Chapter 1 Introducing collocations
Verb+noun
Arouse someone’s interest
Lead a seminar
Adverb+adjective
Fundamentally different
Adverb+verb
Flatly contradict
Noun+noun
A lick of paint
A team of experts
Words of wisdom

Phrasal verbs + their combinations
Come up with a suggestion
Run up a bill
Adhere to your principles
Go on an economy drive
Play the stock market
Making friends not getting friends
Heavy rain not strong rain

Alight from a bus = formal for getting of a bus

Make mistakes
Of great importance
There’s no place like home

Chapter 2 Strong fixed and weak collocations
Strong collocations
Inclement weather = inclement almost exclusively collocates with weather; unpleasant weather.
Auburn hair = auburn only collocates with hair
Deliriously happy = extremely happy
Adjourned the meeting = have a pause or rest during a meeting/trial

Fixed collocation
To and fro

Weak collocations
Words that are made up of words that collocate with a wide range of other words.
In broad agreement
A broad avenue
A broad smile
Broad shoulders
Etc.

Most collocations lie in between strong and weak.

Chapter 3 Grammatical categories

Verb+noun
Draw up [a list; a contract ] = prepare something, usually official, in writing
Pass up [a chance; an opportunity ] = fail to take advantage of
**Withstand** [pressure; the impact ] = bear

*Noun+verb*
- **Opportunity** [arise]
- **Standards** [slip]

*Noun+Noun*
- A spate of attacks/thefts = unusually large number happening in close succession
- A barrage of questions/insults = unusually large number, happening at the same time.
- A stroke of luck = a sudden unexpected piece of luck
- **Snippet of information** = small piece of info

*Adjective + Noun*
- Idle threat
- Vain hope
- Mounting [concern; criticism; fury]
- Simple/plain truth

*Adverb + adjective*
- Intensely personal
- Stunningly attractive

*Verb + adverb or prepositional phrase*
- Failed miserably
- Drives recklessly
- Burst into song
- Foam at the mouth

*More complex collocations*
- Taking it easy for a while
- Put the past behind you

Chapter 4 Using your dictionary and other resources
Quite useless chapter so I will not include it.

Chapter 5 Finding and working on collocations in texts

- Newly qualified
- Face a [tough] challenge
- Gaining respect
- Winning the battle
- Qualify fully
- Pending the results = as long as he achieves successful results.
- Milestone passed = major life event behind him/her
- Turn his thoughts
- Gift for language
- Make a difference
- Providing simultaneous translation
- Difficult to pin down = hard to fix or place
- Provide entertainment
- Got the chance
- Underestimate the value of
- Source of fun
- Source of amusement
- **Grab a seat** = informal; take a seat
Take a boat

Recording collocations

Simultaneously [equation; translation ]
Pending [the outcome; the results; the response. ]

Chapter 6 Register
Neutral/formal/informal registers
Neutral = investigating/looking into
Informal = dig out info about
Formal = conducting an investigation into
Neutral; journalistic = probe
Formal; legal and official = subject to police investigation

Formal versus neutral collocations
Submit an assignment vs hand in your assignment
Request an extension vs ask for an extension
Consulting their tutor vs had a word with

Informal vs neutral
Totally awesome vs absolutely amazing/fantastic
Haven’t a clue/the foggiest idea vs I have no idea
Grab a snack vs have a snack

Chapter 7 Metaphor

Metaphors based on the body
Face up to the facts = accept reality
Shoulder the blame = take responsibility for something bad
Foot the bill = paying
Head a team = lead a project group
Keep someone on their toes = makes someone stay active and concentrated
Have an eye for = is good at noticing
go hand in hand with = happens at the same time or as a result of

metaphors based on weight
heavy responsibility
A heavy burden
Heavy book
Weighty tome
Weighty matters/problems
Light reading
Light heart
Slim chance

Metaphors based on movement
Ran into difficulties
Hopping mad = extremely angry
Walked straight into a job = got a job very easily
Jumped to the conclusion
Hit the rocks = ended
Run into trouble

Chapter 8 intensifying and softening adverbs
Intensifying
Downright rude
Spotlessly clean
Thoroughly ashamed
Blatantly obvious
Wildly exaggerated
Dead easy = informal
Stinking rich = informal
Wildly inaccurate

Softening
Slightly different = slightly is weak; can be used for a wide range of adjectives
Mildly surprised = mildly also collocates with amusing; irritating and offensive.
Loosely based on = loosely also collocates with: centred; structured; related; connected
Faintly ridiculous = fairly normal also collocates with: amused; surprising; patronising; absurd.

Alternatives to very
Highly [unlikely; educated; recommended]
Strongly [influence]
Greatly [appreciate, influence]
Utterly [absurd, ridiculous]
Completely/totally/entirely [different, dependent, separate]
Thoroughly = enjoy

Chapter 9 Make and verbs that mean make

Common errors with make
Make some suggestions = NOT do/give suggestions
Make a contribution = NOT have/give a contribution
Make a formal apology = NOT give a formal apology
Improvements to make = NOT improvements to do
Making these arrangements = NOT doing these arrangements
Have a party = NOT make
Did… research = NOT make some research into…

Other expressions with make
Make a habit of
Make … enemies
Made several attempts
Make a success of
Made a discovery
Make an escape
Make an offer
Make a proposal
Make a stand against
Make calculations

Other verbs that mean make
Create an impression = make an impression (make is less formal here )
Stage a protest = make a formal complaint
Lodge a complaint = make a formal complaint
Rustle up a meal = make a meal very quickly
Run up curtains = make quickly using a sewing machine
Turn in a profit = make profit
**Coin a phrase** = invent/make up a new phrase

