

Nelson Mandela

Carl W Hart

| Word | Chapter/ Page | Phonetic Spelling | Part Of Speech | Med Star Rating | Definition | Sample Sentence | Translation | Exercises |
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| adapt | 11/47 | /ə'dæpt/ | verb | | to change your ideas or behaviour to deal with a new situation | It took people a long time to adapt to the new system. | | 1–10) Choose the correct words and fill the gaps in the sentences below. <i>adapt / adviser / ancestor / apologize / armed / arrest / attacked / bail / ban / the British Empire</i> 1) They _____ a security guard and ran from the shop. 2) Police said the man was _____ and dangerous. 3) She was let out on _____ for the sum of £3,000. 4) Our _____ came from Spain. 5) I _____ if I upset you. 6) _____ ruled over many countries in former times. 7) Things never stay the same – we must try to _____. 8) Store detectives have the right to _____ anyone caught shoplifting. 9) He works as an _____ to a senior government minister. 10) Do you agree that we should _____ the sale of cigarettes? |
| adviser | 2/8 | /əd'vaɪzə/ | noun [count] | 1 | someone whose job is to give advice on subjects | She's part of the President's team of advisers . | | |
| ancestor | 1/5 | /'ænsɛstə/ | noun [count] | | someone who lived a long time ago and is related to you | I've been researching my ancestors on the internet. | | |
| apologize | 2/11 | /ə'pɒlədʒaɪz/ | verb | 2 | to tell someone that you are sorry for doing something wrong | You should apologize for being so rude. | | |
| armed | 5/26 | /ɑːmd/ | adjective | 2 | carrying a weapon, or involving the use of weapons | Armed police were called in to control demonstrators. | | |
| arrest | 5/22 | /ə'rest/ | noun [count] | | a situation in which the police take a person to a police station because they think that he/she has committed a crime | Several arrests were made following the riot. | | |
| attacked to attack | 9/38 | /ə'tækt/ | verb | 3 | to use violence against a person or place | A gang of youths attacked an old lady. | | |
| bail | 6/29 | /beɪl/ | noun [uncount] | | money that is given to a court so that someone is allowed to stay out of prison until their trial | Police released the suspect on bail . | | |
| ban | 4/19 | /bæn/ | verb | 1 | to say officially that something is illegal or not allowed | The government decided to ban smoking in public places. | | |

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| the British Empire | 1/7 | /ðə ˈbrɪtɪʃ ˈempaɪə/ | noun [sing] | | the countries of the world ruled by Britain between the 17 th century and the middle of the 20 th century | India was a former colony of the British Empire . | | |
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| cage | 6/29 | /keɪdʒ/ | noun [count] | | a container that is made of wire or metal bars, used for keeping animals in | The parrot is kept in a cage . | | 11–20) Choose the correct words and fill the gaps in the sentences below. <i>cage / campaign / candidate / celebrated / chief / clerk / clients / communist / conditions / confidence</i> 1) Players _____ by hugging and kissing each other. 2) In my view, it's wrong to keep birds in a _____. 3) She's not afraid to say what she thinks – she's got plenty of _____. 4) How is the _____ progressing? 5) _____ must ring to make an appointment. 6) James hates being a _____ – it's boring. 7) Employees are demanding better pay and _____. 8) The former East Germany was a _____ country. 9) Everyone congratulated the successful _____. 10) White Horse was the _____ of a Native American tribe. |
| campaign | 4/20 | /kæm'peɪn/ | noun [count] | 1 | a series of actions that are intended to achieve something such as social or political change | We were asked to take part in a healthy eating campaign . | | |
| candidate | 13/59 | /'kændɪdeɪt; 'kændɪdət/ | noun [count] | 1 | one of the people who is competing in an election or competing for a job | Who was the winning candidate in the election? | | |
| celebrated to celebrate | 12/53 | /'seləˌbreɪtɪd/ | verb | 2 | to do something enjoyable in order to show that an occasion or event is special | They celebrated with an all-night party. | | |
| chief | 2/8 | /tʃi:f/ | noun [count] | | the leader of a tribe | He was appointed chief of the tribe. | | |
| clerk | 3/12 | /klɑ:k/ | noun [count] | | someone whose job is to look after the documents in an office | She works as a clerk in a bank. | | |
| client | 3/12 | /'klaɪənt/ | noun [count] | | someone who uses the services of a professional person such as a lawyer | I'm meeting an important client today. | | |
| communist | 4/18 | /'kɒmjunist/ | adjective | | relating to a system that believes all groups of society should be treated equally | She used to be a member of the communist party. | | |

