

Advanced Polish wordlist

File 1

Vocabulary Banks

PERSONALITY

a cold fish	/ə kəʊld fɪʃ/	<i>My boss is a bit of a cold fish. He's unfriendly and unemotional.</i>	zimna ryba (osoba chłodna emocjonalnie)
a heart of gold	/ə hɑ:t əv gəʊld/	<i>She's so kind and generous. She's got a heart of gold.</i>	gołębie serce
a quick temper	/ə kwɪk 'tempə/	<i>My sister has a quick temper. She gets angry so easily.</i>	porywczy charakter
a real pain in the neck	/ə riəl peɪn ɪn ðə nek/	<i>My brother's a real pain in the neck. He's so annoying.</i>	nie do wytrzymania
a soft touch	/ə sɒft tʌtʃ/	<i>My dad is a soft touch. I can always persuade him to give me extra pocket money.</i>	osoba, którą łatwo naciągnąć
attention to detail	/ə'tenʃn tə 'di:teɪl/	<i>I'm sure your work will be perfect. You've got great attention to detail.</i>	skrupulatność
bright <i>adj</i>	/braɪt/	<i>My daughter is a bright student and gets very good marks.</i>	bystry
change your mind	/tʃeɪndʒ jɔ: maɪnd/	<i>I'm quite a stubborn person and I never change my mind.</i>	zmienić zdanie
conscientious <i>adj</i>	/kɒnʃi'enʃəs/	<i>You have to be conscientious and do things carefully and correctly.</i>	skrupulatny
deep down	/di:p daʊn/	<i>Deep down he's quite insecure.</i>	w głębi duszy
determined <i>adj</i>	/dɪ'tɜ:mɪnd/	<i>She's a determined girl. Once she's decided to do something, nothing will stop her.</i>	zdecydowany
down to earth <i>adj</i>	/daʊn tu ɜ:θ/	<i>My mum is very practical and down to earth.</i>	twardo stąpający po ziemi
gentle <i>adj</i>	/'dʒentl/	<i>He is a calm and gentle boy.</i>	łagodny
insecure <i>adj</i>	/ɪnsɪ'kjuə/	<i>She felt nervous and insecure.</i>	niepewny
on the surface	/ɒn ðə 'sɜ:fɪs/	<i>On the surface, he seems quite nice.</i>	na pierwszy rzut oka
refuse to compromise	/rɪ'fju:z tə 'kɒmprəmaɪz/	<i>I tried to reach an agreement, but he refused to compromise.</i>	nie godzić się na kompromis
resourceful <i>adj</i>	/rɪ'zɔ:sfl/	<i>Louise is quite resourceful. She's good at solving problems.</i>	zaradny
sarcastic <i>adj</i>	/sɑ:'kæstɪk/	<i>Don't be so sarcastic! That comment was very cruel.</i>	sarkastyczny
seem self-confident	/si:m self 'kɒnfɪdənt/	<i>He may seem self-confident, but he's actually quite insecure.</i>	robić wrażenie pewnego siebie
self-sufficient <i>adj</i>	/self sə'fɪʃnt/	<i>He's very self-sufficient. He never needs anyone's help.</i>	samowystarczalny
spontaneous <i>adj</i>	/spɒn'teɪniəs/	<i>I'd love to be more spontaneous and not plan things in advance.</i>	spontaniczny
steady <i>adj</i>	/'stedi/	<i>He's a reliable and steady guy.</i>	solidny
straightforward <i>adj</i>	/streɪt'fɔ:wəd/	<i>She's honest and straightforward and says just what she thinks.</i>	bezpośredni
sympathetic <i>adj</i>	/sɪmpə'θetɪk/	<i>Our manager is not very sympathetic. He never tries to understand our problems.</i>	życzliwy

take advantage of	/teɪk əd'vɑːntɪdʒ əv/	She's very generous and trusting so some people take advantage of her.	wykorzystywać
take risks	/teɪk rɪskz/	If you want to succeed, you have to take risks .	podjąć ryzyko
tend to avoid	/tend tu ə'vɔɪd/	I don't like arguing with people so I tend to avoid conflict.	starać się unikać
thorough <i>adj</i>	/'θʌrə/	You have to be very thorough if you want to be a researcher.	dokładny
WORK			
ability <i>n</i>	/ə'bɪləti/	Everyone has a special ability that makes them good at something.	umiejętność
academic achievement <i>n</i>	/ækə'demɪk ə'tʃiːvmənt/	I'm very proud of my son's academic achievement .	osiągnięcia naukowe
apply for <i>v</i>	/ə'plai fə/	I'm going to apply for a job this summer.	starać się o
be fired <i>v</i>	/bi 'faɪəd/	If you keep on being late for work, you are going to be fired .	zostać zwolnionym z pracy
be laid off <i>v</i>	/bi leɪd ɒf/	Many colleagues were laid off when the company was restructured.	być zwolnionym z pracy
be made redundant <i>v</i>	/bi meɪd rɪ'dʌndənt/	There has been a decrease in sales and some employees may be made redundant .	zostać zredukowanym
be off work <i>v</i>	/bi ɒf wɜːk/	I'm off work this week.	mieć wolne w pracy
be out of work <i>v</i>	/bi aʊt əv wɜːk/	I've been out of work for two months now.	nie mieć pracy
be sacked <i>v</i>	/bi sækt/	If you don't start working harder, you'll be sacked soon.	być wylanym
benefits <i>n pl</i>	/'benɪfɪts/	The salary is not great, but the company offers generous benefits .	świadczenia socjalne
career ladder <i>n</i>	/kə'riə 'lædə/	You need to work hard if you want to move up the career ladder .	szczeble kariery
challenging <i>adj</i>	/'tʃælɪndʒɪŋ/	Teaching can be a very challenging profession.	wymagający
clock off <i>v</i>	/klɒk ɒf/	I clock off at five and go home.	wyść z pracy
colleague <i>n</i>	/'kɒliːg/	I'm helping out a new colleague at work.	kolega / koleżanka z pracy
compassionate leave <i>n</i>	/kəm'pæʃənət liːv/	My dad is seriously ill so I'm on compassionate leave .	urlop okolicznościowy
co-worker <i>n</i>	/kəʊ 'wɜːkə/	My co-worker has been laid off.	współpracownik
demanding <i>adj</i>	/dɪ'mɑːndɪŋ/	Being a surgeon is very demanding .	wymagający
demoralizing <i>adj</i>	/dɪ'mɒrəlaɪzɪŋ/	Being unemployed can be really demoralizing .	demoralizujący
employ <i>v</i>	/ɪm'plɔɪ/	The new factory will employ 200 people.	zatrudnić
events management <i>n</i>	/'iːvnts 'mænɪdʒmənt/	Have you got any experience in events management ?	organizacja imprez
fixed-term contract <i>n</i>	/fɪkst tɜːm 'kɒntrækt/	I've been offered a fixed-term contract to cover maternity leave.	umowa na czas określony
freelance contract <i>n</i>	/'friːlɑːns 'kɒntrækt/	The company offered me a freelance contract .	umowa zlecenie
full-time contract <i>n</i>	/fʊl taɪm 'kɒntrækt/	I've got a full-time contract . I work from nine to five, five days a week.	umowa o pracę na pełen etat
full-time occupation <i>n</i>	/fʊl taɪm ɒkju'peɪʃn/	Being a teacher is a full-time occupation .	zajęcie na pełen etat
get a rise <i>v</i>	/get ə raɪz/	If you want to get a rise , you have to ask for one.	dostać podwyżkę
get promoted <i>v</i>	/get prə'məʊtɪd/	If you want to get promoted , you have to work hard.	awansować
hire <i>v</i>	/'haɪə/	They're looking to hire a new manager.	zatrudnić
impatient <i>adj</i>	/ɪm'peɪʃnt/	Don't be impatient . Wait for your turn!	niecierpliwy

intern <i>n</i>	/ˈɪntɜːn/	The company is looking for a summer intern .	stażysta / stażystka
internship <i>n</i>	/ˈɪntɜːnʃɪp/	I've applied for an internship at a law firm.	staż
irrelevant <i>adj</i>	/ɪ'reləvənt/	Your qualifications are irrelevant if you don't have work experience.	nieistotny
job-hunting <i>n</i>	/dʒɒb ˈhʌntɪŋ/	Job-hunting can be very time-consuming.	poszukiwanie pracy
maternity leave <i>n</i>	/məˈtɜːnəti liːv/	She had a baby last week and she's now on maternity leave .	urlop macierzyński
monotonous <i>adj</i>	/məˈnɒtənəs/	My job as a checkout assistant can be monotonous sometimes.	jednostajny
motivating <i>adj</i>	/ˈməʊtɪveɪtɪŋ/	His talks are very motivating . You always feel you can do anything after listening to him.	motywujący
part-time contract <i>n</i>	/pɑːt taɪm ˈkɒntrækt/	The firm has offered me a part-time contract , but I'd like to work full time.	umowa o pracę na część etatu
paternity leave <i>n</i>	/pəˈtɜːnəti liːv/	My manager went on paternity leave to take care of his newborn baby.	urlop ojcowski
perk <i>n</i>	/pɜːk/	The company offered free health insurance as a perk .	dodatek
permanent contract <i>n</i>	/ˈpɜːmənənt ˈkɒntrækt/	I've got a permanent contract , so my job is pretty stable.	umowa na czas nieokreślony
position <i>n</i>	/pəˈzɪʃn/	I'm looking for a full-time position .	stanowisko
quit <i>v</i>	/kwɪt/	I didn't agree with the new company policy so I decided to quit .	odejść
repetitive <i>adj</i>	/rɪˈpetətɪv/	I couldn't work on a factory production line. It's such a repetitive job.	monotonny
resign <i>v</i>	/rɪˈzaɪn/	If they don't give me a promotion soon, I'll resign .	odejść z pracy
rewarding <i>adj</i>	/rɪˈwɔːdɪŋ/	I think being a nurse is a very rewarding job.	satysfakcjonujący
sick leave <i>n</i>	/sɪk liːv/	Meryl isn't in the office this week. She's on sick leave .	zwolnienie lekarskie
skills <i>n pl</i>	/skɪlz/	The salary will be dependent on the skills of the candidates.	umiejętności
staff <i>n</i>	/stɑːf/	We have 20 full-time members of staff .	personel
tedious <i>adj</i>	/ˈtiːdiəs/	My job is not very interesting. Actually, it's quite tedious .	nużący
temporary contract <i>n</i>	/ˈtempərəri ˈkɒntrækt/	My first contract was a temporary contract . It didn't last too long.	umowa na czas określony
unpaid <i>adv</i>	/ʌnˈpeɪd/	I've been working unpaid for a year.	nieodpłatnie
unpaid leave <i>n</i>	/ˈʌnpeɪd liːv/	I need a couple of months off, so I may go on unpaid leave .	urlop bezpłatny
work experience <i>n</i>	/wɜːk ɪkˈspɪəriəns/	Have you got any relevant work experience ?	doświadczenie zawodowe
workforce <i>n</i>	/ˈwɜːkfɔːs/	Two thirds of the workforce is female.	zatrudnieni

Useful words and phrases

affectionate <i>adj</i>	/əˈfekʃənət/	He's an affectionate and loving child.	serdeczny
assertive <i>adj</i>	/əˈsɜːtɪv/	You should be more assertive , otherwise people just won't listen to your ideas.	asertywny
bossy <i>adj</i>	/ˈbɒsi/	My older sister is a bit bossy and always tells me what to do.	apodyktyczny
breaks my heart	/breɪks maɪ hɑːt/	It breaks my heart to see you so sad.	łamać serce
build up <i>v</i>	/bɪld ʌp/	We should set off early before the traffic builds up .	wzrosnąć
catch your eye	/kætʃ jɔːr aɪ/	I never just buy whatever catches my eye . I write a shopping list.	przykuć wzrok

curious <i>adj</i>	/ˈkjʊəriəs/	He is a very curious boy and often asks questions.	ciekawski
does my head in	/dʌz maɪ hed ɪn/	Being with someone who is constantly checking their phone does my head in .	denerwuje mnie
easy-going <i>adj</i>	/ˈiːzi ˈɡəʊɪŋ/	I should try to be more easy-going and relaxed about things.	swobodny
get stuck <i>v</i>	/get stʌk/	If you get stuck , check the instructions.	utknąć
gets wearing	/gets ˈweəriŋ/	Having identical conversations every day quickly gets wearing .	stawać się męczące
go blank <i>v</i>	/ɡəʊ blæŋk/	When I get nervous, I sometimes go blank and forget what I was going to say.	mieć pustkę w głowie
go round <i>v</i>	/ɡəʊ raʊnd/	Did you go round all the aisles in the supermarket?	obejść
gut feeling <i>n</i>	/ɡʌt ˈfiːlɪŋ/	I always go with my gut feeling .	przeczuć
head-on <i>adv</i>	/hed ɒn/	She always faces problems head-on .	bezpośrednio
keep up with <i>v</i>	/kiːp ʌp wɪð/	The lecturer talked so fast that it was hard to keep up with her.	nadążać za
life or death <i>adj</i>	/laɪf ɔː deθ/	It's not life or death if you miss your class, is it?	kwestia życia i śmierci
look down on <i>v</i>	/lʊk daʊn ɒn/	Some people look down on me because I work in a supermarket.	patrzyć z góry
loyal <i>adj</i>	/ˈlɔɪəl/	She has always been a loyal and faithful friend.	lojalny
moody <i>adj</i>	/ˈmuːdi/	He's so moody . I never know how he's going to react to things.	kapryśny
needy <i>adj</i>	/ˈniːdi/	As a child, I was quite needy . I'm stronger and more independent now.	potrzebujący pomocy
put things off	/put θɪŋz ɒf/	Don't put things off until the last minute.	odkładać na później
put together <i>v</i>	/put təˈɡeðə/	I put together an itinerary for the trip.	połączyć
rebellious <i>adj</i>	/rɪˈbeljəs/	I was an extremely rebellious child and gave my parents a hard time.	zbuntowany
reliable <i>adj</i>	/rɪˈlaɪəbl/	She's a very reliable friend. You can always count on her.	niezawodny
sensitive <i>adj</i>	/ˈsensətɪv/	He's very sensitive to other people's feelings.	wrażliwy, delikatny
to the letter	/tə ðə ˈletə/	Follow the instructions to the letter and you won't get it wrong.	co do joty
white lie <i>n</i>	/waɪt laɪ/	Have you ever told your best friend a white lie ?	niewinne kłamstewko

