The team went all out and won the league cup.*
- 1.126** **do one's best** (expr) /duː wʌnz best/
try as hard as you can • *We did our best in the exams and hopefully we have all passed.*
- 1.127** **get the green light** (expr) /get ðə griːn laɪt/
be told you are allowed to do sth • *When you get the green light from the boss, you can apply for a rise.*
- 1.128** **go places** (expr) /gəʊ 'pleɪsɪz/
likely to become famous or successful • *That young actor is going places and will be famous one day.*
- 1.129** **wise up** (phr v) /waɪz ʌp/
realise the truth about a situation • *You should wise up and see that he is cheating you.*
- 1.130** **a no-brainer** (n) /nəʊ 'breɪnə/
sth very easy to do or understand • *The first question on the test was so easy, it was a no-brainer.*

- 1.131** **dumb down** (phr v) /dʌm daʊn/
make sth easier to understand • *Let me dumb down these instructions for the average consumer.*
- 1.132** **streetwise** (adj) /'stri:twaɪz/
able to deal with life and dangers in big cities • *Streetwise kids manage to avoid getting into danger in the street.*
- 1.133** **box clever** (expr) /bɒks 'klevə/
behave in a careful and cunning way to get what you want • *He had to box clever when the police questioned him otherwise they would have found out the truth.*
- 1.134** **bright spark** (expr) /braɪt spa:k/
sb who says or does sth that they think is clever but is stupid • *Who's the bright spark who didn't lock the door before leaving the building?*

Sport

corporate sponsor	runner-up
crush	snatch
home turf	

Grammar

pages 10-11

- 1.135** **dominance** (n) /'dɒmɪnəns/
being more important or powerful than sb/sth else • *What is the reason for the dominance of Germany in Europe?* > dominant (adj)
- 1.136** **worthy cause** (n) /'wɜːði kɔːz/
an organisation or aim that deserves support • *The children's hospital is a worthy cause that many people donate to.*
- 1.137** **preoccupied** (adj) /prɪ'ɒkjʊpaɪd/
thinking about sth else • *He looked preoccupied, so I asked what the matter was.* > preoccupy (v), preoccupation (n)
- 1.138** **disturb** (v) /dɪ'stɜːb/
interrupt; bother • *Please don't disturb me while I'm talking on Skype.* > disturbance (n)
- 1.139** **property** (n) /'prɒpəti/
a quality or power that sth has • *One of the most important properties of copper is that it is a good conductor of electricity and heat.*
- 1.140** **obedience** (n) /ə'biːdiəns/
doing what you are told • *Obedience training for dogs is essential so they listen to your instructions.* > obey (v), obedient (adj)
👉 Opp: disobedience
- 1.141** **breed** (v) /brɪːd/
keep animals in order for them to produce babies with particular qualities • *These horses have been bred to race.* > breed (n)
- 1.142** **jaw** (n) /dʒɔː/
the bones of the face that contain the teeth • *A crocodile has very powerful jaws.*

Listening

page 12

- 1.143 **be up to scratch** (expr) /bi: ʌp tu skrætʃ/
be satisfactory • *Your work is not up to scratch so please try harder.*
- 1.144 **appealing** (adj) /'æpi:liŋ/
attractive • *We chose a restaurant where the dishes sounded appealing.*
> appeal (v, n)
- 1.145 **cheer sb on** (phr v) /tʃiə 'sʌmbədi ɒn/
encourage sb with shouts • *The crowd cheered the player on as he approached the goal.*

Speaking

page 13

- 1.146 **depict** (v) /di'pɪkt/
describe sb/sth • *The writer depicts life in an English village 100 years ago.*
> depiction (n)
- 1.147 **aspect** (n) /'æspekt/
the way in which a person, place or situation can be considered • *Let's consider the problem from a different aspect.*
- 1.148 **come over** (phr v) /kʌm 'əʊvə/
make a particular impression • *She's a quiet person and comes over as shy.*
☞ Syn: come across

