

Intermediate Plus Polish wordlist

File 1

Vocabulary Banks

ADJECTIVE SUFFIXES

active adj	/'æktyv/	<i>He's a really active person. He does sports every day.</i>	aktywny
addictive adj	/ə'diktɪv/	<i>Coffee is really addictive. I need at least three cups a day.</i>	uzależniający
affordable adj	/ə'fɔːdəbl/	<i>Rent is so expensive in Britain. For most people it's just not affordable.</i>	dostępny, przystępny
aggressive adj	/ə'gresɪv/	<i>My son is so aggressive. He's always fighting people.</i>	agresywny
ambitious adj	/æm'bɪʃəs/	<i>She's very ambitious. She wants to be a top surgeon.</i>	ambitny
assertive adj	/ə'sɜːtɪv/	<i>It's important to be assertive otherwise you will never get what you want.</i>	asertywny
attractive adj	/ə'træktyv/	<i>That car's not very attractive. It's so square.</i>	atrakcyjny
beautiful adj	/'bjʊ:tɪfl/	<i>Those flowers look beautiful.</i>	piękny
bossy adj	/'bɒsi/	<i>Stop being so bossy! You're always telling me what to do.</i>	apodyktyczny
bright adj	/braɪt/	<i>I prefer the bright blue one.</i>	jasny
careful adj	/'keəfl/	<i>She's really careful with money. She never wastes any.</i>	ostrożny
careless adj	/'keələs/	<i>He's really careless. He always breaks things.</i>	nieostrożny
cheerful adj	/tʃiəfl/	<i>You're always smiling. What makes you so cheerful?</i>	radosny
childish adj	/tʃaɪldɪʃ/	<i>You need to grow up and stop being so childish.</i>	dziecinny
comfortable adj	/'kʌmfətəbl/	<i>I don't care about fashion. I just want to feel comfortable.</i>	wygodny
creative adj	/kri'eɪtɪv/	<i>I want to work in a creative profession like advertising or design.</i>	kreatywny, twórczy
dangerous adj	/'deindʒərəs/	<i>Everyone drives too fast here. The roads are really dangerous.</i>	niebezpieczny
dark adj	/da:k/	<i>I wear a lot of dark clothes in the winter.</i>	ciemny
delicious adj	/dr'i:ljəs/	<i>Have you tried that cake? It tastes delicious!</i>	pyszny
desirable adj	/dr'i:zaɪərəbl/	<i>Everyone wants to live there. It's a really desirable part of town.</i>	pożądany
dirty adj	/dɜːti/	<i>The room was so dirty that I asked for a different one.</i>	brudny
easy adj	/i:zi/	<i>The test was really easy. I think I'll get 100%.</i>	łatwy
envious adj	/'enviəs/	<i>I'm so envious. I really want one of those cars.</i>	zazdrośny
expensive adj	/ɪk'spensɪv/	<i>That's too expensive. Can we look for one that costs less?</i>	drogi

glamorous adj	/'glæmərəs/	You always look so glamorous . How long does it take you to get ready?	ołśniewający
greyish adj	/'greɪiʃ/	It's not black – it's more greyish in colour.	szarawy
healthy adj	/'helθi/	Your diet is really healthy . I eat too much fatty food.	zdrowy
helpful adj	/'helpfl/	The staff were really helpful . They answered all of my questions.	pomocny
hopeful adj	/'həʊpfl/	I'm hopeful I'll get the job, but I won't know until Monday.	pełen nadziei
hopeless adj	/'həʊpləs/	This is hopeless . We'll never get there on time.	beznadziejny
impressive adj	/ɪm'presɪv/	His presentation was really impressive . Everyone was listening for the whole hour.	imponujący
impulsive adj	/ɪm'pʌlsɪv/	Can't you think about things more carefully? You're always so impulsive .	impulsywny
incredible adj	/ɪn'kredəbl/	The views are incredible . You can see for miles.	niezwykły, niesamowity
lucky adj	/'lʌki/	You're lucky I know where we are going.	mający szczęście
luxurious adj	/lʌg'ʒʊəriəs/	They only sell luxurious brands here. You'll find cheaper things at other shops.	luksusowy
moody adj	/'mu:di/	He's so moody . You never know if he's going to be happy, sad, or angry. It's exhausting!	kapryśny
navy blue adj	/'neɪvi/	My daughter's school uniform is navy blue .	granatowy
noisy adj	/'nɔɪzi/	It's too noisy in here. I can't concentrate on my work.	hałaśliwy, głośny
pale adj	/peil/	We're painting the room pale green.	blady, jasny
possessive adj	/pə'zesɪv/	My girlfriend is really possessive . She doesn't like me talking to other girls.	zaborczy
powerful adj	/'paʊəfl/	He's a rich and powerful businessman.	potężny
profitable adj	/'prɒfɪtəbl/	He's really rich. He has a very profitable business.	zyskowny, dochodowy
rebellious adj	/rɪ'beljəs/	I was really rebellious as a teenager. I never did what my parents wanted.	zbuntowany
reliable adj	/rɪ'laiəbl/	It's much less stressful working with reliable people.	solidny, godny zaufania
responsible adj	/rɪ'spɒnsəbl/	My daughter is only 14 but she's very grown up and responsible .	odpowiedzialny
risky adj	/'rɪski/	That idea is too risky . You could lose a lot of money.	ryzykowny
selfish adj	/'selfiʃ/	He's so selfish . He never thinks about others.	egoistyczny
sensible adj	/'sensəbl/	My daughter is only 14 but she's very grown up and sensible .	rozsądny
sensitive adj	/'sensətɪv/	Don't listen to them. You're always so sensitive about other people's opinions.	wrażliwy
sociable adj	/'səʊʃəbl/	She's really sociable . She'll talk to anyone.	towarzyski
spacious adj	/'speɪʃəs/	I need a more spacious office. I have too many things for this space.	przestronny
stressful adj	/'stresfl/	My work is so stressful at the moment that I just can't relax.	stresujący
stylish adj	/'stailiʃ/	He always wears such stylish clothes. He's so fashionable.	stylowy
successful adj	/sək'sesfl/	He's one of the most successful actors ever. He has won so many prizes.	odnoszący sukcesy

suitable adj	/'sju:təbl/	Can you find me a more suitable room? This one is too noisy.	odpowiedni
useful adj	/'ju:sfl/	Phones are so useful now. I can do everything I want to on mine.	przydatny
Useful words and phrases			
a wide range of	/ə waɪd reɪndʒ ɒv/	They sell a wide range of beautiful colours with very unusual names.	duży wybór
actual adj	/'æktʃuəl/	The image they create in our mind does not necessarily correspond with the actual colour.	rzeczywisty, faktyczny
app n	/æp/	This smartphone app translates while you talk.	aplikacja
associate ... with ph v	/ə'səʊfseɪt ... wɪð/	Some people may associate the name with a poisonous chemical.	kojarzyć ... z
attract v	/ə'trækt/	Flowers are often brightly-coloured to attract bees and other insects.	przyciągać
average n	/'ævərɪdʒ/	People with positive initials (such as J.O.Y.) live about four years longer than the average .	średnia
berry red adj	/'beri/	Her top is berry red in colour.	ciemnoczerwony, bordowy
beyond prep	/bɪ'jond/	The potential effects of your name go beyond perceptions.	poza, ponad
brand n	/brænd/	What's the name of the brand and model of your computer?	marka
career n	/kə'rɪə(r)/	I want a career in accounting after I'm qualified.	kariera
certificate n	/sə'tifikət/	I got a certificate for completing the course.	świadczenie
chemical n	/'kemɪkl/	Arsenic is a poisonous chemical .	substancja chemiczna
comment v	/'kɒment/	Please fill out this form at the end of your stay if you would like to comment on your experience.	wypowiedzieć się
commitment n	/kə'mɪtmənt/	He doesn't like commitment . He always has a new girlfriend.	zobowiązanie
commute n	/kə'mju:t/	I have a one-hour commute to work every day.	dojazd do pracy
depressing-sounding adj	/drɪ'presɪŋ 'saʊndɪŋ/	I really don't like it. It's such a depressing-sounding name.	brzmiący przygnębiająco
ebook n	/'i:buk/	There were ebook readers before the Amazon Kindle, but the Kindle was the first to become popular around the world.	książka elektroniczna
founder n	/'faʊndə(r)/	The founder of the company started it in 1976.	założyciel
full name n	/fʊl neɪm/	My full name is Ruby Alice Rogers.	pełne imię i nazwisko
in control adj	/ɪn kən'trəul/	You never panic and seem in control of your life.	pod kontrolą
itself pron	/ɪt'self/	I'd love a car that drives itself .	samodzielnie
light v	/laɪt/	When night fell, the campers decided to light a fire to keep warm.	rozpalić
mint green adj	/mɪnt/	It's an unusual green; kind of a mint green .	miętowy
model n	/'mɒdl/	What's the name of the brand and model of your computer?	model
muscle n	/'mʌsl/	This exciting exercise machine works nine major muscle groups and gets your heart working in just a few minutes.	mięsień

name after phr v	/neɪm 'a:ftə(r)/	<i>I was named after my grandmother.</i>	dawać komuś imię po kimś
nap n	/næp/	<i>My son is only one year old. He has a two-hour nap every afternoon.</i>	drzemka
old-fashioned adj	/'ɔ:ld 'fæʃənd/	<i>I think some religious names are now quite old-fashioned, for example Angustias or Evaristo.</i>	staromodny
optimistic adj	/'ɒptɪ'mistɪk/	<i>She's very optimistic and always looks for the positives.</i>	optymistyczny
ordinary adj	'ɔ:dnri/	<i>White tigers are much less common than ordinary tigers.</i>	zwyczajny
overall adv	/,əʊvər'ɔ:l/	<i>Overall, it seems that the best name for males is James, which came near the top in all three categories.</i>	ogólnie rzecz biorąc
powder n	'paʊdə(r)/	<i>She put the washing powder into the machine.</i>	proszek
preference n	'prefrəns/	<i>I don't mind, but my preference would be to meet at 1 p.m.</i>	preferencja
pronounce v	/prə'nauəns/	<i>If you know an English word, you may not know how to pronounce it correctly.</i>	wymawiać
restless adj	'restləs/	<i>He can never focus on anything. He's so restless.</i>	niespokojny
smartphone n	'sma:tфəʊn/	<i>This smartphone app translates while you talk.</i>	smartfon
subtle shade of	'sʌtl ʃeɪd θəv/	<i>This subtle shade of white, which has a slight blueish hint, also gets its name from nature.</i>	subtelny odcień (czegoś)
translate v	/træns'leɪt/	<i>If you don't know an English word, this app can translate it into your own language.</i>	tłumaczyć
wallpaper n	'wɔ:lpeɪpə(r)/	<i>Arsenic was used to create a colour called Paris Green, which was commonly used in paint and wallpaper.</i>	tapeta
wardrobe n	'wɔ:dribʊb/	<i>I have a wardrobe full of clothes I never wear.</i>	szafa

More words in File 1

analysis n	/ə'næləsɪs/	<i>Transform your life, your confidence, and your wardrobe with colour analysis.</i>	analiza
bill n	/bɪl/	<i>The bill for dinner was really expensive.</i>	rachunek
bizarre adj	/bɪ'za:(r)/	<i>Famous people often give their children bizarre names.</i>	dziwaczny
call ... for short phr v	/kɔ:l ... fɔ:(r) ʃɔ:t/	<i>My name is Louise, but some people call me Lou for short.</i>	nazywać ... (w skrócie)
catalogue n	'kætəlɒg/	<i>Few people shop from catalogues now – more buy online.</i>	katalog
caterpillar n	'kætəpɪlə(r)/	<i>It is named after the wings of the Cabbage White butterfly, so-called because the caterpillars feed on cabbages.</i>	gąsiennica
correspond v	/kɔ:rə'spɒnd/	<i>The image they create in our mind does not correspond with the actual colour.</i>	odpowiadać czemuś
crayon n	'kreɪən/	<i>My children like to colour in pictures using crayons.</i>	kredka
creature n	'kri:tʃə(r)/	<i>The blue whale is the largest creature in the world.</i>	stworzenie
critical adj	'krɪtɪkl/	<i>He always finds negatives in people. He's very critical.</i>	krytyczny

each other <i>pron</i>	/i:tʃ 'ʌðə(r)/	<i>They really don't like each other.</i>	nawzajem
gloss <i>adj</i>	/glɒs/	<i>Shall we buy matt or gloss paint?</i>	błyszczący
goddess <i>n</i>	/'gɒdəs/	<i>Many gifts were given to the goddess of wealth because people wanted to become rich.</i>	bogini
hypochondriac <i>n</i>	/haɪpə'kɒndriæk/	<i>I worry about my health, and may be a bit of a hypochondriac.</i>	hipochondryk, hipochondryczka
isolated <i>adj</i>	/'aɪsəleɪtɪd/	<i>I was so far away from everyone that I felt really isolated.</i>	osamotniony
ivory <i>adj</i>	/'aɪvəri/	<i>I would say the colour of her wedding dress was ivory, not white.</i>	kość słoniowa
life expectancy <i>n</i>	/'laɪf ɪk, spektənsi/	<i>The life expectancy is around 80 years in my country.</i>	długość życia
matt <i>adj</i>	/mæt/	<i>Shall we buy matt or gloss paint?</i>	matowy
monument <i>n</i>	/'mɒnju:mənt/	<i>Lots of monuments are made of important political people.</i>	pomnik
perception <i>n</i>	/pə'sepʃn/	<i>The perception that he was lazy stayed with him for decades.</i>	pogląd, opinia
persistent <i>adj</i>	/pə'sɪstənt/	<i>I'm really persistent. I don't give up easily.</i>	uparty, nieustępliwy
pine <i>n</i>	/paɪn/	<i>Our new table is made of pine.</i>	sosna
prospects <i>n pl</i>	/'prɒspekt/	<i>His job prospects aren't good. There is too much unemployment.</i>	szanse, widoki (na coś)
puzzle <i>n</i>	/'pʌzl/	<i>The puzzle has over 1,000 pieces.</i>	puzzle
rank <i>v</i>	/ræŋk/	<i>A recent survey asked 6,000 people in the UK to rank common names for men and women in three categories: success, luck, and attractiveness.</i>	uszeregować, sklasyfikować
role model <i>n</i>	/'rəʊl mɔdl/	<i>Which sportsperson from your country do you think is a positive role model?</i>	wzór do naśladowania
scale <i>n</i>	/skeɪl/	<i>In the US, grades are given on a scale from A (excellent) to D (poor).</i>	skala
testing <i>n</i>	/'testɪŋ/	<i>It's had zero accidents in thousands of hours of testing.</i>	testowanie
trend <i>n</i>	/trend/	<i>Trends can look out of date very quickly.</i>	trend
tulip <i>n</i>	/'tju:lɪp/	<i>Black tulips are far more expensive than pink ones.</i>	tulipan
turquoise <i>adj</i>	/'tɜ:kwɔɪz/	<i>First produced in 1998, the bright turquoise iMac computer was a huge success for Apple.</i>	turkusowy

