

Unit 1				
HEADWORD	Part of speech	DEFINITION	Example	German
aggressive	adjective	angry and violent towards another person	aggressive behaviour	aggressiv
bad-tempered	adjective	describes a person who becomes angry and annoyed easily	She's very bad-tempered in the mornings.	schlecht gelaunt
bring up	phrasal verb	to care for a child until it is an adult, often giving them particular beliefs	They brought us up to be very independent.	großziehen
business centre	noun	a city or town or part of a city or town in which there is a lot of business and financial activity	Singapore rivals Hong Kong as a regional business centre.	Wirtschaftszentrum
compromise	noun	when you agree to something which is not exactly what you want	It is hoped that a compromise will be reached in today's talks.	Kompromiss
concerned	adjective	worried	I'm a bit concerned about her health.	besorgt
counter-argument	noun	an argument against another argument, idea or suggestion	He put forward several counter-arguments to their proposal.	Gegenargument
critical	adjective	saying that someone or something is bad or wrong	He is very critical of the way I work.	kritisch
desperate	adjective	needing or wanting something very much	By two o'clock I was desperate for something to eat.	unbedingt (etwas wollen)
enthusiastic	adjective	feeling energetic interest in a particular subject or activity and an eagerness	The teacher was very enthusiastic about my project.	begeistert
hard-working	adjective	doing a job seriously and with a lot of effort	She's a very hard-working student.	fleißig
impatient	adjective	If you are impatient, you get angry with people who make mistakes or you	I get very impatient with the children when they won't do their	ungeduldig
impolite	adjective	rude	I found his questions rather impolite.	unhöflich
impressive	adjective	If something is impressive, you admire or respect it, usually because it is special, important, or very large.	an impressive collection of modern paintings	beeindruckend
industrial	adjective	connected with industry	an industrial city	industriell
intentionally	adverb	in a way that is planned or intended	I didn't ignore her intentionally - I just didn't recognise her.	absichtlich
mature	adjective	behaving well, like an adult	She seems very mature for 13.	reif
organised	adjective	describes a person who is able to plan things carefully and keep things tidy	An office manager needs to be very organised.	ordentlich
prioritise	verb	to decide which of a group of things are the most important so that you can deal with them first	You must learn to prioritise your work.	Prioritäten setzen
reasonable	adjective	fair and showing good judgment	It's not reasonable to expect people to work those hours.	vertretbar
residential	adjective	A residential area has only houses and not offices or factories.	This is a residential area.	Wohn-
respect	verb	to be polite to someone and show that you admire them	I really respect my colleagues.	respektieren
responsible	adjective	having good judgment and the ability to act correctly and make decisions on your own	She'll be fine on her own - she's very responsible.	verantwortungsbewusst
self-confident	adjective	feeling sure about yourself and your abilities	You need to be self-confident to be a manager.	selbstbewusst
sensitive	adjective	able to understand what people are feeling and behave in a way that does not upset them	I like him because he's kind and sensitive.	sensibel
survey	verb	to ask people questions in order to find out about their opinions or behaviour	Over 75% of the people surveyed were in favour of the new road.	befragen
understanding	adjective	showing sympathy for someone's problems or acceptance of the way they behave	Fortunately, my girlfriend is very understanding.	verständnisvoll
unreliable	adjective	not able to be trusted or depended on	The trains were noisy, dirty, and unreliable.	unzuverlässig
urge	verb	to strongly advise someone to do something	Financial experts are urging caution.	drängen

Unit 2				
HEADWORD	Part of speech	DEFINITION	Example	German
alleyway	noun	a narrow road or path between buildings	The thieves escaped down an alleyway between two shops.	Gasse
astonishing	adjective	very surprising	What an astonishing thing to say!	erstaunlich
beg	verb	to make a very strong and urgent request	I begged my father to let me go to the party.	betteln
clamber	verb	to climb somewhere with difficulty, often needing to use both hands and feet	The baby clambered up the stairs.	klettern
competitive	adjective	wanting to win or be better than other people	She's very competitive.	ehrgeizig
contribute to	phrasal verb	to help to cause an event or situation	His poor diet contributed to his illness.	beitragen zu
delightful	adjective	very pleasant or attractive	We had a delightful evening.	sehr angenehm
demanding	adjective	needing a lot of your time, attention, or effort	a very demanding job	anspruchsvoll
depressing	adjective	making you feel sad and without any hope for the future	The news is very depressing.	deprimierend
distract	verb	to make someone stop giving their attention to something	The music distracts me from my worries.	ablenken
dreadful	adjective	very bad	The journey was dreadful.	schrecklich
drive someone to desperation	phrase	to make someone feel very unhappy or angry	Her constant demands nearly drove me to desperation.	jdn. zur Verzweiflung bringen
drop someone a line	phrase	to write someone a short letter or note	I hope you'll drop me a line soon.	jdm. ein paar Zeilen schicken
economical	adjective	not costing much money	It's a very economical car.	sparsam
elated	adjective	extremely happy and excited	He was elated at the news.	euphorisch
entertaining	adjective	interesting and enjoyable	an entertaining and informative book	unterhaltsam
heap	noun	an untidy pile of things	a heap of rubbish	Haufen
heartbroken	adjective	very sad because someone who you love has stopped loving you	I was heartbroken when my boyfriend moved away.	untröstlich
irrelevant	adjective	not important in a particular situation	irrelevant information	irrelevant
irritating	adjective	making you feel annoyed	an irritating habit	lästig
make sense	phrase	to have a meaning or reason that you can understand	Suddenly my whole life began to make sense.	Sinn ergeben
passion	noun	an extreme interest in or liking for something	He has a passion for old cars.	Leidenschaft
red-faced	adjective	having red cheeks because of embarrassment	A red-faced boy stood next to the broken window.	mit rotem Kopf
superb	adjective	excellent	a superb restaurant	hervorragend
