

# B2 First Student's Book – Unit 1 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>Lifestyle</b>						
active lifestyle	noun		/ˈæktɪv ˈlaɪfˌstaɪl/	estil de vida actiu	the type of life that involves doing a lot of different activities, often sport	Carly has a very <b>active lifestyle</b> . She plays tennis three times a week and has many hobbies.
alternative lifestyle	noun		/ɔːlˈtɜː(r)nəttɪv ˈlaɪfˌstaɪl/	estil de vida alternatiu	the type of life that is not traditional or the same as most people	My friends think I lead an <b>alternative lifestyle</b> because I live differently to most people. I don't eat meat, and I live on a farm with no electricity.
American way of life	phrase		/əˈmɛrɪkən weɪ ɒv laɪf/	estil de vida estatunidenc	how the people of the United States typically live, focusing on the principles of life, liberty and the pursuit of happiness	Sven lives the <b>American way of life</b> . He has worked hard to achieve happiness and success.
busy lifestyle	noun		/ˈbɪzi ˈlaɪfˌstaɪl/	estil de vida molt atrafegat	the type of life that involves having a lot of things to do	Edgar has a <b>busy lifestyle</b> , so he's always rushing from classes to meetings.
change your lifestyle	verb phrase		/tʃeɪndʒ jɔː(r) ˈlaɪfˌstaɪl/	canviar l'estil de vida	to start doing things differently in the way you live your life	You need to <b>change your lifestyle</b> if you are not happy or do not feel healthy. I want to try a more active lifestyle.
chaotic lifestyle	noun		/keɪˈɒtɪk ˈlaɪfˌstaɪl/	estil de vida desorganitzat	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 <b>chaotic lifestyle</b> .
comfortable lifestyle	noun		/ˈkʌmfətəb(ə)l ˈlaɪfˌstaɪl/	estil de vida sense problemes	the type of life that is pleasant and does not cause you any problems	Mateo has a <b>comfortable lifestyle</b> . He is not rich, but he has enough money to afford an enjoyable life.
healthy lifestyle	noun		/ˈhelθi ˈlaɪfˌstaɪl/	estil de vida saludable	the type of life that helps you stay physically strong and not ill	I try to live a <b>healthy lifestyle</b> by getting enough exercise and eating sensibly.
lead an active social life	verb phrase		/liːd æn ˈæktɪv ˈsəʊ(ə)l laɪf/	tenir una vida social activa	to live your life by spending time enjoying yourself with your friends often	Tracy <b>leads an active social life</b> . She enjoys spending time with her family during the week and her friends at weekends.
luxurious lifestyle	noun		/lʌgˈzɜːəriəs ˈlaɪfˌstaɪl/	estil de vida ple de luxes	the type of life that is very expensive and comfortable	Celebrities have <b>luxurious lifestyles</b> and live in very expensive homes.
modern way of life	phrase		/ˈmɒdə(r)n weɪ ɒv laɪf/	estil de vida modern	the type of life using the most recent methods, ideas, designs, or equipment	John has a very <b>modern way of life</b> . He has all the latest machines, like a robot vacuum cleaner.
outdoor lifestyle	noun		/aʊtˈdɔː(r) ˈlaɪfˌstaɪl/	estil de vida amb activitats a l'aire lliure	the type of life that includes activities done outside	Johanna likes to lead an <b>outdoor lifestyle</b> whenever she can. She enjoys camping and hiking in the mountains.
private life	noun		/ˈpraɪvət laɪf/	vida privada	the type of life not connected with someone's work or public position	What Sonja does outside of work and school has nothing to do with us. Her <b>private life</b> is her business.
relaxed lifestyle	noun		/rɪˈlæksɪd ˈlaɪfˌstaɪl/	estil de vida relaxat	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 <b>relaxed lifestyle</b> .

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sedentary lifestyle	noun		/ˈsed(ə)nt(ə)ri ˈlaɪfˈstɑɪl/	estil de vida sedentari	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 <b>sedentary lifestyle</b> .
simple lifestyle	noun		/ˈsɪmp(ə)l ˈlaɪfˈstɑɪl/	estil de vida senzill, humil	the type of life that does not include a lot of possessions and the worries of modern life	Luis leads a <b>simple lifestyle</b> and does not worry much. He does not own a television or many possessions.
stressful lifestyle	noun		/ˈstresf(ə)l ˈlaɪfˈstɑɪl/	estil de vida estressant	the type of life that involves a lot of pressure or worry	I have a very <b>stressful lifestyle</b> . My new job is demanding, and I worry a lot.
traditional way of life	phrase		/trəˈdɪʃ(ə)nəl weɪ ɒv laɪf/	estil de vida tradicional	the type of life based on very old customs, beliefs, or stories	Themba does not follow his parents' <b>traditional way of life</b> , especially collecting water from a well. He prefers a modern way of life.
way of life	phrase		/weɪ ɒv laɪf/	estil de vida	the typical way in which a person or group lives	I lead a rural <b>way of life</b> on the farm.
<b>Phrasal verbs</b>						
carry on	verb phrase		/ˈkæri ɒn/	continuar	to continue doing something	Jamie has swimming practice every afternoon, but he's not sure he can <b>carry on</b> because he is falling behind on his schoolwork.
carry out	verb phrase		/ˈkæri aʊt/	fer, dur a terme	to do a particular piece of work	Frederick will <b>carry out</b> the building work at the local gym.
catch up on	verb phrase		/kætʃ ʌp ɒn/	posar-se al dia	to do something that should have been done before	I need to <b>catch up on</b> my homework because already four assignments are late!
come across	verb phrase		/kʌm əˈkros/	trobar-se, topar-se (amb)	to meet someone, or to find something by chance	If you visit the library, I'm sure you will <b>come across</b> Sabine.
grow up	verb phrase		/grəʊ ʌp/	créixer, fer-se gran	to change from being a baby or young child to being an older child or adult	My baby brother says, 'When I <b>grow up</b> , I'm going to be an astronaut.'
make up my mind	verb phrase		/meɪk ʌp maɪ maɪnd/	prendre una decisió	to make a decision	Today I will <b>make up my mind</b> about where I want to go on holiday: France or Costa Rica.
put (someone) off	verb phrase		/pʊt ɒf/	passar les ganes de (fer quelcom)	to make someone not want to do something	All this rain really <b>puts</b> me <b>off</b> going out after work.
set off	verb phrase		/set ɒf/	sortir, marxar	to start a journey, or to start going in a particular direction	We <b>set off</b> 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/	posar seny	to begin to live a quieter life by getting married or staying permanently in a place	After several years of travelling, Tamryn decided to <b>settle down</b> in London and started a permanent job at a travel agency.
turn up	verb phrase		/tɜːn ʌp/	aparèixer, presentar-se (en algun lloc)	to come somewhere, especially unexpectedly or without making a firm arrangement	It's so annoying when people <b>turn up</b> to a party uninvited.

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<b>Clothes</b>						
baggy	adjective		/ˈbæɡi/	ampla, folgada	baggy clothes are very loose on your body	Adriana was wearing red <b>baggy</b> trousers, which looked very comfortable.
brand new	adjective	*	/brændnjuː/	nova	extremely new	I decided not to wear my <b>brand new</b> jeans to the farm in case they got dirty.
casual	adjective	*	/ˈkəːz(ə)l/	informal	relaxed and informal, comfortable to wear	Sarah said that the dress code for her party is <b>casual</b> , so I won't have to wear a tie. I think I'll wear jeans and a comfortable shirt.
colourful	adjective	*	/ˈkʌlə(r)f(ə)l/	acolorida	something that is colourful has bright colours or a lot of different colours	My favourite dress is my most <b>colourful</b> item of clothing. It has all the colours of the rainbow.
formal	adjective	***	/ˈfɔː(r)m(ə)l/	formal	formal clothes are the special clothes that people wear at formal occasions, traditionally a black jacket and trousers for men and a long dress for women	I need to find some <b>formal</b> clothes for my sister's wedding on Saturday.
plain	adjective	**	/pleɪn/	senzilla, bàsica	simple in design, with no decoration	The band members wanted to look the same, so they all wore <b>plain</b> white T-shirts.
scruffy	adjective		/ˈskrʌfi/	malgirbada	untidy or dirty	Sebastian always looks so <b>scruffy</b> with his shirt untucked and his laces untied.
second-hand	adjective	*	/ˈsekənd/-/hænd/	de segona mà	owned or used by someone else before you	Eva loves buying <b>second-hand</b> clothes because they are much cheaper and some still look brand-new.
smart	adjective	**	/smɑː(r)t/	elegant	clean and neat in appearance and dressed in nice fashionable clothes, especially in a slightly formal way	Mike had to look <b>smart</b> for his job interview so he bought a new shirt and tie.
tight-fitting	adjective		/taɪt/-/fɪtɪŋ/	ajustada	fitting very tightly	Anna's <b>tight-fitting</b> trousers made it difficult for her to sit down comfortably.
trendy	adjective		/ˈtrendi/	moderna	extremely fashionable, but often silly or annoying	My cousin is so <b>trendy</b> . He always has the latest clothes and the coolest sunglasses.
unfashionable	adjective		/ʌnˈfæʃ(ə)nəb(ə)l/	passada de moda	describing clothes that are not popular with most people at a particular time	People call Amalia <b>unfashionable</b> because she wears clothes that were popular years ago.
<b>Get</b>						
<b>Expressions amb el verb get</b>						
get (something)	verb	***	/get/	aconseguir, obtenir (alguna cosa)	to obtain, receive, or be given something	We <b>get</b> most of our groceries from the shop on the corner.
get angry	verb phrase		/get ˈæŋɡri/	empipar-se	to become very annoyed	I <b>get angry</b> when I see people harming animals.

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get by	verb phrase		/get baɪ/	enginyar-se-les	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 <b>get by</b> on the money I earn from my after-school job.
get in touch with	verb phrase		/get ɪn tʌtʃ wɪð/	posar-se en contacte amb	to see, speak to, or write to someone	How can I <b>get in touch</b> with my friends from the last school I attended?
get information	verb phrase		/get ɪnfə(r) 'meɪʃ(ə)n/	obtenir informació (sobre)	to obtain, receive, or be given knowledge or facts about someone or something	If I can't find the answer in my textbook, I <b>get information</b> online.
get into trouble	verb phrase		/get ɪntu: 'trʌb(ə)/	ficar-se en problemes	to become involved in a bad situation	I <b>get into trouble</b> with my teacher when I forget my homework.
get (something) out	verb phrase		/get aʊt/	treure (una cosa) de	to remove something that is inside or mixed with something else	If you <b>get</b> the flour <b>out</b> of the cupboard, we can start making the cake.
get over (anger)	verb phrase		/get 'əʊvə(r)/	recuperar-se (d'una cosa)	to start to feel happy or well again (after something/someone has annoyed you)	Kayla lied to me, but maybe soon I will <b>get over</b> my anger and we can be friends again.
get over (something)	verb phrase		/get 'əʊvə(r)/	oblidar (una cosa)	to start to feel happy or well again after something bad has happened to you	It can take weeks to <b>get over</b> an illness like that.
get paid	verb phrase		/get peɪd/	cobrar (rebre un pagament)	to receive pay for work that you do	I can't wait until I <b>get paid</b> so that I can buy the latest game console.
get ready	verb phrase		/get 'redi/	preparar-se	to prepare yourself or someone else to do something	I put out my clothes the night before so that when I <b>get ready</b> in the morning, I still have time to eat breakfast.
get ready for (school/work)	verb phrase		/get 'redi fɔ:(r)/	preparar-se per (fer una cosa, anar a algun lloc)	to prepare yourself or someone else for something	To <b>get ready for</b> school tomorrow, I must make sure that I do my homework and pack my gym clothes.
get rid of	verb phrase		/get rɪd əv/	desfer-se, desempaïllar-se (d'alguna cosa)	to throw away, give away, or sell a possession that you no longer want or need	We're moving, so we have to <b>get rid of</b> a lot of our furniture.
get stuck	verb phrase		/get stʌk/	quedar-se atrapat	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 <b>get stuck</b> .
get suspicious	verb phrase		/get sə 'spɪʃəs/	sospitar	to become (doubtful of someone or something)	I <b>get suspicious</b> when an opportunity seems too good to be true.
get the chance to	verb phrase		/get ði: tʃa:ns tu:/	tenir l'oportunitat de, poder (fer alguna cosa)	to receive an opportunity for you to do something, especially something that you want to do	I would love to <b>get the chance</b> to bungee jump one day.
get to	verb phrase		/get tu:/	tenir l'oportunitat de, poder (fer alguna cosa)	to have the opportunity to do something	You are so lucky that you <b>get to</b> work with the horses at the stable.
get to (school/work)	verb phrase		/get tu:/	anar (a l'escola, a la feina)	to move to or from a position or place	Most days, I <b>get to</b> school by bus.

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<b>Music</b>						
bass guitarist	noun		/ˌbeɪs ɡɪˈtɑː(r)ɪst/	baixista	a person who plays an electric guitar, usually with four strings, that produces very low notes	Paul McCartney was the <b>bass guitarist</b> for the Beatles.
create a playlist	verb phrase		/kriˈeɪt eɪ ˈpleɪlɪst/	crear una llista de reproducció	to list and order a set of pieces of music, usually stored on a computer	Let's <b>create a playlist</b> of all our favourite love songs.
delete a playlist	verb phrase		/dɪˈliːt eɪ ˈpleɪlɪst/	eliminar una llista de reproducció	to remove a list of pieces of music usually stored on a computer	Ted <b>deleted a playlist</b> from my computer because he thought the songs I chose were boring.
download a song	verb phrase		/ˌdaʊnˈləʊd eɪ sɒŋ/	descarregar una cançó	to move information (such as a song) to your computer from another computer system or the internet	Please <b>download a song</b> for me when you next log in to iTunes.
guitarist	noun		/ɡɪˈtɑː(r)ɪst/	guitarrista	a person who plays the guitar	If I were in a band, I would be the <b>guitarist</b> .
in concert	phrase		/ɪn ˈkɒnsə(r)t/	en viu, en concert	to perform music or songs in a concert	I can't wait to see Taylor Swift in <b>concert</b> next week!
in the charts	phrase		/ɪn ðɪ tʃɑː(r)ts/	a les llistes d'èxits	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 <b>in the charts</b> again this week.
in tune	phrase		/ɪn tjuːn/	afinar	producing the right note when you sing or play music	I find it difficult to sing in <b>tune</b> to the songs on the radio.
instrument	noun	***	/ˈɪnstɹəmənt/	instrument	a musical instrument, for example a piano or a guitar	Do you play an <b>instrument</b> ? Yes, I play the flute.
lead guitarist	noun		/ˌliːd ɡɪˈtɑː(r)ɪst/	guitarrista principal	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 <b>lead guitarist</b> as he played his solo.
live	adjective		/lɪv/	en directe	something that is happening at the moment, not recorded	Carrie saw Pink <b>live</b> at the Bridgestone Arena last year.
live album	noun		/lɪv ˈælbəm/	àlbum gravat en directe	a collection of several songs or pieces of music recorded during a live show instead of in a recording studio	The best-selling <b>live album</b> in history was by Garth Brooks.
live music venue	noun		/lɪv ˈmjuːzɪk ˈvenjuː/	sala de música en directe	the place where a live music event happens	My favourite <b>live music venue</b> in Cape Town is Café Roux.
live performance	noun		/lɪv pə(r)ˈfɔː(r)məns/	espectacle en directe	a concert performed in person in front of an audience	Singers always sound different in a <b>live performance</b> .
mime a song	verb phrase		/maɪm eɪ sɒŋ/	cantar amb so preenregistrat, cantar en playback	to pretend to sing while a piece of recorded music is being played	Josh can't sing in tune, so he can <b>mime a song</b> in the show.

