

C1 Advanced Student's Book – Unit 1 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Challenge and achievement					
achieve success	verb phrase		/ə'tʃi:v sək'ses/	to accomplish something that you planned to do or attempted to do	The author finally achieved success in his forties when he published his first novel.
be an overnight success	verb phrase		/bi: æn əvə(r)'nætsək'ses/	to become successful in a very short time	Her catering business was an overnight success .
costly failure	phrase		/'kɒs(t)lɪ 'feɪljə(r)/	a lack of success in doing something that costs a lot of money or causes problems	The drug turned out to have very serious side effects, so the trial was a costly failure .
daunting challenge	phrase		/'dɔ:ntɪŋ tʃæləndʒ/	a task that makes you worried because you think that it will be very difficult or dangerous to do	We are left with the daunting challenge of rebuilding after the earthquake.
dismal failure	phrase		/'dɪzm(ə)l 'feɪljə(r)/	a very bad performance in a task	What a dismal failure for the team, losing 8-0!
end in failure	verb phrase		/end ɪn 'feɪljə(r)/	to come to the end of a project or goal having achieved no success	Their first attempt to climb Everest ended in failure .
enjoy success	verb phrase		/ɪn'dʒɔɪ sək'ses/	to have achieved something as a benefit or advantage	Fruit & Co enjoys great success in the food and beverage market.
face the formidable challenge of	verb phrase		/feɪs ʔi: 'fɔ:(r)mɪdəb(ə)l 'tʃæləndʒ əv/	to have a problem that is very impressive in size, power or skill and therefore deserving respect and often difficult to deal with	Nathan is facing the formidable challenge of learning to walk again.
fair chance	phrase		/feə(r) tʃɑ:ns/	a reasonable possibility of success	George has a fair chance of making the tennis finals, but his opponent is very good too.
fulfil an ambition	verb phrase		/fʊl'fɪl æn æm'bjʊ(ə)n/	to achieve something that you wanted to do, or to get something that you hoped for	She was able to fulfil an ambition of becoming an Olympic swimmer.
fully qualified	phrase		/'fʊli 'kwɒlɪfaɪd/	able to do something because you have the knowledge, skill or experience that is needed	Briony is fully qualified to carry out the inspections.
great success	phrase		/ɡreɪt sək'ses/	the accomplishment of something to a very good degree	What a great success for Norway: 39 medals at the Olympics!
have a burning ambition to	verb phrase		/hæv eɪ 'bʌ:(r)ɪŋ æm'bjʊ(ə)n tu:/	to feel strongly that you want to achieve something	I have a burning ambition to be world champion in Formula One racing.
huge success	phrase		/hju:dʒ sək'ses/	the accomplishment of something to a large or grand degree	The concert turned out to be a huge success .
improve motivation	verb phrase		/ɪm'pru:v ,məʊtɪ'veɪʃ(ə)n/	to increase a feeling of enthusiasm or interest in something	Zambi tries to improve her students' motivation to learn by preparing fun quizzes with prizes to be won.
increase student motivation	verb phrase		/ɪn'kri:s 'stju:d(ə)nt ,məʊtɪ'veɪʃ(ə)n/	to improve students' feeling of enthusiasm or interest in something	These methods can help to increase student motivation and interest.

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jump at the chance	verb phrase		/dʒʌmp æt ʃi: tʃɑ:ns/	to take an opportunity that is offered to you in a very enthusiastic way	I jumped at the chance to attend the conference in Mauritius.
lack motivation	verb phrase		/læk ,məʊtɪ'veɪʃ(ə)n/	to have no feeling of enthusiasm or interest in something	Steven is a bright man, but he lacks the motivation to advance in his career.
leave nothing to chance	verb phrase		/li:v 'nʌθɪŋ tu: tʃɑ:ns/	to make sure that nothing will go wrong with a plan	They planned for every possibility and left nothing to chance .
lifelong ambition	phrase		/'laɪf,lɒŋ æm'bɪʃ(ə)n/	something that you very much want to do that has continued throughout your life.	It had been her lifelong ambition to coach a leading netball team.
main ambition	phrase		/meɪn æm'bɪʃ(ə)n/	the most important task that you want to achieve	Sarah's main ambition in life is to set up an animal rescue shelter.
major challenge	phrase		/'meɪdʒə(r) tʃæləndʒ/	an important, serious, large or great task that needs a lot of skill, energy and determination to deal with or achieve	A major challenge in her life at the moment is learning to cope with her depression.
meet with complete failure	verb phrase		/mi:t wɪθ kəm'pli:t 'feɪljə(r)/	to lack any success in completing a task	Matthew's first attempt to pass his driver's test met with complete failure .
new challenge	phrase		/nju: tʃæləndʒ/	something you have never done before and will enjoy doing that will need a lot of skill, energy and determination to achieve	I was bored with my job and felt I needed a new challenge .
poor motivation	phrase		/pu:(r) ,məʊtɪ'veɪʃ(ə)n/	not having enough of the feeling of enthusiasm or interest that makes you determined to do something	Troy's poor motivation to do well in the examinations could lose him his scholarship.
primary motivation	phrase		/'praɪməri ,məʊtɪ'veɪʃ(ə)n/	the main or most important feeling of enthusiasm or interest that makes you determined to do something	My primary motivation is to work hard to be able to provide the best life for my children.
realise an ambition	verb phrase		/'ri:əlaɪz æn æm'bɪʃ(ə)n/	to achieve something that you have planned or hoped for	He finally realised a boyhood ambition of becoming a dancer.
resounding success	phrase		/rɪ'zaʊndɪŋ sək'ses/	the accomplishment of something to an unmistakable or tremendous degree	The awards ceremony was a resounding success .
result in failure	verb phrase		/rɪ'zʌlt ɪn 'feɪljə(r)/	to come to the end of a project or goal having achieved no success	The rescue mission resulted in failure and no survivors were found.
rise to the challenge	verb phrase		/raɪz tu: ʃi: tʃæləndʒ/	to deal successfully with a problem or situation that is especially difficult	It's not an easy task, but I'm sure John will rise to the challenge .
second chance	phrase		/'sekənd tʃɑ:ns/	another opportunity to try a task again	Because the electricity went out during her audition, I think she deserves a second chance to perform.
secret ambition	phrase		/'si:kɹət æm'bɪʃ(ə)n/	something that you very much want to do but that you don't tell anyone about	My secret ambition is to star on Broadway.

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slight chance	phrase		/slɑt tʃɑ:ns/	a small chance of achieving something	When I enter a competition, I know I only have a slight chance of winning.
stand a chance	verb phrase		/stænd eɪ tʃɑ:ns/	to be likely to achieve something	I think South Africa stands a chance of winning against France.
strong motivation	phrase		/strɒŋ ,məʊtɪ'veɪʃ(ə)n/	the powerful feeling of enthusiasm or interest that makes you determined to do something	Her strong motivation is what will help her become the head of a company someday.
take up a challenge	verb phrase		/teɪk ʌp eɪ 'tʃæləndʒ/	to accept an offer or a challenge (an offer to fight or compete) that someone has made to you	One of our greatest track athletes has taken up a new challenge : knitting!
total failure	phrase		/'təʊt(ə)l 'feɪljə(r)/	someone or something that has not achieved success	The New Year's Eve party was a total failure .

