

Advanced Polish wordlist

File 1

Vocabulary Banks

PERSONALITY

a cold fish	/ə kɔuld 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 ha:t əv ɡəuld/	<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 ri:l pein 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, która łatwo naciągnąć
attention to detail	/ə'tenʃn tə 'di:təl/	<i>I'm sure your work will be perfect. You've got great attention to detail.</i>	skrupulatność
bright adj	/braɪt/	<i>My daughter is a bright student and gets very good marks.</i>	bystry
change your mind	/tʃeindʒ ʃo: maɪnd/	<i>I'm quite a stubborn person and I never change my mind.</i>	zmienić zdanie
conscientious adj	/kənʃi'ɛnʃəs/	<i>You have to be conscientious and do things carefully and correctly.</i>	skrupulatny
deep down	/dɪ:p daʊn/	<i>Deep down he's quite insecure.</i>	w głębi duszy
determined adj	/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 adj	/daʊn tu ɜ:θ/	<i>My mum is very practical and down to earth.</i>	twardo stąpający po ziemi
gentle adj	/'dʒentl/	<i>He is a calm and gentle boy.</i>	łagodny
insecure adj	/ɪn'sɪ:kjuə/	<i>She felt nervous and insecure.</i>	niepewny
on the surface	/ɒn ðə 'sɜ:sfɪs/	<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 adj	/rɪ'zɔ:sfl/	<i>Louise is quite resourceful. She's good at solving problems.</i>	zaradny
sarcastic adj	/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 adj	/self sə'fɪʃnt/	<i>He's very self-sufficient. He never needs anyone's help.</i>	samowystarczalny
spontaneous adj	/spɒn'teɪniəs/	<i>I'd love to be more spontaneous and not plan things in advance.</i>	spontaniczny
steady adj	/'stedi/	<i>He's a reliable and steady guy.</i>	solidny
straightforward adj	/streit'fɔ:wəd/	<i>She's honest and straightforward and says just what she thinks.</i>	bezpośredni
sympathetic adj	/sɪmpa'θetɪk/	<i>Our manager is not very sympathetic. He never tries to understand our problems.</i>	życzliwy

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

intern <i>n</i>	/'ɪntɜ:n/	<i>The company is looking for a summer intern.</i>	stażysta / stażystka
internship <i>n</i>	/'ɪntɜ:nʃɪp/	<i>I've applied for an internship at a law firm.</i>	staż
irrelevant <i>adj</i>	/ɪ'rɛləvənt/	<i>Your qualifications are irrelevant if you don't have work experience.</i>	nieistotny
job-hunting <i>n</i>	/dʒɒb 'hʌntɪŋ/	<i>Job-hunting can be very time-consuming.</i>	poszukiwanie pracy
maternity leave <i>n</i>	/ma'tɜ:nəti li:v/	<i>She had a baby last week and she's now on maternity leave.</i>	urlop macierzyński
monotonous <i>adj</i>	/mə'nɒtənəs/	<i>My job as a checkout assistant can be monotonous sometimes.</i>	jednostajny
motivating <i>adj</i>	/'məʊtɪvɪteɪtɪŋ/	<i>His talks are very motivating. You always feel you can do anything after listening to him.</i>	motywujący
part-time contract <i>n</i>	/pa:t taim 'kɒntrækɪt/	<i>The firm has offered me a part-time contract, but I'd like to work full time.</i>	umowa o pracę na część etatu
paternity leave <i>n</i>	/pə'tɜ:nəti li:v/	<i>My manager went on paternity leave to take care of his newborn baby.</i>	urlop ojcowski
perk <i>n</i>	/pɜ:k/	<i>The company offered free health insurance as a perk.</i>	dodatek
permanent contract <i>n</i>	/'pɜ:mənənt 'kɒntrækɪt/	<i>I've got a permanent contract, so my job is pretty stable.</i>	umowa na czas nieokreślony
position <i>n</i>	/pə'zɪʃn/	<i>I'm looking for a full-time position.</i>	stanowisko
quit <i>v</i>	/kwɪt/	<i>I didn't agree with the new company policy so I decided to quit.</i>	odejść
repetitive <i>adj</i>	/rɪ'petətɪv/	<i>I couldn't work on a factory production line. It's such a repetitive job.</i>	monotonny
resign <i>v</i>	/rɪ'zain/	<i>If they don't give me a promotion soon, I'll resign.</i>	odejść z pracy
rewarding <i>adj</i>	/rɪ'wɔ:dɪŋ/	<i>I think being a nurse is a very rewarding job.</i>	satysfakcjonujący
sick leave <i>n</i>	/sɪk li:v/	<i>Meryl isn't in the office this week. She's on sick leave.</i>	zwolnienie lekarskie
skills <i>n pl</i>	/skɪlz/	<i>The salary will be dependent on the skills of the candidates.</i>	umiejętności
staff <i>n</i>	/sta:f/	<i>We have 20 full-time members of staff.</i>	personel
tedious <i>adj</i>	/'tɪdɪəs/	<i>My job is not very interesting. Actually, it's quite tedious.</i>	nużący
temporary contract <i>n</i>	/'temprəri 'kɒntrækɪt/	<i>My first contract was a temporary contract. It didn't last too long.</i>	umowa na czas określony
unpaid <i>adv</i>	/ʌn'peɪd/	<i>I've been working unpaid for a year.</i>	nieodpłatnie
unpaid leave <i>n</i>	/'ʌnpɛɪd li:v/	<i>I need a couple of months off, so I may go on unpaid leave.</i>	urlop bezpłatny
work experience <i>n</i>	/wɜ:k ɪk'spiəriəns/	<i>Have you got any relevant work experience?</i>	doświadczenie zawodowe
workforce <i>n</i>	/'wɜ:kfɔ:s/	<i>Two thirds of the workforce is female.</i>	zatrudnieni

Useful words and phrases

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

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

More words in File 1

a high-profile company	/ə haɪ 'prəʊfərəl 'kʌmpənɪ/	<i>I'd like to work for a high-profile company everyone knows about.</i>	renomowana firma
Absolutely! <i>adv</i>	/'æbsəlu:tli/	<i>'The meal was fantastic. Don't you agree?' 'Absolutely!'</i>	Oczywiście.
beauty counter manager	/'bju:ti 'kaʊntə 'mænɪdʒə/	<i>As a beauty counter manager, I try to convince people to buy products which will make them look younger.</i>	kierownik stoiska z kosmetykami
become the norm	/bɪ'kʌm ðə nɔ:m/	<i>My manager started wearing casual clothes to work and it quickly became the norm.</i>	stać się normą
dealing with clients by phone	/'di:lɪŋ wið 'klaɪənts baɪ fəʊn/	<i>My tasks included dealing with clients by phone.</i>	kontaktowanie się z klientami przez telefon
dentist <i>n</i>	/'dentɪst/	<i>I should go to the dentist. I've got a bad toothache.</i>	dentysta / dentystka
eye-rolling	/'aɪ 'rəʊliŋ/	<i>There was a lot of eye-rolling at the lecture.</i>	przewracanie oczami
give back <i>v</i>	/gɪv bæk/	<i>I'd like to have a job where I can give something back to society.</i>	oddać

handwriting <i>n</i>	/'hændraɪtɪŋ/	<i>What does your handwriting say about you?</i>	charakter pisma
I agree up to a point, but...	/aɪ ə'gri: ʌp tu ə pɔɪnt bət/	<i>I agree up to a point, but sometimes I think we are too hard on her.</i>	Zgadzam się do pewnego stopnia, ale...
I am writing to apply for the post of...	/aɪ əm 'raɪtɪŋ tu ə'plai fə ðə pəʊst əv/	<i>I am writing to apply for the post of receptionist advertised on your website.</i>	Ubiegam się o...
I attach a full CV...	/aɪ ə'tætʃ ə fol si: vi:/	<i>I attach a full CV for your consideration.</i>	Załączam pełne CV...
I don't really think you're right.	/aɪ dəʊnt 'ri:əli θɪŋk jɔ: rait/	<i>I don't really think you're right. In fact, I disagree completely.</i>	Myślę, że nie masz racji.
I have a high level of spoken English...	/aɪ hæv ə haɪ 'levl əv 'spəʊkən 'ɪŋglɪʃ/	<i>I have a high level of spoken English as I lived in Canada for six months.</i>	Znam bardzo dobrze język angielski w mowie...
I have recently graduated from...	/aɪ həv 'ri:sntli 'grædʒueɪtɪd frəm/	<i>I have recently graduated from the University of Edinburgh.</i>	Niedawno ukończyłem / ukończyłam...
I have some relevant experience...	/aɪ hæv səm 'reləvənt ɪk'spiəriəns/	<i>I have some relevant experience because I worked as an intern at a travel company.</i>	Mam odpowiednie doświadczenie...
I look forward to hearing from you...	/aɪ lʊk 'fɔ:wəd tə 'hɪərɪŋ frəm ju:/	<i>I look forward to hearing from you in the near future.</i>	Czekam na odpowiedź...
I see what you mean, but...	/aɪ si: wət ju: mi:n bət/	<i>I see what you mean, but I don't think you're right.</i>	Rozumiem, o co ci chodzi, ale...
I see your point, but...	/aɪ si: jo: pɔɪnt bət/	<i>I see your point, but I'm afraid I don't agree.</i>	Rozumiem, ale...
I totally agree	/aɪ 'təutəli ə'gri:/	<i>I totally agree with your argument.</i>	całkowicie się zgadzam
I would welcome the chance...	/aɪ wʊd 'welkəm ðə tʃa:ns/	<i>I would welcome the chance to be part of such a successful company.</i>	Chciałbym / Chciałabym dostać szansę...
I'm afraid...	/aɪm ə'freɪd/	<i>I'm afraid I don't really agree.</i>	Obawiam się, że...
I'm not sure I agree with you	/aɪm nɒt ʃɔ:r ai ə'gri: wɪð ju:/	<i>I'm not sure I agree with you. I think there's a better way of doing this.</i>	Nie do końca się z Tobą zgadzam
If you require further information...	/ɪf ju: rɪ'kwaɪə 'fɜ:ðər ɪnfə'meɪʃn/	<i>Please do not hesitate to contact me if you require further information.</i>	Jeśli wymagane są dodatkowe informacje...
imply <i>v</i>	/ɪm'plaɪ/	<i>I didn't want to imply that you were wrong.</i>	sugerować
issue <i>n</i>	/'ɪʃu:/	<i>Money is not the biggest issue on this project – it's time.</i>	kwestia
IT support worker <i>n</i>	/aɪ ti: sə'pɔ:t 'wɜ:kə/	<i>My computer has crashed. I have to call the IT support worker.</i>	pracownik działu pomocy IT
misjudged <i>adj</i>	/mɪs'dʒʌdʒd/	<i>I feel I'm often misjudged. I'm a waitress so people think I have no qualifications.</i>	błędnie oceniony
online quiz <i>n</i>	/'ɒnlайн kwɪz/	<i>Have you done this online quiz? It tells you how clever you are.</i>	quiz internetowy
personal growth <i>n</i>	/'pɜ:sənl grəʊθ/	<i>I'd like to work for a company which considers the personal growth of its employees.</i>	rozwój osobisty
personality test <i>n</i>	/pɜ:sə'næləti test/	<i>They asked me to do a personality test at a job interview.</i>	test osobowości
personality type <i>n</i>	/pɜ:sə'næləti taɪp/	<i>This quiz tells you your personality type.</i>	typ osobowości
pizza delivery man <i>n</i>	/'pi:təsə dɪ'lɪvəri mæn/	<i>The pizza delivery man will be there in 20 minutes.</i>	dostawca pizzy
ploy <i>n</i>	/plɔɪ/	<i>His words were clearly a ploy to get an advantage over his competitors.</i>	wybieg
sneer <i>v</i>	/snɪə/	<i>He sneers at people who are less educated than him.</i>	szydzić
star sign <i>n</i>	/stɑ: sain/	<i>What's your star sign? I'm an Aries.</i>	znak zodiaku
tackle <i>v</i>	/'tækkl/	<i>My manager is determined to tackle absenteeism.</i>	stawić czoła
travel-focused <i>adj</i>	/'trævl 'fəʊkəst/	<i>He's so travel-focused he hasn't been able to settle down.</i>	zajęty podróżami

