

C1 Wordlist Unit 1

Here is a list of useful or new words from Unit 1 of Navigate C1 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

conventional O <i>adj</i> /kən'venʃənl/	_____	Conventional exercise routines, such as jogging and cycling, are still very popular.
devise <i>v</i> /dɪ'vaɪz/	_____	Psychologist Kurt Lewin devised a three-step model for the effective management of change.
dispute O <i>v</i> /dɪ'spju:t/	_____	Some recent research would appear to dispute these claims.
eligible <i>adj</i> /'elɪdʒəbl/	_____	At what age are you eligible to vote in your country?
expertise O <i>n</i> /,ekspɜ:'ti:z/	_____	Anyone who wants to implement change must first ensure that their knowledge and expertise is recognized.
expressway <i>n</i> /ɪk'spresweɪ/	_____	They always seem to be building a new expressway or widening an existing one.
facilitate <i>v</i> /fə'sɪlɪteɪt/	_____	In Germany, change can be facilitated by formal written communication.
fad <i>n</i> /fæd/	_____	The new fad is for High-Intensity Interval Training.
fairy-tale <i>adj</i> /'feəri ,teɪl/	_____	A solitary green ogre finds his life is interrupted by various fairy-tale characters.
feisty <i>adj</i> /'faɪsti/	_____	The feisty heroine is a schoolgirl who becomes a zombie.
formal O <i>adj</i> /'fɔ:məl/	_____	Everyone is dressed in formal clothes, and you're in jeans and a T-shirt.
formally O <i>adv</i> /'fɔ:məli/	_____	Communication of change should also be done formally, through written documents.
fuss <i>n</i> /fʌs/	_____	I never make a fuss in restaurants, even if they bring me the wrong food.
heroine <i>n</i> /'herəʊɪn/	_____	The heroine is an ordinary school teacher who has special powers.
implement O <i>v</i> /'ɪmplɪmənt/	_____	Those wishing to implement change in Anglo-Saxon countries need to highlight benefits to the team.
impose (on) O <i>v</i> /ɪm'pəʊz ,ɒn/	_____	It's best to agree change with your team, rather than impose it on them.
in the region of O <i>phr</i> /ɪn ðə 'ri:dzən ɒv/	_____	They're planning to build somewhere in the region of seven more metro lines.
infinitely <i>adv</i> /'ɪnfɪnətli/	_____	We now expect everything to be available infinitely more quickly than in the past.
intense O <i>adj</i> /ɪn'tens/	_____	It's thought that intense physical activity is better for you than gentler exercise.
intensity O <i>n</i> /ɪn'tensəti/	_____	Low-intensity exercise is less effective at burning fat than high-intensity exercise.
level (off) <i>v</i> /,levl 'ɒf/	_____	The unemployment rate has levelled off over the last couple of years.
maintain O <i>v</i> /meɪn'teɪn/	_____	They also maintain that it makes you burn more calories during the day.
make your day <i>phr</i> /,meɪk jɔ:(r) 'deɪ/	_____	It made my day when my colleague complimented me on my presentation.
metabolism <i>n</i> /mə'tæbəlɪzəm/	_____	They maintain that it speeds up metabolism.
metamorphosis <i>n</i> /,metə'mɔ:fəʊsɪs/	_____	There are various reasons why the idea of metamorphosis is so important in art and culture.

