



✓✓ **Unit 5A**

1. Jogging /'dʒɒɡɪŋ \$ 'dʒɑ:-/ noun
the activity of running slowly and steadily as a way of exercising
I climb through the year and run a certain amount, but it's gentle jogging.
2. Efficiency /ɪ'fɪʃənsi/ noun
the quality of doing something well and effectively, without wasting time, money, or energy
OPP inefficiency
the efficiency of the train service
3. Satisfaction /,sætəs'fækʃən/ noun
a feeling of happiness or pleasure because you have achieved something or got what you wanted
OPP dissatisfaction
She got great satisfaction from helping people to learn.
4. Mindfulness /'maɪndfəlnəs/ noun
a way of improving your mental state that involves paying close attention to everything that you are experiencing, especially during quiet meditation
We have started teaching mindfulness techniques to our pupils.
5. Occurrence /ə'kʌrəns \$ ə'kɜ:- / noun
something that happens
Laughter was a rare occurrence in his classroom.
6. Clog /kləg \$ kla:g/ verb
to block something or become blocked
tourists whose cars clog the roads each summer
7. Gain /gem/ verb
to obtain or achieve something you want or need
Radical left-wing parties gained control of local authorities.
8. Equip /ɪ'kwɪp/ verb
to give someone the information and skills that they need to do something
We equip students with the skills they will need once they leave college.
9. Demanding /dɪ'mɑ:ndɪŋ \$ dɪ'mæn-/ adjective
needing a lot of ability, effort, or skill
a demanding job
10. Inhale /ɪn'heɪl/ verb
to breathe in air, smoke, or gas
OPP exhale
It is dangerous to inhale ammonia fumes.





✓✓ Unit 5A - Listening

11. pop (something) in/into
 something /pʌp/
 phrasal verb
 to put something quickly into
 something else.
 Pop the CD-ROM into a personal
 computer.

12. Scandal /'skændl/ noun
 an event in which someone,
 especially someone important,
 behaves in a bad way that shocks
 people
 It caused quite a scandal when he
 left his wife.

13. time-consuming adjective
 taking a long time to do
 a complex and time-consuming
 process

14. be short on sth phrase
 If someone or something is short
 on a particular good quality, they
 do not have as much of it as you
 think they should have.
 The proposals were short on
 detail.

15. kill time/an hour etc
 to spend time doing something
 which is not important, while you
 are waiting to do something
 important or waiting for
 something else to happen
 With time to kill, he took a cab to
 the centre.

1. captivating /'kæptəveɪtɪŋ/
 adjective
 very attractive and interesting, in
 a way that holds your attention
 a captivating smile

2. unwrap /ʌn'ræp/ verb
 to remove the paper, plastic etc
 that is around something
 OPP wrap up
 Brigitte was unwrapping her
 birthday presents.

3. Pop /pɒp \$ pɑ:p/ verb
 to go somewhere for a short time
 Why don't you pop by the next
 time you're in town?

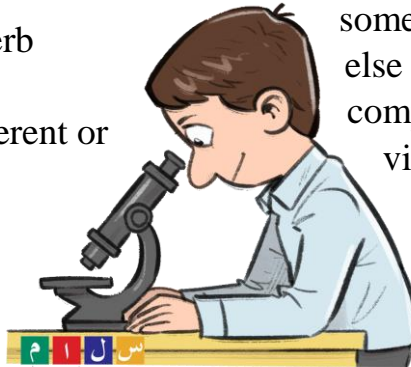
4. trickle down phrasal verb
 if money trickles down, it moves
 slowly from the richest people to
 the poorest people in a society, or
 from the richest countries to the
 poorest countries
 As Mexico made the painful
 conversion to a market economy,
 less wealth trickled down from
 the bosses to the masses.

5. Invariably /ɪn'veəriəbli \$ -'ver-/
 adverb
 if something invariably happens
 or is invariably true, it always
 happens or is true
 It invariably rains when I go
 there.



✓✓ **Unit 5B**

1. Consequence /'kɒnsəkwəns \$ 'kɑ:nsə-kwens/ noun
something that happens as a result of a particular action or set of conditions.
Many believe that poverty is a direct consequence of overpopulation.
2. Logical /'lɒdʒɪkəl \$ 'lɑ:-/ adjective
seeming reasonable and sensible
OPP illogical
It's a logical site for a new supermarket, with the housing development nearby.
3. Distinguish /dr'stɪŋɡwɪʃ/ verb
to be the thing that makes someone or something different or special.
distinguish somebody/something from
The factor that distinguishes this company from the competition is customer service.
4. Calibrate /'kæləbreɪt/ verb
to check or slightly change an instrument or tool, so that it does something correctly.
Death was being held at bay, measured, calibrated, and analyzed.
5. Commodity /kə'mɒdəti \$ kə'mɑ:-/ noun
a product that is bought and sold
agricultural commodities
6. Shattered /'ʃætəd \$ -ərd/ adjective
very shocked and upset
I wasn't just disappointed, I was absolutely shattered.
7. Persist /pə'sɪst \$ pər-/ verb
to continue to do something, although this is difficult, or other people oppose it.
He persisted in his refusal to admit responsibility.
8. Supplement /'sʌpləmənt/ noun
something that you add to something else to improve it or make it complete.
vitamins and other dietary supplements
9. Query /'kwɪəri \$ 'kwɪri/ verb
to express doubt about whether something is true or correct.
Both players queried the umpire's decision.
10. Perk /pɜ:k \$ pɜ:rk/ noun
something that you get legally from your work in addition to your wages, such as goods, meals, or a car.
theatre tickets and other perks
11. Envy /'envi/ noun
the feeling of wanting something that someone else has.
He watched the others with envy.