More words in File 1

a high-profile company	/ə haɪ ˈprəʊfaɪl ˈkʌmpəni/	I'd like to work for a high-profile company everyone knows about.	renomowana firma
Absolutely! <i>adv</i>	/ˈæbsəluːtli/	'The meal was fantastic. Don't you agree?' 'Absolutely!'	Oczywiście.
beauty counter manager	/ˈbjʊːti ˈkaʊntə ˈmænɪdʒə/	As a beauty counter manager , I try to convince people to buy products which will make them look younger.	kierownik stoiska z kosmetykami
become the norm	/bɪˈkʌm ðə nɔːm/	My manager started wearing casual clothes to work and it quickly became the norm .	stać się normą
dealing with clients by phone	/ˈdiːlɪŋ wɪð ˈklaɪənts baɪ fəʊn/	My tasks included dealing with clients by phone .	kontaktowanie się z klientami przez telefon
dentist <i>n</i>	/ˈdentɪst/	I should go to the dentist . I've got a bad toothache.	dentysta / dentystka
eye-rolling	/ˈaɪ ˈrəʊlɪŋ/	There was a lot of eye-rolling at the lecture.	przewracanie oczami
give back <i>v</i>	/ɡɪv bæk/	I'd like to have a job where I can give something back to society.	oddać

handwriting <i>n</i>	/ˈhændraɪtɪŋ/	What does your handwriting say about you?	charakter pisma
I agree up to a point, but...	/aɪ əˈɡriː ʌp tu ə pɔɪnt bət/	I agree up to a point, but sometimes I think we are too hard on her.	Zgadzam się do pewnego stopnia, ale...
I am writing to apply for the post of...	/aɪ æm ˈraɪtɪŋ tu əˈplai fə ðə pəʊst əv/	I am writing to apply for the post of receptionist advertised on your website.	Ubiegam się o...
I attach a full CV...	/aɪ əˈtætʃ ə fʊl siː viː/	I attach a full CV for your consideration.	Załączam pełne CV...
I don't really think you're right.	/aɪ dəʊnt ˈriːəli θɪŋk jɔː raɪt/	I don't really think you're right. In fact, I disagree completely.	Myślę, że nie masz racji.
I have a high level of spoken English...	/aɪ hæv ə haɪ ˈlevl əv ˈspəʊkən ˈɪŋɡlɪʃ/	I have a high level of spoken English as I lived in Canada for six months.	Znam bardzo dobrze język angielski w mowie...
I have recently graduated from...	/aɪ həv ˈriːsntli ˈɡrædʒueɪtɪd frəm/	I have recently graduated from the University of Edinburgh.	Niedawno ukończyłem / ukończyłam...
I have some relevant experience...	/aɪ hæv sʌm ˈreləvənt ɪkˈspɪəriəns/	I have some relevant experience because I worked as an intern at a travel company.	Mam odpowiednie doświadczenie...
I look forward to hearing from you...	/aɪ lʊk ˈfɔːwəd tə ˈhɪərɪŋ frəm juː/	I look forward to hearing from you in the near future.	Czekam na odpowiedź...
I see what you mean, but...	/aɪ siː wɒt juː miːn bət/	I see what you mean, but I don't think you're right.	Rozumiem, o co ci chodzi, ale...
I see your point, but...	/aɪ siː jɔː pɔɪnt bət/	I see your point, but I'm afraid I don't agree.	Rozumiem, ale...
I totally agree	/aɪ ˈtəʊtəli əˈɡriː/	I totally agree with your argument.	całkowicie się zgadzam
I would welcome the chance...	/aɪ wʊd ˈwelkəm ðə tʃɑːns/	I would welcome the chance to be part of such a successful company.	Chciałbym / Chciałabym dostać szansę...
I'm afraid...	/aɪm əˈfreɪd/	I'm afraid I don't really agree.	Obawiam się, że...
I'm not sure I agree with you	/aɪm nɒt ʃɔːr aɪ əˈɡriː wɪð juː/	I'm not sure I agree with you. I think there's a better way of doing this.	Nie do końca się z Tobą zgadzam
If you require further information...	/ɪf juː rɪˈkwaɪə ˈfɜːðər ɪnfəˈmeɪʃn/	Please do not hesitate to contact me if you require further information.	Jeśli wymagane są dodatkowe informacje...
imply <i>v</i>	/ɪmˈplaɪ/	I didn't want to imply that you were wrong.	sugerować
issue <i>n</i>	/ˈɪʃuː/	Money is not the biggest issue on this project – it's time.	kwestia
IT support worker <i>n</i>	/aɪ tiː səˈpɔɪt ˈwɜːkə/	My computer has crashed. I have to call the IT support worker.	pracownik działu pomocy IT
misjudged <i>adj</i>	/mɪsˈdʒʌdʒd/	I feel I'm often misjudged. I'm a waitress so people think I have no qualifications.	błędnie oceniony
online quiz <i>n</i>	/ˈɒnlaɪn kwɪz/	Have you done this online quiz ? It tells you how clever you are.	quiz internetowy
personal growth <i>n</i>	/ˈpɜːsənl grəʊθ/	I'd like to work for a company which considers the personal growth of its employees.	rozwój osobisty
personality test <i>n</i>	/pɜːsəˈnæləti test/	They asked me to do a personality test at a job interview.	test osobowości
personality type <i>n</i>	/pɜːsəˈnæləti taɪp/	This quiz tells you your personality type.	typ osobowości
pizza delivery man <i>n</i>	/ˈpɪtsə drɪˈlɪvəri mæn/	The pizza delivery man will be there in 20 minutes.	dostawca pizzy
ploy <i>n</i>	/plɔɪ/	His words were clearly a ploy to get an advantage over his competitors.	wybieg
sneer <i>v</i>	/sniə/	He sneers at people who are less educated than him.	szydzić
star sign <i>n</i>	/stɑː saɪn/	What's your star sign ? I'm an Aries.	znak zodiaku
tackle <i>v</i>	/ˈtækəl/	My manager is determined to tackle absenteeism.	stawić czoła
travel-focused <i>adj</i>	/ˈtrævl ˈfəʊkəst/	He's so travel-focused he hasn't been able to settle down.	zajęty podróżami

well-being <i>n</i>	/wel 'bi:ɪŋ/	The company tries to ensure the well-being of its employees.	dobry stan zdrowia
workload <i>n</i>	/'wɜ:kləʊd/	I had such a heavy workload that they had to hire a new assistant.	obciążenie pracą
yawn <i>v</i>	/jɔ:n/	Excuse me if I yawn . I couldn't sleep last night.	ziewać

File 2

Useful words and phrases

adulthood <i>n</i>	/'ædʌlthʊd/	It is usually harder to learn a second language in adulthood .	dorosłość
assess <i>v</i>	/ə'ses/	The tests were designed to assess the benefits of language learning.	oceniać
at cross purposes	/ət krɒs 'pɜ:pəsɪz/	I think we are talking at cross purposes . That's not what I meant.	mówić o dwóch różnych sprawach
bewildered <i>adj</i>	/brɪ'wɪldəd/	You look bewildered . Is it really that confusing?	zdmiony
brush up <i>v</i>	/brʌʃ ʌp/	I need to brush up my French before we go to Paris.	odświeżyć
celebration <i>n</i>	/selɪ'breɪʃn/	They organized a big celebration when they finished the project.	ceremonia
curiosity <i>n</i>	/kjʊəri'ɒsəti/	Children show curiosity about everything.	ciekawość
debt <i>n</i>	/det/	After years of overspending, he ran into debt .	dług
disappointment <i>n</i>	/dɪsə'pɔɪntmənt/	It was a big disappointment when our team lost the match.	rozczarowanie
error <i>n</i>	/'erə/	It must have been an error . I didn't do that on purpose.	błąd
freedom <i>n</i>	/'fri:dəm/	She really enjoys the freedom of living alone.	wolność
get by <i>v</i>	/get baɪ/	I know a little Italian, so I think I'll get by in Rome.	poradzić sobie
get my head round	/get maɪ hed raʊnd/	I can't get my head round this problem.	pojąć coś
get the wrong end of the stick	/get ðə rɒŋ end əv ðə stɪk/	I'm terribly sorry. I got the wrong end of the stick .	źle zrozumieć
get your tongue round a word	/get jɔ: tʌŋ raʊnd ə wɜ:d/	I just can't get my tongue round that word .	nie potrafić wymówić
ghost <i>n</i>	/gəʊst/	You don't believe in ghosts , do you?	duch
gnome <i>n</i>	/nəʊm/	He has bought a new gnome for his garden.	krasnal
happiness <i>n</i>	/'hæpɪnəs/	His daughter is a constant source of happiness for him.	szczęście
impairment <i>n</i>	/ɪm'peəmənt/	She has some visual impairment and can't leave the house alone.	upośledzenie
lexis <i>n</i>	/'leksɪs/	Despite being a non-native speaker, his lexis is very wide.	słownictwo
mice <i>n pl</i>	/maɪs/	The house was abandoned and overrun with mice .	myszy
moveable <i>adj</i>	/'mu:vəbl/	The toy has moveable parts and it could be dangerous for babies.	ruchomy
on the tip of my tongue	/ɒn ðə tɪp əv maɪ tʌŋ/	It's very annoying when a word is on the tip of your tongue , but you can't quite remember it.	na końcu języka
pass for <i>v</i>	/pɑ:s fə/	His English was so good that he could pass for a local.	uchodzić za
pick up <i>v</i>	/pɪk ʌp/	He picks up languages very easily.	uczyć się
raise questions	/reɪz 'kwestʃənz/	The study wasn't very clear and it raised many questions .	zadawać pytania

relationship <i>n</i>	/rɪ'leɪʃnʃɪp/	She has a very close relationship with her sister.	relacja
request <i>v</i>	/rɪ'kwest/	We were requested to assemble in the lobby.	prosić
respond to <i>v</i>	/rɪ'spɒnd tə/	The manager will respond to you as soon as she gets here.	odpowiedzieć na
rhubarb <i>n</i>	/'ru:bɑ:b/	I can never remember how to spell rhubarb , but I love eating it!	rabarbar
scribe <i>n</i>	/skraɪb/	Scribes made copies of written documents before printing was invented.	skryba
stride <i>n</i>	/straɪd/	This is a great stride forward in the search for a cure.	krok
take in <i>v</i>	/teɪk ɪn/	It's hard to take in everything that is said at a meeting.	zrozumieć
the onset <i>n</i>	/ði 'ɒnset/	Doing crossword puzzles could delay the onset of dementia.	początek
tongue <i>n</i>	/tʌŋ/	What's your mother tongue ?	język
verbal fluency <i>n</i>	/'vɜ:bl 'flu:ənsi/	His writing skills are definitely better than his verbal fluency .	wysławianie się

More words in File 2

amazement <i>n</i>	/ə'meɪzmənt/	To my amazement , I won the contest!	zdziwienie
anger <i>n</i>	/'æŋɡə/	Some people find it hard to express their anger .	gniew
awareness <i>n</i>	/ə'weənəs/	Environmental awareness has increased lately.	świadomość
belief <i>n</i>	/bɪ'li:f/	My belief in democracy made me become a politician.	wiara
boredom <i>n</i>	/'bɔ:dəm/	Please stop reading that long document. I'm going to die of boredom .	nuda
bubble away	/'bʌbl ə'weɪ/	The soup is bubbling away on the stove.	kipieć
complication <i>n</i>	/kɒmplɪ'keɪʃn/	Taking the dog on holiday with us is an added complication .	komplikacja
concoct <i>v</i>	/kən'kɒkt/	They concocted a soup from five different kinds of fish.	upichcić
danger <i>n</i>	/'deɪndʒə/	She is now out of danger .	niebezpieczeństwo
death <i>n</i>	/deθ/	Tomorrow is the anniversary of my dad's death .	śmierć
excitement <i>n</i>	/ɪk'saɪtmənt/	I felt such excitement when they told me you were coming.	ekscytacja
friendship <i>n</i>	/'frendʃɪp/	Their friendship began at primary school.	przyjaźń
frustration <i>n</i>	/'frʌ'streɪʃn/	I can't stand the frustration of not being able to help.	frustracja
generosity <i>n</i>	/dʒenə'rɒsəti/	Giving the homeless man £5 was a real act of generosity .	hojność
go rushing out	/gəʊ 'rʌʃɪŋ aʊt/	When I heard the news, I went rushing out of my room and told everyone.	wylecieć
grab <i>v</i>	/græb/	She grabbed the chocolate bar and gave it to me.	chwycić
hatred <i>n</i>	/'heɪtrɪd/	He looked at me with hatred in his eyes.	nienawiść
hazardous adventure	/'hæzədəs əd'ventʃə/	I can still recall some hazardous adventures my parents never knew about.	niebezpieczna przygoda
idyllic childhood	/ɪ'dɪlɪk 'tʃaɪldhʊd/	I had an idyllic childhood – it was perfect.	sielskie dzieciństwo
imagination <i>n</i>	/ɪmædʒɪ'neɪʃn/	My eldest daughter has a very vivid imagination .	wyobraźnia
improvement <i>n</i>	/ɪm'pru:vmənt/	The economy is showing signs of improvement .	poprawa
it is common for	/ɪt ɪz 'kɒmən fə/	It is common for both parents to work these days.	często
kindness <i>n</i>	/'kaɪndnəs/	I don't know why people dislike her. She's always treated me with kindness .	życzliwość

leap <i>v</i>	/li:p/	Our cat leaps from the chair whenever he sees the dog.	podskoczyć
loss <i>n</i>	/lɒs/	I reported the loss of my suitcase.	strata
membership <i>n</i>	/'membəʃɪp/	I need to renew my gym membership .	członkostwo
native <i>adj</i>	/'neɪtɪv/	Are you a native speaker of English?	rodzimy
neighbourhood <i>n</i>	/'neɪbəʊhʊd/	We grew up together in the same neighbourhood .	sąsiedztwo
partnership <i>n</i>	/'pɑ:tənəʃɪp/	I set up a new business in partnership with my mum.	partnerstwo
picture <i>v</i>	/'pɪktʃə/	I don't know why, but I pictured you a bit taller.	wyobrażać sobie
possibility <i>n</i>	/pɒsə'bɪləti/	There is a possibility we'll meet again one day.	możliwość
racing around on our bikes	/'reɪsɪŋ ə'raʊnd ɒn a: baɪks/	As children, we used to go out racing around on our bikes .	ścigać się na rowerach
revue <i>n</i>	/rɪ'vju:/	A revue is a show in a theatre with songs, dances, and jokes.	rewia
sadness <i>n</i>	/'sædnəs/	She felt a deep sadness when her cat died.	smutek
shame <i>n</i>	/ʃeɪm/	I couldn't live with the shame of other people knowing I'm a cheat.	wstyd
slap <i>v</i>	/slæp/	He slapped me on the back as a sign of appreciation.	poklepać
temptation <i>n</i>	/temp'teɪʃn/	I couldn't resist the temptation to eat the chocolate cake.	pokusa
wisdom <i>n</i>	/'wɪzdəm/	He spoke words of wisdom .	mądrość

File 3

Vocabulary Banks

PHRASES WITH GET

get a life	/get ə laɪf/	He's in his 40s and still living with his parents. He needs to get a life .	zacząć żyć
get a move on	/get ə mu:v ɒn/	You should get a move on or you'll miss the train.	pospieszyć się
get a shock	/get ə ʃɒk/	You'll get a shock when you see him. He's changed so much!	przeżyć szok
get around <i>v</i>	/get ə'raʊnd/	The best way to get around this city is by bike.	poruszać się
get away with <i>v</i>	/get ə'wei wɪð/	I tried to cheat in an exam once, but I didn't get away with it.	uniknąć kary
get back to <i>v</i>	/get bæk tə/	Please leave a message and we'll get back to you as soon as possible.	ponownie się skontaktować
get behind <i>v</i>	/get bɪ'haɪnd/	Let me know if you get behind with your work and I'll help you.	mieć zaległości
get by <i>v</i>	/get baɪ/	My salary is not enough to get by .	przeżyć
get down <i>v</i>	/get daʊn/	Does the bad weather ever get you down ?	przygnębiać
get her act together	/get hɜ:r ækt tə'geðə/	She needs to get her act together and start looking for a job.	zebrać się w sobie
get her own way	/get hɜ:r əʊn weɪ/	She's quite bossy and tends to get her own way .	postawić na swoim
get hold of	/get həʊld əv/	I need to speak to Lou, but I can't get hold of her.	skontaktować się
get into <i>v</i>	/get 'ɪntə/	What's the best way to get into politics?	dostać się
get into trouble with	/get 'ɪntə 'trʌbl wɪð/	You'll get into trouble with your mum if she finds out you took her car.	wpaść w tarapaty
get on like a house on fire	/get ɒn laɪk ə haʊs ɒn 'faɪə/	I introduced them last month and now they get on like a house on fire .	przypaść sobie do serca

get on my nerves	/get ɒn maɪ nɜːvz/	<i>I find children really irritating. They just get on my nerves.</i>	działać na nerwy
get on with v	/get ɒn wɪð/	<i>I'll leave you now. I need to get on with some work.</i>	mieć z kimś dobre stosunki
get out of v	/get aʊt əv/	<i>My brother always gets out of doing his share of the housework.</i>	wysiąść z
get out of the way	/get aʊt əv ðə weɪ/	<i>He wouldn't get out of the way, so I got stuck behind him.</i>	zejść z drogi
get over v	/get 'əʊvə/	<i>It took him more than a year to get over their break-up.</i>	dojść do siebie
get real	/get 'rɪəl/	<i>You want a well-paid job in a big company, but you won't even do your homework. Get real!</i>	zejść na ziemię
get rid of	/get rɪd əv/	<i>I can't get rid of that painting because it was a wedding present.</i>	pozbyć się
get the chance	/get ðə tʃɑːns/	<i>I didn't get the chance to speak to him.</i>	mieć szansę
get the impression	/get ði ɪm'preʃn/	<i>Did you get the impression they didn't like our present?</i>	mieć wrażenie
get the joke	/get ðə dʒəʊk/	<i>Everyone laughed except you. Didn't you get the joke?</i>	zrozumieć żart
get the message	/get ðə 'mesɪdʒ/	<i>I told him to leave us alone, but he didn't get the message.</i>	zrozumieć
get through to v	/get θruː tə/	<i>It is very difficult to get through to him.</i>	dodzwonić się
get to know	/get tə nəʊ/	<i>I'm sure you'll like him once you get to know him.</i>	poznać
get together with	/get tə'geðə wɪð/	<i>How often do you get together with your extended family?</i>	zbierać się z
get your own back on	/get ʝɔːr əʊn bæk ɒn/	<i>I'll get my own back on him one day and take revenge.</i>	odpłacić się
getting on	/'getɪŋ ɒn/	<i>My grandma is getting on a bit. She's in her 80s now.</i>	starzeć się
mother-in-law n	/'mʌðər ɪn lɔː/	<i>My mother-in-law gave me an awful painting as a wedding present.</i>	teściowa
not getting anywhere	/nɒt 'getɪŋ 'eniweə/	<i>I'm not getting anywhere with this crossword.</i>	prowadzić donikąd
obligation n	/ɒblɪ'geɪʃn/	<i>I didn't do it because I had no obligation.</i>	obowiązek
recover from v	/rɪ'kʌvə frəm/	<i>It took him a long time to recover from the death of his friend.</i>	dojść do siebie
urgent adj	/'ɜːdʒənt/	<i>I need to talk to you. It's urgent.</i>	pilny