swap	verb	to give something to someone and get something from them in return	I often swap recipes with my friends.	tauschen
time-consuming	adjective	needing a lot of time	The legal process was time-consuming and expensive.	zeitraubend
tremendous	adjective	very large, great, strong, etc	a tremendous amount of money	gewaltig

Unit 3				
HEADWORD	Part of speech	DEFINITION	Example	German
appreciate	verb	to recognise how good someone or something is and to value them	My trip taught me to appreciate other cultures.	schätzen
cope	verb	to manage to do something in a difficult situation	She has a lot of work but somehow she copes.	zurechtkommen
daily routine	phrase	the things that you do every day at the same time	My daily routine usually includes going for a run.	Tagesablauf
drag	verb	to make someone go with you when they do not want to	Our parents dragged us to an art exhibition.	schleppen
dump	verb	to get rid of someone, often by going away from them	We dumped my little brother and went out.	abladen
fed up	adjective	bored, annoyed or disappointed, especially by something you have experienced for too long	They were fed up with the same old routine.	die Nase voll haben von
forthcoming	adjective	going to happen soon	the forthcoming election/visit	bevorstehend
homeward	adjective	towards home	the homeward journey	heimwärts
outward	adjective	going to wards a particular place, rather than returning from it	an outward journey	auswärts
overland	adverb	across the land rather than by sea or through the air	They travelled overland to China.	auf dem Landweg
party to the small hours	phrase	to enjoy yourself at a party until past midnight	We were out every night, partying to the small hours.	bis in die frühen Morgenstunden feiern
round trip	noun	a journey from one place to another and back to where you started	The round trip takes nearly two days.	Rundreise
teamwork	noun	when a group of people work well together	Teamwork is vital to the success of the project.	Teamarbeit
thrill	noun	a strong feeling of excitement and pleasure	It was a big thrill meeting the stars of the show.	Aufregung
tough	adjective	difficult to do or deal with	Life in such a cold region is very tough.	hart

Unit 4				
HEADWORD	Part of speech	DEFINITION	Example	German
airy	noun	open to fresh air	airy rooms	luftig
attractive	adjective	causing interest or pleasure	We need to make the club attractive to young people.	attraktiv
balanced	adjective	A balanced meal contains a healthy mixture of different types of food.	Chocolate and chips is not a balanced meal.	ausgewogen
cheerful	adjective	describes a place or thing that is bright and pleasant and makes you feel happy	The room was painted in cheerful colours.	heiter
convenience food	noun	food that can be prepared quickly and easily and is often already cooked	We eat a lot of convenience food.	Fertiggerichte
edible	adjective	safe to eat	edible berries	essbar
elaborate	adjective	complicated or with a lot of details	an elaborate design	aufwendig
elegant	adjective	stylish and attractive	an elegant dining room	elegant
exceptional	adjective	very good and better than most other people or things	an exceptional student	außergewöhnlich
exclusive	adjective	expensive and only for people who are rich or of a high social class	an exclusive private club	exklusiv
filling	adjective	Food that is filling makes you feel that you have had a lot to eat.	a filling meal	sättigend
genetically modified	adjective	describes a plant or animal that has had some of its genes changed scientifically	genetically modified plants	gentechnisch verändert
heavy meal	phrase	a large, rich meal that makes you feel very full	You shouldn't swim after a heavy meal.	üppige Mahlzeit
informative	adjective	giving a lot of useful facts	a very informative book	informativ
isolated	adjective	not near to other places or people	Living on the island meant that we were very isolated.	abgeschlossen
light meal	phrase	a small meal that does not make you feel very full	We had a light meal at midday.	leichte Mahlzeit
nutrition	noun	the food that you eat and the way that it affects your health	Good nutrition is essential for growing children.	Ernährung
organic	adjective	not using chemicals when keeping animals or growing plants for food	organic vegetables	Bio-
protein	noun	one of many substances found in food such as meat, cheese, fish, or eggs, that is necessary for the body to grow and be strong.	Most of our protein comes from meat.	Protein
rushed	adjective	having to do things very quickly	The staff were very rushed.	in Eile
satisfactory	adjective	good enough	We hope to find a satisfactory solution to the problem.	zufriedenstellend
satisfying	adjective	making you feel pleased by providing what you need or want	Clearing out the cupboards is such a satisfying job!	befriedigend
shortage	noun	when there is not enough of something	food shortages	Mangel
source	noun	where something comes from	Oranges are a good source of vitamin C.	Quelle
stem cell	noun	a cell, especially one taken from a person or animal at a very early stage of development, that can develop into any type of cell	Stem cells are very important in biological research.	Stammzelle
supply	noun	an amount of something that is ready to be used	a supply of water	Angebot
welcoming	adjective	friendly or making you feel welcome	a welcoming smile	herzlich
well-balanced	adjective	A well-balanced meal contains a healthy mixture of different types of food.	a well-balanced menu	ausgewogen

Unit 5				
HEADWORD	Part of speech	DEFINITION	Example	German
adjustment	noun	the ability to become familiar with a new situation	Moving to a new city meant a huge adjustment for me.	Umstellung
admission	noun	when someone is given permission to become a member of a club, university, etc.	She's applied for admission to law school.	Zulassung
approval	noun	official permission	The project has now received approval from the government.	Genehmigung
assessment	noun	when you make a judgment about the quality, size or value, etc. of something	That's a fair assessment of the situation.	Beurteilung
chaotic	adjective	in a state of chaos	a chaotic situation	chaotisch
confusion	noun	when people do not understand what is happening or what they should do	There seems to be some confusion about who is actually giving the talk.	Verwirrung
could do with	phrase	If you could do with something, that thing would help you if you could have it.	I could do with some help on this project.	etw. vertragen können
expectation	noun	what you expect to happen or what you expect something to be like	My expectations were a bit unrealistic.	Erwartung
