

10 Modern Living

Word Focus

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- 10.1 galley** (n) /'gæli/
a ship's kitchen • *The ship's cook prepared lunch for the crew in the galley.*
- 10.2 tagged** (adj) /tægd/
labelled • *Make sure your luggage is tagged with your name and phone number.* > tag (v, n)
- 10.3 realm** (n) /reɪm/
an area of activity • *New discoveries in the realm of astronomy are very exciting.*
- 10.4 hippodrome** (n) /'hɪpədrəʊm/
a place where horse races took place in ancient Greece and Rome • *Spectators would cheer the horses on at the hippodrome.*
- 10.5 fortification** (n) /fɔːtɪfɪ'keɪʃn/
a tower or wall built to protect an area from enemy attacks • *The thick castle walls were a strong fortification which the enemy could not breach.* > fortify (v)

Reading

pages 122-123

- 10.6 juggle** (v) /'dʒʌɡl/
give your attention to many things • *Susan juggles a full-time job and voluntary work at a charity shop.*
- 10.7 born and bred** (expr) /bɔːn ænd bred/
born and having grown up in a particular place • *You can tell he was born and bred in Texas from his accent.*
- 10.8 chop and change** (expr) /tʃɒp ænd tʃeɪndʒ/
change your mind many times • *He chopped and changed about which course to do before finally deciding on biochemistry.*
- 10.9 marine** (adj) /mə'riːn/
of the sea • *He studies marine life in the Pacific Ocean.*
- 10.10 arrowhead** (n) /'ærəʊ,hed/
the sharp end of an arrow • *Early humans made arrowheads out of stone which they used to hunt with.*
- 10.11 submarine** (n) /sʌbmə'riːn/
a ship that can travel underwater • *The submarine dived deep into the sea.*
- 10.12 formative years** (n) /'fɔːmətɪv jɪəz/
years which influence the way sb develops • *He was taught to love the sea during the formative years of his childhood.*
- 10.13 field work** (n) /fiːld wɜːk/
research done in the real world and not in a laboratory • *The geologist collected soil from the mountain as part of his field work.*

- 10.14 gather** (v) /'gæðə/
collect • *I gathered together my hiking boots, bag and map for the walk in the hills.*
- 10.15 in good shape** (expr) /ɪn gʊd ʃeɪp/
fit and healthy • *He's in good shape because he works out at the gym three times a week.*
- 10.16 make for** (phr v) /meɪk fə/
go towards a place • *After a busy day at work, Dad made for home.*
- 10.17 a bite to eat** (expr) /ə baɪt tu ɪt/
a snack; a meal • *I had a bite to eat in the canteen at lunch time.*
- 10.18 head (for)** (v) /hed (fə)/
go in a particular direction • *It's a sunny day and they're heading for the beach.*
- 10.19 anchor** (v) /'æŋkə/
drop an anchor in the sea to keep a boat in one place • *We anchored the yacht in a pretty cove for the afternoon.* > anchor (n)
- 10.20 brief** (v) /brɪːf/
give sb information about sth • *The principal briefed the staff about the changes to the timetable.* > brief (n)
- 10.21 on board** (expr) /ɒn bɔːd/
on a plane, ship or train • *When all the passengers were on board, the ship was able to leave port.*
- 10.22 gear** (n) /ɡɪə/
equipment • *The camping gear he bought included a tent, a torch and a sleeping bag.*
- 10.23 aboard** (adv) /ə'bɔːd/
on or onto a plane, ship, bus or train • *There are three hundred passengers aboard this ship.*
- 10.24 carry out** (phr v) /'kæri aʊt/
do a task • *The scientist carried out an experiment in the lab.*
- 10.25 excavation** (n) /ɪkskə'veɪʃn/
digging to find ancient objects, bones, etc. • *In 2013, an excavation in Leicester successfully revealed the skeleton of King Richard III of England.* > excavate (v)
- 10.26 field notes** (pl n) /fiːld nəʊtɪz/
notes taken by a scientist to record their work in progress • *The marine biologist went through her field notes and prepared her report.*
- 10.27 safekeeping** (n) /'seɪf'kiːpɪŋ/
being in a safe place where it will not be damaged or lost • *I locked my jewellery in a drawer for safekeeping.*