CONFLICT AND WARFARE

ally n	/'ælaɪ/	<i>They were loyal allies during the war.</i>	sojusznik
arrow n	/'ærəʊ/	<i>The arrow missed its target.</i>	strzała
blow up v	/bləʊ ʌp/	<i>The rebels decided to blow up the airport runway.</i>	wysadzić w powietrze
bow n	/bəʊ/	<i>I bought a new bow and arrow for the next competition.</i>	łuk
break out v	/breɪk aʊt/	<i>If war breaks out, there will be thousands of refugees trying to escape the fighting.</i>	wybuchnąć
bullet n	/'bʊlɪt/	<i>This gun has no bullets.</i>	kula
cannon n	/'kænən/	<i>The cannon was fired.</i>	armata
capture v	/'kæptʃə/	<i>The army captured over 300 rebels.</i>	pojmać
casualty n	/'kæʒuəlti/	<i>There were thousands of casualties in the attack.</i>	ofiara
ceasefire n	/'siːsfaɪə/	<i>The armies agreed on a temporary ceasefire.</i>	zawieszenie broni
civil war n	/'sɪvl wɔː/	<i>The population was exhausted after ten years of civil war.</i>	wojna domowa

civilian <i>n</i>	/sə'vɪliən/	Many civilians who were not involved in the fighting were injured.	cywil
commander <i>n</i>	/kə'mɑːndə/	A commander is an officer in charge of a group of soldiers or a military operation.	dowódca
coup <i>n</i>	/kuː/	He seized power in a military coup .	zamach
declare <i>v</i>	/dɪ'kleə/	The government declared war.	wypowiedzieć
defeat <i>v</i>	/dɪ'fi:t/	They finally defeated the enemy.	pokonać
execute <i>v</i>	/'eksɪkjʊt/	They executed the rebel leader.	dokonać egzekucji
forces <i>n pl</i>	/'fɔːsɪz/	My dad is a member of the security forces .	siły
helmet <i>n</i>	/'helmit/	They found an old helmet at the archaeological site.	hełm
loot <i>v</i>	/lu:t/	During the riot, many shops were looted .	zrabować
machine gun <i>n</i>	/mə'ʃiːn ɡʌn/	He fired the machine gun .	karabin maszynowy
military operation <i>n</i>	/'mɪlətri ɒpə'reɪʃn/	The president had to admit it was a risky military operation .	operacja wojskowa
missile <i>n</i>	/'mɪsaɪl/	A missile fell on the city.	pocisk
overthrow <i>v</i>	/əʊvə'θrəʊ/	The rebels are trying to overthrow the government.	obalić
prisoner <i>n</i>	/'prɪznə/	The rebel soldiers took hundreds of prisoners .	więzień
rebel <i>n</i>	/'rebl/	Armed rebels advanced towards the city.	buntownik
rebellion <i>n</i>	/rɪ'beljən/	After years of dramatic cuts in spending, part of the population rose in rebellion .	bunt
refugee <i>n</i>	/refju'dʒiː/	There was a steady flow of refugees from the war zone.	uchodźca
release <i>v</i>	/rɪ'liːs/	The army released most of the prisoners.	uwolnić
retreat <i>v</i>	/rɪ'tri:t/	The army was forced to retreat .	wycofać się
revolution <i>n</i>	/revə'lʊːʃn/	Things have got so bad that the country is on the verge of revolution .	rewolucja
shell <i>v</i>	/ʃel/	The army started to shell the rebels as they retreated.	ostrzelać
shield <i>n</i>	/ʃiːld/	He used a dustbin lid as a shield .	tarcza
siege <i>n</i>	/siːdʒ/	The siege finally ended after two months.	oblężenie
sniper <i>n</i>	/'snaɪpə/	Two soldiers were killed by snipers .	snajper
spear <i>n</i>	/spiə/	The tribesmen were armed with spears .	włócznia
surrender <i>v</i>	/sə'rendə/	After months of fighting the rebels surrendered .	poddać się
survivor <i>n</i>	/sə'vaɪvə/	There were no survivors of the attack.	ocalały
sword <i>n</i>	/sɔːd/	My parents bought a sword on their trip to Toledo.	miecz
the wounded <i>n</i>	/ðə 'wuːndɪd/	There was an on-site hospital for the wounded .	ranni
treaty <i>n</i>	/'triːti/	They signed a peace treaty at the end of the war.	traktat
troops <i>n pl</i>	/truːps/	The president has decided to send in more troops .	oddziały

Useful words and phrases

against overwhelming odds	/ə'ɡenst əʊvə'welmiŋ ɒdz/	The retreating soldiers survived against overwhelming odds .	mimo małych szans
avant-garde <i>n</i>	/'ævɒŋ 'ɡɑːd/	Her works were a bit avant-garde for me. They were just too modern.	awangarda
besieged <i>adj</i>	/bɪ'siːdʒd/	The besieged city was forced to surrender.	oblężony
bouquet <i>n</i>	/bu'keɪ/	She surprised him with a huge bouquet of flowers.	bukiet
captive <i>n</i>	/'kæptɪv/	The army is going to set their captives free.	jeniec
cliché <i>n</i>	/'kliːʃeɪ/	I know it's a cliché , but it was love at first sight.	banal

command <i>n</i>	/kə'mɑ:nd/	You must obey the captain's command .	rozkaz
commanding <i>adj</i>	/kə'mɑ:ndɪŋ/	Who is your commanding officer?	dowodzący
déjà vu <i>n</i>	/'deɪʒɑ: 'vu:/	The moment I walked in I had a sense of déjà vu , even though I'd never been there.	deja vu
execute <i>v</i>	/'eksɪkjʊ:t/	We hope that none of the prisoners will be executed .	dokonać egzekucji
execution <i>n</i>	/'eksɪ'kju:ʃn/	Over 200 executions were carried out last year.	egzekucja
fait accompli <i>n</i>	/fɛɪt ə'kɒmplɪz/	They got married secretly and presented their parents with a fait accompli .	fakt dokonany
faux pas <i>n</i>	/fəʊ pɑ:/	I made a real faux pas when I mentioned his ex-wife.	nietakt
fiancé <i>n</i>	/fi'ɒnseɪ/	I met Jane's fiancé last night. They're getting married next year.	narzeczony
get a flight <i>v</i>	/get ə flaɪt/	I had to get a flight a day after a plane crash. I almost cancelled it!	złapać samolot
get caught <i>v</i>	/get kɔ:t/	I cheated in an exam once, but luckily I didn't get caught .	dać się złapać na czymś
get stopped <i>v</i>	/get stɒpt/	I never get stopped by the police because I'm a careful driver.	być zatrzymanym
hang <i>v</i>	/hæŋ/	He was hanged from a tree as a form of punishment.	powiesić
historic <i>adj</i>	/hɪ'stɒrɪk/	It was a historic victory.	historyczny
kidnap <i>v</i>	/'kɪdnæp/	He was kidnapped in 1841 and sold as a slave.	porwać
looting <i>n</i>	/'lu:tɪŋ/	There was widespread looting in the city.	szabrownictwo
prisoner-of-war camp <i>n</i>	/'prɪznər əv wɔ:kæmp/	We visited a prisoner-of-war camp on a history field trip.	obóz jeńców wojennych
rebellious <i>adj</i>	/rɪ'beljəs/	They got rid of the rebellious factions.	zbuntowany
recapture <i>v</i>	/rɪ:'kæptʃə/	The prisoners who had managed to escape were quickly recaptured .	ponownie ująć
rendezvous <i>n</i>	/'rɒndɪvu:/	We used to have a secret rendezvous every Thursday at the gallery.	spotkanie
revolutionary <i>adj</i>	/revə'lʊ:ʃənəri/	There were revolutionary uprisings in the big cities.	rewolucyjny
shoot <i>v</i>	/ʃu:t/	The prisoner was shot trying to escape.	zastrzelić
succeed <i>v</i>	/sək'si:d/	Obama succeeded Bush as American president.	odnieść sukces
survival <i>n</i>	/sə'vaɪvl/	His only chance of survival was a heart transplant.	przeżycie
surviving <i>adj</i>	/sə'vaɪvɪŋ/	She was the last surviving member of the family.	żyjący
victorious	/vɪk'tɔ:riəs/	In the end, the revolutionaries were victorious .	zwycięski

More words in File 3

at least	/ət li:st/	It works, or at least I think it does.	przynajmniej
exaggeration <i>n</i>	/ɪgzædʒə'reɪʃn/	That must be an exaggeration . He's not that good.	przesada
first impression <i>n</i>	/fɜ:st ɪm'preʃn/	So you finally met my fiancé. What's your first impression ?	pierwsze wrażenie
in fact <i>adv</i>	/ɪn fækt/	I didn't like the movie. In fact , I thought it was dead boring.	właściwie
looking good	/'lʊkɪŋ gud/	Have you got any tips on looking good ? I've got a date tonight.	dobrze wyglądać
modern era <i>n</i>	/'mɒdn 'ɪərə/	He is so old-fashioned. He doesn't seem to live in the modern era .	dzisiejsze czasy
obviously <i>adv</i>	/'ɒbvɪəsli/	Obviously , we don't want to spend too much money.	oczywiście
personal taste <i>n</i>	/'pɜ:sənəl teɪst/	You don't have to understand why I like the movie. It's just a matter of personal taste .	osobiste upodobanie

plot <i>n</i>	/plɒt/	The special effects were good, but the plot of the movie was a little bit weak.	fabuła
politeness <i>n</i>	/pə'laɪtnəs/	This is not old-fashioned courtesy. It's simply politeness .	uprzejmość
roadblock <i>n</i>	/'rəʊdblək/	The police set up a roadblock on the bridge.	blokada drogowa

File 4

Vocabulary Banks

SOUNDS AND THE HUMAN VOICE

amused <i>adj</i>	/ə'mju:zd/	They were amused by his stories.	zduiony
bang <i>n, v</i>	/bæŋ/	Did you hear that bang ? It sounded like a gun.	huk
blow <i>v</i>	/bləʊ/	I hate when people blow their nose in public.	dmuchać
brakes <i>n pl</i>	/breɪks/	She stopped with a screech of brakes .	hamulce
buzz <i>n</i>	/bʌz/	I could hear the buzz of a fly.	bzyczenie
click <i>n, v</i>	/klɪk/	Click on the print icon to get a copy.	kliknąć
crash <i>n, v</i>	/kræʃ/	She heard the loud crash of a tree falling down.	łoskot
creak <i>n, v</i>	/kri:k/	I heard a floorboard creak and I knew she was coming in late.	skrzypnięcie
crisp <i>adj</i>	/krɪsp/	I love walking through the crisp snow.	skrzypiący
crunch <i>n, v</i>	/krʌntʃ/	I love hearing the crunch of my feet walking through the snow.	chrzęst
drip <i>n, v</i>	/drɪp/	Please turn the tap off properly or it will drip .	kapać
frightened <i>adj</i>	/'fraɪnd/	Don't be frightened . I won't hurt you.	przestraszony
giggle <i>v</i>	/'gɪɡl/	They giggled nervously as they waited for their turn.	chichotać
groan <i>v</i>	/grəʊn/	He groaned with pain.	jęczeć
hiss <i>n, v</i>	/hɪs/	Did you hear the snake's hiss ?	syczenie
hoot <i>n, v</i>	/hu:t/	I hate people who hoot at me when I slow down at an amber light.	trąbić
hum <i>n, v</i>	/hʌm/	I began to hum along with the music.	nucić
mumble <i>v</i>	/'mʌmbəl/	She mumbled a few words and left.	mamrotać
rattle <i>n, v</i>	/'rætəl/	Every time a bus goes by, the windows rattle .	brzęczeć
relieved <i>adj</i>	/rɪ'li:vɪd/	She sounded relieved when I told her I had got a job.	uspokojony
roar <i>n, v</i>	/rɔ:/	We could hear the roar of the crowd in the football stadium	ryk
scream <i>n, v</i>	/skri:m/	The boy screamed when he fell.	krzyczeć
screech <i>n, v</i>	/skri:tʃ/	I heard the screech of brakes as the bus driver tried to stop.	pisk
sigh <i>v</i>	/saɪ/	He sighed deeply at the thought.	westchnąć
slam <i>n, v</i>	/slæm/	Please don't slam the door.	trzaskać
slurp <i>n, v</i>	/slɜ:p/	It's rude to slurp your soup.	siorbać
sniff <i>n, v</i>	/snɪf/	Don't sniff ! Get a tissue and blow your nose!	pociągać nosem
snore <i>n, v</i>	/snɔ:/	I can't share a room with you if you snore .	chrapać
sob <i>v</i>	/sɒb/	A child was sobbing loudly when I walked in.	szlochać

splash <i>n, v</i>	/splæʃ/	She screamed when her friend splashed her in the swimming pool.	ochlapać
stammer <i>n, v</i>	/ˈstæmə/	My friend stammers when he gets nervous and it's hard to understand him.	jąkać się
tap <i>n, v</i>	/tæp/	When I'm nervous I often tap my fingers on the table.	stukać
terrified <i>adj</i>	/ˈterɪfaɪd/	I was terrified when they told me I had to do another test.	przerażony
tick <i>n, v</i>	/tɪk/	This clock has a very loud tick .	tykanie
tissue <i>n</i>	/ˈtɪʃuː/	Have you got a tissue ? I need to blow my nose.	chusteczka
tune <i>n</i>	/tjuːn/	Please stop humming that tune .	melodia
whisper <i>v</i>	/ˈwɪspə/	It's rude to whisper .	szeptać
whistle <i>v</i>	/ˈwɪsl/	I can whistle a little bit, but I can't really whistle a whole song.	gwizdać
yell <i>v</i>	/jel/	Please don't yell at me. It wasn't my fault.	wrzeszczeć

Useful words and phrases

a balm <i>n</i>	/ə bɑːm/	Being in such a quiet place was a balm for my nerves.	balsam
a fact of life <i>n</i>	/ə fækt əv laɪf/	It is a fact of life that cities will always be noisy places.	smutna rzeczywistość
a tinge of disappointment <i>n</i>	/ə tɪndʒ əv dɪsəˈpɔɪntmənt/	Although I got an A for nine of my exams, I only got a C for the tenth. I felt a tinge of disappointment .	lekkie rozczarowanie
abruptly <i>adv</i>	/əˈbrʌptli/	She hung up the phone abruptly .	nagle
continually <i>adv</i>	/kənˈtɪnjuəli/	They argue continually about money.	ciągle
cower <i>v</i>	/ˈkaʊə/	We all cowered behind doors and under tables when he burst in with a gun.	skulić się
depressing <i>adj</i>	/dɪˈpresɪŋ/	The novel was so depressing it made me want to cry.	przygnębiający
entertaining <i>adj</i>	/entəˈteɪnɪŋ/	It isn't my favourite novel, but it's entertaining .	zajmujący
fast-moving <i>adj</i>	/fɑːst ˈmuːvɪŋ/	Action movies tend to rely on fast-moving stories.	szybki
gripping <i>adj</i>	/ˈɡrɪpɪŋ/	It was such a gripping story. I got really hooked.	porywający
hardly <i>adv</i>	/ˈhɑːdli/	Hardly had she sat down to have dinner than the phone rang.	ledwo
haunting <i>adj</i>	/ˈhəʊntɪŋ/	It was a haunting story – frightening and sad. It won't be easy to forget.	zapadający w pamięć
heavy-going <i>adj</i>	/ˈhevi ˈɡəʊɪŋ/	The movie was so heavy-going I didn't finish watching it.	ciężki
implausible <i>adj</i>	/ɪmˈpləʊzəbl/	The story was highly implausible . I didn't believe it for a minute.	nieprzekonujący
incessantly <i>adv</i>	/ɪnˈsesntli/	My colleague chews gum incessantly .	bez ustanku
intriguing <i>adj</i>	/ɪnˈtriːɡɪŋ/	The plot was really intriguing . I couldn't put the book down.	intrygujący
moving <i>adj</i>	/ˈmuːvɪŋ/	The film was so moving it brought tears to my eyes.	wzruszający
never <i>adv</i>	/ˈnevə/	Never have I seen so many people in an art gallery looking happy.	nigdy
no sooner <i>adv</i>	/nəʊ ˈsuːnə/	No sooner had we arrived than they left.	zaledwie
not only <i>adv</i>	/nɒt ˈəʊnli/	Not only had she killed her husband, she had also killed her ex-boyfriend.	nie tylko
only later <i>adv</i>	/ˈəʊnli ˈleɪtə/	Only later did I understand that this was not the way to proceed.	dopiero później
phobia <i>n</i>	/ˈfəʊbiə/	My phobia has affected my ability to get on in life.	fobia

plunged into darkness	/plʌndʒd 'ɪntə 'dɑːknəs/	When the heavy door shut behind me, I was plunged into darkness .	połączony w ciemnościach
strangely <i>adv</i>	/'streɪndʒli/	Strangely , she didn't mind that I left early.	o dziwo
thought-provoking <i>adj</i>	/'θɔːt prə'vʊkɪŋ/	It's a thought-provoking essay. It raises many interesting questions.	skłaniający do refleksji
upsetting <i>adj</i>	/ʌp'setɪŋ/	I found watching the documentary about sick children really upsetting .	przysiębiający
with ease <i>adv</i>	/wɪð iːz/	She switches from English to Spanish with ease .	z łatwością