Chapter 10 Communicating
Collocations with say, speak, talk, and tell

- **Wouldn’t say no to**
- **Needless to say/it goes without saying that**
- **Didn’t say a word**
- **Generally speaking**
- **Speaks very highly of**
- **Speak properly**
- **Talked business**
- **Talking nonsense**
- **Talking a lot of sense**
- **Tell a secret**
- **Tell his fortune**

Collocations meaning communicate

- **Give a reason**
- **State your aim/purpose/goal**
- **State their business** = say what their intentions are
- **Gave an account of**
- **Got the message across** = conveyed the idea
- **Declare the winner of**
- **Pronounced dead**
- **Impart knowledge/wisdom** = transfer knowledge
- **Divulge sources/ secrets** = make something secret known;
- **Disseminating information** = spreading information to a lot of people
- **Notified the police** = informed
- **Protest his innocence** = insist he was not guilty
- **Professed ignorance** = claimed that he did not know
- **Break the news** = used for news that is very upsetting

Chapter 11 Collocations with phrasal verbs

- **Abide by the decision** = accept the decision
- **Acting on a tip-off** = a secret warning
- **Filed for divorce** = made an official request for a divorce
- **Take up office** = start work in an official position
- **Come up with an alternative**
- **Come down heavily on** = punish very strongly

- **Soaking up the atmosphere**
- **Free up some time**
- **Keeping up my Spanish**
- **Work up an appetite**
- **Fit in with my plans**
- **Live up to my expectations**

- **Burst into laughter/tears** = suddenly start to
- **Dip into savings/funds** = spend part of some saved money
- **Jot down an address/phone number/room number** = write down quickly
- **See off intruder/opponent** = get rid of
- **Adhere to principles/beliefs/ideals/philosophy** = continue to maintain a belief

Chapter 12 Working life
Joined the staff
Make a living = earn enough to live, or just referring to one’s job, she makes a living as…
Aspect of the job
Members of the staff
Go part –time
Do a job-share = situation where two people share equal parts of the same job
Lay off staff = dismiss staff because there is no work for them to do
Freelance = work for several different organisations rather than working full-time
Network of contacts
Volume of work
Earn a good living

Practice medicine = worked as a doctor
Carve a niche for myself = make a special position for myself
Opposite number = someone doing the same job in a different locations
Took up the post = started work
Held that position
Open for offers

Putting together CV
Tempting offer
Fast-track scheme = system of rapid training and promotion of talented staff
Moving up the ladder = being promoted
Had a change of heart = my attitude or mood changed
Get my priorities right = give importance to the right aspect of life
Priority over = be more important to me than
Handed in my resignation

Chapter 13 New employment
Fit the job description
Daunting task
Narrow the list down
Taking up references
Working as a team
Mastering new skills
Taking on responsibility
Taken industrial action = gone on strike
Professional misconduct
Relieved of his duties = dismissed
Wrongfully dismissed = unfairly dismissed
Pencil in a meeting
Clear my desk = deal with all the papers on one’s desk; finishing your work.

Conversation about a new job
Landed a new job = informal for got a new job
Heavy workload
Unsocial hours
Menial tasks
Running errands
Living wage = enough money to live
Throw a sickie = informal; take a day off at work pretending to be sick
Prospects for
Getting the sack = being dismissed
Sweated labour = workers who are paid very little and work in very bad conditions
Realise his potential = achieve all that he is capable of
High turnover of staff
Stay the course = remain there until he is successful

Chapter 14 Thoughts and Ideas
Talking about thought
Honestly think
Give it some thought
Bear in mind = remember
It’s common knowledge
Rough idea
Subscribe to the theory = hold that opinion
Widespread belief = generally held view
Opinions are divided
It is my firm conviction = I am totally convinced

Judging
Judge someone harshly = be very critical of someone
Poor judgement
Pass judgement on = criticise
Against your better judgement = despite the knowledge that something is a bad idea
A lack of judgement = an inability to judge a situation wisely
An error of judgement = bad decision

Metaphors of thinking
Thinking laterally = approaching a problem in an imaginative and original way rather than using the traditional approach
Fertile imagination = one that produces a lot of original and interesting ideas
Wrestle with a problem = struggle to find a solution
Nagging doubts = an unpleasant feeling of doubt that will not go away
Fuelling speculation = encouraging people to consider that something may be true
Jump to conclusions = guess the facts about a situation without having enough information.

Chapter 15 Business reports
Business news
Announced profits
Decline in demand
Fierce competition = not “high” competition
Meeting their targets
Go into production = start being made
Boost = increase
Sales and profits
Stimulate growth
Allocating parts of its budget
Chaired the committee
Generate business
Unique selling points
Pay dividends = bring advantages
Made sound business sense
Satisfying the demands of our target market
Maintain quality
Promote the interests
Emergency meeting
Hike in prices = rise in prices
Affect the bottom line = affect the net income
Narrow profit margins
Balance the books = make sure the amount spent is not more than the amount earned
Calling in the receivers = going bankrupt

Chapter 16 Customer services
Carry out surveys = do surveys (but NOT make surveys)
Online shopping
Go shopping
Fit for the purpose = good at doing what it is supposed to do
Make a complaint
Offer
A discount
Place an order
Regular customers
Satisfied customers
Healthy competition

Complaining about service
Prompts service
A next-day service
Put me on hold
Poor quality
Top quality
Kick up a fuss = make a very forcible complaint
Demand A full refund = ask for all my money back (cannot say strongly demand; because demand cannot be made any stronger)
Take my custom elsewhere = not buy from the same place again.

