

B2 First Student's Book – Unit 1 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
Lifestyle						
active lifestyle	noun		/ˈæktɪv ˈlaɪfˌstaɪl/	stile di vita attivo	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)nətv ˈlaɪfˌstaɪl/	stile di vita 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		/əˈmerɪkən weɪ ɒv laɪf/	stile americano di vita	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/	stile di vita impegnato	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/	cambiare stile di vita	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/	stile di vita caotico	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		/ˈkɒmfətb(ə)l ˈlaɪfˌstaɪl/	stile di vita comodo	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/	stile di vita 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 ˈsəʊ(ə)l laɪf/	avere una vita sociale attiva	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		/lʌg ˈzjʊəriəs ˈlaɪfˌstaɪl/	stile di vita lussuoso	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/	stile di vita moderno	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		/aʊtˈdɔː(r) ˈlaɪfˌstaɪl/	stile di vita all'aria aperta	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/	la vita privata	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.
relaxed lifestyle	noun		/rɪˈlæksd ˈlaɪfˌstaɪl/	stile di vita rilassato	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 .

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sedentary lifestyle	noun		/ˈsed(ə)nt(ə)ri ˈlaɪfˌstɑɪl/	stile di vita sedentaria	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		/ˈsɪmp(ə)l ˈlaɪfˌstɑɪl/	stile di vita semplice	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		/ˈstresf(ə)l ˈlaɪfˌstɑɪl/	stile di vita stressato	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		/trəˈdɪʃ(ə)nəl weɪ vɪ laɪf/	stile di vita tradizionale	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 vɪ laɪf/	modo di vita	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		/ˈkæri ɒn/	continuare, andare avanti	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		/ˈkæri aʊt/	fare, effettuare, eseguire	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/	raggiungere, riprendere	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 əˈkrɒs/	imbattersi in, incrociare qualcuno	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/	creocere, diventare grande	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/	decidersi	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/	scoraggiare, dissuadere	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/	iniziare, cominciare, avviare	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.
settle down	verb phrase		/ˈset(ə)l daʊn/	sistemarsi, assestarsi	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		/tɜːn ʌp/	saltare fuori, sbucare, arrivare	to come somewhere, especially unexpectedly or without making a firm arrangement	It's so annoying when people turn up to a party uninvited.

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Clothes						
baggy	adjective		/'bægi/	largo	baggy clothes are very loose on your body	Adriana was wearing red baggy trousers, which looked very comfortable.
brand new	adjective	*	/brænd nju:/	nuovo di zecca/pacca	extremely new	I decided not to wear my brand new jeans to the farm in case they got dirty.
casual	adjective	*	/'kɑ:z(ə)l/	informale	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	*	/'kʌlə(r)f(ə)l/	colorito, variopinto	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	***	/'fɔ:(r)m(ə)l/	formale	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/	semplice	simple in design, with no decoration	The band members wanted to look the same, so they all wore plain white T-shirts.
scruffy	adjective		/'skrʌfi/	sciatto, trasandato	untidy or dirty	Sebastian always looks so scruffy with his shirt untucked and his laces untied.
second-hand	adjective	*	/'sekənd/-/hænd/	lancetta dei secondi, di seconda mano	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	**	/smɑ:(r)t/	elegante, alla moda	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/-/'fɪtɪŋ/	attillato, aderente	fitting very tightly	Anna's tight-fitting trousers made it difficult for her to sit down comfortably.
trendy	adjective		/'trendi/	alla moda, modaiole	extremely fashionable, but often silly or annoying	My cousin is so trendy . He always has the latest clothes and the coolest sunglasses.
unfashionable	adjective		/ʌn 'fæʃ(ə)nəb(ə)l/	fuori moda, passato di moda	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.
Get						
get (something)	verb	***	/get/	ricevere, ottenere, procurare	to obtain, receive, or be given something	We get most of our groceries from the shop on the corner.
get angry	verb phrase		/get 'æŋgri/	essere arrabbiato	to become very annoyed	I get angry when I see people harming animals.

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get by	verb phrase		/get baɪ/	tirare avanti, cavarsela, farcela	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/	essere in contatto con qualcuno	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 ɪn fə(r) 'meɪʃ(ə)n/	avere informazione, ottenere informazione	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)/	cacciarsi nei guai	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/	estrarre, tirare fuori	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)/	calmarsi, passare la rabbia	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)/	rimettersi da, riprendersi da	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/	essere pagato/ricompensato	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/	approntarsi, essere pronto a fare qualcosa	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)/	essere pronto a	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/	buttare via, disfarsi di	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/	essere bloccato	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/	essere sospettoso/diffidente	to become (doubtful of someone or something)	I get suspicious when an opportunity seems too good to be true.
get the chance to	verb phrase		/get ði: tʃɑ:ns tu:/	avere l'opportunità di	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:/	mettersi a fare qualcosa, farcela a fare qualcosa	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:/	iniziare a fare	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/	il contrabbassista	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 ˈpleɪlɪst/	creare una scaletta/playlist	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 ˈpleɪlɪst/	cancellare una scaletta/playlist	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/	scaricare una canzone	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/	chitarrista	a person who plays the guitar	If I were in a band, I would be the guitarist .
in concert	phrase	/ɪn ˈkɒnsə(r)t/	in 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 tʃɑː(r)tʃz/	in classifica	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 tjuːn/	accordato	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	***	strumento	a musical instrument, for example a piano or a guitar	Do you play an instrument ? Yes, I play the flute.
lead guitarist	noun	/liːd ɡɪˈtɑː(r)ɪst/	il chitarrista 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/	in diretta, dal vivo	something that is happening at the moment, not recorded	Carrie saw Pink live at the Bridgestone Arena last year.
live album	noun	/lɪv ˈælbəm/	album dal 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 ˈmjuːzɪk ˈvenjuː/	locali di musica dal vivo	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/	spettacolo dal 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/	mimare una canzone	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 steɪdʒz/	sul palcoscenico	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 ðɪ'reɪdɪəʊ/	sulla 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 tʊə(r)	in tour	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)'kʌʃ(ə)n 'ɪnstrʊmənt/	strumento a percussione	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)'fɔ:(r)m eɪ sɒŋ/	suonare/cantare una canzone	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/	suonare	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 kɔ:(r)d/	suonare un accordo	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/	riprodurre una canzone	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 tju:n/	suonare un pezzo/brano	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/	la scaletta/playlist	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/	complesso 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 'mju:zɪk/	la musica 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 mjʊ'zɪʃ(ə)n/	un musicista 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 stɑ:(r)/	rockstar	a famous and popular rock musician	Some people think that Jim Morrison is the greatest rock star of all time.
session guitarist	noun		/'seɪʃ(ə)n gr'tɑ:(r)ɪst/	turnista	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)l eɪ 'pleɪ,lɪst/	riprodurre la playlist in ordine casuale	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/	una canzone	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/	strumento a 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/	strumento a fiato	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		/'bæk,hænd/	di rovescio	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/	battere, sconfiggere	to defeat someone in a game, competition, election, or battle	England needed to beat Germany to get to the final.
club	noun	***	/klʌb/	la mazza da 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	***	/'kɔ:(r)nə(r)/	calcio d'angolo, corner	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	***	/kɔ:('r)s/	campo da golf	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	***	/kɔ:(r)t/	campo da tennis	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		/du: æθ'letɪks/	la atletica	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		/du: dʒɪm'næstɪks/	fare la ginnastica	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	***	/drɔ:/	pareggio	to have the same score so neither team/player wins	They drew 1–1 with Manchester United last week.
fairway	noun		/'feə(r)weɪ/	il fairway	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.

