

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
1	6	1	social network	n	'netwɜ:k	a group of people connected to each other via the internet so they can share information	Facebook is probably the most famous example of a social network.
1	6	2	surf the internet	v phrase	sɜ:f	to look quickly through information on the internet for anything that interests you	I spend a lot of time surfing the internet every day.
1	6	2	make friends	n	meɪk frendz	to make friends means to become friendly with people	Jenny has always found it easy to make friends.
1	7	4	rely on	v	rɪ'laɪ ɒn	to trust or depend on someone or something to do what you need or expect them to do	You can always rely on Joan.
1	7	4	argue with	v	,ɑ:gju: wɪð	to disagree with someone in words, often in an angry way	We could hear the neighbours arguing.
1	7	4	research	v	rɪ'sɜ:tʃ	to study a subject in detail, especially in order to discover new facts or test new ideas	He's been researching material for a documentary.
1	7	4	identify	v	aɪ'dentəfaɪ	to recognise and correctly name someone or something	He was too far away to be able to identify faces.
1	7	5	go online	v phrase	ɡəʊ 'ɒnlaɪn	to connect to other computers through the internet	For me the best way to find out about a future career would be to go online and read as much information about it as I can find.
1	7	5	chat	v	tʃæt	to talk in a friendly informal way, especially about things that are not important	Several of us go online to chat every evening.
1	7	5	face to face	n	'feɪs tə 'feɪs	if two people are standing face to face, they are very close and are looking at each other	It is easier to explain things face to face than by text.
1	7	5	completely	adv	kəm'pli:tli	to the greatest degree possible	He had never completely recovered from his illness.
1	7	5	lose touch with	n	'lu:z tʌtʃ wɪð	stop talking or writing to someone	I've lost touch with all my school friends.
1	7	5	out of touch with	n	'aʊt əv tʌtʃ wɪð	to not have the latest knowledge about a subject, situation, or the way people feel	I'm out of touch with modern technology.
1	7	5	in touch with	n	ɪn 'tʌtʃ wɪð	talking or writing to someone	I keep in touch with all my family, even though we live in different countries.
1	7	6	related to	adj	rɪ'reɪtəd tu:	connected by a family relationship	John and David are related to each other.
1	7	6	extended family	n	ɪk'stendəd 'fæməli	a family group that consists not only of parents and children but also of grandparents, aunts, etc	We have a large extended family so family parties are great fun.
1	7	6	divorced	adj	də'vɔ:st	no longer married to your wife or husband	Anne is divorced from Simon's father.
1	7	6	daughter-in-law	n	'dɔ:tə ɪn lɔ:	your son's wife	Simon's mother doesn't like her daughter-in-law very much.
1	7	6	ancestors	n	'ænsəstə	members of your family who lived a long time ago	My ancestors were French.
1	7	6	only child	adj	'əʊnli tʃaɪld	a child who has no brothers or sisters	Jeremy is an only child.

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1	8	2	issue	n	'ɪʃu:	a magazine or newspaper printed for a particular day, week, or month	The next issue comes out on 1st November.
1	8	3	permanent	adj	'pɜ:mənənt	continuing to exist for a long time or for all the time in the future	Fiona has finally found a permanent job.
1	8	3	fixed	adj	fɪkst	fixed times, amounts, meanings etc cannot be changed	The classes begin and end at fixed times.
1	8	3	exact	adj	ɪg'zækt	precise (e.g. amount or time)	He came into the room at the exact moment I mentioned his name.
1	8	6	ex-students	prefix	'eks-stju:dənts	past pupils of a school, college, university etc	It's an online magazine for ex-students of the University.
1	8	6	look forward to	phrasal v	lʊk 'fɔ:wəd tu:	to be excited and pleased about something that is going to happen	I'm really looking forward to our holiday.
1	9	2	despite	prep	dɪ'spaɪt	used to say that something happens or is true even though something else might have prevented it	Despite all our efforts to save the school, the authorities decided to close it.
1	9	2	although	conjunction	ə'l'ðəʊ	used to introduce a statement that makes your main statement seem surprising or unlikely	Although it was raining, they still went to the beach.
1	9	2	however	adv	haʊ'evə	used when you are adding a fact or piece of information that seems surprising, or seems very different from what you have just said	This is a cheap and simple process. However, there are dangers.
1	9	2	enthusiastic	adj	ɪn'θju:zi'æstɪk	feeling or showing a lot of interest and excitement about something	All the staff are enthusiastic about the project.
1	9	2	keen	adj	ki:n	wanting to do something or wanting something to happen very much	He told me that he was keen to help.
1	9	2	eager	adj	'ɪ:gə	very keen and excited about something that is going to happen or about something you want to do	I was eager to get back to work as soon as possible.
1	9	2	excited	adj	ɪk'saɪtəd	happy, interested, or hopeful because something good has happened or will happen	Maria's getting very excited about the wedding.
1	9	2	apart	adj	ə'pɑ:t	if things are apart, they are not close to each other or touching each other	They have offices in countries as far apart as India and Peru.
1	9	3	dependent	adj	dɪ'pendənt	needing someone or something in order to exist, be successful, be healthy etc	Jan's mother is dependent on her for physical care.
1	9	4	connectivity	n	ˌkɒnek'tɪvəti	the ability of computers and other electronic equipment to connect with other computers or programs	There is a growing demand for high-speed connectivity.
1	9	4	downside	n	'daʊnsaɪd	the negative part or disadvantage of something	The downside of the book is that it is written in a rather boring style.

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1	9	4	psychologist	n	sai'kɒlədʒəst	someone who is trained in the study of the mind and how it influences people's behaviour	Psychologists have identified a condition known as 'NoMoPhobia'.
1	9	4	condition	n	kən'diʃən	an illness or health problem that affects you permanently or for a very long time	She has a serious heart condition.
1	9	4	experiment	n	ɪk'sperəmənt	a scientific test done to find out how something reacts under certain conditions, or to find out if a particular idea is true	They are doing experiments to find out more about the effect of alcohol on the brain.
1	9	4	period	n	'piəriəd	a particular length of time with a beginning and an end	Tomorrow's weather will be dry with sunny periods.
1	9	4	loss	n	lɒs	the fact of no longer having something, or of having less of it than you used to have, or the process by which this happens	Jenny has lost her mobile phone.
1	9	4	panic attack	n	'pænik	a sudden strong feeling of fear or nervousness that makes you unable to think clearly or behave sensibly	She suffers from terrible panic attacks.
1	9	4	hallucinations	n	hə'lu:sə'neiʃən	something which you imagine you can see or hear, but which is not really there, or the experience of this	The patients suffered hallucinations caused by the drug.
1	9	5	separated	adj	'sepəreɪtəd	not living with your husband, wife, or partner anymore	We've been separated for six months.
1	9	5	divided	v	də'vaɪd	if something divides, or if you divide it, it separates into two or more parts	The book is divided into six sections.
1	9	5	removed	v	rɪ'mu:v	to take something away from, out of, or off the place where it is	Reference books may not be removed from the library.
1	9	5	result	v	rɪ'zʌlt	if something results from something else, it is caused by it	We are still dealing with problems that resulted from errors made in the past.
1	9	6	gadget	n	'gædʒət	a small, useful, and cleverly-designed machine or tool	I've just bought a new gadget for sharpening knives.
1	10	1	share	v	ʃeə	to have or use something with other people	They very kindly shared their knowledge with the young people.
1	10	1	show round	phrasal v	'ʃəʊ raʊnd	to go around a place with someone when they first arrive there, to show them what is interesting, useful etc	Harrison showed her around the house.
1	10	1	map	n	mæp	a drawing of a particular area, for example a city or country, which shows its main features, such as its roads, rivers, mountains etc	According to the map we should turn left.
1	10	1	guide book	n	'gaɪd bʊk	a book or piece of writing that provides information on a particular subject or location	The guide book gives you all the historical facts about the castle.

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1	10	2	greeter	n	'gri:tə	someone who greets people politely as they enter a place, especially someone who does this as a job	Greeters are local people who volunteer to show visitors around their town or area.
1	10	2	commercial	adj	kə'mɜ:ʃəl	related to the ability of a product or business to make a profit	Gibbons failed to see the commercial value of his discovery.
1	10	2	tour	n	tʊə	a journey for pleasure, during which you visit several different towns, areas etc	We met on a coach tour in Italy.
1	10	3	volunteer	n	,vɒlən'tiə	someone who does a job willingly without being paid	I need some volunteers to help with the washing-up.
1	10	3	find out	phrasal v	'faɪnd aʊt	to get information, after trying to discover it or by chance	Did you find out whether there are any seats left?
1	10	3	similar	adj	'sɪmələ	almost the same	We have similar tastes in music.
1	10	3	match with	v	'mætʃ wɪð	to put two people or things together that are similar to or somehow connected with each other	Then the organisation matches you with a suitable volunteer
1	10	3	suitable	adj	'su:təbəl	having the right qualities for a particular person, purpose, or situation	We are hoping to find a suitable school.
1	10	3	local	adj	'ləʊkəl	relating to the particular area you live in, or the area you are talking about	The students would rather go to a dance hall where the local people go.
1	10	3	continent	n	'kɒntənənt	mass of land surrounded by sea	He ran three marathons in three different continents in one week.
1	10	3	originally	adv	ə'ɹɪdʒɪnəli	in the beginning, before other things happened or before things changed	The family originally came from France.
1	10	3	knowledge	n	'nɒlɪdʒ	the information, skills, and understanding that you have gained through learning or experience	He did not have much knowledge of American history.
1	10	3	settle	v	'setl	to go to live in a new place and stay there for a long time	He wants to find someone who knew his great-uncle who settled in Melbourne 70 years ago.
1	10	3	bump into	phrasal v	'bʌmp 'ɪntu:	to meet someone who you know, when you were not expecting to	I bumped into Jean in town.
1	10	3	optimistic	adj	,ɒptəmɪstɪk	believing that good things will happen in the future	He is optimistic about his exam results.
1	10	3	traditional	adj	trə'dɪʃənəl	being part of the traditions of a country or group of people	My mother cooks traditional Italian food.
1	10	3	board game	n	'bɔ:d geɪm	an indoor game played on a specially designed board made of thick card or wood	My favourite board game is Scrabble.
1	10	3	retired	adj	rɪ'taɪəd	having stopped working, usually because of your age	Both my parents are retired now.

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1	10	3	architect	n	'ɑ:kətekt	someone whose job is to design buildings	They want to see some of the buildings that were designed by French architects a century ago.
1	10	3	extraordinary	adj	ɪk'strɔ:dənəri	very unusual or surprising	It looks an extraordinary amount of work.
1	10	3	tango	n	'tæŋgəʊ	a fast dance from South America, or a piece of music for this dance	Both Sylvie and Stéphane are keen on tango.
1	10	3	fan	n	fæn	someone who like a particular sport or performing art very much, or admires a famous person	He's big fan of Elvis Presley.
1	10	3	meet up with	phrasal v	'mi:t p wið	to meet someone in order to do something together	I've got to go now, but I'll meet up with you later.
1	10	3	closer to home	adj	'kləʊsə tə həʊm	if something is close to home you are directly affected by it	The riots were happening closer to home than we expected.
1	10	3	set off	phrasal v	'set ɒf	to start to go somewhere	She is about to set off on a tour of Hampstead and Highgate.
1	10	3	sights	n	sarts	famous or interesting places that tourists visit	In the afternoon, you'll have a chance to relax or see the sights.
1	10	3	psychiatrist	n	sar'kaɪətrəst	a doctor trained in the treatment of mental illness	Carmen Mascaro works as a psychiatrist so they are going on a special visit to Sigmund Freud's home and its fascinating museum.
1	10	3	resting place	v	'restɪŋ pleɪs	the place where someone is buried	Highgate Cemetery is the resting place of many famous people.
1	10	3	cemetery	n	'semətri	a piece of land, often belonging to a church, in which dead people are buried	She used to visit her mother's grave in the local cemetery every week.
1	10	3	virtual	adj	'vɜ:tʃuəl	made, done, seen etc on the internet or on a computer, rather than in the real world	The website allows you take a virtual tour of the art gallery.
1	10	3	give up	phrasal v	'gɪv ʌp	to stop doing something, especially something you do regularly	She gave up her job and started writing poetry.
1	10	3	payment	n	'peɪmənt	an amount of money that has been or must be paid	You can make a payment in any bank.
1	10	3	unrealistic	adj	,ʌnrɪə'lɪstɪk	ideas or hopes that are not reasonable or sensible	It is unrealistic to expect these changes to happen overnight.
1	11	3	typical	adj	'tɪpɪkəl	having the usual features or qualities of a particular group or thing	The advertisement is a typical example of their marketing strategy.
1	11	3	destination	n	,destə'neɪʃən	the place that someone or something is going to	Allow plenty of time to get to your destination.
1	11	5	by chance	n	baɪ 'tʃɑ:ns	the way some things happened without being planned or caused by people	I bumped into her quite by chance in Oxford Street.

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1	11	5	turn up	phrasal v	'tʃ:n ʌp	to arrive at a place, especially in a way that is unexpected	You can't just turn up and expect a meal.
1	11	5	pick up	phrasal v	'pɪk ʌp	to let someone get into your car, boat etc and take them somewhere	I'll pick you up at the station.
1	11	6	punctual	adj	'pʌŋktʃuəl	arriving, happening, or being done at exactly the time that has been arranged	She's always punctual for appointments.
1	12	3	musical	n	'mju:zɪkəl	a play or film that includes singing and dancing	Carroll appeared in a number of musicals on Broadway,
1	12	3	professional	adj	prə'feʃənəl	relating to a job that needs special education and training	What professional qualifications does he have?
1	12	3	location	n	ləu'keɪʃən	a particular place, especially in relation to other areas, buildings etc	His apartment is in a really good location.
1	12	3	best wishes	n	best 'wɪʃəs	used at the end of a letter before you sign your name	With best wishes, Celia.
1	12	4	expect	v	ɪk'spekt	to think that something will happen because it seems likely or has been planned	I got back later than expected.
1	12	4	can't stand	v	kə'mɜ:ʃəl	If you can't stand someone or something, you do not like someone or something at all	I can't stand that man, he's so rude.
1	12	6	galleries	n	'kɑ:nt stænd	a large building where people can see famous pieces of art	There is an exhibition of African art at the Hayward Gallery.
1	12	6	culture	n	kʌltʃə	the beliefs, way of life, art, and customs that are shared and accepted by people in a particular society	In our culture, it is rude to ask someone how much they earn.
1	12	6	at the last minute	n phrase	æt ðe 'lɑ:st 'mɪnət	the last possible time, just before it is too late	He cancelled his trip to England at the last minute.
1	13	2	weigh	v	weɪ	to have a particular weight	How much do you weigh?
1	13	4	situated	adj	'sɪtʃueɪtəd	to be in a particular place or position	The house is situated near the college.
1	13	4	coast	n	kəʊst	the area where the land meets the sea	We drove along the Pacific coast to Seattle.
1	13	4	ferries	n	'feri	a boat that carries people or goods across a river or a narrow area of water	We caught the cross-channel ferry at Portsmouth.
1	13	4	take advantage of	n	əd'vɑ:ntɪdʒ	if you take advantage of somebody you treat someone unfairly in order to get what you want	Don't lend them the car - they're taking advantage of you.
1	13	4	opportunity	n	ˌɒpə'tju:nəti	a chance to do something or an occasion when it is easy for you to do something	I'd like to take this opportunity to thank you all.
1	13	4	truly	adv	'tru:li	used to emphasize the way you are describing something is really true	His work is truly original.
1	13	4	outweigh	vs.	aʊt'weɪ	to be more important or valuable than something else	The benefits of the scheme outweigh the disadvantages.

Gold Pre-First Wordlist

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1	14	1	formal	adj	fɔ:məl	made or done officially or publicly	You must write a formal letter of complaint to them.
1	14	2	community	n	kə'mju:nəti	the people who live in the same area, town etc	The new arts centre will serve the whole community.
1	14	2	foreign	adj	'fɒrən	from or relating to a country that is not your own	Can you speak any foreign languages?
1	14	2	details	n	'dɪteɪlz	information that helps to complete what you know about something	Full details of the incident were recently revealed.
1	14	2	personally	adv	'pɜ:sənəli	used to emphasise that you are only giving your own opinion about something	I personally think it's too cold to go out.
1	14	4	hugs and kisses	n	kɪs	hugs and kisses or love and kisses are used at the end of a letter to a close friend	Hugs and kisses from us all.
1	14	4	regards	n	rɪ'gɑ:dz	used when sending your good wishes to someone or when ending a short letter or message	Hope to see you soon, Regards, Chris.
1	14	5	previous	adj	'pri:vɪəs	having happened or existed before the event, time, or thing that you are talking about now	I've met him before on two previous occasions.
1	14	2	recommend	v	,rekə'mend	to advise someone to do something, especially because you have special knowledge of a situation or subject	I recommend that you get some professional advice.
1	14	2	team	n	ti:m	a group of people who have been chosen to work together to do a particular job	Our success lies in working together as a team.
1	14	2	day off	n	deɪ 'ɒf	a day when you do not go to work, school etc because you have a holiday or because you are sick	On my days off, you'll probably find me in my back garden.
1	14	3	sociable	adj	'səʊʃəbəl	someone who is sociable is friendly and enjoys being with other people	He is an extremely pleasant and sociable man.
1	14	3	sounds	v	saʊnd	if something or someone sounds good, bad, strange etc, that is how they seem to you when you hear about them or read about them	Istanbul sounds really exciting.
1	14	5	comment	v	'kɒmənt	to express an opinion about someone or something	People were always commenting on his size.
2	16	1	a second chance	n	'sekənd tʃɑ:ns	if you give someone a second chance it means they have another opportunity	The interview went badly, so I didn't think they would give me a second chance.
2	16	1	make a first impression	n phrase	meɪk ən ɪm'preʃən	to leave someone with an opinion or feeling about you because of the way you seem	Think about what sort of impression you want to make.
2	16	1	notice	v	'nəʊtəs	if you notice something or someone, you realise that they exist, especially because you can see, hear, or feel them	He noticed a woman in a black dress sitting across from him.

Gold Pre-First Wordlist

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2	16	3	amused	adj	ə'mju:zd	if you are amused by something, you think it is funny and you smile or laugh	Ellen seemed by the whole situation.
2	16	3	annoyed	adj	ə'nɔɪd	slightly angry	I'll be annoyed if we don't finish by eight.
2	16	3	confused	adj	kən'fju:zd	unable to understand or think clearly about what someone is saying or what is happening	I'm totally confused. Could you explain that again?
2	16	3	exhausted	adj	ɪg'zɔ:stəd	extremely tired	You look absolutely exhausted.
2	16	3	scared	adj	skeəd	frightened or nervous about something	I've always been scared of dogs.
2	16	3	upset	adj	ˌʌp'set	unhappy and worried because something unpleasant or disappointing has happened	She was deeply upset about the way her father treated her.
2	16	3	bored	adj	bɔ:d	tired and impatient because you do not think something is interesting, or because you have nothing to do	After a while, I got bored and left.
2	16	3	surprised	adj	sə'praɪzd	having a feeling of surprise	He looked surprised to see Cassie standing by the front door.
2	17	8	emotions	n	ɪ'məʊʃən	strong human feeling such as love, hate, or anger	She was good at hiding her emotions.
2	17	7	link	n	lɪŋk	a way in which two things or ideas are related to each other	There are a number of links between the two theories.
2	17	10	nervous	adj	'nɜ:vəs	worried or frightened about something, and unable to relax	She was so nervous about her exams that she couldn't sleep.
2	18	1	advertising campaign	n	'ædvətərɪŋ 'kæm'peɪn	a series of actions to advertise specific products or activities on television, in newspapers etc	The company are running a major advertising campaign to launch the new product.
2	18	4	agency	n	'eɪdʒənsi	a business that provides a particular service for people or organisations	We are using a new advertising agency to help us launch the new product.
2	18	1	old-fashioned	adj	ˌəʊld 'fæʃənd	not considered to be modern or fashionable any more	She wears really old-fashioned clothes.
2	18	1	image	n	'ɪmɪdʒ	a picture that you have in your mind, especially about what someone or something is like or the way they look	The company's image is old-fashioned now and should be updated.
2	18	1	product	n	'prɒdʌkt	something that is grown or made in a factory in large quantities, usually in order to be sold	The London factory assembles the finished product.
2	18	2	make jokes about	n phrase	meɪk 'dʒəʊks əbaʊt	if you make a joke about something, you treat something serious as if it was intended to be funny	People used to make jokes about the cars.
2	19	2	amount	n	ə'maʊnt	a quantity of something such as time, money, or a substance	They spend enormous amounts of money buying modern art.

