

Wordlist

Here is a list of useful or new words from Headway 5th edition Upper Intermediate Student's Book.

adj = adjective *abbrev* = abbreviation *conj* = conjunction *phr v* = phrasal verb *phr* = phrase *pron* = pronoun

adv = adverb *n* = noun *pl* = plural *prep* = preposition *v* = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
autobiography	<i>n</i>	/ˌɔːtəbɪ'ɒɡrəfi/	The author wrote about her childhood in her autobiography .	1	
banter	<i>n</i>	/ˈbæntə(r)/	I miss the friendly, good-humored banter with my friends.	1	
beggar	<i>n</i>	/ˈbega(r)/	The child got lost in the city and became a beggar .	1	
blankly	<i>adv</i>	/ˈblæŋkli/	He looked at me blankly , with no emotion.	1	
bother	<i>v</i>	/ˈbɒðə(r)/	I don't think I'll bother with dessert.	1	
buddy	<i>n</i>	/ˈbʌdi/	I'm going to stay with my buddy Dave for a few days.	1	
cheers	<i>phrase</i>	/tʃiə(r)z/	Some people say " cheers " to express gratitude.	1	
colloquial	<i>adj</i>	/kəˈlɒkwɪəl/	"Cheers" and "buddy" are examples of colloquial language.	1	
cramped	<i>adj</i>	/kræmpt/	This ferry is so small and uncomfortable! It's a cramped ride.	1	
crisp	<i>adj</i>	/krɪsp/	Up in the mountains, the air is crisp and clear.	1	
desire	<i>n</i>	/dɪˈzaɪə(r)/	Saroo's desire to find his family grew stronger.	1	
determine	<i>v</i>	/dɪˈtɜː(r)mɪn/	One important decision may determine the rest of your life.	1	
drag	<i>n</i>	/dræg/	Doing the house chores can be a drag .	1	
familiar	<i>adj</i>	/fəˈmɪliə(r)/	The woman seemed familiar . I had seen that face before.	1	
flamingo	<i>n</i>	/fləˈmɪŋɡəʊ/	My favourite bird is the flamingo . I love the pink feathers!	1	
freak	<i>v</i>	/friːk/	Don't freak , mum! The sharks I saw were just baby sharks.	1	
grasp	<i>v</i>	/ɡrɑːsp/	Saroo's mum couldn't grasp that her son had returned.	1	
great stuff	<i>n</i>	/stʌf/	Thanks for getting those tickets for me. Great stuff!	1	
heartwarming	<i>adj</i>	/ˈhɑː(r)t.wɔː(r)mɪŋ/	The book tells a heartwarming story of love and friendship.	1	
hordes	<i>n pl</i>	/hɔː(r)dz/	There were hordes of people pushing and rushing in Calcutta.	1	
housewarming	<i>adj</i>	/ˈhaʊs.wɔː(r)mɪŋ/	The new neighbours are having a housewarming party.	1	
humid	<i>adj</i>	/ˈhjuːmɪd/	The weather in Calcutta is hot and humid in the summer.	1	
illiterate	<i>adj</i>	/ɪˈlɪtərət/	Saroo was an illiterate child - he couldn't read or write.	1	
kit	<i>n</i>	/kɪt/	I can't travel with my drum kit , so I always leave it at home.	1	
modest	<i>adj</i>	/ˈmɒdɪst/	She's a modest person. She doesn't like to boast.	1	
nap	<i>n</i>	/næp/	I'm so tired. I'm going to take a nap .	1	
notorious	<i>adj</i>	/nəʊˈtɜːrɪəs/	Calcutta is notorious for its slums.	1	
novel	<i>n</i>	/ˈnɒv(ə)l/	He made a fortune with the first novel he wrote.	1	
orphanage	<i>n</i>	/ˈɔː(r)f(ə)nɪdʒ/	Saroo got lost and was taken in by an orphanage .	1	
paradise	<i>n</i>	/ˈpærədaɪs/	The Galapagos islands felt like paradise .	1	
pelican	<i>n</i>	/ˈpelɪkən/	The pelican is a type of water bird.	1	
pups	<i>n pl</i>	/pʌps/	The sea lions and their pups were relaxing on the rocks.	1	
remotely	<i>adv</i>	/rɪˈməʊtli/	Her face was remotely familiar, but who was she?	1	
shabby	<i>adj</i>	/ˈjæbi/	She lived in an old shabby house in a poor neighbourhood.	1	
shelter	<i>n</i>	/ˈʃeltə(r)/	After the storm, we had to live in a temporary shelter .	1	
slum	<i>n</i>	/slʌm/	He lived in a big city slum for many years.	1	
snorkel	<i>v</i>	/ˈsnɔː(r)k(ə)l/	On the Galapagos islands, you can snorkel with sea turtles.	1	
source	<i>n</i>	/sɔː(r)s/	The changing tide is a source of amazement to me.	1	
star-studded	<i>adj</i>	/ˈstɑː(r).stʌdɪd/	Her new film is star-studded . Many celebrities appear on it.	1	
sticky	<i>adj</i>	/ˈstɪki/	The weather is hot and humid, and it can get a little sticky .	1	
suppose	<i>v</i>	/səˈpəʊz/	I suppose what I miss most about my country is the food.	1	
swing	<i>v</i>	/swɪŋ/	Having all that money could really swing it for us.	1	
tide	<i>n</i>	/taɪd/	We watched the rising tide from the promenade.	1	
tongue	<i>n</i>	/tʌŋ/	Everyone around me was speaking in an unfamiliar tongue .	1	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
upbeat	<i>adj</i>	/ˈʌpbi:t/	He's very optimistic and upbeat about his future.	1	
venture	<i>v</i>	/ˈventʃə(r)/	Saroo's mum didn't venture into Calcutta. It was too far.	1	
vivid	<i>adj</i>	/ˈvɪvɪd/	He had vivid memories about his childhood.	1	
vote	<i>n</i>	/vəʊt/	I'm a foreigner so I don't have a national vote here.	1	
wander	<i>v</i>	/ˈwɒndə(r)/	He was lost. All he could do was to wander the streets alone.	1	
weathered	<i>adj</i>	/ˈweðə(r)d/	Her face was weathered , but she was still beautiful.	1	
abolish	<i>v</i>	/əˈbɒlɪʃ/	We should abolish the Royal Family.	2	
aisle	<i>n</i>	/aɪl/	I'm used to walking down the aisle on planes.	2	
anxious	<i>adj</i>	/ˈæŋkʃəs/	Hotel owners are anxious about <i>Tripadvisor</i> feedback.	2	
awe	<i>n</i>	/ɔ:/	The sight of the Northern Lights filled me with awe .	2	
beeping	<i>adj</i>	/ˈbi:pɪŋ/	I heard the beeping sound when the machine finished.	2	
bleed	<i>v</i>	/bli:d/	I cut my finger and it started to bleed .	2	
botanist	<i>n</i>	/ˈbɒtənɪst/	A botanist is an expert in the scientific study of plants.	2	
buzzing	<i>adj</i>	/ˈbʌzɪŋ/	That buzzing fly is getting on my nerves!	2	
chute	<i>n</i>	/ʃu:t/	The aircrew showed us the position of the emergency chute .	2	
circumnavigate	<i>v</i>	/sɜ:(r)kəmˈnævɪˌgeɪt/	Jeanne Baret was the first woman to circumnavigate the globe.	2	
clog	<i>v</i>	/klog/	We have to reduce plastic waste or this will clog the oceans.	2	
compensate	<i>v</i>	/ˈkɒmpəseɪt/	He bought a present to compensate for being late.	2	
consequence	<i>n</i>	/ˈkɒnsɪkwəns/	Ruined beaches is a consequence of too much plastic waste.	2	
consider	<i>v</i>	/kənˈsɪdə(r)/	Do you consider Hawaii a place where you can find paradise?	2	
crew	<i>n</i>	/kru:/	One of the crew members told us to disembark the aircraft.	2	
culprit	<i>n</i>	/ˈkʌlprɪt/	The real culprit of plastic waste is our shopping habits.	2	
current	<i>n</i>	/ˈkʌrənt/	The sea currents have created five garbage patches.	2	
devastating	<i>adj</i>	/ˈdevəˌsteɪtɪŋ/	Plastic waste may have devastating consequences.	2	
disbelief	<i>n</i>	/ˌdɪsbɪˈli:f/	He looked at her with disbelief . Was she in danger?	2	
donate	<i>v</i>	/ˈdɒnəˈneɪt/	My brother is undergoing surgery so I'm going to donate blood.	2	
dull	<i>adj</i>	/dʌl/	My life was a bit dull until I discovered parachuting.	2	
dump	<i>v</i>	/dʌmp/	It's strictly forbidden to dump rubbish overboard.	2	
expat	<i>n</i>	/ˈekspæt/	He's an American expat . He left the country when he was 20.	2	