Company promise
Grounds for complaint = a reason for complaining
Providing an excellent service = obey all the rules or laws relating to safety
Honour all commitments = do what we said we would do
Take very seriously any complaints
Come up to standard = reach appropriate standards
Handle all complaints

Chapter 17 Student life
Courses and qualifications
Mental agility = ability to think quickly and clearly
Gifted children
Won a scholarship
Attend school
Straight A student = a student who always gets very good marks
Secured a place = was accepted as a student
Seats of learning = educational institution with a very good reputation
Read = do or study (very old; very formal)
Academic year
Core subjects = subject which all the students on the course have to do
Set text = specific books which students must study
Distinguished scholars
Leading authorities
Graduated from university
Signed up for courses / enrolled on … courses
Meet the entry requirements
Formal education
Mature students = older than average students
Marked improvement
Natural talent
Room for improvement
Thirst for knowledge
A quick learner
Concentration wavers = concentration is not steady
Demonstrated an ability
Showed initiative
Full marks = 100%
Proven ability = ability shown by his achievements
Playing truant = being absent without permission

Chapter 18 Writing essays, assignments and reports
Submit a report
Present findings
Select a topic
Working hypothesis = a theory which can be used provisionally but may change
Supports the hypothesis = not as strong as prove and therefore better
Undertaking a study = carrying out
Research ethics = a system of standards which control how research is done
Literature review
Background reading
In-depth critique = examination and judgement of something, done carefully and in great detail.
Provide a rationale
Back up your conclusions
Lay out your results

Other collocations often used in essays, reports and assignments
Vigorous defence = very strong and forcefully
Confronts issues
Make the case for
Tackle the issues
Puts the case for
Exhaustive account = extremely detailed
Research indicates
Formulate new theories
Test theories
Full explanation
The thrust of xxx’s argument = the main idea or opinion that is discussed
First-hand knowledge = experienced directly
Critical analysis = a detailed study or examination which assesses quality

Chapter 19 Social life
Flying visit = a visit that doesn’t last long
Girl’s night out
Went out for a meal
Sticking to a diet
Surprise party
Spring a surprise on = to surprise
Called for a celebration = meant that a celebration was appropriate
Throw a party
Put in an appearance = came just for a short time
Special occasion
Spend quality time = time where people can give their complete attention to each other
Whirlwind visit = brief and very busy visit
Social whirl = non-stop set of social events

Formal entertaining
Playing host to = providing the facilities for
Making us welcome
Find time to pay us a visit
Join the festivities
Attend a formal function
Family gathering = gathering of the family to celebrate something
Wine and dine = take out for dinner and drinks
The perfect venue = place where a public event or meeting happens
Convivial atmosphere = a very friendly and welcoming atmosphere

Chapter 20 Talking
Types f language and conversation
Idle chatter
Juicy gossip = interesting because it is shocking or personal
Exchange pleasantries = make polite conversation
Exchange ews
Spreading rumours
Rumours are flying around
Engage in conversation
Open your heart
Drawn into an argument
Win an argument
Carry on a conversation
Hold a conversation

Managing topics
Broach the subject = begin a discussion of a difficult topic
Change the subject
Bring up the subject
Take me seriously
Overstate my case = give too much importance or seriousness to a point of view.
Bombard me with questions = ask me lots of questions
Broad generalisations
Drop the subject

Adjective + noun phrases
Bad/strong/foul language = swear words, taboo language.
Four-letter words = swear words, taboo words
Opening gambit= a remark made in order to start a conversation
Rash promise = promises made without thinking
Empty promise = promises made which the speaker has no intention of keeping
Tough question = difficult question to answer

News
Political headlines
Calls election = officially announce that an election will take place
Resign from office
Secures slim majority = wins a small majority
Declare independence
Humiliating defeat
Presents show of unity = publicly appears to be united
Regime toppled = made to fall
Proclaims victory = makes an official announcement of victory
Delivers speech = makes/gives speech

News reports
Nationwide search
Trouble broke out
Vital clues
Call of the search = stop searching
Substantial reward
Recovery of the money
Enter into talks
Reach agreement
Dispute arose
Held determinations
A test of strength
Negotiate a settlement = have formal discussions in the hope of coming to an agreement
Acted as a go-between = delivered messages between people who were reluctant or unable to speak to each other
Brokering an agreement = arranging
Bowed to = given in to
Pressure
Entered into an agreement
Prime-time television = most popular time of day for watching TV
Hold a press conference
Impose censorship

Chapter 22 Current affairs
In the press
Abject apology = humble
Disorderly behaviour
Refused point-blank = completely refused
Provide an explanation
Damaging
Disclosures= sensitive, private information which has been revealed
Issues a statement
Critically
Regular updates
Seeking permission = asking permission
Detailed account
Given leave
Misleading the electorate
Public pronouncements
Clarify his position
Declined the comment
Re-opened the debate
Evidence emerges
Taking a firm stance = position
Flatly rejected = completely denied

Chapter 23 Festivals and celebrations
Talking about festivals
Festival falls on
Festival celebrates
Uphold the annual tradition = also keep up
Hold an unusual festival
Tradition
Dates back to
Join in the festivities
Festive mood
Wearing traditional dress
Perform dances
The age-old tradition
The Event marks = also the festival marks
Festive season = usually refers to the time around Christmas and new year