Gold Pre-First Wordlist

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2	19	2	district	n	'dɪstrɪkt	an area of a town or the countryside, especially one with particular features	Her house is in a particularly pleasant suburban district.
2	19	2	enormous	adj	ɪ'nɔ:məs	very big in size or in amount	He spent an enormous amount of money on his new house.
2	19	2	enormously	adv	ɪ'nɔ:məsli	very or very much	The project has benefited enormously from Jan's knowledge.
2	19	2	financial	adj	fə'nænʃəl	relating to money or the management of money	It was a wonderful film, but not exactly a financial success.
2	19	1	in recent years	adj	ɪn 'ri:sənt jɪəz	having happened or started only in the past few years	The situation has improved in recent years.
2	19	2	I couldn't believe my eyes.	v phrase	bə'li:v	if you can't believe your eyes, you are very surprised by something you see or hear	When I returned home, I couldn't believe my eyes. Everything had changed so much.
2	19	2	In my opinion	n phrase	ɪn 'maɪ ə,pɪnjən	in my opinion is used when saying what your ideas or beliefs about a particular subject are	In my opinion, the law should be changed.
2	19	2	overlooks	v	,əʊvə'lʊk	if a house, room etc overlooks something, it has a view of it, usually from above	Our room overlooks the ocean.
2	19	2	residential	adj	,rezə'denʃəl	a residential part of town consists of private houses, with no offices or factories	We live in a quiet residential area.
2	19	2	top	adj	tɒp	very good	London is a top place to live these days.
2	19	2	towers	n	'taʊə	a tall narrow building either built on its own or forming part of another building	They've built some amazing towers, like those in Canary Wharf
2	19	7	block	n	blɒk	large building divided into separate parts	A new block of flats has been built on the site of the old supermarket.
2	19	7	interactive whiteboard	n	,ɪntəræktɪv 'waɪtbɔ:d	a large board, for example in a classroom, which is connected to a computer so that information from the computer can be shown on it and controlled by touching the board	There are interactive whiteboards in every classroom.
2	19	7	knock down	phrasal v	nɒk	to destroy a building or part of a building	They want to knock the house down and rebuild it.
2	20	1	booby	n	'bu:bi	a type of tropical sea bird	Boobies hunt by diving into the sea from a great height.
2	20	1	creature	n	'kri:tʃə	anything that is living, such as an animal, fish, or insect, but not a plant	Goats in the Galapagos islands have been a threat to the other creatures that live there.
2	20	1	giant	adj	dʒaɪənt	extremely big, and much bigger than other things of the same type	The Galapagos islands were famous for the giant tortoise.
2	20	1	goat	n	ɡəʊt	an animal that has horns on top of its head and long hair under its chin, and can climb steep hills and rocks. Goats live wild in the mountains or are kept as farm animals.	When men arrived they deliberately put goats on the islands to provide meat.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
2	20	1	island	n	'aɪlənd	a piece of land completely surrounded by water	No cars are allowed on the island.
2	20	1	marine iguana	n	'mər'ine ,ɪgwɑ:nə	a marine iguana is a type of large tropical American lizard that lives on land and water	Marine iguanas can only be found on the Galapagos Islands.
2	20	1	mosquitoes	n	mə'ski:təʊ	a small flying insect that sucks the blood of people and animals, sometimes spreading the disease malaria	There were a lot of mosquitoes on the island.
2	20	1	named after	v	neɪmd 'ɑ:ftə	give someone or something the same name as another person or thing	He was named after his father.
2	20	2	broadcaster	n	'brɔ:dkɑ:stə	someone who speaks on radio or television programmes	Sir David Attenborough is, without a doubt, Britain's most famous TV naturalist and broadcaster.
2	20	2	naturalist	n	'nætʃərələst	someone who studies plants or animals	Sir David Attenborough is, without a doubt, Britain's most famous TV naturalist.
2	20	2	stretched	v	stretʃ	to continue over a period of time or in a series, or to make something do this	Berg's career as a government official stretched over 20 years.
2	20	4	feed on	phrasal v	'fi:d ɒn	if an animal feeds on a particular food, it usually eats that food	Owls feed on mice and other small animals.
2	20	4	mess up	phrasal v	'mes ʌp	to spoil or ruin something, especially something important or something that has been carefully planned	She felt she'd messed up her whole life.
2	20	4	planet	n	'plænət	a very large round object in space that moves around the Sun or another star	Mercury is the smallest of all the planets.
2	20	4	seaman	n	'si:mən	someone who has a lot of experience of ships and the sea	Western European seamen didn't know about the islands earlier because they are in the middle of nowhere.
2	20	4	seaweed	n	'si:wi:d	a plant that grows in the sea	The only vegetation they could find was seaweed.
2	20	4	separated	v	'sepəreɪt	to divide or split into different parts, or to make something do this	They can be separated into two groups.
2	20	4	the middle of nowhere	n phrase	ɪn ðə 'mɪdl əv ,nəʊweə	if something is in the middle of nowhere, it is a long way from the nearest big town	They live miles away, in the middle of nowhere.
2	20	4	track	v	træk	to follow the movements of an aircraft or ship	They mainly sleep on boats, so the organisers can track where they are and plan to keep them separated.
2	20	4	vegetation	n	ˌvedʒə'teɪʃən	plants in general	Lefkas has an abundance of lush green vegetation.
2	20	4	whole	adj	həʊl	all of something	You have your whole life ahead of you!
2	20	2	without a doubt	n	daʊt	if something is without a doubt then there is a feeling of absolute certainty	I knew without a doubt that I was going to win the competition.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
2	21	5	active	adj	'æktiv	an active volcano is likely to explode at any time	The volcano became active last year with a series of eruptions.
2	21	5	authority	n	ɔ:'θɒrəti	the authorities are the people or organisations that are in charge of a particular country or area	The authorities are doing their best to protect the environment
2	21	5	circumstance	n	'sɜ:kəmstæns	the conditions that affect a situation, action, event etc	Different circumstances produce different results.
2	21	5	conservation	n	,kɒnsə'veɪʃən	the protection of natural things such as animals, plants, forests etc, to prevent them from being spoiled or destroyed	The charity is concerned with the conservation of elephants.
2	21	5	consist of	phrasal v	kən'sɪst əv	to be formed from two or more things or people	The Galapagos consist of a dozen big islands and many smaller ones.
2	21	5	edges	n	edʒ	the part of an object that is furthest from the centre	Put the eggs in the centre of the dish, with the vegetables and herbs around the edge.
2	21	5	effect	n	ɪ'fekt	a change that is caused by an event, action etc	I could feel the effects of the mountain air.
2	21	5	get rid of	adj	get 'rɪd əv	if you get rid of something, you throw away or destroy something you do not want any more	It's time we got rid of all these old toys.
2	21	5	have the impression	n	hæv ði ɪm'preʃən	if you have the impression, you believe that something is true when it is not	They have the impression that they are the only ones in a particular place.
2	21	5	isolated	adj	'aɪsəleɪtəd	an isolated building, village etc is far away from any others	Not many people visit this isolated spot.
2	21	5	ecologically	adv	,ɪ:kə'lɒdʒɪkəli	connected with the way plants, animals, and people are related to each other and to their environment	The islands remained isolated ecologically until quite recently.
2	21	5	limit	v	'lɪmɪt	to stop an amount or number from increasing beyond a particular point	The government made a decision to limit imports of foreign cars.
2	21	5	mixed blessing	n	'blesɪŋ	a mixed blessing is a situation that has both good and bad parts	Having children so early in their marriage was a mixed blessing.
2	21	5	molten	adj	'məʊltən	molten metal or rock has been made into a liquid by being heated to a very high temperature	These are where molten rocks come to the surface and form volcanoes.
2	21	5	move	n	mu:v	something that you decide to do in order to achieve something	She's still thinking about her next move.
2	21	5	natural selection	n	,nætʃərəl sə'leɪʃən	the process by which only plants and animals that are naturally suitable for life in their environment will continue to live and breed, while others will die out	The Galapagos are an example of the theory of natural selection.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
2	21	5	necessary evil	adj	'nesəsəri ,i:vəl	a necessary evil is something bad or unpleasant that you have to accept in order to achieve what you want	Mr Hurst regarded work as a necessary evil.
2	21	5	provide	v	prə'vaɪd	to give something to someone or make it available to them, because they need it or want it	Tea and biscuits will be provided.
2	21	5	relate	v	rɪ'reɪt	if two things relate, they are connected in some way	I don't understand how the two ideas relate.
2	21	5	settler	n	'setlɪə	someone who goes to live in a country or area where not many people like them have lived before, and that is a long way from any towns or cities	My great, great grandfather was one of the early settlers in East Africa.
2	21	5	surface	n	'sɜ:fəs	top layer of an area of water or land	Gas bubbles in any liquid tend to rise to the surface.
2	21	5	taken steps	n	step	If you take steps, you do a series of things in order to deal with a problem or to succeed	The president took immediate steps to stop the fighting.
2	21	5	tectonic plate	n	,pleɪt tek'tɒnɪks	the large sheets of rock that form the surface of the Earth	The Galapagos Islands lie on one of those great lines of weakness below the oceans of the world, the edges of tectonic plates.
2	21	5	theory	n	'θiəri	an idea or set of ideas that is intended to explain something about life or the world, especially an idea that has not yet been proved to be true	Everyone has heard of Darwin's theory of evolution.
2	21	5	volcanoes	n	vɒl'keɪnəʊ	a mountain with a large hole at the top, through which lava is sometimes forced out	Pompeii was destroyed when the volcano erupted in 79 AD.
2	21	5	weakness	n	'wi:knəs	a fault in someone's character or in a system, organisation, design etc	The plan has strengths and weaknesses.
2	21	5	age	n	eɪdʒ	the number of years someone has lived or something has existed	Experts disagree over the age of the drawings.
2	21	5	reminder	n	rɪ'reɪndə	something that makes you notice remember, or think about something	Occasional bursts of gunfire are a reminder that the rebels are still active.
2	21	5	deliberately	adv	dɪ'lɪbəreɪtli	done in a way that is intended or planned	He deliberately upset her.
2	22	6	landlines	n	'ləndlaɪn	a telephone connection that uses wires, as opposed to a mobile phone	I'll be at home, so you can call me on the landline.
2	22	2	look up	phrasal v	'lʊk ʌp	if you look up information in a book, on a computer etc, you try to find it there	I'll just look up the train times.
2	22	2	take ages	n	teɪk 'eɪdʒəz	if something takes ages, it takes a long time	It took me ages to get home last night because the car broke down.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
2	22	6	pile	n	paɪl	a group of several things that are put on top of each other	There was a pile of magazines on the table.
2	22	6	stamp	n	stæmp	a small piece of paper that you buy and stick onto an envelope or package before posting it	Richard collects stamps.
2	22	2	tons of	n	tʌnz	a lot of	I get tons of homework every night.
2	22/23	7	advance	n	əd'vɑ:ns	a change, discovery, or invention that brings progress	This is one of the great technological advances of the 20th century.
2	22/23	7	civilisation	n	ˌsɪvəlaɪ'zeɪʃən	a society that is well organised and developed, used especially about a particular society in a particular place or at a particular time	The book explores the relationship between religion and civilisation.
2	22/23	7	uninhabited	adj	ˌʌnɪn'hæbətəd	an uninhabited place does not have anyone living there	Some people would like to live on an uninhabited island.
2	22/23	7	efficient	adj	ɪ'fɪʃənt	if someone is efficient, they work well without wasting time, money, or energy	Lighting is now more energy efficient.
2	22/23	7	gateway	n	'ɡeɪtweɪ	the way of achieving something	To me a home in the country is a gateway to happiness.
2	22/23	7	global	adj	'ɡləʊbəl	effecting or including the whole world	We are taking a global view of our business.
2	22/23	7	catastrophe	n	kə'tæstrəfi	a terrible event in which there is a lot of destruction, suffering, or death	The Black Sea is facing ecological catastrophe as a result of pollution.
2	22/23	7	rebuilding	v	ri:'bɪld	to make something strong and successful again	The first priority is to rebuild the area's manufacturing industry.
2	22/23	7	tale	n	teɪl	a description of interesting or exciting things that happened to someone, often one which is not completely true about every detail	She often tells tales about her life before she arrived in England.
2	23	6	navy	n	'neɪvi	the part of a country's military forces that fights at sea	Is your brother still in the navy?
2	23	6	official	adj	ə'fɪʃəl	approved of or done by someone in authority, especially the government	You will have to get official permission first.
2	23	6	president	n	'prezədənt	the official leader of a country that does not have a king or queen	The president of America is Obama.
2	23	6	tax	n	tæks	an amount of money that you must pay to the government according to your income, property, goods etc and that is used to pay for public services	He already pays 40% tax on his income.
2	24	2	appliance	n	ə'plaɪəns	a piece of equipment, especially electrical equipment, such as a cooker or washing machine, used in people's homes	There's plenty of space for all the usual kitchen appliances.
2	24	7	reaction to	n	ri'ækʃən	something that you feel or do because of something that has happened or been said	What was Jeff's reaction to your news?