C1 Advanced Student's Book – Unit 2 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Changes					
adapt	verb	**	/ə'dæpt/	to change your ideas or behaviour so that you can deal with a new situation	Most students have little difficulty adapting to college life.
adjust	verb	**	/ə'dʒʌst/	to move something slightly so that it is in the right place or is more comfortable	She stopped to adjust the strap on her sandal.
adjust to	verb phrase		/ə'dʒʌst tu: /	to get used to a new situation by changing your ideas or the way you do things	It took her two years to adjust to life in England.
alter	verb	**	/'ɔ:lte(r)/	to make small changes to a piece of clothing so that it fits better	Theresa had picked up some weight, so the seamstress had to alter her wedding dress.
change a tyre	verb phrase		/tʃeɪndʒ eɪ'taɪə(r)/	to replace a tyre with a new or different tyre	I have a puncture. Can you help me change a tyre ?
change gear	verb phrase		/tʃeɪndʒ ɡɪə(r)/	to start to work or develop in a different way or at a different speed	With business concluded, the convention changes gear and becomes a huge party.
change places	verb phrase		/tʃeɪndʒ pleɪsɪz/	to take someone's position while they take yours	I'd love to change places with someone famous, just for a day.
change sides	verb phrase		/tʃeɪndʒ saɪdɪz/	to stop supporting one person or group in an argument and start supporting the other	During the debate, Christoph changed sides and began to support the other candidate because her policies made more sense.
change the subject	verb phrase		/tʃeɪndʒ ði: 'sʌbdʒɪkt/	to deliberately start talking about something else to avoid an argument or embarrassing situation	Susan was getting upset that the group was talking about her brother, so I quickly changed the subject .
change your doctor	verb phrase		/tʃeɪndʒ jɔ: (r) 'dɒktə(r)/	to choose to see a different doctor to the one you have been seeing	If you are not happy with your doctor's diagnosis, you should change your doctor .
change your name	verb phrase		/tʃeɪndʒ jɔ: (r) neɪm/	to change the word by which you are known to something else	Hugh changed his name to Antonio because he thought it suited him more.
change your tune	verb phrase		/tʃeɪndʒ jɔ: (r) tju: n/	to start saying something different about a subject or situation, or to start behaving in a different way	He soon changed his tune when he saw how angry I was.
change your ways	verb phrase		/tʃeɪndʒ jɔ: (r) weɪz/	to start to behave much better	If you want to become a student at this school, you must change your ways .
considerable change	phrase		/kən'sɪd(ə)rəb(ə)l tʃeɪndʒ/	a difference that is large in size, amount or degree	There was a considerable change in the number of his Instagram followers after he won the singing competition.
convert (currency) into (currency)	verb phrase		/kən'vɜ: (r)t 'ɪntu: /	to change money from the system used in one country to the system used in another	I will need to convert my pounds into rupees for my trip to India.
convert (something) into (something)	verb phrase		/kən'vɜ: (r)t 'ɪntu: /	to change from one system, use or method to another, or to make something do this	They converted the old school into luxury flats.

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Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
dramatic change	phrase		/drə'mætɪk tʃeɪndʒ/	a difference that happens suddenly and is surprising or easy to notice	There was a dramatic change in his attitude towards life after only three therapy sessions.
economic change	phrase		/,i:kə'nɒmɪk tʃeɪndʒ/	a situation related to money in which something becomes different	The apprenticeship programme promotes economic change in our local communities.
far-reaching change	phrase		/,fɑː(r) 'ri:tʃɪŋ tʃeɪndʒ/	a difference that affects a lot of people or things in an important way	The newly elected government will implement far-reaching change for the country.
modify	verb	**	/'mɒdɪfaɪ/	to change something slightly, especially in order to improve it or to make it less extreme	The repair work involved modifying two of the windows.
pleasant change	phrase		/'plez(ə)nt tʃeɪndʒ/	a difference that is enjoyable or attractive in a way that makes you feel pleased and satisfied	It was a pleasant change to eat dinner on the balcony in the fresh air.
political change	phrase		/pə'ltɪk(ə)l tʃeɪndʒ/	a situation related to politics in which something becomes different	After the elections, the country saw a drastic political change in all its systems.
refreshing change	phrase		/rɪ'freʃɪŋ tʃeɪndʒ/	a difference that is welcome because of being unusual or exciting	It makes a refreshing change to talk to someone who's happy.
significant change	phrase		/sɪɡ'nɪfɪkənt tʃeɪndʒ/	a difference that is very large or noticeable	Bronwyn's stylish new haircut was a significant change to her normally plain image.
social change	phrase		/'səʊ(ə)l tʃeɪndʒ/	a situation related to society and to people's lives in general in which something becomes different	For social change to occur, the speaker said that we would have to address unemployment and health care.
sudden change	phrase		/'sʌd(ə)n tʃeɪndʒ/	a difference that happens very quickly and without any sign that it is going to happen	The sudden change in her heart rate alarmed the doctors.
sweeping change	phrase		/'swiːpɪŋ tʃeɪndʒ/	a difference that has a major effect	Our principal has made sweeping changes to the sports programme since the onset of Covid-19.
switch over to (something)	verb phrase		/swɪtʃ 'əʊvə(r) tuː/	to stop doing one thing and start doing another	He played football for ten years before switching over to coaching.
switch with (somebody)	verb phrase		/swɪtʃ wɪð/	to do someone else's work in their place, usually in exchange for them doing your work on some other occasion	I'm going to a wedding on Friday, so I will switch my shift with Amy.
vary	verb	***	/'veəri/	to be different in different situations	The details may vary , but all of these savings plans have the same basic goal.
vary according to	verb phrase		/'veəri ə'koː(r)dɪŋ 'tuː/	to be different depending on something else	Car taxes will now vary according to the amount of carbon dioxide a particular car emits.
welcome change	phrase		/'welkəm tʃeɪndʒ/	a difference that makes you feel better	The classical music makes a welcome change to the usual rock music blaring from Stephanie's room.

C1 Advanced Student's Book – Unit 3 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Information and research					
accurate	adjective	**	/ˈækjʊrət/	correct or true in every detail	We need to get an accurate estimate of what the new lab equipment will cost.
clearer	adjective		/ˈkliə(r)ə/	easier to understand	I wish researchers would make the descriptions of their experiments clearer .
compile	verb	**	/kəmˈpaɪl/	to make something such as a list or book by bringing together information from many different places	The database was compiled from statistics published by the Tourist Board.
comprehensive	adjective	**	/ˌkɒmprɪˈhensɪv/	including many details or aspects of something	Our guide to university courses is very comprehensive .
determine	verb	**	/dɪˈtɜː(r)mɪn/	to decide something	It's hard to determine whether the weight loss programmes advertised on social media are based on scientific evidence.
finding(s)	noun	**	/ˈfaɪndɪŋ/	information that you discover, or opinions that you form after doing research	The government seems to have ignored the findings of its own report.
hypothesis	noun	*	/haɪˈpɒθəsɪs/	an idea that attempts to explain something but has not yet been tested or proved to be correct	Our findings support the hypothesis that these patients are at increased risk of heart disease.
misinformation	noun		/ˌmɪsɪnfə(r)ˈmeɪʃ(ə)n/	false or incorrect information, especially when it is intended to trick someone	The police spent hours searching the wrong area for the missing child because of misinformation from the public.
misleading	adjective	*	/mɪsˈliːdɪŋ/	intended or likely to make someone believe something that is incorrect or not true	Several aides made misleading statements to the committee.
privacy	noun	*	/ˈpraɪvəsi/	the freedom to do things without other people watching you or knowing what you are doing	Staff are entitled to a certain amount of privacy when making personal phone calls.
prove	verb	***	/pruːv/	to provide evidence that shows that something is true	Bright's study proves that adolescent boys need strong male role models, such as fathers, uncles or teachers, in their lives to prosper.
put forward	verb phrase		/pʊt ˈfɔː(r)wə(r)d/	to offer an idea, opinion, reason etc, especially so that people can discuss it and make a decision	He rejected all the proposals put forward by the committee.
relevant	adjective	***	/ˈrɛləv(ə)nt/	directly connected with and important to what is being discussed or considered	Once we have all the relevant information, we can make a decision.
significant	adjective	***	/sɪɡˈnɪfɪkənt/	very important	There has been some significant progress in the development of a vaccine.
source	noun	***	sɔː(r)s/	someone who provides information for a journalist	The article quoted a senior source at the UN.
uncover	verb	*	/ʌnˈkʌvə(r)/	to find out about something that has been hidden or kept secret	The initial investigation failed to uncover a number of important facts.
valuable	adjective	***	/ˈvæljuəb(ə)l/	very useful and important	The research should provide valuable insights into organizational arrangements.