have it in for	phrase	to be determined to harm or criticise someone	He really has it in for the younger students.	es auf jdn. abgesehen haben
host family	noun	a family with whom a student stays, for example when they are studying abroad	I'm living with a host family in Cambridge.	Gastfamilie
impression	noun	an idea or opinion of what is someone or something is like	I had the impression he was angry about something.	Eindruck
investigation	noun	when officials try to discover all the facts about something, especially a crime or an accident	to carry out an investigation	Untersuchung
involvement	noun	when someone or something is involved in an activity or event	She had no involvement at all in the affair.	Beteiligung
job prospects	noun	your chance of getting a job or getting a better job	This course should help my job prospects.	Berufsaussichten
make it	phrase	to manage to go to or arrive at a place	I'm afraid I can't make it to the lesson this afternoon.	schaffen
pass	noun	a successful mark in an exam	I'm hoping for a pass in my exam.	Bestehen
preference	noun	when you like something or someone more than another person or thing	We have white and brown bread. Do you have a preference?	Vorliebe
unprepared	adjective	not made ready or prepared	I was unprepared for what I found there.	unvorbereitet

Unit 6				
HEADWORD	Part of speech	DEFINITION	Example	German
badly-paid	adjective	If a job is badly-paid, the person doing it does not get much money.	It was a badly-paid job with long hours.	schlecht bezahlt
brighten up	phrasal verb	to make something more attractive or enjoyable	Some yellow paint will brighten up this room.	aufhellen
climax	noun	the most important or exciting point in a story or situation	His act was the climax of the show.	Höhepunkt
cool	adjective	calm and not emotional	She seemed cool and confident.	gelassen
duty roster	noun	a list of people's names and the jobs they have to do	She pinned the duty roster to the wall.	Dienstplan
fascinating	adjective	extremely interesting	a fascinating person/place	faszinierend
forbidding	adjective	unfriendly	He had a forbidding expression.	abweisend
grab	verb	to take hold of something or someone suddenly	A mugger grabbed her handbag as she was walking across the park.	greifen
improvise	verb	to invent or make something at the time when it is needed without already having planned it	I hadn't prepared a speech, so I had to improvise.	improvisieren
live up to expectations	phrase	if something lives up to expectations, it is as good as you expected it to be	The hotel certainly lived up to expectations.	Erwartungen gerecht werden
lose your temper	phrase	to become angry very quickly	She lost her temper and shouted at the children.	die Geduld verlieren
make full use of	phrase	to use something as much as possible	We made full use of the sports facilities.	optimal nutzen
manual	adjective	involving physical work rather than mental work	unskilled manual labour	manuell
more than you bargained for	phrase	more than you were expecting or prepared for	The job was more than I bargained for.	die Erwartungen übertreffen / die schlimmsten Erwartungen erfüllen
over the rate	phrase	If someone is paid over the rate, they get more than is usual for the job.	She pays me over the rate for babysitting.	über dem (normalen) Satz
potential	noun	someone's or something's ability to develop, achieve or succeed	She showed great potential as a writer.	potenziell
shift	noun	a period of time when someone works	I'm on the night shift this week.	Schicht
skilled	adjective	having the abilities needed to do an activity or job well	a highly skilled photographer	qualifiziert
stare	verb	to look at someone or something for a long time and not move your eyes	Don't stare at people like that, it's rude.	(an)starren
take pleasure in	phrase	to find something enjoyable	He takes pleasure in seeing his students succeed.	seine Freude haben an
uncompromising	adjective	If people or their beliefs are uncompromising, they are fixed and do not change even if someone tries to change them.	an uncompromising attitude	kompromisslos
wander	verb	to walk somewhere without any definite purpose	We all wandered back to the hotel.	spazieren
well-paid	adjective	If a job is well-paid, the person doing it earns a lot of money.	She can afford expensive clothes because she has a well-paid job.	gut bezahlt
under pressure	phrase	If you do something under pressure, it is difficult because there are problems or because you have a lot to do.	He doesn't work well under pressure.	unter Druck
worthwhile	adjective	useful and enjoyable, despite needing a lot of effort	She considers teaching a worthwhile career.	lohenswert

Unit 7				
HEADWORD	Part of speech	DEFINITION	Example	German
athletic	adjective	strong, healthy and good at sports	She looks very athletic.	sportlich
be around	phrasal verb	If something has been around for a period of time, that is how long it has existed.	This technology hasn't been around for long.	da sein, geben
blister	noun	a painful, raised area of skin with liquid inside, that you get if your skin has been rubbed or burned	I've got a blister on my toe.	Blase
civilised	adjective	polite and behaving in a calm, reasonable way	The meeting was very civilised.	zivilisiert
come across	phrasal verb	to find something or someone by chance	I came across the book in the library.	finden
cushion	verb	to make the effect or force of something softer	My thick coat cushioned the blow.	polstern
drop out	phrasal verb	to stop doing something such as a race or a course before you have finished	He dropped out of university.	abbrechen
endurance	noun	the ability to keep doing something difficult, unpleasant, or painful for a long time	a race to test athletes' endurance	Ausdauer
eternity	noun	a very long time	The wait seemed like an eternity.	Ewigkeit
extreme	adjective	the most unusual or the most serious possible	extreme weather conditions	extrem
furious	adjective	extremely angry	I was late and he was furious with me.	wütend
guarantee	verb	to make certain that something will happen or exist	You will be guaranteed a good night's sleep in this bed.	garantieren
hallucination	noun	an experience in which you see, hear, feel, or smell something which does not exist	She began to experience hallucinations.	Wahnvorstellung
hazardous	adjective	dangerous	These roads are hazardous for cyclists.	gefährlich
heighten	verb	to increase or make something increase, especially an emotion or an effect	His words heightened the tension in the room.	erhöhen
hop	verb	(informal) to go somewhere quickly	We hopped on the bus.	springen
keep up	phrasal verb	If you keep up with someone, you go as fast as them.	They walked so fast, I couldn't keep up with them.	mithalten