C1 Wordlist Unit 1

migration <i>n</i> /maɪ'greɪʃn/	_____	Bamako, the capital of Mali, has grown due to rural migration.
model O <i>n</i> /'mɒdl/	_____	The Scandinavian model is often thought of as the best example of education and public services.
moderate <i>adj</i> /'mɒdərət/	_____	The results suggest that moderate exercise may improve memory.
moody <i>adj</i> /'mu:di/	_____	If we bring a moody attitude, we'll probably have a depressing day.
motivation O <i>n</i> /,məʊtɪ'veɪʃn/	_____	She was able to make a significant change to the motivation of her team.
mutation O <i>n</i> /mju:'teɪʃn/	_____	Mutation – such as frogs becoming princes – is a common theme in children's stories.
nerdy <i>adj</i> /'nɜ:di/	_____	The hero is a nerdy office worker who turns into a spider at the first sign of danger.
nostalgia <i>n</i> /nɒ'stældʒə/	_____	Change in modern life is being accompanied more and more by a sense of nostalgia.
nutritious <i>adj</i> /nju'trɪʃəs/	_____	Fast food can be every bit as nutritious as other food.
obesity <i>n</i> /əʊ'bi:səti/	_____	Obesity is a growing problem in most western societies.
on the increase <i>phr</i> /,ɒn ðə 'ɪnkri:s/	_____	Tourism is on the increase in Beihai in the Guangxi region of China.
overtake <i>v</i> /,əʊvə'teɪk/	_____	Ghaziabad in India could overtake Surat in terms of growth rate in the next ten years.
overview <i>n</i> /'əʊvəvju:/	_____	In some countries, people believe that the person at the top of the company has a good overview.
overwhelm <i>v</i> /,əʊvə'welɪm/	_____	Many film-makers have seen our worries about rapid changes overwhelming us.
pick up on <i>phr v</i> /,pɪk 'ʌp ɒn/	_____	If a team picks up on their manager's anxiety, it may become nervous in turn.
pleasurable <i>adj</i> /'plezərəbl/	_____	A long, pleasurable walk in the country may not be as beneficial as we once thought.
plummet <i>v</i> /'plʌmɪt/	_____	The number of new houses built in the city has plummeted in recent years.
prestigious <i>adj</i> /pre'stɪdʒəs/	_____	Many prestigious works of art have concerned heroes who changed into somebody else.
protagonist <i>n</i> /prə'tæɡənɪst/	_____	The protagonist is a young boy who is brought up by his elder sister and her husband.
rate O <i>n</i> /reɪt/	_____	Big cities like Delhi and Mumbai are growing at a much slower rate.
resist O <i>v</i> /rɪ'zɪst/	_____	If change isn't handled well, people will always resist it.
resistant <i>adj</i> /rɪ'zɪstənt/	_____	If managers fail to take these factors into account, they may find workers are highly resistant to change.
revolutionize <i>v</i> /,revə'lʊ:ʃənaɪz/	_____	The workers revolutionized their business through four simple principles.
scenario <i>n</i> /sə'nɑ:riəʊ/	_____	Many film-makers create scenarios which reflect changes in our society.
short and sharp <i>phr</i> /,ʃɔ:t ænd 'ʃɑ:p/	_____	Get on that rowing machine and keep it short and sharp!
skinny <i>adj</i> /'skɪni/	_____	He was really skinny after a month of trekking in the jungle.
soar <i>v</i> /sɔ:(r)/	_____	Unemployment in the city soared after the car factory was closed.
stabilize <i>v</i> /'steɪbəlaɪz/	_____	Global population growth is showing no signs of stabilizing.
symptomatic <i>adj</i> /,sɪmptə'mætɪk/	_____	It could be claimed that these tales are symptomatic of our age.

C1 Wordlist Unit 1

threaten ○ <i>v</i> /'θreɪn/	_____	Many people feel threatened by change.
time and again <i>phr</i> /,taɪm ænd ə'geɪn/	_____	I have to tell myself time and again not to forget my work pass.
time flies <i>phr</i> /,taɪm 'flaɪz/	_____	They say that time flies when you're having fun.
time management <i>n</i> /,taɪm 'mæɪnɪdʒmənt/	_____	Effective time management is the key to a stress-free life.
time really drags <i>phr</i> /taɪm 'ri:əli drægz/	_____	Time really drags when you're bored at work.
transformation ○ <i>n</i> /,trænsfə'meɪʃn/	_____	One of the most famous transformation stories, <i>Dr Jekyll and Mr Hyde</i> , was published in 1886.
treble <i>v</i> /'trebl/	_____	The number of students at our school trebled after two local schools were closed down.
uncontrollably <i>adv</i> /,ʌnkən'trəʊləbli/	_____	Two old people were laughing uncontrollably.
up to speed <i>adj</i> /,ʌp tə 'spi:d/	_____	Are you up to speed with all the latest developments in new technology?
versus <i>adv</i> /'vɜ:ʒəs/	_____	The importance of the individual versus the group varies in different cultures.
waterfront <i>n</i> /'wɔ:təfrʌnt/	_____	I absolutely love what's happened in the waterfront area.
witch <i>n</i> /wɪtʃ/	_____	This story involves a princess transforming into a witch.
with hindsight <i>phr</i> /wɪð 'haɪndsaɪt/	_____	With hindsight, I shouldn't have trusted him.
zombie <i>n</i> /'zɒmbi/	_____	Zombie films are classic examples of transformation stories.