

EMPOWER

Unit	Page	ENGLISH	PoS	Definition	Pronunciation (UK)	Example	GERMAN
1	154	ambitious	adjective	wanting to be successful or powerful	æm'biʃəs	<i>Sheila's one of those ambitious people who's got lots of plans.</i>	ehrgeizig
1	154	arrogant	adjective	believing that you are better or more important than other people	'ærəɡənt	<i>Shiela's so arrogant about her work.</i>	arrogant
1	10	determined	adjective	wanting to do something very much, and not letting anyone stop you	dɪ'tɜ:mɪnd	<i>She was really determined, but in a quiet way.</i>	entschlossen
1	12	give sth up	verb	to stop doing something before you have completed it, usually because it is too difficult	ɡɪv 'ʌp	<i>Often if we try something new, we give up after about a week or two because our brain hasn't adapted.</i>	etw. aufgeben
1	12	have a go at	phrase	to do something to see if you like it or if you can do it	hæv ə 'ɡəʊ ət	<i>You can take time out and have a go at something you've always wanted to do.</i>	etw. versuchen
1	10	inspiring	adjective	giving you new ideas and making you feel you want to do something	ɪn'spaɪərɪŋ	<i>She is an inspiring woman.</i>	inspirierend
1	12	keep it up	phrase	to continue without stopping or changing	ki:p ɪt 'ʌp	<i>Maybe you wouldn't want to keep the exercise regime up for your whole life, but it might be fun to do it just for 30 days.</i>	etw. weitermachen
1	12	keep to sth	verb	to do what you have promised or planned to do	'ki:p tu:	<i>If you manage to do something new for a month, you'll probably keep to it.</i>	bei etw. bleiben
1	154	loyal	adjective	always liking and supporting someone or something, sometimes when other people do not	'ləʊəl	<i>Fred's been a very loyal member of our staff,</i>	loyal
1	12	make an effort	phrase	to try very hard to achieve something	meɪk ən 'efət	<i>Obviously to do something like learning the violin you need to make an effort.</i>	sich bemühen
1	12	manage	verb	to do something or deal with something successfully	'mænɪdʒ	<i>If you manage to do something new for a month, you'll probably keep to it.</i>	etw. schaffen
1	10	motivated	adjective	enthusiastic about doing something	'məʊtɪ'veɪtɪd	<i>Well, you've always been motivated, that's for sure.</i>	motiviert
1	154	naive	adjective	If someone is naive, they believe things too easily and do not have enough experience of the world.	naɪ'ɪ:v	<i>If Shiela thinks she's going to become team leader this quickly, she's really naive!</i>	naiv
1	154	optimistic	adjective	always believing that good things will happen	ˌɒptɪ'mɪstɪk	<i>Fred's always optimistic, even when he comes across problems in his work.</i>	optimistisch
1	154	passionate	adjective	showing a strong belief in something or a strong feeling about a subject	'pæʃənət	<i>Fred's passionate about alternative energies.</i>	begeistert
1	10	respected	adjective	admired by people because of your knowledge, achievements, etc	rɪ'spektɪd	<i>She's a respected physicist.</i>	angesehen

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1	154	self-confident	<i>adjective</i>	feeling sure about yourself and your abilities	ˌself ˈkɒnfɪdənt	<i>Fred's self-confident, so he is never afraid to work independently.</i>	selbstsicher
1	154	sensitive	<i>adjective</i>	easily upset by the things people say or do	ˈsensɪtɪv	<i>Shiela's incredibly sensitive to criticism.</i>	empfindlich
1	10	stubborn	<i>adjective</i>	determined not to change your ideas, plans, etc, although other people want you to	ˈstʌbən	<i>You've always been motivated, that's for sure. And stubborn.</i>	hartnäckig
1	12	successfully	<i>adverb</i>	in a way that achieves what you want to achieve	sək ˈsesfəli	<i>They're all about half-way through the course and they've done it successfully so far.</i>	erfolgreich
1	12	try sth out	<i>verb</i>	to use something or do something to discover if you like it	traɪ ˈaʊt	<i>The idea is that you try out something new.</i>	etw. versuchen
1	12	work out	<i>verb</i>	to happen or develop successfully	wɜ:k ˈaʊt	<i>If you're successful it's great but if it doesn't work out it doesn't matter too much.</i>	gelingen
2	25	at risk	<i>phrase</i>	in a situation where something bad is likely to happen	ət ˈrɪsk	<i>In the UK, large blue butterflies are at risk and are protected.</i>	gefährdet
2	25	attack	<i>verb</i>	to use violence to hurt or damage someone or something	ə ˈtæk	<i>The tiger attacked and killed Markov.</i>	angreifen
2	25	boot	<i>noun</i>	a strong shoe that covers your foot and part of your leg	bʊt	<i>The tiger dragged Markov into the forest and ate him, leaving only his boots.</i>	Stiefel
2	20	can't get over sth	<i>phrase</i>	to be very shocked or surprised about something	kɑːnt get ˈəʊvə	<i>I couldn't get over just how strong these animals are.</i>	etw. nicht fassen können
2	25	creature	<i>noun</i>	anything that lives but is not a plant	ˈkri:tʃə	<i>Imagine a creature that's as active as a cat and has the weight of an industrial refrigerator.</i>	Geschöpf
2	25	endangered	<i>adj</i>	Endangered plants and animals may soon not exist because there are very few now alive.	ɪn ˈdeɪndʒəd	<i>In North America, red wolves are considered an endangered species.</i>	stark gefährdet
2	25	environment	<i>noun</i>	the air, land and water where people, animals and plants live	ɪn ˈvaɪrənmənt	<i>Humans and tigers hunt the same animals and share the same environment.</i>	Umfeld
2	25	extinct	<i>adjective</i>	If a type of animal is extinct, it does not now exist.	ɪk ˈstɪŋkt	<i>The New Zealand moa bird has been extinct for about six hundred years.</i>	ausgestorben
2	25	forest	<i>noun</i>	a large area of trees growing closely together	ˈfɒrɪst	<i>While Markov was away hunting, the tiger found its way to his hut in the forest.</i>	Wald
2	155	get a bit carried away	<i>phrase</i>	to be so excited about something that you do not control what you say or do	get ə bɪt ˌkæɪd ə ˈweɪ	<i>We all got a bit carried away and decided a direct approach would be the best one.</i>	es etw. weit treiben
2	155	get sth across to sb	<i>verb</i>	to successfully communicate information to other people	get ə ˈkrɒs tuː	<i>I can't get across to my son the importance of doing well at school.</i>	jdm. etw. klar-machen
2	20	get away	<i>verb</i>	to go somewhere, especially for a holiday	get ə ˈweɪ	<i>I can't wait to get away.</i>	Ferien machen
2	155	get sb down	<i>verb</i>	to make someone feel unhappy	get ˈdaʊn	<i>My son just won't listen and it's getting me down.</i>	jdn. fertig-machen
2	20	get hold of sth	<i>phrase</i>	to start holding something or someone	get ˈhəʊld əv	<i>The boat was sinking, but we all managed to get hold of a life-jacket.</i>	etw. ergattern
2	20	get into trouble	<i>phrase</i>	to be in a difficult or dangerous situation	get ɪntə ˈtrʌbl	<i>Actually, I got into a bit of trouble once.</i>	in Schwierigkeiten geraten

