**4** City living

Glossary

Reading **Pages 42–43**

* 1. **rural** (adj) /ˈrʊərəl/

in the countryside ● *She lives in a small rural town in the south of France.* ❖ rurale

✎ Opp: urban

* 1. **commercial** (adj) /kəˈmɜːʃl/

related to buying and selling ● *Don’t forget this is a commercial operation and our top priority is to make money.* ➣ commerce (n)

* + - commerciale
  1. **identical** (adj) /aɪˈdentɪkl/

exactly the same ● *His shirt is identical to mine*

*– we bought them together.* ❖ identico

* 1. **rapid** (adj) /ˈræpɪd/

fast ● *The patient made a rapid recovery and was sent home in two days.* ➣ rapidly (adv)

* + - rapido
  1. **resident** (n) /ˈrezɪdənt/

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
  1. **urban** (adj) /ˈɜːbən/

of a city or town ● *Heavy traffic is mainly an urban problem.* ❖ urbano ✎ Opp: rural

* 1. **block of flats** (n) /blɒk əv ˈflæts/

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* *There used to be a beautiful old house there, but now it’s been replaced by a block of flats.*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
  1. **pace** (n) /peɪs/

the speed at which sth happens ● *She walked at a rapid pace across the street.*

* + - passo, ritmo
  1. **shortage** (n) /ˈʃɔːtɪdʒ/

a situation where there isn’t enough of sth needed ● *Schools are suffering from a shortage of teachers.* ➣ short (adj)

* + - carenza ✎ Syn: lack
  1. **entertainment** (n) /entəˈteɪnmənt/

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
  1. **commute** (v) /kəˈmjuːt/

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

* 1. **outskirts** (n) /ˈaʊtskɜːts/

the area around a town or city ● *Factories are usually built on the outskirts of cities.*

* + - periferia
  1. **inhabitant** (n) /ɪnˈhæbɪtənt/

a person or animal that lives in a place

* *Nowadays, the village has around 100 inhabitants.* ❖ abitante
  1. **historical** (adj) /hɪˈstɒrɪkl/

connected with the past or with the study of the past ● *The library houses a large collection of historical documents.* ➣ historic (adj), history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

* 1. **devote** (v) /dɪˈvəʊt/

give time, attention or energy to sth ● *I can only devote one hour a day to the project.*

➣ devotion (n) ❖ dedicare

* 1. **walkable** (adj) /ˈwɔːkəbl/

suitable for walking ● *Cities aren’t usually as walkable as smaller towns.* ❖ percorribile a piedi

* 1. **pedestrian** (n) /pəˈdestriən/

a person who is walking ● *The bridge is designed for pedestrians only so no cars are allowed.* ❖ pedone

* 1. **housing** (n) /ˈhaʊzɪŋ/

buildings for people to live in ● *The cost of housing in London is extremely high.*

* + - alloggio
  1. **linear** (adj) /ˈlɪniə(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
  1. **approach** (n) /əˈprəʊtʃ/

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
  1. **growth** (n) /ɡrəʊθ/

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
  1. **residential** (adj) /ˌrezɪˈdenʃl/

having mainly private houses, not offices or factories ● *The house is in a beautiful residential area with a lot of green space.*

* + - residenziale
  1. **reduce** (v) /rɪˈdʒuːs/

make or become smaller ● *They have reduced the price of these shoes to just 20 euros.*

➣ reduction (n) ❖ ridurre ✎ Syn: decrease

* 1. **get around** (phr v) /get əˈraʊnd/

travel to different places ● *We mainly used public transport to get around.* ❖ muoversi

* 1. **expand** (v) /ɪkˈspænd/

make sth bigger ● *They are planning to expand the airport.* ➣ expansion (n)

* + - espandere
  1. **modernist** (adj) /ˈmɒdənɪst/

related to the modern art movement

* *Modernist cinema can sometimes be difficult to understand.* ❖ modernista
  1. **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
  1. **raise** (v) /reɪz/

lift to a higher position ● *Please raise your hand if you want to say something.* ➣ raise (n)