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
2	24	5	imagine	v	ɪ'mædʒən	to form a picture in your mind about what something could be like	Imagine that you have just won a million pounds.
2	24	5	probably	adv	'prɒbəbli	used to say that something is likely to happen, likely to be true etc	It will probably take about a week.
3	26	1	bake	v	beɪk	to cook something using dry heat, in an oven	I'm baking some bread.
3	26	1	oil	n	ɔɪl	a smooth thick liquid that is used to make machines run easily or is burned to produce heat	You should change the oil in your car once a year.
3	26	1	charity	n	'tʃærəti	an organisation that gives money, goods, or help to people who are poor, sick etc	Several charities sent aid to the flood victims.
3	26	1	gala	n	'gɑ:lə	a public entertainment or performance to celebrate a special occasion	They attended a wonderful charity gala evening at the Savoy Hotel.
3	26	1	check out	phrasal v	'tʃek aʊt	to make sure that something is actually true, correct, or acceptable	I made a phone call to check out his address.
3	26	1	beat	n	bi:t	a regular repeated noise	She moved her feet to the Cuban beat.
3	26	1	cut	v	kʌt	to reduce the amount of something	You need to cut the amount of fat and sugar in your diet.
3	26	1	entertaining	v	,entə'teɪn	to amuse or interest people in a way that gives them pleasure	She entertained the children with stories, songs and drama.
3	26	1	former	adj	'fɔ:mə	having a particular position in the past	My former husband now lives in Australia.
3	26	1	further	adj	'fɜ:ðə	more or additional	For further details please contact Mr Jones.
3	26	1	have the time of your life!	n phrase	hæv ðə 'taɪm əv jə ,laɪf	if you have the time of your life, you enjoy yourself very much	Julie went to a wedding at the weekend and had the time of her life.
3	26	1	learn the basics	n phrase	lɜ:n ðə 'beɪsɪks	the most important and necessary facts about something, from which other possibilities and ideas may develop	Here are some of the basics you will need to know.
3	26	1	tradition	n	trə'dɪʃən	a belief, custom, or way of doing something that has existed for a long time, or these beliefs, customs etc in general	By tradition, it's the bride's parents who pay for the wedding.
3	26	1	lose yourself	v	'lu:z jɔ: 'self	if you lose yourself in something, you are paying so much attention to something that you do not notice anything else	She listened intently to the music, losing herself in its beauty.
3	26	1	number	n	'nʌmbə	a piece of popular music that forms part of a longer performance	Madonna sang several numbers from her latest album.
3	26	1	pastry	n	'peɪstrɪz	a small sweet cake, made using pastry	She had a cappuccino and a Danish pastry at the café.
3	26	1	pretty	adv	'prɪti	fairly or more than a little	I'm pretty sure he'll say yes.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
3	26	1	repair	n	ri'peə	something that you do to fix a thing that is damaged, broken, or not working	His job is to make minor repairs on all the machines.
3	26	1	bill	n	bil	a written list showing how much you have to pay for services you have received, work that has been done etc	The repair bills came to more than £1000.
3	26	1	semi-precious stone	adj	,semi'preʃəs	a semi-precious jewel or stone is valuable, but not as valuable as a diamond, ruby etc	You can learn how to make jewellery from semi-precious stones.
3	26	1	silver	n	'silvə	a valuable shiny, light grey metal that is used to make jewellery, knives, coins etc. It is a chemical element: symbol Ag	The cup he won was made of solid silver.
3	26	1	website	n	'websaɪt	a place on the internet where you can find information about something, especially a particular organisation	For more information on weight loss and healthy eating, visit our website.
3	26	1	design	n	di'zain	the art or process of making a drawing of something to show how you will make it or what it will look like	He is studying website design at college.
3	28	2	abstract	adj	'æbstrækt	existing only as an idea or quality rather than as something real that you can see or touch	Happiness is an abstract noun.
3	27	3	represents	v	,reprɪ'zent	to be a sign, mark or symbol of something	He hated the school and everything it represented.
3	27	3	values	n	'vælju:	your ideas about what is right and wrong, or what is important in life	It represents values that I admire.
3	27	4	a fair amount	adj	feə	if you have a fair amount of something, you have quite a large amount	He knows a fair amount about cars.
3	27	4	addicted	adj	ə'dɪktəd	if you are addicted to something, you like it so much that you do not want to stop doing it or having it	She is addicted to making cakes.
3	27	4	hooked on	adj	hʊkt	if you are hooked on something, you enjoy it very much and you want to do it as much as possible	I got hooked on TV when I was sick.
3	27	4	classic	adj	'klæsɪk	admired by many people and having a value that has continued for a long time	The rock star has a huge collection of classic cars.
3	27	4	full stop	interjection	,fʊl'stɒp	used at the end of a sentence to emphasise that you do not want to say any more about a subject	I don't have a reason. I just don't want to go, full stop.
3	27	4	degree	n	di'gri	a course of study at a university or college, or the qualification that is given to you when you have successfully completed the course	She got her degree from Cambridge University.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
3	27	4	in reality	n	ɪn ri'æləti	in reality is used to say that something is different from what people think	In reality, violent crimes are still extremely rare.
3	27	4	looking after	phrasal v	'lʊk ,ɑ:ftə	to be responsible for dealing with something	A lot of youngsters are interested in looking after their own cars.
3	27	4	maintenance	n	'meɪntənəns	the repairs, painting etc that are necessary to keep something in good condition	The caretaker is responsible for the maintenance of the school buildings.
3	27	4	mechanic	n	mɪ'kænɪk	someone who is skilled at repairing motor vehicles and machinery	You should get a mechanic to look at your car.
3	27	4	passionate	adj	'pæʃənət	if you are passionate about something, you like it a lot	I've always been passionate about football.
3	27	4	running a course	n	kɔ:s	if you run a course, you organise and produce a course	The course is run by the British Council.
3	27	4	raising	v	reɪz	to move or lift something to a higher position, place, or level	William raised his hat and smiled at her.
3	27	4	satisfy a need	v	'sætɪsfɑɪ	if you satisfy a need, you do what someone or something needs	Education must satisfy the needs of its pupils.
3	27	4	stick with it	phrasal v	'stɪk wɪð	to continue doing something the way you did or planned to do before	Let's stick with the original plan.
3	27	4	model	n	'mɒdl	a particular type or design of vehicle or machine	Ford are introducing three new models at the car show.
3	27	4	takes a lifetime	n	'laɪftaɪm	the period of time during which someone is alive or something exists	It takes a lifetime to acquire these skills.
3	27	4	tough	adj	tʌf	difficult to do or deal with	She's had a tough life.
3	27	4	youngster	n	'jʌŋstə	a child or young person	But not all the youngsters want a career in the arts.
3	27	4	tutor	n	'tju:tə	a teacher in a British university or college	She was my tutor at Oxford.
3	27	8	clubbing	n	'klʌbɪŋ	the activity of going to nightclubs	She always goes clubbing when she's in New York.
3	27	8	crossword	n	'krɒswɜ:d	a word game in which you write the answers to questions in a pattern of numbered boxes	I like to sit down and do the crossword.
3	27	8	judo	n	'dʒu:dəʊ	a Japanese sport or method of defence, in which you try to throw your opponent onto the ground	He goes to judo classes three times a week.
3	27	8	skateboarding	n	'skeɪtbɔ:dɪŋ	the activity of using a short board with two small wheels at each end, which you can stand on and ride for fun or as a sport	My little brother loves skateboarding.
3	27	8	housework	n	'haʊswɜ:k	work that you do to take care of a house, for example washing, cleaning etc	I don't like doing housework.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
3	27	8	voluntary work	adj	'vɒləntəri	work that is done by people who do it because they want to, and who are not paid	She does a lot of voluntary work for the Red Cross.
3	27	9	mad	adj	mæd	if you are mad about something, you like it very much	He's mad about computer games.
3	28	2	accountant	n	ə'kaʊntənt	someone whose job is to keep and check financial accounts, calculate taxes etc	John's father is an accountant.
3	28	2	chef	n	ʃef	a skilled cook, especially the main cook in a hotel or restaurant	The chef was busy preparing the food.
3	28	2	fed up	adj	'fed ʌp	annoyed or bored, and wanting something to change	She felt tired and a bit fed up.
3	28	2	full-time	adj	,fʊl'taɪm	for all the hours of a week during which it is usual for people to work, study etc	She works full-time and has two children.
3	28	2	parenting	n	'peərəntɪŋ	the skill or activity of looking after your own children	The classes aim to teach young men parenting skills.
3	28	2	satisfied	adj	'sætɪsfaɪd	feeling that something is as good as it should be, or that something has happened in the way that you want	They have plenty of satisfied customers.
3	28	5	beauty	n	'bju:ti	a quality that people, places, or things have that makes them very attractive to look at	Millions of dollars are spent each year on beauty products.
3	28	5	liquid	n	'lɪkwəd	a substance that is not a solid or a gas, for example water or milk	Add a little more liquid to the sauce.
3	28	5	material	n	mə'tɪəriəl	a solid substance such as wood, plastic, or metal	Some animals depend on plant material for food.
3	29	7	interact	v	,ɪntər'ækt	if people interact with each other, they talk to each other, work together etc	Lucy interacts well with other children in the class.
3	30	3	brought up	phrasal v	'brʊŋ ʌp	to look after and influence a child until he or she is grown up	He was brought up by his grandparents.
3	30	3	collar bone	n	'kɒləbəʊn	one of the pair of bones that go from the bottom part of your neck to your shoulders	I broke my collar bone when I was eleven years old.
3	30	3	freestyle	n	'fri:staɪl	a sports competition in which competitors can use any movements they choose	He enjoys freestyle skateboarding.
3	30	3	nominated	v	'nɒmɪneɪt	to officially suggest someone or something for an important position, duty or prize	Ferraro was the first woman to be nominated for the job of vice president.
3	30	3	performing	v	pə'fɔ:m	to do something especially difficult or useful	He was performing stunts on the skateboard at a very early age.
3	30	3	railing	n	'reɪlɪŋ	a metal fence that is made of a series of upright bars	He skateboards along railings and jumps off roofs.
3	30	3	released	v	ri'li:s	to make a CD, video, film etc available for people to buy or see	The new version of the video game will be released next month.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
3	30	3	set out	phrasal v	'set aʊt	to start doing something or making plans to do something in order to achieve a particular result	They set out with the aim of becoming the number one team in Europe.
3	30	3	spectacular	adj	spek'tækjələ	very impressive	He performed some spectacular stunts.
3	30	3	pro-rider	n	,prəʊ 'raɪdə	a pro-rider is someone who rides a bike professionally	Danny is a Scottish street trails pro-rider.
3	30	3	stuntman	n	'stʌntmæn	a man who is employed to take the place of an actor when something dangerous has to be done	He worked on a Hollywood film as a stuntman.
3	30	3	stunt	n	stʌnt	a dangerous action that is done to entertain people, especially in a film	Not many actors do their own stunts.
3	30	3	surfing	n	'sɜ:fɪŋ	the activity or sport of riding over the waves on a special board	When we were in Hawaii, we went surfing every day.
3	30	3	thinking up	phrasal v	'θɪŋk ʌp	to produce a new idea, name etc by thinking	She was trying to think up an excuse.
3	31	3	master	v	'mɑ:stə	to learn a skill or language so well that you have no difficulty with it	I never quite mastered the art of walking in high heels.
3	31	3	take up	phrasal v	'teɪk ʌp	to become interested in a new activity and to spend some time doing it	Roger took painting up for a while, but soon lost interest.
3	31	3	worth working for	prep	wɜ:θ	if something is worth working for, it is something that you believe to be interesting, useful or helpful	This qualification is worth working for.
3	31	3	a class of his very own	n phrase	klɑ:s	if something is in a class of its own, it is better than everything else	He has achieved a level of skill that has put him in a class of his very own.
3	31	3	achieved	v	ə'tʃi:v	to successfully complete something or get a good result, especially by working hard	Frances achieved considerable success as an artist.
3	31	3	adapted	v	ə'dæpt	to change something to make it suitable for a different purpose	The car has been adapted to take unleaded gas.
3	31	3	champion	n	'tʃæmpiən	someone or something that has won a competition, especially in sport	Usain Bolt is an Olympic champion in three events.
3	31	3	break dancer	n	'breɪk,dɑ:msə	someone who does a type of dancing to popular music that involves a lot of jumping and rolling on the floor	Stella McGowan hasn't always been a champion break dancer.
3	31	3	consider	v	kən'sɪdə	to think of someone or something in a particular way or to have a particular opinion	I consider it a life skill.
3	31	3	ended up	phrasal v	'end ʌp	to be in a particular situation, state, or place after a series of events, especially when you did not plan it	I wondered where the pictures would end up after the auction.
3	31	3	grew up	phrasal v	'grəʊ ʌp	to develop from being a child to being an adult	I grew up in Chicago.
3	31	3	injured	adj	'ɪndʒəd	having a wound or damage to part of your body	The car accident left him badly injured.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
3	31	3	inspired	adj	ɪŋ 'spaɪəd	having very exciting special qualities that are better than anyone or anything else	Hew gave an inspired performance.
3	31	3	became involved	adj	ɪn 'vɒlvd	if you become involved, you take part in an activity or event, or are connected with it in some way	More than 30 software firms were involved in the project.
3	31	3	overnight	adj	ˌəʊvə 'naɪt	happening surprisingly quickly	The show was an overnight success.
3	31	3	sensation	n	sen 'seɪʃən	extreme excitement or interest, or someone or something that causes this	He became an overnight sensation.
3	31	3	petty crime	adj	'peti	a petty crime is one that is not serious, for example stealing things that are not very valuable	When she left school, she became involved in petty crime.
3	31	3	shoot	v	ʃu:t	to take photographs or make a film of something	The movie was shot in New Zealand.
3	31	3	unique	adj	ju: 'ni:k	being the only one of its kind	Each person's fingerprints are unique.
3	31	3	kids	n	kɪd	a child	He's married with three kids.
3	31	5	foolish	adj	'fu:lɪʃ	a foolish action, remark etc is stupid and shows that someone is not thinking sensibly	It would be foolish to ignore his advice.
3	32	1	scary	adj	'skeəri	frightening	The book is both scary and funny.
3	32	2	cable	n	'keɪbəl	a plastic or rubber tube containing wires that carry telephone messages, electronic signals, television pictures etc	The office was full of cables.
3	32	2	canal	n	kə 'næl	a long passage dug into the ground and filled with water, either for boats to travel along, or to take water to a place	We walked along by the side of the canal.
3	32	2	landing	n	'lændɪŋ	the action of bringing an aircraft down to the ground after being in the air	The pilot guided the plane to a smooth landing.
3	32	2	scare	n	skeə	a situation in which lot of people become frightened about something	Have you ever had any landing scares?
3	32	5	base jumping	n	'beɪs ˌdʒʌmpɪŋ	a sport in which people jump off tall objects such as buildings, bridges, or cliffs, using a parachute	He discovered base jumping when he was 19 years old.
3	32	5	desire	n	dɪ 'zaɪə	a strong hope or wish	She expressed a desire to visit us.
3	32	5	diving board	n	'daɪvɪŋ bɔ:d	a board above the edge of a swimming pool which people dive from	He jumped from the highest diving board at the swimming pool
3	32	5	extreme sport	adj	ɪk 'stri:m	an extreme sport is one that is done in a way that has much more risk and so is more dangerous than an ordinary form of the sport	Extreme surfers will ride waves that reach heights of more than fifty feet.

Gold Pre-First Wordlist

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3	32	5	face	v	feɪs	if you face or are faced with a difficult situation, or if a difficult situation faces you, it is going to affect you and you must deal with it	The President faces the difficult task of putting the economy back on its feet.
3	32	5	risk	v	rɪsk	to put something in a situation in which it could be lost, destroyed, or harmed	He's prepared to risk everything to avoid this war.
3	32	5	toddler	n	'tɒdlə	a very young child who is just learning to walk	He was just a toddler when he first dived off the board.
3	32	5	glide	v	ɡlaɪd	to move smoothly and quietly, as if without effort	Kennedy seemed to glide through life.
3	33	2	adult	n	'ædʌlt	a fully-grown person, or one who is considered to be legally responsible for their actions	Some children find it difficult to talk to adults.
3	33	2	adulthood	n	'ædʌlθʊd	the time when you are an adult	Some people still can't do maths well even when they get to adulthood.
3	33	2	electrician	n	ɪˌlek'trɪʃən	someone whose job is to connect or repair electrical wires or equipment	We had to get an electrician to fix the problem.
3	33	2	hardship	n	'hɑːdʃɪp	something that makes your life difficult or unpleasant, especially a lack of money, or the condition of having a difficult life	Many students are suffering severe financial hardship.
3	33	2	invent	n	ɪn'vent	to make, design, or think of a new type of thing	Alexander Graham Bell invented the telephone in 1876.
3	33	2	sort out	phrasal v	'sɔːt aʊt	to successfully deal with a problem or difficult situation	I'll be glad to get this misunderstanding sorted out.
3	33	2	weak	adj	wiːk	not physically strong	The illness left her feeling weak.
3	30	3	action	n	'ækʃən	the process of doing something, especially in order to achieve a particular thing	Environmental groups want tougher action on pollution from cars.
3	33	4	annual	adj	'ænjuəl	happening once a year	The school trip became an annual event.
3	33	4	commit	v	kə'mɪt	to give someone your love or support in a serious and permanent way	He has not yet committed to any of the candidates.
3	33	4	commitment	n	kə'mɪtmənt	the hard work and loyalty that someone gives to an organisation, activity, person etc	Having children demands a lot of commitment from the parents.
3	33	4	dedicate	v	'dedəkeɪt	to give all your attention and effort to one particular thing	The actress now dedicates herself to children's charity work.
3	33	4	deserve	v	dɪ'zɜːv	to have earned something by good or bad actions or behaviour	We didn't deserve to win.
3	33	4	disappoint	v	ˌdɪsə'pɔɪnt	to make someone feel unhappy because something they hoped for did not happen or was not as good as expected	I hated to disappoint her.
3	33	4	jealousy	n	'dʒeləsi	a feeling of being unhappy because someone has something you wish you had	Polly felt a sharp pang of jealousy when she saw Paul with Suzanne.

Gold Pre-First Wordlist

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3	33	4	My heart went out	n phrase	ha:t	if your heart goes out to somebody, you feel sympathy for someone and are thinking about them	Our hearts go out to the victim's family.
3	33	4	scene	n	si:n	a single piece of action that happens in one place in a film, book etc	The film contains some violent scenes.
3	33	4	worry-free	n	'wʌri	if you are worry-free, you do not have a problem that you are anxious about or are not sure how to deal with	Kids deserve a worry-free childhood.
3	34	1	animation	n	,ænə'meɪʃən	a film, television programme, computer game etc that has pictures, clay models etc that seem to be really moving	Disney wanted to fill his studio with artists capable of more fluid, more realistic animation than had ever been attempted.
3	34	1	cartoon	n	kɑ:'tu:n	a short film that is made by photographing a series of drawings	My favourite cartoon character is Donald Duck.
3	34	1	documentary	n	,dɒkjə'mentəri	a film or a television or radio programme that gives detailed information about a particular subject	A local film crew is making a documentary about volcanoes.
3	34	1	drama	n	'dra:mə	a play for the theatre, television, radio etc, usually a serious one, or plays in general	Downton Abbey is a very successful costume drama.
3	34	1	fantasy	n	'fæntəsi	a story, film etc that is based on imagination and not facts	The show is a surrealist fantasy set in a South American village.
3	34	1	gangster	n	'gæŋstə	a member of a violent group of criminals	He enjoys movies about gangsters.
3	34	1	historical drama	n	hɪ'stɒrɪkəl	a historical drama is a story based on events in the past	Some people enjoy watching historical dramas.
3	34	1	horror	n	'hɒrə	a film or television programme in which strange and frightening things happen	I never watch horror films.
3	34	1	romantic	adj	rəu'mæntɪk	relating to feelings of love or a loving relationship	His new film is a romantic comedy.
3	34	1	science fiction	n	,saɪəns 'fɪkʃən	stories about events in the future which are affected by imaginary developments in science, for example about travelling in time or to other planets with life on them	Star Wars is his favourite science fiction film.
3	34	1	thriller	n	'θrɪlə	a book or film that tells an exciting story about murder or crime	He only reads thrillers.
3	34	1	war	n	wɔ:	when there is fighting between two or more countries or between opposing groups within a country, involving large numbers of soldiers and weapons	He served as a pilot during the war.

Gold Pre-First Wordlist

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3	34	1	western	n	'westən	a film or book about life in the 19th century in the American West, especially the lives of cowboys	John Wayne acted in a lot of westerns.
4	38	1	crime	n	kraɪm	illegal activities in general	We moved here because there was very little crime.
4	38	1	luggage	n	'lʌɡɪdʒ	the cases, bags etc that you carry when you are travelling	They searched his luggage for illegal drugs.
4	38	2	haircut	n	'heəkʌt	the style your hair is cut in	Do you like my new haircut?
4	38	3	conscious	adj	'kɒŋʃəs	noticing or realising something	I became conscious of someone watching me.
4	38	3	drowning	v	draʊn	to die from being under water for too long, or to kill someone in this way	Many people drowned when the boat overturned.
4	38	3	calculated	v	'kælkjələrt	to guess something using as many facts as you can find	Researchers calculated that this group was at a higher risk of heart disease.
4	38	3	mental	adj	'mentl	relating to the health or state or someone's mind	Stress has an effect on both your physical and mental health.
4	38	3	retreated	v	rɪ'tri:t	to move away from someone or something	He saw her and retreated, too shy to speak to her.
4	39	3	appetite	n	'æpətart	a desire for food	Her husband always had a huge appetite.
3	39	3	bruise	n	bru:z	a purple brown mark on your skin that you get because you have fallen, been hit etc	He suffered minor cuts and bruises when he fell.
4	39	3	carnivore	n	'kɑ:nəvɔ:	an animal that eats flesh	The Komodo dragon is a carnivore with an enormous appetite.
4	39	3	compared to	v	kəm'peə	when you compare something to something else, you are considering the size, quality, or amount of it in relation to something similar	Compared to our small flat, Bill's house seemed like a palace.
4	39	3	confident	adj	'kɒnfədənt	sure that you have the ability to do things well or deal with situations successfully	I feel much more confident about myself and my abilities these days.
4	39	3	current	n	'kʌrənt	a continuous movement of water in a river, lake, or sea	Strong currents can be very dangerous for swimmers.
4	39	3	delighted	adj	dɪ'lartəd	very pleased and happy	Sandy will be delighted to see you.
4	39	3	desperately	adv	'despərətli	in a way that shows you are willing to do anything to change a very bad situation, and not caring about danger	The doctors tried desperately to save her life.
4	39	3	eventually	adv	ɪ'ventʃuəli	after a long time, or after a lot of things have happened	He eventually escaped and made his way back to London.
4	39	3	fuel	n	'fju:əl	a substance such as coal, gas, or oil that can be burned to produce heat or energy	Coal is one of the cheapest fuels.

Gold Pre-First Wordlist

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4	39	3	get away	phrasal v	'get ə,wei	to escape from someone who is chasing you or trying to catch you	The three men got away in a stolen car.
4	39	3	got over	phrasal v	'get ,əʊvə	to begin to feel better after a very upsetting experience	She never got over the death of her son.
4	39	3	holidaymaker	n	'hɒlədi ,meɪkə	someone who has travelled to a place on holiday	Five holidaymakers were looking forward to an enjoyable day out.
4	39	3	Komodo dragon	n	kə ,mɒdɒs 'dræɡən	an extremely large monitor lizard that lives in Indonesia	Another danger was waiting for them – the Komodo dragon, the world's largest lizard.
4	39	3	lizard	n	'lɪzəd	a type of reptile that has four legs and a long tail	The Komodo dragon is the world's largest lizard.
4	39	3	ordeal	n	ɔ: 'di:l	a terrible and painful experience that continues for a period of time	He was beginning to wonder if he would survive the ordeal.
4	39	3	otherwise	adv	'ʌðəwaɪz	used when saying what bad thing will happen if something is not done	Put your coat on, otherwise you'll miss your bus.
4	39	3	paradise	n	'pærədəɪs	a place or situation that is extremely pleasant, beautiful, or enjoyable	The hotel felt like paradise after two weeks of camping.
4	39	3	psychological	adj	ˌsaɪkə'lədʒɪkəl	relating to the way that your mind works and the way that this affects your behaviour	What was the patient's psychological state?
4	39	3	remain	v	rɪ'meɪn	to continue to be in the same state or condition	The psychological effects will probably remain with them for a long time.
4	39	3	saviour	n	'seɪvjə	someone who saves you from a difficult or dangerous situation	He was seen by many as the saviour of the organisation.
4	39	3	shark	n	ʃɑ:k	a large sea fish with several rows of very sharp teeth that is considered to be dangerous to humans	Sharks were circling around our boat.
4	39	3	sharp	adj	ʃɑ:p	having a very thin edge or point that can cut things easily	Its teeth are very sharp.
4	39	3	shore	n	ʃɔ:	the land along the edge of a large area of water such as an ocean or lake	The hotel is on the shores of the Adriatic.
4	39	3	simple	adj	'sɪmpəl	not difficult or complicated to do or understand	They went on a simple diving trip near Bali.
4	39	3	speed boat	n	'spi:dbəʊt	a small boat with a powerful engine, designed to go fast	They sent speed boats to save the people.
4	39	3	spotted	v	spɒt	to notice someone or something, especially when are difficult to see or recognise	I spotted a police car behind us.
4	39	3	struggled	v	'strʌɡəl	to try extremely hard to achieve something, even though it is very difficult	Millions of people are struggling for survival.
4	39	3	survival	n	sə'vaɪvəl	the state of continuing to live or exist	A lot of small companies are having to fight for survival.

Gold Pre-First Wordlist

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4	39	3	swept	v	swi:p	to force someone or something to move in a particular direction	The wind surfer was swept out to sea.
4	39	3	terrifying	adj	'terəfaɪ-ɪŋ	extremely frightening	He told her of his terrifying experience.
4	39	3	tide	n	taɪd	the regular rising and falling of the level of the sea	We went for a walk and got cut off by the tide.
4	39	3	tied	v	taɪ	to fasten things together or hold them in a particular position using a piece of string, rope etc	They tied themselves together in order to survive.
4	39	3	tiny	adj	taɪni	extremely small	They spotted a tiny island in the distance.
4	39	3	turn into	phrasal v	'tɜ:n ,ɪntu:	to become something different or to make someone or something do this	They had no idea their short dive would turn into a terrifying 48-hour ordeal.
4	39	3	unaware	adj	,ʌnə'weə	not noticing or realising what is happening	Mike seems unaware of the trouble he's causing.
4	39	3	work out	phrasal v	'wɜ:k aʊt	to calculate an answer, amount, price etc	See if you can work this bill out.
4	39	6	currency	n	'kʌrənsi	the system or type of money that a country uses	The bank can supply you with foreign currency.
4	40	2	breathing	v	bri:ð	to take air into your lungs and send it out again	Relax and breathe deeply.
4	40	2	chest	n	tʃest	the front part of your body between your neck and your stomach	Her heart was pounding in her chest.
4	40	2	first aid	n	,fɜ:st 'eɪd	simple medical treatment that is given as soon as possible to someone who is injured or who suddenly becomes ill	Being given first aid at the scene of the accident probably saved his life.
4	40	2	knelt	v	ni:l	to be in or move into a position where your body is resting on your knees	Tom knelt down and patted the dog.
4	40	2	paramedic	n	,pærə'medɪk	someone who has been trained to help people who are hurt or to do medical work, but is not a doctor or nurse	When the ambulance arrived with the paramedics five minutes later, he had started breathing again.
4	40	2	shock	n	ʃɒk	if something that happens is a shock, you did not expect it, and it makes you feel very surprised, and usually upset	The news of his death came as a great shock to everyone.
4	40	6	(do) very well	adv	wel	if you have been ill and are doing well, you are becoming healthy again	After a long rest, he is now doing very well.
4	40	7	go fishing	n	'fɪʃɪŋ	to do the sport or business of catching fish	Terry's going fishing at Lake Arrowhead next weekend.
4	40	7	overslept	v	,əʊvə'sli:p	to sleep longer than you intended	Sorry I'm late. I overslept.
4	42	3	ahead of	adv	ə'hed əv	ideas, achievements, people etc that are ahead of others have made more progress or are more developed	At this stage, Smith appeared to be ahead of his rivals.