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2	155	get involved	<i>phrase</i>	to do things and be part of an activity or event	get ɪn'vɒlvd	<i>Now the club is much more interesting and lots of new people have got involved.</i>	sich an etw. beteiligen
2	155	get on sb's nerves	<i>phrase</i>	to annoy someone a lot	get ɒn səmwʌn 'nɜːvz	<i>My son's really getting on my nerves at the moment.</i>	jdm. auf die Nerven gehen
2	20	get over sth	<i>verb</i>	to begin to feel better after being unhappy or ill	get 'əʊvə	<i>They were exhausted and hungry, but after some food and sleep they soon got over the experience.</i>	sich von etw. erholen
2	155	get rid of sb	<i>phrase</i>	to make someone leave	get 'rɪd əv	<i>We tried to work out a way to get rid of the man running the club.</i>	jdn. loswerden
2	20	get sb's attention	<i>phrase</i>	to make someone notice you	get səmwʌnz ə'tenʃən	<i>She ran out on the road to get the policeman's attention.</i>	jds. Aufmerksamkeit gewinnen
2	155	get straight to the point	<i>phrase</i>	to say what you want to say without talking about anything else first	get ,streɪt tə ðə 'pɔɪnt	<i>Look, I'll get straight to the point. I think the social club's getting a bit boring and we need some fresh ideas.</i>	direkt zur Sache kommen
2	20	get swept away	<i>phrase</i>	to be carried out to sea by a wave	get ,swept ə'wei	<i>The boat got swept away by the wave.</i>	weggeschwemmt werden
2	20	get the feeling	<i>phrase</i>	to think that something may be true	get ðə 'fiːlɪŋ	<i>I got the feeling I was being pulled out to sea.</i>	das Gefühl bekommen
2	155	get through sth	<i>verb</i>	to deal with a difficult experience successfully	get 'θruː	<i>My son got through his exams very easily last year without studying.</i>	etw. durchstehen
2	20	get to do sth	<i>verb</i>	to have an opportunity to do something	'get tə	<i>I've always wanted to learn how to surf and I'll finally get to do it.</i>	die Gelegenheit haben, etw. zu tun
2	25	habitat	<i>noun</i>	the natural environment of an animal or plant	'hæbɪtæt	<i>It's possible to find many Chinese alligators in zoos and research centres, but there are fewer living in their natural habitat.</i>	Lebensraum
2	25	hunt	<i>verb</i>	to chase and kill wild animals	hʌnt	<i>While Markov was away hunting, the tiger found its way to his hut in the forest and broke in through the door.</i>	jagen
2	25	hut	<i>noun</i>	a small, simple building, often made of wood	hʌt	<i>While Markov was away hunting, the tiger found its way to his hut in the forest and broke in through the door.</i>	Hütte
2	25	kill	<i>verb</i>	to cause someone or something to die	kɪl	<i>The tiger attacked and killed Markov.</i>	töten
2	25	mattress	<i>noun</i>	the soft, comfortable part of a bed that you lie on	'mætrəs	<i>The tiger took Markov's mattress outside.</i>	Matratze
2	25	natural	<i>adjective</i>	Something that is natural exists or happens because of nature, not because it was made or done by people.	'nætʃərəl	<i>It's possible to find many Chinese alligators in zoos and research centres, but there are fewer living in their natural habitat.</i>	natürlich
2	20	not get anywhere	<i>phrase</i>	to not make any progress	nɒt get 'eniweə	<i>They felt like they weren't getting anywhere.</i>	nicht weiterkommen
2	25	protected	<i>adjective</i>	Protected plants and animals are kept safe by laws.	prə'tektɪd	<i>In the UK, large blue butterflies are at risk and are protected.</i>	geschützt

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2	25	rare	<i>adjective</i>	very unusual	reə	<i>In Australia, just over 20 per cent of the native plants are considered rare and need to be conserved.</i>	selten
2	25	shoot	<i>verb</i>	to injure or kill a person or animal by firing a bullet from a gun at them	ʃu:t	<i>The hunter shot the tiger and wounded it.</i>	auf jdn./etw. schiessen
2	25	species	<i>noun</i>	a group of plants or animals which share similar characteristics	ˈspi:ʃi:z	<i>In North America, red wolves are considered an endangered species.</i>	Art
2	25	tiger	<i>noun</i>	a large wild cat that has yellow fur with black lines on it	ˈtaɪgə	<i>The hunter shot the tiger and wounded it.</i>	Tiger
2	25	wound	<i>verb</i>	to injure someone, especially with a knife or gun	wu:nd	<i>The hunter shot the tiger and wounded it.</i>	verwunden
3	33	ability	<i>noun</i>	the physical or mental skill or qualities that you need to do something	əˈbɪlɪti	<i>She definitely has the ability to become a brilliant actor.</i>	Fähigkeit
3	33	able	<i>adjective</i>	clever or good at doing something	ˈeɪbəl	<i>She's a very able student.</i>	fähig
3	35	athlete	<i>noun</i>	someone who is very good at a sport and who competes with others in organised events	ˈæθli:t	<i>Most of Kenya's best athletes are from the Kalenjin tribe.</i>	Athlet
3	156	athletic	<i>adjective</i>	relating to athletes or to the sport of athletics	æθˈletɪk	<i>His teacher noticed his athletic skills.</i>	athletisch
3	156	athletics	<i>noun</i>	the sports which include running, jumping, and throwing	æθˈletɪks	<i>I know you like athletics, but do you ever take part in competitions?</i>	Leichtathletik
3	156	award	<i>verb</i>	to officially give someone something such as a prize or an amount of money	əˈwɔ:d	<i>Referee Eno Koskinen gave Rodriguez a red card and awarded a penalty kick to Chelsea.</i>	geben
3	33	brilliance	<i>noun</i>	great skill or intelligence	ˈbrɪljəns	<i>We admired his brilliance at art.</i>	Bravour
3	33	brilliant	<i>adjective</i>	very good	ˈbrɪljənt	<i>Without a doubt, there are people who are brilliant at certain things.</i>	ausgezeichnet
3	36	champion	<i>noun</i>	a person, animal, or team that wins a competition	ˈtʃæmpɪən	<i>He was a champion cross-country skier.</i>	Champion
3	156	championship	<i>noun</i>	a competition to find the best team or player in a particular game or sport	ˈtʃæmpɪənʃɪp	<i>After only eight months of training, Thomas won the world championships.</i>	Meisterschaft
3	156	cheer	<i>verb</i>	to shout loudly in order to show your approval or to encourage someone	tʃiə	<i>The spectators cheered Rodriguez as he left the pitch.</i>	bejubeln
3	156	compete	<i>verb</i>	to take part in a race or competition	kəmˈpi:t	<i>Sportspeople don't always get paid a lot to compete.</i>	konkurrenzieren
3	156	competition	<i>noun</i>	an organised event in which people try to win a prize by being the best, fastest, etc	ˌkɒmpəˈtɪʃən	<i>There are six runners in the competition.</i>	Wettbewerb
3	156	competitive	<i>adjective</i>	involving competition	kəmˈpetɪtɪv	<i>Sports like handball are very competitive.</i>	kompetitiv
3	36	competitor	<i>noun</i>	a person, team, or company that is competing with others	kəmˈpetɪtə	<i>"He beat his closest competitor by forty seconds."</i>	Gegner
3	33	exceptional	<i>adjective</i>	extremely good	ɪkˈsepʃənəl	<i>Those who became exceptional musicians practised about two thousand hours more than those who only did well.</i>	außergewöhnlich
3	156	lead	<i>verb</i>	to be winning a game	li:d	<i>During that race, he led from the start.</i>	führen

