# 8 My own time

## Glossary

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8.1 free runner (n) /fri: 'rʌnə(r)/
sb who does a sport that involves running and
jumping in the streets • Free runners have
lots of fun, but they can easily fall and get hurt
doing their sport. \* serbest koşucu

## Reading Pages 90-91

- 8.2 eat out (phr v) /ixt aʊt/ have a meal in a restaurant ● They like eating out at different restaurants. ❖ dışarıda yemek
- 8.3 darkness (n) /'dɑːknəs/
  the state of having no light Suddenly, the
  lights went out and the house was in darkness.
  > dark (adj, n), darken (v) ❖ karanlık
- 8.4 nightmare (n) /'naɪtmeə(r)/
  a bad dream that upsets you He had a nightmare about being in a terrible accident and was relieved that it was only a dream.
  ➤ nightmarish (adj) ❖ kabus
- 8.5 caver (n) /'keɪvə(r)/
  sb who explores caves Cavers have to climb
  and swim in order to get to new caves which
  have never been explored. ➤ cave, caving (n)

  \* mağara araştırmacısı
- 8.6 excitement (n) /ɪk'saɪtmənt/
  the state of feeling excited It's a great
  experience to share the excitement of a
  live performance with friends. ➤ excite (v),
  exciting, excited (adj) ❖ heyecan
- 8.7 crawl (v) /krɔːl/
  move along the ground on your hands and
  knees The nine-month-old baby crawled to
  her mother. ➤ crawl (n) ❖ emeklemek
- 8.9 tunnel (n) /'tʌnl/
  a long passage through rock The train
  entered a long tunnel to go through the
  mountain. ❖ tünel

- 8.10 contain (v) /kən'teɪn/
  to have inside or as part of sth This box
  contains some very valuable jewellery. Look
  inside. ➤ container (n) ❖ içermek
- 8.11 feature (n) /ˈfiːtʃə(r)/
  sth typical, important or interesting of a place
  or thing The house has some interesting
  features: a lovely kitchen, a fireplace in every
  room and a large attic. ❖ özellik
- **8.12 formation** (n) /fɔːˈmeɪʃn/ a particular shape or pattern • Experts can tell how old an area is from the rock formations in caves and cliffs. ❖ olusum
- 8.13 speleothem (n) /'spi:li:əθεm/
  rock shapes made by water dripping through
  rock in a cave We saw amazing speleothems
  shaped like castles in the caves. ❖ mağara
  çökeli
- 8.14 structure (n) /'str∧ktʃə(r)/ sth that has been built • The Eiffel Tower is quite old now, but it's still a magnificent structure. ❖ yapı
- **8.15** rainwater (n) /'reɪnwɔːtə(r)/
  water that falls as rain During the storm, the streets flooded with rainwater. ❖ yağmur suyu
- 8.16 stone (n) /stəʊn/
  a hard substance found in the ground The
  men threw stones at the lion to chase it away
  from their village. ➤ stony (adj) ❖ taş
- 8.17 bat (n) /bæt/
  a small animal that has wings and flies at night
  After sunset, the bats were flying around the trees in the square. ❖ yarasa
- 8.18 spider (n) /'spaɪdə(r)/
  a small creature that has eight legs and makes
  a web to catch insects He watched the
  spider climbing up the wall. ❖ örümcek
- 8.19 caving (n) /ˈkeɪvɪŋ/
  the sport of going into underground caves
  Have you ever been caving? ➤ cave,
  caver (n) ❖ mağara yürüyüşü
- 8.20 drinking water (n) /'drɪŋkɪŋ wɔːtə(r)/
  water that is suitable for drinking safely In
  some countries, many people get ill because
  there's no clean drinking water. ❖ içme suyu

