

Module 1

1 cover (p. 7)

challenge (n.)
copy (n.)
creativity
express
intelligence
original (n.)
stand out
worth

1a (pp. 8-9)

blend (v.)
combine
come into contact with
comment (n. + v.)
complain
completely
consider
creative
currently
edit
entertaining
expression
follower
form (n.)
household
improve
influence (v.)
mood
one of a kind
personality trait
relatives
responsible
share
since (reason)
software
someday
turn out
tutorial
unexpected
upload
viewer
What if...?
whenever
wish (v.)

1a (pp. 10-11)

a waste of time
assignment
attend
cause (v.)
constantly
damage (n.)
deal with
doodle
drawing
empty
focused (adj.)
get a cold
get in trouble
mayor
memory
novel
pastime
pay attention
poem
refuse
relaxing
sender
skills

solve
stress
study (=research)
suit (v.)
take a break
the heating
upset (v.)
vlogging
woodworking
yell

1a (pp. 12-13)

amusement arcade
be away
book (v.)
business trip
by (=next to)
call sb up
code
copy (v.)
drone
get-together
have a blast
indoor
murder (v.)
opportunity
plenty of
routine
strategy
suggest
suggestion

Phrases: like/dislike

adore
be a fan of
be crazy about
be dying to do sth
be enthusiastic about
be fed up with
be fond of
be interested in
be keen on
be one's thing
be really into
be sick of
be thrilled
be tired of
be/get bored with
can't stand
fancy doing sth

1b (pp. 14-15)

accept
allow
amount
description
do research
fashionable
footwear
inform
outcome
pleased
post (n.)
profile
quantity
reflect (one's style)
search engine
select
style
sweet (=cool)
talented
tips

(in) total
try sth out
unique
various

1b (pp. 16-17)

achieve
associated with
bright
cheerful
comfort
confident
current
dark
dull
dynamic
energetic
exist
extreme sport
fashion victim
fashions come and go
forbidden
gloomy
go with (=match)
goal
have a sense of style
imagination
irritated
light
make a fashion statement
moody
occasion
set (v.)
trend
vivid
wealth
wedding

Colours

beige
fuchsia
gold
lime
navy blue
olive
reddish brown
silver
turquoise

1b (pp. 18-19)

be/get damaged
catch up
courier
detailed
distance
equipment
fill sb in
It would be my pleasure to...
model building
more than welcome
possibly
process (n.)
professional (adj.)
regards
schoolmate
successful
to be honest
update (n.)
when it comes to sth
zoom in

Module 2

2 cover (p. 21)

demanding
desert island
feat
memorise
sequence
survive

2a (pp. 22-23)

achievement
at times
athletic
balance (v.)
beat (v.)
best-selling
breathing
claim
creator
cube
engineer
entirely
handle (v.)
human being
list (v. + n.)
measurement
neck
official
position
pour
previous
publish
record (v. + n.)
reputation
simply
skin
stick (v.)
swimming trunks
technique
update (v.)
weird

2a (pp. 24-25)

antivirus program
balance (n.)
basement
cover (n.)
daily
fireplace
fly (n.)
gain
gather
handle (n.)
ice cube
make up one's mind
medal
meeting
part-time
personal
relaxation
speed
stick (n.)
succeed
tortoise
trick (n.)
yoga

Collocations with 'set'

set a goal/challenge
set a record
set a time/date
set an alarm

Collocations with 'hold'

hold a conversation
hold a record
hold an event
hold one's breath

Collocations with 'break'

break a habit
break a promise
break a record
break the rules

2a (pp. 26-27)

admire
characteristic
courage
dedicate
effort
encourage
fit in
give up
incredibly
influence (n.)
inspiration
interrupt
look up to
mental
physical
position (at work)
push
put oneself in danger
reach one's limit
remain
reward (v.)
rewarding
risk (v.)
sense of humour
strength
success
support (n.)
thanks to
trust (v.)
under pressure
willing