learning curve	noun	the rate of someone's progress in learning a new skill	It's a steep learning curve when you start a new job.	Lernprozess
little in the way of	phrase	If someone or something has little in the way of a particular thing, it does not have much of it or many of them.	The town has little in the way of entertainment.	wenig von/an
made up of	phrase	consisting of	a team made up of past champions	bestehen aus
methodical	adjective	done in a careful, well-organised way	a methodical approach	systematisch
opponent	noun	someone who you compete against in a game or competition	Her opponent hurt his leg.	Gegner
pace	noun	the speed at which someone or something moves or does something	a slow/fast pace	Tempo
rough	adjective	dangerous or violent	a rough part of town	gefährlich
run into trouble	phrase	to start to experience difficulties	We ran into trouble when our car broke down.	in Schwierigkeiten geraten
safety-conscious	adjective	very careful to be safe or to keep people safe	The race organisers have to be very safety-conscious.	sicherheitsbewusst
set	verb	If you set yourself a goal, you give yourself goal.	He set himself a target of running 20 miles a week.	setzen
spectator	noun	someone who watches an event, sport, etc.	They won 4-0 in front of over 40 000 cheering spectators.	Zuschauer
trophy	noun	a prize, such as a silver cup, that you get for winning a race or competition	He's an excellent snooker player, but he's never won a major trophy.	Pokal
turn out	phrasal verb	to have a final, often surprising, result	The truth turned out to be stranger than we expected.	sich herausstellen (als)

Unit 8				
HEADWORD	Part of speech	DEFINITION	Example	German
abandon	verb	to stop doing an activity before you have finished it	The match was abandoned at half-time because of the poor weather conditions.	abbrechen
adore	verb	to like something or someone very much	I adore horses.	lieben
a step ahead of	phrase	slightly better prepared or more successful than someone else	The filmmaker manages to keep a step ahead of his critics by constantly trying new ideas.	einen Schritt voraus
aware	adjective	having knowledge of something	She needed to make people aware of the danger.	aufmerksam
brutal	adjective	cruel and not considering someone's feelings	Her criticism was brutal.	brutal
cause	verb	to make something happen	Her actions caused us a lot of problems.	verursachen
chance of a lifetime	phrase	a great opportunity that you will only have once in your life	This competition is the chance of a lifetime for me.	einmalige Chance
compulsory	adjective	If something is compulsory, you must do it because of a rule or law.	Swimming was compulsory at my school.	Pflicht-
contestant	noun	someone who competes in a contest	In tonight's quiz, our contestants have come from all over the country.	Teilnehmer
disturb	verb	to interrupt someone in a way that they do not want	Their loud music disturbed our peace.	stören
fulfil	verb	to do something that is expected, hoped for, or promised, or to make it happen	I know I will fulfil my dreams one day.	erfüllen
gain experience	phrase	to get knowledge or skill from doing something	I took a summer job to gain some experience.	Erfahrungen sammeln
geek	noun	a person, especially a man, who is boring and not fashionable	He's such a geek.	Freak
get your first taste of	phrase	to experience something for the first time	She got her first taste of success in that show.	einen Vorgeschmack bekommen
hooked	adjective	enjoying something so much that you are unable to stop having, watching, doing, etc. it	I'm hooked on spy movies.	Feuer und Flamme sein
intense	adjective	extreme and forceful or (of a feeling) very strong	intense cold/heat/hatred	intensiv
intimidated	adjective	frightened or nervous because a person or a situation makes you lose your confidence	I was intimidated by all those clever people.	eingeschüchtert
invaluable	adjective	extremely useful	Her help was invaluable.	von unschätzbarem Wert sein
launch	verb	to make something begin	to launch a career	starten
media	noun	the internet, newspapers, magazines, television, etc., considered as a group	The media are covering the speech tonight.	Medien
nerve-wracking	adjective	causing a lot of worry	I find giving talks absolutely nerve-wracking.	nervenaufreibend
photogenic	adjective	having a face that looks attractive in photographs	She's very photogenic.	fotogen
privacy	noun	someone's right to keep their personal matters and relationships secret	The new law is designed to protect people's privacy.	Privatsphäre
pursue	verb	If you pursue a plan, activity or situation, you try to do it or achieve it, usually over a long period of time.	He decided to pursue a career in television.	verfolgen
realise an ambition	phrase	to do something that you had hoped to do	He realised his ambition of becoming a doctor.	seinen Traum verwirklichen
release	verb	If a film is released, it is shown in public for the first time.	His new movie is due to be released next month.	erscheinen
scandal	noun	(an action or event that causes) a public feeling of shock and strong moral disapproval	a financial/political/sex scandal	Skandal
sensation	noun	someone or something that causes great interest and excitement	The book was a sensation.	Sensation
someone's ... days are behind them	phrase	used to say that someone no longer does a particular activity	My travelling days are behind me now.	jds. Tage sind vorbei
strip away	phrasal verb	to remove or peel something from someone or something	She stripped away his mask of confidence.	entblößen
stuck in traffic	phrase	unable to drive at the normal speed because there are too many vehicles on the road	I'm sorry I'm late - I was stuck in traffic.	im Stau stehen
tabloid	noun	a type of popular newspaper with small pages which has many pictures and short simple reports	I read all the gossip in the tabloids.	Boulevardpresse
turn down	phrasal verb	to refuse to accept something you are offered	She turned down the job.	ablehnen

voluntary	adjective	done, made or given willingly, without being forced or paid	The extra homework is voluntary.	freiwillig
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Unit 9				
HEADWORD	Part of speech	DEFINITION	Example	German
appropriate	adjective	suitable or right for a particular situation or occasion	appropriate to your age	angemessen
a variety of factors	phrase	many different things that influence a situation	A variety of factors influence our choice of partner.	diverse Faktoren