* + - aumentare
  1. **spread** (v) /spred/

reach or cover a wider area ● *The virus spread quickly through physical contact.* ➣ spread (n)

* + - diffondere
  1. **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

* 1. **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

* 1. **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

* 1. **course** (n) /kɔːs/

the direction in which sth moves ● *We decided to change course as we weren’t getting anywhere.* ❖ corso

* 1. **commuter** (n) /kəˈmjuːtə(r)/

sb who travels to and from work every day

* *The train is always packed with commuters on weekday mornings.* ❖ pendolare
  1. **continually** (adv) /kənˈtɪnjuəli/

without a break ● *It was difficult to make a decision as the situation was continually*

*changing.* ➣ continue (v) ❖ continuamente

✎ Syn: continuously

* 1. **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

* 1. **demand** (v) /dɪˈmɑːnd/

ask for sth forcefully ● *I’ve had enough. I demand to see the manager immediately.*

➣ demand (n), demanding (adj)

* + - richiedere
  1. **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
  1. **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

* 1. **unfenced** (adj) /ʌnˈfenst/

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

* 1. **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**

* 1. **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

* 1. **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

* 1. **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

* 1. **industrial** (adj) /ɪnˈdʌstriəl/

related to factories ● *Industrial production has increased by 3% in the last six months.*

➣ industry (n) ❖ industriale

* 1. **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
  1. **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

* 1. **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
  1. **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

* 1. **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
  1. **roadworks** (n pl) /ˈrəʊdwɜːks/

repair or building work on a road ● *The traffic is moving really slowly because of the roadworks ahead.* ❖ cantiere stradale

* 1. **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

* 1. **pedestrian crossing** (n) /pəˌdestriən 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
  2. **pedestrian zone** (n) /pəˌdestriən ˈzəʊn/

an area where no vehicles are allowed ● *This is a pedestrian zone. You can’t ride your bike here.* ❖ area pedonale

* 1. **speed camera** (n) /ˈspiːd ˌkæmrə/

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
  1. **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
  1. **facilities** (n pl) /fəˈsɪlətiz/

buildings, equipment and services available for a particular purpose ● *The hotel has special facilities for disabled people.* ❖ struttura

* 1. **venue** (n) /ˈvenjuː/

the place where an event or meeting takes place ● *The room provides an ideal venue for business meetings.* ❖ locale

* 1. **urbanisation** (n) /ˌɜːbənaɪˈzeɪʃn/

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
  1. **goods** (n pl) /ɡʊdz/

products ● *We will send you the goods you ordered tomorrow morning.* ❖ merci

* 1. **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 crossroads junction pavement

pedestrian crossing pedestrian zone roadworks

Grammar **Page 45**

* 1. **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

* 1. **hopefully** (adv) /ˈhəʊpfəli/

saying what you hope will happen ● *Hopefully, we’ll be there by six, but it depends on the traffic.* ❖ si spera che...

* 1. **evidence** (n) /ˈevɪdəns/

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
  1. **it’s up to you** (expr) /ɪts ʌp tə ju:/ you can make the decision, it’s your

responsibility ● *It’s up to you. I’ll do whatever you say.* ❖ dipende da te

* 1. **skyscraper** (n) /ˈskaɪˌskreɪpə(r)/

a very tall building ● *The new skyscraper is going to be the tallest in the world.*

* + - grattacielo

Listening **Page 46**

* 1. **inland** (adv) /ˈɪnlænd/

away from the sea ● *Seabirds sometimes come inland looking for food.* ❖ terra ferma

* 1. **dweller** (n) /ˈdwelə(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

* 1. **citizen** (n) /ˈsɪtɪzən/

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

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*.