C1 Advanced Student's Book – Unit 4 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Point, use, purpose and advantage					
a clear sense of purpose	phrase		/eɪ klə(r) sɛns əv 'pʊː(r)pəs/	to have a good idea of the aim that you want to achieve	Cassandra's charity work gave her a clear sense of purpose during the holidays.
be to your advantage to	verb phrase		/biː tuː jɔː(r) əd'vɑːntɪdʒ tuː/	to do something that makes you more likely to succeed	It would be to your advantage to prepare questions in advance.
be useless at	verb phrase		/biː 'juːsləs æt/	to be very bad at something	I am useless at cooking, but I am a good baker!
come in useful	verb phrase		/kʌm ɪn 'juːsf(ə)l/	to be helpful in a particular situation	Your medical training might come in very useful on this trip.
for a purpose	phrase		/fɔː(r) eɪ 'pʊː(r)pəs/	the aim that something is intended to achieve	We have school rules for a purpose : to keep pupils safe and to develop their sense of responsibility.
make good use of	verb phrase		/meɪk ɡʊd juːz əv/	to use someone or something for a particular purpose, especially one that brings a benefit to you	I hope you will make good use of your revision time before the examination.
purpose in life	phrase		/'pʊː(r)pəs ɪn laɪf/	an aim or meaning in your life because there is something that you want to achieve	Isla's purpose in life was to empower disadvantaged women with business skills.
put you at a disadvantage	verb phrase		/pʊt juː æt eɪ dɪsəd'vɑːntɪdʒ/	to be less likely to succeed than other people or things	Not being familiar with the Internet puts you at a disadvantage when needing to research subjects quickly.
see the point of	verb phrase		/siː ðɪː pɔɪnt əv/	to understand what someone is trying to say, especially when you disagree with it	Our principal didn't really see the point of introducing tablets in the lower grades because children need to learn to write first.
seem a bit pointless	verb phrase		/siːm eɪ bɪt 'pɔɪntləs/	to lack any purpose or use	It seems a bit pointless to wait here; she's obviously not coming.
take full advantage of	verb phrase		/teɪk /fʊl əd'vɑːntɪdʒ əv/	to use a situation or opportunity to get what you want	Many teachers don't take full advantage of the free Internet-based activities available.
there comes a point in life	phrase		/ðeə(r) kʌmz eɪ pɔɪnt ɪn laɪf/	to reach a particular stage in your existence	There comes a point in life when you realise whether you are living to work or working to live.
Body and movement idioms					
cover your back	verb phrase		/'kʌvə(r) jɔː(r) bæk/	to take action to protect yourself against criticism, blame or legal problems	I think you should keep those emails to cover your back in case anything goes wrong.
get your head down	verb phrase		/get jɔː(r) hed daʊn/	to continue doing something by concentrating and working hard	Sorry, I can't go out this weekend; I need to get my head down and revise for the psychology exam on Monday.
have the stomach for	verb phrase		/hæv ðɪː 'stʌmək fɔː(r)/	to have enough determination to do something unpleasant or dangerous	I have to do all the work because Brett doesn't have the stomach for dissecting frogs.

C1 Advanced Student's Book – Unit 4 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
keep an eye on	verb phrase		/ki:p æn aɪ ɒn/	to look after someone or something	Could you keep an eye on the children while I go to the shop?
kick yourself	verb phrase		/kɪk jə(r)'self/	to be very annoyed because you have made a mistake, missed an opportunity etc	Tam kicked himself for not buying the television when it was on special last month.
leap in	verb phrase		/li:p ɪn/	to do something immediately, and often with enthusiasm, as soon as you have the chance to do it	When they see a free marketing opportunity, companies leap in .
lend a hand	verb phrase		/lend eɪ hænd/	to give someone support or help	Patricia is always ready to lend a hand when the whole family is sick.
walk before you can run	verb phrase		/wɔ:k bɪ'fɔ:(r) ju: kæn rʌn/	doing more basic things first before trying to achieve something very difficult	You need to learn your chords first before you can play full songs on the guitar; don't walk before you can run !
Phrasal verbs					
catch out	verb phrase		/kætʃ aʊt/	to show that someone has made a mistake or is not telling the truth, especially by asking them questions	He asked her casual questions to see if he could catch her out .
check out	verb phrase		/tʃek aʊt/	to look at someone or something to see whether you like them (informal)	Have you checked out the local sports centre yet?
come down to	verb phrase		/kʌm daʊn tu:/	to be the most important aspect of a situation or problem	In the end, it all comes down to who wants the job the most.
cover up	verb phrase		/'kʌvə(r) ʌp/	to hide the truth about something by not telling what you know or by preventing other people from telling what they know	It was a real scandal, but the school tried to cover the whole thing up .
cut out for	verb phrase		/kʌt aʊt fɔ:(r)/	possesses the right qualities or character for doing something	Bill was never cut out for parenting.
let up	verb phrase		/let ʌp/	when an unpleasant, or continuous situation lets up, it slows down or stops	The icy wind never let up for a moment.
pay off	verb phrase		/peɪ ɒf/	to give someone all the money that you have borrowed from them	Only another six months and the house will be paid off .
put off	verb phrase		/pʊt ɒf/	to cause someone to lose interest or enthusiasm for someone or something	Lack of parking space was putting potential customers off .
see through	verb phrase		/si: θru:/	to realize what someone is really like or what they are really doing and not be tricked by them	We can all see through your little game, Adam.
start out	verb phrase		/stɑ:(r)t aʊt/	to begin a process in one way that later evolves into something else (often about a career)	He started out as a salesperson before turning to poetry.
talk into	verb phrase		/tɔ:k 'ɪntu:/	to persuade someone to do something	I talked her into going to London with me.
turn out	verb phrase		/tɜ:(r)n aʊt/	to develop in a particular way or to have a particular result	I'm sure the project will all turn out well in the end.

C1 Advanced Student's Book – Unit 5 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Verb + noun collocations					
avoid arguments	verb phrase		/ə'vɔɪd 'ɑ:(r)ɡjʊmənts/	to prevent an angry disagreement between people	I try to avoid arguments about money.
build up	verb phrase		/bɪld ʌp/	to increase or to make something increase	Don't allow resentment to build up between you and your partner.
declare a ceasefire	verb phrase		/dɪ'kleə(r) eɪ 'si:s'faɪə(r)/	to announce an agreement to stop fighting for a period of time, especially in order to discuss permanent peace	Sophie and Jessica declared a ceasefire when their mum became ill so that they could focus on her instead of arguing all the time.
fall out	verb phrase		/fɔ:l aʊt/	to stop being friendly with someone because you have had a disagreement with them	I hope they don't fall out over who gets the promotion.
find common ground	verb phrase		/faɪnd 'kɒmən graʊnd/	to discover something that people can agree about, especially when they disagree about other things	While they disagree on just about everything, they find common ground in playing cricket.
give up on	verb phrase		/ɡɪv ʌp ɒn/	to stop hoping that someone will improve and stop trying to help or change them	Sadly, most of the teachers gave up on her years ago.
make peace with	verb phrase		/meɪk pi:s /wɪð/	to end an argument with someone and stop feeling angry towards them	Lesley plans to make peace with her in-laws at the party.
move out	verb phrase		/mu:v aʊt/	to leave the house or flat where you live, or the place where you have your business, permanently	We will be selling our house and will move out in August.
resolve our differences	verb phrase		/rɪ'zɒlv əvəl(r) 'dɪfrənsɪz/	to solve a problem or to find a satisfactory way of dealing with a disagreement	The siblings agreed to resolve their differences for the sake of the family.
spark it all off	verb phrase		/spa:(r)k ɪt ɔ:l ɒf/	to make something happen, especially something involving violence or angry feelings	There was widespread rioting in London; the trial sparked it all off .
Relationships					
get on like a house on fire	verb phrase		/get ɒn laɪk eɪ haʊs ɒn 'faɪə(r)/	to become good friends very quickly and have a lot to talk to each other about	Timothy and Kent get on like a house on fire .
get on my nerves	verb phrase		/get ɒn maɪ nɜ:(r)vz/	to have someone or something make you feel annoyed or nervous	His constant humming is really beginning to get on my nerves .
have a (fairly) rocky relationship	verb phrase		/hæv eɪ 'rɒki rɪ'leɪʃ(ə)nʃɪp/	to have a relationship in which there are a lot of problems	Peter and Joy have a fairly rocky relationship ; they are always fighting!
have it in for	verb phrase		/hæv ɪt ɪn fɔ:(r)/	to want to cause trouble for someone because you dislike them	The police stopped Josh again last night. He thinks they have it in for him.
keep in touch with	verb phrase		/ki:p ɪn tʌtʃ wɪð/	to maintain communication with someone	Do you still keep in touch with Jo?