Gold Pre-First Wordlist

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4	42	3	benefited	v	'benəfit	if you benefit from something, or it benefits you, it gives you an advantage, improves your life or helps you in some way	Many thousands have benefited from the new treatment.
4	42	3	proud	adj	praʊd	feeling pleased about something that you have done or something that you own, or about someone or something you are involved with or related to	Her parents are very proud of her.
4	42	3	stressful	adj	'stresfəl	a job, experience, or situation that is stressful makes you worry a lot	Moving to a new house is a very stressful experience.
4	42	3	white-water rafting	n	,waɪt wɔ:tə ,rɑ:ftɪŋ	travelling on a raft over the part of a river that looks white because the water is running very quickly over rocks	He absolutely loves white-water rafting.
4	43	1	falling over	phrasal v	'fɔ:l əʊvə	to fall onto the ground or to fall from an upright position	Tommy fell over and cut his knee badly.
4	43	1	glove	n	glʌv	a piece of clothing that you wear on your hand in order to protect it or keep it warm	She put on her gloves as it was very cold outside.
4	43	1	icy	adj	'aɪsi	covered in ice	The road was dangerously icy.
4	43	1	nightmare	n	'naɪtmə	a very difficult, unpleasant, or frightening experience or situation	The traffic was a nightmare.
4	43	1	pavement	n	'peɪvmənt	a hard level surface or path at the side of a road for people to walk on	A small group of journalists waited on the pavement outside her house.
4	43	1	snowstorm	n	'snəʊstɔ:m	a storm with strong winds and a lot of snow	There was a terrible snowstorm that night.
4	43	1	starving	v	stɑ:v	if you are starving, you are very hungry	We were exhausted and starving by the time we got home.
4	43	3	absolutely	adv	'æbsəlu:tli	used to emphasise something	The water was absolutely freezing.
4	43	3	boiling	adj	'bɔɪlɪŋ	very hot	The weather's boiling today.
4	43	3	deafening	adj	'defəniŋ	very loud	They heard a deafening roar as the water rushed through the village.
4	43	3	fascinating	adj	'fæsəneɪtɪŋ	extremely interesting	I found him quite fascinating.
4	43	4	freezing	adj	'fri:zɪŋ	extremely cold	It's freezing in the house. Can't I turn on the heating?
4	44	1	crew	n	kru:	a group of people working together with special skills	The TV camera crew were waiting to get pictures of the Prime Minister.
4	44	1	deliver	v	dɪ'lɪvə	to take goods, letters, packages etc to a particular place or person	The morning mail has just been delivered.
4	44	1	fought	v	fɑ:t	to try hard to do or get something	She fought her way back into the first team.

Gold Pre-First Wordlist

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4	44	1	lost control of	n phrase	'lu:z kən, trəʊl əv	if you lose control of someone or something, you do not have the ability or power to make someone or something do what you want or make something happen in the way you want	Unfortunately he lost control of the car.
4	44	1	replacement	n	rɪ'pleɪsmənt	when you get something that is newer or better than the one you had before	Our old car is badly in need of a replacement.
4	44	1	speeding	n	'spi:diŋ	the offence of driving faster than the legal limit	She got stopped by the police for speeding.
4	44	1	splash	n	splæʃ	the sound of a liquid hitting something or being moved around quickly	Rachel fell into the river with a loud splash.
4	44	1	technician	n	tek'nɪʃən	someone whose job is to check equipment or machines and make sure that they are working properly	She works in a hospital as a laboratory technician.
4	44	1	wheel	n	wi:l	the round piece of equipment that you turn to make a car, ship etc move in a particular direction	John was behind the wheel when the accident happened.
4	44	1	witnesses	n	'wɪtnəs	someone who sees a crime or an accident and can describe what happened	One witness said that the driver appeared to be drunk.
4	45	2	hurt	v	hɜ:t	to injure yourself or someone else	He hurt his knee playing football.
4	45	2	recovered	v	rɪ'kʌvə	to get better after an illness, accident, shock etc	He's in hospital recovering from a heart attack.
4	45	3	managed to	v	'mænɪdʒ	to succeed in doing something difficult, especially after trying very hard	I finally managed to push the huge animal away.
4	45	3	succeeded in	v	sək'si:d	to do what you tried or wanted to do	Scientists say they have succeeded in finding a cure for cancer.
4	45	3	account	n	ə'kaʊnt	if you do something on account of something, it is because of something else	She was told to wear flat shoes, on account of her back problem.
4	46	1	break down	phrasal v	'breɪk daʊn	if a car or machine breaks down, it stops working	The car broke down just north of Paris.
4	46	1	disaster	n	dɪ'zɑ:stə	something that is very bad or a failure, especially when this is very annoying or disappointing	Because of the weather, the parade was a total disaster.
4	46	2	ancient	adj	'eɪnʃənt	very old	That photo makes me look ancient.
4	46	2	dust	n	dʌst	dry powder consisting of extremely small bits of earth or sand	The wind was blowing dust and leaves up from the ground.
4	46	2	foot	n	fʊt	the lowest or bottom part of something	The town was at the foot of the Atlas Mountains.

Gold Pre-First Wordlist

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4	46	2	fort	n	fɔ:t	a strong building or group of buildings used by soldiers or an army for defending an important place	One morning we decided to look for an old fort in the desert.
4	46	2	got lost	adj	lɒst	if you get lost, you do not know where you are and are unable to find your way somewhere	I got lost on the way here.
4	46	2	run out of	phrasal v	'run aʊt əv	to use all of something and not have any more left	We ran out of oil.
4	46	4	gorge	n	ɡɔ:dʒ	a deep narrow valley with steep sides	We recommend a 16-kilometre walk from Xania through the Samaria Gorge.
4	46	4	springs	n	spring	a place where water comes up naturally from the ground	There are several hot springs in this area.
4	46	4	hard on	adj	hɑ:d	if something is hard on something, it has a bad effect on something	Standing all day is very hard on the feet.
4	46	4	downhill	adv	ˌdaʊn'hɪl	towards the bottom of a hill or towards lower land	I was going downhill and my brakes failed.
4	46	4	slippery	adj	'slɪpəri	something that is slippery is difficult to hold, walk on etc because it is wet or greasy	In places, the path can be wet and slippery.
4	46	4	watch out	phrasal v	'wɒtʃ aʊt	used to tell someone to be careful	Watch out, the stones are slippery.
4	46	4	donkey	n	'dɒŋki	a grey or brown animal like a horse, but smaller and with long ears	They had to ride donkeys to get to the top of the mountain.
4	46	4	flood	n	flʌd	a very large amount of water that covers an area that is usually dry	The village was cut off by floods.
4	46	4	sunstroke	n	'sʌnstrʊk	fever, weakness etc caused by being outside in the sun for too long	She spent too much time in the sun and got sunstroke.
4	46	4	twisted ankle	v	twɪst	if you twist your ankle, you hurt it by pulling or turning it too suddenly while you are moving	Harriet slipped on the stairs and twisted her ankle.
5	48	1	best deal	n	dɪ:l	if you get the best deal, you get the best price or value for money when you buy something	When I buy something new I always look online to get the best deal.
5	48	1	brand	n	brænd	a type of product made by a particular company, that has a particular name or design	What brand of detergent do you use?
5	48	1	browse	v	braʊz	to look at the goods in a shop without wanting to buy any particular thing	Jon was browsing through the photographs.
5	48	1	chain store	n	'tʃeɪn stɔ:	one of a group of shops, all of which are owned by one organisation	I like shopping more in independent shops than chain stores.
5	48	1	convenient	adj	kən'vi:nɪənt	useful to you because it saves you time, or does not spoil your plans or cause you problems	Mail-order catalogues are a convenient way to shop.
5	48	1	hypermarket	n	'haɪpə,mɑ:kət	a very large supermarket	They travel to the French hypermarket every month to buy wine and cheese.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
5	48	1	independent	adj	ˌɪndəˈpendənt	an independent organisation is not owned or controlled by, or does not receive money from, another organisation or the government	There are several independent shops in the high street.
5	48	1	logo	n	ˈləʊɡəʊ	a small design that is the official sign of a company or organisation	Some people like to wear well-known brands and logos.
5	48	1	luxury	n	ˈlʌkʃəri	something expensive that you do not need, but you buy for pleasure	She enjoys buying luxury products like perfume and jewellery.
5	48	1	on credit	n	ˈkredit	If you buy things on credit, you have an arrangement with a shop, bank etc that allows you to buy something and pay for it later	Most new cars are bought on credit.
5	48	1	price comparison website	n	kəmˈpærəsən	a price comparison website compares the prices for the same product from different shops	Many people use price comparison websites these days.
5	48	1	second-hand	adv	ˈsekənd ˌhænd	if you get something second-hand, it is not new and has been used by other people before	We got most of our furniture second-hand.
5	48	1	street market	n	ˈma:kæt	a street market is one where a lot of different people sell things from tables in the street	Let's visit the street market in town this afternoon.
5	49	6	sales	n	seɪl	sales are the total number of products that are sold during a particular period of time	Britain's retail sales jumped 3.2 percent in April.
5	49	7	shopping	n	ˈʃɒpɪŋ	the activity of going to the shops and buying things	She's gone on a shopping trip to New York.
5	49	3	click	n	klɪk	what you do with your mouse when you are working on a computer	It's so much easier to buy things with just a few clicks of the mouse.
5	49	7	improve	v	ɪmˈpru:v	to make something better	They should try to improve the customer experience.
5	49	7	log-in information	phrasal v	ˈlɒɡ ɪn	to do the necessary actions on a computer system that will allow you to begin using it	You need to have your log-in information ready.
5	49	7	username	n	ˈju:zə ˌneɪm	a name or special word that proves who you are and allows you to enter a computer system or use the internet	I keep forgetting my username, so I can't get into my online bank account.
5	50	1	blood	n	blʌd	the red liquid that your heart pumps around your body	Her body was found in a pool of blood.
5	50	1	chat	n	tʃæt	an informal friendly conversation	I've had a long chat with her about the problem.
5	50	1	cover	n	ˈkʌvə	the outer front or back part of a magazine, book etc	I chose the book because I like the picture on the cover.
5	50	1	fancy	v	ˈfænsi	to like or want something or want to do something	Sorry but I don't fancy going out tonight.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
5	50	1	in a bit of a panic	n	'pænik	if you are in a panic, you have a sudden strong feeling of fear or nervousness that makes you unable to think clearly or behave sensibly	She got in a bit of a panic when she couldn't find the tickets.
5	50	2	intention	no	in'tenʃən	a plan or desire to do something	I have no intention of retiring yet.
5	50	2	prediction	no	prɪ'dɪkʃən	a statement about what you think is going to happen, or the act of making this statement	The data can be used to make useful economic predictions.
5	50	1	well before	adv	'wel bɪ, fɔː	a lot, or to a great degree	We'll be back well before 9.30.
5	51	4	Cool!	ad	ku:l	used to say that you agree with something, that you understand it, or that it does not annoy you	That's cool. We'll do that then.
5	51	1	free gift	no	gift	a free gift is something that you give someone to encourage them to use your service or buy your products	The newspaper offered free gifts to try to get more people to buy it every day.
5	51	3	how about	adv	'haʊ ə, baʊt	used to make a suggestion about what to do	How about going out this evening?
5	51	1	kids' corner	no	'breɪnstɔːm	a kid's corner is a special area or part of a room for children	There was a kids' corner in the library.
5	51	3	brainstorm	vs.	'breɪnstɔːm	to get together with other people in order to try and develop ideas and think of ways of solving problems	Employees got together to brainstorm ideas.
5	51	1	loyalty card	n	lɔːntɪ	a card that is given by a shop, supermarket, etc to its regular customers allowing them to have advantages such as lower prices, money back on goods etc	The supermarket offers its customers loyalty cards.
5	51	1	second-hand book section	n	'sekʃən	the second-hand book section is the part of a shop that sells second-hand books	I always visit the second-hand book section of my local bookshop.
5	52	3	last-minute	adj	ˌlɑːst' mɪnət	happening or done as late as possible before something else happens	There were a few last-minute changes to the recording script.
5	52	3	reduction	n	rɪ'dʌkʃən	a decrease in the size, price, or amount of something, or the act of decreasing something	There were substantial reductions on children's clothes.
5	52	3	free sample	n	'saːmpəl	a small amount of a product that people can try in order to find out what it is like	They were handing out free samples of the new cereal in the supermarket.
5	52	3	rent	n	rent	the money that someone pays regularly to use a room, house etc that belongs to someone else	I pay the rent at the beginning of every month.
5	52	3	monk	n	mʌŋk	a member of an all-male religious group that lives apart from other people in a monastery	They imagined I would be living like a monk, never going out.
5	52	3	borrowing	v	'bɒrəʊ	to use something that belongs to someone else and that you must give back to them later	Can I borrow your pen for a minute?