**LOOK!**

* 1. **constant** (adj) /ˈkɒnstənt/

happening all the time ● *Her constant criticism has begun to annoy me.* ❖ costante

* 1. **noise pollution** (n) /ˈnɔɪz pəˌluːʃn/

a high level of noise that is harmful and annoying ● *Noise pollution is at its worst in inner city areas.* ❖ inquinamento acustico

* 1. **regulate** (v) /ˈreɡjəleɪt/

control how sth works ● *The members of the European Union agreed to regulate their banks.* ➣ regulation (n) ❖ regolare

* 1. **on a regular basis** (phr) /ɔn ɘ ˈreɡjələ(r) ˈbeɪsɪs/ often or repeatedly ● *I suggest we meet on a regular basis from now on – how about every Tuesday?* ❖ regolarmente
  2. **town planner** (n) /taʊn ˈplænə(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

* 1. **mood swing** (n) /ˈmu: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
  1. **sharply** (adv) /ˈʃɑːpli/

quickly and suddenly ● *House prices have risen sharply in the last month.* ❖ bruscamente

* 1. **homesick** (adj) /ˈhəʊmsɪk/

missing your home, family and friends ● *After my first week in Madrid, I was feeling very homesick.* ❖ sentire la mancanza

* 1. **would rather** (phr) /wʊd rɑ:ðə(r)/

would prefer to ● *I’d rather stay at home than go to the party with him.* ❖ preferire

* 1. **hometown** (n) /ˈhəʊmtaʊn/

the town or city that you were born in ● *After spending a few years abroad, I returned to my hometown last week.* ❖ città natale

* 1. **eliminate** (v) /iˈlɪmɪneɪt/

remove or get rid of sth ● *I’m trying to eliminate sugar from my diet.* ➣ elimination (n)

* + - eliminare
  1. **majority** (n) /məˈdʒɒrəti/

the larger number or part of sth ● *The majority of people don’t pay much attention to their diet.*

* + - maggioranza
  1. **standard of living** (n) /ˌstændəd əv ˈlɪvɪŋ/ 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
  1. **crime** (n) /kraɪm/

activities that break the law ● *It is the job of the police to prevent crime.* ➣ criminal (adj, n)

* + - crimine
  1. **affect** (v) /əˈfekt/

have an influence on ● *The disease mainly affects children.* ❖ influire

* 1. **amygdala** (n) /əˈmɪɡdələ/

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

* 1. **health-care worker** (n) /ˈhelθ ˌkeə(r) ˈwɜ: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**

* 1. **interact** (v) /ˌɪntəˈrækt/

communicate, react to ● *Teachers should be able to interact well with their students.*

➣ interaction (n), interactive (adj)

* + - interagire
  1. **car-free** (adj) /kɑ: fri:/

without cars, where cars are not allowed

* *The city centre has now been declared a car-free zone.* ❖ senza auto
  1. **entirely** (adv) /ɪnˈtaɪəli/

completely ● *I’m afraid I don’t entirely agree with you.* ❖ interamente

* 1. **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**

* 1. **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
  2. **experience** (n, countable) /ɪkˈspɪəriəns/

an event or activity that affects you ● *Meeting my favourite author was an experience I’ll never forget.* ❖ esperienza

* 1. **space** (n, countable) /speɪs/

an empty place or position ● *There is just one parking space left.* ❖ spazio, posto

* 1. **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

* 1. **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
  2. **without fail** (expr) /wɪðˈɑʊt feɪl/

always, with no exceptions ● *She always hands in her homework assignments on time, without fail.* ❖ senza eccezioni

* 1. **avenue** (n) /ˈævənjuː/

a wide road with trees or buildings on both sides ● *They drove silently along the wide avenue.* ❖ viale

* 1. **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
  1. **hand (sth) over** (phr v) /hænd (ˈsʌmθɪŋ)

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

* 1. **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

* 1. **motor-driven** (adj) /ˈməʊtə ˌdrɪvn/

using fuel or electricity to move ● *It’s a motor- driven boat, which is why it has no sails.*

