

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.* ❖ rural(e)
📖 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)
❖ commercial(e)
- 4.3 identical** (adj) /aɪ'dentɪkl/
exactly the same • *His shirt is identical to mine – we bought them together.* ❖ identique
- 4.4 rapid** (adj) /'ræpɪd/
fast • *The patient made a rapid recovery and was sent home in two days.* > rapidly (adv)
❖ rapide
- 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) ❖ résident(e)
- 4.6 urban** (adj) /'zːbən/
of a city or town • *Heavy traffic is mainly an urban problem.* ❖ urbain(e) 📖 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• *There used to be a beautiful old house there, but now it's been replaced by a block of flats.*
❖ immeuble d'appartements
- 4.8 pace** (n) /peɪs/
the speed at which sth happens • *She walked at a rapid pace across the street.*
❖ rythme
- 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)
❖ pénurie 📖 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)
❖ divertissement
- 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) ❖ faire la navette (domicile-travail)
- 4.12 outskirts** (n) /'aʊtskaɪts/
the area around a town or city • *Factories are usually built on the outskirts of cities.*
❖ périphérie
- 4.13 inhabitant** (n) /ɪn'hæbɪtənt/
a person or animal that lives in a place
• *Nowadays, the village has around 100 inhabitants.* ❖ habitant(e)
- 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connected with the past or with the study of the past • *The library houses a large collection of historical documents.* 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) ❖ historique
- 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) ❖ dévouer
- 4.16 walkable** (adj) /'wɔːkəbl/
suitable for walking • *Cities aren't usually as walkable as smaller towns.* ❖ adapté(e) à la marche
- 4.17 pedestrian** (n) /pə'destriən/
a person who is walking • *The bridge is designed for pedestrians only so no cars are allowed.* ❖ piéton
- 4.18 housing** (n) /'haʊzɪŋ/
buildings for people to live in • *The cost of housing in London is extremely high.*
❖ hébergement
- 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.* ❖ linéaire
- 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)
❖ approche
- 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)
❖ croissance

- 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.* ❖ résidentiel(le)
- 4.23 reduce** (v) /rɪˈdʒuːs/
make or become smaller • *They have reduced the price of these shoes to just 20 euros.* > reduction (n) ❖ réduire 📖 Syn: decrease
- 4.24 get around** (phr v) /get əˈraʊnd/
travel to different places • *We mainly used public transport to get around.* ❖ se déplacer
- 4.25 expand** (v) /ɪkˈspænd/
make sth bigger • *They are planning to expand the airport.* > expansion (n) ❖ étendre
- 4.26 modernist** (adj) /ˈmɒdənɪst/
related to the modern art movement • *Modernist cinema can sometimes be difficult to understand.* ❖ moderniste
- 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) ❖ proposer
- 4.28 raise** (v) /reɪz/
lift to a higher position • *Please raise your hand if you want to say something.* > raise (n) ❖ lever
- 4.29 spread** (v) /spred/
reach or cover a wider area • *The virus spread quickly through physical contact.* > spread (n) ❖ se répandre
- 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) ❖ affirmer
- 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.* ❖ finir à
- 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.* ❖ humaniste
- 4.33 course** (n) /kɔːs/
the direction in which sth moves • *We decided to change course as we weren't getting anywhere.* ❖ cap
- 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.* ❖ banlieusard(e)
- 4.35 continually** (adv) /kənˈtɪnjuəli/
without a break • *It was difficult to make a decision as the situation was continually changing.* > continue (v) ❖ continuellement 📖 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.* ❖ peu attirant(e) 📖 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) ❖ exiger
- 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.* ❖ clôture
- 4.39 gated community** (n) /ˌɡeɪtɪd kəˈmjʊːnəti/
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.* ❖ résidence sécurisée
- 4.40 unfenced** (adj) /ʌnˈfens/
not surrounded by a fence • *The park is unfenced, so you can go and have a walk there any time you like.* ❖ non clôturé(e) 📖 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.* ❖ construction basse 📖 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) ❖ bénéfices
- 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) ❖ banlieue
- 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.* ❖ quartier, zone