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Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
keep yourself to yourself	verb phrase		/ki:p jə(r)'self tu: jə(r)'self/	to stay alone or with your family rather than spending time with other people	Sometimes keeping yourself to yourself keeps you out of trouble, but it can get a little lonely.
look down on	verb phrase		/lʊk daʊn ɒn/	to think that you are better or more important than someone else or to think that something is not good enough for you	She looks down on anyone who hasn't had a university education.
look up to	verb phrase		/lʊk ʌp tu: /	to admire and respect someone	He's a role model for other players to look up to .
put a great strain on	verb phrase		/pʊt eɪ greɪt streɪn ɒn/	to experience pressure caused by a difficult situation	Samuel's irresponsible spending puts a great strain on their relationship.
put you down	verb phrase		/pʊt ju: daʊn/	to criticize someone, especially when other people are present, in a way that makes them feel stupid	He's always trying to put you down in front of your girlfriend.
take an instant dislike	verb phrase		/teɪk æn 'ɪnstənt dɪs'laɪk/	to not like someone or something immediately	The dog and the cat took an instant dislike to each other.
take to	verb phrase		/teɪk tu: /	to begin to like someone or something	I took to Sean immediately because of his sense of humour.
turn sour	verb phrase		/tɜː (r)n 'saʊə(r)/	to be unsuccessful or to not develop in a satisfactory way	The relationship turned sour over a financial disagreement.
turn your back on	verb phrase		/tɜː (r)n/ ʝɔ: (r) bæk ɒn/	to refuse to accept someone or something that you have previously accepted	Do you think you could turn your back on your sister until she gets help for her drug addiction?

C1 Advanced Student's Book – Unit 6 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Intelligence and ability					
be a bad liar	verb phrase		/bi: eɪ bæd 'lɪə(r)/	to be not at all skilful in convincing someone of something that is not true	I am such a bad liar : I turn completely red when I lie.
be a competent skier	verb phrase		/bi: eɪ 'kɒmpɪtənt 'ski:ə(r)/	to be capable of skiing in a satisfactory or effective way	Michael is a competent skier , but I stick to the beginner slopes.
be a computer expert	verb phrase		/bi: eɪ kəm'pjʊ:tə(r) 'ekspɜ:(r)ɪt/	to be someone who has a particular skill or who knows a lot about computers	Matt is the best person to ask when you are having problems with your laptop. He is a computer expert .
be a skilful card player	verb phrase		/bi: eɪ 'skɪlf(ə)l kɑ:(r)d 'pleɪə(r)/	to be very good at (and often involving special ability or training) playing cards	She is a skilful card player ; I always lose when we play poker for fun.
be a strong swimmer	verb phrase		/bi: eɪ strɒŋ 'swɪmə(r)/	to be good at swimming	I am a strong swimmer , so I am going to train to become a lifeguard.
be a talented artist	verb phrase		/bi: eɪ 'tæləntɪd 'ɑ:(r)tɪst/	to be someone who is very good at art (painting, drawing, sculpting etc)	Michelangelo was such a talented artist .
be a terrible singer	verb phrase		/bi: eɪ 'terəb(ə)l 'sɪŋə(r)/	to be very bad at singing	I hate it when Steve does karaoke because he is a terrible singer !
be academically gifted	verb phrase		/bi: 'ækə'demɪkli 'ɡɪftɪd/	to have an impressive natural ability that is related to education or learning	The professor is so academically gifted that he has earned six degrees.
be an accomplished musician	verb phrase		/bi: æn ə'kʌmplɪʃt mjʊ'zɪj(ə)n/	to be good at and have a lot of skill in music	Vanessa Mae is an accomplished musician .
be an ace at tennis	verb phrase		/bi: æn ərs æt 'tenɪs/	to be very good at playing tennis	Andy Murray is an ace at tennis .
be an awesome illustrator	verb phrase		/bi: æn 'ɔ:s(ə)m 'ɪləstreɪtə(r)/	to have a very impressive ability to draw	Axel Scheffler is an awesome illustrator who drew the pictures for The Gruffalo.
be an expert cook	verb phrase		/bi: æn 'ekspɜ:(r)ɪt kʊk/	to show a special skill or knowledge in the area of cooking	Gordon Ramsay is an expert cook .
be enormously talented	verb phrase		/bi: i'no:(r)məsli 'tæləntɪd/	to be extremely good at something	My dad is enormously talented at coding new computer programs.
be exceptionally talented	verb phrase		/bi: ɪk'sep(ə)nəli 'tæləntɪd/	to be extremely good at something	Vivienne is exceptionally talented at organising events on a budget.
be extremely promising	verb phrase		/bi: ɪk'stri:mli 'prɒmɪsɪŋ/	to have a very high likelihood of success	Our new drug trial is yielding results that are extremely promising .

C1 Advanced Student's Book – Unit 6 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
be highly gifted	verb phrase		/bi: 'haɪli 'ɡɪftɪd/	to have an impressive natural ability that is thought to be very good or important	Your child is highly gifted and could skip two grades.
be highly promising	verb phrase		/bi: 'haɪli 'prɒmɪsɪŋ/	to have a very good likelihood of success	The projections of profit for next year are highly promising .
be highly talented	verb phrase		/bi: 'haɪli 'tæləntɪd/	to be very good at something	You should ask our designer to build you a new website. He is highly talented .
be hopeless at cooking	verb phrase		/bi: 'həʊpləs æt 'kʊkɪŋ/	to be unlikely to improve or succeed in cooking	Fiona burns everything she makes! She is hopeless at cooking .
be hugely talented	verb phrase		/bi: 'hju: dʒɪli 'tæləntɪd/	to be very good at something	The new player on our football team is hugely talented at goalkeeping.
be musically gifted	verb phrase		/bi: 'mju: zɪkli 'ɡɪftɪd/	to have an impressive natural ability that is related to music	Charlotte Church was so musically gifted that she sang opera for an audience when she was just eleven years old.
be naturally gifted	verb phrase		/bi: 'nætʃ(ə)rəli 'ɡɪftɪd/	to have an impressive ability that is thought to be a basic quality or feature of someone	The batsman is naturally gifted at all sports.
be quite promising	verb phrase		/bi: kwɑ:t 'prɒmɪsɪŋ/	to have a fairly high likelihood of success	The score was quite promising at half time. Our team might just win!
be very promising	verb phrase		/bi: 'veri 'prɒmɪsɪŋ/	to have a high likelihood of success	Lucas has started his art project and it looks to be very promising .
be weak at maths	verb phrase		/bi: wi:k æt məθs/	to not be good at maths	Jeffrey is weak at maths and could benefit from some extra lessons.
brainy student	phrase		/'breɪni 'stju:d(ə)nt/	a very intelligent person who goes to a university, college or school	The most brainy student in our class is Jerome ... he can solve even the hardest maths equations.
bright child	phrase		/braɪt tʃaɪld/	a young person who is intelligent and likely to do well at school	This year I have a very bright child in my science class.
brilliant student	phrase		/'brɪljənt 'stju:d(ə)nt/	a very intelligent person who goes to a university, college or school	Your son is a brilliant student , who excels in all the learning areas.
child prodigy	phrase		/tʃaɪld 'prɒdədʒi/	a child who is extremely skilful at something that usually only adults can do	Mozart was a child prodigy who started playing songs on the harpsichord at the age of four.
gifted student	phrase		/'ɡɪftɪd 'stju:d(ə)nt/	a person with an impressive natural ability who goes to a university, college or school	Shihaam is a gifted student in music.
have a flair for languages	verb phrase		/hæv ɪr fleə(r) fɔ:(r) 'læŋɡwɪdʒɪz/	to be very skilful at learning or speaking different languages	Our seven-year-old daughter has a flair for languages ; she can already speak five!