Personality adjectives

ambitious
brave
caring
courageous
dedicated
encouraging
generous
hard-working
intelligent
passionate
patient
reliable
sociable
unselfish

2b (pp. 28-29)

alive
at one point
be in shock
break out
burn
bury
crew
dead
definitely
dig
engine

escape
eventually
fail
grab
layer
leaf - leaves
low
protection
react
recover
rescue (v. + n.)
several
shore
signal
snowstorm
soil
spot (v.)
stick out
struggle (v.)
surfboard - board
take action
trapped
unfamiliar
unknown

2b (pp. 30-31)

afterwards
all over
ankle
apply (=put)
bandage
be allowed to
bite
blood
bruised
cast
couple
crash
cream
cut (n.)
dizzy
emergency
examine
give sb a hand
heal (v.)
heatstroke
in pain
injured
injury
kayak - kayaking
marathon
nauseous
notify
operation
paddle (n. + v.)
painful
parkour
pill
plus
rest (v.)
scared stiff
shade
slip
sprain
suffer from
sunburnt
sunscreen
swollen
unwell
virus
X-ray

2b (pp. 32-33)

avalanche
avoid
barely
breathe
eager
in the meantime
mud
persuade
relieved
rent (v.)
rush (v.)
snowmobile
surface
thunder
wonder (v.)

Phrases

I was in / out of luck.
It was a real shock.
It was too good to be true.
The next thing I knew,...
Within minutes...

Module 3

3 cover (p. 35)

environmental issue
face (v.)
landscape
mountainous
polluted

3a (pp. 36-37)

active / inactive (volcano)
be supposed to
beneath
boiling
brighten
channel
erupt
eruption
feature (n.)
geyser
heat (v. + n.)
hole
impressed
intend
measure (v.)
observe
point out
pool
produce
rare
sample
shallow
shoot
sight
smell
steam (n.)
timing
typical
uncommon
underground
up close

3a (pp. 38-39)

account (=story)
burning
challenging
coastal
enjoyable

episode
harm (n.)
hike (n.)
hopeful
humorous
impress
muddy
natural
natural site
peace
peaceful
region
sandy
stormy
stressful
suitable
tropical
valuable
value (n. + v.)

Geographical features

bay
canyon
cave
cliff
coast
jungle
mountain peak
valley
waterfall / falls

3a (pp. 40-41)

aggressive
aspect
behave
behaviour
benefit (v.)
breed (v.)
bullfighting
cage
case
circus
companion
convenient
cruel
cruelty
develop
disrespect
disturb
ease (one's stress)
educational
entertain
extinction
harm (v.)
health
importance
in captivity
inexpensive
keep sb company
make a mess
natural habitat
negative
once-in-a-lifetime
experience
owner
positive
purpose
repeated
responsibility
right (n.)
treat (v.) (=behave
towards)
unnatural

Phrases

As a matter of fact,...
From my point of view,...
In addition,...
The way I see it,...
To tell you the truth,...
What is more,...

3b (pp. 42-43)

ability
aboard
alarmed
anxious
assistant
carry out
coat
come into view
concerned
confused
daring
drag (v.)
endless
entire
exploration
figure (=person)
fill
flood (v. + n.)
freeze
global warming
hard (=not soft)
humankind
in alarm
in amazement
in other words
make an effort
name (v.)
nod
reaction
remarkable
rise (=stand up)
sea level
sigh (v.)
silent
solid
stare (v.)
startled
support (=hold up)
test sth out
vision
whisper (v.)

3b (pp. 44-45)

alternative energy
ban (v.)
carbon dioxide
close down
cut down
cut down on
cycle lane
deforestation
environmentally friendly
exhaust fumes
factory gases
fossil fuels
government
jar
landfill
leader
location
marine animals

oil spill
oxygen
pump (v.)
rarely
recycling bin
reduce
rely on
resident
reusable
reuse
run out (of)
smog
solar panel
solar power
take measures
throw away
toxic waste
volunteer (v. + n.)
wind turbine

3b (pp. 46-47)

assistance
be located
bring along
care (n.)
conservation
endangered species
exact
further (=more)
in advance
participate
provide
require
sanctuary
similar
staff

Phrases

Furthermore,...
I am writing in response to...
I would be grateful if you...
Last but not least,...
Moreover,...
To start with,...