More words in File 4

employed to <i>adj</i>	/ɪm'plɔɪd tə/	I was employed to translate the novel into English.	zatrudniony do
extremely <i>adv</i>	/ɪk'striːmli/	It was an extremely enjoyable film.	wyjątkowo
finished with <i>adj</i>	/'fɪnɪʃt wɪð/	The novel will be published in English when I'm finished with the translation.	skończyć
imaginable <i>adj</i>	/ɪ'mædʒɪnəbl/	The translation must be identical to the original story in every imaginable way.	wyobrażalny
immobile <i>adj</i>	/ɪ'məʊbaɪl/	I sat there, immobile , when they told me the news.	nieruchomy
implore <i>v</i>	/ɪm'plɔː/	She implored him to stay.	błagać
incredibly <i>adv</i>	/ɪn'kredəbli/	The film is incredibly moving.	niezwykle
media coverage <i>n</i>	/'miːdiə 'kʌvərɪdʒ/	There was no media coverage of the event.	relacja w mediach
Mediterranean <i>adj</i>	/medɪtə'reɪniən/	I know she's from a Mediterranean country, but I can't remember which one.	śródziemnomorski
merely <i>adv</i>	/'mɪəli/	She said nothing, she merely watched him.	tylko
mute <i>adj</i>	/mjuːt/	When I heard what had happened, I was mute with shock.	niemy
note-taking <i>n</i>	/'nəʊt 'teɪkɪŋ/	Are you trying to write down everything I say? You should improve your note-taking techniques.	robienie notatek
precise <i>adj</i>	/'priːsaɪs/	Could you give me some more precise details about the job?	dokładny
pretty <i>adv</i>	/'prɪti/	The story was pretty entertaining.	całkiem
quite <i>adv</i>	/kwɑɪt/	I didn't enjoy the book. The story was quite boring.	dość
rather <i>adv</i>	/'rɑːðə/	The end of the novel is rather disappointing.	raczej
rucksack <i>n</i>	/'rʌksæk/	I took my rucksack and went away.	plecak
slightly <i>adv</i>	/'slɑɪtli/	My only criticism is that the plot is slightly implausible.	trochę
somewhat <i>adv</i>	/'sʌmwɒt/	His novel was somewhat surprising.	niewiele
spoiler <i>n</i>	/'spɔɪlə/	Please note this review contains spoilers .	niepożądana informacja o szczegółach zakończenia utworu
totally <i>adv</i>	/'təʊtəli/	The two films are totally different.	całkowicie
translation <i>n</i>	/træns'leɪʃn/	She wrote a very good translation of the Russian poem.	tłumaczenie
tremendous <i>adj</i>	/trə'mendəs/	The brakes screeched and then there was a tremendous crash.	olbrzymi
university studies <i>n</i>	/juːnɪ'vɜːsəti 'stʌdiz/	My phobia affected my university studies .	studia

File 5

Vocabulary Banks

EXPRESSIONS WITH TIME

a matter of time	/ə 'mætər əv taɪm/	I'm sure you'll find a job. It's just a matter of time .	kwestia czasu
any time from 10.00 to 2.00	/'eni taɪm frəm ten tə tuː/	You can come any time from 10.00 to 2.00 .	o dowolnej porze
at the time	/ət ðə taɪm/	I missed the birth of my first child. I was on a plane at the time .	wtedy
at times	/ət taɪmz/	She can be bad-tempered at times .	czasami
before my time	/'bɪfɔː maɪ taɪm/	I've never heard of that singer. She must have been before my time .	przed moim urodzeniem
behind the times	/'bɪhaɪnd ðə taɪmz/	He's a bit behind the times . He still thinks men should wear a suit at work.	staroświecki
by the time	/'baɪ ðə taɪm/	By the time we got to the station, the train had left.	zanim
for the time being	/'fɔ ðə taɪm 'biːɪŋ/	You can stay here for the time being .	na razie
from time to time	/'frəm taɪm tə taɪm/	I eat out at restaurants from time to time .	od czasu do czasu
give me a hard time	/'gɪv miː ə hɑːd taɪm/	If I'm late again, Dad will give me a hard time .	zbesztać kogoś
have the time of your life	/'hæv ðə taɪm əv jɔː laɪf/	New York is such a fantastic city. You are going to have the time of your life .	wspaniale się bawić
in time for	/'ɪn taɪm fɔː/	We arrived in time for his speech.	na czas
it's about time	/'ɪts ə'baʊt taɪm/	You've had that computer for ages. It's about time you got a new one.	najwyższa pora
kill time	/'kɪl taɪm/	I do crosswords to kill time while I wait at the airport.	zabijać czas
make up for lost time	/'meɪk ʌp fɔː lɒst taɪm/	I'll have to work hard now to make up for lost time .	nadrobić zaległości
me time <i>n</i>	/'miː taɪm/	I go shopping when I want some me time .	czas dla siebie
on time <i>adv</i>	/'ɒn taɪm/	We expect staff to be on time every morning.	punktualnie
run out of time	/'rʌn aʊt əv taɪm/	If we take too long at the museum, we'll run out of time .	nie mieć czasu
save time	/'seɪv taɪm/	Take the motorway if you want to save time . It's quicker.	oszczędzić czas
short of time	/'ʃɔːt əv taɪm/	I'd love to help you out, but I'm a little short of time right now.	nie mieć czasu
spare the time	/'speə ðə taɪm/	I'd love to come with you, but I'm too busy and can't spare the time .	tracić czas
spend too long	/'spend tuː lɒŋ/	Let's not spend too long at the museum. There are lots of other things I want to see.	spędzać zbyt dużo czasu
take up all my time	/'teɪk ʌp ɔːl maɪ taɪm/	My children take up all my time . I don't have a minute to myself.	zajmować cały czas
take your time	/'teɪk jɔː taɪm/	We aren't in a hurry, so take your time .	nie spieszyć się
time off <i>n</i>	/'taɪm ɒf/	I'm working too hard. I need to take some time off .	czas wolny
time on my hands	/'taɪm ɒn maɪ hændz/	My mum has got time on her hands since she retired.	czas dla siebie
time's up	/'taɪmz ʌp/	Time's up . The exam is over.	czas się skończył

time-consuming <i>adj</i>	/ˈtaɪm kənˈsjuːmɪŋ/	Filling in your tax return is incredibly time-consuming .	czasochłonny
waste a lot of time with time to spare	/weɪst ə lɒt əv taɪm/	I waste a lot of time playing video games.	marnować mnóstwo czasu
	/wɪð taɪm tə speə/	We left early and got to the airport with time to spare .	przed czasem
MONEY			
account <i>n</i>	/əˈkaʊnt/	I have opened a new bank account .	konto
affluent <i>adj</i>	/ˈæfluənt/	My boss lives in an affluent neighbourhood.	zamożny
balance <i>n</i>	/ˈbæləns/	I usually use a cash machine to check my balance .	saldo
borrow <i>v</i>	/ˈbɒrəʊ/	I borrowed some money from my parents to pay the bills.	pożyczyć od kogoś
broke <i>adj</i>	/brəʊk/	Can I borrow some money? I'm broke .	splukany
budget <i>n</i>	/ˈbʌdʒɪt/	We needed a new assistant, but the department had no budget to hire anyone.	budżet
can't afford <i>v</i>	/kɑːnt əˈfɔːd/	Many young people can't afford to buy a home.	nie móc sobie pozwolić
charity <i>n</i>	/ˈtʃærəti/	She volunteers for a charity in her free time.	dobroczynność
consumer society <i>n</i>	/kənˈsjuːmə səˈsaɪəti/	We live in a consumer society where everybody wants to buy something new.	społeczeństwo konsumpcyjne
cost of living <i>n</i>	/kɒst əv ˈlɪvɪŋ/	People's income has gone up, but inflation is high so the cost of living has also risen.	koszty utrzymania
currency <i>n</i>	/ˈkʌrənsi/	What's the currency in Vietnam? Is it the Vietnamese Dong?	waluta
deposit <i>n</i>	/dɪˈpɒzɪt/	We have already paid a deposit on the house.	depozyt
donation <i>n</i>	/dəʊˈneɪʃn/	My dad often gives donations to charities.	darowizna
education <i>n</i>	/edʒuˈkeɪʃn/	Her parents paid for her education .	edukacja
exchange rate <i>n</i>	/ɪksˈtʃeɪndʒ reɪt/	Our currency is unstable and exchange rates fluctuate a lot.	kurs wymiany walut
fare <i>n</i>	/feə/	What's the bus fare these days?	opłata za przejazd
fee <i>n</i>	/fiː/	My lawyer charges an unreasonably high fee .	opłata
fine <i>n</i>	/faɪn/	I had to pay a parking fine .	grzywna
go bankrupt <i>v</i>	/gəʊ ˈbæŋkrʌpt/	A lot of small businesses went bankrupt during the recession.	zbankrutować
grant <i>n</i>	/grɑːnt/	He has been offered a grant to go to Harvard University for a term.	stypendium
hard up <i>adj</i>	/hɑːd ʌp/	I'm always hard up by the end of the month.	splukany
in debt <i>adj</i>	/ɪn det/	A lot of people are in debt and can't afford to buy their first home.	zadłużony
instalment <i>n</i>	/ɪnˈstɔːlmənt/	We paid for the car in instalments .	rata
interest rate <i>n</i>	/ˈɪntrəst reɪt/	People who have loans have to pay high interest rates .	odsetki
lawyer <i>n</i>	/ˈlɔːjə/	She studied law, but she never worked as a lawyer .	prawnik
legal document <i>n</i>	/ˈliːgl ˈdɒkjumənt/	You need a legal document if you want to prove who you are.	dokument prawny
lend <i>v</i>	/lend/	My parents lent me some money to pay the bills.	pożyczyć komuś
loaded <i>adj</i>	/ˈləʊdɪd/	You don't know what money problems are. You're loaded !	nadziany
loan <i>n</i>	/ləʊn/	I had to take out a loan to buy a new car.	pożyczka
lump sum <i>n</i>	/lʌmp sʌm/	She was given a lump sum when she was made redundant.	wypłata jednorazowa

make payments <i>v</i>	/meɪk 'peɪmənts/	<i>I never use online banking to make payments.</i>	dokonywać płatności
make transfers <i>v</i>	/meɪk 'trænsfɜːz/	<i>Can you make transfers into your bank account from your computer?</i>	wykonywać przelewy
manage your accounts <i>v</i>	/'mænɪdʒ ʃəʊr ə'kaʊnts/	<i>Online banking is a convenient way for people to manage their accounts.</i>	zarządzać kontami
mortgage <i>n</i>	/'mɔːɡɪdʒ/	<i>I can't get a mortgage because I don't earn much money.</i>	hipoteka
occasion <i>n</i>	/ə'keɪʒn/	<i>I've seen her on several occasions this week.</i>	okazja
particular <i>adj</i>	/pə'tɪkjələ/	<i>Is there any particular type of car you'd like to see?</i>	szczególny
penniless <i>adj</i>	/'penɪləs/	<i>She arrived in 1978 as a virtually penniless refugee.</i>	bez grosza
property <i>n</i>	/'prɒpəti/	<i>He invested in property and lost most of his money.</i>	nieruchomość
punishment <i>n</i>	/'pʌnɪʃmənt/	<i>I had to pay a fine as punishment for not returning the books to the library.</i>	kara
purpose <i>n</i>	/'pɜːpəs/	<i>Our main purpose is to raise money.</i>	cel
recession <i>n</i>	/rɪ'seʃn/	<i>The economy is in recession.</i>	recesja
savings <i>n pl</i>	/'seɪvɪŋz/	<i>I keep my savings in an account at my local bank.</i>	oszczędności
shares <i>n pl</i>	/ʃeəz/	<i>Some people make money by buying and selling shares on the stock market.</i>	udziały
standard of living <i>n</i>	/'stændəd əv 'lɪvɪŋ/	<i>The standard of living in many European countries is lower than it was years ago.</i>	standard życia
stock market <i>n</i>	/stɒk 'mɑːkɪt/	<i>Some people make money by buying and selling shares on the stock market.</i>	giełda papierów wartościowych
wealthy <i>adj</i>	/'welθi/	<i>He was a wealthy old man. He lived in a mansion and had a luxury yacht.</i>	bogaty
well off <i>adj</i>	/wel ɒf/	<i>His family are quite well off.</i>	dobrze usytuowany
will <i>n</i>	/wɪl/	<i>My mum left me all her paintings in her will.</i>	testament

Useful words and phrases

attractive	/ə'træktɪv	<i>I like women with attractive personalities.</i>	interesująca osobowość
personality <i>n</i>	pɜːsə'næləti/		
collide <i>v</i>	/kə'laid/	<i>She was riding in a bus when it collided with a tram.</i>	zderzać się
good looks <i>n pl</i>	/ɡʊd lʊks/	<i>He relies on his good looks, because his personality is dreadful!</i>	uroda
healthy bank balance <i>n</i>	/'helθi bæŋk 'bæləns/	<i>It is important to keep a healthy bank balance.</i>	konto bez zadłużenia
high-flying <i>adj</i>	/'haɪ 'flaɪɪŋ/	<i>She is a high-flying career woman.</i>	ambitny
in the black <i>adj</i>	/ɪn ðə blæk/	<i>We managed to stay in the black this year, so we might have enough money for a short holiday.</i>	z saldem dodatnim
in the red <i>adj</i>	/ɪn ðə red/	<i>I'm in debt – my account is £200 in the red.</i>	z debetem na koncie
juggle <i>v</i>	/'dʒʌɡl/	<i>It is sometimes hard to juggle a full-time job and domestic responsibility.</i>	zonglować
littered with <i>adj</i>	/'lɪtəd wɪð/	<i>The divorce courts are littered with high earners.</i>	pełen
mindfulness <i>n</i>	/'maɪndflnəs/	<i>Is it true that people trained in mindfulness are happier?</i>	uważność
multitasking <i>n</i>	/mʌlti'taːskɪŋ/	<i>Teenagers today are used to multitasking – they do several things at the same time.</i>	wielozadaniowość
quid <i>n</i>	/kwɪd/	<i>Can I borrow two quid for a sandwich?</i>	funciak
shoulder <i>v</i>	/'ʃəʊldə/	<i>When I got divorced, I had to shoulder the mortgage alone.</i>	wziąć na swoje barki

More words in File 5

be capable of v	/bi 'keɪpəbl əv/	<i>Are you capable of doing this alone?</i>	być w stanie
be faced with v	/bi feɪst wɪð/	<i>What would you do if you were faced with unemployment?</i>	stanąć w obliczu
become aware of v	/bɪ'kʌm ə'weər əv/	<i>I suddenly became aware of people looking at us.</i>	być świadomym
concentrate on v	/'kɒnsntreɪt ɒn/	<i>Do you find it easy to concentrate on a particular task?</i>	koncentrować się na
deal with v	/di:l wɪð/	<i>I can't deal with two problems at the same time.</i>	poradzić sobie
focus on v	/'fəʊkəs ɒn/	<i>Please don't disturb me. I'm trying to focus on this project.</i>	skupić się na
make ends meet	/meɪk endz mi:t/	<i>I can't make ends meet ever since I got fired.</i>	ledwo wiązać koniec z końcem
live beyond one's means	/lɪv bɪ'jɒnd wʌnz mi:nz/	<i>I'm not surprised they went bankrupt. They were clearly living beyond their means.</i>	żyć ponad stan
marry down v	/'mæri daʊn/	<i>Do you think you married down? Were you a lot wealthier than your husband?</i>	poślubić osobę o niższym statusie majątkowym
marry up v	/'mæri ʌp/	<i>What do you mean you 'married up'? I think you are as worthy as your husband.</i>	poślubić osobę o wyższym statusie majątkowym
tight-fisted adj	/taɪt 'fɪstɪd/	<i>I wouldn't waste my time asking him for money. He's tight-fisted.</i>	skąpy

