

Word	Unit No	Page	Definition	PoS	Example	CEF	IPA
limited	5	49	kept within a particular size, range, time, etc.	adjective	Most experts are in agreement that it should be limited.	B2	'lɪm.ɪ.tɪd
potential	5	49	possible when the necessary conditions exist	adjective	Clearly children can't see the potential harm that an excessive amount of time spend in front of a screen might do.	B2	pə'ten.ʃəl
excessive	5	49	more than is necessary or wanted	adjective	Clearly children can't see the potential harm that an excessive amount of time spend in front of a screen might do.	C1	ek'ses.ɪv
peer pressure	5	49	the influence of people who are of a similar age or in a similar situation to you	noun	Peer pressure means that they feel unfairly disadvantaged.	C2	'piə.pref.ə
disadvantaged	5	49	in a situation in which you are less likely to succeed than others	adjective	Peer pressure means that they feel unfairly disadvantaged.	C1	ˌdɪs.əd'vɑ:n.tɪdʒd
irritable	5	49	becoming annoyed very easily	adjective	Children become more and more irritable after being exposed to so much screen time.	C2	'ɪr.ɪ.tə.bəl
expose	5	49	to remove what is covering something so that it can be seen	verb	Children become more and more irritable after being exposed to so much screen time.	B2	ɪk'spəʊz
awash	5	49	having an amount of something that is very large	adjective	Most modern cities are awash with colour from artificial lighting.		ə'wɒʃ
artificial	5	49	not natural, but made by people	adjective	Most modern cities are awash with colour from artificial lighting.	B2	ˌɑː.tɪ'fɪʃ.əl
unreachable	5	49	not able to be contacted	adjective	We have lost the ability to be unreachable and to truly switch off.		ʌn'rɪtʃ.ə.bəl
USB port	5	50	a part of a computer that devices such as printers or digital cameras can be attached to	noun	You can recharge the lights using a USB port.		ˌjuː.es'biː.pɔːt
headset	5	50	a piece of equipment that you wear over your ears so that you can hear things, especially one with a microphone	noun	You need a special headset to play these games.		'hed.set
webcam	5	50	a camera that records moving pictures and sounds and allows these to be shown on the Internet as they happen	noun	Most computers have a built-in webcam nowadays.	B1	'web.kæm
plug	5	50	a plastic or rubber object with metal pins, used to connect electrical equipment to an electricity supply	noun	You can't use a European plug here.	B1	plʌɡ
adaptor	5	50	a device that enables you to use your own electrical equipment in a country that uses a different type of plug	noun	You need an adaptor when you travel.		ə'dæp.tə
power lead	5	50	a wire that carries electricity from a supply to a piece of equipment	noun	Plug the power lead into the back of the computer.		'paʊə.lɪːd
protective case	5	50	a case that is designed to protect something	noun	The lamp comes in its own protective case.		prə'tek.tɪv'keɪs
charger	5	50	a device that is used to recharge a battery	noun	You need to get a charger.		'tʃɑː.dʒə
at symbol	5	50	the symbol '@', often used in email addresses	noun	Where is the at symbol on this keyboard?		'æt.sɪm.bəl
wireless router	5	50	a device that enables you to use the Internet without being connected to it with wires	noun	We get our wi-fi via a wireless router.		ˌwaɪə.ləs'ruː.tə
upgrade	5	51	to improve something so that it is of a higher quality or is a newer model	verb	I'll be able to upgrade my phone next month.	B2	ʌp'ɡreɪd
zip a file	5	51	to reduce the size of a computer file so that it is easier to send	phrase	Could you zip the file before you send it, please?		ˌzɪp ə'faɪl
save (a document)	5	51	to make sure that a computer keeps information that you have put on it	verb	To save the file, click on 'file' again.	A2	seɪv
browse the Internet	5	51	to look at information on the Internet	phrase	She spends a lot of time browsing the Internet.	B2	ˌbraʊz ðiː'ɪn.tə.net
plug sth in	5	51	to connect a piece of electrical equipment to an electricity supply	phrasal verb	I couldn't plug in my laptop.	B2	plʌɡ'ɪn
sync devices	5	51	to connect two electronic devices so that they both have the latest information or files	phrase	Which devices do you sync?		ˌsɪŋk dɪ'vaɪs.ɪz
post an update	5	51	to write something on a social media website	phrase	How often do you post updates on social media?	B1	ˌpəʊst ən'ʌp.dɛɪt
stream a video	5	51	to watch a video directly from the Internet	phrase	What was the last TV programme you streamed?		ˌstri:m ə'vɪd.i.əʊ
