

4 City living

Glossary

Reading Pages 42–43

- 4.1 rural** (adj) /'rʊərəl/
in the countryside • *She lives in a small rural town in the south of France.* ❖ rurale
📖 Opp: urban
- 4.2 commercial** (adj) /kə'mɜːʃl/
related to buying and selling • *Don't forget this is a commercial operation and our top priority is to make money.* > commerce (n)
❖ commerciale
- 4.3 identical** (adj) /aɪ'dentɪkl/
exactly the same • *His shirt is identical to mine – we bought them together.* ❖ identico
- 4.4 rapid** (adj) /'ræpɪd/
fast • *The patient made a rapid recovery and was sent home in two days.* > rapidly (adv)
❖ rapido
- 4.5 resident** (n) /'rezɪdənt/
a person who has their home in a place
• *Residents in the area are furious at the decision to build a new mall.* > residence (n), residential (adj) ❖ residente
- 4.6 urban** (adj) /'zːbən/
of a city or town • *Heavy traffic is mainly an urban problem.* ❖ urbano 📖 Opp: rural
- 4.7 block of flats** (n) /blɒk əv 'flæts/
a large building divided into apartments
• *There used to be a beautiful old house there, but now it's been replaced by a block of flats.*
❖ condominio
- 4.8 pace** (n) /peɪs/
the speed at which sth happens • *She walked at a rapid pace across the street.*
❖ passo, ritmo
- 4.9 shortage** (n) /'ʃɔːtɪdʒ/
a situation where there isn't enough of sth needed • *Schools are suffering from a shortage of teachers.* > short (adj)
❖ carenza 📖 Syn: lack
- 4.10 entertainment** (n) /entə'teɪnmənt/
films, music, shows, etc. that help people have fun • *Stars from the world of entertainment usually have thousands of followers on social media.* > entertain (v), entertaining (adj)
❖ intrattenimento
- 4.11 commute** (v) /kə'mjuːt/
travel between work and home regularly
• *He's prepared to commute long distances if necessary, as he has been jobless for a year.*
> commute (n), commuter (n) ❖ spostarsi, fare da pendolari
- 4.12 outskirts** (n) /'aʊtskaɪts/
the area around a town or city • *Factories are usually built on the outskirts of cities.*
❖ periferia
- 4.13 inhabitant** (n) /ɪn'hæbɪtənt/
a person or animal that lives in a place
• *Nowadays, the village has around 100 inhabitants.* ❖ abitante
- 4.14 historical** (adj) /hɪ'stɔːrɪkl/
connected with the past or with the study of the past • *The library houses a large collection of historical documents.* > historic (adj), history (n) ❖ storico
- 4.15 devote** (v) /dɪ'vəʊt/
give time, attention or energy to sth • *I can only devote one hour a day to the project.*
> devotion (n) ❖ dedicare
- 4.16 walkable** (adj) /'wɔːkəbl/
suitable for walking • *Cities aren't usually as walkable as smaller towns.* ❖ percorribile a piedi
- 4.17 pedestrian** (n) /pə'destriən/
a person who is walking • *The bridge is designed for pedestrians only so no cars are allowed.* ❖ pedone
- 4.18 housing** (n) /'haʊzɪŋ/
buildings for people to live in • *The cost of housing in London is extremely high.*
❖ alloggio
- 4.19 linear** (adj) /'lɪniə(r)/
continuing logically from one part to the next
• *The story doesn't move in a linear fashion; it begins with the death of the hero.*
❖ lineare
- 4.20 approach** (n) /ə'prəʊtʃ/
a way of doing sth or thinking about sth
• *Since we haven't been able to come up with a solution, I thought we might consider a new approach to the problem.* > approach (v)
❖ approccio
- 4.21 growth** (n) /grəʊθ/
an increase in the size or the importance of sth
• *The growth of the company led to many new employees being hired.* > grow (v) ❖ crescita

- 4.22 residential** (adj) /ˌreziˈdenʃl/
having mainly private houses, not offices or factories • *The house is in a beautiful residential area with a lot of green space.* ❖ residenziale
- 4.23 reduce** (v) /rɪˈdʒuːs/
make or become smaller • *They have reduced the price of these shoes to just 20 euros.* > reduction (n) ❖ ridurre ☞ Syn: decrease
- 4.24 get around** (phr v) /get əˈraʊnd/
travel to different places • *We mainly used public transport to get around.* ❖ muoversi
- 4.25 expand** (v) /ɪkˈspænd/
make sth bigger • *They are planning to expand the airport.* > expansion (n) ❖ espandere
- 4.26 modernist** (adj) /ˈmɒdənɪst/
related to the modern art movement • *Modernist cinema can sometimes be difficult to understand.* ❖ modernista
- 4.27 propose** (v) /prəˈpəʊz/
suggest a plan for other people to think about • *The marketing manager proposed changing the name of the company.* > proposal (n) ❖ proporre
- 4.28 raise** (v) /reɪz/
lift to a higher position • *Please raise your hand if you want to say something.* > raise (n) ❖ aumentare
- 4.29 spread** (v) /spred/
reach or cover a wider area • *The virus spread quickly through physical contact.* > spread (n) ❖ diffondere
- 4.30 claim** (v) /kleɪm/
say that sth is true without being able to prove it • *He claimed he was very poor, but we didn't believe him.* > claim (n) ❖ sostenere
- 4.31 end up** (phr v) /end ʌp/
reach a particular place or situation after completing other activities • *After travelling around Europe for two months, we ended up in Prague.* ❖ finire
- 4.32 humanistic** (adj) /ˌhjuːməˈnɪstɪk/
treating people with respect, making sure they are happy, safe and healthy • *The new director had a more humanistic approach to the treatment of prisoners.* ❖ umanistico
- 4.33 course** (n) /kɔːs/
the direction in which sth moves • *We decided to change course as we weren't getting anywhere.* ❖ corso
- 4.34 commuter** (n) /kəˈmjuːtə(r)/
sb who travels to and from work every day • *The train is always packed with commuters on weekday mornings.* ❖ pendolare
- 4.35 continually** (adv) /kənˈtɪnjuəli/
without a break • *It was difficult to make a decision as the situation was continually changing.* > continue (v) ❖ continuamente ☞ Syn: continuously
- 4.36 uninviting** (adj) /ˌʌnɪnˈvaɪtɪŋ/
not attractive or pleasant • *The hotel looked cold and uninviting; we definitely didn't want to stay there.* ❖ poco invitante ☞ Opp: inviting
- 4.37 demand** (v) /dɪˈmɑːnd/
ask for sth forcefully • *I've had enough. I demand to see the manager immediately.* > demand (n), demanding (adj) ❖ richiedere
- 4.38 fence** (n) /fens/
a barrier between two areas of land, usually made of wood or wire • *The house was surrounded by a beautiful old wooden fence.* ❖ recinzione
- 4.39 gated community** (n) /ˌɡeɪtɪd kəˈmjuːnəti/
a group of houses surrounded by walls or fences that you need the residents' permission to enter • *The house is in a gated community, so you'll all be safe.* ❖ comunità protetta
- 4.40 unfenced** (adj) /ʌnˈfentʃ/
not surrounded by a fence • *The park is unfenced, so you can go and have a walk there any time you like.* ❖ senza recinzione ☞ Opp: fenced
- 4.41 low-rise** (adj) /ˈləʊraɪz/
not tall, with only a few floors • *I'd prefer to live in a low-rise building rather than a tower block.* ❖ basso ☞ Opp: high-rise

Words related to cities

| | |
|-----------------|-------------|
| block of flats | pollution |
| commute | population |
| commuter | resident |
| gated community | residential |
| housing | urban |
| outskirts | walkable |
| pedestrian | |

Vocabulary Page 44

- 4.42 profit** (n) /ˈprɒfɪt/
money that you earn from a transaction or business after paying the costs • *She made a big profit when she sold her house.* > profit (v), profitable (adj) ❖ profitto
- 4.43 suburb** (n) /ˈsʌbɜːb/
an area where people live that is outside the city centre • *They decided to move to the suburbs when they had their first child.* > suburban (adj) ❖ periferia
- 4.44 district** (n) /ˈdɪstrɪkt/
an area of a town or country that has a particular purpose • *His shop is in the most fashionable shopping district.* ❖ distretto

- 4.45 industrial** (adj) /ɪnˈdʌstriəl/
related to factories • *Industrial production has increased by 3% in the last six months.*
➤ industry (n) ❖ industriale
- 4.46 estate** (n) /ɪˈsteɪt/
a group of houses or factories built according to a plan • *They bought a three-bedroom house on a new housing estate.*
❖ tenuta
- 4.47 consist of** (phr v) /kənˈsɪst əv/
made or formed of various things • *A first-aid kit consists of plasters, dressings, bandages, tweezers and gloves.* ❖ consistere di
- 4.48 bike lane** (n) /ˈbaɪk ˌleɪn/
a part of the road that can only be used by people riding bicycles • *Cars and pedestrians are not supposed to be in the bike lane.*
❖ pista ciclabile
- 4.49 pavement** (n) /ˈpeɪvmənt/
a path on the side of the road that people can walk on • *You're not supposed to ride your bike on the pavement.* ❖ marciapiede
- 4.50 crossroads** (n) /ˈkrɒsrəʊdz/
a place where two roads meet and cross each other • *When we came to the crossroads, we didn't know which way to turn.*
❖ incrocio
- 4.51 roadworks** (n pl) /ˈrəʊdwɜːks/
repair or building work on a road • *The traffic is moving really slowly because of the roadworks ahead.* ❖ cantiere stradale
- 4.52 junction** (n) /ˈdʒʌŋkʃn/
the place where two or more roads or railways meet • *It's a small town but it's an important railway junction.* ❖ incrocio
- 4.53 pedestrian crossing** (n) /pəˈdestriən ˈkrɒsɪŋ/
a place in a road where traffic must stop so that pedestrians can cross • *All cars ought to stop at pedestrian crossings, but they don't always do so.* ❖ attraversamento pedonale
- 4.54 pedestrian zone** (n) /pəˈdestriən ˈzəʊn/
an area where no vehicles are allowed • *This is a pedestrian zone. You can't ride your bike here.* ❖ area pedonale
- 4.55 speed camera** (n) /ˈspiːd ˌkæmərə/
a camera at the side of the road that takes pictures of cars that are going too fast • *Drivers are more careful when they know there is a speed camera on the road.*
❖ autovelox
- 4.56 speed limit** (n) /ˈspiːd ˌlɪmɪt/
the fastest you are allowed to drive in a specific area • *You need to slow down – the speed limit here is only 30 miles per hour.*
❖ limite di velocità

- 4.57 facilities** (n pl) /fəˈsɪlɪtɪz/
buildings, equipment and services available for a particular purpose • *The hotel has special facilities for disabled people.* ❖ struttura
- 4.58 venue** (n) /ˈvenjuː/
the place where an event or meeting takes place • *The room provides an ideal venue for business meetings.* ❖ locale
- 4.59 urbanisation** (n) /ˌzːbənəɪˈzeɪʃn/
the process in which towns and cities are built where there was countryside before • *The early 20th century was a time of rapid urbanisation.* ❖ urbanizzazione
- 4.60 goods** (n pl) /ɡʊdz/
products • *We will send you the goods you ordered tomorrow morning.* ❖ merci
- 4.61 boundary** (n) /ˈbaʊndəri/
a line that marks the limit of sth • *The fence marks the boundary between our garden and theirs.* ❖ confine

Getting around

| | |
|------------|---------------------|
| bike lane | pedestrian crossing |
| crossroads | pedestrian zone |
| junction | roadworks |
| pavement | |

