

# Journeys

## Words and phrases

### Lead in

#### 6.01 epic /'epik/ (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

/a:tɪkjələritɪd 'lɔri/ (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

/,məʊtɪ'veɪʃənl/ (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

/breɪk ə 'rekɔ:d/ (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

/θʌndəstɔ:m/ (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 /'strenθən/ (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

/dɪsl'lu:ʒnd/ (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 /'æŋkəl/ (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 /tju:b/ (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 /ka:f/ (n)

back of the leg below the knee

#### 6.17 fearsome /'fɪəsəm/ (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

/,smæʃ ə 'rekɔ:d/ (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

/,set ə 'rekɔ:d/ (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 /hip/ (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 /'skini/ (adj)

very thin ◆ *She's very skinny these days but it doesn't suit her. I'm not polite* ► skin (n)

### 6.24 for the time being

/fə ðə ,taim 'bi:ɪŋ/ (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 'lɔŋ ,tɜ:m/ (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 'ka:dz/ (idm)  
likely to happen ◆ *It's on the cards that the film will win at least three Oscars.* ① informal

## Vocabulary

### 6.27 platform /'plætʃə:m/ (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'pa:tʃə ,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 /'bægidʒ/ (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 /ma:st/ (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 /ba:dʒ/ (n)

boat that transports things along a river

### 6.36 hovercraft /'hɔvəkra:ft/ (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 /'sku:tə(r)/ (n)

small motorbike

### 6.39 visa /'vi:zə/ (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 /bɔ:d/ (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

/'bɔ:dɪŋ ,pɑ:s/ (n)  
ticket you need when getting on a plane

### 6.43 to cap it all

/tə ,kæp it 'ɔ:l/ (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 /'rʌnwei/ (n)

strip of ground that planes use to take off and land at an airport

#### Grammar

### 6.45 fancy dress

/,fænsi '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 /θi:m/ (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,laʊn'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 /'mɪnimائز/ (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 ,wɔ:dn/ (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 /'fil '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 /li:k/ (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'skɜ:ʒn/ (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'bɪdн/ (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 it '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 ðət/ (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 /kru:z/ (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

/'ha:tbrəʊkən/ (adj)  
very, very upset ◆ *I was heartbroken when our old cat finally died.* ► heartbreak (n), heartbreaking (adj)

# Writing

## 6.73 take sb up on

/,terk ... '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 /gɪə(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'greʃn/ (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'tɜːnl/ (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** /'breθətɪkɪŋ/ (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** /gɪft/ (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** /'nɜːv ,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** /ʌnprɪ'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** /drɪ'tɜː: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** /fɪələs/ (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** /rɑːntʃ/ (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** /'hændlba:z/ (n pl)  
metal bar with a handle at each end that you hold when you're riding a bicycle

**6.98 ignition** /ɪg'nɪʃn/ (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** /'fɜːst '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** /swɜːv/ (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'silətɪz/ (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'pænə(r)/ (n) person who is trying to attract attention to a particular issue ► campaign (n)

**6.111 monorail** /'mənəʊreɪl/ (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** /'fa: 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)** /'miks (,wið)/ (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 (,wið)/ (adj) having as part of the design ♦ *The car comes equipped with the latest electronic devices.* ► equipment (n), equip (v)