File 2

Vocabulary Banks

HOLIDAYS

adaptor <i>n</i>	/ə'dæptə(r)/	<i>I have a two-pin adaptor for use in Germany.</i>	przejściówka, konwerter
brush <i>n</i>	/brʌʃ/	<i>I need a new brush for my hair.</i>	szczotka
climb a mountain	/klaim ə 'maʊntən/	<i>Today, we're going to climb a mountain. It's 2,000 metres high so I hope you aren't scared of heights!</i>	wspinac się na góre
comb <i>n</i>	/kəʊm/	<i>My hair is very fine so I only need a comb.</i>	grzebień

flip flops <i>n pl</i>	/flɪp fləʊps/	<i>Flip flops make me think of the beach and summer.</i>	klapki japonki
get sunburnt <i>phr v</i>	/get 'sʌnbɜːnt/	<i>Don't spend too long in the sun or you'll get sunburnt.</i>	doznać oparzeń słonecznych
go camping <i>phr v</i>	/gəʊ 'kæmpɪŋ/	<i>My children love being outdoors so we're going to go camping this summer.</i>	jechać na biwak
go hiking <i>phr v</i>	/gəʊ 'haɪkɪŋ/	<i>We're really active on holiday. We love to go hiking.</i>	chodzić na piesze wycieczki
go on a (guided) tour	/gəʊ ɒn ə (gaɪdɪd) tɔː(r)/	<i>Did you go on a guided tour round the castle?</i>	jechać na wycieczkę z przewodnikiem
go on a boat trip	/gəʊ ɒn ə bəʊt triːp/	<i>We're going to go on a boat trip on the River Thames.</i>	popływać łódką na wycieczkę statkiem
go on a cruise	/gəʊ ɒn ə kruːz/	<i>I want to go on a cruise around the Mediterranean this summer.</i>	wyruszać w rejs
go on a package holiday	/gəʊ ɒn ə 'pækɪdʒ 'hɒlədeɪ/	<i>I don't want to go on a package holiday, I want more freedom.</i>	jechać na zorganizowane wczasy
go on a safari	/gəʊ ɒn ə se'fəri/	<i>I'm going to go on a safari in Kenya this year.</i>	jechać na safari
go on a trekking holiday	/gəʊ ɒn ə trekiŋ 'hɒlədeɪ/	<i>We're going to go on a trekking holiday in the Alps.</i>	jechać w wysokie góry na wakacje wędrownie
go sailing <i>phr v</i>	/gəʊ 'seɪlinɡ/	<i>The lake is great to go sailing on.</i>	jechać na żagle
go scuba-diving / snorkelling <i>phr v</i>	/gəʊ sku:bə 'daɪvɪŋ / 'snə:kəlɪŋ/	<i>The Red Sea is an amazing place to go scuba-diving.</i>	uprawiać nurkowanie (głębokie/płytkie)
go sightseeing <i>phr v</i>	/gəʊ 'saɪtsiːɪŋ/	<i>I really want to go sightseeing when we're in Rome.</i>	zwiedzać
go surfing <i>phr v</i>	/gəʊ 'sɜːfɪŋ/	<i>I used to go surfing every weekend when I was younger. I got really good at it.</i>	uprawiać surfing / windsurfing / kitesurfing
go waterskiing / skiing <i>phr v</i>	/gəʊ 'wɔːtəskiːɪŋ / 'skiːɪŋ/	<i>I want to go skiing in the Alps this winter.</i>	jeździć na nartach wodnych / na nartach
guidebook <i>n</i>	/gaɪd buk/	<i>The guidebook says this restaurant is good but expensive.</i>	przewodnik (książkowy)
hairdryer <i>n</i>	/'heədraɪə(r)/	<i>There's a hairdryer in the hotel room.</i>	suszarka do włosów
have a massage	/hæv ə 'mæsæːz/	<i>I feel so relaxed. You should have a massage as well.</i>	mieć masaż
insect repellent <i>n</i>	/'ɪnsekt rɪpelənt/	<i>I need some insect repellent. I keep getting bitten.</i>	środek odstraszający owady
make-up <i>n</i>	/'meɪkʌp/	<i>My wife never wears any make-up. She gets ready really quickly in the morning.</i>	makijaż
memory card <i>n</i>	/'meməri ka:d/	<i>The memory card is full. I'll have to delete some pictures.</i>	karta pamięci
nail scissors <i>n pl</i>	/'neɪl sɪzəz/	<i>Have you got any nail scissors? My nails are getting really long.</i>	nożyczki do paznokci
pack and unpack your bags	/pæk ænd ,ʌn'pæk jɔ:(r) bægz/	<i>I always have so many things. I hate having to pack and unpack my bags.</i>	pakować się i rozpakowywać się
phone charger <i>n</i>	/fəʊn 'tʃa:dʒə(r)/	<i>Have you seen my phone charger? My battery is nearly gone.</i>	ładowarka do telefonu
pyjamas <i>n pl</i>	/pə'dʒa:məz/	<i>I'm not taking my pyjamas. It will be too hot at night.</i>	pidżama
raincoat <i>n</i>	/'reɪnkəut/	<i>You'll need your raincoat if you're going to Wales on holiday.</i>	płaszcz przeciwdeszczowy
razor <i>n</i>	/'reɪzə(r)/	<i>I need a shave. Have you seen my razor?</i>	maszynka do golenia
see the sights	/si: ðə saɪts/	<i>I really want to see the sights of London: Big Ben, Buckingham Palace, and Nelson's Column.</i>	zobaczyć atrakcje turystyczne

sunbathe on the beach	/'sʌnbəθ ɒn ðə bi:tʃ/	I find it so relaxing when I sunbathe on the beach .	opalać się na plaży
sunscreen n	/'sʌnskri:n/	It's 30 degrees today. Don't forget to put sunscreen on the kids.	krem z filtrem przeciwsłonecznym
swimming trunks n pl	/'swimɪŋ trʌŋks/	I really don't like swimming trunks . I much prefer shorts.	kąpielówki
swimsuit n	/'swimsu:t/	I'm going to the pool. Have you seen my swimsuit ?	kostium kąpielowy
toothbrush n	/'tu:θbrʌʃ/	The dentist said I need a new toothbrush .	szczoteczka do zębów
toothpaste n	/'tu:θpeɪst/	We need more toothpaste . I used the last bit up this morning.	pasta do zębów
towel n	/taʊəl/	I'm going to put this towel on the balcony to dry.	ręcznik
volunteer work n	/,vɒvlən'trə(r) wɜ:k/	I did volunteer work in Africa when I was a student.	wolontariat
wash bag n	/wɒʃ bæg/	I've got a toothbrush and razor in my wash bag . I don't need anything else.	kosmetyczka, saszetka na kosmetyki
watch the sunset	/wɒtʃ ðə 'sʌnset/	We can watch the sunset at the end of the day from our balcony.	oglądać zachód słońca

SHOPS AND SERVICES

baker's n	/'beɪkə(r)z/	I bought some fresh bread from the baker's .	piekarnia
be out of phr v	/bi aut ɒv/	I'm sorry, we're out of light bulbs at the moment, but we should be getting some in soon.	skończyć się, być wyprzedywanym
butcher's n	/'butʃə(r)z/	Can you buy some chicken from the butcher's ?	sklep mięsny
chain store n	/'tʃeɪn stɔ:(r)/	You find chain stores like Starbucks everywhere.	sklep należący do sieci handlowej
chemist's (NAmE drug-store) n	/'kemɪstz/ ('drʌgstɔ:(r)/)	Some shops, like a chemist's , should be open 24/7.	apteka, drogeria
close down phr v	/'kləʊz daʊn/	A lot of local shops and businesses have been forced to close down because of the recession.	zamykać (firmę), upadać
craft fair n	/kra:fɪft feə(r)/	Everything at the craft fair is made by hand.	targi rękodzieła
delicatessen (also deli) n	/'delɪkə'tɛsn/ ('deli/)	I bought some lovely meat from the delicatessen .	delikatesy
DIY store (NAmE hardware store) n	/'di: ai 'waɪ stɔ:(r)/ ('ha:dweə(r) stɔ:(r)/)	I got all the tools I need from the DIY store .	sklep dla majsterkowiczów
dry cleaner's n	/'draɪ 'kli:nə(r)z/	I got my suit cleaned at the dry cleaner's .	pralnia chemiczna
estate agent's n	/ɪ'steɪt ,eɪdʒənts/	I bought my house through the estate agent's on the high street.	agencja nieruchomości
fishmonger's n	/'fɪʃmʌŋgə(r)z/	They have fresh fish every day in the fishmonger's .	sklep rybny
florist's n	/'flɔ:rɪsts/	These flowers were from the florist's in town.	kwiaciarnia
greengrocer's n	/'grɪ:ng्रəʊsə(r)z/	There are some lovely seasonal fruit and vegetables in the greengrocer's .	warzywniak
hairdresser's n	/'heədresə(r)z/	At which hairdresser's did you get your hair cut?	fryzjer
health food store n	/helθ fu:d stɔ:(r)/	I buy lots of food from the health food store .	sklep ze zdrową żywnością
hypermarket n	/'haɪpəmɑ:kɪt/	I hate the hypermarket . It's too big.	hipermarket
jeweller's n	/'dʒu:ələ(r)z/	I bought this watch from the jeweller's .	jubiler
laundrette n	/ləʊ'n'dret/	I need to take this duvet to the laundrette to wash it. It's too big to wash at home.	pralnia samoobsługowa

look for phr v	/lʊk fɔ:(r)/	These directions say to look for the old town hall and that the bus stop we need is over the road from there.	szukać
look round phr v	/lʊk raʊnd/	<i>Do you need any help?</i>	rozglądać się
market stall n	/'ma:kɪt stɔ:l/	<i>This is my favourite market stall in Camden market.</i>	stragan
newsagent's n	/'nju:zeɪdʒənts/	<i>The newsagent's sells newspapers, magazines, and sweets.</i>	kiosk
off-licence n	/'ɒf laɪsns/	<i>This wine was from the local off-licence.</i>	sklep monopolowy
open up phr v	/'əʊpən ʌp/	<i>Our first shop has been such a success my business partner thinks we should open up another one.</i>	otwierać
stationer's n	/'steɪʃənə(r)z/	<i>The stationer's will have lots of different coloured paper.</i>	sklep papierniczy
travel agent's n	/'trævl ,eɪdʒənts/	<i>I never go to the travel agent's. I always book my holidays online.</i>	biuro podróży
try on phr v	/'trai ɒn/	<i>Is there somewhere I can try on this sweater?</i>	przymierzać (ubranie)

Useful words and phrases

activity n	/æk'tɪvəti/	Seventy-five per cent engage in some kind of sporting activity .	aktywność, zajęcia
aim n	/eɪm/	<i>Even when their main aim is to relax, travellers said that they enjoyed seeing the sights.</i>	cel
arrange v	/ə'reɪndʒ/	<i>I need to arrange accommodation for my trip.</i>	organizować
at the bottom of	/æt ðə 'bɒtəm ɒv/	<i>If you look at the bottom of the list it should be there.</i>	na dole
beauty salon n	/'bjutɪ ,sælən/	<i>I get my nails done in a local beauty salon.</i>	salon kosmetyczny
boarding pass n	/'bɔ:dɪŋ pɑ:s/	<i>I can't find my boarding pass! My flight is boarding at 11.00 a.m.</i>	karta pokładowa
communities n pl	/kə'mju:nəti/	<i>The high street was once the heart of communities across the UK.</i>	społeczności
destination n	/'destɪ'neɪʃn/	<i>This holiday destination is popular among all nationalities.</i>	cel podróży
disappear v	/dɪsə'pɪə(r)/	<i>More than one-third of the small high street shops have disappeared.</i>	znikać
effort n	/'efət/	<i>You need to make more effort at school. Your teachers say you must try harder.</i>	wysiłek, staranie
engage in phr v	/ɪn'geɪdʒ ɪn/	Seventy-five per cent engage in some kind of sporting activity.	angażować się w coś
free adj	/fri:/	<i>To try to save their high streets, some towns now offer free parking nearby.</i>	darmowy
heart n	/ha:t/	<i>The high street was once the heart of communities across the UK.</i>	serce
high street n	/'ha:i stri:t/	<i>To try to save their high street, some towns offer free parking.</i>	główna ulica
history n	/'hɪstri/	<i>I am really interested in the past. That's why I want to study history at university.</i>	historia
illustration n	/ɪlə'streɪʃn/	<i>A few years later, a friend asked me to do an illustration for her business. She liked what I did and it inspired me to start painting again.</i>	ilustracja

influence v	/'ɪnfluəns/	<i>How does the place where you live influence what you buy?</i>	oddziaływać, mieć wpływ
keen on adj	/ki:n ɒn/	<i>I am really keen on holidays that offer sporting activities.</i>	chętny do
leave behind phr v	/li:v bi'haɪnd/	<i>Please check your room thoroughly and make sure you don't leave behind any personal belongings.</i>	zostawiać
live music	/laɪv 'mju:zɪk/	<i>Others plan to have live music and theatre performances in the town centre.</i>	(muzyka) na żywo
mainly adv	/'meɪnlɪ/	<i>Overall, does she feel mainly positive or mainly negative about her job?</i>	przede wszystkim głównie
nationality n	/,næʃə'næləti/	<i>My nationality is British but my family are from Pakistan.</i>	narodowość
organic adj	/ɔ:g'gænɪk/	<i>I prefer organic food, even if it is more expensive.</i>	organiczny, ekologiczny
performance n	/pə'fɔ:məns/	<i>The theatre performance takes place in the town centre.</i>	przedstawienie, spektakl
photo frame n	/'fəʊtəʊ freɪm/	<i>I need a new photo frame for this picture.</i>	ramka na zdjęcie
repetitive adj	/rɪ'petətɪv/	<i>The job is very repetitive. I do the same thing every day.</i>	monotonny, powtarzający się
replace v	/rɪ'pleɪs/	<i>They're not serving my favourite coffee here any more. I hope they replace it with something similar.</i>	zastępować, zamieniać
reveal v	/rɪ'veɪl/	<i>Hopefully the survey will reveal that consumers are happy with our new product.</i>	ujawniać
struggle v	/'strʌgl/	<i>Many small shops struggle to make money.</i>	borykać się, mieć trudności
tourism n	/'tuərɪzəm/	<i>These holidays combine volunteer work and tourism.</i>	turystyka
typical adj	/'típɪkl/	<i>I look like a typical tourist.</i>	typowy
undisputed adj	/,ʌndɪ'spju:tɪd/	<i>The beach, for instance, was the undisputed leader among all destinations in the survey.</i>	niekwestionowany
unique adj	/ju:'ni:k/	<i>Is there a place where it is easy to discover unique and hard-to-find things from the best British sellers?</i>	unikatowy
unwanted adj	/,ʌn'wɒntɪd/	<i>Second-hand shops sell unwanted products to other people.</i>	niechciany
wooden adj	/'wʊdn/	<i>I make wooden signs with clever sayings. 'Champagne is the answer' is one of my most popular signs.</i>	drewiani
workshop n	/'wɜ:kʃɒp/	<i>I'd also love a little workshop so that I didn't have to work in my kitchen!</i>	pracownia, warsztat

More words in File 2

admit v	/əd'mit/	<i>When something is your fault, you should admit it rather than cover up your mistake.</i>	przyznawać się do czegoś
alcohol n	/'ælkəhɒl/	<i>People drink more alcohol than usual on holiday.</i>	alkohol
backpack n	/'bækpæk/	<i>I'm taking a backpack as my luggage.</i>	plecak
Britons n pl	/'brɪtn/	<i>Britons spend £118 million replacing forgotten holiday items.</i>	Brytyjczycy
car-sharing n	/kɑ:(r) ʃeərɪŋ/	<i>Car-sharing is good for the environment.</i>	wspólne jeżdżenie samochodem
commercial adj	/kə'mɜ:sɪfl/	<i>Mother's Day and Father's Day are just commercial opportunities for shops to sell more.</i>	komercyjny, handlowy

conduct v	/kən'dʌkt/	We should conduct a survey to find out the most popular holiday destination.	przeprowadzać
consider v	/kən'sɪdə/	I've never wanted to go scuba-diving before, but I would consider trying it on holiday.	rozuwać, brać pod uwagę
couch-surfing n	/kaʊtʃ 'sɜːfɪŋ/	If I went travelling I would try couch-surfing so I didn't have to spend a lot of money on hotels.	couchsurfing, bezpłatne noclegi w czymś domu
cushion n	/'kuʃn/	I need a cushion . This chair is so uncomfortable.	poduszka dekoracyjna
eager to soak up	'i:gə(r) tə səʊk ʌp/	When I go on holiday, I am eager to soak up the history and culture of the place I visit.	chętnie chłonąć
extremely adv	/ɪk'striːmli/	Sunbathing is extremely popular with young adults. Almost 50% named it as their favourite holiday activity.	nadzwyczaj, niezwykle
fee n	/fi:/	Websites like homelink.org can arrange this for a small fee .	opłata
frugal adj	/'fru:gl/	I need to be frugal for the rest of the holiday – I've nearly spent all of my money!	oszczędny
globe n	/gləub/	People from across the globe visit Paris.	ziemia, glob
glorious adj	/'glɔːriəs/	I'm going to make the most of my last glorious morning in the sun.	cudowny
hand-painted adj	/hænd peɪntɪd/	All the cups and vases are hand-painted .	ręcznie malowany
holidaymakers n pl	/'hɒlədeimeɪkə(r)/	A new survey of holidaymakers in Europe and the USA has found that the type of holiday you enjoy most may depend on the country you come from.	wczasowicze
hoses n pl	/həʊz/	As soon as I saw some of the London Fire Brigade's old hoses , I instantly fell in love with them.	węże strażackie
hotelier n	/həʊ'teliə(r)/	The hotelier who welcomed us was extremely polite.	hotelarz, właścicielka hotelu
orphanage n	/'ɔːfənɪdʒ/	I helped in an orphanage looking after the children.	sierociniec
period n	/'piəriəd/	I had a period off work last year.	okres
personalized adj	/'pɜːsənəlaɪzd/	I got a personalized watch for my 18th birthday.	spersonalizowany
pop-up shop n	/pɒp ʌp ʃɒp/	'Pop-up shops' are quirky, interesting shops that close or change after a few weeks.	„znikający” sklep
pros and cons	/prəʊz ənd kəns/	We need to think about the pros and cons before we decide.	argumenty za i przeciw
quirky adj	/'kwɜːki/	'Pop-up shops' are quirky , interesting shops that close or change after a few weeks.	dziwaczny
realize v	/'riːəlaɪz/	It took me a while to realize that I couldn't be without her.	zdawać sobie sprawę
recognize v	/'rekəgnائز/	He has changed so much that I didn't recognize him.	rozpoznawać
reverse n	/rɪ'vɜːs/	Put the car into reverse .	wsteczny (bieg)
routine n	/ruː'tiːn/	She follows the same routine every day.	ustalony porządek, rutyna
security screener n	/'skrɪːnə(r)/	Passengers are most polite to the security security screener .	pracownik ochrony (na lotnisku)
seem v	/siːm/	The numbers seem to be right, but I'm not sure.	wydawać się
stroke n	/strəʊk/	I'd always enjoyed painting, but about ten years ago I had a stroke .	udar
suppose v	/sə'pəʊz/	I suppose he will be late, as usual.	przypuszczać

upmarket adj	/ʌp'ma:kɪt/	I like upmarket restaurants, but they cost so much.	elegancka restauracja
X-ray n	'eks reɪ/	I had an X-ray to see if my foot was broken.	rentgen