Grammar Page 45

- 4.62 set off** (phr v) /set ɒf/
begin a trip • *We're going to set off for the station in half an hour.* ❖ mettersi in cammino
- 4.63 hopefully** (adv) /ˈhəʊpəfəli/
saying what you hope will happen • *Hopefully, we'll be there by six, but it depends on the traffic.* ❖ si spera che...
- 4.64 evidence** (n) /ˈeɪdɪəns/
one or more facts that make you believe that sth is true • *What evidence do you have that he took the money?* ➤ evident (adj)
❖ prova
- 4.65 it's up to you** (expr) /ɪts ʌp tə juː/
you can make the decision, it's your responsibility • *It's up to you. I'll do whatever you say.* ❖ dipende da te
- 4.66 skyscraper** (n) /ˈskaɪˌskreɪpə(r)/
a very tall building • *The new skyscraper is going to be the tallest in the world.*
❖ grattacielo

Listening Page 46

- 4.67 inland** (adv) /'ɪnlænd/
away from the sea • *Seabirds sometimes come inland looking for food.* ❖ terra ferma
- 4.68 dweller** (n) /'dwelə(r)/
sb who lives in a particular place • *Most apartment dwellers cannot imagine what it's like to live in a house with a garden.* > dwell (v), dwelling (n) ❖ abitante
- 4.69 citizen** (n) /'sɪtɪzən/
a person who has legal recognition as belonging to a particular country • *After living and working in the USA for ten years, I applied to become an American citizen.* > citizenship (n) ❖ cittadino

LOOK!

The words *dweller*, *inhabitant* and *resident* refer to somebody who lives somewhere. However, their use differs. The word *citizen* also has a similar meaning.

- *dweller* is used to refer to the type of place where somebody lives, e.g. a cave **dweller**, a city **dweller**.
- *inhabitant* refers to a person living in an area or a country, e.g. *the island's inhabitants*, *the inhabitants of Australia*.
- *resident* refers to a person who lives in a particular country, town or building (permanently or temporarily): *The hotel restaurant is only open to residents.* *She is a United Kingdom resident although she has an Egyptian passport.*
- *citizen* refers to a person who is legally recognised as belonging to a particular country, and who may reside in that same country or a different one: *He's an American citizen, but he lives in Edinburgh.*

- 4.70 constant** (adj) /'kɒnstənt/
happening all the time • *Her constant criticism has begun to annoy me.* ❖ costante
- 4.71 noise pollution** (n) /'nɔɪz pə'lju:ʃn/
a high level of noise that is harmful and annoying • *Noise pollution is at its worst in inner city areas.* ❖ inquinamento acustico
- 4.72 regulate** (v) /'regjəleɪt/
control how sth works • *The members of the European Union agreed to regulate their banks.* > regulation (n) ❖ regolare
- 4.73 on a regular basis** (phr) /ɔn ə 'regjələ(r) 'beɪsɪs/
often or repeatedly • *I suggest we meet on a regular basis from now on – how about every Tuesday?* ❖ regolarmente