- 10.28 undergo** (v) /ʌndə'gəʊ/
If sb/sth undergoes a test, an experience, etc., it happens to them. • *The skeleton must undergo DNA tests to see if it really is King Richard III.*
- 10.29 rigorous** (adj) /'rɪgərəs/
thorough • *The athletes followed a rigorous training routine.* > rigour (n), rigorously (adv)
- 10.30 dedicated** (adj) /'dedɪkeɪtɪd/
devoted • *She is dedicated to her job and always works hard.* > dedicate (v), dedication (n)
- 10.31 lend a hand** (expr) /lend ə hænd/
help • *Can you lend me a hand with my heavy suitcase?*
- 10.32 snail** (n) /'sneɪl/
a small soft animal with a shell that moves slowly • *A snail crawled along the wet path.*
- 10.33 rinse** (v) /rɪns/
wash with clean water • *He rinsed the washing powder out of his shirt and then hung it up to dry.* > rinse (n)
- 10.34 eager** (adj) /'i:ɡə/
keen; willing • *Eager to help, I offered to wash the dishes.* > eagerness (n), eagerly (adv)
- 10.35 day-care** (n) /deɪ-keə/
when young children are looked after during the day because their parents are at work • *When Shirley goes back to work, she'll take her toddler to day-care.*
- 10.36 commute** (v) /kə'mju:t/
travel to work • *He commutes to work because he lives in the suburbs but works in the city centre.* > commuter (n)
- 10.37 crusader** (n) /kru:ˈseɪdə/
a European Christian who fought against the Muslims in one of the wars in Palestine in the Middle Ages • *The crusaders were finally driven out of the Holy Land.* > crusade (n, v)
- 10.38 fragile** (adj) /'frædʒaɪl/
delicate; easily damaged • *The fragile ecosystem of the coral reef was damaged by pollution.* > fragility (n)
- 10.39 make up one's mind** (expr)
/meɪk ʌp wʌnz maɪnd/
decide • *He made up his mind about what to study at university in his last year at school.*
- 10.40 occupation** (n) /ɒkjuˈpeɪʃn/
a job • *People in professional occupations have to dress very smartly.*
- 10.41 reflect** (v) /rɪ'flekt/
think about sth • *I need some time to reflect on the problem.* > reflection (n)
- 10.42 uneventful** (adj) /ʌnɪ'ventfəl/
with nothing interesting or unusual happening • *It was an uneventful day and nothing unusual happened.*

- 10.43 sheltered** (adj) /'ʃeltəd/
protected • *He had a sheltered childhood because his family never socialised with anyone outside the neighbourhood.* > shelter (v, n)
- 10.44 tie up loose ends** (expr) /taɪ ʌp lu:s endz/
complete unfinished tasks • *Before starting her new job, Liz had to tie up some loose ends.*
- 10.45 in working order** (expr) /ɪn 'wɜ:kɪŋ 'ɔ:də/
working well • *The lift isn't in working order, so you'll have to use the stairs.* ☞ Opp: out of order
- 10.46 trawler** (n) /'trɔ:lə/
a fishing boat that drags nets behind it to catch fish • *The trawler got caught in a storm at sea.* > trawl (v)
- 10.47 devastation** (n) /,devə'steɪʃn/
great damage • *The earthquake caused utter devastation in the area.* > devastate (v)