fake	<i>adj</i>	/feɪk/	Don't believe everything you read online. Some news is fake .	2	
fancy	<i>v</i>	/ˈfænsɪ/	I really fancy a cup of tea.	2	
float	<i>v</i>	/fləʊt/	The best part of parachuting is when you float through the sky.	2	
freaky	<i>adj</i>	/ˈfri:ki/	It was freaky to walk down the aisle of the plane to jump out!	2	
freefall	<i>n</i>	/ˈfri:fɔ:l/	You get 60 seconds of freefall before the parachute opens.	2	
garbage	<i>n</i>	/ˈgɑ:(r)bɪdʒ/	There is a garbage patch in the Pacific made of plastic.	2	
glad	<i>adj</i>	/glæd/	I'm so glad you finally came!	2	
gobble	<i>v</i>	/ˈgɒb(ə)l/	Some small fish gobble tiny plastic fragments.	2	
grain	<i>n</i>	/greɪn/	There were billions of plastic flecks among the grains of sand.	2	
gravity	<i>n</i>	/ˈgrævəti/	Have you ever experienced zero gravity ?	2	
herbalist	<i>n</i>	/ˈhɜ:(r)bəlɪst/	She loved plants and worked as a herbalist .	2	
impose	<i>v</i>	/ɪmˈpəʊz/	All governments should impose a tax on plastic bags.	2	
infinite	<i>adj</i>	/ˈɪnfɪnət/	Our life is full of an infinite number of plastic products.	2	
isolated	<i>adj</i>	/ˈaɪsəˌleɪtɪd/	Hawaii is an isolated island in the middle of the Pacific Ocean.	2	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
jellyfish	<i>n</i>	/ˈdʒeliːfɪʃ/	We couldn't dive in the sea because there were jellyfish .	2	
jute	<i>n</i>	/dʒuːt/	Plastic bags can be replaced with natural jute bags.	2	
lethal	<i>adj</i>	/ˈliːθl/	The amount of plastic humans generate could be lethal .	2	
literally	<i>adv</i>	/ˈlɪt(ə)rəli/	When I jumped out the plane, I literally forgot to breathe!	2	
litter	<i>n</i>	/ˈlɪtə(r)/	Since 1994, plastic litter has increased by 140%.	2	
misleading	<i>adj</i>	/mɪsˈliːdɪŋ/	Room descriptions on the hotel website can be misleading .	2	
native	<i>adj</i>	/ˈneɪtɪv/	She's met a lot of native people, such as the Kuna Indians.	2	
navigation	<i>n</i>	/ˌnævɪˈgeɪʃ(ə)n/	The stormy weather made navigation more difficult.	2	
navy	<i>n</i>	/ˈneɪvi/	The two navy ships circumnavigated the globe.	2	
obscenity	<i>n</i>	/əbˈsenəti/	Single-use water bottles are a wasteful obscenity .	2	
patch	<i>n</i>	/pætʃ/	The garbage patch is double the size of France.	2	
peasant	<i>n</i>	/ˈpez(ə)nt/	She was born in the countryside to a peasant family.	2	
portion	<i>n</i>	/ˈpɔː(r)ʃ(ə)n/	I've only eaten one portion of vegetables today.	2	
rank	<i>v</i>	/ræŋk/	Parachuting ranks second in my bucket list.	2	
reject	<i>v</i>	/rɪˈdʒekt/	We need to reject the main culprits of plastic waste.	2	
remove	<i>v</i>	/rɪˈmuːv/	We volunteer to remove garbage from the beach.	2	
resign	<i>v</i>	/rɪˈzaɪn/	I'm not happy at work so I'm going to resign .	2	
rival	<i>n</i>	/ˈraɪv(ə)l/	An executive posted fake reviews of his rival's company.	2	
rush	<i>n</i>	/rʌʃ/	I felt a rush of cold air when I walked out.	2	
sailor	<i>n</i>	/ˈseɪlə(r)/	Jeanne Baret was a sailor who circumnavigated the globe.	2	
setting	<i>n</i>	/ˈsetɪŋ/	Hawaii has been the setting of countless TV series and films.	2	
shimmering	<i>adj</i>	/ˈʃɪmə(r)ɪŋ/	The Northern lights were like a shimmering curtain.	2	
slosh	<i>v</i>	/sloʃ/	Tons of plastic slosh around in the sea.	2	
soil	<i>v</i>	/sɔɪl/	As they say, don't soil your own nest.	2	
spin	<i>v</i>	/spɪn/	The sight of blood made my head spin .	2	
spurn	<i>v</i>	/spɜː(r)n/	We need to publicly spurn the culprits.	2	
staggered	<i>adj</i>	/ˈstæɡə(r)d/	I was staggered to discover beaches covered in plastic.	2	
sting	<i>v</i>	/stɪŋ/	Don't go into the sea or the jellyfish will sting you.	2	
stress	<i>v</i>	/stres/	I'd like to stress that fake online reviews are an exception.	2	
stroll	<i>n</i>	/strɔːl/	The beach was just a stroll away from the hotel.	2	
user-generated	<i>adj</i>	/ˌjuːzə(r)ˈdʒenəreɪtɪd/	Many hotel review websites include user-generated content.	2	
vein	<i>n</i>	/veɪn/	The nurse found the vein and introduced the needle.	2	
voyage	<i>n</i>	/ˈvɔɪdʒ/	Have you ever been on a sea voyage ?	2	
wasteful	<i>adj</i>	/ˈweɪs(t)f(ə)l/	Using all that plastic is just wasteful .	2	
adapt	<i>v</i>	/əˈdæpt/	They are going to adapt my latest novel for film.	3	
alert	<i>v</i>	/əˈlɜː(r)t/	Alert the police! There's someone in the house!	3	
alien	<i>adj</i>	/ˈeɪliən/	Some people think the world is an alien and frightening place.	3	
alight	<i>v</i>	/əˈlaɪt/	His gaze came to alight on the hanging figure of the woman.	3	
anchorage	<i>n</i>	/ˈæŋkərɪdʒ/	Make sure the ladder has firm anchorage before you go up.	3	
anonymous	<i>adj</i>	/əˈnɒnɪməs/	An anonymous donor gave us £5,000 for the start-up.	3	
apparently	<i>adv</i>	/əˈpærəntli/	Apparently , he lives in a castle.	3	
beckon	<i>v</i>	/ˈbekən/	Why did he beckon to me? I'm certainly not following him!	3	
beehive	<i>n</i>	/ˈbiːˌhaɪv/	I'd love to have a beehive and harvest honey.	3	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
beekeeper	<i>n</i>	/ˈbiː.kiːpə/	If you like bees so much, why don't you become a beekeeper ?	3	
bureaucracy	<i>n</i>	/ˈbjʊəˈrɒkrəsi/	Citizens have to get through much bureaucracy to get a permit.	3	
clinging	<i>adj</i>	/ˈklɪŋɪŋ/	I saw a clinging woman on the balcony!	3	
clutch	<i>v</i>	/klʌtʃ/	Clutch firmly to the railings or you may fall.	3	
commuter	<i>n</i>	/kəˈmjuː.tə(r)/	I'm a commuter . I travel from home to work every day.	3	
congratulate	<i>v</i>	/kənˈgrætʃəleɪt/	Did you congratulate her on the good news?	3	
constituent	<i>n</i>	/kənˈstɪtʃənt/	Melodrama is a frequent constituent of real life.	3	
descend	<i>v</i>	/dɪˈsend/	Once she got to the top, she started to descend .	3	
discharge	<i>v</i>	/dɪsˈtʃɑː(r)dʒ/	It took the doctor ages to discharge me from hospital.	3	
dummy	<i>n</i>	/ˈdʌmi/	They used a dummy for the crash test.	3	
encounter	<i>v</i>	/ɪnˈkaʊntə(r)/	It's so uplifting when you encounter the kindness of strangers!	3	
entwine	<i>v</i>	/ɪnˈtwɪn/	I entwined my fingers with his.	3	
feebly	<i>adv</i>	/ˈfiːbli/	She smiled feebly , as if she was really tired.	3	
gas	<i>v</i>	/gæs/	He tried to gas himself, but fortunately, he didn't succeed.	3	
gaze	<i>n</i>	/geɪz/	His gaze followed her as she left the room.	3	
ghastliness	<i>n</i>	/ˈgɑːs(t)lɪnəs/	Not everything has to be about ghastliness and wrongdoing.	3	
gossip	<i>n</i>	/ˈɡɒsɪp/	The rescue of the girl became the focus of gossip .	3	
hard-headed	<i>adj</i>	/ˈhɑː(r)d ˈhedɪd/	I have a hard-headed , realistic view of history.	3	
haunting	<i>adj</i>	/ˈhɔːntɪŋ/	She usually writes haunting dramas which are truly evocative.	3	
hedge	<i>n</i>	/hedʒ/	A hedge surrounded the house creating a natural fence.	3	
interpretation	<i>n</i>	/ɪnˌtɜː(r)priˈteɪʃ(ə)n/	My first interpretation of the scene was clearly wrong.	3	
liquids	<i>n pl</i>	/ˈlɪkwɪdʒ/	Don't forget you can't take liquids onto planes.	3	