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

File 2

Useful words and phrases

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

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

More words in File 2

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

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

File 3

Vocabulary Banks

PHRASES WITH GET

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

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

CONFLICT AND WARFARE

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

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

Useful words and phrases

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

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

More words in File 3

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

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

File 4

Vocabulary Banks

SOUNDS AND THE HUMAN VOICE

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

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

Useful words and phrases

a balm <i>n</i>	/ə ba:m/	<i>Being in such a quiet place was a balm for my nerves.</i>	balsam
a fact of life <i>n</i>	/ə fækt əv laif/	<i>It is a fact of life that cities will always be noisy places.</i>	smutna rzeczywistość
a tinge of disappointment <i>n</i>	/ə tɪndʒ əv disə'pɔɪntmənt/	<i>Although I got an A for nine of my exams, I only got a C for the tenth. I felt a tinge of disappointment.</i>	lekkie rozczarowanie
abruptly <i>adv</i>	/ə'bրaptli/	<i>She hung up the phone abruptly.</i>	nagle
continually <i>adv</i>	/kən'tinjuəli/	<i>They argue continually about money.</i>	ciągle
cower <i>v</i>	/'kaʊə/	<i>We all cowered behind doors and under tables when he burst in with a gun.</i>	skulić się
depressing <i>adj</i>	/dri'presiŋ/	<i>The novel was so depressing it made me want to cry.</i>	przygnębiający
entertaining <i>adj</i>	/entə'teinɪŋ/	<i>It isn't my favourite novel, but it's entertaining.</i>	zajmujący
fast-moving <i>adj</i>	/fa:st 'mu:vɪŋ/	<i>Action movies tend to rely on fast-moving stories.</i>	szymbki
gripping <i>adj</i>	/'grɪpɪŋ/	<i>It was such a gripping story. I got really hooked.</i>	porywający
hardly <i>adv</i>	/'ha:dli/	<i>Hardly had she sat down to have dinner than the phone rang.</i>	ledwo
haunting <i>adj</i>	/'həʊntɪŋ/	<i>It was a haunting story – frightening and sad. It won't be easy to forget.</i>	zapadający w pamięć
heavy-going <i>adj</i>	/'hevi 'gəʊɪŋ/	<i>The movie was so heavy-going I didn't finish watching it.</i>	ciężki
implausible <i>adj</i>	/im'plɔ:zəbl/	<i>The story was highly implausible. I didn't believe it for a minute.</i>	nieprzekonujący
incessantly <i>adv</i>	/ɪn'sesntli/	<i>My colleague chews gum incessantly.</i>	bez ustanku
intriguing <i>adj</i>	/ɪn'tri:gɪŋ/	<i>The plot was really intriguing. I couldn't put the book down.</i>	intrigujący
moving <i>adj</i>	/'mu:vɪŋ/	<i>The film was so moving it brought tears to my eyes.</i>	wzruszający
never <i>adv</i>	/'nevə/	<i>Never have I seen so many people in an art gallery looking happy.</i>	nigdy
no sooner <i>adv</i>	/nəʊ 'su:nə/	<i>No sooner had we arrived than they left.</i>	zaledwie
not only <i>adv</i>	/nɒt 'ənli/	<i>Not only had she killed her husband, she had also killed her ex-boyfriend.</i>	nie tylko
only later <i>adv</i>	/'ənli 'leɪtə/	<i>Only later did I understand that this was not the way to proceed.</i>	dopiero później
phobia <i>n</i>	/fəʊbiə/	<i>My phobia has affected my ability to get on in life.</i>	fobia

plunged into darkness	/plʌndʒd 'ɪntə 'da:kna:s/	<i>When the heavy door shut behind me, I was plunged into darkness.</i>	pogrążony w ciemnościach
strangely <i>adv</i>	/'streɪndʒli/	<i>Strangely, she didn't mind that I left early.</i>	o dziwo
thought-provoking <i>adj</i>	/'θɔ:t prə'veo:kɪŋ/	<i>It's a thought-provoking essay. It raises many interesting questions.</i>	skłaniający do refleksji
upsetting <i>adj</i>	/ʌp'setɪŋ/	<i>I found watching the documentary about sick children really upsetting.</i>	przygnębiający

with ease <i>adv</i>	/wɪð i:z/	<i>She switches from English to Spanish with ease.</i>	z łatwością
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More words in File 4

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

File 5

Vocabulary Banks

EXPRESSIONS WITH TIME

a matter of time	/ə 'mætər əv taim/	I'm sure you'll find a job. It's just a matter of time .	kwestią czasu
any time from 10.00 to 2.00	/'eni taim frəm ten tə tu:/	You can come any time from 10.00 to 2.00 .	o dowolnej porze
at the time	/ət ðə taim/	I missed the birth of my first child. I was on a plane at the time .	wtedy
at times	/ət taimz/	She can be bad-tempered at times .	czasami
before my time	/bɪ'fɔ: mai taim/	I've never heard of that singer. She must have been before my time .	przed moim urodzeniem
behind the times	/bɪ'haind ðə taimz/	He's a bit behind the times . He still thinks men should wear a suit at work.	staroświecki
by the time	/baɪ ðə taim/	By the time we got to the station, the train had left.	zanim
for the time being	/fə ðə taim 'bi:ŋ/	You can stay here for the time being .	na razie
from time to time	/frəm taim tə taim/	I eat out at restaurants from time to time .	od czasu do czasu
give me a hard time	/gɪv mi: ə hærd taim/	If I'm late again, Dad will give me a hard time .	zbeszać kogoś
have the time of your life	/hæv ðə taim əv jɔ: laif/	New York is such a fantastic city. You are going to have the time of your life .	wspaniale się bawić
in time for	/ɪn taim fə/	We arrived in time for his speech.	na czas
it's about time	/ɪts ə'baut taim/	You've had that computer for ages . It's about time you got a new one.	najwyższa pora
kill time	/kil taim/	I do crosswords to kill time while I wait at the airport.	zabijać czas
make up for lost time	/meik ʌp fə lɒst taim/	I'll have to work hard now to make up for lost time .	nadrobić zaległości
me time n	/mi: taim/	I go shopping when I want some me time .	czas dla siebie
on time adv	/ɒn taim/	We expect staff to be on time every morning.	punktualnie
run out of time	/rʌn aut əv taim/	If we take too long at the museum, we'll run out of time .	nie mieć czasu
save time	/seɪv taim/	Take the motorway if you want to save time . It's quicker.	oszczędzić czas
short of time	/ʃɔ:t əv taim/	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 taim/	I'd love to come with you, but I'm too busy and can't spare the time .	tracić czas
spend too long	/spend tu: lɔŋ/	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 ɔ:l mai taim/	My children take up all my time . I don't have a minute to myself.	zajmować cały czas
take your time	/teɪk jɔ: taim/	We aren't in a hurry, so take your time .	nie spieszyć się
time off n	/taɪm ɒf/	I'm working too hard. I need to take some time off .	czas wolny
time on my hands	/taɪm ɒn mai haɛndz/	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>	/'taɪm kən'sju:miŋ/	<i>Filling in your tax return is incredibly time-consuming.</i>	czasochłonny
waste a lot of time	/'weɪst ə lɒt əv taɪm/	<i>I waste a lot of time playing video games.</i>	marnować mnóstwo czasu
with time to spare	/wið taɪm tə speə/	<i>We left early and got to the airport with time to spare.</i>	przed czasem
MONEY			
account <i>n</i>	/ə'kaʊnt/	<i>I have opened a new bank account.</i>	konto
affluent <i>adj</i>	/'æfluənt/	<i>My boss lives in an affluent neighbourhood.</i>	zamożny
balance <i>n</i>	/'bæləns/	<i>I usually use a cash machine to check my balance.</i>	saldo
borrow <i>v</i>	/'bɒrəʊ/	<i>I borrowed some money from my parents to pay the bills.</i>	pożyczyc od kogoś
broke <i>adj</i>	/brəʊk/	<i>Can I borrow some money? I'm broke.</i>	spłukany
budget <i>n</i>	/'bʌdʒɪt/	<i>We needed a new assistant, but the department had no budget to hire anyone.</i>	bużet
can't afford <i>v</i>	/kən't əfɔ:d/	<i>Many young people can't afford to buy a home.</i>	nie móc sobie pozwolić
charity <i>n</i>	/'tʃærəti/	<i>She volunteers for a charity in her free time.</i>	dobroczynność
consumer society <i>n</i>	/kən'sju:mə sə'saɪəti/	<i>We live in a consumer society where everybody wants to buy something new.</i>	społeczeństwo konsumpcyjne
cost of living <i>n</i>	/kɒst əv 'lɪvɪŋ/	<i>People's income has gone up, but inflation is high so the cost of living has also risen.</i>	koszty utrzymania
currency <i>n</i>	/'kʌrənsi/	<i>What's the currency in Vietnam? Is it the Vietnamese Dong?</i>	waluta
deposit <i>n</i>	/dɪ'pɔzɪt/	<i>We have already paid a deposit on the house.</i>	depozyt
donation <i>n</i>	/dəʊ'nейʃn/	<i>My dad often gives donations to charities.</i>	darowizna
education <i>n</i>	/edʒu'keʃn/	<i>Her parents paid for her education.</i>	edukacja
exchange rate <i>n</i>	/ɪks'teɪndʒ reɪt/	<i>Our currency is unstable and exchange rates fluctuate a lot.</i>	kurs wymiany walut
fare <i>n</i>	/feə/	<i>What's the bus fare these days?</i>	opłata za przejazd
fee <i>n</i>	/fi:/	<i>My lawyer charges an unreasonably high fee.</i>	opłata
fine <i>n</i>	/fain/	<i>I had to pay a parking fine.</i>	grzywna
go bankrupt <i>v</i>	/gəʊ 'bæŋkrʌpt/	<i>A lot of small businesses went bankrupt during the recession.</i>	zbankutować
grant <i>n</i>	/graɪnt/	<i>He has been offered a grant to go to Harvard University for a term.</i>	stypendium
hard up <i>adj</i>	/ha:d ʌp/	<i>I'm always hard up by the end of the month.</i>	spłukany
in debt <i>adj</i>	/ɪn det/	<i>A lot of people are in debt and can't afford to buy their first home.</i>	zadłużony
instalment <i>n</i>	/ɪn'stɔ:lment/	<i>We paid for the car in instalments.</i>	rata
interest rate <i>n</i>	/'ɪntrəst reɪt/	<i>People who have loans have to pay high interest rates.</i>	odsetki
lawyer <i>n</i>	/'lɔ:je/	<i>She studied law, but she never worked as a lawyer.</i>	prawnik
legal document <i>n</i>	/'li:gɪl 'dɒkjumənt/	<i>You need a legal document if you want to prove who you are.</i>	dokument prawny
lend <i>v</i>	/lend/	<i>My parents lend me some money to pay the bills.</i>	pożyczyc komuś
loaded <i>adj</i>	/'ləʊdɪd/	<i>You don't know what money problems are. You're loaded!</i>	nadziany
loan <i>n</i>	/ləʊn/	<i>I had to take out a loan to buy a new car.</i>	pożyczka
lump sum <i>n</i>	/lʌmp sʌm/	<i>She was given a lump sum when she was made redundant.</i>	wypłata jednorazowa

