

B2 First Student's Book – Unit 1 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Lifestyle						
active lifestyle	noun		/ˈæktɪv ˈlaɪfˌstaɪl/	estilo de vida activo	the type of life that involves doing a lot of different activities, often sport	Carly has a very active lifestyle . She plays tennis three times a week and has many hobbies.
alternative lifestyle	noun		/ɔːlˈtɜː(r)nəʃɪv ˈlaɪfˌstaɪl/	estilo de vida alternativo	the type of life that is not traditional or the same as most people	My friends think I lead an alternative lifestyle because I live differently to most people. I don't eat meat, and I live on a farm with no electricity.
American way of life	phrase		/əˈmɛrɪkən weɪ ɒv laɪf/	maneira americana de vivir	how the people of the United States typically live, focusing on the principles of life, liberty and the pursuit of happiness	Sven lives the American way of life . He has worked hard to achieve happiness and success.
busy lifestyle	noun		/ˈbɪzi ˈlaɪfˌstaɪl/	estilo de vida atarefado	the type of life that involves having a lot of things to do	Edgar has a busy lifestyle , so he's always rushing from classes to meetings.
change your lifestyle	verb phrase		/tʃeɪndʒ jɔː(r) ˈlaɪfˌstaɪl/	cambia o teu estilo de vida	to start doing things differently in the way you live your life	You need to change your lifestyle if you are not happy or do not feel healthy. I want to try a more active lifestyle.
chaotic lifestyle	noun		/keɪˈɒtɪk ˈlaɪfˌstaɪl/	estilo de vida caótico	the type of life that seems to have no order or is confusing	Kaitlyn never plans her day so she has to do several things at once. She leads a chaotic lifestyle .
comfortable lifestyle	noun		/ˈkɒmfətəb(ə)l ˈlaɪfˌstaɪl/	estilo de vida cómodo	the type of life that is pleasant and does not cause you any problems	Mateo has a comfortable lifestyle . He is not rich, but he has enough money to afford an enjoyable life.
healthy lifestyle	noun		/ˈhelθi ˈlaɪfˌstaɪl/	estilo de vida sano	the type of life that helps you stay physically strong and not ill	I try to live a healthy lifestyle by getting enough exercise and eating sensibly.
lead an active social life	verb phrase		/liːd æn ˈæktɪv ˈsəʊʃ(ə)l laɪf/	levar unha vida social activa	to live your life by spending time enjoying yourself with your friends often	Tracy leads an active social life . She enjoys spending time with her family during the week and her friends at weekends.
luxurious lifestyle	noun		/lʌɡˈzɪʊəriəs ˈlaɪfˌstaɪl/	estilo de vida luxoso	the type of life that is very expensive and comfortable	Celebrities have luxurious lifestyles and live in very expensive homes.
modern way of life	phrase		/ˈmɒdə(r)n weɪ ɒv laɪf/	maneira moderna de vivir	the type of life using the most recent methods, ideas, designs, or equipment	John has a very modern way of life . He has all the latest machines, like a robot vacuum cleaner.
outdoor lifestyle	noun		/ˌaʊtˈdɔː(r) ˈlaɪfˌstaɪl/	estilo de vida ao aire libre	the type of life that includes activities done outside	Johanna likes to lead an outdoor lifestyle whenever she can. She enjoys camping and hiking in the mountains.
private life	noun		/ˈpraɪvət laɪf/	vida privada	the type of life not connected with someone's work or public position	What Sonja does outside of work and school has nothing to do with us. Her private life is her business.

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relaxed lifestyle	noun		/rɪ 'lækst 'laɪf,staɪl/	estilo de vida relaxado	the type of life that is calm, informal, and comfortable	Kevin is a very calm person, and his home has an informal, comfortable atmosphere. He lives a relaxed lifestyle .
sedentary lifestyle	noun		/'sed(ə)nt(ə)ri 'laɪf,staɪl/	estilo de vida sedentario	the type of life that involves a lot of sitting and not much exercise	Bonita spends most of her time in front of the computer or the television. She doesn't do much exercise. She has a sedentary lifestyle .
simple lifestyle	noun		/'sɪmp(ə)l 'laɪf,staɪl/	estilo de vida sinxelo	the type of life that does not include a lot of possessions and the worries of modern life	Luis leads a simple lifestyle and does not worry much. He does not own a television or many possessions.
stressful lifestyle	noun		/'stresf(ə)l 'laɪf,staɪl/	estilo de vida estresante	the type of life that involves a lot of pressure or worry	I have a very stressful lifestyle . My new job is demanding, and I worry a lot.
traditional way of life	phrase		/trə'dɪʃ(ə)nəl weɪ ɒv laɪf/	estilo de vida tradicional	the type of life based on very old customs, beliefs, or stories	Themba does not follow his parents' traditional way of life , especially collecting water from a well. He prefers a modern way of life.
way of life	phrase		/weɪ ɒv laɪf/	maneira de vivir	the typical way in which a person or group lives	I lead a rural way of life on the farm.
Phrasal verbs						
carry on	verb phrase		/'kæri ɒn/	continuar a facer	to continue doing something	Jamie has swimming practice every afternoon, but he's not sure he can carry on because he is falling behind on his schoolwork.
carry out	verb phrase		/'kæri aʊt/	levar a cabo	to do a particular piece of work	Frederick will carry out the building work at the local gym.
catch up on	verb phrase		/kætʃ ʌp ɒn/	poñerse ao día	to do something that should have been done before	I need to catch up on my homework because already four assignments are late!
come across	verb phrase		/kʌm ə'krɒs/	toparse con	to meet someone, or to find something by chance	If you visit the library, I'm sure you will come across Sabine.
grow up	verb phrase		/grəʊ ʌp/	crecer, medrar	to change from being a baby or young child to being an older child or adult	My baby brother says, 'When I grow up , I'm going to be an astronaut'.
make up my mind	verb phrase		/meɪk ʌp maɪ maɪnd/	tomar unha decisión	to make a decision	Today I will make up my mind about where I want to go on holiday: France or Costa Rica.
put (someone) off	verb phrase		/pʊt ɒf/	desanimar	to make someone not want to do something	All this rain really puts me off going out after work.
set off	verb phrase		/set ɒf/	pór en marcha	to start a journey, or to start going in a particular direction	We set off hiking early this morning to make sure we saw the sun rise from the top of the mountain.

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settle down	verb phrase		/ˈset(ə)l daʊn/	establecerse	to begin to live a quieter life by getting married or staying permanently in a place	After several years of travelling, Tamryn decided to settle down in London and started a permanent job at a travel agency.
turn up	verb phrase		/tɜː(r)n ʌp/	aparecer	to come somewhere, especially unexpectedly or without making a firm arrangement	It's so annoying when people turn up to a party uninvited.
Clothes						
baggy	adjective		/ˈbægi/	frouxo	baggy clothes are very loose on your body	Adriana was wearing red baggy trousers, which looked very comfortable.
brand new	adjective	*	/brænd njuː/	do trínque	extremely new	I decided not to wear my brand new jeans to the farm in case they got dirty.
casual	adjective	*	/ˈkɜːz(ə)l/	informal	relaxed and informal, comfortable to wear	Sarah said that the dress code for her party is casual , so I won't have to wear a tie. I think I'll wear jeans and a comfortable shirt.
colourful	adjective	*	/ˈkʌlə(r)f(ə)l/	colorido	something that is colourful has bright colours or a lot of different colours	My favourite dress is my most colourful item of clothing. It has all the colours of the rainbow.
formal	adjective	***	/ˈfɔː(r)m(ə)l/	formal	formal clothes are the special clothes that people wear at formal occasions; traditionally a black jacket and trousers for men and a long dress for women	I need to find some formal clothes for my sister's wedding on Saturday.
plain	adjective	**	/pleɪn/	sínxelo	simple in design, with no decoration	The band members wanted to look the same, so they all wore plain white T-shirts.
scruffy	adjective		/ˈskrʌfi/	desaliñado	untidy or dirty	Sebastian always looks so scruffy with his shirt untucked and his laces untied.
second-hand	adjective	*	/ˈsekənd/-/hænd/	segunda man	owned or used by someone else before you	Eva loves buying second-hand clothes because they are much cheaper and some still look brand-new.
smart	adjective	**	/smaː(r)t/	elegante	clean and neat in appearance and dressed in nice fashionable clothes, especially in a slightly formal way	Mike had to look smart for his job interview so he bought a new shirt and tie.
tight-fitting	adjective		/taɪt/-/ˈfɪtɪŋ/	axustado	fitting very tightly	Anna's tight-fitting trousers made it difficult for her to sit down comfortably.
trendy	adjective		/ˈtrendi/	á moda	extremely fashionable, but often silly or annoying	My cousin is so trendy . He always has the latest clothes and the coolest sunglasses.
unfashionable	adjective		/ʌnˈfæʃ(ə)nəb(ə)l/	anticuado	describing clothes that are not popular with most people at a particular time	People call Amalia unfashionable because she wears clothes that were popular years ago.

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Get						
get (something)	verb	***	/get/	obter	to obtain, receive, or be given something	We get most of our groceries from the shop on the corner.
get angry	verb phrase		/get 'æŋɡrɪ/	enfadarse	to become very annoyed	I get angry when I see people harming animals.
get by	verb phrase		/get baɪ/	ir tirando	to have just enough of something such as money or knowledge so that you can do what you need to do	I have to buy my own clothes. I get by on the money I earn from my after-school job.
get in touch with	verb phrase		/get ɪn tʌtʃ wɪð/	contactar con	to see, speak to, or write to someone	How can I get in touch with my friends from the last school I attended?
get information	verb phrase		/get ɪnfə(r)'meɪʃ(ə)n/	obter información	to obtain, receive, or be given knowledge or facts about someone or something	If I can't find the answer in my textbook, I get information online.
get into trouble	verb phrase		/get ɪntu: 'trʌb(ə)/	meter en problemas	to become involved in a bad situation	I get into trouble with my teacher when I forget my homework.
get (something) out	verb phrase		/get aʊt/	sacar	to remove something that is inside or mixed with something else	If you get the flour out of the cupboard, we can start making the cake.
get over (anger)	verb phrase		/get 'əʊvə(r)/	recuperarse	to start to feel happy or well again (after something/someone has annoyed you)	Kayla lied to me, but maybe soon I will get over my anger and we can be friends again.
get over (something)	verb phrase		/get 'əʊvə(r)/	sobrepoñer	to start to feel happy or well again after something bad has happened to you	It can take weeks to get over an illness like that.
get paid	verb phrase		/get peɪd/	recibir un pagamento	to receive pay for work that you do	I can't wait until I get paid so that I can buy the latest game console.
get ready	verb phrase		/get 'redi/	preparar	to prepare yourself or someone else to do something	I put out my clothes the night before so that when I get ready in the morning, I still have time to eat breakfast.
get ready for (school/work)	verb phrase		/get 'redi fɔ: (r)/	prepararse	to prepare yourself or someone else for something	To get ready for school tomorrow, I must make sure that I do my homework and pack my gym clothes.
get rid of	verb phrase		/get rɪd əv/	desfacer de	to throw away, give away, or sell a possession that you no longer want or need	We're moving, so we have to get rid of a lot of our furniture.
get stuck	verb phrase		/get stʌk/	atascarse	to be caught or held in a position so that you cannot move	I'm afraid that if I try to climb through the window I will get stuck .
get suspicious	verb phrase		/get sə'spɪʃəs/	desconfiar	to become (doubtful of someone or something)	I get suspicious when an opportunity seems too good to be true.

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get the chance to	verb phrase		/get ði: tʃɑ:ns tu: /	ter a oportunidade	to receive an opportunity for you to do something, especially something that you want to do	I would love to get the chance to bungee jump one day.
get to	verb phrase		/get tu: /	ter a oportunidade	to have the opportunity to do something	You are so lucky that you get to work with the horses at the stable.
get to (school/work)	verb phrase		/get tu: /	ir a	to move to or from a position or place	Most days, I get to school by bus.

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Music						
bass guitarist	noun		/ˌbeɪs ɡɪˈtɑː(r)ɪst/	baixista	a person who plays an electric guitar, usually with four strings, that produces very low notes	Paul McCartney was the bass guitarist for the Beatles.
create a playlist	verb phrase		/kriˈeɪt eɪ ˈpleɪˌlɪst/	crear unha lista de reprodución	to list and order a set of pieces of music, usually stored on a computer	Let's create a playlist of all our favourite love songs.
delete a playlist	verb phrase		/dɪˈliːt eɪ ˈpleɪˌlɪst/	eliminar unha lista de reprodución	to remove a list of pieces of music usually stored on a computer	Ted deleted a playlist from my computer because he thought the songs I chose were boring.
download a song	verb phrase		/ˌdaʊnˈləʊd eɪ sɒŋ/	descargar unha canción	to move information (such as a song) to your computer from another computer system or the internet	Please download a song for me when you next log in to iTunes.
guitarist	noun		/ɡɪˈtɑː(r)ɪst/	guitarrista	a person who plays the guitar	If I were in a band, I would be the guitarist .
in concert	phrase		/ɪn ˈkɒnsə(r)t/	en concerto	to perform music or songs in a concert	I can't wait to see Taylor Swift in concert next week!
in the charts	phrase		/ɪn ðɪ ˈtʃɑː(r)tɪs/	nas listas (de éxitos)	in the list showing the CDs/albums/songs that people have bought the most copies of in the previous week	Their new single is likely to be in the charts again this week.
in tune	phrase		/ɪn ˈtjuːn/	afinado	producing the right note when you sing or play music	I find it difficult to sing in tune to the songs on the radio.
instrument	noun	***	/ˈɪnstɹəmənt/	instrumento	a musical instrument, for example a piano or a guitar	Do you play an instrument ? Yes, I play the flute.
lead guitarist	noun		/ˌliːd ɡɪˈtɑː(r)ɪst/	guitarra solista	a person who plays the guitar that is the most important instrument in a band and plays the main tune	The spotlight shone on the lead guitarist as he played his solo.
live	adjective		/lɪv/	en vivo ou en directo	something that is happening at the moment, not recorded	Carrie saw Pink live at the Bridgestone Arena last year.
live album	noun		/lɪv ˈælbəm/	álbum en vivo	a collection of several songs or pieces of music recorded during a live show instead of in a recording studio	The best-selling live album in history was by Garth Brooks.
live music venue	noun		/lɪv ˈmiːʒuːzɪk ˈvenjuː/	sala de concertos	the place where a live music event happens	My favourite live music venue in Cape Town is Café Roux.
live performance	noun		/lɪv pə(r)ˈfɔː(r)məns/	actuación en vivo	a concert performed in person in front of an audience	Singers always sound different in a live performance .
mime a song	verb phrase		/maɪm eɪ sɒŋ/	facer playback	to pretend to sing while a piece of recorded music is being played	Josh can't sing in tune, so he can mime a song in the show.