massacre	<i>n</i>	/ˈmæsəkeɪ(r)/	Hundreds of people died in the attack. It was a massacre .	3	
matinee	<i>n</i>	/ˈmætiːneɪ/	Don't miss the matinee performance on Saturday.	3	
melodrama	<i>n</i>	/ˈmeləˈdrɑːmə/	As an abandoned child, his early life was full of melodrama .	3	
memorable	<i>adj</i>	/ˈmem(ə)rəb(ə)l/	Travelling to a war zone was a memorable experience.	3	
misogynistic	<i>adj</i>	/ˌmɪsədʒəˈnɪstɪk/	Misogynistic stories are not so popular these days.	3	
novelty	<i>n</i>	/ˈnɒv(ə)ltɪ/	It was a relief when the novelty wore off.	3	
overqualified	<i>adj</i>	/ˌəʊvə(r)ˈkwɒlɪˌfaɪd/	I'm afraid you are overqualified for this position.	3	
paved	<i>adj</i>	/peɪvd/	There was a paved court down the alley.	3	
plot	<i>n</i>	/plɒt/	What's the plot or the story of the film?	3	
pour	<i>v</i>	/pɔː(r)/	Let me pour the boiling water for you.	3	
prolific	<i>adj</i>	/prəˈlɪfɪk/	Ruth Rendell was a prolific writer. She wrote many books.	3	
prompt	<i>adj</i>	/prɒmpt/	The prompt action of a neighbour saved my life.	3	
railings	<i>n pl</i>	/ˈreɪlɪŋz/	The girl was hanging from the railings of the balcony.	3	
recover	<i>v</i>	/rɪˈkʌvə(r)/	You'll have to stay in hospital until you fully recover .	3	
refreshing	<i>adj</i>	/rɪˈfreʃɪŋ/	It's refreshing to hear good news for a change.	3	
refugee	<i>n</i>	/ˈrefjuːˈdʒiː/	As a refugee myself, I know how hard it can be to flee home.	3	
regime	<i>n</i>	/ˈreiːʒɪːm/	The old regime was against individual freedom.	3	
relieved	<i>adj</i>	/rɪˈliːvd/	I was relieved when I heard she was safe.	3	
rescue	<i>n</i>	/ˈreskjuː/	The rescue of the girl became the focus of gossip.	3	
sequel	<i>n</i>	/ˈsiːkwəl/	I watched the first movie, but I haven't seen the sequel yet.	3	
shield	<i>v</i>	/ʃiːld/	I covered my eyes with my hand to shield them from the sun.	3	

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speculation	<i>n</i>	/ˈspekjuˈleɪʃ(ə)n/	It was all speculation . Nobody knew what was happening.	3	
squeaky	<i>adj</i>	/ˈskwiːki/	I can't stand her voice. It's so high-pitched and squeaky !	3	
stunt	<i>n</i>	/stʌnt/	She worked as a movie stuntwoman, doing all the dangerous stunts .	3	
tenant	<i>n</i>	/ˈtenənt/	All the tenants agree the lift must be repaired.	3	
territorial	<i>adj</i>	/ˈterəˈtɔːriəl/	Territorial disputes are a common source of conflict.	3	
thriller	<i>n</i>	/ˈθrɪlə(r)/	Her new movie as director is a psychological thriller .	3	
tow	<i>v</i>	/təʊ/	If you park there, they will tow your car away.	3	
trailer	<i>n</i>	/ˈtreɪlə(r)/	Have you seen the trailer of the movie?	3	
twist	<i>n</i>	/twɪst/	In an unexpected twist , the villain becomes the hero.	3	
unarmed	<i>adj</i>	/ʌnˈɑː(r)mɪd/	They opened fire on unarmed people.	3	
unwilling	<i>adj</i>	/ʌnˈwɪlɪŋ/	He was an unwilling hero. He didn't want to become one.	3	
vanishing	<i>adj</i>	/ˈvænɪʃɪŋ/	She looked at him in the vanishing light.	3	
vicious	<i>adj</i>	/ˈvɪʃəs/	The assault was extraordinarily vicious .	3	
weirdness	<i>n</i>	/ˈwiə(r)dʌs/	I loved the weirdness of the play. It made it interesting.	3	
whodunnit	<i>n</i>	/ˈhuːˈdʌnɪt/	The film is a whodunnit set in Egypt.	3	
windscreen	<i>n</i>	/ˈwɪn(d)ˌskriːn/	There was a fine on my car's windscreen .	3	
abused	<i>adj</i>	/əˈbjuːzɪd/	The word 'literally' is so abused these days.	4	
anti-royalist	<i>n</i>	/ˌæntiˈrɔɪəlɪst/	I'm an anti-royalist . I think monarchy should be abolished.	4	
applaud	<i>v</i>	/əˈplɔːd/	I applaud people who live the life they want.	4	
atheist	<i>n</i>	/ˈeɪθɪst/	I'm an atheist : I think religion is a way of brainwashing people.	4	
bogus	<i>adj</i>	/ˈbɒɡʊs/	Don't believe everything you read. That's clearly a bogus story!	4	
challenging	<i>adj</i>	/ˈtʃælɪn(d)ʒɪŋ/	Separating fact from fiction has become more challenging .	4	
charade	<i>n</i>	/ʃəˈrɑːd/	It looked respectable, but it was nothing more than a charade .	4	
coat	<i>v</i>	/kəʊt/	Coat the carrots in parmesan cheese. They taste delicious!	4	
coincidence	<i>n</i>	/ˌkəʊɪnˈsaɪd/	It wasn't a coincidence that the winner was a family member.	4	
convict	<i>v</i>	/kənˈvɪkt/	He's guilty of armed robbery and the judge will convict him!	4	
corridor	<i>n</i>	/ˈkɒrɪdɔː(r)/	My office is at the end of the corridor .	4	
credible	<i>adj</i>	/ˈkredəb(ə)l/	Make sure you read stories from credible news sources.	4	
deed	<i>n</i>	/diːd/	I ask forgiveness for my dreadful deed !	4	
deeply-held	<i>adj</i>	/ˌdiːpliˈheld/	The news challenged my deeply-held belief in democracy.	4	
diehard	<i>adj</i>	/ˈdaɪˈhɑː(r)d/	I'm a die-hard Arsenal supporter.	4	
dreadful	<i>adj</i>	/ˈdredf(ə)l/	My deed was dreadful and I apologize for it.	4	
emotional	<i>adj</i>	/ɪˈməʊʃ(ə)nəl/	My granddad travels with his dog for emotional support.	4	
exaggeration	<i>n</i>	/ɪɡˌzædʒəˈreɪʃ(ə)n/	There's a difference between exaggeration and an outright lie.	4	
extinct	<i>adj</i>	/ɪkˈstɪŋkt/	Mammoths went extinct thousands of years ago.	4	
fabrication	<i>n</i>	/ˌfæbrɪˈkeɪʃ(ə)n/	The news was a total fabrication .	4	
fantasist	<i>n</i>	/ˈfæntəsɪst/	Don't read that trash. It's been clearly written by a fantasist .	4	
fatal	<i>adj</i>	/ˈfeɪt(ə)l/	The wound was fatal and she died shortly after.	4	
frantically	<i>adv</i>	/ˈfræntɪkli/	The man searched the park frantically for his missing child.	4	
fringe	<i>adj</i>	/ˈfrɪndʒ/	Conspiracy theories often appear on fringe marginal websites.	4	
haunt	<i>v</i>	/hɔːnt/	The vision of him running after the bus will haunt me forever.	4	
havoc	<i>n</i>	/ˈhævək/	Hurricane Irma caused real havoc in the Caribbean.	4	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
hypocrite	<i>n</i>	/ˈhɪpəkraɪt/	She says she's vegan, but she eats bacon. She's a hypocrite .	4	
insert	<i>v</i>	/ɪnˈsɜː(r)t/	Insert the coins and select your destination.	4	
liberating	<i>adj</i>	/ˈlɪbəˌreɪtɪŋ/	Cycling after work feels so liberating !	4	
mainstream	<i>adj</i>	/ˈmeɪnˌstriːm/	I prefer going to mainstream news outlets to get the news.	4	
naturist	<i>n</i>	/ˈneɪtʃərɪst/	If he's a naturist , how come he's wearing clothes at home?	4	
oblige	<i>v</i>	/əˈblaɪdʒ/	The law obliges you to pay your taxes.	4	
pacifist	<i>n</i>	/ˈpæsɪfɪst/	I'm a total pacifist and believe war is never the answer.	4	
peel	<i>v</i>	/piːl/	Don't peel the apple, please. I like to eat it with the skin.	4	
phenomenon	<i>n</i>	/fəˈnɒmɪnən/	Some politicians take advantage of the fake news phenomenon .	4	
piercing	<i>n</i>	/ˈpɪə(r)ɪŋ/	Where did you get your new piercing done?	4	
post-truth	<i>adj</i>	/ˌpəʊstˈtruːθ/	I don't believe we live in a post-truth age.	4	
scalding	<i>adj</i>	/ˈskɔːldɪŋ/	The soup was scalding hot.	4	
scanner	<i>n</i>	/ˈskænə(r)/	An MRI scanner could be problematic if you have tattoos.	4	
