

Journeys

Words and phrases

Lead in

6.01 epic /'epɪk/ (adj)

very great and impressive ♦ *Hillary will always be remembered for his epic climb of Mount Everest in 1953.* ► epic (n)

6.02 articulated lorry

/ɑːˌtɪkjələ'tɪd 'lɒrɪ/ (n)
long vehicle with two or more sections that move separately so that it can go round corners more easily ♦ *You have to have a special licence to drive an articulated lorry* ►

6.03 motivational

/ˌməʊtɪ'veɪʃənəl/ (adj)
encouraging people to succeed ♦ *His speech was very motivational and we could all see the benefits of getting good results.* ► motivate (v), motivation (n), motivated (adj)

6.04 break a record

/ˌbreɪk ə 'rekɔːd/ (phr)
achieve a better result than has been done before, usually in sport or competition ♦ *Yesterday children at the ice rink broke the record for the longest line of people on ice. There were over 200 of them!*

6.05 thunderstorm

/'θʌndə'stɔːm/ (n)
storm with thunder and lightning and usually heavy rain ♦ *You should never stand under a tree during a thunderstorm because the lightning might hit the tree.*

6.06 strengthen /'streŋθən/ (v)

make stronger ♦ *Drink a lot of milk and it will strengthen your teeth and bones.* ► strength (n), strong (adj)

6.07 odyssey /'ɒdəsi/ (n)

very long journey full of different experiences

6.08 disillusioned

/ˌdɪsɪ'luːʒnd/ (adj)
disappointed because what you believed to be good now seems without value ♦ *After working for the film company for a month Sarah became disillusioned. She'd thought it was going to be much more exciting.* ► disillusion (v), disillusionment (n unc), illusion (n)

6.09 blister /'blɪstə(r)/ (n)

painful place on the skin after rubbing against sth like a shoe ♦ *Andy had terrible blisters on his feet after running the London Marathon.* ► blister (v), blistered (adj)

6.10 swell /swel/ (v)

get bigger ♦ *My knee swelled up when I fell over playing tennis. I couldn't pull my jeans over it!* ► swollen (adj), swelling (n)

6.11 aching /'eɪkɪŋ/ (adj)

hurting, pain that is not sharp but goes on for a long time ♦ *I worked at the computer for too long yesterday and went to bed with an aching head.* ► ache (n, v)

6.12 ankle /'ŋ/ (n)

joint where the foot meets the leg ♦ *Did you know that Tom broke his ankle on Saturday during the match? He can't play for six weeks.*

6.13 dozen /'dʌzn/ (n)

twelve ♦ *Can I have a dozen eggs please?*

6.14 tube /tjuːb/ (n)

long narrow container for thick liquids ♦ *Do they sell the skin cream in tubes or is it only in bottles?* ► tubular (adj)

6.15 contemplate

/'kɒntəmpleɪt/ (v)
think about, consider ♦ *When my dad was young he never contemplated going to college but now he wishes he had.* ► contemplation (n)

6.16 calf /kɑːf/ (n)

back of the leg below the knee

6.17 fearsome /'fiəsəm/ (adj)

frightening ♦ *In the book the soldiers meet some fearsome animals in the forest.* ► fear (n), fearful (adj)

6.18 trail /treɪl/ (v)

follow ♦ *The police trailed the suspect for three days but he did nothing wrong.* ► trail (n), trailing (adj)

6.19 smash a record

/ˌsmæʃ ə 'rekɔːd/ (phr)
beat the best ever result by a long way ♦ *Phil smashed the school high jump record by several centimetres.*

6.20 set a record

/ˌset ə 'rekɔːd/ (phr)
establish the best result that has ever been recorded ♦ *Katy set the record for eating the most biscuits in ten minutes!*

6.21 hip /hɪp/ (n)

part of the side of the body between the top of the leg and the waist

6.22 elbow /'elbəʊ/ (n)

part of the body where the arm bends

6.23 skinny /'skɪni/ (adj)
very thin ♦ *She's very skinny these days but it doesn't suit her.* ! not polite ► skin (n)

