

# Lesson 18: Urbanisation – Writing Band 8

## Lesson 18: Urbanisation

1. challenge – something needing great mental or physical effort in order to be done successfully
2. compromise – an agreement between two sides
3. dilemma – a difficult choice between two things
4. megacity – a very large city
5. migrant – a person that travels to a different country or place, often in order to find work
6. overpopulation – when there are too many people living in a particular place
7. poverty – the state of being poor
8. setback – a problem that delays or prevents progress, or makes things worse than they were
9. slum – a very poor and crowded area, especially of a city
10. adequate – as much as is needed; fully sufficient
11. booming – increasing; having a rapid economic growth
12. catastrophic – extremely harmful; causing financial or physical ruin
13. decent – socially acceptable or good
14. double-edged – something that acts in two ways, often with one negative and one positive effect
15. one-sided – not balanced or fair
16. long-sighted – able to see things clearly that are far away but not things that are near you
17. overpriced – too expensive
18. overworked – having to work too much
19. short-sighted – (1) a person who can only clearly see objects that are close to them. (2) not thinking enough about how an action will affect the future.
20. staggering – shocking because of being extremely large
21. address – to give attention to or deal with a matter or problem

- 22.aggravate – to make (an injury, problem, etc.) more serious or severe.
- 23.deteriorate – get gradually worse
- 24.exacerbate – to make worse
- 25.exclude – to keep out or omit (something or someone)
- 26.flourish – to grow or develop successfully
- 27.linger – to stay somewhere longer than expected
- 28.raise – (here) to begin to talk or write about a subject that you want to be considered
- 29.remedy – to do something to correct or improve something that is wrong
- 30.resolve – to solve or end a problem or difficulty
- 31.worsen – to become worse
- 32.amend – to change for the better; to correct
- 33.exclusion – the act of not allowing someone or something to take part in an activity or to enter a place
- 34.inclusion – the act of including someone or something as part of a group, list, etc.
- 35.rag – a torn piece of old cloth
- 36.mount – to gradually increase, rise, or get bigger
- 37.scarce – not easy to find or get
- 38.cast-offs – things, usually clothes, that you no longer want
- 39.ubiquitous – found or existing everywhere
- 40.apparel – clothes, esp. of a special type
- 41.tradesman – a man who buys and sells goods, especially someone who owns a store
- 42.pawnbroker – someone whose business is to lend people money in exchange for valuable objects. If the money is not paid back, the pawnbroker can sell the object.
- 43.nascent – in the earliest stages of development
- 44.wholly – completely
- 45.chronically – in a long-lasting or habitual and problematic way.
- 46.disposal – the act of getting rid of something, especially by throwing it away
- 47.sewage – waste and liquid from toilets

- 48.neglected – not receiving enough care or attention
- 49.dust-yard – an example system of organised, municipal-wide solid waste management
- 50.immortalize – to cause someone to be remembered for a very long time
- 51.spring up – to start to exist suddenly filth – disgusting dirt
- 52.merchant – a person whose business is buying and selling goods for profit
- 53.bug – (1) a very small insect. (2) a mistake or problem in a computer program
- 54.cinder – a very small piece of burnt wood, coal etc
- 55.notorious – famous for something bad
- 56.hereditary – a quality or illness that is passed from a parent to a child
- 57.of the first order – very important; considerable of its kind
- 58.in the eyes of somebody – in another person’s opinion
- 59.incinerator – a device for burning waste material

## Lesson 17: Travel – Writing Band 8

### Lesson 17: Travel

1. countryside – the land and scenery of a rural area.
2. destination – the place that someone or something is going to
3. effect – a change that is caused by an event, action etc
4. inhabitant – a person or an animal that lives in a particular place
5. itinerary – a detailed plan or route of a journey
6. journey – a trip, esp. over a long period or a great distance
7. landscape – everything you can see when you look across a large area of land
8. luggage – the cases, bags etc that you carry when you are travelling
9. peak – the highest, strongest, or best point, value, or level of skill

- 10.trend – general tendency or direction
- 11.village – a group of houses and other buildings that is smaller than a town, usually in the countryside
- 12.adventurous – willing to take risks or to try out new methods, ideas, or experiences
- 13.budget – estimate of the amount of money that can be spent for different purposes in a given time
- 14.breath-taking – very exciting, impressive or surprising
- 15.coastal – near the coast
- 16.cosmopolitan – containing people and things from many different parts of the world
- 17.diverse – including many different types of people or things
- 18.luxurious – very comfortable and expensive
- 19.mountainous – having a lot of mountains
- 20.picturesque – (esp. of a place) attractive in appearance
- 21.quaint – attractive because of being unusual and especially old-fashioned
- 22.remote – far away in distance or time
- 23.rough – approximate, bumpy
- 24.rural – happening in or relating to the countryside, not the city
- 25.scenic – surrounded by views of beautiful countryside
- 26.stunning – extremely beautiful or attractive
- 27.tough – strong; not easily broken or made weaker or defeated
- 28.unspoilt – a beautiful place which has not changed for a long time and does not have a lot of new buildings
- 29.urban – of or in a city or town
- 30.affect – to have an influence on someone or something
- 31.fluctuate – to change or vary frequently between one level or thing and another

## Lesson 16: Media – Writing Band 8

## Lesson 16: Media

1. **author** – the writer of a book, article, play, etc.
2. **bias** – the fact of preferring someone or something
3. **censorship** – the act of censoring books, films, etc.
4. **current affairs** – political news about events happening now
5. **exposé** – a public report of the facts about a situation, especially one that is shocking or has been kept secret
6. **exposure** – the attention that someone or something gets from newspapers, television etc
7. **free press** – a press having the freedom to operate without interference or censorship
8. **ideology** – the set of ideas and beliefs of a group or political party.
9. **mass media** – newspapers, television, radio, and the internet
10. **newsstand** – a small structure where newspapers and magazines are sold
11. **paparazzi** – photographers who follow famous people in order to take photographs they can sell to newspapers
12. **publicity** – notice or attention given to someone or something by the media
13. **relevance** – the degree to which something is related or useful to what is happening or being talked about
14. **safeguard** – a rule, agreement etc that is intended to protect someone or something from possible dangers or problems
15. **tabloid** – a type of newspaper that has smaller pages, many pictures, and short reports
16. **attention-grabbing** – attracting people's notice; striking
17. **biased** – unfairly preferring one person or group over another
18. **celebrity** – someone who is famous, especially in the entertainment business
19. **distorted** – changed from the usual, original, natural, or intended form
20. **entertaining** – funny and enjoyable
21. **factual** – based on facts
22. **informative** – providing a lot of useful information

23. **intrusive** – affecting someone in a way that annoys them and makes them feel uncomfortable
24. **investigative** – intended to examine a situation in order to discover the truth
25. **mainstream** – (of beliefs or behaviour) common and shared by most people
26. **sensationalist** – a person who presents stories in a way that is intended to provoke public interest or excitement, at the expense of accuracy.
27. **superficial** – (of a person) never thinking about things that are serious or important
28. **unbiased** – able to judge fairly because you are not influenced by your own opinions
29. **well-informed** – having a lot of knowledge
30. **exploit** – to use something in a way that helps you
31. **invade** – to enter a place by force, often in large numbers
32. **publicize** – to make information about something generally available
33. **corruption** – illegal, bad, or dishonest behaviour, especially by people in positions of power
34. **pride oneself on** – be especially proud of a particular quality or skill
35. **reveal** – to make known or show something usually secret or hidden
36. **ill-informed** – knowing less than you should about a particular subject
37. **comply** – to act according to an order, set of rules or request
38. **alarming** – causing worry and fear
39. **underreport** – fail to report (something) fully
40. **relegate** – to put someone or something into a lower or less important rank or position
41. **media hype** – publicity
42. **impartial** – not supporting any of the sides involved in an argument
43. **invasive** – (especially of an action or sensation) tending to intrude on a person's thoughts or privacy; spreading
44. **reality TV** – television programs in which real people are continuously filmed, designed to be entertaining rather than informative.
45. **glamorous** – attractive in an exciting and special way
46. **rectify** – to correct something or make something right