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3	33	outstanding	<i>adjective</i>	excellent and much better than most	ˌaʊtˈstændɪŋ	<i>When you look at all the people who are outstanding at what they do, all you see is natural ability.</i>	hervorragend
3	35	perform	<i>verb</i>	to do a job or a piece of work	pəˈfɔ:m	<i>Mäntyranta had about 65% more red blood cells than the normal adult male and that's why he performed so well.</i>	Leistung bringen
3	156	performance	<i>noun</i>	how successful someone or something is	pəˈfɔ:məns	<i>She gave her best ever performance at the Olympic Games.</i>	Leistung
3	156	performer	<i>noun</i>	someone who entertains people	pəˈfɔ:mə	<i>The best performers all train really hard.</i>	Künstler
3	156	pitch	<i>noun</i>	an area of ground where a sport is played	pɪtʃ	<i>The spectators cheered Rodriguez as he left the pitch.</i>	Spielfeld
3	33	potential	<i>noun</i>	qualities or abilities that may develop and allow someone or something to succeed	pəˈtenʃəl	<i>He has lots of potential to succeed in his career.</i>	Potenzial
3	156	profession	<i>noun</i>	a type of work that needs special training or education	prəˈfeʃən	<i>For most people, sport is a hobby, not a profession.</i>	Beruf
3	35	professional	<i>adjective</i>	Someone is professional if they earn money for a sport or activity which most people do as a hobby.	prəˈfeʃənəl	<i>Professional baseball players often have remarkable eyesight.</i>	professionell
3	156	referee	<i>noun</i>	someone who makes sure that players follow the rules during a sports game	ˌrefəˈri:	<i>Referee Eno Koskinen gave Rodriguez a red card and awarded a penalty kick to Chelsea.</i>	Referee
3	156	represent	<i>verb</i>	to be the person from a country, school, etc that is in a competition	ˌreprɪˈzent	<i>Jack Taylor will once again represent Australia at next year's Olympics.</i>	repräsentieren
3	33	skilled	<i>adjective</i>	having the abilities needed to do an activity or job well	skɪld	<i>It takes a lot of practice to become really skilled.</i>	sachkundig
3	156	spectator	<i>noun</i>	someone who watches an event, sport, etc	spekˈteɪtə	<i>The spectators weren't at all happy with the decision and cheered Rodriguez as he left the pitch.</i>	Zuschauer
3	33	successful	<i>adjective</i>	having achieved a lot or made a lot of money through your work	səkˈsesfəl	<i>Michael Johnson is one of the most successful professional athletes of all time.</i>	erfolgreich
3	33	talent	<i>noun</i>	a natural ability to do something	ˈtælənt	<i>She's got a real talent for drawing.</i>	Talent
3	33	talented	<i>adjective</i>	showing natural ability in a particular area	ˈtæləntɪd	<i>He's very talented at playing the guitar.</i>	talentiert
3	156	train	<i>verb</i>	to practise a sport or exercise, often in order to prepare for a sporting event, or to help someone to do this	treɪn	<i>Louise doesn't have to train hard because she's so talented.</i>	trainieren
3	156	trainer	<i>noun</i>	someone who trains people	ˈtreɪnə	<i>My trainer made me run 10 kilometres.</i>	Trainer
3	35	training	<i>noun</i>	preparation for a sport or competition	ˈtreɪnɪŋ	<i>It was Johnson's ability to focus and his dedication to training that made him so exceptional.</i>	Training
3	156	victor	<i>noun</i>	the person who wins a fight or competition	ˈvɪktə	<i>Who will be the victor today?</i>	Sieger
3	156	victorious	<i>adjective</i>	having won a fight or competition	vɪkˈtɔ:riəs	<i>They welcomed the victorious champion home.</i>	siegreich
3	35	victory	<i>noun</i>	when you win a fight or competition	ˈvɪktəri	<i>Thomas achieved a great victory.</i>	Sieg
3	156	world record	<i>noun</i>	the best achievement in the world in a particular activity, especially a sport	ˌwɜ:ld ˈrekɔ:d	<i>Taylor already holds the world record for the 400m.</i>	Weltrekord

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4	46	affect	verb	to influence someone or something, or cause them to change	ə'fekt	<i>Getting richer doesn't actually affect how happy you are.</i>	beeinflussen
4	48	arduous	adjective	needing a lot of effort to do	'ɑ:dʒuəs	<i>He described his time at school as 'arduous'.</i>	anstrengend
4	46	as a result of	phrase	because of	æz ə rɪ'zʌlt əv	<i>They measured how happy people are as a result of winning the lottery.</i>	als Folge von
4	157	awkward	adjective	difficult or causing problems	'ɔ:kwəd	<i>I'm in a really awkward situation.</i>	unbehaglich
4	46	cause	verb	to make something happen	kɔ:z	<i>The idea that winning a lot of money causes misery is actually a myth.</i>	verursachen
4	157	challenge	verb	to test your ability or determination	'tʃælɪndʒ	<i>Giving a presentation in front of 50 people really challenged me.</i>	herausfordern
4	157	delicate	adjective	needing to be dealt with very carefully	'delɪkət	<i>It's a very delicate subject and I'm not sure what to say exactly.</i>	heikel
4	157	demanding	adjective	needing a lot of your time, attention, or effort	dɪ'mɑ:ndɪŋ	<i>My final exams at university were really demanding.</i>	anspruchsvoll
4	46	effect	noun	a change, reaction, or result that is caused by something	ɪ'fekt	<i>Getting married has had a positive effect on him.</i>	Wirkung
4	48	gruelling	adjective	Gruelling activities are very difficult and make you very tired.	'gru:əlɪŋ	<i>Jackie Chan's training was gruelling.</i>	strapaziös
4	46	have an (positive/negative) effect on	phrase	to cause a change, reaction or result	hæv ən ɪ'fekt ɒn	<i>Suddenly having a lot of money is just as likely to have a positive effect on you as a negative effect.</i>	eine (positive/negative) Wirkung haben
4		influence	verb	to affect or change how someone or something develops, behaves, or thinks	'ɪnfluəns	<i>Does suddenly having a lot of money really influence people's behaviour?</i>	beeinflussen
4		influence	noun	the power to affect how someone thinks or behaves, or how something develops	'ɪnfluəns	<i>Winning doesn't usually have a negative influence on people.</i>	Einfluss
4	46	lead to sth	verb	to cause something to happen	'li:d tu:	<i>Of course people like to believe that winning money leads to disaster.</i>	auf etw. hinauslaufen
4	48	punishing	adjective	very difficult and making you tired	'pʌnɪʃɪŋ	<i>The training was punishing.</i>	anstrengend
4	46	result in sth	verb	to be the reason something happens	rɪ'zʌlt ɪn	<i>Spending money on experiences usually results longer-term happiness.</i>	zu etw. führen
4	48	rigorous	adjective	careful to look at or consider every part of something to make sure it is correct or safe	'rɪgərəs	<i>Those lucky enough to be selected go through rigorous training.</i>	rigoros
4	157	straightforward	adjective	easy to do or understand	,streɪt'fɔ:wəd	<i>I thought connecting my new printer to my computer would be easy but actually it's not straightforward at all.</i>	unkompliziert
4	157	stretch	verb	to make you learn new things that use your skill and experience more than you have done before	stretʃ	<i>Learning a programming language really stretched me.</i>	beanspruchen
4	48	strict	adjective	If a rule, law, etc is strict, it must be obeyed.	strikt	<i>Discipline was very strict.</i>	streng
4	157	struggle	noun	something that is very difficult to do	'strʌɡl	<i>I'm finding it a struggle to get my work done.</i>	Mühe
4	157	testing	adjective	difficult	'testɪŋ	<i>Teaching a class on my own for the first time was a very testing experience.</i>	fordernd

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4	48	tough	<i>adjective</i>	determined and strict	tʌf	<i>Teachers could be quite tough.</i>	streng
4	48	tricky	<i>adjective</i>	difficult to deal with or do	ˈtrɪki	<i>They had to resolve a tricky situation.</i>	verzwickt
5	57	adventurous	<i>adjective</i>	willing to try new and often difficult things	ədˈventʃərəs	<i>People who expect the best are generally likely to be ambitious and adventurous.</i>	abenteuerlustig
5	57	ambitious	<i>adjective</i>	wanting to be successful or powerful	æmˈbɪʃəs	<i>People who expect the best are generally likely to be ambitious and adventurous.</i>	ehrgeizig
5	60	carbon footprint	<i>noun</i>	Someone's carbon footprint is a measurement of the amount of carbon dioxide that their activities produce.	ˌkɑːbən ˈfʊtprɪnt	<i>We're going to change our energy supply to solar energy to reduce our carbon footprint.</i>	CO2-Bilanz
5	57	cautious	<i>adjective</i>	taking care to avoid risks or danger	ˈkɔːʃəs	<i>People who expect the worst are likely to be more cautious.</i>	vorsichtig
5	60	climate change	<i>noun</i>	the way the Earth's weather is changing	ˈklaɪmət ˌtʃeɪndʒ	<i>Most scientists agree that irregular weather patterns are evidence of global warming and climate change.</i>	Klimawandel
5	158	competitive	<i>adjective</i>	wanting to win or to be more successful than other people	kəmˈpetɪtɪv	<i>My sister is very competitive - she wants to be the best at everything.</i>	ehrgeizig
5	158	critical	<i>adjective</i>	saying that someone or something is bad or wrong	ˈkrɪtɪkəl	<i>Some of my family say I'm too critical and I only see the bad things in them.</i>	kritisch
5	158	disorganised	<i>adjective</i>	not good at planning or organising things	dɪˈsɔːɡənəɪzd	<i>My brother Nick is very disorganised – his desk is a mess and he can never find anything.</i>	chaotisch
5	60	ecological impact	<i>phrase</i>	the effect that something has on the environment	ˌiːkələdʒɪkəl ˈɪmpækt	<i>When the steam engine was invented, not many would have thought about the ecological impact of burning so much coal.</i>	Umwelteinfluss
5	60	environmentally friendly	<i>adjective</i>	not damaging the environment	ɪnˌvaɪərənˌ mentəli ˈfrendli	<i>Travelling by train is slower but it's far more environmentally-friendly than going by plane.</i>	umweltfreundlich
5	60	fragile environment	<i>phrase</i>	the air, land and water where people, animals and plants live and which is very easy to damage	ˌfrædʒaɪl ɪnˈvaɪərənmənt	<i>If there is an oil spill from a ship, it will damage the fragile marine environment in this bay.</i>	sensible Umwelt
5	60	global warming	<i>noun</i>	when the air around the world becomes warmer because of pollution	ˌɡləʊbəl ˈwɔːmɪŋ	<i>Most scientists agree that irregular weather patterns are evidence of global warming and climate change.</i>	Erderwärmung
5	158	irresponsible	<i>adjective</i>	not thinking about the possible bad results of what you are doing	ˌɪrɪˈspɒnsəbəl	<i>I like my other cousin, Becky, but she can be quite irresponsible.</i>	verantwortungslos
5	57	optimistic	<i>adjective</i>	always believing that good things will happen	ˌɒptɪˈmɪstɪk	<i>Most people are optimistic about their own strengths and abilities.</i>	optimistisch
5	57	realistic	<i>adjective</i>	accepting the true facts of a situation and not basing decisions on things that will not happen	ˌrɪəˈlɪstɪk	<i>We are much more optimistic than realistic and frequently imagine things will turn out better than they actually do.</i>	realistisch
5	158	reliable	<i>adjective</i>	able to be trusted or believed	rɪˈlaɪəbəl	<i>We should try to find reliable charities and make an effort to help poorer countries.</i>	zuverlässig

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5	158	responsible	<i>adjective</i>	showing good judgment and able to be trusted	ˌrɪˈspɒnsəbəl	<i>We need someone responsible for this job.</i>	verantwortungsvoll
5	60	rough weather	<i>phrase</i>	bad weather, especially storms	ˌrʌf ˈweðə	<i>Our boat trip was cancelled due to rough weather.</i>	raues Wetter
5	60	solar energy	<i>noun</i>	energy that uses the power of the sun	ˌsəʊləɹ ˈenədʒi	<i>We're going to change our energy supply to solar energy to reduce our carbon footprint.</i>	Solarenergie
5	158	sympathetic	<i>adjective</i>	showing that you understand and care about someone's problems	ˌsɪmpəˈθetɪk	<i>My grandmother is a very sympathetic person – you can go to her if you're in trouble and she'll always listen and make you feel better.</i>	verständnisvoll
5	60	the Earth's atmosphere	<i>phrase</i>	the layer of gases around the Earth	ðiː ˌz:θs ˈætməsfɪə	<i>The factories on the outskirts of town burn their waste and release toxic gases into the Earth's atmosphere.</i>	Erdatmosphäre
5	158	thoughtful	<i>adjective</i>	kind and always thinking about how you can help other people	ˈθɔ:tfəl	<i>My cousin is very thoughtful and always wants to help people.</i>	aufmerksam
5	158	thoughtless	<i>adjective</i>	not considering how your actions and words might upset someone else	ˈθɔ:tləs	<i>It was a thoughtless comment and he immediately felt sorry he'd said it.</i>	unbedacht
5	158	uncompetitive	<i>adj</i>	not wanting to win or to be more successful than other people	ˌʌnkəmˈpetɪtɪv	<i>Don't pick me for your team - I'm completely uncompetitive.</i>	nicht wettbewerbsinteressiert
5	158	uncritical	<i>adjective</i>	accepting something too easily, because of being unwilling or unable to criticise	ʌnˈkrɪtɪkəl	<i>The report was very uncritical and its recommendations were limited.</i>	unkritisch
5	57	unrealistic	<i>adjective</i>	not thinking about what is likely to happen or what you can really do	ˌʌnrɪˈlɪstɪk	<i>Optimism can be unrealistic and lead to us taking risks.</i>	unrealistisch
5	158	unreliable	<i>adjective</i>	not able to be trusted or depended on	ˌʌnrɪˈlaɪəbəl	<i>Becky's terribly unreliable. If you arrange to meet her somewhere she'll probably be late or she won't even show up.</i>	unzuverlässig
5	158	unsympathetic	<i>adjective</i>	showing that you do not understand or care about someone's problems	ˌʌnsɪmpəˈθetɪk	<i>I hurt my leg but my friends were very unsympathetic.</i>	gefühllos
5	158	well-organised	<i>adj</i>	good at planning or organising things	ˌwelˈɔ:gənəɪzd	<i>My sister Vera is a very well-organised person.</i>	gut organisiert
6	70	astonishing	<i>adjective</i>	very surprising	əˈstɒnɪʃɪŋ	<i>All around the bay there are astonishing islands made of limestone.</i>	überraschend
6	71	be lost	<i>phrase</i>	If something good is lost, it stops happening or existing.	bɪː ˈlɒst	<i>Face-to-face contact has been lost in this store.</i>	verloren gehen
6	70	breathtaking	<i>adjective</i>	very beautiful or surprising	ˈbreθˌteɪkɪŋ	<i>Some of the islands are really quite breathtaking.</i>	atemberaubend
6	159	construction	<i>noun</i>	something large that is built	kənˈstrʌkʃən	<i>The whole island is like a museum of breathtaking wooden constructions.</i>	Bau
6	71	decline	<i>noun</i>	when something becomes less in amount, importance, quality, or strength	dɪˈklaɪn	<i>There has been a gradual decline in student numbers.</i>	Rückgang
6	71	decline	<i>verb</i>	to become less in amount, importance, quality, or strength	dɪˈklaɪn	<i>The number of minority languages is declining.</i>	abnehmen
6	71	decrease	<i>noun</i>	when something becomes less	ˈdi:kri:s	<i>There's an obvious decrease in reading newspapers.</i>	Abnahme

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6	71	decrease	verb	to become less, or to make something become less	dɪˈkriːs	<i>The number of different English dialects is slowly decreasing.</i>	zurückgehen
6	71	deteriorate	verb	to become worse	dɪˈtɪəriəreɪt	<i>My relationship with my boss began to deteriorate.</i>	verschlechtern
6	71	deterioration	noun	the fact of becoming worse	dɪˈtɪəriəˈreɪʃən	<i>In the past few years I've noticed there's been a deterioration in service in this store.</i>	Verschlechterung
6	71	die out	verb	to stop existing	daiˈaʊt	<i>Many languages are in danger of dying out.</i>	aussterben
6	71	disappear	verb	to stop existing or to become impossible to see	ˌdɪsəˈpiə	<i>The ship disappeared at sea.</i>	verschwinden
6	71	disappearance	noun	when something stops existing or becomes impossible to see	ˌdɪsəˈpiərəns	<i>You can see the disappearance of smaller languages all the time.</i>	Verschwinden
6	70	dramatic	adjective	exciting and impressive	drəˈmætɪk	<i>Ha Long Bay is dramatic and beautiful.</i>	dramatisch
6	70	exotic	adjective	unusual, interesting, and often foreign	ɪɡˈzɒtɪk	<i>Hanoi is a busy city, but there are lots of more exotic places you can escape to in Vietnam.</i>	exotisch
6	159	feature	noun	a typical quality, or important part of something	ˈfiːtʃə	<i>The most amazing feature you can see here is the nearby volcano.</i>	Merkmal
6	159	hiking	noun	the activity of walking in the countryside	ˈhaɪkɪŋ	<i>If you would like to go hiking, there are trails of different levels of difficulty.</i>	Wandern
6	70	impressive	adjective	Someone or something that is impressive makes you admire and respect them.	ɪmˈpresɪv	<i>The volcano really is quite impressive.</i>	eindrucksvoll
6	71	increase	verb	to get bigger or to make something bigger in size or amount	ɪnˈkriːs	<i>The number of bilingual children has increased over the last 50 years.</i>	zunehmen
6	71	increase	noun	when the number, size, or amount of something gets bigger	ˈɪnkriːs	<i>There has been a steady increase in world literacy.</i>	Anstieg
6	159	lobby	noun	a room at the main entrance of a building, often with doors and stairs that lead to other parts of the building	ˈlɒbi	<i>High tea is served every afternoon between 2.00 pm and 4.00 pm in the lobby opposite reception.</i>	Foyer
6	70	memorable	adjective	If an occasion is memorable, you will remember it for a long time because it is so good.	ˈmemərəbəl	<i>Going to Russia was the most memorable holiday I've ever had.</i>	unvergesslich
6	159	outskirts	plural noun	the areas that form the edge of a town or city	ˈaʊtskɜːts	<i>There are waterfalls on the outskirts of the city.</i>	Vororte
6	71	preservation	noun	when you keep something the same or prevent it from being damaged or destroyed	ˌprezəˈveɪʃən	<i>The survival of languages means the preservation of cultures.</i>	Erhaltung
6	71	preserve	verb	to keep something the same or prevent it from being damaged or destroyed	priˈzɜːv	<i>Educating children may help to preserve a language.</i>	erhalten
6	70	remarkable	adjective	very unusual or noticeable in a way that you admire	rɪˈmɑːkəbəl	<i>For some history and some really remarkable scenery, Uruapan is a good choice.</i>	bemerkenswert
6	71	revival	noun	when something becomes more active or popular again	rɪˈvaɪvəl	<i>The language wasn't heard on the island for years before its revival began.</i>	Wiederbelebung
6	71	revive	verb	to make something from the past exist again	rɪˈvaɪv	<i>I wish they'd revive the tradition of chatting with customers.</i>	wieder aufleben lassen

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6	159	setting	<i>noun</i>	the place where something is or where something happens, often in a book, play, or film	'setɪŋ	<i>In many ways it's the perfect setting for a house.</i>	Umgebung
6	159	studio	<i>noun</i>	a room where an artist or photographer works	'stjuːdiəʊ	<i>We recommend a visit to the studio where the artist worked.</i>	Atelier
6	70	stunning	<i>adjective</i>	very beautiful	'stʌnɪŋ	<i>The whole island is like a museum of stunning wooden constructions.</i>	verblüffend
6	70	superb	<i>adjective</i>	excellent	suː'pɜːb	<i>We loved Vietnam – the people were great and the food was superb.</i>	vorzüglich
6	159	terminal	<i>noun</i>	a building where you can get onto an aircraft, bus, or ship	'tɜːmɪnəl	<i>Remember to tell your taxi driver which terminal your flight's leaving from.</i>	Terminal
6	159	terrace	<i>noun</i>	a flat area outside a house, restaurant, etc where you can sit	'terəs	<i>You can dine in the open air on our terrace.</i>	Terrasse
6	159	the outskirts	<i>noun</i>	the outer area of a city, town, or village	'aʊtskɜːts	<i>There are waterfalls on the outskirts of the city.</i>	die Aussenbezirke
6	70	unique	<i>adjective</i>	different from everyone and everything else	jə'niːk	<i>If you want to see something original and unique, you should go to Kizhi Island in Russia.</i>	einzigartig
6	159	venue	<i>noun</i>	a place where a sports game, musical performance, or special event happens	'venjuː	<i>We're both a hotel and a conference venue.</i>	Veranstaltungs-ort
7	82	air pollution	<i>phrase</i>	harmful substances in the air	'eə pə'luːʃən	<i>This is a 100% sustainable city – it uses zero energy and there's no air pollution.</i>	Luftverschmutzung
7	85	attic	<i>noun</i>	a room at the top of a house under the roof	'ætɪk	<i>There's a big attic in my cottage.</i>	Dachboden
7	85	basement	<i>noun</i>	a room or set of rooms that is below ground level in a building	'beɪsmənt	<i>I was putting up some shelves in the basement of my house.</i>	Untergeschoss
7	160	broadcast	<i>verb</i>	to send out a programme on television or radio	'brɔːdkɑːst	<i>Any big international sports event is broadcast live all around the world.</i>	übertragen
7	85	bungalow	<i>noun</i>	a house that has all its rooms on the ground floor	'bʌŋɡələʊ	<i>They live in a bungalow.</i>	Bungalow
7	160	capture	<i>verb</i>	to show or describe something successfully using words or pictures	'kæptʃə	<i>As she walked through the front door, her look of complete surprise was captured on film.</i>	einfangen
7	84	cast	<i>noun</i>	all the actors in a film or play	kɑːst	<i>The film had a small cast.</i>	Besetzung
7	85	cellar	<i>noun</i>	a room under the floor of a building	'selə	<i>We store our potatoes in the cellar.</i>	Keller
7	85	chimney	<i>noun</i>	a wide pipe that allows smoke from a fire to go out through the roof	'tʃɪmni	<i>The house has very tall chimneys.</i>	Kamin
7	85	cottage	<i>noun</i>	a small house, usually in the countryside	'kɒtɪdʒ	<i>There's a big attic in my cottage.</i>	Häuschen
7	160	cut	<i>verb</i>	to remove part of a film or piece of writing	kʌt	<i>He appeared in only one short scene of the film, but that was cut after filming finished.</i>	cutten
7	85	detached	<i>adjective</i>	A detached building is not joined to another building.	dɪ'tætʃt	<i>It would be good to live in a nice detached house instead of my flat!</i>	freistehend

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7	160	editor	<i>noun</i>	someone whose job is to prepare text, film, etc by deciding what to include and making mistakes correct	ˈeditə	<i>After filming, the editor began the work of choosing the best shots and putting together the film.</i>	Cutter
7	160	episode	<i>noun</i>	one programme of a series shown on television	ˈepɪsəʊd	<i>The first episode of the series is on Thursday.</i>	Folge
7	85	fence	<i>noun</i>	a wood, wire, or metal structure that divides or goes around an area	fens	<i>We had had our fence painted red.</i>	Zaun
7	82	local residents	<i>phrase</i>	people who live in a particular area	ˌləʊkəl ˈrezɪdənts	<i>The city uses technology to improve the quality of life of the local residents.</i>	Anwohner
7	82	parking space	<i>phrase</i>	a place where someone can park a car	ˈpɑːkɪŋ ˌspeɪs	<i>The system tells drivers where they can find a free parking space.</i>	Parkplatz
7	85	passage	<i>noun</i>	a long, narrow space that connects one place to another	ˈpæsɪdʒ	<i>We walked through the passage to the next street.</i>	Durchgang
7	160	presenter	<i>noun</i>	someone who introduces a radio or television programme	priːzəntə	<i>He's a presenter on children's TV.</i>	Moderator
7	82	public transport	<i>phrase</i>	a system of vehicles such as buses and trains that operate at regular times and on fixed routes and are used by the public.	ˌpʌblɪk ˈtrænsˌpɔːt	<i>To use the public transport system you just need a single card.</i>	öffentliche Verkehrsmittel
7	82	quality of life	<i>phrase</i>	the level of enjoyment, comfort, and health in someone's life	ˌkwɒləti əv ˈlaɪf	<i>The city uses technology to improve the quality of life of the local residents.</i>	Lebensqualität
7	160	release	<i>verb</i>	to make a record or film available for people to buy or see	riːˈliːs	<i>The first Star Wars film was released in 1977.</i>	herausbringen
7	82	residential areas	<i>phrase</i>	areas in a town or city where people live	ˌrezɪdəntʃəl ˈeəriəz	<i>From all the residential areas there's a fifteen-minute walk across the park to get to work.</i>	Wohnbezirke
7	84	script	<i>noun</i>	the words in a film, play, etc	skript	<i>It's a very well-written film with a great script.</i>	Drehbuch
7	85	semi-detached	<i>adjective</i>	A semi-detached house has one wall that is joined to another house.	ˌsemiˈdiːtætʃt	<i>They live in a semi-detached house.</i>	einseitig angebaut
7	160	series	<i>noun</i>	a group of television or radio programmes that have the same main characters or deal with the same subject	ˈsiəriːz	<i>The longest-running science fiction TV series is the British production Doctor Who.</i>	Serie
7	84	shot	<i>noun</i>	a photograph or piece of film	ʃɒt	<i>The film opens with a long shot of the main character walking along the edge of a cliff.</i>	Aufnahme
7	84	soundtrack	<i>noun</i>	the music used in a film	ˈsaʊndtræk	<i>I loved everything about the film except for the soundtrack – too much jazz for my taste.</i>	Soundtrack
7	85	terrace	<i>noun</i>	a flat area outside a house, restaurant, etc where you can sit	ˈterəs	<i>We have some plants on our terrace.</i>	Terrasse
7	85	terraced house	<i>noun</i>	one of a row of houses that are joined together	ˌterəst ˈhaʊs	<i>The railway workers lived in terraced houses.</i>	Reihenhaus
7	82	traffic congestion	<i>phrase</i>	a situation in which a road is crowded with vehicles	ˈtræfɪk kənˌdʒestʃən	<i>Charging people to drive into the city cuts down traffic congestion and pollution.</i>	Verkehrsstau
7	82	urban development	<i>phrase</i>	the way towns and cities are built and organised	ˌɜːbən diˈveləpmənt	<i>Urban development is an important aspect of people's lives.</i>	städttebauliche Entwicklung

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8	161	accuse sb of sth	<i>verb</i>	to say that someone has done something bad	ə'kju:z əv	<i>The trial of Rebecca Rivers, who was accused of theft, is finally over.</i>	jdm. etw. anlasten
8	161	arrest	<i>verb</i>	If the police arrest someone, they take them away to ask them about a crime which they might have committed.	ə'rest	<i>The thieves were seen on CCTV and two suspects were arrested yesterday.</i>	festnehmen
8	92	award a grant	<i>phrase</i>	to give someone a sum of money so that they can do something	ə,wɔ:d ə'grɑ:nt	<i>The university has decided to award her a grant of £5,000 for her postgraduate study.</i>	ein Stipendium gewähren
8	161	break into sth	<i>verb</i>	to get into a building by force, usually to steal something	breɪk 'ɪntu:	<i>Thieves broke into a jeweller's shop and stole £5,000 worth of jewellery and watches.</i>	in etw. einbrechen
8	97	bribe	<i>noun</i>	money or a present given to someone so that they will do something for you, usually something dishonest	braɪb	<i>The doorkeeper asked us for a bribe.</i>	Schmiergeld
8	97	bribery	<i>noun</i>	when someone is offered money or a present so that they will do something, usually something dishonest	'braɪbəri	<i>There was a real problem with bribery and corruption in local government.</i>	Bestechung
8	92	budget	<i>noun</i>	a plan that shows how much money you have and how you will spend it	'bʌdʒɪt	<i>57% of households in the USA don't have any kind of budget.</i>	Haushaltsplan
8	97	burglar	<i>noun</i>	someone who gets into buildings illegally and steals things	'bɜ:glə	<i>The burglar didn't realise there was a cat at home.</i>	Einbrecher
8	97	burglary	<i>noun</i>	when someone gets into a building illegally and steals things	'bɜ:gləri	<i>There have been a lot of burglaries in our neighbourhood of late.</i>	Einbruch
8	97	burgle	<i>verb</i>	to get into a building illegally and steal things	'bɜ:gl	<i>Sarah's flat was burgled.</i>	einbrechen
8	97	cheat	<i>noun</i>	someone who cheats	tʃi:t	<i>She's a cheat and is always copying my ideas and work.</i>	Schummler
8	97	cheat	<i>verb</i>	to behave in a way that is not honest or fair in order to win something or to get something	tʃi:t	<i>He cheated in the exam.</i>	schummeln
8	97	cheating	<i>noun</i>	behaving in a way that is not honest or fair in order to win something or to get something	tʃi:tɪŋ	<i>There was a lot of cheating in the exam.</i>	Schummeln
8	161	court	<i>noun</i>	the place where a judge decides whether someone is guilty of a crime	kɔ:t	<i>The men will appear in court on Wednesday.</i>	Gericht
8	92	debit an account	<i>phrase</i>	to take money out of a bank account	ˌdeɪt ən ə'kaʊnt	<i>Every month, the bank debits my account with about £15 in fees.</i>	ein Konto belasten
8	92	debt	<i>noun</i>	an amount of money that you owe someone	det	<i>The UK population has a total credit card debt as high as £80 billion.</i>	Schulden
8	92	donate to a charity	<i>phrase</i>	to give money to an organisation that gives money, food, or help to people who need it	dəʊ,neɪt tu: ə'tʃæɪti	<i>Why don't you donate the money to a charity like Save the Children?</i>	für einen guten Zweck spenden
8	92	donation	<i>noun</i>	when money or goods are given to help a person or organisation	dəʊ'neɪʃən	<i>In Australia, there has been a 46% increase in online donations made to charities.</i>	Spende
8	92	finance a project	<i>phrase</i>	to provide the money needed to do a particular piece of work	ˌfaɪnæns ə'prɒdʒekt	<i>Local businesses agreed to finance a project to increase the number of trees in the city's parks.</i>	ein Projekt finanzieren
8	161	give evidence	<i>phrase</i>	to give information and answer questions in a court of law	ˌgɪv 'eɪdɪəns	<i>Around 50 witnesses were called to give evidence.</i>	als Zeuge aussagen

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8	161	guilty	<i>adjective</i>	having broken a law	ˈɡɪlti	<i>The jury gave a verdict of guilty.</i>	schuldig
8	92	income	<i>noun</i>	money that you earn by working, investing, or producing goods	ˈɪŋkʌm	<i>On average, households in the UK manage to save just under 8% of their annual income.</i>	Einkommen
8	92	interest rate	<i>noun</i>	the per cent of an amount of money which is charged or paid by a bank or other financial company	ˈɪntrəst ˌreɪt	<i>Half of Australians don't know the interest rate on their credit card.</i>	Zinssatz
8	92	investment	<i>noun</i>	the money that you put in a bank, business, etc in order to make a profit	ɪnˈvestmənt	<i>A survey in the USA showed that only 53% of people understand how to make an investment.</i>	Geldanlage
8	161	judge	<i>noun</i>	someone who controls a trial in court, decides how criminals should be punished, and makes decisions about legal things	dʒʌdʒ	<i>The judge sentenced Ms. Rivers to five years in prison.</i>	Richter
8	161	jury	<i>noun</i>	a group of people in a court of law who decide if someone is guilty or not	ˈdʒʊəri	<i>The jury gave a verdict of guilty.</i>	Geschworene
8	97	kidnap	<i>verb</i>	to take someone away using force, usually to obtain money in exchange for releasing them	ˈkɪdnæp	<i>The racehorse was kidnapped.</i>	entführen
8	97	kidnapper	<i>noun</i>	a person who kidnaps someone	ˈkɪdnæpə	<i>The kidnapper brought back the baby when it started crying.</i>	Entführer
8	97	kidnapping	<i>noun</i>	when someone is kidnapped	ˈkɪdnæpɪŋ	<i>There have been several kidnappings in the city.</i>	Entführung
8	97	liar	<i>noun</i>	someone who tells lies	laɪə	<i>She called me a liar.</i>	Lügner
8	97	lie	<i>verb</i>	to say or write something that is not true in order to deceive someone	laɪ	<i>He lied about his qualifications.</i>	lügen
8	97	lying	<i>noun</i>	the act of saying or writing something that is not true in order to deceive someone	ˈlaɪɪŋ	<i>They accused him of lying.</i>	Lügen
8	92	make a living	<i>phrase</i>	to earn enough money to pay for the things you need	ˌmeɪk ə ˈlɪvɪŋ	<i>I don't know how he manages to make a living from his café.</i>	seinen Lebensunterhalt verdienen
8	97	murder	<i>noun</i>	the crime of intentionally killing someone	ˈmɜːdə	<i>He was accused of murder.</i>	Mord
8	97	murder	<i>verb</i>	to kill someone intentionally and illegally	ˈmɜːdə	<i>It's a horrible prison where the prisoners murder one another.</i>	ermorden
8	97	murderer	<i>noun</i>	someone who has committed murder	ˈmɜːdərə	<i>The main suspect was not the murderer but someone else.</i>	Mörder
8	92	pay sth off	<i>verb</i>	to pay back all of the money that you owe	peɪ ˈɒf	<i>85% of students in England will never fully pay off their student loans.</i>	abzahlen
8	92	put aside savings	<i>phrase</i>	to keep some of the money that you get or earn	ˌpʊt əsaɪd ˈseɪvɪŋz	<i>Since she started work, she hasn't put aside any savings.</i>	Geld auf einem Sparkonto anlegen
8	97	rob	<i>verb</i>	to steal from someone or somewhere, often using violence	rɒb	<i>They tried to rob a bank.</i>	ausrauben
8	97	robber	<i>noun</i>	someone who steals	ˈrɒbə	<i>The police caught the robbers.</i>	Räuber
8	97	robbery	<i>noun</i>	the crime of stealing from someone or somewhere	ˈrɒbəri	<i>They were both probably involved in the robbery.</i>	Raub
8	92	savings	<i>plural noun</i>	money that you have saved	ˈseɪvɪŋz	<i>You can make savings of about £69,500 over a lifetime by taking a packed lunch to work.</i>	Einsparungen