File 6

Vocabulary Banks

PHONES AND TECHNOLOGY

Accounts department n	/ə'kaʊnts dɪ'pɑ:tmənt/	<i>If you have a problem with your invoice, talk to the Accounts department.</i>	dział księgowości
attachment n	/ə'tætʃmənt/	<i>She sent me the photo as an attachment, but I can't open it.</i>	załącznik
beep n	/bi:p/	<i>If you leave your message after the beep, we'll call you back.</i>	sygnał
broadband n	/'brɔ:dbænd/	<i>If I didn't have fast broadband, I wouldn't be able to work from home.</i>	łącze szerokopasmowe
busy adj	/'bɪzi/	<i>I tried calling her, but her phone is busy.</i>	zajęty
charge my phone v	/tʃɑ:dʒ maɪ fəʊn/	<i>I need to charge my phone – the battery is very low.</i>	ładować telefon
contacts n pl	/'kɒntæktz/	<i>I can give you her phone number if you want. She's in my list of contacts.</i>	kontakty
cookie n	/'kʊki/	<i>A cookie is a computer file that is sent to a central server when you use the internet.</i>	plik cookie
coverage n	/'kʌvərɪdʒ/	<i>There wasn't any mobile coverage in the village, so I couldn't call you.</i>	zasięg
credit n	/'kredɪt/	<i>I have no credit on my mobile. Can I borrow yours?</i>	środki
cut off v	/kʌt ɒf/	<i>We were suddenly cut off in the middle of the conversation.</i>	rozłączyć
delete v	/dɪ'li:t/	<i>I've deleted my essay by mistake!</i>	usunąć
download v	/daʊn'ləʊd/	<i>Films can take a long time to download.</i>	pobrać
engaged adj	/ɪn'geɪdʒd/	<i>I couldn't get through. The line's engaged.</i>	zajęty

free up v	/fri: ʌp/	<i>I need to delete some files to free up more space on the hard drive.</i>	zwolnić
get through v	/get θru:/	<i>I called you at the office, but I couldn't get through. The line was busy.</i>	dodzwonić się
give me a call	/gɪv mi: ə kɔ:l/	<i>Can you give me a call this afternoon?</i>	zadzwoń do mnie
hang up v	/hæŋ ʌp/	<i>Sorry, I have to hang up now. My flight is about to board.</i>	odłożyć słuchawkę
hard drive n	/hɑ:d draɪv/	<i>I save most of my photos on the hard drive.</i>	dysk twardy
home phone n	/həʊm fəʊn/	<i>Do you want my mobile number or my home phone?</i>	telefon stacjonarny
keyboard n	/'ki:bɔ:d/	<i>Using the mouse is quicker than typing it on the keyboard.</i>	klawiatura
keypad n	/'ki:pæd/	<i>The keypad on my home phone doesn't work. I have to buy a new one.</i>	klawiatura
landline n	/'lændlaɪn/	<i>I'll be at home so you can call me on my landline.</i>	linia naziemna
log in v	/lɒg ɪn/	<i>You can log in with your username and password.</i>	zalogować się
make a few calls	/meɪk ə fju: kɔ:lz/	<i>I can't leave now. I still have to make a few calls.</i>	zadzwoń do kilku osób
missed call n	/mɪst kɔ:l/	<i>I know he's been trying to call me because I have three missed calls from him.</i>	nieodebrane połączenie
netbook n	/'netbʊk/	<i>A netbook is a small laptop computer. It's designed especially for using the internet.</i>	netbook
passcode n	/'pɑ:skəʊd/	<i>Please enter the passcode to connect to the network.</i>	kod dostępu
password n	/'pɑ:swɜ:d/	<i>Your password to access your online bank account shouldn't be too easy to guess.</i>	hasło
pay-as-you-go adj	/peɪ əz ju: gəʊ/	<i>My mobile is pay-as-you-go. I need to top up my credit from time to time.</i>	telefon na kartę
phone signal n	/fəʊn 'sɪgnəl/	<i>I can't get a phone signal. The reception is so poor here.</i>	sygnał telefoniczny
pop-up n	/'pɒp ʌp/	<i>I like reading the paper online, but I find advertising pop-ups very annoying.</i>	wyskakujące okienko
put through v	/pʊt θru:/	<i>If you hold, I'll put you through to the Accounts department.</i>	połączyć
reception n	/rɪ'sepʃn/	<i>There was very bad reception on my phone.</i>	odbior
run out v	/rʌn aʊt/	<i>I'm afraid the printer isn't working. The black ink has run out.</i>	wyczerpać się
scroll down v	/skrəʊl daʊn/	<i>If you scroll down the page, you'll see the attachment at the bottom.</i>	przewijać w dół
settings n pl	/'setɪŋz/	<i>If you want to change the time on your mobile, go to the settings.</i>	ustawienia
speak up v	/spi:k ʌp/	<i>I can't hear you very well. Could you speak up a little?</i>	mówić głośniej
stream v	/stri:m/	<i>You don't need to download the video. You can just stream it.</i>	odtwarzać strumieniowo
tablet n	/'tæblət/	<i>Tablets usually have large touch screens.</i>	tablet
tone n	/təʊn/	<i>Please leave a message after the tone.</i>	sygnał
top up v	/tɒp ʌp/	<i>I need to top up my mobile phone.</i>	doładować
touch screen n	/tʌtʃ skri:n/	<i>Some older people find it difficult to use mobiles with touch screens.</i>	ekran dotykowy
unplug my phone v	/ʌn'plʌg maɪ fəʊn/	<i>You can unplug your phone now. It's fully charged.</i>	odłączyć telefon
update n	/'ʌpdeɪt/	<i>You should set up automatic updates.</i>	aktualizacja
username n	/'ju:zəneɪm/	<i>Enter your username and password to log in.</i>	nazwa użytkownika

virus <i>n</i>	/ˈvaɪrəs/	There's a computer virus that deletes all your files and then emails itself to everyone on your contacts list. It's a nightmare!	wirus
Wi-fi <i>n</i>	/ˈwaɪ faɪ/	You could get rid of a few cables if you had Wi-fi .	Wi-fi
Useful words and phrases			
addicted to <i>adj</i>	/əˈdɪktɪd tə/	Are you addicted to your phone?	uzależniony od
air-conditioned <i>adj</i>	/ˈeə kənˈdɪʃnd/	In the summer, I spend most of my time in air-conditioned buildings.	klimatyzowany
app <i>n</i>	/æp/	I've downloaded a new dictionary app for my phone.	aplikacja
behave like a child	/bɪˈheɪv laɪk ə tʃaɪld/	Lou is so dependent. I think she behaves like a child sometimes.	zachowywać się jak dziecko
beyond belief	/bɪˈjɒnd brɪˈli:f/	My mum irritates me beyond belief .	niewiarygodnie
dead-end <i>adj</i>	/ded end/	He's in a dead-end job in a factory.	bez perspektyw
dependent on <i>adj</i>	/dɪˈpendənt ɒn/	I refuse to be dependent on a smartphone to have a social life.	zależny od
do your share	/duː jɔː ʃeə/	You certainly help with the cleaning, but you don't do your share of the cooking.	robić, co do kogoś należy
eco-friendly <i>adj</i>	/ˈiːkəʊ ˈfrendli/	Is your new fridge eco-friendly ?	przyjazny dla środowiska
fed up with <i>adj</i>	/fed ʌp wɪð/	People are fed up with all these traffic jams.	mieć czegoś dość
feel-good <i>adj</i>	/fiːl gud/	I usually watch a feel-good movie when I'm down.	poprawiający samopoczucie
go into 'child mode'	/gəʊ ˈɪntə tʃaɪld məʊd/	When you live with your parents, it is easy to go into 'child mode' .	przełączyć się na „tryb dziecka”
ground-breaking <i>adj</i>	/ˈgraʊnd ˈbreɪkɪŋ/	I'm reading a paper on ground-breaking research. This will change the world of medicine!	przełomowy
hand in <i>v</i>	/hænd ɪn/	Check your exam before you hand it in .	oddać
hands-free <i>adj</i>	/hændz friː/	I prefer hands-free phones, especially for the car.	zestaw słuchawkowy
helpful to <i>adj</i>	/ˈhelpfl tə/	People are generally helpful to foreign tourists.	pomocny
high-heeled <i>adj</i>	/haɪ hiːld/	How can you wear high-heeled shoes on a trekking trip?	na wysokim obcasie
high-pitched <i>adj</i>	/haɪ pɪtʃt/	I can't stand his high-pitched voice.	wysoki, piskliwy
high-risk <i>adj</i>	/haɪ rɪsk/	Do you do any high-risk sports like bungee jumping?	niebezpieczny
home-made <i>adj</i>	/ˈhəʊmmeɪd/	I love home-made food. It's much better than restaurant food.	domowej roboty
hooked on <i>adj</i>	/hʊkt ɒn/	A lot of people are hooked on American TV series.	uzależniony od
keen on <i>adj</i>	/kiːn ɒn/	Couples are not as keen on getting married as they used to be.	chętny do
labour-saving <i>adj</i>	/ˈleɪbə ˈseɪvɪŋ/	The washing machine was probably my mum's favourite labour-saving device at the time.	usprawniający pracę
last-minute <i>adj</i>	/lɑːst ˈmɪnɪt/	Do you do a lot of last-minute revision before an exam?	w ostatniej chwili
life-changing <i>adj</i>	/ˈlaɪf ˈtʃeɪndʒɪŋ/	Being in an accident was a life-changing experience for him.	zmieniający życie
long-distance <i>adj</i>	/ˈlɒŋ ˈdɪstəns/	I think long-distance relationships are very difficult to maintain.	długotrwały
lose your cool	/luːz jɔː kuːl/	Don't lose your cool if you can't answer a question. Concentrate on what you know.	zdenerwować się
low-cost <i>adj</i>	/ləʊ kɒst/	Have you ever travelled on a low-cost airline?	tani
narrow-minded <i>adj</i>	/ˈnæərəʊ ˈmaɪndɪd/	I don't think it's true we all get more narrow-minded as we get older.	ograniczony

non-profit organization <i>n</i>	/nɒn 'prɒfɪt ɔ:ɡənəɪ'zeɪʃn/	She works for an independent non-profit organization .	organizacja non-profit
obsessed with <i>adj</i>	/əb'sest wɪð/	A lot of people are obsessed with celebrities.	mający obsesję na punkcie czegoś
on an empty stomach	/ɒn ən 'empti 'stʌmək/	Never go to an exam on an empty stomach . Make sure you eat breakfast.	na pusty żołądek
open to <i>adj</i>	/'əʊpən tə/	Some old people aren't as open to new ideas as younger people are.	otwarty na coś
proud of <i>adj</i>	/praʊd əv/	I'm very proud of my daughter's sporting achievements.	dumny z
second-hand <i>adj</i>	/'sekənd hænd/	Have you ever bought a second-hand car?	używany
self-conscious <i>adj</i>	/self 'kɒnʃəs/	Do you ever feel self-conscious when you have your photo taken?	skrępowany
self-help book <i>n</i>	/self help bʊk/	I might read a self-help book if I needed advice.	poradnik
sick of <i>adj</i>	/sɪk əv/	People are sick of being bombarded with depressing news.	mający dosyć
sleep-deprived <i>adj</i>	/'sli:p drɪ'praɪvd/	You might be sleep-deprived , but at least you'll finish your novel!	niewyspany
squirrel away <i>v</i>	/'skwɪrəl ə'weɪ/	I had to live at my parents' for a year to be able to squirrel away some money.	chomikować
stress you out	/stres ju: aʊt/	Last-minute searching for things can really stress you out before an exam.	zestresować
truck <i>n</i>	/trʌk/	When I was a kid, I wanted to be a truck driver.	ciężarówka
well-behaved <i>adj</i>	/wel brɪ'heɪvd/	Children who are not well-behaved will be asked to leave.	grzeczny
worn out <i>adj</i>	/wɔ:n aʊt/	You need to replace those running shoes. They're worn out .	zużyty

More words in File 6

all things considered	/ɔ:l θɪŋz kən'sɪdəd/	All things considered , smartphones have both pros and cons.	ogólnie rzecz biorąc
another drawback	/ə'nʌðə 'drɔ:bæk/	Another drawback is the price.	kolejna wada
another point in favour	/ə'nʌðə pɔɪnt ɪn 'feɪvə/	Another point in favour of this technology is that smartphones allow us to live our lives spontaneously.	kolejny argument za
anti-social behaviour <i>n</i>	/'æntɪ 'səʊʃl brɪ'heɪvjə/	It is very hard to deal with anti-social behaviour in the classroom.	aspołeczne zachowanie
exit plan <i>n</i>	/'eksɪt plæn/	So you're going back to your parents'. Have you got an exit plan ?	plan awaryjny
fester <i>v</i>	/'festə/	Don't allow a slight worry to fester , or it will turn into a problem.	wzmagać się
first and most important	/fɜ:st ənd məʊst ɪm'pɔ:tnt/	First and most important , smartphones give us an incredible amount of information.	przede wszystkim
housemate <i>n</i>	/'haʊsmet/	I have a new housemate . He moved in just yesterday.	współlokator
in addition	/ɪn ə'dɪʃn/	In addition , smartphones can be very expensive to repair.	dodatkowo
niggle <i>v</i>	/'nɪɡl/	Please tell me if anything is niggling you.	nie dawać komuś spokoju
non-confrontational <i>adj</i>	/nɒn kɒnfrʌn'teɪʃnl/	I asked both teachers and students to remain non-confrontational .	niekonfrontacyjny
not only that	/nɒt 'əʊnli ðæt/	Not only that , but people should be able to use it whenever they want.	poza tym

officiate v	/ə'fɪʃieɪt/	A referee from a neutral country will officiate the game.	przewodniczyć
on balance	/ɒn 'bæləns/	On balance , I think smartphones have had a positive impact on our lives.	w sumie
on the whole	/ɒn ðə həʊl/	On the whole , I think smartphones have made our lives easier.	podsumowując
one disadvantage	/wʌn dɪsəd'vɑːntɪdʒ/	One disadvantage of smartphones is that they make it too difficult to disconnect.	jedna z wad
plodder n	/'plɒdə/	I was never a brilliant student. I was more of a plodder .	pracowity, ale niezbyt rozgarnięty uczeń
racing heart n	/'reɪsɪŋ hɑːt/	I had a racing heart when I saw my team out on the pitch.	przyspieszone bicie serca
stay focused	/steɪ 'fəʊkəst/	You have to stay focused and believe in what you are doing.	być skupionym
the greatest benefit	/ðə 'greɪtɪst 'benɪfɪt/	The greatest benefit of tourism is that it has a real economic impact on local businesses.	największa korzyść
what is more	/wɒt ɪz mɔː/	What is more , I think everybody should have a smartphone.	ponadto