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
5	52	3	buffet	n	'bʊfət	a meal at a party or other occasion, in which people serve themselves at a table and then move away to eat	The price includes morning coffee, buffet lunch, and afternoon tea.
5	53	3	round	n	raʊnd	if you buy a round of drinks in a bar, you buy drinks for all the people in your group	It's my turn to buy a round. What do you want to drink?
5	53	3	book launch	n	lɔːntʃ	when a new product, book etc is made available or made known	The launch of her new book takes place next week.
5	53	3	bonus	n	'bəʊnəs	something good that you did not expect in a situation	Another bonus was that she met and fell in love with Bruce Taylor.
5	53	3	organic	adj	ɔː'gænik	relating to farming or gardening - methods of growing goods without using artificial chemicals, or produced or grown by these methods	Organic farming is better for the environment.
5	53	3	canteen	n	kæn'tin	a place in a factory, school etc where meals are provided, usually quite cheaply	She usually has lunch in the canteen.
5	53	5	challenge	n	'tʃæləndʒ	something that tests strength, skill, or ability, especially in a way that is interesting	Martin now faces the biggest challenge of his career.
5	53	5	pointless	adj	'pɔɪntləs	worthless or not likely to have any useful result	It's pointless telling her to clean her room - she'll never do it.
5	55	3	a dream come true	n phrase	driːm	if something is a dream come true, it happens after you have wanted it to happen for a long time	Marriage is her dream come true.
5	55	3	profit	n	'prɒfət	money that you gain by selling things or doing business, after your costs have been paid	The shop's daily profit is usually around \$500.
5	55	3	promotion	n	prə'məʊʃən	an activity intended to help sell a product, or the product that is being promoted	The store's winter promotion will be spectacular.
5	55	3	flight	n	flaɪt	a journey in a plane or space vehicle	He immediately booked a flight to Toulouse.
5	55	3	hunter	n	'hʌntə	someone who looks for or collects a particular type of thing	Joan is a first class bargain hunter, always getting the best deals on anything she buys.
5	55	3	pyramid	n	'pɪrəmid	a pile of objects that have been put in to the shape of a pyramid	Photographs of people with pyramids of chocolate oranges quickly appeared.
5	55	3	shelf	n	ʃelf	a long flat narrow board attached to a wall or in a frame or cupboard used for putting things on	I put the books on the top shelf.
5	55	3	wrong	adv	rɒŋ	if something goes wrong, there is a mistake during a process so that you do not get the right result, or a plan which you have made fails	The promotion went wrong.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
5	56	5	aimed at	v	eɪm	if something is aimed at somebody, it is intended for a particular person or group of people	The criticism wasn't aimed at you.
5	56	5	colourful	adj	'kʌləfəl	having bright colours or a lot of different colours	The actors wore very colourful costumes in the play.
5	56	5	designer	adj	dɪ'zaɪnə	made by a well-known and fashionable designer	My friend always buys designer clothes.
5	56	5	dissatisfaction	n	dɪ,sætəs'fæksʃən	a feeling of not being satisfied	30% of customers expressed dissatisfaction with the service.
5	56	5	envy	n	'envi	the feeling of wanting something that someone else has	He watched the others with envy.
5	56	5	put pressure on	n phrase	'preʃə	an attempt to persuade someone by using influence, arguments, or threats	They are putting pressure on people to vote yes.
5	56	5	protect	v	prə'tekt	to keep someone or something safe from harm, damage, or illness	Physical exercise can protect you against heart disease.
5	57	1	prefer	v	pri'fɜ:	to like someone or something more than someone or something else, so that you would choose it if you could	I prefer to wear clothes made of natural fibres.
6	58	1	challenging	adj	'tʃæləŋɡɪŋ	difficult in an interesting or enjoyable way	Teaching young children is a challenging and rewarding job.
6	58	1	prospect	n	'prɒspekts	chances of future success	I had no job, no education, and no prospects.
6	58	1	rewarding	adj	ri'wɔ:diŋ	making you feel happy and satisfied because you feel you are doing something useful or important	Teaching can be a very rewarding career.
6	58	1	secure	adj	sɪ'kʊə	a situation that is secure is one that you can depend on because it is not likely to change	We want a secure future for our children.
6	58	1	sense of achievement	n	ə'tʃi:vmənt	if you have a sense of achievement, you have a feeling that you have achieved something good	Even a small success gives a sense of achievement.
6	58	1	status	n	'stetəs	your social or professional rank or position, considered in relation to other people	Doctors have traditionally enjoyed a high social status.
6	58	1	well-paid	adj	,wel'peɪd	providing or receiving good wages	He's a very well-paid executive.
6	58	1	work-life balance	n	,wɜ:k 'laɪf ,bæləns	the ability to give a sensible amount of time and effort to your work and to your life outside work, for example to your family or to other interests	You can't have a proper work-life balance if you're in the office for 12 hours a day.
6	58	1	worthwhile	adj	,wɜ:θ'waɪl	if something is worthwhile, it is important or useful, or you gain something from it	He wanted to do a worthwhile job.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
6	58	3	application form	n	,æplɪ'keɪʃən	a formal, usually written request for something such as a job, place at university, or permission to do something	I filled in the application form and sent it off.
6	58	3	candidate	n	'klændədət	someone who is being considered for a job or is competing in an election	There are only three candidates for the job.
6	58	3	CV	n	,si: 'vi:	(curriculum vitae) a short written document that lists your education and previous jobs, which you send to employers when you are looking for a job	Have you prepared your CV yet?
6	58	3	interview	n	'ɪntəvjʊ:	a formal meeting at which someone is asked questions in order to find out if they are suitable for a job, course of study etc	I've got an interview for that job I applied for last week.
6	58	3	letter of application	n	,æplɪ'keɪʃən	a letter of application is one where the purpose of the letter is to get an interview	He sent out several letters of application, but didn't get any replies.
6	58	3	salary	n	'sæləri	money that you receive as payment from the organisation you work for, usually paid to you every month	The average salary for a teacher is \$39,000 a year.
6	58	3	temporary	adj	'tempərəri	continuing only for a limited period of time	She was employed on a temporary basis.
6	58	3	wage	n	weɪdʒ	money you earn that is paid according to the number of hours, days, or weeks that you work	He earns a good wage.
6	59	9	part-time	adj	,pɑ:t'taɪm	someone who has a part-time job works for only part of each day or week	She wants to find a part-time job while she's studying at university.
6	60	3	occurrence	n	ə'kʌrəns	something that happens	Laughter was a rare occurrence in his classroom.
6	60	3	boutique	n	bu:'ti:k	a small shop that sells fashionable clothes or other objects	She bought a beautiful necklace from the new boutique.
6	60	3	collection	n	kə'lekʃən	the clothes designed by a fashion company for a particular season, or the clothes selected by a shop for a particular season	We're looking for unusual clothes for this summer's collection.
6	60	3	drop	v	drɒp	to decide not to include someone or something	His name was dropped from the list.
6	60	3	get in	phrasal v	'get ɪn	if a train, plane etc or person gets in at a particular time, they arrive at that time	I usually get in at about 8.30 a.m.
6	60	3	key	adj	ki:	very important or necessary	The President makes all the key decisions on foreign policy.
6	60	3	magician	n	mə'dʒɪʃən	an entertainer who performs magic tricks	The best thing about being a magician is being your own boss.
6	60	3	market	n	'mɑ:kət	a particular country or area or group of people to which a company sells its goods or services	Then they put the catch on the deck and our work begins.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
6	60	3	range	n	reɪndʒ	a number of people or things that are all different, but are all of the same general type	I work to select and build the perfect range of clothes for our customers.
6	60	3	risky	adj	'rɪski	involving a risk that something bad will happen	He's attending the annual sales conference in New York.
6	60	3	season	n	'si:zən	the time in each year when new styles of clothes, hair etc are produced and become fashionable	Buying a second-hand car is a risky business.
6	60	3	select	v	sə'lekt	to choose something or someone by thinking carefully about which is the best, most suitable	I work to select and build the perfect range of clothes for our customers.
6	60	3	stage	n	steɪdʒ	the raised area in a theatre which actors or singers stand on when they perform	She is on stage for most of the play.
6	60	3	starting up	phrasal v	'stɑ:t ʌp	if you start up a business, company etc, or it starts up, it begins to exist	Tax breaks help new companies start up.
6	60	3	stay ahead	adv	ə'hed	if you stay ahead of something, you are doing better than others in your job, education etc	Staying ahead of our competitors is vital if we are going to survive.
6	60	3	trade show	n	'treɪd ʃəʊ	a large event when several companies shows their goods or services in one place, to try to sell them	During these fashion seasons I travel to trade shows.
6	60	3	trick	n	trɪk	a skilful set of actions that seem like magic, done to entertain people	My uncle was always showing me card tricks when I was a kid.
6	60	3	try out	phrasal v	'traɪ aʊt	to test something such as a method or a piece of equipment to see if it is effective or works properly	I'm trying out my new computer.
6	60	3	wedding	n	'wedɪŋ	a marriage ceremony, especially one with a religious service	She's busy planning her daughter's wedding.
6	61	3	act	n	ækt	a short performance on stage or television by someone who plays music or tells jokes	The argument was just part of their act.
6	61	3	annoy	v	ə'nɔɪ	to make someone feel slightly angry and unhappy about something	She annoyed me with her stupid questions.
6	61	3	behaviour	n	bɪ'heɪvjə	the things that a person or animal does	It is important to reward good behaviour.
6	61	3	being your own boss	n	bɒs	if you are your own boss, you work for yourself	Since I'm my own boss, my hours are flexible.
6	61	3	brings in	phrasal v	'brɪŋ ɪn	to earn a particular amount or produce a particular amount of profit	The sale of the house will only bring in about £45,000.
6	61	3	catch	n	kætʃ	the quantity of fish that has been caught at one time	The fishermen put the catch on the deck and our work begins.
6	61	3	conference	n	'kɒnfərəns	a large formal meeting where a lot of people discuss important matters such as business, politics, or science, sometimes for several days	He's attending the annual sales conference in New York.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
6	61	3	crew	n	kruː	all the people who work on a ship or plane	He joined the crew of a large fishing boat.
6	61	3	deck	n	dek	the outside top level of a ship that you can walk or sit on	Let's go up on deck.
6	61	3	growing up	phrasal v	ˈgrəʊ ʌp	to develop from being a child to being an adult	When I was growing up I used to get bored with things very quickly.
6	61	3	lecturer	n	ˈlektʃərə	someone who give lectures, especially in a university	She's a brilliant lecturer.
6	61	3	marine	adj	məˈriːn	relating to the sea and the creatures that live there	The sea around the island has a large variety of marine life.
6	61	3	biologist	n	baɪˈɒlədʒəst	someone who studies or works in the scientific study of living things	To become a marine biologist, I did a biology degree followed by an MSc and a doctorate.
6	61	3	motivated	adj	ˈməʊtəveɪtəd	very keen to do something or achieve something, especially because you find it interesting or exciting	The students are all highly motivated.
6	61	3	net	n	net	something used for catching fish, insects, or animals which is made of threads or wires woven across each other with regular spaces between them	At the fishing site the crew pull a big net along the seabed.
6	61	3	pattern	n	ˈpætən	the regular way in which something happens, develops, or is done	Weather patterns have changed in recent years.
6	61	3	ray	n	rei	a large flat sea fish with a long pointed tail	We put the sharks and rays into seawater tanks and tag them.
6	61	3	release	v	riˈliːs	to let someone or something go free, after having kept them somewhere	Police arrested several men, who were later released.
6	61	3	seabed	n	ˈsiː bed	the land at the bottom of the sea	Some fish like to stay near the seabed.
6	61	3	site	n	sait	a place that is used for a particular purpose	York was selected as the site for the research centre.
6	61	3	starting out	phrasal v	ˈstaːt aʊt	to begin your life or profession, or an important period of time	When the band first started out, they played at small clubs.
6	61	3	tag	v	tæg	to attach a tag to something	Each bird was tagged and released into the wild.
6	61	3	tank	n	tæŋk	a large container for storing liquid or gas	They kept the fish in tanks on deck.
6	61	3	tend to	v	tend	if something tends to happen, it happens often and is likely to happy again	People tend to need less sleep as they get older.
6	61	3	went into	phrasal v	ˈgəʊ ɪntə	to start to do a particular type of job	I always wanted to go into nursing.
6	62	5	least	adv	liːst	the smallest amount	He is the least confident person I know.
6	62	5	less	adv	les	not so much or to a smaller degree	Tickets were less expensive than I had expected.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
6	62	7	politician	n	ˌpɒləˈtɪʃən	someone who works in politics, especially an elected member of the government	He is a Labour politician who has worked very hard to help the disadvantaged in society.
6	63	8	check-out assistant	n	ˈtʃek-aʊt əˌsɪstənt	the person in a supermarket who takes the money for the goods you have collected	She works in Waitrose as check-out assistant.
6	63	8	dentist	n	ˈdentəst	someone whose job is to treat people's teeth	I'm going to the dentist this afternoon.
6	63	8	receptionist	n	rɪˈsepʃənəst	someone whose job is to welcome and deal with people arriving in a hotel or office building, visiting a doctor etc	The hotel receptionist was extremely helpful.
6	63	1	bossy	adj	ˈbɒsi	always telling other people what to do, in a way that is annoying	Jennifer is extremely bossy and is difficult to work with.
6	63	4	container	n	kənˈteɪnə	something such as a box or bowl that you use to keep things in	She keeps all her photographs in old ice cream containers.
6	64	1	workplace	n	ˈwɜːkpleɪs	the room, building etc where you work	It's important to feel comfortable in your workplace.
6	64	4	soap opera	n	ˈsəʊp ˌɒpərə	a television or radio story about the daily lives and relationships of the same group of people, which is broadcast regularly	Her favourite soap opera is Eastenders.
6	65	2	placement	n	ˈpleɪsmənt	a job, usually as part of a course of study, which gives you experience of a particular type of work	Students are sent out on placement for training.
6	65	2	antique	n	ˌænˈtiːk	a piece of furniture, jewellery etc that was made a very long time ago and is therefore valuable	The palace is full of priceless antiques.
6	65	2	exhibit	n	ɪɡˈzɪbət	something, for example a painting, that is put in a public place so that people can go to see it	The exhibits date from the 17th century.
6	65	2	uniform	n	ˈjuːnəfɔːm	a particular type of clothing worn by all the members of a group or organisation such as the police, the army etc	He was still wearing his school uniform.
6	65	2	strict	adj	strikt	expecting people to obey the rules or to do what you say	This company is very strict about punctuality.
6	65	2	power cut	n	ˈpaʊə kʌt	a period of time when there is no electricity supply	They couldn't use the computers because there was a power cut.
6	66	1	life guard	n	ˈlaɪfgɑːd	someone whose job at a beach or swimming pool is to help swimmers who are in danger	She works as a life guard at the beach in summer.
6	66	1	reliable	adj	rɪˈlaɪəbəl	someone or something that is reliable can be trusted or depended on	Miller was a quiet and reliable man.
6	66	1	spare time	adj	ˈspeə taɪm	spare time is when you are not working	What do you do in you spare time?

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
6	66	1	availability	n	əˌveɪləˈbɪləti	details of how free or busy someone is	Please let us know your availability for interview.
6	66	3	currently	adv	ˈkʌrəntli	at the present time	He is currently working on his first novel.
6	66	3	fit	adj	fit	someone who is fit is strong and healthy, especially because they exercise regularly	You must be very fit if you do so much running.
6	66	3	grateful	adj	ˈɡreɪtful	feeling that you want to thank someone because of something kind that they have done, or showing this feeling	I am very grateful to all those who took the trouble to write to me.
6	66	5	au pair	n	əʊˈpeə	a young person, usually a woman, who stays with a family in a foreign country to learn the language, and looks after their children for a small wage	We're looking for an au pair to look after the children.
6	66	5	light	adj	laɪt	not heavy or a not a lot	The au pair will have to do some light housework for us too.
6	66	5	rate of pay	n phrase	ˈreɪts əv ˌpeɪ	rate of pay is the amount paid every hour, week etc	Many workers in the catering industry are on low rates of pay.
7	70	2	possession	n	pəˈzeʃən	something that you own or have with you at a particular time	He had sold all his possessions and left the country.
7	71	8	fortunate	adj	ˈfɔːtʃənət	someone who is fortunate has something good happen to them, or is in a good situation	I've been fortunate to find a career that I love.
7	71	8	relevant	adj	ˈreləvənt	directly relating to the subject or problem being discussed or considered	We received all the relevant information.
7	71	9	out of date	adj	ˌaʊt əv ˈdeɪt	if information is out of date, it is not recent and may no longer be correct	The information in the tourist guide is already out of date.
7	71	10	frustrated	adj	frʌˈstreɪtəd	feeling annoyed, upset, and impatient, because you cannot control or change a situation	He gets frustrated when people don't understand what he's trying to say.
7	71	10	patient	adj	ˈpeɪʃənt	able to wait calmly for a long time or to accept difficulties, people's annoying behaviour etc without becoming angry	You'll just have to be patient with me.
7	71	10	concern	n	kənˈsɜːn	a feeling of worry about something important	The recent rise in crime is a matter of considerable concern.
7	71	10	extent	n	ɪkˈstent	used to say how true something is or how great an effect or change is	We all to some extent remember the good times and forget the bad.
7	71	10	material	adj	məˈtɪəriəl	relating to your money, possessions, living conditions etc rather than the needs of your mind or soul	This society places high importance on material rewards.
7	71	10	reasonable	adj	ˈriːzənəbəl	fair and sensible	It sounded like a reasonable excuse to me.
7	71	10	standard of living	n	ˌstændəd əv ˈlɪvɪŋ	the amount of wealth, comfort, and other things that a particular person, group, country etc has	Everyone expects to have reasonable standard of living.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
7	71	10	to a certain extent	adj	'sɜ:tɪn	to a certain extent means partly but not completely	I do agree with his ideas to a certain extent.
7	71	10	contented	adj	kən'tentəd	happy and satisfied because your life is good	I feel warm, cosy and contented.
7	72	3	incredibly	adv	ɪn'kredəbli	in a way that is hard to believe	The knife had pierced his heart, but incredibly he was still alive.
7	72	3	unsurprisingly	adv	ˌʌnsə'praɪzɪŋli	not making you feel surprised	The students' favourite, baked beans, is unsurprisingly top of most supermarket lists.
7	72	3	protein	n	'prəʊti:n	one of several natural substances that exist in food such as meat, eggs, and beans, and which your body needs in order to grow and remain strong and healthy	Vegetarians need to make sure that they eat enough protein.
7	72	3	painkillers	n	'peɪn,kɪlə	a medicine which reduces or removes pain	You'll probably need some painkillers until your leg has recovered.
7	73	2	ache	v	eɪk	if part of your body aches, you feel a continuous, but not very sharp pain there	His feet were aching from standing so long.
7	73	2	collapsed	v	kə'læps	to suddenly fall down or become unconscious because you are ill or weak	Marion's legs collapsed under her.
7	73	2	heart rate	n	'hɑ:t reɪt	how fast your heart beats	If you increase your heart rate for 20 minutes a day, it's very good for your health.
7	73	2	lights up	phrasal v	'laɪt ʌp	to give light to a place or to shine a light on something	And if people eat chocolate a certain part of the brain lights up!
7	73	2	scan	n	skæn	a medical test in which a special machine produces a picture of something inside your body	The scan showed that she was expecting twins.
7	73	6	cancel	v	'kænsəl	to decide that something that was officially planned will not happen	Our flight was cancelled.
7	73	6	wasting his time	v	weɪst	if you waste time, you do not make full use of the time	The doctor said I was wasting his time.
7	73	6	life expectancy	n	ˌlaɪf ɪk'spektənsɪ	the length of time that a person or animal is expected to live	If you eat healthily you will increase your life expectancy.
7	74	1	acupuncture	n	'ækjə,pʌŋktʃə	a treatment for pain and disease that involves pushing special needles into parts of the body	He tried acupuncture for his migraines and it was very successful.
7	74	1	cryotherapy	n	ˌkraɪəʊ'θerəpi	putting a person in an extremely cold place for a short period can help with pain	The doctors used cryotherapy to deal with his pain.
7	74	1	diagnose	v	'daɪəgnəʊz	to find out what illness someone has, or what the cause of a fault is after doing tests, examinations etc	The illness was diagnosed as mumps.
7	74	1	dose	n	dəʊs	the amount of medicine or a drug that you should take	Never exceed the recommended dose of painkillers.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
7	74	1	homeopathy	n	ˌhəʊmiˈɒpəði	a system of medicine in which a disease is treated by giving extremely small amounts of a substance that causes the disease	She used homeopathy to control her hay fever.
7	74	1	iridology	n	ˌɪrɪˈdɒlədʒi	looking at someone's eyes and studying the iris to help diagnose health problems	Most people think that iridology doesn't work.
7	74	1	iris	n	ˈaɪərəs	the round coloured part of your eye, that surrounds the black pupil	He said he could find out what was wrong with my eye by studying my iris.
7	74	1	needles	n	ˈniːdl	a long, very thin piece of metal used in acupuncture	She put needles in different parts of my body.
7	74	3	cure	n	kjʊə	a medicine or medical treatment that makes an illness go away	There is still no cure for AIDS.
7	74	4	conditions	n	kənˈdɪʃənz	the weather at a particular time, especially when you are considering how this affects people	In cold conditions you'll need a sleeping bag with a hood.
7	74	4	fingers	n	ˈfɪŋɡə	one of the four long thin parts on your hand, not including your thumb	We ate with our fingers.
7	74	4	toes	n	təʊ	one of the five movable parts at the end of your foot	He stubbed his toe on the big stone.
7	75	1	recharge your batteries	n phrase	riːˈtʃɑːdʒ yə ˌbætəriːz	if you recharge your batteries, you rest or relax in order to get back your energy	A week in the mountains should recharge my batteries.
7	75	1	concentrate	v	ˈkənsəntreɪt	to think very carefully about something that you are doing	Adrian was finding it difficult to concentrate.
7	75	1	recharge	v	ˌriːˈtʃɑːdʒ	to put a new supply of electricity into a battery	I'm just recharging my phone battery.
7	75	3	caught	v	kætf	if you get caught in something, you are in a situation that you cannot easily get out of or in which you do not have something you need	We got caught in the rainstorm on the way here.
7	75	3	take notes	n phrase	nəʊt	if you take notes, you write down information during a lesson, from a book etc	I read the first chapter and took notes.
7	75	4	check-up	n	ˈtʃek-ʌp	a general medical examination that a doctor or dentist gives you to make sure you are healthy	It's important to have regular check-ups.
7	75	4	cut down	phrasal v	ˈkʌt daʊn	to reduce the amount of something	By getting the design right, you can cut down on accidents.
7	76	3	affect	v	əˈfekt	to do something that produces an effect or change in something in someone's situation	Many areas were affected by the hurricane.
7	76	3	categorise	v	ˈkætəgəraɪz	to put people or things into groups according to the type of person or thing they are	The population is categorised according to age, sex, and social group.
7	76	3	colour scheme	n	ˈkʌlə ski:m	the combination of colours that someone chooses for a room, painting etc	Make sure that you include red somewhere in your colour scheme!