- 4.74 town planner** (n) /taʊn 'plænə(r)/
a person whose job it is to plan how towns and cities are developed • *As a town planner, where do you recommend we should build the new hospital?* ❖ urbanista
- 4.75 mood swing** (n) /'mu:d swɪŋ/
a sudden change in the way you are feeling • *My constant mood swings worried me. One minute I was happy, the next I was in tears.* ❖ cambio d'umore
- 4.76 sharply** (adv) /'ʃɑ:pli/
quickly and suddenly • *House prices have risen sharply in the last month.* ❖ bruscamente
- 4.77 homesick** (adj) /'həʊmsɪk/
missing your home, family and friends • *After my first week in Madrid, I was feeling very homesick.* ❖ sentire la mancanza
- 4.78 would rather** (phr) /wʊd rɑ:ðə(r)/
would prefer to • *I'd rather stay at home than go to the party with him.* ❖ preferire
- 4.79 hometown** (n) /'həʊmtaʊn/
the town or city that you were born in • *After spending a few years abroad, I returned to my hometown last week.* ❖ città natale
- 4.80 eliminate** (v) /'ɪlɪmɪneɪt/
remove or get rid of sth • *I'm trying to eliminate sugar from my diet.* > elimination (n) ❖ eliminare
- 4.81 majority** (n) /mə'dʒɔrəti/
the larger number or part of sth • *The majority of people don't pay much attention to their diet.* ❖ maggioranza
- 4.82 standard of living** (n) /,stændəd əv 'lɪvɪŋ/
the amount of money and level of comfort you have in your life • *Your standard of living doesn't only have to do with how much you get paid, but also how much free time you have.* ❖ standard di vita
- 4.83 crime** (n) /kraɪm/
activities that break the law • *It is the job of the police to prevent crime.* > criminal (adj, n) ❖ crimine
- 4.84 affect** (v) /ə'fekt/
have an influence on • *The disease mainly affects children.* ❖ influire
- 4.85 amygdala** (n) /ə'mɪgdələ/
a part of the brain that affects how people feel fear and pleasure • *The damage to his amygdala meant that he could no longer feel anything.* ❖ amigdala
- 4.86 health-care worker** (n) /'helθ ,keə(r) 'wɜ:kə(r)/
a doctor, nurse or other person that works in the medical sector • *It is important to keep health-care workers safe if we want to be safe ourselves.* ❖ operatore sanitario

Speaking Page 47

- 4.87 interact** (v) /ˌɪntəˈrækt/
communicate, react to • *Teachers should be able to interact well with their students.*
> interaction (n), interactive (adj)
❖ interagire
- 4.88 car-free** (adj) /kɑːfriː/
without cars, where cars are not allowed
• *The city centre has now been declared a car-free zone.* ❖ senza auto
- 4.89 entirely** (adv) /ɪnˈtaɪəli/
completely • *I'm afraid I don't entirely agree with you.* ❖ interamente
- 4.90 convince** (v) /kənˈvɪns/
make sb believe that sth is true • *I've given up trying to convince her; there's no way she'll change her mind.* ❖ convincere

Grammar Page 48

- 4.91 experience** (n, uncountable) /ɪkˈspɪəriəns/
the knowledge that you get from doing sth for a long time • *The teacher had a lot of experience working with young children.*
❖ esperienza
- 4.92 experience** (n, countable) /ɪkˈspɪəriəns/
an event or activity that affects you • *Meeting my favourite author was an experience I'll never forget.* ❖ esperienza
- 4.93 space** (n, countable) /speɪs/
an empty place or position • *There is just one parking space left.* ❖ spazio, posto
- 4.94 space** (n, uncountable) /speɪs/
empty room that you can use • *I need to make some space in my closet for all these new clothes.* ❖ spazio
- 4.95 competition** (n, uncountable) /ˌkɒmpəˈtɪʃn/
circumstances in which everyone tries to be more successful than the others • *There's a lot of competition between the two phone companies.* ❖ competizione
- 4.96 without fail** (expr) /wɪðˈaʊt feɪl/
always, with no exceptions • *She always hands in her homework assignments on time, without fail.* ❖ senza eccezioni
- 4.97 avenue** (n) /ˈævənjuː/
a wide road with trees or buildings on both sides • *They drove silently along the wide avenue.* ❖ viale
- 4.98 highway** (n) /ˈhaɪweɪ/
a public road, especially one that connects two cities • *You can drive faster on the highway, but there is still a speed limit.*
❖ autostrada

