

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.* ❖ ريفي، قروي
📖 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)
❖ تجاري
- 4.3 identical** (adj) /aɪ'dentɪkl/
exactly the same • *His shirt is identical to mine – we bought them together.*
❖ متطابق، متماثل، متشابه
- 4.4 rapid** (adj) /'ræpɪd/
fast • *The patient made a rapid recovery and was sent home in two days.* > rapidly (adv)
❖ سريع
- 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) ❖ مقيم
- 4.6 urban** (adj) /'zːbən/
of a city or town • *Heavy traffic is mainly an urban problem.* ❖ حضري 📖 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• *There used to be a beautiful old house there, but now it's been replaced by a block of flats.*
❖ بنائة شقق
- 4.8 pace** (n) /peɪs/
the speed at which sth happens • *She walked at a rapid pace across the street.* ❖ سرعة
- 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)
❖ نقص 📖 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)
❖ تسلية
- 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)
❖ يذهب يوميًا إلى العمل
- 4.12 outskirts** (n) /'aʊtskaɪts/
the area around a town or city • *Factories are usually built on the outskirts of cities.*
❖ مشارف، أطراف
- 4.13 inhabitant** (n) /ɪn'hæbɪtənt/
a person or animal that lives in a place
• *Nowadays, the village has around 100 inhabitants.*
❖ قاطن (person: resident)
- 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connected with the past or with the study of the past • *The library houses a large collection of historical documents.* 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) ❖ تاريخي
- 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) ❖ يكرس
- 4.16 walkable** (adj) /'wɔːkəbl/
suitable for walking • *Cities aren't usually as walkable as smaller towns.* ❖ قابل للمشي
- 4.17 pedestrian** (n) /pə'destriən/
a person who is walking • *The bridge is designed for pedestrians only so no cars are allowed.* ❖ مترجل
- 4.18 housing** (n) /'haʊzɪŋ/
buildings for people to live in • *The cost of housing in London is extremely high.*
❖ سكن
- 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.*
❖ مؤلف من خطوط
- 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)
❖ مقاربة
- 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) ❖ نمو

- 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.* ❖ سكني
- 4.23 reduce** (v) /rɪˈdʒuːs/ make or become smaller • *They have reduced the price of these shoes to just 20 euros.* > reduction (n) ❖ يقلل ☞ Syn: decrease
- 4.24 get around** (phr v) /get əˈraʊnd/ travel to different places • *We mainly used public transport to get around.* ❖ يسافر، يتنقل
- 4.25 expand** (v) /ɪkˈspænd/ make sth bigger • *They are planning to expand the airport.* > expansion (n) ❖ ينفخ، يتمدد
- 4.26 modernist** (adj) /ˈmɒdənɪst/ related to the modern art movement • *Modernist cinema can sometimes be difficult to understand.* ❖ فنان معاصر
- 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) ❖ يقترح
- 4.28 raise** (v) /reɪz/ lift to a higher position • *Please raise your hand if you want to say something.* > raise (n) ❖ يرفع
- 4.29 spread** (v) /spred/ reach or cover a wider area • *The virus spread quickly through physical contact.* > spread (n) ❖ ينتشر
- 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) ❖ يدعي
- 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.* ❖ يصل، يبلغ
- 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.* ❖ إنساني النزعة
- 4.33 course** (n) /kɔːs/ the direction in which sth moves • *We decided to change course as we weren't getting anywhere.* ❖ مسار
- 4.34 commuter** (n) /kəˈmjʊːtə(r)/ sb who travels to and from work every day • *The train is always packed with commuters on weekday mornings.* ❖ المسافر اليومي
- 4.35 continually** (adv) /kənˈtɪnjuəli/ without a break • *It was difficult to make a decision as the situation was continually changing.* > continue (v) ❖ باستمرار ☞ 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.* ❖ غير مُرحب ☞ 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) ❖ يطلب
- 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.* ❖ سور
- 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.* ❖ تجمع سكني مغلق
- 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.* ❖ بدون سور ☞ 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.* ❖ مُنخفض الارتفاع ☞ 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) ❖ ربح
- 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) ❖ ضاحية
- 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.* ❖ حيّ