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field event	noun		/fi:ld i'vent/	evento di atletica	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.
foul	noun		/faʊl/	faloso	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	**	/gɪə(r)/	marcia	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		/gəʊ 'saɪk(ə)lɪŋ/	andare in bicicletta	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		/gəʊ 'ski:tɪŋ/	andare a sciare	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		/gəʊ 'swɪmɪŋ/	andare a nuotare	to swim for enjoyment or for exercise	I go swimming every evening at the gym.
goggles	noun		/'gɒg(ə)lz/	occhiali da sci	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		/gri:n/	prato	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/	colpire	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/	buca	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/	calcio	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/	corsia	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/	ascensore	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/	medaglia	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	***	/'mi:tɪŋ/	evento sportivo	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.

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net	noun	***	/net/	la rete	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.
nil-nil	noun		/nɪl nɪl/	punteggio zero-zero	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	***	/paːs/	passaggio	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	*	/'ped(ə)l/	il pedale	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		/'pelətɒn/	il plotone	in cycling and other sports, the main group of competitors	The race leader was five minutes ahead of the peloton .
pitch	noun	**	/pɪtʃ/	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 'bɔːskɪtˌbɔːl/	giocare a pallacanestro	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 'fʊtˌbɔːl/	giocare a calcio	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/	giocare a 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 'tenɪs/	giocare a tennis	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 'vɒliˌbɔːl/	giocare a pallavolo	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	*	/'ræktɪ/	racchetta	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.

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
red card	noun		/red kɑ:(r)d/	cartellino rosso	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.
referee	noun	**	/ˈrefəˈriː/	l'arbitro	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 da sci	a slope that you can slide down, usually on skis	I started on the beginners' run .
saddle	noun	*	/'sæd(ə)/	la sella	the seat on a bicycle or motorcycle	The saddle on my bicycle is really uncomfortable.
service	noun	***	/'sɜ:(r)vɪs/	servizio	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/	discesa	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/	bastoncino da sci, racchetta da sci	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 pa:(r)t/	partecipare	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/	accadere, succedere	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		/'trɪp(ə)l dʒʌmp/	salto triplo	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/	la vittoria	to defeat everyone else by being the best or by finishing first in a competition	Every time we play basketball, our team wins .

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
Technology						
abbreviation	noun	*	/əˈbrɪːviːeɪʃ(ə)n/	abbreviazione	a short form of a word or phrase	MIA is an abbreviation for 'Missing in Action'.
blog	noun		/ˈblɒɡ/	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	***	/dɪˈvaɪs/	dispositivo	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/	videogiocchi	the activity of playing computer games	Nintendo revolutionised handheld gaming with the very first Game Boy Classic back in 1989.
GIF	noun		/ˈɡɪf/	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		/ˈhed.set/	le cuffie	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		/ˈlænd(d).laɪn/	la linea fissa	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/	il link	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		/ˈmiːm/	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/	messaggio	to send someone a message, especially in an electronic form	Calvin messaged Seshni to check that she had arrived home safely.
post	noun	***	/pəʊst/	il post	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 tekst/	messaggio predittivo	software that suggests whole words on the basis of the first letters that are keyed in	Predictive text helps me type messages quicker.

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
smartphone	noun		/ˈsmɑː(r)tˌfəʊn/	lo smartfon	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/	i 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	**	/'tæblət/	la tavoletta	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/	messaggio	a text message	Send me a text tomorrow if you want a lift to the shops.
thread	noun	**	/θred/	thread	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						
as far as	phrase		/æz faː(r) æz/	per quanto riguarda	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/	finché, purché	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/	tanti/e quanti/e, fino a	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/	appena, non appena, subito dopo	immediately after something has happened	I'm ready to go out as soon as it stops raining.
as well as	phrase		/æz wel æz/	e anche, e inoltre	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 (Italian)	Definition	Sample sentence
Films						
action film	noun		/'æk(ə)n frɪm/	film d'azione	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/	cast	all the performers in a film, play etc	The cast all acted well, but Will Smith was the best.
comedy	noun	**	/'kɒmədi/	commedia	a funny film, play or television programme	When I'm feeling sad, I like to watch a comedy to make me laugh.
critic	noun	***	/'krɪtɪk/	critico cinematografico	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	***	/'krɪtɪ,sɪz(ə)m/	la critica	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	**	/'fæntəsi/	fantasia	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		/'hɪːstɔːrɪk(ə)l 'drɑːmə/	un dramma storico	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		/'hɒrə(r) frɪm/	un film dell'orrore	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		/'mjuːzɪk(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	***	/'rɪːviː./	recensione	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	***	/'rɒl/	ruolo	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	*	/'rɒʊ'mæns/	storia d'amore	a book or film about a romantic relationship	We watched the most wonderful film about a historical romance set in India.
scene	noun	***	/'siːn/	scena	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		/'saɪəns 'fɪk(ə)n frɪm/	un film di fantascienza	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 .

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
sequel	noun		/ˈsiːkwəl/	seguito, sequel	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/	ambientazione	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), træk/	colonna 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)/	star	a famous and popular person, especially an actor, entertainer, or sports personality	Milo Ventimiglia is a Hollywood star .
terrible	adjective	***	/'terəb(ə)l/	terribile	very bad in quality or ability	Derek always chooses the most terrible films.
terrific	adjective	*	/tə'rifɪk/	magnifico	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		/'terə'faɪn/	spaventoso, terrificante	extremely frightening	Horror films are too terrifying for me – I always have nightmares after I watch them.
thriller	noun	*	/'θrɪlə(r)/	thriller, giallo	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	***	/'westə(r)n/	western	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						
take up	verb phrase		/teɪk ʌp/	darsi a	to start doing something regularly as a habit, job, or interest	Chris wants to take up jogging.
take after	verb phrase		/teɪk 'ɑːftə(r)/	prendere a, assomigliare	to look or behave like an older relative	She takes after her father in looks.
take aside	verb phrase		/teɪk ə'saɪd/	portare da 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/	accettare, assorbire	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/	decollare	to become successful or popular very fast	Her jewellery business is about to take off .
take on	verb phrase		/teɪk ɒn/	assumere	to start to employ someone	We will take on new staff at the beginning of next month.
take over	verb phrase		/teɪk 'əʊvə(r)/	sostituire, prendere il posto di	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/	affezionarsi a	to begin to like someone or something	John seemed to take to his new job immediately.