breathless	adjective	not able to breathe easily, usually after doing something that needs a lot of effort	We were breathless after the steep climb.	atemlos
complement	verb	to make something else seem better or more attractive when combining with it	Strawberries and cream complement each other perfectly.	ergänzen
consistent	adjective	in agreement with other facts or with typical or previous behaviour, or having the same principles as something else	What the witness said in court was not consistent with the statement he made to the police.	übereinstimmen mit
count	verb	to have value or importance	I've always believed that happiness counts more than money.	zählen
devote your life to	phrase	to spend all your life doing something	She devoted her life to her family.	sein Leben (einem Ziel) widmen
dominating	adjective	A dominating person likes to be in charge of a situation and tries to control other people.	He tends to be rather dominating.	herrsüchtig
give and take	phrase	willingness to accept suggestions from another person and give up some of your own	All marriages rely on a bit of give and take.	beiderseitige Kompromissbereitschaft
go to extremes	phrase	to do something in the strongest way possible, in a way that most people think is unreasonable	Just do a little bit of exercise - there's no need to go to extremes.	bis zum Äußersten gehen
have little to do with	phrase	to hardly be connected with something	Our problems had little to do with his fame.	wenig zu tun haben mit
have something in common	phrase	to share interests, experiences, or other characteristics with someone	We don't have much in common.	etw. gemeinsam haben
immeasurably	adverb	in a way that is so great that it cannot be measured	The damage from the 1956 hurricane was immeasurably greater.	unermesslich
irrational	adjective	not using reason or clear thinking	It's totally irrational, but I'm frightened of mice.	irrational
irritable	adjective	becoming annoyed very easily	She was irritable with the children.	verärgert (über)
now you come to mention it	phrase	used when something someone says reminds you of a fact	Now you come to mention it, he wasn't at work today.	Jetzt, wo du es erwähnst, ...
opening gambit	noun	the first thing you say when you start a conversation	I tried to think of a clever opening gambit.	einleitende Bemerkung
outgoing	adjective	(of a person) friendly and energetic and finding it easy and enjoyable to be with others	Sales reps need to be outgoing, because they are constantly meeting customers.	kontaktfreudig
overall	adverb	considering everything or everyone	Overall, I think the meeting went well.	alles in allem
pager	noun	a small device that you carry or wear, which moves or makes a noise to tell you that someone wants you to telephone them	I always have my pager with me.	Pager
point out	phrasal verb	to tell someone something, often because you believe they do not know it or have forgotten it	I pointed out that Tom already had a lot of work to do.	darauf hinweisen
put up with	phrasal verb	to accept or continue to accept an unpleasant situation or experience	I can't put up with her rudeness any longer.	ertragen
recurring	adjective	experienced repeatedly	a recurring dream	immer wiederkehrend
row	noun	a noisy argument	I heard my neighbours having a row.	Streit
statistically	adverb	using information based on a study of the number or times that something happens or is present	Statistically, young men are more likely to be attacked than young women.	statistisch
stimulate	verb	to make someone excited and interested about something	The film was intended to stimulate and amuse.	einen Anreiz geben
take for granted	phrase	If you take someone for granted, you do not realise or show that you are grateful for the things they do for you.	My husband is starting to take me for granted.	etw. als gegeben hinnehmen
threatening	adjective	expressing a threat of something unpleasant or violent	The situation soon became threatening.	bedrohlich
time well spent	phrase	a period of time in which you have done something useful	The time it took to correct the essay was time well spent.	sinnvoll genutzte Zeit
tremble	verb	to shake slightly, usually because you are cold, frightened, or very emotional	She trembled as she stood up to address the hall.	zittern

Unit 10				
HEADWORD	Part of speech	DEFINITION	Example	German
bargain	noun	something on sale at a lower price than its true value	This coat was half-price - a real bargain.	Schnäppchen
awkward silence	phrase	an uncomfortable pause in a conversation	When I asked if he was married, there was an awkward silence.	betretenes Schweigen
bitter	adjective	describes a person who is angry and unhappy with their life	I feel very bitter about my childhood and all that was denied me.	bitter
brand	noun	a type of product made by a particular company	This isn't my usual brand of deodorant.	Marke
check out	phrasal verb	to have the cost added up and pay for things you have bought in a shop	I put a load of food in my trolley and checked out.	bezahlen
competitive	adjective	Competitive prices, services, etc. are as good as or better than other prices, services, etc.	The store has very competitive prices.	wettbewerbsfähig
consumer	noun	a person who buys goods or services for their own use	The new telephone rates will affect all consumers including businesses.	Verbraucher
counter	noun	a long flat narrow surface or table in a shop, bank, restaurant, etc. at which people are served	There was nobody behind/on the counter when I went into the bank.	Schalter
debit card	noun	a small rectangular piece of plastic which allows you to make a payment or get money from a bank	I don't have any cash - can I put this on my debit card?	Bankkarte
do excellent/good, etc. business	phrase	If a company does excellent/good, etc. business, it sells a lot of its products or services.	We do excellent business in Japan.	sehr gute Geschäfte machen
errand	noun	a short journey either to take a message or to take or collect something	I'll meet you at six, I've got some errands to do/run first.	Erliegungen
gap-toothed	adjective	having a noticeable space between two teeth	a gap-toothed kid	mit Zahnlücke(n)
grocery list	noun	a shopping list	I lost my grocery list.	Einkaufsliste
head out	phrasal verb	to begin a journey	He headed out to meet his friends.	(hinaus)gehen
hit the gym	phrase	(informal) to go to the gym	After work, I usually hit the gym.	ins Fitnessstudio gehen
in stock	phrase	available to be bought in a shop	There are no more blue skirts in stock.	auf Lager
kick up a fuss	phrase	(informal) to show a lot of anger, worry, or excitement	Mum kicked up a fuss about us being late home.	Theater machen