- 8.21 risk (n) /rɪsk/
  danger Don't put yourself at risk by going
  sailing in dangerous weather conditions.
  > risk (v), risky (adj) ❖ risk
- 8.22 trapped (adj) /træpt/ not able to get out of or away from sth ● The climbers got trapped in the snow when trying to get back down the mountain. ➤ trap (n, v) ❖ sıkışmış
- 8.23 hypothermia (n) /ˌhaɪpəˈθɜːmiə/
  the state when your body gets so cold that
  it can't get warm again After falling into
  the cold lake, Daniel was suffering from
  hypothermia. ❖ hipotermi
- 8.24 warm up (phr v) /wɔːm ʌp/
  to become warm after being cold I had a
  bowl of hot soup to warm up when I came
  home. ❖ ısınmak
- 8.25 expert (n) /'eksp3:t/
  sb who has a lot of knowledge about sth My
  cousin is an expert on rock formations and is
  studying geology at university. ❖ uzman
- 8.26 explore (v) /ɪk'splɔː(r)/
  to go around a place to learn things about it
  We parked the car and began to explore the forest. ➤ explorer (n), exploration (n)
  keşfetmek
- 8.27 footprint (n) /ˈfotprɪnt/
  a mark in the ground left by a foot or shoe
  We left footprints in the snow when we walked across the garden. ❖ ayak izi
- 8.28 escape (v) /r'skeɪp/
  get away from a place where you do not want
  to be How did the men escape from prison?

  > escape (n) ❖ kaçmak
- **8.29** awful (adj) /'ɔːfl/ not nice; very bad ● *That meal was awful! I'm* not eating there again. ❖ korkunç
- 8.30 amazing (adj) /əˈmeɪzɪŋ/
  surprising; wonderful Your holiday photos
  are amazing. What a beautiful place. ➤ amaze
  (v), amazed (adj) ❖ harika
- 8.31 torch (n) /tɔːtʃ/
  a small light that is held in the hand and is powered by batteries He turned on his torch to see in the darkness. ❖ el feneri
- pay back (phr v) /peɪ bæk/
  to give back money that you owe
  My friend bought our tickets and I paid her back at the end of the month. ❖ geri ödemek
- 8.33 permit (v) /pəˈmɪt/
  to allow Children under 15 are not permitted
  to enter the cave alone. ❖ izin vermek
- 8.34 hand (v) /hænd/ to give sth to sb ● The woman in the ticket office handed me a map. ❖ vermek

#### Vocabulary Page 92

- 8.35 backpacking (n) /'bækpækɪŋ/
  a journey in which you carry everything you
  need in a backpack They went backpacking
  in Cornwall and stayed at a couple of
  campsites. ❖ sırt çantasıyla seyahat
- 8.36 drama (n) /'drɑːmə/
  acting; plays Jane wants to study drama at
  the Royal Academy of Dramatic Art.
  > dramatic (adj), dramatically (adv)
  \$\ddot\text{tiyatro}\$
- 8.37 graphic design (n) /ˈgræfɪk dɪˈzaɪn/
  putting text and images together for
  advertisements, magazines or books The
  book's success will depend on its attractive
  graphic design. ❖ grafik tasarım
- 8.38 sculpture (n) /'sk∧lptʃə(r)/
  making works of art out of stone, wood, metal,
  etc; an object made out of stone, wood, clay,
  etc. There are many examples of ancient
  sculpture in museums in Greece. ➤ sculpt (v),
  sculptor (n) ❖ heykel
- 8.39 squash (n) /skwoʃ/
  an indoor sports game in which players hit a
  ball against a wall Tanya plays squash at the
  sport centre after work to keep fit. ❖ squash
- 8.40 gallery (n) /ˈgæləri/
  a building in which the public can see works
  of art There is a great exhibition of modern
  sculpture at the art gallery. ❖ galeri
- 8.41 leaflet (n) /ˈliːflɪt/
  a piece of paper or a few pages that advertise
  sth or give information about sth The local
  gym has handed out these leaflets which give
  details of prices and special offers. ❖ brosür
- 8.42 face to face (phr) /feɪs tə feɪs/
  very close to sb/sth so you can look at them
  I prefer to have lessons face to face in a classroom rather than doing them online.
  vüz yüze
- **8.43** adore (v) /ə'dɔː(r)/
  to like sth very much *I adore dancing and I*want to be a ballet dancer. ❖ çok sevmek
- 8.44 can't stand (phr) /kɑ:nt stænd/
  to dislike sb/sth very much Vasso can't stand
  the smell of garlic. It makes her feel sick.