C1 Advanced Student's Book – Unit 6 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
have a gift for music	verb phrase		/hæv ei ɡɪft fɔː(r) 'mjuːzɪk/	to have a natural ability to do well in music	He has a gift for music , which he inherited from his pop star father.
have a poor memory	verb phrase		/hæv ei pɔː(r) 'mem(ə)ri/	to not be able to remember things	Zamo has a poor memory ; he couldn't remember meeting me last week!
whizz kid	phrase		/'wɪz, kɪd/	a young person who is very intelligent or very successful	Capriati was once the whizz kid of American tennis.
Phrases with thought					
be lost in thought	verb phrase		/biː lɒst ɪn θɔːt/	to be too interested in something, or concentrating so hard on it, that you do not notice other things around you	Martin was lost in thought and did not hear the door open.
hold that thought	verb phrase		/həʊld ðæt θɔːt/	to tell someone not to forget what they were saying	Hold that thought! The rest of the class will be here soon; then we can discuss our thoughts on the book.
it's the thought that counts	phrase		/ɪts ðiː θɔːt ðæt kaʊnts/	used for saying that caring about someone is more important than spending a lot of money on them	My wife gave me socks again for my birthday, but it's the thought that counts .
lost my train of thought	verb phrase		/lɒst maɪ treɪn əv θɔːt/	to forget what you were thinking	Just a minute, I've lost my train of thought .
on second thoughts	phrase		/ɒn 'sekənd θɔːts/	to indicate that you have changed your mind about something you were saying or doing	On second thoughts , let's leave the biscuits and rather buy a cake.
one school of thought	phrase		/wʌn skuːl əv θɔːt/	a way of thinking about a particular subject or idea that is shared by a group of people	One school of thought in psychology is behaviourism.
thought as much	verb phrase		/θɔːt æz mʌt/	to say that you are not surprised that something is true	Margaret is considering divorcing Dave? I thought as much!
to give it some serious thought	verb phrase		/tuː ɡɪv ɪt sʌm 'sɪəriəs θɔːt/	to think about something in a careful and detailed way	You want to buy a bigger home? We'll have to give it some serious thought .

C1 Advanced Student's Book – Unit 7 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Risk and health					
blocked nose	phrase		/ˈblɒkt nəʊz/	a nose congested with mucus and other secretions (as well as swelling) causing difficulty breathing and smelling (often due to a cold or allergies)	The patient has a sore throat and a blocked nose .
bring misfortune upon yourself	verb phrase		/brɪŋ mɪs'fɔː(r)tʃ(ə)n ə'pɒn jə(r)'self/	to make something harmful or unpleasant happen to yourself	I warned Peter, 'You are going to bring misfortune upon yourself ', but he still insists on cycling without a helmet!
bruised rib	phrase		/bruːzd rɪb/	a mark that you get on one of the long curved bones that are in your chest if you are hit or if you knock against something	He was lucky to escape the car crash with only a bruised rib .
bruised thigh	phrase		/bruːzd θaɪ/	a mark that you get on the top part of your leg (above your knee) if you are hit or if you knock against something	I always seem to have a bruised thigh because I keep walking into the coffee table!
chipped bone	phrase		/tʃɪpt bəʊn/	a bone that is damaged because a small piece has broken off its edge	The doctor said it was an avulsion fracture, which is basically a chipped bone .
chipped tooth	phrase		/tʃɪpt tuːθ/	a tooth that is damaged because a small piece has broken off its edge	Her chipped tooth made her embarrassed to smile.
dislocated hip	phrase		/'dɪsləkeɪtɪd hɪp/	a bone such as a hip that is forced out of its normal position in its socket	Mark was treated for a dislocated hip at the hospital due to the skiing accident.
dislocated jaw	phrase		/'dɪsləkeɪtɪd dʒɔː/	a bone such as a jaw that is forced out of its normal position in its socket	After the fight, the boxer had a dislocated jaw and a black eye.
dislocated shoulder	phrase		/'dɪsləkeɪtɪd 'ʃəʊldə(r)/	a bone such as a shoulder that is forced out of its normal position in its socket	The gymnast left the arena with a dislocated shoulder after falling off the high bar.
immune system	phrase		/'ɪmjʊːn 'sɪstəm/	the system in your body that protects you against diseases	My immune system was very weak last winter, so I caught many colds.
live life on the edge	verb phrase		/lɪv laɪf ɒn ðiː edʒ/	to have a life with many dangers and risks, especially because you like to behave in an extreme and unusual way	Savannah likes to live life on the edge ; she is always doing some extreme sport ... this weekend it's bungee jumping.
risk life and limb	verb phrase		/rɪsk laɪf ænd lɪm/	to be put, or to put yourself, in physical danger	He has risked life and limb to bring us these news reports.
scared to death	phrase		/skeə(r)d tuː deθ/	extremely scared	Arthur is scared to death of snakes.
seek out new thrills	verb phrase		/siːk aʊt njuː θrɪlz/	to look for something different and exciting in a determined way	Josh has been free climbing and skydiving, but he is still seeking out new thrills .
sprained ankle	phrase		/spreɪnd 'æŋk(ə)l/	a joint such as an ankle that is injured by suddenly stretching or turning it too much	Magda's sprained ankle means she can't run in the race next Wednesday.

C1 Advanced Student's Book – Unit 7 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
sprained wrist	phrase		/spreɪnd rɪst/	a joint such as a wrist that is injured by suddenly stretching or turning it too much	I have to fill out all the paperwork because Kellen has a sprained wrist .
swollen feet	phrase		/'swɒləŋ fi:t/	feet that increase in size because of an injury or illness (or other factors such as pregnancy or standing/walking for a long time)	After walking around town all day, George was glad to rest his swollen feet .
swollen glands	phrase		/'swɒləŋ glændz/	small organs in your body that help to remove harmful bacteria from your blood or that produce a chemical substance that your body needs (glands) that increase in size because of an injury or illness	An obvious symptom of mumps is swollen glands .
torn ligament	phrase		/tɔ:n 'lɪgəmənt/	a part that holds bones together or keeps organs in place (ligament) that is damaged through stretching until it pulls apart	Recovery from a torn ankle ligament can take many weeks.
torn muscle	phrase		/tɔ:n 'mʌs(ə)/	a piece of flesh that connects one bone to another (muscle) that is damaged through stretching until it pulls apart	Charlie will not play in the game next week due to a torn calf muscle .
upset stomach	phrase		/ʌp'set 'stʌmək/	the soft part at the front of your body between your chest and your legs (stomach) that is painful or uncomfortable because of indigestion, heartburn, nausea etc.	After eating all that rich food last night, I had a very upset stomach .

C1 Advanced Student's Book – Unit 8 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Cost and amount					
extra charge	phrase		/ˈɛkstrə ˈtʃɑː(r)dʒ/	more money than the usual or expected amount	Breakfast may be served in your bedroom at an extra charge .
full refund	phrase		/fʊl ˈriːfʌnd/	money that was yours that you get again, especially because you have paid too much for something or have decided you do not want it	You will receive a full refund if you cancel the holiday two or more weeks prior to your arrival.
great deal	phrase		/ɡreɪt diːl/	a large amount or quantity of something	She spent a great deal of time on the project.
high cost	phrase		/haɪ kɒst/	the large amount of money that is needed in order to buy, pay for or do something	The high cost of travel means that more people are staying home for the holidays.
in large part	phrase		/ɪn lɑː(r)dʒ pɑː(r)t/	mainly	The shelter remains open in large part because of help from volunteers.
large number	phrase		/lɑː(r)dʒ ˈnʌmbə(r)/	a big quantity of people or things	A large number of refugees have no job or shelter.
modest fee	phrase		/ˈmɒdɪst fiː/	a fairly small amount of money you pay for something	There is a modest fee for the cleaning of your chalet during your stay.
no limit	phrase		/nəʊ ˈlɪmɪt/	any number, amount or effect	There was no limit to the number of times we could ride the rollercoaster.
small discount	phrase		/smɔːl ˈdɪsˌkaʊnt/	a minor reduction in the price of something	Customers can get a small discount by booking their flights in advance.
Verbs formed with up, down, over and under					
download	verb		/ˌdaʊnˈləʊd/	to move information to your computer from another computer system or the internet	You can download this software for free.
downplay	verb		/ˌdaʊnˈpleɪ/	to deliberately make a situation seem less serious or important than it is	The senator is downplaying the significance of the issue.
downsize	verb		/ˈdaʊnˌsaɪz/	to make a company or organization smaller by reducing the number of workers	The shop I worked for had to downsize , so now I am unemployed.
overhear	verb		/ˌəʊvə(r)ˈhɪə(r)/	to hear what people are saying during a conversation that you are not involved in	I overheard him saying he was thinking of leaving his job.
overrule	verb		/ˌəʊvəˈruːl/	to officially change a decision that someone else has made	Orders given even by the most senior military commanders could be overruled by the President.
overtake	verb	*	/ˌəʊvə(r)ˈteɪk/	to take control of someone or something	He was overtaken by violent anger.
overthrow	verb	*	/ˌəʊvə(r)ˈθrəʊ/	to force a leader or government out of their position of power	Her father was overthrown in a military coup in the seventies.