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on stage	phrase		/ɒn steɪdʒ/	no escenario	to be in the part of a theatre where actors or musicians perform	I was nervous but also excited to be on stage in front of such a large audience.
on the radio	phrase		/ɒn ðiˈreɪdiəʊ/	na radio	a system of broadcasting information and programmes that people can listen to	Rihanna's new single is going to be on the radio at 4 pm.
on tour	phrase		/ɒn tuə(r)	de xira	a journey in which a person or group visits several different places in order to play or perform	The group is currently on tour in the UK.
percussion instrument	noun		/pə(r)ˈkʌl(ə)n 'instrument/	instrumento de percusión	musical instruments such as drums, cymbals, or rattles that you play by hitting or shaking them	I don't like percussion instruments because they are so loud!
perform a song	verb phrase		/pə(r)ˈfɔː(r)m eɪ sɒŋ/	interpretar unha canción	to sing a song in front of an audience in order to entertain them	Freddy is excited because he has been chosen to perform a song at assembly on Tuesday.
play	verb	***	/pleɪ/	tocar	to perform music, or to use an instrument to make music	She plays the violin in the London Philharmonic.
play a chord	verb phrase		/pleɪ eɪ kɔː(r)d/	tocar un acorde	to produce the sound of three or more musical notes played together	I will play a chord on my guitar. See if you can copy me.
play a track	verb phrase		/pleɪ eɪ træk/	reproducir unha pista	to present a song or piece of music that is recorded on a CD, tape, record, or computer	Play me a track from their latest album.
play a tune	verb phrase		/pleɪ eɪ tjʊːn/	tocar unha melodía	to use a musical instrument to perform a song or piece of music	Asif is so talented. He can play a tune on nearly any instrument.
playlist	noun		/'pleɪ,lɪst/	lista de reprodución	a set of pieces of music or videos chosen by someone and played or broadcast together	The radio station worked hard to create a playlist that would please all its listeners.
rock band	noun		/rɒk bænd/	banda de rock	a small group of musicians who play rock music	The rock band Foo Fighters holds the record for winning the most Grammy Awards for Best Rock Album.
rock music	noun		/rɒk 'mjuːzɪk/	música rock	a type of music that developed from rock 'n' roll and uses a heavy regular beat, electric guitars, singing, and a tune that is easy to remember	My mother hates rock music . She says it's too loud and aggressive.
rock musician	noun		/rɒk mjʊˈzɪʃ(ə)n/	músico de rock	someone who performs or writes rock music, especially as their job	Ange always thought she would be a rock musician one day, but she became a florist.
rock star	noun		/rɒk stɑː(r)/	estrela de rock	a famous and popular rock musician	Some people think that Jim Morrison is the greatest rock star of all time.
session guitarist	noun		/'seɪ(ə)n gɪˈtɑː(r)ɪst/	guitarrista contratado	a guitarist who is not a permanent member of the band but is hired to perform in live or recorded sessions	I'd rather be a session guitarist because then I could still lead a normal life while using my talent to earn a living.
shuffle a playlist	verb phrase		/'ʃʌf(ə) eɪ 'pleɪ,lɪst/	reproducción aleatoria	to change the usual order of the songs played according to a list	Press this button to shuffle a playlist when you get bored of hearing the songs in the same order.

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song	noun	***	/sɒŋ/	canción	a piece of music with words that you sing	She knew the words to every song that came on the radio.
stringed instrument	noun		/ˌstrɪŋd ˈɪnstɹəmənt/	instrumento de corda	one of a group of musical instruments that have strings, for example the guitar and the violin	One of the most difficult stringed instruments to play well is the violin.
wind instrument	noun		/ˈwɪnd ˈɪnstɹəmənt/	instrumento de vento	a musical instrument that you play by blowing through it, for example clarinets, saxophones, and flutes	I'd like to learn to play a wind instrument . Do you think the saxophone would be too difficult?
Sport						
backhand	noun		/ˈbæk ˌhænd/	revés	in tennis and similar sports, a movement made to hit the ball in which the back of your hand moves towards the ball	I play tennis well, but my backhand needs work.
beat	verb	***	/bi:t/	vencer	to defeat someone in a game, competition, election, or battle	England needed to beat Germany to get to the final.
club	noun	***	/klʌb/	pau de golf	an object used for hitting the ball in golf	Logan could not believe the price of the golf clubs at the sports shop.
corner	noun	***	/ˈkɔː(r)nə(r)/	esquina	in football, hockey etc, a kick or hit that one team is allowed to take from a corner of the field, near the goal where they are trying to score	England's first goal came from a corner .
course	noun	***	/kɔː(r)s/	campo	a large area of land designed for playing golf that usually has 18 different sections called holes	Golf can be excellent exercise because you can walk the whole course .
court	noun	***	/kɔː(r)t/	pista	an area marked with lines where some sports are played, such as tennis and squash	The hotel has two tennis courts .
do athletics	verb phrase		/duː æθˈletɪks/	facen atletismo	to participate in sports events in which people compete against each other in running races, jumping, and throwing things	At school, we had to do athletics every Friday. I competed in the 100 m but never won any races.
do gymnastics	verb phrase		/duː dʒɪmˈnæstɪks/	facen ximnasia rítmica	to participate in a sport involving difficult physical exercises designed to increase your strength and ability to bend and balance	Aria is very strong. She'd be good at doing gymnastics .
draw	verb	***	/dɹɔː/	empatar	to have the same score so neither team/player wins	They drew 1–1 with Manchester United last week.
fairway	noun		/ˈfeə(r)weɪ/	rúa	the long part of a golf course that you hit the ball along to get to the hole	On the fairway , the grass needs to be kept short.
field event	noun		/fiːld ɪˈvent/	probas de campo	a sports event that is not a race and that an athlete does alone, not as part of a team, for example the long jump and the javelin	Jason hopes to participate in a field event at the next Olympic Games. His best event is the shot put.

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foul	noun		/faʊl/	falta	a foul move or throw in a game is one that is not allowed by the rules	Tripping a player on the other team is a foul in football.
gear	noun	**	/ɡɪə(r)/	aparello	a machine or part of a machine that does a particular job	Change to an easier gear when you are cycling up hills.
go cycling	verb phrase		/ɡəʊ 'saɪk(ə)lɪŋ/	andar en bicicleta	to use a bicycle for exercise or as a leisure activity	Let's go cycling this afternoon to get some fresh air.
go skiing	verb phrase		/ɡəʊ 'skiːɪŋ/	ir esquiar	to participate in the sport or activity of moving over snow on skis	Seb says the best country to go skiing is Canada.
go swimming	verb phrase		/ɡəʊ 'swɪmɪŋ/	ir nadar	to swim for enjoyment or for exercise	I go swimming every evening at the gym.
goggles	noun		/'ɡɒɡ(ə)lz/	anteollos de natación	special glasses that protect your eyes when you are skiing	The sunlight reflects off the white ski slopes, so we need to wear goggles to protect our eyes.
green	noun		/ɡriːn/	green	a flat area covered with short, smooth grass around a hole on a golf course, also called a putting green	Spectators like to be near the green to see the golfers in action.
helmet	noun	*	/'helmt/	casco	a hard hat that you wear to protect your head	It's important to wear a helmet when cycling to protect your head in case of an accident.
hit	verb	***	/hɪt/	golpear	to move quickly onto an object or surface, touching it with force	Tennis is easy! Just hit the ball with your racket.
hole	noun	***	/həʊl/	buraco	in golf, a small space in the ground for hitting the ball into	Golfers need good aim and patience to putt the ball into the hole .
kick	verb	***	/kɪk/	xutar	to hit a ball with your foot in a game such as football	The children kicked the ball over the fence and broke the neighbour's window.
lane	noun	**	/leɪn/	pista	one of the parts that something such as a swimming pool or sports track is divided into, intended for one swimmer or one runner	Some athletes think that the fourth lane is the best because it has the gentlest curve.
lift	noun		/lɪft/	elevador	a machine that carries people to the top of a slope so they can ski down	If you don't want to climb to the top of the ski slope, you could always take the lift .
medal	noun	**	/'med(ə)l/	medalla	a small flat piece of metal that you are given for winning a competition	She won a silver medal for swimming at the Olympics.
meeting	noun	***	/'miːtɪŋ/	encontro deportivo	a sports event involving a lot of people, horses, or teams competing against each other	The first indoor athletics meeting was in London in the 1860s.
net	noun	***	/net/	rede	material made of string or rope woven into a loose pattern with spaces in it; in football, the large box made of net that is the goal; in basketball, the loose net hanging from the circular basket that you put the ball through; in tennis, the thing that players hit the ball over	I never manage to hit the ball over the net when I play tennis.

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nil-nil	noun		/nɪl nɪl/	empate a cero	the number 0 in the result of a game (in which both teams score zero)	Football matches between good clubs often end nil-nil .
pass	verb	***	/pɑːs/	pasar	to kick, hit, or throw the ball to another player in a sports team	Always pass the ball to a teammate if he/she has a better shot.
pedal	noun	*	/ˈped(ə)/	pedal	a part that you push with your foot in order to operate a bicycle, vehicle, or machine	Matt's mountain bike has clipless pedals so his feet are attached to the pedals .
peloton	noun		/ˈpələtɒn/	pelotón	in cycling and other sports, the main group of competitors	The race leader was five minutes ahead of the peloton .
pitch	noun	**	/pɪtʃ/	cancha, campo	a flat area of ground for playing particular sports on	Hundreds of fans invaded the pitch at the end of the football match.
play basketball	verb phrase		/pleɪ ˈbɑːskɪtˌbɔːl/	xogar ao baloncesto	to take part in a game played by two teams of five players who get points by throwing a ball through a net	I broke my finger while playing basketball in university.
play football	verb phrase		/pleɪ ˈfʊtˌbɔːl/	xogar ao fútbol	to take part in a game in which two teams of eleven players kick a round ball and try to score goals	Lionel Messi played football for FC Barcelona when he was just 13.
play golf	verb phrase		/pleɪ ɡɒlf/	xogar ao golf	to take part in a game in which you use golf clubs to hit a small white ball into a hole in the ground	I usually play a round of golf on Saturdays.
play tennis	verb phrase		/pleɪ ˈtenɪs/	xogar ao tenis	to take part in a game in which two or four people use rackets to hit a ball across a net, scoring a point when their opponent cannot hit the ball back.	Would you like to play tennis after school today?
play volleyball	verb phrase		/pleɪ ˈvɒliˌbɔːl/	xogar ao voleibol	to take part in a game in which two teams use only their hands and arms to hit a ball to each other over a high net, trying to prevent the ball from touching the ground on their side	Do you think we will be able to play volleyball at the beach?
racket	noun	*	/ˈrækt/	raqueta	an object used for hitting the ball in games such as tennis, with a long handle and a round part with strings	The strings on my tennis racket need to be tightened.
red card	noun		/red kɑː(r)d/	tarxeta vermella	a card shown to a football player for a serious offence against the rules, ordering them to leave the field: a player is shown a yellow card for a minor offence and if they are shown another yellow card for a second offence, they are then automatically shown a red card too	After hitting a player, Dominic got a red card and had to leave the pitch.

B2 First Student's Book – Unit 2 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
referee	noun	**	/ˌrɛfəˈriː/	árbitro	someone whose job is to make sure that players in a game obey the rules	The referee took out his yellow card when the player started arguing with him.
run	noun	***	/rʌn/	pista	a slope that you can slide down, usually on skis	I started on the beginners' run .
saddle	noun	*	/ˈsæd(ə)/	asento	the seat on a bicycle or motorcycle	The saddle on my bicycle is really uncomfortable.
service	noun	***	/ˈsɜː(r)vɪs/	saque	a hit of a ball that starts the play in a game such as tennis	On his first service , the ball hit the net.
slope	noun	**	/sləʊp/	pendente	a surface for people to ski on, usually at an angle	The steepness of the beginner slope is a maximum of 25%.
stick	noun	**	/stɪk/	bastón	a long thin piece of wood or metal used by skiers to maintain balance and increase momentum	I prefer shorter ski sticks because they help me balance better.
take part	verb phrase		/teɪk pɑː(r)t/	participar	to be involved in an activity with other people	In tennis doubles, two members of each team can take part .
take place	verb phrase		/teɪk pleɪs/	ter lugar	to happen	The Olympics take place every four years.
track	noun	***	/træk/	pista	a piece of ground used for racing	The runners walked onto the track and headed to their lanes on the starting line.
triple jump	noun		/ˈtrɪp(ə)l dʒʌmp/	tríplo salto	a sport in which you first jump forwards on one leg, jump again on the other leg, and jump a third time using both legs	People sometimes call the triple jump 'the hop, skip, and jump'.
win	verb	***	/wɪn/	gañar, vencer	to defeat everyone else by being the best or by finishing first in a competition	Every time we play basketball, our team wins .