masses	plural noun	(informal) a large number	There were masses of people there.	Massen
mismatched	adjective	If things are mismatched, they are not similar and do not look good together.	The furniture was old and mismatched.	nicht zusammenpassend
mold	verb	to change or influence someone or something	to mold the character of a child	formen
out of stock	phrase	If goods are out of stock, the shop does not have them available to buy.	We are out of stock in this item.	vergriffen
outskirts	noun	the outer area of a city or town	They live in the outskirts of Manchester.	Vorort
oversimplify	verb	to describe or explain something in such a simple way that it is no longer correct or true	Her article oversimplified the situation.	zu stark vereinfachen
purchase	noun	something that you have bought	I took my purchases home.	Einkäufe
purchase	verb	to buy	She purchased her first house with the money she inherited.	kaufen
redesign	verb	to design something so that it looks different	They have redesigned the seating area.	neu gestalten
sidewalk	noun	a path with a hard surface on one or both sides of a road, that people walk on	Keep to the sidewalk Rosie, there's a good girl.	Bürgersteig
spill out	phrasal verb	to flow or fall out of a container	Her long hair was spilling out of her hat.	hervorquellen
sweat	verb	to have salty liquid coming through your skin because you are hot, frightened, or ill	We were all sweating in the hot sunshine.	schwitzen
tanned	adjective	Tanned skin is brown from being in the sun.	She stretched out her tanned legs.	(sonnen)gebräunt
unavailable	adjective	If something is unavailable, you cannot get it or use it.	This information was previously unavailable to the public.	nicht verfügbar
wrinkled	adjective	wrinkled skin has small lines on it	his wrinkled face	faltig

Unit 11				
HEADWORD	Part of speech	DEFINITION	Example	German
anatomy	noun	the scientific study of the body and how its parts are arranged	An understanding of human anatomy is important to a dancer.	Anatomie
cell biology	noun	the scientific study of the natural processes of living things, focusing on the smallest basic units of a plant or animal	a book about cell biology	Zellbiologie
check-up	noun	a medical examination to test your general state of health	She goes to her doctor for regular check-ups.	Kontrolluntersuchungen
clinical	adjective	connected with medical work or the treatment of ill people	clinical tests/training	klinisch
dermatology	noun	the scientific study of the skin and its diseases	He specialises in dermatology.	Dermatologie
disability	noun	an illness, injury, or condition that makes it difficult for someone to do the things that other people do	a physical/learning disability	Behinderung
functioning	adjective	If something is functioning, it is working as it should.	The country does not yet have a functioning democracy.	funktionierend
get over	phrasal verb	to get better after an illness	It took me weeks to get over the virus.	über etw. hinwegkommen
high point	noun	The high point of an event or period of time is the point at which the most enjoyable thing happens.	His performance was the high point of the evening.	Höhepunkt
inability	noun	lack of ability to do something	Inability to use a computer is a serious disadvantage when you are applying for jobs.	Unfähigkeit
informal	adjective	not formal or official	The two groups agreed to hold an informal meeting.	zwanglos
inspire	verb	to make someone feel that they want to do something and can do it	His confident leadership inspired his followers.	inspirieren
investigate	verb	to examine a problem, crime, statement, etc carefully	The doctor investigated his symptoms.	untersuchen
misdiagnose	verb	to be wrong about the type of illness or medical condition a patient has	Her cancer was misdiagnosed as stress.	falsche Diagnose stellen
module	noun	one of the units that together make a course of study	We do a module on Shakespeare.	Modul
neurology	noun	the study of the structure and diseases of the brain and all the nerves in the body	She works in the neurology department.	Neurologie
neuroscience	noun	the study of the structure and diseases of the brain and all the nerves in the body	He wants to study neuroscience.	Neurowissenschaften
occasional	adjective	not happening or done often or regularly	I enjoy the occasional curry.	gelegentlich
on duty	phrase	at work, doing your job	He was suspended from the force for sleeping while on duty.	im Dienst
operating theatre	noun	a room in which surgical operations are performed	They took him down to the operating theatre.	OP, Operationssaal
overlook	verb	to fail to notice or consider something	I think there is one key fact that you have overlooked.	übersehen
persist	verb	If an unpleasant feeling or situation persists, it continues to exist.	If the pain persists, consult a doctor.	andauern
practising	adjective	actively involved in a job	She's a practising lawyer.	praktizierend
put on weight	phrase	If someone puts on weight, they become heavier.	I've put on a lot of weight recently.	zunehmen
supplementary	adjective	extra	The website includes some supplementary exercises.	ergänzend
surgery	noun	the treatment of injuries or diseases in people or animals by cutting open the body and removing or repairing the damaged part	The patient had/underwent surgery on his heart.	Operation
time-intensive	adjective	using or needing a lot of time	Learning a language is very time-intensive.	zeitintensiv
treatment	noun	the use of drugs, exercises, etc. to cure a person of an illness or injury	free dental treatment	Behandlung
unaware	adjective	not understanding or realising something	He was unaware that the police were watching him.	nichtsahnend
uptight	adjective	worried or nervous and not able to relax	She's a bit uptight about her exams.	nervös
ward	noun	one of the parts or large rooms into which a hospital is divided, usually with beds for patients	a geriatric/maternity/psychiatric ward	Station

Unit 12				
HEADWORD	Part of speech	DEFINITION	Example	German
at the top of your voice	phrase	very loudly	He was shouting at the top of his voice.	lautstark
ban	verb	to refuse to allow something, especially officially	Cycling is banned inside the shopping centre.	verbieten
bark	verb	(of a dog) to make a loud, rough noise	The dog kept barking.	bellen
brief	verb	to give someone instructions about what they should do or say	We had already been briefed about what we had to do.	informieren
cactus	noun	a desert plant, usually with thick stems for storing water	cactus leaves	Kaktus
commitment	noun	something that you must do or deal with that takes your time	family/work commitments	Verpflichtungen