## Lesson 15: Arts – Writing Band 8

### Lesson 15: Arts

1. **art appreciation** – understanding the qualities of great art
2. **appealing** – attractive or interesting
3. **aesthetics** – the formal study of the principles of art and beauty
4. **artefact** – an object that is made by a person, such as a tool or a decoration, especially one that is of historical interest
5. **ballerina** – a female ballet dancer
6. **ballet** – a type of dancing where carefully organized movements tell a story or express an idea
7. **carving** – a shape or pattern cut into wood or stone or the skill of doing this
8. **conception** – an idea about what something is like, or a general understanding of something
9. **concert** – a performance of music by one or more musicians
10. **crafts** – skill and experience, especially in relation to making objects
11. **emotion** – a strong feeling such as love or anger
12. **exhibition** – a collection of things shown publicly
13. **expression** – the act of saying what you think or showing how you feel using words or actions
14. **festival** – an organized set of special events, such as musical performances or plays
15. **inspiration** – someone or something that gives your ideas for doing something
16. **intimacy** – a situation in which you have a close friendship or sexual relationship with someone
17. **literature** – writing that has lasting value as art performing
18. **arts** – acting, singing, dancing, and other forms of public entertainment
19. **portrait** – a painting, photograph, or drawing of a person
20. **venue** – the place where a public event or meeting happens

21. **abstract** – paintings, designs etc consist of shapes and patterns that do not look like real people or things
22. **accomplished** – skilled
23. **burgeoning** – developing quickly
24. **classical** – traditional in style or form
25. **distracting** – preventing concentration or diverting attention; disturbing
26. **eclectic** – consisting of different types, methods, styles, etc.
27. **electric** – very exciting
28. **fundamental** – basic; primary; essential
29. **literary** – connected with literature
30. **mundane** – very ordinary and therefore not interesting
31. **passionate** – full of emotion
32. **vivid** – brightly coloured or (of descriptions or memories) producing clear, powerful, and detailed images in the mind
33. **choreograph** – to arrange how dancers should move during a performance
34. **depict** – to represent or show something in a picture, story, movie, etc.; portray
35. **provoke** – to cause a reaction, especially a negative one
36. **transcendent** – going beyond ordinary limits
37. **impulse** – a sudden strong wish to do something
38. **neurological** – relating to nerves
39. **hardwired** – the way of behaving etc that is a natural part of a person's character push
40. **through** – to make a plan or suggestion
41. **throng** – a crowd or large group of people
42. **behold** – to see or look at someone or something
43. **enigmatic** – mysterious and impossible to understand completely
44. **tingle** – to have a slight stinging feeling
45. **thrill** – a sudden feeling of excitement
46. **glimpse** – a short, quick view
47. **curvaceous** – having an attractively curved body
48. **shape** – used about women



49. **deft** – skilful and quick
50. **showcase** – to show the best qualities or parts of something dine – to eat dinner
51. **scenery** – the general appearance of natural surroundings
52. **intricate** – complex; containing many small parts or details that all work or fit together
53. **justifiable** – understandable
54. **consensus** – general agreement; opinion reached by a group
55. **explicit** – clear and exact
56. **comparison** – the act of comparing two or more people or things
57. **institutionalize** – to send someone, especially someone who is not able to live independently, to live in an institution rote
58. **learning** – learning something in order to be able to repeat it from memory, rather than in order to understand it

## Lesson 14: Space – Writing Band 8

### Lesson 14: Space

1. **asteroid** – one of many large rocks that circle the sun
2. **cosmos** – the whole universe, especially when you think of it as a system
3. **crater** – a large hole in the top of a volcano
4. **debris** – broken or torn pieces of something larger
5. **exploration** – the activity of searching and finding out about something
6. **galaxy** – large isolated system of stars, such as the Milky Way
7. **horizon** – the place in the distance where the earth and sky seem to meet
8. **launch** – an occasion when a ship is put into water, or a spacecraft is sent into space, for the first time
9. **meteor** – a piece of rock or other matter from space that produces a bright light as it travels through the atmosphere
10. **outer space** – the universe beyond the earth's atmosphere (= the air surrounding the earth).

11. **simulator** – a piece of equipment that is designed to represent real conditions, for example in an aircraft or spacecraft
12. **solar system** – the sun and the group of planets that move around it
13. **spacecraft** – a vehicle used for travel in space
14. **space shuttle** – a vehicle that takes people into space and comes back to Earth again
15. **cosmic** – pertaining to the universe; vast
16. **gravitational** – involving gravity
17. **lunar** – of or relating to the moon
18. **meteoric** – relating to or caused by a meteor
19. **outer** – at a greater distance from the centre
20. **terrestrial** – relating to the earth
21. **uninhabitable** – not habitable (= suitable to live in)
22. **unmanned** – does not have a person inside it
23. **acclimatize** – to (cause to) change to suit different conditions of life, weather, etc.
24. **colonize** – to send people to live in and govern another country
25. **propel** – to cause something to move forward
26. **sustain** – to keep something in operation; maintain
27. **undergo** – experience or be subjected to (something, typically something unpleasant or arduous)
28. **acrophobia** – fear of heights
29. **feasible** – able to be made, done, or achieved
30. **in terms of** – used to describe which particular area of a subject you are discussing
31. **thunderstorm** – a storm with thunder and lightening
32. **barely** – only just
33. **scramble** – to climb up, down, or over something quickly and with difficulty
34. **fellow** – a member of an official organization for a particular subject or job
35. **eventuality** – a possible happening or result
36. **contemplate** – to spend time considering a possible future action

- 37. **cathedral** – a very large, usually stone, building for Christian worship
- 38. **foresee** – to know about something before it happens
- 39. **shield** – something or someone used as protection or providing protection
- 40. **realm** – an area of interest or activity
- 41. **faith** – complete trust or confidence.
- 42. **frontier** – an area that is being explored

## Lesson 13: School Life – Writing Band 8

### Lesson 13: School Life

- 1. **assignment** – a piece of work that is given to someone as a part of their job
- 2. **controversy** – a disagreement, often a public one
- 3. **curriculum** – all the courses given in a school, college, etc.
- 4. **dissertation** – a long piece of writing on a particular subject, especially one that is done in order to receive a degree at college or university
- 5. **findings** – information that has been discovered esp. by detailed study
- 6. **funding** – money given by a government or organization for an event or activity
- 7. **graduation** – finishing a degree or other course of study at a university or school
- 8. **grant** – a sum of money given by the government, a university, or a private organization to another organization or person for a special purpose
- 9. **junior school** – a school in the UK for children who are seven to eleven years old
- 10. **kindergarten** – a nursery school; a school for children between the ages of about two and five
- 11. **learning disorder** – a disorder found in children of normal intelligence who have difficulties in learning specific skills
- 12. **lecturer** – someone who teaches at a college or university
- 13. **nursery** – a place where small children are cared for while their parents are at work
- 14. **resource** – something that can be used to help you