- 4.99 hand (sth) over** (phr v) /hænd ˈ(s)ʌmθɪŋ ˈəʊvə(r)/
give sth to sb after you have been asked to do so • *The police officer asked me to hand over my driving licence.* ❖ consegnare
- 4.100 wheelchair** (n) /ˈwiːltʃeə(r)/
a chair on wheels that people who cannot walk use • *It isn't always easy to get around if you're in a wheelchair.* ❖ sedia a rotelle
- 4.101 motor-driven** (adj) /ˈməʊtə ˌdrɪvɪn/
using fuel or electricity to move • *It's a motor-driven boat, which is why it has no sails.*
❖ a motore
- 4.102 yell** (v) /jel/
shout or make a loud noise because you are excited or angry • *There's no need to yell. I can hear you.* ❖ urlare
- 4.103 make way for** (expr) /meɪk weɪ fə(r)/
provide space for • *The people stepped back to make way for the actor's car.*
❖ fare spazio
- 4.104 human being** (n) /ˌhjuːmən ˈbiːɪŋ/
a person • *The disease cannot be passed from animals to human beings.* ❖ essere umano

Use your English Page 49

- 4.105 live on top of each other** (expr) /lɪv ɒn tɒp əv iːtʃ ʌðə(r)/
live very close to each other • *In many modern cities, people have to live on top of each other, as housing is limited.* ❖ vivere uno sopra l'altro
- 4.106 resist the temptation** (expr) /rɪˈzɪst ðə tempˈteɪʃən/
stop yourself from doing sth you like but shouldn't do • *I couldn't resist the temptation to eat some more chocolate cake.*
❖ resistere alla tentazione
- 4.107 have the best of both worlds** (expr) /hæv ðə best əv bəʊθ wɜːldz/
enjoy the advantages of two very different things at the same time • *He lives in the country but also keeps an apartment in the city for weekends, so he has the best of both worlds.* ❖ il meglio di entrambi i mondi
- 4.108 from all walks of life** (expr) /frəm ɔːl wɜːks əv laɪf/
with different jobs or positions in society
• *There are people from all walks of life in my dance class, from lawyers to builders and hairdressers.* ❖ da qualsiasi origine e provenienza
- 4.109 on the increase** (phr) /ɒn ði ˈɪnkriːs/
getting larger • *His book collection is always on the increase; he must have more than 10,000 books already.* ❖ in aumento

- 4.110 take (sth) into consideration** (expr) /teɪk ('sʌmθɪŋ) ɪntə kən,sɪdə'reɪʃn/
think about sth before making a decision
● *I took all your views into consideration, but the final decision was mine.* ❖ prendere in considerazione
- 4.111 the talk of the town** (expr) /ðə tɔ:k əv ðə taʊn/
what everyone is talking about ● *When her new book came out, she became the talk of the town.* ❖ essere sulla bocca di tutti
- 4.112 the urban jungle** (expr) /ði ,ɜ:bən 'dʒʌŋgl/
city life (especially if you think it's unpleasant)
● *With all the stress and the noise, I wouldn't survive in the urban jungle.* ❖ giungla urbana
- 4.113 go to town** (expr) /gəʊ tə taʊn/
do sth with energy and spending a lot on it
● *She really went to town on her birthday party – it went on all night.* ❖ non badare a spese
- 4.114 all over the place** (expr) /ɔ:l əʊvə ðə pleɪs/
not tidy or not well organised ● *Your work is all over the place. I'm afraid you'll have to do it again.* ❖ confuso
- 4.115 ghost town** (n) /'gəʊst ,taʊn/
a town that used to be busy but now has few or no people ● *The place looked like a ghost town with dark, empty streets.* ❖ città fantasma
- 4.116 life in the fast lane** (expr) /'laɪf ɪn ðə 'fɑ:st ,leɪn/
a busy and exciting way of life ● *She used to enjoy life in the fast lane, but now she lives in a quiet village.* ❖ vivere a cento all'ora
- 4.117 private** (adj) /'praɪvət/
only for one person or a few people ● *You can't go in. It's a private room.* > privacy (n)
❖ privato
- 4.118 density** (n) /'densɪti/
the number of people or things in a place compared with the size of the place ● *Traffic density has doubled in the last decade.*
> dense (adj) ❖ densità
- 4.119 lead to** (phr v) /li:d tə/
have a particular result ● *The scandal led to a new government.* ❖ causare
- 4.120 rush** (v) /rʌʃ/
go very quickly or be very quick ● *Don't rush – we have plenty of time!* > rush (n) ❖ affrettarsi
- 4.121 peace and quiet** (expr) /pi:s ən kwɑɪət/
a situation in which nothing disturbs you and you are not stressed ● *I go to the library when I need some peace and quiet.* ❖ calma e silenzio
- 4.122 come across** (phr v) /kʌm əkrɒs/
find or meet sb by chance ● *We came across Mr Harry in the park.* ❖ imbattersi