- 1.153 **courteous** (adj) /'kɜ:tiəs/
polite • *The courteous waiter greeted us politely.* > courtesy (n)
☞ Opp: discourteous
- 1.154 **under-privileged** (adj) /'ʌndə-'prɪvɪlɪdʒd/
with fewer advantages than others • *Under-privileged children often lack opportunities to study.*
- 1.155 **tremendous** (adj) /trɪ'mendəs/
great • *This new financial support is tremendous news for the company.*
- 1.156 **asset** (n) /'æset/
sb/sth that is useful because they help you succeed • *The financial expert was an asset to the company as she saved it from closing down.*
- 1.157 **without reservation** (expr) /wɪð'aʊt rezə'veɪʃn/
with no doubt • *The manager happily recommended Francis' promotion without reservation.*
- 1.158 **appoint** (v) /ə'pɔɪnt/
employ • *The boss appointed a new assistant when Mrs Jones retired.*
- 1.159 **personable** (adj) /'pɜ:sənəbl/
attractive because you have a pleasant appearance and personality • *Everyone liked the personable young head teacher.*
- 1.160 **attribute** (n) /'ætrɪbjʊ:t/
quality; feature • *Good interpersonal skills are important attributes of a film director.*
> attribute (v)
- 1.161 **accomplished** (adj) /ə'kʌmplɪʃt/
very good at sth; skilful • *Margaret is an accomplished pianist.* > accomplish (v), accomplishment (n)
- 1.162 **flair** (n) /fleə/
talent; a natural ability to do sth well • *He has a flair for languages and can speak French, Italian and Spanish.*

Phrasal verbs

blow sb away	fall through
break through	get ahead
bring about	hang on
cheer sb on	knuckle down
come over	pull off
come up against	wise up
dumb down	

Writing: a reference

pages 14-15

- 1.149 **entail** (v) /ɪn'teɪl/
involve • *My job entails a lot of travel.*
- 1.150 **clerical staff** (n) /'klerɪkəl stɑ:f/
office employees • *The clerical staff were provided with new computers.*
- 1.151 **correspondence** (n) /kɒrɪ'spɒndəns/
letters • *I receive little correspondence by post as most of my friends use email.*
> correspond (v)
- 1.152 **trait** (n) /treɪt/
a quality, good or bad, in sb's character • *His best personality trait is his kindness.*

Common adjective endings

-ive	-less	-al
apprehensive	merciless	impartial
exclusive	pitiless	industrial
objective	reckless	vertical
	ruthless	
-y	selfless	-ous
crafty		cautious
gutsy	-able	courteous
touchy	adaptable	impetuous
	honourable	industrious
	personable	spontaneous
	remarkable	tremendous
		virtuous

Video 1: Extreme skydiving

page 16

- 1.163 terminal velocity** (n) /'tɜːmɪnəl və'lɒsɪti/
fastest speed • *We measured the speed of the falling object when it reached terminal velocity.*
- 1.164 falcon** (n) /fɔːlkən/
a small hunting bird • *The falcon dived down from the sky and caught a mouse.*
- 1.165 shuttlecock** (n) /'ʃʌtlɪkɒk/
a small object you hit in the game of badminton • *The badminton player hit the shuttlecock with his racket.*
- 1.166 bird of prey** (n) /bɜːd ɒv preɪ/
a bird that hunts animals • *Eagles are birds of prey that eat animals like rabbits.*
- 1.167 parachute** (n) /'pærəʃuːt/
a large piece of cloth which allows you to float to the ground from a plane • *The skydiver's parachute opened and he dropped slowly to the ground.* > parachute (v), parachutist (n)
- 1.168 challenger** (n) /'tʃælɪndʒə/
sb who competes for another person's title • *The challengers for the cup are Liverpool against the cup holder Manchester United.* > challenge (v, n)
- 1.169 exceed** (v) /ɪks'iːd/
go beyond • *He exceeded the speed limit and had to pay a fine.* > excess (n)
- 1.170 harness** (n) /'hɑːnɪs/
straps that fasten equipment to your body • *The instructor fastened the harness and checked that the parachute was correctly worn.* > harness (v)
- 1.171 inflate** (v) /ɪn'fleɪt/
fill sth with air so it becomes bigger • *The mechanic inflated the tyres on my car as they were a bit flat.* > inflation (n), inflatable (adj)
- 1.172 lure** (v) /ljʊə/
attract • *I put a piece of cheese on the trap to lure the mouse.*
- 1.173 resistance** (n) /rɪ'zɪstəns/
force that stops sth from moving or makes it move more slowly • *The air resistance on the skydiver prevented her from falling faster.* > resist (v)
- 1.174 acceleration** (n) /æksələ'reɪʃn/
increase in speed • *The acceleration when the plane took off was impressive.* > accelerate (v)
- 1.175 approach** (n) /ə'prəʊtʃ/
the way you deal with sth • *Her approach with naughty children in the classroom is to find them something interesting to do.* > approach (v)
- 1.176 wobble** (v) /'wɒbl/
move from side to side because you are not steady • *The gymnast lost points when she wobbled on the bar.* > wobble (n)