extract files	5	51	to get files that are in a compressed form such as a zip file	phrase	I extracted all the files, and they are now in the folder called 'figures'.	B2	ɪk'strækt'faɪlz
connect sth to wifi	5	51	to enable a device to use the Internet using a wifi system	phrase	It's not connected to the wifi.		kə'nekt tə'waɪ.faɪ
launch	5	52	to begin an important plan or activity	verb	A new documentary called Cyber Seniors recently launched in New York and Los Angeles.	B2	lɔːntʃ
proficient	5	52	very good at something	adjective	Their grandparents could use the Internet at a basic level but wanted to become more proficient.		prə'fɪʃ.ənt
motivate	5	52	to make someone enthusiastic about doing something	verb	The two students were so motivated by that success that they got several of their friends to join them.	B2	'məʊ.tɪ.veɪt
emigrate	5	52	to leave your own country to live in a different one	verb	Some of them wanted to stay in touch with family who had emigrated to countries as far away as Australia.		'em.ɪ.greɪt
outcome	5	52	the final result of an activity or process	noun	The outcomes of the project were amazing.	C1	'aʊt.kʌm
tutorial	5	52	a class or short programme of study that teaches you how to do something	noun	89-year-old Shura, together with a friend, managed to create a YouTube cooking tutorial.		tjuː'tɔːrɪ.əl
acquire	5	52	to get something	verb	He even managed to use his newly acquired skills to reunite with his daughter who he had lost touch with.	B2	ə'kwɑɪə
reunite	5	52	to bring people together who have been apart for a long time, or to meet someone you have not seen for a long time	verb	He even managed to use his newly acquired skills to reunite with his daughter who he had lost touch with.	C1	ˌriː.juː'nɑɪt
follow-up	5	52	something that is done to continue or complete something that was done before	noun	A number of follow-up projects have been launched.	B2	'fɒl.əʊ.ʌp
initiative	5	52	a plan or activity that is done to solve a problem or improve a situation	noun	This is all thanks to a wonderful initiative by two teenage girls.	C1	ɪ'nɪʃ.ə.tɪv
decade	5	52	a period of ten years, especially a period such as 1860 to 1869, or 1990 to 1999	noun	He was able to reconnect with people he hadn't seen in decades.	B2	'dek.eɪd
evolution	5	54	a gradual process of change and development	noun	The evolution of film has been influenced by the development of science.	B2	ˌiː.və'ljuː.ʃən
influence	5	54	to affect or change how someone or something develops, behaves or thinks	verb	The evolution of film has been influenced by the development of science.	B2	'ɪn.flu.əns
reflect	5	54	If a surface such as a mirror or water reflects something, you can see the image of that thing in the mirror, water, etc.	verb	He used hand-drawn pictures painted on a reflecting surface.	C1	rɪ'flekt
surface	5	54	the top or outside part of something	noun	He used hand-drawn pictures painted on a reflecting surface.	B2	'sɜː.fɪs
automatically	5	54	If a machine does something automatically, it does it independently, without human control.	adverb	Thomas Edison and William Dickenson invented a camera that automatically took a picture of a moving object every 1/50th of a second.	B2	ˌɔː.tə'mæt.ɪ.kəl.i
roughly	5	54	approximately	adverb	They started producing short films that were all roughly 50 seconds long.	B2	'rʌf.li
lens	5	54	a curved piece of glass in cameras, glasses, and scientific equipment used for looking at things	noun	He used a simple lens to project images onto a wall.	C2	lenz
transparent	5	54	If a substance or object is transparent, you can see through it very clearly.	adjective	His audience sat on one side of a transparent screen while he sat on the other.	B1	træn'spær.ənt
spooky	5	54	strange and frightening	adjective	He scared his audience with witches, ghosts and other spooky creatures.		'spuː.ki
forerunner	5	54	an earlier, less developed example	noun	His plays were the forerunner of modern horror films.		'fɔː.rʌn.ə
reel	5	54	an object shaped like a wheel that you can put film, thread, etc. around	noun	The late 19th century saw the development of reel film.		rɪəl
startle	5	54	to suddenly surprise or frighten someone	verb	The audience were so startled they started to scream.		'stɑː.tl
flourish	5	54	to grow or develop well	verb	The film industry began to flourish.	C2	'flʌr.ɪʃ
shutter	5	54	the part at the front of a camera which opens quickly to let in light when you take a photograph	noun	He created these images by using a shutter to create fading effects and changing the focus.		'ʃʌt.ə