

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Feelings and emotions					
besotted with (someone/something)	adjective phrase		/bɪ'sɒtɪd wɪð/	so attracted by someone or something that you are always thinking about them	He's absolutely besotted with Yulia - he'll do anything she wants.
chuffed to bits	phrase		/tʃʌft tə bɪts/	very pleased about something	We were chuffed to bits when Sam won the course prize.
despondent	adjective		/dɪ'spɒndənt/	very unhappy because you do not believe that an unpleasant situation will improve	I'm becoming increasingly despondent about whether I'm in the right job.
down in the dumps	phrase		/daʊn ɪn ðə ɒlmpz/	unhappy or without hope	She's feeling a bit down in the dumps , so I'm trying to cheer her up.
dumbfounded	adjective		/dʌm'fəʊndɪd/	so surprised that you do not know what to do or say	We told them the news about Eva and they were completely dumbfounded .
elated	adjective		/ɪ'leɪtɪd/	extremely happy and excited	The team captain was visibly elated as she collected the trophy.
engrossed in (something)	adjective		/ɪn'grəʊst ɪn/	so interested or involved in something that you think about nothing else	Pat wasn't listening at all and spent the entire time totally engrossed in his mobile phone.
flabbergasted	adjective		/'flæbə(r),gɑ:stɪd/	very surprised or shocked	We were absolutely flabbergasted when Marvin resigned.
glued to (something)	phrase		/'glu:d tu: /	looking at something and not paying attention to anything else	Max had his eyes glued to the computer screen.
go apoplectic with rage	verb phrase		/gəʊ æpə'plektɪk wɪθ 'reɪdʒ/	to show a very, very strong feeling of anger	On hearing the judge's decision he went apoplectic with rage .
go ballistic	verb phrase		/gəʊ bə'lɪstɪk/	to become extremely angry	A customer went ballistic when I wouldn't give her a refund.
gross out	phrasal verb		/grəʊs aʊt /	if something grosses you out, it is so unpleasant that it makes you feel ill	The sight of blood totally grosses me out .
head over heels in love (with someone)	phrase		/hed 'əʊvə(r) hi:lz/	loving someone very much	We met in 2015, and have been head over heels in love with each other ever since.
petrified	adjective		/'petrɪfaɪd/	extremely frightened, especially so that you cannot move or decide what to do	I couldn't see where I was going and I was absolutely petrified .
repulse	verb		/rɪ'pʌls/	if someone or something repulses you, they are so unpleasant that you feel slightly ill when you see them or think about them	We were repulsed by the disgusting smell.
scared out of your wits	phrase		/skeə(r)d aʊt əv jɔ: wɪts/	extremely frightened	It was a great horror film but I was scared out of my wits .

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Adjectives with self					
self-deprecating	adjective		/self 'deprɪ,keɪtɪŋ/	showing that you think you are not very good or important	Xavier was trying to be modest and made one or two self-deprecating remarks about his career.
self-indulgent	adjective		/self ɪn'dʌldʒ(ə)nt/	allowing yourself to have or to do something special that you like very much, often something that you should not have or do	They don't spend much on luxuries and have never had a particularly self-indulgent lifestyle.
self-made	adjective		/self 'meɪd/	a self-made man or woman has become successful without help from other people	She's a self-made millionaire and built up the company from absolutely nothing.
self-possessed	adjective		/self pə'zest/	someone who is self-possessed behaves in a calm and confident way in difficult situations	He tackles problems with a calm, self-possessed confidence.
self-respecting	adjective		/self rɪ'spektɪŋ/	used for talking about people who have the qualities that a particular type of person should have	No self-respecting cook would ever use gravy from a packet.
self-sacrificing	adjective		/self 'sækrɪ,faɪsɪŋ/	choosing not to have or to do something that you want in order to help other people	Pippa was rightfully praised for her self-sacrificing devotion to community causes.
self-satisfied	adjective		/self 'sætɪsfɑɪd/	showing how pleased you are about your own situation in a way that annoys other people	'We've just come first,' Karl said with a self-satisfied smile.
act of self-deception	phrase		/ækt əv self dɪ'sepʃ(ə)n/	when you make yourself believe something good that is not true, especially something about yourself	Making excuses for her behaviour was nothing more than an act of self-deception .
foster self-reliance	verb phrase		/fɒstə self rɪ'laɪəns/	to help someone to become able to do things for themselves and not depend on other people	It was an attempt to foster self-reliance in their children and encourage them to be independent.
question your self-worth	verb phrase		/kwɛstj(ə)n jɔ: self'wɜ:(r)θ/	to have doubts about whether you are as important as other people and deserve to be respected and treated well	I had become very depressed and was genuinely beginning to question my own self-worth .
wallow in self-pity	verb phrase		/wɒləʊ ɪn self'pɪti/	to spend a lot of time feeling that your situation is worse than other people's and that people should feel sad for you	Things aren't really as bad as they sound, Blaise is just wallowing in self-pity .

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Idioms: Personality					
be full of yourself	verb phrase		/bi: fʊl əv jə(r)'self/	to be always talking about yourself or your achievements in a way that annoys other people	Christian always thinks his ideas are the best, he's just so full of himself .
by the book	phrase		/baɪ ðə 'bʊk/	correctly, following all the rules or systems for doing something in a strict way	We probably ought to follow the instructions and do everything by the book .
come out of your shell	verb phrase		/kʌm aʊt əv jɔ:(r) 'ʃel/	to stop being shy and begin to confidently show your real character and feelings	It's taken a while for Fi to come out of her shell , but now she seems to enjoy class discussions.
creature of habit	phrase		/ˌkri:tʃə(r) əv 'hæbɪt	someone who likes to do the same thing at the same time every day	My Dad always wanted dinner at 7pm. He was a real creature of habit .
go-getter	noun		/ˌgəʊ 'getə(r)/	someone who is determined to succeed and who works hard to achieve this	Patty is a real go-getter , she's determined to land the top job.
have a chip on your shoulder	verb phrase		/hæv ə 'tʃɪp ɒn jɔ:(r) ˌʃəʊldə(r)/	to be likely to become angry or offended very easily, especially about something that other people think should not upset you	I'm sorry, but no one has treated him unfairly. He's always had a chip on his shoulder .
live and breathe (something)	verb phrase		/ˌlɪv ən 'bri:ð/	to be very enthusiastic about a particular activity and spend all the time you can doing it or talking about it	Nadia lives and breathes tennis - she spends every weekend either playing or watching it.
nasty piece of work	phrase		/'nɑ:sti pi:s əv,wɜ:(r)k/	someone who is unkind or unpleasant	Don't pay attention to anything Roger says, he's such a nasty piece of work .
people person	phrase		/'pi:p(ə)l ˌpɜ:(r)s(ə)n/	someone who enjoys being with other people and easily becomes friends with them	Karin is really enjoying making new friends, but then she's always been a people person .
wet blanket	phrase		/ˌwet 'blæŋkɪt/	someone who spoils other people's fun by being negative and complaining	What's the matter - why are you being such a wet blanket ?

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Travel					
arduous journey	phrase		/ˈɑː(r)dʒuəs ˈdʒɜː(r)ni/	a difficult journey involving a lot of effort	It was a long and arduous journey across the desert.
alternative route	phrase		/ɔːlˈtɜː(r)nətɪv ruːt/	a different way of travelling to a place	There's a lot of traffic so I'm looking for an alternative route .
backwater village	phrase		/ˈbæk,wɔːtə(r) ˈvɪlɪdʒ/	a quiet village which is not near to places where most things happen	Yarthorpe is a pretty backwater village about three miles from the coast.
bumpy flight	phrase		/ˈbʌmpi flaɪt/	A bumpy flight is uncomfortable because of bad weather.	It might be a bit of a bumpy flight because of the strong winds.
bustling crowds	phrase		/ˈbʌs(ə)lɪŋ kraʊdz/	large groups of people with lots of noise and activity	Bustling crowds filled the market square.
circuitous route	phrase		/sɜː(r)ˈkjuːɪtəs ruːt/	a way of travelling to a place that is longer than it needs to be because it is not direct	He took a circuitous route to the park, to avoid passing her house.
culture shock	phrase		/ˈkʌltʃə(r) ʃɒk/	the nervous or confused feeling that people sometimes get when they arrive in a place that has a very different culture from their own	Studying here is very different to my home country so it was a bit of a culture shock at first.
discerning traveller	phrase		/dɪˈsɜː(r)nɪŋ ˈtræv(ə)lə(r)/	a person who shows good judgement and is able to tell whether something is good when they travel	The discerning traveller will appreciate the attention to detail in this hotel.
far-flung destination	phrase		/fɑː(r) flʌŋ ,destɪˈneɪʃ(ə)n/	a place you travel to that is far away from your home	Travelling to such far-flung destinations can prove very expensive.
fleeting visit	phrase		/ˈfliːtɪŋ ˈvɪzɪt/	a very short visit	It was only a fleeting visit so we didn't see as much as we would have liked.
flying visit	phrase		/ˈflaɪɪŋ ˈvɪzɪt/	a very short visit	It's ok, I'm not stopping – it's just a flying visit .
go-to destination	phrase		/ˈgəʊ ,tuː ,destɪˈneɪʃ(ə)n/	the best place to travel to in order to do something	Cyprus has always been my go-to destination when I want to relax.
iconic landmark	phrase		/aɪˈkɒnɪk ˈlænd(m),mɑː(r)k/	a very famous and well-known building or object that you can recognise easily and is often believed to represent a particular idea	The Statue of Liberty is an iconic landmark .
impromptu visit	phrase		/ɪmˈprɒmptju ˈvɪzɪt/	a visit that is not planned	We had a couple of hours before the train left so we made an impromptu visit to the art gallery.
leisurely stroll	phrase		/ˈleɪʒə(r)li strɔʊl/	a slow and relaxed walk	After lunch I took a leisurely stroll along the beach.
long-haul flight	phrase		/lɒŋ hɔːl flaɪt/	a flight which travels a long distance	Tom often finds it difficult to sleep on long-haul flights .
overseas travel	phrase		/ˈəʊvə(r)siːz ˈtræv(ə)l/	travel to a country across the sea from your country	Would you enjoy a job involving overseas travel ?

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perilous journey	phrase		/ˈpɛrələs ˈdʒɜː(r)ni/	a very dangerous journey	They had to endure a perilous journey across the stormy ocean.
scenic route	phrase		/ˈsiːnɪk ruːt/	a way of travelling to a place which provides beautiful views of nature	We decided to take the scenic route along the coast road.
shoddy service	phrase		/ˈʃɒdi ˈsɜː(r)vɪs/	work for a customer that is of a very low standard	The food was delicious but I wouldn't recommend the place because of the incredibly shoddy service .
smooth flight	phrase		/smuːð flaɪt/	A smooth flight does not shake or frighten you.	Conditions are good and we're expecting a smooth flight down to Pensacola today.
unacceptable delay	phrase		/ˌʌnəkˈseptəb(ə)l dɪˈleɪ/	a bad situation in which a plane, train, etc. leaves or arrives late and this should not have been allowed	I am writing to request a refund because of the unacceptable delay to my journey.
unavoidable delay	phrase		/ˌʌnəˈvɔɪdəb(ə)l dɪˈleɪ/	a situation in which a plane, train, etc. leaves or arrives late but it was impossible to stop this happening	We want to apologise to customers for this unavoidable delay .
uneventful journey	phrase		/ˌʌnɪˈventf(ə)l ˈdʒɜː(r)ni/	a journey without any problems or anything unusual or exciting happening	They arrived in Liverpool after an uneventful journey .
unforeseen delay	phrase		/ˌʌnfɔː(r)ˈsiːn dɪˈleɪ/	a situation in which a plane, train, etc. leaves or arrives late but no one expected this	After an unforeseen delay of over five hours, the ferry eventually left.
world-class destination	phrase		/wɜː(r)ld klɑːs ˌdestɪˈneɪʃ(ə)n/	one of the best places in the world to travel to	Hawaii is often considered a world-class destination .
Idioms: Making stories interesting					
a likely story	phrase		/ə ˈlaɪkli ˈstoːri/	used for telling someone that you do not believe what they have just said	He claims he can't go because he has to catch up on work – a likely story .
between you and me	phrase		/bɪˈtwiːn juː ən mi/	used when you are telling someone something that you do not want anyone else to know about	Between you and me , I think she's got problems with her boyfriend.
don't get me wrong	phrase		/dəʊnt get mi rɒŋ/	used when you want to make sure that someone understands your comments correctly, especially when you are criticizing something	Don't get me wrong , it's a good school, but sometimes their ideas are a bit old-fashioned.
for a split second	phrase		/fɔː(r) ə splɪt ˈsekənd/	for an extremely small amount of time	For a split second I thought he had left.
hands down	phrase		/hændz daʊn/	without any doubt	Leslie is hands down the nicest person I know.
scare the wits out of (someone)	verb phrase		/skeə(r) ðə wɪts aʊt ɒv/	to make someone feel extremely frightened	The film scared the wits out of us.
stroke of luck	phrase		/strəʊk əv lʌk/	something that happens by chance and that helps you to achieve something	By a stroke of luck , Mia was travelling on the same train.

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there's a lot to be said for (something)	phrase		/ðeə(r)z ə lɒt tə biː sed fɔː(r)/	used for saying that there are many advantages in doing something	There's a lot to be said for using public transport.
time will tell	phrase		/taɪm wɪl tel/	used for saying that you will know in the future whether something is true or right	Time will tell whether he made the right choice.
to put it mildly	phrase		/tə pʊt ɪt 'maɪldli/	used for saying that the words you have chosen are not as extreme as they could have been	We were frustrated about the delay, to put it mildly .

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Phrasal verbs and noun collocations					
bring down (the cost/ number/rate of ...)	phrasal verb		/brɪŋ daʊn/	to reduce the rate, level, or amount of something	Our main responsibility is to bring down the rate of unemployment.
come round to (a way of thinking / the idea)	phrasal verb		/kʌm raʊnd tə/	to change your opinion or decision because someone has persuaded you to agree with them	We were sure she'd come round to our way of thinking in the end.
come up with (a solution/strategy)	phrasal verb		/kʌm 'ʌp wɪð/	to think of something such as an idea or a plan	Is this the best solution you can come up with ?
draw on (your experience/ observations)	phrasal verb		/drɔʊ ŋ/	to use something that you have gradually gained or saved	As an actor, you often draw on your own life experience.
flick through (something)	phrasal verb		/flɪk θruː/	to turn the pages of a book, magazine, newspaper, etc. very quickly looking at some of the pages for a very short time	Recently, I was flicking through the pages of a book on scientific discoveries.
hold back (something)	phrasal verb		/həʊld bæk/	to stop something from progressing or developing as it should	Long-term water shortages can hold back economic progress.
hold out little hope	verb phrase		/həʊld aʊt 'lɪt(ə)l həʊp/	to not have much hope that something will happen	He held out little hope that his idea would ever be accepted.
meet with (criticism/ opposition/resistance)	phrasal verb		/miːt wɪð/	to get a particular result or reaction	The new proposal met with strong opposition from students.
plough (money) into (something)	phrasal verb		/pləʊ ... 'ɪntuː/	to invest a lot of money in something in order to improve it or make it successful	Last year the government ploughed more than £80 million into road repairs.
put forward (an explanation / an idea / a proposal)	phrasal verb		/pʊt 'fɔː(r)wəd/	to offer an idea, opinion, reason etc, especially so that people can discuss it and make a decision	He rejected all the proposals put forward by the committee.
run up against (a difficulty/problem)	phrasal verb		/rʌn ʌp ə'genst/	if you run up against problems, difficulties etc, you have to deal with them	We ran up against a few problems at the start of the project.
stumble across (something)	phrasal verb		/'stʌmb(ə)l ə'krɒs/	to find something by accident	I stumbled across a really interesting article about wild swimming yesterday.
throw out (charges / claims / a suggestion)	phrasal verb		/θrəʊ aʊt/	if someone in authority throws out a plan, proposal etc, they refuse to accept it	The judge threw out their claim.

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Prepositional phrases (at, in, on, under)					
at a loss	phrase		/æ t ə lɒs/	confused and not knowing what to do	I was at a loss to understand what had happened.
at best	phrase		/æ t best/	used for showing that something is not very good by emphasising that your description of it is the best thing you can say about it	The government's response seems to have been at best confused and at worst dishonest.
at odds with (something)	phrase		/æ t ɒd z wɪ θ/	if things are at odds with each other, they are different or opposite when they should be the same	What parts of our lifestyle are fundamentally at odds with achieving a sustainable future?
at stake	phrase		/æ t steɪ k/	used about important issues that are involved in a situation or could be decided by it	Few voters had any idea of the issues at stake .
at the expense of (something)	phrase		/æ t di: ɪ k' spens ə v/	if one thing exists or happens at the expense of another, the second thing suffers or is not done properly because of the first	Patrick was doing great things in the job, but at the expense of his health.
at the forefront of (something)	phrase		/æ t ðə 'fɔ: (r) frʌ nt ə v/	in a leading or important position in something	These environmental issues are currently at the forefront of public debate.
be on the lookout for (something/someone)	verb phrase		/bi: ɒ n ðə 'lʊ kəʊ t fɔ: (r)/	to be watching carefully in order to find, obtain, or avoid something or someone	Police in Brighton are on the lookout for a gang of car thieves.
in a big way	phrase		/ɪ n ə bɪ g weɪ/	if someone does something in a big way, they do it a lot, or they think it is important	Sports coaches have come to depend on video analysis in a big way .
in all likelihood	phrase		/ɪ n ɔ: l 'laɪ kli hʊ d/	almost certainly	In all likelihood the vase was made in the seventeenth century.
in awe of (someone/something)	phrase		/ɪ n ɔ: ə v/	feeling great respect and admiration for someone or something	Jeff has always been totally in awe of his father.
in force	phrase		/ɪ n fɔ: (r) s/	if a law or rule is in force, it is being applied and people must obey it	The ban on oil exports remains in force .
in jeopardy	phrase		/ɪ n 'dʒepə(r) di/	likely to be damaged or destroyed	The crisis put thousands of jobs in jeopardy .
in poor taste	phrase		/ɪ n pɔ: (r) teɪ st/	rude and not at all appropriate	His joke about her divorce was in very poor taste .
in retrospect	phrase		/ɪ n 'retrəʊ, spekt/	considering something that happened in the past, using knowledge or information that you did not have at that time	In retrospect , we should never have allowed that to happen.
on a par with (something/someone)	phrase		/ɒ n ə pɑ: (r) wɪ θ/	of the same quality as or at the same level as	Profits should be on a par with last year.
on display	phrase		/ɒ n dɪ 'spleɪ/	in a place that is able to be seen by many people	Her work is on display at the gallery.
on edge	phrase		/ɒ n edʒ/	nervous and unable to relax because you are worried	The events of the past few days had left her feeling tense and on edge .

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on the market	phrase		/ɒn ðə 'mɑː(r)kt/	available to buy	Machines as powerful as this are not yet on the market .
on the spot	phrase		/ɒn ðə spɒt/	at that exact moment or place	Any workers found breaking these rules will be sacked on the spot .
under attack	phrase		/'ʌndə(r) ə'tæk/	strongly criticized or damaged	Both candidates have come under attack for their health-care proposals.
under oath	phrase		/'ʌndə(r) əʊθ/	having formally promised to tell the truth in a court of law	Lying under oath is an extremely serious offence.
under scrutiny	phrase		/'ʌndə(r) 'skruːtɪni/	carefully examined	The diet industry comes under scrutiny in tonight's programme.
under siege	phrase		/'ʌndə(r) 'siːdʒ/	if a place is under siege, it is surrounded by soldiers in order to attack those defending it	The town had been under siege for weeks and food was in short supply.
under threat	phrase		/'ʌndə(r) θret/	likely to be harmed or damaged	An ancient religious custom is under threat .
under wraps	phrase		/'ʌndə(r) ræps/	being kept secret	Lee decided to keep her plans under wraps for a while.
Idioms: Innovation					
a long shot	phrase		/ə lɒŋ ʃɒt/	an attempt or guess that is not likely to be successful but that is worth trying	It's a long shot , but I'll ask her.
at the leading edge	phrase		/æt ðə liːdɪŋ edʒ/	at the most modern and advanced point in the development of something	These models are at the leading edge of computer design.
dead end	noun		/ded end/	a situation in which no further progress is possible	Have the trade negotiations really come to a dead end ?
from scratch	phrase		/frəm skrætʃ/	from the beginning again, not using all the work that you have done before	We'll have to do the whole thing again from scratch .
go round in circles	verb phrase		/gəʊ raʊnd ɪn 'sɜː(r)k(ə)lz/	to do something for a long time without achieving any results because you always return to the same problem that you cannot solve	We talked for hours, but we were just going round in circles .
in the pipeline	phrase		/ɪn ðə 'paɪp,laɪn/	being planned or prepared in order to happen or be available soon	Have you got any new projects in the pipeline ?
on the right track	phrase		/ɒn ðə raɪt træk/	doing or thinking the right things	The figures show we are on the right track .
stumbling block	noun		/'stʌmblɪŋ ,blɒk/	a difficulty that causes mistakes or prevents progress	A problem with a supplier has become a major stumbling block .
teething problems	noun		/'tiːðɪŋ 'prɒbləmz/	minor problems that a new company, project, product etc may have in the beginning	We've been having a few teething problems , but generally things are going well.
think outside the box	verb phrase		/θɪŋk aʊt'saɪd ðə bɒks/	to find new ways of doing things, especially of solving problems	Employees are encouraged to think outside the box and develop creative solutions.

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Partitive expressions with uncountable nouns					
a breath of fresh air	phrase		/ə breθ əv freʃ eə(r)/	someone or something that is new, interesting, and exciting	It's great having Flavia with us - she's a real breath of fresh air .
a grain of truth	phrase		/ə greɪn əv tru:θ/	a small amount of truth	There was more than a grain of truth in what he'd said.
bouts of anxiety	phrase		/bəʊts əv æŋ'zaiəti/	short periods when you feel very anxious	I occasionally suffer from bouts of anxiety at work.
fit of anger	phrase		/fɪt əv 'æŋgə(r)/	a sudden strong feeling of anger that you cannot control	'Just leave!' he shouted, in a fit of anger .
fits of laughter	phrase		/fɪts əv 'lɑ:ftə(r)/	a sudden strong reaction of laughing	Everyone collapsed in fits of laughter .
glimmer of hope	phrase		/'glɪmə(r) əv hæʊp/	a very small sign that something might improve or succeed	The transplant offers Lucy and her parents a new glimmer of hope .
glimmer of light	phrase		/'glɪmə(r) əv laɪt/	a soft weak light that is not steady	Ahead of us we suddenly saw a faint glimmer of light .
hint of bitterness	phrase		/hɪnt əv 'bɪtə(r)nəs/	a slight feeling of anger and unhappiness about something	'Yes, he has,' she nodded, with a hint of bitterness in her voice.
hint of irony	phrase		/hɪnt əv 'aɪrəni/	a small amount of irony (= a form of humour in which you use words to express the opposite of what the words really mean)	His writing contains a cheerful hint of irony .
pang of regret	phrase		/pæŋ əv rɪ'ɡret/	a very strong, sudden feeling of regret	I felt a pang of regret that I hadn't made time to visit her.
pang of guilt	phrase		/pæŋ əv ɡɪlt/	a very strong, sudden feeling of guilt	You can eat these without a pang of guilt as they're very healthy.
round of applause	phrase		/ə raʊnd əv ə'plɔ:z/	a period of time when an audience reacts by clapping their hands	I want you all to give her a big round of applause .
school of thought	phrase		/sku:l əv θɔ:t/	a way of thinking about a particular subject or idea that is shared by a group of people	There are at least three schools of thought on that subject.
scrap of evidence	phrase		/skræp əv 'eɪvɪd(ə)ns/	a small amount of information that helps to prove something	Every scrap of evidence has to be investigated.
stroke of genius	phrase		/strəʊk əv 'dʒi:niəs/	a very intelligent act or idea	At the time, giving Juan the job seemed like a stroke of genius .
stroke of luck	phrase		/strəʊk əv lʌk/	something that happens by chance and that helps you to achieve something	By a stroke of luck , Felix was going there on the same day.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Closed compounds					
become a scapegoat	verb phrase		/bɪ'kʌm ə 'skeɪp,ɡəʊt/	to be blamed for something that is not your fault, especially because someone else wants to avoid being blamed	You don't want to become a scapegoat for everything that has gone wrong.
be on the same wavelength	verb phrase		/bi: ɒn ðə seɪm 'weɪv,leŋθ/	to understand the way that another person thinks because you often have the same ideas and opinions as they do	I feel like you and I are really on the same wavelength .
break the stalemate	verb phrase		/breɪk ðə 'steɪl,meɪt/	to stop or end a situation in which progress is impossible because the people or groups involved cannot agree	Management and unions need to talk in order to break the stalemate .
cherished keepsake	phrase		/'tʃerɪʃt 'ki:p,seɪk/	a small object that you like very much and keep in order to remind you of someone or something	That silver bracelet was a cherished keepsake from her grandmother.
employee turnover	phrase		/,emplɔɪ'i: 'tɜ:(r)n,əʊvə(r)/	the rate at which employees leave an organization and new employees arrive	High employee turnover is not surprising when the hours are so long.
flaws and shortcomings	phrase		/flɔ:z ənd 'ʃɔ:(r)t,klɪmɪŋz/	faults and problems in something or someone that make them useless or less effective	It's better to look past these flaws and shortcomings rather than dwell on them.
proofread carefully	verb phrase		/'pru:f,ri:d keə(r)f(ə)li/	to carefully read something written or printed and mark any mistakes so that they can be corrected	Proofread all professional correspondence carefully before it goes out.
sheer willpower	phrase		/ʃɪə(r) 'wɪl,pəʊə(r)/	when you only use the ability to control your thoughts and behaviour in order to achieve something	I've no idea how Katja managed to finish the race - it must have been sheer willpower .
spark a backlash	verb phrase		/spɑ:(r)k ə 'bæk,klæʃ/	to cause a strong, negative, and often angry reaction to something that has happened, especially a political or social change	An insensitive comment by the lead singer sparked an angry backlash from fans.
watershed moment	phrase		/'wɔ:tə(r),fed 'məʊmənt/	a time when an event causes an important change to take place	It was a watershed moment in the history of our country.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Idioms: Negotiation					
agree to differ	verb phrase		/ə'gri:tə 'dɪfə(r)/	to accept that someone else does not have the same opinion as you and agree not to argue about it any more	On that point, we'll have to agree to differ .
clear the air	verb phrase		/klɪə(r) ði eə(r)/	to discuss a problem or difficult situation with someone in order to make it better	I think it's time we cleared the air , don't you?
draw the line at (something)	verb phrase		/drɔ: ðə laɪn æt/	to say that you will definitely not allow or accept something	You certainly deserve an increase, but I have to draw the line at 4%.
find common ground	verb phrase		/faɪnd kɒmən graʊnd/	to find something that people can agree about, especially when they disagree about other things	Despite their differences, they found common ground when it came to this issue.
get off on the wrong foot	verb phrase		/get ɒf ɒn ðə rɒŋ fʊt/	to immediately establish a bad relationship with someone when you first meet them or first start working with them	Unfortunately I got off on the wrong foot with the project manager.
grey area	phrase		/'greɪ 'eəriə/	a situation in which the rules are not clear, or in which you are not sure what is right or wrong	Exactly what this means in practice is still a bit of a grey area .
meet (someone) halfway	verb phrase		/mi:t ˌhɑ:fweɪ/	to agree to do something that someone wants, if they do something that you want	The deal depends heavily on you agreeing to meet them halfway .
nail down the finer points	verb phrase		/neɪl daʊn ðə 'faɪnə pɔɪnts/	to definitely decide the details of something	Does that give us enough time to nail down the finer points in the contract?
sticking point	phrase		/'stɪkɪŋ pɔɪnt/	something that people cannot agree on and that stops them from continuing with a discussion	It's now a major sticking point in the negotiations.
the bottom line	phrase		/ðə 'bɒtəm laɪn/	the most basic fact or issue in a situation	The bottom line is that we need to come up with another ten thousand pounds of funding.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Neutral and sensationalist language					
axe	verb		/æks/	to close a business, stop providing a service, or get rid of workers that you do not need	Almost 1,000 jobs were axed .
clash	verb	*	/klæʃ/	to argue very angrily with someone	Angry students clashed with riot police in Miami yesterday.
condemn	verb	**	/kən'dem/	to say publicly that you think someone or something is bad or wrong	Politicians have condemned the attacks.
dispute	verb	*	/dɪ'spju:t/	to say that something such as a fact is not true or correct	He disputed claims that the drug had not been adequately tested.
divulge	verb		/daɪ'vʌldʒ/	to give information about something, especially something that should be kept secret	The newspaper refused to divulge its sources.
laud	verb		/lə:d/	to praise someone or something	The headteacher was lauded for her bravery in such a dangerous situation.
leak	verb	*	/li:k/	to tell private or secret information to journalists or to the public	Staff were interviewed to find out who leaked the story.
oust	verb		/aʊst/	to remove someone from a position of power, especially in order to take that position	The chairman was ousted from the committee last month.
pledge	verb		/pledʒ/	to promise seriously and publicly to do something	Recently the minister had pledged his support to the organisation.
praise	verb	**	/preɪz/	to express strong approval or admiration for someone or something, especially in public	Mayor Dixon praised the efforts of those involved in the rescue.
provoke	verb	**	/prə'vʊk/	to cause a reaction, especially an angry one	Her speech provoked a furious response from protestors.
quash	verb		/kwɒʃ/	to stop something from continuing	They acted quickly to quash the rumours.
scrap	verb		/skræp/	to decide not to continue with something such as a plan or an event	Plans had to be scrapped because of a lack of funding.
slam	verb	**	/slæm/	to criticise someone or something severely	The film has been slammed by critics.
spark	verb	*	/spa:(r)k/	to make something happen, especially something involving violence or angry feelings	His visit to the city sparked mass demonstrations.
tout	verb		/taʊt/	to praise someone or something because you want other people to think they are good or important	She's being touted as a possible challenger for the title.
vow	verb		/vaʊ/	to promise that you will do something	They have vowed to provide compensation for those affected.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Binomials					
back and forth	phrase		/bæk ən fɔ:(r)θ/	from one place to another and back again many times	A good journalist goes back and forth between different sources to check their facts.
black and white	phrase		/blæk ən waɪt/	involving one idea that is clearly right and another that is clearly wrong, so that it is not difficult for you to make a moral decision	Sadly it's not a simple black and white issue.
by and large	phrase		/baɪ ən la:(r)dʒ/	used for saying that something is generally true, but not completely	By and large the book was well received, although it was criticised for its accuracy.
chalk and cheese	phrase		/tʃɔ:k ən tʃi:z/	used for saying that two people or things are completely different from each other	Even though they're twins, their personalities are chalk and cheese .
cut and dried	phrase		/kʌt ən draɪd/	already clearly decided or settled	The final decision is unlikely to be cut and dried .
dos and don'ts	phrase		/du:z ən dəʊnts/	instructions and warnings about what you should and should not do in a particular situation	Here is a list of do's and don'ts for anyone planning to start a business.
first and foremost	phrase		/fɜ:(r)st ən 'fɔ:(r)məʊst/	used for emphasising the main point or the most important reason for something	First and foremost , it's your communication skills that will help you succeed.
give and take	phrase		/gɪv ən teɪk/	if there is give and take between people, each person allows the other to get something that they want	They said the secret of a happy marriage was a little bit of give and take .
in fits and starts	phrase		/ɪn fɪts ən stɑ:(r)ts/	stopping and starting again many times, rather than progressing steadily	I've been so busy that I've only been able to work on it in fits and starts .
the ins and outs	noun		/ðɪ: ɪnz ən aʊts/	all the details or facts that you need to know in order to deal with a complicated situation, process, etc.	Understanding all the ins and outs of the story is very important.
touch and go	phrase		/tʌtʃ ən gəʊ/	not certain and with a risk of death or serious failure	It had been touch and go for him in the hospital, but he had eventually recovered.
trial and error	phrase		/'traɪəl ən 'erə(r)/	a way of finding a good method that involves trying several possibilities and learning from your mistakes	I've figured out how to use it through trial and error .
tried and tested	phrase		/traɪd ən 'testɪd/	known to be good and effective	It's a tried and tested method of getting food stains out of clothing.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Idioms: Communication					
be out of the loop	verb phrase		/bi: aʊt əv ðə lu:p/	to not belong to a group that has information and makes decisions about something	Sorry but I've no idea what's happening, I'm out of the loop .
beat around the bush	verb phrase		/bi:t ə'raʊnd ðə bʊʃ/	to spend a long time getting to the main point of what you are saying, especially because it is embarrassing	Stop beating around the bush and tell me the truth.
catch (someone's) drift	verb phrase		/kætʃ ... drɪft/	to understand the basic meaning that someone is trying to express	So that's the main difficulty. Do you catch my drift ?
get (something) off your chest	verb phrase		/get ... ɒf ʃɔ:(r) tʃest/	to talk to someone about something that has been worrying you, so that you feel better about it	He came to see me because he wanted to get a few things off his chest .
get the wrong end of the stick	verb phrase		/get ðə rɒŋ end əv ðə stɪk/	to understand something completely wrongly	I tried explaining it to my parents, but they got the wrong end of the stick .
get your wires crossed	verb phrase		/get ʃɔ:(r) 'waɪə(r)z krɒst/	if two people get their wires crossed, they become confused because they each think that the other one is talking about something else	We got our wires crossed about what time we were supposed to meet.
it's news to me	phrase		/ɪts nju:z tə mi:/	used for saying that you did not know about something, especially when you are annoyed about this	'Ria says she's going to borrow your car.' 'It's news to me!'
not say boo to a goose	verb phrase		/nɒt seɪ bu: tə ə gu:s/	to be very quiet and shy	Paola is incredibly nervous, she wouldn't say boo to a goose .
spill the beans	verb phrase		/spɪl ðə bi:nz/	to tell someone something, often something that should be kept secret	Come on, spill the beans - what did he say?
touch base with (someone)	verb phrase		/tʌtʃ beɪs wɪθ/	to communicate with someone that you have not seen for some time in order to find out how they are, what is happening etc	It'll be great to touch base with Sara and Karl again.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Expressions and phrases with pay					
pay (someone) a compliment	verb phrase		/peɪ ... ə 'kɒmplɪmənt/	to say something nice about someone or to someone	Paying someone a compliment about their work can be really motivating for them.
pay dividends	verb phrase		/peɪ 'dɪvɪdendz/	to bring you a lot of benefit	Thorough lesson planning always pays dividends .
pay it forward	verb phrase		/peɪ ɪt 'fɔː(r)wə(r)d/	to do something kind for someone because another person has done something kind for you	Thanks for your generosity and I promise to pay it forward by helping when I can.
pay lip service to (something)	verb phrase		/peɪ lɪp 'sɜː(r)vɪs tə/	to say that you support something although you do not really, especially when you do nothing to prove your support	Most people only paid lip service to the rules.
pay the consequences	verb phrase		/peɪ ðə 'kɒnsɪkwənsəz/	to accept responsibility for your actions and deal with what happens because of them	Either we do something about this now or we pay the consequences later.
pay the price	verb phrase		/peɪ ðə praɪs/	to have to deal with the bad effects of something that you have done	One day you'll pay the price for your selfish behaviour.
pay through the nose	verb phrase		/peɪ θruː ðə nəʊz/	to pay much too much for something	You pay through the nose for drinks in city centre restaurants.
pay tribute to (someone/something)	verb phrase		/peɪ 'trɪbjʊːt tə/	to praise someone or something publicly	The town paid tribute to the firefighters who died.
pay your own way	verb phrase		/peɪ jə(r) əʊn weɪ/	to pay for everything that you need or use yourself, rather than allowing or expecting other people to pay for you	He's an adult now, he should be able to pay his own way .
pay your respects	verb phrase		/peɪ jə(r) rɪ'spekts/	to show respect for someone by visiting them, sending them a message, or attending their funeral	Thousands turned up to pay their respects to a great leader.
Rise and fall					
accelerate	verb	*	/ək'seləreɪt/	to happen or make something happen at a faster rate	The increased capital could greatly accelerate economic development.
diminish	verb	**	/dɪ'mɪnɪʃ/	to become less or make something become less	Rain forest habitats are slowly diminishing .
dwindle	verb		/'dwɪnd(ə)l/	to become gradually less or smaller over a period of time until almost nothing remains	Water supplies have dwindled to their lowest level in ten years.
escalate	verb		/'eskəleɪt/	to increase, especially at a fast rate that causes problems	The company is in debt and its costs are rapidly escalating .
hike up	phrasal verb		/haɪk ʌp/	to suddenly increase the amount or level of something	When they hiked up the tax rates, I was forced to close down my business.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
mount	verb	**	/maʊnt/	to get larger or stronger over a period of time	Discontent continues to mount among the younger population.
plummet	verb		/'plʌmɪt/	if something such as an amount, rate, or value plummets, it suddenly becomes much lower	Following a massive reduction in customer spending, profits plummeted dramatically.
plunge	verb	**	/plʌndʒ/	if an amount or level plunges, it suddenly becomes much lower	The temperature is expected to plunge below zero degrees overnight.
recede	verb	*	/ri'si:d/	to become less strong or likely	His pain had receded a little.
skyrocket	verb		/'skaɪ,rɒkɪt/	if an amount, value, or cost skyrockets, it rises quickly to a very high level	It's a reflection of the skyrocketing cost of healthcare.
slump	verb		/slʌmp/	to be suddenly reduced to a much lower level	Profits slumped to under \$250 million.
soar	verb	*	/sɔ:(r)/	to quickly increase to a high level	Unemployment has soared in the past few months.
spiral	verb		/'spɑɪrəl/	to continuously become worse, more, or less	As oil prices rise, consumers have been hit by spiralling energy costs.
surge	verb		/sɜ:(r)dʒ/	to increase a lot very quickly	The value of exports surged last year, recording an all-time high.
swell	verb	*	/swel/	to increase in amount or number	Attendance figures have swollen to 37,000 this season.
wane	verb		/weɪn/	to become weaker or less important	By the end of the year their popularity was beginning to wane .
Idioms: Money and wealth					
be made of money	verb phrase		/bi: meɪd əv 'mʌni/	to have a lot of money	Her family must be made of money judging by her lavish lifestyle.
be on a roll	verb phrase		/bi: ɒn ə rɒl/	to be having a lot of success or good luck	Sales figures were climbing and they were sure they were on a roll .
be rolling in it	verb phrase		/bi: 'rɒlɪŋ ɪn ɪt/	to have a lot of money	Don't worry about Ed buying the food, he's rolling in it .
be your bread and butter	verb phrase		/bi: jɔ:(r) bred ən 'brʌtə(r)/	to be something that provides your main income	Tourism is the island's bread and butter .
feel the pinch	verb phrase		/fi:l ðə ɪntʃ/	to have less money than you need	With rising interest rates, many homeowners are beginning to feel the pinch .
hard up	adjective		/hɑ:(r)d ʌp/	not having much money	Tavia is so hard up that she can't afford to put the heating on.
keep your head above water	verb phrase		/ki:p jɔ:(r) hed ə'bʌv 'wɔ:tə(r)/	to manage to live or keep a business working even though you are not earning much money	It's been a difficult year for the business but we're just about managing to keep our head above water .

