

C2 Proficiency Student's Book – Unit 1 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|--|------------------|-----|------------------------------|--|---|---|
| Feelings and emotions | | | | Sentiments et émotions | | |
| besotted with (someone/something) | adjective phrase | | /bɪ'sɒtɪd wɪð/ | amoureux/se de (quelqu'un / quelque chose) | 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/ | enchanté/e | very pleased about something | We were chuffed to bits when Sam won the course prize. |
| despondent | adjective | | /dɪ'spɒndənt/ | découragé/e | 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 dʌmps/ | avec le moral à zéro | unhappy or without hope | She's feeling a bit down in the dumps , so I'm trying to cheer her up. |
| dumbfounded | adjective | | /dʌm'fʌʊndɪd/ | abasourdi/e | 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/ | exalté/e | extremely happy and excited | The team captain was visibly elated as she collected the trophy. |
| engrossed in (something) | adjective | | /ɪn'grəʊst ɪn/ | absorbé/e dans (quelque chose) | 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),gɑːstɪd/ | époustouflé/e | very surprised or shocked | We were absolutely flabbergasted when Marvin resigned. |
| glued to (something) | phrase | | /'gluːd tuː/ | enfoncé/e dans (quelque chose) | 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/ | furieux/se | 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/ | péter les plombs | to become extremely angry | A customer went ballistic when I wouldn't give her a refund. |
| gross out | phrasal verb | | /grəʊs aʊt / | dégoûté/e | 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/ | follement amoureux/se (de quelqu'un) | loving someone very much | We met in 2015, and have been head over heels in love with each other ever since. |
| petrified | adjective | | /'petrɪfaɪd/ | pétrifié/e | 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/ | révulsé/e | 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 jɔː wɪts/ | mort/e de peur | extremely frightened | It was a great horror film but I was scared out of my wits . |

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| Adjectives with self | | | | Adjectifs avec self | | |
| self-deprecating | adjective | | /self 'deprɪˌkeɪtɪŋ/ | auto-dépréciation | 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/ | indulgent/e | 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/ | autodidacte | 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/ | en paix | 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/ | respect de soi | 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 'sækrɪˌfaɪsɪŋ/ | sacrifié/e | 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/ | satisfait/e de soi | 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/ | acte d'aveuglement | 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'laiəns/ | favoriser l'autonomie | 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 | | /kwɛstʃ(ə)n jɔː self 'wɜː(r)θ/ | questionner son estime de soi | 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/ | s'apitoyer | 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 | | | | Expression idiomatiques : Personnalité | | |
| be full of yourself | verb phrase | | /biː fʊl əv jə(r)'self/ | imbu/e de soi-même | 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/ | dans les règles | 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 jɔː(r) 'ʃel/ | s'ouvrir aux autres | 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 | | /ˌkriːtʃə(r) əv 'hæbɪt/ | avoir ses petites habitudes | 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)/ | ambitieux/se | 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 jɔː(r) ʃəʊldə(r)/ | être aigri/e | 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 'briːð/ | ne vivre que par (quelque chose) | 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 | | /ˈnɑːsti piːs əv wɜː(r)k/ | sale type/nana | 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 | | /ˈpiːp(ə)l ˌpɜː(r)s(ə)n/ | sociable | 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/ | rajat-joie | someone who spoils other people's fun by being negative and complaining | What's the matter - why are you being such a wet blanket ? |

C2 Proficiency Student's Book – Unit 2 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|-----------------------|----------------|-----|----------------------------------|-----------------------|--|---|
| Travel | | | | Voyages | | |
| arduous journey | phrase | | /ˈɑː(r)djuəs ˈdʒɜː(r)ni/ | voyage difficile | 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/ | itinéraire alternatif | 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 | | /ˈbækˌwɔːtə(r) ˈvɪldʒ/ | village reculé | 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/ | vol cahoteux | 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/ | foules animées | large groups of people with lots of noise and activity | Bustling crowds filled the market square. |
| circuitous route | phrase | | /sɜː(r)ˈkjuːɪtəs ruːt/ | voie détournée | 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/ | choc culturel | 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)/ | voyageur avisé | 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 ˌdestɪˈneɪʃ(ə)n/ | destination éloignée | 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/ | visite éphémère | 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/ | survol | a very short visit | It's ok, I'm not stopping - it's just a flying visit . |
| go-to destination | phrase | | /ˈɡəʊ tuː ˌdestɪˈneɪʃ(ə)n/ | meilleure destination | 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 ˈlæn(d) ˌmɑː(r)k/ | site emblématique | 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/ | visite impromptue | 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 strəʊl/ | promenade tranquille | a slow and relaxed walk | After lunch I took a leisurely stroll along the beach. |

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| long-haul flight | phrase | | /lɒŋ hɔːl flaɪt/ | vol long-courrier | 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/ | voyages à l'étranger | travel to a country across the sea from your country | Would you enjoy a job involving overseas travel ? |
| perilous journey | phrase | | /ˈperələs ˈdʒɜː(r)ni/ | voyage périlleux | a very dangerous journey | They had to endure a perilous journey across the stormy ocean. |
| scenic route | phrase | | /ˈsiːnɪk ruːt/ | itinéraire panoramique | 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)vis/ | service de mauvaise qualité | 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/ | vol tranquille | 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 | | /ˌʌnək'septəb(ə)l dɪˈleɪ/ | retard inacceptable | 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/ | retard inévitable | 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 | | /ˌʌniˈventf(ə)l ˈdʒɜː(r)ni/ | voyage sans incident | a journey without any problems or anything unusual or exciting happening | They arrived in Liverpool after an uneventful journey . |
| unforeseen delay | phrase | | /ˌʌnfɔː(r)'siːn dɪˈleɪ/ | retard imprévu | 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/ | destination top | one of the best places in the world to travel to | Hawaii is often considered a world-class destination . |
| Idioms: Making stories interesting | | | | Expression idiomatiques : Rendre les histoires intéressantes | | |
| a likely story | phrase | | /ə ˈlaɪkli ˈstɔːri/ | une histoire louche | 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/ | entre vous et moi | 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/ | ne vous méprenez pas | 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. |

