

Word	Unit No	Page	Definition	PoS	Example	CEF	IPA
take up	7	67	to start doing a particular activity	phrasal verb	Billy's father makes him take up boxing, but he hates it.	B1	teɪk 'ʌp
carry on	7	67	to continue doing something	phrasal verb	But Billy carries on in secret, because he loves it.	B1	kæri: 'ɒn
give up	7	67	to stop doing something	phrasal verb	He isn't going to give up dancing.	B1	gɪv 'ʌp
end up	7	67	to finally be in a particular place or situation	phrasal verb	Finally Billy ends up as a top professional ballet dancer.	B1	end 'ʌp
get on	7	67	to have a good relationship	phrasal verb	They get on really well and Jules invites Jess to try out for the local women's football team.	B1	get 'ɒn
find out	7	67	to get information about something, or to learn a fact for the first time	phrasal verb	When Jess' parents find out that she's been playing football without them knowing, they make her stop.	A2	faɪnd 'aʊt
show up	7	67	to arrive somewhere	phrasal verb	When she shows up, there are only thirty minutes left.	B1	ʃəʊ 'ʌp
set off	7	67	to start a journey	phrasal verb	Jess and Jules set off for America and, later, they send a team photo to their families back home.	B1	set 'ɒf
cold	7	71	unfriendly or showing no emotion	adjective	But aren't the people there very cold and unfriendly?	B1	kəʊld
unfriendly	7	71	not friendly	adjective	But aren't the people there very cold and unfriendly?	B1	ʌn'frend.li
lively	7	71	full of energy and interest	adjective	His friends are very lively.	B1	'laɪv.li
polite	7	71	behaving in a way that is not rude and shows that you do not only think about yourself	adjective	Some people think the British are not very friendly but they are very polite.	A2	pə'laɪt
selfish	7	71	caring only about yourself and not other people	adjective	It's selfish to use all the milk.	B1	'sel.fɪʃ
rude	7	71	behaving in a way which is not polite and which upsets other people	adjective	I know someone who I think is rude because he never says hello when I see him at the bus stop.	B1	ru:d
warm	7	71	friendly and loving	adjective	Maybe I was just lucky, but I met a lot of Japanese people who were very warm and kind.	B1	wɔ:m
kind	7	71	generous, helpful and thinking about other people's feelings	adjective	Maybe I was just lucky, but I met a lot of Japanese people who were very warm and kind.	A2	kɑɪnd
calm	7	71	relaxed and not worried, frightened, or excited	adjective	Try to stay calm - the doctor will be here soon.	B1	kɑ:m
shy	7	71	not confident, especially about meeting or talking to new people	adjective	He was too shy to say anything to her.	B1	ʃaɪ
generous	7	71	willing to give other people money, help, kindness, etc.	adjective	Mandela was also a generous man, and he never forgot his friend.	B1	'dʒen.ər.əs
thoughtful	7	71	kind and always thinking about how you can help other people	adjective	Mandela was a generous and thoughtful man.	B2	'θɔ:t.fəl
coal miner	7	67	someone whose job is to dig coal out of the ground	noun	Billy's mother is dead, and he lives with his father and his brother, who are both coal miners.	C1	'kəʊl 'maɪ.nə
professional	7	67	Someone is professional if they earn money for a sport or activity which most people do as a hobby.	adjective	Finally Billy is accepted at the school and after years of study, ends up as a top professional ballet dancer.	C1	prə'feʃ.ən.əl
bend	7	67	to make something curve	verb	Jess has to bend the ball around the other team's players to score.	B2	bend
scholarship	7	67	an amount of money given to a person by an organisation to pay for their education, usually at a college or university	noun	A university in California offers soccer scholarships to Jess and Jules.	C1	'skɒl.ə.ʃɪp
convince	7	67	to persuade someone or make them certain	verb	Jess finally convinces her parents to let her go.	B1	kən'vɪns
stereotype	7	67	a fixed idea that people have about what a particular type of person is like, especially an idea that is wrong	noun	Do you think there is any truth in the stereotypes of your country?	C1	'ster.i.əʊ.taɪp
guard	7	70	someone whose job is to protect a person, place or thing from danger or attack, or to prevent a person such as a criminal from escaping	noun	Now he was being sent to work as a guard in the famous prison on Robben Island.	B1	gɑ:d
prisoner	7	70	a person who is kept in prison as a punishment	noun	And then he met prisoner 46664, a quiet, 60-year old man.	B1	'prɪz.ən.ə
nerd	7	72	someone, especially a man, who is not fashionable and who is interested in boring things	noun	He's a real nerd, isn't he?		nɜ:d
Got it in one!	7	73	used to say that someone's first guess is correct	phrase	Yes, got it in one!		ˌgɒt ɪt ɪn 'wʌn
Pack it in.	7	73	used to tell someone in a rude way to stop doing something	phrase	Pack it in, you two. You're being mean.		pæk ɪt 'ɪn
I'm with you on this one.	7	73	used to tell someone that you agree with them	phrase	I'm with you on this one, Jeff.		aɪm 'wɪð ju: ɒn 'ðɪs wʌn
Don't get me wrong.	7	73	used when you do not want someone to think that you do not like someone or something	phrase	Don't get me wrong. I've got nothing against nerds.		ˌdɔʊnt get mi: 'rɒŋ
good point	7	73	used to say that what someone has just said is true or important	phrase	Yeah, good point. I'll shut up.		ˌgʊd ˈpɔɪnt
Don't mention it.	7	73	used to reply politely when someone says thank you to you	phrase	Don't mention it. Hope they can fix it.		ˌdɔʊnt 'men.ʃən ɪt
after all	7	73	used to add information that shows that what you have just said is true	phrase	I've got nothing against nerds. After all, my brother's one!	B1	ɑ:f.tər 'ɔ:l
all day	7	73	the whole day	phrase	He spends all day on that thing.	B1	ɔ:l 'deɪ
once and for all	7	73	completely and finally	phrase	I want to get it fixed once and for all.	C2	ˌwʌns ənd fər 'ɔ:l
for all I know	7	73	used to say that something might be true but you don't know about it	phrase	Well, yes, for all I know he's got lots of friends.		fər ˌɔ:l 'aɪ nəʊ
all we're saying	7	73	used to say that your opinion or suggestion is not very extreme	phrase	Yes, all we're saying is that he should go out and meet some people.		ɔ:l wɪə 'seɪ.ɪŋ
all the same	7	73	all behaving in the same way	phrase	Boys. They're all the same, eh?		ɔ:l ðə 'seɪm
make	7	68	to force someone to do something	verb	Billy's father made him take up boxing.	B1	meɪk
let	7	68	to allow someone to do something, or to allow something to happen	verb	He didn't let Billy take any more dance lessons.	B1	let
be allowed to	7	68	to have permission to do something	phrase	Billy wasn't allowed to dance any more.		bi: ə'laʊd tu:
be used to	7	69	to have experienced something a lot	phrase	I'm not used to eating so late.		bi: 'ju:st tu:
get used to	7	69	to experience something often enough for it to seem normal to you	phrase	I thought it was strange that everyone arrived on time but then I got used to it.		get 'ju:st tu: