

# Word List

## Unit 1 – Dream big

### 1a

**achieve (sth)** /ə'tʃi:v/ (v) = to accomplish sth - osiągać, zdobywać (np. wyniki)  
**achieve a goal** (phr) = to succeed in doing sth - osiągać cel  
**adore** /ə'dɔ:/ (v) = to love or like sb very much - uwielbiać  
**approach** /ə'prəutʃ/ (v) = to go to sb and speak to them - zwracać się (do kogoś z prośbą, pytaniem)  
**calculate** /kælkjuleɪt/ (v) = to determine a number or an amount from information that you already have - obliczać  
**capable (of sth)** /keɪpəbəl/ (adj) = able to do sth - potrafiący coś zrobić, zdolny do czegoś  
**caretaker** /ke'reteɪkə/ (n) = sb who cleans and maintains a building - dozorca, woźny  
**chase a dream** (phr) = to try hard to achieve a goal - gonić marzenia (ciężko pracować, by osiągnąć cel)  
**condition** /kən'dɪʃən/ (n) = the state of sth - stan, kondycja  
**connection** /kə'nekʃən/ (n) = a relationship - związek (emojonalny)  
**countless** /kaʊntləs/ (adj) = numerous; very many - niezliczony  
**devoted** /dɪ'veutid/ (adj) = very caring - oddany, poświęcający się  
**find your calling** (phr) = to discover your chosen profession or career - znaleźć powołanie  
**focus (on sth)** /fə'kəs/ (v) = to concentrate on sth - skupiać się (np. na czynności)  
**fulfil (sth)** /fʊ'lɪfɪl/ (v) = to make sth come true - realizować (np. ambicję)  
**fulfil your potential** (phr) = to achieve as much as your natural ability makes possible - wykorzystywać swój potencjał  
**gain** /geɪn/ (v) = to obtain or achieve sth - zyskiwać  
**genetic disorder** /dʒə'nɛtɪk/ dis'ɔ:də/ (n) = an illness or disability caused by defective or mutated genes - choroba genetyczna  
**give out** /gɪv 'aut/ (phr v) = to give sth to a lot of people; to distribute sth - tu: rozdawać

**give up** /gɪv 'ʌp/ (phr v) = to stop making an effort; to quit - poddawać się, rezygnować  
**grab an opportunity** (phr) = to take advantage of a favourable chance - złapać okazję  
**hang in** /hæŋ 'ɪn/ (phr v) = to not give up in difficulties - nie poddawać się, wytrzymywać  
**hang out** /hæŋ 'aut/ (phr v) = to spend a lot of time somewhere or with sb - spędzać czas  
**honour** /'ɒnər/ (v) = to show your respect to sb - honorować, uczcić  
**idolise** /aɪdəlaɪz/ (v) = to admire and love sb greatly - ubóstwiać  
**inspire people to be better** (phr) = to influence people to become better - inspirować do bycia lepszym  
**keep on** /ki:p 'ɒn/ (phr v) = to continue (doing sth) - kontynuować  
**keep (sth) up** /ki:p 'ʌp/ (phr v) = to continue doing sth good - tu: trzymać na poziomie (np. pracy)  
**live a full life** (phr) = to enjoy doing a lot of things - żyć pełnią życia  
**manage (to do sth)** /mænidʒ/ (v) = to succeed in doing sth - dać radę (coś zrobić)  
**motivational** /məʊ'tɪvɪ'reɪʃənl/ (adj) = inspirational; encouraging - motywacyjny (np. mówca)  
**occur** /ə'kɜ:/ (v) = to happen - zdarzać się  
**persist** /pə'sɪst/ (v) = to keep doing sth - nie przestawać (robić czegoś)  
**position** /pə'zɪʃən/ (n) = the place where sb or sth is - pozycja, miejsce  
**possibility** /pɒsə'biliti/ (n) = the chance for sth to happen - możliwość  
**potential** /pə'tenʃəl/ (n) = sb's natural ability to succeed - potentjał  
**prize** /praɪz/ (v) = to consider sth very important or valuable - cenić sobie  
**probability** /probə'biliti/ (n) = likelihood - prawdopodobieństwo  
**project confidence** (phr) = to show self-assurance - pokazywać pewność siebie  
**prospect** /'prɒspekt/ (n) = the possibility that sth might happen - szansa, możliwość  
**resist** /rɪ'zɪst/ (v) = to refuse to do sth - stawić opór  
**severe** /sɪ'veər/ (adj) = serious; very bad - poważny  
**situation** /sɪ'tju'eɪʃən/ (n) = the condition in which sb finds themselves - sytuacja (tu: życiowa)  
**start on (sth)** /stɑ:t ɒn/ (phr v) = to begin dealing with sth - zabierać się za coś  
**start (sb) off** /stɑ:t 'ɒf/ (phr v) = to help sb begin doing sth - pomóc zacząć  
**state** /steɪt/ (n) = the condition that sb or sth is in - stan, kondycja  
**stir in** /stɪ:r 'ɪn/ (phr v) = to add sth to sth else and mix them - zmieszać, zmieszać  
**stir (sth) up** /stɪ:r 'ʌp/ (phr v) = to cause problems, trouble, etc - wywoływać problemy  
**succeed (in doing sth)** /sək'si:d/ (v) = to get the desired results by doing sth - odnosić sukces  
**take into consideration** (phr) = to take into account; to think about sth before making a final decision - brać pod uwagę  
**teasing** /ti:zɪŋ/ (n) = mocking - dokuczanie  
**work on (sth)** /wɜ:k ɒn/ (phr v) = to spend time improving sth - pracować ciężko (nad czymś)  
**work out** /wɜ:k 'aut/ (phr v) = to exercise - ćwiczyć (fizycznie)

### 1b

**conflict** /kən'flikt/ (n) = disagreement and argument - konflikt, spór, nieporozumienie  
**goodwill ambassador** /'gud'wi:l əm'bæsədə/ (n) = a person who supports a specific cause or global issue and is appointed by the United Nations - ambasador dobrej woli  
**hit the books** (idm) = to start studying very hard - przysiadać do książek (by się uczyć)  
**mindfulness** /maɪndfəlnəs/ (n) = deep thinking; true awareness - uważność  
**overseas** /əʊvə'si:z/ (adv) = abroad; in a foreign country - za granicą  
**shift** /ʃɪft/ (n) = the time period during which sb works - zmiana (godziny pracy)  
**1c**  
**as bold as brass** (idm) = (of a person) arrogant - z pewnością siebie  
**as cold as ice** (idm) = (of a person) very unfriendly and unfeeling - oschły (o osobie)  
**as cool as a cucumber** (idm) = (of a person) very calm - opanowany (o osobie)  
**as hard as nails** (idm) = (of a person) very tough - niewzruszony, twardy jak skała (o osobie)  
**as keen as mustard** (idm) = (of a person) very eager and enthusiastic - entuzjastyczny (o osobie)  
**as sly as a fox** (idm) = (of a person) very clever in a cunning way - chytry jak lis (o osobie)  
**assertive** /ə'sɜ:tɪv/ (adj) = confident enough to state your needs and opinions clearly - assertywny  
**attitude** /ə'tɪtju:d/ (n) = a manner of behaviour based on your opinion of a person or situation - postawa, stosunek (do kogoś)  
**composed** /kəm'pəuzd/ (adj) = calm and in control of yourself - opanowany, spokojny  
**cunning** /kʌnɪŋ/ (adj) = crafty; deceptive in a clever way - chytry, cwany  
**determined** /dɪ'tɜ:zmɪnd/ (adj) = having made a firm decision to do sth - zdecydowany, zdeterminowany (by coś zrobić)  
**emotional** /ɪ'məʊʃənl/ (adj) = sentimental; causing sb to have strong feelings - emocjonalny  
**enthusiastic** /ɪn'θju:zi'æstɪk/ (adj) = showing a lot of interest in and excitement about, sth - entuzjastyczny, pełny entuzjazmu  
**focused** /fəʊkəst/ (adj) = having a clear and definite target - skoncentrowany, skupiony  
**generous** /dʒenərəs/ (adj) = giving people more of your time or money in order to help them - hojny  
**impudent** /ɪmpjʊ'dənt/ (adj) = disrespectful; rude - bezczelny  
**indifferent** /ɪn'dɪfrənt/ (adj) = not caring about sb/sth - obojętny  
**insecure** /ɪn'sɪkrjuə/ (adj) = not confident about your abilities, knowledge, etc - niepewny

**modest** /'mɒdɪst/ (adj) = humble; not showing off your skills, abilities, etc - skromny  
**narrow-minded** /'nærəʊd/ 'nærmɪndɪd/ (adj) = unwilling to accept other people's ideas - ograniczony (o człowieku)  
**passionate** /'pæʃənət/ (adj) = having a strong feeling about sth - pełny pasji  
**quick-witted** /'kwɪk 'wɪtɪd/ (adj) = clever - bstry (o osobie)  
**reserved** /rɪ'zɜ:vɪd/ (adj) = shy; keeping your feelings hidden - powściągliwy  
**ruthless** /ru:θləs/ (adj) = hard-hearted - bezwzględny  
**self-confident** /,self 'kɒnfɪdənt/ (adj) = sure of yourself and your abilities - pewny siebie  
**stubborn** /'stʌbən/ (adj) = unwilling to change your opinions or beliefs - uparty  
**upbringing** /ʌp'briŋɪŋ/ (n) = the way parents educate and treat their children as they grow up - wychowanie (dziecka)  
**wasteful** /'wɛstfəl/ (adj) = letting time, money, etc go unused - rozrzutny

## Culture 1

**achievable** /'ætʃɪvəbəl/ (adj) = that can be done successfully - osiągalny  
**achieve** /'ætʃɪv/ (v) = to manage to get sth - osiągać, zdobywać (np. wyniki)  
**bright** /braɪt/ (adj) = intelligent; clever - inteligentny, bstry  
**bring sb to justice** (phr) = to catch a criminal and take them to court - postawić przed sądem, pociągnąć do odpowiedzialności  
**conform (to sth)** /kən'fɔ:m/ (v) = to behave according to the accepted standards of a society - dostosowywać się, dopasowywać się  
**confuse** /kən'fju:z/ (v) = to puzzle sb - dezorientować  
**conventional** /kən'venʃənl/ (adj) = conservative; traditional - tradycyjny, konserwatywny, konwencjonalny  
**devote** /dɪ'tveɪt/ (v) = to dedicate sth to sth - poświęcać (np. czas)  
**empowering** /'ɪm'paʊərɪŋ/ (adj) = giving sb strength and confidence - tu: dający się  
**fiery** /'faɪəri/ (adj) = (of a person) passionate - zapalczyny (o osobie)

**flesh-and-blood** (phr) = real and living - z krwi i kości  
**guardian** /'ga:dɪən/ (n) = sb who is responsible for a child instead of their parents - tu: opiekun prawny  
**life-changing** /laɪf ,tʃeɪndʒɪŋ/ (adj) = bringing about dramatic changes - zmieniający życie  
**lord** /lɔ:d/ (n) = a title in mediaeval Europe of a powerful man - lord  
**on my own terms** (phr) = under my own conditions - na własnych warunkach  
**refuse** /rɪ'fju:z/ (v) = to not agree to do sth - odmawiać  
**strength** /streŋθ/ (n) = determination - tu: siła charakteru  
**support** /sə'pɔ:t/ (v) = to help and encourage sb - wspierać  
**typical** /'tɪpɪkəl/ (adj) = usual; normal - typowy

## Unit 2 – Touch of nature

### 2a

**anger** /'æŋgə/ (v) = to make sb very angry - zdenerwować, rozzłościć (kogoś)  
**approach** /ə'prəʊtʃ/ (v) = to get closer to sb/sth - zbliżać się, podchodzić (do kogoś)  
**area** /'eəriə/ (n) = a particular part of a city, town, country, etc - obszar, okolica  
**black hole** /blæk 'həʊl/ (n) = each of the areas in space where gravity is so strong that nothing, even light, can escape from them - czarna dziura  
**blast off** /bla:st 'ɒf/ (phr v) = (of a rocket) to leave the ground - odpalać (tu: rakietę)  
**blast out** /bla:st 'aut/ (phr v) = (of loud noise, music, etc) to be heard - być słyszalnym (o głośnych hałasach, muzyce)  
**boast** /bəʊst/ (v) = to talk proudly about sb/sth - chwalić się (sobą i swoimi osiągnięciami)  
**by heart** (phr) = from memory - (nauczyć się) na pamięć  
**celestial body** /sə'lɛstiəl 'bɒdi/ (n) = a natural object in space, such as a planet or star - ciało niebieskie  
**conflict** /kɒnflikt/ (n) = disagreement and argument - konflikt, spór, nieporozumienie

**constellation** /kɒnsta'lエtʃən/ (n) = a group of stars forming a pattern - konstelacja, gwiazdozbior  
**credit** /kredɪt/ (n) = praise - uznanie, wyrazy uznania  
**dawn** /də:n/ (n) = the time just before the sun starts rising - świt  
**debris** /'debrɪ:/ (n) = pieces of sth that has been destroyed - gruz  
**dusk** /dʌsk/ (n) = the time just before night falls, when it is not yet dark - zmierzch  
**event** /'event/ (n) = a social gathering - wydarzenie  
**fearsome** /'fɪəsəm/ (adj) = frightening - straszny, przerażający  
**fitting** /'fɪtɪŋ/ (adj) = appropriate; suitable - stosowny  
**full moon** /'fʊl 'mu:n/ (n) = the time when the moon is at its fullest - pełnia Księżyca  
**gas giant** /gæs ,dʒæənt/ (n) = a large planet mainly consisting of hydrogen and helium, such as Jupiter, Saturn, Uranus and Neptune - gazowy olbrzym (typ planety)  
**gaze** /geɪz/ (n) = looking at sth steadily for a long time - wpatrywać się  
**give away** /'gɪv ə'weɪ/ (phr v) = to give sth you possess to sb else - rozdawać  
**give off** /'gɪv ə'f/ (phr v) = to emit sth - tu: emitować (np. promieniowanie)  
**happening** /'hæpənɪŋ/ (n) = an occasion that has happened - wydarzenie, zdarzenie  
**harvest** /ha:vɪst/ (v) = to pick and collect crops - zbierać (plony)  
**heat through** /hi:t 'θru:/ (phr v) = to reheat cooked food - odgrzewać  
**heat up** /hi:t 'ʌp/ (phr v) = to become very hot - nagrzewać się  
**hemisphere** /'hɛmɪsfɪə/ (n) = each of the two halves of the Earth - półkula  
**in orbit** (phr) = (of a planet) circling another planet - na orbicie  
**incident** /'ɪnsɪdənt/ (n) = sth unusual or serious that happens - incydent, wypadek  
**infancy** /'ɪnfænsi/ (n) = the early stages of life; babyhood - wczesne dzieciństwo  
**invisibility** /ɪn'vɪzə'bɪlɪtɪ/ (n) = being impossible to be seen - niewidzialność  
**lie** /laɪ/ (v) = to exist in a place - tu: leżeć (w miejscu)  
**location** /ləʊ'keɪʃən/ (n) = the place of a building in relation to other places or buildings - lokalizacja  
**meteor shower** /'metɪər 'ʃaʊə/ (n) = a number of meteors producing a bright light and moving at high speeds across the sky at night - deszcz meteorów  
**Milky Way** /'milki 'wei/ (n) = our galaxy - Droga Mleczna  
**narrow down** /'nærəʊ 'daʊn/ (phr v) = to reduce the number of possibilities or choices - zawszeć (np. liczbe kandydatów)  
**observer** /ə'bɜ:zɜ:və/ (n) = sb who watches sth but does not get involved - obserwator  
**occurrence** /ə'kʌrəns/ (n) = sth that happens often - występowanie (np. zjawiska)  
**onlooker** /'ɒn,lʊkə/ (n) = an observer - przechodzień, świadek wydarzenia (przypadkowy)  
**point out** /'pɔɪnt 'aut/ (phr v) = to show where sth is - wskazywać, pokazywać  
**point up** /'pɔɪnt 'ʌp/ (phr v) = to clearly show that sth is important - uwypuklać (np. problem)  
**position** /pə'zɪʃən/ (n) = the place where sth is in relation to other geographical places - pozycja, miejsce  
**sacrifice** /'sækrifɪəs/ (n) = the act of killing sb as an offering to a god - ofiara (w obrębie religijnym)  
**shooting star** /'ʃu:tɪŋ 'sta:/ (n) = a star that moves quickly across the sky - spadająca gwiazda  
**sign** /saɪm/ (n) = an indication of sth - znak, oznaka  
**signal** /'saɪgnəl/ (n) = an action, sound, etc that sends a message - sygnał  
**site** /saɪt/ (n) = an important/historic place - miejsce (np. historyczne)  
**spectator** /spek'teɪtə/ (n) = sb who watches a sporting event - widz  
**spy** /spaɪ/ (v) = to happen to see sb/sth - tu: dostrzegać  
**streak** /stri:k/ (v) = to move somewhere very quickly - mknąć  
**symbol** /'sɪmbəl/ (n) = an object that represents sth - symbol

# Word List

**symptom** /'simptəm/ (n) = evidence of a health problem - symptom, objaw

**the Big Bang** /ðə\_ bɪg 'bæŋ/ (n) = the huge explosion that is believed by scientists to have created the universe - Wielki Wybuch

**total eclipse** /təʊtl ɪklɪps/ (n) = the phenomenon of the whole disc of the Sun or Moon being completely hidden - całkowite zaćmienie