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|--|----------------|-----|-----------------------------------|--|---|--|
| for a split second | phrase | | /fɔː(r) ə splɪt 'sekənd/ | pendant une fraction de seconde | for an extremely small amount of time | For a split second I thought he had left. |
| hands down | phrase | | /hændz daʊn/ | y'a pas photo | 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/ | effrayer (quelqu'un) | to make someone feel extremely frightened | The film scared the wits out of us. |
| stroke of luck | phrase | | /stræk əv lʌk/ | coup de chance | something that happens by chance and that helps you to achieve something | By a stroke of luck , Mia was travelling on the same train. |
| there's a lot to be said for (something) | phrase | | /ðeə(r)z ə lɒt tə biː sed fɔː(r)/ | il y a beaucoup à dire sur (quelque chose) | 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/ | le temps le dira | 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/ | pour le dire en douceur | 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 . |

C2 Proficiency Student's Book – Unit 3 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---|----------------|-----|---------------------------|--|--|--|
| Phrasal verbs and noun collocations | | | | Verbes à particule et collocations nominales | | |
| bring down (the cost/ number/rate of ...) | phrasal verb | | /brɪŋ daʊn/ | réduire (le coût/nombre/ taux de ...) | 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/ | changer d'opinion sur (une façon de penser / l'idée) | 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/ | proposer (une solution / stratégie) | 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 | | /drɔ ɒn/ | puiser dans (votre expérience / vos observations) | 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/ | feuilleter (quelque chose) | 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/ | retenir (quelque chose) | 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/ | garder peu d'espoir | 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/ | faire face à la (critique / opposition / résistance) | to get a particular result or reaction | The new proposal met with strong opposition from students. |
| plough (money) into (something) | phrasal verb | | /pləʊ ... 'ɪntuː/ | investir de (l'argent) dans (quelque chose) | 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)wə(r)d/ | mettre en avant (une explication / une idée / une proposition) | 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/ | affronter (une difficulté / un problème) | 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/ | tomber sur (quelque chose) | 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/ | rejeter des (frais / réclamations / suggestions) | 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) | | | | Syntagmes prépositionnels (at, in, on, under) | | |
| at a loss | phrase | | /æt ə lɒs/ | incapable de | confused and not knowing what to do | I was at a loss to understand what had happened. |
| at best | phrase | | /æt best/ | dans le meilleur des cas | 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 | | /æt ɒdz wiθ/ | en désaccord avec (quelque chose) | 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 | | /æt steɪk/ | en jeu | 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 | | /æt ði: ɪk'spens əv/ | au détriment de (quelque chose) | 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 | | /æt ðə 'fɔ:(r),frʌnt əv/ | à l'avant-garde de (quelque chose) | 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: ɒn ðə 'lʊkəʊt fɔ:(r)/ | être à l'affût de (quelque chose / quelqu'un) | 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 | | /ɪn ə bɪɡ weɪ/ | sacrément | 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 | | /ɪn ɔ:l 'laɪklihʊd/ | selon toute vraisemblance | almost certainly | In all likelihood the vase was made in the seventeenth century. |
| in awe of (someone/something) | phrase | | /ɪn ɔ: əv/ | en admiration devant (quelqu'un / quelque chose) | feeling great respect and admiration for someone or something | Jeff has always been totally in awe of his father. |
| in force | phrase | | /ɪn fɔ:(r)s/ | en vigueur | 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 | | /ɪn 'dʒepə(r)di/ | en danger | likely to be damaged or destroyed | The crisis put thousands of jobs in jeopardy . |
| in poor taste | phrase | | /ɪn pɔ:(r) teɪst/ | de mauvais goût | rude and not at all appropriate | His joke about her divorce was in very poor taste . |
| in retrospect | phrase | | /ɪn 'retrəʊspekt/ | rétrospectivement | 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. |

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| on a par with (something/someone) | phrase | | /ɒn ə pɑː(r) wɪθ/ | sur un pied d'égalité avec (quelque chose / quelqu'un) | of the same quality as or at the same level as | Profits should be on a par with last year. |
| on display | phrase | | /ɒn dɪ'spleɪ/ | en vue | in a place that is able to be seen by many people | Her work is on display at the gallery. |
| on edge | phrase | | /ɒn edʒ/ | sur les nerfs | nervous and unable to relax because you are worried | The events of the past few days had left her feeling tense and on edge . |
| on the market | phrase | | /ɒn ðə 'mɑː(r)kɪt/ | sur le marché | available to buy | Machines as powerful as this are not yet on the market . |
| on the spot | phrase | | /ɒn ðə spɒt/ | sur-le-champ | 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/ | agressé | strongly criticized or damaged | Both candidates have come under attack for their health-care proposals. |
| under oath | phrase | | /'ʌndə(r) əʊθ/ | sous serment | 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/ | sous la loupe | carefully examined | The diet industry comes under scrutiny in tonight's programme. |
| under siege | phrase | | /'ʌndə(r) 'siːdʒ/ | assiégé | 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/ | sous menace | likely to be harmed or damaged | An ancient religious custom is under threat . |
| under wraps | phrase | | /'ʌndə(r) ræps/ | sous secret | being kept secret | Lee decided to keep her plans under wraps for a while. |
| Idioms: Innovation | | | | Expression idiomatiques : Innovation | | |
| a long shot | phrase | | /ə lɒŋ ʃɒt/ | une mise risquée | 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/ | en première ligne | 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/ | impasse | a situation in which no further progress is possible | Have the trade negotiations really come to a dead end ? |
| from scratch | phrase | | /frəm skrætʃ/ | à partir de zéro | 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 . |