Module 4

4 cover (p. 49)

accommodation
landmark

4a (pp. 50-51)

above
afford
agency
approach
atmosphere
be attached to sth
capable
check (n.)
depart
float
go/get through
gravity
hand over
handful
head (v.)
highly
hopefully
once (=as soon as)

orbit (v.)
ordinary
rather than
remove
sail (v.)
space station
spacecraft
tough
tourism
trained
unwilling

4a (pp. 52-53)

approximately
biologist
camping gear
coach trip
collector
competitor
destination
excursion
expedition
guided tour
hiker
inspect
inspector
instruct
journal
journalist
lead (v.)
local (n.)
loser
parade
railway station
reception
receptionist
report (v.)
seaside
spacesuit
square
survivor
tourist attraction
train journey
travel agency
voyage

4a (pp. 54-55)

access (n.)
apart from
be home to
be sure to
breathtaking
campground
enormous
excite
experienced
facility
fascinated
flexible
get out of one's comfort zone
giant (n. + adj.)
have the time of one's life
hire (n.)
ideal
inconvenient
isolated
luxurious
magnificent
mouth-watering

rafting
scenery
services
skyscraper
spectacular
spicy
stroll (n.)
such as
supplies
sweet-smelling
tasteless
tiny
trail
truly
unforgettable

4b (pp. 56-57)

ahead (of time)
arrivals board
behind the wheel
carry on
character
delay
depend on
direct (adj.)
district
earthquake
efficient
fast-paced
fill up
guide (v.)
high-tech
hop (on/off)
original (adj.)
pace (n.)
pass (n.)
solo
sushi
taste (v.)
wander

4b (pp. 58-59)

accommodate
aircraft
airline
aisle
announce
announcement
arrangement
baggage
boarding pass
cancel
cancellation
check in
connection
departures board
development
examination
explanation
fasten
gate
hand luggage
hire (out)
improvement
introduction
liquid
luggage
participation
passport
personal belongings
platform
preparation

present (v.)
proceed
properly
recommend
recommendation
reduction
reservation
reserve
return ticket
scales
single ticket
slight
stop (n.)
tour (v.)

4b (pp. 60-61)

benefit (n.)
control (n.)
deal (n.)
independent
involve
likely
package tour
take sth away
tour operator
while (=whereas)
work out

Phrases

All in all,...
For instance,...
In conclusion,...
On the one hand,...
On the other hand,...
On the whole,...
Taking everything into consideration,...
To sum up,...

Module 5

5 cover (p. 63)

kill time

5a (pp. 64-65)

attack
attitude
battle
be gone
be only a matter of time
come to an end
defend
destroy
effect
fight (n.)
for all I know
force (n.)
goggles
gun
in time
incorrect
join (combine)
lift (v.)
loop (n.)
match (v.)
miss (=not hit)
mostly
movement
obvious
pavement
perfectly
possibility

pull (v.)
realistic
reality
sick
slow down
steep
sudden
superhero
unable
upside down
villain
virtual reality
visual

5a (pp. 66-67)

climate
complete (adj.)
fair
gardening
grown-up (n.)
illegal
illogical
immature
impatient
impolite
incomplete
inexperienced
informal
irregular
irresponsible
legal
logical
make sense
mature
regular
rest (n.)
unavailable
unfair
unlike
unlikely
unrealistic
unsuitable

Phrases with 'take'

can't take it any more
have what it takes
take control of
take it easy
take one's mind off things
take one's time
take part
take place
take some time off
take sth for granted
take sth seriously
take sth the wrong way

5a (pp. 68-69)

album
audience
casual
cheer (v.)
clap (v.)
depending on
excitement
hit (n.)
interaction
live (adj.)
lively
lyrics
melody
overall (adv.)
stage
venue

