

Unit 10

Reflexive verbs

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|----------------------|---------------|--------------------------------|---|
| adapt yourself | /ə'dæpt/ | adattarsi | Everyone has to adapt themselves to new circumstances at some point in their life. |
| content yourself | /kən'tent/ | accontentarsi | We should content ourselves with what we have and not expect more. |
| deceive yourself | /dr'si:v/ | ingannarsi | We often deceive ourselves about our real reasons for doing something. |
| destroy yourself | /di'strɔɪ/ | distruggersi | In the long run, selfish groups destroy themselves . |
| distinguish yourself | /dr'stɪŋɡwɪʃ/ | distinguersi | We respect people who distinguish themselves by devoting their lives to the benefit of others. |
| endanger yourself | /ɪn'deɪndʒə/ | mettersi in pericolo | Some species of monkeys give alarm calls to warn other troops of danger even though they endanger themselves in the process. |
| express yourself | /ɪk'spres/ | esprimersi | People express themselves through their actions more than their words. |
| pride yourself | /praɪd/ | essere orgoglioso di, vantarsi | People should pride themselves on their appearance. |
| remind yourself | /rɪ'maɪnd/ | ricordarsi | It's a good idea to remind yourself from time to time that life is short. |
| sacrifice yourself | /sækrɪfaɪs/ | sacrificarsi | Many animals, including humans, are prepared to sacrifice themselves for their family. |

Collocations with *give*

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| give (sb) a call | /gɪv ə 'kɔ:l/ | fare una telefonata | I must give Mum a call – otherwise she'll be worried. |
| give (sth) a clean | /gɪv ə 'kli:n/ | dare una pulita | Isn't it time you gave the car a clean ? |
| give a damn | /gɪv ə 'dæm/ | infischinarsene | I don't give a damn what other people think of me. |
| give (sb) a hand | /gɪv ə 'hænd/ | dare una mano a | I sometimes give the kids a hand with their homework. |
| give (sb) a headache | /gɪv ə 'hedɪk/ | provocare mal di capo | Hard work often gives me a headache . |
| give (sb) problems | /gɪv 'prɒbləmz / | dare dei problemi | Teenagers often give their parents problems . |
| give a lecture | /gɪv ə 'lektʃə/ | fare la predica | Dad always gives us a lecture if we come home late. |
| give a lot of thought | /gɪv ə ,lɒt əv 'θɔ:t/ | pensare a lungo | You need to give a lot of thought to what you're going to do in the future. |
| give (sb) a piece of your mind | /gɪv ə pi:s əv jə 'maɪnd/ | dire chiaramente (a q.cuno) che cosa si pensa di lui | I thought they'd treated us very badly and gave them a piece of my mind . |
| give (sb) a second | /gɪv ə 'sekənd/ | dare (a q.cuno) un po' di tempo | Could you give me a second to think about it, please? |
| give a speech | /gɪv ə 'spi:tʃ/ | pronunciare un discorso | At the end of the meal the President of the Association gave a short speech . |

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| give (sth) a try | /gɪv ə 'traɪ/ | fare un tentativo | I like new experiences and I'll give anything a try . |
| give a warning | /gɪv ə 'wɔːnɪŋ/ | ammonire | The boss gave her a warning that if her work didn't improve she'd be sacked. |
| give consideration | /gɪv kənˌsɪdə'reɪʃn/ | prendere in considerazione | We need to give serious consideration to the issue of global warming. |
| give permission | /gɪv pə'mɪʃn/ | dare il permesso | The teacher gave us permission to go home early. |
| give priority | /gɪv praɪ'ɒrəti/ | dare la precedenza | The government should give priority to issues such as health and education. |
| give (sb) the benefit of the doubt | /gɪv ðə ˌbenɪfɪt əv ðə 'daʊt/ | concedere il beneficio del dubbio | If I'm not sure about someone, I always give them the benefit of the doubt . |
| give the impression | /gɪv ði ɪm'preʃn/ | dare l'impressione di | I sometimes give people the impression that I'm older than I am. |

Job responsibilities

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| coordinate (v) | /kəʊ'ɔːdɪneɪt/ | coordinare | My favourite part of the job is coordinating the local volunteers. |
| facilitate (v) | /fə'sɪləteɪt/ | agevolare | My role in these meetings is to observe and facilitate . |
| liaise (v) | /li'eɪz/ | fare da intermediario | He liaises with local volunteers to develop stories and case studies. |
| oversee (v) | /əʊvə'siː/ | controllare | Part of the job involves overseeing translation to and from Spanish of written materials. |
| participate (v) | /pɑː'tɪsɪpeɪt/ | partecipare | You will be expected to participate in conferences both nationally and internationally. |
| promote (v) | /prə'məʊt/ | promuovere | Promoting the RPA's work is the easy part of the job. |
| seek out (v) | /siːk 'aʊt/ | trovare | My job now is to seek out the right person. |
| track (v) | /træk/ | seguire | John visits local projects periodically to track developments. |