C2 Proficiency Student's Book – Unit 3 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|-----------------------|----------------|-----|-------------------------------|----------------------------|---|--|
| go round in circles | verb phrase | | /gəʊ raʊnd ɪn 'sɜ:(r) k(ə)lz/ | tourner en rond | 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/ | en cours | 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/ | sur la bonne voie | doing or thinking the right things | The figures show we are on the right track . |
| stumbling block | noun | | /'stʌmbəlɪŋ ,blɒk/ | obstacle | a difficulty that causes mistakes or prevents progress | A problem with a supplier has become a major stumbling block . |
| teething problems | noun | | /'ti:ðɪŋ 'prɒbləmz/ | problèmes initiaux | 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/ | sortir des sentiers battus | to find new ways of doing things, especially of solving problems | Employees are encouraged to think outside the box and develop creative solutions. |

C2 Proficiency Student's Book – Unit 4 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|--|----------------|-----|------------------------|---|---|--|
| Partitive expressions with uncountable nouns | | | | Expressions partitives avec des noms indénombrables | | |
| a breath of fresh air | phrase | | /ə breθ əv freʃ eə(r)/ | une bouffée d'air frais | 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/ | un grain de vérité | 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'zaɪəti/ | crises d'anxiété | short periods when you feel very anxious | I occasionally suffer from bouts of anxiety at work. |
| fit of anger | phrase | | /fɪt əv 'æŋgə(r)/ | crise de colère | 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)/ | crises de rire | a sudden strong reaction of laughing | Everyone collapsed in fits of laughter . |
| glimmer of hope | phrase | | /'glɪmə(r) əv hæʊp/ | lueur d'espoir | 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/ | un peu de lumière | 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/ | soupçon d'amertume | 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/ | pointe d'ironie | 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'gret/ | pointe de regret | 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 gɪlt/ | pointe de culpabilité | 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/ | applaudissements | 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/ | école de pensée | 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 'eɪd(ə)ns/ | sans le moindre indice | a small amount of information that helps to prove something | Every scrap of evidence has to be investigated. |
| stroke of genius | phrase | | /strʊk əv 'dʒi:niəs/ | coup de génie | a very intelligent act or idea | At the time, giving Juan the job seemed like a stroke of genius . |
| stroke of luck | phrase | | /strʊk əv lʌk/ | coup de chance | 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. |

C2 Proficiency Student's Book – Unit 4 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---------------------------|----------------|-----|--------------------------------|-------------------------------------|---|--|
| Closed compounds | | | | Mots composés en un seul mot | | |
| become a scapegoat | verb phrase | | /bɪ'kʌm ə 'skeɪp,ɡəʊt/ | devenir un bouc émissaire | 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/ | être sur la même longueur d'onde | 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/ | sortir de l'impasse | 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/ | beau souvenir | 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)/ | rotation des employés | 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/ | défauts et lacunes | 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/ | relire attentivement | 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 | | /ʃiə(r) 'wɪl,pəʊə(r)/ | force de volonté | 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,læʃ/ | provoquer une réaction violente | 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/ | moment clé | a time when an event causes an important change to take place | It was a watershed moment in the history of our country. |

C2 Proficiency Student's Book – Unit 4 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|------------------------------|----------------|-----|------------------------------|--|--|--|
| Idioms: Negotiation | | | | Expression idiomatiques : Négociation | | |
| agree to differ | verb phrase | | /ə'gri: tə 'dɪfə(r)/ | accepter les différences | 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 | | /kliə(r) ði eə(r)/ | calmer les esprits | 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/ | marquer les limites de (quelque chose) | 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/ | trouver un terrain d'entente | 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/ | commencer du mauvais pied | 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/ | zone grise | 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 ,hɑ:f'weɪ/ | trouver le point intermédiaire | 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/ | fixer les détails spécifiques | 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/ | point conflictif | 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/ | le résultat final | 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. |

C2 Proficiency Student's Book – Unit 5 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|-------------------------------------|----------------|-----|-------------|------------------------------------|---|--|
| Neutral and sensationalist language | | | | Langage neutre et sensationnaliste | | |
| axe | verb | | /æks/ | renvoyer | 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 / | s'affronter | to argue very angrily with someone | Angry students clashed with riot police in Miami yesterday. |
| condemn | verb | ** | /kən'dem/ | condamner | to say publicly that you think someone or something is bad or wrong | Politicians have condemned the attacks. |
| dispute | verb | * | /dɪ'spju:t/ | contester | 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 | | /dai'vʌldʒ/ | divulguer | to give information about something, especially something that should be kept secret | The newspaper refused to divulge its sources. |
| laud | verb | | /lə:d/ | prôner | to praise someone or something | The headteacher was lauded for her bravery in such a dangerous situation. |
| leak | verb | * | /li:k/ | filtrer | 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/ | évincer | 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/ | s'engager | to promise seriously and publicly to do something | Recently the minister had pledged his support to the organisation. |
| praise | verb | ** | /preɪz/ | féliciter | 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/ | provoquer | to cause a reaction, especially an angry one | Her speech provoked a furious response from protestors. |
| quash | verb | | /kwɒʃ/ | étouffer | to stop something from continuing | They acted quickly to quash the rumours. |
| scrap | verb | | /skræp/ | abandonner | 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/ | écraser | to criticise someone or something severely | The film has been slammed by critics. |
| spark | verb | * | /spɑ:(r)k/ | déclencher | to make something happen, especially something involving violence or angry feelings | His visit to the city sparked mass demonstrations. |