Idioms

a pain in the neck
be blown away
be bored out of one's mind
be over the moon
be thrilled to bits
be/feel on top of the world
drive sb up the wall
drive sb wild
get a kick out of sth
get on one's nerves
have a whale of a time
make one's day

5b (pp. 70-71)

aged
appealing
be after sth
be in charge of
be mad about
come by
drop in
have a passion for sth
in the open
individual (adj.)
minimum
nature (=quality)
outing
pitch
remind
run (=be in charge of)
sign up (for)
socialise
sporty
taste (n.)
there's no point in
unwind
use (n.)

5b (pp. 72-73)

a form of
adrenaline rush
against
alike
antisocial
be affected by sth
be aware of
be satisfied with
be set in
broadcast (v.)
catch (=understand)
commercial
complete (v.)
contestant
fearless
follow (=understand)
follow rules
get (=understand)
normal
passive
poetry
quality
reader
review (n.)
setting
thrill
usual

5b (pp. 74-75)

action lover
action-packed

amusing
appeal
be on the edge of your seat
blockbuster
box-office hit
classic
direct
director
ending
filmgoer
from start to finish
heroine
hilarious
humanity
It was nothing special.
leading role
locate
mind-blowing
outstanding
plot
predictable
scene
special effects
star (v.)
suspense
trailer
treasure
unusual
violent
whoever
You shouldn't miss it for the world!

Module 6

6 cover (p. 77)

outlet
% off
second-hand shop
shop till you drop

6a (pp. 78-79)

accompany
bakery
bargain
be on the news
beginner
bruise (n.)
check sth out
clearly
crawl
deliver
determined
disaster
discount
electronics shop
fault
form (v.)
forward
get one's hands on sth
go off (alarm)
great value for money
in line
increase (v.)
let down
limited
lose one's balance
pick (=choose)
purchase (n.)

put up with
queue
rise
sales
shopper
sit up
sportswear
stay put
step on
television
turn up (volume)

6a (pp. 80-81)

advertising
bill
(in) cash
cash machine
cashier
change (n.)
come down with
dairy product
end up
exchange (v.)
free of charge
get down
go down
go up
look out for
note (n.)
offer (n.)
price tag
reasonable
receipt
till (n.)
turn down (=refuse)
turn down (volume)
turn up
use up
worth (n.)

6a (pp. 82-83)

all day long
as long as
case (n.)
come in handy
dry
elegant
get caught (in the rain)
lens
loads of
no longer
pattern
portable
power bank
practical
shoulder
smartwatch
strap
thick
waterproof
wide
windbreaker

Words describing defective items

broken
cracked
ripped
scratched
stained
torn

Phrases

I appreciate your help.
I would like a refund.
I would like a replacement.
I'm totally dissatisfied with...
It comes in...
It comes with...
What seems to be the problem?

6b (pp. 84-85)

apparently
be over
concentrate
death
due to
existing
figure (=number)
fitting room
get rid of
lose one's job
make a profit
note (v.)
once (=in the past)
place an order
shut (v.)
stroll (v.)
studies
suppose

6b (pp. 86-87)

addiction
be a little short
be broke
browse
by the way
cost a fortune
cost an arm and a leg
logo
material things
open 24/7
overdo
regret
resist
sentimental value
shoelaces
shop around
shopaholic
shopping spree
That's a rip-off!
transform
Two for the price of one.
voucher
window shopping

6b (pp. 88-89)

affordable
besides
brand (n.)
brand new
buy (n.)