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
money for old rope	phrase		/ˈmʌni fə(r) əʊld rəʊp/	money that you earn very easily without much work or effort	They're charging £6.50 for this? It's money for old rope .
not for love nor money	phrase		/nɒt fə(r) lʌv nɔː(r) 'mʌni/	used for emphasising that something is not available or possible, or that you will not do it	They're more expensive than other firms but I wouldn't change them for love nor money .
put your money where your mouth is	verb phrase		/pʊt jɔː(r) 'mʌni weə(r) jɔː(r) maʊθ ɪz/	used for saying that someone should do something, especially spend money, to show that they mean what they say instead of just talking about it	The company claims to care about the environment, but it should put its money where its mouth is .

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Phrasal verbs of deduction and investigation					
catch up with (someone)	phrasal verb		/kætʃ ʌp wɪθ/	to begin to have an effect on someone	His mistakes in the past are finally beginning to catch up with him.
hit upon (an idea / a solution)	phrasal verb		/hɪt ə'pɒn/	to suddenly have an idea	An officer hit upon the idea of analysing the garage's CCTV footage.
keep (something) back	phrasal verb		/ki:p ... bæk/	to not tell someone something, or to not show how you feel	He said everything was OK, but I knew he was keeping something back .
mull over (something)	phrasal verb		/mʌl 'əʊvə(r)/	to think carefully about something over a period of time	They'll need time to mull over the proposals.
nose around (something)	phrasal verb		/nəʊz ə'raʊnd/	to try to find out information about someone or something	I found two men nosing around the boat.
root out (corruption / discrimination / a problem)	phrasal verb		/ru:t aʊt/	to find something bad or illegal and get rid of it	The mayor said his first commitment was to root out corruption in the city.
size up (someone/ something)	phrasal verb		/saɪz ʌp/	to think carefully and form an opinion about a person or a situation	It was hard to size up whether people were really telling the truth.
sound out (someone)	phrasal verb		/saʊnd aʊt/	to try to find out someone's opinions, ideas, feelings etc. by talking to them	He decided to go back to the station and sound out the other detectives there.
stake out (a claim / position)	phrasal verb		/steɪk aʊt/	to explain your opinion clearly and defend it in a determined way	Political leaders are busy staking out their positions on this issue.
stake out (a house / building)	phrasal verb		/steɪk aʊt/	to wait outside a building and watch it, especially because something exciting or illegal is happening	The police are staking out her home in case she returns.
stake out (territory)	phrasal verb		/steɪk aʊt/	to mark an area with fences or posts to show that it belongs to someone	The settlers would arrive in a place and immediately stake out their territory.
stumble across (something)	phrasal verb		/'stʌmb(ə)l ə'krɒs/	to find something by accident	I've recently stumbled across one of her old journals, which is fascinating.
track down (someone/something)	phrasal verb		/træk daʊn/	to find someone or something after a long search	We finally managed to track him down in Barcelona.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Verbs of confusion and deceit					
baffle	verb		/ˈbæf(ə)l/	if a problem, someone's behaviour etc. baffles you, you cannot understand it or solve it	Detectives remain baffled by these crimes.
blackmail	verb	*	/ˈblækˌmeɪl/	to make someone give you money or do what you want by threatening to give information about them	Someone was trying to blackmail him with pictures showing them together.
bluff your way through (something)	verb		/blʌf jɔː(r) weɪ θruː/	to deliberately give a false idea to someone about what you intend to do, or about the facts of a situation, especially in order to gain an advantage	She managed to bluff her way through the interview, and was given the job.
con (someone) into (doing something)	verb		/kɒn ... 'ɪntuː/	to make someone believe something that is not true in order to persuade them to do something	Thieves dressed as security staff conned the guard into unlocking the building.
confound	verb		/kən'faʊnd/	to make someone feel confused or surprised, especially by not behaving in the way they expect	She confounded her critics by winning the race.
delude yourself	verb phrase		/dɪ'luːd jə(r)'self/	to choose to believe something that is not true	You're deluding yourself if you think we'll win this easily.
double-cross	verb		/ˌdʌb(ə)l 'krɒs/	to cheat someone, usually when you and this person are doing something illegal together or planning to cheat someone else together	The getaway driver double-crossed them by hiding some of the money and talking to the police.
dupe (someone) into (doing something)	verb		/djuːp ... 'ɪntuː/	to trick someone into believing something that is not true or into doing something that is stupid or illegal	Henson duped the couple into letting him into their home.
hoodwink	verb		/ˈhʊdˌwɪŋk/	to make someone believe something that is not true	If he told you this painting is genuine, then you've been hoodwinked .
hustle	verb		/ˈhʌs(ə)l/	to make someone do what you want them to do, especially buy something, before they are sure or ready	She'd been hustled into selling the house too quickly.
perplex	verb		/pə(r)'pleks/	to make someone feel confused	Doctors were perplexed by her condition.
scam	verb		/skæm/	to trick someone in order to get money or something from them	I was scammed by a young woman who said she was fundraising.
stump	verb		/stʌmp/	if you are stumped by something, you cannot explain or answer it	Even the experts are stumped by this strange weather.
swindle (someone/ something) out of (something/someone)	verb		/ˈswɪnd(ə)l ... aʊt əv/	to cheat someone in order to get their money	The landlord tried to swindle us out of our deposit.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Idioms: Mystery					
be barking up the wrong tree	verb phrase		/bi: bɑ:(r)kɪŋ ʌp ðə rɒŋ tri:/	to be doing something that will not get the result that you want	They're barking up the wrong tree by questioning her, she clearly doesn't know anything.
be caught red-handed	verb phrase		/bi: kɔ:t ,red 'hændɪd/	to be caught doing something wrong	He was caught red-handed with the money in his bag.
keep (something) under wraps	verb phrase		/ki:p ... 'ʌndə(r) ræps/	to keep something secret	I've got an idea but I'm going to keep it under wraps for a few weeks.
let the cat out of the bag	verb phrase		/let ðə kæt aʊt əv ðə bæɡ/	to tell someone something that was intended to be secret	Kim let the cat out of the bag about her true intentions.
put your finger on (something)	verb phrase		/pʊt jɔ:(r) 'fɪŋɡə(r) ɒn/	to discover or understand exactly why a situation is the way it is, especially when something is wrong	There's something strange about this but I can't quite put my finger on it.
red herring	phrase		/red 'herɪŋ/	something that is not relevant that makes you confused or takes your attention away from what you should be concentrating on	I don't think that information is useful at all – it's just a red herring .
ring a bell	verb phrase		/rɪŋ ə bel/	something that rings a bell sounds familiar to you, although you cannot remember the exact details	The name rings a bell . Isn't he an architect?
skeleton in the/your cupboard	phrase		/'skelɪt(ə)n ɪn ðə 'kʌbə(r)d/	an embarrassing secret about your past that you do not want anyone to know	The press were desperately trying to find a few skeletons in her cupboard .
smell a rat	verb phrase		/smel ə ræt/	to believe that something dishonest, illegal, or wrong has happened	When I saw the look they gave each other I smelled a rat .
there's more to (someone/something) than meets the eye	phrase		/ðeə(r)z mɔ:(r) tə ... ðən mi:ts ði: aɪ/	used for saying that someone or something is more interesting, impressive, complicated etc. than they seem to be	From the outside it's just an ordinary cupboard, but there's more to it than meets the eye .

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
The environment					
climate catastrophe	phrase		/ˈklaɪmət kəˈtæstrəfi/	an extreme event caused by weather, for example a flood, that causes a lot of damage and serious problems for the people who live where it happens	The devastating wildfires last year were the worst climate catastrophe in our country's history.
coastal erosion	phrase		/ˈkəʊst(ə)l ɪˈrəʊz(ə)n/	the process by which the surface of land or rock near the sea is gradually damaged by the sea and begins to disappear	Coastal erosion has led to some roads on the island being rebuilt.
ecological catastrophe	phrase		/ˌiːkəˈlɒdʒɪk(ə)l kəˈtæstrəfi/	an event which causes a lot of damage to the natural world and serious problems for people or animals living there	The removal of such large areas of rainforest is nothing short of an ecological catastrophe .
environmental catastrophe	phrase		/ɪnˌvaɪrənˈment(ə)l kəˈtæstrəfi/	an event which causes a lot of damage to the natural world and serious problems for people or animals living there	The collapse of the dam has been described as an environmental catastrophe .
environmental degradation	phrase		/ɪnˌvaɪrənˈment(ə)l ˌdeɪɡreɪʃ(ə)n/	the process of the natural world changing into a worse condition	We cannot ignore the impact of environmental degradation on human health.
gradual erosion	phrase		/ˈɡrædʒuəl ɪˈrəʊz(ə)n/	the process by which the surface of land or rock is gradually damaged by water, wind etc. and slowly begins to disappear	A number of communities have been affected by the gradual erosion of the country's coastline.
habitat preservation	phrase		/ˈhæbɪtæt prezə(r)ˈveɪʃ(ə)n/	the process of working to protect the places that particular animals or plants usually live or grow in so that these places are not damaged or destroyed	Habitat preservation , especially forests and jungles, has been described as the most important issue facing humanity today.
hazardous waste	phrase		/ˈhæzə(r)dəs weɪst/	waste that is dangerous to people's health or safety	The dust produced has to be disposed of as hazardous waste .
household waste	phrase		/ˈhaʊsˌhəʊld weɪst/	used food, packaging or other things that people throw away from their homes	The strikes will have an impact on the collection of household waste .
humanitarian catastrophe	phrase		/hjuːˌmænɪˈteəriən kəˈtæstrəfi/	an event that causes a very large amount of people to die, suffer or live in very bad conditions	Unless more countries offer support, these droughts will result in a humanitarian catastrophe .
industrial waste	phrase		/ɪnˈdʌstriəl weɪst/	useless materials, substances, or parts that are left after the production of goods in factories	This process is able to recycle certain kinds of industrial waste .
marine habitat	phrase		/məˈriːn ˈhæbɪtæt/	the type of place that particular sea creatures or plants usually live or grow in	Sunlit coral reefs are one of the most famous marine habitats .
natural habitat	phrase		/ˈnætʃ(ə)rəl ˈhæbɪtæt/	the type of place that a particular animal or plant usually lives or grows in, for example a desert, forest or lake	It's a rare bird that is in danger of losing its natural habitat .

