

3 Role models

Glossary

Page 29

- 3.1 role model** (n) /'rəʊl ,mɒdl/
a person that you admire and try to copy
• *Sports stars often act as role models for young people.* ❖ modello, riferimento

Reading Pages 30–31

- 3.2 potential** (n) /pə'tenʃl/
sb's ability to develop or succeed • *I feel this job would allow me to achieve my full potential and show what I am capable of.* > potentially (adv) ❖ potenziale
- 3.3 mission** (n) /'mɪʃn/
an important job that you feel you must do
• *She made it her mission in life to help the homeless.* ❖ missione
- 3.4 impact** (n) /'ɪmpækt/
a powerful effect • *The new regulations had an impact on the way businesses worked.*
❖ impatto
- 3.5 motivate** (v) /'məʊtɪveɪt/
make sb want to do sth • *She managed to motivate her students to complete the project in two days.* > motivation (n), motivated (adj)
❖ motivare
- 3.6 inspire** (v) /ɪn'spaɪə(r)/
give sb the confidence to do sth • *Her father inspired her to work harder.* ❖ ispirare
- 3.7 criticise** (v) /'krɪtɪsaɪz/
say what you think is wrong about sb/sth
• *All you do is criticise; you never say anything positive.* > criticism (n) ❖ criticare
- 3.8 point (sth) out** (phr v) /'pɔɪnt ('sʌmθɪŋ) aʊt/
draw attention to sth • *The teacher pointed out the many spelling mistakes I had made.*
❖ sottolineare
- 3.9 barrier** (n) /'bæriə(r)/
sth that prevents people from going somewhere or doing sth • *The fact that he didn't speak the language was a barrier to communication with the local people.*
❖ ostacolo
- 3.10 expectation** (n) /,ekspek'teɪʃn/
a strong belief about how sb should behave or how sth should happen • *She had to work really hard to live up to her parents' expectations.* > expect (v) ❖ aspettativa

- 3.11 admire** (v) /əd'maɪə(r)/
respect and approve of sb • *I really admire my sister for her courage.* > admiration (n)
❖ ammirare
- 3.12 guide** (n) /gaɪd/
sb/sth that shows you the way to do sth
• *I try not to let feelings be my guide; I make my decisions based on logic.* > guidance (n), guide (v) ❖ guida
- 3.13 trail** (n) /treɪl/
path through a forest or in the countryside
• *The trail along the river was covered with snow.* ❖ sentiero
- 3.14 phenomenon** (n) /fə'nɒmɪnən/
sb/sth that is extremely successful and well known • *Usain Bolt has been a phenomenon in the world of athletics.* ❖ fenomeno
✎ Plural: phenomena or phenomenon
- 3.15 remote** (adj) /rɪ'məʊt/
far away from where most people live
• *She lives in a remote village in the middle of the forest.* ❖ lontano
- 3.16 eldest** (adj) /'eldɪst/
the oldest of three or more people in a family
• *I have three younger brothers; I'm the eldest.*
❖ il più grande

LOOK!

We use the adjectives *elder* and *eldest* to talk about the age of members from the same family.

*Have you met my **elder** sister?*

*George is her **eldest** son.*

We don't use *than* after *elder*. We can use *elder* only before a noun. With *than*, we use the comparative form *older* even if we are talking about members of the same family:

*Jane is my **elder** sister; she's three years **older than** me.*

- 3.17 fetch** (v) /fetʃ/
go, get and bring back sb/sth • *Could you fetch my bag from the other room, please?*
❖ prendere
- 3.18 crop** (n) /krop/
plants that are grown in large quantities especially as food • *Many farmers spray their crops with chemicals to protect them from insects.* ❖ raccolto