C2 Proficiency Student's Book – Unit 5 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|--------------------|----------------|-----|----------------------------|----------------------------------|--|--|
| tout | verb | | /taʊt/ | vendre | 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/ | jurer | to promise that you will do something | They have vowed to provide compensation for those affected. |
| Binomials | | | Binomiaux | | | |
| back and forth | phrase | | /bæk ən fɔ:(r)θ/ | va-et-vient | 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/ | noir et blanc | 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 lɑ:(r)dʒ/ | dans l'ensemble | 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/ | le jour et la nuit | 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/ | clair et net | already clearly decided or settled | The final decision is unlikely to be cut and dried . |
| dos and don'ts | phrase | | /du:z ən dəʊnts/ | choses à faire et à ne pas faire | 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/ | tout d'abord | 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/ | concessions | 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/ | par à-coups | 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 | | /ði: ɪnz ən aʊts/ | tenants et aboutissants | 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/ | situation critique | 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. |

C2 Proficiency Student's Book – Unit 5 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|--------------------------------|----------------|-----|------------------------------|--|--|---|
| trial and error | phrase | | /ˈtraɪəl ən ˈerə(r)/ | essais et erreurs | 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 ˈtestɪd/ | éprouvé | known to be good and effective | It's a tried and tested method of getting food stains out of clothing. |
| Idioms: Communication | | | | Expression idiomatiques : Communication | | |
| be out of the loop | verb phrase | | /bi: aʊt əv ðə lu:p/ | être hors du circuit | 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 əˈraʊnd ðə bʊʃ/ | tourner autour du pot | 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/ | capter (quelqu'un) | 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/ | retirer un poids | 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/ | se tromper | 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) ˈwaɪə(r)z krɒst/ | s'emmêler les pinceaux | 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:/ | première nouvelle | 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/ | ne pas faire de mal à une mouche | 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/ | vendre la mèche | 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/ | prendre contact avec (quelqu'un) | 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. |

C2 Proficiency Student's Book – Unit 6 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---|----------------|-----|----------------------------|--|--|---|
| Expressions and phrases with pay | | | | Expressions et phrases avec pay | | |
| pay (someone) a compliment | verb phrase | | /peɪ ... ə 'kɒmplɪmənt/ | complimenter (quelqu'un) | 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/ | donner des fruits | 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/ | rendre l'appareil | 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/ | faire semblant de s'intéresser à (quelque chose) | 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/ | payer les conséquences | 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/ | payer le prix | 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/ | payer le prix fort | 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/ | rendre hommage à (quelqu'un / quelque chose) | 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/ | se devoir à soi-même | 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/ | présenter son respect | 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 | | | | Grandeur et décadence | | |
| accelerate | verb | * | /ək'seləreɪt/ | accélérer | to happen or make something happen at a faster rate | The increased capital could greatly accelerate economic development. |
| diminish | verb | ** | /dɪ'mɪnɪʃ/ | se diminuer | to become less or make something become less | Rain forest habitats are slowly diminishing . |
| dwindle | verb | | /'dwɪnd(ə)l/ | se réduire | 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. |

C2 Proficiency Student's Book – Unit 6 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---------------------------------|----------------|-----|---------------------|---|---|--|
| escalate | verb | | /ˈeskəleɪt/ | s'intensifier | 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/ | monter | to suddenly increase the amount or level of something | When they hiked up the tax rates, I was forced to close down my business. |
| mount | verb | ** | /maʊnt/ | s'exposer | to get larger or stronger over a period of time | Discontent continues to mount among the younger population. |
| plummet | verb | | /ˈplʌmɪt/ | s'effondrer | 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/ | plonger | if an amount or level plunges, it suddenly becomes much lower | The temperature is expected to plunge below zero degrees overnight. |
| recede | verb | * | /rɪˈsiːd/ | reculer | to become less strong or likely | His pain had receded a little. |
| skyrocket | verb | | /ˈskaɪ,rɒkɪt/ | catapulter | 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/ | s'écrouler | to be suddenly reduced to a much lower level | Profits slumped to under \$250 million. |
| soar | verb | * | /sɔː(r)/ | s'envoler | to quickly increase to a high level | Unemployment has soared in the past few months. |
| spiral | verb | | /ˈspaɪrəl/ | monter en spirale | to continuously become worse, more, or less | As oil prices rise, consumers have been hit by spiralling energy costs. |
| surge | verb | | /sɜː(r)dʒ/ | bondir | to increase a lot very quickly | The value of exports surged last year, recording an all-time high. |
| swell | verb | * | /swel/ | se gonfler | to increase in amount or number | Attendance figures have swollen to 37,000 this season. |
| wane | verb | | /weɪn/ | décliner | to become weaker or less important | By the end of the year their popularity was beginning to wane . |
| Idioms: Money and wealth | | | | Expression idiomatiques : Argent et richesse | | |
| be made of money | verb phrase | | /biː meɪd əv ˈmʌni/ | être millionnaire | to have a lot of money | Her family must be made of money judging by her lavish lifestyle. |
| be on a roll | verb phrase | | /biː ɒn ə rɒl/ | avoir le vent en poupe | 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 | | /biː ˈrɒlɪŋ ɪn ɪt/ | être plein aux as | to have a lot of money | Don't worry about Ed buying the food, he's rolling in it . |

C2 Proficiency Student's Book – Unit 6 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|------------------------------------|----------------|-----|--|------------------------------|---|---|
| be your bread and butter | verb phrase | | /bi: ʃɔ:(r) bred ən 'bʌtə(r)/ | être son gagner-pain | to be something that provides your main income | Tourism is the island's bread and butter . |
| feel the pinch | verb phrase | | /fi:l ðə pɪntʃ/ | souffrir financièrement | 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/ | fauché | 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 ʃɔ:(r) hed ə'blʌ 'wɔ:tə(r)/ | garder la tête hors de l'eau | 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 . |
| money for old rope | phrase | | /'mʌni fə(r) əʊld rəʊp/ | argent facile | 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 nɔ:(r) 'mʌni/ | ni pour tout l'or du monde | 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 ʃɔ:(r) 'mʌni weə(r) ʃɔ:(r) maʊθ ɪz/ | démontrer avec des actions | 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 . |