15. **scholarship** – money given to someone to help pay for that person's education.
16. **scope** – the range of a subject covered by a book, programme, discussion, class, etc.
17. **syllabus** – a plan showing the subjects or books to be studied in a particular course
18. **tutor** – a teacher paid to work privately with one student or a small group
19. **eligible** – being able or allowed to do it mixed – including both sexes
20. **relevant** – connected with what is happening or being discussed
21. **seniors** – older people, usually retired
22. **studious** – someone who enjoys studying or spends a lot of time studying
23. **adopt** – to accept or begin to use something
24. **conduct** – to organize and perform a particular activity
25. **consider** – to think about something carefully overcome – to control or defeat something
26. **review** – to consider something in order to make changes in it, study it, or give an opinion about it
27. **struggle** – to work hard to do something
28. **distraction** – something that prevents someone from giving their attention to something else protractor – a device for measuring and drawing angles, usually shaped in a half circle
29. **dyslexia** – word blindness; learning disorder marked by impairment of the ability to read
30. **knit** – to join together
31. **artefact** – an object that is made by a person, such as a tool or a decoration, especially one that is of historical interest
32. **internship** – on-the-job training
33. **placement** – a temporary position or job in an organization
34. **daunting** – making you feel slightly frightened or worried about your ability to achieve something
35. **specialization** – the limiting of one's study or work to one particular area, or a particular area of knowledge

## Lesson 12: Modern Times – Writing Band 8

## Lesson 12: Modern Times

1. **brand** – a type of product made by a particular company
2. **demographics** – statistical data relating to the population and particular groups within it.
3. **globalization** – the development of closer economic, cultural, and political relations among all the countries of the world
4. **hindsight** – understanding the nature of an event after it has actually happened
5. **icon** – a person or thing regarded as a representative symbol or as worthy of veneration.
6. **identity** – who or what somebody/something is
7. **implication** – a likely consequence of something
8. **joint venture** – a business or business activity that two or more people or companies work on together
9. **monopoly** – the exclusive possession or control of the supply or trade in a commodity or service.
10. **modernization** – the process of adapting something to modern needs or habits.
11. **multiculturalism** – the belief that different cultures within a society should all be given importance
12. **projection** – a calculation or guess about the future based on information that you have
13. **proportion** – the number or amount of a group or part of something when compared to the whole
14. **ethnic** – relating to a particular race of people
15. **exotic** – exciting and unusual because it is connected with foreign countries
16. **long-term** – continuing a long time into the future
17. **sceptical** – doubting that something is true or useful
18. **subsequent** – later; following; coming after
19. **wealthy** – rich
20. **contribute** – give (something, especially money) in order to help achieve or provide something.
21. **dwindle** – become smaller and smaller; shrink

22. **urbanization** – the process by which more and more people leave the countryside to live in cities
23. **ethnicity** – a large group of people who have the same national, racial, or cultural origins, or the state of belonging to such a group
24. **astounding** – very surprising or shocking
25. **ridiculous** – stupid or unreasonable
26. **commentator** – a person on radio or television who describes and discusses news events, sports, books, or other subjects
27. **bug** – (1) a very small insect. (2) a mistake or problem in a computer program
28. **flatten** off/out – to stop rising or falling, and stay at the same level
29. **meddle** – to try to change or have an influence on things that are not your responsibility
30. **unfold** – to happen as time passes.
31. **factor in** – take into account
32. **project** – to calculate an amount or number expected in the future from information already known
33. **GDP** – Gross Domestic Product: the total value of goods and services produced by a country in a year
34. **embrace** – to accept something enthusiastically
35. **compound** – to make a problem or difficult situation worse

## Lesson 11: Mental & Physical Development – Writing

### Band 8 Vocabulary

#### Lesson 11: Mental & Physical Development

1. **adolescent** – Characteristic of a teenager; not fully grown up
2. **concept** – a principle or idea
3. **consequence** – a result of a particular action or situation
4. **imagination** – the ability to create pictures in your mind
5. **infancy** – the time when someone is a baby or a very young child

6. **milestone** – an important event in the development or history of something or in someone's life
7. **peer** – [usually plural] a person of the same age, status, or ability as another specified person.
8. **social skills** – skills required for successful social interaction.
9. **toddler** – a young child who has just learnt to walk
10. **cognitive** – connected with mental processes of understanding
11. **clumsy** – awkward in movement or manner
12. **fond** – to like someone or something very much
13. **full-grown** – completely grown
14. **rebellious** – somebody who breaks the rules
15. **acquire** – to obtain or begin to have something
16. **imitate** – to copy the speech or behaviour, etc. of someone or something
17. **look back (on)** – to think about what happened in the past
18. **master** – to learn or understand something completely
19. **reminisce** – to talk or write about past experiences that you remember with pleasure
20. **throw a fit/tantrum** – to experience and show a strong feeling of anger, especially suddenly
21. **visualise** – to imagine or remember someone or something by forming a picture in your mind
22. **bear in mind** – to remember someone or something
23. **broaden the mind** – to increase a person's knowledge, experience, or interests. widen.
24. **have something on your mind** – to be worrying about something
25. **it slipped my mind** – to forget something that you had to do
26. **keep an open mind** – to wait until you know all the facts before forming an opinion or making a judgment
27. **my mind went blank** – cannot remember anything
28. **make a choice** – to select; to separate and take in preference.
29. **shoelace** – a thin string or strip of leather used to fasten shoes
30. **mimic** – copy, imitate
31. **overly** – too; very

32. **unparalleled** – having no equal; better or greater than any other
33. **spurt** – to flow out suddenly
34. **infinity** – time or space that has no end
35. **grasp** – to understand something, especially something difficult
36. **overindulge** – to allow yourself or someone else to have too much of something enjoyable, especially food or drink
37. **displeased** – annoyed or unhappy
38. **overdue** – late; not done or happening when expected or when needed
39. **enquire** – to ask for information
40. **unassisted** – unsupported by other people
41. **momentarily** – for a very short time
42. **tantrum** – a sudden period of extreme anger
43. **spontaneous** – happening naturally, without planning or encouragement
44. **obstacle** – something that makes it difficult for you to achieve something

## Lesson 10: Information Technology – Writing Band 8

### Vocabulary

#### Lesson 10: Information Technology

1. **the latest** – the most recent news or technical development
2. **patent** – the official legal right to make or sell an invention for a particular number of years
3. **prototype** – the first one made of a machine or system
4. **silicon chip** – a small piece of silicon that is used in computers, calculators, and other electronic devices
5. **telecommunications** – the sending and receiving of messages over distance, especially by phone, radio, and television
6. **vision** – an idea or mental image of something
7. **cutting edge** – the most recent stage in the development of something
8. **cyber** – involving, using, or relating to computers, especially the internet
9. **dated** – old-fashioned; out-of-date.



10. **labour-saving** – a device or method that saves a lot of effort and time.
11. **portable** – light and small enough to be easily carried or moved
12. **virtual** – made, done, seen etc on the Internet or on a computer, rather than in the real world
13. **access** – to get information, esp. when using a computer
14. **revolutionize** – to completely change something so that it is much better
15. **scroll** – to move text or other information on a computer screen in order to see a different part of it
16. **surpass** – do better than; be greater than; excel
17. **live up to something** – to be as good as something
18. **takeover** – to begin to have control of something
19. **awash** – there is a large amount of something
20. **be a tribute to** – to be a clear sign of the good qualities of
21. **redundant** – unnecessary
22. **guise** – the appearance of someone or something
23. **date** – to say how long something has existed or when it was made
24. **dump** – deposit or dispose of (rubbish, waste, or unwanted material)
25. **tricky** – difficult to do or deal with
26. **awkward** – clumsy; not well-suited to use; not easily managed; embarrassing

## Lesson 9: History – Writing Band 8 Vocabulary

### Lesson 9: History

1. **archaeologist** – someone who studies the buildings, graves, tools, and other objects of people who lived in the past
2. **era** – a period of time known for particular events or developments
3. **excavate** – to remove earth from a place in order to find old objects buried there
4. **the Middle Ages** – a period in European history, between about AD 1000 and AD 1500, when the power of kings, people of high rank, and the Christian Church was strong
5. **millennium** – a period of 1,000 years