File 3

Vocabulary Banks

PHOTOGRAPHY

behind prep	/bɪ'haind/	The shop is behind the museum.	za
blurred adj	/blɜ:d/	A photo can be blurred if you move when you are taking it.	zamazany
flash n	/flæʃ/	You use flash when you want to take a photo somewhere dark, e.g. indoors or at night.	lampa błyskowa
in front of	/ɪn frənt ov/	You'll find the post office in front of the cinema.	przed
in the background	/ɪn ðə 'bækgraʊnd/	You can see their house in the background of the photo.	w tle, na drugim planie
in the bottom right-hand corner	/ɪn ðə 'bɒtəm rait hænd 'kɔ:nə(r)/	That's my sister in the bottom right-hand corner .	w prawym dolnym rogu
in the centre	/ɪn ðə 'sentə(r)/	My parents are standing in the centre .	w środku
in the distance	/ɪn ðə 'dɪstəns/	You can see the church in the distance .	w oddali
in the foreground	/ɪn ðə 'fɔ:graʊnd/	All of the small children are in the foreground .	na pierwszym planie
in the top right-hand corner	/ɪn ðə tɒp rait hænd 'kɔ:nə(r)/	That's our house in the top right-hand corner .	w prawym górnym rogu
lens n	/lɛns/	With good cameras you can use different lenses, e.g. a wide-angle lens .	obiektyw
on top of	/ɒn tɒp ov/	You can see our cat on top of the table.	na (górze)
opposite prep	/'ɒpəzɪt/	My mum is sitting opposite Colin.	naprzeciwko
out of focus adj	/aʊt ov 'fəʊkəs/	A photo can be out of focus if you move when you are taking it.	nieostry
photocopy n	/'fəʊtəukɔpi/	A photocopy is a copy of a piece of paper or page in a book made with a special machine.	fotokopia
photogenic adj	/'fəʊtəʊ'dʒenɪk/	Photogenic means looking attractive in photos.	fotogeniczny
photograph n	/'fəʊtəgrɑ:f/	A photograph is a picture that is taken with a camera.	zdjęcie, fotografia
photographer n	/fə'tɒgrəfə(r)/	A photographer is a person who takes photos.	fotograf
photographic adj	/fəʊtə'græfɪk/	I've bought lots of new photographic equipment.	fotograficzny
photography n	/fə'tɒgrəfi/	Photography is the skill of taking photos.	fotografika
portrait setting n	/'pɔ:tret 'setɪŋ/	Many cameras have a portrait setting to use when you want to take a photo of a person.	ustawienie portretowe
zoom in phr v	/zu:m ɪn/	You zoom in when you are far away from something and you want to take a close-up of it.	przybliżać, powiększać

Useful words and phrases

angle <i>n</i>	/'æŋgl/	If you change the angle of your photos you can make them more interesting and unusual.	kąt
anti-social behaviour <i>n</i>	/'ænti 'səʊʃl bɪ'hɛrvjə(r)/	The aim of the new rule is to reduce crime and anti-social behaviour in the town centre.	zachowanie antyspołeczne
baby <i>n</i>	/'beɪbɪ/	She's married and has a six-month-old baby called Mario.	dziecko, niemowlę
babysitter <i>n</i>	/'beɪbɪsɪtə(r)/	Three cinemas in the area have agreed to put on early afternoon sessions so that parents avoid calling the babysitter .	niania
back up <i>v</i>	/'bækʌp/	You could back up your photos on a CD-ROM.	robić kopię zapasową
ban <i>v</i>	/bæn/	Police ban teenagers from the centre of the Welsh town of Bangor at night.	zabraniać, zakazywać (wstępu)
buggy <i>n</i>	/'bʌgi/	You see lots of mothers pushing their babies in a buggy .	wózek dziecięcy
child <i>n</i>	/tʃaɪld/	I was an only child so I didn't have as much opportunity to be as naughty as other kids.	dziecko
curfew <i>n</i>	/'kɜːfjuː/	The new curfew is in place between 9 p.m. and 6 a.m.	godzina policyjna
data centre <i>n</i>	/'deɪtə 'sentə(r)/	But this just means your files are in a company's data centre on – guess what? – a whole load of hard drives.	centrum przetwarzania danych
deck <i>n</i>	/dek/	Malaysia Airlines has decided to ban children under 12 years of age from the top deck of its A380 planes.	pokład
deteriorate <i>v</i>	/dɪ'tɪəriəreɪt/	If you store your photos as jpeg the file will actually deteriorate every time you copy or resave it.	pogarszać się
digital <i>adj</i>	/'dɪdʒɪtl/	A digital photo lasts forever, right?	cyfrowy
discriminatory <i>adj</i>	/dɪ'skrɪmɪnətərɪ/	While some have called the decision discriminatory , others agree with it.	dyskryminujący
erase <i>v</i>	/ɪ'reɪz/	One big magnet could erase your drive in an instant.	wykasować
file format <i>n</i>	/faɪl 'fɔːmæt/	If you store your photos as jpeg (the most common file format), the file will actually deteriorate every time you copy or resave it.	format pliku
fine <i>n</i>	/fain/	Any person under 16 who is caught in the centre of town without a parent or adult guardian could go to jail for three months or pay a £2,500 fine .	grzywna
flash drives <i>n pl</i>	/flæʃ draɪv/	This is also true for flash drives , memory cards, and the rest. Today's high-tech storage solution is tomorrow's useless floppy disk .	karty pamięci flash
floppy disk <i>n</i>	/flopi 'disk/	This is also true for flash drives , memory cards, and the rest. Today's high-tech storage solution is tomorrow's useless floppy disk .	dyskietka
gunshots <i>n pl</i>	/'gʌnʃɒt/	Films with loud, surprising noises, such as gunshots , are usually not shown.	wystrzay
hard drive <i>n</i>	/ha:d draɪv/	Back them up on a separate hard drive or CD-ROM.	twardy dysk
in his / her early twenties <i>(=20–23)</i>	/ɪn hɪz / hɜ:(r) 'ɜːli 'twentɪz/	My son left home in his early twenties .	w wieku dwudziestu paru lat
in his / her late forties <i>(=47–49)</i>	/ɪn hɪz / hɜ:(r) leɪt 'fɔːtɪz/	She finished work in her late forties .	przed pięćdziesiątką

in his / her mid-thirties (= 34–36)	/ɪn hɪz / hə:(r) mɪd 'θɜ:tɪz/	<i>She had children in her mid-thirties.</i>	w wieku ok. 35 lat
jail <i>n</i>	/dʒeɪl/	<i>Any person under 16 who is caught in the centre of town without a parent or adult guardian could go to jail for three months or pay a £2,500 fine.</i>	więzienie, areszt
middle-aged <i>adj</i>	/'mɪdl 'eɪdʒd/	<i>I hate being middle-aged. I want to be young again.</i>	w średnim wieku
offline <i>adj</i>	/'ɒf'lайн/	<i>Major sites like Netflix, Pinterest, and Instagram were knocked offline for almost a whole day.</i>	odłączony od sieci
pensioner <i>n</i>	/'penʃənə(r)/	<i>A pensioner can ride for free on the bus when they are 65.</i>	emeryt, emerytka
perspective <i>n</i>	/pə'spektɪv/	<i>If you change the angle or the perspective of your photos you can make them more interesting and unusual.</i>	perspektywa
pose <i>v</i>	/pəuz/	<i>It's better to pose standing up than sitting down.</i>	pozować
pre-teen <i>adj</i>	/'pri: 'ti:n/	<i>I have a pre-teen class; the students are all aged 11 or 12.</i>	dziecko w wieku 11–12 lat
quarrel <i>v</i>	/'kwɔ:rəl/	<i>When I was a teenager I used to quarrel with my sister.</i>	kłócić się
resave <i>v</i>	/ri:səiv/	<i>If you store your photos as jpeg files the file will actually deteriorate every time you copy or resave it.</i>	zapisywać ponownie
rules <i>n pl</i>	/ru:l/	<i>The airline's new child rules were causing controversy.</i>	zasady
scooter <i>n</i>	/'sku:tə/	<i>Lots of young children go to school on scooters. It's faster than walking.</i>	skuter
screaming <i>adj</i>	/skri:mɪŋ/	<i>In spite of the screaming babies, she managed to enjoy the experience.</i>	krzyczący
subject <i>n</i>	/'sʌbdʒekt/	<i>In most photos, the subject is looking at the camera.</i>	fotografowany obiekt
teenager <i>n</i>	/'ti:nɪdʒə(r)/	<i>Were you a rebellious teenager?</i>	nastolatek, nastolatka
toddler <i>n</i>	/'tɒdlə(r)/	<i>Our toddler has started nursery.</i>	małe dziecko uczące się chodzić
viewer <i>n</i>	/'vju:ə(r)/	<i>This can make a photo more interesting – the viewer wants to know what the person is looking at.</i>	ogłądający

More words in File 3

affect <i>v</i>	/ə'fekt/	<i>The high costs affect attendance at matches.</i>	mieć wpływ na coś
allow <i>v</i>	/ə'lau/	<i>They won't allow you to park here without a permit.</i>	pozwalać
army <i>n</i>	/'ɑ:mi/	<i>My dad was in the army so my family moved around a lot.</i>	wojsko
astrology <i>n</i>	/ə'strɔ:lədʒi/	<i>Do you like astrology? My star sign is Aries.</i>	astrologia
bookworm <i>n</i>	/'bʊkwɜ:m/	<i>I read so many books. I am a real bookworm.</i>	mów książkowy
branch <i>n</i>	/bra:ntʃ/	<i>I was wearing a pink frilly dress and it got caught in a branch!</i>	gałąź
changeable <i>adj</i>	/'tʃeindʒəbl/	<i>The weather didn't use to be this changeable.</i>	zmienny
conflict <i>n</i>	/'kɒnflikt/	<i>I think I'm still someone who avoids conflict. I hate fighting.</i>	konflikt
corridor <i>n</i>	/'kɔrɪdɔ:(r)/	<i>Her office is at the end of the corridor.</i>	korytarz
creep <i>v</i>	/kri:p/	<i>I tried to creep down the corridor quietly.</i>	skradać się

damage v	/dæmɪdʒ/	Experts disagree about how much damage this can do, but the damage is real.	uszkodzenie
destroy v	/dɪ'strɔɪ/	There are plenty of things that can damage or even destroy those high-tech memories.	niszczyć
discuss v	/dɪ'skʌs/	We should sit down and discuss the situation together.	omawiać
entire adj	/ɪn'taɪə(r)/	This is the first time a town in the UK has banned children from an entire city centre.	cały
fade v	/feɪd/	Over time, memories can fade or disappear.	blaknąć
frilly adj	/'frɪli/	I used to wear a pink frilly dress.	z falbankami
girly adj	/'gɜːli/	I was a good mix between a ' girly ' girl and a tomboy.	dziecięcy
guardian n	/'ga:dɪən/	Any person under 16 who is caught in the centre of town without a parent or adult guardian could go to jail for three months or pay a £2,500 fine.	opiekun
harmful adj	/'ha:mfl/	Some groups of people are trying to stop it because they think it's harmful and unfair.	szkodliwy
headlines n pl	/'hedlaim/	What do the headlines in the newspapers say?	nagłówki
hide v	/haɪd/	My children always hide from me, but it's easy to find them.	chować się, ukrywać
high-tech adj	/.haɪ 'tek/	There are plenty of things that can damage or even destroy those high-tech memories.	najnowocześniejszy
magnet n	/'mægnət/	Before then, one big magnet could erase your drive in an instant.	magnes
mix n	/mɪks/	I eat a healthy mix of fresh vegetables and fruit.	mieszanka
naughty adj	/'nɔːti/	I'd say I was a pretty well-behaved child. I wasn't naughty very often.	niegrzeczny, niesforny
obsolete adj	/'ɒbsəli:t/	Technology becomes obsolete the older it gets.	przestarzały
onto prep	/'ɒntə/, /'ɒntu/	The mouse ran onto the table.	na
pavement n	/'peɪvmənt/	Don't ride your bike on the pavement .	chodnik
playground n	/'pleɪgraʊnd/	I don't think teenagers should be allowed in the children's playground .	plac zabaw
portrait n	/'pɔːtrət/	Brian Voce is a professional portrait photographer.	portret
preserve v	/prɪ'vezɜːv/	It may be too late to save Grandma's photos, but you can still preserve yours.	zachowywać, ocalać
rely v	/rɪ'lai/	Can I rely on you to finish this in time?	polegać na kimś
robberies n pl	/'rɒbəri/	In the last year, the area has seen a large number of robberies by young people.	napady rabunkowe
scenery n	/'sɪ:nəri/	Do you prefer taking photos of scenery or portraits of people?	krajobraz
spa n	/spa:/	I'm having a massage at the spa .	spa
surprising adj	/sə'praɪzɪŋ/	Films with loud, surprising noises, such as gunshots, are usually not shown.	zaskakujący
tablet n	/'tæblət/	I play lots of games and do some emails on my tablet .	tablet
tomboy n	/'tɒmbɔɪ/	I was a good mix between a ' girly ' girl and a tomboy .	chłopczyca
treat v	/tri:t/	Both parents and some politicians have criticized the rule, which they say treats all young people like criminals.	traktować
turbulence n	/'tɜːbjuːləns/	Later on during the flight we had a lot of turbulence .	turbulencje

unfair <i>adj</i>	/ʌn'feə(r)/	<i>Some groups of people are trying to stop it because they think it's harmful and unfair.</i>	nieprawiedliwy
well-behaved <i>adj</i>	/wel bɪ'heɪvd/	<i>I'd say I was a pretty well-behaved child. I wasn't naughty very often.</i>	dobrze wychowany, grzeczny

File 4

Vocabulary Banks

RUBBISH AND RECYCLING

bin <i>n</i>	/bɪn/	<i>Can you empty the bin? It's full of rubbish.</i>	kosz
bin bag <i>n</i>	/bɪn bæg/	<i>We need a new bin bag in the bin.</i>	worek na śmieci
bottle <i>n</i>	/bɒtl/	<i>I drink a bottle of water with dinner.</i>	butelka
can <i>n</i>	/kæn/	<i>Can I have a can of cola?</i>	puszka
cardboard box <i>n</i>	/'ka:dbo:d bɒks/	<i>The cereal is in that cardboard box.</i>	pudełko kartonowe
carton <i>n</i>	/'ka:tɒn/	<i>I had a small carton of juice.</i>	kartonik, pojemnik
dustman (<i>also refuse collector, NAmE garbage collector</i>) <i>n</i>	/dʌstmən/ (/refju:s kə'lektə(r)/, /'ga:bɪdʒ kə'lektə(r)/)	<i>The dustman collects the bins every week.</i>	pracownik firmy wywożącej śmieci
give away <i>phr v</i>	/'gɪv əweɪ/	<i>I'm moving house in a few weeks, and I've decided to give away a lot of books and clothes to a charity shop.</i>	oddawać
jar <i>n</i>	/dʒɑ:(r)/	<i>Can you open this jar of jam for me, please?</i>	słoik
landfill site <i>n</i>	/'lændfil saɪt/	<i>Too much rubbish is buried in the ground in landfill sites.</i>	wysypisko
lid <i>n</i>	/lɪd/	<i>The lid won't open. Can you help?</i>	pokrywka
packet <i>n</i>	/'pækɪt/	<i>Would you like a packet of crisps?</i>	paczka
plastic bag <i>n</i>	/'plæstɪk bæg/	<i>I take my own bag so I don't have to use a plastic bag.</i>	torba plastikowa
polystyrene tray <i>n</i>	/,pɒli'staɪrɪn treɪ/	<i>The chips came in a polystyrene tray.</i>	tacka styropianowa
reapply <i>v</i>	/ri:ə'plai/	<i>You should reapply sunscreen every hour if you have fair skin.</i>	nakładać ponownie
recycle <i>v</i>	/ri:'saɪkl/	<i>There's a bottle bank at the local supermarket where you can recycle all your glass bottles and jars.</i>	utylizować
repay <i>v</i>	/ri'peɪ/	<i>When are you going to repay them the money you borrowed?</i>	spłacać
replay <i>v</i>	/ri:'pleɪ/	<i>They will have to replay the match next Saturday.</i>	rozegrać ponownie
rethink <i>v</i>	/ri:'θɪŋk/	<i>If you're not sure about the project, you should rethink the whole thing.</i>	przemyśleć
reuse <i>v</i>	/ri:'ju:z/	<i>Many supermarkets now charge extra for plastic bags. They prefer customers to have shopping bags which they can reuse.</i>	wykorzystywać ponownie
rubbish (<i>NAmE garbage, trash</i>) <i>n</i>	/rʌbɪʃ/ (/ga:bɪdʒ/, /træʃ/)	<i>Can you empty the bin? It's full of rubbish.</i>	śmieci
sell-by date <i>n</i>	/'sel baɪ deɪt/	<i>How old are they? What's the sell-by date?</i>	data ważności

take ... away phr v	/'teɪk ... əwei/	In many countries there are special containers for used glass and cardboard. People then come and take them away to be recycled.	zabierać, wywozić
take out phr v	/'teɪk aut/	Please could you take out the rubbish? I did it yesterday.	wynosić
throw ... away phr v	/'θrəʊ ... əwei/	If that pen doesn't work, just throw it away . I hate having pens around that don't work.	wyrzucać
tin n	/tɪn/	I need a tin of tomatoes for the sauce.	puszka
tub n	/tʌb/	There's a tub of ice cream in the freezer.	pudełko, kubek
waste n	/weɪst/	We recycle over 50% of our waste .	odpady
waste-paper basket n	/,weɪst 'peɪpə bɑ:skɪt/	I have a small waste-paper basket in my office.	kosz na śmieci
wrapper n	/'ræpə(r)/	Don't throw your chocolate wrapper on the floor.	opakowanie, papierek