Traditional festivities
Movable feasts = can refer to any arrangement, plan or appointment where the date is flexible
Rich tradition
Cultural heritage
Puts on a splay
Proud tradition
Observing the festival of
Break with tradition
A wedding celebration
Long-standing tradition = which has existed a long time
Get hitched = get married
Tie the knot = get married
Pre-wedding nerves
Joined in matrimony = married
Raise your glasses = also make a toast
Wedded bliss = happiness through being married

Advertisements and fashion
Sheer luxury
Unrivalled service
Exclusive restaurant
Long-lasting colour
Sun-damaged hair
Tressy products
The Luxe
Gracious living
Grand style
Natural highlights
Anti-ageing properties
Clinically proven
Banish wrinkles = get rid of lines
Luxury cream = put on weight
fine lines
flawless complexion
Pile on the pounds = put on weight
Tasty snacks
Feeling peckish = feeling hungry

Interview with a fashion model
Glossy magazines = magazines printed on high quality paper with lots of photos and adverts
What’s in fashion = clothes bought in ordinary shops rather than from special fashion designers

Designer label
Launched their new collections
New season’s look = the new fashion style
Setting the trend = starting the fashion
Stunning range
Hit the high street = become available in chainstores
Hugely popular
Fashion victim = a person who always wears fashionable clothes even if they make them look ridiculous or don’t suit them
Excruciatingly uncomfortable
Back in fashion

Chapter 25 Traffic and driving
Severely disrupted = prevented from continuing as usual
Traffic diverted = made them take a different route
Heavy traffic
Traffic dense = very close together
Lengthy delays
Traffic
Die down = gradually become less
Stuck in traffic
Traffic tailing back = forming a long queue
Traffic is building up
Ease of = gradually become less

Learning to drive
Valid driving licence
Take my driving test
Change gear
Getting into reverse
Grind the gears = change gear roughly and noisily
Automatic car
Manual car
Current UK licence
Bear left = change direction slightly towards the left
Right-hand-drive
Keep to the left

A new kind of transport
Hailed as
Major development
A set of handlebars
Oncoming traffic
Key advantage
Moving sideways

Chapter 26 Travel and adventure
An exciting trip
Thirst for adventure
Get itchy feet
Contain my excitement
Broken the journey = stopped for a short time
Arduous journey = difficult tiring, needing a lot of effort
Have a stopover = have a brief overnight stay in a place when on a long journey to somewhere else
Low-cost airline
Put me on standby = made me wait to see if a seat became available
Went trekking
Intrepid explorer = brave, with no fear or dangerous situation
Sense of adventure
Hopelessly lost
Send out a search party

Articles about travel adventures
Sunny spells
Boosted the spirits = made feel more cheerful
Faced severe weather conditions
Their spirits were high = they were in a positive mood
Sheer epic grandeur
Have a special charm
Keep your eyes peeled = keep your eyes open
Lull you to sleep
Leg of the journey
Budget doesn’t quite stretch to = you can’t afford

Sport
Do extreme sports
Acquired a taste for = begun to enjoy
Keep my balance
Get the hang of it = become able to do something
Precious little chance = very little chance
Take up the challenge
Pretty fit = fairly fit
Push myself to the limits = make a considerable effort
Having a whale of time = having a fantastic time
Jump at the chance = really like to do something
Summon up the energy
Keep in shape = stay in the good physical condition

Sports news
Reached fever pitch = became very excited
Played a blinder = performed brilliantly
Convincing victory
Stands at

Match reports
Took the field = went on the pitch
Putting up a performance
Break through the defence
Awarded a penalty
Penalty was missed
Given yellow cards
Free kicks
Scored an own goal
Went wild = crazy with excitement

Chapter 28 plans and decisions
Toying with the idea = considering, but not in a focused way
Long-term solution
Drumming up support = increasing support for something
Unveiled = showed/made known for the first time

Slight change of plan
Acting on suggestion = doing something as a result of a suggestion
Implement = put into operation
A plan
Draw up a schedule
Stick to = keep to
Schedule
Tentative suggestion = a suggestion that you are not sure will be accepted
Launch the scheme
Exercise greater control
To their discretion = leave everything to their judgement
Cover every eventuality = consider all possible situations and difficulties

Making plans
Eager anticipation = feeling of great excitement about something that is going to happen
Came up with the idea
Preparations have been underway = happening
Necessary groundwork = work done preparation
Reach the decision
Put into practice

Rejecting plans
Declare outright opposition
Outright hostility
Rejected out of hand
Constructive criticism

Chapter 29 Film and book reviews
Suspense builds up
An amazing chain of events
Startling originality
Bold experiment = a brave and risky thing to do
Accomplished actor
Consummate professional = complete professional
Star-studded cast
Dazzling display
Series of events
Spectacularly successful
Glowing reviews = very positive reviews

Tabloids
Cast in the role of
Unmitigated disaster, strongly influenced = heavily influenced
Release the CD
Highly recommend = thoroughly recommend
Can bear the suspense = can stand the excitement

Think highly
Dismal failure
All-star cast
Hold my attention
Lasting impression = a permanent one
Fired my imagination
Awakened my interest
Create the atmosphere = evoke an atmosphere

Chapter 30 Regulation and authority
Passed laws
Regulations introduced = also brought in
Standardise procedure =
Adhere to standards
Comply with
Laws
Have an obligation
Carry out a risk assessment = an exercise to identify and assess risks
Minimise danger
Satisfy the requirements
Have an obligation

