

## TRAINING DAYS 22 MARCH 2025. LYON & DIJON

### PREPARATION TIPS AND VOCABULARY SUPPORT. ENGLISH

#### SOME USEFUL EXPRESSIONS (introduction)

Je passe mon BAC = **I'm taking my A-levels this year**

J'ai choisi les spécialités HGGSP et ES = **I chose to focus on History, Geography, Geopolitics and Political Science as well as Economics and Social Sciences.**

Je fais du basket depuis 6 ans = **I have been playing basketball for 6 years**

J'aime lire = **I am keen on reading**

Cette année ma matière préférée est...parce que...= **My favourite subject this year is...because...**

Plus tard, je souhaiterais travailler dans le vin = **I would like to work in the wine sector later**

Je souhaiterais intégrer BSB parce que .... = **I would like to go to BSB because...**

#### SOME USEFUL EXPRESSIONS (describe a picture)

##### **STEP 1: Summarise (describe what's in the picture as if the examiner cannot see the picture)**

- "I'd like to describe the picture I have prepared. To begin it shows" + name of the person & who this person is (a business person, singer, politician, athlete, etc.)/ It shows + the scene (people/things)

##### **STEP 2: where are things in the picture?**

- in the top left-hand corner...
- at the top/bottom... etc.

##### **STEP 3: describe more details/ What is happening with VOCABULARY**

- Present simple to describe things (there is/there are)
- Present continuous to describe actions
- Link words: moreover/furthermore/in addition

##### **STEP 4: commentary**

- "There are different themes that come to mind with this picture..."
- Identify the subjects, problems/solutions, advantages and disadvantages, before, now, in the future, etc.
- Give information you have about the subject in general.
- Think about how the subject affects you, could affect you in the future, or can you make a comparison with what is happening in your own country.
- If you make a mistake, correct yourself

#### USEFUL VOCABULARY. 3 POSSIBLE THEMES

- 1) Global warming
- 2) World sporting events
- 3) Well-known international people

## 1. GLOBAL WARMING VOCABULARY: LIST OF TOP TERMS TO KNOW

Word	Example sentence	Meaning
<b>acid rain</b> <i>noun</i>	Burning fossil fuels in one country can cause <b>acid rain</b> in other countries.	rain that contains harmful chemicals that collect in the atmosphere when fossil fuels are burned
<b>ban</b> <i>verb</i>	Our school has <b>banned</b> plastic bottles because they're so bad for the environment.	to not allow something (e.g. smoking, alcohol, plastic bags, protest marches, etc.)
<b>carbon dioxide (CO<sub>2</sub>)</b> <i>noun</i>	Trees and plants absorb <b>carbon dioxide</b> and release oxygen into the air.	a gas that's released when carbon is burned (for example coal or oil), or when people or animals breathe out
<b>carbon footprint</b> <i>noun</i>	Travelling by air, driving a car or using coal-generated electricity will make your <b>carbon footprint</b> bigger.	a measurement of the amount of carbon-dioxide a person adds to the atmosphere
<b>carcinogen</b> <i>noun</i>	Cigarette smoke contains a number of <b>carcinogens</b> .	a substance that has been linked to causing one or more types of cancer
<b>carpool</b> <i>verb</i>	I <b>carpool</b> to work with two of my neighbours who also work downtown.	to share a car instead of driving one alone
<b>clear-cut</b> <i>verb</i>	Forests never recover fully after being <b>clear-cut</b> .	to destroy a forest by cutting down all the trees
<b>clearcutting</b> ( <i>also clearfelling</i> ) <i>noun</i>	Did you know that <b>clearcutting</b> is the worst	a forestry or logging practice in which most