**viewer** /'vjuər/ (n) = sb who watches TV - widz, telewidz

## 2b

**devastated** /dɛvəsteɪtɪd/ (adj) = extremely shocked and upset - zalamany, zdruzgotany (o osobie)

**fatal** /'fætl/ (adj) = causing death - śmiertelny

**haunt** /hɔ:nt/ (v) = (of a ghost) to often appear in a place or to sb - straszyć, nawiedzać

**plead (with sb)** /plɪ:d/ (v) = beg sb; to ask sb in an intense and emotional way - błagać

**swallow** /'swɒləʊ/ (v) = (of sth big) to make sth or sb disappear within its body - tu: pochłaniać

**weightlessness** /'weɪtləsnəs/ (n) = the state of not being affected by gravity - stan nieważkości

**whip** /wɪp/ (v) = to move sth very fast - tu: ruszać szybko (np. głową)

## 2c

**beam** /bi:m/ (v) = to send out a line of light or heat - świecić, promieniować (tu: Słońce)

**blaze** /bleɪz/ (v) = to burn strongly and brightly - płonąć, palić się

**dazzle** /'dæzəl/ (v) = (of a strong light) to blind sb temporarily - oślepiać, razić (o ostrym świetle)

**flicker** /'flɪkə/ (v) = to shine or burn with an unsteady light that goes on and off very fast - migotać

**gleam** /'glɪm:/ (v) = to shine brightly with reflected light - lśnić

**glitter** /'glɪtə/ (v) = to shine by reflection with small flashes of light - błyszczeć

**glow** /'gləʊ/ (v) = to produce a soft light - jarzyć się, świecić się

## knight in shining armour

(idm) = sb who helps you in a difficult situation - rycerz w Iśniącej zbroi

## make hay while the sun shines

(idm) = to take advantage of a situation while it lasts - kuć żelazo póki gorące

**pierce** /pɪəs/ (v) = (of light) to suddenly appear somewhere - tu: przebiąć się (np. o światle przez chmurę)

**rain or shine** (idm) = whatever the weather - bez względu na pogodę

**Rise and shine!** (idm) = (in the imperative) Wake up and get out of bed! - Pobudka!

**sparkle** /spa:kəl/ (v) = to shine brightly producing flashes of light - lśnić

**take a shine to sb** (idm) = to begin to like sb - poczuć sympatię (do kogoś)

**twinkle** /'twɪŋkəl/ (v) = to shine with an unsteady light - migotać

**wealth** /welθ/ (n) = a large fortune, amount of money, etc - bogactwo, majątek

## recount

/rɪ'kaʊnt/ (v) = to tell sb what happened in the past; to narrate - tu: opowiadać

**reflection** /rɪ'flekʃən/ (n) = the image of sb/sth seen in a mirror or on water surface - odbiecie (np. w lustrze)

**remain** /rɪ'meɪn/ (v) = to continue to exist - pozostawać (jakimś)

## roar with laughter

(phr) = to laugh very loudly - wybuchnąć śmiechem

**totter** /'tɔ:tə/ (v) = to walk unsteadily and with difficulty - iść chwiejnym krokiem

**trick** /trɪk/ (v) = to deceive sb - skłonić podstępem

**warrior** /'wɔ:rɪə/ (n) = a soldier or fighter who is experienced in fighting, especially of the past - wojownik

**weep** /wi:p/ (v) = to cry; to shed tears - płakać

## co-own

/kəʊ 'əʊn/ (v) = to be the owner of a business, etc together with one or more other people - być współwłaścicielem

**cotton** /'kɒtn/ (n) = a soft white substance used to make thread and fabrics - bawełna

**crocheting** /krə'fetɪŋ/ (n) = the activity of making cloth by using a needle with a small hook at the end and cotton/woollen thread - szydełkowanie

**cruel** /'kru:əl/ (adj) = causing suffering - okrutny

**decision** /dɪ'sɪʒən/ (n) = a choice you make after thinking about or discussing sth - decyzja

**designer clothing** /dɪ'zaimə 'kləʊðɪŋ/ (n) = expensive fashionable clothes made by a famous designer - ubrania markowe, od znanego projektanta

**developing country** (phr) = a country with little industry and, usually, low incomes - kraj rozwijający się

**effect** /'efekt/ (n) = a change caused by sth - tu: wpływ

**encourage** /ɪn'kʌrɪdʒ/ (v) = to make sb feel that they want to do sth - zachęcać, motywować

**exercise** /eksə'sərz/ (v) = to use or apply sth (a right, a power, consciousness, etc) - tu: zachowywać (ostrożność)

**fashion industry** /fæʃən ,ɪndəstri/ (n) = businesses manufacturing clothes - przemysł mody

**fashionista** /fæʃə'nɪstə/ (n) = sb who always follows the latest fashions - osoba interesująca się modą, modniś

**fast fashion** /fa:st 'fæʃən/ (adj) = producing fashionable clothes very fast and at a low cost - fast fashion (sztybkie i tanie produkowanie modnych ubrań)

**flowery** /fləʊəri/ (adj) = (of a cloth pattern) having flowers - kwiecisty (o wzorze)

**focus (on sth)** /'fəʊkəs/ (v) = to give a lot of attention to sth - skupiać się (np. na czynności)

## Unit 3 – Stuff that matters

### 3a

**a pair of denim jeans** (phr) = a pair of casual trousers made from a strong, blue, cotton cloth - para jeansów

**baggy** /bægi/ (adj) = (of clothes) loose-fitting - workowaty, luźny (o ubraniu)

**button down** /bʌtn 'daʊn/ (phr v) = to fasten sth down with buttons to secure it (e.g. collar) - rozpięć (guziki w ubraniu)

**button up** /bʌtn 'ʌp/ (phr v) = to join the two sides of a garment by fastening its buttons - zapiąć (guziki w ubraniu)

**casual** /kæʒuəl/ (adj) = (of clothes) not formal - nieformalny (tu: ubiór)

**classic** /klæsɪk/ (adj) = (of clothes) traditional, simple and not influenced by fashion trends - klasyczny, tradycyjny

**conclusion** /kən'klu:ʒən/ (n) = an opinion or judgement reached after consideration - wniosek, konkluzja

**consequence** /kən'sɪkwəns/ (n) = sth that happens as a result of sth else - konsekwencja

**from scratch** (phr) = from the very beginning - od zera, od podstaw

**garment** /ga:mənt/ (n) = a piece of clothing - odzież, ubrania

**hang out** /haŋ ʌut/ (phr v) = to spend a lot of time somewhere or with sb - spędzać czas

**hang up** /haŋ ʌp/ (phr v) = to suspend clothes on a hook or hanger - wieszać (np. ubrania)

**impact (on sth)** /ɪmpækɪt/ (n) = the result of an action on sth - wpływ (na coś)

**impression** /ɪm'preʃən/ (n) = sb's feelings and opinions about sb/sth - wrażenie

**in stock** (phr) = available for sale - w magazynie, na stanie

**influence** /ɪnfluəns/ (n) = the power to cause sb to change how they behave, think, etc - wpływ, oddziaływanie (na kogoś)

**irreparable** /ɪ'repərəbəl/ (adj) = not able to be fixed - nienaprawialny

**knitting** /nɪtɪŋ/ (n) = the activity of making clothes using needles and wool - robienie na drutach

**last** /la:st/ (v) = (of an item) to continue to exist for a period of time - trwać, tu: zachowywać ważność (o jedzeniu)

**loose** /lu:s/ (adj) = (of clothes) large; not fitting tightly - luźny (o ubraniu)

**low** /ləʊ/ (adj) = little; not significant - tu: niski (o jakości)

**mend** /mend/ (v) = to fix or repair sth - naprawiać

**off the rack** (phr) = (of clothes) ready-made - gotowy do noszenia, z wieszaka (o ubraniu)

**outcome** /autkʌm/ (n) = a result - wynik, rezultat

**patch** /pætʃ/ (v) = to cover a hole in clothes, etc by sewing a piece of cloth on it - łatać (np. ubranie)

**perform** /pə'fɔ:m/ (v) = to do; to carry out an action - wykonywać (np. zadanie)

**plain** /pleɪn/ (adj) = (of clothes) not colourful or decorated - gładki (o ubraniu)

**point out** /pɔɪnt 'aʊt/ (phr v) = to mention sth - wskazywać, pokazywać

**rehearse** /rɪ'hɜ:s/ (v) = to repeat a play, a concert, etc in order to be ready for the public performance - ćwiczyć, przeprowadzać próbę (np. przedstawienia)

**renovate** /rə'nəveɪt/ (v) = to repair sth, so that it is in good condition again - odnawiać, remontować

**research** /rɪ'sɜ:tʃ/ (n) = a careful study to discover facts - badanie (naukowe)

**restore** /rɪ'stɔ:/ (v) = to return sth to its previous good condition - przywrócić, odnowić

**scruffy** /skrʌfi/ (adj) = (of clothes) old and dirty - nieschludny

**second-hand** /'sekənd 'hænd/ (adj) = not new, owned before - z drugiej ręki

**sewing** /'səʊɪŋ/ (n) = the activity of making or mending clothes using a needle and thread - szycie

**stylish** /'stɪlɪʃ/ (adj) = fashionable; trendy - stylowy

**support** /sə'pɔ:t/ (v) = to show sb approval and encouragement - popierać

**sustainable** /sə'steɪnəbəl/ (adj) = not causing damage to the environment - zrównoważony ekologicznie

**take in** /teɪk ɪn/ (phr v) = to make clothes smaller - tu: zwęzać (ubranie)

**take off** /teɪk ɒf/ (phr v) = to remove sth that you are wearing - tu: zdjąć (ubranie)

**textile fibre** /tekstail, fɑrbə/ (n) = each of the threads that make up a fabric - włókno tekstylne

**thrifty** /'θrɪfti/ (adj) = using money carefully; not wasteful - oszczędny

**tight** /taɪt/ (adj) = (of clothes) fitting the body very closely - ciasny (o ubraniu)

**train** /treɪn/ (v) = to practise an activity to become better at it - trenować

**try on** /traɪ 'ɒn/ (phr v) = to put on a piece of clothing to see if it fits you or if you like it before buying it - przymierzyć

**try out** /traɪ 'aʊt/ (phr v) = to test sth to see if it works or is suitable - wypróbować

**wardrobe** /wɔ:d्रəʊb/ (n) = a cupboard where we hang and store our clothes - szafa

**waste** /weɪst/ (n) = the careless use of sth - marnotrawstwo

**wear away** /wɛər ə'weɪ/ (phr v) = to cause sth to disintegrate slowly because it is used a lot - wycierać (np. materiał)

**wear out** /wɛər 'aʊt/ (phr v) = to use sth until it is no longer in good condition - zużyć (np. buty)

**wages** /weɪdʒɪz/ (pl n) = the payment for your work on a daily or weekly basis - płaca za określony czas pracy (dzień, tydzień)

### 3c

**ankle boots** /æŋkəl bu:ts/ (n) = boots that go up to or just above the ankle - buty do kostki

**be all mouth and no trousers** (idm) = to talk boastfully about doing sth but never actually do it - dużo mówić, mało robić

**eager** /'e:gə/ (adj) = willing to do sth; keen - chętny

**faded blue jeans** (phr) = jeans that have lost most of their colour - wyblakłe niebieskie dżinsy

**give sth a shot** (phr) = to make an attempt to do sth - spróbować czegoś

**have second thoughts** (phr) = to reconsider sth - mieć wątpliwości

**intrinsic** /ɪn'trɪnsɪk/ (adj) = relating to the basic nature of sth; inherent - wrodzony

**matching belt** (phr) = a belt that goes well together with a garment - pasujący pasek (np. kolorystycznie)

**money burns a hole in your pocket** (idm) = to feel the strong need to spend your money - chcieć szybko wydać pieniądze

**on a shoestring** (idm) = on a tight budget; without spending much money - budżetowo, bez wydawania znaczących kwot

**pleated skirt** (phr) = a skirt having permanent narrow folds - plisowana spódnicą

**retro trainers** (phr) = athletic shoes styled in fashions from the past - obuwie sportowe w stylu retro

**roll up your sleeves** (idm) = to prepare for hard work - zakasać rękawy

**rolled-up sleeves** (phr) = sleeves that have been folded over many times to make them shorter - podwinięte rękawy

# Word List

**scour** /skauə/ (v) = to look for sth carefully - przeszukiwać

**scroll through** /skrəʊl θru:/ (phr v) = to move information on a computer screen up or down so that you can read it - przewijać (np. stronę internetową)

**skinny jeans** (phr) = very tight-fitting jeans with narrow legs - jeansy skinny fit (o bardzo dopasowanym kroju)

**slip-on shoes** (phr) = a casual type of shoes that are easy to put on and take off because they haven't got fastenings or laces - buty wsuwane

**tie-dye vest** (phr) = an undershirt whose designs are made by tying knots in it and dyeing it - kamizelka farbowana metodą tie-dye

**tighten your belt** (idm) = to make financial sacrifices by reducing your spending - zaciąkać pasa

**wield** /wi:ld/ (v) = to exert a lot of influence or power over sb - dzierzyć (np. władzę)

**with hat in hand** (idm) = in a humble manner - z pokorą

## Culture 3

**adjustable** /ə'dʒʌstəbəl/ (adj) = that can be changed to different positions or sizes - regulowany (możliwy do wyregulowania)

**adorn** /ə'dɔ:n/ (v) = to decorate sth - dekorować, ozdabiać

**attire** /'a:tɪə/ (n) = clothes - ubiór, strój

**biting** /'ba:tiŋ/ (adj) = (of weather) so cold that it makes you feel uncomfortable - szcypiący (o mrozie)

**cement** /sa'ment/ (v) = to make sth stronger - cementować, wzmacniać

**distinguish** /dr'stɪŋgwɪʃ/ (v) = to recognise the difference between two things - rozróżniać

**durable** /dʒu:rəbəl/ (adj) = long-lasting - wytrzymały

**haute couture** /ø:t koo'tjø:/ (n) = expensive clothes of original design and high quality - haute couture (luksusowe krewnictwo)

**headwear** /hedweə/ (n) = covering for the head, such as hats, caps, etc - nakrycie głowy

**lack** /læk/ (v) = to not have sth - nie mieć, brakować (komuś czegoś)

**must-wear** /mʌst 'weə/ (adj) = that is strongly recommended to wear - niezbędny (o ubraniu)

**simultaneously** /,sɪməl'teɪniəslɪ/ (adv) = at the same time - równocześnie

**snap-back strap** (phr) = the thin strip of flexible material with snap fasteners on the back of a cap that can be adjusted to fit any size - regulacja (obwodu czapki z daszkiem)

**utility** /ju:'tlɪtɪ/ (n) = usefulness - użyteczność

## Values A:

### Pride

**authentic** /ɔ:θentɪk/ (adj) = genuine - autentyczny, prawdziwy

**concept** /kənsept/ (n) = an idea; a notion - koncept, idea

**glory** /glo:ri/ (n) = great beauty - chluba

### justified (in doing sth)

/dʒʌstɪfɪəd/ (adj) = having an acceptable reason for doing sth - uzasadniony

**mortal** /mɔ:təl/ (n) = a human being - śmiertelnik (o człowieku)

**narcissism** /na:sɪsɪzəm/ (n) = excessive admiration of yourself; vanity - narcyzm

### never judge a book by its

**cover** (idm) = we should never judge the value of sb/sth by their appearance - nie oceniaj książki po okładce

**pride** /pra:d/ (n) = self-importance; arrogance - duma

**revolve (around sb)** /rɪ'velv/ (phr v) = to focus on sb - kręcić się (wokół czegoś)

**vanity** /vænəti/ (n) = too much pride - przość

## Public Speaking Skills A

**be on the right track** (idm) = to act in such a way that you are likely to succeed in sth - być na dobrej drodze (np. do sukcesu)

**field** /fi:ld/ (n) = all the people taking part in a competition - grupa zawodników

**garment** /ga:mənt/ (n) = a piece of clothing - odzież, ubrania

**humbled** /hʌmbləd/ (adj) = feeling that you don't deserve an honour, prize, etc - skromny, tu: zawszydzony (np. pochwala)

### nominate (sb for sth)

/nɒmɪneɪt/ (v) = to propose sb as a candidate for an award, honour, position, etc - nominować (np. do nagrody)

**showcase** /'ʃəʊkeɪs/ (v) = to display sth publicly - wystawiać (na widok publiczny)

**slow fashion** (phr) = the process of manufacturing high quality clothes, as opposed to fast production of poorly made garments - slow fashion (produkowanie ubrań wysokiej jakości)

**stack (of sth)** /stæk/ (n) = a pile of sth; a heap of sth - stos (np. książek)

**sustainable fashion** (phr) = garments that have been made in a way not causing damage to the environment - zrównoważona moda

**vision** /'vɪʒən/ (n) = a dream; a future plan - wizja

## Unit 4 – Reshaping work

### 4a

**ability** /ə'bɪlɪti/ (n) = the skill you need to do sth; capability - umiejętności

**absorb** /ə'bɔ:s/b/ (v) = to become part of sth larger; to take in sth - tu: brać na siebie, wliczać (np. koszty)

**draw out** /drɔ: 'aut/ (phr v) = to make sth last longer than usual - wydłużać, przeciągać (np. czas trwania wydarzenia)

**amenities** /ə'mi:nətɪz/ (pl n) = facilities - udogodnienia

**appoint (sb)** /ə'pɔɪnt/ (v) = put sb in a position of work - mianować, wyznaczać (np. na stanowisko)

**bonus** /bəʊnəs/ (n) = extra money paid to employees who perform well in their jobs - bonus, premia

**bring about** /,brɪŋ ə'baut/ (phr v) = to cause sth to happen - powodować, przynosić (np. zmiany)

**bring forward** /,brɪŋ 'fɔ:wəd/ (phr v) = to move a meeting, an event, an appointment, etc to an earlier time or date - przyspieszać, przenosić na wcześniejszą datę (np. spotkanie)