- 3.19 afford** (v) /ə'fɔ:d/
have the money or time to buy or do sth
• *I know you want a swimming pool, but we just can't afford it.* > affordable (adj)
❖ permettersi
- 3.20 excel** (adj) /ɪk'sel/
be extremely good at sth • *She always excelled in mathematics at school; she got top marks.* > excellent (adj) ❖ eccellere (PS: this is not an adjective but a verb)
- 3.21 call for** (phr v) /kɔ:l fɔ:(r)/
publicly ask for sth to happen • *The government has called for the President to resign.* ❖ richiedere
- 3.22 donation** (n) /dəʊ'neɪʃən/
money that you give to help a person or organisation • *He made a donation towards the building of the new hospital.* > donate (v)
❖ donazione
- 3.23 compete** (v) /kəm'pi:t/
take part in a race or competition • *The two athletes competed for the gold medal.*
> competition (n), competitive (adj), competitor (n) ❖ competere
- 3.24 attempt** (v) /ə'tempt/
try to do sth • *Don't attempt to talk me into it. I'm not going to change my mind.*
> attempt (n) ❖ tentare
- 3.25 ultra-** (prefix) /'ʌltrə/
extreme or extremely • *She likes ultra-modern furniture, but I have more traditional taste.*
❖ ultra
- 3.26 look up to** (phr v) /lʊk ʌp tə/
admire or respect very much • *Most teenagers look up to pop stars.* ❖ guardare con ammirazione
- 3.27 break the mould** (expr) /breɪk ðə məʊld/
do sth in a different way from what people traditionally expect • *She has a fresh approach that completely breaks the mould.*
❖ uscire dagli schemi
- 3.28 right** (n) /raɪt/
the expectation to be treated fairly and to have the things that are necessary in life • *In many cases, women still have to fight for their rights.*
❖ diritto
- 3.29 to sb's surprise** (expr) /tə 'sʌmbədiz sə'praɪz/
in a way that sb didn't expect • *I thought he wouldn't like my idea, but, to my surprise, he loved it.* ❖ con sorpresa
- 3.30 recover** (v) /rɪ'kʌvə(r)/
become well again after an injury or illness • *It took him more than a week to recover from his injury.* > recovery (n) ❖ riprendersi
- 3.31 surgery** (n) /'sɜ:dʒəri/
medical operation that involves cutting open a person's body • *The doctor said I will probably need surgery on my left knee.* ❖ chirurgia

Vocabulary Page 32

- 3.32 cope** (v) /kəʊp/
deal successfully with sth difficult • *I don't know how you manage to cope with two jobs and a young child.* ❖ affrontare
- 3.33 overcome** (v) /,əʊvə'kʌm/
deal with (a problem) successfully • *You need to overcome your fear of flying or you'll never be able to travel far away.* ❖ superare
- 3.34 gossip** (n) /'gɒsɪp/
conversation about other people's private lives, usually unkind or untrue • *I've heard the gossip about his new girlfriend, but I don't believe any of it.* > gossip (v) ❖ pettegolezzo
- 3.35 rumour** (n) /'ru:mə(r)/
a story or piece of news, good or bad, that quickly spreads from person to person • *I heard a rumour that he was going to quit, but I know it's not true.* ❖ voce
- 3.36 split up (with sb)** (phr v) /splɪt ʌp (wɪð 'sʌmbədi)/
end a relationship or a marriage with sb
• *He split up with his girlfriend last weekend.*
❖ lasciarsi, separarsi
- 3.37 disgrace** (n) /dɪs'greɪs/
the loss of people's respect because of unacceptable behaviour • *He brought disgrace on his whole family when he was sent to prison.* > disgrace (v) ❖ disgrazia
- 3.38 scandal** (n) /'skændl/
an action that causes the public to feel shock
• *The accusations that the bank manager had stolen the money caused a scandal.*
❖ scandalo
- 3.39 breakthrough** (n) /'breɪkθru:/
an important discovery that helps solve a problem • *The new drug is a major breakthrough in the fight against cancer.*
❖ svolta
- 3.40 comeback** (n) /'kʌmbæk/
the return to fame or power of sb who was famous or powerful in the past • *The actor attempted a comeback with a new film after almost ten years.* ❖ ritorno
- 3.41 follow in (sb's) footsteps** (expr) /'fɒləʊ ɪn ('sʌmbədi's) 'fʊtstɛps/
do the same thing in your life as sb else (especially sb in your family) did before • *She decided to follow in her mother's footsteps and become a journalist.* ❖ seguire le orme
- 3.42 out of nowhere** (expr) /aʊt əv 'həʊwe(r)/
suddenly and surprisingly • *As soon as I entered the room, a man appeared out of nowhere and asked how he could help me.*
❖ dal nulla

- 3.43 seize the opportunity** (expr) /'si:z ði ˌɒpə'tju:nəti/
make use of a chance to do sth as soon as it appears • *As soon as he saw I was available, he seized the opportunity to come and talk to me.* ❖ cogliere l'opportunità
- 3.44 the secret of (sb's) success** (expr) /ðə 'si:kɾət əv ('sʌmbədi's) sʌ'kses/
the way in which sb has achieved success
• *The secret of Harry's success is that he always made the right choices.* ❖ il segreto del successo
- 3.45 open doors for (sb)** (expr) /'əʊpən dɔ:z fə ('sʌmbədi)/
provide opportunities for sb to do sth • *His marriage to the film director certainly opened doors for the young actor.* ❖ aprire le porte a
- 3.46 claim to fame** (expr) /kleɪm tə feɪm/
the reason why sb might say they are famous
• *My only claim to fame is that I went to school with the President's daughter.* ❖ pretesa di fama
- 3.47 never get anywhere** (expr) /'nevə get 'eniweə(r)/
make no progress or have no success • *She kept trying to get a part in a film but she never got anywhere.* ❖ non arrivare da nessuna parte
- 3.48 household name** (expr) /'haʊshəʊld 'neɪm/
a famous person that almost everyone knows
• *He never became a household name but he was definitely a very good actor.* ❖ nome noto
- 3.49 ambitious** (adj) /æm'bɪʃəs/
having a strong wish to be successful • *I'm sure you'll become a great film director one day. You're so ambitious!* > ambition (n)
❖ ambizioso
- 3.50 determined** (adj) /dɪ'tɜ:mɪnd/
with a strong desire to do what you plan even if there are difficulties • *He was determined to find out the truth, no matter how long it took.*
> determine (v), determination (n)
❖ determinato
- 3.51 influence** (n) /'ɪnfluəns/
have an effect on sb • *Fashion didn't have any influence over her – she had her own personal style.* > influence (v), influencer (n), influential (adj) ❖ influenza
- 3.52 influencer** (n) /'ɪnfluənsə(r)/
sb who is paid to show the products of a company on their own social media so as to influence people to buy them • *A lot of companies use influencers to promote their products instead of traditional advertising.*
❖ influencer
- 3.53 influential** (adj) /ɪnflu'enʃl/
having a lot of influence, able to make others behave in a particular way • *She's a very influential artist; a lot of younger artists follow her example.* > influence (v, n), influencer (n)
❖ influente
- 3.54 reality** (n) /ri'æləti/
the way things truly are • *He looked very young, but in reality he was over fifty.* > real (adj), realistic (adj) ❖ realtà
- 3.55 realistic** (adj) /,rɪə'lɪstɪk/
accepting what is actually possible to do in a specific situation • *It isn't realistic to expect to finish the job in just two days!* > reality (n), real (adj) ❖ realistico
- 3.56 sponsor** (n) /'spɒnsə(r)/
a person, organisation or company that agrees to give money to sb so that they complete an activity • *The main sponsor of the festival is the Ministry of Tourism.* > sponsor (v), sponsorship (n) ❖ sponsor
- 3.57 sponsorship** (n) /'spɒnsəʃɪp/
money that is given to a person or organisation so that they can complete an activity • *The festival received 50,000 in sponsorship from banks.* > sponsor (v, n) ❖ sponsorizzazione
- 3.58 for the sake of** (expr) /'fə ðə seɪk əv/
in order to get or keep sth • *She decided to quit smoking for the sake of her health.*
❖ per il bene di
- 3.59 aim** (v) /eɪm/
plan, have as a purpose • *I'm aiming to finish the job by Friday.* ❖ puntare
- 3.60 passion** (n) /'pæʃn/
an activity or hobby that you are extremely interested in • *I like all sports, but my passion is rugby.* > passionate (adj) ❖ passione
- 3.61 concrete** (adj) /kɒŋkri:t/
clear and certain • *A general idea will not do; we have to be concrete and specific.*
❖ concreto
- 3.62 in exchange** (phr) /ɪn ɪks'tʃeɪndʒ/
in return • *I can help you with your homework if you wash the dishes in exchange.*
❖ in cambio
- 3.63 follower** (n) /'fɒləʊə(r)/
sb that chooses to regularly see/receive sb else's posts on social media • *Some celebrities have millions of followers on their social media* ❖ follower
- 3.64 build (sth) up** (phr v) /bɪld ('sʌmθɪŋ) ʌp/
make sth higher or stronger than before
• *I do exercises every morning to build up my strength.* ❖ acquisire
- 3.65 keep going** (phr v) /ki:p gəʊɪŋ/
continue to do sth in spite of difficulties • *I know it's difficult but keep going and you will succeed in the end.* ❖ continuare

- 3.66** **contestant** (n) /kən'testənt/
sb who takes part in a competition • *The show features ten contestants from ten different countries.* > contest (n) ❖ concorrente
- 3.67** **announce** (v) /ə'naʊns/
make sth known to the public • *The presenter announced the winner of the competition.*
> announcement (n), announcer (n)
❖ annunciare
- 3.68** **single** (adj) /'sɪŋɡl/
one only • *He told me every single detail of what had happened.* ❖ ogni minimo
- 3.69** **bench** (n) /bentʃ/
a long, hard seat for two or more people found in a public place • *There was an old bench in the park, but it's been removed.*
❖ panchina
- 3.70** **autograph** (n) /'ɔ:təgrɑ:f/
sb's signature, usually a celebrity's
• *The singer gave me his autograph.*
❖ autografo
- 3.71** **run out** (phr v) /rʌn aʊt/
be finished completely so that none is left
• *The salt is running out; we have to get some.* ❖ esaurirsi
- 3.72** **escape** (v) /ɪ'skeɪp/
get away from a place where you were not allowed to leave • *Three prisoners were caught while they were trying to escape.*
> escape (n) ❖ scappare
- 3.73** **skydive** (v) /'skaɪdaɪv/
jump from an aircraft with a parachute
• *I skydive every weekend, so I'm not afraid of heights.* > skydiving (n) ❖ fare paracadutismo
- 3.74** **volunteer** (v) /ˌvɒləntɪə(r)/
offer to do sth that you don't have to do
• *My friends and I volunteered to help clean up the beaches in our area.* > voluntary (adj), volunteer (n), volunteering (n) ❖ offrirsi
volontario
- 3.75** **parachute** (n) /'pærəʃu:t/
a piece of equipment made of thin cloth that you open when you are dropped from an aircraft so that you can fall slowly and safely • *She seemed to fall very fast at first but slowed down as soon as she opened her parachute.* ❖ paracadute
- 3.76** **key** (adj) /ki:/
very important • *The key issue here is how much this will cost.* ❖ importante
- 3.77** **capsule** (n) /'kæpsju:l/
the part of a spacecraft where the astronauts travel • *Conditions in a space capsule are cramped.* ❖ capsula
- 3.78** **spacecraft** (n) /'speɪskrɑ:ft/
a vehicle that travels in space • *NASA is planning to send another spacecraft to the moon.* ❖ navicella spaziale