Planning permission
Absolutely essential = NOT very
Seek permission = ask for permission
Plan is approved
Granted permission = given permission
Obtain permission = receive permission
Introduced new legislation
Tightened controls = made the rules tougher
Putting in an application
Permission to be given
Infringe the regulations = break the rules
Faceless bureaucrats = used as insult to officials, suggesting that they lack character
In a position to
Authority
Exercising authority
Cut through the red tape = deal quickly and effectively with bureaucratic procedures
Flout the rules = intentionally break the rules
The Environment
Disposal of household waste
Dump waste in an irresponsible manner
Harmful to the environment
Recycle waste
Toxic waste
Public health
Environmental catastrophe

Weather patterns
Absolutely vital
Change our ways
Searing heat extreme heat
Temperatures soar
Widespread flooding
Dire consequences extremely serious
Irreversible climate change
Reduce our carbon footprint amount of carbon dioxide produced by s
Food miles distance food has to travel before consuming
Offsetting carbon emissions paying for an equivalent of CO2 to be saved elsewhere
Vehicle emissions
Hybrid car can alternate between different energy sources
Alternative energy sources: solar heating, offshore wind farms, renewable energy
Oil supplies run dry
Introducing green taxes
Eco-friendly design
Find a solution

#absolutely vital NOT very vital
#find a solution NOT give a solution

Town and Country Life
Bustling centre (full of busy activity)
Urban living
Reliable public transport
Long opening hours

Rustic charm simple/picturesque appeal
The back of beyond an extremely isolated place
Rural idyll
Quiet backwater quiet, isolated place
In the middle of nowhere
Bored rigid informal, extremely bored
Crowded streets
Hectic pace of life
Hail a taxi

Urban regeneration
Derelict buildings not cared for, in very bad condition
Tree-planting scheme
Inner city
Leafy suburbs
Desirable place to live
Residential dwellings formal/official, homes
Congested roads
Within walking distance
Open all hours

**Personal Finance**
Keeping/staying afloat having enough money to pay what you owe
Source of income
Supplement your income add to
Open a current account
Get into debt, clear your debts (pay in full)
Cutting down on luxuries
Running up huge debts
Make a payment
Agreed credit limit
Borrow heavily
Outstanding debts not paid yet
Pay back loans
Run up an overdraft temporarily borrow from bank
Interest-free overdraft

Credit-card fraud
Identity theft stealing personal details in order to access back account
Spend a fortune accumulate
Run up a bill
Falsified change a document in order to deceive
Fraudulent claims
Put down a deposit pay part in advance
Default on repayments fail to pay a debt
Call in loans demand payback of loans
Write off debts accept that loan will not be paid back and money is lost

**The Economy**
Curb inflation control inflation, continuous increase in prices
Rampant inflation dramatic, uncontrolled
Current economic climate
Interest rates
Investing for the long-term
Steered the economy
Uninterrupted economic growth, stimulating growth, steady growth
Industry is thriving doing very well
Safeguard their interests protect
Increase output
Plummeting profits rapidly falling
Value for money
Public spencing
Extend opportunity
Social exclusion problems of underprivileged
Levy taxes impose/introduce
Allocate resources met with success
Build on the success been very successful
Black economy develop previous success
Left unchecked not stopped
Undeclared earnings not reported to tax authorities
Push up costs make costs rise
Rising unemployment

Social Issues
Address the issues
Force for good positive influence
Novel solution new
Provide relief
Fresh drive new effort
Makes a plea urgent/emotional request
Break the cycle stop a negative pattern of behaviour
Law and order break down
Riots erupt
Public disorder
The social fabric social structure
Draconian measures extremely severe
Run-down areas in a very bad condition
Antisocial behaviour
Underage drinking
Dysfunctional families not behaving normally

Low-income families poorer households
Provide shelter
Poor sanitary conditions
Unfit for human habitation
Affordable housing
Inciting violence encouraging
Introduce neighbourhood watch schemes

Illegal substance
Claim benefits financial supports form the state
Force for change

Science and Technology
Pushing back the frontiers extending the limits
Publish one’s findings results
Harnessing technology making use of
Cutting-edge design most innovative design
Run smoothly
Installing equipment
Wear and tear damage caused by ordinary use
Systems crash
Power cut, restore power
Production may be halted
Shut down computer

#findings almost always used in plural
#research is uncountable

enter pin, swipe a card, online banking
music stored on..., download ringtones
wireless hotspots, remote access email
switch channels, flat-screen TV, by remote control, high-definition TV
use SATNAV (satellite navigation)

*Health and Medicine*
Enjoy good health
Reduce your stress levels
Build up your strength
Doing plenty of exercise (NOT making)
Gentle exercise
Do sport (NOT make)
Watch what you eat
Go on a diet
Build up resistance

A serious medical condition
Have an operation
Course of medication
Respond well to treatment
Made a full recovery
Exceed the recommended dose
Take an overdose
Side effects
Adverse reactions negative

A streaming cold heavy
Shake of a cold get rid of
Be in poor health
An infectious disease
A rare illness/disease
Critically ill extremely/dangerously
Fight for one’s life
Fall into/come out of a coma unconscious
A massive heart attack
Untimely/premature death at too early an age

*Criminal Justice*
Escape punishment
Custodial sentences to be served in prison/similar institution
Committing minor offences
Put on trial
Found guilty
Be given a sentence
Serve out a sentence
Good behaviour
Miscarriages of justice
Face trial
Unreliable evidence
Trumped-up charges
Soaring crime rates
Brought to justice
Extenuating circumstances
Stand trial

Witness gives evidence
Trial was adjourned until
Remand in custody
Unanimous verdict
Found not guilty
Beyond reasonable doubt
Deny all knowledge of
Unreliable witness
Dismiss the case
Contest the verdict
Overturn the verdict
Appear in court
Justice had been served