**collaboration** /kə'læbə'reɪʃən/ (n) = the act of working together with other people to produce a piece of work; cooperation - współpraca

**commission** /kə'miʃən/ (n) = a sum of money paid to a salesperson for every sale that they make - prowizja (np. od sprzedaży)

**commute** /kə'mju:t/ (n) = the daily travelling from your home to work, school, etc and the opposite - dojazd (np. do pracy, szkoły)

**company** /kʌmpəni/ (n) = a business organisation; a firm - firma, przedsiębiorstwo

**constant** /kɒnsta:nt/ (adj) = continuous; never-ending - stały, ciągły, nieprzerwany

**corporate** /kɔ:pərət/ (adj) = relating or belonging to a business, a company, etc - korporacyjny, firmowy

**creative spirit** (phr) = thinking up original ideas - pasja twórcza, duch twórczy

**critical thinking** (phr) = the ability to subjectively analyse and evaluate an issue in order to form a judgement - myślenie krytyczne

**draw out** /drɔ: 'aut/ (phr v) = to make sth last longer than usual - wydłużać, przeciągać (np. czas trwania wydarzenia)

**draw up** /drəʊ: 'ʌp/ (phr v) = to prepare a document - sporządzić (np. testament)

**dynamic leadership** (phr) = the state of being a manager with the ability to act in an effective and motivating way - dynamiczne, skuteczne kierownictwo

**erie** /'riəri/ (adj) = mysterious, strange and frightening - tajemniczy, dziwny, upiorny

**emotional intelligence** /ɪ,məʊʃənəl ɪntelɪdʒəns/ (n) = the ability to recognise and understand other people's emotions, feelings, etc - inteligencja emocjonalna

**entirely** /ɪn'taɪəli/ (adv) = completely; fully - całkowicie

**faculties** /fæk'teltɪz/ (pl n) = physical or mental abilities - zdolności, umiejętności

**fall away** /fɔ:l ə'weɪ/ (phr v) = to gradually decrease in number, amount, etc - spadać (o liczbie)

**fall through** /fɔ:l 'θru:/ (phr v) = (of a plan) to fail to happen - nie powieść się (o planie)

**glide about** /glайд ə'baʊt/ (phr v) = to move around quietly and smoothly without effort - szybować

**incorporation** /ɪn,kɔ:pə'reɪʃən/ (n) = integration; assimilation - wchłonięcie

**isolation** /aɪsə'lエtʃən/ (n) = the condition of being far from others and feeling alone - izolacja, samotność

**lifelong** /laɪflɔŋ/ (adj) = lasting throughout your life - na całe życie

**lifelong learning** /laɪflɔŋ 'lɪ:nnɪŋ/ (n) = the activity of learning with the aim of improving knowledge and skills throughout your personal or professional life - uczenie się przez całe życie

**multi-tasking** /mʌlti 'ta:skɪŋ/ (n) = the ability to do many things at the same time - wielozadaniowość

**originally** /'ɔ:ridʒɪnəli/ (adv) = initially; at first - pierwotnie, z początku

**partnership** /pɑ:tnerʃɪp/ (n) = the practice of two or more people, companies, etc working together to achieve sth - partnerstwo

**perk** /pɜ:k/ (n) = sth you receive from your job, such as money or goods, in addition to your salary - bonus

**problem solving** /prɒbləm ,sɒlvɪŋ/ (n) = the ability to find solutions for difficult or complex situations - rozwiązywanie problemów

**pull away** /pʊl ə'weɪ/ (phr v) = to move away from sb/sth - oddalać się (od kogoś)

**pull out of** /pʊl 'aut əv/ (phr v) = to withdraw from an agreement, contract, etc - wycofywać się (np. z umowy)

**qualifications** /kwɒlɪf'keɪʃənz/ (pl n) = degrees, diplomas, etc that you need to do a job - tu: kwalifikacje (do wykonywania pracy)

**receive** /rɪ'si:v/ (v) = to get sth; to obtain sth - dostawać, odbierać

**recruit (sb)** /rɪ'krut/ (v) = to employ people to work in an organisation, company, etc - rekrutować (np. do pracy)

**renowned** /rɪ'naund/ (adj) = well-known; famous - sławny

**rise** /raɪz/ (n) = an increase in the amount of money one earns in their job - podwyżka

**run (sth) by (sb)** /rʌn baɪ/ (phr v) = to inform sb about your ideas, etc in order to get their opinion, approval, etc - opisywać (np. komuś pomysł, by poznać opinię)

**run through (sth)** /rʌn θru:/ (phr v) = to go over sth quickly - przejrzeć

**sales bot** /seɪlz bɒt/ (n) = a computer program that uses artificial intelligence to perform automated tasks relating to sales, such as making phone calls, confirming appointments, providing first-line customer support, etc - bot sprzedawczy (rodzaj oprogramowania)

**strap (sth on)** /stræp/ (v) = to fasten sth to your body with a narrow piece of leather, cloth, etc - przymocować (np. za pomocą pasa)

**submit** /sə'bmit/ (v) = to formally hand sth in, or email sth to sb - składać (np. CV)

**telecommuting** /telikə'mju:tɪŋ/ (n) = working from home using a computer to communicate with your employer or other employees - praca zdalna

**time management** /taɪm ,mænɪdʒmənt/ (n) = the ability to control your time as effectively and productively as possible - zarządzanie czasem

**wireless** /'waɪələs/ (adj) = (of a device, etc) not using cords to send and receive electronic signals - bezprzewodowy

## 4c

**annual bonus** (phr) = extra money paid every year to employees who perform well in their jobs - premia roczna

**benefits package** /benifits

pækidʒ/ (n) = a number of things, such as health insurance a car, etc, that an employee gets in addition to their salary/wages - pakiet świadczeń, benefitów

**burn the candle at both ends** (idm) = to work very hard from morning to night exhausting yourself - brać zbyt wiele na swoje barki (tu: pracować od rana do wieczora)

**business trip** /'bɪznɛs tri:p/ (n) = a journey made for business purposes - podróż służbową

**commuting allowance** (phr) =

an amount of money given to sb on a regular basis for travelling expenses to and from their job - zwrot kosztów dojazdu do pracy

**company car** /kʌmpəni ka:/ (n) = a car used by an employee for their work and belongs to the company they work for - samochód służbowy

**fat pay cheque** (phr) = a very high salary - sowite wynagrodzenie

**head office** /hed 'ɒfɪs/ (n) = the headquarters of an organisation, business, etc - siedziba główna

**learn the ropes** (idm) = to learn all the things you need to know in order to do a job - uczyć się, wdrażać się

**out-of-pocket expenses**

(phr) = small sums of money that an employee pays for their job and which their employer gives back - wydatki bieżące (np. w delegacji)

**pay slip** /peɪ slɪp/ (n) = a piece of paper that a worker receives every month/week and shows their salary/wages and how much tax has been paid - pasek wypłaty

# Word List

**pension scheme** /'penʃən skim/ (n) = a savings plan that gives sb an income when they retire - plan emerytalny

**permanent position** (phr) = a long-lasting job; a job that is not temporary - stała posada

**precise** /'pri'sais/ (adj) = accurate - precyzyjny, dokładny

**professional achievement** (phr) = an accomplishment relating to sb's job - osiągnięcie zawodowe

## pull a few/some strings

(idm) = to use the influence of an important or powerful person to achieve sth - użyc swoich wpływów, by załatwić sprawę

**pull your socks up** (idm) = to begin making an effort to improve your work - wziąć się w garść (zebrać się w sobie, by coś osiągnąć)

**rate** /reɪt/ (v) = to evaluate; to assess - oceniać

**test the water** (idm) = to judge sb's feelings or opinions before taking further action - badać grunt

## Culture 4

**bold** /baʊld/ (adj) = not afraid to do things involving danger or risk - odważny, śmiały

**booming** /'bu:mɪŋ/ (adj) = flourishing; very successful - kwitnący, prosperujący (o gospodarce)

**coincidence** /kəʊ'ɪnsɪdəns/ (n) = a concurrence; an accidental happening - zbieg okoliczności

**determined** /dɪ'tɜ:mɪnd/ (adj) = having made a firm decision to do sth - zdecydowany, zdeterminowany (by coś zrobić)

**empire** /'empaɪə/ (n) = a large powerful group of companies owned or controlled by one person - imperium (biznesowe)

**emulate (sth)** /'emjuleɪt/ (v) = to imitate sth; to copy sth - naśladować

**entrepreneur** /'ɒntrəprə'nɜ:/ (n) = a businessperson - przedsiębiorca

**excel** /ɪk'sel/ (v) = to do sth better than anybody else - tu: wyróżniać się

**further (sth)** /'fɜ:ðə/ (v) = to advance sth; to cause sth to progress - tu: posuwać do przodu (np. o karierce)

**ground-breaking** /graʊnd ,breɪkɪŋ/ (adj) = innovative; new and different from other things - przełomowy

**inspire (sb)** /ɪn'spaɪə/ (v) = to motivate sb; to fill sb with a desire to do sth - inspirować, motywować (do czegoś)

**rags-to-riches** /,rægz tə 'ritʃɪz/ (adj) = from being very poor to becoming very rich - od pucybuta do milionera

**retailer** /'ri:tɪlə/ (n) = a business selling goods to the public - sprzedawca detaliczny

**venture** /ventʃə/ (n) = an attempt to start a new business - przedsięwzięcie

## Unit 5 – Rebooting happiness

### 5a

**adversity** /əd've:səti/ (n)

= a difficulty; suffering - przeciwności losu, nieszczęście

**apprehensive** /æprɪ'hensɪv/ (adj) = worried; afraid that sth bad will happen - zmartwiony, bojaźliwy

**attitude** /'ætɪtju:d/ (n) = a way of thinking and acting - postawa, stosunek (do kogoś)

**blissful** /'blɪsfʊl/ (adj) = extremely happy and calm - biegli

**blow up** /bləʊ 'ʌp/ (phr v) = lose your temper - wybuchnąć (tu: gniewem)

**bottle up** /'bɒtl ʌp/ (phr v) = not express your feelings - dusić w sobie, tłumić (o uczuciach)

**bush** /buʃ/ (n) = a low shrub with many thin branches - krzak, krzew

**calm (sb) down** /'kɑ:m 'daʊn/ (phr v) = to make sb feel relaxed and quiet - uspokoić

**chase a dream** (phr) = to try hard to achieve a goal

- gonić marzenia (ciężko pracować, by osiągnąć cel)

**cheer up** /,tʃeər 'ʌp/ (phr v) = to start feeling better - rozweselić się

**closure** /'kləʊʒə/ (n) = the feeling that a bad experience has finally been overcome - zamknięcie (poczucie zakończenia traumatycznego etapu w życiu)

**comfort zone** /kʌmfət ,zəun/ (n) = a situation in which you feel safe and calm - strefa komfortu

**condition** /kən'dɪʃən/ (n) = the physical situation that sb is in - stan, kondycja

**content** /kən'tent/ (adj) = pleased with your situation and not wanting a change or improvement - zadowolony

**conventional** /kən'venʃənl/ (adj) = usual or ordinary - tradycyjny, konserwatywny, konwencjonalny

**convince** /kən'veɪns/ (v) = to make sb believe that sth is true - przekonywać

**credits roll** (phr) = the list of the names of people (e.g. actors, directors, etc) appear at the end of a film - napisy końcowe

**cross** /krɒs/ (adj) = annoyed or angry - zdenerwowany, rozniewany

**day care** /deɪ keə/ (n) = a place where children are looked after while their parents are at work - żłobek

**define** /drɪfam/ (v) = to show the meaning of sth clearly - określić, definiować

**demonstrate** /də'monstreɪt/ (v) = to show a quality, a feeling, etc - tu: dowieść, pokazywać

**destiny** /'destəni/ (n) = what will happen to sb and can't be changed - przeznaczenie

**devastated** /'devəsteɪtɪd/ (adj) = extremely shocked and upset - załamany, zdruzgotany (o osobie)

**dissect** /dɪ'sekt/ (v) = to analyse sth in order to understand it completely - dokładnie analizować

**ecstatic** /ɪk'stætrɪk/ (adj) = thrilled - zachwycony

**emotion** /'eməʊʃən/ (n) = a strong feeling, e.g. love, anger, etc - emocja, uczucie

**empathetic** /,empə'θetɪk/ (adj) = having the ability to share another person's feelings or emotions - empatyczny

**enraged** /m'reɪdʒd/ (adj) = furious; extremely angry - wściekły

**enrol** /ɪn'rəʊl/ (v) = to register; to officially join an institution or a course - tu: zapisać się

**essentially** /'ɪsenʃəli/ (adv) = basically; actually - zasadniczo, w zasadzie

**excitement** /ɪk'saitmənt/ (n) = happiness and enthusiasm - ekscytacja

**exhilarated** /ɪg'ziləreɪtɪd/ (adj) = very happy and excited - szczęśliwy

**experience** /ɪk'spi:rɪəns/ (n) = sth that happens to sb and affects the way they feel - doświadczenie

**fate** /feɪt/ (n) = the power that some people believe controls what happens in their lives - przeznaczenie

**feeling** /fi:lɪŋ/ (n) = sth you feel, such as happiness, sadness, etc - uczucia

**find yourself** (phr) = to eventually understand and accept your real character and what you really want to do - odnaleźć siebie

**flashback** /flæʃbæk/ (n) = scene in a film, play, etc that takes you back to past events - retrospekcja

**flourish** /'flaʊrɪʃ/ (v) = (of plants, places, arts, etc) to be successful and developing quickly - rozwijać (o roślinach, sztuce)

**fortune** /'fɔ:tfən/ (n) = the chance happening of good or bad events - szczęśliwy przypadek

**get (sb) down** /get 'daʊn/ (phr v) = to cause sb to feel depressed - przygnębiać

**glamorous** /glæmərəs/ (adj) = successful, wealthy and attractive - wytworny, prestiżowy

**growl** /graʊl/ (n) = a low angry sound of an animal - warczenie

**hook** /huk/ (n) = what attracts and keeps sb's attention - tu: chwytna fraza

**increase** /ɪn'kri:s/ (v) = to raise the level of sth; to make sth greater in size or amount - zwiększać

**involve** /ɪn'velv/ (v) = to include; to have to do with - angażować

**joyful** /dʒɔɪfəl/ (adj) = happy and pleased - radosny

**liven up** /lɑːvən 'ʌp/ (phr v) = to become more active and cheerful - ożywać się

**luck** /lʌk/ (n) = the force that causes good or bad things to happen to people - szczęście

**mood** /mu:d/ (n) = the way you feel at a particular time - nastój

**murals** /mjuərəl/ (n) = a large picture that has been painted on a wall - mural

**open up** /əpən 'ʌp/ (phr v) = to talk about your personal feelings and experiences - otwierać się (mówić o sobie)

**passion** /pæʃən/ (n) = a very strong feeling that cannot be controlled; a strong interest - pasja

**perk (sb) up** /pɜ:k 'ʌp/ (phr v) = to help sb become cheerful and lively after feeling tired, bored or depressed - rozweselić

**petrified** /'petrifɪd/ (adj) = paralysed with fear; extremely frightened - sparalizowany (ze strachu)

**prosper** /prɒspər/ (v) = to become successful - prosperować

**reimagining** /ri:i'mædʒɪnɪŋ/ (n) = a remake of a film or TV show in which the plot is approached from a different perspective - tu: stworzyć nową wersję z całkowitymi zmianami (np. filmu)

**rise** /raɪz/ (v) = to go up - tu: awansować

**sentiment** /'sentɪmənt/ (n) = a feeling or belief that sb has about sth - tu: nastroje, opinia

**shut yourself off** (phr) = to avoid seeing or talking to other people - izolować się

**spoiler alert** /'spoɪlər ə'lə:t/ (n) = a warning that crucial details of a plot of a film, book, etc will be made known - uwaga spoiler, ostrzeżenie przed informacją zdradzającą szczegóły fabuły

**state** /steɪt/ (n) = the psychological situation that sb or sth is in - stan, kondycja

**tear (sb) apart** /,teər ə'pa:t/ (phr v) = to cause sb to feel very unhappy and upset - rozbijać (kogoś psychicznie)

**tranquil** /'trænkwɪl/ (adj) = calm and peaceful - spokojny

**treasure** /'treʒər/ (v) = to cherish a memory; to keep a memory fondly in mind - cenić sobie, dobrze wspominać

**worth your salt** (idm) = deserving pay, respect, etc. - warty swojej ceny

## 5b

**a coat of paint** (phr) = a layer of paint - warstwa farby

**stale** /steɪl/ (adj) = having lost your interest in or excitement about sth because of doing the same thing for too long - tu: znudzony

## 5c

**a cool head** (idm) = the ability to stay calm in difficult situations - opanowanie, zimna krew

**comfort zone** /kʌmfət ,zəʊn/ (n) = a situation in which you feel safe and calm - strefa komfortu

**conflict resolution** (phr) = finding solutions for any disagreement or argument - rozwiązywanie konfliktów

**constructive criticism** (phr) = useful and helpful judgement of sb/sth - konstruktywna krytyka

**down in the dumps** (idm) = very sad - być w dółku

**empathise (with sb)** /'empəθaɪz/ (v) = to feel sympathy for sb and have an understanding of them - czuć empatię

**hang your head** (idm) = to lower your head when you feel ashamed or embarrassed - spuścić głowę (ze wstydu lub zażenowania)

**jump out of my skin** (idm) = to be so surprised or shocked that the body makes a sudden sharp movement - podskoczyć ze strachu

**lash out** /læʃ 'aut/ (phr v) = to attack sb verbally or physically - naskakiwać (na kogoś)

**lift the spirits** (idm) = to cause sb to feel much happier - podnosić na duchu

**make my blood boil** (idm) = sth causes me to become extremely angry - sprawiać, że krew (kogoś) zalewa

**margin** /'ma:dʒɪn/ (n) = a small degree - tu: różnica

**moral code** (phr) = ethics; a set of rules of behaviour - kodeks moralny

**negative feedback** (phr) = a bad assessment of sb/sth that is used for improvement - negatywna opinia

**positive outlook** (phr) = a person's hopeful and confident attitude to life - pozytywne spojrzenie

**problem solver** /'prɒbləm ,sɒlvə/ (n) = a person who has the skills needed to resolve problems - osoba rozwiązuje problemy

**rage** /reɪdʒ/ (n) = uncontrollable anger - wściekłość

**social skills** (phr) = the special abilities to feel comfortable and sociable with people - umiejętności społeczne

**split your sides** (idm) = to find sth very funny and start laughing - zrywać boki ze śmiechu

**thought-provoking** /θɔ:t prə'vekɪŋ/ (adj) = causing people to think seriously about certain matters - dający do myślenia

**walk on air** (idm) = to feel exhilarated - być bardzo szczęśliwym

## Culture 5

**abstain (from sth)** /ə'b'esteɪn/ (v) = to choose not to do sth - powstrzymywać się

**colony** /'kɒləni/ (n) = a country settlement under the political rule of another country - kolonia (obszar pod kontrolą polityczną innego państwa)

**congress** /'kɔŋgrɛs/ (n) = the group of politicians in the US who are elected to make laws - kongres

**draft** /dra:fɪt/ (n) = an early version of a document, plan, speech, etc - szkic, projekt

**endowed** /ɪn'daud/ (adj) = blessed with a particular characteristic - obdarzony

**inconsistency** /,ɪnkən'sɪstənsi/ (n) = contradiction - niespójność, sprzeczność

**liberty** /'lɪbəti/ (n) = freedom - wolność

**rule** /ru:l/ (v) = to govern; to have control and power over a country - rządzić

**self-evident** /,self 'evɪdənt/ (adj) = obvious; undeniable - oczywisty

**strive** /straɪv/ (v) = to make a great effort to achieve sth - dążyć (np. do celu)

**unalienable** /,ʌn'eɪliənəbəl/ (adj) = (of rights) not able to be taken away or given away; non-negotiable - niezbywalny

## Unit 6 – What's on tonight?

### 6a

**advance** /əd've:n:s/ (v) = to cause sb/sth to move forward - rozwijać (np. wiedzę, zrozumienie tematu)

**avid gamer** (phr) = a very enthusiastic player of computer games - zapalony gracz

# Word List

**bank** /bæŋk/ (n) = a number of screens or machines one next to the other - tu: rząd (np. ekranów)

**bestselling author** (phr) = a very successful writer who has sold a large number of books - autor bestsellerów

**bonus level** (phr) = (of a video game) the stage where the player is awarded extra points - dodatkowy poziom (w grze komputerowej)

**bring out** /brɪŋ 'aut/ (phr v) = to publish (a book), to release (a CD, etc) - wydawać (np. książkę, płytę)

**call off** /kɔ:l 'ɒf/ (phr v) = to cancel an activity - odwołać (np. wydarzenie)

**canned laughter** (phr) = a recording of people laughing that is played during a humorous TV or radio show - śmiech z taśmy

**catch up on** /kætʃ 'ʌp ɒn/ (phr v) = to do sth that you didn't have time to do before - nadrobić (zaległości)

**charm** /tʃa:m/ (v) = to fascinate sb - czarować, zachwycać (kogoś)

**culprit** /'kʌlpɪt/ (n) = sb/sth that is the cause of a problem - winowajca, przyczyna

**develop** /dr'veləp/ (v) = to improve sth - rozwijać (np. umiejętności)

**devotee** /'devəti:/ (n) = an enthusiastic supporter of sth - tu: entuzjasta

**digitally generated** (phr) = produced by a computer program - generowany cyfrowo, komputerowo

**display** /dr'spleɪ/ (v) = to show sth publicly - tu: wywieszać, prezentować, wystawiać

**drag** /dræg/ (v) = to make sb get involved in sth that they don't want to do - ciągnąć, zaciągać (kogoś, kto nie chce iść)

**draw** /drɔ:/ (v) = to attract sb - tu: przyciągać, interesować (kogoś)

## dress rehearsal

/dres ri'hɛ:səl/ (n) = the final practice of a play with the costumes, lights, etc as they will be used in the performance - próba generalna przedstawienia

**dropped** /dropt/ (adj) = (of Internet connection) having been lost - zerwany (o połączeniu internetowym)

**emphasise** /emfə'saɪz/ (v) = to give special attention to sth - podkreślać

**executive** /ɪg'zekjutɪv/ (n) = sb employed by a business at a senior level - kierowniczy (o stanowisku)

**exhibit** /ɪg'zɪbɪt/ (v) = to put sth on display in a museum, etc - wystawiać (np. eksponaty)

**fanatical supporter** (phr) = an extremely enthusiastic sports fan - tu: fanatyczny kibic

**feature** /fi:tʃə/ (v) = (of a show) to include sb/sth as an important part - zawierać (np. w programie koncertu)

**flick through** /flɪk θru:/ (phr v) = to look quickly at the pages of a magazine, book, etc - przejrzeć (np. czasopismo)

**frozen** /frəʊzən/ (adj) = (of a computer screen) not responding to the user's commands, and staying the same - tu: zawszeszony (o ekranie komputera)

**grow** /grəʊ/ (v) = to increase in size or amount - rosnąć

**hair-raising** /heə reɪzɪŋ/ (adj) = extremely exciting but also frightening - jeżący włosy na głowie

**hamper** /hæmpə/ (v) = to cause difficulties for sth - utrudniać, hamować

**headline act** /'hedlæm ækt/ (n) = the most important act in a performance - headliner, gwóźdź programu

**hold** /həuld/ (v) = to organise a meeting, a party, etc - tu: przeprowadzać, organizować

**host** /həʊst/ (n) = the presenter of a TV or radio programme - gospodarz

## immense

/ɪ'mens/ (adj) = great; huge - ogromny, niezmierny

**lifeblood** /laɪfblʌd/ (n) = the essence that keeps sth alive - żywioł, żywica, podstawa, źródło utrzymania

**literary sensation** (phr) = a great impression on the world of literature - sensacja literacka

**live studio audience** (phr) = a group of viewers, listeners, etc who are present during the recording of a TV or radio programme - publiczność w studiu (obecna podczas nagrywania programu)

**liven up** /laɪvən 'ʌp/ (phr v) = to become more interesting and exciting - ożywiać się

**Mexican wave** /'meksi:kən 'weɪv/ (n) = the occasion when the spectators of a sports event stand up and sit down moving their hands and body in a wavy pattern - meksykańska fala

**move** /mu:v/ (v) = to affect sb emotionally - poruszyć (emojonalnie)

**observe** /ə'b'zɜ:v/ (v) = to watch sb/sth carefully - obserwować

**opening night** /əp'eneɪŋ 'naɪt/ (n) = the premiere of a play, concert, etc - premiera

**progress** /prə'gres/ (v) = to get better at sth - robić postępy

**put** /put/ (v) = to place sth somewhere - kłaść

**put on** /'put ɒn/ (phr v) = to produce a play, show, etc - wystawiać (np. sztukę)

**replicate** /rɪplɪkeɪt/ (v) = to make an exact copy of sth - replikować, kopować

**royalty** /rɔɪəlti/ (n) = a very important person - rodzina królewska, arystokracja, elita

**signal** /'signəl/ (v) = to indicate; to suggest that sth is going to happen - sygnalizować

**slam** /slæm/ (v) = to close a door suddenly and loudly - trzaskać (np. drzwiami)

**spectate** /spek'teɪt/ (v) = to watch a sporting event - oglądać (z widowni)

**stage** /steɪdʒ/ (v) = to organise and present a play, a concert, etc - wystawiać (np. sztukę)

**star** /sta:/ (v) = (of a film, play, etc) to have sb as a protagonist - grać główną rolę

**sth grows on sb** (phr) = sb starts to like sth more and more - podobać się komuś coraz bardziej

**stream** /stri:m/ (v) = to watch a film over the Internet without having to download it to your hard drive - streamować (oglądać na życzenie w Internecie)

**support band** /sə'pɔ:t bænd/ (n) = a musical group that appears before the main act at a concert - support (zespoł występujący przed główną gwiazdą)

**thud** /θʌd/ (n) = a dull heavy sound made by an object falling to the ground - łomot, huk

**tune in** /tju:n 'in/ (phr v) = to regulate a radio or television set in order to receive a certain station or programme - przełączać (np. radio na daną stację)

**turn down** /tɜ:m 'daʊn/ (phr v) = to refuse an offer - odrzucić (np. ofertę)

**turn up** /tɜ:m 'ʌp/ (phr v) = to appear; to arrive at a place - pojawiać się (w danym miejscu)

**view** /vju:/ (v) = to look at sth - oglądać

**watch** /wɒtʃ/ (v) = to pay attention to sb doing sth for a period of time - oglądać

## 6b

**cast** /ka:st/ (v) = to choose the actors for a film, play, etc - obsadzać (np. rolę)

**insanely** /ɪn'se:mli/ (adv) = excessively; outrageously - obłednie

**launch** /lɔ:ntʃ/ (v) = to make sth available for sale - tu: wprowadzić (np. produkt na rynek)

**operate** /'ɒpəreɪt/ (v) = to make a device, a machine, etc work - operować (np. sprzętem)

**rave (about sth)** /reɪv/ (v) = to talk enthusiastically about sth  
- zachwalać

**utilise** /ju:tɪlɪz/ (v) = to use sth  
- użytykować

## 6c

**Break a leg!** (idm) = (to a performer) Good luck! - Połamania nóg! (życzenie powodzenia)

**curtain call** /kɜ:tən kɔ:l/ (n) = the end of a play when actors appear on stage to respond to applause - wyjście aktorów na scenę po zakończeniu sztuki teatralnej

**fable** /feɪbəl/ (n) = a legend or myth with a moral lesson - baśń

**gripping** /grɪpɪŋ/ (adj) = keeping sb in suspense - tu: wciągający

**gripping plot** (phr) = a compelling story of a film, play, etc - wciągająca fabuła

**lead actor** /lɪd ækta/ (n) = the protagonist of a film, play, etc - odtwórca głównej roli

**limited legroom** (phr) = restricted space that is available for your legs (in vehicles, etc) - ograniczona przestrzeń na nogi

**mansion** /mænʃən/ (n) = a huge luxurious house - rezydencja

**opening night** /'əʊpənɪŋ 'naɪt/ (n) = the premiere of a play, concert, etc - premiera

**period costume** /'piəriəd kəstju:m/ (n) = an outfit worn by an actor that belongs to a particular past time - strój z epoki

**plague** /pleɪg/ (n) = a serious disease that can kill many people - plaga, zaraza

**restricted view** (phr) = the inability to see the whole stage, screen, etc from where you are sitting in a theatre or cinema - ograniczona widoczność

**run the show** (idm) = to be the person in charge of sth; to be the leader in a situation - kierować (np. przedsięwzięciem), być liderem

**sing a different tune** (idm) = to change your opinion about sb/sth - śpiewać inaczej (zmienić zdanie)

**stage lighting** /steɪdʒ ,laɪtɪŋ/ (n) = all the light effects for a theatre stage or a film set - oświetlenie sceniczne

**star-studded cast** (phr) = a number of famous performers acting in a film or play - gwiazdorska obsada

**take your hat off to sb** (idm) = to praise or show your admiration for sb - chylić czola

**the show must go on** (idm) = a job must continue despite the problems or difficulties - przedstawienie musi trwać

**title role** /taɪtl ,rəʊl/ (n) = the part in a play or a film from which its title is taken - tytulowa rola

## Culture 6

**ballad** /bæləd/ (n) = a slow romantic song - ballada

**busker** /bʌskə/ (n) = sb who performs in public places to get money from passers-by - grajek uliczny

**Celt** /kelt/ (n) = a member of an ancient race of people who lived in the UK before the Romans came - Celt

**centre stage** /'sentə stεɪdʒ/ (n) = a very important position - centralne miejsce

**crooner** /'krū:nə/ (n) = a singer of ballads, who sings in a soft emotional voice - piosenkarz śpiewający ballady

**dictate** /dɪk'teɪt/ (v) = to control or influence sth - nakazywać, rozkazywać

**haunting** /'hɔ:ntɪŋ/ (adj) = having a quality of beauty or sadness making it unforgettable - zapadający w pamięć

**mentioned** /menʃənd/ (pp) = having been referred to - wspomniany

**predominate** /prɪ'domɪneɪt/ (v) = to be the most important - tu: dominować (np. na rynku)

**rhythmic** /'rɪðmɪk/ (adj) = (of music) with a strong regular beat - rytmiczny

**the Emerald Isle** /'əi ,emərəld 'aɪl/ (n) = a poetic name for Ireland thanks to its beautiful green countryside - Szmaragdowa Wyspa (poetyckie określenie Irlandii)

**trace back** /,treɪs 'bæk/ (phr v) = to discover the origins of sth - tu: wywodzić (np. przodków)

## Values B:

### Empathy

**commiserations** /kə,mɪz'reɪʃən/ (pl n) = an expression of sympathy - wyrazy współczucia

**compassion** /kəm'pæʃən/ (n) = a feeling of deep sympathy and pity for sb else's suffering - współczucie

**dynamic** /daɪ'næmɪk/ (n) = the force that causes an action to happen - dynamika (np. stosunków międzyludzkich)

**empathy** /'empəθi/ (n) = the ability to share sb else's feelings and understand them as if they were your own - empatia

**HR** /erɪf 'ɑ:/ (abbreviation) = (Human Resources) a department in a company which is responsible for employees' hiring, training and welfare - HR, dział zasobów ludzkich, dział kadr

**line manager** /laɪm ,mænɪdʒə/ (n) = sb directly in charge of a group of employees - bezpośredni przełożony

**prefix** /pri:fɪks/ (n) = a syllable added to the beginning of a word to make a new word - prefiks, przedrostek

**upbeat** /'ʌpbɪ:t/ (adj) = happy and hopeful - wesoly, pozytywny

**withdrawn** /wið'dra:n/ (adj) = shy and quiet - wycofany (o osobie)

**workshop** /wɜ:kʃɒp/ (n) = a meeting for people to discuss a topic or demonstrate an activity, so that everyone can learn - warsztaty

## Public Speaking Skills B

**endure** /ɪn'dju:ə/ (v) = to suffer sth unpleasant, difficult or painful without complaining - znosić, wytrzymywać

**get back up** (phr) = to stand on your feet again - podnieść się (np. po upadku)

**knock (sb) down** /,nɒk 'daʊn/ (phr v) = to cause sb to feel defeated - powalić

**knock (sb) out** /,nɒk 'aut/ (phr v) = to destroy sb professionally, etc - powalić, zwalić z nóg

**off course** (phr) = away from the planned path - (zboczyć z kursu)

**projection** /prə'dʒekʃən/ (n) = a plan for a course of action - przewidywanie

**thrive** /θrəɪv/ (v) = to do well; to be successful in sth - rozwijać się, odnosić sukcesy

## Unit 7 – Health is wealth

### 7a

**account** /ə'kaʊnt/ (n) = a description - tu: relacja, sprawozdanie

**acute** /ə'kjū:t/ (adj) = (of pain) very strong and sharp - ostry (tu: ból)

**adverse** /'ædvə:s/ (adj) = negative; harmful - tu: niepożądany (o reakcji na lek)

**advocate** /'ædvəkət/ (n) = sb who publicly supports an idea, a cause, etc - osoba publicznie coś wspierająca

**affect** /ə'fekt/ (v) = to have an impact on sb/sth - oddziaływać, mieć wpływ (na coś)

**analysis** /ə'nælɪsɪs/ (n) = the results of an examination - analiza (tu: wyników badania)

**be laid up (with sth)** /bi ,leɪd 'ʌp/ (phr v) = to be made to stay in bed because of an illness or injury - leżeć w łóżku z powodu choroby

# Word List

**blood pressure** /blʌd ˈpreʃə/ (n) = the force with which blood flows around the body - ciśnienie krwi

**blood test** /blʌd ˈtest/ (n) = a medical examination of a small amount of blood to see if sb has a health problem - badanie krwi

**body mass index (BMI)** /'bodi mæs ,ɪndeks/ (n) = a number indicating if sb is normal weight, overweight or underweight - BMI, wskaźnik masy ciała

**break down** /breɪk 'daʊn/ (phr v) = to collapse - załamywać się (tu: psychicznie)

**break out** /breɪk 'aut/ (phr v) = (of a fire, a war, a disease) to start suddenly - wybuchnąć pożarze, wojnie, epidemii)

[**sb breaks out in a rash** (phr) = sb gets spots appearing on their skin] - dostać wysypki

**calorie** /kæləri/ (n) = a unit for measuring the amount of energy that food produces - kaloria (wartość energetyczna jedzenia)

**cholesterol level** /kɔ'lestərl ˈlevəl/ (n) = the amount of a dangerous type of fat in the body that can block arteries and cause heart attacks - poziom cholesterolu

**come down with** /kʌm 'daʊn wið/ (phr v) = to go down with; to get an illness - zachorować

**come up with** /kʌm 'ʌp wið/ (phr v) = to think of an idea, answer, etc - wymyślić, znaleźć (np. rozwiązanie)

**crash diet** /kræʃ ˈdaɪət/ (n) = a way of losing body weight quickly by eating very little - intensywna dieta odchudzająca