Verb collocations

| | |
|------------------------------|-----------------------------|
| be located in | live on top of each other |
| go to town | make way for |
| have the best of both worlds | resist the temptation |
| | take sth into consideration |

Writing Pages 50–51

- 4.123 engage** (v) /ɪn'geɪdʒ/
attract sb's interest ● *The speaker engaged the audience fully.* > engagement (n)
❖ coinvolgere
- 4.124 relevant** (adj) /'reləvənt/
connected with people's own experience and therefore useful ● *Although it was written in 1900, the novel is still relevant today.*
> relevance (n) ❖ rilevante
- 4.125 element** (n) /'elɪmənt/
a necessary part of sth ● *Humour is one of the key elements of a good lecture.* ❖ elemento
- 4.126 rhetorical question** (n) /rɪ'tɔrɪkl 'kwɛstʃn/
a question which you ask to make a point, without expecting an answer ● *No need to answer. It was only a rhetorical question.*
❖ domanda retorica
- 4.127 form** (v) /fɔ:m/
give shape to sth ● *I formed the impression that you didn't like what he said.* > form (n)
❖ formare
- 4.128 persuasive** (adj) /pə'sweɪsɪv/
making you want to believe or do sth ● *His argument was very persuasive so we had to agree.* > persuade (v), persuasion (n)
❖ persuasivo, convincente
- 4.129 impersonal** (adj) /ɪm'pɜ:sənəl/
not referring to specific people ● *I tried to keep my criticism impersonal as I didn't want him to feel bad.* ❖ impersonale 📝 Opp: personal
- 4.130 get through** (phr v) /get θru:/
manage to do or complete ● *Let's hurry up, because we have a lot of work to get through.*
❖ fare
- 4.131 make the most of** (expr) /meɪk də məʊst əv/
use or enjoy sth as much as you can
● *We've only got a day in Paris, so let's make the most of it and try and see all the sights.*
❖ sfruttare al massimo
- 4.132 to be honest** (expr) /tə bi: 'ɒnɪst/
to tell the truth ● *I didn't really like her new song. To be honest, I hated it!* > honesty (n)
❖ a dire il vero
- 4.133 adventurous** (adj) /əd'ventʃərəs/
willing to try new and perhaps difficult things
● *I decided to be adventurous and tried a completely new approach.* > adventure (n)
❖ avventuroso