Word	Example sentence	Meaning
	way to use a forest's resources?	or all trees in an area are cut down
<b>climate change</b> <i>noun</i>	Do you really think you know more about <b>climate change</b> than a real climate scientist?	global changes in temperature, wind patterns, rainfall, etc. mainly caused by the burning of fossil fuels like coal and oil
<b>compost</b> <i>verb</i>	Since we started <b>composting</b> we've reduced our garbage by half.	to put organic waste like vegetable peels, uneaten food, grass clippings and leaves into a large container that breaks it down into healthy soil
<b>commute</b> <i>verb</i>	Imagine how much pollution you cause by <b>commuting</b> by car for two hours a day?	to travel from home to work and back
<b>conservation</b> <i>noun</i>	<b>Conservation</b> wasn't a big issue until the book <i>Silent Spring</i> was published in 1966.	the protection and preservation of natural environments and resources
<b>consume</b> <i>verb</i>	Americans <b>consume</b> more than their share of the earth's resources.	to use things like energy, fuel, materials, food, water, etc.
<b>contaminated</b> <i>adj.</i>	Their <b>contaminated</b> milk powder made lots of babies really sick.	carrying harmful bacteria or toxins that can cause disease or death
<b>developing country</b> <i>noun</i>	We moved our factory to a <b>developing country</b> because of cheap labour and weak environmental laws.	a poor nation that's gradually becoming richer and more advanced

Word	Example sentence	Meaning
<b>domestic waste</b> ( <i>also household waste</i> ) <i>noun</i>	How much <b>domestic waste</b> does your family produce every day?	rubbish or garbage from a house or apartment
<b>donate</b> <i>verb</i>	If you <b>donate</b> money to <i>Greenpeace</i> , you'll be helping endangered animals.	to give money or goods to an organization you want to help or support
<b>dump</b> <i>verb</i>	You can be sent to jail for <b>dumping</b> hazardous waste, you know.	to put waste in the wrong place (e.g. put toxic waste into a river)
<b>eco-community</b> or <b>ecovillage</b> <i>noun</i>	Our kids want to live in that <b>eco-community</b> near the forest.	a community with environmentally friendly buildings, clean technology and renewable energy like solar and wind
<b>endangered species</b> <i>noun</i>	Every year more animals are listed as <b>endangered species</b> .	animals or plants in danger of becoming extinct or disappearing in the near future
<b>energy-efficient</b> <i>adj.</i>	Those <b>energy-efficient</b> light bulbs are much cheaper these days.	able to use less energy (esp. of vehicles, appliances, buildings, etc.)
<b>environmentalist</b> <i>noun</i>	Fossil fuel companies have tried to damage the image of <b>environmentalists</b> and climate scientists.	a person who protects the natural world and educates others about environmental problems
<b>ecosystem</b> <i>noun</i>	All those plants, insects and birds in your garden are part of an <b>ecosystem</b> .	the complex system of relationships between living things and their environment

Word	Example sentence	Meaning
<b>emit</b> <i>verb</i>	Cars <b>emit</b> harmful pollutants into the atmosphere.	to release or project something (e.g. light, sound, smoke, gas, radiation, etc.)
<b>extinct</b> <i>adj.</i>	Lots of Australian animals have become <b>extinct</b> since the British took control.	no longer existing or lost forever (of an animal, bird or plant species)
<b>fertilize</b> <i>verb</i>	If you are going to <b>fertilize</b> your lawn, make sure to use an organic fertilizer.	to add chemicals or organic material to soil so that plants grow better
<b>food chain</b> <i>noun</i>	We need to know where each species fits in the <b>food chain</b> .	the order in which organisms in an ecosystem eat one another
<b>fossil fuel</b> <i>noun</i>	Burning <b>fossil fuels</b> is a major cause of global warming.	a fuel like oil or coal formed from very old plant and animal fossils
<b>global warming</b> ( <i>also climate change</i> ) <i>noun</i>	Rising sea levels, melting ice caps and coral reef bleaching are caused by <b>global warming</b> .	higher air and sea temperatures partly caused by man-made increases in greenhouse-gas levels
<b>green</b> <i>adj.</i>	If you want to save the planet, join one of the <b>green</b> political parties.	concerned with protecting the natural environment and the planet
<b>greenhouse gas</b> <i>noun</i>	The more <b>greenhouse gases</b> we produce, the worse climate change will get.	a gas in the atmosphere that stops heat from escaping into space