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| conditions | 3/15 | /kən'dɪʃənz/ | noun [plural] | 3 | the situation or environment in which something happens or someone lives | Working conditions at the factory were described as "appalling". | | |
| confidence | 3/12 | /'kɒnfɪdəns/ | noun [uncount] | 3 | the belief that you are able to do things well | You need a lot of confidence to be a politician. | | |

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| created <i>to create</i> | 1/7 | /kri:'eɪtɪd/ | verb | 3 | to make something new exist or happen | Do you believe that God created the world? | | 21–30) Choose the correct words and fill the gaps in the sentences below. <i>created / crime / currency / demand / destroy / differences / economy / equal rights / funeral / generation</i> 1) They were unable to sort out their _____ and never spoke again. 2) Employers are worried about the state of the _____. 3) Police were unable to solve the _____. 4) The euro and the dollar are both types of _____. 5) Do you know when the _____ will be held? 6) It is a crime to _____ public property. 7) In the early 20 th century, women fought hard for _____. 8) I don't really approve of the younger _____. 9) Coco Chanel _____ some beautiful clothes. 10) Trades unions have put in a final _____ for a pay rise. |
| crime | 4/19 | /kraɪm/ | noun [count] | 3 | an action or activity that is not allowed by the law | People should be punished for their crimes . | | |
| currency | 11/49 | /'kʌrənsi/ | noun [count] | 2 | the money that is used in a particular country | What's the currency of South Africa? | | |
| demand | 12/52 | /dɪ'mɑ:nd/ | noun [count] | 3 | a firm statement that you want something | Children often make a lot of demands on their parents. | | |
| destroy | 4/18 | /dɪ'strɔɪ/ | verb | 3 | to damage or harm something so much that it cannot exist as it was before | She is determined to destroy her enemies. | | |
| differences | 13/57 | /'dɪfrənsɪz/ | noun [plural] | 3 | disagreements about something | We need to find a way of resolving our differences . | | |
| economy | 3/15 | /ɪ'kɒnəmi/ | noun [count] | 3 | the system by which a country's trade, industry, and money are organized | The economy has improved in recent months. | | |
| equal rights | 1/5 | /,i:kwəl 'raɪts/ | noun [plural] | | the same rights as other groups or people | Men and women should have equal rights . | | |
| funeral | 10/42 | /'fju:nrəl/ | noun [count] | 1 | a ceremony that takes place after someone dies | Over 300 people attended the funeral . | | |
| generation | 11/43 | /,dʒenə'reɪʃn/ | noun [count] | 3 | all the people, a group of people or the members of a family who are born and live at around the same time | Older people often criticize the younger generation . | | |

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| guilty | 6/30 | /ˈɡɪlti/ | adjective | 2 | someone who is guilty has committed a crime or done something wrong | The judge found him guilty and ordered him to pay a fine. | | 31–40) Choose the correct words and fill the gaps in the sentences below. <i>guilty / hard labour / illegal / informer / involved / irreversible / lawyer / magistrates / majority / marched</i> 1) The _____ aren't always right. Sometimes the minority should be listened to. 2) Do you think she's innocent or _____? 3) Two men are thought to have been _____ in the crime. 4) Smoking in public places is now _____. 5) A judge's final verdict is usually _____. 6) He works in the local law courts as a _____. 7) Thousands of students _____ through the streets. 8) _____ usually earn a lot of money. 9) Some of the men were unfit for _____. 10) Colleagues accused her of being an _____. |
| hard labour | 9/39 | /ˌhɑːd ˈleɪbə/ | noun [uncount] | | very difficult physical work that some people have to do when they are in prison | Prisoners were ordered to do hard labour . | | |
| illegal | 1/5 | /ɪˈliːɡl/ | adjective | 2 | not allowed by the law | Driving a car without a licence is illegal . | | |
| informer | 13/58 | /ɪnˈfɔːmə/ | noun [count] | | someone who secretly gives information about someone to the police | He worked secretly as an informer for the police. | | |
| involved | 9/39 | /ɪnˈvɒlvd/ | adjective | | someone who is involved in something takes part in it | They were accused of being involved in a plot against the President. | | |
| irreversible | 12/54 | /ˌɪrɪˈvɜːsəbl/ | adjective | | impossible to change or bring back to a previous condition or situation | The court's decision is irreversible . | | |
| lawyer | 2/11 | /ˈlɔːjə/ | noun [count] | 2 | someone whose profession is to provide people with legal advice and services | She's a fully qualified lawyer . | | |
| magistrate | 2/8 | /ˈmædʒɪˌstreɪt/ | noun [count] | | a judge in a court for minor crimes | She's been a local magistrate for more than 30 years. | | |