STUDY AND WORK

apply for a job	/ə'plaɪ fɔ:(r) ə dʒɒb/	As soon as I graduate I'm going to apply for a job .	ubiegać się o (pracę)
attend an interview	/ə'tend ən 'intəvju:/	I have to attend an interview for a new job on Monday.	uczestniczyć w (rozmowie rekrutacyjnej)
campus n	/'kæmpəs/	The main university campus is located around Gower Street.	kampus
dissertation n	/,dɪsə'teɪʃn/	At the end of the course I need to write a 20,000 word dissertation .	praca pisemna
experience n	/ɪk'spiəriəns/	I have five years of experience as a lawyer.	doświadczenie
faculties n pl	/'fækltɪz/	We have faculties in Science, Social Science, and Business.	zajęcia
get a job offer	/get ə dʒɒb 'ɒfə(r)/	You might have to attend several interviews before you get a job offer .	dostać ofertę pracy
halls of residence n pl	/,hɔ:lz əv 'rezɪdəns/	Many students, particularly first year undergraduates and overseas students, live in halls of residence .	akademiki
have an interview	/hæv ən 'intəvju:/	I'm going to have an interview tomorrow.	mieć rozmowę rekrutacyjną
lectures n pl	/'lektʃəz/	Students must attend lectures .	wykłady
look out for job vacancies	/lʊk aut fɔ:(r) dʒɒb 'veɪkənsɪz/	I'm looking out for job vacancies but there is no work.	szukać ofert pracy
postgraduates n pl	/,pəʊst'grædʒuəts/	Postgraduates are students who are studying for a Masters or PhD.	magistranci, magistrantki, doktoranci, doktorantki
professors n pl	/prə'fesəz/	UCL has around 4,000 academic and research staff and 650 professors .	profesorowie
qualifications n pl	/,kwɒlfɪʃ'keɪʃnz/	What qualifications do you have that make you right for the job?	kwalifikacje
referee n	/,refə'rei:/	You'll need someone to be your referee and write about how good you are.	osoba wystawiająca referencje
seminars n pl	/'semɪna:z/	In seminars students have the chance to discuss topics and ask questions.	seminaria
skills n pl	/skɪlz/	I have the skills to be a mechanic but there is no work.	umiejętności
thesis n	/'θi:sɪs/	During a PhD students have to write a doctoral thesis .	praca naukowa

tutor <i>n</i>	/'tju:tə(r)/	Course tutors usually run seminars.	wykładowca, wykładowczyni
undergraduates <i>n pl</i>	/,ʌndə'grædʒuəts/	Undergraduates usually study for three years for their degree.	studenci, studentki na studiach licencjackich
webinars <i>n pl</i>	/'webīnə:z/	Students can watch webinars rather than attend seminars or lectures.	seminaria internetowe
work as an intern	/wɜ:k æz ən ɪn'tɜ:n/	<i>In the summer I'm going to work as an intern.</i>	pracować jako stażysta
write a CV / covering letter	/raɪt ə'si: 'vi:/ 'kʌvərɪŋ 'letə(r)/	<i>It took me hours to write a CV and covering letter, but now I can use them for lots of jobs.</i>	napisać CV i list motywacyjny

Useful words and phrases

A-level <i>n</i>	/'eɪ levɪl/	<i>Applicants should have qualifications such as an A-level in mathematics or biology.</i>	wiedza na poziomie maturalnym
accurate <i>adj</i>	/'ækjʊərət/	<i>It's important to be accurate when reporting what others say.</i>	dokładny, precyzyjny
antiques <i>n pl</i>	/æn'ti:k/	<i>He loves everything old. He collects lots of different antiques.</i>	antyki
applicant <i>n</i>	/'æplɪkənt/	<i>The successful applicant will be a bird keeper with at least two years' experience of working with a variety of bird species.</i>	kandydat, kandydatka
automatic <i>adj</i>	/,ɔ:tə'mætɪk/	<i>Where I come from, it's automatic: at age 11 you get a job.</i>	automatyczny
comedian <i>n</i>	/kə'mi:dɪən/	<i>The comedian was really funny.</i>	artysta komediowy, artystka komediowa
dangerous chemicals	/deɪndʒərəs 'kemɪkl/	<i>This is a growing problem because some mobile phone parts contain dangerous chemicals.</i>	niebezpieczne substancje chemiczne
degree <i>n</i>	/dr'gri:/	<i>If I get a good degree, I'll be able to find an interesting job.</i>	stopień naukowy
delivery service <i>n</i>	/dɪ'lɪvəri 'sɜ:vɪs/	<i>The other job was working with my granddad for a frozen-food delivery service.</i>	usługi dostawcze
demand <i>n</i>	/dɪ'ma:nd/	<i>As demand for mobiles and smartphones increases, the problem is going to get even worse.</i>	zapotrzebowanie, popyt
door to door <i>adj</i>	/dɔ:(r) tə dɔ:(r)/	<i>I did two humiliating Saturday jobs. The first was selling vacuum cleaners door to door. I didn't sell a single one.</i>	handel obwoźny, akwizycja
estimate <i>v</i>	/'estɪmeɪt/	<i>I would estimate that the outside wall is about 2.5 metres tall.</i>	szacować
exploit <i>v</i>	/ɪk'splɔɪt/	<i>We must ensure we do not exploit our interns – they should feel that their time with us has been interesting and enjoyable, not stressful and unpleasant.</i>	wykorzystywać
explorer <i>n</i>	/ɪk'splɔ:rə(r)/	<i>Sir Ranulph Fiennes is an explorer who has been to the Arctic and climbed many mountains.</i>	odkrywca, odkrywczyni
gravel <i>n</i>	/'grævl/	<i>I have gravel on my drive.</i>	żwi
guarantee <i>n</i>	/,gærən'ti:/	<i>There was no guarantee of a contract at the end of the internship.</i>	gwarancja
handle <i>v</i>	/'hændl/	<i>You need to handle this work of art carefully – it's very expensive.</i>	obchodzić się z czymś
ingredients <i>n pl</i>	/ɪn'grɪ:dɪənts/	<i>Have we got all of the ingredients to make this dish?</i>	składniki

internship <i>n</i>	/'intɜːnʃɪp/	<i>For many young graduates, starting out in a new career means taking an unpaid internship.</i>	staż
lung <i>n</i>	/lʌŋ/	<i>Some phone batteries contain cadmium, a metal which can cause lung cancer.</i>	płuco
mail <i>n</i>	/meɪl/	<i>My favourite part was going in the lorry to collect the mail from the station.</i>	poczta
management <i>n</i>	/'mænidʒmənt/	<i>The company does not do well, because the management is so poor.</i>	zarządzanie
metal <i>n</i>	/'metl/	<i>They contain small quantities of metal such as platinum.</i>	metal
minimum <i>n</i>	/'mɪnɪməm/	<i>The ideal candidate will have a minimum of two years' experience.</i>	minimum
parts <i>n pl</i>	/pɑːt/	<i>This is a growing problem because some mobile phone parts contain dangerous chemicals.</i>	części
plastics <i>n pl</i>	/'plæstɪk/	<i>The plastics in phones can be melted down to be made into traffic cones.</i>	plastiki
quantities <i>n pl</i>	/'kwɒntəti/	<i>They contain small quantities of metals such as platinum, which is used to make jewellery.</i>	ilości
sand <i>n</i>	/sænd/	<i>My shoe was full of sand after going to the beach.</i>	piasek
saucepans <i>n pl</i>	/'sɔːspən/	<i>Batteries contain nickel, which can be used to make stainless steel for saucepans.</i>	rondele
second-hand <i>adj</i>	/'sekənd hænd/	<i>It's good to recycle and reuse second-hand mobiles.</i>	z drugiej ręki
specialized <i>adj</i>	/'speʃəlaɪzd/	<i>Many phones are then passed to specialized repair centres.</i>	wyspecjalizowany
torch <i>n</i>	/tɔːtʃ/	<i>You should take gloves and a torch with you before going to look in bins.</i>	latarka
unlocked <i>adj</i>	/,ʌn'lɒkt/	<i>The door was left unlocked so anyone could go in.</i>	niezamknięty
unpaid <i>adj</i>	/,ʌn'peɪd/	<i>For many young graduates, starting out in a new career means taking an unpaid internship.</i>	nieodpłatny, bezpłatny
unused <i>adj</i>	/,ʌn'juːzd/	<i>What do you think restaurants or supermarkets in your town should do with unused food?</i>	niezużyty
wage <i>n</i>	/weɪdʒ/	<i>Legally, most interns in the UK are entitled to the minimum wage.</i>	płaca
zoo <i>n</i>	/zu:/	<i>He works with elephants in a zoo.</i>	zoo

More words in File 4

bottle bank <i>n</i>	/'bɒtl bæŋk/	<i>Don't put wine bottles in the rubbish. We need to take them to the bottle bank.</i>	pojemnik na szkło
brain damage <i>n</i>	/breɪn 'dæmɪdʒ/	<i>The phone's electrical circuits contain lead, which can cause brain damage.</i>	uszkodzenie mózgu
breadcrumbs <i>n pl</i>	/'bredkrʌmz/	<i>Have you been using my laptop? It's covered in breadcrumbs.</i>	okruszki chleba
canoe <i>n</i>	/kə'nue:/	<i>I took my canoe out to sea.</i>	kanoe
combination <i>n</i>	/,kɒmbɪ'nейʃn/	<i>They call themselves 'freegans' – a combination of the words 'free' and 'vegan'.</i>	połączenie, kombinacja
components <i>n pl</i>	/kəm'pəʊnənt/	<i>Then components such as the keypad are checked.</i>	składniki, elementy
conservation project <i>n</i>	/,kɒnsə'veɪʃn prədʒekt/	<i>I took a gap year and worked on a conservation project in Peru.</i>	ekologiczny, dotyczący ochrony przyrody

convince v	/kən'vɪns/	I was knocking on people's doors to try to convince them to buy something.	przekonywać
council n	/'kaʊnsl/	What could your local council do to make it easier to recycle where you live?	samorząd, rada
cover v	/'kʌvə(r)/	Can you cover the sofa with a blanket? That should make it more comfortable.	zakrywać
disturbing adj	/dɪ'stɜ:bɪŋ/	This is especially disturbing since four million people in Britain can't afford a healthy diet.	niepokojący
do a round	/du ə raʊnd/	Before I got the newspaper delivery job, they asked me to do a round with one of the other workers to see if I was any good.	robić rundę próbną
handler n	/'hændlə(r)/	A fine art mover is seeking to fill a vacancy for the position of Art Handler .	agent, agentka
humiliating adj	/hju:'miliētɪŋ/	I did two humiliating Saturday jobs. They were so embarrassing.	poniżający
illustrator n	/'ɪləstreɪtə(r)/	He's a children's book illustrator .	ilustrator, ilustratorka
intern n	/'ɪntə:n/	We must ensure we do not exploit our intern – he should feel that his time with us has been interesting and enjoyable, not stressful and unpleasant.	stażysta, stażystka
landlines n pl	/'lændlайн/	The rest of the phones are sent to places in Asia and Africa where they are especially needed because there are few landlines .	linie telefoniczne
lead n	/led/	The phone's electrical circuits contain lead , which can cause brain damage.	ołów
melt down phr v	/'melt daʊn/	The plastics in phones can be melted down to be made into traffic cones.	topić
minimum wage n	/,mɪnɪməm 'weɪdʒ/	Legally, most interns in the UK are entitled to the minimum wage .	płaca minimalna
nickel n	/níkl/	Batteries contain nickel , which can be used to make stainless steel for saucepans.	nikiel
pocket money n	/'pɔ:kɪt mʌni/	My dad never gave me a penny of pocket money after the age of 11.	kieszonkowe
PR (public relations) n	/,pi: 'a:(r)/ (/pʌblɪk rɪ'lɪʃnz/)	In fact, nearly 40% of internships are unpaid, especially in industries such as fashion, PR , media, and politics.	PR (public relations)
release into the soil	/rɪ'li:s 'ɪntə ðə sɔ:l/	If we send all of them to landfill sites, over 130,000 kilos of lead will be released into the soil .	przedostawać się do gleby
retake v	/,ri:'teɪk/	If I can get a job, I might not retake my exams.	powtarzać
rigorous adj	/'rɪgərəs/	When a phone arrives at a recycling centre it goes through a rigorous testing process.	rygorystyczny
sell v	/sel/	I did two humiliating Saturday jobs. The first was selling vacuum cleaners door to door.	sprzedawać
shelf-stacker n	/self stækə(r)/	I worked as a shelf-stacker in a supermarket.	pracownik układający towary na półkach
slave labour n	/,sleɪv 'leɪbə(r)/	The conditions are so bad it's like slave labour .	praca niewolnicza
species n	/'spi:ʃi:z/	The successful applicant will be a bird keeper with at least two years' experience of working with a variety of bird species .	gatunek

stainless steel <i>n</i>	/'steɪnləs 'sti:l/	Batteries contain nickel, which can be used to make stainless steel for saucepans.	stal nierdzewna
unthinkable <i>adj</i>	/ʌn'θɪŋkəbl/	The even greener alternative to recycling seems almost unthinkable : it's to keep your current phone for more than the usual 12 months!	nie do pomyślenia, nieprawdopodobny
vacancy <i>n</i>	'veɪkənsi/	I've seen a job vacancy in your department.	wakat
vegan <i>n</i>	'vi:gən/	They call themselves 'freegans' – a combination of the words 'free' and 'vegan'.	weganin, weganka

File 5

Vocabulary Banks

TELEVISION

be on <i>v</i>	/bi ɒn/	What time will the movie be on ?	być puszczanym (o filmie)
cartoons (also animation) <i>n pl</i>	/ka:tʊ:nz/ (/ænɪ'meɪʃn/)	My children love watching Disney cartoons .	kreskówki, filmy animowane
chat shows <i>n pl</i>	/'tʃæt ʃəʊz/	Chat shows are just a way for famous people to sell things.	programy typu talk show
commercials (also adverts) <i>n pl</i>	/kə'mɜ:flz/ ('ædvɜ:ts/)	There are commercials nearly every five minutes here.	filmy reklamowe
cookery programmes <i>n pl</i>	/'kʊkəri 'prəʊgræmz/	Cookery programmes often focus on the food of a particular country.	programy kulinarne
current affairs programmes <i>n pl</i>	/'kʌrənt ə'feəz 'prəʊgræmz/	I really enjoy current affairs programmes about world political issues.	programy dotyczące bieżących wydarzeń
documentaries <i>n pl</i>	/'dɒkju'mentrɪz/	My son loves watching documentaries , especially about nature.	filmy dokumentalne
drama series <i>n pl</i>	/'dra:mə 'siəri:z/	Many drama series are based on famous novels.	filmy kostiumowe
films <i>n pl</i>	/fɪlmz/	I never have time to go to the cinema. I only get to watch films on a plane.	filmy
live sport <i>n</i>	/laɪv spɔ:t/	Often you can only watch live sport on TV if you pay for it.	relacje sportowe na żywo
period dramas <i>n pl</i>	/'pɪəriəd 'dra:məz/	Britain is famous for period dramas such as <i>Downton Abbey</i> .	filmy kostiumowe
quiz shows <i>n pl</i>	/kwɪz ʃəuz/	I find most quiz shows quite challenging.	teleturnieje
reality shows <i>n pl</i>	/ri'æləti ʃəuz/	Reality shows like <i>Big Brother</i> are becoming less popular.	programy typu reality show
remote control <i>n</i>	/rɪ'meət kən'trəʊl/	Can you pass the remote control ? I want to watch something else.	pilot (zdalnego sterowania)
screen <i>n</i>	/skri:n/	I think the screen needs cleaning. It looks really dirty.	ekran
sitcoms <i>n pl</i>	/'sɪtkəmz/	Sitcoms make me laugh.	seriale komediowe, sitcomy
soaps <i>n pl</i>	/səups/	Soaps are some of the most popular shows in the world.	opery mydlane
speakers <i>n pl</i>	/'spi:kəz/	The speakers give cinema-quality sound.	głośniki
stand <i>n</i>	/stænd/	Now we have a flatscreen TV I think we need a smaller stand for it.	stolik pod telewizor

switch over v	/'switʃəʊvə(r)/	<i>Can you switch over to the football?</i>	przełączać
the news n	/ðə nju:z/	<i>I think the news has got worse since it became 24 hours a day.</i>	wiadomości
turn down phr v	/tɜ:n daʊn/	<i>Can you turn down the volume? It's so loud.</i>	ściszać
turn off phr v	/'tɜ:n ɒf/	<i>Turn off the TV before you come to bed.</i>	wyłączać
turn on phr v	/'tɜ:n ɒn/	<i>My daughter turns on the TV as soon as she gets up.</i>	włączać
turn up phr v	/'tɜ:n ʌp/	<i>Can you turn up the sound? I can't hear it.</i>	pogłośniać
weather forecast n	/'weðə fɔ:kɑ:st/	<i>The weather forecast constantly changes and is never very accurate.</i>	prognoza pogody