6.24 for the time being
/fə ðə 'taɪm 'biːɪŋ/ (phr)
at the moment, temporarily ♦ *For the time being I'm working at the supermarket but I hope to go back to college later in the year.*

6.25 in the long term
/ɪn ðə 'lɒŋ 'tɜːm/ (phr)
over a long period of time in the future ♦ *We're happy living here at the moment but in the long term I think we'll make a home in America.*

6.26 on the cards
/ɒn ðə 'kɑːdz/ (idm)
likely to happen ♦ *It's on the cards that the film will win at least three Oscars.* ⓘ informal

Vocabulary

6.27 platform /'plætfɔːm/ (n)
place in a station where the trains stop

6.28 check-in /'tʃek ɪn/ (n)
place in an airport where you give in your cases and receive a pass to get on the plane

6.29 departure lounge
/dɪ'pɑːtʃə 'laʊndʒ/ (n)
place in an airport where you wait to get on the plane

6.30 customs /'kʌstəmz/ (n pl)
the place at an airport where your bags may be checked as you come into a country ♦ *They didn't stop me in customs. I came through quite quickly.*

6.31 baggage /'bæɡɪdʒ/ (n unc)
cases and bags you take on a journey ♦ *I was only going to stay for the weekend so I didn't have much baggage.*

6.32 cabin /'kæbɪn/ (n)
place on a plane or boat where people travel

6.33 mast /mɑːst/ (n)
tall pole on a boat where the sails are connected ♦ *In the high winds the small boat lost its mast and nearly sank.*

6.34 propeller /prə'pelə(r)/ (n)
a device with two or more blades that turns quickly to allow a boat or plane to move through the water or air ► propel (v)

6.35 barge /bɑːdʒ/ (n)
boat that transports things along a river

6.36 hovercraft /'hɒvəkraːft/ (n)
boat that travels slightly above the water on a cushion of air ► hover (v)

6.37 ferry /'feri/ (n)
large boat that transports passengers across water ► ferry (v)

6.38 scooter /'skuːtə(r)/ (n)
small motorbike

6.39 visa /'viːzə/ (n)
official document you need to travel to some countries ♦ *Diana had to return to England because her visa had run out.*

6.40 board /bɔːd/ (v)
to get on a plane or boat
♦ *Passengers with young children are allowed to board the plane first.*

6.41 gate /geɪt/ (n)
place where passengers leave the airport building to board a plane
♦ *The plane for Madrid is boarding at Gate 15.*

6.42 boarding pass
/'bɔːdɪŋ 'pɑːs/ (n)
ticket you need when getting on a plane

6.43 to cap it all
/tə 'kæp ɪt 'ɔːl/ (idm)
the final and worst/best thing to happen ♦ *We queued for hours to buy tickets for the concert and to cap it all it started to rain!*

6.44 runway /'rʌnweɪ/ (n)
strip of ground that planes use to take off and land at an airport
Grammar

6.45 fancy dress
/ˌfænsi 'dres/ (adj)
clothes worn especially at a party to make you look like sb else ♦ *My dad always dresses up as Batman when he goes to a fancy dress party!*

6.46 theme /θiːm/ (n)
subject or main idea ♦ *We're going to see an art exhibition today and its theme is 'The French Countryside'.* ► thematic (adj)

6.47 steer /stiə(r)/ (v)
direct a car or boat ♦ *When I was learning to drive I had real trouble steering the car round roundabouts!*

6.48 grounded /'graʊndɪd/ (adj)
when a boat goes into shallow water and can't move because it has hit the bottom ♦ *While we were fishing the boat drifted into shallow water and we became grounded.* ► ground (n)

6.49 wade /weɪd/ (v)
walk with difficulty through water
♦ *We saw a box in the sea and Oliver waded out to see what it was.*