scarred	<i>adj</i>	/ˈskɑː(r)d/	He was scarred for life after the attack.	4	
shut-eye	<i>n</i>	/ˈʃʌt aɪ/	I tried to get some shut-eye during the bus ride.	4	
stale	<i>adj</i>	/steɪl/	This bread has gone stale .	4	
starving	<i>adj</i>	/ˈstɑː(r)vɪŋ/	I didn't eat before going to work and I was starving .	4	
stingy	<i>adj</i>	/ˈstɪndʒi/	You are a stingy friend, leaving me alone like that!	4	
technophobe	<i>n</i>	/ˈteknəʊfəʊb/	My son is a technophobe . He doesn't even have a smartphone.	4	
teetotaller	<i>n</i>	/tiːˈtəʊt(ə)lə(r)/	If he's a teetotaller , how come he's drinking wine?	4	
temptation	<i>n</i>	/ˈtempˈteɪ(ə)n/	The temptation was too great and I couldn't resist.	4	
unsuspecting	<i>adj</i>	/ˌʌnsəˈspektɪŋ/	The unsuspecting diners enjoyed the meal regardless.	4	
untruth	<i>n</i>	/ʌnˈtruːθ/	The story was full of exaggerations and untruths .	4	
vegan	<i>n</i>	/ˈviːɡən/	As a vegan , I don't eat food from animal sources.	4	
victory	<i>n</i>	/ˈvɪkt(ə)ri/	He won the tournament and everyone applauded his victory .	4	
water	<i>v</i>	/ˈwɔːtə(r)/	I could smell the food, which made my mouth water .	4	
xenophobe	<i>n</i>	/ˈzenəˌfəʊb/	Don't believe any of her stories about immigrants. She's a xenophobe .	4	
blaze	<i>n</i>	/bleɪz/	It took 50 firefighters to put out the blaze .	5	
boomerang	<i>n</i>	/ˈbuːməˌræŋ/	My son belongs to the boomerang generation. He left home and now he's back with us.	5	
chilly	<i>adj</i>	/ˈtʃɪli/	Pack a warm jumper. The evenings are still chilly .	5	
chore	<i>n</i>	/tʃɔː(r)/	Ironing is the household chore I hate the most.	5	
convinced	<i>adj</i>	/kənˈvɪnst/	I'm convinced you'll win the game. You're so good at it.	5	
debt	<i>n</i>	/det/	I asked for a student loan and now I have to pay my debt .	5	
defensive	<i>adj</i>	/dɪˈfensɪv/	Stop being so defensive and learn how to take criticism.	5	
differ	<i>v</i>	/ˈdɪfə(r)/	Their views on the matter differ greatly.	5	
discount	<i>v</i>	/ˈdɪsˌkaʊnt/	Don't discount that possibility. You may as well be lucky.	5	
enquiry	<i>n</i>	/ɪnˈkwəri/	Please contact me if you have another enquiry .	5	
excerpt	<i>n</i>	/ˈeksɜː(r)pt/	Listen to this excerpt from a radio programme. It's hilarious.	5	
fasten	<i>v</i>	/ˈfɑːs(ə)n/	Keep your seatbelt fastened in case of turbulence.		
flee	<i>v</i>	/fliː/	I'm going to flee the nest next summer to live with a friend.	5	
intuition	<i>n</i>	/ˌɪntjuːˈɪʃ(ə)n/	I trust my own intuition when it comes to books.	5	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
legacy	<i>n</i>	/ˈlegəsi/	My uncle left me a small legacy when he died.	5	
operator	<i>n</i>	/ˈɒpəˈreɪtə(r)/	Dial four if you want to talk to an operator .	5	
overstated	<i>adj</i>	/ˌəʊvə(r)ˈsteɪt/	The idea that we will rely heavily on technology is overstated .	5	
query	<i>n</i>	/ˈkwɪəri/	Go ahead and ask: what's your query ?	5	
reckon	<i>v</i>	/ˈreken/	How do you reckon the world will be different when you're old?	5	
rooted	<i>adj</i>	/ˈruːtɪd/	I don't think we're rooted beings, like trees.	5	
seek	<i>v</i>	/siːk/	Don't think so much about the problem and seek solutions.	5	
standstill	<i>n</i>	/ˈstæn(d)ˌstɪl/	Remain seated until the plane comes to a complete standstill .	5	
turbulence	<i>n</i>	/ˈtɜː(r)bʊləns/	Keep your seatbelt fastened in case of turbulence .	5	
upright	<i>adj</i>	/ˈʌpraɪt/	Put the seats in the upright position for take-off.	5	
volume	<i>n</i>	/ˈvɒljuːm/	The volume of calls increased dramatically after the show.	5	
accelerate	<i>v</i>	/əkˈseləreɪt/	The car accelerated and disappeared in the traffic.	6	
afford	<i>v</i>	/əˈfɔː(r)d/	I'd love to buy an electric car, but I can't afford it.	6	
apartheid	<i>n</i>	/əˈpɑː(r)tˌheɪt/	Elon Musk grew up in South Africa during the apartheid .	6	
assemble	<i>v</i>	/əˈsemb(ə)l/	I've just bought a new table. Will you help me assemble it?	6	
avoid	<i>v</i>	/əˈvɔɪd/	I can't avoid thinking it was all my fault.	6	
boom	<i>v</i>	/buːm/	If you want your business to boom , you have to work hard.	6	
budge	<i>v</i>	/bʌdʒ/	I don't agree, sorry. I won't budge on that.	6	
bully	<i>v</i>	/ˈbʊli/	There was this boy at school who used to bully me.	6	
demonstrate	<i>v</i>	/ˈdemənˌstreɪt/	Don't just say it. Demonstrate it!	6	
discipline	<i>n</i>	/ˈdɪsəplɪn/	There was too much discipline during his childhood.	6	
diversify	<i>v</i>	/daɪˈvɜː(r)sɪfaɪ/	If you want to grow your business, you have to diversify .	6	
dock	<i>v</i>	/dɒk/	The rocket is going to dock with the International Space Station.	6	
driven	<i>adj</i>	/ˈdrɪv(ə)n/	My wife is a driven businesswoman.	6	
endless	<i>adj</i>	/ˈendləs/	Most kids enjoy games which allow for endless creativity.	6	
enthusiastic	<i>adj</i>	/ɪnˌθjuːzɪˈæstɪk/	I like the project alright, but I'm not very enthusiastic .	6	
entire	<i>adj</i>	/ɪnˈtaɪə(r)/	The entire building had to be evacuated.	6	
feature	<i>n</i>	/ˈfiːtʃə(r)/	What is the main feature of the product?	6	
figure	<i>n</i>	/ˈfɪɡə(r)/	This policewoman is my favourite LEGO figure .	6	
flatpack	<i>adj</i>	/ˈflætpek/	Is this a flatpack bookcase?	6	
harsh	<i>adj</i>	/hɑː(r)ʃ/	Don't be too harsh on him. He said he's sorry.	6	
horrified	<i>adj</i>	/ˈhɒrɪfaɪd/	I was horrified when I found out how expensive the sofa was.	6	
impressive	<i>adj</i>	/ɪmˈpresɪv/	The view from my window is impressive .	6	
invoice	<i>n</i>	/ˈɪnvoɪs/	I sent an invoice a month ago and I haven't been paid yet.	6	
lock	<i>v</i>	/lɒk/	Most building bricks lock together very easily.	6	
mail-order	<i>adj</i>	/ˈmeɪlˌɔː(r)də(r)/	I bought this dress from a mail-order catalogue.	6	
masses	<i>n pl</i>	/ˈmæsɪz/	I've got masses of homework to do.	6	
motto	<i>n</i>	/ˈmɒtəʊ/	'Live and let live'. That's my motto .	6	
quadruple	<i>v</i>	/ˈkwɒdrəp(ə)l/	Believe me, after the ad the sales will quadruple . You'll see.	6	
relocation	<i>n</i>	/ˌriːləʊˈkeɪʃ(ə)n/	We are planning a relocation of the warehouse.	6	
sane	<i>adj</i>	/seɪn/	Keep yourself busy if you want to keep sane .	6	
spare	<i>adj</i>	/speə(r)/	He made toys out of spare bits of wood.	6	
storage	<i>n</i>	/ˈstɔːrɪdʒ/	Flatpack furniture brought huge savings in storage .	6	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
store	<i>n</i>	/stɔː(r)/	They opened their first furniture store out of town.	6	
struggle	<i>n</i>	/'strʌg(ə)l/	Life growing up was easy for me. Not a struggle !	6	
supplier	<i>n</i>	/sə'plaɪə(r)/	We need to find a new wood supplier .	6	
tape	<i>v</i>	/teɪp/	Tape the legs underneath the table. It will save space.	6	
umpteenth	<i>pron</i>	/ʌmp'tiːn/	I've got umpteenth jobs to do this afternoon.	6	
unscrew	<i>v</i>	/ʌn'skruː/	You have to unscrew the bolts to open the toy.	6	