File 7

Vocabulary Banks

PREFIXES

antivirus adj	/'æntɪvaɪrəs/	I need to install a new antivirus program on my computer.	antywirus
autofocus n	/ɔːtəʊ'fəʊkəs/	I always use autofocus when I take photos.	autofocus
biannual adj	/baɪ'ænjuəl/	The committee has biannual meetings – in October and March.	dwa razy w roku
coexist v	/kəʊɪg'zɪst/	Several different species now coexist peacefully side by side.	współistnieć
defuse v	/di:'fjuːz/	The police are trying to defuse racial tension in the community.	rozładować
demystify v	/di:'mɪstɪfaɪ/	Will you demystify the workings of this new program for me?	wytłumaczyć
devalue v	/di:'væljuː/	The pound was devalued against the US dollar.	zdevaluować
disagree v	/dɪsə'ɡriː/	He thinks we should buy a new car. But I disagree .	nie zgadzać się
discontinue v	/dɪskən'tɪnjuː/	The company has decided to discontinue the free gym membership.	zaprząść
disembark v	/dɪsɪm'bɑːk/	We had just disembarked from the boat and felt a bit dizzy.	wysiąść
dishonest adj	/dɪs'ɒnɪst/	I don't like him. I think he's dishonest .	nieuczciwy
illegal adj	/ɪ'liːɡl/	Are you sure what you're doing is not illegal ? It doesn't look right to me.	nielegalny
illegitimate adj	/ɪlə'dʒɪtɪmət/	They had an illegitimate child.	nieślubny
illiterate adj	/ɪ'lɪtərət/	A large percentage of the rural population was illiterate in the 1800s.	niepiśmienny
illogical adj	/ɪ'lɒdʒɪkl/	I don't think you are right. Your conclusion is illogical .	nielogiczny

ill-treated <i>adj</i>	/ɪl 'tri:tɪd/	As a child, she was ill-treated by her stepmother.	źle traktowany
immobile <i>adj</i>	/ɪ'məʊbaɪl/	He stood immobile by the window, watching us depart.	nieruchomy
immoral <i>adj</i>	/ɪ'mɒrəl/	Stealing is not only illegal, it is also immoral .	niemoralny
impersonal <i>adj</i>	/ɪm'pɜ:sənəl/	I don't like big companies. They tend to be impersonal .	bezduszny
impractical <i>adj</i>	/ɪm'præktɪkl/	It was an impractical idea and nobody thought it would work.	niepraktyczny
inappropriate <i>adj</i>	/ɪnə'prəʊpriət/	Do you think colourful clothes are a bit inappropriate for a funeral?	nieodpowiedni
incapable <i>adj</i>	/ɪn'keɪpəbl/	My children are incapable of working by themselves.	niezdolny
incoherent <i>adj</i>	/ɪnkəʊ'hɪərənt/	His speech was incoherent and nobody understood it.	nieskładny
incompetent <i>adj</i>	/ɪn'kɒmpɪtənt/	I won't work with him again. He's completely incompetent .	niekompetentny
inhospitable <i>adj</i>	/ɪnhə'spɪtəbl/	The Atacama Desert must be an inhospitable place to live.	niegościnnie
intergovernmental <i>adj</i>	/ɪntəɡə'veɪn'mentl/	There will be an intergovernmental conference to look at climate change.	międzyrządowy
irrational <i>adj</i>	/ɪ'ræʃənəl/	Fear of spiders is pretty irrational .	irracjonalny
irregular <i>adj</i>	/ɪ'regjələ/	My attendance at the gym has been very irregular this term.	nieregularny
irrelevant <i>adj</i>	/ɪ'reləvənt/	It is irrelevant if I believe your excuses or not.	nieistotny
irreplaceable <i>adj</i>	/ɪrɪ'pleɪsəbl/	These antiques are irreplaceable .	niezastąpiony
misunderstand <i>v</i>	/mɪsʌndə'stænd/	Sorry, I misunderstood you. I thought you weren't coming.	źle zrozumieć
monosyllable <i>n</i>	/ˈmɒnəsɪləbl/	A lot of common English verbs are monosyllables .	monosylaba
multivitamins <i>n pl</i>	/mʌlti'vɪtəmiːnz/	The doctor told me to take multivitamins because I was feeling a bit weak.	multiwitaminy
outbuilding <i>n</i>	/ˈaʊtbɪldɪŋ/	She lived in a farmhouse with several outbuildings .	budynek gospodarczy
outgrow <i>v</i>	/aʊt'grəʊ/	My daughter has outgrown most of her clothes.	wyrosnąć z czegoś
outnumber <i>v</i>	/aʊt'nʌmbə/	The demonstrators outnumber the police.	przewyższać liczebnie
outpatient <i>n</i>	/ˈaʊtpeɪfnt/	I have to go to the hospital twice a week as an outpatient .	pacjent leczony ambulatoryjnie
overeating <i>n</i>	/əʊvər'i:tɪŋ/	My sister goes through periods of compulsive overeating .	przejadanie się
postgraduate <i>adj</i>	/pəʊst'grædʒuət/	I'm doing a postgraduate course in literary translation.	studia podyplomowe
precondition <i>n</i>	/pri:kən'dɪʃn/	A ceasefire is an essential precondition for any negotiation.	warunek konieczny
reinstate <i>v</i>	/ri:ɪn'steɪt/	He was innocent so he was reinstated in his old post.	przywrócić
substandard <i>adj</i>	/sʌb'stændəd/	This work is totally substandard . It's not acceptable.	poniżej normy
superhuman <i>adj</i>	/su:pə'hju:mən/	When he lifted her up, he seemed to have superhuman strength.	nadludzki
unattractive <i>adj</i>	/ʌnə'træktɪv/	What makes a voice sound unattractive to you?	nieatrakcyjny
understaffed <i>adj</i>	/ʌndə'stɑ:ft/	This restaurant is really understaffed . They clearly need to hire more waiters.	cierpiący na niedobór personelu
undo <i>v</i>	/ʌn'du:/	Why don't you try to undo the damage?	cofnąć
uneasy <i>adj</i>	/ʌn'i:zi/	I felt a bit uneasy about his visit.	zaniepokojony

unofficial *adj* /ʌnə'fɪʃl/
 upgrade *v* /ʌp'ɡreɪd/

Unofficial estimates put the figure at two million.
 I was incredibly lucky on my flight to New York. I was **upgraded** to business class!

nieficjalny
 podnieść standard usług

Useful words and phrases

abstract painting *n* /'æbstrækt 'peɪntɪŋ/
 antibiotics *n pl* /æntɪbaɪ'ɒtɪks/
 ban *v* /bæn/
 bilingual *adj* /baɪ'lɪŋɡwəl/
 black market *n* /blæk 'mɑːkɪt/
 calm traffic *v* /kɑːm 'træfɪk/

Mark Rothko specialized in **abstract painting**.
 Most **antibiotics** are made from bacteria.
 Liquids over 100 ml are **banned** in carry-on baggage.
 More than half the world's population is **bilingual**.
 I think he bought that painting on the **black market**.
 The city council should do something to **calm** the **traffic** around schools.

obraz abstrakcyjny
 antybiotyki
 zabronić
 dwujęzyczny
 czarny rynek
 ograniczyć natężenie ruchu

cite *v* /saɪt/
 confiscate *v* /'kɒnfɪskeɪt/
 dismantled *adj* /dɪs'mæntl/
 grey area *n* /ɡreɪ 'eəriə/
 grimace *v* /'ɡrɪməs/
 illegible *adj* /ɪ'ledʒəbl/

He **cited** 'terrorism laws' as a reason for not allowing us to take photographs.
 I had my tweezers **confiscated** at an airport once.
 This sculpture is made from **dismantled** engines.
 Online copyright is still a bit of a **grey area**.
 She **grimaced** as the needle went in.
 I can't read my doctor's handwriting. It's almost **illegible**.

cytować
 skonfiskować
 rozmontować
 szara strefa
 skrzywić się
 nieczytelny

impose *v* /ɪm'pəʊz/
 in black and white /ɪn blæk ənd waɪt/
 inability *n* /ɪ'nəbɪləti/
 inconvenient *adj* /ɪnkən'viːniənt/
 interfere *v* /ɪntə'fɪə/
 landscape *n* /'lændskeɪp/
 limp *v* /lɪmp/
 microwave *n* /'maɪkrəweɪv/
 misprint *n* /'mɪsprɪnt/
 out of the blue /aʊt əv ðə bluː/
 outdoor *adj* /'aʊtdɔː/
 overcharge *v* /əʊvə'tʃɑːdʒ/
 portrait *n* /'pɔːtrət/
 recycle *v* /rɪ'saɪkl/
 red herring *n* /red 'herɪŋ/
 red tape *n* /red teɪp/
 rewrite *v* /rɪ:'raɪt/

My boss has **imposed** a ridiculous set of rules after the accident last week.
 My uncle sees everything **in black and white**. He's not very subtle.
 His **inability** to concentrate on anything really irritates me.
 Having to take care of my sister's dogs is terribly **inconvenient**.
 There is no evidence that using your mobile phone on a plane will **interfere** with the systems.
 A **landscape** is a painting of a view of the countryside.
 I twisted my ankle, so I **limped** painfully back home.
Microwaves use more electricity running their digital clock than heating food.
 The first book ever printed in Oxford had a **misprint**. The date was wrong.
 We were talking about work when **out of the blue** she asked if I was married.
 The hotel has an **outdoor** swimming pool.
 I'm not coming back to this restaurant. They have clearly **overcharged** us.
 The Mona Lisa is one of the most famous **portraits** in art history.
 Paper can only be **recycled** six times.
 The letter was a **red herring**. It had nothing to do with the murder at all.
 We had to deal with so much **red tape** that we decided to cancel the tour.
 You should **rewrite** this paragraph. It's unclear.

nałożyć
 jednoznacznie
 niezdolność
 kłopotliwy
 przeszkadzać
 krajobraz
 utykać
 kuchenka mikrofalowa
 literówka
 znieenacka
 na świeżym powietrzu
 policzyć za dużo
 portret
 przetwarzać
 kwestia odciągająca od tematu
 biurokracja
 przepisać

sculpture <i>n</i>	/ˈskʌlptʃə/	He collects modern sculpture .	rzeźba
self-portrait <i>n</i>	/self ˈpɔːtræt/	As a painter, I'm quite tempted to do a self-portrait .	autoportret
still life <i>n</i>	/stɪl laɪf/	She prefers landscapes to still life .	martwa natura
submarine <i>n</i>	/sʌbməˈriːn/	Listening to the radio is virtually impossible on a submarine .	okręt podwodny
unnoticed <i>adj</i>	/ʌnˈnəʊtɪst/	Her achievements passed almost unnoticed .	niezauważony
uphill <i>adj</i>	/ˈʌphɪl/	It's going to be an uphill struggle to motivate the team after last week's defeat.	żmudny
white elephant <i>n</i>	/waɪt ˈelɪfənt/	That sculpture is a real white elephant . We don't know what to do with it.	rupieć

More words in File 7

generally speaking	/ˈdʒenrəli ˈspiːkiŋ/	Generally speaking , students think university tuition fees should be lower.	ogólnie mówiąc
I strongly recommend	/aɪ ˈstrɒŋli rekəˈmend/	I strongly recommend that you extend the opening hours.	gorąco polecam
in general	/ɪn ˈdʒenrəl/	In general , students think university tuition fees should be lower.	ogólnie
it is generally considered	/ɪt ɪz ˈdʒenrəli kənˈsɪdəd/	It is generally considered that study trips to the UK are enriching and useful.	powszechnie uważa się
it would be advisable	/ɪt wʊd bi ədˈvaɪzəbl/	It would be advisable for the registration process to be improved.	byłoby wskazane
it would be far preferable	/ɪt wʊd bi fɑː ˈprefrəbl/	It would be far preferable for classes to last one hour.	byłoby pożądane
jellyfish <i>n</i>	/ˈdʒelɪfɪʃ/	I was stung by a jellyfish . It was really painful.	meduza
lizard <i>n</i>	/ˈlɪzəd/	Some people keep lizards as pets.	jaszczurka
on the road	/ɒn ðə rəʊd/	I've been on the road since six this morning.	w trasie
overall <i>adv</i>	/əʊvərˈɔːl/	Overall , we all think the study trip is a good programme.	w sumie
public health <i>n</i>	/ˈpʌblɪk helθ/	Smoking is a public health issue.	zdrowie publiczne
tarantula <i>n</i>	/təˈræntfələ/	Did you know that some people actually eat tarantulas ?	tarantula
the general view	/ðə ˈdʒenrəl vjuː/	The general view is that certain improvements need to be made.	ogólny podgląd
we propose	/wiː prəˈpəʊz/	We propose that you make the classes smaller.	proponujemy
we suggest	/wiː səˈdʒest/	We suggest that you buy new computers.	sugerujemy

File 8

Vocabulary Banks

TRAVEL AND TOURISM

atmosphere <i>n</i>	/ˈætməsfɪə/	There was a lovely atmosphere at the local market.	atmosfera
breathtaking <i>adj</i>	/ˈbreθteɪkɪŋ/	The views from our hotel room were breathtaking .	zapierający dech w piersiach
cancel <i>v</i>	/ˈkænsəl/	It is foggy, so they may cancel your flight.	anulować
chill out <i>v</i>	/tʃɪl aʊt/	You've been working too much. You need to chill out now.	zrelaksować się

cuisine <i>n</i>	/kwɪ'zi:n/	I love Italian cuisine .	kuchnia
dull <i>adj</i>	/dʌl/	The museum is pretty dull , but the café is good.	nudny
extend <i>v</i>	/ɪk'stend/	There were so many things to visit that we decided to extend our trip.	przedłużyć wycieczkę
get away from it all	/get ə'wei frəm ɪt ɔ:l/	It's been a crazy time at the office. I need to book a holiday and get away from it all .	uciec od tego wszystkiego
go backpacking <i>v</i>	/gəʊ 'bækpækiŋ/	They went backpacking in Argentina last year.	wędrować z plecakiem
go camping <i>v</i>	/gəʊ 'kæmpiŋ/	Have you decided to go camping this year?	jechać na kemping
go on holiday <i>v</i>	/gəʊ ɒn 'hɒlədeɪ/	When are you going to go on holiday ? Is it next week?	jechać na wakacje
hit the shops	/hɪt ðə ʃɒps/	My new book hits the shops tomorrow. I'm so nervous.	pojawić się w sklepach
impressive <i>adj</i>	/ɪm'presɪv/	The view is really impressive – you should go and have a look.	imponujący
leisurely <i>adj</i>	/'leɪʒəli/	We took a leisurely stroll along the beach.	bez pośpiechu
lively <i>adj</i>	/'laɪvli/	It's a really lively area at night.	żywołowy
off the beaten track	/ɒf ðə 'bi:tɪn træk/	We found a tiny café in the backstreets of Venice, right off the beaten track .	na uboczu
overcrowded <i>adj</i>	/əʊvə'kraʊdɪd/	The hotel pool is always overcrowded .	zatłoczony
overrated <i>adj</i>	/əʊvə'reɪtɪd/	I think that restaurant is overrated . It's not as good as people say.	przekleństwony
picturesque <i>adj</i>	/pɪktʃə'resk/	We went to a very picturesque little fishing village yesterday.	malowniczy
postpone <i>v</i>	/pə'spəʊn/	My mum wasn't feeling well so we decided to postpone the trip.	przełożyć (na później)
recharge your batteries	/ri:'tʃɑ:dʒ jɔ: 'bætrɪz/	A week's holiday is all I need to recharge my batteries .	odzyskać siły
remote <i>adj</i>	/ri'məʊt/	The temple was really remote . We had to walk for four hours to get there.	odległy
reschedule <i>v</i>	/ri:'fedju:l/	We'll have to reschedule the meeting.	zmienić datę
sample the local cuisine	/'sɑ:mpl ðə 'ləʊkl kwɪ'zi:n/	When I'm visiting a foreign country, I love to sample the local cuisine .	próbować lokalnej kuchni
seafront <i>n</i>	/'si:frʌnt/	We went for a walk along the seafront after dinner.	bulwar nadmorski
set off	/set ɒf/	I can't see you tomorrow. I'm setting off on a journey.	wybierać się w podróż
soak up <i>v</i>	/səʊk ʌp/	It was such a beautiful scene that we sat down to soak up the atmosphere.	chłonąć
spectacular <i>adj</i>	/spek'tækjələ/	We saw some spectacular scenery on the road trip.	spektakularny
spoilt <i>adj</i>	/spɔɪlt/	The seafront has been spoilt by all the new hotels.	zepsuty
stroll <i>n</i>	/strəʊl/	I've been working at home all day. I'm going for a stroll to get a breath of fresh air.	przechadzka
tacky <i>adj</i>	/'tæki/	The souvenirs were all plastic Eiffel Towers and key rings – really tacky stuff.	tandetny
tiring <i>adj</i>	/'taɪərɪŋ/	What do you do to relax after a tiring day?	męczący
touristy <i>adj</i>	/'tuərɪsti/	The shops are quite touristy , but we bought some nice things.	nastawiony na turystów
unspoilt <i>adj</i>	/ʌn'spɔɪlt/	It's a lovely city, almost completely unspoilt by tourism.	nienaruszony
unwind <i>v</i>	/ʌn'waɪnd/	You need to unwind a bit. Why don't you go for a walk?	rozluźnić się
wander round <i>v</i>	/'wɒndə raʊnd/	We wandered round the old town for hours.	przechadzać się