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on stage	phrase		/ɒn steɪdʒ/	sobre l'escenari	to be in the part of a theatre where actors or musicians perform	I was nervous but also excited to be <b>on stage</b> in front of such a large audience.
on the radio	phrase		/ɒn ðɪ'reɪdiəʊ/	a la ràdio	a system of broadcasting information and programmes that people can listen to	Rihanna's new single is going to be <b>on the radio</b> at 4 pm.
on tour	phrase		/ɒn tʊə(r)/	de gira	a journey in which a person or group visits several different places in order to play or perform	The group is currently <b>on tour</b> in the UK.
percussion instrument	noun		/pə(r)'kʌʃ(ə)n 'ɪnstɹəmənt/	instrument de percussió	musical instruments such as drums, cymbals, or rattles that you play by hitting or shaking them	I don't like <b>percussion instruments</b> because they are so loud!
perform a song	verb phrase		/pə(r)'fɔː(r)m eɪ sɒŋ/	tocar una cançó	to sing a song in front of an audience in order to entertain them	Freddy is excited because he has been chosen to <b>perform a song</b> at assembly on Tuesday.
play	verb	***	/pleɪ/	tocar	to perform music, or to use an instrument to make music	She <b>plays</b> the violin in the London Philharmonic.
play a chord	verb phrase		/pleɪ eɪ kɔː(r)d/	tocar un acord	to produce the sound of three or more musical notes played together	I will <b>play a chord</b> on my guitar. See if you can copy me.
play a track	verb phrase		/pleɪ eɪ træk/	posar una cançó	to present a song or piece of music that is recorded on a CD, tape, record, or computer	<b>Play</b> me <b>a track</b> from their latest album.
play a tune	verb phrase		/pleɪ eɪ tjuːn/	tocar una cançó	to use a musical instrument to perform a song or piece of music	Asif is so talented. He can <b>play a tune</b> on nearly any instrument.
playlist	noun		/ˈpleɪ.lɪst/	llista de reproducció	a set of pieces of music or videos chosen by someone and played or broadcast together	The radio station worked hard to create a <b>playlist</b> that would please all its listeners.
rock band	noun		/rɒk bænd/	grup de rock	a small group of musicians who play rock music	The <b>rock band</b> Foo Fighters holds the record for winning the most Grammy Awards for Best Rock Album.
rock music	noun		/rɒk 'mjuːzɪk/	música rock	a type of music that developed from rock 'n' roll and uses a heavy regular beat, electric guitars, singing, and a tune that is easy to remember	My mother hates <b>rock music</b> . She says it's too loud and aggressive.
rock musician	noun		/rɒk mjuːzɪ(ə)n/	músic de rock	someone who performs or writes rock music, especially as their job	Ange always thought she would be a <b>rock musician</b> one day, but she became a florist.
rock star	noun		/rɒk stɑː(r)/	estrella del rock	a famous and popular rock musician	Some people think that Jim Morrison is the greatest <b>rock star</b> of all time.
session guitarist	noun		/ˈseʃ(ə)n ɡɪtɑː(r)ɪst/	guitarrista de sessió	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 <b>session guitarist</b> because then I could still lead a normal life while using my talent to earn a living.



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shuffle a playlist	verb phrase		/'ʃʌf(ə)l 'pleɪ,lɪst/	posar una llista de reproducció en mode aleatori	to change the usual order of the songs played according to a list	Press this button to <b>shuffle a playlist</b> when you get bored of hearing the songs in the same order.
song	noun	***	/sɒŋ/	cançó	a piece of music with words that you sing	She knew the words to every <b>song</b> that came on the radio.
stringed instrument	noun		/ˌstrɪŋd 'ɪnstɹʊmənt/	instrument de corda	one of a group of musical instruments that have strings, for example the guitar and the violin	One of the most difficult <b>stringed instruments</b> to play well is the violin.
wind instrument	noun		/'wɪnd 'ɪnstɹʊmənt/	instrument de vent	a musical instrument that you play by blowing through it, for example clarinets, saxophones, and flutes	I'd like to learn to play a <b>wind instrument</b> . Do you think the saxophone would be too difficult?
<b>Sport</b>						
backhand	noun		/'bæk,hænd/	cop de revés	in tennis and similar sports, a movement made to hit the ball in which the back of your hand moves towards the ball	I play tennis well, but my <b>backhand</b> needs work.
beat	verb	***	/bi:t/	vèncer	to defeat someone in a game, competition, election, or battle	England needed to <b>beat</b> Germany to get to the final.
club	noun	***	/klʌb/	bastó	an object used for hitting the ball in golf	Logan could not believe the price of the golf <b>clubs</b> at the sports shop.
corner	noun	***	/'kɔ:(r)nə(r)/	córner	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 <b>corner</b> .
course	noun	***	/kɔ:(r)s/	camp de 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 <b>course</b> .
court	noun	***	/kɔ:(r)t/	canxa	an area marked with lines where some sports are played, such as tennis and squash	The hotel has two tennis <b>courts</b> .
do athletics	verb phrase		/du: æθ'letɪks/	fer atletisme	to participate in sports events in which people compete against each other in running races, jumping, and throwing things	At school, we had to <b>do athletics</b> every Friday. I competed in the 100 m but never won any races.
do gymnastics	verb phrase		/du: dʒɪm'ɪnæstɪks/	fer gimnàstica	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 <b>doing gymnastics</b> .
draw	verb	***	/dɹɔ:/	empatar	to have the same score so neither team/ player wins	They <b>drew</b> 1–1 with Manchester United last week.

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fairway	noun		/ˈfeə(r)weɪ/	carrer	the long part of a golf course that you hit the ball along to get to the hole	On the <b>fairway</b> , the grass needs to be kept short.
field event	noun		/fiːld ɪˈvent/	prova de concurs	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 <b>field event</b> at the next Olympic Games. His best event is the shot put.
foul	noun		/faʊl/	falta	a foul move or throw in a game is one that is not allowed by the rules	Tripping a player on the other team is a <b>foul</b> in football.
gear	noun	**	/ɡɪə(r)/	engranatge	a machine or part of a machine that does a particular job	Change to an easier <b>gear</b> when you are cycling up hills.
go cycling	verb phrase		/ɡəʊ ˈsaɪk(ə)lɪŋ/	muntar en bicicleta	to use a bicycle for exercise or as a leisure activity	Let's <b>go cycling</b> this afternoon to get some fresh air.
go skiing	verb phrase		/ɡəʊ ˈskiːɪŋ/	esquiar	to participate in the sport or activity of moving over snow on skis	Seb says the best country to <b>go skiing</b> is Canada.
go swimming	verb phrase		/ɡəʊ ˈswɪmɪŋ/	nedar	to swim for enjoyment or for exercise	I <b>go swimming</b> every evening at the gym.
goggles	noun		/ˈɡɒɡ(ə)lz/	ulleres d'esquí	special glasses that protect your eyes when you are skiing	The sunlight reflects off the white ski slopes, so we need to wear <b>goggles</b> to protect our eyes.
green	noun		/ɡriːn/	green	a flat area covered with short, smooth grass around a hole on a golf course, also called a putting green	Spectators like to be near the <b>green</b> to see the golfers in action.
helmet	noun	*	/ˈhelmt/	casc	a hard hat that you wear to protect your head	It's important to wear a <b>helmet</b> when cycling to protect your head in case of an accident.
hit	verb	***	/hɪt/	colpejar	to move quickly onto an object or surface, touching it with force	Tennis is easy! Just <b>hit</b> the ball with your racket.
hole	noun	***	/həʊl/	forat	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 <b>hole</b> .
kick	verb	***	/kɪk/	llançar	to hit a ball with your foot in a game such as football	The children <b>kicked</b> the ball over the fence and broke the neighbour's window.
lane	noun	**	/leɪn/	carril	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 <b>lane</b> is the best because it has the gentlest curve.
lift	noun		/lɪft/	telecadira	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 <b>lift</b> .
medal	noun	**	/ˈmed(ə)l/	medalla	a small flat piece of metal that you are given for winning a competition	She won a silver <b>medal</b> for swimming at the Olympics.



# B2 First Student's Book – Unit 2 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
meeting	noun	***	/ˈmiːtɪŋ/	partit (futbol), esdeveniment esportiu	a sports event involving a lot of people, horses, or teams competing against each other	The first indoor athletics <b>meeting</b> was in London in the 1860s.
net	noun	***	/net/	xarxa	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 <b>net</b> when I play tennis.
nil-nil	noun		/nɪl nɪl/	empat 0 a 0	the number 0 in the result of a game (in which both teams score zero)	Football matches between good clubs often end <b>nil-nil</b> .
pass	verb	***	/pɑːs/	fer una passada	to kick, hit, or throw the ball to another player in a sports team	Always <b>pass</b> the ball to a teammate if he/she has a better shot.
pedal	noun	*	/ˈped(ə)l/	pedal	a part that you push with your foot in order to operate a bicycle, vehicle, or machine	Matt's mountain bike has clipless <b>pedals</b> so his feet are attached to the <b>pedals</b> .
peloton	noun		/ˈpələtɒn/	escamot	in cycling and other sports, the main group of competitors	The race leader was five minutes ahead of the <b>peloton</b> .
pitch	noun	**	/pɪtʃ/	camp de golf	a flat area of ground for playing particular sports on	Hundreds of fans invaded the <b>pitch</b> at the end of the football match.
play basketball	verb phrase		/pleɪ ˈbɔːskɪt, bɔːl/	jugar a bàsquet	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 <b>playing basketball</b> in university.
play football	verb phrase		/pleɪ ˈfʊt, bɔːl/	jugar a futbol	to take part in a game in which two teams of eleven players kick a round ball and try to score goals	Lionel Messi <b>played football</b> for FC Barcelona when he was just 13.
play golf	verb phrase		/pleɪ ɡɒlf/	jugar 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 <b>play</b> a round of <b>golf</b> on Saturdays.
play tennis	verb phrase		/pleɪ ˈtenɪs/	jugar 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 <b>play tennis</b> after school today?
play volleyball	verb phrase		/pleɪ ˈvɒli, bɔːl/	jugar a voleibol	to take part in a game in which two teams use only their hands and arms to hit a ball to each other over a high net, trying to prevent the ball from touching the ground on their side	Do you think we will be able to <b>play volleyball</b> at the beach?

# B2 First Student's Book – Unit 2 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
racket	noun	*	/ˈrækt/	raqueta	an object used for hitting the ball in games such as tennis, with a long handle and a round part with strings	The strings on my tennis <b>racket</b> need to be tightened.
red card	noun		/red kɑː(r)d/	targeta vermella	a card shown to a football player for a serious offence against the rules, ordering them to leave the field: a player is shown a yellow card for a minor offence and if they are shown another yellow card for a second offence, they are then automatically shown a red card too	After hitting a player, Dominic got a <b>red card</b> and had to leave the pitch.
referee	noun	**	/ˌrefəˈriː/	àrbitre	someone whose job is to make sure that players in a game obey the rules	The <b>referee</b> took out his yellow card when the player started arguing with him.
run	noun	***	/rʌn/	pista	a slope that you can slide down, usually on skis	I started on the beginners' <b>run</b> .
saddle	noun	*	/ˈsæd(ə)l/	selló	the seat on a bicycle or motorcycle	The <b>saddle</b> on my bicycle is really uncomfortable.
service	noun	***	/ˈsɜː(r)vis/	servei	a hit of a ball that starts the play in a game such as tennis	On his first <b>service</b> , the ball hit the net.
slope	noun	**	/sləʊp/	pista d'esquí	a surface for people to ski on, usually at an angle	The steepness of the beginner <b>slope</b> is a maximum of 25%.
stick	noun	**	/stɪk/	bastó d'esquí	a long thin piece of wood or metal used by skiers to maintain balance and increase momentum	I prefer shorter ski <b>sticks</b> because they help me balance better.
take part	verb phrase		/teɪk pɑː(r)t/	participar (en)	to be involved in an activity with other people	In tennis doubles, two members of each team can <b>take part</b> .
take place	verb phrase		/teɪk pleɪs/	tenir lloc, celebrar-se (un esdeveniment)	to happen	The Olympics <b>take place</b> every four years.
track	noun	***	/træk/	pista	a piece of ground used for racing	The runners walked onto the <b>track</b> and headed to their lanes on the starting line.
triple jump	noun		/ˈtrɪp(ə)l dʒʌmp/	triple salt	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 <b>triple jump</b> 'the hop, skip, and jump'.
win	verb	***	/wɪn/	guanyar, vèncer	to defeat everyone else by being the best or by finishing first in a competition	Every time we play basketball, our team <b>wins</b> .