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
7	76	3	common	adj	'kɒmən	happening often and to many people or in many places	Bad dreams are fairly common among children.
7	76	3	depress	v	di'pres	to make someone feel very unhappy	The thought of taking the exam again depressed him.
7	76	3	guest	n	gest	someone who is invited to an event or special occasion	You are here as my guests.
7	76	3	mood	n	mu:d	the way you feel at a particular time	You're in a good mood this morning!
7	76	3	reoffending	v	ə'fend	if someone reoffends, they have already committed a crime or crimes and they do it again	It is important to find ways of discouraging prisoners from reoffending.
7	76	3	violent	adj	'vaɪələnt	involving actions that are intended to injure or kill people, by hitting them, shooting them etc	The riots ended with the violent deaths of three teenagers.
7	76	3	associate	v	ə'səʊʃieɪt	to make a connection in your mind between one thing or person and another	I don't associate him with energetic sports.
7	77	3	allocated	v	'æləkeɪt	to use something for a particular purpose, give something to particular person etc, especially after an official decision has been made	You should allocate the same amount of time to each question.
7	77	3	close	adj	kləʊs	finishing or being played, fought etc with both sides almost equal	It was a close game that could have gone either way.
7	77	3	complex	adj	'kɒmpleks	consisting of many different parts and often difficult to understand	Peter seemed to have an understanding of the most complex issues.
7	77	3	cultural	adj	'kʌltʃərəl	belonging or relating to a particular society and its way of life	There are very real historical and cultural differences between our two societies.
7	77	3	favour	v	'feɪvə	to prefer someone or something to other things or people, especially when there are several to choose from	Both countries favour the agreement.
7	77	3	neutral	adj	'nju:trəl	a neutral colour is a colour such as grey, light brown or cream	Neutral tones give the room a feeling of space.
7	77	3	referee	n	,refə'ri:	someone who makes sure that the rules of a sport such as football, basketball, or boxing are followed	The referee blew his whistle to signal the end of the match.
7	77	3	somehow	adv	'sʌmhaʊ	for some reason that is not clear to you or that you do not understand	Somehow, I just don't think it'll work.
7	77	3	statistic	n	stə'tɪstɪk	a set of numbers which represent facts or measurements	Statistics show that 50% of new businesses fail in their first year.
7	77	3	understanding	n	,ʌndə'stændɪŋ	knowledge about something, based on learning or experience	How does this add to our understanding of the problem?
7	77	4	approach	v	ə'prəʊtʃ	to move towards or nearer to someone or something	She heard footsteps approaching.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
7	77	4	matter	v	'mætə	to be important, especially to be important to you, or to have an effect on what happens	Will it matter if I'm a little late?
7	77	4	significant	adj	sɪɡ'nɪfɪkənt	having an important effect or influence, especially on what will happen in the future	Please inform us if there are any significant changes in your plans.
7	77	4	goalkeeper	n	'gəʊl,ki:pə	the player in a sports team whose job is to try to stop the ball going into the goal	They discovered that goalkeepers felt far less confident facing a penalty from a red-shirted player than one who was wearing white or blue.
7	77	4	penalty	n	'penəlti	a chance to kick the ball in a game of football, given because the other team has broken a rule	Rooney kicked a penalty in the last minute.
7	78	2	bright idea	adj	brart	a bright idea is a very good idea	He is constantly coming up with bright ideas for making money.
7	78	2	daylight	n	'deɪlaɪt	the light produced by the sun during the day	The park is open to the public during daylight hours.
7	78	2	landscape	n	'lændskeɪp	an area of countryside or land of a particular type, used especially when talking about its appearance	The landscape is incredible, isn't it?
7	78	3	fit in	phrasal v	'fɪt ɪn	to manage to do something or see someone, even though you have a lot of other things to do	I wanted to fit in a swim before breakfast.
7	78	3	magical	adj	'mædʒɪkəl	very enjoyable, exciting, or romantic, in a strange or special way	We spent a magical evening together.
7	78	4	good luck	n	,ɡʊd 'lʌk	used to tell someone that you hope they will be successful in something they are going to do	Good luck in this enormous project you are undertaking.
8	80	2	bear	n	beə	a large strong animal with thick fur, that eats flesh, fruit, and insects	We saw brown bears when we visited Canada last year.
8	80	2	dragonfly	n	'dræɡənflaɪ	a brightly-coloured insect with a long thin body and transparent wings which lives near water	You can see lots of dragonflies here in the summer.
8	80	2	ant	n	ænt	a small insect that lives in large groups	There were a lot of ants in the garden last year.
8	80	2	insect	n	'ɪnsekt	a small creature such as a fly or ant, that has six legs and sometimes wings	Don't forget to take insect repellent when you go camping, or you will get bitten.
8	80	2	mammal	n	'mæməl	a type of animal that drinks milk from its mother's body when it is young	Humans, dogs, and whales are all mammals.
8	80	2	owl	n	aʊl	a bird with large eyes that hunts at night	An owl was sitting in the tree above us.
8	80	2	kingfisher	n	'kɪŋ,fɪʃə	a small brightly coloured bird	Sometimes you can see the kingfishers along the river.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
8	80	2	reptile	n	'reptail	a type of animal, such as a snake or lizard, whose body temperature changes according to the temperature around it, and that usually lays eggs to have babies	There are many different types of reptile in this country.
8	80	2	salmon	n	'sæmən	a large fish with silver skin and pink flesh that lives in the sea but swims up rivers to lay its eggs	We had salmon for dinner last night.
8	80	2	snake	n	sneɪk	an animal with a long thin body and no legs that often has a poisonous bite	A snake slithered across our path.
8	80	2	crocodile	n	'krɒkədail	a large reptile with a long mouth and many sharp teeth that lives in lakes and rivers in hot wet parts of the world	They couldn't swim in the river because it was infested with crocodiles.
8	80	4	beak	n	bi:k	the hard pointed mouth of a bird	The toucan has a very large beak.
8	80	4	claw	n	klɔ:	a sharp curved nail on an animal, bird, or some insects	The cat dug his claws into my leg.
8	80	4	feather	n	'feðə	one of the light soft things that cover a bird's body	Women used to wear ostrich feathers on their heads.
8	80	4	fin	n	fin	one of the thin body parts that a fish uses to swim	They could see the shark's fin as it approached the boat.
8	80	4	fur	n	fɜ:	the thick soft hair that covers the bodies of some animals, such as cats, dogs, and rabbits	He was wearing a fur-lined coat.
8	80	4	paw	n	pɔ:	an animal's foot that has nails or claws	The dog got something stuck in its paw.
8	80	4	scale	n	skeɪl	one of the small flat pieces of skin that cover the bodies of fish, snakes etc	The scales on this fish are a silvery colour.
8	80	4	skin	n	skɪn	the natural outer layer of a person's or animal's body	She had thick hair and smooth dark skin.
8	80	4	wing	n	wɪŋ	one of the parts of a bird's or insect's body that it uses for flying	The pheasant flapped its wings vigorously.
8	81	8	competitive	adj	kəm'petətɪv	determined or trying very hard to be more successful than other people or businesses	Some US industries are not as competitive as they have been in the past.
8	81	8	spy	n	spaɪ	someone whose job it is to find out secret information about another country, organisation, or group	The spy plane was shot down by a neighbouring country.
8	81	8	store	v	stɔ:	to keep facts or information in your brain or a computer	All the data is stored on our computer.
8	81	8	streamlined	adj	'stri:mlaɪnd	if something is streamlined, it is formed into a smooth shape, so that it moves easily through the air or water	All these new cars have been streamlined.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
8	81	8	visual	adj	'vɪʒuəl	relating to seeing	Artist can translate their ideas into visual images.
8	81	9	inspire	v	ɪn'spaɪə	to encourage someone by making them feel confident and eager to do something	He inspired many young people to take up the sport.
8	82	2	ability	n	ə'bɪləti	the state of being able to do something	The test measure mathematical ability.
8	82	3	agent	n	'eidʒənt	someone or something that affects or changes a situation	Technological advances are the chief agents of change.
8	82	2	developed	v	dɪ'veləp	to design or make a new idea, product, system etc over a period of time	Scientists have developed a new drug to treat arthritis.
8	82	2	quantity	n	'kwɒntəti	an amount of something that can be counted or measured	The police also found a quantity of ammunition in the flat.
8	82	2	sticky tape	adj	'stɪki	tape etc that is made so it will stick to surfaces	Have you got any sticky tape I can use to hold these together?
8	83	2	effective	adj	ɪ'fektɪv	successful, and working in the way that was intended	The cheaper drugs are just as effective in treating arthritis.
8	83	5	environmental	adj	ɪn,vaɪrən'mentəl	concerning or affecting the air, land, or water on Earth	The increase in car users has had a serious environmental impact.
8	84	1	erupt	v	ɪ'rʌpt	if a volcano erupts, it explodes and sends smoke, fire and rock into the sky	The volcano last erupted over two hundred years ago.
8	84	5	bitter	adj	'bɪtə	a bitter argument, battle etc is one in which people oppose or criticise each other with strong feelings of hate and anger	The countries are still bitter enemies.
8	84	5	catch on	phrasal v	'cætf'ɒn	to begin to understand or realise something	It was a long time before the police caught on to what he was really doing.
8	84	5	central heating	n	,sentrəl 'hi:tɪŋ	a system of heating buildings in which water or air is heated in one place and then sent around the rest of the building through pipes etc	The central heating works really well in this house.
8	84	5	comforting	adj	'kʌmfətɪŋ	making you feel less worried, unhappy, or upset	It's comforting to know I can call my parents any time.
8	84	5	compost	n	'kɒmpɒst	a mixture of decayed plants, leaves etc used to improve the quality of soil	We put all our left over vegetables in the compost bin.
8	84	5	bucket	n	'bʌkət	an open container with a handle used for carrying and holding things, especially liquids	We've got a compost bucket in the kitchen where all the waste vegetable material is put.
8	84	5	do more damage	n phrase	'dæmɪdʒ	if you do damage to someone or something, you cause them harm	When volcanoes erupt they do more damage to the planet than I do.
8	84	5	environmentalist	n	ɪn,vaɪrən'mentəlist	someone who is concerned about protecting the environment	Jacob is a keen environmentalist.
8	84	5	harmony	n	'hɑ:məni	when people live or work together without fighting or disagreeing with each other	I do believe it is possible for different ethnic groups to live together in harmony.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
8	84	5	fill up	phrasal v	'fɪl ʌp	if a container or place fills up, or if you fill it up, it becomes full	Shall I fill the car up with petrol?
8	84	5	passion for	n	'pæʃən	a very strong belief or feeling about something	He has a passion for football.
8	84	5	raised eyebrow	n phrase	reɪzd 'aɪbrəʊ	if you raise your eyebrows, you move them upwards in order to show surprise or disapproval	This decision caused a few raised eyebrows.
8	84	5	reusable	adj	,ri:'ju:zəbəl	can be used again	These containers are reusable.
8	84	5	slave	n	slerv	if you are a slave to something, you are so strongly influenced by it that you cannot make your own decisions	Maria is a slave to fashion.
8	84	5	taken over	phrasal v	'teɪk ,əʊvə	to take control of something	His wife's passion for recycling has taken over family life.
8	84	5	therapy	n	'θerəpi	the treatment or examination of someone's mental problems by talking to them for a long time about their feelings	Ron was in therapy for years.
8	84	5	threat	n	θret	someone or something that is regarded as a possible danger	The fighting is a major threat to stability in the region.
8	84	5	turn down	phrasal v	'tɜ:n daʊn	to turn the switch on a machine such as an oven, radio etc so that it produces less heat, sound etc	Can you turn the TV down? I'm trying to work.
8	84	5	thermostat	n	'θɜ:məstæt	an instrument used for keeping a room or a machine at a particular temperature	She turns down the thermostat on the central heating even when it's snowing outside.
8	84	5	voices are raised	v	reɪz	if you raise your voice, you speak loudly or shout because you are angry	I could hear raised voices in the next room.
8	85	5	goes off	phrasal v	'gəʊ ɒf	if food goes off, it become too bad to eat	I'm afraid the milk's gone off.
8	85	5	inconvenience	n	,ɪnkən'vi:niəns	problems caused by something which annoys or affects you	We apologise for the delay and any inconvenience caused.
8	85	5	lid	n	lɪd	a cover for the open part of a pot, box, or other container	He carefully lifted the lid of the box.
8	85	5	serious offence in her eyes	n	ə'fens	when you offend or upset someone by something you do or say	Forgetting to take reusable bags to the shops is a more serious offence in her eyes.
8	85	5	smelly	adj	'smeli	having a strong unpleasant smell	They need to be washed so I'm putting them in the washing machine.
8	85	5	up to a point	n	pɔɪnt	If you do something up to point, you do it partly, but not completely	I agree with you up to a point.
8	85	5	bone	n	bəʊn	one of the hard parts that together form the frame of a human, animal or fish body	The X-ray showed that the bone was broken in two places.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
8	85	5	counsellor	n	'kaʊnsələ	someone whose job it to help people with problems	Are you seeing a counsellor?
8	85	5	fries	n	fraɪz	long thin pieces of potato that have been cooked in hot oil	We had steak and fries last night for dinner.
8	85	5	grill	v	grɪl	if you grill something, or if it grills, you cook it by putting it on a flat metal frame with bars across it, above or below strong direct heat	Grill the bacon until it is crisp.
8	85	5	make us bankrupt	adj	'bæŋkrʌpt	without enough money to pay what you owe	Mr Trent lost his house when he was made bankrupt.
8	85	5	obsessive	adj	əb'sesɪv	thinking or worrying about something all the time, so that you do not think about other things enough	I try to stay fit, but I'm not obsessive about it.
8	85	5	on really bad terms	n	tɜ:mz	if you are on bad terms with someone, you have a bad relationship with them	One couple we know are on really bad terms.
8	85	5	peeling	n	'pi:lɪŋz	a piece of skin that has been removed from a fruit or vegetable	Put the potato peelings on the compost heap.
8	85	5	vegetarian	adj	,vedʒə'teəriən	a vegetarian meal is a meal for someone who does not eat meat or fish	We found a fantastic vegetarian restaurant in town.
8	86	3	loft	n	lɒft	a room or space under the roof of a building, usually used for storing things in	We put all the old boxes in the loft.
8	86	3	insulated	v	'ɪnsjələt	to cover or protect something with a material that stops electricity, sound, heat etc from getting in or out	Pipes may need insulating against the cold.
8	86	3	boiler	n	'bɔɪlə	a container for boiling water that is used to provide heating in a house	I'm afraid the boiler's not working at the moment.
8	86	3	double glazing	n	,dʌbəl 'gleɪzɪŋ	glass on a window or door in two separate sheets with a space between them, used to keep noise out and heat in	Now we've got double glazing throughout the house.
8	86	3	massively	adv	'mæsɪvli	enormously, greatly	The president was massively popular.
8	86	3	roof	n	ru:f	the structure that covers or forms the top of a building, vehicle, tent etc	They finally found the cat up on the roof.
8	86	6	replace	v	rɪ'pleɪs	if you replace something that has been broken or stolen etc, you get a new one	I'll replace the vase I broke as soon as possible.
8	86	3	solar panels	n	,səʊlə 'pænl	a piece of equipment, usually kept on a roof, that collects and uses the sun's energy to heat water or make electricity	They are thinking of having solar panels on their roof.
8	86	3	installed	v	ɪn'stɔ:l	to put a piece of equipment somewhere and connect it so that it is ready to be used	They've installed a new computer network at last.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
8	86	3	throughout	adv	θru:əʊt	in every part of a particular area	The disease spread rapidly throughout Europe.
8	86	6	energy-efficient	adj	ɪ'fɪʃənt	if something is energy-efficient, it works well without wasting any energy	Lighting is now more energy efficient.
8	87	3	litter	n	lɪtə	waste paper, cans etc that people have thrown away and left on the ground in a public place	People who drop litter can be fined in some cities.
8	87	3	restrict	v	rɪ'strɪkt	to limit or control the size, amount, or range of something	The new law restricts the sale of hand guns.
8	88	1	breed	n	bri:d	a type of animal that is kept as a pet or on a farm	Spaniels are my favourite breed of dog.
8	88	1	castle	n	'kɑ:səl	a very large strong building, built in the past as a safe place that could be easily defended against attack	We visited Edinburgh Castle while we were on holiday.
8	88	1	giraffe	n	dʒə'ra:f	a tall African animal with a very long neck and legs and dark spots on its yellow-brown fur	There is a wonderful giraffe sanctuary in Nairobi, Kenya.
8	88	1	penguin	n	'pɛŋgwən	a large black and white Antarctic sea bird, which cannot fly but uses its wings for swimming	The children loved the penguins at the zoo.
8	88	1	region	n	'ri:dʒən	a large area of a country or of the world, usually without exact limits	Flooding is likely in some coastal regions during the week.
8	88	1	rhino	n	'raɪnəʊ	a large heavy African or Asian animal with thick skin and either one or two horns on its nose	Suddenly a rhino charged out of the bush straight into our vehicle.
8	89	1	fall out with	phrasal v	'fɔ: ,əʊt wɪð	to have a quarrel	Carrie's always falling out with people.
8	89	2	pump	n	pʌmp	a machine for forcing liquid or gas into or out of something	An Australian scientist has won the Dyson prize for a new kind of pump.
8	89	2	desert	n	'dezət	a large area of land where it is always very dry, and there is a lot of sand	This area of the country is mostly desert.
8	89	2	beetle	n	'bi:tl	an insect with a round hard back that is usually black	The desert beetle inspired his invention.
9	90	1	election	n	ɪ'lekʃən	when people vote to choose someone for an official position	The Labour Party won the 2001 election by a huge majority.
9	90	1	groceries	n	'grəʊsərɪz	food and other goods that are sold by a grocer or a supermarket	Have you ordered the groceries online yet?
9	90	1	housewife	n	'haʊswaɪf	a married woman who works at home doing the cooking, cleaning etc, but does not have a job outside the house	Jenny is a housewife.
9	90	1	presidential candidate	adj	,prezədenʃəl	a presidential candidate is someone who is competing in an election to become the president	What is the system for selecting a presidential candidate?