6.50 steady /'stedi/ (adj)
not moving up and down ♦ *I don't get sick when the boat is steady but if the sea is rough I get very ill!*
unsteady (adj), steady (v)

6.51 alongside /ə'lɒŋ'saɪd/ (adv)
next to or at the side of sth else
♦ *Our boat wouldn't start but Gary came alongside in his boat and helped us.*

6.52 minimise /'mɪnɪmaɪz/ (v)
reduce to the lowest possible level
♦ *You can minimise the risk of catching a cold by eating lots of fruit.*
► minimal (adj), minimalist (adj)

Listening

- 6.53 crossing** /'krɒsɪŋ/ (n)
journey a ferry makes from one place to another ♦ *The crossing took two hours because of the high winds.* ► cross (v)
- 6.54 flat tyre** /,flæt 'taɪə(r)/ (n)
when the air has gone out of the rubber ring in a car or bicycle wheel
- 6.55 traffic warden**
/'træfɪk 'wɔːdn/ (n)
person whose job is to check where and when people park their cars ♦ *Luckily the traffic warden didn't notice we had parked the car in the wrong place.*
- 6.56 fill up** /,fɪl 'ʌp/ (v)
put as much petrol in your car as it can take ♦ *We filled up before we set off on the long journey.*
- 6.57 stop** /stɒp/ (n)
where a person gets off a bus or train ♦ *Gareth fell asleep on the train and missed his stop!*
- 6.58 plus** /plʌs/ (prep)
as well as sth/sb ♦ *I'm having 20 people to my party, plus family makes 25.*
- 6.59 congestion** /kən'dʒestʃən/ (n)
too much traffic ♦ *There's always bad congestion on the motorway in the rush hour. I prefer to take the train to avoid it.* ► congested (adj), congest (v)
- 6.60 lane** /leɪn/ (n)
narrow divisions of a road ♦ *Keep in the right hand lane when you get to the roundabout.*
- 6.61 fare** /feə(r)/ (n)
money you pay for a journey by bus, train, plane, etc. ♦ *Train fares are going up again next month. It's so expensive now.*

- 6.62 leak** /liːk/ (n)
hole that allows liquid to come out ♦ *There's a leak in the pipe in the kitchen and there's water all over the floor.* ► leak (v)

Speaking

- 6.63 excursion** /ɪk'skɜːʒn/ (n)
organised trip or short break ♦ *While Jan and I were on holiday in Egypt we went on an excursion to the desert. It was fantastic.*
- 6.64 option** /'ɒpʃn/ (n)
choice ♦ *If we don't go by plane, what are the other options?* ► opt (for) (v), optional (adj)

Use of English

- 6.65 forbidden** /fə'bɪdn/ (adj)
not allowed ♦ *On this diet chocolate is completely forbidden.*
► forbid (v), forbidding (adj)

Vocabulary

- 6.66 pay in full** /,peɪ ɪn 'fʊl/ (phr)
pay the complete amount ♦ *I don't owe any money. I paid in full when I made the booking.*
- 6.67 come up to scratch**
/,kʌm ʌp tə 'skrætʃ/ (idm)
be good enough ♦ *He was fired because his work didn't come up to scratch.* ① Usually used in the negative.
- 6.68 when it comes to**
/,wen ɪt 'kʌmz tə/ (phr)
when you're thinking about or considering ♦ *I like singing but when it comes to going on stage I get very frightened.*
- 6.69 it goes to show that**
/,ɪt 'gəʊz tə ,ʃəʊ ðæt/ (phr)
it proves that, from this you can see that ♦ *My aunt, who is 85, has just had her first book published. It goes to show that you're never too old to start a new career!*

- 6.70 cruise** /kruːz/ (n)
holiday on a large boat ♦ *My parents like cruises but I like to have more freedom when I'm on holiday.* ► cruise (v)

- 6.71 cell** /sel/ (n)
room where prisoners are kept in a prison ♦ *The prisoner was locked in his cell for 15 hours every day.*