Vocabulary

pages 124-125

- 10.48 hectic** (adj) /'hektɪk/
very busy • *The teacher had a hectic Saturday morning cleaning, shopping, cooking and marking.*
- 10.49 provincial** (adj) /prə'vɪnʃl/
in/of the country • *The couple moved to a provincial town far from the busy capital.* > province (n)
- 10.50 sedentary** (adj) /'sedəntri/
spending a lot of time sitting down and not moving very much • *Sitting all day on the sofa or in front of a laptop is too sedentary a lifestyle for me.*
- 10.51 solitary** (adj) /'sɒlətri/
alone • *She leads a solitary existence living on her own on an island.*
- 10.52 unsophisticated** (adj) /ʌnsə'fɪstɪkeɪtɪd/
simple • *An unsophisticated lifestyle keeps costs down as you only need basic things.* > sophistication (n) ☞ Opp: sophisticated
- 10.53 cosmopolitan** (adj) /kɒzmə'pɒlɪtən/
with many people from different places and of different cultures • *London is a cosmopolitan city with people of many nationalities living there.*
- 10.54 reasonable** (adj) /'ri:zənəbl/
fairly priced; not expensive • *Five pounds is a reasonable price for a pizza in London.* > reason (n) ☞ Opp: unreasonable
- 10.55 metropolitan** (adj) /metrə'pɒlɪtən/
of the city • *Living in a metropolitan area, I can enjoy everything a city offers.*
- 10.56 sociable** (adj) /'səʊjəbl/
enjoying spending time with other people • *Being sociable, he got to know many people at the party.* > socialise (v) ☞ Opp: unsociable