dare	verb	to be brave enough to do something difficult or dangerous	I didn't dare (to) cross the river.	wagen
deny	verb	to not allow someone to do or have something	Nobody should be denied a good education.	verweigern
eyesight	noun	the ability to see	good/bad/poor eyesight	Schermögen
fade	verb	to lose colour, brightness or strength gradually	The light was fading.	schwinden, verblassen
fragile	adjective	easily damaged, broken or harmed	Be careful with that vase - it's very fragile.	zerbrechlich
gross	adjective	(informal) extremely unpleasant	Your feet are gross!	ekelhaft
habitat	noun	the natural environment in which an animal or plant usually lives	the natural habitat of the fox	Lebensraum
intruder	noun	someone who is in a place or situation where they are not wanted	I feel like an intruder when I visit their home.	Eindringling
keep an eye out	phrase	to watch for something or someone	Keep an eye out for the postman.	Ausschau halten nach
mark	verb	to show where something is by drawing or putting something somewhere	The route is clearly marked.	kennzeichnen
melt	verb	When ice melts, it turns into water.	The snow usually melts by the end of March.	schmelzen
numb	adjective	If a part of your body is numb, you are unable to feel it, usually for a short time	I had been lying awkwardly and my leg had gone numb.	taub
orphan	verb	if a person or animal is orphaned, their parents have died or been killed	She was orphaned at the age of five.	zum Waisen werden
penultimate	adjective	next to the last	the penultimate scene of the play	vorletzter
pick out	phrasal verb	to recognise, find, or make a choice among different people or things in a group	They hope to pick out future champions.	auswählen
prick	noun	a small hole made by something sharp	I felt a little prick.	Stich
rule out	phrasal verb	to decide or say that something is impossible or will not happen	to rule out the possibility of error	ausschließen
run for your life	phrase	to run away to save your life	The captain told us to run for our lives.	um sein Leben rennen
serve a purpose	phrase	to be useful in some way	I suppose this knob must serve some purpose.	einen Zweck erfüllen
species	noun	a set of animals or plants in which the members have similar characteristics to each other and can breed with each other	Mountain gorillas are an endangered species.	Art
spine	noun	a long, sharp point like a needle	a cactus spine	Stachel
tangle	verb	to form a twisted mass	My shoelaces were tangled.	sich verheddern
to the untrained eye	phrase	to someone without the skill or knowledge to judge what they see	To the untrained eye, these insects all look the same.	für das ungeschulte Auge
trample	verb	to step heavily on something or someone, causing damage or injury	Somebody trampled all over my flowerbed!	(zer)trampeln
trunk	noun	the long, tube-shaped nose of an elephant	Elephants use their trunks to drink, wash and eat.	Rüssel
wild animal	noun	an animal that lives independently of people, in natural conditions and with natural characteristics	We saw lots of wild animals.	wildes Tier

Unit 13				
HEADWORD	Part of speech	DEFINITION	Example	German
breathe down someone's neck	phrase	to stay close to someone, watching everything that they do	I don't want my parents breathing down my neck all the time.	jdm. im Nacken sitzen
calm down	phrasal verb	to stop feeling upset, angry, or excited	He calmed down a bit when we explained what had happened.	sich beruhigen
cellar	noun	a room under the ground floor of a building, usually used for storage	We keep our gardening tools in the cellar under the kitchen.	Keller
chatter	noun	conversation about things that are not important	I can't concentrate with Ann's constant chatter.	Geplapper
close to nature	phrase	in a situation in which you experience and enjoy nature	When you go camping, you really feel close to nature.	nahe zur Natur
customary	adjective	traditional	In my village, it is customary for a girl to take her mother's name.	üblich
drop in	phrasal verb	to visit a person or a place, often for a short time	I'll drop in on my way home.	vorbeikommen
fetch	verb	to be sold for a particular amount of money	The horse fetched £50 more than it cost.	einbringen
gibber	verb	to speak quickly in a way that is hard to understand, especially when you are frightened or confused	Stop gibbering, and tell us what you saw!	brabbeln
handrail	noun	a long narrow bar of wood or metal which people can hold on to for support, especially when going up or down stairs	Make sure you hold the handrail.	Geländer
haunted	adjective	describes a place where ghosts appear	a haunted castle	verwunschen
hi-tech	adjective	using the most advanced and developed machines and methods	This weapons system is an affordable, hi-tech solution.	Hitech-
holler	verb	(informal) to shout loudly	He was hollering something about seeing a snake.	brüllen
invasion	noun	when an army or country uses force to enter and take control of another country	They were planning an invasion of the north of the country.	Invasion
jumbled	adjective	mixed in an untidy and confused way	a jumbled mass of toys	durcheinandergeworfen
make up	phrasal verb	to form a particular thing, amount, or number as a whole	This book is made up of a number of different articles.	bestehen aus
oak	noun	a large tree that is common especially in northern countries, or the hard wood of this tree	a mighty oak	Eiche
pale	adjective	describes someone's face or skin when it has less colour than usual, for example when they are ill or frightened	I go pale at the sight of blood.	blass
pop in	phrasal verb	(informal) to go to a place, often for a short time	My friend popped in for five minutes.	vorbeischauen
regard	verb	to consider or have an opinion about something or someone	They regarded her as their friend.	ansehen
renew	verb	to increase the life of or replace something old	Every year I renew my membership of the sports club.	erneuern
shutter	noun	a wooden cover on the outside of a window which prevents light from coming into a room	We closed the shutters at night.	Fensterlade
steep	adjective	(informal) (of a price) higher than is reasonable	Those prices are too steep for me.	überhöht
storey	noun	a level of a building	a three-storey house	Geschoss
supernatural phenomena	phrase	things that cannot be explained by our knowledge of science or nature	She does not believe in supernatural phenomena.	übernatürliche Erscheinungen
tell off	phrasal verb	to speak angrily to someone because they have done something wrong	It was about time that someone told him off.	schimpfen (mit jdm.)