Useful words and phrases

approach <i>v</i>	/ə'prəʊtʃ/	As we were approaching Gatwick, it started to snow.	zbliżać się
as blind as a bat	/əz blaɪnd əz ə bæɪt/	Your mother is as blind as a bat . She should have her eyes tested.	ślepy jak kret
as deaf as a post	/əz def əz ə pəʊst/	My grandad is as deaf as a post , so you have to speak up a little.	głuchy jak pień
as good as gold	/əz gʊd əz gəʊld/	She's been as good as gold . She took all her medicine without complaining.	mający złote serce
as quick as a flash	/əz kwɪk əz ə flæʃ/	When I pressed the button, the nurse came as quick as a flash .	w okamgnieniu
as stubborn as a mule	/əz 'stʌbən əz ə mju:l/	My husband is as stubborn as a mule . He refuses to go to the doctor about his back problems.	uparty jak osioł
as thin as a rake	/əz θɪn əz ə reɪk/	He's lost a lot of weight since his illness. He's as thin as a rake .	chudy jak szczapa
as white as a sheet	/əz waɪt əz ə ʃi:t/	She's as white as a sheet . I think she's going to faint.	blady jak ściana
bandage <i>n</i>	/'bændɪdʒ/	If you twist your ankle, you should probably put a bandage round it.	bandaż
blister <i>n</i>	/'blɪstə/	These shoes have given me blisters .	pęcherz
bruise <i>n</i>	/bru:z/	I fell down and got a bruise on my arm.	siniak
bumpy <i>adj</i>	/'bʌmpi/	It was a good landing, if a bit bumpy .	wyboisty
circle <i>v</i>	/'sɜ:kl/	The plane circled the airport.	kołować
cold <i>n</i>	/kəʊld/	I've got a headache and a sore throat. I think I've caught a cold .	przeziębienie
dilemma <i>n</i>	/daɪ'lemə/	The pilot had a bit of a dilemma – should he try to land in the high wind or not?	dylemat
dine off <i>v</i>	/daɪn ɒf/	I've dined off that story for years – people always love to hear about it.	zabawiać towarzystwo czymś
do one any harm	/du: wʌn 'eni ha:m/	Sleeping a bit less than eight hours a night won't do you any harm .	zaszkodzić
do the recommended amount	/du: ðə rekə'mendɪd ə'maʊnt/	Do the recommended amount of activity. It will help you stay healthy.	wykonywać zalecaną ilość
do you good	/du: ju: gʊd/	Why don't you take up swimming? It will do you good .	dobrze ci zrobi
dodgy <i>adj</i>	/'dɒdʒi/	Her job involves some risk. She sometimes has to travel to dodgy places.	podejrzany
don't take my word for it	/dəʊnt teɪk maɪ wɜ:d fɔ:r ɪt/	Miracle diets don't exist. Don't take my word for it – just do some research.	nie musisz mi wierzyć
drink like a fish	/drɪŋk laɪk ə fɪʃ/	He drinks like a fish . He really ought to cut down.	pić jak szewc
eat like a horse	/i:t laɪk ə hɔ:s/	Some people can eat like a horse and not put on weight.	jeść jak koń
fall down <i>v</i>	/fɔ:l daʊn/	I think his argument falls down on the specifics.	upadać
food poisoning <i>n</i>	/fu:d 'pɔɪzənɪŋ/	We all got food poisoning after eating in that restaurant.	zatrucie pokarmowe
gain height <i>v</i>	/geɪn haɪt/	The plane started gaining height .	nabierać wysokości
gale-force winds <i>n pl</i>	/geɪl fɔ:s wɪndz/	There is a bad storm in Glasgow with gale-force winds .	wichury
go on about <i>v</i>	/gəʊ ɒn ə'baʊt/	It was fun at first, but when he started going on about it I stopped listening.	mówić za dużo o czymś
GP <i>n</i>	/dʒi: pi:/	I think you should go and see your GP as soon as possible.	lekarz pierwszego kontaktu

heart attack <i>n</i>	/hɑ:t ə'tæk/	He was only 40, but suffered a heart attack . He's going to need to watch his diet from now on.	zawał serca
it makes the doctor's heart sink	/ɪt meɪks ðə 'dɒktəz hɑ:t sɪŋk/	When patients go to their GPs with a long list of symptoms, it makes the doctor's heart sink .	sprawiać, że lekarz traci nadzieję / zapal
look on <i>v</i>	/lʊk ɒn/	A couple looked on as we were attacked.	przyglądać się
make a difference	/meɪk ə 'dɪfrəns/	Does it really make a difference ?	robić różnicę
make decisions	/meɪk dɪ'sɪʒnz/	You're constantly making decisions based on what you want versus what you know is right.	podejmować decyzje
make friends	/meɪk frendz/	As I child, I found it difficult to make friends .	zaprzyjaźnić się
minuscule <i>adj</i>	/'mɪnəskju:l/	The chances of winning the lottery are minuscule .	bardzo mały
mishap <i>n</i>	/'mɪʃæp/	I had a series of mishaps on my last trip.	niefortunny wypadek
nothing to do with	/'nʌθɪŋ tə du: wɪð/	My decision not to have an operation had nothing to do with fear.	nie mieć nic wspólnego
pass through <i>v</i>	/pɑ:s θru:/	We didn't stay in the village, we just passed through .	przejechać
people underestimate the risk	/'pi:pl ʌndər'estɪmənt ðə rɪsk/	People underestimate the risk of sunbathing.	ludzie lekceważą ryzyko
pitfall <i>n</i>	/'pɪtfɔ:l/	She tried to avoid the potential pitfalls of buying a house.	pułapka
plaster <i>n</i>	/'plɑ:stə/	I cut my finger while cooking dinner, so I put a plaster on it.	plaster
put these incidents down to experience	/pʊt ði:z 'ɪnsɪdənts daʊn tu ɪk'spiəriəns/	I've always put these incidents down to experience .	potraktować coś nieprzyjemnego jako doświadczenie
rash <i>n</i>	/ræʃ/	If I eat peanuts, I come out in a rash .	wysypka
rip off <i>v</i>	/rɪp ɒf/	I had the feeling I had been ripped off by my insurance company.	obedrzeć ze skóry
run into <i>v</i>	/rʌn 'ɪntə/	I'm generally delighted to run into other Britons when I'm travelling.	wpaść na
scan <i>n</i>	/skæn/	He's a bit nervous because he's having a brain scan tomorrow.	tomografia
shoot back up <i>v</i>	/ʃu:t bæk ʌp/	The plane suddenly shot back up in the air.	gwałtownie wystrzelić
side-effects <i>n pl</i>	/'saɪd ɪ'fekts/	All drugs have side-effects . Some of them can be quite bad.	efekty uboczne
sleep like a log	/sli:p laɪk ə lɒg/	She sleeps like a log . I don't think she'll ever have problems with insomnia.	spać jak kamień
specialist <i>n</i>	/'speʃəlɪst/	Her GP referred her to a specialist .	specjalista
stand off from <i>v</i>	/stænd ɒf frəm/	Travellers are busy standing off from humanity while tourists are having a great time together.	trzymać się z daleka
stitches <i>n pl</i>	/'stɪtʃɪz/	That's a deep cut. It may need stitches .	szwy
stroke <i>n</i>	/strʊk/	The stroke left him paralysed.	udar
surgeon <i>n</i>	/'sɜ:dʒən/	Do you know which surgeon will be operating on you?	chirurg
the advantages outweigh the disadvantages	/ði əd'vɑ:ntɪdʒɪz aʊt'wei ðə 'dɪsədʒvɑ:ntɪdʒɪz/	I know you don't want to take these pills for the rest of your life, but the advantages outweigh the disadvantages .	zalety przewyższają wady
the flu <i>n</i>	/ðə flu:/	She's off sick today. I think she's got the flu .	grypa
turbulence <i>n</i>	/'tɜ:bjələns/	We had the worst turbulence I have ever experienced.	turbulencje
turn into <i>v</i>	/tɜ:n 'ɪntə/	Our dream holiday turned into a nightmare.	stać się
turn up <i>v</i>	/tɜ:n ʌp/	Tourists turned up in large groups.	przybyć

we're off	/wɪər ɒf/	We're off to Holland now.	wyjechaliśmy
works like a dream	/wɜːks laɪk ə driːm/	My new medication works like a dream . I feel so much better.	działa jak marzenie
would bother	/wʊd 'bɒðə/	Very few of us would bother to get insurance for a trip to London.	zadać sobie trud
X-ray <i>n</i>	/eks reɪ/	I'm having a chest X-ray done next week.	rentgen

More words in File 8

anaesthetic <i>n</i>	/ænəs'tetɪk/	The dentist gave me a local anaesthetic before she pulled out my tooth, so at least I didn't feel any pain.	środek znieczulający
demotivated <i>adj</i>	/diː'məʊtɪveɪtɪd/	I get very demotivated when I feel I'm not making progress.	zdemotywowany
diagnosis <i>n</i>	/daɪəg'nəʊsɪs/	I'm still waiting for the doctor's diagnosis .	diagnoza
dose <i>n</i>	/dəʊs/	Repeat the dose after eight hours.	dawka
I believe...	/aɪ bɪ'liːv/	I believe that tourism can improve local people's lives.	Myślę...
I feel...	/aɪ fiːl/	I feel that the impact of tourism on small villages is mainly negative.	Wydaje mi się...
In my opinion...	/ɪn maɪ ə'pɪnjən/	In my opinion , tourism is not as bad as some people think.	Moim zdaniem...
In my view...	/ɪn maɪ vjuː/	In my view , the influences of tourism are generally positive.	Według mnie...
infection <i>n</i>	/ɪn'fekʃn/	Ear infections tend to be painful.	infekcja
It is often claimed that...	/ɪt ɪz 'ɒfn kleɪmd ðæt/	It is often claimed that popular destinations are spoiled by tourism.	Często uważa się...
mental health <i>n</i>	/'mentl helθ/	It affected his mental health .	zdrowie psychiczne
Personally,	/'pɜːsənəli/	Personally , I don't like going to overcrowded tourist attractions.	osobiście
quay <i>n</i>	/kiː/	We sat on the quay , watching the fishermen mend their nets.	nadbrzeże
screening <i>n</i>	/'skriːnɪŋ/	A screening is a medical test when there are no symptoms.	badanie przesiewowe
Some people argue...	/sʌm 'piːpl 'ɑːgjuː/	Some people argue that touristy restaurants aren't very good.	Niektórzy mają odmienne zdanie...
surgery <i>n</i>	/'sɜːdʒəri/	He has to undergo surgery .	operacja
there are a number of flaws in this argument	/ðeər ər ə 'nʌmbər əv flɔːz ɪn ðɪs 'ɑːgjumənt/	You are very sure you're right, but there are a number of flaws in this argument .	jest wiele błędów w argumentacji
There are those who say...	/ðeər ə ðəʊz huː seɪ/	There are those who say some tourists can be disrespectful to locals.	Niektórzy uważają...
this is simply not the case	/ðɪs ɪz 'sɪmpli nɒt ðə keɪs/	You think tourists are mainly rude, but this is simply not the case .	nie o to chodzi

File 9

Vocabulary Banks

ANIMAL MATTERS

animal charity <i>n</i>	/ˈænɪml ˈtʃærəti/	He works for an animal charity .	organizacja zajmująca się zwierzętami
animal rights activist <i>n</i>	/ˈænɪml raɪts ˈæktɪvɪst/	She is an animal rights activist .	obrońca praw zwierząt
bark <i>v</i>	/bɑːk/	The dog is barking . There might be someone at the door.	szczekać
beak <i>n</i>	/biːk/	Male blackbirds have yellow beaks .	dziób
bee <i>n</i>	/biː/	I'm scared of bees . I'm allergic to their stings.	pszczoła
blackbird <i>n</i>	/ˈblækbɜːd/	A blackbird has nested in my garden.	kos
bred in captivity	/bred ɪn kæpˈtɪvəti/	The bear was bred in captivity .	urodzony w niewoli
cage <i>n</i>	/keɪdʒ/	I hate seeing animals in cages .	klatka
calf <i>n</i>	/kɑːf/	The cow had a calf last night.	cielę
canary <i>n</i>	/kəˈneəri/	Please keep the canary inside the cage.	kanarek
chick <i>n</i>	/tʃɪk/	There were a few chicks in the yard.	piskłę
claw <i>n</i>	/klɔː/	Be careful with the cat's claws . They're sharp.	pazur
endangered species <i>n</i>	/ɪnˈdeɪndʒəd ˈspiːʃiːz/	The sea turtle is an endangered species .	zagrożone gatunki
environment <i>n</i>	/ɪnˈvaɪrənmənt/	It is important to respect natural animal environments .	środowisko
fin <i>n</i>	/fɪn/	Fish use their fins for swimming.	pletwa
foal <i>n</i>	/fəʊl/	I love foals . They are so beautiful.	żrebię
fur <i>n</i>	/fɜː/	Some animals are hunted for their fur .	futro
goldfish <i>n</i>	/ˈgəʊldfɪʃ/	I have to buy a new tank for the goldfish .	złota rybka
grunt <i>v</i>	/grʌnt/	The pigs grunted and everybody laughed.	chrząkać
hive <i>n</i>	/haɪv/	There was a hive full of bees in the park near the school.	ul
hoof / hooves <i>n / n pl</i>	/huːf, huːvz/	They have to shoe the horse's hooves .	kopyto/kopyta
horn <i>n</i>	/hɔːn/	Rams have curved horns .	róg
hunted for sport	/ˈhʌntɪd fə spɔːt/	Some animals are hunted for sport .	zabijane dla sportu przez myśliwych
inhumane conditions <i>n pl</i>	/ɪnhjuːˈmeɪn kənˈdɪʃnz/	Chickens were transported in inhumane conditions .	niehumanitarne warunki
insect <i>n</i>	/ˈɪnsekt/	Use this repellent if you want to deter insects .	owad
kennel <i>n</i>	/ˈkenl/	My dog usually sleeps in a kennel .	buda
kitten <i>n</i>	/ˈkɪtn/	My parents gave me a kitten as a birthday present.	kocię
lamb <i>n</i>	/læm/	Seeing all the lambs in the fields in spring is wonderful!	jagnię
live in the wild	/lɪv ɪn ðə waɪld/	There is a national park nearby where animals live in the wild .	żyć na wolności
meow <i>v</i>	/miˈəʊ/	I can hear the cat meowing from here.	miauczeć
neigh <i>v</i>	/neɪ/	The horse neighed when it saw me.	rżeć

nest <i>n</i>	/nest/	Have you seen that bird's nest ? I think there are eggs in there.	gniazdo
paw <i>n</i>	/pɔ:/	The cat had white paws .	łapa
protect <i>v</i>	/prə'tekt/	This organization is trying to protect animals.	chronić
puppy <i>n</i>	/'pʌpi/	The dog had seven puppies .	szczenię
reintroduce <i>v</i>	/ri:intrə'dju:s/	They'll try to reintroduce the bear into the wild.	przywrócić
roar <i>v</i>	/rɔ:/	We heard a lion roar in the reserve. It's a really scary sound!	ryczeć
shell <i>n</i>	/ʃel/	Snail shells break easily, so don't tread on them.	muszla
squeak <i>v</i>	/skwi:k/	Oh no! I think I heard a mouse squeak .	piszczeć
stable <i>n</i>	/'steɪbl/	The horse was led back to the stable .	stajnia
tail <i>n</i>	/teɪl/	The dog was wagging its tail wildly.	ogon
tank <i>n</i>	/tæŋk/	We bought a new fish tank . It's really big and looks great.	akwarium
treat cruelly <i>v</i>	/tri:t 'kru:əli/	Some people treat animals cruelly .	okrutnie traktować
twitter <i>v</i>	/'twɪtə/	I love to hear the birds twitter in the garden.	ćwierkać
wing <i>n</i>	/wɪŋ/	The bird had a broken wing and couldn't fly.	skrzydło

PREPARING FOOD

baked figs <i>n pl</i>	/beɪkt fɪgz/	Have you tried baked figs ? They're delicious.	pieczone figi
baking tray <i>n</i>	/'beɪkɪŋ treɪ/	Place the cookie dough on the baking tray and put it in the oven.	blacha do pieczenia
barbecued pork ribs <i>n pl</i>	/'bɑ:bɪkjʊ:d pɔ:k rɪbz/	My favourite food is barbecued pork ribs .	grillowane żeberka wieprzowe
biscuit <i>n</i>	/'bɪskɪt/	Would you like some biscuits with your tea?	herbatnik
boiled rice <i>n</i>	/bɔɪld raɪs/	I'm going to prepare some boiled rice for the curry.	gotowany ryż
chopped parsley <i>n</i>	/tʃɒpt 'pɑ:sli/	I like my scrambled eggs sprinkled with chopped parsley .	siekana pietruszka
chopping board <i>n</i>	/'tʃɒpɪŋ bɔ:d/	Please pass me the chopping board . I need to chop the onions.	deska do krojenia
colander <i>n</i>	/'kɒləndə/	Drain the vegetables using a colander .	durszlak
deep-fried onion rings <i>n pl</i>	/di:p fraɪd 'ʌŋjən rɪŋz/	Deep-fried onion rings are one of my favourite pub snacks.	krańki cebulowe smażone w głębokim oleju
food processor <i>n</i>	/fu:d 'prəusesə/	Why don't you use the food processor to combine the ingredients?	robot kuchenny
frying pan <i>n</i>	/'fraɪŋ pæn/	Use a frying pan to cook the omelette.	patelnia
grated cheese <i>n</i>	/'greɪtɪd tʃi:z/	Why don't you add some grated cheese to your chips?	starty ser
grilled fillet of fish <i>n</i>	/grɪld 'fɪlɪt əv fɪʃ/	I quite enjoy a grilled fillet of fish .	grillowany filet z ryby
kettle <i>n</i>	/'ketl/	I'll put the kettle on and make some tea.	czajnik
mashed potatoes <i>n pl</i>	/mæʃt pə'tetəʊz/	I like my salmon with mashed potatoes .	tłuczone ziemniaki
melted chocolate <i>n</i>	/'meltɪd 'tʃɒklət/	She poured some melted chocolate over the ice cream.	roztopiona czekolada
minced beef <i>n</i>	/mɪnst bi:f/	My favourite lasagne is made with minced beef .	mielona wołowina
mixing bowl <i>n</i>	/'mɪksɪŋ bəʊl/	Put the flour and the water in a mixing bowl .	miska
omelette <i>n</i>	/'ɒmlət/	I often eat an omelette for dinner.	omlet
peeled prawns <i>n pl</i>	/pi:ld prɔ:nz/	Add the peeled prawns to the pan and stir.	obrane krewetki
poached egg <i>n</i>	/pəʊtʃt egz/	I can't remember the last time I had poached eggs .	jajka w koszulkach

pots and pans <i>n pl</i>	/pɒts ənd pænz/	You need a good collection of pots and pans if you like cooking.	garnki i patelnie
roast lamb <i>n</i>	/rəʊst læm/	We generally have roast lamb on Sundays.	pieczona jagnięcina
saucepan <i>n</i>	/'sɔ:spən/	Boil the potatoes in a saucepan .	rondel
scrambled eggs <i>n pl</i>	/'skræmbld egz/	My favourite breakfast is scrambled eggs .	jajecznica
sieve <i>n</i>	/siv/	Put the vegetables in a sieve to drain the water.	sito
sliced bread <i>n</i>	/slaɪst bred/	Put the sliced bread in the toaster.	pokrojony chleb
spaghetti <i>n</i>	/spə'geti/	Many kids like spaghetti . It's just fun to eat.	spaghetti
steamed mussels <i>n pl</i>	/sti:md 'mʌslz/	I love the taste of steamed mussels , but they sometimes make me feel ill.	małże gotowane na parze
stewed plums <i>n pl</i>	/stju:d plʌmz/	Have you ever cooked stewed plums ?	duszone śliwki
stuffed chicken breast <i>n</i>	/stʌft 'tʃɪkɪn brest/	I'm having stuffed chicken breast for dinner.	faszerowana pierś z kurczaka
toasted sandwich <i>n</i>	/'təʊstɪd 'sænwɪtʃ/	I had a toasted sandwich for lunch.	zapiekanka
utensils <i>n pl</i>	/ju:'tenslz/	Some kitchen utensils are very useful.	narzędzia kuchenne
whipped cream <i>n</i>	/wɪpt kri:m/	Try the hot chocolate with whipped cream .	bita śmietana
whisk <i>n</i>	/wɪsk/	Stir the eggs with a whisk .	trzepaczka