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

Useful words and phrases

attractive personality n	/ə'træktyv pəsə'næləti/	I like women with attractive personalities .	interesująca osobowość
collide v	/kə'laid/	She was riding in a bus when it collided with a tram.	zderzać się
good looks n pl	/gʊd lʊks/	He relies on his good looks , because his personality is dreadful!	uroda
healthy bank balance n	/'helθi bæŋk 'bæləns/	It is important to keep a healthy bank balance .	konto bez zadłużenia
high-flying adj	/'haɪ 'flaɪɪŋ/	She is a high-flying career woman.	ambitny
in the black adj	/ɪn ðə blæk/	We managed to stay in the black this year, so we might have enough money for a short holiday.	z saldem dodatnim
in the red adj	/ɪn ðə red/	I'm in debt – my account is £200 in the red .	z debetem na koncie
juggle v	/'dʒʌgl/	It is sometimes hard to juggle a full-time job and domestic responsibility.	żonglować
littered with adj	/'litəd wɪð/	The divorce courts are littered with high earners.	pełen
mindfulness n	/'maɪndflnəs/	Is it true that people trained in mindfulness are happier?	uwrażliwość
multitasking n	/mʌltɪ'taːskɪŋ/	Teenagers today are used to multitasking – they do several things at the same time.	wielozadaniowość
quid n	/kwɪd/	Can I borrow two quid for a sandwich?	funciak
shoulder v	/'ʃəuldə/	When I got divorced, I had to shoulder the mortgage alone.	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 wið/	<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	/'kɒnsntrɛt ɒn/	<i>Do you find it easy to concentrate on a particular task?</i>	koncentrować się na
deal with v	/di:l wið/	<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'jond 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 drɪ'pɔ:tment/	<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	/tʃa:dʒ mai fəʊn/	<i>I need to charge my phone – the battery is very low.</i>	ładować telefon
contacts n pl	/'kɒntækts/	<i>I can give you her phone number if you want. She's in my list of contacts.</i>	kontakte
cookie n	/'kuki/	<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'lɪ:t/	<i>I've deleted my essay by mistake!</i>	usunąć
download v	/daʊn'ləud/	<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 need to delete some files to free up more space on the hard drive.	zwolnić
get through v	/get θru:/	I called you at the office, but I couldn't get through . The line was busy.	dodzwonić się
give me a call	/gɪv mi: ə kɔ:l/	Can you give me a call this afternoon?	zadzwoń do mnie
hang up v	/hæŋ ʌp/	Sorry, I have to hang up now. My flight is about to board.	odłożyć słuchawkę
hard drive n	/ha:d draɪv/	I save most of my photos on the hard drive .	dysk twardy
home phone n	/həʊm fəʊn/	Do you want my mobile number or my home phone ?	telefon stacjonarny
keyboard n	/'ki:bɔ:d/	Using the mouse is quicker than typing it on the keyboard .	klawiatura
keypad n	/'ki:pæd/	The keypad on my home phone doesn't work. I have to buy a new one.	klawiatura
landline n	/'lændlain/	I'll be at home so you can call me on my landline .	linia naziemna
log in v	/lɒg in/	You can log in with your username and password.	zalogować się
make a few calls	/meɪk ə fju: kɔ:lz/	I can't leave now. I still have to make a few calls .	zadzwonić do kilku osób
missed call n	/mɪst kɔ:l/	I know he's been trying to call me because I have three missed calls from him.	nieodebrane połączenie
netbook n	/'netbuk/	A netbook is a small laptop computer. It's designed especially for using the internet.	netbook
passcode n	/'pa:skəud/	Please enter the passcode to connect to the network.	kod dostępu
password n	/'pa:swɜ:d/	Your password to access your online bank account shouldn't be too easy to guess.	hasło
pay-as-you-go adj	/peɪ əz ju: gəʊ/	My mobile is pay-as-you-go . I need to top up my credit from time to time.	telefon na kartę
phone signal n	/fəʊn 'sɪgnəl/	I can't get a phone signal . The reception is so poor here.	sygnał telefoniczny
pop-up n	/'pɒp ʌp/	I like reading the paper online, but I find advertising pop-ups very annoying.	wyskakujące okienko
put through v	/put θru:/	If you hold, I'll put you through to the Accounts department.	połączyć
reception n	/rɪ'sepʃn/	There was very bad reception on my phone.	odbiór
run out v	/rʌn aʊt/	I'm afraid the printer isn't working. The black ink has run out .	wyczerpać się
scroll down v	/skrəʊl daʊn/	If you scroll down the page, you'll see the attachment at the bottom.	przewijać w dół
settings n pl	/'setɪŋz/	If you want to change the time on your mobile, go to the settings .	ustawienia
speak up v	/spi:k ʌp/	I can't hear you very well. Could you speak up a little?	mówić głośniej
stream v	/stri:m/	You don't need to download the video. You can just stream it.	odtwarzać strumieniowo
tablet n	/'tæblət/	Tablets usually have large touch screens.	tablet
tone n	/təʊn/	Please leave a message after the tone .	sygnał
top up v	/tɒp ʌp/	I need to top up my mobile phone.	dodatekować
touch screen n	/tʌtʃ skrɪ:n/	Some older people find it difficult to use mobiles with touch screens .	ekran dotykowy
unplug my phone v	/ʌn'plæg mai fəʊn/	You can unplug your phone now. It's fully charged.	odłączyć telefon
update n	/'ʌpdεɪt/	You should set up automatic updates .	aktualizacja
username n	/'ju:zəneɪm/	Enter your username and password to log in.	nazwa użytkownika