- 4.45 industrial** (adj) /ɪnˈdʌstriəl/
related to factories • *Industrial production has increased by 3% in the last six months.*
➤ industry (n) ❖ صناعي
- 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.*
❖ عقار
- 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.* ❖ يتكون من
- 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.*
❖ مسار للدراجات
- 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.* ❖ رصيف
- 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.*
❖ تقاطع
- 4.51 roadworks** (n pl) /ˈrəʊdwɜːks/
repair or building work on a road • *The traffic is moving really slowly because of the roadworks ahead.* ❖ أعمال حفريات
- 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.* ❖ تقاطع، ملتقى طرق
- 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.* ❖ عبور المشاة
- 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.* ❖ منطقة مشاة
- 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.*
❖ كاميرا مراقبة السرعة
- 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.*
❖ حد السرعة
- 4.57 facilities** (n pl) /fəˈsɪlɪtɪz/
buildings, equipment and services available for a particular purpose • *The hotel has special facilities for disabled people.* ❖ منشآت
- 4.58 venue** (n) /ˈvenjuː/
the place where an event or meeting takes place • *The room provides an ideal venue for business meetings.* ❖ مكان (لإقامة حدث)
- 4.59 urbanisation** (n) /ˌzːbənɪˈzeɪʃn/
the process in which towns and cities are built where there was countryside before • *The early 20th century was a time of rapid urbanisation.* ❖ تحضر، تمدن
- 4.60 goods** (n pl) /ɡʊdz/
products • *We will send you the goods you ordered tomorrow morning.* ❖ بضائع
- 4.61 boundary** (n) /ˈbaʊndəri/
a line that marks the limit of sth • *The fence marks the boundary between our garden and theirs.* ❖ حد، تخم

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.* ❖ ينطلق
- 4.63 hopefully** (adv) /ˈhəʊpfəli/
saying what you hope will happen • *Hopefully, we'll be there by six, but it depends on the traffic.* ❖ مستبشراً خيراً
- 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) ❖ دليل
- 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.* ❖ الأمر يعود إليك
- 4.66 skyscraper** (n) /ˈskaɪˌskreɪpə(r)/
a very tall building • *The new skyscraper is going to be the tallest in the world.*
❖ ناطحة سحاب

Listening Page 46

- 4.67 inland** (adv) /'ɪnlænd/
away from the sea • *Seabirds sometimes come inland looking for food.* ❖ بري
- 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) ❖ ساكن
- 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) ❖ مواطن

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.* ❖ مستمر
- 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.* ❖ تلوث سمعي
- 4.72 regulate** (v) /'regjələɪt/
control how sth works • *The members of the European Union agreed to regulate their banks.* > regulation (n) ❖ ينظم، يقنن
- 4.73 on a regular basis** (phr) /ɒn ə'regjələ(r) 'beɪsɪs/
often or repeatedly • *I suggest we meet on a regular basis from now on – how about every Tuesday?* ❖ بشكل منتظم
- 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?* ❖ مخطط مدن
- 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.*
❖ تقلبات المزاج
- 4.76 sharply** (adv) /'ʃɑ:pli/
quickly and suddenly • *House prices have risen sharply in the last month.* ❖ بسرعة
- 4.77 homesick** (adj) /'həʊmsɪk/
missing your home, family and friends • *After my first week in Madrid, I was feeling very homesick.* ❖ يشعر بالحنين إلى منزله/أسرته/وطنه
- 4.78 would rather** (phr) /wʊd ra:ðə(r)/
would prefer to • *I'd rather stay at home than go to the party with him.* ❖ يفضل
- 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.* ❖ مسقط الرأس
- 4.80 eliminate** (v) /'ɪlɪmɪneɪt/
remove or get rid of sth • *I'm trying to eliminate sugar from my diet.* > elimination (n) ❖ يقلل
- 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.*
❖ أغلبية
- 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.*
❖ مستوى المعيشة
- 4.83 crime** (n) /kraɪm/
activities that break the law • *It is the job of the police to prevent crime.* > criminal (adj, n)
❖ جريمة
- 4.84 affect** (v) /ə'fekt/
have an influence on • *The disease mainly affects children.* ❖ يؤثر
- 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.* ❖ اللوزة الدماغية
- 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.* ❖ عامل في مجال الرعاية الصحية

