

B1+ Wordlist Unit 8

Navigate

Here is a list of useful or new words from Unit 8 of Navigate B1+ Coursebook. You can insert your own translation.
Words marked with a key (O) all appear in the *Oxford 3000*.

adj = adjective
adv = adverb

conj = conjunction
n = noun

phr v = phrasal verb
pl = plural

phr = phrase
prep = preposition

pron = pronoun
v = verb

active O	<i>adj</i> /'æktɪv/	_____	If people are active in work and free time, they'll probably be healthier.
adapt O	<i>v</i> /ə'dæpt/	_____	Some people have no problems adapting to different cultures.
afraid O	<i>adj</i> /ə'freɪd/	_____	It's about learning to make the right choices, even if we are afraid.
appreciate O	<i>v</i> /ə'pri:ʃiət/	_____	In the end, I came to appreciate Iceland's differences.
appropriate O	<i>adj</i> /ə'prəʊpriət/	_____	Make sure you are wearing the appropriate clothes for the meeting.
audience O	<i>n</i> /'ɔ:diəns/	_____	She made appropriate eye-contact with the audience.
balanced	<i>adj</i> /'bælənst/	_____	Danish people tend to eat a balanced diet and get plenty of physical exercise.
be capable of	<i>phr</i> /bi 'keɪpəbl əv/	_____	Researchers believe we are all capable of becoming heroes.
brave O	<i>adj</i> /breɪv/	_____	Do you think Clark was crazy or unusually brave?
bring up	<i>phr v</i> /'brɪŋ ʌp/	_____	I must say they've definitely got some things right when it comes to bringing up children.
bully	<i>n</i> /'bʊli/	_____	If I were stronger, I would stop that bully!
burning	<i>adj</i> /'bɜ:niŋ/	_____	A firefighter risks his/her life every day to save people from burning buildings.
casual	<i>adj</i> /'kæʒuəl/	_____	I had to replace my very casual clothes with some smarter ones.
childcare	<i>n</i> /'tʃaɪldkeə(r)/	_____	Denmark is a very family-friendly country, with free or very cheap childcare provided by the government.
cost of living	<i>n</i> /,kɒst əv 'lɪvɪŋ/	_____	The cost of living was another thing I quickly noticed.
cosy	<i>adj</i> /'kəʊzi/	_____	The winter may be cold and dark, but there is a special term 'hygge', to describe a kind of cosy meeting with friends and family.
craft O	<i>n</i> /kra:ft/	_____	I suppose it's one of their traditional crafts.
cultural O	<i>adj</i> /'kʌltʃərəl/	_____	Danes spend a lot of their leisure time socializing and enjoying cultural activities.
culture shock	<i>n</i> /'kʌltʃə ʃɒk/	_____	Since I moved to Iceland ten years ago, I've been through several different stages of culture shock.
disadvantage O	<i>n</i> /,dɪsəd'vɑ:ntɪdʒ/	_____	List all of the advantages and disadvantages on a piece of paper.
disaster O	<i>n</i> /dɪ'zɑ:stə(r)/	_____	Having been lucky enough to survive a disaster yourself makes you three times more likely to be a hero and a volunteer.
dress code	<i>n</i> /'dres kəʊd/	_____	Make sure you find out what the dress code is for the party.
economy O	<i>n</i> /ɪ'kɒnəmi/	_____	What they do have is a strong economy.
educated	<i>adj</i> /'edʒukertɪd/	_____	The more educated you are, the more likely you are to be a hero.
embarrassed O	<i>adj</i> /ɪm'bærəst/	_____	Women can be a bit embarrassed about their heroic actions.
explode O	<i>v</i> /ɪk'spləʊd/	_____	He rushed over to help, even though the plane was on fire and might explode any minute.
extremely O	<i>adv</i> /ɪk'stri:mli/	_____	I was extremely embarrassed about it.
eye contact	<i>n</i> /'aɪ ,kɒntækt/	_____	I made eye-contact with them immediately.