virus**n**

/'vərəs/

*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****n**

/'wai fi:/

*You could get rid of a few cables if you had **Wi-fi**.*

Wi-fi

Useful words and phrases

addicted to**adj**

/ə'diktɪd tə/

*Are you **addicted to** your phone?*

uzależniony od**air-conditioned****adj**

/'eə kən'diʃnd/

*In the summer, I spend most of my time in **air-conditioned** buildings.*

klimatyzowany**app****n**

/æp/

*I've downloaded a new dictionary **app** for my phone.*

aplikacja**behave like a child**

/bɪ'hɛv laɪk ə tʃaɪld/

*Lou is so dependent. I think she **behaves like a child** sometimes.*

zachowywać się jak dziecko**beyond belief**

/bɪ'jɒnd bɪ'lɪ:f/

*My mum irritates me **beyond belief**.*

niewiarygodnie**dead-end****adj**

/ded end/

*He's in a **dead-end** job in a factory.*

bez perspektyw**dependent on****adj**

/dɪ'pendənt ɒn/

*I refuse to be **dependent on** a smartphone to have a social life.*

zależny od**do your share**

/du: jɔ: ʃeə/

*You certainly help with the cleaning, but you don't **do your share** of the cooking.*

robić, co do kogoś należy**eco-friendly****adj**

/i:kəʊ 'frendli/

*Is your new fridge **eco-friendly**?*

przyjazny dla środowiska**fed up with****adj**

/fed ʌp wɪð/

*People are **fed up with** all these traffic jams.*

mieć czegoś dość**feel-good****adj**

/fi:l gud/

*I usually watch a **feel-good** movie when I'm down.*

poprawiający samopoczucie**go into 'child mode'**

/gəʊ 'ɪntə tʃaɪld məʊd/

*When you live with your parents, it is easy to **go into 'child mode'**.*

przełączyć się na „tryb dziecka”**ground-breaking****adj**

/graʊnd 'breɪkiŋ/

*I'm reading a paper on **ground-breaking** research. This will change the world of medicine!*

przełomowy**hand in**

/hænd ɪn/

*Check your exam before you **hand it in**.*

oddać**hands-free****adj**

/hændz fri:/

*I prefer **hands-free** phones, especially for the car.*

 zestaw słuchawkowy**helpful to****adj**

/'helpfl tə/

*People are generally **helpful to** foreign tourists.*

pomocny**high-heeled****adj**

/haɪ hɪ:ld/

*How can you wear **high-heeled** shoes on a trekking trip?*

na wysokim obcasie**high-pitched****adj**

/haɪ pɪtʃt/

*I can't stand his **high-pitched** voice.*

wysoki, piskliwy**high-risk****adj**

/haɪ rɪsk/

*Do you do any **high-risk** sports like bungee jumping?*

niebezpieczny**home-made****adj**

/həʊmmeɪd/

*I love **home-made** food. It's much better than restaurant food.*

domowej roboty**hooked on****adj**

/hukɪt ɒn/

*A lot of people are **hooked on** American TV series.*

uzależniony od**keen on****adj**

/ki:n ɒn/

*Couples are not as **keen on** getting married as they used to be.*

chętny do**labour-saving****adj**

/leɪbər 'seɪvɪŋ/

*The washing machine was probably my mum's favourite **labour-saving** device at the time.*

usprawniający pracę**last-minute****adj**

/la:st 'mɪnɪt/

*Do you do a lot of **last-minute** revision before an exam?*

w ostatniej chwili**life-changing****adj**

/laɪf 'tʃeɪndʒɪŋ/

*Being in an accident was a **life-changing** experience for him.*

zmieniający życie**long-distance****adj**

/'lɒŋ 'dɪstəns/

*I think **long-distance** relationships are very difficult to maintain.*

długotrwały**lose your cool**

/lu:z jɔ: ku:l/

*Don't **lose your cool** if you can't answer a question. Concentrate on what you know.*

zdenerwować się**low-cost****adj**

/ləʊ kɒst/

*Have you ever travelled on a **low-cost** airline?*

tani**narrow-minded****adj**

/'nærəʊ 'maɪndɪd/

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

More words in File 6

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

officiate v	/'ɔ:fɪsiət/	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'ventɪdʒ/	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 ha:t/	I had a racing heart when I saw my team out on the pitch.	przyspieszone serce
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 mɔ:/	What is more , I think everybody should have a smartphone.	ponadto