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
The world of work						
abandon (someone's) career	verb phrase		/ə'baɪndən kə'riə(r)/	lasciare, abbandonare	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		/ɑ:(r)'tɪstɪk skɪlz/	talento artistico	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/	impegnativo, arduo	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)/	cambiare carriera/ professione	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	*	/'tʃɪə(r)'fʊl/	allegro	behaving in a happy friendly way	Paula was so cheerful this morning.
computer skills	noun		/kəm'pjʊ:tə(r) skɪlz/	abilità a lavorare sul computer	the ability to use computers, systems, and software	The job requires basic computer skills .
confident	adjective	**	/'kɒnfɪd(ə)nt/	sicuro di sé	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 jɔ:(r) kə'riə(r) tu:./	dedicarsi a fare	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		/'di:vəʊt jɔ:(r) kə'riə(r) tu:./	impegnarsi in	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		/ɜ:(r)ɪn eɪ ɡʊd 'lɪvɪŋ/	guadagnarsi una bella vita	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		/ɜ:(r)ɪn eɪ haɪ 'sæləri/	avere uno stipendio alto	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		/ɜ:(r)ɪn eɪ 'wi:kli weɪdʒ/	svere paga settimanale	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		/ɜ:(r)ɪn ɡʊd 'mʌni/	guadagnare una buona somma	to earn a lot for something	I earned good money at my last job.

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
fit	adjective	***	/fɪt/	sano	healthy, strong, and able to do physical exercise without getting very tired	Running around after the children keeps her fit .
follow a career	verb phrase		/'fɒləʊ eɪ kə'riə(r)/	seguire la carriera	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/	abandonare la carriera	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 'ɪntuː eɪ kə'riə(r)/	dedicarsi a fare	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 'wɜː(r)kɪŋ/	lavorare duro	a hard-working person puts a lot of effort into their work	She was very hard-working and reliable.
language skills	noun		/'læŋɡwɪdʒ skɪlz/	l'abilità linguistica	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 rɪ'dʌndənt/	licenziato	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		/mə'nɒtənəs/	monotono	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		/'ɔː(r)ɡənə'zɪʃ(ə)nəl skɪlz/	l'abilità organizzativa	the ability to plan and arrange something well	To manage this office well, he will need amazing organisational skills.
patient	adjective	**	/'peɪʃ(ə)nt/	paziente	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	*	/pə'laɪt/	rispettoso	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)'sjuː eɪ kə'riə(r)/	seguire una carriera	to follow a course of activity in relation to a job path	He wants to pursue a career in medicine.
resign	verb	***	/'riːzaɪn/	dare le dimissioni	to state formally that you are leaving a job permanently	He was forced to resign as Finance Minister last year.
responsible	adjective	***	/'rɪsponsəb(ə)l/	responsabile	sensible, reliable, and able to be trusted to do the right thing	Our childminder may be young, but she's very responsible .
rewarding	adjective		/'riːwɔː(r)dɪŋ/	gratificante	giving you satisfaction, pleasure, or profit	Do you find your work rewarding ?
sack	verb	**	/sæk/	licenziare	to tell someone that they can no longer work at their job (informal language)	We will need to sack hundreds of factory workers.

B2 First Student's Book – Unit 5 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
skilled	adjective	**	/skɪld/	abile, qualificato	having the ability and experience to do something well	The best performing companies had a higher number of skilled workers.
stressful	adjective		/'stresf(ə)l/	stressante	involving or causing a lot of pressure or worry	My new job is much less stressful .
switch career	verb phrase		/swɪtʃ ke 'rɪə(r)/	cambiare carriera	to change from one career to another	James decided to switch careers when he was in his 40s.
talented	adjective	*	/'tæləntɪd/	dotato	someone who is talented is very good at something	A talented young designer has just joined our marketing team.
telephone skills	noun		/'telɪˌfəʊn skɪlz/	abilità telefonica	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		/'taɪərɪŋ/	stancante	making you feel tired	Teaching small children is very tiring .
well-paid	adjective		/wel peɪd/	ben pagato	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		/wɜː(r)k 'fleksɪˌtaɪm/	orario flessibile/elastico	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		/wɜː(r)k fɒl taɪm/	lavorare a tempo pieno	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		/wɜː(r)k lɒŋ 'aʊə(r)s/	fare gli straordinari	to work for many hours at a time	We work long hours at the library.
work overtime	verb phrase		/wɜː(r)k 'əʊvə(r)ˌtaɪm/	fare gli straordinari	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		/wɜː(r)k paː(r)t taɪm/	lavorare a tempo parziale	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		/wɜː(r)k /ɪftʃs/	lavorare turni	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 .

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
Relationships						
bring (someone) up	verb phrase		/brɪŋ ʌp/	creocere, allevare	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/	litigare con, bisticciare 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/	andare d'accordo con qualcuno	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/	arrendersi	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/	creocere	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/	Durante l'infanzia	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/	deludere	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/	guardare qualcuno con ammirazione	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/	sopportare, tollerare	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/	finire, terminare, esaurire	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/	sistemare, riordinare	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/	separarsi da	to end a marriage or romantic relationship	Rupert split up with his wife in February.
tell (someone) off	verb phrase		/tel ɒf/	rimproverare qualcuno	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		/'ɑːmʌnd-ʃeɪpt/	occhi a mandorla	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'biʃəs/	ambizioso	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	*	/'tʃɛə(r)f(ə)l/	allegro	behaving in a happy friendly way	Paula was so cheerful this morning.