ups and downs	phrase	the mixture of good and bad things that happen to people	Like most married couples, we've had our ups and downs.	Höhen und Tiefen
warehouse	noun	a large building for storing things before they are sold, used, or sent out to shops	The goods have been sitting in a warehouse for months.	Lager
well	noun	a deep hole in the ground from which you can get water	We went to the well every day.	Brunnen

Unit 14				
HEADWORD	Part of speech	DEFINITION	Example	German
catch your breath	phrase	to stop or rest until you can breathe comfortably again	I stopped at the top of the hill to catch my breath.	verschlaufen
commemorate	verb	to remember officially and give respect to a great person or event, especially by a public ceremony or by making a statue or special building	We gathered to commemorate those who lost their lives in the Great War.	etw./jds. gedenken
disguise	noun	something that someone wears to hide their true appearance	She was wearing a disguise.	Verkleidung
dizziness	noun	the feeling that everything is turning around and that you are about to fall down	The ear infection caused me a lot of dizziness.	Schwindelgefühl
dress up	phrasal verb	to wear your best clothes or to wear a costume	They were dressed up for the parade.	sich festlich kleiden
drizzle	noun	rain in very small light drops	Tomorrow will be cloudy with outbreaks of rain and drizzle.	Nieselregen
finalise	verb	to make a final and certain decision about a plan, date, etc.	We'll finalise the date nearer the time.	endgültig festlegen
gather	verb	to come together in a group around a central point	Let's gather round the fire and sing.	sich treffen
harvest	noun	crops which are cut and collected	There was a good harvest this year.	Ernte
hold	verb	to make something such as a party, a meeting, or an election happen	Could we hold a meeting to discuss this tomorrow afternoon?	veranstalten
juggle	verb	to throw several objects up into the air, and then catch and throw them up repeatedly so that one or more stays in the air, usually to entertain people	He was juggling with burning torches.	jonglieren
let off	phrasal verb	to make something such as a bomb or fireworks explode	They were letting off fireworks in the streets.	anzünden
let your hair down	phrase	to allow yourself to behave much more freely than usual and enjoy yourself	Why don't you let your hair down for once?	aus sich herausgehen
living	noun	the money that you earn from your job	What do you do for a living?	Lebensunterhalt
make a fool of	phrase	to trick someone or to make them appear foolish	She only asked me the question to try to make a fool of me.	jd'n. lächerlich machen
makeshift	adjective	temporary and of low quality, but used because of a sudden need	Thousands of refugees are living in makeshift camps.	provisorisch
make your way	phrase	to go to a place	We made our way to the station.	sich auf den Weg machen
mist	noun	small drops of water in the air which make it difficult to see objects which are not near	The mountains were covered in freezing mist.	Nebel
myth	noun	an ancient story or set of stories, especially explaining in a literary way the early history of a group of people or about natural events and facts	ancient myths	Mythos
overlook	verb	to provide a view of, especially from above	Our hotel room overlooked the harbour.	Blick haben auf
palpable	adjective	so obvious that it can easily be seen or known	Her joy was palpable.	spürbar
parade	noun	a large number of people walking or in vehicles, all going in the same direction, usually as part of a public celebration of something	a victory parade	Parade
stunt	noun	an exciting action that is dangerous or appears to be dangerous, often done to entertain people	an acrobatic stunt	Stunt-Darbietung
symbolise	verb	to represent something	The key symbolises knowledge.	symbolisieren
unwind	verb	to relax and allow your mind to be free from worry after a period of work or some other activity that has made you worried	Yoga helps me to unwind after work.	entspannen
vantage point	noun	a place, especially a high place, which provides a good, clear view of an area	We could see the riders from our vantage point at the top of the hill.	Aussichtspunkt
wave	noun	a sudden strong feeling that gets stronger as it spreads	a wave of panic	Welle
wide-brimmed	adjective	A wide-brimmed hat has a wide part at the bottom which sticks out around it.	She wore a wide-brimmed hat to keep the sun off her face.	breitkrepig
wind your way	phrase	to go somewhere by a route that turns repeatedly in different directions	They wound their way back down the valley.	auf einer serpentinenartigen Strecke fahren