File 7

Vocabulary Banks

PREFIXES

antivirus adj	/'æntivɪrəs/	I need to install a new antivirus program on my computer.	antywirus
autofocus n	/ɔ:təʊf'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'zist/	Several different species now coexist peacefully side by side.	współistnieć
defuse v	/di:'fju:z/	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:'vælju:/	The pound was devalued against the US dollar.	zdewaluować
disagree v	/dɪsə'grɪ:/	He thinks we should buy a new car. But I disagree .	nie zgadzać się
discontinue v	/dɪskən'tɪnju:/	The company has decided to discontinue the free gym membership.	zaprzestać
disembark v	/dɪsɪm'bɑ:k/	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'lɪ:gəl/	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/	<i>As a child, she was ill-treated by her stepmother.</i>	źle traktowany
immobile <i>adj</i>	/ɪm'əʊbəl/	<i>He stood immobile by the window, watching us depart.</i>	nieruchomy
immoral <i>adj</i>	/ɪm'ɔ:rəl/	<i>Stealing is not only illegal, it is also immoral.</i>	niemoralny
impersonal <i>adj</i>	/ɪm'pɜ:sənl/	<i>I don't like big companies. They tend to be impersonal.</i>	bezduszny
impractical <i>adj</i>	/ɪm'præktykl/	<i>It was an impractical idea and nobody thought it would work.</i>	niepraktyczny
inappropriate <i>adj</i>	/ɪnə'prəʊpriət/	<i>Do you think colourful clothes are a bit inappropriate for a funeral?</i>	nieodpowiedni
incapable <i>adj</i>	/ɪn'keɪpəbl/	<i>My children are incapable of working by themselves.</i>	niezdolny
incoherent <i>adj</i>	/ɪnkəʊ'hɪrərənt/	<i>His speech was incoherent and nobody understood it.</i>	nieskładny
incompetent <i>adj</i>	/ɪn'kɒmpɪtənt/	<i>I won't work with him again. He's completely incompetent.</i>	niekompetentny
inhospitable <i>adj</i>	/ɪnho'spitəbl/	<i>The Atacama Desert must be an inhospitable place to live.</i>	niegościnny
intergovernmental <i>adj</i>	/ɪntəgʌvən'mentl/	<i>There will be an intergovernmental conference to look at climate change.</i>	międzyrządowy
irrational <i>adj</i>	/ɪ'ræʃənl/	<i>Fear of spiders is pretty irrational.</i>	irracjonalny
irregular <i>adj</i>	/ɪ'regjələ/	<i>My attendance at the gym has been very irregular this term.</i>	nieregularny
irrelevant <i>adj</i>	/ɪ'reləvənt/	<i>It is irrelevant if I believe your excuses or not.</i>	nieistotny
irreplaceable <i>adj</i>	/ɪrɪ'pleɪsəbl/	<i>These antiques are irreplaceable.</i>	niezastąpiony
misunderstand <i>v</i>	/mɪsʌndə'stænd/	<i>Sorry, I misunderstood you. I thought you weren't coming.</i>	źle zrozumieć
monosyllable <i>n</i>	/'mɒnəsɪləbl/	<i>A lot of common English verbs are monosyllables.</i>	monosylaba
multivitamins <i>n pl</i>	/mʌlti'vetəmɪnz/	<i>The doctor told me to take multivitamins because I was feeling a bit weak.</i>	multiwitaminy
outbuilding <i>n</i>	/'aʊtbɪldɪŋ/	<i>She lived in a farmhouse with several outbuildings.</i>	budynek gospodarczy
outgrow <i>v</i>	/aʊt'grəʊ/	<i>My daughter has outgrown most of her clothes.</i>	wyrosnąć z czegoś
outnumber <i>v</i>	/aʊt'nʌmbə/	<i>The demonstrators outnumber the police.</i>	przewyższać liczebnie
outpatient <i>n</i>	/'aʊtpεɪʃnt/	<i>I have to go to the hospital twice a week as an outpatient.</i>	pacjent leczony ambulatoryjnie
overeating <i>n</i>	/əʊvə'reɪtiŋ/	<i>My sister goes through periods of compulsive overeating.</i>	przejadanie się
postgraduate <i>adj</i>	/pəʊst'grædʒuət/	<i>I'm doing a postgraduate course in literary translation.</i>	studia podyplomowe
precondition <i>n</i>	/pri:kən'dɪʃn/	<i>A ceasefire is an essential precondition for any negotiation.</i>	warunek konieczny
reinstate <i>v</i>	/ri:ɪn'steɪt/	<i>He was innocent so he was reinstated in his old post.</i>	przywrócić
substandard <i>adj</i>	/sʌb'stændəd/	<i>This work is totally substandard. It's not acceptable.</i>	poniżej normy
superhuman <i>adj</i>	/su:pə'hju:mən/	<i>When he lifted her up, he seemed to have superhuman strength.</i>	nadludzki
unattractive <i>adj</i>	/ʌnə'træktrɪv/	<i>What makes a voice sound unattractive to you?</i>	nieatrakcyjny
understaffed <i>adj</i>	/ʌndə'staɪft/	<i>This restaurant is really understaffed. They clearly need to hire more waiters.</i>	cierpiący na niedobór personelu
undo <i>v</i>	/ʌn'du:/	<i>Why don't you try to undo the damage?</i>	cofnąć
uneasy <i>adj</i>	/ʌn'i:zi/	<i>I felt a bit uneasy about his visit.</i>	zaniepokojony

unofficial adj	/ʌnə'fɪʃl/	<i>Unofficial estimates put the figure at two million.</i>	nieoficjalny
upgrade v	/ʌp'greɪd/	<i>I was incredibly lucky on my flight to New York. I was upgraded to business class!</i>	podnieść standard usług

Useful words and phrases

abstract painting n	/'æbstrækɪt 'peɪntɪŋ/	<i>Mark Rothko specialized in abstract painting.</i>	obraz abstrakcyjny
antibiotics n pl	/æntibaɪ'tɒɪks/	<i>Most antibiotics are made from bacteria.</i>	antybiotyki
ban v	/bæn/	<i>Liquids over 100 ml are banned in carry-on baggage.</i>	zabronić
bilingual adj	/baɪ'lɪŋgwəl/	<i>More than half the world's population is bilingual.</i>	dwujęzyczny
black market n	/blæk 'ma:kɪt/	<i>I think he bought that painting on the black market.</i>	czarny rynek
calm traffic v	/kɑ:m 'træfɪk/	<i>The city council should do something to calm the traffic around schools.</i>	ograniczyć natężenie ruchu
cite v	/saɪt/	<i>He cited 'terrorism laws' as a reason for not allowing us to take photographs.</i>	cytować
confiscate v	/'kɒnfɪskeɪt/	<i>I had my tweezers confiscated at an airport once.</i>	skonfiskować
dismantled adj	/dɪs'mæntl/	<i>This sculpture is made from dismantled engines.</i>	rozmontować
grey area n	/greɪ 'eəriə/	<i>Online copyright is still a bit of a grey area.</i>	szara strefa
grimace v	/'grɪməs/	<i>She grimaced as the needle went in.</i>	skrzywić się
illegible adj	/ɪ'ledʒəbl/	<i>I can't read my doctor's handwriting. It's almost illegible.</i>	nieczytelny
impose v	/ɪm'pəʊz/	<i>My boss has imposed a ridiculous set of rules after the accident last week.</i>	nałożyć
in black and white	/ɪn blæk ənd waɪt/	<i>My uncle sees everything in black and white. He's not very subtle.</i>	jednoznacznie
inability n	/'ɪnəbɪləti/	<i>His inability to concentrate on anything really irritates me.</i>	niezdolność
inconvenient adj	/ɪn'kən'veniənt/	<i>Having to take care of my sister's dogs is terribly inconvenient.</i>	kłopotliwy
interfere v	/ɪntə'fɪə/	<i>There is no evidence that using your mobile phone on a plane will interfere with the systems.</i>	przeszkadzać
landscape n	/'lændskeɪp/	<i>A landscape is a painting of a view of the countryside.</i>	krajobraz
limp v	/lɪmp/	<i>I twisted my ankle, so I limped painfully back home.</i>	utykać
microwave n	/'maɪkrəweɪv/	<i>Microwaves use more electricity running their digital clock than heating food.</i>	kuchenka mikrofalowa
misprint n	/'mɪsprɪnt/	<i>The first book ever printed in Oxford had a misprint. The date was wrong.</i>	literówka
out of the blue	/aut əv ðə blu:/	<i>We were talking about work when out of the blue she asked if I was married.</i>	znienacka
outdoor adj	/'aʊtdɔ:/	<i>The hotel has an outdoor swimming pool.</i>	na świeżym powietrzu
overcharge v	/əʊvə'tʃa:dʒ/	<i>I'm not coming back to this restaurant. They have clearly overcharged us.</i>	policzyć za dużo
portrait n	/'pɔ:t्रət/	<i>The Mona Lisa is one of the most famous portraits in art history.</i>	portret
recycle v	/ri:'saɪkl/	<i>Paper can only be recycled six times.</i>	przetwarzać
red herring n	/red 'herɪŋ/	<i>The letter was a red herring. It had nothing to do with the murder at all.</i>	kwestia odciągająca od tematu
red tape n	/red teɪp/	<i>We had to deal with so much red tape that we decided to cancel the tour.</i>	biurokracja
rewrite v	/ri:'raɪt/	<i>You should rewrite this paragraph. It's unclear.</i>	przepisać