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Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
curly (hair)	adjective	*	/'kɜ:(r)li/	capelli ricci	forming curves or circles	Scott has red curly hair.
dark (eyes/complexion)	adjective	***	/dɑ:(r)k/	occhi scuri, carnagione scura	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/	deciso	able to make choices or decide what to do quickly and confidently	As a chairperson, he was firm and decisive .
enthusiastic	adjective	**	/ɪn,θju:zɪ'æstɪk/	entusiasta, appassionato	very interested in something or excited by it	Daniel was an enthusiastic supporter of women's rights.
expressive (face)	adjective		/ɪk'spresɪv/	espressivo	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/	grasso	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		/'fləʊɪŋ/	chioma fluente	hair hanging in an attractive way	Her long flowing hair was shining in the candlelight.
freckled (face)	adjective		/'frek(ə)ld/	lentiginoso	covered in freckles	The boy's cheeky freckled face popped up over the hedge.
friendly	adjective	***	/'frendli/	amichevole, simpatico	someone who is friendly is always pleasant and helpful towards other people	I enjoy working there – everyone is so friendly .
generous	adjective	**	/'dʒenərəs/	generoso	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		/'heɪz(ə)l/	occhi color nocciola	light brown and slightly green or golden in colour	Alma's hazel eyes darted around suspiciously.
healthy (complexion)	adjective	***	/'helθi/	carnagione sana	showing that you are physically strong and not ill	My skin looks bright and healthy .
honest	adjective	**	/'ɒnɪst/	onesto	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	*	/'ɪmædʒɪnətɪv/	fantasioso, immaginoso	used about someone who has new, different, or exciting ideas	He was more imaginative than most history teachers.
immature	adjective		/'ɪmə'tjʊə(r)/	immaturato	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		/'ɪmɒdɪst/	spudorato	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.

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Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
impatient	adjective	*	/ɪmˈpeɪʃ(ə)nt/	impaziente	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	*	/ɪmpəˈlɪt/	scortese	not polite	It would be impolite to leave the party so early.
inconsiderate	adjective		/ɪnkənˈsɪdəreɪt/	indelicato, privo di tatto	not thinking about other people and their feelings	When you change our plans at the last minute, you are being so inconsiderate .
indecisive	adjective		/ɪndɪˈsɪsɪv/	indeciso	unable to make decisions	Critics say the politician has been weak and indecisive .
insensitive	adjective		/ɪnˈsensətɪv/	insensibile	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		/ɪnsɪnˈsɪə(r)/	insincero, falso	not expressing your feelings or opinions honestly	She gave me an insincere smile. I could tell she didn't like me.
intolerant	adjective		/ɪnˈtɒlərənt/	intollerante	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/	gentile, cortese	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	**	/məˈtʃə(r)/	maturo	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, riservato	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/	sovrappeso	heavier than you should be	I was about 10 pounds overweight after my pregnancy.
pale (complexion)	adjective	***	/peɪl/	pallido	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)neɪt/	appassionato	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)ɪsɪŋ/	penetrante	piercing eyes or looks seem to show that someone sees and understands more than other people	She met his piercing gaze and smiled.

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Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
plump	adjective		/plʌmp/	grascello	slightly fat, in a pleasant way; this word is often used to avoid saying fat, which is not considered polite	A kind plump woman gave me directions to the museum.
polite	adjective	*	/pə'laɪt/	rispettoso	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.
proud	adjective	**	/praʊd/	fiero	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	**	/rɪ'laɪəb(ə)l/	affidabile	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		/rɪ'zɜ:(r)vd/	riservato	someone who is reserved tends not to talk about or show their feelings	Often being reserved makes people more interested in you.
respectful	adjective		/rɪ'spektf(ə)l/	rispettoso	feeling or showing respect	We should be more respectful of other people's points of view.
round (face)	adjective	***	/raʊnd/	viso tondo	shaped like a circle or a ball	Which hairstyles would look good with a round face like mine?
scruffy (hair)	adjective		/'skrʌfi/	trascurato, incolto	untidy or dirty	He hadn't washed or brushed his scruffy hair in days!
selfish	adjective	*	/'selfɪʃ/	egoista	thinking only about yourself and not caring about other people	The little boy was selfish and grabbed all the toys.
sensitive	adjective	***	/'sensətɪv/	sensibile	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		/'ʃəʊldə(r)-lengθ/	lungo fino alle spalle	shoulder-length hair reaches down to your shoulders	Hannette had her shoulder-length hair cut shorter.
shy	adjective	*	/'ʃaɪ/	timido	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	*	/'sɪn'sɪə(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		/'skɪni/	magro, secco	very thin, in a way that is not attractive (someone who is thin in an attractive way is slender or slim)	As a child she was always really skinny .
slim	adjective	**	/'slɪm/	magro	thin in an attractive way	Most ballet dancers are extremely slim .
smooth (complexion)	adjective	**	/'smu:ð/	liscio	completely even with no rough areas or lumps	A baby's skin is as smooth as silk.

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Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
sociable	adjective		/ˈsəʊjəb(ə)l/	socievole	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)k(ə)lɪŋ/	occhi scintillanti/luminosi	shining with small points of reflected light	Her brown eyes were sparkling with excitement.
spotty (complexion)	adjective		/ˈspɒtɪ/	brufoloso	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/	capelli lisci	something that is straight does not bend or curve	Tess has straight blonde hair.
stubborn	adjective	*	/ˈstʌb(ə)rən/	ostinato	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/	abbronzato	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/	magro, snello	someone who is thin has very little fat on their body	Charles was thin and very tall.
thinning (hair)	adjective		/θɪnɪŋ/	capelli assottigliati	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, aperto	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		/ˌʌnæmˈbiʃjəs/	privo di ambizioni	not determined to be successful, rich, famous etc	Anna is unambitious . She doesn't want to work towards a promotion.
unimaginative	adjective		/ˌʌnɪˈmædʒɪnətɪv/	privo di fantasia/ingegno	unable to think of new and interesting things	She was a rather dull unimaginative woman.
unreliable	adjective	*	/ˌʌnrɪˈlaɪəb(ə)l/	inaffidabile	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		/ˌʌnˈsəʊjəb(ə)l/	asociale, poco socievole	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/	robusto	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/	rugoso	skin that is wrinkled has a lot of small lines on it	The wrinkled old woman smiled brightly as we entered the room.

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
Shopping						
bargain	noun	**	/'bɑ:(r)gɪn/	scontato	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 jɔ:(r)maɪnd/	cambiare idea	to change your decision or opinion	What made you change your mind about going overseas?
discount	noun	**	/'dɪs,kɑʊnt/	sconto	a reduction in the price of something	Customers can get a 30% discount by booking their flights in advance.
fit	adjective	**	/fɪt/	andare bene, calzare	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		/fri: əv tʃɑ:(r)dʒ/	gratis	something that does not cost anything	The organisation provides a range of services free of charge .
give (money) back	verb phrase		/gɪv bæk/	restituire soldi	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		/hɑ:f praɪs/	a metà prezzo	at half the usual cost	They were forced to sell most of the stock half price .
make	noun	*	/meɪk/	prodotto	a product made by a particular company	What make is your computer? It's an Apple.
order	noun	***	/'ɔ:(r)də(r)/	ordine	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 fɔ:(r)/	pagare	to give money in order to buy something	Let me pay for dinner.
pick up	verb phrase		/pɪk ʌp/	comprare	to buy something	You can pick up some amazing bargains at this market.
price	noun	***	/praɪs/	prezzo	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	**	/'pɜ:(r)tʃəs/	prodotto	something that you buy	Her latest purchase was a long black coat.
purchase	verb	**	/'pɜ:(r)tʃəs/	acquistare	to buy something	I need to purchase some books for school.
receipt	noun	**	/'ri:si:t/	ricevuta	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		/'ri:fʌnd/	rimborso	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/	esaurire, finire	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		/'ʃɒpɪŋ 'sentə(r)/	centro commerciale	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.