_War and Peace_
Bitter enemies
Engaged in hostilities
Stockpiling weapons
Creating instability
Deploy troops
Unprovoked attack
Violence erupts/escalates
Spate of attacks
Be caught in the crossfire
Go on the offensive
Pre-emptive strike
Collateral damage

launch a counter-attack
surgical strikes
seize power
suffer casualties
call for a ceasefire

uneasy truce
fragile peace

 buiten verstandige doute
Deny all knowledge of
Unreliable witness
Dismiss the case
Contest the verdict
Overturn the verdict
Appear in court
Justice had been served

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ceasefire comes into effect       stop fighting starts now
restore peace                     stop the fighting
bring stability                   make region feel safe
disband an army                   send soldiers home, no army anymore
lift a blockade                   stop preventing goods from coming in
withdraw troops                   take soldiers out

Friendship
Close/lifelong/childhood/circle of/firm friends
A friend for life
Long-term relationship (usually romantic)
Platonic relationships (not romantic/sexual)
Social network
Casual acquaintances
Relations are cordial      friendly but formal and polite
Remain on friendly terms
Complete stranger
Close confidant                  person you trust and share your feelings with
Put some distance between..
Win someone’s trust
Abuse trust
Make the relationship work
Take s the wrong way
Relationship breaks down
Heart-to-heart chat
Heal the rift                   end disagreement between friends
Forge new relationships       form/create
Stand the test of time        last
Stable relationships
On bad terms
Spring to someone’s defence    act very quickly to defend them
Come under attack
Providing moral support       showing you approve of someone and s’s actions

#make friends, NOT get or find friends

Youth and Age
Newborn baby
Child prodigy                young genius
Pandered to his every whim  did everything he wanted
Spoilt brat
Disaffected youth          people who do not accept society’s values
Juvenile delinquent      criminal who is still a minor
See the error of his ways understand his mistakes

Have a baby                   NOT get
Fall into the pattern of
Stable environment
Take .. for granted
Leave home
Go through a midlife crisis
Go through a phase   period of difficult/strange behaviour
Respect someone’s wishes

Feel their age     as old as they are
Occasional twinge    slight ache
Senior moment       moment of forgetfulness
Grumpy old man (informal, uncomplimentary) complaining
Support one’s family
Live a quite comfortable life
Hazy memory
Sentimental value
Become ther habit
Rekindle memories bring back
Undivided attention
Don’t let them out of their sight
Don’t come to any harm

Celebrities and Heroes
Exclusive interview
Lets us in on the secrets
Fairytale wedding
Lavish lifestyle rich/extravagant
Go into rehab rehabilitation, treatment for addiction in clinic
Source close to
Reveal the truth
Prenuptial agreement legal, before marriage about distribution of money in
the event of a divorce
messy divorce
kiss and tell story sold to press about love life
sell her story
highest bidder
in-depth interview
reveal secrets
in the full glare of publicity

celebrate the achievements
highly praised
received nominations
realise one’s ambiton
meteoric rise to fame rapid
heaped praise on
presenting the award to
highest accolade top symbol of praise and approval
significant impact
glowing tributes (journalistic) extremely positive comments

#something enjoyed/had great success, NOT made. You can make a success of
something though.
Criticising people
Bone idle extremely lazy
Have an attitude problem negative, uncooperative
Slippery customer someone who cannot be trusted
Mindless violence
Pick a fight provoke
Have no respect for despise
Hold in contempt be held responsible
Take the flak negative
Disruptive influence
Poison the atmosphere
The blame rests on fault of
Shirk their responsibilities pay no attention to

Stoop to that level do something as bad as that
Dirty trick to play nasty/dishonest thing to do
A nasty piece of work unpleasant/untrustworthy person
Totally out of order inappropriate
A downright disgrace
Would not trust .. an inch at all

Betray one’s trust
Belittle one’s achievements make seem unimportant
Cloud your judgement affect judgement negatively
Minor niggles small complaints
Glaring error obvious mistake
Constant nagging complaining/criticising

#deep dissatisfaction, NOT strong.

References
Act as a referee
Have keen interest in very strong interest
Lack experience
Encyclopaedic knowledge very extensive
Accumulate experience
Honing her skills making perfect
Pursuing her interests
Be of paramount importance extremely
Meet the challenges of deal with the difficult aspect

Provide a reference for
Wholeheartedly recommend
Have every confidence in
Perform the tasks more formal than carry out the tasks
Financial acumen talent in financial matters
Interpersonal skills
Reveal a talent/show a talent
Handling situations
Trust him implicitly totally
#he has good/advanced computer skills/knowledge of English, NOT high
#highly educated/good level of education, NOT high
#well-qualified secretary/with good qualifications, NOT high
#NOT large knowledge, extensive/comprehensive
#NOT big/great experience, considerable
#NOT get a good relationship, establish/develop
#NOT very appreciated, highly valued

Appearance and Personality
Personality traits/personal characteristics
Boundless energy
Boost confidence
Bubbly personality  lively
Bears a striking resemblance to
Dazzling smile
Have qualities
Thinly disguised  barely hidden
His strong point
Stubborn streak  stubborn side to his character
Gruff exterior  rude and unfriendly
Sharp wit  very amusing in a clever way
Downright rude
Pent-up anger  not expressed
Forthright manner  direct
Open hostility
Display characteristics
Look your age/act your age
Bursting with energy

Blank expression
Warm, friendly smile
Cool reception
Unacceptable behaviour
Perfectly friendly
Abrasive manner  rude and unfriendly