**critical** /krɪtɪkəl/ (adj) = crucial; very serious - krytyczny (tu: stan zdrowia)

**dangerous** /deɪndʒərəs/ (adj) = likely to cause harm or injury - niebezpieczny

**dietary** /'daɪətəri/ (adj) = relating to, or supplied by, what sb eats or drinks - tu: żywieniowy, pochodzący z pożywienia

**distinction** /dɪ'stɪŋkʃən/ (n) = a difference between similar people or things - różnica, rozróżnienie

**exam** /ɪg'zæm/ (n) = an assessment of sb's knowledge, skills, etc - tu: badanie (np. medyczne)

**exposure** /ɪk'spəʊzə/ (n) = the act of coming in contact with sth - narażenie, wystawienie (np. na słońce)

**family history** /'fæməli 'histɔri/ (n) = information about health problems or behaviour of the members of a family that may be inherited by other members - tu: historia chorób w rodzinie

**fast-paced** /fɑ:st 'peɪst/ (adj) = moving quickly - o szybkim tempie

**fight off** /faɪt 'ɒf/ (phr v) = to struggle to avoid an illness - zwalczać (np. chorobę)

**fitness routine** (phr) = an exercise plan that sb follows to keep in good shape - plan ćwiczeń

**fixed bedtime** (phr) = the set time you go to bed - czas na pójdzie spać

**flowing** /fləʊɪŋ/ (adj) = (of a liquid) moving quickly - tu: płynący (o wodzie)

**fluid** /flu:ɪd/ (adj) = liquid - płyn

**folic acid** /fɔ:lɪk 'æsɪd/ (n) = one of the B group of vitamins that can be found in green vegetables and fruit - kwas foliowy

**generate** /dʒenə'reɪt/ (v) = to create; to make (money) - tworzyć, generować

**housebound** /haʊsbənd/ (adj) = unable to leave the house because of an illness, injury, etc - uwięziony w domu

**in the long run** (phr) = in the long term; eventually - na dłuższą metę

**increased** /ɪn'kri:sɪ:t/ (adj) = higher - zwiększać

**intake** /'ɪntæk/ (n) = the amount of food, drink, etc that sb takes into their body - spożycie

**lay (sth) out** /leɪ 'aut/ (phr v) = to spread and arrange sth neatly on a surface - układać

**low-intensity exercise** (phr) = workouts that don't require much strength or effort to do - ćwiczenia o niskiej intensywności

**medication** /'medɪkeɪʃən/ (n) = medicines in general for sick people - lek

**medicine** /'medɪsɪn/ (n) = a substance used to treat a disease or injury - lek

**micronutrient**

/maɪkro'nu:tʃu:riənt/ (n) = a substance, such as calcium or vitamin C, which is only necessary in tiny amounts - mikroelement

**money spinner** /'mʌni spɪnə/

(n) = sth that helps sb to make a lot of money - maszynka do robienia pieniędzy, dochodowy interes

**multivitamin** /mʌltɪ,vɪtəmɪn/

(n) = a pill or liquid that contains many kinds of vitamins - multiwitamina

**needless** /ni:dələs/ (adj) = unnecessary - niepotrzebny

**obsession** /'əb'seʃən/ (n) = sth you think about all the time - obsesja

**optimal** /'ɒptɪməl/ (adj) = ideal; the best possible - optymalny

**past** /pa:st/ (n) = the time gone by - przeszłość

**pharmaceutical industry**

(phr) = the group of businesses that produce medicines - przemysł farmaceutyczny

**physical activity** (phr) = an action done with a person's body - aktywność fizyczna

**pick out** /pɪk 'aut/ (phr v) = to choose sth or sb from a group - wybierać

**pick up** /pɪk 'ʌp/ (phr v) = to get an illness - tu: złapać chorobę

**prescribe** /prɪ'skrɪb/ (v) = (of a doctor) to write down a medicine for a patient to take - tu: przepisywać (lekarstwo)

**prescription** /prɪ'skrɪpjən/

(n) = a piece of paper given to a patient by a doctor to say what medicine is needed from the chemist's - recepta

**preventative** /pri'ventətɪv/ (adj) = (of medicine) relating to medical practices to keep people from getting sick - tu: profilaktyczny

**record** /rekɔ:d/ (n) = written information of past events kept for future use - tu: ewidencja

**runny** /rʌnɪ/ (adj) = (of a nose) with liquid coming out of it - ciekający (o nosie)

**serious** /'sɪəriəs/ (adj) = important; needing attention - poważny

**skip a meal** (phr) = to omit to eat breakfast, lunch or dinner - pominąć posiłek

**sleep pattern** (phr) = the usual times and the ways sb sleeps - rytm snu

**slimming aid** (phr) = sth that helps sb to lose weight, such as pills - środek wspomagający odchudzanie

**substitute** /sʌb'strɪtju:t/ (n) = an alternative to sth; a replacement for sth - zamiennik

**support** /sə:pɔ:t/ (v) = to show that sth is true - potwierdzać

**test** /test/ (n) = a medical examination of a part of the body - tu: badanie (medyczne)

**trial** /traɪəl/ (n) = the process of testing sth in order to see if it works - tu: test (np. antydopingowy)

**watery** /wɔ:təri/ (adj) = (of a liquid) very thin and runny - wodnisty

## 7b

**assist (sb)** /ə'sɪst/ (v) = to help sb - pomagać

**blood sample** /blʌd ,sa:mpl/ (n) = a small amount of blood that is examined in order to find out if sb has a health problem - próbka krwi

**carbs (carbohydrates)** /ka:bz/ (pl n) = substances found in foods such as pasta, potatoes and bread, which provide a lot of energy - węglowodany

**care assistant** /keər ə,sɪstənt/ (n) = sb who looks after old or sick people - opiekun (osób starszych, chorych)

**disinfect** /dɪsɪn'fekt/ (v) = to clean sth with a chemical that kills bacteria - dezynfekować

**gear** /gɪər/ (n) = the equipment or tools needed for an activity - tu: sprzęt

**nutrient** /'nju:tʃriənt/ (n) = a substance which provides what is needed for plants, animals and people to be healthy - składnik odżywczy

**painkiller** /'peɪn,kɪlə/ (n) = any medicine that relieves physical pain - lek przeciwbólowy

**paraplegic** /pærəpli:dʒɪk/ (n) = sb who suffers from paralysis of the legs - osoba sparaliżowana

**plaster cast** /pla:stər ka:st/ (n) = a hard white material for covering broken parts of the body until they are healed - gips (unieruchomienie kończyny)

**surgery** /sɜ:dʒəri/ (n) = the work done by a surgeon; an operation - operacja (zabieg)

**vaccinate** /væksɪneɪt/ (v) = to protect sb from a disease by giving them a substance containing a very weak form of the virus that causes that disease - szczepić

**wire** /waɪər/ (n) = a long thin piece of metal thread that carries electricity - przewód

## 7c

**acne** /ækni/ (n) = a medical condition in which spots appear mostly on the face of youngsters - trądzik

**alive and kicking** (idm) = still full of energy and activity - cały i zdrowy

**anorexia** /'ænə'reksɪə/ (n) = a medical condition which makes sb stop eating - anoreksja

**anxiety** /æŋ'zaiəti/ (n) = the state of feeling worried and nervous - niepokój, lęk

**as pale as a ghost** (idm) = having your face drained of colour because of fear or illness - blady jak ściana (o osobie)

**be as fit as a fiddle** (idm) = to be very healthy and strong - zdrowy jak ryba

**be back on my feet** (idm) = to be healthy again after having an illness - stanąć na nogi (wyzdrowieć)

**bulimia** /'bju:lɪmɪə/ (n) = a serious illness in which sb makes themselves vomit after overeating, so they won't put on weight - bulimia

**depression** /dɪ'preʃən/ (n) = a mental state in which sb feels very sad and cannot enjoy anything - depresja

**eating disorder** /i:tɪŋ dɪs'ɔ:də/ (n) = an illness caused by harmful eating habits - zaburzenia odżywiania

**exhaustion** /ɪg'zɔ:sɪʃən/ (n) = extreme tiredness - wyczerpanie, zmęczenie

**extreme tiredness** (phr) = exhaustion - ekstremalne wyczerpanie

**genetic factor** /dʒə'netɪk 'fækٹə/ (n) = each of the inherited traits that affect sb's physical growth and development - czynnik genetyczny

**hormone** /hɔ:məʊn/ (n) = each of the chemical substances produced by the body that influence its growth and physical state - hormon

**hygiene** /haɪ'dʒi:n/ (n) = observing cleanliness in order to prevent illness - higiena

**insomnia** /ɪn'sɒmniə/ (n) = sleeplessness; a condition in which sb cannot sleep well - bezsenność

**low energy** (phr) = the state of feeling weak - brak energii, zmęczenie

**mental health** (phr) = the health or state of sb's mind - zdrowie psychiczne

**on top of the world** (idm) = extremely happy or proud - być wniebowziętym

**physical symptom** (phr) = a change in the body which shows that a disease is present - fizyczne objawy

**skin condition** /skɪn kəndɪʃən/ (n) = a medical problem that the skin suffers from, such as a rash, spots, etc - choroba skóry

**sleep disorder** /sli:p dɪs'ɔ:də/ (n) = a problem that affects sleeping patterns, such as insomnia - zaburzenia snu

**smoothie** /smu:ði/ (n) = a cold drink made with fruit and milk - smoothie, koktail

**sweaty** /swetɪ/ (adj) = perspiring - spocony

**sting** /stɪŋ/ (n) = (of a plant) causing a wound because it's too sharp - ukłucie

**suffer (from sth)** /sʌfə/ (v) = to have sth harmful or painful happening to you - cierpieć (np. z powodu choroby)

## Unit 8 – Drop by drop

### 8a

**advance** /əd've:n:s/ (v) = to move forward - posuwać się naprzód, postępować (tu: o wojsku)

**arid** /'ærɪd/ (adj) = (of climate or land) very dry - suchy (o klimacie lub lądzie)

**arise** /ə'rərɪz/ (v) = (of problems, difficulties, etc) to start to happen; to occur - pojawiać się (o problemie, trudnościach)

**bed** /bed/ (n) = the bottom part of the sea - tu: dno (morza)

**bring (sth) about** /brɪŋ ə'baut/ (phr v) = to cause sth to happen - powodować, przynosić (np. zmiany)

**cable** /keɪbəl/ (n) = a wire that carries electricity, phone signals, etc - kabel

**carry (sth) out** /kæri 'aut/ (phr v) = to do sth in order to achieve a result - przeprowadzać, wykonywać (np. eksperyment, badanie)

**climate crisis** (phr) = a critical situation caused by changes in the climate - kryzys klimatyczny

**come up with (sth)** /kʌm 'ʌp wið/ (phr v) = to think of an idea, answer, etc - wymyślić, znaleźć (np. rozwiążanie)

**conflict** /'kɒnflikt/ (n) = a serious disagreement between two or more groups - konflikt, spór, nieporozumienie

**deadline** /dedlæɪn/ (n) = the time by which sth must be finished - termin ostateczny, deadline

**depict** /drɪptɪk/ (v) = to represent in an art form - obrazować, przedstawiać

# Word List

## desertification

/dɪzə:tɪfɪ'keɪʃn/ (n) = the process in which useful land turns into desert - pustynnienie

**die out** /daɪt 'aut/ (phr v) = (of a species) to become less common and finally stop existing - wymierać (o gatunkach)

**district** /dɪstrɪkt/ (n) = a part of a city or a country - dzielnica (miasta), rejon (administracyjny państwa)

**drought** /draʊt/ (n) = a long period when there is no rain - susza

**earth** /ɜːθ/ (n) = the substance in which plants can grow - ziemia, gleba

**exhaustion** /ɪg'zɔ:sɪstʃn/ (n) = the state of sth having been used up - wyczerpania (np. zasobów)

**export** /ɪk'spɔ:t/ (v) = to sell a domestic product to another country - eksportować

**famine** /fæmɪn/ (n) = a situation in which large numbers of people have little or no food, and many of them die - głód

**food insecurity** (phr) = the anxiety of not having enough food regularly - brak bezpieczeństwa żywnościowego

**force** /fɔ:s/ (n) = power - siła, moc

**gender equality** (phr) = the state of both sexes having the same rights - równość płci

**ground** /graʊnd/ (n) = the surface of the Earth - powierzchnia Ziemi

**habitat loss** (phr) = a decrease in the environmental area suitable for a certain type of wildlife - utrata siedliska

**hectare** /'hektər/ (n) = an area of land equal to 10,000 square metres - hektar (miara powierzchni)

**impact** /'impækt/ (v) = to have an effect on sb/sth - mieć wpływ na coś

**include** /ɪn'klu:d/ (v) = to make sth part of sth larger - zawiązać

## intensive farming

(phr) = agricultural practices that aim to produce as much food as possible - rolnictwo intensywne

**land** /lænd/ (n) = each of the parts of the Earth that are not covered with water - ląd

**lush** /lʌʃ/ (adj) = (of vegetation) with lots of leaves and greenery - bujny (o roślinności)

**mammoth** /mæməθ/ (adj) = huge - gigantyczny

**mass migration** (phr) = a move of a large number of people from one place/country to another - masowa migracja

**natural rate** (phr) = the normal speed at which sth happens - naturalne tempo

**ocean warming** (phr) = the increase in the temperature of the sea - ocieplanie oceanów

**overgrazing** /əʊvə'greɪzɪŋ/ (n) = excessive eating of grass by animals, which leads to damage of the land - nadmierny wypas (np. bydła)

**overuse** /'əʊvərju:z/ (n) = to use sth too much or too often - nadużywać (np. leków)

**phase (sth) out** /feɪz 'aut/ (phr v) = to gradually stop using sth - wycofywać (np. produkt)

**power** /paʊə/ (n) = the ability to control people - tu: władza

**pressure** /preʃə/ (n) = a strong demand - presja, nacisk

**raise** /reɪz/ (v) = to bring up (a child) - tu: wychowywać

**regain** /rɪ'geɪn/ (v) = to get sth back - odzyskać

**region** /ri:dʒən/ (n) = a specific area in a country or the world - region

**replace** /rɪ'pleɪs/ (v) = to get a new object to use in place of an old or broken one - zastępować

**restore** /rɪ'stɔ:/ (v) = to cause sth to be in its former good condition again - przywrócić, odnowić

**reverse** /rɪ'ves/ (v) = to undo sth; to stop sth bad continuing, and make it become what it was before -

odwracać (np. skutki)

**rise** /raɪz/ (v) = to go up; to increase in number or amount - wzrastać (np. temperatura)

**run out of (sth)** /,rʌn 'aut əv/ (phr v) = to use all the supply of sth and have none left - nie mieć już (czegoś), wyczerpać (np. zasoby)

**rural** /'ruərəl/ (adj) = existing in, or relating to, the countryside - wiejski

**soil** /sɔɪl/ (n) = the top layer of the Earth's surface in which plants grow - ziemia, gleba

**species extinction** (phr) = (of

an animal/plant group) the state of no longer having any living members - wymieranie gatunków

**speed up** /spɪd 'ʌp/ (phr v) = to cause sth to move faster - przyspieszać

**spill over** /spɪl 'əʊvə/ (phr v) = (of sth bad) to reach a point at which it can no longer be controlled or contained - tu: przerodzić się (w coś gorszego - np. o nieporozumieniu)

**stark** /stɑ:k/ (adj) = absolute; extreme - tu: zupełny (o przeciwnieństwie)

**supported** /sə:pɔ:tɪd/ (pp) = given encouragement and money - wspierany

**urban area** (phr) = a part of a city - obszar miejski

**use (sth) up** /ju:z 'ʌp/ (phr v) = to have none of sth left because you've used it all - zużyć (np. zasoby)

**vicinity** /və'sɪnəti/ (n) = the surrounding area - poblisko

**vicious circle** /vɪ'sjəs 'sɪ:kəl/

(n) = a cycle of unpleasant events which cause each other to continue - błędne koło

**virtuous circle** /vɪ:tʃuəs

'sɪ:kəl/ (n) = a continuous cycle of events producing good results - sytuacja, w której sukces rodzi sukces

**water scarcity** (phr) = the situation of not having enough water - niedobór wody

**water shortage** (phr) = the

situation of not having enough water - niedobór wody

**weight** /weɪt/ (n) = heaviness; how heavy sb/sth is - waga, ciężar

**wipe (sb/sth) out** /waɪp 'aut/ (phr v) = to cause the complete destruction or disappearance of sb or sth - zmiatać z powierzchni ziemi

**zone** /zəʊn/ (n) = an area or section with a specific purpose - strefa, obszar

## 8b

### draw (sth) up

/drɔ:/ 'ʌp/ (phr v) = to prepare and write a plan, proposal, etc - sporządzać (np. umowę)

**food bank** /fu:d bænk/ (n) = an organisation that donates food to people in need - bank żywności

**halt the trend** (phr) = to stop a change or development of sth different - zatrzymanie trendu

**illiteracy** /'ɪlɪtərəsi/ (n) = the inability to read or write - analfabetyzm

**intervention** /ɪntə'venʃn/ (n) = the act of interfering so as to prevent sth bad from happening - interwencja

**mammoth sum** (phr) = a huge amount of money - gigantyczna kwota

**migration crisis** (phr) = a serious problem caused by huge numbers of people leaving their countries - kryzys migracyjny