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
spend it on (something)	verb phrase		/spend it ɒn/	spendere soldi/denar in	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/	scorta, fornitura	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/	saldi estivi	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/	riportare indietro, effettuare il reso di	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/	cassa, registratore di cassa	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/	provare	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		/'vælju: fɔ:(r) 'mʌni/	un buon affare, convenienza	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		/'wɜ:(r)θ 'evri 'peni/	valere la spesa	important or valuable enough to have spent an amount of money on	Our trip to Hawaii was worth every penny !
Paraphrasing and recording						
at least (that far)	phrase		/æ li: st/	almeno	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		/bi: nəʊn fɔ:(r)/	essere conosciuto/famoso per	be famous for	Large sales are known for overcrowding and even violence!
bring about	verb phrase		/'brɪŋ ə 'bəʊt/	apportare, condurre a	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/	prendere piede, diffondersi	to become popular or fashionable	Sports drinks have caught on as consumers have become more health-conscious.
erupt	verb		/'ɪ rʌpt/	scoppiare	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'vɑ:ns/	in anticipo	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		/'li: d tu:/	causare, condurre a	to begin a process that causes something to happen	The stress of these sales on employees can lead to exhaustion or physical illness.

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
media frenzy	noun		/ˈmiːdiə ˈfrenzi/	frenesia dei media	a period of great energy and activity by the media	Black Friday always triggers a media frenzy .
meet demand	verb phrase		/miːt diːˈmaːnd/	soddisfare la domanda	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/	mettere qualcuno a dura prova	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 ˈkeɪɔs/	scene di caos	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/	rintracciare	to discover the origin of something or how it developed	I wonder if we could trace back to Victorian times.
Towns and villages						
block of flats	noun		/blɒk əv flæts/	quartiere	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		/'bɪldrɪŋ saɪt/	cantiere	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		/'haʊzɪŋ ɪˈsteɪt/	zona residenziale	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		/'ɪndəː(r) ˈʃɒpɪŋ ˈsentə(r)/	centro commerciale	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		/'ɪnˈdʌstriəl ɪˈsteɪt/	zona industriale	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		/'ɒfɪs blɒk/	palazzo di uffici	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/	zona pedonale	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		/'reziːden(t)ʃ(ə)l ˈeəriə/	area residenziale	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.

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
Make and do						
do a job	verb phrase		/du: et dʒɒb/	lavorare	to do work regularly to earn money	I could never do a job like yours! I have no patience.
do exercise	verb phrase		/du: 'eksə(r)saɪz/	fare la ginnastica, allenarsi	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		/du: 'nʌθɪŋ bʌt/	non fare niente	to do only one thing	I've been doing nothing but working lately.
do you good	verb phrase		/du: ju: gʊd/	fare bene	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		/du: ʃɔ:(r) best/	fare il meglio	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		/du: ʃɔ:(r) hɒm wɜ:(r)k/	fare il compito per casa	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 et dɪ'sɪʒ(ə)n/	prendere decisione	to make a choice after thinking carefully	The committee should make a decision later this week.
make a living	verb phrase		/meɪk et 'lɪvɪŋ/	guadagnarsi da vivere	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 et mes əv/	fare casino, combinare disastri, rovinare	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 et plæn/	fare un programma, organizzarsi	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 et spi:t/	fare/tenere un discorso	to speak to an audience formally	The queen made a wonderful speech on her birthday.
make an effort	verb phrase		/meɪk ən 'efə(r)t/	provare, provarci	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 ʃɜ:(r)/	assicurare	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 ʃɜ:(r) maɪnd/	decidere	to make a decision	Come on, make up your mind! Are you going or staying?
to do (something)	verb phrase		/tu: du: /	far parte di, fare	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		/tu: du: wɪð/	fare 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 du: ju: 'eni ha:(r)m/	non essere una cattiva idea	used for saying what you think someone should do	It wouldn't do you any harm to listen to her advice.

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
Travel and holidays						
adventure holiday	noun		/əd'ventʃə(r)'hɒlɪdeɪ/	vacanze d'avventura	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/	vacanze in campeggio	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		/kɑ:(r)'dʒɜ:(r)ni/	viaggio in macchina	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		/'kæri'biən kru:z/	crociera caraibica	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/	gita	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		/gɑ:ɪd təʊ(r)/	visita guidata	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 hɔ:l flɑ:ɪt/	volo a lungo raggio	travelling a long distance by air	We booked the long-haul flight from London to Hong Kong.
rail travel	noun		/reɪl 'træv(ə)l/	viggio in treno	relating to travelling by train	Rail travel is very affordable.
seaside holiday	noun		/'si:saɪd 'hɒlɪdeɪ/	vacanze al mare	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/	vitto escluso	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'si:ɪŋ'hɒlɪdeɪ/	vacanze di giri turistici	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		/'wɜ:(r)kɪŋ'hɒlɪdeɪ/	vacanze di lavoro	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.

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
Phrasal verbs						
catch on	verb phrase		/kætʃ ɒn/	cogliere, capire	to understand	I think Roisin is starting to catch on that I like her.
come across	verb phrase		/kʌm əˈkrɒs/	incrociare qualcuno, imbattersi in	to meet someone, or to find something by chance	Have you ever come across such a huge diamond before?
come up with	verb phrase		/kʌm ʌp wɪð/	inventarsi, farsi venire in mente	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 əˈbaʊt/	andare in giro, girare	get around a place	You really need a car to get about this city.
head for	verb phrase		/hed fɔː(r)/	dirigersi verso, andare verso	to go in a particular direction	I'm tired. Let's head for the hotel.
turn out	verb phrase		/tɜː(r)n aʊt/	affluire, presentarsi	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.