B2 First Student's Book – Unit 3 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Technology						
abbreviation	noun	*	/əˈbrɪːviːʃ(ə)n/	abreviatura	a short form of a word or phrase	MIA is an abbreviation for 'Missing in Action'.
blog	noun		/blog/	blog	a web log: a website containing short articles called posts that are changed regularly; some blogs are written by one person about their own opinions, interests and experiences, while others are written by many different people; most blogs allow comments from readers	My blog is all about cooking and has a lot of posts about my own recipes.
chat	noun	**	/tʃæt/	chat	an exchange of messages with someone using a computer so that you are able to see each other's messages immediately, especially on the internet	Kahn likes to use the chat function to send me messages while we are gaming online.
device	noun	***	/diˈvaɪs/	aparelo	a machine or piece of equipment that does a particular thing	Which device do you use the most to communicate with your friends? I use my smartphone.
gaming	noun		/ˈɡeɪmɪŋ/	xogar videoxogos	the activity of playing computer games	Nintendo revolutionised handheld gaming with the very first Game Boy Classic back in 1989.
GIF	noun		/ɡɪf/	GIF	Graphic Interchange Format: a type of computer file that contains a still or a moving image; GIF is also used as part of a file name	She posted a GIF of Ryan Gosling wearing sunglasses.
headset	noun		/ˈhedˌset/	cascos	a piece of equipment that you wear over your ears with a part you can speak into, connected to a telephone, radio, or computer	I don't wear a headset when gaming because the other players just distract me with their chatter.
landline	noun		/ˈlæn(d)ˌlaɪn/	líña fixa de teléfono	a telephone that is not a mobile phone	I'll try to phone you again later when I get to a landline .
link	noun	***	/lɪŋk/	ligazón	a connection between one file or section and another, for example on a website	If you click on this link , it takes you to our flight schedule.
meme	noun		/miːm/	meme	a humorous image, video or piece of text that spreads very quickly on the internet, often being changed by different users	Memes of politicians are quite popular these days.
message	verb	***	/ˈmesɪdʒ/	mensaxe	to send someone a message, especially in an electronic form	Calvin messaged Seshni to check that she had arrived home safely.
post	noun	***	/pəʊst/	publicación	a piece of writing that is published on the internet	Thank you for this brilliant post on how to make balloon animals!
predictive text	noun		/prɪˈdɪktɪv tekt/	texto predictivo	software that suggests whole words on the basis of the first letters that are keyed in	Predictive text helps me type messages quicker.

B2 First Student's Book – Unit 3 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
smartphone	noun		/ˈsmɑː(r)tˌfəʊn/	teléfono intelixente	a mobile phone that works like a small computer, allowing you to access the internet, run software apps, read and send emails etc	I need a new smartphone , but I'm looking for one with a brilliant camera.
social media	noun	*	/ˌsəʊʃəl ˈmiːdiə/	rede social	platforms such as Facebook and Twitter that allow people to interact on the Web or using mobile phones: can be followed by a singular or plural verb	Social media is an easy and powerful way to connect with people online.
tablet	noun	**	/ˈtæbliət/	tableta	a mobile computing device, larger than a mobile phone, that can browse the internet, handle email, play music and video, and display e-books; the user controls it by touching the screen.	The study shows that news users are highly likely to read long articles on their tablets , not just get headlines.
text	noun	***	/tekst/	texto	a text message	Send me a text tomorrow if you want a lift to the shops.
thread	noun	**	/θred/	fío	a series of email messages or messages on a bulletin board about a particular subject	Go to the website and look for the thread on builders. People have posted their recommendations.
Expressions with as ... as						
Expresións con as... as						
as far as	phrase		/æz faː(r) æz/	ata o que sei	used for saying what you think is true when you think that there may be facts that you do not know, remember etc	No one has complained, as far as I know.
as long as	phrase		/æz lɒŋ æz/	sempre e cando	used before saying the conditions that will make something else happen or be true	My parents don't care what job I do as long as I'm happy.
as many as	phrase		/æz ˈmeni æz/	tantos como	used before a number for showing how large and surprising it is	As many as 500 000 people may have become infected with the virus.
as soon as	phrase		/æz suːn æz/	tan pronto como	immediately after something has happened	I'm ready to go out as soon as it stops raining.
as well as	phrase		/æz wel æz/	ademais de	in addition to something or someone else	I need to go to the bookshop as well as the bank.

B2 First Student's Book – Unit 4 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Films						
action film	noun		/ˈækʃ(ə)n fɪlm/	película de acción	a film with a fast-paced story, usually with scenes of violence	Stanley loves any action film with a good car chase.
cast	noun	*	/kɑːst/	elenco	all the performers in a film, play etc	The cast all acted well, but Will Smith was the best.
comedy	noun	**	/ˈkɒmədi/	comedia	a funny film, play or television programme	When I'm feeling sad, I like to watch a comedy to make me laugh.
critic	noun	***	/ˈkrɪtɪk/	crítico	someone whose job is to write or broadcast their opinions about things such as books, films, or plays	Michael is the newspaper's film critic .
criticism	noun	***	/ˈkrɪtɪˌsɪz(ə)m/	crítica	the activity of giving your professional opinion about things such as new books, plays, or films	The film <i>Jack and Jill</i> got some of the worst criticism ever when it was released in 2011.
fantasy	noun	**	/ˈfæntəsi/	fantasía	a story that shows a lot of imagination and is very different from real life	Keeva's favourite fantasy film is <i>The Lord of the Rings: The Return of the King</i> .
historical drama	noun		/hɪˈstɒrɪk(ə)l ˈdraːmə/	drama histórico	a historical novel, film etc is based on people or events that existed in the past	I enjoy historical dramas about queens and kings.
horror film	noun		/ˈhɒrə(r) fɪlm/	película de terror	a film that is intended to frighten people, especially one about murders, frightening creatures, or evil people	The horror film made us scream and cover our eyes in the first five minutes.
musical	noun		/ˈmjuːzɪk(ə)l/	musical	a play or film in which there are a lot of songs	I love to sing so if it's my turn to choose a film, I always choose a musical .
plot	noun	**	/plɒt/	trama	a series of related events that make up the main story in a book, film etc	The plot of the film was difficult to follow, so we left before the end.
review	noun	***	/rɪˈvjuː/	recensión	an article in which someone gives their opinion of a play, book, art exhibition etc	The review of the new Bond film is great.
role	noun	***	/rəʊl/	papel	the character played by a particular actor in a film, play etc	Brad Pitt won an Oscar for his role as Cliff Booth in <i>Once Upon a Time</i> .
romance	noun	*	/rəʊˈmæns/	de amor, romántico	a book or film about a romantic relationship	We watched the most wonderful film about a historical romance set in India.
scene	noun	***	/siːn/	escena	a part of a play, book, film etc in which events happen in the same place or period of time	The opening scene of <i>The Dark Knight</i> is the best part of the film.
science fiction film	noun		/ˈsaɪəns ˈfɪkʃ(ə)n fɪlm/	película de ciencia ficción	a film about imaginary future events and characters, often dealing with space travel and life on other planets	Aliens are the best part of any science fiction film .

B2 First Student's Book – Unit 4 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
sequel	noun		/ˈsiːkwəl/	secuela	a book, film, play etc that continues the story of an earlier one	Sometimes a sequel is better than the original film.
set	verb	***	/set/	ambientar	to write or produce a play, book, film etc that happens in a particular time or place	The film is set in 18th-century New England.
soundtrack	noun		/ˈsaʊn(d)ˌtræk/	banda sonora	the music that is played during a film or television programme, or a recording of this music	The soundtrack for the film <i>Jaws</i> is one of the most memorable.
star	noun	***	/stɑː(r)/	estrela	a famous and popular person, especially an actor, entertainer, or sports personality	Milo Ventimiglia is a Hollywood star .
terrible	adjective	***	/ˈterəb(ə)l/	terrible	very bad in quality or ability	Derek always chooses the most terrible films.
terrific	adjective	*	/təˈrɪfɪk/	magnífico	very good or interesting	I think <i>Titanic</i> was a terrific film because it made me laugh and cry in between all the action.
terrifying	adjective		/ˈterəˌfaɪɪŋ/	terrorífico	extremely frightening	Horror films are too terrifying for me – I always have nightmares after I watch them.
thriller	noun	*	/ˈθrɪlɪə(r)/	película de suspense	a book, play, or film that tells an exciting story, especially about something dangerous like a crime	When I watch thrillers at home, I sometimes get so scared that I check that all the doors are locked!
western	noun	***	/ˈwestə(r)n/	película do oeste	a film about the western United States in the 1800s, usually with cowboys	Bob always wanted to be a cowboy, so it's no surprise that his favourite films are westerns .
Take						
Expresións con take						
take up	verb phrase		/teɪk ʌp/	coller o hábito	to start doing something regularly as a habit, job, or interest	Chris wants to take up jogging.
take after	verb phrase		/teɪk ˈɑːftə(r)/	saír a	to look or behave like an older relative	She takes after her father in looks.
take aside	verb phrase		/teɪk əˈsaɪd/	levar á parte	to take someone away from someone else they are with so that you can speak to them in a place where other people cannot watch or listen	I saw the manager take him aside .
take in	verb phrase		/teɪk ɪn/	dar por certo	to accept something as real or true	I'm not sure Ryan will ever take in the hurt he's caused.
take off	verb phrase		/teɪk ɒf/	saltar á fama	to become successful or popular very fast	Her jewellery business is about to take off .
take on	verb phrase		/teɪk ɒn/	dar traballo	to start to employ someone	We will take on new staff at the beginning of next month.
take over	verb phrase		/teɪk ˈəʊvə(r)/	facerse cargo	to begin to do something that someone else was doing	Can you take over the cooking while I walk the dog?
take to	verb phrase		/teɪk tuː/	coller o gusto a	to begin to like someone or something	John seemed to take to his new job immediately.

B2 First Student's Book – Unit 5 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
The world of work						
abandon (someone's) career	verb phrase		/ə'bəndən kə'riə(r)/	O mundo do traballo abandonar a carreira	to stop a job that you are doing or planning to do	George almost persuaded me to abandon my career and join him in his new business.
artistic skills	noun		/ɑː(r)'trɪstɪk skɪlz/	habilidades artísticas	the ability to do something well relating to any form of art, including painting, music, literature, acting, and dancing (usually through experience and training)	Artistic skills are important if you want to become a graphic designer.
challenging	adjective		/'tʃælɪndʒɪŋ/	esixente	difficult to deal with or achieve, but interesting and enjoyable	Siobhan has a challenging but rewarding job.
change career	verb phrase		/tʃeɪndʒ kə'riə(r)/	cambiar de traballo	to stop doing a job in one field and start doing a different job in another field	I'm thinking of changing my career from office management to psychology.
cheerful	adjective	*	/'tʃiə(r)f(ə)l/	alegre	behaving in a happy friendly way	Paula was so cheerful this morning.
computer skills	noun		/kəm'piju:tə(r) skɪlz/	habilidades informáticas	the ability to use computers, systems, and software	The job requires basic computer skills .
confident	adjective	**	/'kɒnfɪd(ə)nt/	seguro de si	someone who is confident believes in their own abilities and so does not feel nervous or frightened	John was very confident when he walked into the interview.
creative	adjective	**	/kri'eɪtɪv/	creativo	someone who is creative has a lot of imagination and new ideas	He is a creative genius and always comes up with the best solutions.
dedicate your career to	verb phrase		/'dedɪkeɪt ɔː(r) kə'riə(r) tuː/	dedicar a carreira a	to spend time and effort in your job working towards something	Do you want to dedicate your career to serving the public?
devote your career to	verb phrase		/dɪ'vəʊt ɔː(r) kə'riə(r) tuː/	consagrar o traballo a	to spend a lot of time or effort in your job doing something	As a doctor, you devote your career to caring for your patients.
earn a good living	verb phrase		/ɜː(r)n eɪ gʊd 'lɪvɪŋ/	gañar dabondo	to earn enough money to pay for everything you need	Everyone should have the means to earn a good living .
earn a high salary	verb phrase		/ɜː(r)n eɪ haɪ 'sæləri/	percibir un bo salario	a large, fixed amount of money that you earn each month or year from your job	Stockbrokers earn a high salary .
earn a weekly wage	verb phrase		/ɜː(r)n eɪ 'wiːkli weɪdʒ/	percibir unha paga semanal	an amount of money that you earn for working, according to how many hours or days you work each week	My younger brother earns a weekly wage delivering newspapers before school.
earn good money	verb phrase		/ɜː(r)n gʊd 'mʌni/	gañar moito diñeiro	to earn a lot for something	I earned good money at my last job.
fit	adjective	***	/fɪt/	estar en forma	healthy, strong, and able to do physical exercise without getting very tired	Running around after the children keeps her fit .

B2 First Student's Book – Unit 5 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
follow a career	verb phrase		/ˈfɒləʊ ət kəˈrɪə(r)/	seguir unha carreira	if you follow a profession or way of life, you do that job or spend your life in that way	Paul plans to follow a career in play therapy.
give up (a career)	verb phrase		/ɡɪv ʌp/	abandonar, deixar	to stop doing a job that you do regularly	The last thing we expected you to do was to give up your career!
go into a career (as)	verb phrase		/ɡəʊ ˈɪntuː eɪ kəˈrɪə(r)/	comezar unha carreira	to start doing something regularly in a particular field	Ambitious youngsters hope to go into careers as doctors and lawyers.
hard-working	adjective	*	/hɑː(r)d ˈwɜː(r)kɪŋ/	traballador	a hard-working person puts a lot of effort into their work	She was very hard-working and reliable.
language skills	noun		/ˈlæŋɡwɪdʒ skɪlz/	capacidades lingüísticas	the ability to use the method of human communication (spoken or written words) well	Great language skills are necessary for receptionists.
make redundant	verb phrase		/meɪk rɪˈdʌndənt/	despedir do traballo	to tell employees they must leave their jobs because they are no longer needed	We will need to make 5 000 miners redundant to save the company.
monotonous	adjective		/məˈnɒtənəs/	monótono	a monotonous job is very boring because you have to keep repeating the same thing	Working on the same machine all day long can be very monotonous .
organisational skills	noun		/ˌɔː(r)ɡənəɪˈzeɪʃ(ə)nəl skɪlz/	habilidades organizativas	the ability to plan and arrange something well	To manage this office well, he will need amazing organisational skills.
patient	adjective	**	/ˈpeɪʃ(ə)nt/	paciente	someone who is patient is able to wait for a long time or deal with a difficult situation without becoming angry or upset	It's difficult to be patient when you're stuck in a traffic jam and late for a meeting.
polite	adjective	*	/pəˈlaɪt/	educado	someone who is polite behaves towards other people in a pleasant way that follows all the usual rules of society	Don't be so rude! You must be more polite to the customers.
pursue a career	verb phrase		/pə(r)ˈsjuː eɪ kəˈrɪə(r)/	perseguir unha carreira	to follow a course of activity in relation to a job path	He wants to pursue a career in medicine.
resign	verb	***	/rɪˈzaɪn/	renunciar	to state formally that you are leaving a job permanently	He was forced to resign as Finance Minister last year.
responsible	adjective	***	/rɪˈsponsəb(ə)l/	responsábel	sensible, reliable, and able to be trusted to do the right thing	Our childminder may be young, but she's very responsible .
rewarding	adjective		/rɪˈwɜː(r)dɪŋ/	satisfactorio	giving you satisfaction, pleasure, or profit	Do you find your work rewarding ?
sack	verb	**	/sæk/	botar do traballo	to tell someone that they can no longer work at their job (informal language)	We will need to sack hundreds of factory workers.
skilled	adjective	**	/skɪld/	capacitado	having the ability and experience to do something well	The best performing companies had a higher number of skilled workers.