<b>Word</b>	<b>Example sentence</b>	<b>Meaning</b>
<b>habitat</b> <i>noun</i>	Lots of animals will become extinct if their natural <b>habitats</b> are destroyed.	the place in which a species normally lives
<b>hazardous waste</b> <i>noun</i>	They increased their profits by dumping <b>hazardous waste</b> into the ocean.	dangerous substances that need careful disposal (e.g. toxic or nuclear waste)
<b>minimize</b> <i>verb</i>	Taking public transport instead of driving a car <b>minimizes</b> your impact on the environment.	to reduce as much as possible
<b>pesticide</b> <i>noun</i>	Can't we find a <b>pesticide</b> that's safe?	a chemical that's sprayed on crops to stop insects from destroying them
<b>pollutant</b> <i>noun</i>	The Environmental Protection Agency checks levels of <b>pollutants</b> .	a substance or material that damages the natural environment
<b>pollute</b> <i>verb</i>	Fumes from factories <b>pollute</b> our air.	to release waste substances into the air, water and soil
<b>pollution</b> <i>noun</i>	All the <b>pollution</b> around here comes from factories and mines.	the contamination of the environment, esp. by industrial waste products and chemicals like pesticides
<b>preserve</b> <i>verb</i>	We need stronger laws in order to <b>preserve</b> our forests.	to keep something in its original state
<b>protect</b> <i>verb</i>	It's really important to <b>protect</b> our water supply.	to keep from harm

Word	Example sentence	Meaning
<b>protest</b> <i>verb</i>	Environmentalists will <b>protest</b> if the loggers try to destroy the forest.	to show you disagree with something, esp. as part of a group of protesters
<b>recycle</b> <i>verb</i>	The green bin is for things that can be <b>recycled</b> like paper and glass.	to make something new from materials that have been used before
<b>reduce</b> <i>verb</i>	You can <b>reduce</b> your household waste by buying products with less packaging.	to use less or make something smaller
<b>reforestation</b> <i>noun</i>	Plant twenty trees in our <b>reforestation</b> project and you'll get into our dance party for free!	the planting of trees and plants to help a damaged or destroyed forest recover
<b>renewable</b> <i>adj.</i>	We're producing cheaper <b>renewable</b> energy these days.	can be used without running out, esp. of energy sources like solar and wind
<b>renewables</b> <i>noun</i>	If you want to make money, invest in <b>renewables</b> .	forms of energy that can be replaced naturally, such as hydro-electricity, solar energy and wind power
<b>rely on</b> <i>verb</i>	We won't have to <b>rely on</b> power companies if we use solar and wind power instead.	to depend on (or need) someone or something
<b>reuse</b> <i>verb</i>	We try to <b>reuse</b> things like plastic bags and bottles.	to use again
<b>self-sufficient</b> <i>adj.</i>	We're going to live in a <b>self-sufficient</b> farming community.	able to function, or produce all that's

Word	Example sentence	Meaning
		needed, without outside help
<b>smog</b> <i>noun</i>	The <b>smog</b> was so bad that we had to wear air-filter masks.	a thick dirty cloud at ground level caused by pollutants reacting to sunlight
<b>throw away</b> <i>verb</i>	Don't <b>throw away</b> your grass clippings; leave them on your lawn.	to get rid of something you don't want
<b>toxic</b> <i>adj.</i>	After the mine released <b>toxic</b> waste into the river, all the fish died.	deadly or poisonous (of waste, chemicals, pollutants, etc.)
<b>toxin (toxic chemical)</b> <i>noun</i>	Smoke from factories often contains dangerous <b>toxins</b> .	a poisonous substance that damages health or the environment
<b>use up</b> <i>verb</i>	We are <b>using up</b> the earth's natural resources faster than ever.	to use something until there's none left
<b>waste</b> <i>verb</i>	Don't <b>waste</b> toilet paper; use one or two sheets instead of three or four.	to use more than necessary, or to use inefficiently
<b>wildlife</b> <i>noun</i>	I love taking pictures of <b>wildlife</b> in the forest.	animals, birds, insects, etc. living naturally in the wild
<b>zero-emission</b> <i>adj.</i>	<b>Zero-emission</b> vehicles like electric cars are much cheaper now.	releasing no greenhouse gases like carbon-dioxide or methane



## 2. WORLD SPORTING EVENTS VOCABULARY: LIST OF TOP TERMS TO KNOW

### **arena**

*The arena was full of excited spectators cheering on their team.*

a level area for holding sports events, surrounded by seats for spectators

### **amateur**

*The Olympic Games were originally for amateur athletes only.*

engaged in something, like playing sports, without payment; non-professional

### **athlete**

*Most professional athletes spend hours every day in training.*

a person who trains for and competes in a sport

### **athletics**

*There are some very good runners on our athletics team.*

'track and field' events of running, jumping, throwing, etc.