Useful words and phrases

a dark horse	/ə dɑ:k hɔ:s/	I think James was married before, but I'm not sure. He's a bit of a dark horse .	tajemnicza postać
adore <i>v</i>	/ə'dɔ:/	My children absolutely adore animals.	uwielać
buttery <i>adj</i>	/'bʌtəri/	I love buttery biscuits.	maślany
can opener <i>n</i>	/kæn 'əʊpnə/	Can I borrow your can opener ?	otwieracz do puszek
care very little about	/keə 'veri 'lɪtl ə'baʊt/	I'm not an animal lover. I care very little about other species.	nie obchodzić kogoś
cheesy <i>adj</i>	/'tʃi:zi/	My kids love cheesy cauliflower.	serowy
chef's hat <i>n</i>	/ʃefs hæʔ/	You need to wear a chef's hat at all times.	czapka szefa kuchni
children's portion <i>n</i>	/'tʃɪldrənz 'pɔ:ʃn/	The restaurant is good value – and they serve children's portions , so the kids don't waste food.	porcja dla dzieci
chocolatey <i>adj</i>	/'tʃɒkləti/	I don't like cakes which are too chocolatey .	czekoladowy
comfort food <i>n</i>	/'kʌmfət fu:d/	I tend to eat comfort food when I feel a little bit down.	coś do zjedzenia dla poprawienia nastroju
count your chickens before they hatch	/kaʊnt jɔ: 'tʃɪkɪnz bɪ'fɔ: ðeɪ hæʔʃ/	You might think you've passed the exam, but don't count your chickens before they hatch .	dzielić skórę na niedźwiedziu
creamy <i>adj</i>	/'kri:mi/	The salmon is served with a creamy sauce.	śmietankowy
do all the donkey work	/du: ɔ:l ðə 'dɒŋki wɜ:k/	I did all the donkey work for this project. I hope to get some credit for it.	robić czarną robotę
fishy <i>adj</i>	/'fɪʃi/	What are you cooking? It smells fishy .	rybny
fruity <i>adj</i>	/'fru:ti/	This cheese has a slightly fruity flavour.	owocowy
her bark is worse than her bite	/hɜ: bɑ:k ɪz wɜ:s ðən hɜ: baɪt/	My boss can seem quite aggressive, but in fact her bark is worse than her bite .	nie jest taki groźny, na jakiego wygląda
herby <i>adj</i>	/'hɜ:bi/	His food tends to be a little too herby for me.	ziołowy
I am positively averse	/aɪ æm 'pɒzətɪvli ə'vɜ:s/	I am positively averse to dogs.	mam silną awersję

I can live with that	/aɪ kən lɪv wɪð ðæt/	<i>My wife insists on watching The X Factor on TV. I can live with that as long as I can watch the football on Saturdays.</i>	Wytrzymam to
I was sceptical	/aɪ wəz 'skeptɪkl/	<i>I was sceptical about having a pet at first, but it's been great.</i>	byłem / byłam sceptycznie nastawiony/nastawiona
kill two birds with one stone	/kɪl tuː bɜːdz wɪð wʌn stəʊn/	<i>The meeting is in Manchester so I can visit my mother and kill two birds with one stone.</i>	upiec dwie pieczenie na jednym ogniu
lemony <i>adj</i>	/'leməni/	<i>This fish has a lemony flavour.</i>	cytrynowy
like a fish out of water	/laɪk ə fɪʃ aʊt əv 'wɔːtə/	<i>He was like a fish out of water when we moved to London.</i>	czuć się nieswojo
like water off a duck's back	/laɪk 'wɔːtər ɒf ə dʌks bæk/	<i>I told him everything I thought about him, but it was like water off a duck's back.</i>	spływać po kimś jak woda po kaczce
meaty <i>adj</i>	/'miːti/	<i>We had a meaty stew for dinner.</i>	mięsny
minty <i>adj</i>	/'mɪnti/	<i>My son complains that his toothpaste is too minty.</i>	miętowy
peppery <i>adj</i>	/'pepəri/	<i>This sauce is a bit too peppery.</i>	pieprzny
recipe book <i>n</i>	/'resəpi buːk/	<i>My mum bought me a recipe book for my birthday. What was she trying to say?</i>	książka kucharska
salty <i>adj</i>	/'sɔːlti/	<i>Crisps are rather salty.</i>	słony
smell a rat	/smel ə ræt/	<i>They said no one was going to be fired, but I smell a rat.</i>	wyczuć pismo nosem
spicy <i>adj</i>	/'spaisi/	<i>I can't eat really spicy food.</i>	pikantny
sugary <i>adj</i>	/'ʃʊɡəri/	<i>I love sugary doughnuts.</i>	słodki
the lion's share	/ðə 'laɪənz ʃeə/	<i>When they divorced, his wife got the lion's share of everything they owned.</i>	lwia część
tuna salad <i>n</i>	/'tjuːnə 'sæləd/	<i>I like my tuna salad dressed with olive oil.</i>	sałatka z tuńczyka
watery <i>adj</i>	/'wɔːtəri/	<i>The sauce is a bit watery.</i>	wodnisty
with his tail between his legs	/wɪð hɪz teɪl brɪ'twiːn hɪz legz/	<i>After playing so badly, he walked off with his tail between his legs.</i>	z podwiniętym ogonem (zawstydzony)

More words in File 9

according to our online reservation	/ə'kɔːdɪŋ tu ɑː 'ɒnlaɪn rezə'veɪʃn/	<i>According to our online reservation, the table was booked for 7.00.</i>	zgodnie z naszą rezerwacją internetową
dressing <i>n</i>	/'dresɪŋ/	<i>What's your favourite salad dressing?</i>	sos
I am writing to complain about...	/aɪ æm 'raɪtɪŋ tə kəm'pleɪn ə'baʊt/	<i>I'm writing to complain about the meal I had on Thursday 16th March at your restaurant.</i>	Chciałbym / Chciałabym zgłosić reklamację
I feel strongly	/aɪ fiːl 'strɒŋli/	<i>I feel strongly that the service should be efficient.</i>	Uważam
I look forward to hearing your views	/aɪ lʊk 'fɔːwəd tə 'hɪərɪŋ jɔː vjuːz/	<i>I look forward to hearing your views on the matter.</i>	Czekam na odpowiedź
not only brought us the bill, but also	/nɒt 'əʊnli brɔːt ʌs ðə bɪl bət 'ɔːlsəʊ/	<i>The waiter not only brought us the bill, but also asked us to hurry.</i>	nie tylko przyniósł rachunek, lecz także
nuts <i>npl</i>	/nʌts/	<i>I'm allergic to nuts.</i>	orzechy
sauce <i>n</i>	/sɔːs/	<i>Have you tried mint sauce?</i>	sos

File 10

Useful words and phrases

acquire v	/ə'kwaɪə/	I wanted to acquire citizenship to be able to stay in the UK.	uzyskać
actually adv	/'æktʃuəli/	I thought I wouldn't enjoy the film, but actually , it was very funny.	tak naprawdę
advertise v	/'ædvətaɪz/	The company is planning to advertise the new product on TV and online.	reklamować
affect v	/ə'fekt/	How does the crisis affect you?	mieć wpływ
announce v	/ə'naʊns/	The Royal Family may announce the prince's engagement next week.	ogłosić
ashamed adj	/ə'seɪmd/	When the shop manager told my parents I had stolen some sweets I felt ashamed .	zawstydzony
beside prep	/br'saɪd/	They live in the new block of flats beside the school.	obok
besides prep	/br'saɪdz/	Let's stay home tonight. I'm tired and besides , I want to read.	poza tym
commitment n	/kə'mɪtmənt/	The company's commitment to providing quality at a reasonable price has been key to its success.	zaangażowanie
compromise n	/'kɒmprəmaɪz/	I know we will never agree, but we should try and reach a compromise .	kompromis
currently adv	/'kʌrəntli/	The rate of inflation is currently 2%.	aktualnie
custom-made adj	/'kʌstəm meɪd/	I'd love to get a custom-made pair of shoes.	wykonany na zamówienie
deepen v	/'di:pən/	The water started to deepen gradually.	pogłębiać
deny v	/dɪ'naɪ/	I don't deny being in the house, I just didn't touch anything!	zaprzeczać
depth n	/depθ/	What's the depth of the water here?	głębokość
dispiriting adj	/dɪ'spɪrɪtɪŋ/	Getting a new passport was quite a dispiriting experience – it took ages!	zniechęcający
economic adj	/i:kə'nɒmɪk/	I don't agree with this government's economic policy.	gospodarczy
economical adj	/i:kə'nɒmɪkl/	The Toyota isn't only nicer, it's also much more economical .	oszczędny
effect n	/ɪ'fekt/	What is the main effect of the crisis?	skutek
embarrassed adj	/ɪm'bærəst/	As soon as the man from the garage arrived, my car started. I was so embarrassed !	zakłopotany
far-fetched adj	/fɑ: fetʃt/	His ideas were a bit far-fetched .	naciągany
flatness n	/'flætənəs/	She liked the flatness of the plain.	płaskość
flatten v	/'flætən/	The cookies will flatten slightly while cooking.	spłaszczyć się
flexibility n	/fleksə'bɪləti/	I need to do some exercises to develop my flexibility .	gibkość
foreigner n	/'fɒrənə/	As a foreigner , things were a bit more complicated for me.	obcokrajowiec
garment n	/'gɑ:mənt/	A garment is a piece of clothing.	część garderoby
gravely adv	/'greɪvli/	My parents looked gravely at me.	poważnie
guesswork n	/'geswɜ:k/	It is so accurate it has completely eliminated guesswork .	domysły
height n	/haɪt/	I'm the same height as my sister.	wzrost
heighten v	/'haɪtn/	Tension has heightened after the attack.	wzrosnąć

lay <i>v</i>	/leɪ/	If you lay her on the sofa gently, she may not wake up.	położyć
length <i>n</i>	/leŋθ/	What's the length of the room?	długość
lengthen <i>v</i>	/'leŋθən/	I need to lengthen this skirt.	wydłużyć
lie <i>v</i>	/laɪ/	Please lie down and relax.	położyć się
lungs <i>n pl</i>	/lʌŋz/	Your heart and lungs are the biggest beneficiaries of exercise.	płuca
melancholy <i>n</i>	/'meləŋkəli/	A mood of melancholy descended on me.	melancholia
on returning home	/ɒn rɪ'tɜːnɪŋ həʊm/	The first thing I did on returning home was phone my parents.	po powrocie do domu
outsider <i>n</i>	/aʊt'saɪdə/	She felt like an outsider most of the time.	obcy
pamphlet <i>n</i>	/'pæmflet/	I brought you an instructional pamphlet .	broшура
press-ups <i>n pl</i>	/pres ʌps/	He does 20 press-ups every morning.	pompki
primary <i>adj</i>	/'praɪməri/	Wanting to stay in the UK was my primary reason for acquiring citizenship.	główny
reflect on <i>v</i>	/rɪ'flekt ɒn/	When I reflected on the issue, my view changed.	zastanawiać się nad czymś
refuse <i>v</i>	/rɪ'fjuːz/	The man refused to put out his cigarette.	odmawiać
shorten <i>v</i>	/'ʃɔːtn/	I need to shorten these trousers. They are too long.	skrócić
shortness <i>n</i>	/'ʃɔːtnəs/	My grandfather suffers from shortness of breath.	niski wzrost
sit-ups <i>n pl</i>	/sɪt ʌps/	I can perform ten more sit-ups since I started the training.	brzuszek
spine <i>n</i>	/spaɪn/	When I lifted the heavy weight, I injured my spine and had to see a back specialist.	kręgosłup
stranger <i>n</i>	/'streɪndʒə/	Do not talk to strangers .	nieznajomy
strength <i>n</i>	/streŋθ/	I need to gain some strength in my legs.	siła
strengthen <i>v</i>	/'streŋθən/	Regular exercise strengthens your muscles.	wzmocnić
stretch <i>v</i>	/stretʃ/	This exercise is designed to stretch your leg muscles.	rozciągnąć
suit <i>n</i>	/suːt/	You should definitely wear a suit to the interview.	garnitur
suite <i>n</i>	/swiːt/	The hotel gave us a suite instead of a double bedroom.	apartament
the proceedings <i>n pl</i>	/ðə prə'siːdɪŋz/	My family viewed the proceedings from the public gallery.	uroczystości
thicken <i>v</i>	/'θɪkən/	If you want to thicken the sauce, add flour.	zagęścić
thickness <i>n</i>	/'θɪknəs/	I don't like the thickness of the sauce.	gęstość
thigh <i>n</i>	/θaɪ/	The strength for a great serve is provided by your thigh muscles.	udo
training <i>n</i>	/'treɪnɪŋ/	Weight training speeds up the rate at which calories are burnt.	trening
trunk <i>n</i>	/trʌŋk/	Abdominal muscles support the trunk .	tułów
vigorous <i>adj</i>	/'vɪɡərəs/	You should do vigorous exercise at least twice a week.	energiczny
weaken <i>v</i>	/'wiːkən/	The team has been weakened by injury.	osłabić
weakness <i>n</i>	/'wiːknəs/	He's almost unbeatable. He has no real weakness .	słaby punkt
widen <i>v</i>	/'waɪdn/	Here the stream widens into a river.	poszerzyć
width <i>n</i>	/wɪðθ/	What's the width of the river?	szerokość

MORE WORDS IN FILE 10

close <i>adj</i>	/kləʊs/	I like it when they show close views of the action.	bliski
close <i>v</i>	/kləʊz/	What time does the ticket office close ?	zamykać (się)

content <i>n</i>	/ˈkɒntent/	The content of the programme wasn't very interesting.	treść
content <i>adj</i>	/kən'tent/	Footballers never seem content with their contracts.	zadowolony
minute <i>adj</i>	/maɪ'nju:t/	They found a minute quantity of a banned substance in his blood sample.	minimalny
minute <i>n</i>	/mɪnɪt/	He scored a goal one minute before the end of the match.	minuta
row <i>v</i>	/rəʊ/	People who row tend to have very good biceps.	wiosłować
row <i>n, v</i>	/raʊ/	The coach had a row with the owner of the team.	awantura, kłócić się
tear <i>v</i>	/tiə/	If you tear a muscle, you may not be able to train for six months.	zerwać
tear <i>n</i>	/tɪə/	A tear rolled down her cheek.	łza
use <i>v</i>	/ju:z/	If you use a high-tech swimsuit, you'll be able to swim much faster.	używać
(be no) use	/ju:s/	It's no use complaining.	nie ma sensu
wound <i>n</i>	/wu:nd/	His head wound was bleeding.	rana
wound <i>v</i>	/waʊnd/	He wound the tape tightly around his ankle to prevent a sprain.	owinać