B2 First Student's Book – Unit 5 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
stressful	adjective		/ˈstresf(ə)l/	atafegante	involving or causing a lot of pressure or worry	My new job is much less stressful .
switch career	verb phrase		/swɪtʃ kəˈrɪə(r)/	cambiar de carreira	to change from one career to another	James decided to switch careers when he was in his 40s.
talented	adjective	*	/ˈtæləntɪd/	talentoso	someone who is talented is very good at something	A talented young designer has just joined our marketing team.
telephone skills	noun		/ˈtelɪˌfəʊn skɪlz/	capacidades comunicativas	the ability to communicate well and politely over the telephone	Telemarketing may be a job for you if you have wonderful telephone skills .
tiring	adjective		/ˈtɑːrɪŋ/	canso, fatigoso	making you feel tired	Teaching small children is very tiring .
well-paid	adjective		/wel peɪd/	ben remunerado	a well-paid person receives a good amount of money for work	The well-paid analyst arrived at work in a new Ferrari.
work flexitime	verb phrase		/wɜːˈ(r)k ˈfleksɪˌtaɪm/	traballar con flexibilidade horaria	to work according to a system in which workers choose the hours each day that they work, as long as the hours add up to the same fixed number of hours every week or month	Working flexitime is helpful for some single parents who need to be available when their children come home from school.
work full time	verb phrase		/wɜːˈ(r)k fʊl taɪm/	traballar a tempo completo	to work for the number of hours that people normally work in a complete week	This job will require you to work full time from our offices.
work long hours	verb phrase		/wɜːˈ(r)k lɒŋ ˈaʊə(r)s/	prolongar a xornada	to work for many hours at a time	We work long hours at the library.
work overtime	verb phrase		/wɜːˈ(r)k ˈəʊvə(r)ˌtaɪm/	traballar horas extraordinarias	extra hours that someone works at their job	I am saving for a car so I want to work overtime .
work part time	verb phrase		/wɜːˈ(r)k pɑː(r)t taɪm/	traballar a tempo parcial	done for only part of the time that an activity is usually performed	Gerald and Karen work part time because they are also attending university.
work shifts	verb phrase		/wɜːˈ(r)k ˈʃɪfts/	traballar por quendas	a pattern of work in which you sometimes work during the day and sometimes during the night	I hardly see my flatmate because we work different shifts .

B2 First Student's Book – Unit 6 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Relationships						
bring (someone) up	verb phrase		/brɪŋ ʌp/	criar	to look after a child until he or she becomes an adult	As a single father, he will bring his three sons up on his own.
fall out with	verb phrase		/fɔːl aʊt wɪð/	pelexarse con	to stop being friendly with someone because you have had a disagreement with them	I don't want to fall out with you over something so silly.
get on with	verb phrase		/get ɒn wɪð/	levarse ben	if people get on with each other, they like each other and are friendly to each other	Mandy doesn't get on with her brother.
give up	verb phrase		/ɡɪv ʌp/	renderse	to stop doing something that you are trying hard to do	I have given up trying to make her like me.
grow up	verb phrase		/grəʊ ʌp/	crecer, medrar	to change from being a baby or young child to being an older child or adult	My baby brother says, 'When I grow up , I'm going to be an astronaut'.
grow up	verb phrase		/grəʊ ʌp/	crecer	used for talking about the things that happened while you were a child	I live in New York now, but I grew up in Scotland.
let (someone) down	verb phrase		/let daʊn/	decepcionar	to make someone disappointed by not doing something that they are expecting you to do	James said he would come to the meeting, but he's let me down .
look up to	verb phrase		/lʊk ʌp tuː/	admirar	to admire and respect someone	He's a role model for other players to look up to because of his team spirit.
put up with	verb phrase		/pʊt ʌp wɪð/	aguantar	to accept someone or something unpleasant in a patient way	How has Jan put up with his bad behaviour for so long?
run out of	verb phrase		/rʌn aʊt əv/	esgotar	if something runs out, you do not have any more of it left	I have run out of patience with Amanda because she is always late.
sort out	verb phrase		/sɔː(r)t aʊt/	resolver	to do what is necessary to deal with a problem, disagreement, or difficult situation successfully	If Mike and Terrence would sit down and talk, they could sort out this problem.
split up with	verb phrase		/splɪt ʌp wɪð/	romper con	to end a marriage or romantic relationship	Rupert split up with his wife in February.
tell (someone) off	verb phrase		/tel ɒf/	rifar	to criticize someone angrily for doing something wrong	The teacher needs to tell him off for disrupting the class.
Describing people						
almond-shaped (eyes)	adjective		/'ɑːmənd-ʃeɪpt/	amendoados	the same shape as an almond (a flat white nut with a brown skin that is often used in cooking)	Claudia's almond-shaped eyes were sparkling blue.
ambitious	adjective	***	/æm'brɪʃəs/	ambicioso	determined to be successful, rich, famous etc	She was an ambitious young lawyer who hoped to be a judge one day.
bald	adjective	*	/bɔːld/	calvo	with little or no hair on your head	He had a large bald spot on the top of his head.
cheerful	adjective	*	/'tʃɪə(r)f(ə)l/	alegre	behaving in a happy friendly way	Paula was so cheerful this morning.

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Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
curly (hair)	adjective	*	/ˈkɜː(r)li/	crecho	forming curves or circles	Scott has red curly hair.
dark (eyes/ complexion)	adjective	***	/dɑː(r)k/	moreno	dark hair, eyes, or skin are brown or black in colour	The child's dark eyes peered out from beneath her fringe.
decisive	adjective	**	/dɪ'saɪsɪv/	decidido	able to make choices or decide what to do quickly and confidently	As a chairperson, he was firm and decisive .
enthusiastic	adjective	**	/ɪnˌθjuːzɪ'æstɪk/	entusiasta	very interested in something or excited by it	Daniel was an enthusiastic supporter of women's rights.
expressive (face)	adjective		/ɪk'spresɪv/	expresiva	clearly showing what your thoughts or feelings are, especially by your behaviour	Her face was so expressive that we knew immediately that she was frightened.
fat	adjective	**	/fæt/	gordo	a person or animal that is fat has too much flesh on their body and weighs too much; it is not polite to call someone fat	He adopted a fat cat.
flowing (hair)	adjective		/ˈfləʊɪŋ/	ondulado	hair hanging in an attractive way	Her long flowing hair was shining in the candlelight.
freckled (face)	adjective		/ˈfrek(ə)ld/	pencado	covered in freckles	The boy's cheeky freckled face popped up over the hedge.
friendly	adjective	***	/ˈfren(d)li/	amigábel	someone who is friendly is always pleasant and helpful towards other people	I enjoy working there – everyone is so friendly .
generous	adjective	**	/ˈdʒenərəs/	xeneroso	giving people more of your time or money than is usual or expected	Billy was very generous to people who had less than he did.
hazel (eyes)	adjective		/ˈheɪz(ə)l/	de cor abelá	light brown and slightly green or golden in colour	Alma's hazel eyes darted around suspiciously.
healthy (complexion)	adjective	***	/ˈhelθi/	saudábel	showing that you are physically strong and not ill	My skin looks bright and healthy .
honest	adjective	**	/ˈɒnɪst/	honesto	a person who is honest does not tell lies or cheat people, and obeys the law	Most young people are decent and honest .
imaginative	adjective	*	/ɪˈmædʒɪnətɪv/	imaxinativo	used about someone who has new, different, or exciting ideas	He was more imaginative than most history teachers.
immature	adjective		/ɪˌmæˈtjʊə(r)/	inmaturo	an immature person behaves in a silly way, as though they are much younger than they really are	He's always playing silly pranks – he's so immature .
immodest	adjective		/ɪˈmɒdɪst/	fachendoso	someone who is immodest thinks they are very good or clever and likes to talk about their achievements	I've never met a more immodest person! He spent an hour talking about his awards.
impatient	adjective	*	/ɪmˈpeɪʃ(ə)nt/	impaciente	annoyed because something is not happening as quickly as you want or in the way you want	'Come on!' said Maggie, becoming impatient .
impolite	adjective	*	/ɪˌmpəˈlaɪt/	maleducado	not polite	It would be impolite to leave the party so early.

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Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
inconsiderate	adjective		/ˌɪn.kənˈsɪdərət/	desconsiderado	not thinking about other people and their feelings	When you change our plans at the last minute, you are being so inconsiderate .
indecisive	adjective		/ˌɪndɪˈsaɪsɪv/	indeciso	unable to make decisions	Critics say the politician has been weak and indecisive .
insensitive	adjective		/ɪnˈsensətɪv/	insensíbel	not noticing or caring about other people's feelings or needs, and not worrying that things that you say or do may upset them	He is totally insensitive to my feelings on the matter.
insincere	adjective		/ˌɪnsɪnˈsɪə(r)/	falso	not expressing your feelings or opinions honestly	She gave me an insincere smile. I could tell she didn't like me.
intolerant	adjective		/ɪnˈtələrənt/	intolerante	not willing to accept behaviour, beliefs, or opinions that are different from your own	He's very intolerant of people who smoke.
kind	adjective	*	/kaɪnd/	amábel	behaving in a way that shows you care about other people and want to help them	She was very kind to me when the children were ill.
mature	adjective	**	/məˈtʃʊə(r)/	maduro	behaving in the sensible way that you would expect an adult to behave; this is usually used about children and young people	He's more mature than the other boys in his class.
modest	adjective	**	/ˈmɒdɪst/	modesto	a modest person does not like to talk about themselves, their achievements, or their abilities, even if they are successful	Peter is genuinely modest about his achievements. I had to read about his latest award in the newspaper!
overweight	adjective		/ˌəʊvə(r)ˈweɪt/	obeso	heavier than you should be	I was about 10 pounds overweight after my pregnancy.
pale (complexion)	adjective	***	/peɪl/	pálido	a pale person has skin that is lighter than usual because they are ill, shocked, or worried	When he returned, he looked pale and tired.
passionate	adjective	*	/ˈpæʃ(ə)nət/	apaixonado	showing or expressing strong beliefs, interest, or enthusiasm	He is very passionate about his work with the elderly.
patient	adjective	**	/ˈpeɪʃ(ə)nt/	paciente	someone who is patient is able to wait for a long time or deal with a difficult situation without becoming angry or upset	Susan's very patient with the children.
piercing (eyes)	adjective		/ˈpɪə(r)ɪŋ/	penetrantes	piercing eyes or looks seem to show that someone sees and understands more than other people	She met his piercing gaze and smiled.
plump	adjective		/plʌmp/	grosso	slightly fat, in a pleasant way; this word is often used to avoid saying <i>fat</i> , which is not considered polite	A kind plump woman gave me directions to the museum.
polite	adjective	*	/pəˈlaɪt/	educado	someone who is polite behaves towards other people in a pleasant way that follows all the usual rules of society	It wasn't very polite of you to keep interrupting me.

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Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
proud	adjective	**	/praʊd/	orgulloso	a proud person does not like other people to help them or to think they are weak	Lee-Ann was too proud to accept the money even though she was starving.
reliable	adjective	**	/rɪˈlaɪəb(ə)/	fiábel	a reliable person is someone who you can trust to behave well, work hard, or do what you expect them to do	Alice can look after the children. She's very reliable .
reserved	adjective		/rɪˈzɜː(r)vəd/	reservado	someone who is reserved tends not to talk about or show their feelings	Often being reserved makes people more interested in you.
respectful	adjective		/rɪˈspektf(ə)/	respectuoso	feeling or showing respect	We should be more respectful of other people's points of view.
round (face)	adjective	***	/raʊnd/	redonda	shaped like a circle or a ball	Which hairstyles would look good with a round face like mine?
scruffy (hair)	adjective		/ˈskrʌfi/	enmarañado	untidy or dirty	He hadn't washed or brushed his scruffy hair in days!
selfish	adjective	*	/ˈselfɪ/	egoísta	thinking only about yourself and not caring about other people	The little boy was selfish and grabbed all the toys.
sensitive	adjective	***	/ˈsensətɪv/	sensíbel	likely to become angry or upset easily	If I'd known she was so sensitive , I wouldn't have teased her.
shoulder-length (hair)	adjective		/ˈʃəʊldə(r)-leŋθ/	ata os ombros	shoulder-length hair reaches down to your shoulders	Hannette had her shoulder-length hair cut shorter.
shy	adjective	*	/ʃaɪ/	tímido	nervous and embarrassed in the company of other people, especially people who you do not know	I'd love to meet her, but I'm too shy to introduce myself.
sincere	adjective	*	/sɪnˈsɜə(r)/	sincero	talking and acting in a way that shows you really mean what you say and do	He is a modest and sincere man.
skinny	adjective		/ˈskɪni/	fraco	very thin, in a way that is not attractive (someone who is thin in an attractive way is <i>slender</i> or <i>slim</i>)	As a child she was always really skinny .
slim	adjective	**	/slɪm/	delgado	thin in an attractive way	Most ballet dancers are extremely slim .
smooth (complexion)	adjective	**	/smuːð/	tersa	completely even with no rough areas or lumps	A baby's skin is as smooth as silk.
sociable	adjective		/ˈsəʊjəb(ə)/	sociábel	a sociable person is friendly and enjoys being with other people	I think I'll stay home. I'm not feeling very sociable today.
sparkling (eyes)	adjective		/ˈspɑː(r)(ə)lɪŋ/	brillantes	shining with small points of reflected light	Her brown eyes were sparkling with excitement.
spotty (complexion)	adjective		/ˈspɒti/	ter grans na pel, na cute	someone who is spotty has a lot of small red lumps on their skin, especially on their face	The young boy was very shy because of his spotty skin.
straight (hair)	adjective	**	/streɪt/	liso	something that is straight does not bend or curve	Tess has straight blonde hair.