### **award**

*All the members of the winning team were awarded a gold medal.*

to give someone something as a reward for high achievement

### **beat**

*Italy beat France to win the 2006 FIFA World Cup.*

to defeat someone in a game or a competition

### **captain**

*The captain usually leads his or her team onto the field.*

the leader of a team

### **catch**

*A wicketkeeper in cricket must be very good at catching the ball.*

to grab and hold something that has been thrown

### **champion**

*The boxer Muhammad Ali was World Heavyweight Champion three times.*

a top-rated, highly successful player

### **cheer on**

*The fans made a lot of noise cheering on their team.*

to shout encouragement to a team or a player

### **coach**

*Players should carry out their coach's instructions during a game.*

a person who trains and directs an athlete or a sports team

### **compete**

*Over 10,000 athletes will compete in the Olympic Games.*

to take part in a contest or a competition

### **competition**

*The English Premiership League is one of the world's top football competitions.*

an organized event in which people compete to win

### **competitor**

*Each competitor in a golf tournament must record his or her own score.*

a person who takes part in a competition or a sporting contest

**contest**

*Do you know who won this year's figure skating contest?*

a game or event in which people compete to win

**court**

*The tennis courts at Wimbledon in London have a grass surface.*

a quadrangular area on which ball games are played, such as tennis or basketball

**course**

*A golf course usually has eighteen holes.*

an area of land prepared for racing, golf, or other sports

**cup**

*After they won the final game, the winners were awarded the Championship Cup.*

a cup-shaped trophy, awarded as a prize in a contest

**defeat**

*Our players were very happy after they defeated their opponents in the final game.*

to win a victory over opponents in a game or contest; to beat

**defend**

*The team attacked and scored two goals, then spent the rest of the game defending the lead.*

to protect one's goal rather than attempt to score against one's opponents

**draw**

*The score was 1-0, but the losing team got a late goal and the game ended in a 1-1 draw.*

to finish a contest or game with an even score; tie

**event**

*The 100 metres run is one of the most exciting events in athletics.*

a particular contest in a sporting programme

**fan**

*Sometimes the umpire of a tennis match has to tell noisy fans to be quiet.*

a person who supports a particular sport, team or player

**field**

*How many players are allowed on the field during a baseball game?*

a piece of land marked out for a sports contest e.g. hockey field

**final score**

*Today's basketball game was very close. The final score was 84 to 82.*

the score at the end of a game

**fitness**

*I exercise at the gym every day for fitness and good health.*

the condition of being physically fit and healthy

**goal**

*Jimmy got the ball, ran down the pitch, and then scored the best goal of the game.*

an instance of scoring in a ball game by getting the ball into a target such as between goal-posts, through a hoop, or into a net.

**gym / gymnasium**

*Our gym has a lot of new exercise equipment, including running machines and cycling machines.*

a room or building equipped for physical exercise

**half-time**

*The players went into the rooms at half-time and listened to their coach.*

the interval between the first and second halves of a game

**judge**

*In sports like diving and gymnastics, judges score each performance in a contest.*

a person who rates the quality of a sporting performance, usually by awarding points

**league**

*Nearly every town in the U.S. has teams in a local baseball league.*

a group of sports clubs that play each other over a period for a championship

**leisure**

*It's good for kids to spend some of their leisure time playing sports.*

free time, or the use of free time for enjoyment

**lob**

*Her lob flew high into the air and dropped into the back of the court, just inside the baseline.*

a shot that is hit in a high arc, usually over the opponent's head

**manager**

*Liverpool sacked their manager after they lost eight of their previous ten games.*

the person in charge of a sports team

**medal**

*Every athlete's dream is to win a gold medal at the Olympic Games.*

a piece of engraved metal given to signify an achievement or an honor

**object**

*The object of the game of football is to score more goals than the opponents.*

the thing you want to get or achieve; what you aim to do

**offside**

*Forwards have to learn how to avoid being caught in an offside position.*

In an illegal position ahead of the ball (in football, rugby, hockey, etc.)