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| majority <i>the black majority</i> | 1/5 | /məˈdʒɒrəti/ | noun [sing] | 3 | most of the people or things in a group | The majority of people voted in favour of the proposal. | | |
| marched <i>to march</i> | 6/28 | /mɑːtʃt/ | verb | | to walk to a place as part of an organized group which is protesting about something | Demonstrators marched towards the company headquarters. | | |

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| massacre | 8/35 | /ˈmæsəkə/ | noun [count] | | the action of killing a lot of people | The riot ended in a massacre . | | 41–51) Choose the correct words and fill the gaps in the sentences below. <i>massacre / method / mine / mourning / Nobel Peace Prize / non-violent / obey / pressure / quarry / racist / rebellion</i> 1) In 1921, Einstein won the _____. 2) Over 200 hundred people were killed in the _____. 3) You should always _____ your teacher. 4) She was accused of making _____ remarks about immigrants. 5) She's been in _____ since losing her husband. 6) I'd like to show you a different _____ of doing this. 7) Marble for the building is taken from a deep _____. 8) His parents put him under a lot of _____ to succeed. 9) _____ protests are preferable to fighting. 10) Thirty-six men were trapped in the _____. 11) Protests and riots formed part of the _____. |
| method | 4/18 | /ˈmeθəd/ | noun [count] | 3 | a way of doing something, especially a planned or established way | New working methods have helped the company succeed. | | |
| mine | 1/7 | /maɪn/ | noun [count] | 1 | a tunnel in the ground from which people take coal, gold, etc. | Most coal mines in the UK are now closed. | | |
| mourning | 8/37 | /ˈmɔːnɪŋ/ | noun [uncount] | | expression of sadness because someone has died | Following the death, the family went into mourning . | | |
| Nobel Peace Prize | 13/59 | /nəʊˌbel ˈpiːs praɪz/ | noun [sing] | | an international prize given each year for work towards world peace | The Nobel Peace Prize is awarded for exceptional achievements. | | |
| non-violent | 3/14 | /ˌnɒnˈvaɪələnt/ | adjective | | using peaceful methods to achieve political change | Several non-violent demonstrations took place. | | |
| obey | 2/8 | /əˈbeɪ/ | verb | 1 | to do what a person, law, or rule says that you must do | Slaves had to obey their masters. | | |
| pressure | 11/46 | /ˈpreʃə/ | noun [uncount] | 3 | attempts to persuade or force someone to do something | The managing director is under pressure to resign. | | |
| quarry | 10/41 | /ˈkwɒri/ | noun [count] | | a place where stone is dug out of the ground | Stone for the buildings comes from the local quarry . | | |
| racist | 3/15 | /ˈreɪsɪst/ | adjective | | racist behaviour shows that you think your race is better than others | We must work together to fight racist attitudes. | | |

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| rebellion | 11/48 | /rɪˈbeljən/ | noun [count] | | an attempt to remove a government or leader by force | Management are frightened of a rebellion by the workers. | | |
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| recession | 11/49 | /rɪ'seɪʃn/ | noun [count] | | a period when the economy is not successful and there is a lot of unemployment | We're currently in the middle of a global recession . | | 52–62) Choose the correct words and fill the gaps in the sentences below. <i>recession / refused / resigned / respected / retired / ruler / shovels and hammers / slaves / social worker / spears and clubs / stock exchange</i> 1) Unemployment is high because of the _____. 2) Some masters were kind to their _____, while others were cruel. 3) _____ are used to extract coal from the mine. 4) He's an experienced, highly _____ surgeon. 5) She _____ last year after 35 years at the school. 6) He's training to become a _____. 7) When I asked to borrow her mobile phone, she _____. 8) The tribesmen fought with _____. 9) I _____ after getting another job. 10) He works as a trader on the New York _____. 11) Who is the _____ of your country? |
| refused <i>to refuse</i> | 1/5 | /rɪ'fju:zd/ | verb | 3 | to say that you will not do something | She refused to speak to them. | | |
| resigned <i>to resign</i> | 14/62 | /rɪ'zaɪnd/ | verb | 1 | to state formally that you are leaving your job | Following the scandal, he resigned from his job. | | |
| respected | 2/8 | /rɪ'spektɪd/ | adjective | | admired and approved of by many people | She's one of the country's most respected politicians. | | |
| retired <i>to retire</i> | 14/62 | /rɪ'taɪəd/ | verb | 2 | the act of permanently stopping work | How old were you when you retired ? | | |
| ruler | 1/5 | /'ru:lə/ | noun [count] | 1 | someone who controls a country | Kings and queens are rulers of their country. | | |
| shovels and hammers | 10/41 | /ˌʃʌv(ə)lz ən 'hæməz/ | noun | | (<i>shovel</i>) a tool that is used for lifting and moving soil or snow (<i>hammer</i>) a tool that is used for hitting nails into wood | A team of archaeologists used shovels and hammers to excavate. | | |
| slave | 1/5 | /sleɪv/ | noun [count] | | someone who belongs by law to another person and who has to obey them and work for them | In Ancient Rome, rich and powerful people employed slaves to work in their homes. | | |