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
Give						
Phrasal verbs with give						
give away	verb phrase		/gɪv əˈweɪ/	svelare qualcosa	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/	restituire qualcosa a qualcuno	to give someone something that they owned or had before	Oliver needs his book. Please give it back .
give in	verb phrase		/gɪv ɪn/	acettare, rassegnarsi	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/	consegnare qualcosa a qualcuno	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/	distribuire	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/	rinunciare a, smettere di, arrendersi	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)ˈself ʌp/	lasciarsi arrestare	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						
give a blank look	verb phrase		/gɪv eɪˈblæŋk lʊk/	dare sguardo vuoto	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/	dare un grande sorriso, sorridere a trentadue denti	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/	sospirare profondamente	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/	scioccare qualcuno	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 eɪˈpɪə(r) sɪŋ skriːm/	sgriolare, strillare acutamente	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)rɪz(ə)nt sə(r)ˈpraɪz/	fare una bella sorpresa	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 greɪtˈpleʒə(r)/	fare un grande piacere	to give a feeling of happiness, enjoyment, or satisfaction	The Birmingham Botanical gardens give me great pleasure .

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
Crime and punishment						
Crime and criminals						
burglar	noun	*	/'bɜː(r)glə(r)/	ladro	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	*	/'bɜː(r)gləri/	furto	the crime of entering a building illegally in order to steal things	He was jailed for 12 months for burglary .
drink-driver	noun		/drɪŋk 'draɪvə(r)/	autista in stato di ebbrezza	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 'draɪvɪŋ/	guida in stato di ebbrezza	driving after you have drunk too much alcohol	Drink-driving carries a fine of up to £5 000.
drug trafficker	noun		/drʌg 'træfɪkə(r)/	trafficante di droga	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		/drʌg 'træfɪkɪŋ/	traffico di droga	the business of buying and selling drugs illegally	Drug trafficking is how organised crime groups make their money.
identity fraud	noun		/aɪ'dentɪti frɔːd/	furto d'identità	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		/aɪ'dentɪti 'frɔːdstə(r)/	truffatore d'identità	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		/'ɪntə(r)'net 'paɪrəsi/	pirateria 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		/'ɪntə(r)'net 'paɪrət/	pirata 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		/'mʌɡə(r)/	rapinatore, aggressore	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		/'mʌɡɪŋ/	rapina	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		/'ʃɒp'lɪftə(r)/	taccheggiatore	someone who steals something from a shop	The shoplifter carefully slid the watch into his pocket and left the shop.

B2 First Student's Book – Unit 10 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
shoplifting	noun		/ˈʃɒp.lɪftɪŋ/	taccheggio	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/	vandalo	someone who deliberately damages property	Bill noticed some boys spray-painting the door of his car, but the vandals ran away when he shouted.
vandalism	noun		/ˈvændə.lɪz(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 ɔ:l tʃɑː(r)dʒɪz/	assolvere da tutte le accuse	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/	condanna in galera	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 ɔː kəˈmjuːnəti ˈsɜː(r)vɪs/	ordinare il decreto di condanna ai lavori socialmente utili	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/	pagare una 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)nmənt/	condannare al carcere a vita, ergastolo	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						
to blame for	phrase		/blɛm fɔː(r)/	incolpare qualcuno, biasimare qualcuno	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/	dare una brutta notizia	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) biːˈliːf/	contrariamente alla credenza popolare	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)/	ex, precedente	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/	disponibile liberamente/ampiamente	easy to obtain or buy	The information is freely available on the internet.

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
hourly rate	noun		/ˈaʊə(r)li reɪt/	tasso/costo orario	the cost relating to one hour of work	The web designer's hourly rate is fifty pounds.
in sight	phrase		/ɪn saɪt/	in 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/	da solo, da sé	alone	You shouldn't be out on your own at this time of night.
run into	verb phrase		/rʌn ɪntuː/	arrivare a	to reach a particular amount	Flood damages could run into thousands of pounds.
work within the law	verb phrase		/wɜː(r)k wɪð ðiː lɔː/	lavorare nella legalità, lavorare lecitamente	to carry out a job legally	They promised to work within the law to raise awareness for their cause.
Phrasal verbs						
back up	verb phrase		/bæk ʌp/	dare ragione a, sostenere	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)/	andare/passare a trovare	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 əˈweɪ wɪð/	cavarsela, passarla liscia	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/	andare in giro	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/	buttare fuori, cacciare fuori	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/	inventare	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 tuː/	ammettere la propria responsabilità	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/	terminare, essere senza	to use all of something and not have any left	Many hospitals have run out of money.
show off	verb phrase		/ʃəʊ ɒf/	vantarsi, darsi delle arie	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?

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
Weather						
bright sunshine	noun		/brʌɪt 'sʌn ʃaɪn/	il sole brillante	strong light from the sun	I stood blinking in the bright sunshine .
calm sea	noun		/kɑːm siː/	il mare calmo	the condition of the sea being calm (not many waves)	We canoed happily on the calm sea .
choppy sea	noun		/'tʃɒpi siː/	il mare mosso	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/	il cielo chiaro	no clouds, rain etc	We could see the stars tonight because the clouds disappeared leaving only clear sky .
cool breeze	noun		/kuːl 'briːz/	la brezza fresca	a cold but pleasant light wind	The curtains fluttered gently in the cool breeze .
fluffy cloud	noun		/'flʌfi klaʊd/	la nuvole soffice	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/	vento a burrasca	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/	la brezza gentile	gentle wind that is not strong or unpleasant	It was a mild June morning with a gentle breeze .
glorious sunshine	noun		/'glɔːriəs 'sʌn ʃaɪn/	il sole splendente	warm light from the sun	The glorious sunshine made Kate feel even happier.
heavy rain	noun		/'hevi reɪn/	pioggia torrenziale	a lot of rain	James was soaked because he had to walk home in the heavy rain .
light rain	noun		/'laɪt reɪn/	pioggerella	a small amount of rain	The day was good, with only light rain in the morning.
light wind	noun		/'laɪt wɪnd/	vento dolce	a gentle, not strong wind	The light wind barely rustled the leaves on the trees.
overcast sky	noun		/'əʊvə(r) 'kɑːst skaɪ/	il cielo coperto/nuvoloso	sky completely full of clouds	She looked at the overcast sky and decided to cancel the picnic.
rough sea	noun		/'rʌf siː/	il mare agitato	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		/'skæɪtə(r)d 'ʃəʊə(r)z/	rovesci sparsi	a short period when it rains in only a few places	Tomorrow it will be mostly cloudy with scattered showers .
severe storm	noun		/'siːvrə(r) stɔː(r)m/	forte tempesta	a storm that is extremely unpleasant and likely to cause harm or damage	A severe storm is forecast for Tuesday night.
snow showers	noun		/'snəʊ 'ʃəʊə(r)z/	nevicate	a short period when it snows	The children ran in and out during the snow showers to build snowmen.