**opponent**

*Roger Federer's opponent in the Wimbledon final was Rafael Nadal.*

the person one competes against in a contest or a game; rival

**pass**

*A defender tries to pass the ball to a forward in a good position to score.*

to throw or kick the ball to another player on one's own team

**penalty**

*The penalty for abusing a referee is usually a one-match suspension.*

a punishment imposed on a player or team for breaking the rules of a sport

**perform**

*All the athletes will do their best to perform well in the Olympic Games.*

to carry out a practised activity, such as play a sport

**performance**

*Venus Williams put in one of the best performances of her life to win the tournament.*

an instance of competing in a sports event in public

**physique**

*Rugby players work hard in the gym to build up their physiques.*

the form or shape of a person's body

**pitch (1)**

*The fans cheered as the players ran onto the pitch.*

a playing field (British)

**pitch (2)**

*Our pitcher threw one of the best pitches of his life to win the game.*

a throw of the ball, esp. in baseball and softball

**player**

*How many players are on the court during a doubles match in tennis?*

a person who plays a sport

**practise**

**(U.S. spelling: practice)**

*Professional golfers spend hours every day practising their shots.*

to repeatedly do something in order to develop one's skill

**professional**

*Tiger Woods has been a professional golfer since he was 20 years old.*

a person whose paid occupation is playing a sport

**record**

*Do you know who holds the world record for the men's 100 metres?*

the best performance that has been officially measured and noted

**referee**

*The referee saw a foul, blew his whistle and awarded a free kick.*

a sports official with authority to make rulings during a contest

**rules**

*In several sports there is an offside rule, and it's often difficult to explain.*

the laws or regulations that govern how a game or sport is played

**score**

*Do you know how to keep score in badminton?*

the number of points a competitor or team earns during a game

**serve**

*Serving the ball is one of the most important skills in sports like tennis.*

to hit the ball to begin play (in tennis, table tennis, squash, volleyball, etc.)

**shoot**

*In basketball, players try shoot from outside the 3-point line to score the extra points.*

to kick, hit, or throw the ball in an attempt to score a goal (in soccer, hockey, basketball, etc.)

**skill**

*Ken has gone to a boxing camp to improve his boxing skills.*

the ability to do something well

**spectator**

*Spectators can add a lot to sporting events by creating an exciting atmosphere.*

a person who watches an event

**sportsmanship**

*Good managers know how to teach their players sportsmanship.*

an attitude of fairness, respect for opponents, and graciousness in winning or losing

**stadium****plural: stadiums or stadia**

*The stadium was built for sports, but it's sometimes used for concerts as well.*

a sports arena with tiered seating for spectators

**strategy**

*One of the jobs of the manager or coach is to develop a strategy for winning each game.*

a plan to achieve an objective

**tackle**

*Rugby players have to learn how to tackle an opponent strongly but fairly.*

to challenge an opponent who has the ball

**tactics**

*Players use tactics such as attacking their opponent's weaknesses in order to win.*

an action or strategy planned to achieve an objective

**talent**

*Our daughter's basketball coach says she has a lot of natural talent for the game.*

a natural aptitude or skill

**teammate**

*The team wins because the players are always looking for their teammates.*

a fellow member of a sports team

**teamwork**

*The best teams spend a lot of time on the training ground working on teamwork.*

the combined action of a group of people

**tie**

*The score was very close throughout the game, and it ended in a tie with 89 points each.*

a result in a game in which teams have the same final score; a draw

**tournament**

*The four major tennis tournaments form what is known as the 'Grand Slam'.*

a series of contests between a number of competitors, who compete for an overall prize