- 3.79** **hero** (n) /'hɪərəʊ/
a person you admire very much because they have done sth great • *He fought bravely in the war and became a national hero.*
> heroic (adj) ❖ eroe
- 3.80** **get into** (phr v) /get 'ɪntə/
become interested in sth • *I first got into music when I was a child.* ❖ appassionarsi
- 3.81** **kind of** (expr) /kaɪnd əv/
informal expression used to explain or talk about sth without being exact • *I kind of said I was sorry and then I changed the subject.*
❖ in un certo senso
- 3.82** **fall in love** (expr) /fɔ:l ɪn lʌv/
start to love • *I fell in love with opera when I first heard Maria Callas.* ❖ innamorarsi
- 3.83** **brilliant** (adj) /'brɪljənt/
extremely skilled or clever • *That's a brilliant idea! I agree completely!* > brilliantly (adv)
❖ brillante
- 3.84** **look forward to** (phr v) /lʊk 'fɔ:wəd tə/
think with pleasure about sth that is going to happen • *It's been a difficult week and I'm really looking forward to the weekend.*
❖ aspettare con impazienza, non vedere l'ora di
- 3.85** **flat** (adj) /flæt/
without emotion or excitement • *After the excitement of the last few days, I'm feeling a little flat now.* ❖ piatto
- 3.86** **scan** (v) /skæn/
look through (a text) in order to find information
• *I scanned the list quickly for my name but couldn't find it.* ❖ scansionare
- 3.87** **extract** (n) /'ekstrækt/
a short passage taken from a longer text
• *The magazine published an extract from his latest novel.* > extract (v) ❖ estratto
- 3.88** **shy** (adj) /ʃaɪ/
nervous and uncomfortable around people you don't know • *The little boy was very shy and just hid behind his mother.* > shyness (n)
❖ timido
- 3.89** **sense of humour** (n) /sens əv 'hju:mə(r)/
the ability to understand sth that is funny
• *Adam's got no sense of humour, so don't play jokes on him.* ❖ senso dell'umorismo
- 3.90** **work (sth) out** (phr v) /wɜ:k ('sʌmθɪŋ) aʊt/
find or calculate the answer to sth • *You can take your time to work out the solution to the problem.* ❖ escogitare

Speaking Page 35

- 3.91 similarity** (n) /ˌsɪmɪlɪəreɪti/
the fact that people, things, places, etc. look or are the same • *There are some similarities between surfing and windsurfing.* > similar (adj), similarly (adv) ❖ similarità
- 3.92 theme** (adj) /θi:m/
the main subject or topic • *He gave a talk on the theme of violence in modern music.*
❖ tema
- 3.93 follow-up** (adj) /'fɒləʊʌp/
done after a related activity • *We can examine our options now and make final decisions in a follow-up meeting on Friday.* ❖ successivo
- 3.94 in contrast** (phr) /ɪn 'kɒntrɑ:st/
on the other hand • *I hated his new song. My sister, in contrast, loved it.* ❖ al contrario
- 3.95 have in common** (expr) /hæv ɪn 'kɒmən/
share sth with sb; have sth the same as sb else • *The two men have a lot in common: they're both young, married and work in banks.*
❖ avere in comune
- 3.96 whereas** (conj) /wɛər'æz/
but, while • *The reviewer claimed the film was amazing, whereas I thought it was terrible.*
❖ mentre

Grammar Page 36

- 3.97 award** (n) /ə'wɔ:d/
a prize (for example, money) that you are given for a special achievement • *The winner will receive a cash award of 10,000 pounds.*
> award (v) ❖ premio
- 3.98 exhausted** (adj) /ɪg'zɔ:stɪd/
very tired • *I'm too exhausted to do anything; I think I'll just go to bed.* > exhaust (v), exhaustion (n), exhausting (adj) ❖ esaurito
- 3.99 check-in desk** (n) /'tʃekɪn ,desk/
the place at the airport where you show your ticket and they tell you where to go and where to sit on the plane • *I forgot to check in online, so I had to wait for half an hour at the check-in desk.* ❖ banco del check-in
- 3.100 take off** (phr v) /teɪk ɒf/
leave the ground and begin to fly • *Hurry up! Our plane takes off in 20 minutes.*
❖ decollare
- 3.101 sanctuary** (n) /'sæŋktʃʊəri/
a place where birds and animals can live and be protected • *The small island has been a wildlife sanctuary since the 1970s.*
❖ riserva

