

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 off 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/a phone number/ a room number = write down quickly

See off intruder/opponent = get rid of

Adhere to principles/beliefs/ideals/a 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 of language and conversation

Idle chatter

Juicy gossip = interesting because it is shocking or personal

Exchange pleasantries = make polite conversation

Exchange views

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

Call election = officially announce that an election will take place

Resign from office

Secure 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 display
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 =

Ahere 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 bank account
Spend a fortune
Run up a bill accumulate
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 spending
Extend opportunity

Social exclusion	problems of underprivileged
Levy taxes	impose/introduce
Allocate resources	
Met with success	been very successful
Build on the success	develop previous success
Black economy	
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	innocent people found guilty
Face trial	
Unreliable evidence	
Trumped-up charges	invented/false accusations
Soaring crime rates	
Brought to justice	
Extenuating circumstances	mitigating, lessen the blame
Stand trial	

Witness gives evidence	
Trial was adjourned until	suspended
Remand in custody	in prison until trial begins
Unanimous verdict	everyone agreed to
Found not guilty	
Beyond reasonable doubt	
Deny all knowledge of	
Unreliable witness	
Dismiss the case	not worth considering
Contest the verdict	disagree with and try to change it
Overturn the verdict	
Appear in court	
Justice had been served	

War and Peace

Bitter enemies	
Engaged in hostilities	
Stockpiling weapons	building up large quantities of weapons
Creating instability	making area unsafe
Deploy troops	send
Unprovoked attack	
Violence erupts/escalates	increases (dramatically)
Spate of attacks	large number
Be caught in the crossfire	shot by accident, wrong place wrong time
Go on the offensive	
Pre-emptive strike	to prevent enemy from attacking you
Collateral damage	unintentional killing/destruction of non-military people/things, makes you sound like you want to make it less serious
launch a counter-attack	
surgical strikes	short and narrowly targeted military attacks
seize power	
suffer casualties	
call for a ceasefire	agreement to stop fighting
uneasy truce	could easily be broken
fragile peace	could easily be destroyed

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 their 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 ambition
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	
Hold in contempt	despise
Take the flak	be held responsible
Disruptive influence	negative
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

Bring to a close
Put a stop to
Terminated his contract, terminate a pregnancy
Abandon their policy, abandon an attempt
Call off the search/a match
Close off the street
Lull in the conversation/fighting pause

Dawn breaks
Break into song
Break into a run
The rain set in
Set off the fire alarm
Instigated measures
Opening remarks
Enter into the discussion
.. sparks fears of make people worry about
talk collapse come to unsuccessful conclusion
nears completion
dispel rumours make statement to end them
clear up confusion
allays fears of stops people worrying about
quells unrest stops disturbances

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
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Cloves of garlic

Bed of rice

Knob of butter	small lump
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Dollop of cream	large spoonful
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A drop of brandy

A dash of cream	small amount of liquid
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A sprinkling of cinnamon	small amount of herb/spice
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Comparing and contrasting

Fundamentally similar

Bear little resemblance to

Entirely different

In marked contrast to

Wide variation

A world of difference

Clear distinction

yawning gap

Differ widely

Exact opposite

Polar opposites	extreme
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The advantages outweigh its disadvantages

Side of the argument

Strikingly different

Fundamentally different

Doesn't bear comparison with	cannot be compared with
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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 from, great pleasure	
Express their admiration	