# B2 First Student's Book – Unit 3 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>Technology</b>						
abbreviation	noun	*	/əˈbriːviːʃ(ə)n/	abreviatura	a short form of a word or phrase	MIA is an <b>abbreviation</b> 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 <b>blog</b> is all about cooking and has a lot of posts about my own recipes.
chat	noun	**	/tʃæt/	xat	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 <b>chat</b> function to send me messages while we are gaming online.
device	noun	***	/dɪˈvaɪs/	dispositiu	a machine or piece of equipment that does a particular thing	Which <b>device</b> do you use the most to communicate with your friends? I use my smartphone.
gaming	noun		/ˈɡeɪmɪŋ/	videojocs	the activity of playing computer games	Nintendo revolutionised handheld <b>gaming</b> 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 <b>GIF</b> of Ryan Gosling wearing sunglasses.
headset	noun		/ˈhedˌset/	auriculars	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 <b>headset</b> when gaming because the other players just distract me with their chatter.
landline	noun		/ˈlænd(d)ˌlaɪn/	línia fixa (de telèfon)	a telephone that is not a mobile phone	I'll try to phone you again later when I get to a <b>landline</b> .
link	noun	***	/lɪŋk/	enllaç	a connection between one file or section and another, for example on a website	If you click on this <b>link</b> , it takes you to our flight schedule.
memes	noun		/ˈmiːm/	mem	a humorous image, video or piece of text that spreads very quickly on the internet, often being changed by different users	<b>Memes</b> of politicians are quite popular these days.
message	verb	***	/ˈmesɪdʒ/	enviar un missatge	to send someone a message, especially in an electronic form	Calvin <b>messaged</b> Seshni to check that she had arrived home safely.
post	noun	***	/pəʊst/	publicació	a piece of writing that is published on the internet	Thank you for this brilliant <b>post</b> on how to make balloon animals!
predictive text	noun		/prɪˈdɪktɪv teks/	text predictiu	software that suggests whole words on the basis of the first letters that are keyed in	<b>Predictive text</b> helps me type messages quicker.

# B2 First Student's Book – Unit 3 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
smartphone	noun		/ˈsmɑː(r)tˌfəʊn/	telèfon intel·ligent	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 <b>smartphone</b> , but I'm looking for one with a brilliant camera.
social media	noun	*	/ˌsəʊʃəl ˈmiːdiə/	xarxes socials	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	<b>Social media</b> is an easy and powerful way to connect with people online.
tablet	noun	**	/ˈtæblət/	tauleta	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 <b>tablets</b> , not just get headlines.
text	noun	***	/tekst/	missatge de text	a text message	Send me a <b>text</b> tomorrow if you want a lift to the shops.
thread	noun	**	/θred/	fil	a series of email messages or messages on a bulletin board about a particular subject	Go to the website and look for the <b>thread</b> on builders. People have posted their recommendations.
<b>Expressions with as ... as</b>						
<b>Expressions with as ... as</b>						
as far as	phrase		/æz faː(r) æz/	pel que a mi respecta	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, <b>as far as</b> I know.
as long as	phrase		/æz lɒŋ æz/	sempre i quan, sempre que	used before saying the conditions that will make something else happen or be true	My parents don't care what job I do <b>as long as</b> I'm happy.
as many as	phrase		/æz ˈmeni æz/	fins a	used before a number for showing how large and surprising it is	<b>As many as</b> 500 000 people may have become infected with the virus.
as soon as	phrase		/æz suːn æz/	tan bon punt	immediately after something has happened	I'm ready to go out <b>as soon as</b> it stops raining.
as well as	phrase		/æz wel æz/	així com	in addition to something or someone else	I need to go to the bookshop <b>as well as</b> the bank.

# B2 First Student's Book – Unit 4 Wordlist

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

# B2 First Student's Book – Unit 4 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
set	verb	***	/set/	ambientar	to write or produce a play, book, film etc that happens in a particular time or place	The film is <b>set</b> in 18th-century New England.
soundtrack	noun		/ˈsaʊn(d) træk/	banda sonora	the music that is played during a film or television programme, or a recording of this music	The <b>soundtrack</b> for the film <i>Jaws</i> is one of the most memorable.
star	noun	***	/stɑː(r)/	estrella	a famous and popular person, especially an actor, entertainer, or sports personality	Milo Ventimiglia is a Hollywood <b>star</b> .
terrible	adjective	***	/ˈterəb(ə)/	horrorós, -osa	very bad in quality or ability	Derek always chooses the most <b>terrible</b> films.
terrific	adjective	*	/təˈrɪfɪk/	espectacular	very good or interesting	I think <i>Titanic</i> was a <b>terrific</b> film because it made me laugh and cry in between all the action.
terrifying	adjective		/ˈterəˈfaɪn/	aterrador	extremely frightening	Horror films are too <b>terrifying</b> for me – I always have nightmares after I watch them.
thriller	noun	*	/ˈθrɪlə(r)/	(pel·lícula) d'intriga, thriller	a book, play, or film that tells an exciting story, especially about something dangerous like a crime	When I watch <b>thrillers</b> at home, I sometimes get so scared that I check that all the doors are locked!
western	noun	***	/ˈwestə(r)n/	(pel·lícula) de l'Oest	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 <b>westerns</b> .
<b>Take</b>						
<b>Expressions amb el verb take</b>						
take up	verb phrase		/teɪk ʌp/	començar a	to start doing something regularly as a habit, job, or interest	Chris wants to <b>take up</b> jogging.
take after	verb phrase		/teɪk ˈɑːftə(r)/	assemblar-se a	to look or behave like an older relative	She <b>takes</b> after her father in looks.
take aside	verb phrase		/teɪk əˈsaɪd/	apartar	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 <b>take</b> him <b>aside</b> .
take in	verb phrase		/teɪk ɪn/	assimilar, acceptar	to accept something as real or true	I'm not sure Ryan will ever <b>take</b> in the hurt he's caused.
take off	verb phrase		/teɪk ɒf/	ser un èxit	to become successful or popular very fast	Her jewellery business is about to <b>take off</b> .
take on	verb phrase		/teɪk ɒn/	contractar (algú)	to start to employ someone	We will <b>take on</b> new staff at the beginning of next month.
take over	verb phrase		/teɪk ˈəʊvə(r)/	quedar-se a càrrec (d'alguna cosa, d'algú)	to begin to do something that someone else was doing	Can you <b>take over</b> the cooking while I walk the dog?
take to	verb phrase		/teɪk tuː/	prendre-li afecte (a alguna cosa)	to begin to like someone or something	John seemed to <b>take to</b> his new job immediately.



# B2 First Student's Book – Unit 5 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>The world of work</b>						
abandon (someone's) career	verb phrase		/ə'bəʊndən kə'rɪə(r)/	abandonar la professió / la carrera professional	to stop a job that you are doing or planning to do	George almost persuaded me to <b>abandon</b> my <b>career</b> and join him in his new business.
artistic skills	noun		/ɑː(r)'tɪstɪk skɪlz/	habilitats artístiques	the ability to do something well relating to any form of art, including painting, music, literature, acting, and dancing (usually through experience and training)	<b>Artistic skills</b> are important if you want to become a graphic designer.
challenging	adjective		/'tʃælɪndʒɪŋ/	exigent	difficult to deal with or achieve, but interesting and enjoyable	Siobhan has a <b>challenging</b> but rewarding job.
change career	verb phrase		/tʃeɪndʒ kə'rɪə(r)/	canvi de professió	to stop doing a job in one field and start doing a different job in another field	I'm thinking of <b>changing</b> my <b>career</b> from office management to psychology.
cheerful	adjective	*	/'tʃɪə(r)f(ə)l/	alegre	behaving in a happy friendly way	Paula was so <b>cheerful</b> this morning.
computer skills	noun		/kəm'pjʊːtə(r) skɪlz/	coneixements informàtics	the ability to use computers, systems, and software	The job requires basic <b>computer skills</b> .
confident	adjective	**	/'kɒnfɪd(ə)nt/	segur (-a) de si mateix (-a)	someone who is confident believes in their own abilities and so does not feel nervous or frightened	John was very <b>confident</b> when he walked into the interview.
creative	adjective	**	/kri'eɪtɪv/	creatiu, -iva	someone who is creative has a lot of imagination and new ideas	He is a <b>creative</b> genius and always comes up with the best solutions.
dedicate your career to	verb phrase		/'dedɪkeɪt jɔː(r) kə'rɪə(r) tuː/	dedicar la carrera professional a (alguna cosa)	to spend time and effort in your job working towards something	Do you want to <b>dedicate your career</b> to serving the public?
devote your career to	verb phrase		/'diːvəʊt jɔː(r) kə'rɪə(r) tuː/	consagrar la carrera professional a (alguna cosa)	to spend a lot of time or effort in your job doing something	As a doctor, you <b>devote your career</b> to caring for your patients.
earn a good living	verb phrase		/ɜː(r)n eɪ gʊd 'lɪvɪŋ/	guanyar un bon salari	to earn enough money to pay for everything you need	Everyone should have the means to <b>earn a good living</b> .
earn a high salary	verb phrase		/ɜː(r)n eɪ haɪ 'sæləri/	guanyar molts diners	a large, fixed amount of money that you earn each month or year from your job	Stockbrokers <b>earn a high salary</b> .
earn a weekly wage	verb phrase		/ɜː(r)n eɪ 'wiːkli weɪdʒ/	tenir un salari per setmana	an amount of money that you earn for working, according to how many hours or days you work each week	My younger brother <b>earns a weekly wage</b> delivering newspapers before school.
earn good money	verb phrase		/ɜː(r)n gʊd 'mʌni/	guanyar prou diners	to earn a lot for something	I <b>earned good money</b> at my last job.

# B2 First Student's Book – Unit 5 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
fit	adjective	***	/fɪt/	atlètic, en forma	healthy, strong, and able to do physical exercise without getting very tired	Running around after the children keeps her <b>fit</b> .
follow a career	verb phrase		/'fɒləʊ əɪ kə'riə(r)/	dedicar-se a	if you follow a profession or way of life, you do that job or spend your life in that way	Paul plans to <b>follow a career</b> in play therapy.
give up (a career)	verb phrase		/ɡɪv ʌp/	abandonar (una carrera professional)	to stop doing a job that you do regularly	The last thing we expected you to do was to <b>give up your career</b> !
go into a career (as)	verb phrase		/ɡəʊ 'ɪntuː əɪ kə'riə(r)/	dedicar-se a	to start doing something regularly in a particular field	Ambitious youngsters hope to <b>go into careers as</b> doctors and lawyers.
hard-working	adjective	*	/hɑː(r)d 'wɜː(r)kɪŋ/	treballador, -ora	a hard-working person puts a lot of effort into their work	She was very <b>hard-working</b> and reliable.
language skills	noun		/'læŋɡwɪdʒ skɪz/	habilitats comunicatives	the ability to use the method of human communication (spoken or written words) well	Great <b>language skills</b> are necessary for receptionists.
make redundant	verb phrase		/meɪk rɪ'dʌndənt/	acomiar	to tell employees they must leave their jobs because they are no longer needed	We will need to <b>make</b> 5 000 miners <b>redundant</b> to save the company.
monotonous	adjective		/mə'nɒtənəs/	monòton, -a	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 <b>monotonous</b> .
organisational skills	noun		/ɔː(r)ɡənəzaɪʃ(ə)nəl skɪz/	habilitats organitzatives	the ability to plan and arrange something well	To manage this office well, he will need amazing <b>organisational</b> skills.
patient	adjective	**	/'peɪʃ(ə)nt/	pacient	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 <b>patient</b> when you're stuck in a traffic jam and late for a meeting.
polite	adjective	*	/pə'laɪt/	educat, -ada	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 <b>polite</b> to the customers.
pursue a career	verb phrase		/pə(r)'sjuː əɪ kə'riə(r)/	dedicar-se a	to follow a course of activity in relation to a job path	He wants to <b>pursue a career</b> in medicine.
resign	verb	***	/rɪ'zaɪn/	dimitir	to state formally that you are leaving a job permanently	He was forced to <b>resign</b> as Finance Minister last year.
responsible	adjective	***	/rɪ'spɒnsəb(ə)l/	responsable	sensible, reliable, and able to be trusted to do the right thing	Our childminder may be young, but she's very <b>responsible</b> .
rewarding	adjective		/rɪ'wɔː(r)dɪŋ/	gratificant	giving you satisfaction, pleasure, or profit	Do you find your work <b>rewarding</b> ?
sack	verb	**	/sæk/	fer fora	to tell someone that they can no longer work at their job (informal language)	We will need to <b>sack</b> hundreds of factory workers.

# B2 First Student's Book – Unit 5 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
skilled	adjective	**	/skɪld/	amb experiència	having the ability and experience to do something well	The best performing companies had a higher number of <b>skilled</b> workers.
stressful	adjective		/'stresf(ə)l/	estressant	involving or causing a lot of pressure or worry	My new job is much less <b>stressful</b> .
switch career	verb phrase		/swɪtʃ ke 'rɪə(r)/	canviar de professió	to change from one career to another	James decided to <b>switch careers</b> when he was in his 40s.
talented	adjective	*	/'tæləntɪd/	talentós, -osa	someone who is talented is very good at something	A <b>talented</b> young designer has just joined our marketing team.
telephone skills	noun		/'telɪ fəʊn skɪlz/	habilitats comunicatives al telèfon	the ability to communicate well and politely over the telephone	Telemarketing may be a job for you if you have wonderful <b>telephone skills</b> .
tiring	adjective		/'taɪərɪŋ/	esgotador	making you feel tired	Teaching small children is very <b>tiring</b> .
well-paid	adjective		/wel peɪd/	ben pagat, -ada	a well-paid person receives a good amount of money for work	The <b>well-paid</b> analyst arrived at work in a new Ferrari.
work flexitime	verb phrase		/wɜː(r)k 'fleksi taɪm/	treballar amb horari flexible	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	<b>Working flexitime</b> 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 fʊl taɪm/	treballar a jornada completa	to work for the number of hours that people normally work in a complete week	This job will require you to <b>work full time</b> from our offices.
work long hours	verb phrase		/wɜː(r)k lɒŋ 'aʊə(r)z/	treballar moltes hores	to work for many hours at a time	We <b>work long hours</b> at the library.
work overtime	verb phrase		/wɜː(r)k 'əʊvə(r) taɪm/	fer hores extres	extra hours that someone works at their job	I am saving for a car so I want to <b>work overtime</b> .
work part time	verb phrase		/wɜː(r)k pɑː(r)t taɪm/	treballar a mitja jornada	done for only part of the time that an activity is usually performed	Gerald and Karen <b>work part time</b> because they are also attending university.
work shifts	verb phrase		/wɜː(r)k /ʃɪfts/	treballar per tornos, fer tornos	a pattern of work in which you sometimes work during the day and sometimes during the night	I hardly see my flatmate because we <b>work</b> different <b>shifts</b> .