THE COUNTRY

barn n	/ba:n/	<i>The weather was so bad we put all the animals in the barn.</i>	stodoła
bush n	/buʃ/	<i>Look at that bird sitting on top of the bush.</i>	krzak
cliff n	/klif/	<i>I love to walk along the cliff near the sea.</i>	klif, urwisko
cockeral n	/'kɒk(ə)r(ə)l/	<i>The cockeral is so loud he wakes everyone up in the morning.</i>	kogut
cow n	/kau/	<i>I love the fresh milk we get from our cow.</i>	krowa
farmhouse n	/'fɑ:mhaʊs/	<i>Our farmhouse is miles from the town.</i>	dom na wsi, zagroda
fence n	/fens/	<i>I have a new fence between mine and my neighbour's garden.</i>	ogrodzenie, plot
field n	/fi:ld/	<i>I love looking over the field at the end of my garden.</i>	pole
gate n	/geɪt/	<i>There is a gate to the back garden at the side of my house.</i>	brama, furtka
grass n	/gra:s/	<i>It's been so hot that the grass is no longer green, it's brown.</i>	trawa
grow v	/grəʊ/	<i>We grow carrots, cabbages, and peas on our farm.</i>	uprawiać
harvest v	/'ha:vɪst/	<i>As a child, I always wanted to help harvest the crops on my parents' farm.</i>	zbierać (plony)
hedge n	/hedʒ/	<i>Look over that hedge at the end of the field.</i>	żywopłot
hens n pl	/henz/	<i>Hens are female chickens.</i>	kury
hill n	/hil/	<i>It's not really a mountain. It's smaller – more like a hill.</i>	wzgórze
lambs n pl	/læmz/	<i>Sheep give birth to lambs in the spring.</i>	jagnięta
leaf (pl leaves) n	/li:f/ (/li:vz/)	<i>In the autumn, the leaves change to some amazing colours.</i>	liść
mud n	/mʌd/	<i>The football pitch is more like mud than grass. I blame the rain.</i>	błoto
path n	/pa:θ/	<i>Walk along the path for five minutes and then turn right.</i>	alejka, dróżka
pick v	/pɪk/	<i>We plant courgettes in May and pick them from July to September.</i>	zbierać
plant v	/pla:nt/	<i>We plant courgettes in May and pick them from July to September.</i>	sadzić, siać
pond n	/pɒnd/	<i>I have a small pond in my garden with a few fish in it.</i>	staw

rocks <i>n pl</i>	/rɒks/	<i>I loved climbing on and fishing in the rocks when I was a child.</i>	skały
sheep <i>n pl</i>	/ʃi:p/	<i>Sheep give birth to lambs in the spring.</i>	owca, owce
sticks <i>n pl</i>	/stɪks/	<i>We need more sticks for this fire.</i>	patyki, gałżzie
stones <i>n pl</i>	/stəʊnz/	<i>This beach has too many stones. I prefer sandy ones.</i>	kamienie
stream <i>n</i>	/stri:m/	<i>There's a little stream, but it's too small to fish in.</i>	strumień
valley <i>n</i>	/'væli/	<i>The river goes down the mountain and runs along the valley at the bottom.</i>	dolina
wood <i>n</i>	/wud/	<i>It's not really a forest. I'd call it a small wood.</i>	las

Useful words and phrases

already <i>adv</i>	/ɔ:l'redi/	<i>Do you sometimes re-watch an episode of a series that you've already seen?</i>	już
calendar <i>n</i>	/'kælɪndə(r)/	<i>The calendar says it is 1 May, but the weather doesn't agree.</i>	kalendärz
club <i>n</i>	/klʌb/	<i>They put on activities or meetings every night of the week – singing workshops, the garden club, Zumba, as well as monthly films and occasional quiz nights.</i>	klub
control <i>v</i>	/kən'trəul/	<i>Sadly, we can't control the weather.</i>	kontrolować
create <i>v</i>	/kri'eit/	<i>How long does it take to create an episode?</i>	przygotowywać, tworzyć
driving licence <i>n</i>	/'draɪvɪŋ laɪsns/	<i>I didn't know you could drive. How long have you had your driving licence?</i>	prawo jazdy
entertain <i>v</i>	/,entə'tein/	<i>I like to entertain myself by chatting on the web.</i>	zabawić się, rozerwać się
fictional <i>adj</i>	/'fɪkʃənl/	<i>The Archers, which is about life in a fictional village, was conceived as a way of providing information about new farming methods.</i>	fikcyjny
food shortage <i>n</i>	/'ʃo:tɪdʒ/	<i>There is likely to be a food shortage this year because of the strike.</i>	brak, niedobór
freezer <i>n</i>	/'fri:zə(r)/	<i>Is there any ice cream in the freezer?</i>	zamrażarka
housewife <i>n</i>	/'haʊswaɪf/	<i>My mother doesn't have a job. She is a housewife.</i>	gospodyn domowa
idyllic <i>adj</i>	/'dɪlɪk/	<i>I'll grow all my own food. It will be idyllic and friends will come to stay and tell me how lucky I am to live here.</i>	idylliczny
jump <i>v</i>	/dʒʌmp/	<i>Sales were seen to jump from 20% to 40% after the new product range came out.</i>	skoczyć, zwiększyć się
lately <i>adv</i>	/'leɪtlɪ/	<i>I haven't watched TV at all lately. I've been too busy.</i>	ostatnio
lonely <i>adj</i>	/'ləʊnli/	<i>I became so lonely, I often used to sit in my car and listen to the kind voice of the satnav lady.</i>	samotny
methods <i>n pl</i>	/'meθəd/	<i>It was conceived as a way of providing information about new farming methods.</i>	metoda
move back <i>phr v</i>	/mu:v bæk/	<i>Penny has no plans to move back to London. She wants to stay in the countryside.</i>	przeprowadzić się z powrotem
objective <i>adj</i>	/əb'dʒektɪv/	<i>The news on TV is not objective, as most channels are controlled by the government.</i>	obiektywny
occasional <i>adj</i>	/ə'keɪʒənl/	<i>There are monthly films and occasional quiz nights.</i>	okazjonalny
persuade <i>v</i>	/pə'sweɪd/	<i>Can you persuade her to come?</i>	zmuszać, namawiać

praise <i>n</i>	/preɪz/	<i>I am difficult to please; I only give praise when I think something is exceptional.</i>	pochwała
press <i>v</i>	/pres/	<i>It was just good enough to make me press ‘next’ every time the episode finished.</i>	naciskać
process <i>n</i>	/'prəʊses/	<i>What’s the process for creating a TV programme?</i>	proces
provider <i>n</i>	/prə'veɪdə(r)/	<i>Netflix is an American provider of on-demand internet streaming media.</i>	dostawca
recently <i>adv</i>	/'ri:sntli/	<i>I have been going out a lot recently. I went out every night last week.</i>	ostatnio
regular <i>adj</i>	/'regjələ(r)/	<i>Sixty per cent of adult Britons were regular listeners, and today its listeners number over a million.</i>	regularny
release <i>v</i>	/rɪ'li:s/	<i>When Netflix decided to release the entire 13-episode first season of a TV series in one go, it reminded viewers to watch responsibly.</i>	wydawać, wprowadzać na ekrany
reporter <i>n</i>	/rɪ'pɔ:tə(r)/	<i>I work as a reporter for a local newspaper.</i>	reporter, reporterka
rural <i>adj</i>	/'ruərəl/	<i>The rural sights, sounds, and, above all, communities, beat the city any day.</i>	wiejski
shoot <i>v</i>	/ʃu:t//	<i>I don’t think I’d ever want to shoot a gun. I think they’re very dangerous.</i>	strzelać, wystrzelić
structure <i>n</i>	/'strʌktʃə(r)/	<i>The structure of the show is clearly and cleverly designed for binge consumption.</i>	struktura
struggle <i>v</i>	/'strʌgl/	<i>The characters struggle for power and influence in Washington.</i>	walczyć
substitute <i>v</i>	/'səbstɪtju:t/	<i>Why don’t you substitute one hour of watching TV a day for one hour of exercise?</i>	zamieniać, zastępować
suspense <i>n</i>	/sə'spens/	<i>There’s more suspense when you have to wait a week for the next episode.</i>	suspens, napięcie
viewers <i>n pl</i>	/'vju:ə(r)/	<i>Netflix reminded viewers to watch responsibly.</i>	widzowie
wealthy <i>adj</i>	/'welθi/	<i>He’s very wealthy. He doesn’t need to work.</i>	zamożny
wheat <i>n</i>	/wi:t/	<i>Wheat is one of the main ingredients of beer.</i>	pszenica
yet <i>adv</i>	/jet/	<i>Is there a new TV series that everyone is watching? Have you seen it yet?</i>	jeszcze, już

More words in File 5

a while <i>n</i>	/ə'waɪl/	<i>I have been thinking about getting a new phone for a while.</i>	chwila
acquire <i>v</i>	/'ə'kwaɪə(r)/	<i>Traditional shows acquire a buzz as people watch week by week.</i>	nabierać, zyskiwać
acres <i>n pl</i>	/'eɪkə(r)/	<i>I sold my house and bought a big farmhouse with 50 acres of land.</i>	akry
addictive <i>adj</i>	/'ə'diktɪv/	<i>Coffee is addictive. I could drink it all day.</i>	uzależniający
agricultural <i>adj</i>	/,ægrɪ'kʌltʃərəl/	<i>Fewer people work in the agricultural sector today than in the past.</i>	rolniczy
binge <i>v</i>	/bɪndʒ/	<i>I binge on chocolate nearly every night.</i>	objadać się
cable service <i>n</i>	/'keɪbl 'sɜ:vɪs/	<i>Why pay the very expensive monthly cost for cable service when you’re only watching three or four shows on as many channels?</i>	telewizja kablowa

cliffhanger <i>n</i>	/'klɪfhaŋə(r)/	<i>At the end of nearly every episode, the cliffhanger makes you want to watch the next episode immediately.</i>	scena trzymająca w napięciu
conceive <i>v</i>	/kən'si:v/	<i>The Archers, which is about life in a fictional village, was conceived as a way of providing information about new farming methods.</i>	powstawać, zapoczątkować
congressman <i>n</i>	/'kɔŋgrɛsmən/	<i>He stood for congressman, before going on to become president.</i>	kongresmen, członek Kongresu
debatably <i>adv</i>	/dɪ'bɛtəbli/	<i>It's not a great show; it's debatably a good one.</i>	dyskusyjnie
deer <i>n pl</i>	/dɪə(r)/	<i>I prefer to see deer when they are safe and peaceful in a park.</i>	jeleń, jelenie
equivalent <i>n</i>	/'kwɪvələnt/	<i>Eating a croissant is the fat equivalent of eating a burger.</i>	ekwiwalent
exist <i>v</i>	/ɪg'zɪst/	<i>Does anything similar exist in your country?</i>	istnieć
fibre <i>n</i>	/'faɪbə(r)/	<i>That cereal must have a lot of fibre in it.</i>	błonnik
fit in <i>phr v</i>	/fit ɪn/	<i>Over time, however, Paul has managed to fit in with his new neighbours.</i>	dopasować się, wpasować się
flashback <i>n</i>	/'flæʃbæk/	<i>There are no introductory flashbacks, common in traditional series.</i>	retrospekcja
get out of <i>phr v</i>	/get aut ov/	<i>I had to get out of the taxi as quickly as possible and run for my train.</i>	wysiadać (z samochodu)
guns <i>n pl</i>	/gʌn/	<i>I just couldn't pass a group of men with guns, shooting rabbits and deer, without asking them why they would want to do that.</i>	strzelby
involvement <i>n</i>	/ɪn'velvment/	<i>The involvement of the Ministry of Agriculture ended in the 1970s.</i>	zaangażowanie
kids <i>n pl</i>	/kɪd/	<i>In the city, you choose your community. It may be through work, your football team, your kids' school, or your colleagues.</i>	dzieci
Norway <i>n</i>	/'nɔ:wei/	<i>Sweden and Norway are neighbours.</i>	Norwegia
on-demand <i>adj</i>	/,ɒn dɪ'ma:nd/	<i>Netflix is an American provider of on-demand internet streaming media.</i>	na żądanie
power <i>n</i>	/'paʊə(r)/	<i>She has a lot of power in the company.</i>	siła, moc, wpływ
precisely <i>adv</i>	/prɪ'saisli/	<i>I want to work out precisely what I owe you. I want to be completely fair.</i>	dokładnie
put on <i>phr v</i>	/put ɒn/	<i>They put on activities or meetings every night of the week.</i>	organizować
rationing <i>n</i>	/'ræʃənɪŋ/	<i>Rationing of food happened during the world wars.</i>	racjonowanie
routine <i>n</i>	/ru:'ti:n/	<i>My daily routine involves three hours of exercise.</i>	rutyna, czynności codzienne
sense of community	/sens ov kə'mju:nəti/	<i>I'm lucky. I live in a place with a strong sense of community.</i>	poczucie wspólnoty
simplest <i>adj</i>	/'sɪmplɪst/	<i>In its simplest form, video is streamed to the user's computer.</i>	najprostszy
sitting <i>n</i>	/'sɪtɪŋ/	<i>How many episodes did you usually watch in one sitting?</i>	za jednym razem
smallholder <i>n</i>	/'smɔ:lhaʊldə(r)/	<i>A smallholder doesn't have much land.</i>	rolnik posiadający mało ziemi

source <i>n</i>	/sɔ:s/	According to a 2011 report, Netflix is the biggest source of North American web traffic.	źródło
storyline <i>n</i>	/'stɔ:rilain/	I don't think the storyline is very believable.	fabuła
strategy <i>n</i>	/'strætədʒi/	Netflix's strategy was to encourage subscribers to 'binge watch' the show.	strategia
stream <i>v</i>	/stri:m/	Netflix is an American provider of on-demand internet streaming media.	strumień
subscribers <i>n pl</i>	/səb'skraibə(r)/	Netflix's strategy was to encourage subscribers to 'binge watch' the show.	subskrybenci
Sweden <i>n</i>	/'swi:dn/	Stockholm is the capital of Sweden .	Szwecja
temptation <i>n</i>	/temp'teiʃn/	At the end of nearly every episode, the cliffhanger makes the temptation to find out what is going to happen unbearable.	pokusa, chęć
tune in <i>phr v</i>	/tju:n in/	Students, housewives, and farmers tune in to BBC Radio 4.	słuchać
unbearable <i>adj</i>	/ʌn'bɛərəbl/	The temptation to find out what is going to happen is unbearable .	nie do zniesienia
underneath <i>prep</i>	/ʌndə'nɪθ/	On my last night in this country, I sat outside, underneath millions of stars.	pod
vine <i>n</i>	/vain/	Your grape vine looks really healthy.	winorośl
workshop <i>n</i>	/'wɜ:kʃɒp/	I attended a workshop on medieval England.	warsztaty, szkolenie

File 6

Vocabulary Banks

DIY AND REPAIRS

batteries <i>n pl</i>	/'bætriz/	The remote needs new batteries .	baterie
bricks <i>n pl</i>	/brɪks/	How many bricks do we need for this wall?	cegły
bucket <i>n</i>	/'bʌkit/	I need a bucket to wash the windows.	wiadro
change a light bulb / tyre	/tʃeindʒ ə lait bʌlb / 'taɪə(r)/	I need to change the light bulb . It just went out.	wymieniać żarówkę / oponę
drill <i>n</i>	/drɪl/	I need a drill to hang this picture.	wiertarka
drill a hole in the wall / a piece of wood	/drɪl ə həʊl ɪn ðə wɔ:l / ə pɪs əv wud/	I need to drill a hole in the wall to hang a picture.	wiercić otwór w ścianie / w kawałku drewna
glue <i>n</i>	/glu:/	I need some glue to stick this together.	klej
hammer <i>n</i>	/'hæmə(r)/	Don't hurt your fingers with the hammer .	młotek
handle <i>n</i>	/'hændl/	The handle on the drawer is broken. I can't open it.	uchwyt
ladder <i>n</i>	/'lædə(r)/	I can't go up the ladder . I hate heights.	drabina
light bulb <i>n</i>	/'laɪt bʌlb/	I can't see anything. The light bulb has stopped working.	żarówka
matches <i>n pl</i>	/mætsʃɪz/	Have you got any matches to light the fire?	zapałki
nails <i>n pl</i>	/neɪlz/	How many nails are holding this together?	gwoździe
needle and thread	/'ni:dł ænd θred/	Have you got a needle and thread to repair my shirt button?	igła z nitką
padlock <i>n</i>	/'pædlɒk/	We need to secure the shed with a padlock .	kłódka

paintbrush <i>n</i>	/'peɪntbrʌʃ/	<i>I bought this paintbrush to decorate with.</i>	pędzel
penknife <i>n</i>	/'pennaɪf/	<i>I always take a penknife camping. It's really useful.</i>	scyzoryk
pieces of wood	/pi:sɪz əv wud/	<i>I have lots of pieces of wood for the fire.</i>	kawałki drewna
put up shelves / curtains	/put ʌp ʃelvz / /kə:tznz/	<i>I need to drill a hole in the wall to put up shelves.</i>	wieszać półki / zasłony
rope <i>n</i>	/rəʊp/	<i>I need a rope to tie it together.</i>	sznur, lina
screwdriver <i>n</i>	/'skru:draɪvə(r)/	<i>I put the screws in using a manual screwdriver.</i>	śrubokręt
screws <i>n pl</i>	/skru:z/	<i>I put the screws in using a manual screwdriver.</i>	śruby
Sellotape <i>n</i>	/'seləteɪp/	<i>I wrapped the present using paper and Sellotape.</i>	taśma klejąca
set up a new Wi-fi system / a home cinema system	/set ʌp ə nju: 'wai faɪ 'sistəm / ə həʊm 'sɪnəmə 'sistəm/	<i>I need to set up a new Wi-fi system at home.</i>	zamontować nowy system Wi-Fi / kina domowego
sew a button on a shirt	/səʊ ə 'bʌtn ɒn ə ʃɜ:t/	<i>Can you show me how to sew a button on a shirt? I've never done it!</i>	przyszywać guzik do koszuli
stick together <i>phr v</i>	/stɪk ... tə'geðə(r)/	<i>I broke Mum's favourite vase. If I stick it together carefully with glue, she might never know.</i>	sklejać
string <i>n</i>	/strɪŋ/	<i>I need some string to support this plant.</i>	żyłka, sznurek
tap <i>n</i>	/tæp/	<i>Can you turn on the tap to fill the bucket?</i>	kran
tie two things together (shoelaces / two pieces of string)	/tai tu: θɪŋz tə'geðə(r)/ (/ʃu:leɪsɪz / tu: pi:sɪz əv strɪŋ/)	<i>I'd better tie two pieces of string together to make them longer. One piece of string isn't enough.</i>	związywać dwie rzeczy razem (sznurówki / kawałki sznurka)
tiles <i>n pl</i>	/taɪlz/	<i>I've put new tiles around the shower.</i>	płytki, kafelki
torch <i>n</i>	/tɔ:tʃ/	<i>Can you pass me the torch? It's too dark to see.</i>	latarka
wire <i>n</i>	/'waɪə(r)/	<i>This wire should be strong enough to hold the picture.</i>	drut