6. **pioneer** – a person who is one of the first people to do something
7. **timeline** – a line showing the order in which events happened
8. **chronological** – in order of time from the earliest to the latest
9. **consecutive** – following each other continuously.
10. **imminent** – (esp. of something unpleasant) likely to happen very soon
11. **middle-aged** – in middle age; too careful and not showing the enthusiasm, energy, or style of someone young
12. **nostalgic** – feeling happy and also slightly sad when you think about things that happened in the past
13. **prior** – coming before in time, order, or importance
14. **time-consuming** – taking a lot of time to do or complete
15. **erode** – to rub or be rubbed away gradually
16. **inter** – to bury a dead body
17. **predate** – to have existed or happened before another thing
18. **span** – extend over; to exist or continue for a particular length of time
19. **in time** – early enough
20. **lose track of time** – to be unaware of what time it is
21. **on time** – at the correct time or the time that was arranged
22. **take so long** – to spend a lot of time to do something
23. **at the right time** – at the proper time, at the right moment
24. **formerly** – in the past
25. **Stonehenge** – a circle of very large stones built in ancient times in southern England
26. **pole** – a long, thin stick of wood or metal, often used standing straight up in the ground to support things
27. **ice age** – a time in the past when the temperature was very cold
28. **frenzy** – a state or period of uncontrolled excitement
29. **awe** – a feeling of great respect, usually mixed with fear or surprise
30. **sketch** something out – to give some details about something
31. **posthole** – a hole dug in the ground to hold a fence post.
32. **post** – a vertical stick or pole stuck into the ground, usually to support something or show a position

- 33.**ditch** – a narrow channel dug at the side of a road or field, to hold or carry away water.
- 34.**carve** – to cut out
- 35.**chalk** – a type of soft white rock
- 36.**pasture** – land covered with grass or similar plants suitable for animals, such as cows and sheep, to eat:
- 37.**henge** – a prehistoric circle of large stones or wooden objects
- 38.**astronomy** – the scientific study of the universe
- 39.**infer** – to form an opinion or decide that something is true from the information you have
- 40.**nevertheless** – despite what has just been said or referred to
- 41.**hunter-gatherer** – a member of a society that lives by hunting and collecting wild food, rather than by farming
- 42.**wear away** – to become thin and disappear after repeated use or rubbing
- 43.**the arrival of something** – the time when a new idea, product etc is first used or discovered
- 44.**antiquated** – old-fashioned or unsuitable for modern society
- 45.**consecutive** – events, numbers, etc. follow one after another without an interruption
- 46.**engrossed** – absorbed
- 47.**plait** – to join three or more pieces of hair
- 48.**bride** – a woman who is about to get married
- 49.**obsess** – to think about something or someone all the time
- 50.**skull** – the bone of your head
- 51.**oral diseases** – diseases of the mouth
- 52.**by no means** – not at all
- 53.**plague** – to cause pain or difficulty to someone or something over a period of time
- 54.**acupuncture** – a treatment for pain and illness in which special needles are put into the skin at particular positions
- 55.**therapeutic** – having a healing effect
- 56.**undertake** – to do or begin to do something
- 57.**forefront** – the most important or leading position
- 58.**treatise** – a formal piece of writing that deals with a particular subject

## Lesson 8: Health & Fitness – Writing Band 8 Vocabulary

### Lesson 8: Health & Fitness

1. **allergy** – a medical condition that causes you to react badly or feel sick when you eat or touch a particular substance
2. **anxiety** – an uncomfortable feeling of nervousness or worry about something
3. **appetite** – the feeling that you want to eat food
4. **artery** – one of the larger tubes that carry blood from the heart to other parts of the body
5. **asset** – a valuable thing to have
6. **craving** – a strong or uncontrollable desire
7. **depression** – the state of feeling very unhappy and without hope for the future
8. **diagnosis** – the identification of the nature of an illness or other problem by examination of the symptoms.
9. **dietitian** – a person who scientifically studies and gives advice about food and eating
10. **eating disorder** – Any of a range of psychological disorders characterized by abnormal or disturbed eating habits
11. **heart attack** – a serious medical condition in which the heart does not get enough blood, causing great pain and often leading to death
12. **ingredient** – one of the things from which something is made
13. **insomnia** – the condition of being unable to sleep, over a period of time
14. **intake** – the amount of something such as food, breath, or a liquid that is taken in by someone or something
15. **junk food** – food that is unhealthy but is quick and easy to eat
16. **nutrient** – any substance that plants or animals need in order to live and grow
17. **obesity** – extreme fatness
18. **onset** – the moment at which something unpleasant begins
19. **portion** – (1) a part or share of something larger. (2) the amount of a particular food that is served to one person.

20. **serving** – the amount of one type of food given to one person
21. **stroke** – a sudden change in the blood supply to a part of the brain, which can result in a loss of some mental or physical abilities, or death.
22. **acute** – very serious, extreme, or severe
23. **alternate** – every second, or every other
24. **brisk** – quick, energetic, and active
25. **chronic** – (esp. of a disease or something bad) continuing for a long time
26. **infectious** – (of a disease) able to be passed one person, animal, or plant to another
27. **obese** – excessively overweight
28. **persistent** – determined to do something despite difficulties.
29. **vital** – essential, important
30. **counteract** – to reduce or remove the effect of something by producing an opposite effect
31. **curb** – to control or limit something that is not wanted
32. **diminish** – to reduce or be reduced in size or importance
33. **disrupt** – to prevent something, esp. a system, process, or event, from continuing as usual or as expected
34. **overdo** – to do something in a way that is too extreme
35. **overeat** – to eat more food than your body needs
36. **trigger** – to cause something bad to start
37. **tempt** – to encourage someone to want to have or do something, esp. something wrong
38. **miss out on** – to lose an opportunity
39. **excess** – an amount that is more than acceptable, expected, or reasonable
40. **mouth** – to move the lips as if speaking a word
41. **teethe** – (of a baby or small child) to grow teeth
42. **writhe** – to make large twisting movements with the body
43. **bathe** – to wash something with water, esp. a part of your body
44. **agony** – extreme physical or mental pain or suffering
45. **tablet** – a small, solid piece of medicine
46. **notion** – belief or idea

47. **staple** – main or important, especially in terms of consumption
48. **swap** – exchange; to give something and be given something else instead
49. **more or less** – approximately
50. **apt** – suitable; appropriate
51. **cope** – to deal successfully with a difficult situation
52. **wording** – the exact choice of words
53. **build-up** – an increase, especially one that is gradual
54. **debilitating** – causing weakness
55. **pace** – the speed at which somebody/something walks, runs or moves
56. **aspect** – a particular part or feature of a situation or a problem
57. **attitude** – the way you feel about something or someone
58. **creativity** – the ability to produce original and unusual ideas
59. **daily routine** – typical or everyday activity
60. **desire** – a strong feeling that you want something
61. **fulfilment** – a feeling of happiness because you are doing what you intended to do in life
62. **hobby** – an activity that someone does for pleasure when they are not working
63. **insight** – the capacity to gain an accurate and deep understanding of someone or something.
64. **leisure** – the time when you are not working or doing other duties
65. **lifestyle** – the way that you live
66. **optimist** – someone who always believes that good things will happen
67. **outlook** – the likely future situation
68. **opportunity** – a chance to do something
69. **personality** – the type of person you are, shown by the way you behave, feel, and think
70. **pessimist** – someone who feels that bad things are more likely to happen than good things
71. **priority** – something that is very important and must be dealt with before other things
72. **realist** – a person who tends to accept and deal with people and situations as they are