* + - a motore
  1. **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

* 1. **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
  1. **human being** (n) /ˌhjumən ˈbiɪŋ/

a person ● *The disease cannot be passed from animals to human beings.* ❖ essere umano

Use your English **Page 49**

* 1. **live on top of each other** (expr) /lɪv ɒn tɒp əv i:tʃ 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

* 1. **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
  1. **have the best of both worlds** (expr) /hæv ðə best əv bəʊθ wɜ:ldz/

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

* 1. **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.* ❖ da qualsiasi origine e provenienza
  1. **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

* 1. **take (sth) into consideration** (expr) /teɪk (ˈsʌmθɪŋ) ɪntə kənˌsɪdəˈreɪʃn/

think about sth before making a decision

* *I took all your views into consideration, but the final decision was mine.* ❖ prendere in considerazione
  1. **the talk of the town** (expr) /ðə tɔ:k əv ðə taʊn/ what everyone is talking about ● *When her*

# Verb collocations

be located in go to town

have the best of both worlds

live on top of each other make way for

resist the temptation

take sth into consideration

*new book came out, she became the talk of the town.* ❖ essere sulla bocca di tutti

* 1. **the urban jungle** (expr) /ði ˌɜːbən ˈdʒʌŋɡl/ 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
  1. **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
  1. **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
  2. **ghost town** (n) /ˈɡəʊst ˌtaʊn/

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

* 1. **life in the fast lane** (expr) /ˈlaɪf ɪn ðə ˈfɑːst ˌleɪn/ 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
  2. **private** (adj) /ˈpraɪvət/

only for one person or a few people ● *You can’t go in. It’s a private room.* ➣ privacy (n)

* + - privato
  1. **density** (n) /ˈdensɪti/

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

* 1. **lead to** (phr v) /li:d tə/

have a particular result ● *The scandal led to a new government.* ❖ causare

* 1. **rush** (v) /rʌʃ/

go very quickly or be very quick ● *Don’t rush – we have plenty of time!* ➣ rush (n) ❖ affrettarsi

* 1. **peace and quiet** (expr) /pi:s ən kwaɪət/

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

* 1. **come across** (phr v) /kʌm əkrɒs/

find or meet sb by chance ● *We came across Mr Harry in the park.* ❖ imbattersi

Writing **Pages 50–51**

* 1. **engage** (v) /ɪnˈɡeɪdʒ/

attract sb’s interest ● *The speaker engaged the audience fully.* ➣ engagement (n)

* + - coinvolgere
  1. **relevant** (adj) /ˈreləvənt/

connected with people’s own experience and therefore useful ● *Although it was written*

*in 1900, the novel is still relevant today.*

➣ relevance (n) ❖ rilevante

* 1. **element** (n) /ˈelɪmənt/

a necessary part of sth ● *Humour is one of the key elements of a good lecture.* ❖ elemento

* 1. **rhetorical question** (n) /rɪˌtɒrɪkl ˈkwestʃn/ 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
  2. **form** (v) /fɔːm/

give shape to sth ● *I formed the impression that you didn’t like what he said.* ➣ form (n)

* + - formare
  1. **persuasive** (adj) /pəˈsweɪsɪv/

making you want to believe or do sth ● *His argument was very persuasive so we had to agree.* ➣ persuade (v), persuasion (n)

* + - persuasivo, convincente
  1. **impersonal** (adj) /ɪmˈpɜːsənəl/

not referring to specific people ● *I tried to keep my criticism impersonal as I didn’t want him to feel bad.* ❖ impersonale ✎ Opp: personal

* 1. **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
  1. **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
  1. **to be honest** (expr) /tə bi: ˈɒnɪst/

to tell the truth ● *I didn’t really like her new song. Τo be honest, I hated it!* ➣ honesty (n)

* + - a dire il vero
  1. **adventurous** (adj) /ədˈventʃərəs/

willing to try new and perhaps difficult things

* *I decided to be adventurous and tried a completely new approach.* ➣ adventure (n)
  + - avventuroso
  1. **travel pass** (n) /ˈtrævəl 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