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
9	90	1	staring	v	steə	to look at something or someone for a long time without moving your eyes, for example because you are surprised, angry or bored	She stared at me in disbelief.
9	90	3	robots	n	'rəʊbɒt	a machine that can move and do some of the work of a person, and is usually controlled by a computer	Most cars today are built by robots.
9	91	4	generation	n	,dʒenə'reɪʃən	all people of about the same age	Like most of my generation, I have never known a war.
9	91	8	application	n	,æplɪ'keɪʃən	a piece of computer software which does a particular job	We received training on a number of spreadsheet and database applications.
9	91	8	avatar	n	'ævəʔɑ:	picture of a person or animal that represents you on a computer screen, for example in some chat rooms or when you are playing games over the internet	Marc has a fire-breathing dragon as his avatar.
9	91	8	crash	v	kræʃ	if a computer crashes, or if you crash the computer, it suddenly stops working	The system crashed and I lost three hours' worth of work.
9	91	8	download	v	,daʊn'ləʊd	to move information or programs from a computer network to a small computer	Many games can be downloaded free from the internet.
9	91	8	monitor	n	'mɒnɪtə	a television or part of a computer with a screen, on which you can see pictures or information	She was staring at her computer monitor.
9	91	8	password	n	'pɑ:swɜ:d	a secret group of letters or number that you must type into a computer before you can use a system or program	Enter your password, then click on the 'proceed' icon.
9	91	8	print	v	prɪnt	to produce words, numbers or pictures on paper, using a machine which puts ink onto the surface	The printer's switched on but it won't print.
9	91	8	software	n	'sɒftweə	the sets of programs that tell a computer how to do a particular job	She loaded the new software.
9	91	8	virus	n	'vaɪərəs	a set of instructions secretly put onto a computer or computer program, which can destroy information. When a computer that has a virus makes a connection with another computer, for example by email, the virus can make copies of itself and move to the other computer.	We seem to have a virus in the computer.
9	91	8	voice	n	vɔɪs	the sounds that you make when you speak, or the ability to make these sounds	He recognised her voice immediately.
9	92	2	cash	n	kæʃ	money in the form of coin or notes rather than cheques, credit cards etc	The shop charges less if the customer pays in cash.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
9	92	2	colonie	n	'kɒləni	a group of people who are similar in some way and who live together, or the place where they live	In 2060 humans will be living in colonies on the moon.
9	92	2	disease	n	dɪ'zi:z	an illness which affects a person, animal or plant	She suffers from a rare disease of the brain.
9	92	2	fossil fuel	n	'fɒsəl ,fju:əl	a fuel such as coal or oil that is produced by the very gradual decaying of animals or plants over millions of years	Environmentalists would like to see fossil fuels replaced by renewable energy sources.
9	92	2	making such quick progress	n phrase	meɪk 'prəʊgres	the process of getting better at doing something, or getting closer to finishing or achieving something	Scientists are making such quick progress these days.
9	92	2	running	v	rʌn	to organise or be in charge of an activity, business, organisation or country	For a while, she ran a restaurant in Boston.
9	92	6	pessimist	n	'pesəməst	someone who always expects that bad things will happen	Don't be such a pessimist.
9	92	6	realist	n	'riələst	someone who accepts that things are not always perfect, and deals with problems or difficult situations in a practical way	She has always been a realist, not a dreamer.
9	94	3	based on	v	beɪs	to use something as the thing from which something else is developed	Their relationship was based on mutual respect.
9	94	3	basic	adj	'beɪsɪk	at the simplest or least developed level	The farm lacks even basic equipment.
9	94	3	electrode	n	ɪ'lektroʊd	a small piece of metal or a wire that is used to send electricity through a system or through a person's body	The monkeys have electrodes implanted into their brains to measure their brain activity.
9	94	3	guesswork	n	'geswɜ:k	the method of trying to find the answer to something by guessing	There's a lot of guesswork in these calculations.
9	94	3	have a go	n	ˌhæv ə 'gəʊ	an attempt to do something	On the tour, everyone can have a go at making a pot.
9	94	3	laboratory	n	lə'bɒrətɔ:ri	a special room or building in which a scientist does tests or prepares substances	We carried out some experiments in the laboratory.
9	94	3	live	adj	laɪv	not dead or artificial	We were so excited to see real live elephants.
9	94	3	neurologist	n	njʊ'roʊlədʒɪst	a person who studies the nervous system and its diseases	My brother is a research neurologist at the local hospital.
9	94	3	observe	v	əb'zɜ:v	to see and notice something	Scientists have observed a drop in ozone levels over the Antarctic.
9	94	3	pinpoint	v	'pɪnpɔɪnt	to discover or explain exactly the real facts about something or the cause of a problem	It's difficult to pinpoint the cause of the accident.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
9	94	3	power	n	'paʊə	a natural or special ability or strength to do something	After the accident she lost the power of speech.
9	94	3	speciality	n	,speʃi'ælɪti	a subject or job that you know a lot about or have a lot of experience of	Preston's speciality was night photography.
9	95	3	cells	n	sel	the smallest part of a living thing that can exist independently	Our brains are busy making connections between different cells.
9	95	3	goes on	phrasal v	'gəʊ ɒn	to happen	I don't know what's going on.
9	95	3	hard work	adj	hɑ:d	using or involving a lot of mental or physical effort	To be successful in sport requires hard work and a great deal of determination.
9	95	3	high-level	adj	,haɪ'levəl	involving very technical or complicated ideas	A lot of high-level thinking goes on in the front part of our brains.
9	95	3	mature	adj	mə'tʃʊə	fully grown and developed	The human brain isn't fully mature until about age 25.
9	95	3	picking up	phrasal v	'pɪk ʌp	to learn something	Agneta is good at picking up languages.
9	95	3	point of view	n	,pɔɪnt əv 'vju:	a particular way of thinking about or judging a situation	I respect your point of view, but I'm not sure I agree with you.
9	95	3	come in	phrasal v	'kʌm ɪn	to prove to be	This information could come in quite useful.
9	95	3	implication	n	,ɪmplə'keɪʃən	a possible future effect or result of an action, event, decision etc	This election has profound implications for the future of US democracy.
9	95	3	treated	v	tri:t	to deal with, regard, or consider something in a particular way	Any complaint about safety standards must be treated very seriously.
9	95	4	sensible	adj	'sensəbəl	reasonable, practical, and showing good judgment	It's sensible to keep a note of your passport number.
9	95	4	wire	n	waɪə	thin metal in the form of a thread, or a piece of this	A wire is used to send electricity through a body.
9	96	1	vending machine	n	'vendɪŋ mə'ʃi:n	a machine that you can get chocolate, drinks etc from by putting money in	The future of shopping is the vending machine.
9	96	2	upmarket	adj	,ʌp'mɑ:kət	designed for or used by people who have a lot of money	They're opening a new upmarket restaurant in the town centre.
9	97	7	automatically	adv	,ɔ:tə'mætəkli	as the result of a situation or action, and without you having to do anymore	The door opened automatically as we approached.
9	97	7	harden	v	'hɑ:dn	to become firm or stiff, or to make something firm or stiff	It will take about 24 hours for the glue to harden.
9	97	7	hug	n	hʌg	the action of putting your arms around someone and holding them tightly to show love or friendship	Paul gave me a big hug.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
9	97	7	interactive	adj	ˌɪntərˈæktɪv	an interactive computer program, television system etc allows you to communicate directly with it, and does things in reaction to your actions	The museum has got some wonderful interactive exhibits.
9	97	7	play an important part	n phrase	ˈpleɪ ə ˌpɑːt	if something or someone plays a part in something else, they are involved in it	Health education will play an important part in preparing us for old age.
9	97	7	smart materials	adj	sma:t	smart machines, weapons, materials etc are controlled by computers and are designed to react in a suitable way depending on the situation	These will be made from so-called 'smart materials'.
9	97	7	spray	v	spreɪ	to force liquid out of a container so that it comes out in a stream of very small drops and covers an area	She sprayed herself with perfume.
9	97	7	to start with	v phrase	tə ˈsta:t wɪð	to start with is said to emphasise the first of a list of facts or opinions you are stating	There are problems. To start with, neither of us likes housework.
9	97	7	wearable	adj	ˈweərəbəl	if something is wearable, it can be worn on the body	These will be made from so-called 'smart materials' that use something called wearable technology.
9	97	7	technology	n	tekˈnɒlədʒi	new machines, equipment, and ways of doing things that are based on modern knowledge about science and computers	Modern technology makes moving money around much easier than it used to be.
9	98	3	amateur	adj	ˈæmətə	someone who does an activity just for pleasure, not as their job	Mickelson won his first major golf tournament while still an amateur.
9	98	3	chill out	v	ˈtʃɪl aʊt	if you chill out, you relax completely instead of feeling angry, tired, or nervous	I spent the afternoon chilling out in front of the TV.
9	98	3	interest	v	ˈɪntrəst	to make someone want to pay attention to something and find out more about it	Here's an article which might interest you.
9	98	3	weekly	adj	ˈwi:kli	happening or done every week	The magazine is published weekly.
9	98	4	impersonal	adj	ɪmˈpɜːsənəl	not showing any feelings of sympathy, friendliness etc	Business letters do not have to be impersonal and formal.
9	98	4	recommendation	n	ˌrekəmenˈdeɪʃən	a suggestion to someone that they should choose a particular thing or person that you think is very good	The report offers several recommendations for changing the company structure.
9	98	4	subheading	n	ˈsʌbˌhedɪŋ	a short phrase used as a title for a small part within a longer piece of writing	Each section of the report has three subheadings.
9	98	4	summarise	v	ˈsʌməraɪz	to make a short statement giving only the main information and not the details of a plan, event, report etc	The authors summarise their views in the introduction.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
9	98	5	appeal to	v	ə'pi:l	if someone or something appeals to you, they seem attractive and interesting	The idea of working abroad really appeals to me.
9	98	5	it is considered	v	kən'sɪdə	to think of someone or something in a particular way	The school is considered to be one of the best in the country.
9	98	5	outline	v	'aʊtlain	to describe something in a general way, giving the main points but not the details	The new president outlined plans to deal with crime, drugs, and education.
10	102	3	appreciated	v	ə'pri:ʃiət	to understand how good or useful someone or something is	I'm not an expert, but I appreciate fine works of art.
10	102	3	condition	n	kən'dɪʃən	the situation in which people live or work, especially the physical things that affect the quality of their lives	Conditions at the prison were really bad.
10	102	3	convincing	adj	kən'vɪnsɪŋ	making you believe that something is true or right	Courtenay played the role in an utterly convincing way.
10	102	3	dramatised	v	'dræmətaɪz	to make a book or event into a play or film	Her novel has just been dramatised for television.
10	102	3	impressed	adj	ɪm'prest	feeling admiration and respect for something or someone	We were very impressed by the standard of work.
10	102	3	intended	v	ɪn'tend	to have something in your mind as plan or purpose	I intended to spend the night there.
10	102	3	profited	v	'prɒfət	to get money from doing something	Some industries, such as shipbuilding, clearly profited from the war.
10	103	3	acrobatic	adj	,ækrə'bætɪk	acrobatic movements involve moving your body or a plane in a very skilful way	There were also displays of parachuting and acrobatic flying.
10	103	3	agile	adj	'ædʒaɪl	able to move quickly and easily	Dogs are surprisingly agile.
10	103	3	alpine	adj	'ælpain	relating to the Alps or to mountains in general	We visited the Hot-air Balloon Festival in the Swiss alpine town of Chateau d'Oex.
10	103	3	hot-air balloons	n	bə'lu:n	a large bag of strong light cloth filled with gas or heated air so that it can float in the air. It has a basket hanging below it for people to stand in	We took a balloon flight over the Yorkshire Moors.
10	103	3	block	n	blɒk	a piece of hard material such as wood or stone, with straight sides	They cut blocks of ice from the river.
10	103	3	break-dancing	n	'breɪk,dɑ:nsɪŋ	a type of dancing to popular music that involves a lot of jumping and rolling on the floor	The festival includes demonstrations of rap and break-dancing.
10	103	3	celebrate	v	'seləbreɪt	to show that an event or occasion is important by doing something special or enjoyable	It's Dad's birthday and we're going out for meal to celebrate.
10	103	3	cover	v	'kʌvə	to put something over or be over something in order to hide, close, or protect it	She covered her ears because the noise was so loud.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
10	103	3	creation	n	kri'eɪʃən	something that has been created	The dress is a stunning creation in green, gold, and white.
10	103	3	dared	v	deə	to be brave enough to do something that is risky or that you are afraid to do	He wanted to ask her, but he didn't dare.
10	103	3	demonstration	n	,demən'streɪʃən	an act of explaining and showing how to do something or how something works	The festival includes demonstrations of rap, break-dancing, and graffiti writing.
10	103	3	display	n	dɪ'spleɪ	the public performance of something that is intended to entertain people	There were also displays of parachuting and acrobatic flying.
10	103	3	dramatic	adj	drə'mætɪk	exciting or impressive	Some of the most dramatic events in American history happened here.
10	103	3	dress code	n	kəʊd	a dress code is a set of rules that tell people what to wear	There were plans to introduce a dress code for civil servants.
10	103	3	exaggeration	n	ɪg,zædʒə'reɪʃən	a statement or way of saying something that makes something seem better, larger etc than it really is	It would be an exaggeration to say that we were close friends.
10	103	3	expense	n	ɪk'spensəz	money that you spend on things such as travel, hotels and food etc	He sold some photographs which covered the cost of their expenses at the festival.
10	103	3	fairy tale	n	'feəri teɪl	a children's story in which magical things happen	When they are lit up with lights and lasers it's like something out of a fairy tale.
10	103	3	feature	n	'fi:tʃə	a part of something that you notice because it seems important, interesting, or typical	An important feature of Van Gogh's paintings is their bright colours.
10	103	3	feel like	v	fi:l	to want to have something or do something	He didn't feel like going to work.
10	103	3	festival	n	'festəvəl	an occasion when there are performances of many films, plays, pieces of music etc, usually happening in the same place every year	She goes to the Glastonbury festival every year.
10	103	3	floating	v	fləʊt	if something floats, it moves slowly through the air or stays up in the air	There is no lovelier sight than dozens of brightly coloured hot-air balloons floating through the sky.
10	103	3	graffiti	n	græ'fi:ti	rude, humorous, or political writing and pictures on the walls of buildings, train etc	The walls are covered in graffiti.
10	103	3	highlight	n	'haɪlaɪt	the most important, interesting, or enjoyable part of something such as a holiday, performance, or sports competition	That weekend in Venice was definitely the highlight of our trip.
10	103	3	laser	n	'leɪzə	a piece of equipment that produces a powerful narrow beam of light that can be used in medical operations, to cut metals, or to make patterns of light for entertainment	The ice sculptures were lit up with lights and lasers.
10	103	3	lighted	adj	'laɪtəd	a lighted candle, match or torch etc is burning at one end	Each man carried a lighted torch, which was incredibly dramatic.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
10	103	3	lit up	phrasal v	'laɪt ʌp	to give light to a place or to shine light on something	The fountain is lit up at night.
10	103	3	lyric	n	'lɪrɪk	the words of a song	He wrote some great music, but the lyrics weren't that good.
10	103	3	melt away	phrasal v	'melt ə, weɪ	to gradually disappear	Her determination to take revenge slowly melted away.
10	103	3	origin	n	'ɒrədʒən	the country, race, or type of family which someone comes from	Two thirds of the pupils are of Asian origin.
10	103	3	parade	n	pə'reɪd	a public celebration when musical bands, brightly decorate vehicles etc move down the street	At around seven o'clock there was a parade of men dressed as Viking fighters.
10	103	3	photographer	n	fə'tɒɡrəfə	someone who takes photographs, especially as a professional or as an artist	As a keen photographer I had always wanted to go the annual International Hot-air Balloon Festival.
10	103	3	population	n	,pɒpjə'leɪʃən	all of the people who live in a particular area	Most of the world's population doesn't get enough to eat.
10	103	3	procession	n	prə'seʃən	a line of people or vehicles moving slowly as part of a ceremony	They marched in procession to the Capitol building.
10	103	3	fancy dress	n	,fænsɪ 'dres	clothes that you wear, especially to parties, that make you look like a famous person, a character from a story etc	We're going to a fancy dress party tonight.
10	103	3	rap	n	ræp	type of popular music in which the words of a song are not sung, but spoken in time to music with a steady beat	He loves listening to rap music.
10	103	3	sculptor	n	'skʌlptə	someone who makes sculptures	Henry Moore was a famous sculptor.
10	103	3	sculpture	n	'skʌlptʃə	an object made out of stone, wood, clay etc by an artist	He bought an amazing sculpture of an elephant while was on holiday.
10	103	3	spectator	n	spek'tetə	someone who is watching an event or game	The match attracted over 40,000 spectators.
10	103	3	stood out	phrasal v	'stænd aʊt	to be very easy to see or notice	She always stood out in a crowd.
10	103	3	takes place	n	pleɪs	if something takes place, it happens, especially after being planned or arranged	The next meeting will take place on Thursday.
10	103	3	torch	n	tɔ:tʃ	a long stick with burning material at one end that produces light	Many people had the chance to carry the Olympic Torch in 2012.
10	103	3	tried out	phrasal v	'traɪ aʊt	to learn or practise a skill	He tried out graffiti writing for the first time.
10	103	3	Viking	n	'vaɪkɪŋ	a member of the group of Scandinavian people who sailed in ships to attack areas along the coasts of northern and western Europe from the 8th to 11th centuries	The festival celebrates the island's Viking history.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
10	103	3	what a shame	n	ˌʃeɪm	what a shame is used when you wish a situation was different, and you feel sad and disappointed	What a shame we missed the wedding.
10	103	5	attract attention	v phrase	əˌtrækt əˈtenʃən	to make someone interested in something, or make them want to take part in something	The balloons attracted a lot of attention for many miles around.
10	103	5	firework	n	ˈfaɪəwɜ:k	a small container filled with powder that burns or explodes to produce coloured lights and noise in the sky	There was a firework display after the parade.
10	104	2	sank	v	sɪŋk	to go down below the surface of water, mud etc	Their motorboat struck a rock and quickly sank.
10	104	3	award	n	əˈwɔ:d	something such as a prize or money given to someone to reward them for something they have done	The movie has won a number of awards.
10	104	3	experimental	adj	ɪkˌsperəˈmentl	using new ideas or methods	There were several experimental, amateur shows at the festival.
10	104	7	figurative	adj	ˈfɪɡjərətɪv	art which shows objects, people, or the countryside as they really look	Fernando Botero is famous for his figurative art.
10	104	7	illustration	n	ˌɪləˈstreɪʃən	a picture in a book, article etc, especially one that helps you understand it	The book contains 62 pages of illustrations.
10	105	1	celebration	n	ˌseləˈbreɪʃən	an occasion or party when you celebrate something	The show is a celebration of new young talent.
10	106	1	sightseeing	n	ˈsaɪtˌsiːɪŋ	when you visit famous or interesting places, especially as tourists	She swam and sunbathed, went sightseeing, and relaxed.
10	106	2	constructed	v	kənˈstrʌkt	to build something such as a house, bridge, road etc	The skyscrapers were constructed entirely of concrete and glass.
10	106	2	embarrassed	adj	ɪmˈbærəst	feeling uncomfortable or nervous and worrying about what people think of you, for example because you have made a silly mistake, or because you have to talk or sing in public	He looked embarrassed when I asked him where he'd been.
10	106	2	emotional	adj	ɪˈməʊʃənəl	making people have strong feelings	The film was very emotional.
10	106	2	ingredient	n	ɪŋˈɡrɪdiənt	one of the foods that you use to make a particular food or dish	Combine all the ingredients in a large bowl.
10	106	2	monologue	n	ˈmɒnəlɒɡ	a long speech by one person	Henry looked up, then continued his monologue.
10	106	2	on-site	adj	ˈɒnˌsaɪt	at the place or on the area of land that you are talking about	Accommodation is provided on-site.
10	106	2	package holiday	n	ˌpækɪdʒ diːl	a holiday organised by a company at a fixed price that includes the cost of travel, hotel etc	They went on a package holiday to Tenerife last year.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
10	106	2	remake	n	'rimeɪk	a record or film that has the same music or story as one that was made before	They went to see the remake of 'Cape Fear'.
10	106	2	resort	n	riˌzɔ:t	a place where a lot of people go for holidays	Lagoon Reef is one of the best resort hotels.
10	106	2	version	n	'vɜ:ʃən	a copy of something that has been changed so that it is slightly different	I preferred the original version of the film.
10	106	3	familiar	adj	fə'mɪliə	someone or something that is familiar is well-known to you and easy to recognise	The voice on the phone sounded familiar.
10	106	3	mindless	adj	'maɪndləs	completely stupid and without any purpose	His actions were completely mindless and upset everyone around him.
10	106	3	outstanding	adj	aʊt'stændɪŋ	extremely good	His performance was outstanding.
10	106	3	steep	adj	sti:p	a road, hill etc that is steep, slopes at a high angle	The road became rocky and steep.
10	106	3	tasty	adj	'teɪsti	food that is tasty has a good taste, but is not sweet	She made a simple but tasty meal for the whole group.
10	106	4	paint	v	peɪnt	to make a picture, design etc using paint	Turner is famous for painting landscapes.
10	107	1	literature	n	'lɪtərətʃə	books, plays, poems etc that people think are important and good	He has read many of the major works of literature.
10	107	3	chopping	v	tʃɒp	to cut something into smaller pieces	Can you chop up some carrots for me?
10	107	4	first night	n	ˌfɜ:st 'naɪt	the evening when the first public performance of a show, play etc is given	Everyone was very nervous just before the first night.
10	107	4	fusion	n	'fju:ʒən	a combination of separate qualities or ideas	The restaurant has the best fusion cuisine I've ever tasted.
10	107	4	item	n	'aɪtəm	a single, usually short, piece of news in a newspaper or magazine, or on television	I also saw that news item in the Sunday Times.
10	107	4	novel	n	'nɒvəl	a long written story in which the characters and events are usually imaginary	I've just read the new Lee Child novel.
10	107	4	process	n	'prəʊses	a series of actions that are done in order to achieve a particular result	Getting fit again has been a long slow process.
10	107	4	trainee	n	ˌtreɪ'ni:	someone who is being trained for a job	The trainees start next week.
10	107	5	classical	adj	'klæsɪkəl	belonging to a traditional style or set of ideas	She wanted to study classical ballet.
10	107	5	ballet	n	'bæleɪ	a type of dancing where the dance and the music tell a story	She studied ballet as a child.
10	107	5	compose	v	kəm'pəʊz	to write a piece of music	Barrington has composed the music for a new production of 'A midsummer Night's Dream'.
10	107	5	conduct	v	kən'dʌkt	to stand in front of a group of musicians or singers and direct their playing or singing	The orchestra will be conducted by John Williams.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
10	107	5	orchestra	n	'ɔ:kestrə	a large group of musicians playing many different kinds of instruments and led by a conductor	She used to play the violin with the National Youth Orchestra.
10	108	3	tempt	v	tempt	to try to persuade someone to do something by making it seem attractive	The new programme is designed to tempt young people into studying engineering.
10	108	3	touch screen	n	'tʌtʃ skri:n	a type of computer screen that you touch in order to tell the computer what to do or to get information	First you order your meals from a touch screen at your table.
10	108	6	licence	n	'laisəns	an official document giving you permission to own or do something for a period of time	The dealer applied for an export licence.
10	108	6	poison	n	'pɔɪzən	a substance that can cause death or serious illness if you eat or drink it	He swallowed some type of poison.
10	109	1	do someone a favour	n phrase	'feɪvə	something that you do for someone in order to help them or be kind to them	Could you do me a favour and tell Kelly I can't make it?
10	109	1	make a wish	n	wɪʃ	a silent request for something to happen as if by magic	She made a wish as blew out the candles on her birthday cake.
10	109	1	make an excuse	n	ɪk'skju:z	if you make an excuse, you give reasons which try to explain why someone has made a mistake or behaved badly	His mother was always making excuses for her son's behaviour.
10	109	1	make money	n	'mʌni	if you make money, you make a profit or earn money	They made several hundred pounds from the sale of their old furniture.
10	109	1	make the most of a situation	v phrase	,meɪk ðə 'məʊst əv	if you make the most of something, you get as much advantage as you can from a situation while you are able to	We've only got one day in Paris, so we'd better make the most of it.
10	109	1	make trouble	n	'trʌbəl	if you make trouble, you cause problems or difficulties	He was always making trouble for the teacher.
10	110	3	frog	n	fɹɒg	a small green animal that lives near water and has long legs for jumping	One of her favourite songs is about a frog.
10	109	4	bounced	v	bəʊns	if a ball or other object bounces, or you bounce it, it immediately moves up or away from a surface after hitting it	The ball bounced off the post and into the goal.
10	109	4	doorframe	n	'dɔ:freɪm	the frame that supports a door	One actor described the time that her dress got caught on the doorframe just as she was going on stage.
10	109	4	horrified	adj	'hɒrəfaɪd	feeling very shocked and upset or afraid	Henry was horrified by what had happened.
10	109	4	mattress	n	'mætrəs	the soft part of a bed that you lie on	She needs to get a new mattress because hers is rather old now.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
10	109	4	scenery	n	'si:nəri	the natural features of a particular part of a country that you can see, such as mountains, forests, deserts etc	The best part of the trip was the fantastic scenery.
10	109	4	stage hand	n	'steɪdʒhænd	someone who works on a theatre stage, getting it ready for a play or for the next part of a play	The stage hands had put down so many mattresses that they created a kind of trampoline.
10	109	4	tragic	adj	'trædʒɪk	a tragic event or situation makes you feel very sad, especially because it involves death or suffering	The parents were not to blame for the tragic death of their son.
10	109	4	heroine	n	'herəʊɪn	a woman who is the main character in a book, film, play etc	A large opera singer was playing the tragic heroine.
10	109	4	trampoline	n	'træmpəli:n	a piece of equipment that you jump up and down on as a sport. It consists of a metal frame with a piece of strong cloth stretched tightly over it.	The kids love going on the trampoline.
10	109	5	weaken	v	'wi:kən	to make someone or something less powerful or less important, or to become less powerful	Over the last two years the president's positions has weakened.
10	109	5	soften	v	'sɒfən	to become less hard or rough, or make something less hard or rough	Use moisturiser to soften your skin.
10	109	5	strengthen	v	'streŋθən	to become stronger or make something stronger	Our friendship has steadily strengthened over the years.
10	109	5	lighten	v	'laɪtən	to reduce the weight of something, or to become less heavy	We need to lighten our luggage or we'll have to pay for excess baggage.
10	110	3	fun-packed	adj	'fʌnpækt	if an experience or activity is fun-packed, it is full of very enjoyable and exciting things	The Festival is a fun-packed day with lots of singing, dancing and eating!
10	110	3	harvest	n	'hɑ:vəst	the time when crops are gathered from the fields, or the act of gathering them	It rained for the potato harvest.
10	110	3	strawberry	n	'strɔ:bəri	a soft red juicy fruit with small seeds on its surface, or the plant that grows this fruit	Then there is a big traditional meal with different sorts of fish, new potatoes and fresh strawberries.
10	110	4	participation	n	pɑ:ˌtɪsəˈpeɪʃən	the act of taking part in an activity or event	We want more participation in the decision-making.
11	112	3	disapproving	adj	ˌdɪsəˈpru:vɪŋ	showing that you think someone or something is bad or wrong	She looked at him with a disapproving stare.
11	112	3	exploit	v	ɪkˈsplɔɪt	to treat someone unfairly by asking them to do things for you, but giving them very little in return	Homeworkers can easily be exploited by employers.
11	113	6	baggy	adj	'bægi	baggy clothes are big and do not fit tightly on your body	She was wearing jeans and a baggy T-shirt.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
11	113	6	flowery	adj	'flaʊəri	decorated with a pattern of flowers	She bought a new dress with a flowery pattern.
11	113	6	striped	adj	straɪpt	having lines or bands of colour	He liked the blue and white striped shirt.
11	113	6	cotton	n	'kɒtn	cloth or thread made from the white hair of the cotton plant	This shirt is made from 100% cotton.
11	113	6	spotted	adj	'spɒtəd	having small round marks of a different colour on the surface	She looked good in the red and white spotted blouse.
11	113	6	loose	adj	lu:s	loose clothes are big and do not fit your body tightly	He like wearing a loose sweatshirt and baggy tracksuit trousers when he got back from work.
11	113	6	tight	adj	taɪt	tight clothes fit your body very closely, especially in a way that is uncomfortable	My shoes were so tight that I could hardly walk.
11	113	6	plain	adj	pleɪn	without anything added or without decoration	The uniform consisted of a plain white blouse and black skirt.
11	113	6	silk	adj	sɪlk	a thin smooth soft cloth made from very thin thread which is produced by a silkworm	It was a beautiful red dress in raw silk.
11	113	6	short-sleeved	adj	'shɔ:t sli:vəd	a short-sleeved jacket or shirt is one where the sleeves don't cover all of the arm	In the summer, the policemen can wear short-sleeved shirts.
11	113	8	trendy	adj	'trendi	influenced by the most fashionable styles and ideas	She works in a trendy restaurant.
11	113	8	unfashionable	adj	ʌn'fæʃənəbəl	not popular or fashionable at the present time	She didn't want to look unfashionable.
11	113	8	label	n	'leɪbəl	the small piece of cloth attached to a piece of clothing which has the name of the designer or maker	Fancy designer labels tend to come with fancy price tags to match.
11	114	3	lead	n	led	a soft heavy grey metal that melts easily and is poisonous, used to cover roofs, or in the past, for water pipes. It is a chemical element: symbol Pb	They used to put lead in the white makeup of the Elizabethan era.
11	115	5	cruelty	n	'kru:əlti	behaviour or actions that deliberately cause pain to people or animals	The children had suffered cruelty and neglect.
11	115	5	cruel	adj	'kyu:əl	making someone suffer or feel unhappy	Sometimes life seems unbearably cruel.
11	116	1	roller coaster	n	'rəʊlə ,kəʊstə	a track with very steep slopes and curves, which people ride on in small carriages at fairs and amusement parks	The children loved going on the roller coaster.
11	116	2	element	n	'eləmənt	an amount, usually small, of a quality or feeling	There is an element of truth in your argument.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
11	116	2	shake	v	ʃeɪk	if someone shakes, or part of their body shakes, they make small sudden movements from side to side or up and down, especially because they are very frightened, cold or ill etc	Before I go on the roller coaster I shake like a leaf.
11	116	2	enthusiast	n	ɪnˈθjuːziæst	someone who is very interested in a particular activity or subject	My sister is a keep-fit enthusiast.
11	116	2	gravity	n	ˈgrævəti	the force that causes something to fall to the ground or to be attracted to another planet	The first 'switchback' (up and down) gravity railway was built in 1827.
11	116	2	inverted	adj	ɪnˈvɜːtəd	to put something in the opposite position to the one it was in before, especially by turning it upside down	Nemesis was Europe's first inverted roller coaster.
11	116	2	previously	adv	ˈpriːviəsli	before now or before a particular time	Almost half the group had previously been heavy smokers.
11	116	2	slide	n	slaɪd	a large structure with steps leading to the top of a long sloping surface that children can slide down	The children were playing on the slide in the park.
11	116	2	special effect	n	ˌspeʃəl ɪˈfekts	an unusual image or sound that has been produced artificially to be used in a film or television programme	John Wardley was once a designer of special effects for James Bond films.
11	116	2	switchback	n	ˈswɪtʃbæk	a road that goes up and down steep slopes and around sharp bends	The first 'switchback' gravity railway was built in 1827.
11	116	2	thrill	n	θrɪl	a sudden strong feeling of excitement and pleasure, or the thing that makes you feel this	Winning first place must have been quite a thrill.
11	116	2	thrill-seeking	adj	ˈθrɪlsɪːkɪŋ	doing things that are dangerous because you like the feeling of excitement it gives you	In the afternoons, thrill-seeking passengers paid 50 cents a ride.
11	116	2	ultimate	adj	ˈʌltəmət	better, bigger, worse etc than all other things or people of the same kind	The Rolling Stones are the ultimate rock and roll band.
11	116	2	vertical	adj	ˈvɜːtɪkəl	pointing up in a line that forms an angle of 90° with a flat surface	These included both Nemesis and Oblivion which is the first vertical drop roller coaster.
11	117	2	applause	n	əˈplɔːz	the sound of many people hitting their hands together and shouting to show that they have enjoyed something	She got a round of applause when she finished.
11	117	2	bar	n	bɑː	a length of metal or wood put across a door, window etc to keep it shut or to prevent people going in or out	There was a bar across the door of the old house.
11	117	2	fierce	adj	fɪəs	fierce cold, heat, or weather is much colder, hotter etc than usual.	There was a fierce wind blowing that day.
11	117	2	haunted	adj	ˈhəʊntəd	a haunted building is believed to be visited regularly by the soul of a dead person	Many people believed that the forest was haunted.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
11	117	2	setting	n	'setɪŋ	the place where something is or where something happens, and the general environment	Our holiday cottage is in a beautiful setting.
11	117	2	tunnel	n	'tʌnl	a passage that has been dug under the ground for cars, trains etc to go through	The Channel Tunnel was built beneath the English Channel to link France and England.
11	117	3	operator	n	'ɒpəreɪtə	someone who operates a machine or piece of equipment	At the back, two ride operators press the 'on buttons' and our car begins to slide slowly up a hill.
11	117	3	ride	n	raɪd	a large machine that people ride on for fun at a fair or theme park	We went on loads of rides.
11	117	3	shrieking	v	ʃri:k	to make a very high loud sound, especially because you are afraid, angry or excited, or in pain	They were dragged from their homes, shrieking and crying.
11	117	3	spin	v	spɪn	to turn around and around very quickly, or to make something do this	The plane's propellers were spinning.
11	117	3	supernatural	adj	,su:pə'nætʃərəl	impossible to explain by natural causes, and therefore seeming to involve the powers of god or magic	Her mother is an amateur supernatural investigator.
11	117	3	whisper	v	'wɪspə	to speak or say something very quietly, using your breath rather than your voice	You don't have to whisper. No one can hear us.
11	117	3	screaming	v	skri:m	to make a loud high noise with your voice because you are hurt, frightened excited etc	After the first few shots, people started screaming.
11	118	2	low	adj	ləʊ	a light that is low is not bright	Use low lighting to give the room a romantic atmosphere.
11	119	3	at random	adj	'rɒndəm	without any definite plan, aim or pattern	The gang picked their victims at random.
12	122	4	evidence	n	'evədəns	facts or signs that show clearly that something exists or is true	At present we have no evidence of life on other planets.
12	122	4	revise	v	rɪ'vaɪz	to change something because of new information or ideas	The college has revised its plans because of local objections.
12	122	4	thinking	n	'θɪŋkɪŋ	your opinion or ideas about something or your attitude towards it	The Administration's thinking changed as the war progressed.
12	123	4	inspiring	adj	ɪn'spaɪərɪŋ	giving people the feeling of excitement and a desire to do something great	King was a great orator and an inspiring leader.
12	123	4	out of place	n	pleɪs	if you feel out of place, you feel uncomfortable and as if you do not belong there	A lot of girls are put off a career in science because they feel uncomfortable and out of place.
12	123	4	put off	phrasal v	'pʊt ɒf	if you are put off something, you are made to dislike something or not want to do it	Don't let your failures put you off trying harder.
12	123	4	cute	adj	kju:t	very pretty or attractive	The baby's so cute.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
12	123	4	delightful	adj	dɪˈlaɪtʃəl	very pleasant	The whole house is delightful.
12	123	4	code	n	kəʊd	a system of words, letters, or symbols that you use instead of ordinary writing, so that the information can only be understood by someone else who knows the system	They didn't realise that we'd broken their secret code.
12	123	4	open mind	adj	ˈəʊpən maɪnd	if you have an open mind, you deliberately do not make a decision or form a definite opinion about something	It's important to keep an open mind as you study the topic.
12	123	4	animal rights	n	ˌænəməl ˈraɪts	the idea that people should treat animals well, and especially not use them in tests to develop medicines or other products	Bill has been involved in the animal rights movement for years.
12	123	4	anthropologist	n	ˌænθrəˈpɒlədʒəst	the scientific study of people, their societies, cultures etc	Jane Goodall was given the opportunity to work for anthropologist Louis Leakey in Africa.
12	123	4	ape	n	eɪp	an animal that is similar to a monkey but has no tail or only a very short tail	She has dedicated her life to the protection of wild apes.
12	123	4	botanist	n	ˈbɒtənəst	someone whose job is to make scientific studies of wild plants	Her early ambition was to be a botanist.
12	123	4	chimpanzee	n	ˌtʃɪmpænˈziː	an intelligent African animal that is like a large monkey without a tail	An important part of Jane's work was studying chimpanzees.
12	123	4	conscience	n	ˈkɒnʃəns	the part of your mind that tells you whether what you are doing is morally right or wrong	It was his guilty conscience that made him offer to help.
12	123	4	dedicated	v	ˈdedəkeɪt	to give all your attention and effort to one particular thing	The actress now dedicates herself to children's charity work.
12	123	4	double helix	n	ˌdʌbəl ˈhiːlɪks	a shape consisting of two parallel spirals that twist around the same centre, found especially in the structure of DNA	It was her first X-ray images that led to the discovery of the double helix structure.
12	123	4	structure	n	ˈstrʌktʃə	the way in which the parts of something are connected with each other and form a whole, or the thing that these parts make up	A new management structure has been introduced.
12	123	4	DNA	n	ˌdiː en ˈeɪ	(deoxyribonucleic acid) a substance that carries genetic information in the cells of the body	A DNA test showed that he was not the baby's father.
12	123	4	ambition	n	æmˈbɪʃən	a strong desire to achieve something	She had always had an ambition to be a pilot.
12	123	4	establishment	n	ɪˈstæblɪʃmənt	the act of starting an organisation, relationship, or system	This led to the establishment of the Manhattan Project.
12	123	4	fierce	adj	fɪəs	a fierce person or animal is angry or ready to attack, and looks very frightening	She turned round, looking very fierce.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
12	123	4	gained	v	geɪn	to obtain or achieve something	He gained a reputation for being very fair-minded.
12	123	4	reputation	n	ˌrepjəˈteɪʃən	the opinion that people have about someone or something because of what has happened in the past	Judge Kelso has a reputation for being strict but fair.
12	123	4	habitat	n	ˈhæbətæt	the natural home of a plant or animal	The grassland is an important habitat for many wild flowers.
12	123	4	initially	adv	ɪˈnɪʃəli	at the beginning	Stan initially wanted to go to medical school.
12	123	4	lead	v	liːd	if you lead a particular kind of life, that is what your life is like	If the operation succeeds, Carly will be able to lead a normal life.
12	123	4	nuclear fission	n	ˌnjuːkliəˈfɪʃən	the splitting of the nucleus of an atom which results in a lot of power being produced	She went on to do exciting work on nuclear fission.
12	123	4	physicist	n	ˈfɪzəsəst	a scientist who has special knowledge and training in physics	She worked with physicist Otto Hahn in Berlin.
12	123	4	uranium	n	dʒəˈremɪəm	a heavy white metal that is radioactive and is used to produce nuclear power and nuclear weapons. It is a chemical element: symbol U	She managed to split the uranium atom.
12	123	4	atom	n	ˈætəm	the smallest part of an element that can exist alone or can combine with other substances to form a molecule	Unfortunately splitting the atom led to the development of the atom bomb.
12	123	4	supporter	n	səˈpɔːtə	someone who supports a particular person, group or plan	Jane became a passionate supporter of animal rights.
12	123	4	tiny	adj	ˈtɪni	extremely small	She worked in a tiny room.
12	123	4	cupboard	n	ˈkʌbəd	a piece of furniture with doors, and sometimes shelves, used for storing clothes, plates, food etc	The cupboard doors were open.
12	123	4	tool	n	tuːl	something that you hold in your hand and use to do a particular job	I don't have the right tools to start fiddling around with the engine.
12	123	4	turned down	phrasal v	ˈtɜːn daʊn	to refuse an offer, request, or invitation	They offered her the job but she turned it down.
12	123	4	went on to	phrasal v	ˈgəʊ ɒn	to do something after you have finished doing something else	She went on to become a successful surgeon.
12	123	4	widely	adv	ˈwaɪdli	by a lot of people or in a lot of places	The view is not widely held.
12	123	4	admired	v	ədˈmaɪəd	to respect and like someone because they have done something that you think is good	His work is admired by many of his peers.
12	123	4	witch	n	wɪtʃ	a woman who is supposed to have magic powers	One colleague used to call her 'Rosy the witch!'