C2 Proficiency Student's Book – Unit 7 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---|----------------|-----|---------------------|---|--|--|
| Phrasal verbs of deduction and investigation | | | | Verbes à particule de déduction et d'investigation | | |
| catch up with (someone) | phrasal verb | | /kætʃ ʌp wɪθ/ | rattraper (quelqu'un) | 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'pʊn/ | trouver (une idée / une solution) | 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/ | mettre (quelque chose) de côté | 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)/ | bien réfléchir à (quelque chose) | 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/ | fouiner dans (quelque chose) | 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/ | déterrer (corruption / discrimination / un problème) | 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/ | évaluer (quelqu'un / quelque chose) | 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/ | sonder (quelqu'un) | 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/ | établir (une réclamation / une position) | 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/ | se planquer (une maison / un bâtiment) | 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/ | surveiller (territoire) | 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/ | tomber sur (quelque chose) | 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/ | localiser (quelqu'un / quelque chose) | to find someone or something after a long search | We finally managed to track him down in Barcelona. |

C2 Proficiency Student's Book – Unit 7 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---------------------------------------|----------------|-----|------------------------|---|---|--|
| Verbs of confusion and deceit | | | | Verbes de confusion et de tromperie | | |
| baffle | verb | | /ˈbæf(ə)/ | déconcerter | 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/ | faire chanter | 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/ | faire croire (quelque chose) | 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 | | /kən ... ˈɪntuː/ | amener (quelqu'un) à (faire quelque chose) | 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 | | /kənˈfaʊnd/ | confondre | 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 | | /dɪˈluːd jə(r)ˈself/ | se faire des illusions | 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 ˈkrɒs/ | trahir | 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 ... ˈɪntuː/ | pousser (quelqu'un) à (faire quelque chose) | 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/ | berner | 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/ | pousser (quelqu'un) à (faire quelque chose) | 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)ˈpleks/ | dérouter | to make someone feel confused | Doctors were perplexed by her condition. |
| scam | verb | | /skæm/ | arnaquer | to trick someone in order to get money or something from them | I was scammed by a young woman who said she was fundraising. |

C2 Proficiency Student's Book – Unit 7 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---|----------------|-----|--|--|--|--|
| stump | verb | | /stʌmp/ | coller | 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 | | /'swɪnd(ə)l ... əʊt əv/ | escroquer (quelqu'un / quelque chose) de/à (quelque chose / quelqu'un) | to cheat someone in order to get their money | The landlord tried to swindle us out of our deposit. |
| Idioms: Mystery | | | Expression idiomatiques : Mystère | | | |
| be barking up the wrong tree | verb phrase | | /bi: bɑ:(r)kɪŋ ʌp ðə rɔŋ tri:/ | faire fausse route | 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/ | être pris la main dans le sac | 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/ | conserver (quelque chose) sous secret | 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 əʊt əv ðə bæɡ/ | cracher le morceau | 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/ | mettez le doigt sur (quelque chose) | 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/ | fausse piste | 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/ | rappeler (quelque chose) à (quelqu'un) | 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/ | cadavre dans le placard | 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/ | anguille sous roche | 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/ | cela cache bien (quelqu'un / quelque chose) | 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 . |

C2 Proficiency Student's Book – Unit 8 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---------------------------|----------------|-----|---------------------------------------|--------------------------------|--|---|
| The environment | | | | L'environnement | | |
| climate catastrophe | phrase | | /ˈklaɪmət kəˈtæstrəfi/ | catastrophe climatique | 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/ | érosion côtière | 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 | | /iːkəˈlɒdʒɪk(ə)l kəˈtæstrəfi/ | catastrophe écologique | 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/ | catastrophe environnementale | 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 ˌdeɪɡrəˈdeɪʃ(ə)n/ | dégradation de l'environnement | 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/ | érosion progressive | 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/ | préservation de l'habitat | 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/ | déchets dangereux | 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/ | déchets ménagers | 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 | | /hjuːˌmæniˈteəriən kəˈtæstrəfi/ | catastrophe humanitaire | 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/ | déchets industriels | 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/ | habitat marin | 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 . |

C2 Proficiency Student's Book – Unit 8 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|--|----------------|-----|--|---|---|---|
| natural habitat | phrase | | /ˈnætʃ(ə)rəl ˈhæbɪtæt/ | habitat naturel | 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 . |
| offshore windfarm | phrase | | /ˌɒfˈʃɔː(r) ˈwɪnd ˌfɑː(r) m/ | parc éolien offshore | 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)ˈɡæɪnɪk weɪst/ | déchets organiques | waste that decays naturally and does not harm the environment | The restaurant composts all organic waste and uses recycled takeaway packaging. |
| shrinking habitat | phrase | | /ˈrɪŋkɪŋ ˈhæbɪtæt/ | rétrécissement de l'habitat | 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 ɪˈrəʊʒ(ə)n/ | érosion du sol | 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 | | /səˈsteɪnəb(ə)l dɪˈveləpmənt/ | développement durable | 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 | | /səˈsteɪnəb(ə)l ˈtʊəɪz(ə)m/ | tourisme durable | 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 /kəˈlekʃ(ə)n/ | collecte des déchets | 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 dɪˈspəʊz(ə)l/ | élimination des déchets | the process of getting rid of waste | It's an opportunity to tackle pollution and adopt responsible waste disposal practices. |
| wind erosion | phrase | | /wɪnd ɪˈrəʊʒ(ə)n/ | érosion éolienne | 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 | | /ˈwʊdlənd ˈhæbɪtæt/ | habitat boisé | 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 | | | | Expression idiomatiques : Dénoter des similitudes et des différences | | |
| be stuck between a rock and a hard place | verb phrase | | /biː stʌk bɪˈtwiːn ə rɒk ənd ə ˈhɑː(r)d pleɪs/ | entre le marteau et l'enclume | 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/ | dans le pétrin | in a difficult situation | Louis helped me when I was in a tight spot financially. |