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

More words in File 7

generally speaking	/'dʒenrəli 'spi:kɪŋ/	<i>Generally speaking</i> , students think university tuition fees should be lower.	ogólnie mówiąc
I strongly recommend	/aɪ 'strɒŋgli rekə'mend/	<i>I strongly recommend</i> that you extend the opening hours.	gorąco polecam
in general	/ɪn 'dʒenrəl/	<i>In general</i> , students think university tuition fees should be lower.	ogólnie
it is generally considered	/ɪt ɪz 'dʒenrəli kən'sɪdər/	<i>It is generally considered</i> that study trips to the UK are enriching and useful.	powszechnie uważa się
it would be advisable	/ɪt wʊd bi əd'veɪzəbl/	<i>It would be advisable</i> for the registration process to be improved.	byłoby wskazane
it would be far preferable	/ɪt wʊd bi fa: 'prefrəbl/	<i>It would be far preferable</i> for classes to last one hour.	byłoby pożądane
jellyfish <i>n</i>	/'dʒelɪfɪʃ/	<i>I was stung by a jellyfish. It was really painful.</i>	meduza
lizard <i>n</i>	/'lɪzəd/	<i>Some people keep lizards as pets.</i>	jaszczurka
on the road	/ɒn ðə rəʊd/	<i>I've been on the road since six this morning.</i>	w trasie
overall <i>adv</i>	/əʊvər'ɔ:l/	<i>Overall</i> , we all think the study trip is a good programme.	w sumie
public health <i>n</i>	/'pʌblɪk helθ/	<i>Smoking is a public health issue.</i>	zdrowie publiczne
tarantula <i>n</i>	/tə'ræntʃələ/	<i>Did you know that some people actually eat tarantulas?</i>	tarantula
the general view	/ðə 'dʒenrəl vju:/	<i>The general view</i> is that certain improvements need to be made.	ogólny podgląd
we propose	/wi: prə'pəʊz/	<i>We propose</i> that you make the classes smaller.	proponujemy
we suggest	/wi: sə'dʒest/	<i>We suggest</i> that you buy new computers.	sugerujemy

File 8

Vocabulary Banks

TRAVEL AND TOURISM

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

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

Useful words and phrases

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

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

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

More words in File 8

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

File 9

Vocabulary Banks

ANIMAL MATTERS

animal charity <i>n</i>	/'ænɪml 'tʃærəti/	<i>He works for an animal charity.</i>	organizacja zajmująca się zwierzętami
animal rights activist <i>n</i>	/'ænɪml raɪts 'æktyvɪst/	<i>She is an animal rights activist.</i>	obrońca praw zwierząt
bark <i>v</i>	/ba:k/	<i>The dog is barking. There might be someone at the door.</i>	szczekać
beak <i>n</i>	/bi:k/	<i>Male blackbirds have yellow beaks.</i>	dziób
bee <i>n</i>	/bi:/	<i>I'm scared of bees. I'm allergic to their stings.</i>	pszczola
blackbird <i>n</i>	/'blæk'bɜ:d/	<i>A blackbird has nested in my garden.</i>	kos
bred in captivity	/bred in kæp'tivəti/	<i>The bear was bred in captivity.</i>	urodzony w niewoli
cage <i>n</i>	/keɪdʒ/	<i>I hate seeing animals in cages.</i>	klatka
calf <i>n</i>	/ka:f/	<i>The cow had a calf last night.</i>	cielę
canary <i>n</i>	/kə'næri/	<i>Please keep the canary inside the cage.</i>	kanarek
chick <i>n</i>	/tʃɪk/	<i>There were a few chicks in the yard.</i>	pisklę
claw <i>n</i>	/klɔ:/	<i>Be careful with the cat's claws. They're sharp.</i>	pazur
endangered species <i>n</i>	/ɪn'deɪndʒəd 'spi:zɪz/	<i>The sea turtle is an endangered species.</i>	zagrożone gatunki
environment <i>n</i>	/ɪn'veɪrənmənt/	<i>It is important to respect natural animal environments.</i>	środowisko
fin <i>n</i>	/fɪn/	<i>Fish use their fins for swimming.</i>	płetwa
foal <i>n</i>	/fəʊl/	<i>I love foals. They are so beautiful.</i>	źrebię
fur <i>n</i>	/fɜ:/	<i>Some animals are hunted for their fur.</i>	futro
goldfish <i>n</i>	/'gəʊldfɪʃ/	<i>I have to buy a new tank for the goldfish.</i>	złota rybka
grunt <i>v</i>	/grʌnt/	<i>The pigs grunted and everybody laughed.</i>	chrząkać
hive <i>n</i>	/haɪv/	<i>There was a hive full of bees in the park near the school.</i>	ul
hoof / hooves <i>n / n pl</i>	/hu:f, hu:vz/	<i>They have to shoe the horse's hooves.</i>	kopyto/kopyta
horn <i>n</i>	/hɔ:n/	<i>Rams have curved horns.</i>	róg
hunted for sport	/'hʌntɪd fə spɔ:t/	<i>Some animals are hunted for sport.</i>	zabijane dla sportu przez myśliwych
inhumane conditions <i>n pl</i>	/ɪnhju:'meɪn kən'dɪʃnz/	<i>Chickens were transported in inhumane conditions.</i>	nieludzkie warunki
insect <i>n</i>	/'ɪnsekt/	<i>Use this repellent if you want to deter insects.</i>	owad
kennel <i>n</i>	/'kenl/	<i>My dog usually sleeps in a kennel.</i>	buda
kitten <i>n</i>	/'kɪtn/	<i>My parents gave me a kitten as a birthday present.</i>	kocię
lamb <i>n</i>	/læm/	<i>Seeing all the lambs in the fields in spring is wonderful!</i>	jagnię
live in the wild	/liv in ðə waɪld/	<i>There is a national park nearby where animals live in the wild.</i>	żyć na wolności
meow <i>v</i>	/mi'au/	<i>I can hear the cat meowing from here.</i>	miauczeć
neigh <i>v</i>	/neɪ/	<i>The horse neighed when it saw me.</i>	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:intro'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>	/skwɪ: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 ˈfɪgz/	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>	/'ba:bɪkju:d pɔ:k ribz/	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 'pa: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>	/'kʌləndə/	Drain the vegetables using a colander .	durszlak
deep-fried onion rings <i>n pl</i>	/di:p fraɪd 'ʌnjən rɪŋz/	Deep-fried onion rings are one of my favourite pub snacks.	krążki cebulowe smażone w głębokim oleju
food processor <i>n</i>	/fu:d 'prəʊsesə/	Why don't you use the food processor to combine the ingredients?	robot kuchenny
frying pan <i>n</i>	/'fraɪɪŋ pæn/	Use a frying pan to cook the omelette.	patelnia
grated cheese <i>n</i>	/'greɪtid tʃi:z/	Why don't you add some grated cheese to your chips?	starty ser
grilled fillet of fish <i>n</i>	/grɪld 'filɪt əv fiʃ/	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 pɔ:tɪtəʊz/	I like my salmon with mashed potatoes .	tłuczone ziemniaki
melted chocolate <i>n</i>	/'meltɪd t'ʃɒklət/	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>	/'omlət/	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>	/pɔts 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>	/'skræmbl̩d 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>	/wipt 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 da:k hɔ:s/	I think James was married before, but I'm not sure. He's a dark horse .	tajemnicza postać
adore <i>v</i>	/ə'dɔ:/	My children absolutely adore animals.	uwielbiać
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'baut/	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 hæt/	You need to wear a chef's hat at all times.	czapka szefa kuchni
children's portion <i>n</i>	/'tʃɪldrənз '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 hætʃ/	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 'dənki 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.	ziolowy
I am positively averse	/aɪ æm 'pozətɪvli ə'vers/	I am positively averse to dogs.	mam silną awersję