# B2 First Student's Book – Unit 6 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>Relationships</b>						
bring (someone) up	verb phrase		/brɪŋ ʌp/	criar (algú)	to look after a child until he or she becomes an adult	As a single father, he will <b>bring</b> his three sons <b>up</b> on his own.
fall out with	verb phrase		/fɔːl aʊt wɪð/	allunyar-se (d'algú)	to stop being friendly with someone because you have had a disagreement with them	I don't want to <b>fall out with</b> you over something so silly.
get on with	verb phrase		/get ɒn wɪð/	avenir-se (amb algú)	if people get on with each other, they like each other and are friendly to each other	Mandy doesn't <b>get on with</b> her brother.
give up	verb phrase		/ɡɪv ʌp/	rendir-se	to stop doing something that you are trying hard to do	I have <b>given up</b> trying to make her like me.
grow up	verb phrase		/grəʊ ʌp/	créixer, fer-se gran	to change from being a baby or young child to being an older child or adult	My baby brother says, 'When I <b>grow up</b> , I'm going to be an astronaut'.
grow up	verb phrase		/grəʊ ʌp/	créixer	used for talking about the things that happened while you were a child	I live in New York now, but I <b>grew up</b> in Scotland.
let (someone) down	verb phrase		/let daʊn/	decebre (algú)	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 <b>let</b> me <b>down</b> .
look up to	verb phrase		/lʊk ʌp tuː/	admirar (algú)	to admire and respect someone	He's a role model for other players to <b>look up to</b> because of his team spirit.
put up with	verb phrase		/pʊt ʌp wɪð/	suportar, tolerar	to accept someone or something unpleasant in a patient way	How has Jan <b>put up with</b> his bad behaviour for so long?
run out of	verb phrase		/rʌn aʊt əv/	esgotar-se, exhaurir-se	if something runs out, you do not have any more of it left	I have <b>run out of</b> patience with Amanda because she is always late.
sort out	verb phrase		/sɔːt (r)ʌt aʊt/	resoldre	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 <b>sort out</b> this problem.
split up with	verb phrase		/splɪt ʌp wɪð/	separar-se (d'algú)	to end a marriage or romantic relationship	Rupert <b>split up with</b> his wife in February.
tell (someone) off	verb phrase		/tel ɒf/	renyar (algú)	to criticize someone angrily for doing something wrong	The teacher needs to <b>tell</b> him <b>off</b> for disrupting the class.
<b>Describing people</b>						
<b>Descripció de persones</b>						
almond-shaped (eyes)	adjective		/ˈɑːmænd-ʃeɪpt/	(ulls) ametllats	the same shape as an almond (a flat white nut with a brown skin that is often used in cooking)	Claudia's <b>almond-shaped</b> eyes were sparkling blue.
ambitious	adjective	***	/æmˈbɪʃəs/	ambiciós, -a	determined to be successful, rich, famous etc	She was an <b>ambitious</b> young lawyer who hoped to be a judge one day.
bald	adjective	*	/bɔːld/	calb, -a	with little or no hair on your head	He had a large <b>bald</b> spot on the top of his head.

# B2 First Student's Book – Unit 6 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
cheerful	adjective	*	/ˈtʃɛə(r)f(ə)l/	alegre	behaving in a happy friendly way	Paula was so <b>cheerful</b> this morning.
curly (hair)	adjective	*	/ˈkɜː(r)li/	(cabells) arrissats	forming curves or circles	Scott has red <b>curly</b> hair.
dark (eyes/ complexion)	adjective	***	/dɑː(r)k/	(ulls) foscos, (pell) fosca	dark hair, eyes, or skin are brown or black in colour	The child's <b>dark</b> eyes peered out from beneath her fringe.
decisive	adjective	**	/dɪˈsaɪsɪv/	decisiu, -iva	able to make choices or decide what to do quickly and confidently	As a chairperson, he was firm and <b>decisive</b> .
enthusiastic	adjective	**	/ɪn θjuːˈziːəstɪk/	entusiasta	very interested in something or excited by it	Daniel was an <b>enthusiastic</b> supporter of women's rights.
expressive (face)	adjective		/ɪkˈspresɪv/	(rostre) expressiu	clearly showing what your thoughts or feelings are, especially by your behaviour	Her face was so <b>expressive</b> that we knew immediately that she was frightened.
fat	adjective	**	/fæt/	gras, -assa	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 <b>fat</b> cat.
flowing (hair)	adjective		/ˈflaʊɪŋ/	(cabells) deixats anar	hair hanging in an attractive way	Her long <b>flowing</b> hair was shining in the candlelight.
freckled (face)	adjective		/ˈfrek(ə)ld/	(cara) pigada	covered in freckles	The boy's cheeky <b>freckled</b> face popped up over the hedge.
friendly	adjective	***	/ˈfren(d)li/	amistós, -osa	someone who is friendly is always pleasant and helpful towards other people	I enjoy working there – everyone is so <b>friendly</b> .
generous	adjective	**	/ˈdʒenərəs/	generós, -osa	giving people more of your time or money than is usual or expected	Billy was very <b>generous</b> to people who had less than he did.
hazel (eyes)	adjective		/ˈheɪz(ə)l/	(ulls) castanys	light brown and slightly green or golden in colour	Alma's <b>hazel</b> eyes darted around suspiciously.
healthy (complexion)	adjective	***	/ˈhelθi/	(rostre) salutable	showing that you are physically strong and not ill	My skin looks bright and <b>healthy</b> .
honest	adjective	**	/ˈɒnɪst/	honest, -a	a person who is honest does not tell lies or cheat people, and obeys the law	Most young people are decent and <b>honest</b> .
imaginative	adjective	*	/ɪˈmædʒɪnətɪv/	imaginatiu, -iva	used about someone who has new, different, or exciting ideas	He was more <b>imaginative</b> than most history teachers.
immature	adjective		/ɪˈmæˈtʃə(r)/	immadur, -a	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 <b>immature</b> .
immodest	adjective		/ɪˈmɒdɪst/	vanitos, -osa / arrogant	someone who is immodest thinks they are very good or clever and likes to talk about their achievements	I've never met a more <b>immodest</b> person! He spent an hour talking about his awards.

# B2 First Student's Book – Unit 6 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
impatient	adjective	*	/ɪmˈpeɪʃ(ə)nt/	impacient	annoyed because something is not happening as quickly as you want or in the way you want	'Come on!' said Maggie, becoming <b>impatient</b> .
impolite	adjective	*	/ɪmpəˈliːt/	maleducat, -ada	not polite	It would be <b>impolite</b> to leave the party so early.
inconsiderate	adjective		/ɪnˈkənˈsɪdəreɪt/	desconsiderat, -ada	not thinking about other people and their feelings	When you change our plans at the last minute, you are being so <b>inconsiderate</b> .
indecisive	adjective		/ɪndɪˈsaɪsɪv/	indecis, -isa	unable to make decisions	Critics say the politician has been weak and <b>indecisive</b> .
insensitive	adjective		/ɪnˈsensətɪv/	insensible	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 <b>insensitive</b> to my feelings on the matter.
insincere	adjective		/ɪnˈsɪnˌsɪə(r)/	hipòcrita	not expressing your feelings or opinions honestly	She gave me an <b>insincere</b> smile. I could tell she didn't like me.
intolerant	adjective		/ɪnˈtɒlərənt/	intolerant	not willing to accept behaviour, beliefs, or opinions that are different from your own	He's very <b>intolerant</b> of people who smoke.
kind	adjective	*	/kaɪnd/	amable	behaving in a way that shows you care about other people and want to help them	She was very <b>kind</b> to me when the children were ill.
mature	adjective	**	/məˈtʃʊə(r)/	madur, -a	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 <b>mature</b> than the other boys in his class.
modest	adjective	**	/ˈmɒdɪst/	modest, -a	a modest person does not like to talk about themselves, their achievements, or their abilities, even if they are successful	Peter is genuinely <b>modest</b> about his achievements. I had to read about his latest award in the newspaper!
overweight	adjective		/ˌəʊvə(r)ˈweɪt/	obès, -esa	heavier than you should be	I was about 10 pounds <b>overweight</b> after my pregnancy.
pale (complexion)	adjective	***	/peɪl/	pàl·lid, -a	a pale person has skin that is lighter than usual because they are ill, shocked, or worried	When he returned, he looked <b>pale</b> and tired.
passionate	adjective	*	/ˈpæʃ(ə)neɪt/	apassionat, -ada	showing or expressing strong beliefs, interest, or enthusiasm	He is very <b>passionate</b> about his work with the elderly.
patient	adjective	**	/ˈpeɪʃ(ə)nt/	pacient	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 <b>patient</b> with the children.
piercing (eyes)	adjective		/ˈpraɪ(r)ɪŋ/	(ulls) penetrants	piercing eyes or looks seem to show that someone sees and understands more than other people	She met his <b>piercing</b> gaze and smiled.



# B2 First Student's Book – Unit 6 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
plump	adjective		/plʌmp/	grassonet, -a	slightly fat, in a pleasant way; this word is often used to avoid saying <i>fat</i> , which is not considered polite	A kind <b>plump</b> woman gave me directions to the museum.
polite	adjective	*	/pə'laɪt/	educat, -ada	someone who is polite behaves towards other people in a pleasant way that follows all the usual rules of society	It wasn't very <b>polite</b> of you to keep interrupting me.
proud	adjective	**	/praʊd/	orgullós, -osa	a proud person does not like other people to help them or to think they are weak	Lee-Ann was too <b>proud</b> to accept the money even though she was starving.
reliable	adjective	**	/rɪ'laɪəb(ə)l/	fiable	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 <b>reliable</b> .
reserved	adjective		/rɪ'zɜː(r)vd/	reservat, -ada	someone who is reserved tends not to talk about or show their feelings	Often being <b>reserved</b> makes people more interested in you.
respectful	adjective		/rɪ'spektf(ə)l/	respectuós, -osa	feeling or showing respect	We should be more <b>respectful</b> of other people's points of view.
round (face)	adjective	***	/raʊnd/	(cara) rodona	shaped like a circle or a ball	Which hairstyles would look good with a <b>round</b> face like mine?
scruffy (hair)	adjective		/ˈskrʌfi/	(cabells) malforjats	untidy or dirty	He hadn't washed or brushed his <b>scruffy</b> hair in days!
selfish	adjective	*	/ˈselfɪʃ/	egoista	thinking only about yourself and not caring about other people	The little boy was <b>selfish</b> and grabbed all the toys.
sensitive	adjective	***	/ˈsensətɪv/	sensible	likely to become angry or upset easily	If I'd known she was so <b>sensitive</b> , I wouldn't have teased her.
shoulder-length (hair)	adjective		/ˈʃəʊldə(r)-leŋθ/	mitja cabellera	shoulder-length hair reaches down to your shoulders	Hannette had her <b>shoulder-length</b> hair cut shorter.
shy	adjective	*	/ʃaɪ/	tímid, -a	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 <b>shy</b> to introduce myself.
sincere	adjective	*	/sɪn'sɪə(r)/	sincer, -a	talking and acting in a way that shows you really mean what you say and do	He is a modest and <b>sincere</b> man.
skinny	adjective		/ˈskɪni/	(molt) prim, -a	very thin, in a way that is not attractive (someone who is thin in an attractive way is <i>slender</i> or <i>slim</i> )	As a child she was always really <b>skinny</b> .
slim	adjective	**	/slɪm/	abrinat, -ada	thin in an attractive way	Most ballet dancers are extremely <b>slim</b> .
smooth (complexion)	adjective	**	/smuːð/	(rostre) suau	completely even with no rough areas or lumps	A baby's skin is as <b>smooth</b> as silk.

# B2 First Student's Book – Unit 6 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
sociable	adjective		/ˈsəʊjəb(ə)l/	sociable	a sociable person is friendly and enjoys being with other people	I think I'll stay home. I'm not feeling very <b>sociable</b> today.
sparkling (eyes)	adjective		/ˈspɑː(r)k(ə)lɪŋ/	(ulls) brillants	shining with small points of reflected light	Her brown eyes were <b>sparkling</b> with excitement.
spotty (complexion)	adjective		/ˈspɒtɪ/	amb grans a la cara	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 <b>spotty</b> skin.
straight (hair)	adjective	**	/streɪt/	(cabells) llisos	something that is straight does not bend or curve	Tess has <b>straight</b> blonde hair.
stubborn	adjective	*	/ˈstʌbə(r)n/	tossut, -uda	a stubborn person is not willing to change their ideas or to consider anyone else's reasons or arguments	Will was too <b>stubborn</b> to listen to reason and continued the argument.
tanned (face)	adjective		/tænd/	(cara) bronzejada, embrunida	someone who is tanned has darker skin than before because of spending time in the sun	Brad came back from his holiday very <b>tanned</b> .
thin	adjective	***	/θɪn/	prim, -a	someone who is thin has very little fat on their body	Charles was <b>thin</b> and very tall.
thinning (hair)	adjective		/θɪnɪŋ/	(cabells) debilitats	if someone's hair is thinning, they are gradually losing the hair from their head	The man had grey <b>thinning</b> hair.
tolerant	adjective		/ˈtɒlərənt/	tolerant	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 <b>tolerant</b> of your neighbours' need for quiet after 8 pm.
unambitious	adjective		/ˌʌnæmˈbiʃəs/	poc ambiciós, -osa	not determined to be successful, rich, famous etc	Anna is <b>unambitious</b> . She doesn't want to work towards a promotion.
unimaginative	adjective		/ˌʌnɪˈmædʒɪnətɪv/	poc imaginatiu, -iva	unable to think of new and interesting things	She was a rather dull <b>unimaginative</b> woman.
unreliable	adjective	*	/ˌʌnrɪˈlaɪəb(ə)l/	de poca confiança	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 <b>unreliable</b> and might lose it.
unsociable	adjective		/ˌʌnˈsəʊjəb(ə)l/	esquerp, -a	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 <b>unsociable</b> today.
well-built	adjective		/ˌwelˈbɪlt/	ben proporcionat, -ada	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 <b>well-built</b> body.
wrinkled (face)	adjective		/ˈrɪŋk(ə)ld/	(rostre) amb arrugues	skin that is wrinkled has a lot of small lines on it	The <b>wrinkled</b> old woman smiled brightly as we entered the room.