varnish	<i>n</i>	/'vɑː(r)nɪʃ/	If you put an extra layer of varnish , it will last longer.	6	
venture	<i>n</i>	/'ventʃə(r)/	My first business venture was a complete disaster.	6	
antiquated	<i>adj</i>	/'æntɪ,kweɪtɪd/	This phone may seem a little antiquated , but it works fine!	7	
astrologer	<i>n</i>	/'ə'strɒlədʒə(r)/	An astrologer predicted my future when I was 14.	7	
blessing	<i>n</i>	/'blesɪŋ/	You have my blessing and I wish you happiness.	7	
bliss	<i>n</i>	/blɪs/	My married bliss didn't last long. I had to get back to India.	7	
bump	<i>v</i>	/bʌmp/	The bike bumped along the road.	7	
caste	<i>n</i>	/kɑːst/	I never really understood the Indian caste system.	7	
coaching	<i>n</i>	/kəʊtʃɪŋ/	Coaching could be very useful when you're learning a new job.	7	
companion	<i>n</i>	/kəm'pænjən/	I travelled with a companion in a camper van.	7	
consultancy	<i>n</i>	/kən'sʌltənsɪ/	Some consultancy services can be expensive.	7	
convert	<i>v</i>	/kən'vɜː(r)t/	Our relationship didn't convert into marriage.	7	
designated	<i>adj</i>	/'deɪzɪɡ,neɪtɪd/	You can smoke in the designated area only.	7	
ditch	<i>v</i>	/dɪtʃ/	Why don't you ditch that old bike and buy a new one?	7	
exhausted	<i>adj</i>	/'ɪɡ'zɔːstɪd/	I was exhausted after the 10-hour flight.	7	
fee	<i>n</i>	/fiː/	They charge a very high fee for their services.	7	
field	<i>n</i>	/fiːld/	I haven't found any job in my field .	7	
fond	<i>adj</i>	/fɒnd/	I'm rather fond of you.	7	
gender	<i>n</i>	/'dʒendə(r)/	The gender balance is 60% women, 40% men.	7	
hippy	<i>n</i>	/'hɪpi/	I biked along the hippy trail in the 1960s.	7	
initially	<i>adv</i>	/'ɪnɪʃ(ə)li/	Initially , I thought nothing made sense.	7	
inscribe	<i>v</i>	/ɪn'skraɪb/	They are going to inscribe your name on the trophy.	7	
intense	<i>adj</i>	/ɪn'tens/	Farewells are moments of intense emotions.	7	
introverted	<i>adj</i>	/'ɪntrəʊ,vɜː(r)tɪd/	Introverted people find it hard to socialize in large groups.	7	
knackered	<i>adj</i>	/'nækə(r)d/	I'm knackered . Can we stop for a rest?	7	
loaded	<i>adj</i>	/'ləʊdɪd/	They don't worry about money because they're loaded .	7	
mark	<i>v</i>	/mɑː(r)k/	I said goodbye to him, but I knew this wouldn't mark the end.	7	
matchmake	<i>v</i>	/'mætʃ,meɪkə(r)/	Why are you trying to matchmake me with him?	7	
notion	<i>n</i>	/'nəʊʃ(ə)n/	The notion of matchmaking seems odd to me.	7	
overcome	<i>v</i>	/əʊvə(r)'kʌm/	I was overcome with emotion.	7	
portrait	<i>adj</i>	/'pɔː(r)trɪt/	That was the artist who drew my portrait .	7	
propose	<i>v</i>	/prə'pəʊz/	She knelt down and proposed : 'I think we should get married'.	7	
pushbike	<i>n</i>	/'pʊʃbaɪk/	Can I borrow your pushbike to go to the shop?	7	
range	<i>v</i>	/reɪndʒ/	My clients range between the ages of 22 to 50.	7	
short-lived	<i>adj</i>	/ʃɔː(r)t 'lɪvd/	My happiness was short-lived . I had to go back to work.	7	
sketch	<i>v</i>	/sketʃ/	First I sketch the portrait and then I draw it.	7	
soul-mates	<i>n pl</i>	/'səʊl,meɪts/	Me and my boyfriend are soul-mates .	7	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
synopsis	<i>n</i>	/si' nɒpsɪs/	I read the synopsis of the story and it didn't interest me.	7	
trek	<i>n</i>	/trek/	It was a long trek back to the hotel.	7	
understatement	<i>n</i>	/'ʌndə(r)steɪtmənt/	To say they liked each other was clearly an understatement .	7	
uneasy	<i>adj</i>	/'ʌn'i:zi/	I felt a little uneasy after the fight, so I apologized.	7	
untouchable	<i>adj</i>	/'ʌn'tʌtʃəb(ə)l/	He belonged to the untouchable caste.	7	
willpower	<i>n</i>	/'wɪl.pəʊə(r)/	I don't exercise regularly because I lack willpower .	7	
worship	<i>v</i>	/'wɜ:(r)ʃɪp/	I worship the ground you walk on.	7	
addicted	<i>adj</i>	/ə'dɪktɪd/	My daughter is addicted to computers.	8	
adjacent	<i>adj</i>	/ə'dʒeɪs(ə)nt/	Our hotel rooms are adjacent .	8	
authorities	<i>n pl</i>	/ɔ:'θɔrətɪz/	The park authorities came because he was destroying the bushes.	8	
board	<i>n</i>	/bɔ:(r)d/	He built a sled out of a wooden board .	8	
bobsled	<i>n</i>	/'bɒbsled/	Have you ever tried bobsled ? It looks exciting.	8	
boiling	<i>adj</i>	/'bɔɪlɪŋ/	Don't eat the soup yet, it's boiling hot.	8	
camouflage	<i>v</i>	/'kæmə.flə:ʒ/	He camouflaged the tree houses with branches.	8	
cement	<i>n</i>	/sə'ment/	Cement is mixed with other materials to make concrete.	8	
cinematography	<i>n</i>	/ˌsɪnəmə'tɒɡrəfi/	I love the cinematography of this film. It's superb!	8	
comforting	<i>adj</i>	/'kʌmfə(r)tɪŋ/	After the funeral, we thanked everyone for their comforting words.	8	
command	<i>v</i>	/kə'mɑ:nd/	My flat commands spectacular views of the park.	8	
dehydrate	<i>v</i>	/ˌdi:'haɪ'dreɪt/	After a 2-hour walk in the desert, we started to dehydrate .	8	
diabetes	<i>n</i>	/ˌdaɪə'bi:ti:z/	People who eat too much sugar risk getting diabetes .	8	
dismantle	<i>v</i>	/dɪs'mænt(ə)l/	I can help you dismantle the tree house if you want.	8	
dive	<i>v</i>	/daɪv/	You have to push and dive on the sled.	8	
elaborate	<i>adj</i>	/ɪ'læb(ə)rət/	That's quite an elaborate story you had told us.	8	
exception	<i>n</i>	/ɪk'sepʃ(ə)n/	I know you usually have lunch at school. Today is an exception .	8	
fluid	<i>n</i>	/'flu:ɪd/	You lose energy and a lot of fluid when you exercise.	8	
glitter	<i>v</i>	/'glɪtə(r)/	Her golden earrings glittered in the sun.	8	
hectic	<i>adj</i>	/'hektɪk/	She had such a hectic life ... she never took a year off.	8	
hilarious	<i>adj</i>	/hi'leəriəs/	That joke was hilarious . I couldn't stop laughing.	8	
hum	<i>v</i>	/hʌm/	I sometimes hum to myself when I'm listening to my iPod.	8	
hurtle	<i>v</i>	/'hɜ:(r)t(ə)l/	I wouldn't like to hurtle down an ice track. It's too dangerous.	8	
improbable	<i>adj</i>	/ɪm'prɒbəb(ə)l/	Most of his stories sound improbable .	8	
miserable	<i>adj</i>	/'mɪz(ə)rəb(ə)l/	We had miserable weather during our holidays.	8	
moan	<i>v</i>	/məʊn/	I don't want to hear you moan about your lost Olympic dreams.	8	
mournful	<i>adj</i>	/'mɔ:(r)nɪf(ə)l/	He watched with mournful eyes the destruction of the houses.	8	
nail	<i>n</i>	/neɪl/	Make sure you hammer the nail into the right place.	8	
nauseous	<i>adj</i>	/'nɔ:ziəs/	I was so nervous, I even felt nauseous .	8	
neglected	<i>adj</i>	/nɪ'glektɪd/	The tree houses were built in neglected corners of the park.	8	
nostril	<i>n</i>	/'nɒstrəl/	It was so cold my left nostril actually froze.	8	
obey	<i>v</i>	/ə'beɪ/	If you want to visit the museum you have to obey some rules.	8	
panic	<i>v</i>	/'pænɪk/	It was dark and I was alone so I began to panic .	8	
praise	<i>n</i>	/preɪz/	My teacher was generous in her praise of my project.	8	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
profusely	adv	/prə'fju:slɪ/	I thanked her profusely for her kind help.	8	