- 4.45 industrial** (adj) /ɪnˈdʌstriəl/
related to factories • *Industrial production has increased by 3% in the last six months.*
➤ industry (n) ❖ industriel(le)
- 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.*
❖ lotissement
- 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.* ❖ consister en
- 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.*
❖ piste cyclable
- 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.* ❖ trottoir
- 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.*
❖ intersection
- 4.51 roadworks** (n pl) /ˈrəʊdwɜːks/
repair or building work on a road • *The traffic is moving really slowly because of the roadworks ahead.* ❖ travaux routiers
- 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.* ❖ jonction
- 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.* ❖ passage piéton
- 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.* ❖ zone piétonne
- 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.*
❖ radar
- 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.*
❖ limitation de vitesse

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

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.* ❖ partir
- 4.63 hopefully** (adv) /ˈhəʊpfəli/
saying what you hope will happen • *Hopefully, we'll be there by six, but it depends on the traffic.* ❖ avec un peu de chance
- 4.64 evidence** (n) /ˈeɪdəns/
one or more facts that make you believe that sth is true • *What evidence do you have that he took the money?* ➤ evident (adj)
❖ preuve
- 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.* ❖ C'est à vous de décider
- 4.66 skyscraper** (n) /ˈskaɪˌskreɪpə(r)/
a very tall building • *The new skyscraper is going to be the tallest in the world.*
❖ gratte-ciel

Listening Page 46

- 4.67 inland** (adv) /'ɪnlænd/
away from the sea • *Seabirds sometimes come inland looking for food.* ❖ terres intérieures
- 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) ❖ résident(e)
- 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) ❖ citoyen(ne)

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.* ❖ constant(e)
- 4.71 noise pollution** (n) /'nɔɪz pəˌluːʃn/
a high level of noise that is harmful and annoying • *Noise pollution is at its worst in inner city areas.* ❖ pollution sonore
- 4.72 regulate** (v) /'regjələɪt/
control how sth works • *The members of the European Union agreed to regulate their banks.* > regulation (n) ❖ réguler
- 4.73 on a regular basis** (phr) /ɔn ə 'regjələ(r) 'beɪsɪz/
often or repeatedly • *I suggest we meet on a regular basis from now on – how about every Tuesday?* ❖ sur une base régulière
- 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?* ❖ urbaniste
- 4.75 mood swing** (n) /'muːd 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.* ❖ sautes d'humeur
- 4.76 sharply** (adv) /'ʃɑːpli/
quickly and suddenly • *House prices have risen sharply in the last month.* ❖ brusquement
- 4.77 homesick** (adj) /'həʊmsɪk/
missing your home, family and friends • *After my first week in Madrid, I was feeling very homesick.* ❖ nostalgique
- 4.78 would rather** (phr) /wʊd rɑːðə(r)/
would prefer to • *I'd rather stay at home than go to the party with him.* ❖ préférer
- 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.* ❖ ville natale
- 4.80 eliminate** (v) /'ɪlɪmɪneɪt/
remove or get rid of sth • *I'm trying to eliminate sugar from my diet.* > elimination (n) ❖ éliminer
- 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.* ❖ majorité
- 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.* ❖ niveau de vie
- 4.83 crime** (n) /kraɪm/
activities that break the law • *It is the job of the police to prevent crime.* > criminal (adj, n) ❖ crime
- 4.84 affect** (v) /ə'fekt/
have an influence on • *The disease mainly affects children.* ❖ affecter
- 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.* ❖ amygdale
- 4.86 health-care worker** (n) /'helθ ,keə(r) 'wɜːkə(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.* ❖ personnel de santé

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)
❖ interagir
- 4.88 car-free** (adj) /kɑːfriː/
without cars, where cars are not allowed
• *The city centre has now been declared a car-free zone.* ❖ sans voitures
- 4.89 entirely** (adv) /ɪnˈtaɪəli/
completely • *I'm afraid I don't entirely agree with you.* ❖ totalement
- 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.* ❖ convaincre

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.*
❖ expérience
- 4.92 experience** (n, countable) /ɪkˈspɪəriəns/
an event or activity that affects you • *Meeting my favourite author was an experience I'll never forget.* ❖ expérience
- 4.93 space** (n, countable) /speɪs/
an empty place or position • *There is just one parking space left.* ❖ place
- 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.* ❖ espace
- 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.* ❖ concurrence
- 4.96 without fail** (expr) /wɪðˈaʊt feɪl/
always, with no exceptions • *She always hands in her homework assignments on time, without fail.* ❖ sans exception, sans faute
- 4.97 avenue** (n) /ˈævənjuː/
a wide road with trees or buildings on both sides • *They drove silently along the wide avenue.* ❖ avenue
- 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.*
❖ autoroute