C2 Proficiency Student's Book – Unit 8 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---------------------------------|----------------|-----|------------------------------|---------------------------------------|--|---|
| in the clear | phrase | | /ɪn ðə klɪə(r)/ | hors de cause | 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/ | glacer le sang (de quelqu'un) | 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/ | faites des vagues | to cause problems by making suggestions or criticisms | Laura's been making waves with her comments about the lack of resources and budget. |
| make your blood boil | verb phrase | | /meɪk ʃɔː(r) blʌd bɔɪl/ | mettre très en colère | 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 jet/ | ne pas être totalement hors de danger | 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/ | hors de contrôle | not well controlled | We decided to leave before things got out of hand . |
| out of line | phrase | | /aʊt əv laɪn/ | déplacer les bornes | 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/ | faire des histoires | 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. |

C2 Proficiency Student's Book – Unit 9 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---|----------------|-----|------------------------------|---|--|--|
| Prepositional phrases with <i>out</i>, <i>by</i> and <i>in</i> | | | | Syntagms prépositionnels avec <i>out</i>, <i>by</i> et <i>in</i> | | |
| by any means necessary | phrase | | /baɪ 'eni mi:nz 'nesəs(ə)ri/ | par tous les moyens nécessaires | 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/ | quelque soit le critère choisi | 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'teɪʃ(ə)n 'əʊnli/ | sur invitation uniquement | available only to people who have been formally invited | Membership of the club was by invitation only . |
| in good taste | phrase | | /ɪn ɡʊd teɪst/ | de bon goût | 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/ | a ses débuts | 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/ | dans votre imagination | 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/ | déplacé | 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/ | hors de l'ordinaire | 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/ | hors de question | used for saying that something is definitely not a possibility | Taking a holiday then is out of the question . |
| Describing art and architecture | | | | Description de l'art et de l'architecture | | |
| flamboyant | adjective | | /flæm'boɪənt/ | extravagant | 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/ | criard | very bright and colourful in an ugly way | Bright, garish colours were the height of fashion in the 1980s. |
| imposing | adjective | | /ɪm'pəʊzɪŋ/ | imposant | large and impressive | We pulled up outside an imposing building with steps up to the main entrance. |
| minimalistic | adjective | | /,mɪnɪm(ə)'lɪstɪk/ | minimaliste | 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 | | /,pɒstən'teɪʃəs/ | ostentatoire | 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. |

C2 Proficiency Student's Book – Unit 9 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---|----------------|-----|---------------------------------|--|---|--|
| renowned | adjective | | /rɪˈnəʊnd/ | renommé | famous and admired for a special skill or achievement | The fabric was designed by a renowned artist. |
| swanky | adjective | | /ˈswæŋki/ | chic | fashionable and expensive | Pedro has just moved into a swanky new apartment next to the river. |
| unassuming | adjective | | /ˌʌnəˈsjʊːmɪŋ/ | sans prétention | 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)ˈstetɪd/ | discret | not trying to impress people or to attract their attention, and therefore attractive or effective | She dressed with understated elegance. |
| utilitarian | adjective | | /juːˌtɪlɪˈteəriən/ | fonctionnel | designed to be useful rather than attractive | The dining chairs had a utilitarian feel and weren't particularly comfortable. |
| vulgar | adjective | | /ˈvʌlgə(r)/ | vulgaire | 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 | | /ˈwɪmzɪk(ə)l/ | fantaisiste | made or done for fun, not seriously | Her whimsical designs appeal to all ages. |
| Idioms: Art and creativity | | | | Expression idiomatiques : Art et créativité | | |
| a blank canvas | phrase | | /ə blæŋk ˈkænvəs/ | une toile vierge | 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)/ | une bouffée d'air frais | 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 ˈbɜː(r)nə(r)/ | mettre du temps à réussir | 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 rɪˈzeɪmbləns tə/ | n'avoir aucun rapport avec (quelqu'un / quelque chose) | 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/ | briser le moule | 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/ | attirer le regard de (quelqu'un) | 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 | | /kəˈlektə(r)z ˈaɪtəm/ | article de collectionneur | 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/ | transformer (quelque chose) en art | to become very good at doing something, especially something difficult | He's managed to get his cake decorating skills down to a fine art . |

C2 Proficiency Student's Book – Unit 9 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|------------------------------|----------------|-----|---------------------------------|----------------------------|---|---|
| go back to the drawing board | verb phrase | | /gəʊ bæk tə ðə 'drɔːɪŋ bɔː(r)d/ | recommencer du début | 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/ | recevoir de l'enthousiasme | 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/ | laisser sa marque | 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 | | /ˌriːɪn'vent ðə wiːl/ | réinventer la roue | 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 . |

C2 Proficiency Student's Book – Unit 10 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|-----------------------------------|----------------|-----|----------------------------|--|---|---|
| Describing books and films | | | | Description de livres et de films | | |
| box office hit | phrase | | /bɒks 'ɒfɪs hɪt/ | succès au box-office | 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 | | /'krɪtɪkli ə'kleɪmd/ | acclamé par la critique | 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/ | classique culte | 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/ | farfelu | 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/ | percutant | 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/ | déchirant | 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/ | tant attendu | 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)/ | qui tient en haleine | a book that is very interesting or exciting | I couldn't put that book down - it's a real page-turner . |
| spellbinding | adjective | | /'spel ,baɪndɪŋ/ | envoûtant | so interesting that it holds your attention completely | Murphy's portrayal of the character is utterly spellbinding . |
| spine-tingling | adjective | | /'spaɪn ,tɪŋg(ə)lɪŋ/ | à donner la chair de poule | 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/ | constellé d'étoiles | 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)/ | à faire pleurer dans les chaumières | a sad film or story that makes you cry | Take some tissues with you - I'm afraid it's a bit of a tearjerker . |
| Similes | | | | Similitudes | | |
| as clear as mud | phrase | | /əz klɪə(r) əz mʌd/ | charabia | very difficult to understand. | Sorry but your explanation is as clear as mud . |
| as dull as ditchwater | phrase | | /əz dʌl əz 'dɪtʃ,wɔ:tə(r)/ | ennuyeux comme la pluie | very boring | Her last book was as dull as ditchwater - I didn't finish it. |