**trainer**

*Some players are a bit lazy and need a strict trainer to make them work hard.*

a person who helps athletes develop their skills and fitness

**train**

*The hockey team trains every Tuesday and Thursday after school.*

to teach a skill over time through instruction; to practise a skill

**trophy**

*The players carried the trophy over their heads as they ran around the stadium.*

a decorative object awarded as a prize in a contest or a tournament

**umpire**

*In a game of cricket, there are two umpires on the field during play.*

a sports official with authority to make rulings during a contest

**victory**

*The players had worked very hard, and they deserved their victory.*

the act of winning a game or contest

**whistle**

*The referee blew his whistle twice to signal the end of the match.*

a small instrument that makes a high-pitched noise when blown

### 3. WELL-KNOWN INTERNATIONAL PEOPLE VOCABULARY: LIST OF TOP ADJECTIVES TO KNOW

**Patient** – someone who is not in a hurry and can spend time helping other people.

**Hard-working** – a person who puts a lot of effort into their work.

**Calm** – a person who is relaxed and not nervous.

**Confident** – someone who is self-assured and able to succeed.

**Intelligent** – someone who has the ability to learn and understand things quickly.

**Reliable** – a person who can be depended on to do what they say.

**Sensible** – a person who can be trusted to make the right decision.

**Sociable** – someone who is friendly and enjoys the company of other people.

**Competitive** – a person who likes to win at games or sports. They may be bad losers.

**Charming** – someone who has an attractive personality that makes people like them.

**Ambitious** – someone who has a strong desire to do well or to be successful.

**Generous** – someone who is happy to give more money, time and help than is usual.

**Arrogant** – someone who thinks that he/she is better than other people.

**Aggressive** – someone who often fights and argues with other people.

**Cheerful** – someone who feels happy.

**Easy-going** – someone who is relaxed and not worried about what other people do, someone who is very easy to get on with.

**Responsible** – someone who is able to act sensibly and make his own decisions.

**Honest** – someone who always tells the truth.

**Tolerant** – someone who is able to accept other people's ideas even if he/she doesn't agree with them.

**Dull** – a boring person, someone who has no personality.

**Thick** – stupid.

**Down-to-earth** – someone who is sensible and realistic in things they say or do.

**Pretentious** – someone who pretends to be very important.

**Spontaneous** – someone who acts in an open and natural way, capable of making decisions without planning.

**Witty** – someone who is very quick thinking and clever with words

**Flexible** – someone who adapts quickly to new situations and doesn't mind change

**Ruthless** – someone who is determined to get what they want and not caring about others

**Shrewd** – someone who is good at judging people and situations

**Pushy** – someone who tries hard to get what they want, especially in a rude way

**Conceited** – someone who thinks that they are very important, clever, etc

**Conscientious** – someone who takes care in doing things properly and carefully

**Assertive** – someone who behaves confidently in order that people take notice of what they say

**Diffident** – someone who is not confident, a shy person



**AN EXAMPLE:**

I'd like to describe the picture I have prepared. To begin, it shows Angela Merkel, ex-Chancellor of Germany. It most likely shows her at an event.

Ms. Merkel is alone in the middle of the picture and there are 3 flags behind her. There is also a microphone showing in the lower left-hand corner.

Chancellor Merkel, who is wearing a blue jacket, is most likely inside because the flags are still. She might be speaking in front of an audience, perhaps at a German hosted E.U. event as we see both flags. Her hand seems like it is in an upwards movement as if she is explaining something.

There are different themes that come to mind with this picture: 1) Germany & German culture

2) Franco-German relations 3) Europe 4) Women in politics

**Useful Exercise Websites:**

[www.breakingnewsenglish.com](http://www.breakingnewsenglish.com)

[www.examenglish.com](http://www.examenglish.com)

[www.englishtest.net/toeic](http://www.englishtest.net/toeic)

[www.bbc.co.uk](http://www.bbc.co.uk)

[www.learningenglish.com](http://www.learningenglish.com)

[www.newsinlevels.com](http://www.newsinlevels.com)

[www.npr.org](http://www.npr.org)

[www.ted.com/talks](http://www.ted.com/talks)

[www.voanews.com](http://www.voanews.com)

**If any questions about our **Boot Camp** in September 2025, don't hesitate to contact me directly.**

***Iryna Talpain***

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