proverb	n	/'prɒvɜ:(r)b/	A proverb usually states a general truth.	8	
prune	v	/'pru:n/	When will you prune the cherry tree?	8	
publish	v	/'pʌblɪʃ/	Her new book of poems will publish in 2020.	8	
relief	n	/'ri:li:f/	It was such a relief when they finally found the missing girl.	8	
ridiculous	adj	/'rɪdɪkjələs/	Don't be ridiculous ! Of course I didn't steal your sandwich.	8	
rumour	n	/'ru:mə(r)/	I heard he's been sacked, but it might just be a rumour .	8	
sled	n	/sled/	I'm taking my sled to slide downhill over the snow.	8	
solitude	n	/'sɒlə'tju:d/	I like living alone. I enjoy the freedom and the solitude .	8	
spot	v	/spot/	I knew he was up in the tree, but I couldn't spot him.	8	
sprint	v	/sprint/	A quick sprint start is essential to win the race.	8	
stuffy	adj	/'stʌfi/	The taxi was stuffy and hot, so I opened the window.	8	
stunning	adj	/'stʌnɪŋ/	You look absolutely stunning !	8	
sweat	v	/swet/	I often sweat when I'm nervous.	8	
touching	adj	/'tʌtʃɪŋ/	Her story of reconciliation was very touching .	8	
undetected	adj	/'ʌndɪ'tektɪd/	The tree houses often went undetected for a long time.	8	
absent-minded	adj	/æbs(ə)nt'maɪndɪd/	He often forgets where he puts things. He's so absent-minded .	9	
argumentative	adj	/ɑ:(r)gju'mentətɪv/	Don't be so argumentative . Don't argue about everything.	9	
auction	n	/'ɔ:kʃ(ə)n/	I bought this vintage bike from an eBay auction .	9	
breadwinner	n	/'bred,wɪnə(r)/	I'm the breadwinner in my family. My husband looks after the kids.	9	
carefree	adj	/'keə(r),fri:/	I was so carefree when I was young,	9	
clumsy	adj	/'klʌmzi/	I'm always dropping things. I'm so clumsy .	9	
courtship	n	/'kɔ:(r)tʃɪp/	We had an old-fashioned courtship before he proposed.	9	
crouch	v	/kraʊtʃ/	We had to crouch to avoid being seen by the school principal.	9	
dismal	adj	/'dɪzm(ə)l/	I had some dismal teachers when I was in primary school.	9	
distressing	adj	/dɪ'stresɪŋ/	I don't read newspapers. I find them too distressing .	9	
dry	adj	/draɪ/	Who says Latin is a dry subject? I think it's very interesting.	9	
lumpy	adj	/'dʌmpi/	You look lumpy in that dress.	9	
dusk	n	/dʌsk/	Bye for now. I'll be back before dusk .	9	
easy-going	adj	/'i:zi'gəʊɪŋ/	I'm easy-going . Nothing really upsets me or angers me.	9	
ecstatic	adj	/'ɪk'stætɪk/	I was ecstatic ! He was just what I was looking for.	9	
flushed	adj	/flʌʃt/	You look flushed . Are you sure you're feeling ok?	9	
freak	n	/'fri:k/	He was swept out to sea by a freak wave.	9	
furious	adj	/'fjʊəriəs/	I was so furious I slammed the door in his face.	9	
gangly	adj	/'gæŋgli/	You're not gangly . You're just tall and thin.	9	
genuinely	adv	/'dʒenjuɪnli/	The house genuinely reflects Victorian times.	9	
ghastly	adj	/'gɑ:s(t)li/	The weather was ghastly so we stayed in.	9	
giggle	v	/'gɪɡ(ə)l/	The joke was so good that I couldn't help but giggle .	9	
glow	v	/gləʊ/	My remarks made the teacher glow with gratitude.	9	
gratitude	n	/'grætɪ'tju:d/	He expressed his gratitude to the audience.	9	
halcyon	adj	/'hælsɪən/	She loved old films because they represented a halcyon time.	9	
immaculate	adj	/'ɪmækjələt/	My home is immaculate . You won't find a bit of dust.	9	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
innocent	<i>adj</i>	/ˈɪnəs(ə)nt/	Those days were so innocent and carefree!	9	
insanely	<i>adv</i>	/ɪnˈseɪnli/	My boyfriend is insanely jealous.	9	
ladylike	<i>adj</i>	/ˈleɪdɪˌlaɪk/	Many still think it isn't ladylike to work in construction.	9	
last	<i>v</i>	/lɑːst/	Things were built to last in the old days.	9	
like-minded	<i>adj</i>	/ˌlaɪk ˈmaɪndɪd/	Our social life revolves around visiting like-minded friends.	9	
loo	<i>n</i>	/luː/	I can't believe your house has an outdoor loo !	9	
lovingly	<i>adv</i>	/ˈlʌvɪŋli/	He picked up the flowers lovingly .	9	
ordeal	<i>n</i>	/ɔː(r)ˈdiːl/	Shopping in supermarkets can be an ordeal .	9	
pantry	<i>n</i>	/ˈpæntri/	Everything in my pantry is Victorian, including the crockery.	9	
patronize	<i>v</i>	/ˈpætrənaɪz/	Don't patronize me! I know what I'm doing.	9	
pinny	<i>n</i>	/ˈpɪni/	I fastened my pinny round my waist and started cooking.	9	
plump	<i>adj</i>	/plʌmp/	He's short and a bit plump , so he rarely wears a suit.	9	
poke	<i>v</i>	/pəʊk/	Don't poke him in the back. He finds it annoying.	9	
protective	<i>adj</i>	/prəˈtektɪv/	My parents can be very protective sometimes.	9	
razor-sharp	<i>adj</i>	/ˈreɪzə(r) ˈʃɑː(r)p/	My math teacher had a razor-sharp wit. He was so much fun.	9	
resit	<i>n</i>	/ˈriː sɪt/	I failed my exam so I'll have to do a resit in May.	9	
restore	<i>v</i>	/rɪˈstɔː(r)/	I'm going to restore the house so it looks more modern.	9	
revolve	<i>v</i>	/rɪˈvɒlv/	My grandma's life revolved around my granddad.	9	
rotten	<i>adj</i>	/ˈrɒt(ə)n/	Don't take it badly, but you're a rotten cook.	9	
self-obsessed	<i>adj</i>	/self əbˈsest/	Your problem is you're self-obsessed .	9	
slam	<i>v</i>	/slæm/	Please shut the door gently, don't slam it.	9	
spoil	<i>v</i>	/spɔɪl/	Don't spoil your child with treats.	9	
stubborn	<i>adj</i>	/ˈstʌb(ə)rən/	Don't be so stubborn and listen to my suggestion.	9	
supportive	<i>adj</i>	/səˈpɔː(r)tɪv/	My parents were very supportive about my career change.	9	
tease	<i>v</i>	/tiːz/	My dad used to tease me all the time just for a laugh.	9	
tight	<i>adj</i>	/taɪt/	This skirt is too tight . I can't walk in it.	9	
treat	<i>n</i>	/triːt/	My mum always brought a treat from her business trips.	9	
twee	<i>adj</i>	/twiː/	I didn't like the film. It was a bit twee for my taste.	9	
tyre	<i>n</i>	/ˈtaɪə(r)/	I think you have to inflate this tyre . It looks a bit flat.	9	
waistcoat	<i>n</i>	/ˈweɪs(t)kəʊt/	He bought a waistcoat for his brother's wedding.	9	
whisper	<i>v</i>	/ˈwɪspə(r)/	She tends to whisper and I find it hard to hear what she says.	9	
wobbly	<i>adj</i>	/ˈwɒbli/	My legs feel a bit wobbly . I can't walk properly.	9	
yell	<i>v</i>	/jel/	You don't need to yell . I can hear you pretty well.	9	
amass	<i>v</i>	/əˈmæs/	Richard III amassed an army of 12,000 men near Leicester.	10	
banish	<i>v</i>	/ˈbænɪʃ/	In the past, they could banish you from your homeland.	10	
battle	<i>n</i>	/ˈbæt(ə)l/	He was killed in 1485 in a battle .	10	
beak	<i>n</i>	/biːk/	Male blackbirds have a yellow beak .	10	
big-headed	<i>adj</i>	/bɪɡˈhedɪd/	Despite her success, she isn't big-headed .	10	
brutality	<i>n</i>	/bruːˈtæləti/	The Vikings were notorious for their brutality .	10	
burial	<i>n</i>	/ˈberɪəl/	They found the site of Richard's burial .	10	
carve	<i>v</i>	/kɑː(r)v/	The Vikings carved the letters of the alphabet on stone tablets.	10	
coffin	<i>n</i>	/ˈkɒfɪn/	They buried him without a coffin .	10	
condition	<i>n</i>	/kənˈdɪʃ(ə)n/	The skeleton was found in good condition .	10	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