- 10.57 devoid (of)** (adj) /dɪ'vɔɪd (əv)/
lacking; without • *Living in the middle of nowhere, she feels her life is devoid of excitement.*
- 10.58 newcomer** (n) /'nju:kʌmər/
sb who has just come to a place to live or work
• *Friendly neighbours welcomed the newcomers to the street with an apple pie.*
- 10.59 pedestrianise** (v) /pə'destrɪənaɪz/
make a street into an area that is used only by people who are walking • *They pedestrianised the high street and it's a pleasure to walk there now.* > pedestrianisation (n), pedestrian (n)
- 10.60 graduate** (v) /'grædʒʊeɪt/
get a university degree • *Bob graduated from Harvard with a law degree.* > graduate (n), graduation (n)
- 10.61 live out of a suitcase** (expr)
/lɪv aʊt əv ə 'su:tkeɪs/
stay somewhere temporarily with only a few of your belongings in your suitcase because you are travelling • *I travel as part of my job, but I hate living out of a suitcase.*
- 10.62 crime rate** (n) /kraɪm reɪt/
the amount of crime in an area • *Crime rates increased during the financial crisis.*
- 10.63 recovery** (n) /rɪ'kʌvəri/
becoming well after an illness or injury
• *We were happy to hear of your quick recovery from the flu.* > recover (v)
- 10.64 hit the road** (expr) /hɪt ðə rəʊd/
start out on a journey • *We should hit the road early tomorrow before the rush hour.*
- 10.65 income** (n) /'ɪnkʌm/
the money you earn from work • *The family struggle to survive on a low income.*
- 10.66 hardship** (n) /'hɑ:dʃɪp/
difficulties • *They are facing hardship in the cold winter because they cannot afford heating.*
- 10.67 get by** (phr v) /get baɪ/
have just enough money to live on
• *The elderly couple try to get by on 500 euros a month.*
- 10.68 excel** (v) /ɪk'sel/
do very well • *He excels at maths and won an award in the school maths competition.*
> excellence (n), excellent (adj)
- 10.69 outdo** (v) /,aʊt'du:z/
perform better than sb • *He tried to outdo his classmates by getting the highest mark.*
- 10.70 climb the corporate ladder** (expr)
/klaɪm ðə 'kɔ:pərət 'lædə/
get promotion within a company
• *The young employee climbed the corporate ladder and was promoted to personal assistant to the boss.*
- 10.71 colleague** (n) /'kɒli:g/
sb you work with • *My colleagues organised an office party for Christmas.*
- 10.72 ruin** (v) /'ru:ɪn/
destroy • *The injury ruined the athlete's chances of competing at the Olympics.*
> ruin (n)
- 10.73 spoil** (v) /spɔɪl/
give a child everything it wants • *Charlie is difficult and rude because his mother spoils him.* > spoilt (adj)
- 10.74 fledgling** (adj) /'fledʒlɪŋ/
new and inexperienced • *The fledgling online store gradually started to receive orders.*
📖 NB a fledgling is a baby bird
- 10.75 susceptible** (adj) /sʌ'septɪbl/
easily influenced or harmed • *I'm susceptible to colds so I stay indoors when it's snowing.* > susceptibility (n)
- 10.76 siren's call** (expr) /'saɪrənz kɔ:l/
the temptation to do sth that seems attractive but that will have bad consequences • *You must turn your back on the siren's call of an easy life.*
- 10.77 culprit** (n) /'kʌlprɪt/
sb/sth blamed for sth • *I returned to the car park to find that my car had been damaged and the culprit had fled.*
- 10.78 to a lesser extent** (expr) /tu ə 'lesə ɪk'stent/
to a smaller degree • *They were eager to visit Paris and, to a lesser extent, London.*
- 10.79 couch-bound** (adj) /'kaʊtʃ-bəʊnd/
sitting on a sofa for a long time • *We were couch-bound in front of the TV all day as it was too wet to go out.*
- 10.80 obsess** (v) /əb'ses/
think about only one thing • *The model obsessed so much about her weight that she became anorexic.* > obsession (n), obsessive (adj)
- 10.81 browse** (v) /'braʊz/
search for information on the Internet
• *Browsing online can be fun as you surf from one website to another.* > browser (n)
- 10.82 irritable** (adj) /'ɪrɪtəbl/
bad-tempered • *The irritable teacher shouted at the pupils.* > irritability (n)
- 10.83 mood-altering** (adj) /mu:ð-'ɔ:ltərɪŋ/
a drug capable of causing changes of mood
• *This is a highly-addictive, mood-altering drug.*
- 10.84 bounce back** (phr v) /baʊns bæk/
recover from a bad situation • *The company bounced back in the second quarter and made a profit.*
- 10.85 do without** (phr v) /du: wɪð'aʊt/
cope well despite not having sth • *We must learn to do without a car since we can't afford to run it.*

- 10.86 pull together** (phr v) /pʊl tə'geðə/
work as a team to achieve sth
• *The employees pulled together to make the company more successful.*
- 10.87 wear sb down** (phr v) /weə 'sʌmbədi daʊn/
make sb weaker • *The long commute to work every day really wears me down.*
- 10.88 strain** (n) /streɪn/
pressure • *The stress and strain of the new job is too much for him to cope with.*
- 10.89 burn the candle at both ends** (expr)
/bɜːn də 'kændl æt bæʊθ endz/
live a hectic life • *Diana is burning the candle at both ends by going out every night after work.*
- 10.90 hit rock bottom** (expr) /hɪt rɒk 'bɒtəm/
become as unsuccessful or unhappy as it is possible to be • *He hit rock bottom when he ended up homeless.*
- 10.91 keep your head above water** (expr)
/kiːp jɔː hed ə'bvʌ 'wɔːtə/
survive financially • *She got a second job to keep her head above water.*
- 10.92 run yourself into the ground** (expr)
/rʌŋ jə'self 'ɪntʊ ðə graʊnd/
become extremely tired because you work too hard • *Geena ran herself into the ground working day and night on her project.*
- 10.93 throw in the towel** (expr) /θrəʊ ɪn ðə 'taʊəl/
realise you must give up • *The athlete threw in the towel when he came last in the semi-final.*
- 10.94 pace** (n) /peɪs/
speed • *You must work at a faster pace to finish the task.* > pace (v)
- 10.95 admit defeat** (expr) /əd'mɪt dɪ'fi:t/
realise you cannot win or do sth • *The football team admitted defeat when they were down 5-0.*