- 3.102 crash** (v) /kræʃ/
hit violently and cause damage • *The car went out of control and crashed into the back of a bus.* > crash (n) ❖ schiantarsi
- 3.103 bad** (adj) /bæd/
painful • *He has a bad leg. He can't climb all those stairs.* ❖ dolorante, malmesso
- 3.104 rescue** (v) /'reskjuz/
save from a dangerous situation • *The lifeguard managed to rescue the young man from drowning.* > rescue (n) ❖ salvare
- 3.105 promote** (v) /prə'məʊt/
encourage people to buy or support sth • *They are promoting their new products through internet advertising.* > promotion (n)
❖ promuovere
- 3.106 conservation** (n) /ˌkɒnsə'veɪʃn/
the protection of the natural environment from harmful human activities • *I love animals and fully support this wildlife conservation programme.* ❖ conservazione
- 3.107 turn out** (phr v) /tɜ:n aʊt/
prove to be • *I thought he wasn't very clever, but he turned out to be brilliant.* ❖ rivelarsi
- 3.108 performer** (n) /pə'fɔ:mə(r)/
sb who entertains an audience • *She's not only a good singer, but also a brilliant performer.* > perform (v), performance (n)
❖ intrattenitore
- 3.109 tangled** (adj) /'tæŋɡld/
twisted together in an untidy way • *My hair was a tangled mess when I woke up this morning.* ❖ aggrovigliato
- 3.110 fishing line** (n) /'fɪʃɪŋ ,laɪn/
a piece of strong plastic string you use with a fishing rod to catch fish • *You have to hold the fishing line firmly if you want to catch anything.*
❖ truardo

Use your English Page 37

- 3.111 get away with** (phr v) /get ə'weɪ wɪð/
do sth wrong and avoid being punished or criticised • *He thought he would get away with cheating in the exam but he was caught and punished.* ❖ farla franca
- 3.112 live up to** (phr v) /lɪv ʌp tə/
achieve what you or other people expect you will • *He studied very hard in order to live up to his parents' expectations.* ❖ essere all'altezza
- 3.113 catch up on** (phr v) /kætʃ ʌp ɒn/
spend extra time doing sth which you didn't complete when you should • *I think I'm going to stay in tonight to catch up on my reading.*
❖ mettersi in pari, recuperare

- 3.114 come up with** (phr v) /kʌm ʌp wið/
suggest or think of a plan or idea • *She came up with a great idea for promoting the party.*
❖ inventare, farsi venire in mente
- 3.115 deserve** (v) /dɪ'zɜ:v/
rightly get sth because of the way you behave or act • *I work very hard and I deserve all the money I get.* ❖ meritare
- 3.116 miss out on** (phr v) /mɪs aʊt ɒn/
fail to do sth useful or enjoyable • *Of course I'm coming to the party. I wouldn't want to miss out on all the fun.* ❖ perdere
- 3.117 look down on** (phr v) /lʊk daʊn ɒn/
feel or behave like you are better than sb else • *He looks down on people who haven't been to college.* ❖ guardare dall'alto al basso
- 3.118 make up for** (phr v) /meɪk ʌp fə(r)/
do sth to correct sth that was wrong or was missing • *We started late, so we need to work really fast to make up for lost time.*
❖ recuperare
- 3.119 draw attention to** (expr) /drɔ: ə'tenʃən tə/
make people notice sth • *She was very quiet, as she didn't want to draw attention to herself.*
❖ attirare l'attenzione su
- 3.120 lead the way** (expr) /li:d ðə weɪ/
make more progress than others in sth • *This new company is already leading the way in space travel.* ❖ fare da guida
- 3.121 lose your passion for** (expr) /lʊz jɔ: 'pæʃən fə(r)/
stop being interested in sth that you liked very much • *The teacher criticised me so much that I soon lost my passion for music.*
❖ perdere interesse
- 3.122 see the funny side** (expr) /si: ðə 'fʌni saɪd/
appreciate the pleasant or funny aspects of an unpleasant situation • *Fortunately, the teacher saw the funny side of what we had done and didn't punish us.* ❖ vedere il lato comico
- 3.123 set a good example** (expr) /set ə gʊd ɪg'zɑ:mpl/
behave in a way that other people should copy • *You should be setting a good example for your younger sister instead of behaving like a spoilt child yourself.* ❖ dare il buon esempio
- 3.124 come over** (phr v) /kʌm ə'ʊvə(r)/
visit sb in their home • *My parents are coming over for dinner tonight.* ❖ venire
- 3.125 head** (v) /hed/
go in a particular direction • *I think it's time for us to head back home.* ❖ dirigersi