# B2 First Student's Book – Unit 7 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>Shopping</b>						
bargain	noun	**	/ˈbɑː(r)ɡɪn/	ganga	something you buy that costs much less than normal	Twenty pounds is a real <b>bargain</b> for this designer dress!
change your mind	verb phrase		/tʃeɪndʒ jɔː(r) maɪnd/	canviar de parer, d'idea	to change your decision or opinion	What made you <b>change your mind</b> about going overseas?
discount	noun	**	/ˈdɪs.kɑʊnt/	descompte	a reduction in the price of something	Customers can get a 30% <b>discount</b> by booking their flights in advance.
fit	adjective	**	/fɪt/	talla correcta	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 <b>fit</b> .
free of charge	phrase		/friː əv tʃəː(r)dʒ/	gratis, gratuït	something that does not cost anything	The organisation provides a range of services <b>free of charge</b> .
give (money) back	verb phrase		/ɡɪv bæk/	tornar (dinners)	to give someone something that they owned or had before	The manager <b>gave</b> me my money <b>back</b> because the smartphone did not work.
half price	adjective		/hɑːf praɪs/	a meitat de preu	at half the usual cost	They were forced to sell most of the stock <b>half price</b> .
make	noun	*	/meɪk/	fabricant, marca	a product made by a particular company	What <b>make</b> is your computer? It's an Apple.
order	noun	***	/ˈɔː(r)də(r)/	comanda	a request for a product to be made for you or delivered to you	My <b>order</b> arrived late on Friday.
pay for	verb phrase	***	/peɪ fɔː(r)/	pagar (una cosa)	to give money in order to buy something	Let me <b>pay for</b> dinner.
pick up	verb phrase		/pɪk ʌp/	fer-se amb, adquirir (una cosa)	to buy something	You can <b>pick up</b> some amazing bargains at this market.
price	noun	***	/praɪs/	preu	the amount of money that you have to pay in order to buy something	The <b>price</b> per person goes down for groups of more than ten people.
purchase	noun	**	/ˈpɜː(r)tʃəs/	compria	something that you buy	Her latest <b>purchase</b> was a long black coat.
purchase	verb	**	/ˈpɜː(r)tʃəs/	comprar, fer-se amb	to buy something	I need to <b>purchase</b> some books for school.
receipt	noun	**	/riːsiːt/	rebut	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 <b>receipt</b> .
refund	noun		/ˈriːfand/	reemborsament	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 <b>refund</b> if you cancel the holiday.
sell out of	verb phrase		/sel əʊt əv/	exhaustir les existències	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 <b>sell out of</b> ice cream in an hour.

# B2 First Student's Book – Unit 7 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
shopping centre	noun		/ˈʃɒpɪŋ ˈsentə(r)/	centre comercial	an area where a group of different shops and businesses such as banks and restaurants are all built next to each other	Let's go to the <b>shopping centre</b> to buy some clothes and then eat dinner.
spend it on (something)	verb phrase		/spend ɪt ɒn/	gastar-se els diners (en alguna cosa)	to use money to pay for things	I just got paid for my overtime. I want to <b>spend it on</b> a new video game!
stock	noun	***	/stɒk/	existències	the goods that are available to buy in a shop	We're having some new <b>stock</b> delivered this afternoon.
summer sale	noun		/ˈsʌmə(r) seɪl/	rebaixes d'estiu	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 <b>summer sale</b> .
take (something) back	verb phrase		/teɪk bæk/	tornar (una cosa)	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 <b>take it back</b> .
till	noun		/tɪl/	caixa enregistradora	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 <b>till</b> paying for the groceries. I'll meet you outside.
try on	verb phrase		/traɪ ɒn/	provar-se (algú, una cosa)	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 <b>try it on</b> ?
value for money	phrase		/ˈvæljuː fɔː(r) ˈmʌni/	relació qualitat-preu	the amount that something is worth compared to the money that it costs	Most customers are looking for <b>value for their money</b> rather than cutting-edge fashion.
worth every penny	phrase		/wɜː(r)ð ˈevri ˈpeni/	valdre cada cèntim del preu	important or valuable enough to have spent an amount of money on	Our trip to Hawaii was <b>worth every penny</b> !
<b>Paraphrasing and recording</b>						
at least (that far)	phrase		/æ liːst/	com a mínim (fins a)	not less than a particular amount or number, and possibly more	The sales are miles away, but I'm happy to travel <b>at least</b> that far for a good bargain.
be known for	verb phrase		/biː nəʊn fɔː(r)/	ser cèlebre per	be famous for	Large sales <b>are known for</b> overcrowding and even violence!
bring about	verb phrase		/brɪŋ ə ˈbaʊt/	provocar, ocasionar	to make something happen, especially to cause changes in a situation	The poor economy will <b>bring about</b> even more sales as shops compete to stay open.
catch on	verb phrase		/kætʃ ɒn/	posar-se de moda	to become popular or fashionable	Sports drinks have <b>caught on</b> as consumers have become more health-conscious.
erupt	verb		/ɪˈrʌpt/	esclatar	to start suddenly with a lot of violence or noise	An argument <b>erupted</b> when two women began fighting over the last television on sale.
in advance	phrase		/ɪn ədˈvɑːns/	succeir anticipadament	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 <b>in advance</b> .

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lead to	verb phrase		/li:d tu:/	donar lloc a	to begin a process that causes something to happen	The stress of these sales on employees can <b>lead to</b> exhaustion or physical illness.
media frenzy	noun		/ˈmi:diə ˈfrenzi/	renou mediàtic	a period of great energy and activity by the media	Black Friday always triggers a <b>media frenzy</b> .
meet demand	verb phrase		/mi:t diˈmɑ:nd/	satisfer la demanda	to have enough of the product or service that people want, or the fact that they want it	We need to make sure that we have enough jeans to <b>meet demand</b> for tomorrow's sale.
put strain on (someone)	verb phrase		/pʊt streɪn ɒn/	forçar (algú) al límit	to cause pressure with a difficult situation	The sales <b>put strain on</b> suppliers to make sure that demand is met.
scenes of chaos	noun		/si:nz əv ˈkeɪdʒz/	escenes de descontrol	a situation in a particular place in which everything is confused and in a mess	The <b>scenes of chaos</b> 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/	remuntar-se fins als origens (d'alguna cosa)	to discover the origin of something or how it developed	I wonder if we could <b>trace sales back to</b> Victorian times.
<b>Towns and villages</b>						
<b>Pobles i ciutats</b>						
block of flats	noun		/blɒk əv flæts/	bloc de pisos	a large building with a lot of different levels with a set of rooms for living in on each level	The whole <b>block of flats</b> was destroyed in the earthquake.
building site	noun		/ˈbɪldɪŋ saɪt/	obra	a place where something is being built	If you want to visit the <b>building site</b> , you will need to wear a hard hat.
housing estate	noun		/ˈhaʊzɪŋ ɪˈsteɪt/	urbanització	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 <b>housing estate</b> near Bristol.
indoor shopping centre	noun		/ˈɪndoː(r) ˈʃɒpɪŋ ˈsentə(r)/	mercat cobert	an area inside a large building where a group of different shops and businesses are all built next to each other	The <b>indoor shopping centre</b> 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/	polígon industrial	an area of land where industrial companies have their buildings	Let's go to the <b>industrial estate</b> and see if any companies sell floor tiles.
office block	noun		/ˈɒfɪs blɒk/	edifici d'oficines	a large building that contains many offices	Zara works on the fifth floor of the <b>office block</b> at the end of this road.
pedestrian street	noun		/pəˈdestriən stri:t/	carrer de vianants	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 <b>pedestrian street</b> we just passed.
residential area	noun		/ˈrezɪˈden(ə)l ˈeəriə/	barri residencial	a residential area is one in which most of the buildings are houses	In <b>residential areas</b> , on a Saturday morning, you can always hear someone mowing their lawn.

# B2 First Student's Book – Unit 8 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>Make and do</b>						
do a job	verb phrase		/duː eɪ dʒɒb/	treballar	to do work regularly to earn money	I could never <b>do a job</b> like yours! I have no patience.
do exercise	verb phrase		/duː ˈeksə(r)saɪz/	fer exercici	to do physical activity to stay healthy and make your body stronger	Try to <b>do</b> 20 minutes of <b>exercise</b> every day.
do nothing but	verb phrase		/duː ˈnʌθɪŋ bʌt/	fer només	to do only one thing	I've been <b>doing nothing</b> but working lately.
do you good	verb phrase		/duː juː gʊd/	venir bé (una cosa) (a algú)	to be beneficial to a person, especially related to health	A long walk in the countryside will <b>do you good</b> .
do your best	verb phrase		/duː jɔː(r) best/	esforçar-se al màxim	to try as hard as you can in order to achieve something	You might not win the race, but <b>do your best</b> .
do your homework	verb phrase		/duː jɔː(r) ˈhəʊm wɜː(r)k/	fer els deures	to do the work that a teacher gives a student to do out of class	Please <b>do your homework</b> before you switch on the television.
make a decision	verb phrase		/meɪk eɪ dɪˈsɪʒ(ə)n/	prendre una decisió	to make a choice after thinking carefully	The committee should <b>make a decision</b> later this week.
make a living	verb phrase		/meɪk eɪ ˈlɪvɪŋ/	guanyar prou diners per viure amb dignitat	to earn enough money to pay for everything you need	Everyone should have the opportunity to <b>make a living</b> .
make a mess of (something)	verb phrase		/meɪk eɪ mes əv/	provocar un desastre	to make a lot of mistakes when you are doing or dealing with something	Nigel <b>made a mess</b> of Sunday dinner.
make a plan	verb phrase		/meɪk eɪ plæn/	planificar	to decide on a series of actions that you think about carefully to help you to achieve something	I will <b>make a plan</b> to get to Spain for her birthday.
make a speech	verb phrase		/meɪk eɪ spiːtʃ/	fer un discurs	to speak to an audience formally	The queen <b>made a wonderful speech</b> on her birthday.
make an effort	verb phrase		/meɪk æn ˈefə(r)t/	fer un esforç	to do something even though you do not want to or you find it difficult	I wish you'd <b>make an effort</b> to get on with Becca.
make sure	verb phrase		/meɪk ʃʊː(r)/	assegurar-se, comprovar (que)	to check something so that you can be certain about it	I think I locked the door, but I'd better <b>make sure</b> .
make up your mind	verb phrase		/meɪk ʌp jɔː(r) maɪnd/	decidir-se (per)	to make a decision	Come on, <b>make up your mind!</b> Are you going or staying?
to do (something)	verb phrase		/tuː duː/	participar (en)	to take part in	I was hoping <b>to do</b> a night class, but I don't have the time.
to do with (something)	verb phrase		/tuː duː wɪð/	tenir (alguna cosa) a veure amb (alguna cosa)	to be connected with someone or something	Was the argument anything <b>to do with</b> money?
would not do you any harm	phrase		/wʊd nɒt duː juː ˈeni haː(r)m/	no venir (alguna cosa) malament (a algú)	used for saying what you think someone should do	It <b>wouldn't do you any harm</b> to listen to her advice.



# B2 First Student's Book – Unit 8 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>Travel and holidays</b>						
adventure holiday	noun		/əd'ventʃə(r) 'hɒlɪdeɪ/	turisme d'aventura	a type of organised holiday during which people do new and exciting things, for example a trek or a safari	We went on an <b>adventure holiday</b> to the Kruger National Park in South Africa to see the Big Five.
camping holiday	noun		/'kæmpɪŋ 'hɒlɪdeɪ/	vacances d'acampada	a type of holiday during which people live in a tent, away from home	We used to go on a <b>camping holiday</b> in the mountains every year.
car journey	noun		/kɑː(r) 'dʒɜː(r)nɪ/	viatge en cotxe	an occasion when you travel from one place to another over a long distance by car	It's a seven-hour <b>car journey</b> to Boston from here.
Caribbean cruise	noun		/'kærɪ'biən kruːz/	creuer pel Carib	a journey on a ship for pleasure, visiting the islands in the Caribbean Sea and the countries that surround it	Una won a <b>Caribbean cruise</b> for her family.
day trip	noun		/deɪ trɪp/	dia d'excursió	a journey that you make for pleasure in which you go to a place and come back on the same day	We took a <b>day trip</b> to the beach.
guided tour	noun		/ɡaɪdɪd tuə(r)/	visita guiada	a short journey around a building or place with a person who tells you about what you are seeing or with a pair of headphones on which you can listen to a recorded description of what you are seeing	Last week, I went on the most interesting <b>guided tour</b> of the British Museum.
long-haul flight	noun		/lɒŋ hɔːl flaɪt/	vol de llarga distància	travelling a long distance by air	We booked the <b>long-haul flight</b> from London to Hong Kong.
rail travel	noun		/reɪl 'træv(ə)l/	viatge en tren	relating to travelling by train	<b>Rail travel</b> is very affordable.
seaside holiday	noun		/'siːsaɪd 'hɒlɪdeɪ/	vacances a la platja	a type of holiday during which people stay in or around an area that is near the sea	Our <b>seaside holiday</b> was ruined by the horrible weather.
self-catering holiday	noun		/self 'keɪtərɪŋ 'hɒlɪdeɪ/	vacances en un apartament amb accés a cuina	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 <b>self-catering holidays</b> .
sightseeing holiday	noun		/'saɪt siːɪŋ 'hɒlɪdeɪ/	viatge turístic	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 <b>sightseeing holiday</b> .
working holiday	noun		/'wɜː(r)kɪŋ 'hɒlɪdeɪ/	vacances de brigada voluntària	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 <b>working holiday</b> to Nepal with Habitat for Humanity to build houses for needy communities.

# B2 First Student's Book – Unit 8 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>Phrasal verbs</b>						
catch on	verb phrase		/kætʃ ɒn/	agafar (una idea)	to understand	I think Roisin is starting to <b>catch on</b> that I like her.
come across	verb phrase		/kʌm ə 'kros/	topar-se (amb)	to meet someone, or to find something by chance	Have you ever <b>come across</b> such a huge diamond before?
come up with	verb phrase		/kʌm ʌp wɪð/	venir al cap una idea	to think of something such as an idea or a plan	He <b>came up with</b> the idea of a surprise party for his parents' anniversary.
get about	verb phrase		/get ə 'baʊt/	moure's per un lloc	get around a place	You really need a car to <b>get about</b> this city.
head for	verb phrase		/hed fɔː(r)/	anar, dirigir-se	to go in a particular direction	I'm tired. Let's <b>head for</b> the hotel.
turn out	verb phrase		/tɜː(r)n aʊt/	presentar-se (en algun lloc)	to go somewhere in order to be present at an event or take part in an activity	Only 62% of the population <b>turned out</b> to vote.