- 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.* ❖ présenter (quelque chose)
- 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.* ❖ chaise/fauteuil roulant(e)
- 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.*
❖ motorisé(e)
- 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.* ❖ hurler
- 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.*
❖ laisser passer
- 4.104 human being** (n) /ˌhjuːmən ˈbiːɪŋ/
a person • *The disease cannot be passed from animals to human beings.* ❖ être humain

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.* ❖ vivre les uns sur les autres
- 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.*
❖ résister à la tentation
- 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.* ❖ avoir le meilleur des deux mondes
- 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.* ❖ de tous horizons
- 4.109 on the increase** (phr) /ɒn ði ˈɪnkrɪːs/
getting larger • *His book collection is always on the increase; he must have more than 10,000 books already.* ❖ en augmentation

- 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.* ❖ prendre (quelque chose) en considération
- 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.* ❖ dont tout le monde parle
- 4.112 the urban jungle** (expr) /ði ˌz:bən 'dʒʌŋɡl/
city life (especially if you think it's unpleasant) • *With all the stress and the noise, I wouldn't survive in the urban jungle.* ❖ la jungle urbaine
- 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.* ❖ mettre le paquet
- 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.* ❖ un peu partout
- 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.* ❖ ville fantôme
- 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.* ❖ vivre à cent à l'heure
- 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) ❖ privé(e)
- 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) ❖ densité
- 4.119 lead to** (phr v) /li:d tə/
have a particular result • *The scandal led to a new government.* ❖ mener à, aboutir
- 4.120 rush** (v) /rʌʃ/
go very quickly or be very quick • *Don't rush – we have plenty of time!* > rush (n) ❖ se dépêcher
- 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.* ❖ paix et tranquillité
- 4.122 come across** (phr v) /kʌm əkrɒs/
find or meet sb by chance • *We came across Mr Harry in the park.* ❖ tomber sur, croiser

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) ❖ intéresser
- 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) ❖ pertinent(e)
- 4.125 element** (n) /'elɪmənt/
a necessary part of sth • *Humour is one of the key elements of a good lecture.* ❖ élément
- 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.* ❖ question rhétorique
- 4.127 form** (v) /fɔ:m/
give shape to sth • *I formed the impression that you didn't like what he said.* > form (n) ❖ former
- 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) ❖ persuasif, persuasive
- 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.* ❖ impersonnel(le) 📝 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.* ❖ terminer, finir
- 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.* ❖ en profiter au maximum
- 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) ❖ pour être honnête
- 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) ❖ aventureux, aventureuse

- 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.* ❖ titre de transport
- 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) ❖ investissement
- 4.136 open up** (phr v) /'əʊpən ʌp/
make sth available • *Internet advertising will open up new markets for our products.* ❖ ouvrir
- 4.137 above all** (expr) /ə'bʌv ɔ:l/
most importantly • *Above all, I'd like to emphasise the importance of humour.* ❖ par dessus tout
- 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) ❖ socialiser
- 4.139 outline** (n) /'aʊtlaɪn/
the main facts, without any details • *She gave us a brief outline of what had happened.* > outline (v) ❖ aperçu
- 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) ❖ soutenir, étayer
- 4.141 lively** (adj) /'laɪvli/
interesting and exciting • *We had a very lively discussion which I thoroughly enjoyed.* ❖ animé(e)
- 4.142 picture** (v) /'pɪktʃə(r)/
imagine • *Can you picture yourself growing old?* ❖ s'imaginer

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.* ❖ particule
- 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.* ❖ appli

- 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?* ❖ itinéraire
- 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) ❖ concentration
- 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.* ❖ poumon
- 4.149 monitor** (n) /'mɒnɪtə(r)/
a machine that watches and records sth • *If the heart rate drops, the monitor will sound an alarm.* ❖ moniteur
- 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.* ❖ gaz d'échappement
- 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) ❖ émission
- 4.152 respiration** (n) /,respi'reɪʃn/
breathing • *The patient's respiration is slow and difficult.* ❖ respiration
- 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.* ❖ rythme
- 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.* ❖ rythme/fréquence cardiaque
- 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.* ❖ pression sanguine
- 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.* ❖ appareil

- 4.158 bloodstream** (n) /'blʌdstri:m/
the blood moving through your body • *The test showed there was poison in his bloodstream.*
❖ circulation sanguine
- 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.*
❖ cardiovasculaire
- 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) ❖ minimiser
- 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)
❖ exposer