Phrasal verbs

build up	get into	miss out on
call for	live up to	point out
catch up on	look down on	split up
come over	look for	take off
come up with	look up to	turn out
get away with	make up for	work out

Writing Pages 38–39

- 3.126 convention** (n) /kən'venʃən/
a commonly accepted way of doing sth
• *For most people, it is not easy to break with social conventions.* > conventional (adj)
❖ convenzione
- 3.127 prompt** (n) /prɒmpt/
words that tell you what you should write or talk about • *You can start talking when she gives you the prompt.* ❖ avviso, imbeccata
- 3.128 fiction** (n) /'fɪkʃən/
a story about imaginary characters and events, not real ones • *This is a work of fiction, none of the people described are real.* > fictional (adj) ❖ finzione
- 3.129 in advance** (phr) /ɪn əd'vɑ:ns/
before a specific time or thing • *I'd like to thank you in advance. Your help really means a lot to me.* ❖ fin da ora
- 3.130 leap** (v) /li:p/
jump very high, a long way or very quickly
• *As soon as I stood up, the cat leaped onto my chair.* > leap (n) ❖ saltare
- 3.131 submit** (v) /səb'mɪt/
send a document to an organisation so that they can make a decision • *I submitted my job application last week and am now hoping to be invited for an interview.* > submission (n)
❖ inviare, presentare
- 3.132 congratulate** (v) /kən'grætʃəleɪt/
express your approval or pleasure for sb's achievement • *All his friends called to congratulate him on passing his exam.* > congratulations (n pl) ❖ complimentare, congratulare
- 3.133 can't believe my ears** (expr) /kænt bɪ'li:v maɪ ɪəz/
be so surprised by sth you hear that you think you are imagining it • *Alex couldn't believe his ears when Wendy asked him to marry her.*
❖ non credere alle proprie orecchie
- 3.134 desperately** (adv) /'despərətli/
extremely • *He desperately tried to become a model, but he never managed to achieve his ambition.* ❖ disperatamente