factor O <i>n</i> /'fæktə(r)/	_____	The third and last factor that affects our decision-making is the amount of information we have.
fear O <i>n</i> /fiə(r)/	_____	He's someone who is ready to do things that are dangerous without showing any fear.
firefighter <i>n</i> /'faɪəfaɪtə(r)/	_____	If I were braver, I would be a firefighter.
first aid <i>n</i> /fɜːst 'eɪd/	_____	If someone had an accident, I could help him because I know first aid.
formal O <i>adj</i> /'fɔːml/	_____	In the UK, we rarely wear formal clothes when we aren't at work.
gender <i>n</i> /'dʒendə(r)/	_____	There's a difference with the genders when it comes to making decisions.
generous O <i>adj</i> /'dʒenərəs/	_____	Kind, generous people are more likely to be heroes.
genius <i>n</i> /'dʒiːniəs/	_____	Even a scientific genius like Charles Darwin is said to have used this method.
have no problems (-ing to) <i>phr</i> /hæv 'nəʊ ,prɒbləmz/	_____	Some people have no problems adapting to different cultures.
healthcare <i>n</i> /'helθkeə(r)/	_____	Many people in the United States don't have free healthcare.
hero O <i>n</i> /'hɪərəʊ/	_____	The more educated you are, the more likely you are to be a hero.
heroic <i>adj</i> /hə'riəʊɪk/	_____	One in five people has done something heroic.
heroically <i>adv</i> /hə'riəʊɪkli/	_____	Researchers at Berkeley University have spent the last five years studying what exactly makes people act heroically.
heroism <i>n</i> /'herəʊɪzəm/	_____	Men reported heroism more than women.
immediate O <i>adj</i> /ɪ'mɪdiət/	_____	Some Icelanders wear suits to meet their immediate family on important days of the year.
knitting O <i>n</i> /'nɪtɪŋ/	_____	They teach knitting in schools.
lottery <i>n</i> /'lɒtəri/	_____	If we won the lottery, we would give some money to charity.
method O <i>n</i> /'meθəd/	_____	One common method is to make two lists on a piece of paper.
misbehave <i>v</i> /,mɪsbɪ'heɪv/	_____	Parents can be very embarrassed if their children misbehave in public.
misjudge <i>v</i> /mɪs'dʒʌdʒ/	_____	Once I completely misjudged the dress code when I was invited to a family meal.
misunderstand <i>v</i> /,mɪsʌndə'stænd/	_____	If you move to a very different culture, people may easily misunderstand your behaviour.
neighbour O <i>n</i> /'neɪbə(r)/	_____	Danes use their extra leisure time to do voluntary work, helping their neighbours.
overspend <i>v</i> /əʊvə'spend/	_____	I must be careful I don't overspend this month.
physical activity <i>n</i> /fɪzɪkl æk'tɪvəti/	_____	You'll be healthier if you have plenty of physical activity.
poverty <i>n</i> /'pɒvəti/	_____	Denmark doesn't have much poverty.
pram <i>n</i> /præm/	_____	Look outside any café and you're likely to see lots of babies sleeping outside in prams.
public transport system <i>n</i> /pʌblɪk 'trænsپɔːt sistəm/	_____	If there was a cheap and reliable public transport system, people would use their cars less.
rarely O <i>adv</i> /'reəli/	_____	Where I come from, we rarely do that.
reappear <i>v</i> /,riːə'piə(r)/	_____	The stars stop coming out at night and don't reappear until August.
reasonable O <i>adj</i> /'riːznəbl/	_____	People tend to have more job satisfaction if they work reasonable hours.

redecorate <i>v</i> /ri:'dekəreit/	_____	When we moved into the new apartment, we completely redecorated it.
renewable <i>adj</i> /ri'nju:əbl/	_____	Renewable energy comes from sources that will always exist.
reschedule <i>v</i> /,ri:'fedju:l/	_____	The flight has to be rescheduled due to the bad weather.
rescue O <i>v</i> /'reskju:/	_____	He rushed over there immediately and started to rescue people.
risk O <i>v</i> /risk/	_____	If you saw a crash, would you risk your life to help?
risky <i>adj</i> /'riski/	_____	I wouldn't do a job if it was risky or dangerous.
selfish <i>adj</i> /'selfɪʃ/	_____	They have created an online course to train people to become less selfish and more heroic.
sensible O <i>adj</i> /'sensəbl/	_____	She's a very sensible person.
society O <i>n</i> /sə'saɪəti/	_____	Denmark is also a very equal society.
spectacularly <i>adv</i> /spek'tækjələli/	_____	I must say, it did look spectacularly beautiful.
stay up <i>phr v</i> /steɪ 'ʌp/	_____	It was really exciting to stay up with my friends, having meals outside in the middle of the night.
suffer O <i>v</i> /'sʌfə(r)/	_____	Some people who move to another country suffer from culture shock.
superstar <i>n</i> /'su:pəstɑ:(r)/	_____	Sometimes a superstar makes a smaller country more famous.
undercook <i>v</i> /,ʌndə'kʊk/	_____	I sent the steak back because it was undercooked – in fact, it was almost raw.
underdressed <i>adj</i> /,ʌndə'drest/	_____	I felt extremely underdressed!
volunteer <i>v</i> /vɒlən'tiə(r)/	_____	One third of the heroes in the study had also volunteered up to 59 hours a week.
volunteer <i>n</i> /vɒlən'tiə(r)/	_____	Having been lucky enough to survive a disaster yourself makes you three times more likely to be a hero and a volunteer.