C1 Advanced Student's Book – Unit 8 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
undergo	verb	**	/ˌʌndə(r)'ɡəʊ/	to experience something, especially something that is unpleasant but necessary	She had to undergo emergency surgery for suspected appendicitis.
understate	verb		/ˌʌndə(r)'steɪt/	to say that something is less important, serious, big etc than it really is	The report understated the social costs of the new development.
undertake	verb	**	/ˌʌndə(r)'teɪk/	to agree to be responsible for a job or a project and do it	The court will undertake a serious examination of the case.
upgrade	verb	*	/ʌp'ɡreɪd/	to make a computer or other machine more powerful or effective	The system has been upgraded to meet customers' needs.
uphold	verb	*	/ʌp'həʊld/	to say something (such as a claim) is correct in a court of law or similar institution	The Home Secretary's decision was upheld by the House of Lords.
uproot	verb		/ʌp'ru:t/	to leave the place where you live and go to live somewhere else, especially when you do not want to leave, or to make someone do this	Don was unwilling to uproot from his home in California.

C1 Advanced Student's Book – Unit 9 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Describing an adventure					
arid desert	phrase		/ˈæɪrɪd ˈdeɪzə(r)t/	a large area of land that is very dry and without many plants because of a lack of rain	One of the most famous arid deserts is the Sahara.
arid island	phrase		/ˈæɪrɪd ˈaɪlənd/	a piece of land that is completely surrounded by water but is very dry and without many plants because of a lack of rain	The ship was wrecked on an arid island , and the survivors were worried about where they would find drinkable water.
arid landscape	phrase		/ˈæɪrɪd ˈlændʃəp/	an area of land that is beautiful to look at or that has a particular type of appearance but which is very dry and without many plants because of a lack of rain	Just looking at the arid landscape made me thirsty.
exquisite flower	phrase		/ɪkˈskwɪzɪt ˈflaʊə(r)/	flowers that are extremely beautiful and delicate	This plant has the most exquisite white flowers .
exquisite view	phrase		/ɪkˈskwɪzɪt vjuː/	the ability to see something from a particular place (view) which is extremely beautiful	We had an exquisite view of the mountains from our hotel room.
exquisite waterfall	phrase		/ɪkˈskwɪzɪt ˈwɔːtə(r) fɔːl/	a place where water flows over the edge of a cliff, rock or other steep place onto another level below (waterfall) that is extremely beautiful	While in Venezuela, we visited the most exquisite waterfalls called the Angel Falls.
gruelling climb	phrase		/ˈɡruːəlɪŋ klaɪm/	a gradual movement to a higher position by someone who is walking or climbing (climb) that is very difficult and involves a lot of continuous effort	The trip includes a gruelling climb up a dormant volcano.
gruelling hike	phrase		/ˈɡruːəlɪŋ haɪk/	a long walk in the countryside (hike) that is very difficult and involves a lot of continuous effort	We went for a gruelling hike through the woods on Sunday.
gruelling race	phrase		/ˈɡruːəlɪŋ reɪs/	a competition that decides who is the fastest at doing something, especially running (race) that is very difficult and involves a lot of continuous effort	The most gruelling race I have ever run is the London Marathon.
idyllic conditions	phrase		/ɪˈdɪlɪk kənˈdɪʃ(ə)nz/	the perfect situation or environment in which something happens or exists	There will be idyllic weather conditions on Sunday to fly our kites.
idyllic setting	phrase		/ɪˈdɪlɪk ˈsetɪŋ/	extremely beautiful and peaceful place where someone or something is as well as all the things, people or emotions that are part of that place	Our hotel is in the most idyllic mountain setting .
idyllic spot	phrase		/ɪˈdɪlɪk spɒt/	an extremely beautiful and peaceful place where someone or something is	The fountain in the park is the idyllic spot for our wedding.
intrepid group	phrase		/ɪnˈtreɪpɪd gruːp/	a small number of people who are not afraid to do dangerous things	The intrepid group of friends signed up for cageless shark diving.
intrepid traveller	phrase		/ɪnˈtreɪpɪd ˈtræv(ə)lə(r)/	a person who travels and is not afraid to do dangerous things	Marwaan is an intrepid traveller who loves exploring the highest mountains in every country he visits.

C1 Advanced Student's Book – Unit 9 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
intrepid voyage	phrase		/ɪn'treɪpɪd 'vɔɪdʒ/	a long journey, especially by boat or into space, that may be dangerous	On July 16, 1969, Apollo 11 began its intrepid voyage to the Moon.
kick in	verb phrase		/kɪk ɪn/	to start to have an effect	My nerves only kicked in as I was about to jump out of the plane.
ring out	verb phrase		/rɪŋ aʊt/	to produce a loud clear sound	Rob's laughter rang out in the large canyon.
run into	verb phrase		/rʌn 'ɪntuː/	to start to have trouble/difficulty/problems	Our ran into difficulties with our travel plans when we lost a sponsor.
set off	verb phrase		/set ɒf/	to start a journey or to start going in a particular direction	We set off early the next morning as the sun was rising.
set out	verb phrase		/set aʊt/	to start doing or working on something in order to achieve an aim	When we set out , we knew this climb would be difficult.
swirling mist	phrase		/swɜː(r)lɪŋ mɪst/	a mass of small drops of water in the air close to the ground (mist) moving quickly in circles	The swirling morning mist made it difficult to see the road and the traffic ahead.
swirling water	phrase		/swɜː(r)lɪŋ 'wɔːtə(r)/	the clear liquid that falls as rain and is used for things such as drinking and washing (water) moving quickly in circles	The swirling water made me think swimming here would not be safe.
swirling wind	phrase		/swɜː(r)lɪŋ wɪnd/	a natural current of air that moves fast enough for you to feel it (wind) moving quickly in circles	The swirling wind has made it difficult for the firefighters to contain the bushfire.
turn out	verb phrase		/tɜː(r)n aʊt/	to develop in a particular way or to have a particular result	After signing up for base jumping, it turned out that she was scared of heights.
win through	verb phrase		/wɪn θruː/	to succeed after great difficulty	She considered giving up during the hike many times, but her pride won through in the end.
Anger					
become irate	verb phrase		/bɪ'keɪm aɪ'reɪt/	to get very angry	The customer became irate when the manager would not give him a full refund.
cross with people	phrase		/krɒs wɪð 'piːp(ə)l/	to be angry with a group of people	Sharyn gets cross with people who play their music too loudly after eight o'clock.
fly off the handle	verb phrase		/flaɪ ɒf ðɪː 'hænd(ə)l/	to suddenly become extremely angry without a good reason	He flies off the handle every time the mail is late.
get on your nerves	verb phrase		/get ɒn jɔː(r) nɜː(r)w/	someone or something making you feel annoyed or nervous	Is her constant whistling getting on your nerves yet?
get worked up	verb phrase		/get wɜː(r)kt ʌp/	to become upset, angry or excited	Chloe gets so worked up when her sister borrows her clothes without asking.