73. **risk taker** – someone who often takes risks
74. **self-expression** – expression of your personality, emotions, or ideas, especially through art, music, or acting
75. **sense** – the ability to make reasonable judgments
76. **intense** – extreme
77. **materialistic** – believing that having money and possessions is the most important thing in life
78. **outdoor** – existing, happening, or done outside a building
79. **recreational** – relating to or denoting activity done for enjoyment when one is not working.
80. **appeal** – to make a serious or formal request
81. **fulfil** – to do something that is expected
82. **motivate** – to cause someone to behave in a particular way
83. **regret** – to feel sad about a lost opportunity
84. **lead a happy life** – having a purpose each day and achieving that goal.
85. **live life on the edge** – to have an adventurous or perilous lifestyle live
86. **life to its fullest** – often said to encourage people who are feeling down, a bit depressed, lonely or self-pitying.
87. **make a choice** – to select; to separate and take in preference.
88. **make a decision** – decide
89. **make a living** – to earn enough money to buy the things you need
90. **meet a need** – to do something that someone wants, needs, or expects you to do
91. **take part** – involve
92. **do something for a living** – to do something as your job or a way of making money
93. **walks of life** – various levels of social position or achievement
94. **cost of living** – the amount of money that a person needs to live
95. **lifelong ambition** – very strong desire
96. **once in a lifetime** – only likely to happen once in a person's life
97. **standard of living** – the degree of comfort that people in a particular social class, country, etc. have
98. **way of life** – the manner in which a person lives

99. **inevitable** – unavoidable
100. **arcade** – a covered passageway usually lined with shops
101. **quilt** – a decorative cover for a bed
102. **be spoilt for choice** – to be unable to choose because there are so many possible good choices
103. **ahead of time** – sooner than was expected
104. **upcoming** – happening soon
105. **delighted** – very pleased
106. **babysit** – to take care of other people’s children in your own home as a job

## Lesson 7: Fuels & Energy – Writing Band 8 Vocabulary

### Lesson 7: Fuels & Energy

1. **biofuel** – a fuel that is made from living things or their waste
2. **crisis** – a time of great disagreement, confusion, or suffering
3. **fossil fuel** – a fuel such as gas, coal, and oil that has been produced in the earth from plants and animals
4. **hybrid** – a vehicle with an engine that uses both petrol and another type of energy, usually electricity
5. **petrol** – a liquid obtained from petroleum, used especially as a fuel for cars and other vehicles
6. **resource** – something that can be used to help you
7. **turbine** – a type of machine through which liquid or gas flows and turns a special wheel with blades in order to produce power
8. **disposable** – intended to be thrown away after use
9. **drastic** – (of a change) severe and sudden; extreme
10. **rechargeable** – able to be recharged
11. **unleaded** – (of gasoline (= a fuel)) not containing lead (= a metal)
12. **conserve** – to keep and protect something from damage, change, or waste
13. **counter** – to do something in order to prevent something bad from happening or to reduce its bad effects



14. **deplete** – to reduce something in size or amount, especially supplies of energy, money, etc.
15. **emit** – to send out a beam, noise, smell, or gas
16. **expend** – to use or spend time, effort, or money
17. **outweigh** – to be greater or more important than something else
18. **offset** – counteract (something) by having an equal and opposite force or effect.
19. **make up for something** – to compensate for something bad with something good
20. **tidy up** – to clean and put things in a room in their proper place
21. **forth** – going out from a place or point, and moving forwards or outwards
22. **clutter** – a state of being untidy
23. **needlessly** – in a way that is not necessary
24. **zap** – to cook or heat something in a microwave
25. **tumble dryer** – a machine that uses hot air to dry clothes after they have been washed
26. **round trip** – a trip from one place to another and back to where you started
27. **myth** – a commonly believed but false idea
28. **flick something on/off** – to move a switch in order to make electrical equipment start/stop working
29. **windmill** – a structure with parts that turn around in the wind, used for producing electrical power or crushing grain
30. **supplies** – food and other ordinary goods needed by people every day
31. **commonplace** – ordinary; happening or seen frequently
32. **diesel** – a type of heavy oil used as fuel
33. **lexical** – relating to words
34. **abuzz** – filled with noise and activity
35. **hurdle** – a problem that you have to deal with before you can make progress
36. **derivative** – having qualities taken from something else
37. **ponder** – to think carefully about something
38. **advocate** – someone who publicly supports something
39. **premise** – to base an argument or theory on

40. **appraisal** – an act of assessing something or someone
41. **derived** – coming from or caused by something else
42. **rapeseed** – canola; a plant with yellow flowers from which oil and animal food are produced
43. **burden** – a load, typically a heavy one
44. **disruption** – an interruption in the usual way that a system, process, or event works
45. **immense** – extremely large in size or degree
46. **sobering** – making you feel serious
47. **wean** – (1) to accustom (a child or young animal) to food other than its mother's milk. (2) to withdraw a person from some object or habit.
48. **ongoing** – continuing to exist, happen, or develop
49. **destruction** – the process of causing so much damage to something
50. **conservationist** – someone who works to protect animals, plants etc
51. **dire** – very serious or extreme
52. **prospect** – (1) possibility (2) a good view of a large land area
53. **fleet** – a number of buses, aircraft, etc. under the control of one person or organization
54. **algae** – very simple, usually small plants that grow in or near water and do not have ordinary leaves or roots
55. **order of magnitude** – the approximate size of something, especially a number
56. **entrepreneur** – someone who makes money by starting their own business
57. **scheme** – a plan or system for doing or organizing something
58. **feat** – achievement
59. **dim** – not bright, lacking light, being weak.
60. **not go anywhere** – to make no progress at all

## Lesson 6: Environment – Writing Band 8 Vocabulary

### Lesson 6: Environment

1. **biodiversity** – the variety of plants and animals in a particular place

2. **deforestation** – the cutting down of trees in a large area, or the destruction of forests by people
3. **ecosystem** – all the living things in an area and the way they affect each other and the environment
4. **emission** – the act of sending out gas, heat, light, etc.
5. **erosion** – the fact of soil, stone, etc. being gradually damaged and removed by the waves, rain, or wind
6. **exhaust** – the waste gas from an engine, especially a car's, or the pipe the gas flows through
7. **food chain** – a series of living things in which each group eats organisms from the group lower than itself in the series
8. **fumes** – strong, unpleasant, and sometimes dangerous gas or smoke
9. **impact** – the effect or influence
10. **pollutant** – a substance that pollutes something, especially water or the atmosphere
11. **refuse** – rubbish; matter thrown away or rejected as worthless;
12. **achievable** – a task, ambition, etc. that is one that is possible to achieve
13. **advantageous** – useful
14. **at risk** – in a dangerous situation
15. **chronic** – (esp. of a disease or something bad) continuing for a long time
16. **conceivable** – possible to imagine or to believe
17. **devastating** – causing a lot of damage or destruction
18. **environmentally friendly** – not harmful to the environment
19. **fruitless** – unsuccessful or not productive
20. **futile** – achieving no result; not effective
21. **immune** – unaffected; protected from or unable to be influenced by something.
22. **impracticable** – (of a course of action) impossible in practice to do or carry out.
23. **improbable** – not likely to happen or be true
24. **irreparable** – impossible to repair or make right again
25. **irreplaceable** – too special, valuable, or unusual to be replaced by anything else
26. **irreversible** – not possible to change; impossible to return to a previous condition