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| social worker | 7/32 | /ˈsəʊʃl ˌwɜːkə/ | noun [count] | | someone who is trained to give help and advice to people who have serious social problems | Being a social worker is not an easy job. | | |
| spears and clubs | 1/6 | /ˌspiəz ən ˈklʌbz/ | noun | | (<i>spear</i>) a long weapon like a stick with one sharp, pointed end (<i>club</i>) a thick, heavy stick used as a weapon | Members of the tribe fought with spears and clubs . | | |
| stock exchange | 8/37 | /ˈstɒk ɪksˌtʃeɪndʒ/ | noun [sing] | | a place where people buy and sell shares in companies | The price of shares on the stock exchange has fallen. | | |

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| strike | 4/18 | /straɪk/ | noun [count] | 2 | a period of time when people refuse to work, as a protest | Workers have threatened strikes if they don't get a pay rise. | | 63–74) Choose the correct words and fill the gaps in the sentences below. <i>strike / suffering / system / tanks / tear gas / terrorism / trading post / treason / tribe / weapons / widow / wounded</i> 1) _____ is one of the greatest threats in modern society. 2) They sailed to a remote _____ in Alaska. 3) Police ordered the men to put down their _____. 4) He was killed in the fighting, and leaves a _____ and three children. 5) Soldiers went through a lot of _____ during the war. 6) Trades union leaders announced the _____ would begin at midnight on Monday. 7) The current voting _____ is not satisfactory. 8) _____ was sprayed at the angry crowd. 9) He shot and _____ the animal. 10) Which _____ did belong to? |
| suffering | 7/32 | /ˈsʌfərɪŋ/ | noun [uncount] | | mental or physical pain or problems | We must put an end to all this pain and suffering . | | |
| system | 1/7 | /ˈsɪstəm/ | noun [count] | 3 | a way of organizing or doing things | The current system is unfair to women. | | |
| tank | 6/29 | /tæŋk/ | noun [count] | 2 | a very strong military vehicle with a large gun on the top | Soldiers entered the region in tanks . | | |
| tear gas | 8/36 | /ˈtɪə ˈɡæs/ | noun [uncount] | | a gas that makes your eyes sting and is used by the police for controlling crowds | People used tear gas on the demonstrators. | | |
| terrorism | 9/38 | /ˈterəˌrɪz(ə)m/ | noun [uncount] | 1 | the use of violence in order to achieve political aims | Security at airports has been increased in order to combat terrorism . | | |
| trading post | 1/5 | /ˈtreɪdɪŋ ˌpəʊst/ | noun [count] | | a small town, village or shop far away from other towns | Alexandria was an important trading post in Ancient Egypt. | | |
| treason | 6/27 | /ˈtriːzn/ | noun [uncount] | | the crime of trying to harm or destroy your country's government | He was sentenced to death for treason . | | |
| tribe | 1/6 | /traɪb/ | noun [count] | | a large group of related families who live in the same area and have the same language, religion and customs | A fight broke out between two local tribes . | | |

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| weapon | 1/5 | /ˈwepən/ | noun [count] | 3 | an object that can be used for hurting people or damaging property, e.g. a gun, knife, bomb | It is forbidden to carry weapons such as guns. | | 11) As a spy, he was found guilty of _____ after the war. 12) The army needs more money for _____ and other equipment. |
| widow | 14/62 | /ˈwɪdəʊ/ | noun [count] | | a woman whose husband has died | She never remarried and remained a widow for the rest of her life. | | |
| wounded <i>to wound someone</i> | 4/19 | /ˈwuːndɪd/ | verb | | to injure someone so that their body is seriously damaged | Three people were badly wounded in the explosion. | | |

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