# B2 First Student's Book – Unit 9 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>Give</b>						
<b>Formes compostes amb el verb give</b>						
give away	verb phrase		/gɪv əˈweɪ/	revelar	to tell information or facts that you should keep secret	I haven't seen the film yet. Please don't <b>give away</b> the ending!
give (something) back	verb phrase		/gɪv bæk/	tornar (una cosa) (a algú)	to give someone something that they owned or had before	Oliver needs his book. Please <b>give it back</b> .
give in	verb phrase		/gɪv ɪn/	rendir-se	to stop competing or arguing and accept that you cannot win	I'm waiting for my parents to <b>give in</b> and let me take a gap year.
give in	verb phrase		/gɪv ɪn/	entregar-se	to give something, especially a piece of work, to someone in authority who is expecting it	Please <b>give in</b> your homework to the teacher at the front desk.
give out	verb phrase		/gɪv aʊt/	divulgar, repartir	to hand something out to people (something physical, such as paperwork, or information)	The spa will <b>give out</b> free vouchers on Friday. / Don't <b>give out</b> your personal details to strangers.
give up	verb phrase		/gɪv ʌp/	donar-se per vençut/uda	to stop doing something that you are trying hard to do or do regularly	Brody will <b>give up</b> on the puzzle after a while because there are too many pieces.
give yourself up	verb phrase		/gɪv jə(r)ˈself ʌp/	entregar-se (davant d'una autoritat)	to allow yourself to be arrested by the police	You should <b>give yourself up</b> because you won't be able to live with the guilt.
<b>Collocations with give</b>						
<b>Col·locacions amb el verb give</b>						
give a blank look	verb phrase		/gɪv ɛɪ blæŋk lʊk/	mirar sense emoció	to show no emotion or no sign of understanding something or recognizing someone	I waved at him, but he just <b>gave</b> me a <b>blank look</b> and kept walking.
give a broad smile	verb phrase		/gɪv ɛɪ brɔːd smaɪl/	fer un somriure d'orella a orella	to smile widely, showing that a person is very happy	The pop star <b>gave</b> the audience a <b>broad smile</b> as she accepted her award.
give a deep sigh	verb phrase		/gɪv ɛɪ diːp saɪ/	fer un sospir profund	to breathe out slowly making a long soft sound, especially because you are disappointed, tired, annoyed, or relaxed	I <b>gave a deep sigh</b> when I realised that I would be in the queue for another hour.
give a nasty shock	verb phrase		/gɪv ɛɪ ˈnɑːsti ʃɒk/	provocar una esgarriada	to give someone the feeling of being very surprised by something bad that happens unexpectedly	The credit card statement will definitely <b>give Bob a nasty shock</b> this month because his daughter has been buying clothes online again.
give a piercing scream	verb phrase		/gɪv ɛɪ ˈpiə(r)skriːm/	llançar un crit d'horror	to shout something in a loud, high, and unpleasant voice	Natalie <b>gave a piercing scream</b> when she saw the huge spider in her bath.
give a pleasant surprise	verb phrase		/gɪv ɛɪ ˈplez(ə)nt sə(r)ˈpraɪz/	sorprenre positivament (algú)	to make someone feel pleased or satisfied in an unexpected way	My boyfriend <b>gave</b> me a <b>pleasant surprise</b> yesterday: a bunch of red roses!
give great pleasure	verb phrase		/gɪv greɪt ˈplezə(r)/	fer feliç (algú)	to give a feeling of happiness, enjoyment, or satisfaction	The Birmingham Botanical gardens <b>give me great pleasure</b> .

# B2 First Student's Book – Unit 10 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>Crime and punishment</b>						
<b>Crime and criminals</b>						
				<b>Delictes i penes imposades</b>		
				<b>Delictes i delinqüents</b>		
burglar	noun	*	/ˈbɑː(r)glə(r)/	lladre (furt amb violació de domicili)	someone who enters a building illegally in order to steal things	The <b>burglar</b> broke the window to get into the house and stole the owner's jewellery.
burglary	noun	*	/ˈbɑː(r)gləri/	robatori	the crime of entering a building illegally in order to steal things	He was jailed for 12 months for <b>burglary</b> .
drink-driver	noun		/drɪŋk ˈdraɪvə(r)/	conductor en estat d'ebrietat	someone who drives a vehicle while under the influence of too much alcohol	The police pulled the <b>drink-driver</b> over to test her because she didn't stop at the red traffic light.
drink-driving	noun		/drɪŋk ˈdraɪvɪŋ/	conducció en estat d'ebrietat	driving after you have drunk too much alcohol	<b>Drink-driving</b> carries a fine of up to £5 000.
drug trafficker	noun		/drʌg ˈtræfɪkə(r)/	narcotraficant	someone who buys and sells drugs illegally	Pablo Escobar was one of the world's more well-known <b>drug traffickers</b> in the 1990s.
drug trafficking	noun		/drʌg ˈtræfɪkɪŋ/	narcotràfic	the business of buying and selling drugs illegally	<b>Drug trafficking</b> is how organised crime groups make their money.
identity fraud	noun		/aɪˈdɛntɪti frɔːd/	suplantació de la identitat	the crime of stealing information about someone that makes it possible to use their bank account or credit card	<b>Identity fraud</b> is on the rise as criminals are finding new ways of stealing people's money.
identity fraudster	noun		/aɪˈdɛntɪti ˈfrɔːdstə(r)/	suplantador de la identitat	someone who commits the crime of identity fraud	Make sure that you are safe from <b>identity fraudsters</b> by changing your online banking password often.
internet piracy	noun		/ˈɪntə(r)ˌnet ˈpaɪrəsi/	pirateria informàtica	the crime of distributing illegal copies of computer programs, books, videos, music, films, or television series over the internet	Brett doesn't understand that <b>internet piracy</b> is the same as stealing. He would never steal a video game from the store, but he thinks it's fine to download a game illegally.
internet pirate	noun		/ˈɪntə(r)ˌnet ˈpaɪrət/	pirata informàtic	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 <b>internet pirates</b> illegally posting popular songs on the internet.
mugger	noun		/ˈmʌɡə(r)/	atracador	someone who attacks people in public places and steals their money, jewellery, or other possessions	The police finally caught that <b>mugger</b> who was stealing ladies' purses on 5th Street.
mugging	noun		/ˈmʌɡɪŋ/	atracamnt	an attack on someone in a public place in order to steal their money, jewellery, or other possessions	After the <b>mugging</b> , Jessica was scared to leave the house.
shoplifter	noun		/ˈʃɒpˌlɪftə(r)/	lladre (furt en un establiment)	someone who steals something from a shop	The <b>shoplifter</b> carefully slid the watch into his pocket and left the shop.

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Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
shoplifting	noun		/ˈʃɒp.lɪftɪŋ/	furt en un establiment	the crime of stealing things from a shop	Researchers say that <b>shoplifting</b> is just the start and offenders may commit more serious crimes in the future.
vandal	noun		/ˈvænd(ə)l/	vàndal	someone who deliberately damages property	Bill noticed some boys spray-painting the door of his car, but the <b>vandals</b> ran away when he shouted.
vandalism	noun		/ˈvændə.lɪz(ə)m/	vandalisme	the act of deliberately damaging or destroying things, especially public property	The community was upset by the <b>vandalism</b> of the merry-go-round in the park.
<b>Penes imposades</b>						
<b>Punishment</b>						
acquit of all charges	verb phrase		/əˈkwɪt əv ɔːl tʃɑː(r)dʒɪz/	absoldre (algú d'una pena)	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 <b>acquit</b> her of <b>all charges</b> .
give a prison sentence	verb phrase		/ɡɪv eɪ ˈprɪz(ə)n ˈsentəns/	condemnar (algú) a una pena de presó	to state officially the period of time someone must stay in prison	The judge will <b>give</b> him a ten-year <b>prison sentence</b> .
order to do community service	verb phrase		/ˈɔː(r)də(r) tuː duː kəˈmjuːnəti ˈsɜː(r)vɪs/	imposar treballs en benefici de la comunitat	to state officially the work that someone does as a punishment, instead of going to prison	The court will <b>order</b> him <b>to do</b> 50 hours of <b>community service</b> at the animal shelter.
order to pay a fine	verb phrase		/ˈɔː(r)də(r) tuː peɪ eɪ faɪn/	imposar el pagament d'una multa	to pay an amount of money because you have broken the law	I was <b>ordered to pay a fine</b> because my car licence had expired.
sentence to life imprisonment	verb phrase		/ˈsentəns tuː laɪf ɪmˈprɪz(ə)nmənt/	condemnar (algú) a cadena perpètua	to state officially that someone will be kept in prison for the rest of their life	The judge will surely <b>sentence</b> her <b>to life imprisonment</b> for her violent crimes.
<b>Paràfrasis i anotacions</b>						
<b>Paraphrasing and recording</b>						
to blame for	phrase		/ˈblɛm fɔː(r)/	responsabilitzar (algú) per	responsibility for an accident, problem, or bad situation	The hospital has launched an inquiry to find out who was <b>to blame for</b> the mistake.
break bad news	verb phrase		/breɪk bæd njuːz/	mitigar de manera sensible les males notícies	to tell someone bad news in a kind way	I had to <b>break</b> the <b>bad news</b> that her sister was missing.
contrary to popular belief	phrase		/ˈkɒntrəri tuː ˈpɒpjələ(r) biːˈliːf/	contràriament al que popularment es creu	used for emphasizing that something is true, even though it is opposite to what other people say or believe	<b>Contrary to popular belief</b> , sharks do not often attack humans.
former	adjective	***	/ˈfɔː(r)mə(r)/	ex-, anterior	used for describing someone or something that had a particular job, title, status etc in the past, but not now	He abandoned his <b>former</b> career as a geologist.
freely available	adjective		/ˈfriːli əˈveɪləb(ə)l/	disponible per a tots els públics	easy to obtain or buy	The information is <b>freely available</b> on the internet.
hourly rate	noun		/ˈaʊə(r)li reɪt/	tarifa per hora	the cost relating to one hour of work	The web designer's <b>hourly rate</b> is fifty pounds.

# B2 First Student's Book – Unit 10 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
in sight	phrase		/ɪn saɪt/	a la vista	in any place that you can see from where you are	There was nobody <b>in sight</b> .
on your own	phrase		/ɒn jɔː(r) ən/	per si mateix	alone	You shouldn't be out <b>on your own</b> at this time of night.
run into	verb phrase		/rʌn ɪntuː/	ascendir (un import) a	to reach a particular amount	Flood damages could <b>run into</b> thousands of pounds.
work within the law	verb phrase		/wɜː(r)k wɪð ɪn ðiː lɔː/	actuar segons la llei	to carry out a job legally	They promised to <b>work within the law</b> to raise awareness for their cause.
<b>Phrasal verbs</b>						
<b>Formes compostes</b>						
back up	verb phrase		/bæk ʌp/	donar versemblança	to show that an explanation or belief is probably true	All the evidence will <b>back up</b> her story.
come over	verb phrase		/kʌm ˈəʊvə(r)/	venir a veure (algú) (a algun lloc)	to visit someone in the place where they are, especially their house	Please <b>come over</b> for dinner next Friday.
get away with	verb phrase		/get əˈweɪ wɪð/	sortir airós	to manage to do something bad without being punished or criticized for it	How can she <b>get away with</b> speaking to him like that?
go round	verb phrase		/gəʊ raʊnd/	passar-se per (algun lloc)	to visit a person or a place	I want to <b>go round</b> to Trevor's house to borrow his guitar.
kick out	verb phrase		/kɪk aʊt/	fer fora (algú) a patades	to force someone to leave a place or organisation	If she doesn't pay her rent, the landlord will <b>kick</b> Sonia out of her house.
make up	verb phrase		/meɪk ʌp/	inventar-se (alguna cosa)	to invent an explanation for something, especially in order to avoid being punished or embarrassed	I'll <b>make up</b> an excuse for why I can't attend the meeting.
own up to	verb phrase		/əʊn ʌp tuː/	confessar, reconèixer	to admit that you have done something bad or embarrassing	I think Tim and Nick will <b>own up to</b> the prank.
run out of	verb phrase		/rʌn aʊt əv/	esgotar (alguna cosa)	to use all of something and not have any left	Many hospitals have <b>run out of</b> money.
show off	verb phrase		/ʃəʊ ɒf/	presumir	to behave in a way that is intended to attract people's attention and make them admire you	Why do the children always <b>show off</b> every time someone comes round?



# B2 First Student's Book – Unit 11 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>Weather</b>						
bright sunshine	noun		/braɪt 'sʌn ʃaɪn/	sol radiant	strong light from the sun	I stood blinking in the <b>bright sunshine</b> .
calm sea	noun		/kɑːm siː/	mar tranquil·la	the condition of the sea being calm (not many waves)	We canoed happily on the <b>calm sea</b> .
choppy sea	noun		/'tʃɒpi siː/	mala mar	the condition of the sea being choppy (many small waves because the wind is blowing across the sea)	The <b>choppy sea</b> rocked the boat and made me feel seasick.
clear sky	noun		/kleə(r) skaɪ/	cel clar	no clouds, rain etc	We could see the stars tonight because the clouds disappeared leaving only <b>clear sky</b> .
cool breeze	noun		/kuːl briːz/	brisa fresca	a cold but pleasant light wind	The curtains fluttered gently in the <b>cool breeze</b> .
fluffy cloud	noun		/'flʌfi klaʊdz/	núvol esponjós	soft, light, and white cloud	He lay on the grass staring at the <b>fluffy</b> white <b>clouds</b> in the sky.
gale- force wind	noun		/geɪl fɔː(r)s wɪnd/	vent huracanat	a very strong wind that often causes damage to buildings and trees	The <b>gale-force wind</b> blew down the palm tree in our garden last night.
gentle breeze	noun		/'dʒent(ə)l briːz/	vent bonancenc	gentle wind that is not strong or unpleasant	It was a mild June morning with a <b>gentle breeze</b> .
glorious sunshine	noun		/'glɔːrɪəs 'sʌn ʃaɪn/	sol esplèndid	warm light from the sun	The <b>glorious sunshine</b> made Kate feel even happier.
heavy rain	noun		/'hevi reɪn/	pluja forta	a lot of rain	James was soaked because he had to walk home in the <b>heavy rain</b> .
light rain	noun		/laɪt reɪn/	pluja lleugera	a small amount of rain	The day was good, with only <b>light rain</b> in the morning.
light wind	noun		/laɪt wɪnd/	vent suau	a gentle, not strong wind	The <b>light wind</b> barely rustled the leaves on the trees.
overcast sky	noun		/'əʊvə(r)kɑːst skaɪ/	cel ennuvolat	sky completely full of clouds	She looked at the <b>overcast sky</b> and decided to cancel the picnic.
rough sea	noun		/rʌf siː/	mar brava	the condition of the sea being rough (many large waves, often with bad weather)	<b>Rough seas</b> stopped rescuers from getting to the ship.
scattered showers	noun		/'skæɪə(r)d 'ʃəʊə(r)z/	ruixats aïllats	a short period when it rains in only a few places	Tomorrow it will be mostly cloudy with <b>scattered showers</b> .
severe storm	noun		/'siːvrə(r) stɔː(r)m/	força tempestat	a storm that is extremely unpleasant and likely to cause harm or damage	A <b>severe storm</b> is forecast for Tuesday night.
snow showers	noun		/'snəʊ 'ʃəʊə(r)z/	xàfecs de neu	a short period when it snows	The children ran in and out during the <b>snow showers</b> to build snowmen.