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
12	123	4	x-ray	n	eks'rei	a beam of radiation that can go through solid objects and is used for photographing the inside of the body	She fell over and had to have an x-ray of her leg to see if it was broken.
12	123	4	contribution	n	ˌkɒntrɪ'bjuːʃən	something that you give or do in order to help something be successful	Einstein was awarded the Nobel Prize for his contribution to Quantum Theory.
12	123	4	recognised	v	'rekəɡnaɪz	if something is fully recognised by people, they realise that it is important or very good	Alexander tried to get his work fully recognised by the medical profession.
12	123	4	proposed	adj	pre'pəʊzd	a proposed change, plan, development etc is one that has been formally suggested to an official person or group	The document supplies details of the proposed changes.
12	123	4	sequence	n	'si:kwəns	the order that something happens or exists in, or the order it is supposed to happen or exist in	Be careful to perform the actions in the correct sequence.
12	123	4	took the credit	n	'kredɪt	approval or praise that you give someone for something they have done	John took the credit for the idea.
12	124	2	engineer	n	ˌendʒə'niə	someone whose job is to design or build roads, bridges, machines etc	He trained as a civil engineer.
12	124	2	microwave signal	n	'maɪkrəweɪv	a very short electric wave that is used in cooking food and sending messages by radio and in radar	He was studying microwave signals used in radar.
12	124	2	signal	n	'sɪɡnəl	a series of light waves, sound waves etc that carry an image, sound or message, for example in radio or television	This new pay-TV channel sends signals via satellite to cable companies.
12	124	2	popcorn	n	'pɒpkɔːn	a kind of corn that swells and bursts open when heated, and is usually eaten warm with salt or sugar as a snack	He did lots more tests on eggs and popcorn etc.
12	124	2	radar	n	'reɪdɑː	a piece of equipment that uses radio waves to find the position of things and watch their movement	The coastline can now be monitored by radar.
12	124	4	melted	v	melt	if something solid melts or if heats melts it, it becomes liquid	It is warmer now, and the snow is beginning to melt.
12	125	9	came across	phrasal v	'kʌm ə,kɾɒs	to meet, find, or discover someone or something by chance	I came across an old diary in her desk.
12	125	9	coal	n	kəʊl	a hard black mineral which is dug out of the ground and burnt to produce heat	The country has very little coal mining now.
12	125	9	come up	phrasal v	'kʌm ʌp	if a problem or difficulty comes up, it appears or starts to affect you	The same problems come up every time.
12	125	9	fallen through	phrasal v	'fɔːl θruː	if an agreement, plan, sale etc falls through, it is not completed successfully	The studio planned to make a movie of the book but the deal fell through.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
12	125	9	giving away	phrasal v	'gɪv ə,wei	to tell someone something that you should keep secret	He gave away as little information as possible.
12	125	9	going on about	phrasal v	'gəʊ ɒn ə,baʊt	to talk too much, often in a critical way	I got tired of him going on about all his problems.
12	125	9	keeping up with	phrasal v	'ki:p ʌp	if a situation keeps up, it continues without stopping or changing	How long can the economic boom keep up?
12	125	9	looking into	phrasal v	'lʊk ,ɪntu:	to try to find out the truth about a problem, crime etc in order to solve it	Police are looking into the disappearance of two children.
12	125	9	methane	n	'mi:θeɪn	a gas that you cannot see or smell, which can be burned to give heat	Methane is one of the principal gases contributing to the greenhouse effect.
12	125	9	potentially	adv	pə'tenʃəli	something that is potentially dangerous is not dangerous now, but may become so in the future	This is a potentially dangerous situation.
12	125	9	require	v	rɪ'kwaɪə	to need something	What's required is a complete reorganisation of the system.
12	125	9	rotting	v	rɒt	to decay by a gradual natural process, or to make something do this	There was a pile of rotting vegetables outside the door.
12	125	9	trap	v	træp	to prevent something such as gas or water from getting away	Solar panels trap the sun's heat.
12	126	1	formula	n	'fɔ:mjələ	a series of number or letters that represent a mathematical or scientific rule	What's the formula for calculating distance?
12	126	3	participate	v	pɑ:'tɪsəpeɪt	to take part in an activity or event	Some members refused to participate.
12	126	3	tip	n	tɪp	a helpful piece of advice	This week's magazine has some tips on healthy eating.
12	125	9	research	n	rɪ'sɜ:tʃ	serious study of a subject, in order to discover new facts or test new ideas	A lot of research has been done into the causes of cancer.
12	126	3	experience	n	ɪk'spiəriəns	knowledge or skill that you gain from doing a job or activity, or the process of doing this	You've got a lot of experience of lecturing.
12	127	4	come up with	phrasal v	'kʌm ʌp wɪð	to think of an idea, answer etc	They've come up with a great idea to solve the problem.
12	127	4	conduct	v	kən'dʌkt	to carry out a particular activity or process, especially in order to get information or prove facts	Scientists have conducted many experiments.
12	127	4	record	v	rɪ'kɔ:d	to write information down or store it in a computer on film so that it can be looked at in the future	Her husband made her record every penny she spent.
12	127	5	biology	n	baɪ'ɒlədʒi	the scientific study of living things	She got a degree in biology.

Gold Pre-First Wordlist

Unit	Page	Act.	Word or phrase	Part of Speech	Pron	Definition	Example sentence
12	127	5	chemistry	n	'keməstri	the science that is concerned with studying the structure of substances and the way that they change or combine with each other	His favourite subject is chemistry.
12	127	5	ecology	n	ɪ'kɒlədʒi	the way in which plants, animals, and people are related to each other and to their environment, or the scientific study of this information about something that is written down or stored on computer, film etc so that it can be looked at in the future	He studied ecology at university.
12	127	5	keep records	n phrase	ki:p 'rekɔ:dz	the scientific study of weather conditions	I try to keep a record of everything I spend.
12	127	5	meteorology	n	,mi:tiərɒlədʒi	the science concerned with the study of physical objects and substances and of natural forces such as light, heat, and movement	Meteorology is a fascinating subject to study.
12	127	5	physics	n	'fɪzɪks	an important social or religious event, when a traditional set of actions is performed in a formal way	Did you study physics at school?
12	128	2	ceremony	n	'serəməni	a slow-moving land animal that can pull its head and legs into the hard round shell that covers its body	I enjoyed the opening ceremony of the Olympic Games.
12	128	2	tortoise	n	'tɔ:təs	a green strong-tasting Japanese food, which is added to sushi and other foods in small amounts	She used to have a pet tortoise.
12	128	2	wasabi	n	wə'sa:bi	to open your mouth wide and breathe in deeply because you are tired or bored	Personally I don't like wasabi.
12	128	2	yawn	v	jɔ:n	an advantage, improvement, or help that you get from something	Alan stretched and yawned.
12	130	1	benefit	n	'benəfit	a plant such as wheat, rice, or fruit that is grown by farmers and used as food	I've never had the benefit of a university education.
12	130	1	crop	n	krɒp	causing a lot of disagreement, because many people have strong opinions about the subject being discussed	These crops are grown for export.
12	130	3	controversial	adj	,kɒntrə'vɜ:ʃəl		He is a controversial figure in the art world.