- 6.72 heartbroken**
/'hɑːtbreʊkən/ (adj)
very, very upset ♦ *I was heartbroken when our old cat finally died.* ► heartbreak (n), heartbreaking (adj)

Writing

- 6.73 take sb up on**
/,teɪk ... 'ʌp ɒn/ (v)
accept an offer ♦ *Rob said I could borrow his laptop for the weekend and I'm going to take him up on it.*
- 6.74 be dying to**
/,bi 'daɪŋ tə/ (idm)
want very much to do sth ♦ *I'm dying to see the new James Bond film. Will you come with me?*
- 6.75 gear** /ɡɪə(r)/ (n)
clothes and equipment you need for a particular activity ♦ *I've put all Stuart's football gear in the car in case he needs it.*
- 6.76 stuff** /stʌf/ (n)
things ♦ *A lot of the stuff on this table is yours. Can you take it up to your room?* ► stuff (v)
① informal
- 6.77 immigration** /,ɪmɪ'ɡreɪʃn/ (n)
officials who check the documents of people entering a country
► immigrate (v), immigrant (n)

Review

- 6.78 essential** /ɪ'senʃl/ (adj)
very important, necessary ♦ *It's essential for you to have the right visa.* ► essence (n)
- 6.79 nocturnal** /nɒk'tʃ:nl/ (adj)
active at night, not during the day ♦ *The owl is a nocturnal bird. You'll rarely see one during the day.*

Workbook Reading

- 6.80 breathtaking** /'breθteɪkɪŋ/ (adj)
very exciting ♦ *In the film there's a breathtaking car chase through the heart of the city. It's simply amazing that no one gets killed!*
- 6.81 gift** /ɡɪft/ (n)
present ♦ *It's a custom to take a gift when you visit someone's new house for the first time.* ► gifted (adj)
- 6.82 diagnose** /'daɪəgnəʊz/ (v)
identify an illness or medical problem ♦ *The doctors didn't diagnose his illness in time and unfortunately he died.* ► diagnosis (n), diagnostic (adj)
- 6.83 incurable** /ɪn'kjʊərəbl/ (adj)
impossible to cure, make better ♦ *Scientists believe that many illnesses that are incurable today will be curable in the next twenty years.* ► cure (n, v), cured (adj)
- 6.84 condition** /kən'dɪʃn/ (n)
illness or long-standing medical problem ♦ *Because of his condition he can't return to work for another four weeks.* ► conditions (n pl), conditional (adj), conditioning (n)
- 6.85 nerve-racking** /'nɜ:v ,rækɪŋ/ (adj)
very frightening to do ♦ *It must be nerve-racking for the contestants on the TV show when they have to stand there waiting for the results.*
- 6.86 unpredictable** /,ʌnpri'dɪktəbl/ (adj)
changeable, difficult to guess what will happen ♦ *Children's behaviour is often unpredictable. You never know what they're going to do next!* ► predictable (adj), predictability (n), predict (v), prediction (n)
- 6.87 determined** /dɪ'tɜ:mɪnd/ (adj)
having made a firm decision to do sth ♦ *Gina is taking her driving test for the fifth time because she's determined to pass!* ► determine (v), determination (n)
- 6.88 whale** /weɪl/ (n)
very large mammal that lives in the sea and looks like a large fish
- 6.89 fearless** /'fiələs/ (adj)
unafraid, having no fear ♦ *People who do extreme sports are usually quite fearless. They don't think about the things that can go wrong.* ► fear (n), fearful (adj)
- 6.90 parachute** /'pærəʃu:t/ (n)
a device that can be attached to people to make them fall slowly and safely from an aircraft
- 6.91 connect with** /kə'nekt/ (v)
feel a link with, form a good relationship with ♦ *I went on an adventure holiday last summer but I didn't really connect with the other people.* ► connection (n), connected (adj)
- 6.92 ranch** /rɑ:ntʃ/ (n)
large farm with cows and horses especially in N and S America or Australia
- 6.93 head off to** /,hed 'ɒf ,tu: ,tə/ (phr v)
go in the direction of ♦ *After dinner Jack and Penny headed off to the night club.*