# B2 First Student's Book – Unit 11 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
stiff breeze	noun		/stɪf briːz/	vent fresquet	fairly strong wind	Helen stood watching the sea as a <b>stiff breeze</b> tugged at her clothes.
storm cloud	noun		/stoː(r)m klaʊd/	núvol tempestuós	very dark cloud prior to or during a storm	The <b>storm clouds</b> rolled in over the mountains.
stormy sky	noun		/ˈstoː(r)mɪ skaɪ/	cel tempestuós	sky with dark rain clouds (often with a lot of rain and wind)	She gazed up at the <b>stormy sky</b> and felt the first drop of rain on her cheek.
strong wind	noun		/strɒŋ wɪnd/	vent fresc	wind with a lot of power or force	The <b>strong wind</b> blew Sophia's umbrella out of her hands.
thick cloud	noun		/θɪk klaʊdz/	núvol dens	cloud that fills the sky completely so that it is difficult to see	The <b>thick cloud</b> blocked out the sunshine.
thunderly showers	noun		/ˈθʌndəri ˈʃaʊə(r)z/	xàfecs tempestuosos	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 <b>thunderly showers</b> .
torrential rain	noun		/təˈrenj(ə)l reɪn/	pluja torrencial	rain that falls in large amounts	Even the windscreen wipers struggled with the <b>torrential rain</b> .
tropical storm	noun		/ˈtrɒpɪk(ə)l stoː(r)m/	pluja tropical	several thunderstorms that create heavy winds and rain, starting over the tropical oceans	The weather centre was tracking the <b>tropical storm</b> to see if it would reach land.
violent storm	noun		/ˈvaɪələnt stoː(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 <b>violent storm</b> last weekend.
warm sunshine	noun		/wɔː(r)m ˈsʌnˌʃaɪn/	sol càlid	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 <b>warm sunshine</b> again.
<b>Put</b>						
<b>Expressions amb el verb put</b>						
put an end to	verb phrase		/pʊt æn end tuː/	tallar curt	to make something stop happening, especially something bad or unpleasant	I'm going to <b>put an end to</b> her rude behaviour.
put at risk	verb phrase		/pʊt æt rɪsk/	posar en risc	to cause someone or something to be in a particular situation or state	They <b>put</b> their lives <b>at risk</b> going back into the burning house.
put into	verb phrase		/pʊt ˈɪntuː/	invertir	to invest money or time and effort in something	How much are you prepared to <b>put into</b> the business?
put into operation	verb phrase		/pʊt ˈɪntuː ˌɒpəˈreɪʃ(ə)n/	posar en marxa	to start to work or become effective	Li <b>put</b> the new accounting system <b>into operation</b> last month.
put off (something)	verb phrase		/pʊt ɒf/	posposar (alguna cosa)	to change the time or date of something so that it happens later than originally planned, especially because of a problem	They had to <b>put off</b> the wedding because the bride's mother had an accident.
put on (a production)	verb phrase		/pʊt ɒn/	organitzar (alguna cosa)	to organise an event, show, performance etc	We're <b>putting on</b> a production to raise money for cancer charities.

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
put on (some music)	verb phrase		/pʊt ɒn/	posar (música)	to put a CD etc in a piece of equipment so that you can listen to it	Shall we <b>put on</b> some music and dance?
put on (weight)	verb phrase		/pʊt ɒn/	engreixar (vt) / engreixar-se (vi)	to become fatter	She <b>put on</b> a lot of weight after the children were born.
put pressure on	verb phrase		/pʊt 'preʃə(r) ɒn/	pressionar (algú)	to attempt to persuade, threaten, or force someone to do something	Society has now <b>put pressure on</b> the White House to take action.
put to use	verb phrase		/pʊt tuː juːz/	aprofitar	to use something that you have for a sensible purpose	<b>Put</b> your muscles <b>to use</b> and help me move this wardrobe.
put up (the rent)	verb phrase		/pʊt ʌp/	apujar (el lloguer)	to increase the value or price of something, such as the rent on a property	If he <b>puts up</b> the rent again this year, I will have to move.
put up your hand	verb phrase		/pʊt ʌp jɔː(r) hænd/	alçar la mà	to raise your hand	Please <b>put up your hand</b> if you have a question.

# B2 First Student's Book – Unit 12 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
<b>Food and drink</b>						
bolt down	verb phrase		/bəʊlt daʊn/	devorar	to eat food very quickly	She <b>bolted down</b> her lunch and rushed back to work.
chew	verb	**	/tʃuː/	mastegar	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 <b>chew</b> .
drink from a glass	verb phrase		/drɪŋk frɒm ɛɪ ɡlɑːs/	beure d'un got / d'una copa	to swallow the liquid from a small container made of glass	Please <b>drink</b> your milk <b>from a glass</b> .
drink straight from a bottle/can	verb phrase		/drɪŋk streɪt frɒm ɛɪ 'bɒt(ə)l kæn/	beure a morro	to swallow the liquid from the container it came in (a bottle or can)	Don't worry about finding a glass. I will <b>drink</b> the water <b>straight from the bottle</b> .
eat a three-course sit-down meal	verb phrase		/iːt ɛɪ θriː kɔː(r)s sɪt daʊn miːl/	fer un menú complet	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 <b>eat a three-course sit-down meal</b> as a family.
fizzy drink	noun		/'fɪzi drɪŋk/	beguda amb gas	a sweet drink without alcohol that has bubbles	My favourite <b>fizzy drink</b> is lemonade.
fussy eater	noun		/'fʌsi 'iːtə(r)/	llepaflis	someone who is only satisfied if food is exactly as they want it to be	I'm a <b>fussy eater</b> . I won't eat fish, mayonnaise, or bread.
gulp down	verb phrase		/ɡʌlp daʊn/	engolir	to swallow food or drink quickly	I was running late so I <b>gulped down</b> my coffee.
have a snack	verb phrase		/hæv ɛɪ snæk/	fer un aperitiu	to eat a small amount of food between meals	Lunch is only at 1 pm, so I think I'll <b>have a snack</b> of some nuts now.
sip	verb	*	/sɪp/	fer un glop	to drink in small amounts	She <b>sips</b> her juice slowly.
soft drink	noun	*	/sɒft drɪŋk/	refresc	a cold drink that does not contain any alcohol	The children drank their <b>soft drinks</b> after their football practice.
still drink	noun		/stɪl drɪŋk/	refresc sense gas	a drink without gas bubbles	He ordered two <b>still drinks</b> : orange juice and mineral water.
swallow	verb	**	/'swɒləʊ/	empassar	to make food or drink go from your mouth down through your throat and into your stomach	She quickly <b>swallowed</b> the rest of her coffee.
<b>Health</b>						
black eye	noun		/blæk aɪ/	ull voltat d'un morat	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 <b>black eye</b> and a broken nose.
blood pressure	noun		/blʌd 'preʃə(r)/	pressió sanguínia	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 <b>blood pressure</b> was very high so the doctor kept her in hospital overnight.
burn your hand	verb phrase		/bɜː(r)n jɔː(r) hænd/	cremar-se la mà	to injure your hand with something hot	Be careful taking the biscuits out of the oven! You don't want to <b>burn your hand</b> .

# B2 First Student's Book – Unit 12 Wordlist

Word/ Phrase	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
ear infection	noun		/ɪə(r) ɪn 'fek(ə)n/	otitis	pain in your ear, caused by an infection (from bacteria or a virus)	The doctor gave me antibiotic drops for my <b>ear infection</b> .
feel faint	verb phrase		/fi:l feɪnt/	sofriu un mareig	to think that you are going to become unconscious	The room started spinning and I began to <b>feel faint</b> .
give an injection	verb phrase	**	/gɪv æn ɪn 'dʒek(ə)n/	posar una injecció	to inject a drug or another substance into a person's body	The nurse gave me my daily insulin <b>injection</b> .
have a heavy cold	verb phrase		/hæv eɪ 'hevi kəʊld/	patir un fort refredat	to have a bad but minor illness that blocks your nose and makes you cough	I have a <b>heavy cold</b> and am feeling terrible so I won't be at work today.
heart attack	noun	*	/hɑ:(r)t ə'tæk/	infart	an occasion when someone suddenly has a lot of pain in their chest and their heart stops working	One of the passengers suffered a <b>heart attack</b> .
in plaster	phrase		/ɪn 'plɑ:stə(r)/	enguixat	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 <b>in plaster</b> , recovering from a broken ankle.
nose bleed	noun		/ˈnəʊz bli:d/	hemorràgia nasal	an occasion when blood comes out of someone's nose	Sometimes if the weather is very cold, I get a <b>nose bleed</b> .
plaster	noun	*	/ˈplɑ:stə(r)/	guix	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 <b>plaster</b> for the cut on her elbow.
prescription	noun	*	/prɪ'skrɪp(ə)n/	recepta	a piece of paper that a doctor gives you that says what type of medicine you need	The doctor gave me a <b>prescription</b> for antibiotics.
runny nose	noun		/ˈrʌni nəʊz/	nas amb mucositat líquida	a runny nose has liquid coming out of it	Could you hand me a tissue for my <b>runny nose</b> ?
sore throat	noun		/sɔ:(r) θrəʊt/	gola irritada	painful and uncomfortable throat; usually as a result of an infection	I have a <b>sore throat</b> so it's difficult to swallow my food.
sprained ankle	noun		/spreɪnd 'æŋk(ə)/	esquinç de turmell	an injury to the ankle by suddenly stretching or turning it too much	My <b>sprained ankle</b> made climbing stairs difficult.
stiff neck	noun		/stɪf nek/	torticoli	pain in the muscles in the neck, causing problems with movement	She was suffering from a <b>stiff neck</b> so she didn't look around when I called to her.
stitch	noun	**	/stɪtʃ/	punt de 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 <b>stitches</b> .
stomach ache	noun		/ˈstʌmək eɪk/	mal d'estómac	pain in your stomach that is unpleasant but not very strong	After eating five pies, I'm not surprised he has a <b>stomach ache</b> .
stung by a bee	verb phrase		/stʌŋ baɪ eɪ bi:/	picadura d'abella	to be hurt by a flying insect (that usually has black and yellow bands) that sticks a sharp part of its body into your skin	Cathy was <b>stung by a bee</b> when she was watering the garden.
tooth decay	noun		/tu:θ dɪ'keɪ/	càries dental	the gradual natural process in which the teeth start to decay (are destroyed/weakened), especially as a result of eating sweet foods	The dentist said my <b>tooth decay</b> 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 (Catalan)	Definition	Sample sentence
back up (something) (10)	verb phrase		/bæk ʌp/	reforçar (una idea)	to support an explanation	All the evidence will <b>back up</b> her story.
bolt down (something) (12)	verb phrase		/bəʊlt daʊn/	engolir	to eat something very quickly	She <b>bolted down</b> her lunch and rushed back to work.
bring about (something) (7)	verb phrase		/brɪŋ ə'baʊt/	provocar (una cosa)	to cause	The stormy weather is likely to <b>bring about</b> some property damage.
bring (someone) up (6)	verb phrase		/brɪŋ ʌp/	criar (algú)	to take care of a child until they become an adult	As a single father, he will <b>bring</b> his three sons <b>up</b> on his own.
carry on (doing something) (1/12)	verb phrase		/'kæri ɒn/	continuar	to continue	Jamie has swimming practice every afternoon, but he's not sure he can <b>carry on</b> because he is falling behind on his schoolwork.
carry out (something) (1/2/9)	verb phrase		/'kæri aʊt/	efectuar	to do some work or research	Frederick will <b>carry out</b> the building work at the local gym.
catch on (7)	verb phrase		/kætʃ ɒn/	imposar-se, posar-se de moda	to become popular or fashionable	The smoky eye make-up look will <b>catch on</b> again in a few years.
catch on (8)	verb phrase		/kætʃ ɒn/	entendre, pescar	to begin to understand	He's <b>catching on</b> that I just want to be left alone.
catch up on (something) (1)	verb phrase		/kætʃ ʌp ɒn/	posar-se al dia	to do something that you didn't do enough of before	I need to <b>catch up on</b> my homework because already four assignments are late!
cheer (someone) up (6)	verb phrase		/tʃiə(r) ʌp/	animar	to become/make (someone) less sad	I tried to <b>cheer</b> him <b>up</b> , but he just kept staring out of the window.
come across (something/ someone) (1/8)	verb phrase		/kʌm ə'kros/	trobar-se (amb alguna cosa/algú)	to find/meet something/someone by chance	If you visit the library, I'm sure you will <b>come across</b> Sabine.
come over (10)	verb phrase		/kʌm 'əʊvə(r)/	passar-se (per)	to visit someone in the place where they are, especially their house	Please <b>come over</b> for dinner next Friday.
come up with (something) (2/7/8)	verb phrase		/kʌm ʌp wɪð/	idear, inventar	to think of	Lazarus needs to <b>come up with</b> a business plan that will impress the bank manager.
draw up (something) (7)	verb phrase		/drɔː ʌp/	redactar (alguna cosa)	to prepare and write something such as a document or plan	We will need to <b>draw up</b> a contract.