* 1. **investment** (n) /ɪnˈvestmənt/

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

* 1. **open up** (phr v) /ˈəʊpən ʌp/

make sth available ● *Internet advertising will open up new markets for our products.*

* + - aprire
  1. **above all** (expr) /əˈbʌv ɔ:l/

most importantly ● *Above all, I’d like to emphasise the importance of humour.*

* + - soprattutto
  1. **socialise** (v) /ˈsəʊʃəlaɪz/

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

* 1. **outline** (n) /ˈaʊtlaɪn/

the main facts, without any details ● *She gave us a brief outline of what had happened.*

➣ outline (v) ❖ profilo

* 1. **support** (v) /səˈpɔːt/

help show that sth is true ● *The evidence does not really support your claims.* ➣ support (n), supportive (adj) ❖ sostenere

* 1. **lively** (adj) /ˈlaɪvli/

interesting and exciting ● *We had a very lively discussion which I thoroughly enjoyed.*

* + - vivace
  1. **picture** (v) /ˈpɪktʃə(r)/

imagine ● *Can you picture yourself growing old?* ❖ immaginare

**Phrasal verbs**

come across end up

get around get through get to

hand over lead to open up set off

Video **Page 52**

* 1. **particle** (n) /ˈpɑːtɪkl/

an extremely small piece of sth ● *Dust particles are everywhere but you can’t always see them.* ❖ particella

* 1. **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

* 1. **route** (n) /ruːt/

a way that you can follow to go from one place to another ● *Which is the quickest route to*

*the museum?* ❖ strada, percorso

* 1. **concentration** (n) /ˌkɒnsənˈtreɪʃn/

the amount of sth that you find in a place

* *They are measuring the concentration of dust in the atmosphere.* ➣ concentrate (v)
  + - concentrazione
  1. **dose** (n) /dəʊs/

a measured amount of sth ● *Do not exceed the recommended dose.* ❖ dose

* 1. **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
  1. **monitor** (n) /ˈmɒnɪtə(r)/

a machine that watches and records sth ● *If the heart rate drops, the monitor will sound an alarm.* ❖ monitor

* 1. **exhaust** (n) /ɪɡˈzɔːst/

the gas that comes out of a vehicle or a machine ● *The exhaust from the old bus in front of us smelled terrible.* ❖ scarico

* 1. **emission** (n) /iˈmɪʃn/

the gas (or light or heat) that is produced

* *Electric cars do not produce any dangerous emissions.* ➣ emit (v) ❖ emissione
  1. **respiration** (n) /ˌrespɪˈreɪʃn/

breathing ● *The patient’s respiration is slow and difficult.* ❖ respirazione

* 1. **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

* 1. **heart rate** (n) /ˈhɑːt ˌreɪt/

the number of times your heart beats in a minute ● *It is normal for your heart rate to increase during exercise.* ❖ battito cardiaco

* 1. **blood pressure** (n) /ˈblʌd ˌpreʃə(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
  1. **GPS** (n) /ˌdʒiːpiːˈes/

(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

* 1. **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.*

* + - dispositivo, apparecchio
  1. **bloodstream** (n) /ˈblʌdstriːm/

the blood moving through your body ● *The test showed there was poison in his bloodstream.*

* + - flusso di sangue
  1. **cardiovascular** (adj) /ˌkɑːdiəʊˈvæskjələ(r)/ related to the heart and the blood vessels

(= the tubes through which the blood travels)

* *Smoking can cause cardiovascular disease.*
  + - cardiovascolare
  1. **minimise** (v) /ˈmɪnɪmaɪz/

reduce sth as much as possible ● *They are trying to minimise their costs as the company is having trouble.* ➣ minimal (adj) ❖ minimizzare

* 1. **expose** (v) /ɪkˈspəʊz/

put sb/sth in a dangerous situation ● *Drive carefully and don’t expose yourself to unnecessary risks.* ➣ exposure (n)

* + - esporre