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Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
stubborn	adjective	*	/ˈstʌb(ə)rən/	obstinado	a stubborn person is not willing to change their ideas or to consider anyone else's reasons or arguments	Will was too stubborn to listen to reason and continued the argument.
tanned (face)	adjective		/tænd/	bronceado	someone who is tanned has darker skin than before because of spending time in the sun	Brad came back from his holiday very tanned .
thin	adjective	***	/θɪn/	delgado	someone who is thin has very little fat on their body	Charles was thin and very tall.
thinning (hair)	adjective		/θɪnɪŋ/	escaseza de pelo	if someone's hair is thinning, they are gradually losing the hair from their head	The man had grey thinning hair.
tolerant	adjective		/ˈtɒlərənt/	tolerante	willing to accept someone else's beliefs, way of life etc without criticizing them, even if you disagree with them	Perhaps you need to be more tolerant of your neighbours' need for quiet after 8 pm.
unambitious	adjective		/ˌʌnæmˈbɪʃəs/	conformista	not determined to be successful, rich, famous etc	Anna is unambitious . She doesn't want to work towards a promotion.
unimaginative	adjective		/ˌʌnɪˈmædʒɪnətɪv/	sen imaxinación	unable to think of new and interesting things	She was a rather dull unimaginative woman.
unreliable	adjective	*	/ˌʌnrɪˈlaɪəb(ə)l/	pouco fiable	someone who is unreliable will not do what you ask them to do, or will not do it well	Don't ask Nicky to collect the parcel – she's too unreliable and might lose it.
unsociable	adjective		/ʌnˈsəʊʃəb(ə)l/	retraído	not interested in meeting people or in doing things with other people	I asked him to come to the restaurant with us, but he seems to be rather unsociable today.
well-built	adjective		/ˌwelˈbɪlt/	ben constituído	a well-built person has a body that people admire because of its strength or beauty	Because of all the hours he spends in the gym, Juan has a well-built body.
wrinkled (face)	adjective		/ˈrɪŋk(ə)ld/	enrugada	skin that is wrinkled has a lot of small lines on it	The wrinkled old woman smiled brightly as we entered the room.

B2 First Student's Book – Unit 7 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Shopping						
bargain	noun	**	/ˈbɑː(r)ɡɪn/	ganga	something you buy that costs much less than normal	Twenty pounds is a real bargain for this designer dress!
change your mind	verb phrase		/tʃeɪndʒ jɔː(r) maɪnd/	cambiar de opinión	to change your decision or opinion	What made you change your mind about going overseas?
discount	noun	**	/ˈdɪsˌkaʊnt/	desconto	a reduction in the price of something	Customers can get a 30% discount by booking their flights in advance.
fit	adjective	**	/fɪt/	quedar ben	used for saying whether something is the right size and shape for someone or something	When shopping for jeans, it's important to get the right fit .
free of charge	phrase		/friː əv tʃɑː(r)dʒ/	de balde	something that does not cost anything	The organisation provides a range of services free of charge .
give (money) back	verb phrase		/ɡɪv bæk/	devolver	to give someone something that they owned or had before	The manager gave me my money back because the smartphone did not work.
half price	adjective		/hɑːf praɪs/	a metade de prezo	at half the usual cost	They were forced to sell most of the stock half price .
make	noun	*	/meɪk/	marca	a product made by a particular company	What make is your computer? It's an Apple.
order	noun	***	/ˈɔː(r)də(r)/	pedido	a request for a product to be made for you or delivered to you	My order arrived late on Friday.
pay for	verb phrase	***	/peɪ fɔː(r)/	pagar por	to give money in order to buy something	Let me pay for dinner.
pick up	verb phrase		/pɪk ʌp/	mercar	to buy something	You can pick up some amazing bargains at this market.
price	noun	***	/praɪs/	prezo	the amount of money that you have to pay in order to buy something	The price per person goes down for groups of more than ten people.
purchase	noun	**	/ˈpɜː(r)tʃəs/	compra	something that you buy	Her latest purchase was a long black coat.
purchase	verb	**	/ˈpɜː(r)tʃəs/	comprar, mercar	to buy something	I need to purchase some books for school.
receipt	noun	**	/rɪˈsiːt/	ticket, recibo	a document that you get from someone showing that you have given them money or goods	He always paid by credit card and kept the receipt .
refund	noun		/ˈriːfʌnd/	reembolso	money that was yours that you get again, especially because you have paid too much for something or have decided you do not want it	You will receive a full refund if you cancel the holiday.
sell out of	verb phrase		/sel aʊt əv/	quedar sen existencias	if a shop sells out of something, it sells all that it has so that there is no more available	On a hot day, we can sell out of ice cream in an hour.
shopping centre	noun		/ˈʃɒpɪŋ ˈsentə(r)/	centro comercial	an area where a group of different shops and businesses such as banks and restaurants are all built next to each other	Let's go to the shopping centre to buy some clothes and then eat dinner.

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Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
spend it on (something)	verb phrase		/spend ɪt ɒn/	gastar	to use money to pay for things	I just got paid for my overtime. I want to spend it on a new video game!
stock	noun	***	/stɒk/	mercancía	the goods that are available to buy in a shop	We're having some new stock delivered this afternoon.
summer sale	noun		/'sʌmə(r) seɪl/	rebaixas de verán	the time in summer during which a shop reduces the prices of some of its goods to clear seasonal stock	Jacky bought the best designer sunglasses on the summer sale .
take (something) back	verb phrase		/teɪk bæk/	devolver	to take something that you have bought back to the shops because it is broken or not suitable	If you don't like the scarf, I can take it back .
till	noun		/tɪl/	caixa rexistradora	the piece of equipment used in shops for adding up the amount of money that someone has to pay and for holding the money	I'm at the till paying for the groceries. I'll meet you outside.
try on	verb phrase		/traɪ ɒn/	probar	to put on a piece of clothing in order to see how it looks and whether it fits	What a lovely dress! Why don't you try it on ?
value for money	phrase		/'væljuː fɔː(r) 'mʌni/	relación calidade-prezo	the amount that something is worth compared to the money that it costs	Most customers are looking for value for their money rather than cutting-edge fashion.
worth every penny	phrase		/wɜː(r)θ 'evri 'peni/	ben o vale	important or valuable enough to have spent an amount of money on	Our trip to Hawaii was worth every penny !
Paraphrasing and recording						
				Paráfrases e gravación		
at least (that far)	phrase		/æ liːst/	ao menos	not less than a particular amount or number, and possibly more	The sales are miles away, but I'm happy to travel at least that far for a good bargain.
be known for	verb phrase		/biː nəʊn fɔː(r)/	ser famoso por	be famous for	Large sales are known for overcrowding and even violence!
bring about	verb phrase		/brɪŋ ə'baʊt/	lograr	to make something happen, especially to cause changes in a situation	The poor economy will bring about even more sales as shops compete to stay open.
catch on	verb phrase		/kætʃ ɒn/	poñer de moda	to become popular or fashionable	Sports drinks have caught on as consumers have become more health-conscious.
erupt	verb		/'ɪrʌpt/	estoupar	to start suddenly with a lot of violence or noise	An argument erupted when two women began fighting over the last television on sale.
in advance	phrase		/ɪn əd'vɑːns/	por adiantado	if you do something in advance, you do it in preparation for a particular time or event in the future	Details of the sales had been sent out well in advance .
lead to	verb phrase		/liːd tuː/	levar a	to begin a process that causes something to happen	The stress of these sales on employees can lead to exhaustion or physical illness.

B2 First Student's Book – Unit 7 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
media frenzy	noun		/ˈmiːdiə ˈfrenzi/	furor nos medios	a period of great energy and activity by the media	Black Friday always triggers a media frenzy .
meet demand	verb phrase		/miːt diˈmɑːnd/	atender á demanda	to have enough of the product or service that people want, or the fact that they want it	We need to make sure that we have enough jeans to meet demand for tomorrow's sale.
put strain on (someone)	verb phrase		/pʊt streɪn ɒn/	apremar	to cause pressure with a difficult situation	The sales put strain on suppliers to make sure that demand is met.
scenes of chaos	noun		/siːnz əv ˈkeɪɒs/	campo de batalla	a situation in a particular place in which everything is confused and in a mess	The scenes of chaos were unbelievable – the stock was all over the floor and some shoppers were injured as they fought over the bargains.
trace (something) back	verb phrase		/treɪs bæk/	rastrexar	to discover the origin of something or how it developed	I wonder if we could trace sales back to Victorian times.
Towns and villages						
Cidades e aldeas						
block of flats	noun		/blɒk əv flæts/	edificio de apartamentos	a large building with a lot of different levels with a set of rooms for living in on each level	The whole block of flats was destroyed in the earthquake.
building site	noun		/ˈbɪldɪŋ saɪt/	área de construción	a place where something is being built	If you want to visit the building site , you will need to wear a hard hat.
housing estate	noun		/ˈhaʊzɪŋ ɪˈsteɪt/	vivenda social	a large group of houses built at the same time and in the same style, especially one built by local government for people with low incomes to live in	Sean grew up on a housing estate near Bristol.
indoor shopping centre	noun		/ˈɪndɔː(r) ˈʃɒpɪŋ ˈsentə(r)/	galerías	an area inside a large building where a group of different shops and businesses are all built next to each other	The indoor shopping centre is a great place to entertain the children during winter. Besides shopping, you can eat a meal and even see a film.
industrial estate	noun		/ɪn ˈɪndʌstriəl ɪˈsteɪt/	polígono industrial	an area of land where industrial companies have their buildings	Let's go to the industrial estate and see if any companies sell floor tiles.
office block	noun		/ˈɒfɪs blɒk/	edificio de oficinas	a large building that contains many offices	Zara works on the fifth floor of the office block at the end of this road.
pedestrian street	noun		/pəˈdestriən striːt/	rúa peonil	a street only for people who are walking, especially in a town or city, instead of driving or riding	There are some amazing bakeries on that pedestrian street we just passed.
residential area	noun		/ˌreziˈdenʃ(ə)l ˈeəriə/	zona residencial	a residential area is one in which most of the buildings are houses	In residential areas , on a Saturday morning, you can always hear someone mowing their lawn.

B2 First Student's Book – Unit 8 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Make and do						
do a job	verb phrase		/duː eɪ dʒɒb/	facer un traballo	to do work regularly to earn money	I could never do a job like yours! I have no patience.
do exercise	verb phrase		/duː ˈeksə(r)saɪz/	facer exercicio	to do physical activity to stay healthy and make your body stronger	Try to do 20 minutes of exercise every day.
do nothing but	verb phrase		/duː ˈnʌθɪŋ bʌt/	non facer nada máis ca	to do only one thing	I've been doing nothing but working lately.
do you good	verb phrase		/duː juː ɡʊd/	facer ben	to be beneficial to a person, especially related to health	A long walk in the countryside will do you good .
do your best	verb phrase		/duː jɔː(r) best/	facer o mellor	to try as hard as you can in order to achieve something	You might not win the race, but do your best .
do your homework	verb phrase		/duː jɔː(r) ˈhəʊm wɜː(r)k/	facer os deberes	to do the work that a teacher gives a student to do out of class	Please do your homework before you switch on the television.
make a decision	verb phrase		/meɪk eɪ dɪˈsɪʒ(ə)n/	tomar unha decisión	to make a choice after thinking carefully	The committee should make a decision later this week.
make a living	verb phrase		/meɪk eɪ ˈlɪvɪŋ/	gañarse a vida	to earn enough money to pay for everything you need	Everyone should have the opportunity to make a living .
make a mess of (something)	verb phrase		/meɪk eɪ mes əv/	facer unha lea	to make a lot of mistakes when you are doing or dealing with something	Nigel made a mess of Sunday dinner.
make a plan	verb phrase		/meɪk eɪ plæn/	elaborar un plan	to decide on a series of actions that you think about carefully to help you to achieve something	I will make a plan to get to Spain for her birthday.
make a speech	verb phrase		/meɪk eɪ spiːtʃ/	dar un discurso	to speak to an audience formally	The queen made a wonderful speech on her birthday.
make an effort	verb phrase		/meɪk æn ˈefə(r)t/	facer un esforzo	to do something even though you do not want to or you find it difficult	I wish you'd make an effort to get on with Becca.
make sure	verb phrase		/meɪk ʃʊː(r)/	comprobar	to check something so that you can be certain about it	I think I locked the door, but I'd better make sure .
make up your mind	verb phrase		/meɪk ʌp jɔː(r) maɪnd/	tomar unha decisión	to make a decision	Come on, make up your mind! Are you going or staying?
to do (something)	verb phrase		/tuː duː/	participar	to take part in	I was hoping to do a night class, but I don't have the time.
to do with (something)	verb phrase		/tuː duː wɪð/	ter relación con, ter que ver con	to be connected with someone or something	Was the argument anything to do with money?
would not do you any harm	phrase		/wʊd nɒt duː juː ˈeni haː(r)m/	non che faría mal	used for saying what you think someone should do	It wouldn't do you any harm to listen to her advice.