C1 Advanced Student's Book – Unit 9 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
go berserk	verb phrase		/gəʊ bɜː(r)'zɜː(r)k/	to become violent and uncontrolled because you are very angry	One man went berserk when approached and stabbed two police officers.
heated argument	phrase		/'hiːtɪd 'ɑː(r)ɡjʊmənt/	a discussion in which people get angry and excited	They were engaged in a heated argument about global warming.
irate customer	phrase		/aɪ'reɪt 'kʌstəmə(r)/	a person who buys goods or services (customer) who is very angry	The irate customer began shouting at the shop assistant because none of the special offers was in stock.
let off steam	verb phrase		/let ɒf stiːm/	to express your feelings of anger or excitement without harming anyone	The meeting will be a chance for the protesters to let off steam .
lose your temper	verb phrase		/luːz jɜː(r) 'tempə(r)/	to suddenly become angry	He lost his temper with the children when he found they had not tidied their rooms.
seethe with anger and indignation	verb phrase		/siːð wɪð 'æŋɡə(r) ænd 'ɪndɪɡ'neɪʃ(ə)n/	to be extremely angry about an unfair situation or about someone's unfair behaviour	The teacher was seething with anger and indignation at the bullying within her class, but she managed to remain calm.
sudden outburst of temper	phrase		/'sʌd(ə)n 'aʊt.bʊː(r)st/ əv 'tempə(r)/	a sudden spoken expression of a strong feeling, especially anger	His colleagues were shocked by his sudden outburst of temper .
throw a tantrum	verb phrase		/θrəʊ eɪ 'tæntərəm/	to suddenly behave in a very angry and unreasonable way, often screaming, crying or refusing to obey someone (usually in relation to children)	Alex threw a tantrum and screamed loudly when his mother would not give him a biscuit before dinner.
Tourism					
achieve sustainable tourism	verb phrase		/ə'tʃiːv sə'steɪnəb(ə)l 'tuəɪz(ə)m/	to succeed in maintaining tourism for a long time at the same level (without negatively affecting the host country)	Some countries have managed to achieve sustainable tourism , but others have lost their cultural identity due to tourists demanding Western comforts.
improve living standards	verb phrase		/ɪm'pruːv 'lɪvɪŋ 'stændə(r)dz/	to make the way in which people live, for example how comfortable their houses are or how much money they have to spend on food and clothes, better	The influx of tourists can dramatically improve the living standards of the locals.
preserve the environment	verb phrase		/prɪ'zɜː(r)v ðɪː 'ɪn vərənaɪmənt/	to take care of a place in order to prevent it from being harmed or destroyed	Tourists are requested to preserve the environment and avoid leaving any garbage behind.
provide employment opportunities	verb phrase		/prə'vaɪd ɪm'plɔɪmənt ɒpə(r)'tjuːnəz/	to give someone the chance to work/get a job	The tourism industry provides many employment opportunities for popular towns.
regulate an industry	verb phrase		/'regjʊleɪt ən 'ɪndəstri/	to control a particular trade officially by using rules	Regulating an industry , such as tourism, is important to avoid negative social and economic impacts on local communities.
violate cultural taboos	verb phrase		/'vɪəleɪt 'kʌltʃ(ə)rəl tə'buːz/	to do something that is not allowed by a particular religion or culture	During his trip to Indonesia, Toby patted a child's head, which violated cultural taboos because the head is considered sacred.

C1 Advanced Student's Book – Unit 10 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Describing places					
bright and cheerful	phrase		/brʌt ænd 'tʃɪə(r)f(ə)l/	full of strong shining light with elements that make you feel happy because of being pleasant or enjoyable	Candice's new apartment is so bright and cheerful ; she painted the walls orange, and the huge windows let in so much light in the morning.
cheap and cheerful	phrase		/tʃi:p ænd 'tʃɪə(r)f(ə)l/	not expensive and of reasonable quality	It's not the best place you'll ever eat at, but it's cheap and cheerful .
cramped and cluttered	phrase		/kræmpt ænd 'klʌtəd/	small, crowded and untidy	We will have to get rid of some things because our new house is just too cramped and cluttered .
dark and dingy	phrase		/dɑː(r)k ænd 'dɪndʒi/	dark in an unpleasant way, often looking dirty	The basement was so dark and dingy .
dodgy	adjective		/'dɒdʒi/	dishonest, criminal or not reliable	We don't like visiting Jake because he lives in a dodgy area.
edgy	adjective		/'edʒi/	up-to-date, fashionable and cool	On Friday, we are going to the edgiest new restaurant in town.
handy	adjective	*	/'hændi/	useful	It's handy that we live near the library.
hot and stuffy	phrase		/hɒt ænd 'stʌfi/	too warm and has an unpleasant smell because there is no fresh air in it	The interview room was hot and stuffy , which made me even more uncomfortable.
laid-back	adjective		/leɪd-bæk/	calm and relaxed	Our neighbourhood is so laid-back , and everyone gets on really well.
leafy	adjective		/'liːfi/	a place containing a lot of trees and plants	I wish I lived in a leafy neighbourhood in the suburbs.
light and airy	phrase		/laɪt ænd 'eəri/	full of light with a lot of fresh air and space	The bedrooms were all light and airy .
neat and tidy	phrase		/niːt ænd 'tɪdi/	looking nice because everything is in the correct place or arranged or is organized properly	Rupert keeps his garden so neat and tidy .
retro	adjective		/'retrəʊ/	deliberately intended to be like clothes, music etc from the recent past	Her house is very retro , with lava lamps in every room.
rowdy	adjective		/'raʊdi/	noisy and causing trouble	There are some rowdy gangs in our area that make life difficult for us all.
run-down	adjective		/rʌn-daʊn/	in bad condition because no one has spent money on repairs	This area of Liverpool is poor and run-down .
steep	adjective	**	/stiːp/	very high, especially in price	The price of takeaway coffee at the cafe on the corner is steep !
upmarket	adjective		/ʌp'mɑː(r)kɪt/	services or goods are designed for people who have a lot of money	Tasha stayed in the most upmarket hotel in London.

C1 Advanced Student's Book – Unit 10 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
warm and cosy	phrase		/wɔː(r)m ænd 'kəʊzi/	pleasant temperature and comfortable, making you feel relaxed	With the fire going, the lounge is warm and cosy .
Expressions with house and home					
bring the house down	verb phrase		/brɪŋ dɪː haʊs daʊn/	to make a group of people or an audience react in a very enthusiastic way, especially by laughing	Gerard Kelly's performance brought the house down .
eat you out of house and home	verb phrase		/iːt juː aʊt əv haʊs ænd hæm/	to eat too much of someone's food when you are living with them (especially if you are a guest in their house)	I didn't realise that two teenage boys would eat me out of house and home !
get on like a house on fire	verb phrase		/get ɒn laɪk ei haʊs ɒn 'faɪə(r)/	to become good friends very quickly and have a lot to talk to each other about	From the moment they met, they got on like a house on fire .
hit home	verb phrase		/hɪt hæm/	to say something that people understand and accept	The President hit home with his call for responsible saving.
home comforts	phrase		/həʊm 'kʌmfə(r)ts/	things that make your life easier and more pleasant	I miss my home comforts when I'm away, especially sleeping in my own bed.
home from home	phrase		/həʊm frɒm hæm/	a place where you feel as relaxed as you do in your own home	New York felt like a home from home for Jim.
house speciality	phrase		/haʊs 'speʃi'æləti/	a food or drink that a restaurant is well known for and that you cannot always get in other places	All their food is good, but the house speciality is prawns.
make yourself at home	verb phrase		/meɪk jə(r)'self æt hæm/	to feel relaxed and behave in the same way as you do in your own home	Make yourself at home while I go and find those photographs.
on the house	phrase		/ɒn dɪː haʊs/	given to you free in a restaurant, hotel, pub or club	Your dessert is on the house .
very close to home	phrase		/'veri kləʊz tuː hæm/	a remark or joke that makes you embarrassed or upset because it is closely related to your personal problems	Her comments about alcoholism were very close to home .