27. **liable** – legally responsible for the cost of something
28. **pervasive** – present or noticeable in every part of a thing or place
29. **pointless** – having no useful purpose
30. **pristine** – original and pure; not spoiled or worn from use
31. **questionable** – not certain, or wrong in some way
32. **sustainable** – causing little or no damage to the environment
33. **taxing** – challenging; needing too much effort
34. **unattainable** – not able to be achieved
35. **unlikely** – not probable or likely to happen
36. **unprecedented** – never having happened or existed in the past
37. **worthwhile** – useful, important, or good enough to be a suitable reward for the money or time spent or the effort made
38. **confront** – to face, meet, or deal with a difficult situation or person
39. **contaminate** – to make something less pure or make it poisonous
40. **dispose** of something – to get rid of something; throw out or destroy
41. **inexorable** – a process that cannot be stopped
42. **inevitable** – certain to happen and unable to be avoided or prevented
43. **toll** – suffering, deaths, or damage
44. **quest** – a long search for something that is difficult to find
45. **insurmountable** – (especially of a problem or a difficulty) so great that it cannot be dealt with successfully
46. **insoluble** – (of a problem) so difficult that it is impossible to solve
47. **omnipresent** – present or having an effect everywhere at the same time
48. **shred** – to cut or tear something roughly into thin strips – burrow – a hole dug in the ground that an animal, such as a rabbit, lives in
49. **den** – the home of particular types of wild animal
50. **ecology** – the relationship of living things to their environment
51. **evolution** – the way in which living things change and develop over millions of years
52. **extinction** – a situation in which something no longer exists
53. **fauna** – all the animals of a particular area or period of time
54. **flora** – all the plants of a particular place or from a particular time in history

55. **habitat** – the place where a plant or animal lives
56. **human nature** – the behaviour and feelings common to most people
57. **Mother Nature** – the nature, esp. when it is thought of as a force that affects people and the world
58. **predator** – an animal that hunts, kills, and eats other animals
59. **prey** – an animal that is hunted by another animal
60. **repercussion** – negative effect
61. **scent** – a pleasant natural smell
62. **vegetation** – plants in general, or the plants that are found in a particular area
63. **vermin** – small animals and insects that can be harmful
64. **disastrous** – extremely bad or unsuccessful
65. **domesticated** – brought under human control
66. **endangered** – at risk or in danger of dying out completely
67. **extinct** – not now existing
68. **vulnerable** – able to be easily hurt, influenced, or attacked
69. **adapt** – to change something in order to make it suitable for a new use or situation
70. **combat** – to try to stop something unpleasant or harmful
71. **eradicate** – to get rid of completely or destroy something bad
72. **hibernate** – to spend the winter sleeping
73. **tolerate** – to bear something unpleasant or annoying
74. **twig** – a small, thin branch of a tree or bush, esp. one removed from the tree or bush and without any leaves
75. **coat** – the hair, wool, or fur covering an animal
76. **beak** – the hard, pointed part of a bird's mouth
77. **hide** – the strong, thick skin of an animal, used for making leather
78. **scales** – one of the many very small, flat pieces that cover the skin of fish, snakes, etc.
79. **paw** – the foot of an animal that has claws or nails, such as a cat, dog, or bear
80. **claw** – one of the sharp, curved nails at the end of each of the toes of some animals and birds

81. **thorn** – a small, sharp pointed growth on the stem of a plant
82. **petal** – one of the thin soft coloured parts of a flower
83. **horn** – a hard, pointed part, usually one of a pair, on the head of cows, goats, and other animals
84. **vegan** – a person who does not eat or use any animal products, such as meat, fish, eggs, cheese, or leather
85. **human being** – a person
86. **meerkat** – a small, grey Southern African animal that sometimes sits up on its back legs
87. **endemic** – belonging to a particular area; inherent
88. **prickly pear** – type of cactus (= desert plant) that has oval fruit
89. **paddock** – a field of any size that is used for farming
90. **render** – to cause something to change in a certain way, make.
91. **larva** – the active immature form of an insect
92. **cane** – the long, hollow stems of particular plants such as bamboo
93. **toad** – a small animal, similar to a frog, that has dry, brown skin and lives mostly on land
94. **controversial** – causing disagreement or discussion
95. **caterpillar** – a small creature like a worm with many legs that eats leaves and that develops into a butterfly or other flying insect
96. **hedgehog** – small animal with spikes on its back
97. **executive** – director, someone in a high position
98. **slug** – a small animal with a soft body like a snail without a shell
99. **forage** – to go searching, esp. for food
100. **saliva** – the natural, watery liquid in the mouth that keeps it wet and helps prepare food for digestion
101. **lineage** – all the living things that are related directly to the same living thing that existed long ago
102. **marsupials** – have pouch and teat, mainly in Australia
103. **trace** – to find the origin of something
104. **foetus** – a young human being or animal before birth, after the organs have started to develop
105. **equator** – an imaginary line around the earth or another planet at an equal distance from the North Pole and the South Pole

106. **proximity** – the state of being near in space or time
107. **scrap** – to have a fight or an argument
108. **primarily** – mainly
109. **litter** – a group of animals that are born at the same time and have the same mother
110. **rodent** – a type of small mammal with sharp front teeth

## Lesson 5: Crime & Punishment – Writing Band 8

### Vocabulary

#### Lesson 5: Crime & Punishment

1. **appreciate** – to recognize how good someone or something is and to value him, her, or it
2. **arson** – the crime of intentionally starting a fire in order to damage or destroy something, especially a building
3. **authority** – the official power to make decisions for other people
4. **convict** – someone who is in prison because they are guilty of a crime
5. **criminal** – someone who commits a crime
6. **deterrent** – a thing that discourages or is intended to discourage someone from doing something
7. **fine** – an amount of money that has to be paid as a punishment for not obeying a rule or law
8. **fraud** – the crime of getting money by deceiving people
9. **imprisonment** – the state of being in prison, or the time someone spends there
10. **inequality** – an unfair situation, in which some groups in society have more money, opportunities, power etc than others
11. **intent** – the fact that you want and plan to do something
12. **intrusion** – an occasion when someone goes into a place or situation where they are not wanted or expected to be
13. **kidnap** – to take someone somewhere illegally by force, often in order to get money for returning them; ransom
14. **motive** – a reason for doing something

15. **offense** – a specific act that breaks the law
16. **pickpocketing** – the crime of stealing things out of people's pockets or bags, especially in a crowd
17. **prosecutor** – a person, especially a public official, who institutes legal proceedings against someone.
18. **recklessness** – lack of regard for the danger or consequences of one's actions
19. **smuggling** – the crime of taking goods or people into or out of a country illegally
20. **swearing** – rude or offensive language that someone uses, especially when they are angry
21. **the accused** – the person who is on trial in a law court
22. **vandalism** – the crime of intentionally damaging property belonging to other people
23. **violation** – an action that breaks a law, agreement, rule, etc.
24. **evil** – morally bad, cruel, or very unpleasant
25. **harsh** – unpleasant, unkind, cruel, or more severe than is necessary
26. **intentional** – planned or intended; done on purpose; deliberate
27. **law-abiding** – someone who obeys the law
28. **offensive** – very rude or insulting and likely to upset people
29. **petty** – not important and not worth giving attention to
30. **punishable** – (of an act) subject to a judicial punishment
31. **strict** – limiting people's freedom to behave as they wish beyond what is usual
32. **victimless** – (of a crime) lacking a victim, or thought not to involve a victim
33. **abide** – accept and follow out; remain faithful to; dwell; endure
34. **abolish** – to put an end to something, such as an organization, rule, or custom
35. **combat** – to try to stop something unpleasant or harmful
36. **deter** – to prevent or discourage someone from doing something
37. **enforce** – to make people obey a rule or law
38. **imprison** – to put someone in prison
39. **offend** – to make someone upset or angry



40. **perpetrate** – to commit a crime or a violent or harmful act
41. **resent** – to dislike or be angry at something or someone because you have been hurt or not treated fairly
42. **sanction** – a strong action taken in order to make people obey a law or rule, or a punishment given when they do not obey
43. **on behalf of** – for somebody; instead of somebody
44. **insane** – mentally ill
45. **elusive** – difficult to describe, find, achieve, or remember
46. **deem** – to consider or judge
47. **bully** – a person who threatens to hurt someone, often forcing that person to do something