  ❖ dayanamamak
- 8.45 record (v) /rr'kɔːd/ to write down information or store sounds or video in a computer so that it can be seen or heard in the future ● The band are recording their new song in the studio now. ➤ record (n) ♣ kaydetmek

- 8.46 podcast (n) /'ppdka:st/
  an audio file from the internet that you can play
  on a computer, smartphone, or other device

  Our French teacher sometimes downloads
  podcasts from French radio stations for us to
  listen to in class. ❖ podcast
- 8.47 video clip (n) /'vɪdiəʊ klɪp/
  a short film or part of a film recorded on the internet We've made a video clip to go online with the band's new song. ❖ video klip
- 8.48 perform (v) /pəˈfɔːm/
  to act, sing, play an instrument, etc. to
  entertain people The singer performed a
  few songs for the audience. ➤ performer,
  performance (n) ❖ icra etmek
- 8.49 photograph (v) /ˈfəʊtəgrɑːf/
  to take a photo of sb/sth lan managed to
  photograph the birds in their nest across
  the lake. ➤ photograph, photography,
  photographer (n), photographic (adj)
  ❖ fotoğraf
- 8.50 ballet (n) /ˈbæleɪ/
  dancing that tells a story with music I love
  watching ballet. The dancers are so graceful.
  ❖ bale
- 8.51 poetry (n) /'pəʊətri/
  a kind of writing, arranged in lines, often with rhyming words at the end Shakespeare wrote poetry as well as plays. ➤ poet, poem (n), poetic (adj) ❖ şiir

#### Free-time activities

backpacking drama poetry
ballet graphic design sculpture
caving podcast video clip

#### Grammar Page 93

- abroad (adv) /ə'brɔːd/
  in or to a foreign country Helen has travelled
  all over her own country, but she has never
  been abroad. ❖ yurt dışı
- 8.53 certain (adj) /ˈsɜːtən/
  being sure about sth, having no doubt /ˈm
  certain you'll really enjoy squash. You're good
  at tennis so you should definitely try it.

  > certainty (n) ❖ emin

## Listening Page 94

8.54 gym (n) /dʒɪm/
a room for doing physical exercise ● The
students are having a PE lesson in the gym.
>> gymnast, gymnastics (n) ❖ spor salonu

## Speaking Page 95

- 8.55 interested (in) (adj) /'Intrəstid (In)/ having or showing an interest (in) ● I'm not interested in watching films in the cinema. I prefer the theatre. ➤ interest (n, v), interesting (adj) ❖ ilgilenmek
- 8.56 physical (adj) /ˈfɪzɪkl/
  connected with the body The marathon
  winner had great physical strength.
  >> physically (adv) ❖ fiziksel
- 8.57 creativity (n) /krɪeɪˈtɪvəti/
  ability to make sth new and imaginative
  People who make the costumes for plays show a lot of creativity. ➤ create (v), creation (n), creative (adj) ❖ yaratıcılık
- to (what) extent (phr) /tʊ (wot) ɪk'stent/
  to what level; how much To what extent
  do you agree with your friend's opinion?
  ❖ (ne) ölçüde
- 8.59 stressed (adj) /strest/
  worried; not relaxed I always get so stressed
  before going for an interview. ➤ stress (v, n),
  stressful (adj) ❖ stresli
- 8.60 pretty (adv) /'prπti/
  quite We were pretty tired after the long
  flight, so we had a rest in the hotel.