C1 Advanced Student's Book – Unit 11 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Sight					
a breathtaking view	phrase		/eɪ 'breθˌteɪkŋ vjuː/	the ability to see something from a particular place (view) which is extremely impressive or beautiful	A breathtaking view of the city is why we keep coming back to this hotel every year.
a familiar sight	phrase		/eɪ fə'mɪliə(r) saɪt/	something that is common and happens a lot	Horse-drawn carts used to be a familiar sight .
a rare sight	phrase		/eɪ reə(r) saɪt/	something that is not often seen or found	Squirrels are now a rare sight in our neighbourhood.
a unique look	phrase		/eɪ /juː 'niːk lʊk/	not the same as anything or anyone else	Jemba gave us a unique look at his culture.
catch sight of	verb phrase		/kæʃ saɪt əv/	to see someone or something suddenly	As she stood up she caught sight of her reflection in the mirror.
catch your eye	verb phrase		/kæʃ ʃɔː(r) aɪ/	to notice something suddenly	There was one painting that caught my eye .
come into view	phrase		/kʌm 'ɪntuː vjuː/	become able to be seen	The castle came into view as we turned the corner.
have a look at	verb phrase		/hæv eɪ lʊk æt/	to examine something (usually an expert) and decide what to do	I'd like a skin specialist to have a look at that rash of yours.
hide from view	verb phrase		/haɪd frəm vjuː-/	to make something difficult or impossible to see clearly	She watched until a bend in the road hid them from view .
in full view of	phrase		/ɪn fʊl vjuː əv/	easily seen by many people	Godfrey smashed the window in full view of the police officers.
in the public eye	phrase		/ɪn ðiː 'pʌblɪk aɪ/	to be well known to people in general	Her job as Chancellor keeps her in the public eye .
in-depth look	phrase		/ɪn-depθ lʊk/	a thorough and detailed examination of something	In this class, we will take an in-depth look at the fall of the Western Roman Empire.
keep out of sight	verb phrase		/kiːp aʊt əv saɪt/	to place someone/something where others cannot see them/it from where they are	Security kept the actors out of sight of the photographers.
look out for	verb phrase		/lʊk aʊt fɔː(r)/	to take care of someone and make sure that they are treated well	I'm the oldest, so I always look out for my younger sisters.
on view	phrase		/ɒn vjuː/	in a public place for people to see	There are almost 500 artworks on view at the Modernist exhibition.
poor vision	phrase		/pɔː(r) 'vɪʒ(ə)n/	not having a good ability to see	They took away his driver's licence because of his poor vision .
take a closer look at	verb phrase		/teɪk eɪ kləʊsə lʊk æt/	to look carefully at something	He got out of the car so he could take a closer look at the wounded deer.
visible to the naked eye	phrase		/'vɪzəb(əl) tuː ðiː 'neɪkɪd aɪ/	able to be seen without using special instruments, despite being very small or far away	At night, the planet is clearly visible to the naked eye .

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
vision of the future	phrase		/ˈvɪʒ(ə)n əv ɹiː 'fjuːtʃə(r)/	someone's idea or hope of how something should be done or how it will be in the future	Our manager outlined his vision of the future of our department during his presentation.
X-ray vision	phrase		/ˈeks'reɪ ˈvɪʒ(ə)n/	someone being able to see inside things using only their own eyes (in stories and films)	Superman used his X-ray vision to check inside Lois Lane's body for injuries.

C1 Advanced Student's Book – Unit 12 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Expressions and phrases with work					
a good working knowledge of	phrase		/eɪ ɡʊd 'wɜː(r)kɪŋ 'nɒlɪdʒ əv/	enough understanding of something to be able to use it to perform a specific task	Marius has a good working knowledge of tax law.
a vigorous workout (at the gym)	phrase		/eɪ 'vɪɡ(ə)rəs wɜː(r)kaʊt/	active and energetic exercise	Cassie felt exhausted after a vigorous workout at the gym.
do (someone's) dirty work	verb phrase		/duː 'dɜː(r)tɪ wɜː(r)k/	to do an unpleasant or dishonest job for someone so that they do not have to do it themselves	He never sacked the staff himself but got someone else to do his dirty work .
groundwork	noun		/'graʊnd(d) wɜː(r)k/	work that you do in order to prepare for something	We're busy laying the groundwork for another campaign.
it's all in a day's work	phrase		/ɪts əːl ɪn eɪ deɪz wɜː(r)k/	used for saying that you are willing to do something or are able to deal with it because it is part of your normal job or activities	'Thanks so much for helping.' 'It was nothing – it's all in a day's work .'
keep in good working order	verb phrase		/kiː ɪn ɡʊd 'wɜː(r)kɪŋ 'ɔː(r)də(r)/	to keep something working correctly, without any problems	I keep my bike in good working order .
work all hours	verb phrase		/wɜː(r)k ɔːl 'aʊə(r)z/	to work all the time available	We're two days behind with the orders, so everybody's been working all hours .
work around	verb phrase		/wɜː(r)k ə 'raʊnd/	to deal successfully with a person or problem that might prevent you from achieving your aim	A skilled craftsman can work around these difficulties.
work around the clock	verb phrase		/wɜː(r)k ə 'raʊnd ðɪː klək/	to work all day and all night	Rescuers worked around the clock to free people trapped in the wreckage.
work ethic	noun		/wɜː(r)k 'eθɪk/	the belief that hard work is important for developing someone's moral character	Punctuality and a good work ethic will get you far in your career.
work off	verb phrase		/wɜː(r)k ɒf/	to get rid of a feeling or weight by doing something that involves a lot of physical activity	She generally works off her anger by going for a long run.
work on	verb phrase		/wɜː(r)k ɒn/	to spend time producing or improving something	He'll have to work on getting fit before the game.
work out	verb phrase		/wɜː(r)k aʊt/	to be successful or to end in a particular way	If it doesn't work out , you can always live here.
work through	verb phrase		/wɜː(r)k θruː/	to deal with something such as a problem or a strong feeling by thinking and talking about it	Amaya needs to work through some of the resentment she has towards her mother.
work towards	verb phrase		/wɜː(r)k tə 'wɔː(r)dz/	to do things that help you to make progress towards something that you want to achieve	Both countries are working towards peace in the region.
work up to	verb phrase		/wɜː(r)k ʌp tuː/	to prepare yourself to do something difficult or to try to prepare someone for bad news	Are you working up to telling me that you are resigning?
work your way	verb phrase		/wɜː(r)k joː(r) weɪ/	to have a job when you are at college/university in order to help to pay for your studies	Eva worked her way through college by waitressing in the evenings.

C1 Advanced Student's Book – Unit 12 Wordlist

Word/Phrase	Part of speech	***	IPA (UK)	Definition	Sample sentence
Adverbs expressing attitude or opinion					
apparently	adverb	***	/ə'pæərəntli/	based only on what you have heard, not on what you are certain is true	Apparently , she resigned because she had an argument with her boss.
astonishingly	adverb		/ə'stonɪŋŋli/	very surprising	Astonishingly , Kevin awoke from a coma after eight years.
believably	adverb		/bi'li:vəbli/	seeming possible or true	I knew that Essie could present the unlikely results of the experiment believably .
clearly	adverb	**	/'kleə(r)li/	used for showing that what you are saying is true and that most people will realise this	Clearly we wouldn't want to upset anyone.
conveniently	adverb	*	/kən'vi:niantli/	in a way that is easy to use, find, deal with etc	The shop is conveniently located just off the High Street.
curiously	adverb	*	/'kjʊəriəsli/	in a way that shows that you want to find out about something	Sandra looked at him curiously , wanting to know more.
disappointingly	adverb		/,dɪsə'pɔɪntɪŋli/	not as good as you had hoped for or expected	Disappointingly , the singer had a throat infection and cancelled the concert at the last minute.
fortunately	adverb	***	/'fɔ:(r)tʃənətli/	used for emphasizing that something good has happened, especially because of good luck	There was a proposal to change the exam system again, but fortunately it was rejected.
hopefully	adverb	**	/'həʊp(ə)li/	feeling or showing hope	Rachel was hungry and looked at Simon's lunch hopefully .
miraculously	adverb		/mə'rækjʊləsli/	extremely lucky and unexpected	Miraculously , Bailey survived the helicopter crash with barely a scratch.
obviously	adverb	***	/'ɒvviəsli/	in a way that is clear for almost anyone to see or understand	Richards was obviously disappointed at being left out of the team.
predictably	adverb		/prɪ'dɪktəb(ə)li/	happening in the way you would expect	The opposition, predictably , accused the Government of incompetence.
presumably	adverb	**	/prɪ'zju:məbli/	used for saying that you think something is true based on what you know, although you are not really certain for a good reason	They are students, so presumably they won't have a lot of money.
rightly	adverb	**	/'raɪtli/	something that is surprising or unusual	The public is worried about the pandemic, and rightly so.
strangely	adverb	*	/'streɪndʒli/	in an unusual or unexpected way	Strangely , I knew the grizzly bear wouldn't hurt me.
surprisingly	adverb	**	/sə(r)'praɪzɪŋli/	normally and reasonably	It's a small house, but the garden is surprisingly large.
understandably	adverb		/,ʌndə'stændəbli/	used for saying that something is certainly true or is accepted by everyone	They are understandably upset at being given the wrong information.
undoubtedly	adverb	**	/ʌn'daʊtɪdli/		The next few days will undoubtedly prove crucial in the treatment of his disease.