AT A RESTAURANT

ask for the bill	/a:sk fɔ:(r) ðə bil/	<i>Did you ask for the bill?</i>	prosić o rachunek
book a table	/buk ə 'teɪbl/	<i>What time shall I book a table for?</i>	rezerwować stolik
bowl <i>n</i>	/bəʊl/	<i>I'd like a bowl of cereal for breakfast, please.</i>	miska, miseczka
carry a tray	/'kærɪ ə treɪ/	<i>It will be easier if you carry a tray with the food on it.</i>	nieść tacę
clear the table	/klɪə(r) ðə 'teɪbl/	<i>I'll load the dishwasher if you clear the table.</i>	sprzątać ze stołu
corkscrew <i>n</i>	/'kɔ:kskru:/	<i>Where's the corkscrew to open this wine?</i>	korkociąg
cup <i>n</i>	/kʌp/	<i>Can I have a cup of tea?</i>	filizanka
fork <i>n</i>	/fɔ:k/	<i>I can't use chopsticks. Have you got a fork?</i>	widelec
glass <i>n</i>	/glɑ:s/	<i>Can I have a glass of water?</i>	szklanka
jug <i>n</i>	/dʒʌg/	<i>A jug of tap water, please.</i>	dzbanek
knife <i>n</i>	/naɪf/	<i>This knife isn't sharp enough to cut the meat.</i>	nóż
lay the table	/leɪ ðə 'teɪbl/	<i>Can you lay the table? We're eating in ten minutes.</i>	nakrywać do stołu
leave a tip	/li:v ə tɪp/	<i>The service wasn't very good. Shall we leave a tip?</i>	zostawiać napiwek
mug <i>n</i>	/mʌg/	<i>Would you like a mug or a cup?</i>	kubek
napkin (also serviette) <i>n</i>	/'næpkɪn/ (/sɜ:vi'et/)	<i>Wipe your hands on the napkin.</i>	serwetka
oil and vinegar	/ɔɪl ænd 'vɪnɪgə(r)/	<i>I love oil and vinegar on my salad.</i>	oliwa i ocet

order food	/'ɔ:də(r) fu:d/	<i>How long ago did we order our food?</i>	zamówić jedzenie
plate n	/pleɪt/	<i>Pass me your plate.</i>	talerz
pour the wine	/pɔ:(r) ðə wain/	<i>Shall I pour the wine or leave people to help themselves?</i>	nalewać wino
recommend a dish	/,rekə'mend ə dɪʃ/	<i>Could you recommend a dish? I'm not sure what to have.</i>	polecać potrawę
salt and pepper	/sɔlt ænd 'pepə(r)/	<i>Have you seasoned it with salt and pepper?</i>	sól i pieprz
saucer n	/'sɔ:sə(r)/	<i>Can you put the cup on the saucer?</i>	spodek
send back phr v	/send bæk/	<i>I'm going to send this fish back. It smells funny.</i>	odsyłać
serve a table	/sɜ:v ə 'tebl/	<i>It's a waiter's job to serve a table and take orders.</i>	obsługiwać stolik
serving dish n	/'sɜ:vɪŋ dɪʃ/	<i>I'll put the vegetables in a serving dish for people to help themselves.</i>	półmisek
spoon n	/spu:n/	<i>Can I have a spoon for my soup?</i>	łyżka
tablecloth n	/'teɪblklθ/	<i>They'll have to wash the tablecloth. It's covered in food.</i>	obrus
take orders	/teɪk 'ɔ:dəz/	<i>It's a waiter's job to serve a table and take orders.</i>	przyjmować zamówienia
teapot n	/'ti:pɒt/	<i>Is there any tea left in the teapot?</i>	czajniczek na herbatę
teaspoon n	/'ti:spu:n/	<i>Did you stir it with the teaspoon?</i>	łyżeczka
tray n	/treɪ/	<i>I'll put your breakfast on a tray so that you can eat it in bed.</i>	taca
try the wine	/trai ðə wain/	<i>Would you like to try the wine?</i>	próbować wina
wine glass n	/'waɪngla:s/	<i>It's a 250 millilitre wine glass, so don't drink it too quickly.</i>	kieliszek do wina

Useful words and phrases

appliances n pl	/ə'plaɪəns/	<i>Lots of appliances, such as washing machines, break quite quickly.</i>	urządzenia
assemble v	/ə'sembl/	<i>You'll need to read the instructions before you try to assemble the table.</i>	montować, składać
bits n pl	/bɪts/	<i>The drawers came in hundreds of bits for me to put together.</i>	kawałki
box of drawing pins	/bɒks əv 'drɔ:ɪŋ pɪnz/	<i>The box of drawing pins is next to the noticeboard.</i>	pudełko pinezek
cashier n	/kæ'ʃɪə(r)/	<i>The cashier should be more friendly.</i>	kasjer, kasjerka
cloth n	/klɒθ/	<i>Have you got a cloth to clean the windows with?</i>	ściereczka
counter n	/'kaʊntə(r)/	<i>At the newsagent's, you go to the counter to buy a newspaper and they offer to sell you a £1 chocolate bar.</i>	lada
customer service n	/'kʌstəmə(r) 'sɜ:rvɪs/	<i>Nothing annoys me more than bad customer service.</i>	obsługa klienta
detergent n	/dɪ'tɜ:dʒənt/	<i>I'll need a strong detergent to remove this stain.</i>	detergent
drop v	/drɒp/	<i>Mobile phones make our lives easier, but it's so easy to lose or drop them.</i>	upuścić
fix v	/fiks/	<i>I need a stapler to fix these pages together.</i>	umocować, spinać
inappropriate adj	/,ɪnə'prəʊpriət/	<i>The way you spoke to her was inappropriate.</i>	nieodpowiedni, niestosowny
lively adj	/'laɪvli/	<i>The atmosphere was lively, with great music and people chatting.</i>	żywiołowy

mark <i>n</i>	/ma:k/	<i>I can't get this mark out of my clothes.</i>	ślad, plama
mayonnaise <i>n</i>	/,meɪə'neɪz/	<i>I don't like how much mayonnaise you always find in sandwiches.</i>	majonez
mop <i>n</i>	/mɒp/	<i>I used a mop to clean up the drink on the floor.</i>	mop
one-way <i>adj</i>	/,wʌn 'wei/	<i>The city has a terrible one-way system on its roads.</i>	jednokierunkowy
plug ... into <i>phr v</i>	/plʌg ... 'intə/	<i>If you're with a group of friends and you all want to listen, you need to plug it into a speaker.</i>	podłączać ... do
practical <i>adj</i>	'præktɪkl/	<i>I'm not very good at practical tasks. I'm much better with my mind.</i>	praktyczny
pressure <i>n</i>	'preʃə(r)/	<i>I don't like it when people put too much pressure on me to buy something.</i>	nacisk, presja
publication <i>n</i>	/,pʌblɪ'keɪʃn/	<i>Its catalogue is in more homes than any other publication.</i>	publikacja
reasonable <i>adj</i>	'ri:znəbl/	<i>The bill was very reasonable – quite a bit less than in other similar places.</i>	przyzwoity, rozsądny
remove <i>v</i>	/rɪ'mu:v/	<i>You have to twist the light bulb to remove it.</i>	usuwać
rub <i>v</i>	/rʌb/	<i>For deep scratches, you should rub some toothpaste in first.</i>	wetrzeć, wcierać
sharp <i>adj</i>	/ʃa:p/	<i>This knife is not sharp enough to cut my steak.</i>	ostry
spill <i>v</i>	/spɪl/	<i>Did you spill the wine on the carpet?</i>	rozlewać
spray <i>v</i>	/spreɪ/	<i>This is why I hate beauty counters. You walk past and the sales assistants try to spray you with perfume.</i>	pryskać
stain <i>n</i>	/steɪn/	<i>I'll need a strong detergent to remove this stain.</i>	plama
stapler <i>n</i>	/'steɪplə(r)/	<i>I need a stapler to fix these pages together.</i>	zszywacz
strange <i>adj</i>	/streɪndʒ/	<i>Some of the products have strange names.</i>	dziwny
substance <i>n</i>	/'sʌbstəns/	<i>This trick works because the waxy substance in the banana skin fills in the scratch.</i>	substancja
tasty <i>adj</i>	'teɪsti/	<i>The service was friendly and helpful, and the food was very fresh and tasty.</i>	smaczny
till <i>n</i>	/tɪl/	<i>I hate it when assistants stand next to the till gossiping to each other.</i>	kasa (sklepowa)
trainee <i>n</i>	/,treɪ'nɪ:/	<i>It's always cheaper to get your hair cut by a trainee.</i>	praktykant, praktykantka
trick <i>n</i>	/trɪk/	<i>This trick works because the waxy substance in the banana skin fills in the scratch.</i>	sztuczka
tweezers <i>n pl</i>	/'twi:zəz/	<i>My wife uses tweezers on her eyebrows.</i>	pęseta
twist <i>v</i>	/twɪst/	<i>You have to twist the light bulb to remove it.</i>	przekręcać, wykręcać
unlikely <i>adj</i>	/ʌn'laikli/	<i>That was terrible. I'm unlikely to go there again.</i>	mało prawdopodobny
virus <i>n</i>	/'vaɪrəs/	<i>I think my computer has got a virus.</i>	wirus
wipe <i>v</i>	/waip/	<i>Can you wipe the window? It's filthy!</i>	wycierać
zip <i>n</i>	/zɪp/	<i>The zip on my suitcase broke at the airport.</i>	suwak

More words in File 6

absorb v	/əb'zɔ:b/	You must use uncooked rice, and it will absorb all of the water.	wchłaniać
amateur adj	/'æmətəfə(r)/	There are plenty of cookery competitions where amateur chefs compete, hoping to become professional.	amator, amatorka
amplify v	/'æmplifai/	The bowl will amplify the sound from your mobile's speakers.	wzmacniać
armful n	/'a:mful/	She had an armful of clothes to put back.	mnóstwo
aspects n pl	/'æspekt/	Mary Portas – broadcaster, writer, and shopping expert – names some of the most irritating aspects of shopping.	aspekty
biro n	/'baɪrəʊ/	I've only got a biro . The writing won't look very neat.	długopis
bistro n	/'bi:st्रəʊ/	It's a small local bistro I like to eat in.	bistro
bleach n	/bli:tʃ/	Wash them with water and bleach .	wybielacz
broadcaster n	/'brɔ:dka:sṭə(r)/	He works as a TV broadcaster .	prezenter, prezenterka
broom n	/bru:m/	I need a broom to sweep up this mess.	miotła
drill n	/dril/	This is a big job. We'll need a drill .	wiertarka
check out phr v	/'tʃekaut/	Check out this idea from Apartment Therapy.	sprawdzić, zapoznać się
cramped adj	/kræmpt/	There are a lot of tables for the size of the restaurant, so we felt a bit cramped .	ciasny
dropout n	/'drɒpaut/	I was a high school dropout . I left with no qualifications.	wyrzutek
flat-pack adj	/'flæt pæk/	Can you assemble flat-pack furniture?	spakowane na płasko (meble)
gardening n	/'ga:dniŋ/	Can we go to the garden centre? I want to do some gardening but I need a new spade.	ogrodniczy
get through phr v	/get θru:/	I tried to phone the bank but I wasn't able to get through .	dodzwonić się, połączyć się
hangers n pl	/'hæŋə(r)/	You have to pull the hangers apart to look in, but then they fall onto the floor.	klamerki, spinacze do bielizny
learn a lesson	/lɜ:n ə 'lesn/	Have you ever learned a lesson from a new experience?	nauczyć się, dostać nauczkę
lump n	/lʌmp/	Even worse is when they dump the receipt and the change into your hand in one lump .	kawałek
massive adj	/'mæsɪv/	I feel sick. I just ate a massive bar of chocolate.	ogromny
navigate v	/'nævɪgeɪt/	I just let my satnav navigate for me.	nawigować, pilotować
paraphrase v	/'pærəfreɪz/	You need to paraphrase other people's ideas in your essay, but remember to acknowledge them.	parafrasować
pegs n pl	/pegz/	I need some pegs to hang out the clothes.	klamerki, spinacze do bielizny
pliers n pl	/'plaɪəz/	I need pliers to pull this nail out.	obcęgi
polish v	/'poliʃ/	Polish the DVD with a soft cloth and it should work.	polerować
pricey adj	/'praɪsi/	It was a bit pricey – the bill was higher than we'd expected.	drogi, kosztowny

rails <i>n pl</i>	/reɪl/	<i>The rails are so full of clothes that you can't even see the sizes.</i>	wieszak, reling
roll of Velcro™	/rəʊl əv 'velkrəʊ/	<i>I bought a roll of Velcro™ to repair my coat.</i>	rolka rzepu
saw <i>n</i>	/sɔ:/	<i>I need a saw to chop this wood.</i>	piła
scholarship <i>n</i>	/'skɒləʃɪp/	<i>After the eight weeks, a winner is chosen to receive a six-month scholarship with the Academy of Food & Wine.</i>	stypendium
scratched <i>adj</i>	/skrætʃt/	<i>Is your favourite DVD too scratched to play?</i>	zarysowany, podrapany
self-assembly <i>adj</i>	/'self ə'semblɪ/	<i>Have you ever been to IKEA or similar stores that sell self-assembly furniture?</i>	do własnego montażu
spanner <i>n</i>	/'spænə(r)/	<i>I need a spanner to adjust my seat.</i>	klucz nastawny
stock <i>n</i>	/stɒk/	<i>We have too much stock for the shop.</i>	zapasy
uncooked <i>adj</i>	/,ʌn'kukt/	<i>You must use uncooked rice, and it will absorb all of the water.</i>	niegotowany
washer <i>n</i>	/'wɒʃə/	<i>The tap is dripping. It needs a new washer.</i>	uszczelka
waxy <i>adj</i>	/'wæksi/	<i>This trick works because the waxy substance in the banana skin fills in the scratch.</i>	woskowy

File 7

Vocabulary Banks

PHRASAL VERBS

ask for <i>phr v</i>	/a:sk fɔ:(r)/	<i>Did you ask for the bill?</i>	prosić o
be away <i>phr v</i>	/bi ə'wei/	<i>The boss will be away until the end of next week. He's at a conference in Mexico.</i>	być nieobecnym
be back <i>phr v</i>	/bi bæk/	<i>I'm just going to the shops. I'll be back in ten minutes.</i>	wracać
be on <i>phr v</i>	/bi ɒn/	<i>What time will the movie be on?</i>	być puszczanym / nadawanym
be out of <i>phr v</i>	/bi aut ɒv/	<i>I'm sorry, we're out of light bulbs at the moment, but we should be getting some in soon.</i>	skończyć się, być wyprzedywanym
break down <i>phr v</i>	/'breɪk daʊn/	<i>Hello? Is that the AA? I'm afraid I've broken down. I'm on the A451...</i>	zepsuć się (o samochodzie)
call back <i>phr v</i>	/kɔ:l bæk/	<i>He's out, I'm afraid. Could you call back in about half an hour?</i>	oddzwonić
carry out <i>phr v</i>	/'kæri aut/	<i>I asked my brother to help me carry out the repairs on my roof.</i>	wykonać, przeprowadzić
check out <i>phr v</i>	/'tʃek aut/	<i>Check out this idea from Apartment Therapy.</i>	sprawdzić, zapoznać się
close down <i>phr v</i>	/'kləʊz daʊn/	<i>A lot of local shops and businesses have been forced to close down because of the recession.</i>	zamykać (firmę), upadać
come round <i>phr v</i>	/kʌm raʊnd/	<i>Why don't you come round after class? We could watch the film together.</i>	wpadać, odwiedzać
come up with <i>phr v</i>	/kʌm ʌp wið/	<i>I've come up with a really good idea.</i>	wpadać na (pomysł)
end up <i>phr v</i>	/end ʌp/	<i>At the end of the play, all of the audience end up in the same place.</i>	skończyć
fit in <i>phr v</i>	/fit in/	<i>Over time, however, Paul has managed to fit in with his new neighbours.</i>	dopasować się, wpasować się

get ... back phr v	/get ... bæk/	I'm sorry, but I'm confiscating your phone. You'll get it back at the end of term.	dostawać z powrotem
get away phr v	/'get əwei/	What time can you get away ?	wyrwać się, wyjść
give ... away phr v	/gɪv ... ə'wei/	If you don't want those clothes, give them away . I'm sure the charity shop would like them.	oddawać
give ... back phr v	/gɪv ... bæk/	That's my book. Give it back .	oddawać, zwracać (coś pożyczonego)
give out phr v	/gɪv aut/	When I've finished giving out the exam papers, you can start.	rozdawać
give up phr v	/gɪv ʌp/	I give up . What's the answer?	poddawać się
keep on phr v	/ki:p ɒn/	If you keep on making such a noise I won't read you a story.	kontynuować
look out for phr v	/lʊk aut fo:(r)/	I'm looking out for job vacancies but there is no work.	szukać
make ... up phr v	/'meɪk ... ʌp/	It's not true. I just made it up .	zmyślać
move back phr v	/mu:v bæk/	Penny has no plans to move back to London. She wants to stay in the countryside.	przeprowadzić się z powrotem
open up phr v	/'əʊpən ʌp/	Our first shop has been such a success my business partner thinks we should open up another one.	otwierać
pass on phr v	/pa:s ɒn/	My aunt passed on all of the special family recipes to her nieces and nephews.	przekazywać
pay ... back phr v	/peɪ ... bæk/	I can only lend you the money if you promise to pay me back next month.	zwracać, oddawać
put ... away phr v	/put ... ə'wei/	Please put your toys away . They're all over the floor.	odkładać, sprzątać
put on phr v	/put ɒn/	They put on activities or meetings every night of the week.	organizować
put up phr v	/put ʌp/	I need to drill a hole in the wall to put up shelves.	wieszać, montować
run away phr v	/rʌn ə'wei/	Don't run away ! I won't hurt you.	uciekać
send ... back phr v	/send ... bæk/	Shall I send this steak back ? It's not cooked.	odsyłać
set up phr v	/,set 'ʌp/	I need to set up a new Wi-fi system at home.	montować
switch on / off phr v	/swɪtʃ ɒn / ɒf/	Can you switch on the TV? A programme I want to watch is just starting.	włączać / wyłączać
take ... away phr v	/'teɪk ... ə'wei/	If you take some paracetamol, it'll take the pain away !	odbierać, hamować
take ... out phr v	/teɪk ... aʊt/	Sorry, I can't come tonight. I said I would take my girlfriend out for dinner.	zabierać kogoś gdzieś, wychodzić z kimś
take on phr v	/teɪk ɒn/	They're going to take on ten new interns at Radio London. Why don't we apply?	zatrudniać, przyjmować
take out phr v	/'teɪk aut/	Please could you take out the rubbish? I did it yesterday.	wynosić
throw ... away phr v	/'θrəʊ ... ə'wei/	If that pen doesn't work, just throw it away . I hate having pens around that don't work.	wyrzucać
try on phr v	/'trai ɒn/	Is there somewhere I can try on this sweater?	przymierzać (ubranie)
turn up phr v	/'tɜ:n ʌp/	He wasn't there, so I waited for another 15 minutes and he still didn't turn up .	pojawiać się
turn up / down / on / off phr v	/tɜ:n ʌp / daʊn / ɒn / ɒf/	Can you turn up the sound? I can't hear it.	pogłębiać / ściszać / włączać / wyłączać

