**Diffusion**

**The movement of particles from regions of high concentration to regions of low concentration**

**Osmosis**

**The diffusion of water through a semi-permeable membrane**

**Passive Transport**

**Movement of particles from areas of HIGH concentration to LOW concentration (no energy is required)**

**Active Transport**

**Movement of particles from areas of LOW concentration to HIGH concentration (energy IS required)**

**Endocytosis**

**The process by which a cell membrane surrounds a particle & encloses the particle in a vesicle to bring it into the cell**

**Exocytosis**

**The process by which a cell releases a particle in a vesicle that then moves to the cell membrane & fuses with it & releases the particle out of the cell**