Time and Space
Confined space
Cramped conditions
Short of space/room
Take up a lot of space/room
Ample room/space  more than enough
Vast expanse
A waste of space  (NOT room)
Leave room
Vacant parking spaces

Over the course of time
Make a lasting contribution
Go down in history  be remembered
Golden era/age  period when a particular thing was very successful
Brings back memories
Preserved for posterity  kept for people in the future (formal)
Bygone era  time in distant past (literary)
Restored to their former glory
Dim and distant memory  slightly, but not very well
Decades elapsed
Within living memory
Shape our destiny/lives
The not-so-distant future  not in immediate future but near
The foreseeable future  as far in the future as you can plan for

**Sound**
Trace of an accent
Booming voice  very loud
Voice faltered  lost strength and hesitated
Give a laugh
Gruff voice  low, unfriendly and harsh
Mutter under your breath
Meet with a stony silence  cold, unfriendly
As if everyone had lost their voice
Utter a word
Broad accent  strong
Husky voice
Slurred her words  unclearly, running sounds together
Muffled voices
A strangled cry  weak, high, frightened

Clap of thunder
Deathly hush  extreme, unpleasant silence
Soft whisper
Silence descends on
Distant echo
Incessant noise  never stops
Makes no sound
Silence reigns
Dull thud
Sound travel from
Let out a cry

*Making Things Easier*
Explore different ways
Feasible alternatives  possible
Viable options  workable
Enlist the help
Which method to adopt
Step-by-step approach
Break the task down in to manageable chunks
Is simplicity itself
The easy option
The easy way out

Immense asset  something of great value
Dealing with the complexities of
Amazing degree of accuracy
Perfected techniques
Simple rule
Straightforward way
Basic principle
Concentrate the mind
Sound like hard work
Take the time to
Items of information
Instantly recall with remarkable ease

**Difficulty**
Constant struggle
State of confusion
Severe blow
Take it very badly
Adverse weather conditions
Widespread flooding/looting
High risk
Complete disaster
Catastrophic results

Face/tackle/address a problem
Pose a threat
Carry/minimise a risk
Relish a challenge
Hinder progress
Spot an error
Encounter difficulties
Overcome hurdles
Fight for survival
Respond to an emergency
Disaster strikes

#make NOT do mistakes  
#NOT get problems/difficulties, experience/have
#NOT give a solution, find
#problems arise and occur, NOT happen
#difficulties arise, NOT appear

**Quantity and Size**
A good/fair few
A good/fair number
A substantial/significant number/quantity/amount (formal)

The sheer quantity  surprisingly large amount
Finite number               limited
Good size                  quite large
Unbounded enthusiasm       quite large
Infinite patience          very high
Endless supply             very high
Astronomical fees          quite large
Bumper crop                informal
Epic proportions           informal
Massive overdose           informal
Overwhelming majority      informal
Inordinate amount          informal
Wide range                 informal
Wide variety/choice of     informal
An unknown quantity        informal

Small                      minority, amount, number, quantity, percentage NOT little
Large                      quantity, amount, number, majority NOT great, big, high
Large, high                percentage NOT great
Great                      importance, significance NOT high, big

Change
Dramatic/fundamental/radical/sweeping (affecting many people/things) changes
It would make a change     pleasantly different to one’s routine
Make changes               will be put into practice
Changes will be implemented will be put into practice
Change came about          
Changes take place

Change dramatically, fundamentally, radically NOT sweepingly
Change imperceptibly
Change beyond recognition
Changed man/woman          for the better
Remain unchanged/stay the same
Adapt to changing circumstances

Undergo a transformation/revival
Fluctuating wildly         up and down, unpredictable (exchange rate, temperature, share prices)
modest increase/improvement/gain/recovery
sudden/dramatic shift
shows/is room for improvement
lives were turned upside-down
move with the times         keep up and adapt to

#show decrease/upward trend, NOT have
#figures increase dramatically/significantly, NOT strongly

Stopping and Starting
Bring to a halt
Call a halt to
<table>
<thead>
<tr>
<th>Action</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bring to a close</td>
<td>Put a stop to</td>
</tr>
<tr>
<td>Terminated his contract, terminate a pregnancy</td>
<td>Abandon their policy, abandon an attempt</td>
</tr>
<tr>
<td>Call off the search/a match</td>
<td>Close off the street</td>
</tr>
<tr>
<td>Lull in the conversation/fighting</td>
<td>pause</td>
</tr>
<tr>
<td>Dawn breaks</td>
<td>Break into song</td>
</tr>
<tr>
<td>Break into a run</td>
<td>The rain set in</td>
</tr>
<tr>
<td>Set off the fire alarm</td>
<td>Instigated measures</td>
</tr>
<tr>
<td>Opening remarks</td>
<td>Enter into the discussion</td>
</tr>
<tr>
<td>.. sparks fears of</td>
<td>make people worry about</td>
</tr>
<tr>
<td>talk collapse</td>
<td>come to unsuccessful conclusion</td>
</tr>
<tr>
<td>nears completion</td>
<td>dispel rumours</td>
</tr>
<tr>
<td>clear up confusion</td>
<td>allays fears of</td>
</tr>
<tr>
<td>quells unrest</td>
<td>make statement to end them</td>
</tr>
<tr>
<td>Allays fears of</td>
<td>stops people worrying about</td>
</tr>
<tr>
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<td>stops disturbances</td>
</tr>
</tbody>
</table>