## Lesson 4: Communication – Writing Band 8 Vocabulary

### Lesson 4: Communication

1. **accuracy** – the fact of being exact or correct
2. **communication** – the imparting or exchanging of information by speaking, writing, or using some other medium.
3. **conjecture** – a guess; an opinion or judgment that is not based on proof
4. **dialect** – regional language
5. **fluent** – able to speak or write a particular foreign language easily and accurately.
6. **hesitation** – the act of pausing before saying or doing something.
7. **language barrier** – absence of communication between people who speak different languages
8. **linguist** – someone who studies foreign languages or can speak them very well
9. **linguistics** – the scientific study of the structure and development of language in general
10. **means** – a method or way of doing something
11. **sign language** – a system of communication for people who cannot hear that uses hand and finger movements
12. **vocabulary** – all the words that exist in a particular language or subject

13. **incoherent** – expressing yourself in a way that is not clear
14. **inherent** – existing as a natural or basic part of something
15. **clarify** – to make something clear or easier to understand by giving more details.
16. **comprehend** – to understand something completely
17. **converse** – to have a conversation with someone
18. **define** – to say or explain what the meaning of a word or phrase is
19. **demonstrate** – to show or make something clear
20. **emerge** – to become known or develop as a result of something
21. **evolve** – to develop gradually; to rise to a higher level
22. **gesture** – to use movement to express a thought or a feeling
23. **illustrate** – make clear or explain by stories, examples, comparisons, or other means
24. **imply** – to suggest something in an indirect way or without actually saying it
25. **signify** – to be a sign of something
26. **stutter** – to speak or say part of a word with difficulty, esp. by repeating it several times or by pausing before it
27. **there's something to be said for** – said to mean that something has advantages
28. **needless to say** – of course
29. **have the say** – to be involved in making a decision about something
30. **when all is said and done** – when everything is finished and settled; when everything is considered.
31. **having said that** – despite what has just been said
32. **to say the least** – to not describe something in the strongest way you could, often in order to be polite
33. **you can say that again** – I completely agree with you
34. **that is to say** – used when explaining more clearly what you have just said
35. **marine** – related to the sea or sea transport
36. **odd** – strange or unexpected
37. **devastating** – causing a lot of damage or destruction
38. **recap** – to repeat the main points of an explanation or description

39. **connotation** – suggested or implied meaning of an expression; V. connote
40. **intimate** – to make clear what you think or want without saying it directly
41. **narrate** – to tell a story, often by reading aloud from a text, or to describe events as they happen
42. **profound** – very great or intense
43. **youngster** – a young person or a child
44. **merely** – only; just
45. **intrigue** – fascinate; to interest someone, often because of an unusual or unexpected quality
46. **pinpoint** – to discover or establish something exactly
47. **idle speculation** – speculation that is unlikely to be true
48. **ancestor** – a person related to you who lived a long time ago
49. **wander** – to walk around slowly in a relaxed way or without any clear purpose or direction
50. **chit-chat** – informal conversation about matters that are not important
51. **Homo sapiens** – modern humans considered together as a species
52. **string together** – to arrange a group of things into a series
53. **grunt** – to make a short, low sound instead of speaking, usually because of anger or pain
54. **archaic** – ancient
55. **hyoid** – a U-shaped bone in the neck that supports the tongue.
56. **larynx** – an organ in the throat which contains the vocal cords (= tissue that moves to produce the voice)
57. **ritual** – a set of fixed actions and sometimes words performed regularly, especially as part of a ceremony
58. **burial** – the act of putting a dead body into the ground, or the ceremony connected with this
59. **hearth** – the area in front of a fireplace.
60. **groom** – to clean an animal, often by brushing its fur
61. **social grooming** – is an activity in which individuals in a group clean or maintain one another's body or appearance.
62. **alliance** – a union or association formed for mutual benefit, especially between countries or organizations.
63. **opiate** – a drug with morphinelike effects, derived from opium.

- 64. **banter** – conversation that is not serious and is often playful
- 65. **smattering** – a slight knowledge of something, or a small amount
- 66. **gurgle** – (of babies) to make a happy sound with the back of the throat
- 67. **cling** – to hold on tightly to somebody/something
- 68. **soothe** – to make someone more calm and more relaxed
- 69. **primate** – any member of the group of animals that includes human beings, apes, and monkeys.
- 70. **nomadic** – a person who does not stay long in the same place; a wanderer
- 71. **maiden** – a girl or young unmarried woman;

## Lesson 3: Childhood – Writing Band 8 Vocabulary

### Lesson 3: Childhood

- 1. **adolescence** – the period of time in a person’s life when they are developing into an adult
- 2. **adulthood** – the part of someone’s life when they are an adult
- 3. **bond** – a close connection joining two or more people
- 4. **brotherhood** – friendship and loyalty
- 5. **character** – the particular combination of qualities in a person or place that makes them different from others
- 6. **childhood** – the time when someone is a child
- 7. **conflict** – an active disagreement, as between opposing opinions or needs
- 8. **fatherhood** – the state or time of being a father
- 9. **instinct** – the way people or animals naturally react or behave, without having to think or learn about it
- 10. **interaction** – an occasion when two or more people or things communicate with or react to each other
- 11. **motherhood** – the state or time of being a mother
- 12. **nature** – the type or main characteristic of something
- 13. **resemblance** – a way in which two or more things are alike
- 14. **rivalry** – a situation in which people, businesses, etc. compete with each other for the same thing

15. **sibling** – a brother or sister
16. **temperament** – a person's or animal's nature, especially as it permanently affects their behaviour
17. **ties** – the friendly feelings that people have for other people, or special connections with places
18. **upbringing** – the way in which someone is treated and trained as a child
19. **extended family** – a family unit that includes grandmothers, grandfathers, aunts, and uncles, etc. in addition to parents and children
20. **family gathering** – when family members meeting together
21. **immediate family** – closest relations, such as your parents, children, husband, or wife
22. **maternal instinct** – the natural tendency that a mother has to behave or react in a particular way around her child or children
23. **sibling rivalry** – competition and arguments among brothers and sisters
24. **stable upbringing** – having a safe and secure family in your childhood
25. **striking resemblance** – impressive similarity
26. **close-knit** – involving groups of people in which everyone supports each other
27. **maternal** – behaving or feeling as a mother does toward her child
28. **parental** – relating to parents or to being a parent
29. **rewarding** – satisfying or beneficial
30. **accommodate** – to provide someone with a room or place to sleep, live, or sit
31. **adopt** – to take somebody else's child into your family and become its legal parent(s)
32. **break down** – of a relationship, agreement, or process) cease to continue; collapse
33. **endure** – last; keep on; undergo; bear; stand
34. **establish** – to start having a relationship with, or communicating with another person, company, country, or organization
35. **have something in common** – to share interests, experiences, or other characteristics with someone or something
36. **inherit** – derive (a quality, characteristic, or predisposition) genetically from one's parents or ancestors
37. **chaotic** – disorganized

38. **nurture** – to feed and care for a child, or to help someone or something develop by encouraging that person or thing
39. **alike** – similar to each other
40. **play a role** – to be involved in something, especially in a way that is important
41. **relate to somebody** – to understand someone and be able to have a friendly relationship with them
42. **paddling pool** – a pool that is not deep that small children can play in
43. **sophisticated** – (1) Having a thorough knowledge of the ways of society. (2) Highly complex or developed.
44. **tone** – the general character or attitude of a person, situation, etc.
45. **competency** – an important skill that is needed to do a job
46. **coordinate** – to make various, separate things work together
47. **recruitment** – the process of employing new people to work for a company or organization
48. **hand down something** – to give something to a younger member of your family when you no longer need it, or to arrange for someone younger to get it after you have died
49. **enrol** – officially register as a member of an institution or a student on a course