# B2 First Student's Book – Phrasal verbs Wordlist

Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
fall out with (someone) (6)	verb phrase		/fɔːl aʊt wið/	barallar-se (amb algú)	to stop being friendly with someone because you have had an argument or disagreement with them	I don't want to <b>fall out with</b> you over something so silly.
find out (something) (2/7)	verb phrase		/faɪnd aʊt/	descobrir, adonar-se	to discover	We may never <b>find out</b> the truth about what happened in that old house.
get about (a place) (8)	verb phrase		/get ə'baʊt/	moure's (per un lloc)	to travel around	You really need a car to <b>get about</b> this city.
get away with (something) (10)	verb phrase		/get ə'wei wið/	sortir-se (amb la seva)	to manage to do something bad without being punished or criticized for it	How can she <b>get away with</b> speaking to him like that?
get by (1)	verb phrase		/get baɪ/	sortir-se'n	to manage to survive/live	I have to buy my own clothes. I <b>get by</b> on the money I earn from my after-school job.
get on with (someone) (6)	verb phrase		/get ɒn wið/	tenir bona relació (amb)	to have a good relationship with someone	Mandy doesn't <b>get on with</b> her brother.
get over (something) (1/12)	verb phrase		/get 'əʊvə(r)/	superar (alguna cosa)	to recover from	It can take weeks to <b>get over</b> an illness like that.
give away (information) (9)	verb phrase		/ɡɪv ə'wei/	revelar (informació)	to tell information that should be kept secret	I haven't seen the film yet. Please don't <b>give away</b> the ending!
give (something) back (9)	verb phrase		/ɡɪv bæk/	tornar (alguna cosa)	to return	Oliver needs his book. Please <b>give</b> it <b>back</b> .
give (something) in (9)	verb phrase		/ɡɪv ɪn/	presentar (alguna cosa)	to give something, especially a piece of work, to someone in authority who is expecting it	Please <b>give</b> your homework <b>in</b> to the teacher at the front desk.
give in (to someone's requests) (9)	verb phrase		/ɡɪv ɪn/	rendir-se, entregar-se	to agree to something after initial resistance	I'm waiting for my parents to <b>give in</b> and let me take a gap year.
give out (books/ paper) (9)	verb phrase		/ɡɪv aʊt/	repartir (llibres, fulls)	to give something to several people	The spa will <b>give out</b> free vouchers on Friday.
give out (information) (9)	verb phrase		/ɡɪv aʊt/	divulgar (informació)	to give information to a lot of people	The office <b>gives out</b> financial advice to students.

# B2 First Student's Book – Phrasal verbs Wordlist

Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
give up (something) (2/5/6/9/12)	verb phrase		/ˈɡɪv(ə) ʌp/	abandonar, deixar (de)	to stop doing something you do regularly	I want to <b>give up</b> smoking.
give yourself up (9)	verb phrase		/ɡɪv ʃə(r)'self ʌp/	entregar-se	to allow oneself to be arrested	You should <b>give yourself up</b> because you won't be able to live with the guilt.
go in for (a competition) (5)	verb phrase		/ɡəʊ ɪn fɔː(r)/	presentar-se	to enter (a competition)	His school had suggested he <b>go in for</b> the Young Musician of the Year competition.
go on (2/7)	verb phrase		/ɡəʊ ɒn/	succeir	to happen	I wonder what's <b>going on</b> next door – they're making a lot of noise.
go on (with something) (2)	verb phrase		/ɡəʊ ɒn/	continuar (amb alguna cosa)	to continue	Don't mind me. <b>Go on</b> with your work.
go round (10)	verb phrase		/ɡəʊ raʊnd/	passar-se (per)	to visit a person or place	I want to <b>go round</b> to Trevor's house to borrow his guitar.
grow up (1/6)	verb phrase		/ɡrəʊ ʌp/	créixer	to change from being a child to becoming an adult	My baby brother says, 'When I <b>grow up</b> , I'm going to be an astronaut'.
gulp (something) down (12)	verb phrase		/ɡʌlp daʊn/	empassar-se (una cosa)	to drink something very quickly	I was running late so I <b>gulped down</b> my coffee.
head for (somewhere) (8)	verb phrase		/hed fɔː(r)/	dirigir-se (a algun lloc)	to go somewhere	Let's <b>head for</b> the hotel.
hit it off with (someone) (Ready for Reading)	verb phrase		/hɪt ɪt ɒf wɪð/	avenir-se (amb algú)	to like each other on the first meeting	I didn't really <b>hit it off</b> with his sister.
kick (someone) out (informal) (10)	verb phrase		/kɪk aʊt/	fer fora (algú) (informal)	to force someone to leave a place or organisation; expel	If she doesn't pay her rent, the landlord will <b>kick Sonia out</b> of her house.
let (someone) down (6)	verb phrase		/let daʊn/	decebre (algú)	to disappoint	James said he would come to the meeting, but he's <b>let me down</b> .
look forward to (something) (1/7/12)	verb phrase		/lʊk 'fɔː(r)wə(r)d tuː/	desitjar (alguna cosa)	to feel happy about something that is going to happen	I'm really <b>looking forward to</b> working with you.
look up to (someone) (6)	verb phrase		/lʊk ʌp tuː/	admirar (algú)	to admire and respect	The children all <b>look up to</b> him because he is a great coach and role model.

# B2 First Student's Book – Phrasal verbs Wordlist

Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
make up (something) (10)	verb phrase		/meɪk ʌp/	inventar-se (una cosa)	to invent an explanation for something	I'll <b>make up</b> an excuse for why I can't attend the meeting.
make up your mind (1/8)	verb phrase		/meɪk ʌp jɔː(r) maɪnd/	decidir-se	to decide	Come on, <b>make up your mind!</b> Are you going or staying?
move on to (something) (6)	verb phrase		/muːv ɒn tuː/	avançar	to stop discussing something and begin discussing something different.	Let's <b>move on to</b> the reason for this meeting.
open up to (someone) (10)	verb phrase		/ˈəʊpən ʌp tuː/	obrir-se (a algú)	to talk more about your personal feelings	It's taken a few months, but Katy is finally starting to <b>open up to</b> me.
own up to (something) (10)	verb phrase		/əʊn ʌp tuː/	admetre, confessar (una cosa)	to admit or confess that you have done something wrong	I think Tim and Nick will <b>own up to</b> the prank.
pick up (a bargain) (7)	verb phrase		/pɪk ʌp/	aprofitar (una ganga)	to buy something (cheap)	You can <b>pick up</b> some amazing bargains at this market.
push (something) up (7)	verb phrase		/pʊʃ ʌp/	augmentar, apujar (alguna cosa)	to make something increase	The Bank of England <b>pushed up</b> interest rates sharply.
put clothes on (11)	verb phrase		/pʊt kləʊðz ɒn/	vestir-se	to place on your body	<b>Put</b> your <b>clothes on</b> quickly – we're late for the bus!
put (someone) off (11)	verb phrase		/pʊt ɒf/	distreure (algú)	to distract	Stop talking – you'll <b>put off</b> her speech.
put (someone) off (something) (1/2/11/12)	verb phrase		/pʊt ɒf/	descoratjar (algú)	to discourage	Glynis <b>put</b> me <b>off</b> camping when she mentioned the insects in her tent.
put off (something) (11)	verb phrase		/pʊt ɒf/	ajornar (alguna cosa)	to postpone	They had to <b>put off</b> the wedding because the bride's mother had an accident.
put on (an event) (11)	verb phrase		/pʊt ɒn/	organitzar (un esdeveniment)	to organise	We're <b>putting on</b> an event to raise money for cancer charities.
put on (music) (11)	verb phrase		/pʊt ɒn/	posar (música)	to get something ready to listen to	Shall we <b>put on</b> some music and dance?
put on weight (11)	verb phrase		/pʊt ɒn weɪt/	engreixar-se	to gain	She <b>put on</b> a lot of weight after the children were born.
put prices up (11)	verb phrase		/pʊt praɪsɪz ʌp/	augmentar	to increase	The shops always <b>put</b> the <b>prices up</b> near the holidays.

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put (something) together (7)	verb phrase		/pʊt te'geðə(r)/	unir, combinar (una cosa)	to produce (by combining several different things)	First, they <b>put</b> a list of ideas <b>together</b> .
put (someone) up for the night (11)	verb phrase		/pʊt ʌp fɔː(r) ðɪː naɪt/	allotjar (algú) durant una nit	to accommodate	Could you <b>put</b> me <b>up for the night</b> when I come to London?
put up with (something/ someone) (6)	verb phrase		/pʊt ʌp wɪð/	suportar (algú)	to tolerate	How has Jan <b>put up with</b> his bad behaviour for so long?
put up your hand (11)	verb phrase		/pʊt ʌp jɔː(r) hænd/	aixecar (la mà)	to raise into the air	Please <b>put up your hand</b> if you have a question.
run into (thousands of pounds) (10)	verb phrase		/rʌn ˈɪntuː/	assolir (una quantitat)	to reach a particular number or amount	Flood damages could <b>run into</b> thousands of pounds.
run out of (something) (6/10)	verb phrase		/rʌn aʊt əv/	esgotar, quedar-se sense (ingressos)	to use all of something so that none is left	Many hospitals have <b>run out of</b> money.
sell out of (something) (7)	verb phrase		/sel aʊt əv/	liquidar, esgotar (un producte)	to sell all of something	On a hot day, we can <b>sell out of</b> ice cream in an hour.
set off (somewhere) (1)	verb phrase		/set ɒf/	començar per (algun punt)	to start a journey, or to start going in a particular direction	We <b>set off</b> 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/	iniciar, establir (una cosa)	to start (a business)	The sisters plan to <b>set up</b> a clothing business.
set up home (2)	verb phrase		/set ʌp həʊm/	fixar la residència (a algun lloc)	to begin living in a place	We've <b>set up home</b> in Pritchard Street.
settle down (1)	verb phrase		/ˈset(ə)l daʊn/	establir-se (a algun lloc)	to live a quieter life by staying permanently in one place and perhaps getting married	After several years of travelling, Tamryn decided to <b>settle down</b> in London and started a permanent job at a travel agency.
show off (10)	verb phrase		/ʃəʊ ɒf/	jactar-se	to behave in a way that is intended to attract people's attention and make them admire you	Why do the children always <b>show off</b> every time someone comes round?
sign up for (something) (Ready for Reading)	verb phrase		/saɪn ʌp fɔː(r)/	apuntar-se (a alguna activitat)	to agree to do; book	Amy has decided to <b>sign up for</b> evening classes.

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sort out (a/the problem) (6)	verb phrase		/sɔː(r)t aʊt/	resoldre (el/un problema)	to solve a problem	If Mike and Terrence would sit down and talk, they could <b>sort out</b> this problem.
split up with (someone) (6)	verb phrase		/splɪt ʌp wɪð/	separar-se (d'algú)	to end a romantic relationship with someone	Rupert <b>split up with</b> his wife in February.
stand out (2)	verb phrase		/stænd aʊt/	destacar	to be easy to notice	Her bright clothes always make her <b>stand out</b> .
take after (someone) (4)	verb phrase		/teɪk 'ɑːftə(r)/	assemblar-se (a algú)	to resemble	In looks she <b>takes after</b> her father.
take (someone) aside (4)	verb phrase		/teɪk ə'saɪd/	apartar (algú)	to move someone away from other people to talk	I saw the manager <b>take</b> him <b>aside</b> .
take (something) back (7)	verb phrase		/teɪk bæk/	tornar (una cosa)	to return	If you don't like the scarf, I can <b>take it back</b> .
take (something) in (4)	verb phrase		/teɪk ɪn/	assimilar	to accept as true	I'm not sure Ryan will ever <b>take in</b> the hurt he's caused.
take off (4)	verb phrase		/teɪk ɒf/	envolar-se	to start to become successful	Her jewellery business is about to <b>take off</b> .
take on (someone) (4/9)	verb phrase		/teɪk ɒn/	contractar (algú)	to employ	We will <b>take on</b> new staff at the beginning of next month.
take over (4)	verb phrase		/teɪk 'əʊvə(r)/	encarregar-se (d'alguna cosa)	to gain control	Can you <b>take over</b> the cooking while I walk the dog?
take to (something/ someone) (4)	verb phrase		/teɪk tuː/	agafar-li el gust (a alguna cosa)	to start to like	John seemed to <b>take to</b> his new job immediately.
take up (a new sport/hobby) (2/4/12)	verb phrase		/teɪk ʌp/	començar (a fer alguna cosa)	to start doing	Chris wants to <b>take up</b> jogging.
tell (someone) off (6/12)	verb phrase		/tel ɒf/	renyar	to criticise someone angrily for doing something wrong	The teacher needs to <b>tell</b> him <b>off</b> for disrupting the class.
try (something) on (7)	verb phrase		/traɪ ɒn/	provar-se (una peça)	to put on a piece of clothing to see how it looks and whether it fits	What a lovely dress! Why don't you <b>try it on</b> ?

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Word/ Phrase (Unit number)	Part of speech	***	IPA (UK)	Translation (Catalan)	Definition	Sample sentence
turn down (something) (7)	verb phrase		/tʌː(r)n daʊn/	rebutjar	to reject	How could you <b>turn down</b> such a fantastic job?
turn (something) into (7)	verb phrase		/tʌː(r)n ˈɪntuː/	convertir (una cosa en una altra)	to make something change into something different	Ariana plans to <b>turn</b> her garage <b>into</b> a salon.
turn out (8)	verb phrase		/tʌː(r)n aʊt/	presentar-se	to go somewhere to take part in an event	Only 62% of the population <b>turned out</b> to vote.
turn out (to be) (2)	verb phrase		/tʌː(r)n aʊt/	resultar ser	to develop in a particular way	It <b>turned out</b> to be her best idea yet!
turn out (well/ badly) (6)	verb phrase		/tʌː(r)n aʊt/	acabar (bé/malament)	to have a particular result	The actors were good, but the film <b>turned out</b> badly.
turn to (someone) (2)	verb phrase		/tʌː(r)n tuː/	recórrer (a algú)	to go to someone for help	Remember, you can always <b>turn to</b> your parents for advice.
turn up (1)	verb phrase		/tʌː(r)n ʌp/	aparèixer de sorpresa	to arrive	It's so annoying when people <b>turn up</b> to a party uninvited.
work out (something) (2)	verb phrase		/wɜː(r)k aʊt/	resoldre (alguna cosa)	to manage to understand	I can't seem to <b>work out</b> this algebra problem.