B2 First Student's Book – Unit 8 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Travel and holidays						
adventure holiday	noun		/əd'ventʃə(r) 'hɒlɪdeɪ/	Viaxes e vacacións vacacións de aventura	a type of organised holiday during which people do new and exciting things, for example a trek or a safari	We went on an adventure holiday to the Kruger National Park in South Africa to see the Big Five.
camping holiday	noun		/'kæmpɪŋ 'hɒlɪdeɪ/	vacacións de acampada	a type of holiday during which people live in a tent, away from home	We used to go on a camping holiday in the mountains every year.
car journey	noun		/kɑː(r) 'dʒɜː(r)ni/	viaxe en coche	an occasion when you travel from one place to another over a long distance by car	It's a seven-hour car journey to Boston from here.
Caribbean cruise	noun		/ˌkæərɪ'biən kruːz/	cruceiro polo Caribe	a journey on a ship for pleasure, visiting the islands in the Caribbean Sea and the countries that surround it	Una won a Caribbean cruise for her family.
day trip	noun		/deɪ trɪp/	excursión	a journey that you make for pleasure in which you go to a place and come back on the same day	We took a day trip to the beach.
guided tour	noun		/ɡaɪdɪd tʊə(r)/	visita guiada	a short journey around a building or place with a person who tells you about what you are seeing or with a pair of headphones on which you can listen to a recorded description of what you are seeing	Last week, I went on the most interesting guided tour of the British Museum.
long-haul flight	noun		/lɒŋ haʊ'flaɪt/	voo de longa distancia	travelling a long distance by air	We booked the long-haul flight from London to Hong Kong.
rail travel	noun		/reɪl 'træv(əl)/	viaxe en tren	relating to travelling by train	Rail travel is very affordable.
seaside holiday	noun		/'siː saɪd 'hɒlɪdeɪ/	vacacións xunto ao mar	a type of holiday during which people stay in or around an area that is near the sea	Our seaside holiday was ruined by the horrible weather.
self-catering holiday	noun		/self 'keɪtərɪŋ 'hɒlɪdeɪ/	vacacións de alugueiro	a type of holiday that allows for people to cook their own food in the place they stay	Martina is a fussy eater, so she prefers self-catering holidays .
sightseeing holiday	noun		/'saɪt siːɪŋ 'hɒlɪdeɪ/	vacacións turísticas	a type of holiday in which people travel around a place to see the interesting things in it	I want to explore a new country! Let's go on a sightseeing holiday .
working holiday	noun		/'wɜː(r) kɪŋ 'hɒlɪdeɪ/	vacacións de traballo	a holiday during which you work, for example doing unpaid work to benefit the community in which you are staying	Next year I want to go on a working holiday to Nepal with Habitat for Humanity to build houses for needy communities.
Phrasal verbs						
Verbos compostos						
catch on	verb phrase		/kætʃ ɒn/	entender, pillar	to understand	I think Roisin is starting to catch on that I like her.
come across	verb phrase		/kʌm ə'krɒs/	toparse con	to meet someone, or to find something by chance	Have you ever come across such a huge diamond before?

B2 First Student's Book – Unit 8 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
come up with	verb phrase		/kʌm ʌp wɪð/	ocorrerse	to think of something such as an idea or a plan	He came up with the idea of a surprise party for his parents' anniversary.
get about	verb phrase		/get ə 'bəʊt/	moveuse	get around a place	You really need a car to get about this city.
head for	verb phrase		/hed fɔː(r)/	dirixirse	to go in a particular direction	I'm tired. Let's head for the hotel.
turn out	verb phrase		/tɜː(r)n aʊt/	acudir	to go somewhere in order to be present at an event or take part in an activity	Only 62% of the population turned out to vote.

B2 First Student's Book – Unit 9 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Give						
Expresións con give						
Phrasal verbs with give						
give away	verb phrase		/gɪv əˈweɪ/	desvelar	to tell information or facts that you should keep secret	I haven't seen the film yet. Please don't give away the ending!
give (something) back	verb phrase		/gɪv bæk/	devolver	to give someone something that they owned or had before	Oliver needs his book. Please give it back .
give in	verb phrase		/gɪv ɪn/	ceder	to stop competing or arguing and accept that you cannot win	I'm waiting for my parents to give in and let me take a gap year.
give in	verb phrase		/gɪv ɪn/	entregar	to give something, especially a piece of work, to someone in authority who is expecting it	Please give in your homework to the teacher at the front desk.
give out	verb phrase		/gɪv aʊt/	proporcionar	to hand something out to people (something physical, such as paperwork, or information)	The spa will give out free vouchers on Friday. / Don't give out your personal details to strangers.
give up	verb phrase		/gɪv ʌp/	rendirse	to stop doing something that you are trying hard to do or do regularly	Brody will give up on the puzzle after a while because there are too many pieces.
give yourself up	verb phrase		/gɪv jə(r)'self ʌp/	entregarse	to allow yourself to be arrested by the police	You should give yourself up because you won't be able to live with the guilt.
Collocations with give						
Colocacións con give						
give a blank look	verb phrase		/gɪv eɪ blæŋk lʊk/	ter a mirada ausente	to show no emotion or no sign of understanding something or recognizing someone	I waved at him, but he just gave me a blank look and kept walking.
give a broad smile	verb phrase		/gɪv eɪ brɔːd smaɪl/	esbozar un gran sorriso	to smile widely, showing that a person is very happy	The pop star gave the audience a broad smile as she accepted her award.
give a deep sigh	verb phrase		/gɪv eɪ diːp saɪ/	botar un gran suspiro	to breathe out slowly making a long soft sound, especially because you are disappointed, tired, annoyed, or relaxed	I gave a deep sigh when I realised that I would be in the queue for another hour.
give a nasty shock	verb phrase		/gɪv eɪˈnɑːsti ʃɒk/	dar unha desagradable sorpresa	to give someone the feeling of being very surprised by something bad that happens unexpectedly	The credit card statement will definitely give Bob a nasty shock this month because his daughter has been buying clothes online again.
give a piercing scream	verb phrase		/gɪv eɪˈpiə(r)sɪŋ skriːm/	chiar	to shout something in a loud, high, and unpleasant voice	Natalie gave a piercing scream when she saw the huge spider in her bath.
give a pleasant surprise	verb phrase		/gɪv eɪˈplez(ə)nt saɪ(r)'praɪz/	sorprender gratamente	to make someone feel pleased or satisfied in an unexpected way	My boyfriend gave me a pleasant surprise yesterday: a bunch of red roses!
give great pleasure	verb phrase		/gɪv greɪtˈplezə(r)/	satisfacer	to give a feeling of happiness, enjoyment, or satisfaction	The Birmingham Botanical gardens give me great pleasure .

B2 First Student's Book – Unit 10 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Crime and punishment						
Crime e castigo						
Crime e criminals						
burglar	noun	*	/ˈbɜː(r)glə(r)/	ladroón	someone who enters a building illegally in order to steal things	The burglar broke the window to get into the house and stole the owner's jewellery.
burglary	noun	*	/ˈbɜː(r)gləri/	roubo	the crime of entering a building illegally in order to steal things	He was jailed for 12 months for burglary .
drink-driver	noun		/drɪŋk ˈdraɪvə(r)/	conductor ebrio	someone who drives a vehicle while under the influence of too much alcohol	The police pulled the drink-driver over to test her because she didn't stop at the red traffic light.
drink-driving	noun		/drɪŋk ˈdraɪvɪŋ/	conducir ebrio	driving after you have drunk too much alcohol	Drink-driving carries a fine of up to £5 000.
drug trafficker	noun		/drʌɡ ˈtræfɪkə(r)/	traficante de drogas	someone who buys and sells drugs illegally	Pablo Escobar was one of the world's more well-known drug traffickers in the 1990s.
drug trafficking	noun		/drʌɡ ˈtræfɪkɪŋ/	tráfico de drogas	the business of buying and selling drugs illegally	Drug trafficking is how organised crime groups make their money.
identity fraud	noun		/aɪˈdɛntɪti frɔːd/	suplantación de identidade	the crime of stealing information about someone that makes it possible to use their bank account or credit card	Identity fraud is on the rise as criminals are finding new ways of stealing people's money.
identity fraudster	noun		/aɪˈdɛntɪti ˈfrɔːdstə(r)/	suplantador de identidade	someone who commits the crime of identity fraud	Make sure that you are safe from identity fraudsters by changing your online banking password often.
internet piracy	noun		/ˈɪntə(r)net ˈpaɪrəsi/	pirataría en Internet	the crime of distributing illegal copies of computer programs, books, videos, music, films, or television series over the internet	Brett doesn't understand that internet piracy is the same as stealing. He would never steal a video game from the store, but he thinks it's fine to download a game illegally.
internet pirate	noun		/ˈɪntə(r)net ˈpaɪrət/	pirata de Internet	someone who distributes illegal copies of computer programs, books, videos, music, films, or television series over the internet	The music industry is losing millions because of internet pirates illegally posting popular songs on the internet.
mugger	noun		/ˈmʌɡə(r)/	asaltante	someone who attacks people in public places and steals their money, jewellery, or other possessions	The police finally caught that mugger who was stealing ladies' purses on 5th Street.
mugging	noun		/ˈmʌɡɪŋ/	asalto	an attack on someone in a public place in order to steal their money, jewellery, or other possessions	After the mugging , Jessica was scared to leave the house.
shoplifter	noun		/ˈʃɒp ˌlɪftə(r)/	raspiñeiro	someone who steals something from a shop	The shoplifter carefully slid the watch into his pocket and left the shop.
shoplifting	noun		/ˈʃɒp ˌlɪftɪŋ/	furto en tendas	the crime of stealing things from a shop	Researchers say that shoplifting is just the start and offenders may commit more serious crimes in the future.
vandal	noun		/ˈvænd(ə)l/	vándalo	someone who deliberately damages property	Bill noticed some boys spray-painting the door of his car, but the vandals ran away when he shouted.

B2 First Student's Book – Unit 10 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
vandalism	noun		/ˈvændəˌlɪz(ə)m/	vandalismo	the act of deliberately damaging or destroying things, especially public property	The community was upset by the vandalism of the merry-go-round in the park.
Punishment						
acquit of all charges	verb phrase		/əˈkwɪt əv ɔːl tʃɑː(r) dʒɪtʃ/	absolver de todos os cargos	to state officially that someone is not guilty of the crime/s they were accused of	Stephanie is not guilty of any crimes, so the judge will acquit her of all charges .
give a prison sentence	verb phrase		/ɡɪv eɪ ˈprɪz(ə)n ˈsentəns/	condenar a prisión	to state officially the period of time someone must stay in prison	The judge will give him a ten-year prison sentence .
order to do community service	verb phrase		/ˈɔː(r)də(r) tuː duː kəˈmjuːnəti ˈsɜː(r)vɪs/	ordenar servizo comunitario	to state officially the work that someone does as a punishment, instead of going to prison	The court will order him to do 50 hours of community service at the animal shelter.
order to pay a fine	verb phrase		/ˈɔː(r)də(r) tuː peɪ eɪ faɪn/	ordenar pagar unha multa	to pay an amount of money because you have broken the law	I was ordered to pay a fine because my car licence had expired.
sentence to life imprisonment	verb phrase		/ˈsentəns tuː laɪf ɪmˈprɪz(ə)nment/	condenar a cadea perpetua	to state officially that someone will be kept in prison for the rest of their life	The judge will surely sentence her to life imprisonment for her violent crimes.
Paraphrasing and recording						
Paráfrases e gravación						
to blame for	phrase		/bleɪm fɔː(r)/	culpar	responsibility for an accident, problem, or bad situation	The hospital has launched an inquiry to find out who was to blame for the mistake.
break bad news	verb phrase		/breɪk bæd njuːz/	suavizar unha mala nova	to tell someone bad news in a kind way	I had to break the bad news that her sister was missing.
contrary to popular belief	phrase		/ˈkɒntrəri tuː ˈpɒpjələ(r) bɪˈliːf/	contrario á crenza popular	used for emphasizing that something is true, even though it is opposite to what other people say or believe	Contrary to popular belief , sharks do not often attack humans.
former	adjective	***	/ˈfɔː(r)mə(r)/	anterior	used for describing someone or something that had a particular job, title, status etc in the past, but not now	He abandoned his former career as a geologist.
freely available	adjective		/ˈfriːli əˈveɪləb(ə)l/	disponíbel	easy to obtain or buy	The information is freely available on the internet.
hourly rate	noun		/ˈaʊə(r)li reɪt/	tarifa por hora	the cost relating to one hour of work	The web designer's hourly rate is fifty pounds.
in sight	phrase		/ɪn saɪt/	á vista	in any place that you can see from where you are	There was nobody in sight .
on your own	phrase		/ɒn jɔː(r) əʊn/	só	alone	You shouldn't be out on your own at this time of night.
run into	verb phrase		/rʌn ˈɪntuː/	alcanzar	to reach a particular amount	Flood damages could run into thousands of pounds.
work within the law	verb phrase		/wɜːk wɪðɪn ðiː lɔː/	traballar no marco da lei	to carry out a job legally	They promised to work within the law to raise awareness for their cause.

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Phrasal verbs						
back up	verb phrase		/bæk ʌp/	apoiar	to show that an explanation or belief is probably true	All the evidence will back up her story.
come over	verb phrase		/kʌm 'əʊvə(r)/	visitar	to visit someone in the place where they are, especially their house	Please come over for dinner next Friday.
get away with	verb phrase		/get ə 'weɪ wɪð/	librarse de, saír coa súa	to manage to do something bad without being punished or criticized for it	How can she get away with speaking to him like that?
go round	verb phrase		/gəʊ raʊnd/	visitar	to visit a person or a place	I want to go round to Trevor's house to borrow his guitar.
kick out	verb phrase		/kɪk aʊt/	botar á rúa	to force someone to leave a place or organisation	If she doesn't pay her rent, the landlord will kick Sonia out of her house.
make up	verb phrase		/meɪk ʌp/	inventar	to invent an explanation for something, especially in order to avoid being punished or embarrassed	I'll make up an excuse for why I can't attend the meeting.
own up to	verb phrase		/əʊn ʌp tu:/	admitir	to admit that you have done something bad or embarrassing	I think Tim and Nick will own up to the prank.
run out of	verb phrase		/rʌn aʊt əv/	acabarse, esgotarse	to use all of something and not have any left	Many hospitals have run out of money.
show off	verb phrase		/ʃəʊ ɒf/	presumir	to behave in a way that is intended to attract people's attention and make them admire you	Why do the children always show off every time someone comes round?