Useful words and phrases

accommodation <i>n</i>	/ə,kɒmə'deɪʃn/	<i>His wages may be low, but food and accommodation</i> zakwaterowanie <i>are provided for free.</i>
afford <i>v</i>	/ə'fɔ:d/	<i>He took a job abroad with an insurance company and earned so much that he could afford to retire aged 37.</i> stać na coś
anonymous <i>adj</i>	/ə'nɒnɪməs/	<i>Mr Lucky wishes to remain anonymous but I can reveal that he is a Londoner, and is nearly 40.</i> anonimowy
appeal <i>v</i>	/ə'pi:l/	<i>Everything that appeals to some people in the world needs someone else to produce it.</i> przemawiać, podobać się
avatar <i>n</i>	/'ævətə:(r)/	<i>Players control their avatar to fight monsters or other players.</i> avatar
bonus <i>n</i>	/'bəʊnəs/	<i>She decided to pass on the money by giving a bonus to a colleague.</i> premia
box office <i>n</i>	/'bɒks ɒfɪs/	<i>Did you get the tickets from the box office?</i> kasa biletowa
cancel <i>v</i>	/'kænsl/	<i>I need to cancel the payment. I've changed my mind.</i> anułować
charity <i>n</i>	/'tʃærəti/	<i>I give €20 to a cancer charity every month.</i> dobroczynność
check your balance	/tʃek jɔ:(r) 'bæləns/	<i>Did you check your balance on your account?</i> sprawdzać saldo
conditions <i>n pl</i>	/kən'dɪʃnz/	<i>The working conditions are hard. We don't get weekends off and I only have one day free a month.</i> warunki
curtain <i>n</i>	/'kɜ:tɪn/	<i>What time does the curtain go up in the theatre?</i> kurtyna
dedication <i>n</i>	/,dedɪ'keɪʃn/	<i>He was moved by her openness, and her dedication to her shop.</i> zaangażowanie, poświęcenie
definition <i>n</i>	/,defɪ'nɪʃn/	<i>The project's definition of a 'good' deed is quite open.</i> definicja
earn <i>v</i>	/ɜ:n/	<i>He took a job abroad with an insurance company because he wanted to earn more.</i> zarabiać
half time <i>n</i>	/,ha:f 'taɪm/	<i>Let's get a drink at half time.</i> przerwa w połowie meczu
increase <i>v</i>	/in'kri:s/	<i>Apart from gold, customers may ask for their avatar's skill level to increase, or for a virtual magic sword.</i> zwiększać, wzrastać
insurance <i>n</i>	/in'ʃʊərəns/	<i>He took a job abroad with an insurance company and earned so much that he could afford to retire aged 37.</i> ubezpieczeniowy
interact <i>v</i>	/,ɪntər'ækɪt/	<i>You stand up and walk through it, and the cast interacts with you.</i> podejmować interakcję
interval <i>n</i>	/'ɪntəvl/	<i>The interval is only 20 minutes long.</i> antrakt
invest <i>v</i>	/in'vest/	<i>I want to invest my money in property.</i> inwestować
make a deposit	/meɪk ə dɪ'pozɪt/	<i>I need to make a deposit into my account.</i> zdeponować pieniądze
matinee <i>n</i>	/'mætɪneɪ/	<i>The matinee in the afternoon is much cheaper.</i> seans popołudniowy
millionaire <i>n</i>	/,mɪljə'næə(r)/	<i>Her businesses were so successful she became a millionaire.</i> milioner, milionerka
mines <i>n pl</i>	/maɪn/	<i>South Africa has a lot of diamond mines.</i> kopalne
potions <i>n pl</i>	/'pəʊʃn/	<i>In this video game, you can drink potions to improve your health, or give you special powers.</i> mikstury
print a receipt	/prɪnt rɪ'seɪt/	<i>Did you print a receipt for your records?</i> drukować paragon, dowód zakupu

programme <i>n</i>	/'prəʊgræm/	<i>What does the programme say about the lead actor?</i>	program
quests <i>n pl</i>	/kwest/	<i>The game is made up of lots of different quests.</i>	poszukiwana
ridiculous <i>adj</i>	/rɪ'dɪkjuləs/	<i>He thinks it's fashionable, but Steve looks ridiculous in that shirt.</i>	śmieszny, irracjonalny
rob <i>v</i>	/rɒb/	<i>Two men tried to rob the bank but the police caught them.</i>	obrabować
role-playing game	/rəʊl 'pleɪŋ geɪm/	<i>World of Warcraft is a multiplayer role-playing game.</i>	gra fabularna
row <i>n</i>	/rəʊ/	<i>What row are we sitting in?</i>	rzęd (np. w teatrze)
stage <i>n</i>	/steɪdʒ/	<i>How far away from the stage are our seats?</i>	scena
stalls / circle <i>n</i>	/stɔ:lz / 'sɜ:kəl/	<i>We have seats in the stalls – they were good value.</i>	parter / balkon (w teatrze)
thrilling <i>adj</i>	/θrɪlin/	<i>The thrilling new show Sleep No More is loosely based on Shakespeare's Macbeth.</i>	ekscytujący
transaction <i>n</i>	/træn'zækʃn/	<i>The biggest transaction I have seen was one person who bought 100,000 pieces of gold, which costs £2,000 to £3,000.</i>	transakcja
virtual reality <i>n</i>	/,vɜ:tʃuəl rɪ'æləti/	<i>World of Warcraft is a multiplayer online role-playing game set in the virtual reality fantasy Warcraft universe.</i>	wirtualna rzeczywistość
withdraw cash	/wɪð'drɔ: kæʃ/	<i>I can't withdraw cash. I haven't got any money left.</i>	wypłacać gotówkę

More words in File 7

chain reaction <i>n</i>	/tʃeɪn ri'ækʃn/	<i>I'm enjoying giving the money to someone and they're enjoying the process of giving the money to someone else, so there is this chain reaction of positive feeling.</i>	reakcja łańcuchowa
good deed <i>n</i>	/gʊd di:d/	<i>I try to do at least one good deed a day. It's nice to help others.</i>	dobry uczynek
PIN (personal identification number) <i>n</i>	/pɪn ('pɜ:sənl aɪ,dentɪfɪ'keɪʃn 'nʌmbə(r)/)	<i>I don't use my card very often and I have forgotten the PIN.</i>	PIN (osobisty numer identyfikacyjny)
stand guard <i>phr v</i>	/stænd ga:d/	<i>Eventually, the police arrived to stand guard over the machine until the bank was able to switch it off remotely.</i>	stać na straży

File 8

Vocabulary Banks

LOOKING AFTER YOURSELF

blow dry <i>v</i>	/'bləʊ draɪ/	<i>I don't have time to blow dry my hair in the morning.</i>	suszyć suszarką
buzz cut (crew cut) <i>n</i>	/bʌz kʌt/ (/'kru: kʌt/)	<i>I always have a buzz cut. It's nice and cool in the summer.</i>	fryzura na jeździe
curled <i>adj</i>	/kɜ:ld/	<i>I don't like my hair straight. I always have it curled.</i>	zakręcone (włosy)
cut <i>v</i>	/kʌt/	<i>I'm going to have my hair cut before the big day.</i>	ścinac
do (lift) weights	/du (lift) weɪts/	<i>I want to do weights to put on some muscle.</i>	podnosić ciężary

do aerobics	/du eə'rəʊbiks/	We do aerobics to music.	ćwiczyć aerobik
do press ups	/du pres ʌps/	Yes, I do press ups every morning – about a hundred of them.	robić pominki
do sit ups	/du sit ʌps/	I do sit ups to strengthen my stomach muscles.	robić brzuszki
do spinning	/du 'spɪnɪŋ/	I tried to do spinning but I'm not fit enough.	trenować spinning
do yoga / Pilates	/du 'jøʊgə / pɪ'læ:tɪ:z/	Lots of footballers do yoga to stay flexible.	ćwiczyć jogę / pilates
dye v	/daɪd/	I dyed my hair blonde.	farbować
facial n	/'feɪʃl/	My face feels so fresh after a facial .	zabieg kosmetyczny na twarz
fake tan n	/feɪk tæn/	She wears so much fake tan that she looks orange.	samoopalacz
fringe n	/frɪndʒ/	I think you look better without a fringe .	grzywka
go on a running machine <i>(also treadmill)</i>	/gəʊ ɒn ə 'rənɪŋ mə'fɪ:n/ (/tredmɪl/)	I like running outside, so I would never go on a running machine .	ćwiczyć na bieżni treningowej
highlights n pl	/'haɪlaɪts/	I'll have a few blonde highlights to lighten my hair, please.	pasemka
manicure n	/'mænɪkjʊə(r)/	I have a manicure on my nails every week.	manicure
massage n	/'mæsæsɪ:z/	I need a massage . My back hurts so much.	masaż
parting n	/'pa:tɪŋ/	I had a side parting when I was child.	przedziałek
pedicure n	/'pedɪkjʊə(r)/	I have a pedicure regularly in the summer because I wear sandals a lot.	pedicure
in bunches	/ɪn bʌntʃɪz/	My daughter likes her hair in bunches .	kucyki, warkoczyki
plaits n pl	/plæts/	My hair looks curly when I take my plaits out.	warkocze
ponytail n	/'pəʊnɪteɪl/	He puts his long hair in a ponytail .	kitka, kucyk
put ... up phr v	/put ... ʌp/	When it's hot I put my hair up to keep cool.	upinać (włosy)
shave v	/ʃeɪv/	Why did you shave all your hair off?	golić
straightened v	/'streɪtned/	I don't like my curly hair so I have it straightened .	prostować
stretch v	/stretʃ/	You need to stretch or you'll get an injury.	rozciągać się
trim n	/trɪm/	Don't cut much off. Just give it a trim .	przycinać, przystrzygać
use a cross trainer	/ju:s ə krɔ:s 'treɪnə(r)/	I'm going to use a cross trainer to get fit for my walking holiday.	używać orbitreka
use a rowing machine	/ju:s ə 'rəʊɪŋ mə'fɪ:n/	I use a rowing machine for fitness and upper body strength.	używać ergometru (maszyna do treningu wioślarskiego)
use a yoga mat	/ju:s ə 'jøʊgə mæt/	Do you use a yoga mat in the class?	używać maty do jogi
use an exercise bike	/ju:s æn 'eksəsaɪz baɪk/	I use an exercise bike when it's raining.	używać rowerka treningowego
waxing n	/wæksɪŋ/	I'm not sure about waxing . I've heard it's really painful.	depilacja woskiem

Useful words and phrases

aches and pains	/eɪks ænd peɪnz/	The spa says the heat helps remove impurities from the body and is also good for aches and pains .	różne dolegliwości, bóle
army n	/'ɑ:mi/	Which army won a famous victory at Thermopylae?	armia
attacks n pl	/ə'tæk/	What year were the September 11 attacks on New York and Washington, D.C.?	ataki

battlefield <i>n</i>	/'bætlfi:ld/	<i>I went outside and had a look at the battlefield, which covers 3,500 acres of flat countryside near the town of Gettysburg.</i>	pole bitwy
bearable <i>adj</i>	/'beərəbl/	<i>My first feeling is relief. It's deeply freezing – my arms sting immediately – but somehow it's bearable.</i>	do zniesienia
blanket <i>n</i>	/'blæŋkit/	<i>It was so cold I wrapped myself in a blanket.</i>	koc
bullet <i>n</i>	/'bulit/	<i>A bullet from a gun was found at the crime scene.</i>	kula
chill <i>n</i>	/tʃil/	<i>The chill in the room made me put on a jumper.</i>	chłód
chronic <i>adj</i>	/'krɒnɪk/	<i>It can help people with chronic pain or skin problems.</i>	chroniczny, przewlekły
client <i>n</i>	/'klaɪənt/	<i>Dino would never say no to a client's request.</i>	klient
construction <i>n</i>	/kən'strʌkʃn/	<i>Construction began in 532 and the building was completed in 537.</i>	budowa
display <i>n</i>	/dɪ'spleɪ/	<i>One interesting thing was a display about the Gettysburg Address.</i>	wystawa
drip <i>v</i>	/drɪp/	<i>I could feel the sweat slowly drip into my eyes.</i>	kapać
equipment <i>n</i>	/ɪ'kwɪpmənt/	<i>What exercise equipment have you got at home?</i>	sprzęt
fitness <i>n</i>	/'fɪtnəs/	<i>My fitness is terrible. I need to start running again.</i>	kondycja
gentle <i>adj</i>	/'dʒentl/	<i>It was quite gentle exercise so I wasn't too tired.</i>	łagodny, spokojny
handkerchief <i>n</i>	/'hæŋkətʃɪf/	<i>She has a handkerchief around her face for protection.</i>	chustka
heaven <i>n</i>	/'hevn/	<i>When I was little, my dad bought me a Union cap and a toy rifle and let me play on the battlefield. I was in heaven.</i>	niebo
humid <i>adj</i>	/'hju:mɪd/	<i>Sitting on the floor, slowly breathing the hot and humid air, I see a thermometer near where the eggs are cooked.</i>	wilgotny
insomnia <i>n</i>	/ɪn'sɒmniə/	<i>I'm suffering from insomnia. I just can't sleep.</i>	bezsenność
leader <i>n</i>	/'li:də(r)/	<i>Which country was Mustafa Atatürk the leader of?</i>	lider
magic <i>adj</i>	/'mædʒɪk/	<i>I wanted to go back to the magic places of my youth.</i>	magiczny
Maintain <i>v</i>	/meɪn'teɪn/	<i>How do you Maintain the condition of your hair?</i>	zachowywać, utrzymywać
mat <i>n</i>	/mæt/	<i>Inside the sauna, I sat on a mat to stop my legs from burning.</i>	mata
mind and body	/maɪnd ænd 'bɒdi/	<i>It's so relaxing. It's good for your mind and body.</i>	umysł i ciało
monarchy <i>n</i>	/'mɒnəki/	<i>Which of these countries is not a monarchy today?</i>	monarchia
nostalgia <i>n</i>	/nɒ'stældʒə/	<i>Shortly after my father died, I was seized with nostalgia for the holidays we had when I was a child.</i>	nostalgia
oven <i>n</i>	/'ʌvn/	<i>I'm going to cook the chicken in the oven.</i>	piekarnik
pity <i>n</i>	/'piti/	<i>It is a pity that so much of the town of Gettysburg has been spoiled with ugly tourist shops.</i>	(jaka) szkoda
recharge <i>v</i>	/,ri:'tʃɑ:dʒ/	<i>I had a weekend of doing nothing so I could recharge.</i>	naładować baterie, zrelaksować się
relief <i>n</i>	/rɪ'lɪ:f/	<i>My first feeling is relief. It's deeply freezing – my arms sting immediately – but somehow it's bearable.</i>	ulga
request <i>n</i>	/rɪ'kwest/	<i>Dino would never say no to a client's request.</i>	żądanie, prośba
reward <i>n</i>	/rɪ'wɔ:d/	<i>There is a £20,000 reward for information leading to the capture of the criminal.</i>	nagroda

sauna <i>n</i>	/'sɔ:nə/	<i>Inside the sauna, I sat on a mat to stop my legs from burning.</i>	sauna
scalp <i>n</i>	/skælp/	<i>As I stand up to look at it, I feel the heat on my scalp and nose.</i>	skóra głowy
thermometer <i>n</i>	/θə'mɒmɪtə(r)/	<i>Sitting on the floor, slowly breathing the hot and humid air, I see a thermometer near where the eggs are cooked.</i>	termometr
trousers <i>n pl</i>	/tɔ:(r)/	<i>Guided tours in English are offered several times a day for a small fee.</i>	wycieczki
war <i>n</i>	/wɔ:(r)/	<i>During which war was the Battle of Gettysburg fought?</i>	wojna
warning <i>n</i>	/'wɔ:rniŋ/	<i>They gave no warning of the attack.</i>	ostrożenie
wrap <i>v</i>	/ræp/	<i>I think it's going to be cold today so remember to wrap up warm.</i>	ubrać (się)