12. Bloke /bləʊk \$ bloʊk/ noun

a man

He's a nice bloke.

13. Reluctant /rɪ'lʌktənt/ adjective

slow and unwilling

OPP willing

She gave a reluctant smile.

14. Doom /du:m/ verb

to make someone or something certain to fail, die, be destroyed etc

Many species are doomed to extinction.

doomed adjective

passengers on the doomed flight

15. Juggling /'dʒʌɡəlɪŋ/ noun

the practice of changing things or arranging them in a way that makes it possible for you to do something.

It took a lot of juggling and rearrangement of figures before the loan was approved.

16. Glamorous /'glæməərəs/ adjective

attractive, exciting, and related to wealth and success.

She led an exciting and glamorous life.

17. Sour /sauə \$ saʊr/ adjective

unfriendly or looking bad-tempered
sour look/face/smile etc

Eliza was tall and thin, with a rather sour face.

18. Contentment

/kən'tentmənt/ noun

the state of being happy and satisfied

OPP discontent

He gave a sigh of contentment, and fell asleep.

19. lump sum noun

an amount of money given in a single payment When you retire you'll get a lump sum of £80,000.

20. tight-fisted /,taɪt 'fɪstɪd ◀/ adjective

not generous with money

SYN stingy

Lucy smiled a small tight-fisted smile.

21. share of stock

is a unit of ownership in the business. The number of shares determines how big of a piece of ownership in a business you have.

22. Executive /ɪg'zekjətɪv/ noun

a manager in an organization or company who helps make important decisions

a marketing executive

23. Fund /fʌnd/ noun

an amount of money that is collected and kept for a particular purpose
The fund was set up to try to save the cathedral.

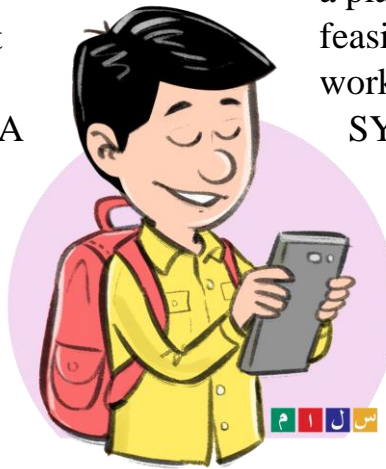


24. Initiative /ɪˈnɪʃətɪv/ noun

the ability to make decisions and take action without waiting for someone to tell you what to do.
I wish my son would show more initiative.

25. Pioneering /ˌpaɪəˈnɪərɪŋ ▪ \$ -ˈnɪr-/

adjective
introducing new and better methods or ideas for the first time.
the pioneering work of NASA scientists.



26. Microfinance

/ˈmaɪ.krəʊˌfaɪ.næns/ noun
the activity or business of providing financial services to poor people or new businesses in poor countries.
Since 1976, microfinance programs have sprung up in developing nations around the world.

2. Hindsight /ˈhaɪndsaɪt/ noun

the ability to understand a situation only after it has happened
With hindsight, I should have seen the warning signs.

3. Feasible /ˈfiːzəbəl/ adjective

a plan, idea, or method that is feasible is possible and is likely to work

SYN possible
a feasible solution

4. Incentive /ɪnˈsentɪv/ noun

something that encourages you to work harder, start a new activity etc

As an added incentive, there's a bottle of champagne for the best team.

5. Eligible /ˈelɪdʒəbəl/ adjective

someone who is eligible for something is able or allowed to do it, for example because they are the right age

Students on a part-time course are not eligible for a loan.

6. Gleam /gliːm/ verb

to shine softly

SYN glimmer

His teeth gleamed under his moustache.

✓✓ **Unit 5B – Listening**

1. Collateral /kəˈlætərəl/ noun

property or other goods that you promise to give someone if you cannot pay back the money they lend you

SYN security

We put up our home as collateral in order to raise the money to invest in the scheme.



7. Affluent /'æfluənt/ adjective
having plenty of money, nice
houses, expensive things etc
SYN wealthy
affluent families

8. Embroider /ɪm'brɔɪdə \$ -ər/ verb
to decorate cloth by sewing a
pattern, picture, or words on it with
coloured threads
The dress was embroidered with
flowers.

4. Overwhelm
/ˌəʊvə'welɪ \$ ˌoʊvər-/ verb
if someone is overwhelmed by an
emotion, they feel it so strongly that
they cannot think clearly
Harriet was overwhelmed by a
feeling of homesickness.

5. Commute /kə'mju:t/ verb
to regularly travel a long distance to
get to work
Jim commutes to Manhattan every
day.

✓✓ Colloquial 4&5 – listening

1. Susceptible /sə'septəbəl/ adjective
likely to suffer from a
particular illness or be
affected by a particular
problem
Older people are more
susceptible to infections.



2. Democratic /ˌdemə'krætɪk ◀ /
adjective
controlled by representatives who
are elected by the people of a
country
a democratic government

3. Tension /'tenʃən/ noun
a nervous worried feeling that makes
it impossible for you to relax
The tension was becoming
unbearable, and I wanted to scream.

6. Illusory /ɪ'lu:səri/ adjective
false but seeming to be real or
true
First impressions can often
prove illusory.

7. Cosmology
/kɒz'mɒlədʒi \$ kɑ:z'mɑ:-/ noun
the science of the origin and
structure of the universe, especially
as studied in astronomy
It amounts to a cosmology as
hermetic as Blake's.

8. Metaphor /'metəfə, -fə: \$ -fə:r/ noun
a way of describing something by
referring to it as something different
and suggesting that it has similar
qualities to that thing
a very creative use of metaphor