Other words & phrases

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|------------------|---------------|--------------|--|
| access (v) | /ækses/ | accedere a | He can only access his email when he's at home. |
| administer (v) | /əd'mɪnɪstə/ | amministrare | John helps the local people access and administer the grants that are available to them. |
| aid (n) | /eɪd/ | assistenza | He decided to take up a career as an international aid worker. |
| altruism (n) U | /æltruɪz(ə)m/ | altruismo | Selfish individuals have a better chance of surviving than altruistic individuals, and they will benefit from the altruism of the others. |
| altruistic (adj) | /æltruɪstɪk/ | altruistico | Someone who is altruistic thinks or behaves in a way that shows they care about other people. |

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| attach importance to (sth) | /ə'tætʃ ɪm'pɔ:təns tu:/ | attribuire importanza a | Human beings attach great importance to moral values. |
| bean (n) | /bi:n/ | chicco | Coffee growers were warned not to sell their beans to the big multinationals. |
| beg (v) | /beg/ | pregare, chiedere | She begged him to give her the money. |
| blood transfusion (n) | /blʌd træn'sfju:ʒn/ | trasfusione di sangue | Drew's own life was saved after a blood transfusion . |
| bracelet (n) C | /breɪslət/ | braccialetto | People often wear yellow bracelets for cancer. |
| case study (n) C | /keɪs 'stʌdi/ | studio analitico | In my current job I write press releases for the local press and liaise with local volunteers to develop stories and case studies . |
| charity shop (n) C | /tʃærəti ʃɒp/ | vendita di beneficenza | Listen to a conversation between a woman who works in a charity shop and her husband. |
| City (adj) | /sɪti/ | City | He was a City type, merchant banker or something, but he seemed all embarrassed. |
| countless (adj) | /kaʊntləs/ | innumerevole | Drew has donated over 130 litres of blood, enough to save the lives of countless numbers of people. |
| delegation (n) C | /delə'geɪʃn/ | delegazione | Today I'm meeting a delegation of journalists from Indonesia. |
| detriment (n) | /detrɪmənt/ | detrimento | I sometimes spend far too long on one project to the detriment of others. |
| do good deeds | /du: gud 'di:dz/ | compiere buone azioni | Evolutionary theory explains partly why humans and other animals are capable of doing good deeds . |
| donate (v) | /dəʊ'neɪt/ | donare | They donate thousands of pounds to charity every year. |
| donor (n) C | /dəʊnə/ | donatore | Since becoming a blood donor in the 1940s, Drew has donated over 130 litres of blood, enough to save the lives of countless numbers of people. |
| ecosystem (n) C | /i:kəʊ'sɪstəm/ | ecosistema | The Rainforest Protection Agency (RPA) is an international non-profit organization dedicated to protecting ecosystems and the people and wildlife that depend on them. |
| elders (n pl) | /eldəz/ | anziani | One of the elders proposed spending the money on seeds. |
| film crew (n) C | /fɪlm 'kru:/ | troupe cinematografica | The receptionist explains that they are making a reality TV programme called 'How Kind Are You?' and that a hidden film crew has been filming you for the last few hours. |
| fluff (n) U | /flʌf/ | peluria | We gave the coat a quick clean – got rid of the fluff and stuff. |
| foreseeable (adj) | /fɔ:'si:əbl/ | prevedibile | He's going to stay in his job for the foreseeable future. |
| fund (v) / (n) C | /fʌnd/ | finanziare (v); fondo (n) | The most popular charities are those that fund medical research or help children. |
| fur (n) U | /fɜ:/ | pelliccia | They created a fund to help homeless people. The driver gets out and gives the woman a beautiful fur coat. |