crops	<i>n pl</i>	/krops/	I grow my own vegetables and cereal crops .	10	
cruel	<i>adj</i>	/'kru:əl/	Sue says some really cruel things.	10	
cunningly	<i>adv</i>	/'kʌnɪŋli/	The document was cunningly hidden so no one could find it.	10	
curved	<i>adj</i>	/kɜ:(r)vd/	My spine is badly curved so I often have backache.	10	
deduce	<i>v</i>	/di'dju:s/	I won't give you the answer. You have to deduce it.	10	
deformed	<i>adj</i>	/di'fɔ:(r)md/	The skeleton had a deformed spine.	10	
descendant	<i>n</i>	/di'sendənt/	Benedict Cumberbatch is a descendant of King Richard III.	10	
desolate	<i>adj</i>	/'desələt/	The place looked desolate . How could anybody live there?	10	
drown	<i>v</i>	/draʊn/	The sea is too rough. You'll drown if you dive in.	10	
embark	<i>v</i>	/ɪm'ba:(r)k/	I'm going to embark on a voyage of exploration as a marine biologist.	10	
excavate	<i>v</i>	/'ekskəveɪt/	They had to excavate in a car park to find Richard's skeleton.	10	
expedition	<i>n</i>	/ɪkspə'dɪj(ə)n/	My dad mounted an expedition to the Amazonia.	10	
extort	<i>v</i>	/ɪk'stɔ:(r)t/	My ex-boyfriend tried to extort money from me.	10	
ferocious	<i>adj</i>	/fə'reʊʃəs/	The Vikings made a ferocious attack on an English monastery.	10	
friary	<i>n</i>	/'fraɪəri/	They buried his remains in a friary graveyard.	10	
funeral	<i>n</i>	/'fju:n(ə)rəl/	I read a poem at my father's funeral .	10	
genealogically	<i>adv</i>	/dʒɪ:nɪə'lɒdʒɪk(ə)li/	I can't believe you are genealogically linked to my grandma.	10	
graveyard	<i>n</i>	/'grev.jɑ:(r)d/	My granddad is buried in the city's graveyard .	10	
grindstone	<i>n</i>	/'graɪnd.stəʊn/	They sharpened their weapons with a grindstone .	10	
hot-tempered	<i>adj</i>	/'hɒt 'tempə(r)d/	Apparently, Erik the Red was hot-tempered and angered easily.	10	
hunchback	<i>n</i>	/'hʌntʃ.bæk/	Richard III had a deformed spine and was a hunchback .	10	
incessantly	<i>adv</i>	/ɪn'ses(ə)ntli/	She talked incessantly for two hours.	10	
intrigued	<i>adj</i>	/ɪn'tri:gd/	I wanted to know the end of the story. I was intrigued .	10	
jaw	<i>n</i>	/dʒɔ:/	My jaw hurts and all I can eat is soup.	10	
lamentable	<i>adj</i>	/'læməntəb(ə)l/	The monastery is in a lamentable state.	10	
light-hearted	<i>adj</i>	/'laɪt 'hɑ:(r)tɪd/	The play wasn't light-hearted . It actually made you think.	10	
livestock	<i>n</i>	/'laɪv.stɒk/	I live in a farm where I tend the livestock .	10	
monastery	<i>n</i>	/'monəst(ə)ri/	There used to be a monastery here. Now it's all ruins.	10	
muscular	<i>adj</i>	/'mʌskjələ(r)/	My legs aren't very muscular . I need to exercise more.	10	
nimble	<i>adj</i>	/'nɪmb(ə)l/	My child has a nimble mind. She's learns very quickly.	10	
ointment	<i>n</i>	/'ɔɪntmənt/	Rub this ointment on your legs twice a day.	10	
parliament	<i>n</i>	/'pɑ:(r)ləmənt/	The Althing is the oldest parliament in the world.	10	
pillager	<i>n</i>	/'pɪlɪdʒə/	I didn't steal the money. I'm not a pillager .	10	
plead	<i>v</i>	/pli:d/	I'm not going to plead with them to set you free.	10	
portray	<i>v</i>	/pɔ:(r)'treɪ/	The novel portrays life in the 19th century.	10	
raider	<i>n</i>	/'reɪdə(r)/	The Vikings were raiders .	10	
reign	<i>v</i>	/reɪn/	The Vikings reigned in Europe for 300 years.	10	
remarkably	<i>adv</i>	/'rɪ'mɑ:(r)kəbli/	The facial reconstruction looked remarkably similar to his portraits.	10	
saga	<i>n</i>	/'sɑ:gə/	The figure of Odin was taken out of a Viking saga .	10	
seize	<i>v</i>	/si:z/	Richard III seized the throne from his brother's sons.	10	
settlement	<i>n</i>	/'set(ə)lmənt/	They've found a new Viking settlement near the coast.	10	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
site	<i>n</i>	/saɪt/	Richard's burial site was found in a car park.	10	
skeleton	<i>n</i>	/ˈskelɪt(ə)n/	The skeleton was in good condition.	10	
skull	<i>n</i>	/skʌl/	A facial reconstruction of the skull was made.	10	
somersault	<i>n</i>	/ˈsʌmə(r), sɔːlt/	He ended his routine in a somersault .	10	
spine	<i>n</i>	/spain/	He had a disease which affected his spine .	10	
steady	<i>adj</i>	/ˈstedi/	I might be old, but I still have a steady hand.	10	
striking	<i>adj</i>	/ˈstraɪkɪŋ/	He looked striking with his long red hair.	10	
subsequently	<i>adv</i>	/ˈsʌbsɪkwəntli/	There was a monastery here, which was subsequently destroyed.	10	
suet	<i>n</i>	/ˈsuːt/	I used suet for the pastry, that's why it's so tasty.	10	
supple	<i>adj</i>	/ˈsʌp(ə)l/	My grandma is still quite supple . She exercises everyday.	10	
tend	<i>v</i>	/tend/	Could you tend the livestock while I'm away?	10	
thereby	<i>adv</i>	/ðeə(r)ˈbaɪ/	He answered all the questions thereby winning the contest.	10	
throne	<i>n</i>	/θrəʊn/	Both brothers fought for the throne of England.	10	
tough	<i>adj</i>	/tʌf/	This steak is so tough . I can't chew it.	10	
trim	<i>adj</i>	/trɪm/	You're actually quite trim . Do you exercise a lot?	10	
tyrant	<i>n</i>	/ˈtaɪrənt/	According to Shakespeare, Richard III was a hunchbacked tyrant .	10	
ultimately	<i>adv</i>	/ˈʌltɪmətli/	Twelve thousand Vikings ultimately settled in Iceland.	10	
uncommonly	<i>adv</i>	/ʌnˈkɒmənlɪ/	She was uncommonly relaxed before the exam.	10	
victim	<i>n</i>	/ˈvɪktɪm/	Don't blame him! He's the victim .	10	
warrior	<i>n</i>	/ˈwɒriə(r)/	The life of a warrior was hard in the 8th century.	10	
withered	<i>adj</i>	/ˈwɪðə(r)d/	He was born with a withered arm.	10	
youth	<i>n</i>	/juːθ/	I've grown old now, but in my youth I could run a marathon.	10	
bizarre	<i>adj</i>	/bɪˈzɑː(r)/	I had a bizarre dream last night.	11	
boast	<i>v</i>	/bəʊst/	I find it boring when people boast about their holidays.	11	
brainwave	<i>n</i>	/ˈbreɪn,weɪv/	A scientist connected her son to a brainwave machine.	11	
button	<i>n</i>	/ˈbʌt(ə)n/	Will you help me undo the button ? I can't reach it at the back.	11	
buzz	<i>v</i>	/bʌz/	I couldn't sleep because I could hear a fly buzz .	11	
by-product	<i>n</i>	/ˈbaɪ prɒdʌkt/	Butter is a by-product of milk.	11	
composition	<i>n</i>	/ˌkɒmpəˈzɪʃ(ə)n/	A composition is a work of music or literature.	11	
contest	<i>n</i>	/ˈkɒntest/	A contest is a type of competition.	11	
densely	<i>adv</i>	/ˈdensli/	India is densely populated.	11	
dominant	<i>adj</i>	/ˈdɒmɪnənt/	Which is your dominant hand, the left or the right one?	11	
excrete	<i>v</i>	/ɪkˈskriːt/	The body can excrete up to 100 trillion bacteria a day.	11	
follicle	<i>n</i>	/ˈfɒlɪk(ə)l/	Some parasites inhabit hair follicles .	11	
form	<i>n</i>	/fɔː(r)m/	Another life form that keeps us company is the parasite.	11	
groggy	<i>adj</i>	/ˈgrɒɡi/	I felt groggy after taking those pills.	11	
ground	<i>v</i>	/graʊnd/	I was grounded for skipping my English lesson.	11	