Grammar

pages 126-127

- 10.96 promotion** (n) /prə'məʊʃn/
a move to a more important job in a company or organisation • *His promotion from assistant manager to manager was expected.*
> promote (v)
- 10.97 shopping district** (n) /'ʃɒpɪŋ 'dɪstrɪkt/
a part of a city or town where there are lots of shops • *The main shopping district in Athens is around Ermou Street.*
- 10.98 hard to come by** (expr) /hɑːd tə kʌm baɪ/
difficult to find • *Well-paid jobs are hard to come by these days.*
- 10.99 think outside the box** (expr)
/θɪŋk aʊt'saɪd ðə bɒks/
think of different or unusual ways of doing sth
• *In order to innovate, you need to think outside the box.*

- 10.100 initiative** (n) /ɪ'nɪʃətɪv/
the ability to act without being told what to do
• *The student showed initiative when he did some research alone in the library.*
- 10.101 assess** (v) /ə'ses/
make a judgement • *The teacher assessed the students' progress by setting a test.*
> assessment (n)
- 10.102 pursue** (v) /pə'sjuː/
follow • *The employer decided to pursue two candidates and called them in for a second interview.* > pursuit (n)
- 10.103 brand new** (adj) /brænd njuː/
completely new • *These shoes are brand new, so don't dirty them.*
- 10.104 tonsils** (pl n) /'tɒnsəlz/
glands at the back of the throat • *The doctor says I've got swollen tonsils.* > tonsillitis (n)
- 10.105 satellite dish** (n) /'sætələɪt dɪʃ/
equipment that receives signals from a satellite and enables people to watch satellite television • *We have just installed a satellite dish on our roof.*
- 10.106 rail** (n) /reɪl/
metal bar that is part of a fence
• *I chained my bicycle to the rails at the front of the station.*

Work-related words

Verbs	Nouns	Adjectives
brief	colleague	dedicated
commute	occupation	eager
juggle	promotion	hectic
retire		

Listening

page 128

- 10.107 slog it out** (expr) /slɒg ɪt aʊt/
work hard • *He slogged it out all week preparing the sales figures.*
- 10.108 land a part** (expr) /lənd ə pɑːt/
get a role • *The actress was very pleased to land a part in a BBC series.*
- 10.109 climb up the career ladder** (expr)
/klaɪm ʌp ðə kə'ɪriə 'lædə/
get promoted • *You'll be climbing up the career ladder if you get the post of department supervisor.*
- 10.110 agricultural** (adj) /,ægrɪ'kʌltʃərəl/
connected with farming • *Greece is an agricultural country and produces olives, grapes and lot of other crops.* > agriculture (n)
- 10.111 fulfil** (v) /fʊl'fɪl/
manage to do sth you hoped for • *I fulfilled the ambition of a lifetime when I visited New York.*
> fulfilment (n)

- 10.112 disinterest** (n) /dɪs'ɪntərəst/
lack of interest • *Fred showed complete disinterest in music, even though his dad was a musician.* > disinterested (adj)
- 10.113 prospect** (n) /'prɒspekt/
the possibility that sth will happen • *The prospect of another war is frightening.* > prospective (adj)
- 10.114 rat race** (expr) /ræt reɪs/
the stressful way of life in a large city, competing to be successful, earn money, etc. • *The pressure of the rat race exhausted him so he quit his job.*
- 10.115 live in the fast lane** (expr) /lɪv ɪn ðə fɑːst leɪn/
have a hectic and pressured lifestyle • *She lives in the fast lane and is always travelling abroad for business meetings.*
- 10.116 rural** (adj) /'rʊərəl/
of or in the countryside • *We stayed in an old farmhouse on our holiday in rural France.*

