

UNIT 1 education

- Knuckle down:** apply oneself seriously to a task
- Carry on:** continue an activity or task
- Fall behind:** fail to keep up with one's competitors
- Get away with:** escape blame, punishment, or undesirable consequences for an act that is wrong or mistaken
- Back up:** a claim, a story to supply evidence to prove it's true
- Help out:** to do a part of someone's work or give someone money
- Keep up:** not fall behind (seguir el ritmo, mantenerse)
- To be on the back foot:** to be at a disadvantage
- A grain of truth:** small amount of truth
- To apply yourself:** to work hard on it
- Done and dusted:** complete and finished
- A huge swathe of...:** a great number/amount of
- If current trends continue:** today's tendency
- A touch of...:** small amount/ a trace

UNIT 2 fake news

- World first:** novedad mundial
- To harbour:**
- Phony:** fake
- Anguishing:**
- Skewed:** distorted, biased (misrepresented)
- To debunk:**
- Automated:** automatizado no manual
- Ultimately:** eventually
- Social media feed:** A continuous transmission of data from social media
- Rumor mill:** A group of people who start and spread rumours
- Biased:** Unfairly prejudiced for or against someone or sth
- A flood of:** An overflow or a large amount of
- Mistrust:** Be suspicious of
- Disengage:** To stop being involved in sth
- Dismiss:** To decide that sth or someone is not important and not worth considering
- Sap (people) of:** To make someone weaker or take away strength or an important quality from someone, especially over a long period of time
- Daunting:** Intimidating
- Weed out:** To get rid of unwanted things or people from a group
- Doctored:** (Of a photo/manuscript) revised, altered, adapted in order to serve a specific purpose
- Inadvertently:** Without intention, accidentally

UNIT 3 art

- Reclusive:** Avoiding the company of other people; solitary.
- Hoard of:** A stock or store of money or valued objects, typically one that is secret or carefully guarded.
- Damp:** Slightly wet
- To prompt:** (of an event or fact) cause or bring about (an action or feeling)
- To compel:** Force or oblige (someone) to do something.

- Wads of:** A bundle or roll of paper or banknotes (fajos)
- Bric-a-brac:** Miscellaneous objects and ornaments of little value
- Curse:** A cause of harm or worry.
- Burden:** A duty or misfortune that causes worry, hardship, or distress.
- Duress:** Threats, violence, constraints, or other action used to coerce someone into doing something against their will or better judgment.
- To loot:** Steal (goods) in a war, riot, etc.

FORMAL WRITING

- Show:** Indicate
- Find:** Discover
- **Bad:** Unacceptable
- **Lots of:** Many
- **Reason:** Cause
- **Try:** Attempt
- **Give (money):** Donate
- **Like:** Such as
- **Have/has got to:** Needs to
- **Enough:** Sufficient

MULTI-WORD VERBS

- **Think about:** Consider
- **Carry out:** Perform
- **Get worse:** Deteriorate
- **Find out:** Discover
- **Look into:** Investigate
- **Go up:** Increase
- **Going on:** Continuing
- **Break down:** Divide
- **Get by:** Survive
- **Show up:** Attend

- On the back foot:** To be at disadvantage: outmanoeuvred or outclassed by an opponent.
- A grain of truth:** A small amount of truth.
- To apply themselves:** Work hard at it, directing your abilities and efforts in a determined way.
- Done and dusted:** To be complete and finished.
- A huge swathe:** A big part of something.

UNIT 4 risky behaviour

- Ponder:** To weigh carefully in the mind, consider thoughtfully.
- Overestimate:** To estimate at too high a value, amount, rate, or the like.
- To outweigh:** To exceed in value, importance, influence.
- Fuzzy:** Hazy, vague, unclear, foggy.
- To rely on:** To put trust in.
- Critical:** Of decisive importance with respect to the outcome; crucial.
- Interventions:** An action performed to bring about change in people.

-**To backfire**: To bring a result opposite to what planned or expected.

UNIT 5 the battle of sexes

-**Patronising**: Condescending.

-**Sympathise**: Commiserate, identify.

-**Squad**: A group of players from which a sports team will be chosen.

-**Stellar**: Connected with stars.

-**Revert**: Return, go back.

-**Blur**: Weaken, make it less distinct/less clear.

-**High-profile**: A position attracting much attention or publicity.