**renewable energy** (phr) = a form of energy that is naturally replaced, and will not run out - energia odnawialna

**swift action** (phr) = a very fast response to sth - szybkie działanie

**urban farm** (phr) = an area in a city where food is grown and produced - miejska farma

## 8c

### blood is thicker than water

(idm) = family ties are stronger than friendships - więzy krwi są ważniejsze od innych relacji	vehicle driven by its owner, for a very low rate - wspólnie dojazdy	<b>moorland</b> /muələnd/ (n) = an open area of grassy land - wrzosowisko, torfowisko	<b>calm</b> /ka:m/ (v) = to make sb feel relaxed and peaceful - uspokajać
<b>broken home</b> (phr) = a family where the parents have separated - rozbity dom (o rodzinie, w której nastąpił rozwód rodziców)	<b>sth holds water</b> (idm) = sth can stand up to scrutiny - trzymać się kupy	<b>renovate</b> /rə'nəveɪt/ (v) = to repair and improve sth and get it back in its good condition again - odnawiać, remontować	<b>cheer up</b> /tʃɪər 'ʌp/ (phr v) = to feel happy - rozweselić się
<b>crime wave</b> /kraɪm weɪv/ (n) = a sudden rise in the rate of illegal actions - fala przestępcości	<b>strain</b> /streɪn/ (n) = pressure - tu: obciążenie	<b>rid (sth of sth)</b> /rɪd/ (v) = to make sth free of sth unwanted - uwolnić (coś od czegoś)	<b>choke up</b> /tʃəuk 'ʌp/ (phr v) = to not be able to say anything because of a strong emotion - stracić mowę (z powodu silnych emocji)
<b>drink-driving</b> /drɪŋk 'draɪvɪŋ/ (n) = the crime of driving after having drunk too much alcohol - jazda pod wpływem alkoholu	<b>traffic congestion</b> /træfɪk kən,dʒestʃən/ (n) = a traffic jam; the fact that roads are blocked and overcrowded with many vehicles - natężenie ruchu, zator	<b>square mile</b> /skweə 'mail/ (n) = 2,590 square kilometres - mila kwadratowa (miara powierzchni)	<b>clear</b> /klɪə/ (v) = to remove whatever is blocking an area - czyścić, oczyszczać (tu: atmosferę)
<b>false accusation</b> (phr) = an allegation that is not true - fałszywe oskarżenie	<b>urban renewal</b> /'ɜ:bən rɪ'nju:əl/ (n) = renovation of poor or run-down city areas - rewitalizacja miasta	<b>unbeatable</b> /ʌn'bɪ:təbəl/ (adj) = extremely good; the best - tu: najlepszy	<b>close friend</b> (phr) = sb that you know well and trust - bliski przyjaciel
<b>feel like a fish out of water</b> (idm) = to feel like a stranger in a strange land - czuć się nieswojo	<b>water under the bridge</b> (idm) = forgotten - dawne dzieje	<b>undergraduate</b> /'ʌndəgrædʒuət/ (n) = sb studying for a bachelor's degree (BA/BSC) - student pierwszego stopnia	<b>comfort</b> /kʌmfət/ (v) = to give a sense of peace and calm to sb - pocieszać, podnosić na duchu
<b>fine tuning</b> (phr) = precise adjustment - dostosowanie	<b>welfare benefits</b> /'welfərə b'enifɪts/ (pl n) = government financial allowance - zasiłki z opieki społecznej	<b>vulnerable</b> /vəl'nərəbəl/ (adj) = weak; without protection and easily hurt - bezbronny	<b>counsel</b> /kaʊnsəl/ (v) = to advise sb - doradzać, radzić
<b>furnished flat</b> (phr) = a flat containing all the furniture and electrical appliances you will need when moving in - umeblowane mieszkanie		<b>wellbeing</b> /'wel'bɪ:nɪŋ/ (n) = good health and happiness - dobrostan, dobre samopoczucie	<b>counteract</b> /kaʊntər'ækt/ (v) = to reduce the negative impact of sth by doing sth that has the opposite outcome - przeciwdziałać, zapobiegać
<b>gender discrimination</b> /dʒendər dɪskrimɪneɪʃən/ (n) = unfair treatment towards sb based on their sex - dyskryminacja ze względu na płeć			<b>culture shock</b> (phr) = a feeling of confusion when you first visit a foreign country which has a very different way of life from your own - szok kulturowy
<b>get on board with sth</b> (idm) = to agree with a course of action - tu: zgadzać się (na coś)			<b>custom</b> /kʌstəm/ (n) = a tradition - zwyczaj, tradycja
<b>in hot water</b> (idm) = in big trouble - w opałach			<b>distress</b> /dr'stres/ (n) = the psychological suffering - tu: ciężki stan emocjonalny
<b>like water off a duck's back</b> (idm) = having no effect on sb - (spływać) jak woda po kaczce			<b>ease</b> /i:z/ (v) = to make sth less unpleasant - złagodzić (np. ból)
<b>poverty line</b> /pɒvəti ,laɪn/ (n) = the income level below which sb is officially considered very poor - granica ubóstwa			<b>engage (with sth)</b> /ɪn'geɪdʒ/ (v) = to become involved with sth in order to get to know it better - zajmować się, angażować się
<b>preventable disease</b> (phr) = an illness that could be stopped from appearing - choroba, której można zapobiec			<b>ensure</b> /ɪn'ʃʊə/ (v) = to make sure - zapewniać
<b>ridesharing</b> /raɪd'ʃeəriŋ/ (n) = an arrangement in which a passenger travels in a private			<b>expat</b> /eks'pæt/ (n) = (also short for "expatriate") sb who lives in a foreign country - osoba żyjąca na obczyźnie
			<b>folks</b> /fəʊks/ (pl n) = sb's parents - rodzice
			<b>fool</b> /fu:l/ (v) = to trick sb - oszukiwać
			<b>frontier</b> /'frəntɪə/ (n) = the border that separates two countries - granica

## Culture 8

<b>angle</b> /æŋgəl/ (n) = a point of view - punkt widzenia
<b>borough</b> /'bʌrə/ (n) = a town or a district of a larger city, which has its own council - gmina
<b>calculate</b> /'kælkjuleɪt/ (v) = to determine a number or an amount from information that you already have - obliczać
<b>defer</b> /dɪ'fɜ:/ (v) = to postpone sth - opóźniać, wstrzymywać (decyzje)
<b>desperate</b> /dɛs'pərət/ (adj) = (of a person) in great need - tu: w wielkiej potrzebie
<b>disadvantaged</b> /dɪ'səd'ventɪdʒɪd/ (adj) = not having the advantages of others - pokrzywdzony, w niekorzystnej sytuacji
<b>gap year</b> /gæp jɪə/ (n) = a year taken off studies between leaving school and starting university, in order to gain life experience - rok przerwy (np. przed pójściem na studia)
<b>irreplaceable</b> /ɪr'pleɪsəbəl/ (adj) = highly valuable - niezastąpiony, bezcenny
<b>link</b> /lɪŋk/ (n) = an electronic connection to another website - link, łącze

## Unit 9 – Conflicting opinions

### 9a

<b>alienation</b> /eɪliə'nейʃən/ (n) = the feeling of exclusion from a particular society - alienacja, wyobcowanie
<b>aspect</b> /æspekt/ (n) = a part of an idea, topic, problem, etc - aspekt
<b>assimilation</b> /ə,sɪmə'lейʃən/ (n) = integration into a group or society - asymilacja
<b>be wired</b> /bi 'waɪəd/ (v) = to be constructed in such a way as to perform certain functions - być skonstruowanym w jakimś celu
<b>break</b> /breɪk/ (v) = to prevent sth bad from continuing - tu: rozładować (napięcie)
<b>build up</b> /bɪld 'ʌp/ (phr v) = to gradually increase sth - poprawiać, polepszać

# Word List

**home-swap** /'həʊm swɒp/ (v) = to exchange houses with sb for holiday purposes - wymiana domów (np. na wakacje)

**language barrier** /læŋgwɪdʒ ,bærɪə/ (n) = the difficulty that two people face when communicating because they speak different languages - bariera językowa

**last** /la:st/ (v) = to continue for a period of time - trwać, tu: staczać (na jakiś czas)

**leave (sb/sth) behind** /li:v ,brhaɪnd/ (phr v) = to leave sb or a place for good - zostawać za sobą

**life partner** /laɪf ,pa:tner/ (n) = the person you choose to spend your life with - partner życiowy

**lighten up** /laɪtən 'ʌp/ (phr v) = to take things easy - wyluzować

**limit** /'lɪmɪt/ (n) = the furthest point of an area or place - limit, granica

**lingo** /'lɪŋgəʊ/ (n) = a foreign language - żargon

**lingua franca** /'lɪŋgwə 'fræŋkə/ (n) = a common language used between speakers with different native languages - lingua franca, język wspólny

**local customs** /'ləukəmz/ (pl n) = the traditions and common practices in a particular place - lokalne zwyczaje

**long-distance relationship** (phr) = a romantic bond between two people who live very far from each other - związek na odległość

**offspring** /'ɒf,sprɪŋ/ (n) = sb's child or children - potomstwo

**outlet** /'autlət/ (n) = a shop - tu: outlet, punkt sprzedaży w niższych cenach

**pack (sth) in** /pæk 'ɪn/ (phr v) = to no longer do a job, hobby, etc - rzucić (np. pracę)

**pain** /peɪn/ (n) = an unpleasant feeling which hurts - ból

**pay (sth) back** /pei 'bæk/ (phr v) = to return the money that you've borrowed - oddawać pieniądze

**personal income** (phr) = sb's amount of money gained from their work, investments, etc over a period of time - dochód osobisty

**public** /'pʌblɪk/ (n) = people in general - ludzie, publika

**react** /ri'ækt/ (v) = to respond to sth - reagować

**resolve** /rɪ'zɒlv/ (v) = to find a solution to a problem - rozwiązywać (np. problem)

**set aside** /set ə'saɪd/ (phr v) = to save sth in order to be used later - odkładać

**social network** (phr) = a group of personal or business contacts through websites with people who have similar interests and experiences - serwis społecznościowy

**society** /'sə:səti/ (n) = the people who make up the population in a given area - społeczeństwo

**soothe** /su:ð/ (v) = to relieve pain or suffering - uśmierzać (o bólu)

**spouse** /spaʊs/ (n) = the person that sb is married to - małżonek

**substance** /'sʌbstəns/ (n) = material goods - substancja

**support network** /sə:pɔ:t ,netwɜ:k/ (n) = a group of people who give practical help and moral support to sb who is in a difficult situation - sieć wsparcia

**take in (sth)** /teɪk 'ɪn/ (phr v) = to get to see and learn about sth interesting - tu: zwiedzać (np. zabytki)

**throw (myself) into (sth)**

/θrəu intə/ phr v = to get fully involved in sth with a lot of enthusiasm and determination - rzucić się (np. w wir pracy)

**trouble** /trʌbəl/ (n) = a difficulty; a problem - kłopot

**vital** /'vætəl/ (adj) = very important; essential - tu: niezbedny

**wall** /wɔ:l/ (n) = the structure that separates one room from another - ściana

**work** /wɜ:k/ (v) = to do a job; to try hard to achieve sth - pracować

**worry** /'wʌri/ (n) = anxiety - martwić się

## 9b

**conflict** /kɒnflikt/ (n) = a serious disagreement between two or more people - konflikt, spór, nieporozumienie

**hand gesture** (phr) = a signal that is made with the hand - gest ręka

## 9c

**a bone of contention** (idm) = the subject of a long-standing dispute - kość niezgody, przedmiot sporu

**add fuel to the fire** (idm) = to make an already tense situation worse - dodać oliwy do ognia

**breakdown (in communication)**

/'breɪkdaʊn/ (n) = a failure to successfully exchange information with others - problem (z komunikacją)

**clash** /klɑ:ʃ/ (v) = (of ideas, attitudes, etc) to be incompatible with and dissimilar to each other - śicercać się (z kimś)

**communication style** (phr) =

the way in which people express their thoughts and ideas - styl komunikacji

**conflict resolution** (phr) =

finding a solution to people's disagreements or arguments - rozwiązywanie konfliktów

**difference** /dɪfərəns/ (n) = quality that makes sb/sth not the same as others - różnica

**find a path** (phr) = to figure out a way to deal with a problem

successfully - znajdować drogę, sposób (rozwiążania problemu)

**full-blown** /'ful bləʊn/ (adj) = of the greatest intensity - tu: na pełną skalę (np. o wojnie)

**hamper** /'hæmpə/ (v) = prevent sth from progressing - utrudniać, hamować

**innovation** /ɪnə'veɪʃən/ (n) = a new idea, method, or an invention - innowacja

**issue** /'ɪʃu:/ (n) = an important matter that requires further discussion - tu: problem

**keep my temper** (phr) = to remain calm although you feel very upset - zachowywać spokój

**monopoly (on sth)** /mə'nopəli/ (n) = (of a company) possessing sth to a degree that shuts out all others - monopol

**mutual** /mju:tʃuəl/ (adj) = reciprocal; going both ways - wzajemny

**pick holes in sth** (idm) = to look for errors in sth - szukać dziury w całym

**prejudice** /predʒudɪs/ (n) = an unreasonable bad opinion about sth, which is not based on facts or experience - uprzedzenie

**put the blame for sth on sb** (phr) = to say that sb is guilty of doing sth - obwiniać (za coś)

**role** /rəul/ (n) = the behaviour one has in relation to what their actual position is in a society - rola, udział

**sit on the fence** (idm) = to avoid stating your opinion in a conflict - siedzieć okrakiem (uniąć wyrażenia opinii)

**step on sb's toes** (idm) = do sth that makes sb angry or embarrassed - nadepnąć na odcisk

**the bottom line** (phr) = the most important point to take into account in a particular situation - sedno sprawy

## Culture 9

**award** /ə'wɔ:d/ (v) = to give sth to sb as a prize - nagradzać

**bestow** /brɪ'stəʊ/ (v) = to give an award, etc to sb in honour of sth they've accomplished - przyznać (nagrodę), obdarowywać

**compassion** /kəm'pæʃən/ (n) = a strong feeling of pity, sympathy and understanding

for people who are suffering  
- współczucie

**credentials** /kredensjəlz/ (pl n) =  
the abilities and qualifications  
that make sb suitable for a  
position - kwalifikacje (do  
wykonywania pracy)

**eligible (for sth)** /elɪdʒəbl/ (adj) = meeting the  
requirements (for a benefit,  
privilege, etc) - spełniający  
warunki

**establish** /estæblɪʃ/ (v) = to set  
up (a programme, a company  
or an organisation) - zakładać,  
tworzyć (np. firmę)

**found** /faʊnd/ (v) = to bring sth  
into existence - zakałać,  
fundować (np. instytucję)

**fund** /fʌnd/ (v) = to give money  
for a specific purpose -  
finansować

**glittering** /glɪtərɪŋ/ (adj) =  
admired by many people - tu:  
strojny, pełen blichtru

**grant** /gra:nt/ (n) = a sum of  
money lent to a student,  
especially by the government,  
to pay for their education -  
grant, stypendium

**scholarship** /skɔ:ləʃɪp/ (n) =  
an amount of money given  
to a student of exceptional  
achievement to pay for their  
studies - stypendium

## Values C: Forgiveness

**anchor** /æŋkə/ (n) = a heavy  
metal object you drop into  
the water to stop a boat or  
ship from moving - kotwica

**anchor rope** /æŋkə rəʊp/ (n) =  
the rope attached to the  
heavy metal object thrown  
over the side of a ship to  
keep it from moving - lina  
kotwiczna

**divine** /dɪ'veɪn/ (adj) = godlike;  
holly - boski

**dwell on (sth)** /dwel ɒn/  
(phr v) = to think about sth  
continuously - rozpamiętywać  
(coś)

**err** /ɜ:/ (v) = to make a mistake -  
błądzić, popełnić błąd

**forgiveness** /fɔ:gɪvnəs/ (n) =  
the act of pardoning sb for

harming you - przebaczenie

**grudge** /grʌdʒ/ (n) = a feeling  
of dislike for sb based on  
sth bad they've done to you  
- uraza

**hooked** /hukt/ (pp) = caught;  
held fast - zahaczony,  
zaczepiony

**in the long run** (idm) = over a  
long period of time in the  
future - na dłuższą metę

**perspective** /pə'spektɪv/ (n) =  
a sensible way of judging a  
situation - perspektywa

**resentment** /rɪ'zentmənt/ (n) =  
a feeling of displeasure and  
anger - gniew, uraza

**snagged** /snægd/ (pp) = got  
caught - tu: zahaczony

**underway** /ʌndə'weɪ/ (adj) = (of  
a boat) moving - tu: w drodze,  
w ruchu (np. o łodzi)

**vista** /'vɪstə/ (n) = a view; a  
prospect - tu: perspektywa na  
przyszłość

## Public Speaking Skills C

**boost** /bu:st/ (n) = an increase or  
improvement to sth - wzrost  
(np. w sprzedaży)

**launch** /lɔ:ntʃ/ (v) = to start  
sth - tu: uruchamiać (np.  
działalność)

**livelihood** /laɪvlihəd/ (n) = what  
you do to earn money to live -  
źródło utrzymania

**livestock** /'ləvstɒk/ (n) = farm  
animals, such as sheep, cattle,  
etc - żywy inwentarz

### mechanisation

/mekə'næzɪzeɪʃən/ (n) = the  
practice of using machines  
to do what people or animals  
used to do - mechanizacja

**porridge** /'pɔ:ridʒ/ (n) = a type of  
grain boiled in water or milk  
- owsianka

**staple diet** /steɪpl 'daɪət/ (n) =  
the foods that sb eats most  
often as part of their normal  
diet - podstawowy składnik  
diety

**sustain** /sə'steɪn/ (v) = to make  
sth continue to exist; to  
maintain - podtrzymywać,  
wspierać

**teff** /tef/ (n) = a type of grass

whose seeds are eaten

- miłka abisyńska (gatunek  
trawy)

## Unit 10 – It's my right!

### 10a

**ask** /a:sk/ (v) = to require sth  
- prosić (kogoś o coś), żądać  
(czegoś od kogoś)

**basic right** (phr) = each of the  
fundamental things that  
everyone is legally allowed  
to do - podstawowe prawo

### be entitled to sth/to do

sth (phr) = to have the  
right to have sth/to do  
sth - być uprawnionym,  
upoważnionym