hideout	<i>n</i>	/ˈhaɪdaʊt/	As a kid, my tree house was my favourite hideout .	11	
inconsistency	<i>n</i>	/ˌɪnkənˈsɪstənsɪ/	There's some inconsistency between his words and his actions.	11	
itchy	<i>adj</i>	/ˈɪtʃi/	My skin is dry and itchy .	11	
lens	<i>n</i>	/lenz/	The lens is behind the iris and it helps refract light.	11	
mindboggling	<i>adj</i>	/ˈmaɪnd ˌbɒɡ(ə)lɪŋ/	Our bodies are host to a mindboggling number of bacteria.	11	

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English	Part of speech	Phonetics	Example sentence	Unit	My notes
monk	<i>n</i>	/mʌŋk/	He lived in a monastery as a monk .	11	
munch	<i>v</i>	/mʌntʃ/	Some parasites just munch dead skin cells.	11	
painstakingly	<i>adv</i>	/ˈpeɪnzˌteɪŋli/	Monks had to painstakingly transcribed every letter of a word.	11	
presumably	<i>adv</i>	/ˈpriːzjuːməbli/	Presumably I'm going to get a big bonus next month.	11	
proper	<i>adj</i>	/ˈprɒpə(r)/	I phoned her because I wanted to have a proper chat.	11	
random	<i>adj</i>	/ˈrændəm/	Some dreams look pretty random .	11	
recurring	<i>adj</i>	/rɪˈkʊrɪŋ/	I had a recurring nightmare that I was eaten by a sea monster.	11	
refuse	<i>n</i>	/ˈrefjuːs/	Some parasites act as invisible refuse recyclers.	11	
rehearse	<i>v</i>	/rɪˈhɑː(r)s/	I have to rehearse before the audition.	11	
sack	<i>v</i>	/sæk/	I heard they're going to sack Susie.	11	
scabies	<i>n</i>	/ˈskeɪbiːz/	Scabies is a skin disease.	11	
signal	<i>n</i>	/ˈsɪgn(ə)l/	Flies have speedy brain signals .	11	
species	<i>n</i>	/ˈspiːʃiːz/	How many species live in or on the human body?	11	
swat	<i>v</i>	/swɒt/	Why is it so difficult to swat a fly?	11	
tedious	<i>adj</i>	/ˈtiːdiəs/	Copying books during the Middle Ages was a tedious task.	11	
tense	<i>v</i>	/tens/	Don't tense your muscles . You're trying to relax.	11	
transcribe	<i>v</i>	/trænˈskraɪb/	Monks spend their lives transcribing books.	11	
trick	<i>v</i>	/trɪk/	Are you trying to trick me into giving you money?	11	
urgently	<i>adv</i>	/ˈɜː(r)dʒ(ə)ntli/	He needed his medicine urgently so I ran to the pharmacy.	11	
vast	<i>adj</i>	/vɑːst/	Vast numbers of bacteria live in our body.	11	
adolescent	<i>n</i>	/ˌædəˈles(ə)nt/	Most adolescents aren't ready to sleep until late at night.	12	
apparent	<i>adj</i>	/əˈpærənt/	It's become apparent that we must consider our body clocks.	12	
attitude	<i>n</i>	/ˈætɪˌtjuːd/	What's your attitude to punctuality?	12	
beautician	<i>n</i>	/ˈbjuːˌtɪʃ(ə)n/	I went to a beautician to get a beauty treatment.	12	
bonding	<i>n</i>	/ˈbɒndɪŋ/	I find workplace bonding very important.	12	
burst	<i>n</i>	/bɜː(r)st/	A burst of physical activity in the morning might be risky.	12	
censorship	<i>n</i>	/ˈsensə(r)ʃɪp/	You can't deny there was censorship in the media in those days.	12	
circadian	<i>adj</i>	/sɜː(r)ˈkeɪdiən/	Circadian rhythms act as our inner body clocks.	12	
cloud	<i>v</i>	/klaʊd/	Lack of sleep can cloud your mind.	12	
cortisol	<i>n</i>	/ˈkɔː(r)tɪzɒl/	Cortisol is a stress hormone.	12	
cushy	<i>adj</i>	/ˈkʊʃi/	I can't complain. I have a cushy life as a gardener.	12	
dash	<i>v</i>	/dæʃ/	If you don't want to dash , just leave a little bit earlier.	12	
dawdle	<i>v</i>	/ˈdɔːd(ə)l/	I love to dawdle on Sunday mornings.	12	
dawn	<i>v</i>	/dɔːn/	A new day is about to dawn and so the cycle begins again.	12	
dementia	<i>n</i>	/dɪˈmenʃə/	Getting light during the day helps with dementia .	12	
deposit	<i>n</i>	/dɪˈpɒzɪt/	They won't give us a mortgage until we get the deposit .	12	
digest	<i>v</i>	/daɪˈdʒest/	As the body digests food it produces insulin.	12	
downsize	<i>v</i>	/ˈdaʊnˌsaɪz/	She had to downsize the garden when she got old.	12	
enemy	<i>n</i>	/ˈenəmi/	When you have a cold, your body fights that internal enemy .	12	
expenses	<i>n pl</i>	/ɪkˈspensɪz/	This bill is for work so you can put it on expenses .	12	
eyesight	<i>n</i>	/ˈaɪˌsaɪt/	Our eyesight becomes weaker with age.	12	
folks	<i>n pl</i>	/fəʊks/	I met some folks at the pub.	12	
frantic	<i>adj</i>	/ˈfræntɪk/	My life is often frantic , running from one place to another.	12	

Wordlist

Here is a list of useful or new words from Headway 5th edition Upper Intermediate Student's Book.

adj = adjective *abbrev* = abbreviation *conj* = conjunction *phr v* = phrasal verb *phr* = phrase *pron* = pronoun

adv = adverb *n* = noun *pl* = plural *prep* = preposition *v* = verb

English	Part of speech	Phonetics	Example sentence	Unit	My notes
gently	<i>adv</i>	/ˈdʒentli/	It's best to gently move into the day.	12	
insomnia	<i>n</i>	/ɪnˈsɒmniə/	I suffer from insomnia so I'm tired most of the time.	12	
insulin	<i>n</i>	/ˈɪnsjʊlɪn/	Insulin triggers the release of serotonin and melatonin.	12	
intense	<i>adj</i>	/ɪnˈtens/	It's best to avoid intense bursts of activity in the morning.	12	
internal	<i>adj</i>	/ɪnˈtɜː(r)n(ə)l/	Our immune system fights our internal enemies at night.	12	
lousy	<i>adj</i>	/ˈləʊzi/	Time is a lousy beautician.	12	
muse	<i>v</i>	/mjuːz/	I have no time to muse on my problems.	12	
non-stop	<i>adj</i>	/ˌnɒnˈstɒp/	My dad worked non-stop for years before he retired.	12	
peak	<i>n</i>	/piːk/	Mental performance is at its peak from 10:00 to 12:00 p.m..	12	
prioritize	<i>v</i>	/praɪˈɒrɪtaɪz/	I prioritize . I do the important things and put off the rest.	12	
productivity	<i>n</i>	/ˌprɒdʌkˈtɪvəti/	My productivity drops when I'm tired.	12	
puberty	<i>n</i>	/ˈpjuːbə(r)ti/	My eldest daughter has reached puberty .	12	
redundancy	<i>n</i>	/rɪˈdʌndənsi/	Sadly, I've been told I'm on the redundancy list.	12	
refreshed	<i>adj</i>	/rɪˈfreʃt/	I felt refreshed after the holiday.	12	
release	<i>n</i>	/rɪˈliːs/	Insulin triggers the release of serotonin and melatonin.	12	
screech	<i>v</i>	/skriːtʃ/	His brother hit him, making him screech .	12	
shattered	<i>adj</i>	/ˈʃætə(r)d/	I'm absolutely shattered after the conference.	12	
shift	<i>v</i>	/ʃɪft/	Body clocks shift forward after puberty.	12	
shove	<i>v</i>	/ʃʌv/	You don't have to shove people out of the way!	12	
smoothly	<i>adv</i>	/ˈsmuːðli/	Everything was running smoothly so I left the office.	12	
soar	<i>v</i>	/sɔː(r)/	A sudden increase of activity makes our blood pressure soar .	12	
stimulant	<i>n</i>	/ˈstɪmjələnt/	Cortisol can be a useful stimulant in the morning.	12	
struggle	<i>v</i>	/ˈstrʌɡ(ə)l/	I struggle at night because I suffer from insomnia.	12	
tackle	<i>v</i>	/ˈtæk(ə)l/	How do you tackle all the things you have to do each day?	12	
thicken	<i>v</i>	/ˈθɪkən/	Our blood thickens while we sleep.	12	
trigger	<i>v</i>	/ˈtrɪɡə(r)/	Insulin triggers the release of serotonin.	12	
vigorous	<i>adj</i>	/ˈvɪɡ(ə)rəs/	Is vigorous exercise a good kick-start?	12	
vital	<i>adj</i>	/ˈvaɪt(ə)l/	You'd assume a love of animals is vital for a vet.	12	