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8	161	sentence	<i>verb</i>	to give a punishment to someone who has committed a crime	'sentəns	<i>The judge sentenced Ms. Rivers to five years in prison.</i>	verurteilen
8	97	shoplift	<i>verb</i>	to steal things from a shop	'ʃɒplɪft	<i>If you shoplift, you will get caught eventually.</i>	(im Laden) klauen
8	97	shoplifter	<i>noun</i>	someone who steals things from a shop	'ʃɒp, lɪftər	<i>The shop assistant looks out for shoplifters.</i>	Ladendieb
8	97	shoplifting	<i>noun</i>	stealing things from a shop	'ʃɒp, lɪftɪŋ	<i>It was Lisa's first experience of shoplifting.</i>	Ladendiebstahl
8	97	steal	<i>verb</i>	to secretly take something that does not belong to you, without intending to return it	sti:l	<i>Thieves broke into a jeweller's shop and stole £5,000 worth of jewellery and watches.</i>	stehlen
8	161	suspect	<i>noun</i>	someone who may have committed a crime	'sʌspekt	<i>The thieves were seen on CCTV and two suspects were arrested yesterday.</i>	Verdachtsperson
8	97	theft	<i>noun</i>	the action or crime of stealing something	θeft	<i>The trial of Rebecca Rivers, who was accused of theft, is finally over.</i>	Diebstahl
8	97	thief	<i>noun</i>	someone who steals things	θi:f	<i>The thief managed to escape.</i>	Dieb
8	161	trial	<i>noun</i>	a legal process to decide if someone is guilty of a crime	traɪəl	<i>The trial of Rebecca Rivers, who was accused of theft, is finally over.</i>	Gerichtsverhandlung
8	161	verdict	<i>noun</i>	a decision in a court of law saying if someone is guilty or not	'vɜ:dɪkt	<i>The jury gave a verdict of guilty.</i>	Urteil
8	161	witness	<i>noun</i>	someone in a court of law who says what they have seen and what they know about a crime	'wɪtnəs	<i>Around 50 witnesses were called to give evidence.</i>	Zeuge
9	162	ache	<i>verb</i>	If a part of your body aches, it is painful.	eɪk	<i>My face was very pale and my head was aching.</i>	schmerzen
9	109	assume	<i>verb</i>	to think that something is likely to be true, although you have no proof	ə'sju:m	<i>He assumed that Rodriguez would be dying to tell his story.</i>	annehmen
9	109	be aware	<i>phrase</i>	to know about something	bɪ: ə'weə	<i>He was aware that he might not be able to finish the film.</i>	sich bewusst sein
9	162	bruise	<i>noun</i>	a dark area on your skin where you have been hurt	bru:z	<i>There's quite a large bruise on my forehead.</i>	Bluterguss
9	162	bump	<i>verb</i>	to hurt part of your body by hitting it against something hard	bʌmp	<i>Last night I bumped my head against the kitchen cupboard door.</i>	anstossen
9	105	care for sb	<i>verb</i>	to look after someone, especially someone who is young, old, or ill	'keə fɔ:	<i>They think a computer tablet will help to care for people.</i>	jdn. betreuen
9	105	come down with sth	<i>verb</i>	to get an illness	kʌm 'daʊn wɪð	<i>I feel terrible. I've come down with the flu.</i>	erkranken
9	109	come to the conclusion	<i>phrase</i>	to reach an opinion after considering all the facts about something	,kʌm tə ðə kən'klu:ʒən	<i>The director had come to the conclusion that this really was a story worth telling.</i>	zu dem Schluss kommen
9	106	cough	<i>verb</i>	to make air come out of your throat with a short sound	kɒf	<i>I was coughing and sneezing all day.</i>	husten
9	105	cure	<i>verb</i>	to make someone with an illness healthy again	kjʊə	<i>This simple pill can cure cancer.</i>	heilen
9	105	develop	<i>verb</i>	to start to have something, such as an illness, problem, or feeling	dɪ'veləp	<i>People who eat too much fatty food are likely to develop heart disease.</i>	entwickeln
9	162	dizzy	<i>adjective</i>	feeling like everything is turning round, so that you feel ill or as if you might fall	'dɪzi	<i>I felt really dizzy.</i>	schwindelig
9	109	doubt	<i>verb</i>	to feel uncertain about something or think that something is not probable	daʊt	<i>Most people doubted that he could be a superstar in one country when no one else had heard of him.</i>	zweifeln

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9	109	estimate	verb	to guess the cost, size, value, etc of something	'estimeɪt	<i>People estimated he'd sold about 1.5 million records in South Africa.</i>	schätzen
9	106	faint	verb	to suddenly become unconscious for a short time, usually falling down onto the floor	feɪnt	<i>I think I'm going to faint.</i>	in Ohnmacht fallen
9	105	get over sth	verb	to begin to feel better after being unhappy or ill	get 'əʊvə	<i>I don't want to go out yet. I'm still getting over a heavy cold.</i>	sich von etw. erholen
9	105	heal	verb	If a wound or broken bone heals, it becomes healthy again, and if something heals it, it makes it healthy again.	hi:l	<i>The substance can be used to heal wounds.</i>	heilen
9	162	infection	noun	a disease in a part of your body that is caused by bacteria or a virus	ɪn'fekʃən	<i>The doctor said my illness was probably just an infection.</i>	Infektion
9	162	lose consciousness	phrase	to stop being awake and able to think and notice things	ˌlu:z 'kɒŋʃəsnəs	<i>I collapsed on the ground and lost consciousness.</i>	das Bewusstsein verlieren
9	109	make sure (that)	phrase	to take action so that you are certain that something happens, is true, etc	meɪk 'ʃʊ:	<i>He wanted to make sure that Rodriguez really was that popular in South Africa.</i>	sicherstellen (dass)
9	109	not have any idea	phrase	to not know and not be able to guess	nɒt hæv ˌeni aɪ'diə	<i>He didn't have any idea who the men were.</i>	keine Ahnung haben
9	162	pale	adjective	If your face is pale, it has less colour than usual because you are ill or frightened.	peɪl	<i>My face was very pale and my head was aching.</i>	blass
9	106	pass out	verb	to become unconscious	pɑ:s 'aʊt	<i>I thought I was going to pass out, but I managed to crawl into bed.</i>	ohnmächtig werden
9	109	realise	verb	to notice or understand something that you did not notice or understand before	'ri:laɪz	<i>He realised that Rodriguez's story was the one to tell.</i>	begreifen
9	162	scar	noun	a permanent mark left on the body from a cut or other injury	skɑ:	<i>I didn't cut myself badly, so I won't have a scar.</i>	Narbe
9	106	shiver	verb	to shake because you are cold or frightened	'ʃɪvə	<i>I felt dizzy and I started to shiver.</i>	zittern
9	106	sneeze	verb	When you sneeze, air suddenly comes out through your nose and mouth.	sni:z	<i>I've got a bad cough and I sneeze a lot.</i>	niesen
9	105	strain	verb	to injure part of your body by using it too much	streɪn	<i>I can't stand up for very long, because I've strained my back.</i>	zerren
9	105	treat	verb	to give medical care to someone for an illness or injury	tri:t	<i>His doctor treated his throat infection with antibiotics and that helped.</i>	behandeln
9	109	wonder	verb	to want to know something or to try to understand the reason for something	'wʌndə	<i>He wondered why they'd come to see him.</i>	(sich) wundern
10	121	cope with sth	verb	to deal successfully with a difficult situation	'kəʊp wɪð	<i>She coped well with the primitive living conditions.</i>	mit etw. fertig werden
10	163	credible	adjective	able to be trusted or believed	'kred.ɪ.bəl	<i>I don't think his explanation is credible.</i>	glaubwürdig
10	163	dishonest	adjective	not honest and likely to lie or do something illegal	dɪ'sɒnɪst	<i>Alex is a bit dishonest.</i>	unehrlich
10	163	dissatisfied	adjective	not pleased or happy with something	ˌdɪs'sætɪsfɑɪd	<i>My friend recommended the hotel but I was very dissatisfied.</i>	unzufrieden
10	163	expected	adjective	If something is expected, you think that it will happen.	ɪk'spektɪd	<i>He discovered that his new job was even better than expected.</i>	erwartet