C2 Proficiency Student's Book – Unit 10 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|--------------------------------|----------------|-----|----------------------------------|--|---|---|
| as mad as a box of frogs | phrase | | /əz məd əz ə bɒks əv frɒgz/ | agité du bocal | 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/ | rusé comme un renard | 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 taʃ əz əʊld bu:ts/ | sans concession | 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/ | être comme chien et chat | 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)/ | s'entendre à merveille | 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 | | /sli:p laɪk ə lɒg/ | dormir comme un bébé | 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 sɔ:(r) θʌm/ | faire tâche | 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 haʊk/ | avoir l'œil sur (quelqu'un) | 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 | | | | Expression idiomatiques : De la littérature | | |
| a sight for sore eyes | phrase | | /ə saɪt fə sɔ:(r) aɪz/ | un cadeau pour les yeux | 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 | | /əˌkɪli:z 'hi:l/ | Talon d'Achille | 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 'dɔ:(r) ,neɪl/ | mort et enterré | completely dead or not working | They didn't water the plants and now they're as dead as a doornail . |
| Catch 22 situation | noun | | /ˌkætʃˈtwentiˈtuːˌsɪtʃueɪʃ(ə)n/ | cercle vicieux | 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 | | /ˈklɪfˌhæŋə(r)/ | suspense | 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! |
| down the rabbit hole | phrase | | /daʊn ðə 'ræbɪt ˌhəʊl/ | dans le terrier du lapin | 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. |

C2 Proficiency Student's Book – Unit 10 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|----------------------------------|----------------|-----|-----------------------------------|-------------------------------------|--|---|
| freelance | adjective | | /ˈfri:lɑːns/ | freelance | 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 | | /ɡɪv ... ðə kriːps/ | dégoûter (quelqu'un) | 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/ | l'amour est aveugle | 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 'kɔːlɪŋ ðə 'ket(ə)l blæk/ | l'hôpital qui se fout de la charité | 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 wɜː(r)ld ɪz jɔː(r) 'ɔɪstə(r)/ | le monde vous appartient | 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 guːs tʃeɪs/ | chasse au dahu | 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 . |

C2 Proficiency Student's Book – Unit 11 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|------------------------|----------------|-----|-------------------------------|-------------------------------|---|--|
| City dwelling | | | | Habitation urbaine | | |
| affluent neighbourhood | phrase | | /ˈæfluːənt ˈneɪbə(r)ˌhʊd/ | quartier aisé | 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 ˈhaʊzɪŋ/ | logement abordable | 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 | | /ˌæntiˈsəʊʃ(ə)l bɪˈheɪvjə(r)/ | comportement antisocial | 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/ | périphérie | 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 ˈdʒʌŋg(ə)l/ | jungle de béton | 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/ | péage urbain | 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/ | bâtiment abandonné | 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/ | zone à faibles émissions | 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/ | charme rustique | 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/ | communauté soudée | 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/ | rue bordée d'arbres | 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/ | système de protection sociale | 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. |

C2 Proficiency Student's Book – Unit 11 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---|----------------|-----|---------------------------------|---|--|---|
| Phrasal verbs for problems and solutions | | | | Verbes à particule pour problèmes et solutions | | |
| be flooded with (something) | phrasal verb | | /bi 'flʌɪd wɪθ/ | être submergé par (quelque chose) | to be sent something in large numbers | The TV station was flooded with complaints about the programme. |
| call for (something) | phrasal verb | | /kɔ:l fɔ:(r)/ | appeler à faire (quelque chose) | 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 | | /'næərəʊ daʊn/ | limiter (quelque chose) | to reduce the number of possibilities or choices | We've narrowed down the list to just five options. |
| resign yourself to (something) | phrasal verb | | /rɪ'zeɪn jə(r)'self tə/ | se résigner à (quelque chose) | 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 tə/ | avoir recours à (quelque chose) | 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 bæɪk tə/ | reprendre (quelque chose) | 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/ | exclure (quelque chose) | 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'geɪnst/ | affronter (quelque chose) | 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/ | refiler (quelque chose) à (quelqu'un) | 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)/ | prendre la défense de (quelqu'un / quelque chose) | 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/ | dissuader (quelqu'un) de faire (quelque chose) | 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 | | | | Expressions idiomatiques avec talk et tell | | |
| as far as anyone can tell | phrase | | /æz fɔ:(r) æz 'eni,wʌn kən tel/ | pour autant que l'on sache | 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 tə ə brɪk wɔ:l/ | être comme parler à un mur | 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/ | petite conversation | 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/ | casser les oreilles (à quelqu'un) | to talk to someone for a long time, often in a loud or boring way | He talked my ear off during the entire meal. |

C2 Proficiency Student's Book – Unit 11 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---------------------------------|----------------|-----|--------------------------------|--|--|--|
| talk shop | verb phrase | | /tɔːk ʃɒp/ | parler travail | 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 | | /tɔːk ðə tɔːk/ | faire de beaux discours | 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 | | /tɔːk tə ðə hænd/ | parler à sa main | 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 ɔː(r) tuː/ | raconter une chose ou deux (à quelqu'un) | 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. |
| tell me something I don't know | phrase | | /tel miː 'sʌmθɪŋ aɪ dəʊnt nəʊ/ | apprendre quelque chose de nouveau | 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/ | envoyer paître | 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/ | dire ce qu'il en est | 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 miː ə 'baʊt ɪt/ | Tu parles ! Non, sans blague? | 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! " |