More words in File 8

abbey <i>n</i>	/'æbi/	<i>Nearly every British monarch has been crowned in Westminster Abbey.</i>	opactwo
aromas <i>n pl</i>	/ə'rəʊmə/	<i>The whole area is beautifully illuminated, with relaxing music, aromas, and gentle lighting.</i>	aromaty
assortment <i>n</i>	/ə'sɔ:tment/	<i>The all-organic lounge and bar area offers a healthy assortment of snacks and juices.</i>	asortyment, wybór
battle <i>n</i>	/'bætl/	<i>During which war was the Battle of Gettysburg fought?</i>	bitwa, bój
binoculars <i>n pl</i>	/bɪ'nʊkjələz/	<i>Through my dad's old binoculars I could clearly see how the Confederate army had started from the town, a mile or so to the north.</i>	lornetka
cannons <i>n pl</i>	/'kænən/	<i>Ships used cannons in battle in the past.</i>	armaty
chamber <i>n</i>	/'tʃeimbə(r)/	<i>I found the chamber really stressful as it was so dark and small.</i>	komnata, sala
civil war <i>n</i>	/,sɪvɪl 'wɔ:(r)/	<i>Which of these countries has not fought a civil war in its history?</i>	wojna domowa
column <i>n</i>	/'kɒləm/	<i>In the northwest of the building there is a column with a hole in the middle called the Wishing Column which people think has special powers.</i>	kolumna
crown <i>v</i>	/'kraʊn/	<i>Nearly every British monarch has been crowned in Westminster Abbey.</i>	koronować
dome <i>n</i>	/dəʊm/	<i>It was the world's largest cathedral for nearly a thousand years and it is famous for its large dome.</i>	kopuła
festival <i>n</i>	/'festɪvl/	<i>Have you ever been to the Edinburgh Festival?</i>	festiwal
fizzy <i>adj</i>	/'fizi/	<i>We think they should ban fizzy drinks.</i>	gazowany
illuminate <i>v</i>	/ɪ'lju:minɪt/	<i>The whole area is beautifully illuminated, with relaxing music, aromas, and gentle lighting.</i>	oswietlać, rozświetlać
impurities <i>n pl</i>	/ɪm'pjʊərəti/	<i>The spa says the heat helps remove impurities from the body and is also good for aches and pains.</i>	zanieczyszczenia
make it back to base	/merk ɪt bæk tə beɪs/	<i>Two out of every three Confederate soldiers didn't make it back to base.</i>	wracać do bazy

minarets <i>n pl</i>	/mɪnə'ret/	<i>It is surrounded by four tall minarets, each of which is different.</i>	minarety
mosaics <i>n pl</i>	/məʊ'zeɪɪk/	<i>On the second floor, there are beautiful mosaics on the walls.</i>	mozaiki
put up with <i>phr v</i>	/put ʌp wɪð/	<i>There's no wind, and the air is dry. It's easier to put up with than a cold shower.</i>	znosić coś, tolerować
renovate <i>v</i>	/'renəveɪt/	<i>We need to renovate the castle so it will be closed to the public for six months.</i>	odnawiać
restoration <i>n</i>	/,restə'reɪʃn/	<i>Restoration of the church cost millions.</i>	odbudowa, odrestaurowanie
revolution <i>n</i>	/,revə'lju:ʃn/	<i>When did the Russian Revolution take place?</i>	rewolucja
rifle <i>n</i>	/'raɪfl/	<i>When I was little, my dad bought me a Union cap and a toy rifle and let me play on the battlefield.</i>	karabin
seize <i>v</i>	/sɪ:z/	<i>It's important to seize the moment sometimes. It's healthy to take a chance every now and then.</i>	chwytać, korzystać z
treatment <i>n</i>	/'tri:tment/	<i>I had a really amazing spa treatment called shiatsu.</i>	zabieg
wellbeing <i>n</i>	/'wel bi:ɪŋ/	<i>Your health and general wellbeing is our priority.</i>	dobre samopoczucie

File 9

Useful words and phrases

(bride)groom <i>n</i>	/('braɪd)gru:m/	<i>The groom was in trouble. He was late to the wedding.</i>	pan młody
acceptable <i>adj</i>	/ək'septəbl/	<i>It's not acceptable to be so late.</i>	akceptowalny
balloons <i>n pl</i>	/bə'lū:n/	<i>It was a friend's birthday and he got some balloons that he didn't want so he gave them to me.</i>	balony
best man <i>n</i>	/,best 'mæn/	<i>My brother was the best man at our wedding.</i>	drużba
bride <i>n</i>	/braɪd/	<i>I'm always the bridesmaid and never the bride.</i>	panna młoda
bridesmaid <i>n</i>	/'braɪdzmeɪd/	<i>I'm always the bridesmaid and never the bride.</i>	druhnia
ceremony <i>n</i>	/'serəməni/	<i>The wedding ceremony was too long.</i>	ceremonia, uroczystość
classify <i>v</i>	/'klæsifai/	<i>At first, they didn't know how to classify her, and have only recently given a name to her condition.</i>	klasyfikować
cope <i>v</i>	/kəʊp/	<i>Crying helps her to cope with the unhappiness that her memory can cause.</i>	dawać sobie radę
courtyard <i>n</i>	/'kɔ:tja:d/	<i>George and the consul were in the courtyard when there was a loud knock at the door.</i>	dziedziniec
curse <i>n</i>	/kɜ:s/	<i>Some people think their skills are not a gift but a curse.</i>	kłata
except <i>prep</i>	/ɪk'sept/	<i>I don't know anyone's phone number except my own.</i>	z wyjątkiem
explosion <i>n</i>	/ɪk'spləʊʒn/	<i>The explosion could be heard for miles around.</i>	eksplozja
facility <i>n</i>	/fə'sɪləti/	<i>Then bring your friend or loved one to the Story-Corps facility and record your story together.</i>	infrastruktura, udogodnienie
forgetful <i>adj</i>	/fə'getfl/	<i>He's so forgetful. It's a miracle he remembered to come to his own wedding.</i>	zapominalski

horror <i>n</i>	/'hɔrə(r)/	<i>As soon as I got there I went to my hotel, opened my suitcase, and to my horror realized that it wasn't mine.</i>	przerażenie
knock <i>n</i>	/nɒk/	<i>George and the consul were in the courtyard when there was a loud knock at the door.</i>	pukanie
loved one <i>n</i>	/lʌvd wʌn/	<i>Then bring your friend or loved one to the Story-Corps facility and record your story together.</i>	ukochany, ukochana
memoirs <i>n pl</i>	/'memwa:z/	<i>I really enjoy reading my granddad's memoirs.</i>	pamiętniki
memorable <i>adj</i>	/'memərəbl/	<i>The event was really memorable. I'll never forget it.</i>	pamiętny
memorial <i>n</i>	/mə'mɔ:riəl/	<i>The statue was built as a memorial to her.</i>	pomnik, memoriał
memorize <i>v</i>	/'meməraɪz/	<i>I'm trying to memorize these for the test.</i>	nauczyć się, zapamiętać
nerve <i>n</i>	/nɜ:v/	<i>Then, suddenly, without warning, his nerve failed him.</i>	odwaga, pewność siebie
occur <i>v</i>	/ə'kɜ:(r)/	<i>There is a downside to this: painful and unpleasant memories are as vivid as if they had just occurred.</i>	zdarzyć się, wystąpi
oral <i>adj</i>	/'ɔ:rəl/	<i>StoryCorps is an oral history project which provides people of all backgrounds with the opportunity to record, share, and preserve the stories of their lives.</i>	ustny
overnight <i>adj</i>	/'əʊvənənait/	<i>After another overnight train, I was back just in time for the wedding.</i>	nocny
password <i>n</i>	/'pa:swɔ:d/	<i>They sent me a new password for my account yesterday.</i>	hasło
presumably <i>adv</i>	/pri'zju:məbli/	<i>This is presumably the right way. The satnav says so.</i>	przypuszczalnie
priest <i>n</i>	/pri:st/	<i>The priest who married us was actually a friend of the family.</i>	ksiądz
recall <i>v</i>	/rɪ'kɔ:l/	<i>I can't recall what I was doing yesterday. My memory is so bad.</i>	przypomnieć sobie
rest <i>n</i>	/rest/	<i>I need a rest after that run.</i>	odpoczynek
short-term <i>adj</i>	/ʃɔ:t 'tɜ:m/	<i>She lost her short-term memory after suffering a stroke.</i>	krótkotrwały
sigh <i>n</i>	/saɪ/	<i>He let out a sigh of relief when he saw the walls of the lonely Chinese city.</i>	westchnienie
total <i>adj</i>	/'təʊtl/	<i>She was a total stranger. They had never met.</i>	całkowity
unforgettable <i>adj</i>	/,ʌnfə'getəbl/	<i>Today has been unforgettable. I'll remember it forever.</i>	niezapomniany
vivid <i>adj</i>	/'vɪvɪd/	<i>There is a downside to this: painful and unpleasant memories are as vivid as if they had just occurred.</i>	żywy, wyraźny
wise <i>adj</i>	/waɪz/	<i>I don't think it's wise to continue our trip after you've been so sick.</i>	rozsądny, mądry

More words in File 9

anniversary <i>n</i>	/,æni've:səri/	<i>I won't forget our anniversary if you remind me.</i>	rocznica
dilemma <i>n</i>	/dai'lemə/	<i>It was a real dilemma. I didn't know what to do.</i>	dylemat
exit <i>n</i>	/'eksɪt/	<i>I can't remember which exit it is.</i>	wyjście
hen party <i>n</i>	/'hen pa:ti/	<i>We went to a spa for the weekend for my hen party.</i>	wieczór panieński
pageboy <i>n</i>	/'peɪdʒboɪ/	<i>My little cousin was our pageboy at the wedding.</i>	pazik (twarzyszący panie młodej)

preserve v	/prɪ'zɜːv/	<i>People want to preserve the stories of their lives for future generations.</i>	zachowywać, ocalać
snap v	/snæp/	<i>If you push her too far, her temper will snap and she'll get really angry.</i>	stracić panowanie nad sobą
stag party n	/stæg pɑːti/	<i>The stag party lasted all weekend. All my friends came along.</i>	wieczór kawalerski
telegrams n pl	/'telɪgræm/	<i>He went straight to the club and asked if he had received any telegrams.</i>	telegramy

File 10

Useful words and phrases

apartment (NAmE) n	/ə'pa:tment/	<i>My apartment is on the fourth floor.</i>	mieszkanie
assessment n	/ə'sesmənt/	<i>In continuous assessment it is also much more difficult to stop students from cheating by using other peoples' work from the internet.</i>	ocena
candy (NAmE) n	/'kændi/	<i>I don't let my children eat candy.</i>	słodycze
cell phone (NAmE) n	/'sel fəʊn/	<i>Can I use your cell phone to call home?</i>	telefon komórkowy
check (NAmE) n	/tʃek/	<i>Can we have the check for the meal please?</i>	rachunek
compare v	/kəm'peə(r)/	<i>Did you compare your results with the others?</i>	porównywać
compliment n	/'kɒmplɪmənt/	<i>At first the compliments were nice, but then a New York mum asked me to teach her two-year-old how to talk like me.</i>	komplement
continuous adj	/kən'tɪnjuəs/	<i>In continuous assessment it is also much more difficult to stop students from cheating by using other peoples' work from the internet.</i>	ciągły
contribution n	/kən'trɪbju:ʃn/	<i>When asked to identify America's worst contribution, 32% of Americans pointed to film and television.</i>	udział
cookie (NAmE) n	/'kuki/	<i>Cookie is the American word for biscuit.</i>	ciastko
digitize v	/'dɪdʒɪtaɪz/	<i>Millions of books have been digitized.</i>	uczyfrowić
earphones n pl	/'ɪəfəʊnz/	<i>Each year, candidates are caught with high-tech devices such as wireless earphones, as well as pens and watches with tiny scanners.</i>	słuchawki zakładane na ucho / do ucha
economy n	/ɪ'kɒnəmi/	<i>The US had the world's biggest economy until it was overtaken by China in 2013.</i>	gospodarka
elevator (NAmE) n	/'elɪvərɪə(r)/	<i>Take the elevator to the twentieth floor.</i>	winda
endurance n	/ɪn'djuərəns/	<i>The exam is almost universally hated for testing endurance rather than intelligence.</i>	wytrzymałość
entrance exam n	/'entrəns ɪg,zæm/	<i>We have to take a three-day-long national university entrance exam.</i>	egzamin wstępny
essay n	/'eseɪ/	<i>The essay question changes every time to reduce cheating.</i>	wypracowanie
faucet (NAmE) n	/'fɔ:sɪt/	<i>The faucet is broken so I can't wash my hands.</i>	kran
fries (NAmE) n pl	/fraɪz/	<i>I'd like a burger with a side of fries, please.</i>	frytki
garbage (NAmE) n	/'ga:bɪdʒ/	<i>The bin is full of garbage.</i>	śmieci
gas (NAmE) n	/gæs/	<i>Can you fill the car with gas?</i>	benzyna

high school (NAmE) <i>n</i>	/'haɪ sku:l/	After high school I want to go to university.	szkoła średnia
identify <i>v</i>	/aɪ'dentifai/	When asked to identify America's worst contribution, 32% of Americans pointed to film and television.	z identyfikować, rozpoznawać
intense <i>adj</i>	/ɪn'tens/	Most Chinese families have only one child so the pressure on candidates is intense .	silny, intensywny
movie (NAmE) <i>n</i>	/'mu:vɪ/	I saw a great movie at the cinema.	film
movie theater (NAmE) <i>n</i>	/'mu:vɪ ˈθɪətə(r)/	There are no good movies on at the movie theatre .	kino
multiple-choice <i>adj</i>	/mʌltipli 'tʃo:s/	I find multiple-choice questions very easy because you can always guess one of the options.	wielokrotnego wyboru
papers <i>n pl</i>	/'peɪpəz/	Please sit quietly while we give out the exam papers .	dokumenty
parking lot (NAmE) <i>n</i>	/'pa:kɪŋ lɒt/	If you see a parking lot , tell me. I need to park the car near here.	parking
restroom (NAmE) <i>n</i>	/'restru:m/	The restroom needs to be cleaned. It smells bad.	toaleta
scanners <i>n pl</i>	/'skænə(r)/	Each year, candidates are caught with high-tech devices such as wireless earphones, as well as pens and watches with tiny scanners .	skanery
scarce <i>adj</i>	/skeəs/	University places are scarce in China and many students go abroad to study.	rzadki
sidewalk (NAmE) <i>n</i>	/'saɪdwɔ:k/	Bikes are not allowed on the sidewalk .	chodnik
sneakers (NAmE) <i>n pl</i>	/'snɪ:kəz/	I haven't got my sneakers so I can't go for a run.	tenisówki, buty sportowe
stand in line (NAmE)	/stænd in laɪn/	We had to stand in line for the cinema.	stać w kolejce
subway (NAmE) <i>n</i>	/'sʌbweɪ/	Which subway line do we need?	metro
techniques <i>n pl</i>	/tek'nɪ:k/	Learning relaxation techniques is a good way of helping with this problem.	techniky
vacation (NAmE) <i>n</i>	/veɪ'keɪʃn/	We're going to Canada for our summer vacation .	wakacje

More words in File 10

awesome <i>adj</i>	/'ɔ:səm/	In America, people in shops say things like, 'Ma'am, you have been an awesome customer today,' just because I bought some toilet paper.	fantastyczny
cram <i>v</i>	/kræm/	I need to cram for my exam in two days.	kuć, wkuwać (do egzaminu)
creepy <i>adj</i>	/'kri:pɪ/	Hanging a giant flag from your house is a little bit creepy .	straszny
dramatically <i>adv</i>	/drə'mætɪkli/	The number of candidates who sit the exam has fallen dramatically in recent years, from 10.2 million in 2009 to 9 million this year.	drastycznie
eccentric <i>adj</i>	/ɪk'sentrɪk/	His behaviour is strange. Some call it eccentric .	ekscentryczny
era <i>n</i>	/'ɪərə/	I wish I lived in a different era : one in the past, when life was slower.	epoka, era
hoot <i>v</i>	/hu:t/	You are not allowed to hoot your car horn after 10 p.m.	trąbić
invigilator <i>n</i>	/ɪn'vedʒileɪtə(r)/	An invigilator makes sure test rooms are fair.	osoba nadzorująca egzamin
overweight <i>adj</i>	/,əʊvə'weɪt/	An increasing number of people are eating too much and becoming overweight .	z nadwagą

prohibit v	/prə'hibɪt/	<i>Some city centres prohibit the drinking of alcohol on the street.</i>
reform v	/rɪ'fɔ:m/	<i>China may not need to reform the gaokao after all – it will reform the rest of us.</i>
stakes n pl	/steɪks/	<i>The stakes are very high indeed: a place in a top university will almost always lead to a high-paid job after graduation.</i>