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
offshore windfarm	phrase		/ˌɒfʃɔː(r) 'wɪnd ˌfaː(r)m/	a place in the sea where wind turbines are used for producing electricity from the power of the wind	A new offshore windfarm is one proposal for a future energy supply.
organic waste	phrase		/ɔː(r) 'gæɪnɪk weɪst/	waste that decays naturally and does not harm the environment	The restaurant composts all organic waste and uses recycled takeaway packaging.
shrinking habitat	phrase		/ˌʃrɪŋkɪŋ 'hæbɪtæt/	when the type of place that a particular animal or plant usually lives or grows in is becoming smaller	This species is threatened by shrinking habitat , hunting, and other human activity.
soil erosion	phrase		/sɔɪl ɪ 'rəʊz(ə)n/	the process by which soil is gradually removed by the rain, wind, or sea	Planting trees and shrubs can help prevent soil erosion and reduce the risk of flooding.
sustainable development	phrase		/sə'steɪnəb(ə)l dɪ'veləpmənt/	the development of a country or region that does not use more natural resources than can be replaced and so does not harm the environment	Agriculture should be more focused on sustainable development irrespective of the costs involved.
sustainable tourism	phrase		/sə'steɪnəb(ə)l 'tʊərɪz(ə)m/	tourism that does not harm the environment	As well as supporting local economies, these farms serve as models for sustainable tourism .
waste collection	phrase		/weɪst /kə'leɪʃ(ə)n/	when used food, packaging or other things that people have thrown away is removed from homes or public buildings	Check our website for details of waste collection times over the holiday period.
waste disposal	phrase		/weɪst dɪ'spəʊz(ə)l/	the process of getting rid of waste	It's an opportunity to tackle pollution and adopt responsible waste disposal practices.
wind erosion	phrase		/wɪnd ɪ 'rəʊz(ə)n/	the process by which the surface of land or rock is gradually damaged by wind and begins to disappear	Trees store nutrients and water in the ground and protect soil against wind erosion .
woodland habitat	phrase		/'wʊdlənd 'hæbɪtæt/	an area of land filled with trees that particular animals or plants usually live or grow in	Their short wings enable them to twist and turn as they hunt in their woodland habitat .
Idioms: Noticing similarities and differences					
be stuck between a rock and a hard place	verb phrase		/biː stʌk brɪ'twiːn ə rɒk ænd ə hɑː(r)d pleɪs/	to be in a position in which you have to choose between two things that are not good	Either someone loses their job or everyone takes a pay cut. We're stuck between a rock and a hard place on this.
in a tight spot	phrase		/ɪn ə taɪt spɒt/	in a difficult situation	Louis helped me when I was in a tight spot financially.
in the clear	phrase		/ɪn ðə klaɪə(r)/	no longer believed to be guilty of something bad or illegal	They've arrested someone else so it looks like Dylan's in the clear .
make (someone's) blood run cold	verb phrase		/meɪk ... blʌd rʌn kəʊld/	to make someone feel suddenly very frightened or worried	Just hearing his name made Alice's blood run cold .
make waves	verb phrase		/meɪk weɪvz/	to cause problems by making suggestions or criticisms	Laura's been making waves with her comments about the lack of resources and budget.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
make your blood boil	verb phrase		/meɪk jɔː(r) blʌd bɔɪl/	to make you feel very angry	Knowing that they could have avoided this makes my blood boil .
not be out of the woods yet	phrase		/nɒt biː aʊt əv ðə wʊdz jət/	used for saying that a situation is still difficult although it has improved	With several other charges pending, the company is not out of the woods yet .
out of hand	phrase		/aʊt əv hænd/	not well controlled	We decided to leave before things got out of hand .
out of line	phrase		/aʊt əv laɪn/	behaving in a way that other people do not approve of	That comment was totally out of line .
rock the boat	verb phrase		/rɒk ðə bəʊt/	to cause problems by changing a situation that is considered satisfactory	It's important that no one says anything to rock the boat at this stage in the negotiations.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Prepositional phrases with <i>out</i>, <i>by</i> and <i>in</i>					
by any means necessary	phrase		/baɪ 'eni mi:nz 'nesəs(ə)ri/	using any method that is needed to do or achieve something	We're going to need to meet the deadline by any means necessary .
by any standard	phrase		/baɪ 'eni 'stændə(r)d/	compared to any level of quality or achievement used for judging someone or something	What the programmers have created is simply incredible by any standard .
by invitation only	phrase		/baɪ ,ɪnvɪ'teɪf(ə)n 'əʊnli/	available only to people who have been formally invited	Membership of the club was by invitation only .
in good taste	phrase		/ɪn gʊd teɪst/	appropriate and not at all rude	Only jokes that are in good taste should be incorporated into your speech.
in its infancy	phrase		/ɪn ɪts'ɪnfənsi/	something that is in its infancy has only just started to develop	Tourism on the island is still very much in its infancy .
in your mind's eye	phrase		/ɪn jɔ:(r) maɪndz aɪ/	if you can see someone or something in your mind's eye, you can imagine or remember what they look like	Did you have a clear vision of the painting in your mind's eye before you started?
out of place	phrase		/aʊt əv pleɪs/	if something looks out of place, it is in a position where it does not belong or look good	It's a lovely table but it would look out of place with all our antique furniture.
out of the ordinary	phrase		/aʊt əv ðə 'ɔ:(r)d(ə)n(ə)ri/	unusual or different	It was just another uneventful day at work; nothing out of the ordinary happened.
out of the question	phrase		/aʊt əv ðə 'kwɛstʃ(ə)n/	used for saying that something is definitely not a possibility	Taking a holiday then is out of the question .
Describing art and architecture					
flamboyant	adjective		/flæm'bɔɪənt/	designed to attract a lot of attention, often by being brightly coloured or decorated	Her room had been decorated with flamboyant patterned wallpaper.
garish	adjective		/'geərɪʃ/	very bright and colourful in an ugly way	Bright, garish colours were the height of fashion in the 1980s.
imposing	adjective		/ɪm'pəʊzɪŋ/	large and impressive	We pulled up outside an imposing building with steps up to the main entrance.
minimalistic	adjective		/,mɪnɪm(ə)'lɪstɪk/	using a style of design in architecture or interior decorating that is extremely simple and avoids using decoration or crowding an area with unnecessary objects	The offices are stark and minimalistic , with white walls and very little furniture.
ostentatious	adjective		/,ɒstən'teɪʃəs/	intended to impress people or attract their admiration, in a way that you think is extreme and unnecessary	It's just a timeless piece of furniture – not something ostentatious intended to impress.
renowned	adjective		/rɪ'naʊnd/	famous and admired for a special skill or achievement	The fabric was designed by a renowned artist.
swanky	adjective		/'swæŋki/	fashionable and expensive	Pedro has just moved into a swanky new apartment next to the river.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
unassuming	adjective		/ˌʌnə'sjuːmɪŋ/	not wanting to attract attention or appear better or more important than others	The cottage's décor matched her personality - gentle and unassuming .
understated	adjective		/ˌʌndə(r)'steɪtɪd/	not trying to impress people or to attract their attention, and therefore attractive or effective	She dressed with understated elegance.
utilitarian	adjective		/juː'tɪlɪ'teəriən/	designed to be useful rather than attractive	The dining chairs had a utilitarian feel and weren't particularly comfortable.
vulgar	adjective		/'vʌlgə(r)/	showing a lack of ability to judge what is attractive, suitable, etc.	Professional designers often proclaim this as vulgar and inappropriate for a contemporary home.
whimsical	adjective		/'wɪmzɪk(ə)l/	made or done for fun, not seriously	Her whimsical designs appeal to all ages.
Idioms: Art and creativity					
a blank canvas	phrase		/ə blæŋk 'kænvəs/	something that can be developed or changed in many different ways	There's no fixed job specification so you can do what you feel is best. It's a blank canvas .
a breath of fresh air	phrase		/ə breθ əv freʃ eə(r)/	someone or something that is new, interesting, and exciting	Having Chloe on the team was like a breath of fresh air .
a slow burner	phrase		/ə sləʊ 'bɜː(r)nə(r)/	a thing that slowly develops into something interesting or powerful	The film's a bit of a slow burner , not much happens in the first half hour.
bear no resemblance to (someone/ something)	verb phrase		/beə(r) nəʊ rɪ'zembləns tə/	to look completely different to someone or something	Portraits are not my strong point; this last one of my mother bears no resemblance to her.
break the mould	verb phrase		/breɪk ðə məʊld/	to change a situation completely, or to do something in a completely new way	Mo broke the mould by becoming an artist rather than a doctor like everyone else in the family.
catch (someone's) eye	verb phrase		/kætʃ ... aɪ/	if something catches your eye, you suddenly notice it	As I came round the corner, an unusual building caught my eye .
collector's item	noun		/kə'lektə(r)z 'aɪtəm/	a rare or valuable object that collectors want to own	Don't sell that old video game console - it could be a collector's item .
get (something) down to a fine art	verb phrase		/get ... daʊn tə ə faɪn ɑː(r)t/	to become very good at doing something, especially something difficult	He's managed to get his cake decorating skills down to a fine art .
go back to the drawing board	verb phrase		/gəʊ bæk tə ðə 'drɔːɪŋ bɔː(r)d/	to try to think of a completely new idea because the one that you tried before was not successful	My plan didn't work, so we went back to the drawing board .
go down a storm	verb phrase		/gəʊ daʊn ə stɔː(r)m/	to be very popular	That new vegan café is going down a storm with students.
leave your mark	verb phrase		/liːv jɔː(r) mɑː(r)k/	to have a very strong and noticeable effect on someone or something, usually a bad one that lasts for a long time	A steady influx of tourists has left its mark on this pretty island.
reinvent the wheel	verb phrase		/riːɪn'vent ðə wiːl/	to waste time and effort trying to do something that someone else has already done well	What's the point in doing that? You're just reinventing the wheel .

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Describing books and films					
box office hit	phrase		/bɒks 'ɒfɪs hɪt/	a film that is very successful and earns a lot of money because of the number of tickets that are sold	The film was a box office hit and launched the actor's career.
critically acclaimed	phrase		/'krɪtɪkəlɪ ə'kleɪmd/	admired by people whose job is to give their opinion of things such as new books, plays, or films	Her critically acclaimed novel set in Shetland was a bestseller last year.
cult classic	phrase		/kʌlt 'klæsɪk/	a book, film, television programme etc. that is very good and has been popular and had a lot of influence for a long time	There can't be many people who haven't seen this cult classic .
far-fetched	adjective		/,fɑ:(r) 'fetʃt/	difficult to believe because it is very unlikely	The special effects are great but the plot is incredibly far-fetched .
hard-hitting	adjective		/,hɑ:(r)d 'hɪtɪŋ/	making criticisms in a very strong, honest, and direct way. This word usually shows that you approve of this type of criticism.	This is a hard-hitting drama about the realities of the pandemic.
heart-wrenching	adjective		/'hɑ(r)t ,rentʃɪŋ/	making you feel very sad or emotional	It's difficult to watch this heart-wrenching story about human tragedy.
long-awaited	adjective		/,lɒŋ ə'weɪtɪd/	a long-awaited event has been expected for a long time	She's now making her long-awaited return as the fearless explorer.
page-turner	noun		/peɪdʒ 'tɜ:(r)nə(r)/	a book that is very interesting or exciting	I couldn't put that book down - it's a real page-turner .
spellbinding	adjective		/'spel,bɑɪndɪŋ/	so interesting that it holds your attention completely	Murphy's portrayal of the character is utterly spellbinding .
spine-tingling	adjective		/'spaɪn ,tɪŋ(ə)lɪŋ/	very exciting or frightening in a way that you enjoy	This spine-tingling thriller is bound to keep you on the edge of your seat.
star-studded	adjective		/'stɑ:(r) ,stʌdɪd/	including a lot of famous people	Featuring a star-studded cast, director Christopher Nolan's latest film is nothing short of a masterpiece.
tearjerker	noun		/'tɪə(r),dʒɜ:(r)kə(r)/	a sad film or story that makes you cry	Take some tissues with you – I'm afraid it's a bit of a tearjerker .

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Similes					
as clear as mud	phrase		/əz klɪə(r) əz mʌd/	very difficult to understand.	Sorry but your explanation is as clear as mud .
as dull as ditchwater	phrase		/əz dʌl əz 'dɪtʃ,wɔːtə(r)/	very boring	Her last book was as dull as ditchwater – I didn't finish it.
as mad as a box of frogs	phrase		/əz məd əz ə bɒks əv frɒgz/	if someone is as mad as a box of frogs, they are extremely silly or strange	There's a fine line between being called eccentric or as mad as a box of frogs!
as sly as a fox	phrase		/əz slɑɪ əz ə fɒks/	if someone is as sly as a fox, they are very clever and sometimes dishonest	She's as sly as a fox and I'm not sure I entirely trust her in these negotiations.
as tough as old boots	phrase		/əz taʊ əz əʊld buːts/	very strong and able to deal with difficult situations or pain easily	Oh don't worry about Marvin, he's as tough as old boots .
fight like cat and dog	verb phrase		/faɪt laɪk kæt ən dɒg/	to fight or argue often or with a lot of anger	My twin daughters fought like cat and dog when they were kids.
get on like a house on fire	verb phrase		/get ɒn laɪk ə haʊs ɒn 'faɪə(r)/	to become good friends very quickly and have a lot to talk to each other about	It was a bit awkward at first but now we get on like a house on fire .
sleep like a log	verb phrase		/sliːp laɪk ə lɒg/	to sleep very well	The bed was really comfortable – I slept like a log last night.
stick out like a sore thumb	verb phrase		/stɪk aʊt laɪk ə sɔː(r) θʌm/	to be very noticeable because of being different	If you wear those you're going to stick out like a sore thumb .
watch (someone) like a hawk	verb phrase		/wɒtʃ ... laɪk ə hɔːk/	to watch someone very carefully, especially in order to make sure that they do not do something bad	You need to watch Sam like a hawk or he'll eat all the biscuits.
Idioms: From literature					
a sight for sore eyes	phrase		/ə saɪt fə sɔː(r) aɪz/	someone or something that you are very pleased to see	The cabin was a sight for sore eyes for the exhausted climbers.
Achilles heel	noun		/əˌkɪliːz 'hiːl/	a weak feature of someone or something that is otherwise strong, which makes them open to attack or failure	She's a great writer but accurate research has always been her Achilles heel .
as dead as a doornail	phrase		/əz ded əz ə 'dɔː(r),neɪl/	completely dead or not working	They didn't water the plants and now they're as dead as a doornail .
Catch 22 situation	noun		/ˌkætʃˈtwenti'tuː ,sɪtʃueɪʃ(ə)n/	a set of problems that is impossible to escape from because each problem must be solved first before you can solve any of the others	The company wants to hire new people to expand, but it can't afford to pay them – it's a Catch 22 situation .
cliff-hanger	noun		/'klɪf,hæŋə(r)/	an exciting end to part of a book or television programme that makes you want to read or watch the next part	Season 1 ended on such a cliff-hanger , I can't wait for season 2!