Word/Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
stiff breeze	noun		/stɪf brɪz/	brezza sostenuta	fairly strong wind	Helen stood watching the sea as a stiff breeze tugged at her clothes.
storm cloud	noun		/stɔː(r)m klaʊd/	nube temporalesca	very dark cloud prior to or during a storm	The storm clouds rolled in over the mountains.
stormy sky	noun		/'stɔː(r)mɪ skaɪ/	il cielo tempestoso	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/	il vento forte	wind with a lot of power or force	The strong wind blew Sophia's umbrella out of her hands.
thick cloud	noun		/θɪk klaʊdz/	nuvola densa	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/	pioggia tuonante	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(ə)l reɪn/	pioggia torrenziale	rain that falls in large amounts	Even the windscreen wipers struggled with the torrential rain .
tropical storm	noun		/'trɒptɪk(ə)l stɔː(r)m/	tempesta tropicale	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/	tempesta violenta	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/	il sole caloroso	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						
put an end to	verb phrase		/pʊt æn end tuː/	porre/mettere fine a	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/	mettere in rischio, rischiare	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/	investire in, mettere soldi in	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/	mettere all'opera	to start to work or become effective	Li put the new accounting system into operation last month.
put off (something)	verb phrase		/pʊt ɒf/	rimandare, posticipare	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/	organizzare	to organise an event, show, performance etc	We're putting on a production to raise money for cancer charities.

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
put on (some music)	verb phrase		/pʊt ɒn/	mettere su	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/	ingrassarsi	to become fatter	She put on a lot of weight after the children were born.
put pressure on	verb phrase		/pʊt 'preʃə(r) ɒn/	premere su, fare pressioni su	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 tu: ju:z/	utilizzare, mettere in atto	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/	alzare, aumentare	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 jɔ: (r) hænd/	alzare la mano	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 (Italian)	Definition	Sample sentence
Food and drink						
bolt down	verb phrase		/bəʊlt daʊn/	divorare, ingoiare	to eat food very quickly	She bolted down her lunch and rushed back to work.
chew	verb	**	/tʃuː/	masticare	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		/drɪŋk frɒm eɪ ˈglɑːs/	bere da una bicchiere	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		/drɪŋk streɪt frɒm eɪ ˈbɒt(ə)l kæn/	bere direttamente dalla bottiglia	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/	mangiare un pasto a tre portate	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		/'fɪzi drɪŋk/	bibita frizzante	a sweet drink without alcohol that has bubbles	My favourite fizzy drink is lemonade.
fussy eater	noun		/'fʌsi ˈiːtə(r)/	schizzinoso	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/	deglutire	to swallow food or drink quickly	I was running late so I gulped down my coffee.
have a snack	verb phrase		/hæv eɪ snæk/	fare uno spuntino	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/	sorseggiare	to drink in small amounts	She sips her juice slowly.
soft drink	noun	*	/sɒft drɪŋk/	bibita	a cold drink that does not contain any alcohol	The children drank their soft drinks after their football practice.
still drink	noun		/stɪl drɪŋk/	bevanda ferma/liscia	a drink without gas bubbles	He ordered two still drinks : orange juice and mineral water.
swallow	verb	**	/'swɒləʊ/	ingoiare	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						
blackeye	noun		/ˈblæk aɪ/	occhio duro	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)/	pressione sanguigna	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/	bruciarsi la mano	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 (Italian)	Definition	Sample sentence
ear infection	noun		/ˈɪə(r) ɪn ˈfek(ə)n/	infezione all'orecchio	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/	sentirsi venire	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 ɪnˈdʒek(ə)n/	dare un'iniezione	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 ˈhevi kəʊld/	avere un raffreddore brutto	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) t ə'tæk/	infarto	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 ˈplɑːstə(r)/	ingessato	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 bliːd/	perdita di sangue dal naso	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)/	cerotto	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 skrɪp(ə)n/	prescrizione	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/	naso che cola	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/	mal di gola	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 ˈæŋk(ə)l/	slogarsi una caviglia	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/	torcicollo	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/	mal di stomaco	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/	punto da un'ape	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 deɪ'keɪ/	carie dentaria	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 (Italian)	Definition	Sample sentence
back up (something) (10)	verb phrase		/bæk ʌp/	dare ragione a, sostenere	to support an explanation	All the evidence will back up her story.
bolt down (something) (12)	verb phrase		/bɔʊlt daʊn/	divorare, ingoiare	to eat something very quickly	She bolted down her lunch and rushed back to work.
bring about (something) (7)	verb phrase		/brɪŋ ə 'bɔʊt/	apportare, condurre a	to cause	The stormy weather is likely to bring about some property damage.
bring (someone) up (6)	verb phrase		/brɪŋ ʌp/	crescere, allevare	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/	continuare, andare avanti	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/	fare, effettuare, eseguire	to do some work or research	Frederick will carry out the building work at the local gym.
catch on (7)	verb phrase		/kætʃ ɒn/	prendere piede, diffondersi	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/	cogliere, capire	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/	raggiungere, riprendere	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		/tʃiə(r) ʌp/	tirare su, sollevare	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/	incrociare qualcuno, imbattersi in	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)/	andare/passare a trovare	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/	inventarsi, farsi venire in mente	to think of	Lazarus needs to come up with a business plan that will impress the bank manager.
draw up (something) (7)	verb phrase		/drɔː ʌp/	redigere	to prepare and write something such as a document or plan	We will need to draw up a contract.

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Word/Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
fall out with (someone) (6)	verb phrase		/fɔːl aʊt wɪð/	litigare con, bisticciare con	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/	scoprire	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/	andare in giro, girare	to travel around	You really need a car to get about this city.
get away with (something) (10)	verb phrase		/get ə'weɪ wɪð/	cavarsela, passarla liscia	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/	tirare avanti, cavarsela, farcela	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/	andare d'accordo con qualcuno	to have a good relationship with someone	Mandy doesn't get on with her brother.
get over (something) (1/12)	verb phrase		/get ə'ʊvə(r)/	guarire da	to recover from	It can take weeks to get over an illness like that.
give away (information) (9)	verb phrase		/gɪv ə'weɪ/	svelare qualcosa	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/	restituire qualcosa a qualcuno	to return	Oliver needs his book. Please give it back .
give (something) in (9)	verb phrase		/gɪv ɪn/	consegnare qualcosa a qualcuno	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/	cedere	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/	distribuire	to give something to several people	The spa will give out free vouchers on Friday.
give out (information) (9)	verb phrase		/gɪv aʊt/	svelare	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		/'gɪv(ə) ʌp/	abandonare, smetterla di	to stop doing something you do regularly	I want to give up smoking.

Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
give yourself up (9)	verb phrase		/ˈɡɪv jə(r)ˈself ʌp/	lasciarsi arrestare	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		/ˈɡəʊ ɪn fɔː(r)/	partecipare a	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		/ˈɡəʊ ɒn/	accadere, succedere, andare avanti	to happen	I wonder what's going on next door – they're making a lot of noise.
go on (with something) (2)	verb phrase		/ˈɡəʊ ɒn/	continuare, andare avanti	to continue	Don't mind me. Go on with your work.
go round (10)	verb phrase		/ˈɡəʊ raʊnd/	andare/passare a trovare	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		/ˈgrəʊ ʌp/	creocere	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		/ˈɡʌlp daʊn/	divorare, ingoiare	to drink something very quickly	I was running late so I gulped down my coffee.
head for (somewhere) (8)	verb phrase		/hed fɔː(r)/	dirigersi verso, andare verso	to go somewhere	Let's head for the hotel.
hit it off with (someone) (Ready for Reading)	verb phrase		/hɪt ɪt ɒf wɪð/	andare d'accordo, trovarsi	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/	buttare fuori, cacciare fuori	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/	deludere	to disappoint	James said he would come to the meeting, but he's let me down .
look forward to (something) (1/7/12)	verb phrase		/lʊk 'fɔː(r)wə(r)d tuː/	non vedere l'ora, aspettare	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/	guardare qualcuno con ammirazione	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/	inventarsi, farsi venire in mente	to invent an explanation for something	I'll make up an excuse for why I can't attend the meeting.

B2 First Student's Book – Phrasal verbs Wordlist

Word/Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
make up your mind (1/8)	verb phrase		/meɪk ʌp jɔː(r) maɪnd/	decidere	to decide	Come on, make up your mind! Are you going or staying?
move on to (something) (6)	verb phrase		/muːv ɒn tuː/	passare a	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		/ˈəʊpən ʌp tuː/	aprire a	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/	ammattere la propria responsabilità	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/	fare un buon affare	to buy something (cheap)	You can pick up some amazing bargains at this market.
push (something) up (7)	verb phrase		/pʊʃ ʌp/	sollevare spingendo	to make something increase	The Bank of England pushed up interest rates sharply.
put clothes on (11)	verb phrase		/pʊt kleəðz ɒn/	vestirsi	to place on your body	Put your clothes on quickly – we're late for the bus!
put (someone) off (11)	verb phrase		/pʊt ɒf/	distrarre, distogliere	to distract	Stop talking – you'll put her off her speech.
put (someone) off (something) (1/2/11/12)	verb phrase		/pʊt ɒf/	scoraggiare	to discourage	Glynis put me off camping when she mentioned the insects in her tent.
put off (something) (11)	verb phrase		/pʊt ɒf/	rimandare, posticipare	to postpone	They had to put off the wedding because the bride's mother had an accident.
put on (an event) (11)	verb phrase		/pʊt ɒn/	organizzare	to organise	We're putting on an event to raise money for cancer charities.
put on (music) (11)	verb phrase		/pʊt ɒn/	reproduire	to get something ready to listen to	Shall we put on some music and dance?
put on weight (11)	verb phrase		/pʊt ɒn weɪt/	ingrassare	to gain	She put on a lot of weight after the children were born.
put prices up (11)	verb phrase		/pʊt praɪsɪz ʌp/	aumentare prezzo	to increase	The shops always put the prices up near the holidays.
put (something) together (7)	verb phrase		/pʊt tə'geðə(r)/	combinare, approntare	to produce (by combining several different things)	First, they put a list of ideas together .

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put (someone) up for the night (11)	verb phrase		/pʊt ʌp fɔː(r) ðɪː nɑːt/	ospitare	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/	sopportare, tollerare	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/	alzare la mano	to raise into the air	Please put up your hand if you have a question.
run into (thousands of pounds) (10)	verb phrase		/rʌn ˈɪntuː/	arrivare a	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/	finire, esaurire	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/	esaurire, finire	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/	mettersi in viaggio, partire	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/	iniziare	to start (a business)	The sisters plan to set up a clothing business.
set up home (2)	verb phrase		/set ʌp həʊm/	mettere su casa	to begin living in a place	We've set up home in Pritchard Street.
settle down (1)	verb phrase		/ˈset(ə)l daʊn/	sistemarsi, accomodarsi	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/	vantarsi, darsi delle arie	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)/	iscriversi a, prenotare	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/	sistemare, riordinare	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/	separarsi da	to end a romantic relationship with someone	Rupert split up with his wife in February.

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Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Italian)	Definition	Sample sentence
stand out (2)	verb phrase		/stænd aʊt/	spiccare, risaltare	to be easy to notice	Her bright clothes always make her stand out .
take after (someone) (4)	verb phrase		/teɪk 'ɑːftə(r)/	prendere a, assomigliare	to resemble	In looks she takes after her father.
take (someone) aside (4)	verb phrase		/teɪk ə'saɪd/	portare da 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/	riportare indietro, effettuare il reso di	to return	If you don't like the scarf, I can take it back .
take (something) in (4)	verb phrase		/teɪk ɪn/	accettare, assorbire	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/	decollare	to start to become successful	Her jewellery business is about to take off .
take on (someone) (4/9)	verb phrase		/teɪk ɒn/	assumere	to employ	We will take on new staff at the beginning of next month.
take over (4)	verb phrase		/teɪk 'əʊvə(r)/	prendere nelle mani, prendere controllo	to gain control	Can you take over the cooking while I walk the dog?
take to (something/ someone) (4)	verb phrase		/teɪk tuː/	affezionarsi a	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/	darsi a	to start doing	Chris wants to take up jogging.
tell (someone) off (6/12)	verb phrase		/tel ɒf/	rimproverare qualcuno	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/	provare	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/	rifutare, respingere	to reject	How could you turn down such a fantastic job?
turn (something) into (7)	verb phrase		/tɜː(r)n 'ɪntuː/	trasformarsi in	to make something change into something different	Ariana plans to turn her garage into a salon.

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turn out (8)	verb phrase		/tʊː(r)n aʊt/	affluire, presentarsi	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		/tʊː(r)n aʊt/	andare a finire, risultare	to develop in a particular way	It turned out to be her best idea yet!
turn out (well/badly) (6)	verb phrase		/tʊː(r)n aʊt/	andare a finire bene/male, risultare	to have a particular result	The actors were good, but the film turned out badly.
turn to (someone) (2)	verb phrase		/tʊː(r)n tuː/	rivolgersi a qualcuno per aiuto	to go to someone for help	Remember, you can always turn to your parents for advice.
turn up (1)	verb phrase		/tʊː(r)n ʌp/	sbucare, venire, arrivare	to arrive	It's so annoying when people turn up to a party uninvited.
work out (something) (2)	verb phrase		/wɜː(r)k aʊt/	capire, decifrare	to manage to understand	I can't seem to work out this algebra problem.