## Lesson 2: Business – Writing Band 8 Vocabulary

### Lesson 2: Business

1. **boss** – manager; the person who is in charge of an organization and who tells others what to do
2. **campaign** – a plan consisting of a number of activities directed toward the achievement of an aim
3. **career** – the job or series of jobs that you do during your working life
4. **clerk** – a person who works in an office, dealing with records or performing general office duties
5. **colleague** – someone you work with
6. **credibility** – the fact that someone can be believed or trusted
7. **employee** – someone who is paid to work for someone else

8. **goods** – things for sale, or the things that you own
9. **job satisfaction** – the feeling of pleasure and achievement which you experience in your job when you know that your work is worth doing
10. **labourer** – a person who does physical work, especially outdoors
11. **manual worker** – a worker who does physical work
12. **manual work** – work involving the hands, as opposed to an office job, for example
13. **niche** – a job, position, or place that is very suitable for someone
14. **occupation** – a person's job
15. **overtime** – time worked in addition to your usual job hours
16. **perk** – an advantage
17. **profession** – any type of work, esp. one that needs a high level of education or a particular skill
18. **prospects** – the possibility of being successful, especially at work
19. **qualification** – an ability, characteristic, or experience that makes you suitable for a particular job or activity
20. **retirement** – the act of leaving your job and stopping working, usually because you are old
21. **share** – one of the equal parts that the ownership of a company is divided into, and that can be bought by members of the public
22. **shift work** – a system in which different groups of workers work somewhere at different times of the day and night
23. **supervisor** – a person whose job is to supervise someone or something
24. **takeover** – a situation in which a company gets control of another company by buying enough of its shares
25. **wages** – the money earned by an employee, esp. when paid for the hours worked
26. **casual** – not regular or fixed
27. **demanding** – needing a lot of time, attention, or energy
28. **hospitality** – the act of being friendly and welcoming to guests and visitors:
29. **monotonous** – not changing and therefore boring
30. **retail** – the activity of selling goods to the public, usually in shops
31. **endorse** – to state publicly that you approve of or support someone or something

32. **invest (in)** – to spend money on something which you believe will make a profit
33. **shelf stacker** – shelf filler; someone whose job is to put goods on the shelves in a supermarket
34. **redundant** – having lost your job because your employer no longer needs you
35. **next to nothing** – very little; hardly anything; almost nothing
36. **workplace** – a building or room where people perform their jobs, or these places generally
37. **cosmetics** – substances that you put on your face or body that are intended to improve your appearance
38. **skincare** – things that you do and use to keep your skin healthy and attractive
39. **dermatologist** – a doctor who studies and treats skin diseases
40. **invaluable** – extremely useful
41. **work ethic** – the belief that work is morally good

## Lesson 1: Accommodation – Writing Band 8 Vocabulary

### Lesson 1: Accommodation

1. **Balcony** – an area with a wall or bars around it that is joined to the outside wall of a building on an upper level
2. **Brick** – a rectangular block of hard material used for building walls and houses
3. **ceiling** – the upper surface of a room that you see when you look above you
4. **concrete** – a very hard building material made by mixing together cement, sand, small stones, and water
5. **cottage** – a small house, usually in the countryside
6. **gadget** – a small device or machine with a particular purpose
7. **housing** – buildings for people to live in
8. **landmark** – a building or place that is easily recognized
9. **lift shaft** – a vertical shaft in a building through which a lift moves to different levels.



10. **occupant** – a person who lives or works in a room or building
11. **platform** – a flat raised area or structure
12. **quarry** – a large artificial hole in the ground where stone, sand, etc. is dug for use as building material
13. **residence** – a home; the place where someone lives
14. **steel** – a strong metal that is a mixture of iron and carbon
15. **timber** – wood that is prepared for use in building, etc
16. **airy** – with a lot of light and space
17. **conventional** – traditional and ordinary
18. **cosy** – comfortable and pleasant, especially (of a building) because of being small and warm
19. **cramped** – not having enough space or time.
20. **disposable** – used once then thrown away
21. **exterior** – outer; on or from the outside
22. **futuristic** – relating to the future, or very modern or advanced
23. **high-rise** – a tall modern building with many floors
24. **mass-produced** – produced in large numbers using machinery
25. **multi-storey** – a building that has several floors
26. **ornate** – having a lot of decoration
27. **prefabricated** – built from parts that have been made in a factory and can be put together quickly
28. **spacious** – large and with a lot of space
29. **state-of-the-art** – very modern and using the most recent ideas and methods
30. **ultra-modern** – extremely modern; advanced
31. **automate** – to change a factory, office, or process so that machines do the work instead of people
32. **condemn** – to criticize something or someone strongly, usually for moral reasons
33. **demolish** – knock down, destroy thoroughly
34. **devise** – to invent something, esp. with intelligence or imagination
35. **haul** – to pull something heavy slowly and with difficulty
36. **hoist** – to lift something heavy, often with special equipment

37. **renovate** – to repair and improve something, especially a building
38. **skyward** – in the direction of the sky
39. **warehouse** – a large building for storing things before they are sold, used, or sent out to shops
40. **tough** – strong; not easily broken or made weaker or defeated
41. **spring system** – is an elastic object used to store mechanical energy.
42. **mesh** – to join together in the correct position
43. **ratchet** – a part of a machine that allows movement in one direction only.
44. **unveil** – to show or make something known for the first time
45. **slack** – not tight; loose
46. **contraption** – device
47. **tenant** – a person who rents a room, a building, or land
48. **screw** – a thin pointed piece of metal like a nail with a raised spiral line
49. **heading** – words written or printed at the top of a text as a title
50. **obsession** – something or someone that you think about all the time
51. **consolidate** – to combine into a single unit; to group together or join.
52. **indebted** – grateful because of help given
53. **depict** – to represent or show something in a picture, story, movie, etc.; portray
54. **mixed success** – successful only on few issues not on all of them
55. **appliance** – a device, machine, or piece of equipment, especially an electrical one that is used in the house
56. **team up** – to join another person, or form a group with other people, in order to do something together
57. **surround** – to be around something on all sides
58. **combustion** – the process of burning
59. **self-propelled** – able to move by its own power
60. **stack** – to arrange things in an ordered pile
61. **marvel** – a wonderful and surprising person or thing
62. **apparent** – easily seen or perceived, easily understood
63. **hose** – a long plastic or rubber pipe, used to direct water onto fires, gardens, etc.
64. **drapery** – cloth arranged in folds

- 65.**blast** – a sudden strong blow of air
- 66.**overriding** – more important
- 67.**acquisition** – the process of getting something
- 68.**incorporation** – the act of including something
- 69.**turmoil** – a state of confusion, excitement, or anxiety
- 70.**masculine** – of man; male
- 71.**rough and ready** – produced quickly, with little preparation
- 72.**stark** – extreme
- 73.**pejorative** – insulting, disapproving
- 74.**cherished** – bringing the pleasure of love
- 75.**utopian** – romantic
- 76.**blur** – to make something hard to see
- 77.**deployment** – the use of something or someone in an effective way
- 78.**rosy** – optimistic, bright, happy
- 79.**exhort** – to strongly encourage or persuade someone to do something
- 80.**self-indulgent** – allowing yourself to have or do anything that you enjoy
- 81.**free rein** – the freedom to do, say, or feel what you want
- 82.**spa** – a town where water comes out of the ground and people come to drink it or lie in it because they think it will improve their health
- 83.**discotheque** – disco
- 84.**ebb** – to becomes less strong or disappear
- 85.**hectic** – full of busy activity
- 86.**imperative** – extremely important or urgent
- 87.**envisage** – to have a mental picture of; visualize.
- 88.**consumerism** – the state of an advanced industrial society in which a lot of goods are bought and sold