**Cause and Effect**

- Establish the cause
- Root cause: origin
- Primary cause
- Desired effect
- Feel the full effect
- Have a knock-on effect: indirect result
- Ill effect: bad
- Produce the results: lead to
- Provoke an outcry: public anger
- Breed resentment: make others feel angry/unhappy
- Plant doubts in s’s mind
- Prompt speculation: caused people to suspect
- Rendered obsolete: caused to be no longer used
- Set the wheels in motion
- Wreak havoc: cause a lot of damage to
- Drive crazy
- Spell disaster: cause serious problems
- Compelling reason: powerful
- Dire consequences: very serious
- Contributing factor
- Give me a reason
- Demand an explanation
- Face the consequences
Describing Groups and Amounts
A pack of dogs/hounds/wolves
A herd of cattle/elephants
Swarm of bees/locusts
Flock of birds/sheep
A pride of lions
Shoal of fish/sardines
Shoal/pod of dolphins/whales
Tribe of monkeys/baboons

Flurry of activity/interest/excitement/speculation/snow  sudden and short
Even a flicker of emotion/hope/interest  brief
A glimmer of hope/interest/light/understanding  faint indication
A touch of sadness/humour/irony/class  small amount
Whole gamut of emotions (colours, notes)  entire range of something
Stroke of genius/luck/work  a bit of

A hunk of bread  thick slice bread/meat/cheese
Cloves of garlic
Bed of rice
Knob of butter  small lump
Dollop of cream  large spoonful
A drop of brandy
A dash of cream  small amount of liquid
A sprinkling of cinnamon  small amount of herb/spice

Comparing and contrasting
Fundamentally similar
Bear little resemblance to
Entirely different
In marked contrast to
Wide variation
A world of difference
Clear distinction
Yawning distinction
Differ widely
Exact opposite
Polar opposites  extreme
The advantages outweigh its disadvantages
Side of the argument
Strikingly different

Fundamentally different
Doesn’t bear comparison with  cannot be compared with
Compares favourably with
Draw a comparison between
Strike the balance between
Bridge the gap
Subtle distinction/difference
Growing disparity
Making an Effort
A determined effort serious and thorough
A concerted effort determined, with more people working together
A joint effort by two+ people
A team effort by group
A valiant effort brave, in the face of great difficulty
Strenuous efforts attempts requiring a lot of effort
Give it one’s best shot worthy of admiration
An abortive attempt failed
Physical exertion hard physical effort
A hard slog hard work
An uphill struggle with no certainty of success, a lot of effort

Offer advice
Provide a solution
Require effort
Devote energy to
Follow our advice
Heed our warnings listen to
Reap the rewards be rewarded
Ignore advice
Doomed to failure
Desperate desire
Pin your hopes on
Stand the test of time successful over a long period of time
Worth a try

#make an effort, NOT do

Social English
I didn’t have much luck
Bright ideas
The thought occurred to me
Go into any trouble for something
Have a go at
Really got to her made her very upset
Did not mean any harm
I cannot bear the thought of
I wouldn’t lose any sleep over it
News travels fast
It came as a bit of a shock
To be brutally honest
A welcome relief
I know the feeling
Glad to see the back of her to see her leave
Are you up for
Give him a good send-off goodbye, special
The simple reason is
Have been on the go very busy
A decent night’s sleep
Face the thought of
Feeble excuse
Give me a ring
Drop me an email

Cause you any trouble/put you to any trouble NOT bring
Really/very much looking forward to NOT very
I sincerely. very much hope NOT strongly
Absolutely delighted NOT very
Great pleasure NOT big

*Discussing Issues*
Give repeated assurances
Break your promise
Offer an explanation
Betray the trust of
Reject the charge
Keep our promise
Go back on your promise not keep/change
Make a commitment
Reaffirm a commitment
Give a straight answer direct and honest
Dodge the question avoiding

Put a question to s
Channels of communication
Frame a question formulate
Fielding questions dealing with
Confronting the issues
Fair comment
Establishing communication
With all due respect before criticism
Miss the point
Face a grilling a lot of tough questions
Take your point accept that it is a serious point worth considering
Give a full apology
Enter into a contract
Breach a contract break

*Negative Situations and Feelings*
Nasty shock
A fit of jealousy
Sick with worry/worried sick
Harebrained scheme crazy plan
Shatter confidence
Took exception to objected to, was annoyed by
Fills me with dread makes me feel upset/worried, about future
Give vent to one’s frustration only about negative feelings
Admit defeat will not succeed
Bottle up your feelings
Increase your stress levels

Outpouring of grief  widespread expression of (death)
In a state of shock
Inconsolable grief
Hastened his death
Threat of .. hanging over..
Intense dislike of
Lapse of judgement  poor judgement
Disparaging remarks  unpleasant comments
Fuel fears  make people feel more afraid
Suffering at the hands of
Be left with little alternative
Hurling insults at someone
Taking a sideswipe  making critical remark while talking about something else

laughable idea
pose a threat
be in for a shock  get a nasty surprise

#absolutely furious, NOT very

*Positive Situations and Feelings*
Sense of achievement
Sense of purpose
Sigh of relief
Shiver down her spine  excitement
Surge of adrenalin  sudden increase in adrenalin
Burst of energy
State of euphoria
Sheer bliss  calm happiness

Heart leaps
Lifelong ambition
A dream come true
High hopes
Go into raptures  expressed extreme pleasure and excitement
Jumped for joy
Dead keen  very
Found happiness
Doesn’t live up to s’s expectations
Work to his advantage
Pure luck
Cautiously optimistic
Takes delight in
Profound admiration
Get the recognition one deserves
Derive pleasure form, great pleasure
Express their admiration