B2 First Student's Book – Unit 11 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Weather						
bright sunshine	noun		/braɪt 'sʌn ˌjaɪn/	brillo do sol	strong light from the sun	I stood blinking in the bright sunshine .
calm sea	noun		/kɑːm siː/	mar en calma	the condition of the sea being calm (not many waves)	We canoed happily on the calm sea .
choppy sea	noun		/'tʃɒpi siː/	mar picado	the condition of the sea being choppy (many small waves because the wind is blowing across the sea)	The choppy sea rocked the boat and made me feel seasick.
clear sky	noun		/klaɪə(r) skaɪ/	ceo despexado	no clouds, rain etc	We could see the stars tonight because the clouds disappeared leaving only clear sky .
cool breeze	noun		/kuːl briːz/	brisa fresca	a cold but pleasant light wind	The curtains fluttered gently in the cool breeze .
fluffy cloud	noun		/'flʌfi klaʊd/	nube esponxosa	soft, light, and white cloud	He lay on the grass staring at the fluffy white clouds in the sky.
gale-force wind	noun		/geɪl fɔː(r)s wɪnd/	temporal	a very strong wind that often causes damage to buildings and trees	The gale-force wind blew down the palm tree in our garden last night.
gentle breeze	noun		/'dʒent(ə)l briːz/	brisa maina	gentle wind that is not strong or unpleasant	It was a mild June morning with a gentle breeze .
glorious sunshine	noun		/'glɔːriəs 'sʌn ˌjaɪn/	sol radiante	warm light from the sun	The glorious sunshine made Kate feel even happier.
heavy rain	noun		/'hevi reɪn/	choiva intensa	a lot of rain	James was soaked because he had to walk home in the heavy rain .
light rain	noun		/laɪt reɪn/	poalla	a small amount of rain	The day was good, with only light rain in the morning.
light wind	noun		/laɪt wɪnd/	ventos moderados	a gentle, not strong wind	The light wind barely rustled the leaves on the trees.
overcast sky	noun		/'əʊvə(r)kɑːst skaɪ/	ceo encapotado	sky completely full of clouds	She looked at the overcast sky and decided to cancel the picnic.
rough sea	noun		/rʌf siː/	mar bravo	the condition of the sea being rough (many large waves, often with bad weather)	Rough seas stopped rescuers from getting to the ship.
scattered showers	noun		/'skæʔə(r)d 'ʃaʊə(r)z/	chuvasco	a short period when it rains in only a few places	Tomorrow it will be mostly cloudy with scattered showers .
severe storm	noun		/st 'vɪə(r) stɔː(r)m/	tormenta forte	a storm that is extremely unpleasant and likely to cause harm or damage	A severe storm is forecast for Tuesday night.
snow showers	noun		/snoʊ 'ʃaʊə(r)z/	nevada	a short period when it snows	The children ran in and out during the snow showers to build snowmen.

B2 First Student's Book – Unit 11 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
stiff breeze	noun		/stɪf brɪːz/	vendaval	fairly strong wind	Helen stood watching the sea as a stiff breeze tugged at her clothes.
storm cloud	noun		/stɔː(r)m klaʊd/	nubeiro	very dark cloud prior to or during a storm	The storm clouds rolled in over the mountains.
stormy sky	noun		/'stɔː(r)mɪ skaɪ/	ceo de tormenta	sky with dark rain clouds (often with a lot of rain and wind)	She gazed up at the stormy sky and felt the first drop of rain on her cheek.
strong wind	noun		/strɒŋ wɪnd/	vendaval	wind with a lot of power or force	The strong wind blew Sophia's umbrella out of her hands.
thick cloud	noun		/θɪk klaʊdz/	nubes espesas	cloud that fills the sky completely so that it is difficult to see	The thick cloud blocked out the sunshine.
thunderly showers	noun		/'θʌndəri 'ʃaʊə(r)z/	tormenta eléctrica	a short thunderstorm (thunder and lightning, wind and/or hail) with heavy rain	Steve and Rebecca postponed their day trip to the beach because of the thunderly showers .
torrential rain	noun		/tə'ren(tə)l reɪn/	choiva torrencial	rain that falls in large amounts	Even the windscreen wipers struggled with the torrential rain .
tropical storm	noun		/'trɒpɪk(ə)l stɔː(r)m/	tormenta tropical	several thunderstorms that create heavy winds and rain, starting over the tropical oceans	The weather centre was tracking the tropical storm to see if it would reach land.
violent storm	noun		/'vaɪələnt stɔː(r)m/	temporal forte	a storm of great force that causes serious damage and destruction	The roof of Sam's house blew off during the violent storm last weekend.
warm sunshine	noun		/wɔː(r)m 'sʌn,ʃaɪn/	cálida luz do sol	fairly hot light from the sun in a way that is comfortable and pleasant	The children were so happy that the rain had stopped and they could play in the warm sunshine again.
Put						
Expresións con put						
put an end to	verb phrase		/pʊt æn end tuː/	poñer fin	to make something stop happening, especially something bad or unpleasant	I'm going to put an end to her rude behaviour.
put at risk	verb phrase		/pʊt æt rɪsk/	poñer en risco	to cause someone or something to be in a particular situation or state	They put their lives at risk going back into the burning house.
put into	verb phrase		/pʊt 'ɪntuː/	investir	to invest money or time and effort in something	How much are you prepared to put into the business?
put into operation	verb phrase		/pʊt 'ɪntuː ,ɒpə'reɪʃ(ə)n/	poñer en marcha	to start to work or become effective	Li put the new accounting system into operation last month.
put off (something)	verb phrase		/pʊt ɒf/	pospoñer	to change the time or date of something so that it happens later than originally planned, especially because of a problem	They had to put off the wedding because the bride's mother had an accident.
put on (a production)	verb phrase		/pʊt ɒn/	organizar	to organise an event, show, performance etc	We're putting on a production to raise money for cancer charities.

B2 First Student's Book – Unit 11 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
put on (some music)	verb phrase		/pʊt ɒn/	poñer música	to put a CD etc in a piece of equipment so that you can listen to it	Shall we put on some music and dance?
put on (weight)	verb phrase		/pʊt ɒn/	gañar peso	to become fatter	She put on a lot of weight after the children were born.
put pressure on	verb phrase		/pʊt 'preʃə(r) ɒn/	presionar	to attempt to persuade, threaten, or force someone to do something	Society has now put pressure on the White House to take action.
put to use	verb phrase		/pʊt tuː juːz/	poñer en práctica	to use something that you have for a sensible purpose	Put your muscles to use and help me move this wardrobe.
put up (the rent)	verb phrase		/pʊt ʌp/	incrementar	to increase the value or price of something, such as the rent on a property	If he puts up the rent again this year, I will have to move.
put up your hand	verb phrase		/pʊt ʌp jɔː(r) hænd/	levantar a man	to raise your hand	Please put up your hand if you have a question.

B2 First Student's Book – Unit 12 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
Food and drink						
bolt down	verb phrase		/bəʊlt daʊn/	engulir	to eat food very quickly	She bolted down her lunch and rushed back to work.
chew	verb	**	/tʃuː/	mastigar	to use your teeth to bite food in your mouth into small pieces so that you can swallow it	High-fibre foods take longer to chew .
drink from a glass	verb phrase		/dɪŋk frɒm eɪ glɑːs/	beber dun vaso	to swallow the liquid from a small container made of glass	Please drink your milk from a glass .
drink straight from a bottle/ can	verb phrase		/dɪŋk streɪt frɒm eɪ ˈbɒt(ə)l kæn/	beber directo da botella	to swallow the liquid from the container it came in (a bottle or can)	Don't worry about finding a glass. I will drink the water straight from the bottle .
eat a three-course sit-down meal	verb phrase		/iːt eɪ θriː kɔː(r)s sɪt daʊn miːl/	comer de tres pratos	to eat a meal (with three parts, usually starter, main, and dessert) that is served to you while you are seated	Instead of buying a takeaway, let's eat a three-course sit-down meal as a family.
fizzy drink	noun		/ˈfɪzi dɪŋk/	bebida gasosa	a sweet drink without alcohol that has bubbles	My favourite fizzy drink is lemonade.
fussy eater	noun		/ˈfʌsi ˈiːtə(r)/	sibarita	someone who is only satisfied if food is exactly as they want it to be	I'm a fussy eater . I won't eat fish, mayonnaise, or bread.
gulp down	verb phrase		/ɡʌlp daʊn/	tragar	to swallow food or drink quickly	I was running late so I gulped down my coffee.
have a snack	verb phrase		/hæv eɪ snæk/	merendar	to eat a small amount of food between meals	Lunch is only at 1 pm, so I think I'll have a snack of some nuts now.
sip	verb	*	/sɪp/	sorber	to drink in small amounts	She sips her juice slowly.
soft drink	noun	*	/sɒft dɪŋk/	bebida sen alcohol	a cold drink that does not contain any alcohol	The children drank their soft drinks after their football practice.
still drink	noun		/stɪl dɪŋk/	bebida sen gas	a drink without gas bubbles	He ordered two still drinks : orange juice and mineral water.
swallow	verb	**	/ˈswɒləʊ/	tragar, enviar	to make food or drink go from your mouth down through your throat and into your stomach	She quickly swallowed the rest of her coffee.
Health						
black eye	noun		/blæk aɪ/	ollo morado	a dark mark that forms on the skin around your eye as a result of being hit or knocking into something	The boxer left the ring with a black eye and a broken nose.
blood pressure	noun		/blʌd ˈpreʃə(r)/	presión sanguínea	the pressure at which blood flows from your heart around your body (blood pressure that is either very high or very low can be dangerous to your health)	Her blood pressure was very high so the doctor kept her in hospital overnight.
burn your hand	verb phrase		/bɜː(r)n jɔː(r) hænd/	queimar a man	to injure your hand with something hot	Be careful taking the biscuits out of the oven! You don't want to burn your hand .

B2 First Student's Book – Unit 12 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
ear infection	noun		/ɪə(r) ɪn 'fekʃ(ə)n/	infección de oídos	pain in your ear, caused by an infection (from bacteria or a virus)	The doctor gave me antibiotic drops for my ear infection .
feel faint	verb phrase		/fiːl feɪnt/	sentirse desvanecer	to think that you are going to become unconscious	The room started spinning and I began to feel faint .
give an injection	verb phrase	**	/ɡɪv æn ɪn'dʒekʃ(ə)n/	xiringar	to inject a drug or another substance into a person's body	The nurse gave me my daily insulin injection .
have a heavy cold	verb phrase		/hæv eɪ 'hevi kəʊld/	ter un catarro	to have a bad but minor illness that blocks your nose and makes you cough	I have a heavy cold and am feeling terrible so I won't be at work today.
heart attack	noun	*	/hɑː(r) t̪ ə 'tæk/	ataque cardíaco	an occasion when someone suddenly has a lot of pain in their chest and their heart stops working	One of the passengers suffered a heart attack .
in plaster	phrase		/ɪn 'plɑːstə(r)/	escaiolado	if a part of someone's body is in plaster, it has a hard cover around it to protect a broken bone	One man had his leg in plaster , recovering from a broken ankle.
nose bleed	noun		/'nəʊz blɪːd/	sangrar o nariz	an occasion when blood comes out of someone's nose	Sometimes if the weather is very cold, I get a nose bleed .
plaster	noun	*	/'plɑːstə(r)/	xeso	a thin piece of cloth or plastic that is sticky on one side, and that you put on your skin to cover a cut.	The little girl wanted a Mickey Mouse plaster for the cut on her elbow.
prescription	noun	*	/prɪ'skrɪpʃ(ə)n/	prescripción	a piece of paper that a doctor gives you that says what type of medicine you need	The doctor gave me a prescription for antibiotics.
runny nose	noun		/'rʌni nəʊz/	nariz mucosa	a runny nose has liquid coming out of it	Could you hand me a tissue for my runny nose ?
sore throat	noun		/sɔː(r) θrəʊt/	gorxa irritada	painful and uncomfortable throat, usually as a result of an infection	I have a sore throat so it's difficult to swallow my food.
sprained ankle	noun		/spreɪnd 'æŋk(ə)/	escordadura no nocello	an injury to the ankle by suddenly stretching or turning it too much	My sprained ankle made climbing stairs difficult.
stiff neck	noun		/stɪf nek/	cabaleiro	pain in the muscles in the neck, causing problems with movement	She was suffering from a stiff neck so she didn't look around when I called to her.
stitch	noun	**	/stɪtʃ/	sutura	a short piece of thread that is used for joining someone's skin together after it has been cut	The cut over his left eye needed 12 stitches .
stomach ache	noun		/'stʌmək eɪk/	dor de estómago	pain in your stomach that is unpleasant but not very strong	After eating five pies, I'm not surprised he has a stomach ache .
stung by a bee	verb phrase		/stʌŋ baɪ eɪ biː/	picadura de abella	to be hurt by a flying insect (that usually has black and yellow bands) that sticks a sharp part of its body into your skin	Cathy was stung by a bee when she was watering the garden.
tooth decay	noun		/tuːθ dɪ'keɪ/	carie dental	the gradual natural process in which the teeth start to decay (are destroyed/weakened), especially as a result of eating sweet foods	The dentist said my tooth decay was from drinking too many fizzy drinks.