-**Second-rate**: Of inferior quality.

-**Delay tactics**: Actions intended to prevent something from happening immediately.

-**Comply**: To do what you are required or expected to do.

-**To be flank**: To have something on one or both sides.

-**The tip of the iceberg**: Superficial evidence of a much larger problem.

-**To stick to the point**: Not move or digress from a subject or path.

-**To put sth on hold**: To postpone or stop the progress of something.

-**To be easy on the eyes**: To have an attractive appearance.

-**To be confined to**: To be limited to.

-**Anywhere near as much**: Quite different from/far from/not nearly.

-**Fail to do sth**: To be incapable or unwilling to do something.

-**To file a lawsuit**: To initiate a legal proceeding to demand justice or enforce a right.

-**Erupt**: Give vent to anger, amusement, etc. In a sudden and noisy way.

UNIT 6 millennials

-**Entitled**: Believing oneself to be inherently deserving of privileges or special treatment.

-**Narcissistic**: Having or showing an excessive interest in or admiration of oneself and one's physical appearance.

-**Stunted**: Having been prevented from growing or developing properly.

-**Strong**: When used after a number, this adjective indicates the size of a group.

-**Self-involved**: Wrapped up in oneself or one's own thoughts.

-**Ghetto-fabulous(informal)**: Denoting or exemplifying an ostentatious or flamboyant lifestyle or style of clothing of a type associated with the hip-hop subculture.

-**Baby boomer (informal)**: A person born in the years following WW2 when there was a temporary marked increase in the birth rate.

-**Exacerbate**: Make (a problem, bad situation) worst.

-**Instil**: Gradually but firmly establish (an idea or attitude) in a person's mind.

UNIT 7 health

-**Apprehensive**: Anxious or fearful that something bad or unpleasant will happen.

-**Freak out**: Behave or cause to behave in an irrational way.

-**Miss out**: Fail to an opportunity to enjoy or get an advantage from something.

-**Incision**: Cut (especially one made by a surgeon).

-**Meditate**: To think deeply.

-**Congenital**: Existing at or before birth.

-**Churn out**: To produce large amounts of sth. quickly (low quality).

-**Disruptive**: Causing disorder.

-**At ease**: Free from anxiety or embarrassment.

-Put sth in(to) perspective: Give a clear idea of sth. / Realize or make others realize the significance of sth.

UNIT 8 Getting about

-Advent: The arrival of a notable person or thing

-Fundamentally: In central or primary respects.

-Forecast: Predict or estimate (a future event or trend).

-Long-haul: A long distance (in reference to the transport of goods or passengers).

-Hail: Call out to (someone) to attract attention. Signal (an approaching taxi) to stop.

-Upgrades: Raise (something) to a higher standard, in particular improve (equipment or machinery) by adding or replacing components.

-Piggy-back: Carry by or as if by means of a piggyback (on the back and shoulders of another person).

-Sleek: (of an object) having an elegant, streamlined shape or design.

-Constraints: A limitation or restriction.

-Seamlessly: Smoothly and continuously, with no apparent gaps or spaces between one part and the next.

-Customised: Modify (something) to suit a particular individual or task.

-Pod: A detachable or self-contained unit on an aircraft, spacecraft, vehicle or vessel, having a particular function.

-Quotidian: Ordinary or everyday; mundane

-Tailored: Custom-made.

-Draws on: Rely on.

-Millennials: A person reaching young adulthood in the early 21st century.

UNIT 9 Memory and emotions

-Greeky: boring and not fashionable.

-Resonance: the power to evoke enduring images, memories and emotions.

-Crush: a person with whom someone is infatuated.

-Jazz something up: make something more interesting, lively or exciting

-Utilitarian: designed to be useful or practical rather than attractive.

-Raise: collect, levy, bring together.

-Rejoinder: a reply, especially a sharp or witty one.

-Eking: to get with great effort or strain.

-Obituary: a notice of a death.

-Surmount: overcome.

-Bode: be a portent of a particular outcome.

UNIT 10 Nanny state

-Pull up: (of a vehicle) come to a halt. Stop.

-Wind something down: open the car window.

-Lean out: incline from the perpendicular and rest for support against something.

-Put something out: extinguish (cigarette, fire, light)

-Hand sth out: distribute

-Bring sth out: introduce a new law or product.

-Stub sth out: extinguish