Speaking Page 47

- 4.87 interact** (v) /ˌɪntə'reɪkt/
communicate, react to • *Teachers should be able to interact well with their students.*
> interaction (n), interactive (adj)
❖ يتأثر؛ يتداخل
- 4.88 car-free** (adj) /kɑ: fri:/
without cars, where cars are not allowed
• *The city centre has now been declared a car-free zone.* ❖ خالي من السيارات
- 4.89 entirely** (adv) /ɪn'taɪəli/
completely • *I'm afraid I don't entirely agree with you.* ❖ بالكامل
- 4.90 convince** (v) /kən'vɪns/
make sb believe that sth is true • *I've given up trying to convince her; there's no way she'll change her mind.* ❖ يقنع

Grammar Page 48

- 4.91 experience** (n, uncountable) /ɪk'spɪəriəns/
the knowledge that you get from doing sth for a long time • *The teacher had a lot of experience working with young children.*
❖ خبرة
- 4.92 experience** (n, countable) /ɪk'spɪəriəns/
an event or activity that affects you • *Meeting my favourite author was an experience I'll never forget.* ❖ خبرة
- 4.93 space** (n, countable) /speɪs/
an empty place or position • *There is just one parking space left.* ❖ فضاء
- 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.* ❖ غرفة فارغة
- 4.95 competition** (n, uncountable) /ˌkɒmpə'tɪʃn/
circumstances in which everyone tries to be more successful than the others • *There's a lot of competition between the two phone companies.* ❖ منافسة
- 4.96 without fail** (expr) /wɪð'aʊt feɪl/
always, with no exceptions • *She always hands in her homework assignments on time, without fail.* ❖ دون فشل
- 4.97 avenue** (n) /'ævənju:/
a wide road with trees or buildings on both sides • *They drove silently along the wide avenue.* ❖ طريق مشجر
- 4.98 highway** (n) /'haɪweɪ/
a public road, especially one that connects two cities • *You can drive faster on the highway, but there is still a speed limit.*
❖ طريق سريع

- 4.99 hand (sth) over** (phr v) /hænd ('sʌmθɪŋ) 'əʊvə(r)/
give sth to sb after you have been asked to do so • *The police officer asked me to hand over my driving licence.* ❖ يسلم
- 4.100 wheelchair** (n) /'wi:lʃeə(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.* ❖ كرسي متحرك
- 4.101 motor-driven** (adj) /'məʊtə ,drɪvŋ/
using fuel or electricity to move • *It's a motor-driven boat, which is why it has no sails.*
❖ تدار بمحرك
- 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.* ❖ يحتج
- 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.*
❖ افسح الطريق لـ
- 4.104 human being** (n) /ˌhju:mən 'bi:ɪŋ/
a person • *The disease cannot be passed from animals to human beings.*
❖ الجنس البشري

Use your English Page 49

- 4.105 live on top of each other** (expr) /lɪv ɒn tɒp əv i:tʃ əðə(r)/
live very close to each other • *In many modern cities, people have to live on top of each other, as housing is limited.* ❖ يعيش حياة مزدحمة
- 4.106 resist the temptation** (expr) /rɪ'zɪst ðə temp'teɪʃən/
stop yourself from doing sth you like but shouldn't do • *I couldn't resist the temptation to eat some more chocolate cake.*
❖ مقاومة الإغراء
- 4.107 have the best of both worlds** (expr) /hæv ðə best əv bæʊθ wɜ:lɪdz/
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.* ❖ أفضل ما في الأمرين
- 4.108 from all walks of life** (expr) /frəm ɔ:l wɔ:ks 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.* ❖ من كل نواحي الحياة
- 4.109 on the increase** (phr) /ɒn ði 'ɪnkri:s/
getting larger • *His book collection is always on the increase; he must have more than 10,000 books already.* ❖ في ازدياد

- 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.* ❖ يأخذ في الحسبان
- 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.* ❖ حديث المدينة
- 4.112 the urban jungle** (expr) /ði ,z:ɪbən '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.* ❖ وثيق الصلة
- 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.* ❖ يفعل بطاقة وحماس
- 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.* ❖ بجميع أنحاء المكان
- 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.* ❖ مدينه الاشباح
- 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.* ❖ حياة سريعة ومثيرة
- 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) ❖ خاص
- 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) ❖ كثافة
- 4.119 lead to** (phr v) /li:d tə/
have a particular result • *The scandal led to a new government.* ❖ يؤدي إلى
- 4.120 rush** (v) /rʌʃ/
go very quickly or be very quick • *Don't rush – we have plenty of time!* > rush (n) ❖ يندفع
- 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.* ❖ سلام وهدوء
- 4.122 come across** (phr v) /kʌm əkrɒs/
find or meet sb by chance • *We came across Mr Harry in the park.* ❖ يصادف