- 3.135 bitterly** (adv) /'bɪtəli/
extremely and unpleasantly • *I was bitterly disappointed when I didn't get the job.*
❖ amaramente
- 3.136 flash** (n) /flæʃ/
a sudden bright light that immediately disappears • *Suddenly, there was a flash of lightning so we all headed indoors.*
❖ lampo
- 3.137 beam** (n) /bi:m/
a line of light coming from a bright object
• *I could barely see the trail in the beam of my torch.* ❖ raggio
- 3.138 at long last** (expr) /æt lɒŋ la:st/
finally, after waiting for a long time • *It had been months since I wrote to him. At long last, he replied.* ❖ alla fine
- 3.139 not in my wildest dreams** (expr) /nɒt ɪn maɪ 'waɪldɪst dri:mz/
not even in your imagination • *I never thought we'd win, not even in my wildest dreams.*
❖ neanche per sogno
- 3.140 out of the blue** (expr) /aʊt əv ðə blu:/
suddenly and unexpectedly • *I hadn't seen him in years and then, out of the blue, he turned up on my doorstep.* ❖ dal nulla
- 3.141 to make matters worse** (expr) /tə meɪk mətəz wʊ:z/
to make the situation even more difficult
• *His behaviour was terrible and, to make matters worse, he refused to apologise.*
❖ peggiorare la situazione
- 3.142 stunned** (adj) /stʌnd/
shocked and surprised • *When she told me the terrible news, I was so stunned that I couldn't speak.* ❖ sbalordito
- 3.143 meanwhile** (adv) /'mi:nwaɪl/
at the same time as sth else is happening • *I'll pack the suitcases. Meanwhile, you can wash the dishes.* ❖ nel frattempo
- 3.144 warning** (n) /'wɔ:ɪnɪŋ/
a statement or sign that tells you sth bad may happen unless you try to avoid it • *It's his fault. I gave him a word of warning, but he decided to ignore it.* ❖ avvertimento

Expressions

a household name	open doors for sb
claim to fame	out of nowhere
draw attention to	out of the blue
follow in sb's footsteps	the secret of sb's success
for the sake of	see the funny side
keep going	seize the opportunity
never get anywhere	set a good example
not in my wildest dreams	to make matters worse

- 3.145 management** (n) /'mænɪdʒmənt/
the way you organise sth so as to get good results • *Good management of time and money is important in business.* > manage (v), manager (n) ❖ gestione
- 3.146 procrastination** (n) /prə'kræstɪ'neɪʃn/
the act of not doing sth that must be done now and leaving it for later • *After days of procrastination, she finally decided to complete the report.* > procrastinate (v) ❖ indugio
- 3.147 feed** (n) /fi:d/
a web page that changes often and automatically to show the latest information
• *You can check your Twitter feed on your phone or on your computer.* ❖ feed
- 3.148 challenge** (n) /'tʃælɪndʒ/
an invitation to complete a task or beat sb in a game • *I've just reached level 7 and completed today's challenge.* > challenge (v)
❖ sfida
- 3.149 urgently** (adv) /'ɜ:dʒəntli/
in a way that needs immediate attention
• *Vaccines against the new virus are urgently needed.* > urgent (adj) ❖ urgentemente
- 3.150 sort** (v) /sɔ:t/
separate a number of things into groups • *The students were sorted into three groups: more advanced, average and less advanced.*
❖ dividere
- 3.151 according to** (prep) /ə'kɔ:diŋ ɪtə/
in a way that agrees with sth • *I organised the books on the shelf according to their topic.*
❖ in base a
- 3.152 waste** (n) /weɪst/
an unnecessary or wrong use of sth • *You don't need a new phone – it would be a waste of money.* > waste (v) ❖ spreco
- 3.153 guilty** (adj) /'gɪlti/
feeling bad about sth you did or sth you didn't do • *She felt guilty about not going to his party.*
> guilt (n) ❖ colpevole
- 3.154 put (sth) off** (phr v) /pʊt ('sʌmθɪŋ) ɒf/
delay sth until a later time • *They have put off the meeting for a week; it will take place next Tuesday.* ❖ rimandare
- 3.155 report back** (phr v) /rɪ'pɔ:t bæk/
present information that you have been asked to find out • *See how much you can find out about the new plan and report back next week.*
❖ relazionare

- 3.156 cut down on** (phr v) /kʌt daʊn ɒn/
use less of sth or do sth less than before • *I'm trying to cut down on coffee so I only have one cup a day now.* ❖ ridurre, tagliare
- 3.157 mean (to do sth)** (v) /mi:n (tə du: 'sʌmθɪŋ)/
intend to do sth • *I didn't mean to be rude. I'm sorry.* ❖ avere intenzione di

- 3.158 get round to** (phr v) /get raʊnd tə/
find the time to do sth that you wanted or needed to do for a long time • *A week later, I finally got round to answering his email.*
❖ trovare il tempo per