**bill** /bɪl/ (n) = a law before it  
is officially accepted by a  
parliament - projekt ustawy

**bring up** /brɪŋ 'ʌp/ (phr v) = to  
mention a topic for discussion  
- podnosić, poruszać (o  
temacie, problemie)

**buyer** /baɪə/ (n) = sb who pays  
money to own a house or  
business - kupujący, nabywca

**call** /kɔ:l/ (v) = to loudly tell sb  
to come to you - wzywać,  
przywoływać

**carry out** /kæri 'aut/ (phr v) =  
to conduct (an experiment, a  
survey, etc) - przeprowadzać,  
wykonywać (np. eksperyment,  
badanie)

**cherish** /tʃerɪʃ/ (v) =  
to consider sth invaluable and  
protect it - cenić sobie

**chip in** /tʃɪp 'ɪn/ (phr v) = to  
contribute money towards sth  
- dorzucać się (np. do zbiórki)

**claim** /kleɪm/ (v) = to demand  
sth because you state that  
you are legally entitled to  
it - domagać się, dochodzić  
(np. praw)

**client** /klaɪənt/ (n) = sb who  
pays money to receive  
the services of a lawyer,  
counsellor, etc - klient  
(osoba reprezentowana przez  
prawnika)

**compelling** /kəm'peɪlnɪŋ/  
(adj) = very interesting and  
overwhelming - interesujący,  
zajmujący

### compensation

/kəmpə'nseɪʃən/ (n) =  
money paid to make up for a  
bad situation - odszkodowanie

**competitive price** (phr) = a  
price much better than  
others of similar goods -  
konkurencyjne ceny

**consumer** /kən'sju:mə/ (n) = sb  
who buys and uses goods or  
services - m

**customer** /kʌstəmə/ (n) = a  
buyer of goods or services -  
konsument

**cut out** /kʌt 'aut/ (phr v) = to  
prevent sth from continuing -  
eliminować (tu: pokarm  
z diety)

**deny** /drɪnai/ (v) = to not  
admit sth - zaprzeczać (np.  
zarzutom)

**drop off** /drɒp 'ɒf/ (phr v) =  
to take sb/sth to a place in  
your vehicle on your way  
somewhere else - podrzucać  
(np. samochodem)

**enchanting** /ɪn'tʃɑ:ntɪŋ/ (adj) =  
fascinating - uroczy

**enterprising** /entə'prɪzɪŋ/ (adj) =  
creative and ambitious  
- przedsiębiorczy

**error** /erə/ (n) = sth written in a  
wrong way by accident - błąd

**essential goods** (phr) = the  
most necessary products -  
dobra podstawowe

**evolve** /ɪ'vɒlv/ (v) = to gradually  
develop and become better -  
ewoluować, rozwijać się

**fault** /fɔ:lt/ (n) = a defect in an  
item - wada

**faulty** /fɔ:lti/ (adj) = defective -  
wadliwy

**figure out** /'figər 'aut/ (phr v) =  
to work sth out; to calculate  
sth - rozwiązywać (np.  
problem)

**fool** /fu:l/ (v) = to deceive sb -  
oszukiwać

**fraud** /frɔ:d/ (n) = deliberate  
deception - oszustwo

### government policy

/gʌvənmənt 'poləsi/ (n) =  
the way that people in  
authority rule a country -  
polityka rządowa

**health hazard** /helθ 'hæzəd/  
(n) = a threat to the good  
condition of the body -  
zagrożenie dla zdrowia

# Word List

**hold up** /həuld 'ʌp/ (phr v) = to present sb/sth as a prime example - tu: wyróżniać

**immediate access** (phr) = the possibility of using sth without delay or problems - natychmiastowy dostęp

**impulse buy** /ɪmpʌls ,baɪ/ (n) = the act of buying sth on the spur of the moment - zakup impulsowy

**ineffective** /ɪn'fektɪv/ (adj) = (of an item) not producing the required results - nieskuteczny

**informed choice** (phr) = choosing sth using the information you have about it - świadomy wybór

**insist** /ɪn'sist/ (v) = to keep saying or demanding sth despite opposition - nalegać

**liable** /laɪəbl̩/ (adj) = officially responsible for sth - odpowiedzialny

**manufacturer** /mænʃu'fækʃərə/ (n) = a business that produces and sells goods - producent

**misleading information** (phr) = inaccurate facts - informacja wprowadzająca w błąd

**mistake** /mɪ'steɪk/ (n) = sth said or done in a wrong way - błąd

**non-threatening environment** (phr) = a safe place - bezpieczne otoczenie

**obliging** /ə'blaɪdʒɪŋ/ (adj) = very helpful - uprzemijny

**pillar** /'pɪlə/ (n) = a major point or idea - podpora, podstawa

**prosecute** /prəsɪkju:t/ (v) = to take sb to court - wnosić oskarżenie

**provenance** /prəvənəns/ (n) = the origin of sth - pochodzenie

**put together** /put tə'geðə/ (phr v) = to assemble sth - poskładać (np. silnik)

**repeat customer** /rɪ'pi:tət/ ,kʌstəmə/ (n) = a consumer who is satisfied and buys the same product again - stałý klient

**rest assured** (phr) = to have been told that everything is OK, so you don't need to worry - mieć pewność, być pewnym

**scrupulously** /skru:pjuləsl̩i/ (adv) = very carefully - skrupulatnie

**shop around** /ʃɒp ə'raʊnd/ (phr v) = to do market research before buying a product - rozglądać się (szukać produktu i porównywać ceny)

**slip** /slɪp/ (n) = a minor mistake - pomyłka

**sort out** /sɔ:t 'aut/ (phr v) = to organise - tu: ustalać

**spot check** /spɒt 'tʃek/ (n) = the practice of examining a few items of a group, to check if everything is OK - wyrwka kontrola

**stand up to** /,stænd 'ʌp tə/ (phr v) = to defend yourself against sb/sth courageously - przeciwstawić się

**substandard goods** (phr) = products of unacceptable quality - produkty niespełniające norm

**swindler** /swɪndlə/ (n) = a cheater; a confidence trickster - oszust

**take the strain** (phr) = to be burdened with pressure and difficulties in order to relieve sb else - brać na siebie ciężar

**think through** /θɪŋk 'θru:/ (phr v) = to take the results of sth into consideration before acting - przemyśleć

**unfit** /ʌn'fɪt/ (adj) = (of an item) not doing what it is meant to do - nienadający się (do czegoś)

**unsuitable** /ʌn'su:təbl̩/ (adj) = inappropriate - nieodpowiedni

**useless** /ju:sləs/ (adj) = not useful - bezużyteczny

**vital** /'vætəl/ (adj) = utterly important - tu: niezbędny

## 10b

**abuse** /ə'bju:s/ (v) = deliberately make bad use of sth - nadużywać, wykorzystywać

**be on your guard** (idm) = to be very careful in order to avoid danger - być czujnym, być ostrożnym

**bill** /bɪl/ (n) = a piece of paper showing the amount of money you must pay for

buying goods or services - rachunek (za usługi)

**drop off** /drɒp 'ɒf/ (phr v) = to take sb/sth to a place in your vehicle on your way to somewhere else - podrzucać (np. samochodem)

**evolve** /ɪ'vɒlv/ (v) = to gradually develop and become better - ewoluować, rozwijać się

**insoluble** /ɪn'sɒlju:bəl/ (adj) = insolvable - nierozwiązywalny

**inspector** /ɪn'spektə/ (n) = an official who checks the quality and conditions of items and services being sold - inspektor, kontroler

**intellectual property**

/ɪntə'lektʃuəl 'prɒpəti/ (n) = an idea, invention, etc legally belonging to sb - własność intelektualna

**music subscription site**

(phr) = a website where you regularly pay money in order to listen to music - serwis oferujący płatny dostęp do muzyki

**piracy** /'paɪərəsi/ (n) = the practice of illegally downloading music and videos - piractwo medialne

**podcast** /'pɒdkɑ:st/ (n) = a radio programme downloaded from the Internet - podcast

**streaming service** /stri:mɪŋ

,sɜ:vɪs/ (n) = the possibility to listen to, or watch, a programme on the Internet without downloading it - usługa przesyłania strumieniowego, usługa streamingowa

## 10c

**be not in your right mind**

(idm) = to not think sensibly, to be stupid - nie myśleć trzeźwo, być głupim

**be (as) right as rain** (idm) = to be completely healthy - zdrowy jak ryba

**be in the right place at the right time** (idm) = to find

yourself in a situation which you can take advantage of - być we właściwym miejscu i czasie

**be on the right track** (idm) =

to work correctly and, most probably, be successful - być na dobrej drodze (np. do sukcesu)

**demand** /dɪ'ma:nd/ (v) = to persistently ask for sth because you believe that you're entitled to it - żądać

**demonstrate (against sth)**

/dɛmənstreɪt/ (v) = (of a number of people) to gather in order to publicly protest (against sth) - demonstrować, protestować

**pay parity** /peɪ ,pærəti/ (n) = equal pay for equal work - równe wynagrodzenie za taką samą pracę

**prejudice** /predʒudɪs/ (n) = (gender) bias - uprzedzenie

**put sth on hold** (phr) = to postpone (doing) sth - wstrzymać (robienie czegoś)

**resign (from a position)**

/rɪ'zam/ (v) = to officially give up (your job) - rezygnować (np. z pracy)

**sb's heart is in the right**

**place** (idm) = sb is kind and well-intentioned - być dobrym człowiekiem

**shrink** /ʃrɪŋk/ (v) = to decrease - kurczyć się

**treat sb with dignity** (phr) = to behave towards sb with respect - traktować z szacunkiem

**vote (for sb)** /vəut/ (v) = to show your preference for sb in an election - głosować (na kogoś)

## Culture 10

**advocacy** /ædvəkəsi/ (n) = legal support of sb in court - wsparcie prawnie

**award** /ə'wɔ:d/ (n) = a prize - nagroda

**click-through** /klik ə'rū:/ (n) = an advertisement on the Internet - kliknąć w link na stronie internetowej

**dread** /dred/ (v) = to be afraid of sb/sth - bać się

**endorsement** /ɪn'do:smənt/ (n) = approval and support of a product or service - lansowanie (np. produktów)

**flagship** /flægʃɪp/ (n) = the

best and typical product of a company - flagowy (o produkcie)

**grievance** /'gri:vəns/ (n) = an official document - skarga

**initially** /'ɪnɪʃəlɪ/ (adv) = at first - z początku

**install** /ɪnstɔ:l/ (v) = to put equipment into its appropriate place - instalować

**instigate** /ɪnstɪgeɪt/ (v) = to be the first to do sth and set a good example - namawiać, podżegać

**legal proceedings** /'li:gəl prə'si:dɪŋz/ (pl n) = legal action - postępowanie sądowe

**preserve** /pri'zɜ:v/ (v) = to make sth continue - tu: zachowywać (np. dobrą opinię)

**subscriber** /sə'bskraɪbə/ (n) = sb who regularly pays money to help the work of a charity, organisation, etc - prenumeratator, abonent, subskrybent

**subscription** /sə'bskrɪpjən/ (n) = money regularly paid to receive products or services - prenumerata, abonament, subskrypcja

## Unit 11 – Hitting the target

### 11a

**acceptable** /ək'septəbəl/ (adj) = that can be approved - akceptowalny, dopuszczalny

**achieve** /ə'tʃi:v/ (v) = to accomplish; to succeed in doing sth - osiągać, zdobywać (np. wyniki)

**at any cost** (phr) = no matter what the consequences are - za wszelką cenę

**beat (sb)** /bi:t/ (v) = to overcome an opponent - pokonać (przeciwnika)

**chronic fatigue** (phr) = a long-lasting condition in which sb feels very weak and tired - chroniczne, przewlekłe zmęczenie

**competitive** /kəm'petitɪv/ (adj) = always eager to try hard and win - ambitny, lubiący rywalizację

**competitive spirit** (phr) = the fact that you always want to do your best and be successful - duch rywalizacji

**compound** /kəm'paund/ (n) = a chemical consisting of two or more elements - związek chemiczny

**confront (sb/sth)** /kən'frənt/ (v) = to come up against sb/sth unpleasant - konfrontować

**conquer** /kən'kjər/ (v) = to gain control of a group of people or their place - podbiąć, pokonywać

**constantly** /kən'stəntli/ (adv) = all the time - ciągle

**constitute** /kən'stitju:t/ (v) = to be regarded as - stanowić

**constructive criticism** (phr) = well-intentioned and useful remarks - konstruktywna krytyka

**cool down** /ku:l 'daʊn/ (phr v) = to become less hot - chłodzić się, studzić się

**court** /kɔ:t/ (n) = the area for playing basketball, tennis, volleyball, etc - kort (np. tenisowy), boisko (np. do koszykówki, siatkówki)

**cover (sth) up** /kʌvər 'ʌp/ (phr v) = to prevent the public from discovering sth bad - tuszować, ukrywać (fakty)

**deal with (sb/sth)** /di:l wið/ (phr v) = to cope with sb/sth; to handle sb/sth - radzić sobie (z czymś)

**deceit** /dr'si:t/ (n) = cheating - oszustwo, nieuczciwość

**defeat** /dɪ'fi:t/ (v) = to win against sb in a competition, game, etc - pokonać, zwyciężyć

**display (sth)** /dɪ'spleɪ/ (v) = to show sth - tu: okazywać (uzucie)

**drop out (of sth)** /drɒp 'aut/ (phr v) = to leave an activity before finishing it - tu: wycofać się (np. z wyścigu)

**earn** /ɜ:n/ (v) = to deserve sth; to get money for doing work - zasługiwać, zarabiać (pieniądze)

**encounter (sth)** /ɪn'kaʊntə/ (v) = to experience sth bad or difficult - napotykać (np. problem)

**establish (yourself as)** /'ɪstæblɪʃ/ (v) = to become recognised and accepted - wyrabiać sobie opinię

**face the demands** (phr) = to accept and deal with sb's requests - mierzyć się z wymaganiami

**fair play** /feə 'pleɪ/ (n) = the practice of closely following the rules of a game - fair play, czysta gra

**fixated** /fɪk'seitid/ (adj) = concentrated on one thing - zafikowany

**gain** /geɪn/ (v) = to acquire sth that you wanted - zyskiwać

**in the face of a setback** (phr) = having to overcome a hindrance - w obliczu przeszkody

**individual** /ɪndɪ'veɪdʒuəl/ (adj) = relating to one person - indywidualny

**integrity** /ɪn'tegrəti/ (n) = being honest and principled - uczciwość

**join in (sth)** /dʒɔɪn ɪn/ (phr v) = to take part in sth - dołączyć

**knock out (of sth)** /nɒk 'aut/ (phr v) = to eliminate sb from a competition, etc - tu: wyeliminować

**level playing field** (idm) = a situation in which everybody has a fair and equal chance of succeeding - równe szanse

**muscle development** (phr) = the process of making the body muscles bigger - rozwój mięśni

**overcome an obstacle** (phr) = to deal successfully with a difficulty - pokonać przeszkodę

**own** /əʊn/ (adj) = belonging to a particular person and not any other - własny

**own up to (sth)** /əʊn 'ʌp tə/ (phr v) = to admit or confess to doing sth - przyznać się (do zrobienia czegoś)

**performance-enhancing**

**medication** (phr) = medical substances that are used illegally by athletes to improve physical activity - zwiększący wydajność, dopingujący (o substancjach)

**personal quality** (phr) = a characteristic of sb's personality - cecha charakteru

**pitch** /pɪtʃ/ (n) = the area for playing football, cricket, rugby, etc - boisko

**positive attitude** (phr) = the fact that you are always confident and hopeful about things - pozytywne nastawienie

**private** /'prɪvət/ (adj) = owned by a particular person - prywatny

**proceedings** /prə'si:dɪŋz/ (pl n) = a set procedure; a course of actions - postępowanie

**prohibited** /prə'hibɪtɪd/ (pp) = not allowed officially - niedozwolony

**qualify** /kwɔ:lɪfaɪ/ (v) = to have the requirements to do sth - kwalifikować się

**rage** /reɪdʒ/ (v) = (of a debate, battle, etc) to carry on in a violent way - szaleć (o np. debacie, wojnie)

**rangefinder** /reɪnʒfʌɪndə/ (n) = an instrument that estimates the distance of an object - dalmierz

**realistic goal** (phr) = a feasible aim - realny cel

**recovery time** (phr) = a period of time in which sb can get better after an injury or illness - czas powrotu do zdrowia

**regret** /rɪ'gret/ (v) = to feel sad for sth wrong you've done - żałować (zrobienia czegoś)

**regulations** /regju'leɪʃənz/ (pl n) = official rules - przepisy (np. klubu)

**require** /rɪ'kwaɪə/ (v) = to need sth - wymagać, potrzebować

**resilience** /rɪ'ziliəns/ (n) = the quality of feeling strong and happy despite or after a difficulty - wytrzymałość

**run out (of sth)** /rʌn 'aut/ (phr v) = to have no more of sth left - nie mieć już (czegoś), wyczerpać (np. zasoby)

**slow down** /sləʊ 'daʊn/ (phr v) = to move more slowly; to reduce speed - zwalniać (zmniejszać prędkość)

# Word List

**speed up** /spi:d 'ʌp/ (phr v) = to move at a faster rate; to accelerate - przyspieszać

**to some extent** (phr) = to a limited degree; partly - do pewnego stopnia

**track** /træk/ (n) = each of the circular lanes in a stadium for runners to race around - tor (np. na bieżni)

**try out (for sth)** /traɪ 'aut/ (phr v) = to compete for a position in a sports team - próbować się dostać (np. do drużyny)