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10	163	experienced	<i>adjective</i>	having skill and knowledge because you have done something many times	ɪkˈspəriənst	<i>William was an experienced and responsible employee with regular working hours.</i>	erfahren
10	163	formal	<i>adjective</i>	used about clothes, language, and behaviour that are serious and not friendly or relaxed	ˈfɔːməl	<i>William explained in a formal and polite manner that he was not satisfied with his situation.</i>	förmlich
10	163	fortunate	<i>adjective</i>	lucky	ˈfɔːtʃənət	<i>William felt like a very fortunate man.</i>	Glück haben
10	121	get on with sth	<i>verb</i>	to continue to do something or experience something	get ˈɒn wɪð	<i>Although she got on with her life, she never forgot her dream.</i>	mit etw. weitermachen
10	121	give sth up	<i>verb</i>	to stop doing something before you have completed it, usually because it is too difficult	ɡɪv ˈʌp	<i>She had to give up the swim after 29 hours.</i>	etw. aufgeben
10	121	go ahead with sth	<i>verb</i>	to start to do something	ɡəʊ əˈhed wɪð	<i>She felt the time was right to go ahead with an application to the Peace Corps.</i>	etw. in Angriff nehmen
10	163	honest	<i>adjective</i>	sincere and telling the truth	ˈɒnɪst	<i>William was happy that he had been honest with himself and followed his heart.</i>	ehrlich
10	163	illegal	<i>adjective</i>	not allowed by law	ɪˈliːɡəl	<i>The police discovered her illegal use of company funds.</i>	illegal
10	163	impatient	<i>adjective</i>	wanting something to happen as soon as possible	ɪmˈpeɪʃənt	<i>She's very good with young children, but she can get a bit impatient with teenagers.</i>	ungeduldig
10	163	impolite	<i>adjective</i>	not polite	ˌɪmpəlˈaɪt	<i>He left without saying goodbye – that's very impolite.</i>	unhöflich
10	118	impossible	<i>adjective</i>	If an action or event is impossible, it cannot happen or be done.	ɪmˈpɒsəbəl	<i>It seems impossible that Robertson didn't know in advance what was going to happen.</i>	unmöglich
10	118	improbable	<i>adjective</i>	not likely to be true or to happen	ɪmˈprɒbəbəl	<i>The similarities between Robertson's work and the Titanic disaster are really improbable.</i>	unwahrscheinlich
10	118	incredible	<i>adjective</i>	too strange to be believed	ɪnˈkredəbəl	<i>The incredible thing is that Robertson's The Wreck of the Titan was published 14 years before the Titanic was even built.</i>	unglaublich
10	163	inexperienced	<i>adjective</i>	without much experience or knowledge of something	ɪnɪkˈspəriənst	<i>Sally was still quite inexperienced.</i>	unerfahren
10	163	informal	<i>adjective</i>	relaxed and friendly	ɪnˈfɔːməl	<i>Sally got some informal advice from her old teacher at college.</i>	informell
10	163	irregular	<i>adjective</i>	Irregular actions or events happen with a different amount of time between each one.	ɪˈregjələ	<i>She was dissatisfied with her job, especially the irregular hours.</i>	unregelmässig
10	118	irrelevant	<i>adjective</i>	not important in a particular situation	ɪˈrelɪvənt	<i>These details are irrelevant to the story.</i>	gegenstandslos
10	163	irresponsible	<i>adjective</i>	not thinking about the possible bad results of what you are doing	ˌɪrɪˈspɒnsəbəl	<i>It was irresponsible of Karen to leave the documents in an unlocked car.</i>	unverantwortlich
10	163	legal	<i>adjective</i>	relating to the law or allowed by law	ˈliːɡəl	<i>William was working as a legal adviser.</i>	Rechts-
10	121	overcome	<i>verb</i>	to deal with and control a problem or feeling	ˌəʊvəˈkʌm	<i>She had to overcome the negative attitude of her all-male classmates.</i>	überwinden
10	163	patient	<i>adjective</i>	having patience	ˈpeɪʃənt	<i>William was not a patient man.</i>	geduldig

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10	163	polite	<i>adjective</i>	behaving in a way that is not rude and shows that you do not only think about yourself	pə'laɪt	<i>William explained in a formal and polite manner that he was not satisfied with his situation.</i>	höflich
10	163	probable	<i>adjective</i>	likely to be true or to happen	'prɒb.ə.bəl	<i>It's probable that he'll lose his job.</i>	wahrscheinlich
10	163	regular	<i>adjective</i>	repeated with the same amount of time or space between one thing and the next	'regjʊlə	<i>William was an experienced and responsible employee with regular working hours.</i>	regelmässig
10	163	responsible	<i>adjective</i>	showing good judgment and able to be trusted	rɪ'spɒnsɪbəl	<i>William was an experienced and responsible employee with regular working hours.</i>	verantwortungsbewusst
10	163	satisfied	<i>adjective</i>	pleased because you have got what you wanted, or because something has happened in the way that you wanted	'sætɪsfɑɪd	<i>William explained in a formal and polite manner that he was not satisfied with his situation.</i>	zufrieden
10	121	tackle	<i>verb</i>	to try to do something difficult	'tækəl	<i>She decided to tackle this challenging swim.</i>	etw. anpacken
10	118	unbelievable	<i>adjective</i>	not probable and difficult to believe	ˌʌnbɪ'li:vəbəl	<i>Some of the coincidences in the story are unbelievable.</i>	nicht glaubwürdig
10	163	unexpected	<i>adjective</i>	Something that is unexpected surprises you because you did not know it was going to happen.	ˌʌnɪk'spektɪd	<i>When my grandmother left me her jewellery, it was completely unexpected.</i>	unerwartet
10	163	unfortunate	<i>adjective</i>	unlucky	ʌn'fɔ:tʃənət	<i>I was unfortunate because the topic I revised didn't come up in the exam.</i>	kein Glück haben
10	118	unsuccessful	<i>adjective</i>	not achieving what was wanted or intended	ˌʌnsək'sesfəl	<i>He wrote a rather unsuccessful book.</i>	erfolglos
10	121	work on sth	<i>verb</i>	to do work in order to achieve something	'wɜ:k ɒn	<i>My grammar's quite good – I just need to work on my pronunciation.</i>	an etw. arbeiten