Module 7

7a (pp. 92-93)

advise
All you have to do is...
apologise for
button
can't be bothered

carpet
click
come up with
deny
get on with (=continue doing)
in need of
in particular
judge (n.)
label (n.)
monitor (v.)
mouse (computer)
notification
out of the ordinary
(plant) pot
power (v.)
put money into sth
quite the opposite
science fair
setting
store (v.)
system
the public
tricky
turn sth into
water (v.)
Wi-Fi

7a (pp. 94-95)

be based on
cope with
in / out of control
in / out of order
in / out of sight
in / out of use
in a good/bad mood
in case of
in general
out of (one's) reach
out of breath
out of danger
out of date
out of one's mind
out of shape
out of the question
out of trouble
out of work
paragraph
scientific
version

Words related to computers

account
attach
charge (up)
delete
document
double click
file
icon
install
key
paste
press
restart
scroll
set sth up
shut down
undo
username
wireless

7a (pp. 96-97)

astonished
boiling
crash (for computer)
delighted
distraction
dreadful
fail sb
forgetful
freezing
frustrated
furious
generation
gorgeous
halfway through
joke (v.)
know sth by heart
miserable
motivation
presentation
slide (n.)
snap out of sth
space (=room)
starving
switch off
understanding
USB stick
workout

7b (pp. 98-99)

appliance
application
artificial intelligence (AI)
automatically
basically
browse (for computers)
command (n.)
consequence
criticise
decade
educate
electrician
field (of study)
fitness
growth
hardware
in simple terms
inspire
instantly
limitless
personal assistant
preference
program (v.)
progress (n.)
pros and cons
related to
repair
repetitive
schedule (v.)
solution
spill
take over
task
thought
translate
whether... or...
7b (pp. 100-101)
anger
annoy

appointment
awareness
belief
calendar
capability
darkness
depth
die
disorganised
doubt (v.)
loneliness
necessity
popularity
sadness
scan (v.)
similarity
weakness
workshop

7b (pp. 102-103)

affect
doubt (n.)
false
go on (=happen)
interact
keep in touch (with)
keep up-to-date with
limit (v.)
misinformed
multiplayer
satisfy
significant
source (n.)
spread
teamwork
technological

Phrases

As a consequence,...
For one thing,...
For this reason,...
In this way,...
Therefore,...

Module 8

8 cover (p. 105)

confidence
management
nutrition
well-being

8a (pp. 106-107)

angle
chemicals
come naturally
imply
impression
individual (n.)
insecure
lack (v.)
lower
out loud
over time
pose (n.)
power (=control)
powerless
second nature
speak out
stay up
strengthen

the other way round
tool (=skill)

8a (pp. 108-109)

approve
be/get stressed
beat (=deal with)
careless
cheat
count
disapprove
dishonest
disobey
hopeless
meaningless
misbehave
misinform
mislead
misplace
misspell
misunderstand
obey
place (v.)
restless
result of
worthless

Phrasal verbs /

Expressions with 'keep'

keep a promise
keep an eye on
keep back the tears
keep off
keep on (doing sth)
keep sb informed
keep sth to oneself
keep still
keep up
keep up with

8a (pp. 110-111)

admit
bad-tempered
be addicted to
be in one's shoes
be of some help to sb
depressed
extracurricular activity
get involved (in)
give sth a lot of thought
look on the bright side
nag
trouble (v.)
warn

Phrasal verbs

be coming up
break down
count on sb
fall out with
get over
go through
make up
shut oneself off
stand by
turn to

8b (pp. 112-113)

according to
ancestor
awake
be a light sleeper

be running late
briefly
criticism
cycle (n.)
data
determine
early bird
keep track of
night owl
pillow
researcher
rise and shine
side effect
sleep in
sleep like a log
standard
survival
the human race
time span
toss and turn
vs

8b (pp. 114-115)

allergic to
balanced
burn off
caffeine
calorie
couch potato
cut sth out of one's diet
eat out
fairly
fat (n.)
focus (n.)
get in shape
go off (for food)
go on a diet
harmful to
have an effect on
left over
nutrient
nutritionist
on a full stomach
point (n.) (for games)
put effort into sth
put on weight
rich in
serve
stick to sth
takeaway
treat oneself to sth
vitamin

8b (pp. 116-117)

aim
effective
essential
flyer
hand out
informative
involvement
motivate
professional (n.)
promote
promotion
questionnaire
raise awareness
report (n.)
request (v.)
shift (n.)
widely