- 4.134 travel pass** (n) /'trævəl pɑ:s/
a ticket that allows you to travel in a particular area for a period of time • *If you are under 21, you can get a weekly travel pass for only five euros.* ❖ pass di viaggio
- 4.135 investment** (n) /ɪn'vestmənt/
the act of spending money so that you can get benefits in the future • *It's an expensive course, but considering the opportunities that I will have when I complete it, it's a good investment.* > invest (v), investor (n) ❖ investimento
- 4.136 open up** (phr v) /'əʊpən ʌp/
make sth available • *Internet advertising will open up new markets for our products.* ❖ aprire
- 4.137 above all** (expr) /ə'bʌv ɔ:l/
most importantly • *Above all, I'd like to emphasise the importance of humour.* ❖ soprattutto
- 4.138 socialise** (v) /'səʊʃəlaɪz/
spend time with friends • *I work so hard I have no time to socialise; I haven't seen my friends for two months.* > social (adj) ❖ socializzare
- 4.139 outline** (n) /'aʊtlaɪn/
the main facts, without any details • *She gave us a brief outline of what had happened.* > outline (v) ❖ profilo
- 4.140 support** (v) /sə'pɔ:t/
help show that sth is true • *The evidence does not really support your claims.* > support (n), supportive (adj) ❖ sostenere
- 4.141 lively** (adj) /'laɪvli/
interesting and exciting • *We had a very lively discussion which I thoroughly enjoyed.* ❖ vivace
- 4.142 picture** (v) /'pɪktʃə(r)/
imagine • *Can you picture yourself growing old?* ❖ immaginare
- 4.145 route** (n) /ru:t/
a way that you can follow to go from one place to another • *Which is the quickest route to the museum?* ❖ strada, percorso
- 4.146 concentration** (n) /,kɒnsən'treɪʃn/
the amount of sth that you find in a place • *They are measuring the concentration of dust in the atmosphere.* > concentrate (v) ❖ concentrazione
- 4.147 dose** (n) /dəʊs/
a measured amount of sth • *Do not exceed the recommended dose.* ❖ dose
- 4.148 lung** (n) /lʌŋ/
one of the two organs in your chest that help you breathe • *Take a deep breath and fill your lungs with the fresh air of the forest.* ❖ polmone
- 4.149 monitor** (n) /'mɒnɪtə(r)/
a machine that watches and records sth • *If the heart rate drops, the monitor will sound an alarm.* ❖ monitor
- 4.150 exhaust** (n) /ɪg'zɔ:st/
the gas that comes out of a vehicle or a machine • *The exhaust from the old bus in front of us smelled terrible.* ❖ scarico
- 4.151 emission** (n) /i'mɪʃn/
the gas (or light or heat) that is produced • *Electric cars do not produce any dangerous emissions.* > emit (v) ❖ emissione
- 4.152 respiration** (n) /,respɪ'reɪʃn/
breathing • *The patient's respiration is slow and difficult.* ❖ respirazione
- 4.153 rate** (n) /reɪt/
the speed at which sth happens • *If we keep going at this slow rate, it will take hours to finish the work.* ❖ passo
- 4.154 heart rate** (n) /'hɑ:t ,reɪt/
the number of times your heart beats in a minute • *It is normal for your heart rate to increase during exercise.* ❖ battito cardiaco
- 4.155 blood pressure** (n) /'blʌd ,preʃə(r)/
the force with which blood travels in the body • *He suffers from high blood pressure and has to take pills to control it.* ❖ pressione sanguigna
- 4.156 GPS** (n) /,dʒi:pi:'es/
(Global Positioning System) a system that can show exactly where you are • *Your mobile phone uses GPS to show your position on an online map.* ❖ GPS
- 4.157 device** (n) /dɪ'vaɪs/
an object or small machine that is designed for a particular purpose • *You can use any device to visit the site, but it looks best on a computer.* ❖ dispositivo, apparecchio

Phrasal verbs

| | |
|-------------|-----------|
| come across | hand over |
| end up | lead to |
| get around | open up |
| get through | set off |
| get to | |

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- 4.143 particle** (n) /'pɑ:tkl/
an extremely small piece of sth • *Dust particles are everywhere but you can't always see them.* ❖ particella
- 4.144 app** (n) /æp/
an application, a program that you can use on a phone, tablet or computer • *I've downloaded an app that organises my emails.* ❖ app

- 4.158 bloodstream** (n) /'blʌdstri:m/
the blood moving through your body • *The test showed there was poison in his bloodstream.*
❖ flusso di sangue
- 4.159 cardiovascular** (adj) /,kɑ:diəʊ'væskjələ(r)/
related to the heart and the blood vessels
(= the tubes through which the blood travels)
• *Smoking can cause cardiovascular disease.*
❖ cardiovascolare
- 4.160 minimise** (v) /'mɪnɪmaɪz/
reduce sth as much as possible • *They are trying to minimise their costs as the company is having trouble.* > minimal (adj) ❖ minimizzare
- 4.161 expose** (v) /ɪk'spəʊz/
put sb/sth in a dangerous situation • *Drive carefully and don't expose yourself to unnecessary risks.* > exposure (n)
❖ esporre