B2 First Student's Book – Phrasal verbs Wordlist

Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
back up (something) (10)	verb phrase		/bæk ʌp/	apoiar	to support an explanation	All the evidence will back up her story.
bolt down (something) (12)	verb phrase		/bəʊlt daʊn/	engulir	to eat something very quickly	She bolted down her lunch and rushed back to work.
bring about (something) (7)	verb phrase		/brɪŋ ə'baʊt/	provocar	to cause	The stormy weather is likely to bring about some property damage.
bring (someone) up (6)	verb phrase		/brɪŋ ʌp/	criar	to take care of a child until they become an adult	As a single father, he will bring his three sons up on his own.
carry on (doing something) (1/12)	verb phrase		/'kæri ɒn/	continuar con	to continue	Jamie has swimming practice every afternoon, but he's not sure he can carry on because he is falling behind on his schoolwork.
carry out (something) (1/2/9)	verb phrase		/'kæri aʊt/	levar a cabo	to do some work or research	Frederick will carry out the building work at the local gym.
catch on (7)	verb phrase		/kætʃ ɒn/	gañar popularidade	to become popular or fashionable	The smoky eye make-up look will catch on again in a few years.
catch on (8)	verb phrase		/kætʃ ɒn/	entender, pillar	to begin to understand	He's catching on that I just want to be left alone.
catch up on (something) (1)	verb phrase		/kætʃ ʌp ɒn/	pór ao día	to do something that you didn't do enough of before	I need to catch up on my homework because already four assignments are late!
cheer (someone) up (6)	verb phrase		/tʃɪə(r) ʌp/	alegrar	to become/make (someone) less sad	I tried to cheer him up , but he just kept staring out of the window.
come across (something/ someone) (1/8)	verb phrase		/kʌm ə'krɒs/	toparse con	to find/meet something/someone by chance	If you visit the library, I'm sure you will come across Sabine.
come over (10)	verb phrase		/kʌm 'əʊvə(r)/	visitar	to visit someone in the place where they are, especially their house	Please come over for dinner next Friday.
come up with (something) (2/7/8)	verb phrase		/kʌm ʌp wɪð/	ocorrer	to think of	Lazarus needs to come up with a business plan that will impress the bank manager.

B2 First Student's Book – Phrasal verbs Wordlist

Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
draw up (something) (7)	verb phrase		/drɔː ʌp/	elaborar	to prepare and write something such as a document or plan	We will need to draw up a contract.
fall out with (someone) (6)	verb phrase		/fɔːl aʊt wɪð/	pelexar	to stop being friendly with someone because you have had an argument or disagreement with them	I don't want to fall out with you over something so silly.
find out (something) (2/7)	verb phrase		/faɪnd aʊt/	descubrir	to discover	We may never find out the truth about what happened in that old house.
get about (a place) (8)	verb phrase		/get ə 'baʊt/	moveuse por	to travel around	You really need a car to get about this city.
get away with (something) (10)	verb phrase		/get ə 'weɪ wɪð/	librarse de, saír coa súa	to manage to do something bad without being punished or criticized for it	How can she get away with speaking to him like that?
get by (1)	verb phrase		/get baɪ/	apañarse	to manage to survive/live	I have to buy my own clothes. I get by on the money I earn from my after-school job.
get on with (someone) (6)	verb phrase		/get ɒn wɪð/	levarse ben	to have a good relationship with someone	Mandy doesn't get on with her brother.
get over (something) (1/12)	verb phrase		/get 'əʊvə(r)/	recuperarse	to recover from	It can take weeks to get over an illness like that.
give away (information) (9)	verb phrase		/gɪv ə 'weɪ/	proporcionar	to tell information that should be kept secret	I haven't seen the film yet. Please don't give away the ending!
give (something) back (9)	verb phrase		/gɪv bæk/	devolver	to return	Oliver needs his book. Please give it back .
give (something) in (9)	verb phrase		/gɪv ɪn/	entregar	to give something, especially a piece of work, to someone in authority who is expecting it	Please give your homework in to the teacher at the front desk.
give in (to someone's requests) (9)	verb phrase		/gɪv ɪn/	ceder	to agree to something after initial resistance	I'm waiting for my parents to give in and let me take a gap year.
give out (books/paper) (9)	verb phrase		/gɪv aʊt/	distribuír	to give something to several people	The spa will give out free vouchers on Friday.

B2 First Student's Book – Phrasal verbs Wordlist

Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
give out (information) (9)	verb phrase		/ɡɪv aʊt/	informar	to give information to a lot of people	The office gives out financial advice to students.
give up (something) (2/5/6/9/12)	verb phrase		/ˈɡɪv(ə) ʌp/	abandonar, deixar	to stop doing something you do regularly	I want to give up smoking.
give yourself up (9)	verb phrase		/ɡɪv jə(r)'self ʌp/	entregarse	to allow oneself to be arrested	You should give yourself up because you won't be able to live with the guilt.
go in for (a competition) (5)	verb phrase		/gəʊ ɪn fɔː(r)/	participar en	to enter (a competition)	His school had suggested he go in for the Young Musician of the Year competition.
go on (2/7)	verb phrase		/gəʊ ɒn/	pasar	to happen	I wonder what's going on next door – they're making a lot of noise.
go on (with something) (2)	verb phrase		/gəʊ ɒn/	continuar con	to continue	Don't mind me. Go on with your work.
go round (10)	verb phrase		/gəʊ raʊnd/	visitar	to visit a person or place	I want to go round to Trevor's house to borrow his guitar.
grow up (1/6)	verb phrase		/grəʊ ʌp/	crecer, medrar	to change from being a child to becoming an adult	My baby brother says, 'When I grow up , I'm going to be an astronaut'.
gulp (something) down (12)	verb phrase		/ɡʌlp daʊn/	tragar	to drink something very quickly	I was running late so I gulped down my coffee.
head for (somewhere) (8)	verb phrase		/hed fɔː(r)/	dirixirse	to go somewhere	Let's head for the hotel.
hit it off with (someone) (Ready for Reading)	verb phrase		/hɪt ɪt ɒf wɪð/	ter un frechazo, conxeniar	to like each other on the first meeting	I didn't really hit it off with his sister.
kick (someone) out (informal) (10)	verb phrase		/kɪk aʊt/	botar	to force someone to leave a place or organisation; expel	If she doesn't pay her rent, the landlord will kick Sonia out of her house.
let (someone) down (6)	verb phrase		/let daʊn/	decepcionar	to disappoint	James said he would come to the meeting, but he's let me down .

B2 First Student's Book – Phrasal verbs Wordlist

Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
look forward to (something) (1/7/12)	verb phrase		/lʊk 'fɔː(r)wɔ(r)d tuː/	esperar, anhelar	to feel happy about something that is going to happen	I'm really looking forward to working with you.
look up to (someone) (6)	verb phrase		/lʊk ʌp tuː/	admirar	to admire and respect	The children all look up to him because he is a great coach and role model.
make up (something) (10)	verb phrase		/meɪk ʌp/	inventar	to invent an explanation for something	I'll make up an excuse for why I can't attend the meeting.
make up your mind (1/8)	verb phrase		/meɪk ʌp jɜː(r) maɪnd/	decidir	to decide	Come on, make up your mind! Are you going or staying?
move on to (something) (6)	verb phrase		/muːv ɒn tuː/	pasar a outro tema	to stop discussing something and begin discussing something different.	Let's move on to the reason for this meeting.
open up to (someone) (10)	verb phrase		/'əʊpən ʌp tuː/	abrirse	to talk more about your personal feelings	It's taken a few months, but Katy is finally starting to open up to me.
own up to (something) (10)	verb phrase		/əʊn ʌp tuː/	recoñecer	to admit or confess that you have done something wrong	I think Tim and Nick will own up to the prank.
pick up (a bargain) (7)	verb phrase		/pɪk ʌp/	aproveitar unha ganga	to buy something (cheap)	You can pick up some amazing bargains at this market.
push (something) up (7)	verb phrase		/pʊʃ ʌp/	incrementar	to make something increase	The Bank of England pushed up interest rates sharply.
put clothes on (11)	verb phrase		/pʊt kləʊðz ɒn/	vestirse	to place on your body	Put your clothes on quickly – we're late for the bus!
put (someone) off (11)	verb phrase		/pʊt ɒf/	distraer	to distract	Stop talking – you'll put her off her speech.
put (someone) off (something) (1/2/11/12)	verb phrase		/pʊt ɒf/	desalentar	to discourage	Glynis put me off camping when she mentioned the insects in her tent.
put off (something) (11)	verb phrase		/pʊt ɒf/	pospoñer	to postpone	They had to put off the wedding because the bride's mother had an accident.

B2 First Student's Book – Phrasal verbs Wordlist

Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
put on (an event) (11)	verb phrase		/pʊt ɒn/	organizar	to organise	We're putting on an event to raise money for cancer charities.
put on (music) (11)	verb phrase		/pʊt ɒn/	poñer música	to get something ready to listen to	Shall we put on some music and dance?
put on weight (11)	verb phrase		/pʊt ɒn weɪt/	gañar peso	to gain	She put on a lot of weight after the children were born.
put prices up (11)	verb phrase		/pʊt praɪsɪz ʌp/	incrementar os prezos	to increase	The shops always put the prices up near the holidays.
put (something) together (7)	verb phrase		/pʊt tə 'geðə(r)/	compoñer	to produce (by combining several different things)	First, they put a list of ideas together .
put (someone) up for the night (11)	verb phrase		/pʊt ʌp fɔː(r) ðiː naɪt/	hospedar a alguén	to accommodate	Could you put me up for the night when I come to London?
put up with (something/ someone) (6)	verb phrase		/pʊt ʌp wɪð/	tolerar	to tolerate	How has Jan put up with his bad behaviour for so long?
put up your hand (11)	verb phrase		/pʊt ʌp jɔː(r) hænd/	levantar a man	to raise into the air	Please put up your hand if you have a question.
run into (thousands of pounds) (10)	verb phrase		/rʌn 'ɪntuː/	alcanzar	to reach a particular number or amount	Flood damages could run into thousands of pounds.
run out of (something) (6/10)	verb phrase		/rʌn aʊt əv/	esgotar	to use all of something so that none is left	Many hospitals have run out of money.
sell out of (something) (7)	verb phrase		/sel aʊt əv/	quedar sen existencias	to sell all of something	On a hot day, we can sell out of ice cream in an hour.
set off (somewhere) (1)	verb phrase		/set ɒf/	poñer en marcha	to start a journey, or to start going in a particular direction	We set off hiking early this morning to make sure we saw the sun rise from the top of the mountain.
set up (something) (7)	verb phrase		/set ʌp/	emprender un negocio	to start (a business)	The sisters plan to set up a clothing business.

B2 First Student's Book – Phrasal verbs Wordlist

Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
set up home (2)	verb phrase		/set ʌp həʊm/	establecer un fogar	to begin living in a place	We've set up home in Pritchard Street.
settle down (1)	verb phrase		/'set(ə)l daʊn/	establecerse	to live a quieter life by staying permanently in one place and perhaps getting married	After several years of travelling, Tamryn decided to settle down in London and started a permanent job at a travel agency.
show off (10)	verb phrase		/ʃəʊ ɒf/	presumir	to behave in a way that is intended to attract people's attention and make them admire you	Why do the children always show off every time someone comes round?
sign up for (something) (Ready for Reading)	verb phrase		/saɪn ʌp fɔː(r)/	inscribirse	to agree to do; book	Amy has decided to sign up for evening classes.
sort out (a/the problem) (6)	verb phrase		/sɔː(r)t aʊt/	resolver, solucionar	to solve a problem	If Mike and Terrence would sit down and talk, they could sort out this problem.
split up with (someone) (6)	verb phrase		/splɪt ʌp wɪð/	romper con	to end a romantic relationship with someone	Rupert split up with his wife in February.
stand out (2)	verb phrase		/stænd aʊt/	destacar	to be easy to notice	Her bright clothes always make her stand out .
take after (someone) (4)	verb phrase		/teɪk 'ɑːftə(r)/	saír a	to resemble	In looks she takes after her father.
take (someone) aside (4)	verb phrase		/teɪk ə'saɪd/	apartar, levar á parte	to move someone away from other people to talk	I saw the manager take him aside .
take (something) back (7)	verb phrase		/teɪk bæk/	devolver	to return	If you don't like the scarf, I can take it back .
take (something) in (4)	verb phrase		/teɪk ɪn/	dar por certo, aceptar	to accept as true	I'm not sure Ryan will ever take in the hurt he's caused.
take off (4)	verb phrase		/teɪk ɒf/	levantar o voo	to start to become successful	Her jewellery business is about to take off .
take on (someone) (4/9)	verb phrase		/teɪk ɒn/	contratar	to employ	We will take on new staff at the beginning of next month.

B2 First Student's Book – Phrasal verbs Wordlist

Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Galician)	Definition	Sample sentence
take over (4)	verb phrase		/teɪk 'əʊvə(n)/	coller o mando	to gain control	Can you take over the cooking while I walk the dog?
take to (something/ someone) (4)	verb phrase		/teɪk tuː/	coller o gusto	to start to like	John seemed to take to his new job immediately.
take up (a new sport/hobby) (2/4/12)	verb phrase		/teɪk ʌp/	afectionarse	to start doing	Chris wants to take up jogging.
tell (someone) off (6/12)	verb phrase		/tel ɒf/	rifar	to criticise someone angrily for doing something wrong	The teacher needs to tell him off for disrupting the class.
try (something) on (7)	verb phrase		/traɪ ɒn/	probar	to put on a piece of clothing to see how it looks and whether it fits	What a lovely dress! Why don't you try it on ?
turn down (something) (7)	verb phrase		/tɜː(r)n daʊn/	rexectar	to reject	How could you turn down such a fantastic job?
turn (something) into (7)	verb phrase		/tɜː(r)n 'ɪntuː/	transformar	to make something change into something different	Ariana plans to turn her garage into a salon.
turn out (8)	verb phrase		/tɜː(r)n aʊt/	aparecer	to go somewhere to take part in an event	Only 62% of the population turned out to vote.
turn out (to be) (2)	verb phrase		/tɜː(r)n aʊt/	resultar ser	to develop in a particular way	It turned out to be her best idea yet!
turn out (well/ badly) (6)	verb phrase		/tɜː(r)n aʊt/	resultar ben ou mal	to have a particular result	The actors were good, but the film turned out badly.
turn to (someone) (2)	verb phrase		/tɜː(r)n tuː/	acudir	to go to someone for help	Remember, you can always turn to your parents for advice.
turn up (1)	verb phrase		/tɜː(r)n ʌp/	aparecer	to arrive	It's so annoying when people turn up to a party uninvited.
work out (something) (2)	verb phrase		/wɜː(r)k aʊt/	resolver	to manage to understand	I can't seem to work out this algebra problem.