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
down the rabbit hole	phrase		/daʊn ðə 'ræbɪt ˌhəʊl/	used for referring to a situation in which you become so interested in something that you cannot stop trying to find out about it or doing it	I only meant to have a quick look online, but before I knew it I'd gone down the rabbit hole and had more than twenty tabs open.
freelance	adjective		/'fri:lɑ:ns/	freelance work is done by a person who is not permanently employed by a particular company but who sells their services to more than one company	Lizzie is an excellent freelance editor, I can highly recommend her.
give (someone) the creeps	verb phrase		/gɪv ... ðə kri:ps/	to make someone feel nervous or frightened	That big old house at the end of the lane really gives me the creeps .
love is blind	phrase		/lʌv ɪz blaɪnd/	used for saying that when you love someone, it is difficult to see their faults	Max stood by Isabel even though she'd treated him so badly, but then love is blind .
the pot calling the kettle black	phrase		/ðə pɒt 'kɔ:lɪŋ ðə 'ket(ə)l blæk/	used for saying that someone is criticizing another person for a fault that they also have	You're saying I'm lazy when you don't even have a job? Talk about the pot calling the kettle black .
the world is your oyster	phrase		/ðə wɜ:(r)ld ɪz jɔ:(r) 'ɔɪstə(r)/	used for emphasising that you can go anywhere or do anything that you want to	Now that you've finished university the world is your oyster .
wild goose chase	noun		/waɪld gu:s tʃeɪs/	an attempt to find something that does not exist or that you are very unlikely to discover	By planting false evidence, Harrison had managed to lead the detectives on a wild goose chase .

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
City dwelling					
affluent neighbourhood	phrase		/ˈæfluːənt ˈneɪbə(r)hʊd/	an area in a city or town where people have a lot of money and there are very nice houses	This affluent neighbourhood largely consists of luxurious beachfront homes.
affordable housing	noun		/əˈfɔː(r)dəb(ə)l ˈhəʊzɪŋ/	homes for which people on low incomes can afford the rent or mortgage costs	Definitions of what constitutes affordable housing vary in different places.
antisocial behaviour	phrase		/ˌæntɪˈsəʊʃ(ə)l bɪˈheɪvjə(r)/	behaving in a way which shows a lack of care for other people or for society in general	I feel really safe in this rural community, where we don't have to worry about crime or antisocial behaviour .
commuter belt	noun		/kəˈmjuːtə(r) belt/	an area surrounding a large city where many people who work in that city live	Some staff prefer to live in the commuter belt and just travel in for work.
concrete jungle	noun		/ˈkɒŋkriːt ˈdʒʌŋɡ(ə)l/	an unpleasant part of a city where there are a lot of ugly buildings close together	People are very unlikely to want to live in this crowded, hot and polluted concrete jungle .
congestion charging	phrase		/kənˈdʒestʃ(ə)n tʃɑː(r)dʒɪŋ/	a system of making payments each day for the right to drive into a city centre, introduced as a way of reducing traffic	Congestion charging for vehicles has now been introduced in many cities to try to reduce carbon emissions.
derelict building	phrase		/ˈderəlɪkt ˈbɪldɪŋ/	a building that is empty, not used and in bad condition	This wasn't a nice part of town, all derelict buildings and empty streets.
low-emissions zone	phrase		/ləʊ ɪˈmɪʃ(ə)n(s) zəʊn/	an area of a city that vehicles producing more than a low level of waste gases must pay to drive into	The area is now a low-emissions zone but not everyone is convinced this has genuinely reduced the health risks.
rustic charm	phrase		/ˈrʌstɪk tʃɑː(r)m/	the quality of being pleasant, attractive and typical of the simple style of the countryside	Even though the place was very small, we loved the rustic charm of living in an old cottage.
tight-knit community	phrase		/taɪtnɪt kəˈmjuːnəti/	a group of people living in an area who know each other very well and support each other	It's a coastal town with a tight-knit community linked to the fishing industry.
tree-lined street	phrase		/triːlaɪnd striːt/	a street which has a row of trees on each side	Their house is in a very pretty tree-lined street in the suburbs.
welfare system	phrase		/ˈwelfeə(r) ˈsɪstəm/	care provided by the state or another organization for people in need	A large proportion of elderly people is putting an enormous strain on the welfare system there.
Phrasal verbs for problems and solutions					
be flooded with (something)	phrasal verb		/bi ˈflʌdɪd wɪθ/	to be sent something in large numbers	The TV station was flooded with complaints about the programme.
call for (something)	phrasal verb		/kɔːl fɔː(r)/	to say publicly that something must happen	Protestors are calling for a ban on the production of these kinds of foods.
narrow down (something)	phrasal verb		/ˈnærəʊ daʊn/	to reduce the number of possibilities or choices	We've narrowed down the list to just five options.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
resign yourself to (something)	phrasal verb		/rɪ'zaɪn jə(r)'self tʊ/	to accept that something unpleasant must happen and that you cannot change it	He has resigned himself to the fact that his marriage is over.
resort to (something)	phrasal verb		/rɪ'zɔ:(r)t tʊ/	to do something extreme or unpleasant in order to solve a problem	I think we can solve this problem without resorting to legal action.
revert (back) to (something)	phrasal verb		/rɪ'vɜ:(r)t bæk tʊ/	to return to a previous state or way of behaving, often one that is not good	If you just revert back to your old eating habits, you'll gain weight really quickly.
rule out (something)	phrasal verb		/ru:l aʊt/	to stop considering something as a possibility	We haven't completely ruled out the use of a more expensive material.
run up against (something)	phrasal verb		/rʌn ʌp ə'genst/	if you run up against problems, difficulties etc, you have to deal with them	Unfortunately we ran up against a major difficulty right at the beginning.
saddle (someone) with (something)	phrasal verb		/'sæd(ə)l ... wɪθ/	to give someone something that is difficult to deal with	Buying that expensive car has saddled him with a huge debt.
stick up for (someone/ something)	phrasal verb		/stɪk ʌp fɔ:(r)/	to speak in support of a person or an idea, belief, or plan, especially when no one else will	I admire Kirsten for sticking up for what she believes is right.
talk (someone) out of (something)	phrasal verb		/tɔ:k ... aʊt əv/	to persuade someone not to do something	We're so glad we talked her out of buying a flat in the city centre.
Idioms with talk and tell					
as far as anyone can tell	phrase		/æz fɑ:(r) æz 'eni,wʌn kən tel/	used for saying what you think is true when you think that there may be facts that you or others do not know	Share prices plummeted last week, but as far as anyone can tell , there is no danger of the company folding.
like talking to a brick wall	phrase		/laɪk tɔ:kɪŋ tʊ ə brɪk wɔ:l/	used for saying that someone does not listen or react to you when you talk to them	I've tried to explain it to him, but it's like talking to a brick wall .
small talk	noun		/smɔ:l tɔ:k/	informal conversation about things that are not important	I hate those kind of events because I've never been particularly good at making small talk .
talk (someone's) ear off	verb phrase		/tɔ:k ... iə(r) ɒf/	to talk to someone for a long time, often in a loud or boring way	He talked my ear off during the entire meal.
talk shop	verb phrase		/tɔ:k ʃɒp/	to talk about your work, especially in a way that is boring for other people	Stop talking shop , you two, and let's eat and relax.
talk the talk	verb phrase		/tɔ:k ðə tɔ:k/	to talk confidently about something in a way that makes people think you are good at it, know a lot about it, etc.	I had no idea what they were looking for when I applied, but I just talked the talk and got offered the job.
talk to the hand	phrase		/tɔ:k tə ðə hænd/	used for saying in a slightly angry way that you do not want to listen to what someone is saying	'That dress looks terrible on you!' Talk to the hand! You've got no idea about fashion.'
tell (someone) a thing or two	verb phrase		/tel ... ə θɪŋ ɔ:(r) tu:z/	to tell someone some useful or interesting information about someone or something	Rafi can tell you a thing or two about canal boats, he used to live on one.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
tell me something I don't know	phrase		/tel mi: 'sʌmθɪŋ aɪ dəʊnt nəʊ/	used for saying in a slightly angry way that you already know about something that a person is talking to you about, often because it is obvious	'This project is pretty difficult.' 'Yeah, tell me something I don't know – I've been working on it for weeks!'
tell (someone) where to get off	verb phrase		/tel ... weə(r) tə get ɒf/	to tell someone very rudely that you are not interested in them or in what they are saying	I'd had enough of his constant criticism so I told him where to get off .
tell it like it is	verb phrase		/tel ɪt laɪk ɪt ɪz/	to give the real facts about something, even if they are unpleasant	You can always rely on Mum to tell it like it is .
tell me about it	phrase		/tel mi: ə 'baʊt ɪt/	used for saying that you already know about something unpleasant that someone has just described because you have experienced it yourself	'I've got so much work to do.' ' Tell me about it! '

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Health and fitness					
acute pain	phrase		/ə'kju:t peɪn/	very strong pain	This condition leads to acute pain in the lower back.
air circulation	phrase		/eə(r) ,sɜ:(r)kjʊ'leɪʃ(ə)n/	the continuous movement of air inside a system or area	The disease is much more likely to spread in areas with poor air circulation .
alternative perspective	phrase		/ɔ:l'tɜ:(r)nətv pə(r)'spektɪv/	a different way of thinking about something	Professor Simkins sees the issue from an alternative perspective .
alternative therapy	phrase		/ɔ:l'tɜ:(r)nətv 'θerəpi/	a form of treatment for an illness or medical condition that is used instead of or together with treatments based on science	Nothing the doctor gave her was working, so she's trying some alternative therapies .
bad circulation	phrase		/bæd ,sɜ:(r)kjʊ'leɪʃ(ə)n/	when the continuous movement of blood around your body is not efficient and sometimes causes problems	My feet often feel cold. It's probably bad circulation .
balanced diet	phrase		/'bælənst 'daɪət/	the correct types and amounts of different foods which help a person or animal to stay healthy	A balanced diet contains lots of fruit and green vegetables.
balanced perspective	phrase		/'bælənst pə(r)'spektɪv/	a way of thinking about something which considers all arguments, opinions, or aspects fairly and equally	Pat's always been a sensible person with a balanced perspective on life.
blood circulation	phrase		/blʌd ,sɜ:(r)kjʊ'leɪʃ(ə)n	the continuous movement of blood around your body	Cycling enhances blood circulation to all the vital parts of the body.
brute strength	phrase		/bru:t streŋθ/	great physical strength	It's a sporting competition that relies on fine skills and not just brute strength .
chest pain	phrase		/tʃest peɪn/	pain in the upper front part of your body between your neck and your stomach	If you've had chest pains then you should get yourself checked over.
chronic pain	phrase		/'krɒnɪk peɪn/	serious pain that lasts for a long time	Surgery had finally freed her from chronic pain in her right hip.
complementary therapy	phrase		/kɒmplɪ'ment(ə)ri 'θerəpi/	a form of treatment for an illness or medical condition that is used together with treatments based on science	Complementary therapies include acupuncture and yoga.
constant pain	phrase		/'kɒnstənt peɪn/	continuous or regular pain over a long period of time	If I don't take the medication, I'm in constant pain .
core strength	phrase		/kɔ:(r) streŋθ/	the strength of the muscles in the upper part of your body, not including your head, arms or legs	These daily exercises are designed to improve core strength .
digestive system	noun		/daɪ'dʒestɪv 'sɪstəm/	the system of organs and processes in the body of humans and animals that deals with the digestion of food	Exercise plays an important role in maintaining a healthy digestive system .