  ❖ çok

## Vocabulary Page 96

- 8.61 come round (phr v) /kʌm raʊnd/
  to go to someone's house My neighbour
  often comes round to my place for a chat.
  ❖ birinin evine gitmek
- 8.62 get along with (phr v) /get ə'lɒŋ wɪθ/
  to have a good relationship with I get along
  with my brother and we often go out together.
  ❖ iyi geçinmek
- 8.63 get together (phr v) /'get təgeðə(r)/
  to meet Our whole family often gets together
  at the weekend to have lunch. ➤ get-together
  (n) ❖ bulusmak
- 8.64 hang out (phr v) /hæŋ aʊt/
  to spend time relaxing Most teenagers like
  to hang out with their friends at the weekend
  instead of staying at home. ❖ zaman geçirmek
- **8.65 join in** (phr v) /dʒɔɪn ɪn/
  to become part of a group activity *Mandy*started dancing and soon everyone else joined
  in. ❖ katılmak
- take up (phr v) /teɪk ʌp/
  to start a sport or hobby Our cousins have
  taken up table tennis this year and they play
  twice a week. ❖ spora ya da hobiye başlamak

- iogging (n) /ˈdʒɒgɪŋ/
  running as a hobby or sport Peter spends
  half an hour jogging in the park every day.
  jog (v), jogger (n) ❖ koşma
- 8.68 challenging (adj) /'tʃælɪndʒɪŋ/
  difficult in an interesting way Being a teacher
  is a challenging job because it isn't easy to
  deal with children. ➤ challenge (n, v)

  \* zorlayıcı
- 8.69 crazy (adj) /ˈkreɪzi/
  not sensible I think people who do extreme
  sports are crazy. They could get killed.
  > crazily (adv), craziness (n) ❖ çılgın, deli
- 8.70 enjoyable (adj) /ɪnˈdʒɔɪəbl/
  that you will enjoy The walk around the lake
  was an enjoyable experience. ➤ enjoy (v),
  enjoyment (n) ❖ hos
- **8.71 frightening** (adj) /'fraɪtnɪŋ/
  making sb feel afraid *The earthquake was*a frightening experience. ➤ frightened (adj),
  frighten (v), fright (n) ❖ korkutucu
- 8.72 horror film (n) /'horə(r) fɪlm/
  a film that is made to be frightening *I get*scared if *I watch horror films alone at night*.
  ❖ korku filmi
- 8.73 give away (phr v) /gɪv əˈweɪ/
  to give sth to sb without expecting payment
  Andrea gave her old books away to a charity for poor children. ❖ hibe etmek

#### **Phrasal verbs**

come round give away pay back eat out hang out take up get along with join in warm up get together meet up

#### Grammar Page 97

- 8.74 lack (n) /læk/ not having any or enough • We had to stop the trek and turn back because of lack of food and water. ➤ lack (v) ❖ eksiklik
- 8.75 obligation (n) /ɒblɪˈgeɪʃn/
  a duty Bill felt an obligation to help the old
  lady across the road as it would have been
  wrong not to. ➤ oblige (v), obligatory (adj)

  ❖ yükümlülük
- 8.76 necessity (n) /nəˈsesəti/
  a requirement There is a great necessity
  for international cooperation to resolve this
  situation. ➤ necessary (adj) ❖ gereklilik
- 8.77 prohibition (n) /ˌprəʊɪˈbɪʃn/
  stopping sth from being done by law or
  because of a rule There is a prohibition on
  the use of cameras in this museum.
  > prohibit (v) ❖ yasak

- 8.78 helper (n) /'helpə(r)/
  sb who helps sb else He works with a team
  of volunteer helpers at the homeless shelter.
  >> help (n, v), helpful (adj) ❖ yardımcı
- ankle (n) /ˈæŋkl/
  the joint connecting your foot to your leg *The*little dog bit me on the ankle. ❖ ayak bileǧi
- 8.80 entry (n) /'entri/ the act of going into a place • You can't go in there. The sign says 'No entry'. ➤ enter (v), entrance (n) ❖ giris