Speaking

page 129

- 10.117 strict** (adj) /strikt/
demanding that rules concerning behaviour are obeyed • *The strict teacher demanded that all assignments be handed in on time*
- 10.118 mother tongue** (n) /'mʌðə tʌŋ/
language you learn from your parents • *My mother tongue is English but I also speak German because I learnt it at school.*
- 10.119 interactive whiteboard** (n)
/ɪntər'æktɪv 'waɪtbɔːd/
a classroom board which is connected to a computer • *The teacher displayed some photos from his computer on the interactive whiteboard.*
- 10.120 retire** (v) /rɪ'taɪə/
stop working and become a pensioner • *John retired at 65 but feels bored staying at home instead of working.* > retirement (n), retired (adj)
- 10.121 MA** (abbr) /,em 'eɪ/
a second university degree in an arts subject • *She has an MA in French from the University of Newcastle.* 📖 MA = Master of Arts
- 10.122 incorporate** (v) /ɪn'kɔːpəreɪt/
include more than one thing • *This course incorporates lectures and field work.* > incorporation (n)
- 10.123 discipline** (n) /'dɪsəplɪn/
obeying rules and being punished if you do not • *My school has a reputation for strict discipline.* > discipline (v), disciplined (adj), disciplinary (adj)
- 10.124 high-powered** (adj) /haɪ-'paʊəd/
important and having a lot of responsibility • *The president of the USA has a high-powered position.*

Writing: an article (2)

pages 130-131

- 10.125 convenience** (n) /kən'viːniəns/
sth useful and suitable • *The convenience of being able to phone somebody wherever you are is what a mobile phone provides.* > convenient (adj) 📖 Opp: inconvenience
- 10.126 impact** (n) /'ɪmpækt/
an effect; a result • *Being fired had a terrible impact on her life.*
- 10.127 privilege** (n) /'prɪvɪlɪdʒ/
a special advantage • *In the past, education was a privilege for the rich only.* > privileged (adj)
- 10.128 walk of life** (expr) /wɔːk əv laɪf/
sb's job or position in society • *People from all walks of life attended the meeting.*
- 10.129 slash** (v) /slæʃ/
cut violently • *As we slash away at the rainforests, do we realise how the loss of the trees will affect our planet?*
- 10.130 bleak** (adj) /bliːk/
without anything to make you feel hopeful • *The future looks bleak for a whole generation of unemployed graduates.*

Phrasal verbs

carry out	make for
do without	pull together
get by	wear sb down

-ible or -able?

inevitable	sociable
irritable	susceptible
reasonable	

Video 10: Zoo Dentists

page 132

- 10.131 filling** (n) /'fɪlɪŋ/
metal that a dentist puts into a tooth to cover a hole • *The dentist gave him a filling in a tooth that had decayed.* > fill (v)
- 10.132 molar** (n) /'məʊlə/
a large tooth at the back of the mouth • *The molar at the back of my mouth was painful, so I went to the dentist.*
- 10.133 anaesthetise** (v) /ə'niːsθətaɪz/
give someone a drug so that they do not feel pain • *The surgery began as soon as the patient was anaesthetised.* > anaesthetic (n)

- 10.134 tusk** (n) /tʌsk/
one of the two pointed teeth that come out of the mouth of some animals like an elephant
● *The elephant's large tusks were what the hunters were after.*
- 10.135 life expectancy** (n) /laɪf ɪks'pektənsi/
the length of time that a person is likely to live
● *The life expectancy of Cretans is higher than average.*
- 10.136 sea lion** (n) /siː 'laɪən/
a large seal (sea animal) ● *The sea lion moved awkwardly on land, but swam effortlessly once it was in the water.*
- 10.137 root canal** (n) /ruːt kə'næl/
removal of the nerve of a tooth ● *Your tooth has decayed badly and I'm afraid you need a root canal.*