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
divine intervention	phrase		/dɪ'vaɪn ɪntə(r)'venʃ(ə)n/	help from God to change a situation	We've tried everything, so all we can do now is hope for divine intervention .
effective practice	phrase		/ɪ'fektɪv 'præktɪs/	an effective way of doing something	Medical staff must meet standards of safe and effective practice throughout their careers.
emotional resilience	phrase		/ɪ'məʊʃ(ə)nəl rɪ'zɪliəns/	someone's ability to feel happy again after an illness, disappointment, or other problem	She showed astonishing emotional resilience after her partner's unexpected death.
established practice	phrase		/ɪ'stæblɪʃt 'præktɪs/	a way of doing something that has existed for a long time, and is therefore recognised as good or successful	This is now established practice when treating the disease.
fresh perspective	phrase		/fref pə(r)'spektɪv/	a new and different way of thinking about something	Her advice helped me to see things from a fresh perspective .
genetic makeup	phrase		/dʒə'netɪk 'meɪk ʌp/	the combination of genes (= patterns of chemicals within a cell that carry information about the qualities passed to a living thing from its parents) belonging to a particular person	Sadly it seems that Fi's genetic makeup makes her more susceptible to the illness.
healthcare system	phrase		/helθkeə(r) 'sɪstəm/	the services that look after people's health	Urgent investment is needed in the country's struggling healthcare system .
historical perspective	phrase		/hɪ'stɔːrɪk(ə)l pə(r)'spektɪv/	a way of thinking about something from the point of view of history or the past	The book is not particularly accurate from an historical perspective .
immune system	noun		/ɪ'mjuːn 'sɪstəm/	the system in your body that protects you against diseases	The virus can have a long-term effect on your immune system .
increased circulation	phrase		/ɪn'kriːst ,sɜː(r)kjʊ'leɪʃ(ə)n	when the continuous movement of blood around your body becomes more efficient	Eat green vegetables on a regular basis to ensure increased circulation and blood pressure regulation.
inner strength	phrase		/'ɪnə(r)/ streŋθ/	if a person has inner strength, they have the ability to achieve something despite what they feel, especially something difficult	We need someone who has the inner strength to take on a difficult job.
medical intervention	phrase		/'medɪk(ə)l ɪntə(r)'venʃ(ə)n/	when medicine is used to treat an illness or injury	This condition is not going to go away without medical intervention .
mental resilience	phrase		/'ment(ə)l rɪ'zɪliəns/	someone's ability to feel happy again after an illness, disappointment, or other problem	She's going to need mental resilience in order to overcome this.
nervous system	noun		/'nɜː(r)vəs 'sɪstəm/	the system of nerves that sends and receives the signals that control your body and mind	These drugs can have a significant effect on the nervous system .
persistent injury	phrase		/pə(r)'sɪstənt 'ɪndʒəri/	damage done to a part of a person's body that lasts for a long time or that they do not recover from	A persistent injury has seriously affected his ability to play.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
personal perspective	phrase		/ˈpɜː(r)s(ə)nəl pə(r)ˈspektɪv/	a way of thinking about something based on your own opinions, feelings, or experiences in your life	From a personal perspective , I think the hospital could have done more.
physical makeup	phrase		/ˈfɪzɪk(ə)l ˈmeɪk ʌp/	the qualities and features of a particular person's body	Despite her physical make up , she'd had a successful career in professional sport.
physical strength	phrase		/ˈfɪzɪk(ə)l streŋθ/	the physical energy that someone has to lift or move things	I didn't even have the physical strength to sit up in bed.
poor circulation	phrase		/pɔː(r) ˌsɜː(r)kjʊˈleɪʃ(ə)n	when the continuous movement of blood around your body is not efficient and sometimes causes problems	She's always suffered from poor circulation .
recommended practice	phrase		/ˌrekəˈmendɪd ˈpræktɪs/	a way of doing something that people have said should be used	Surprisingly this has become recommended practice as part of the treatment plan.
restricted diet	phrase		/rɪˈstrɪktɪd ˈdaɪət/	when a person or animal only eats certain foods and not others, often for health reasons	Pepe's allergies mean he has a very restricted diet .
severe injury	phrase		/sɪˈvɪə(r) ˈɪndʒəri/	serious damage done to a part of a person's body	Not wearing a seatbelt runs the risk of severe injury , or even death.
sharp pain	phrase		/ʃɑː(r)p peɪn/	sudden and severe pain	As I stood up I felt a sharp pain in my chest.
special diet	phrase		/ˈspeʃ(ə)l ˈdaɪət/	a particular combination of foods that a person eats for a certain purpose or situation	The players have a special diet rich in carbohydrates and fibre.
staple diet	phrase		/ˈsteɪp(ə)l ˈdaɪət/	the most basic and important foods eaten in a particular place or by a particular group of people	Potatoes and meat are their staple diet .
surgical intervention	phrase		/ˈsɜː(r)dʒɪk(ə)l ɪntə(r)ˈvenʃ(ə)n/	when a medical operation is used to treat an illness or injury	It doesn't look like her condition will improve without surgical intervention .
varied diet	phrase		/ˈveəriəd ˈdaɪət/	when a person or animal eats a wide range of different foods	You'd probably feel better and be healthier if you had a more varied diet .
Multi-word verbs					
bottle up (something)	phrasal verb		/ˈbɒt(ə)l ʌp/	to stop yourself from showing negative emotions like anger and disappointment, especially over a long period, so that these feelings develop in a harmful way	Continually bottling up your emotions can lead to serious mental health issues.
catch on	phrasal verb		/kætʃ ɒn/	to become popular or fashionable	Dairy-free alternatives have caught on as consumers have become more health-conscious.
catch up with (someone)	phrasal verb		/kætʃ ʌp wɪθ/	to begin to have an effect on someone	All his days of sitting in front of the TV eating processed food had finally caught up with him.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
cling on to (something)	phrasal verb		/klaɪŋ ɒn tə/	to try very hard to keep something	I'm clinging on to the hope that her resilience will help her survive.
count (someone) in	phrasal verb		/kaʊnt ... ɪn/	to include someone in your plans	If you're playing tennis next Saturday then count me in .
get through (something)	phrasal verb		/get θruː/	to manage to deal with a difficult situation or to stay alive until it is over	You just have to get through the first five minutes of your speech, and then you'll be fine.
get to (someone)	phrasal verb		/get tə/	to annoy or upset someone	After a while his comments really started to get to me.
go through with (something)	phrasal verb		/gəʊ θruː wɪθ/	to do something that you have planned or agreed to do, especially after not being sure you want to do it	I can't believe Jamie went through with the wedding.
go without saying	verb phrase		/gəʊ wɪð'aʊt 'seɪɪŋ/	to be completely obvious or true	Of course we'll be there – that goes without saying .
keep at it	verb phrase		/ki:p æt ɪt/	to continue doing something even if you want to stop	If you want to succeed then you just have to keep at it .
mount up	phrasal verb		/maʊnt ʌp/	to gradually get larger	Costs are really beginning to mount up .
urge (someone) on	phrasal verb		/ɜː(r)dʒ ... ɒn/	to encourage someone to put more effort into something or to not stop trying to do something	Murray's fans were urging him on from the side of the court.
Idioms: Sports					
bowl (someone) over	phrasal verb		/bəʊl ... 'əʊvə(r)/	to surprise someone by being very beautiful, impressive, unexpected, etc.	Bev was bowled over by the generosity of her colleagues.
give (someone) the upper hand	verb phrase		/ɡɪv ... ðɪ 'ʌpə(r) hænd/	to give someone control or an advantage over a person or situation	Johan's resolve and determination are what give him the upper hand when negotiating deals.
have a head start	verb phrase		/hæv ə hed stɑː(r)t/	to have an advantage over other people in the same situation as you, especially in a competition	Ensuring your child's diet is healthy means they'll have a head start in life.
in the same ballpark	phrase		/ɪn ðə seɪm 'bɔːl,pɑː(r)k/	not calculated exactly but within a similar general range	We've received three estimates for the building costs and they're all in the same ballpark .
jump the gun	verb phrase		/dʒʌmp ðə ɡʌn/	to do or say something too soon, before you know that it is suitable or correct	Make sure you train gently at first – don't jump the gun and sign up for a marathon!
learn the ropes	verb phrase		/lɜː(r)n ðə rəʊps/	to learn how to do something, especially a job	Once you've learned the ropes and settled in, you'll feel far less anxious about your new job.
move the goalposts	verb phrase		/muːv ðə 'gəʊl,pəʊsts/	to change the rules and make it difficult for people to achieve something or to know what to do	Problems arise when people are shifting the goalposts and objectives aren't clear.
no holds barred	phrase		/nəʊ həʊldz bɑː(r)d/	without any limit on what you are allowed to do	Her autobiography was quite shocking and there were no holds barred when describing her teammates.

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
on target	phrase		/ɒn 'tɑː(r)ɡɪt/	likely to get the result that you are trying to achieve	We're on target to complete the work by the end of the month.
take (something) on the chin	verb phrase		/teɪk ... ɒn ðə tʃɪn/	to accept something unpleasant in a brave way without complaining	Zak knew he was partly to blame so he took the criticism on the chin .
throw in the towel	verb phrase		/θrəʊ ɪn ðə 'taʊəl/	to stop trying to do something because you lack determination or because you think you cannot win	Sara threw in the towel halfway through the race because she pulled a muscle.