measure [n] = a way of achieving something, or a method for dealing with a situation

**distr<u>e</u>ssing** [adj] = making you feel very upset

**coverage** [n] = the protection an insurance company gives you, so that it pays you money if you are injured, something is stolen etc; the protection an insurance company gives you, so that it pays you money if you are injured, something is stolen etc; when a subject or event is reported on television or radio, or in newspapers

lift [vt] = to take hold of somebody/something and move them/it to a different position

**indicator** [n] = something that can be regarded as a sign of something else

disposable income = the amount of money you have left to spend after you have paid your taxes, bills etc

**luxury** [n] = something expensive that you do not need, but you buy for pleasure and enjoyment

**pen** [n] = a small piece of land enclosed by a fence to keep farm animals in

**application** [n] = a formal, usually written, request for something such as a job, place at university, or permission to do something

**emblematic** [adj] = seeming to represent or be a sign of something

**shove** [vt] = to put something somewhere carelessly or without thinking much

rumpled < rumple [vt] = to make hair, clothes etc less tidy

rusted < **rust** [vi, n] = the reddish-brown substance that forms on iron or steel when it gets wet

catalyst [n] = something or someone that causes an important change or event to happen

boldly < **bold** [adj] = brave and confident; not afraid to say what you feel or to take risks

unfold [vi] = If a situation or story unfolds, it develops or becomes clear to other people

**canvass** [vt] = to talk about a problem, suggestion etc in detail; to ask people about something in order to get their opinion or to get information

upwardly mobile = moving up through the social classes and becoming richer

hinterland [n] = an area of land that is far from the coast, large rivers, or the places where people live

**tap into** [ph.v] = to make as much use as possible of the ideas, experience, knowledge etc that a group of people has; to use or take what is needed from something such as an energy supply or an amount of money

disillusioned [adj] = disappointed because you have lost your belief that someone is good, or that an idea is right

**forgive a debt/loan** = if a country or organisation forgives a debt, it says that the money does not have to be paid back (= write off)

**disburse** [vt] = to pay out money, especially from a large sum that is available for a special purpose

**hamlet** [n] = a very small village

**backup** [n] = people or things that can be used to provide support and help if they are needed; something that you can use to replace something that does not work or is lost

**show off** = to try to make people admire your abilities, achievements, or possessions (often used to show disapproval) **buzz** [vi] = to make a continuous sound, like the sound of a bee