Writing Pages 50–51

- 4.123 engage** (v) /ɪn'geɪdʒ/
attract sb's interest • *The speaker engaged the audience fully.* > engagement (n) ❖ يجذب إنتباه
- 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) ❖ وثيق الصلة
- 4.125 element** (n) /'elɪmənt/
a necessary part of sth • *Humour is one of the key elements of a good lecture.* ❖ عنصر
- 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.* ❖ سؤال بلاغي
- 4.127 form** (v) /fɔ:m/
give shape to sth • *I formed the impression that you didn't like what he said.* > form (n) ❖ شكل
- 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) ❖ مقنع
- 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.* ❖ غير شحصي 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.* ❖ يمر
- 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.* ❖ يستفيد بأقصى قدر
- 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) ❖ للأمانة
- 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) ❖ مُغامر

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

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- 4.134 travel pass** (n) /'trævəl pa: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.* ❖ تذكرة سفر
- 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) ❖ استثمار
- 4.136 open up** (phr v) /'əʊpən ʌp/
make sth available • *Internet advertising will open up new markets for our products.*
❖ مُنفتح
- 4.137 above all** (expr) /ə'bvʌv ɔ:l/
most importantly • *Above all, I'd like to emphasise the importance of humour.*
❖ قبل كل شيء
- 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)
❖ يعاشر الناس، يصادق الآخرين
- 4.139 outline** (n) /'aʊtlaɪn/
the main facts, without any details • *She gave us a brief outline of what had happened.*
> outline (v) ❖ شكل عام
- 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) ❖ دعم
- 4.141 lively** (adj) /'laɪvli/
interesting and exciting • *We had a very lively discussion which I thoroughly enjoyed.*
❖ مفعم بالحياة، نابض بالحياة
- 4.142 picture** (v) /'pɪktʃə(r)/
imagine • *Can you picture yourself growing old?* ❖ صورة

Phrasal verbs

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

- 4.143 particle** (n) /'pɑ:tɪkl/
an extremely small piece of sth • *Dust particles are everywhere but you can't always see them.* ❖ جسيم
- 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.*
❖ تطبيق
- 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?* ❖ طريق
- 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)
❖ تركيز
- 4.147 dose** (n) /dəʊs/
a measured amount of sth • *Do not exceed the recommended dose.* ❖ جرعة
- 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.* ❖ رئة
- 4.149 monitor** (n) /'mɒnɪtə(r)/
a machine that watches and records sth • *If the heart rate drops, the monitor will sound an alarm.* ❖ شاشة
- 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.* ❖ عادم
- 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) ❖ انبعاث
- 4.152 respiration** (n) /,respɪ'reɪʃn/
breathing • *The patient's respiration is slow and difficult.* ❖ تنفس
- 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.* ❖ معدّل، نسبة
- 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.* ❖ معدل ضربات القلب
- 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.* ❖ ضغط الدم

- 4.156 GPS** (n) /ˌdʒiːpiːs/ (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.* ❖ نظام تحديد المواقع العالمي
- 4.157 device** (n) /dɪˈvaɪs/ 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.* ❖ جهاز
- 4.158 bloodstream** (n) /ˈblʌdstriːm/ the blood moving through your body • *The test showed there was poison in his bloodstream.* ❖ مجرى الدم
- 4.159 cardiovascular** (adj) /ˌkɑːdiəʊˈvæskjələ(r)/ related to the heart and the blood vessels (= the tubes through which the blood travels) • *Smoking can cause cardiovascular disease.* ❖ القلب والأوعية
- 4.160 minimise** (v) /ˈmɪnɪmaɪz/ reduce sth as much as possible • *They are trying to minimise their costs as the company is having trouble.* > minimal (adj) ❖ يقلل
- 4.161 expose** (v) /ɪkˈspəʊz/ put sb/sth in a dangerous situation • *Drive carefully and don't expose yourself to unnecessary risks.* > exposure (n) ❖ يُعرض