- 6.94 register** /'redʒɪstə(r)/ (v)
record officially ♦ *They registered the baby's birth two weeks later.* ► register (n), registration (n)
- 6.95 matter** /'mætə(r)/ (v)
be important ♦ *Every student in this school matters to the head teacher – whether they're very clever or not.*

Vocabulary

- 6.96 boot** /bu:t/ (n)
part of car at the back that you can put bags and cases in
- 6.97 handlebars** /'hændlbɑ:z/ (n pl)
metal bar with a handle at each end that you hold when you're riding a bicycle
- 6.98 ignition** /ɪg'niʃn/ (n)
you turn this on to start a car
- 6.99 saddle** /'sædl/ (n)
seat on a bicycle or motorbike
- 6.100 first aid kit** /,fɜ:st 'eɪd ,kɪt/ (n)
box with things to help in medical emergencies ♦ *We always keep a first aid kit in the back of the car.*
- 6.101 terrain** /tə'reɪn/ (n)
ground ♦ *The terrain was difficult to drive over with the car but the motorbikes had no problem!*
- 6.102 junction** /'dʒʌŋkʃn/ (n)
where two or more roads meet ♦ *Turn left at the junction and our house is opposite the garage.*
- 6.103 puncture** /'pʌŋktʃə(r)/ (n)
hole in the tyre of a car or bike
- 6.104 gust** /gʌst/ (n)
sudden wind ♦ *Last night there were some gusts of over 80 mph.*
- 6.105 swerve** /swɜ:v/ (v)
change direction of a vehicle quickly to avoid sth ♦ *Dad swerved because there was a dog in the road and the car nearly crashed into a wall.*

Listening

6.106 facilities /fə'sɪlətɪz/ (n pl)
services, buildings, equipment,
etc. provided for entertainment
in a particular place ♦ *We enjoy
living in this area because of all
the facilities – like the leisure centre
and the library.*

6.107 tram /træm/ (n)
electric vehicle that runs on rails
through the streets of a town or
city

6.108 gaze /geɪz/ (v)
look at for a long period of time
without real focus ♦ *Nathan was
gazing out of the window in class
instead of doing the exercise.* ► gaze
(n)

6.109 windscreen /'wɪndskri:n/ (n)
front window of a car

6.110 campaigner
/kæm'peɪnə(r)/ (n)
person who is trying to attract
attention to a particular issue
► campaign (n)

6.111 monorail /'mɒnəʊreɪl/ (n)
form of transport like a train using
one rail only and often up in the
air ♦ *There was a monorail around
the theme park so you could see
everything from high up.*

6.112 far from /'fɑ: frəm/ (phr)
almost the opposite of sth ♦ *Far
from earning a lot of money in
America Kim couldn't even afford a
one room flat.*

6.113 be set to
/,bi 'set ,tu:, tə/ (v)
be likely to happen in the near
future ♦ *Petrol prices are set to
increase again next month.*

6.114 mix (with) /'mɪks (,wɪð)/ (v)
be friendly and play together
♦ *Little girls of eight don't often
mix with the boys in their class.*
► mixture (n), mixed (adj)

6.115 set down /,set 'daʊn/ (v)
stop to let a passenger get out,
often of a taxi ♦ *The driver set me
down outside the hotel.*

6.116 overtake /,əʊvə'teɪk/ (v)
go past the car or vehicle in front of
you ♦ *It's very dangerous to overtake
when you're going up a hill.*

6.117 withstand /wɪð'stænd/ (v)
be strong enough not to be
damaged or hurt by ♦ *This old
house has withstood the wind and
the rain for hundreds of years.*

6.118 equipped (with)
/ɪ'kwɪpt (,wɪð)/ (adj)
having as part of the design ♦ *The
car comes equipped with the latest
electronic devices.* ► equipment (n
unc), equip (v)