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| geranium (n) C | /dʒə'reɪniəm/ | geranio | People wear pink geranium flower badges for the blind. |
| grant (n) C | /gra:nt/ | assegnazione, sovvenzione | John helps the local people access and administer the grants that are available to them. |
| grassroots (n) pl | /ˈgrɑ:sru:ts/ | base | My favourite part of the job is at grassroots . |
| grower (n) C | /ˈgrəʊə/ | coltivatore | Coffee growers were warned not to sell their beans to the big multinationals. |
| hang up (v) | /hæŋ 'ʌp/ | riattaccare | She finished the phone call and hung up . |
| homeless (adj) | /həʊmləs/ | senzatetto | The job involves attending conferences, giving talks and setting up self help groups for the homeless people we work with. |
| honour (v) | /ˈɒnə/ | onorare | On the international stage, we honour altruistic individuals who sacrifice their freedom or comfort in order to improve the lives of those around them. |
| in a flash | /ɪn ə 'flæʃ/ | in un istante | Moira was on the phone in a flash and told him we'd find his coat. |
| innit | /ɪnɪt/ | vero | "Five hundred quid. That's all right innit ?" |
| juggle (v) | /dʒʌɡl/ | ridistribuire | There are many different responsibilities that need juggling . |
| knock over (v) | /nɒk 'əʊvə/ | investire | She has been knocked over by someone on roller-blades, who has not stopped. |
| light up (v) | /laɪt ʌp/ | illuminarsi | So then he asked us if we could describe the coat, which we did, and his face sort of lit up . |
| limousine (n) C | /lɪmə'zi:n/ | limousine | After a long, long time, a large black limousine arrives. |
| make-up (n) U | /meɪkʌp/ | costituzione | But recent research into our genetic make-up has shown that human beings and animals are not so different. |
| merchant banker (n) C | /ˈmɜ:tʃ(ə)nt 'bæŋkə/ | banchiere d'affari | He was a City type, a merchant banker or something. |
| microphone (n) C | /ˈmaɪkrəˌfəʊn/ | microfono | After a few minutes, you are stopped by a man with a microphone and a film crew. |
| nest (n) C | /nest/ | nido | Some birds will help other birds to protect the nest . |
| non-profit (adj) | /nɒn'prɒfɪt/ | non-profit | The Rainforest Protection Agency (RPA) is an international non-profit organization. |
| partial (adj) | /ˈpɑ:ʃl/ | parziale | Evolutionary theory can give a partial explanation of why humans and other animals are capable of good deeds. |
| periodically (adv) | /ˌpɪərɪ'ɒdɪkli/ | di tanto in tanto | I visit local projects periodically to track developments |
| philanthropist (n) C | /ˈfrɪlænθrəpɪst/ | filantropo | One of the most generous philanthropists in the world, Li Ka-Shing has given over \$140 million to educational causes in East Asia and other countries. |
| poppy (n) C | /ˈpɒpi/ | papavero | People in Britain wear red poppy badges to raise money for people injured serving their country. |

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| press release (n) C | /pres rɪli:s/ | comunicato stampa | My time is shared more or less equally between sitting in front of my laptop writing press releases and articles, and travelling around Central America. |
| quid (n) C | /kwɪd/ | sterlina | ‘Five hundred quid . That’s all right innit?’ |
| rainforest (n) C | /reɪnfɔːrɪst/ | foresta pluviale | The Rainforest Protection Agency is dedicated to protecting ecosystems. |
| raise money (v) | /reɪz 'mʌni/ | raccogliere denaro | People in Britain wear red poppy badges to raise money for people injured serving their country. |
| ribbon (n) C | /rɪbən/ | nastrino | People wear red ribbons for AIDS. |
| rollerblades (n pl) | /rɒləˌbleɪdz/ | rollerblades | She has been knocked over by someone on roller blades . |
| seed (n) C | /siːd/ | seme | One of the elders proposed spending the money on seeds . |
| self-help (n) U | /selfhelp/ | solidarietà | The job involves setting up self-help groups for the homeless people we work with. |
| set (sb) apart from | /set ə'pɑːt frəm/ | contraddistinguere | What aspects of our behaviour and culture set us apart from the rest of the animal kingdom? |
| shiver (v) | /ʃɪvə/ | rabbrivire | They were shivering because it was so cold. |
| single-handed (adv) | /sɪŋgl'hændɪd/ | da solo, senza aiuto | She’s been running the press office single-handed since the senior communications officer retired last year. |
| tear (v) | /teə/ | strapparsi | Her dress is pulling and tearing . |
| troop (n) C | /truːp/ | branco | Some species of monkeys give alarm calls to warn other troops of danger. |
| veranda (n) C | /və'rændə/ | veranda | The first thing he does is make a coffee and go out on his veranda to check his email. |
| well-supported (adj) | /wel,sə'pɔːtd/ | ben sostenuto finanziariamente | Charities that rescue or look after animals are also well-supported . |
| worried sick (adj) | /wʌrɪd 'sɪk/ | tremendamente preoccupato | What about the money? He must be worried sick about it. |