## Writing Pages 98-99

- 8.81 pastime (n) /ˈpɑːstaɪm/
  an activity you enjoy doing in your free time
  Gaming is one of the most popular pastimes for young people. ❖ uğraş
- 8.82 Peru (n) /pəˈru/
  a country in South America The capital of Peru is Lima. ➤ Peruvian (n, adj) ❖ Peru
- 8.83 technique (n) /tek'niːk/
  a particular way of doing sth, especially one
  which needs a special skill Engineers use
  a number of techniques to make buildings
  stronger because there are so many
  earthquakes in the region. ➤ technical (adj),
  technically (adv), technician (n) ❖ teknik
- 8.84 windsurfing (n) /'wɪndsɜːfɪŋ/
  the activity of standing on a board that has a
  sail to move across water with the power of the
  wind Liana has windsurfing lessons at the
  weekends. ➤ windsurf (v), windsurfer (n)
  \* rüzgar sörfü
- 8.85 previous (adj) /'priːviəs/ which happened before ● The weather was better than it had been the previous day, so they went for a walk. ➤ previously (adv) ❖ önceki
- 8.86 dislike (v) /dɪs'laɪk/
  to not like *I strongly dislike listening to jazz.*➤ dislike (n) ❖ sevmemek
- 8.87 keen (on) (adj) /kiːn (ɒn)/
  liking sb/sth very much; interested in sb/sth
  My sister loves playing sports, but l'm not keen on them. ❖ düşkün, meraklı
- 8.88 advert (n) //ædv3:t/ a notice or picture telling people about a product, job or service ● I love looking at the adverts in expensive fashion magazines even though I can't afford to buy the things in them. ➤ advertise (v) ❖ reklam ⑤ Also: advertisement, ad
- meet up (phr v) /mixt ∧p/
   to meet sb, usually by arrangement Let's meet up after school on Friday. ➤ meetup (n)
   buluşmak

#### **Sports**

ice-skating squash jogging windsurfing

## Video Page 100

- 8.90 buddy (n) /'b∧di/
  a friend Dina got together with her old school buddies for the first time in years.
  ❖ arkadas
- 8.91 fascinating (adj) /ˈfæsɪneɪtɪŋ/
  very interesting I read a fascinating book
  about genealogy. I couldn't put it down.

  ➤ fascinated (adj), fascinate (v), fascination
  (n) ❖ büyüleyici
- 8.92 basement (n) /'bersmant/
  the part of a building with rooms below
  the ground floor We have a store room
  downstairs in the basement. ❖ bodrum katı
- 8.93 open (adj) /'əʊpən/
  honest and saying what you think Gina is
  always open with her parents about where
  she's going with her friends. ➤ open (v),
  openness (n) ❖ açık, net
- 8.94 smash (v) /smæʃ/
  to hit sth very hard Amal smashed the
  volleyball over the net. ➤ smash (n)
  \* vurmak

- 8.95 trust (v) /tr∧st/
  to believe that sb is good, honest, etc.
   Of course I trust her. She's my best friend.
  > trust (n) ❖ qüvenmek
- 8.96 foster home (n) /'fostə(r) həʊm/
  a temporary home where a child is cared for by
  people who aren't his/her own parents When
  she was a baby, May lived in a foster home
  until she was adopted. ➤ foster (v), foster
  (adj), fostering (n) ❖ koruyucu aile
- 8.97 walk of life (phr) /wɔːk əv laɪf/
  a person's job or place in society The free concert was attended by people from all walks of life, from shop workers to ship owners.
  ❖ toplumsal sınıf

#### **Adjectives**

amazing awful challenging	fascinating frightening interested (in)	open physical previous
crazy	keen (on)	stressed
enjoyable	narrow	