C2 Proficiency Student's Book – Unit 12 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|---------------------------|----------------|-----|----------------------------------|-------------------------|--|--|
| Health and fitness | | | | Santé et fitness | | |
| acute pain | phrase | | /ə'kju:t peɪn/ | douleur aiguë | very strong pain | This condition leads to acute pain in the lower back. |
| air circulation | phrase | | /eə(r) ,sɜ:(r)kjʊ'leɪf(ə)n/ | circulation d'air | 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)nə'tɪv pə(r)'spektɪv/ | perspective alternative | a different way of thinking about something | Professor Simkins sees the issue from an alternative perspective . |
| alternative therapy | phrase | | /ɔ:l'tɜ:(r)nə'tɪv 'θerəpi/ | thérapie alternative | 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'leɪf(ə)n/ | mauvaise circulation | 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/ | alimentation équilibrée | 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/ | perspective équilibrée | 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'leɪf(ə)n/ | circulation sanguine | 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/ | force brute | great physical strength | It's a sporting competition that relies on fine skills and not just brute strength . |
| chest pain | phrase | | /tʃest peɪn/ | douleur thoracique | 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/ | douleurs chroniques | 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/ | thérapie complémentaire | 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/ | douleur constante | 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/ | force du torse | 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 . |

C2 Proficiency Student's Book – Unit 12 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|------------------------|----------------|-----|---------------------------------|-------------------------|--|---|
| digestive system | noun | | /daɪ'dʒestɪv 'sɪstəm/ | appareil digestif | 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 . |
| divine intervention | phrase | | /dɪ'vaɪn ɪntə(r) 'venʃ(ə)n/ | intervention divine | 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/ | pratique efficace | 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/ | résilience émotionnelle | 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/ | pratique établie | 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 | | /freʃ pə(r)'spektɪv/ | perspective nouvelle | 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/ | composition génétique | 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/ | système de santé | the services that look after people's health | Urgent investment is needed in the country's struggling healthcare system . |
| historical perspective | phrase | | /hɪ'stɒrɪk(ə)l pə(r) 'spektɪv/ | perspective historique | 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/ | système immunitaire | 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 | circulation accrue | 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/ | force interne | 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 | | /ˈmedɪk(ə)l ɪntə(r) 'venʃ(ə)n/ | intervention médicale | when medicine is used to treat an illness or injury | This condition is not going to go away without medical intervention . |

C2 Proficiency Student's Book – Unit 12 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|----------------------|----------------|-----|--------------------------------|------------------------------|---|--|
| mental resilience | phrase | | /ˈment(ə)l rɪˈzɪliəns/ | résilience mentale | 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 | | /ˈnɜː(r)vəs ˈsɪstəm/ | système nerveux | 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)ˈsɪstənt ˈɪndʒəri/ | blesure persistante | 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. |
| personal perspective | phrase | | /ˈpɜː(r)s(ə)nəl pə(r)ˈspektɪv/ | point de vue personnel | 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/ | constitution physique | 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/ | force physique | 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 | mauvaise circulation | 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/ | pratique recommandée | 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/ | régime alimentaire restreint | 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/ | blesures graves | 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/ | douleur aiguë | sudden and severe pain | As I stood up I felt a sharp pain in my chest. |
| special diet | phrase | | /ˈspeʃ(ə)l ˈdaɪət/ | régime spécial | 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/ | régime alimentaire de base | 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 . |

C2 Proficiency Student's Book – Unit 12 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|-----------------------------|----------------|-----|------------------------------------|----------------------------------|---|--|
| surgical intervention | phrase | | /ˈsɜː(r)dʒɪk(ə)l ɪntə(r)'venʃ(ə)n/ | intervention chirurgicale | 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 'daɪət/ | régime alimentaire varié | 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 | | | | Verbes à plusieurs mots | | |
| bottle up (something) | phrasal verb | | /ˈbɒt(ə)l ʌp/ | réprimer (quelque chose) | 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/ | devenir à la mode | 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/ | rattraper (quelqu'un) | 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. |
| cling on to (something) | phrasal verb | | /klɪŋ ɒn tə/ | s'accrocher à (quelque chose) | 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/ | compter sur (quelqu'un) | to include someone in your plans | If you're playing tennis next Saturday then count me in . |
| get through (something) | phrasal verb | | /get θruː/ | survivre à (quelque chose) | 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/ | énervé (quelqu'un) | 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/ | passer à travers (quelque chose) | 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/ | aller sans dire | to be completely obvious or true | Of course we'll be there - that goes without saying . |
| keep at it | verb phrase | | /kiːp æt ɪt/ | poursuivre | 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/ | accumuler | to gradually get larger | Costs are really beginning to mount up . |
| urge (someone) on | phrasal verb | | /ɜː(r)dʒ ... ɒn/ | inciter (quelqu'un) à | 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. |

C2 Proficiency Student's Book – Unit 12 Wordlist

| Word/Phrase | Part of speech | *** | IPA (UK) | Translation (French) | Definition | Sample sentence |
|-------------------------------|----------------|-----|----------------------------|---|---|---|
| Idioms: Sports | | | | Expression idiomatiques : Sports | | |
| bowl (someone) over | phrasal verb | | /bəʊl ... 'əʊvə(r)/ | étonner (quelqu'un) | 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 ... ði 'ʌpə(r) hænd/ | donner l'avantage à (quelqu'un) | 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/ | prendre une longueur d'avance | 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/ | dans ces eaux-là | 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/ | se précipiter | 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/ | apprendre les ficelles | 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 'ɡəʊl,pəʊsts/ | changer les règles du jeu | 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/ | tous les coups sont permis | 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. |
| on target | phrase | | /ɒn 'tɑː(r)ɡɪt/ | en bonne voie | 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/ | encaisser (quelque chose) sans broncher | 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/ | jeter l'éponge | 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. |