I can live with that	/aɪ kən lɪv wið 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 tu: bɜːdz wið 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 adj	/'leməni/	<i>This fish has a lemony flavour.</i>	cytrynowy
like a fish out of water	/laɪk ə fɪʃ əʊt 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>	sąpywać po kimś jak woda po kaczce
meaty adj	/'miːti/	<i>We had a meaty stew for dinner.</i>	mięsny
minty adj	/'mɪnti/	<i>My son complains that his toothpaste is too minty.</i>	miętowy
peppery adj	/'peprɪ/	<i>This sauce is a bit too peppery.</i>	pieprzny
recipe book n	/'resəpi buk/	<i>My mum bought me a recipe book for my birthday. What was she trying to say?</i>	książka kucharska
salty adj	/'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 adj	/'spaɪsi/	<i>I can't eat really spicy food.</i>	pikantny
sugary adj	/'ʃʊgəri/	<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 n	/'tjuːnə 'sæləd/	<i>I like my tuna salad dressed with olive oil.</i>	sałatka z tuńczyka
watery adj	/'wɔːtəri/	<i>The sauce is a bit watery.</i>	wodnisty
with his tail between his legs	/wið hɪz tel blɪ'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 ə: 'ɒnlain rezə'veɪʃn/	<i>According to our online reservation, the table was booked for 7.00.</i>	zgodnie z naszą rezerwacją internetową
dressing n	/'dresɪŋ/	<i>What's your favourite salad dressing?</i>	sos
I am writing to complain about...	/aɪ əm 'raɪtɪŋ tə kəm'pleɪn ə'baut/	<i>I'm writing to complain about the meal I had on Thursday 16th March at your restaurant.</i>	Chciałbym / Chciałabym złożyć reklamację
I feel strongly	/aɪ fi:l 'strɔːŋli/	<i>I feel strongly that the service should be efficient.</i>	Uważam
I look forward to hearing your views	/aɪ lok 'fɔːwəd tə 'hɪərɪŋ jɔː vju:z/	<i>I look forward to hearing your views on the matter.</i>	Czekam na odpowiedź
not only brought us the bill, but also	/nɒt 'əʊnlɪ brɔːt əs ðə bil 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 n pl	/nʌts/	<i>I'm allergic to nuts.</i>	orzechy
sauce n	/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	/'ækktʃuəli/	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	/bɪ'saɪd/	They live in the new block of flats beside the school.	obok
besides prep	/bɪ'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	/'kʌrəntl/	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'nai/	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'spirɪtɪŋ/	Getting a new passport was quite a dispiriting experience – it took ages!	znichęcający
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	/fa: fetʃt/	His ideas were a bit far-fetched .	naciągany
flatness n	/'flætnəs/	She liked the flatness of the plain.	płaskość
flatten v	/'flætn/	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	/'fɔ:rənə/	As a foreigner , things were a bit more complicated for me.	obcykrajowiec
garment n	/'ga:mənt/	A garment is a piece of clothing.	część garderoby
gravely adv	/'greivli/	My parents looked gravely at me.	powaźnie
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 v	/leɪ/	If you lay her on the sofa gently, she may not wake up.	polóżć
length n	/leŋθ/	What's the length of the room?	długość
lengthen v	/'leŋθən/	I need to lengthen this skirt.	wydłużyć
lie v	/laɪ/	Please lie down and relax.	położyć się
lungs n pl	/lʌŋz/	Your heart and lungs are the biggest beneficiaries of exercise.	płuca
melancholy n	/'melənkəli/	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 n	/aʊt'saɪdə/	She felt like an outsider most of the time.	obcy
pamphlet n	/'pæmflet/	I brought you an instructional pamphlet .	broszura
press-ups n pl	/pres ʌps/	He does 20 press-ups every morning.	pominki
primary adj	/'praɪməri/	Wanting to stay in the UK was my primary reason for acquiring citizenship.	główny
reflect on v	/rɪ'flekt ɒn/	When I reflected on the issue, my view changed.	zastanawiać się nad czymś
refuse v	/rɪ'fju:z/	The man refused to put out his cigarette.	odmawiać
shorten v	/'ʃɔ:tən/	I need to shorten these trousers. They are too long.	skrócić
shortness n	/'ʃɔ:tнəs/	My grandfather suffers from shortness of breath.	niski wzrost
sit-ups n pl	/sit ʌps/	I can perform ten more sit-ups since I started the training.	brzuszki
spine n	/spaɪn/	When I lifted the heavy weight, I injured my spine and had to see a back specialist.	kregosłup
stranger n	/'streɪndʒə/	Do not talk to strangers .	nieznajomy
strength n	/strenɡθ/	I need to gain some strength in my legs.	siła
strengthen v	/'strenɡθən/	Regular exercise strengthens your muscles.	wzmocnić
stretch v	/stretʃ/	This exercise is designed to stretch your leg muscles.	rozciągnąć
suit n	/su:t/	You should definitely wear a suit to the interview.	garnitur
suite n	/swɪt/	The hotel gave us a suite instead of a double bedroom.	apartament
the proceedings n pl	/ðə prə'sɪ:dɪŋz/	My family viewed the proceedings from the public gallery.	uroczystości
thicken v	/'θɪkən/	If you want to thicken the sauce, add flour.	zageścić
thickness n	/'θɪknəs/	I don't like the thickness of the sauce.	gęstość
thigh n	/θaɪ/	The strength for a great serve is provided by your thigh muscles.	udo
training n	/'treɪnɪŋ/	Weight training speeds up the rate at which calories are burnt.	trening
trunk n	/trʌŋk/	Abdominal muscles support the trunk .	tulów
vigorous adj	/'vɪgərəs/	You should do vigorous exercise at least twice a week.	energiczny
weaken v	/'wi:kən/	The team has been weakened by injury.	osłabić
weakness n	/'wi:kнəs/	He's almost unbeatable. He has no real weakness .	słaby punkt
widen v	/'waɪdn/	Here the stream widens into a river.	poszerzyć
width n	/wɪdθ/	What's the width of the river?	szerokość

MORE WORDS IN FILE 10

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

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