**two-stroke penalty** (phr) = type of punishment in golf when a player breaks a rule - kara dwóch uderzeń (w golfe)

**under pressure** (phr) = being made to feel worried and anxious - pod presją

**win** /wɪn/ (v) = to gain a victory; to get first place in a race or competition - wygrywać

**work (sth) off** /wɜ:k 'ɒf/ (phr v) = to try to burn the calories of a meal with exercise - tu: spalać (np. kalorie), pozbywać się (np. wagi)

**work out** /wɜ:k 'aut/ (phr v) = to exercise - ćwiczyć (fizycznie)

## 11b

**angle** /æŋgəl/ (n) = the point from which sth is seen - kąt patrenia

**be disqualified (from sth)** /bi dɪskwalifaid/ (v) = to be forbidden from participating in a competition because you have done sth which is against the rules - być zdyskwalifikowanym

**contender** /kən'tendə/ (n) = sb who takes part in a competition; a competitor - zawodnik, kandydat

**defend yourself** (phr) = to fight in order to protect yourself - bronić się

**on account of** (phr) = because of - z powodu

**pull a muscle** (phr) = to injure a muscle by stretching it so far that it becomes very painful - naciągnąć mięsień

**scholarship** /skɔ:lʃɪp/ (n) = a free education at a fee-paying school - stypendium

**snow shovel** /snəʊ ʃəvəl/ (n) = a tool for removing snow that looks like a spade - łopata śnieżna

## 11c

**aerobic exercise** (phr) = a type of physical activity that strengthens the heart and lungs - ćwiczenia aerobowe (poprawiające wydolność serca i oddechową)

**anxiety disorder** (phr) = an illness relating to mental health due to worry - zaburzenia lekowe

**be a bag of bones** (idm) = to be extremely thin - skóra i kości (być bardzo chudym)

**be out of shape** (idm) = to be unfit - nie być w formie

**blood pressure** /blʌd 'preʃə/ (n) = the force with which blood flows through the body - ciśnienie krwi

**bone density** /bəun ,densəti/ (n) = a measurement of how thick our bones are - gęstość kości

**cardiovascular function**

(phr) = the performance of the heart and blood vessels - funkcjonowanie układu krążenia

**do the splits** (phr) = to spread the legs so that they will be parallel with the ground - robić szpagat

**factor** /fækٹə/ (n) = sth that affects the result of sth else - czynnik, faktor

**feel as fresh as a daisy** (idm) = to feel healthy and energetic - czuć się rześko

**feel under the weather** (idm) = to feel slightly ill - czuć się źle

**fitness tracker** /'fɪtnəs ,trækə/

(n) = a wearable device or computer application that monitors sb's health and fitness levels - monitor aktywności fizycznej

**generalise** /dʒenə'reɪlaɪz/ (v) = to make a broad statement by considering specific cases

- generalizować, uogólniać

**have a frog in your throat**

(idm) = to speak with difficulty because of having a dry throat or cough - mieć chrypkę

**heart disease** /ha:t dɪ.zi:z/

(n) = an illness related to the heart - choroba serca

**immune system** /'ɪmju:n

,sistema/ (n) = all the organs and processes in our body which protect us from illnesses and infections - układ odpornościowy

**improve muscle tone** (phr) = to enhance the normal elasticity of the muscles - poprawić napięcie mięśni

**institute** /'ɪnstrɪtju:t/ (v) = to put into operation - wprowadzać (np. nowe prawo)

**limit (sth)** /'lɪmit/ (v) = to restrict sth - limitować, ograniczać

**look a bit off colour** (idm) =

to appear slightly ill - nie wyglądać dobrze, wyglądać na chorego

**mental health issue** (phr) = a problem relating to the health or state of sb's mind - problem psychiczny

**poor circulation** (phr) = the movement of blood round the body from and to the heart, which is not quite good - słabe krażenia

**sedentary lifestyle** (phr) =

a way of life which does not involve much physical activity - siedzący tryb życia

**set a goal** (phr) = to determine what you or sb else must try to achieve - wyznaczyć cel

**set the bar** (phr) = to establish a standard - stawiąć poprzeczkę

**sliding scale** (phr) = a system that regulates how much you pay in relation to several factors - ruchoma skala

**stiff joint** (phr) = a part of the body where two bones meet, which can't move easily or without pain - sztywne stawy

**workout video** (phr) = a recorded film of an exercise routine - film z ćwiczeniami

## Culture 11

**advent** /æd'vent/ (n) = the arrival of sth that is important - nadzieję, pojawienie się czegoś

**capped** /kæpt/ (pp) = having reached the maximum limit - ustalony maksymalny limit

**contribute (sth to sth)**

/kən'tribju:t/ (v) = to provide money, support, etc for sth - wnosić (wkład do czegoś)

**dive** /daɪv/ (n) = a sharp decrease - nagły spadek (np. zysków)

**draw (sb)** /drɔ:/ (v) = to attract sb - tu: przyciągać (zainteresowanie)

**exponential** /ekspə'nenʃəl/ (adj) = constantly increasing - gwałtownie (wykładniczo) rosnący

**forerunner** /fɔ:rə'rʌnə/ (n) = the first one to do sth - prekursor

**frequent** /fri'kwent/ (v) = to be a regular visitor to a place - bywać, odwiedzać często (w jakimś miejscu)

**host** /həʊst/ (v) = to offer the required facilities in order for an event to take place - tu: być gospodarzem

**inception** /ɪn'sepʃən/ (n) = the beginning - powstanie (np. przedsiębiorstwa)

**initiative** /ɪn'ɪʃətɪv/ (n) = an idea to start and support a cause - inicjatywa, działanie

**outlet** /aʊtlət/ (n) = market or shop that sells particular goods - tu: punkt gastronomiczny

**praised** /preɪzd/ (pp) = given approval - chwälony

**precaution** /prɪ'kɔ:ʃən/ (n) = a safety measure - środek ostrożności

**skyrocket** /skai'rɒkɪt/ (v) = to go up quickly - szybko rosnąć (np. o bezrobociu)

**time-consuming** /taɪm

kən'sju:minɪŋ/ (adj) = taking a long time - czasochłonny

## Unit 12 – A world of change

### 12a

**abroad** /ə'brɔ:d/ (adv) = somewhere outside your own country - za granicą  
**acclaim** /ə'kleɪm/ (n) = public praise - uznanie, oklaski  
**annual income** (phr) = the money that sb gets from their work on a yearly basis - roczny dochód  
**boast** /bəʊst/ (v) = to be proud of possessing sth that is good - szczerzyć się (np. zabytkami, atrakcjami)  
**bring (sth) in** /brɪŋ 'ɪn/ (phr v) = to introduce a new law or order - wprowadzać (nowe prawo)  
**bring (sth) up** /brɪŋ 'ʌp/ (phr v) = to mention sth in a conversation - podnosić, poruszać (o temacie, problemie)  
**business** /'bɪznəs/ (n) = a commercial organisation; a company - firma, przedsiębiorstwo  
**capital** /'kæpɪtl/ (n) = a large sum of money that sb uses to start, or invest in, a business - kapitał  
**civic** /'sɪvɪk/ (adj) = relating to the activities of the people of a city, town, etc - obywatelski (np. obowiązek)  
**civil rights** /'sɪvɪl 'raɪts/ (pl n) = the rights to equal treatment and equal opportunities that all people in a society must have - prawa obywatelskie  
**cocoon** /kə'ku:n/ (n) = a cover made of silk which some insects (such as caterpillars) make around themselves to protect them while they grow - kokon  
**collaboration** /kə'læbə'reɪʃən/ (n) = cooperation - współpraca  
**common goal** (phr) = a shared aim - wspólny cel  
**communal** /kɒmju'nəl/ (adj) = shared by everyone in a community - wspólny, komunalny  
**cultural** /kəltʃə'rəl/ (adj) = relating to the artistic production of a society

- kulturowy (np. dziedzictwo)  
**distant ancestor** (phr) = a member of your family who lived a long time before you - daleki przodek  
**employment** /ɪm'plɔɪmənt/ (n) = the state of having paid work - zatrudnienie  
**empower** /ɪm'paʊə/ (v) = to help sb take control of their life or situation - tu: pomóc w uzyskaniu samodzielności  
**enterprise** /'entəprائز/ (n) = a company; a business - przedsiębiorstwo, firma  
**exception** /ɪk'sepʃən/ (n) = sth that does not follow the normal pattern - wyjątek  
**export ban** (phr) = a formal prohibition of selling products to another country - zakaz wywozu  
**flourish** /flʌrɪʃ/ (v) = (of a company, etc) to be successful and developing quickly - rozwijać (o roślinach, sztuce)  
**fortunes** /fɔ:tʃənz/ (pl n) = what the future holds in store for sb - los, dola  
**geographical territory** (phr) = a large area belonging to a country or a group of people - obszar geograficzny  
**get away with (sth)** /get ə'weɪ wɪð/ (phr v) = to avoid punishment for doing sth wrong - tu: uniknąć kary  
**give (sth) up** /gɪv 'ʌp/ (phr v) = to stop doing sth - oddawać się, rezygnować  
**halt** /hɔ:lt/ (n) = a stop - zatrzymanie (np. produkcji)  
**hue** /hju:/ (n) = a colour or a shade - odcień  
**illiteracy** /ɪ'lɪtərəsi/ (n) = not being able to read or write - analfabetyzm  
**infected** /ɪnfektɪd/ (pp) = having been attacked by a virus - zakażony  
**interest rate** /'intrəst ,reɪt/ (n) = a percentage that shows how much extra money you need to pay when you borrow money from a bank - stopa procentowa  
**international trade** (phr) = the exchange of goods, services, etc among countries - handel międzynarodowy  
**labour force** /leɪbər fɔ:s/ (n) = the workforce; all the people who work - siła robocza  
**local** /'ləukəl/ (adj) = relating to the area that sb lives in - lokalny  
**local community** (phr) = the people of a particular area of a town/city - lokalna społeczność  
**main strength** (phr) = the most important advantage - główna siła  
**middle** /'mɪdl/ (adj) = central - środkowy  
**middle class** /'mɪdl 'klas:/ (n) = the group of people in a society that don't belong to the working class or the upper class - klasa średnia  
**mortality** /mɔ:tæləti/ (n) = the number of deaths due to an illness within a group of people - śmiertelność  
**multinational** /mʌltɪ'næʃənl/ (adj) = (of a business, etc) operating in a lot of countries - międzynarodowy (o firmie)  
**national identity** /næʃənal aɪ'dentɪti/ (n) = the sense of belonging to a specific nation - tożsamość narodowa  
**ordinary** /'ɔ:dɪnəri/ (adj) = average; usual - zwyczajny  
**overseas** /əvə'vesi:z/ (adj) = in a foreign country, usually separated by sea - za granicą  
**parasite** /'pærəsait/ (n) = a tiny organism that lives on, and feeds from another organism - pasożyt  
**plagued** /pleɪgd/ (pp) = suffering from a widespread disease, a negative situation, etc - nękanie  
**polio** /'pəʊliəu/ (n) = (short for poliomyelitis) an illness that affects the nerve cells, leading to muscle weakness and paralysis - polio (choroba Heinego-Medina)  
**political organisation** (phr) = an organised group of people controlled by a government - organizacja polityczna  
**put (sth) forward** /put 'fɔ:wəd/ (phr v) = to suggest an idea; to propose sth - proponować, przedstawiać (np. plan)  
**salary** /'sæləri/ (n) = the money earned from your work on a monthly or yearly basis - pensja  
**setback** /'setbæk/ (n) = a delay in your progress - komplikacja  
**silk moth** /sɪlk moθ/ (n) = an insect whose cover is used to make silk thread - jedwabnik  
**social** /'səʊʃəl/ (adj) = relating to a particular society and its way of life - społeczny  
**spin** /spɪn/ (v) = to make sth turn around very fast - prząść  
**squeeze (sb) out** /skwi:z 'aut/ (phr v) = to force sb out of sth - tu: wypychać (np. ze stanowiska)  
**stand up for (sb/sth)** /stænd 'ʌp fər/ (phr v) = to defend or support sb/sth - stawać w obronie  
**strand** /strænd/ (n) = a long and thin fibre, like a hair - nitka  
**thread** /θred/ (n) = a long and very thin piece of cotton, silk, etc used for sewing - nitka  
**treatable** /tri:tə'bəl/ (adj) = (of a disease) which can be cured by medicine or surgery - uleczalny  
**tuberculosis** /tju:bə:kjʊ'ləʊsɪs/ (n) = an infectious disease that affects the lungs - gruźlica  
**turn (sth) around** /tɜ:n (v) = to consider an idea, question, etc in a different way - odmienić (coś)  
**vaccinated** /væk'sɪneɪtɪd/ (pp) = having been protected from a disease by receiving an injection - zaszczepiony  
**wage** /weɪdʒ/ (n) = money earned from your work on a daily or weekly basis - płaca za określony czas pracy (dzień, tydzień)  
**weave** /wi:v/ (v) = to make cloth by passing threads over and under each other - tkąć  
**worker** /wɜ:kə/ (n) = sb who is employed - pracownik  
**worldwide** /wɜ:ld'wɔɪd/ (adv) = across the globe - na całym świecie

# Word List

## 12b

- asset** /æsət/ (n) = a person or thing that is very useful or valuable to sb/sth - **atut**, cenny nabytek
- drought** /draʊt/ (n) = a long period of time without rain - **susza**
- famine** /'fæmɪn/ (n) = a widespread food shortage that may cause illness and death - **kłęska głodu**
- govern** /'gʌvən/ (v) = to control the actions or behaviour of a group of people using laws or rules - **tu: kierować, wpływać (na coś)**
- harvest** /ha:vɪst/ (n) = the picking and collecting of crops - **plony, zbiory**
- impose** /ɪm'pəʊz/ (v) = to force people to accept a rule, tax, fine, etc - **nakładać (np. zakaz), narzucać (np. zasady)**
- object (to sth)** /ə'b'dʒekt/ (v) = to oppose sth; to disapprove of sth - **sprzeciwiać się**
- pick holes in sth** (idm) = to criticise sth by finding negative aspects, mistakes, etc - **szukać dziury w całym**
- reckon** /rekən/ (v) = to guess; to estimate - **przypuszczać**
- skyrocket** /skai,rɒkɪt/ (v) = to increase rapidly - **szybko rosnąć (np. o przestępcości)**
- vague** /veɪg/ (adj) = not definite or clear - **mętny, niewyraźny**

## 12c

- a fresh start** (idm) = a new beginning - **zaczynać od nowa**
- ageing population** (phr) = the increasing number of old people in a community - **starzenie się społeczeństwa**
- back to square one** (idm) = back to the initial part of a process - **(wrócić) do punktu wyjścia**
- breathe new life into sth** (idm) = to revitalize sth - **tchnąć nowe życie (w coś)**
- dominate** /də'mineɪt/ (v) = to have control over a place or person - **dominować**
- equal opportunities** /,i:kwət̬iɒθɪt̬iz/ (pl n) = having

- the same chance to do sth - **równe szanse**
- evolutionary change** (phr) = a change related to the gradual process of species' development - **zmiana ewolucyjna**
- foreign domination** (phr) = the control of a country over another - **tu: okupacja, kontrola polityczna**
- free elections** (phr) = the process of voting and choosing politicians without external pressure - **wolne wybory**
- gender inequality** /dʒendər in'keqləti/ (n) = the unfair treatment based on sb's sex - **nierówność płci**
- get the ball rolling** (idm) = to begin sth - **rozpocząć, zaczynać**
- in moderation** (phr) = within reasonable limits - **z umiarem**
- in the workplace** (phr) = in the place/environment where sb does their job - **w miejscu pracy**
- kick the habit** (idm) = to overcome an addiction to sth - **zerwać z nałogiem**
- life expectancy** /laɪf ɪk'spektənsi/ (n) = the length of time that a person, animal or plant is likely to live - **średnia długość życia**
- network outage** /netwɜ:k ,aʊtɪdʒ/ (n) = a period of time when the function of a computer system is interrupted temporarily - **awaria sieci komputerowej**
- racial equality** (phr) = the same rights for all members of an ethnic group - **równość rasowa**
- scam** /skæm/ (n) = a trick with the purpose of illegally getting money from people - **oszustwo, przekręt**
- social practice** (phr) = a habitual or customary action performed by people of a particular society - **praktyka społeczna**
- technological advance** (phr) = an improvement in scientific knowledge - **postęp technologiczny**
- temptation** /temp'teɪʃən/ (n) = a desire to have or do sth that you probably shouldn't have or do - **pokusa**
- transaction** /træn'zækʃən/ (n) = a business action; a movement of a sum of money - **transakcja**
- turn over a new leaf** (idm) = to start behaving in a better and more responsible way - **rozpocząć nowy rozdział w życiu**
- Culture 12**
- assassinate** /ə'sæsɪneɪt/ (v) = to kill sb famous or important - **dokonać zamachu (na kogoś), dokonać skrytobójstwa**
- boycott** /bɔɪkɒt/ (v) = to refuse to take part in an event, or buy or use sth, as a form of protest - **bojkotować**
- civil disobedience** /,sɪvɪl dɪsə'bɪ:dɪəns/ (n) = the refusal of the citizens of a country to obey the laws as a form of peaceful protest - **nieposłuszeństwo obywatelskie**
- fitting tribute** (phr) = an act to show the appropriate gratitude - **należne uznanie**
- fundamentalist** /,fʌndə'mentəlist/ (n) = a fanatic of the original form of a religion - **fundamentalista**
- go on strike** (phr) = to stop working for political reasons - **strajkować**
- honour** /'ɒnə/ (v) = to show respect for sb - **honorować, uczcić**
- hunger strike** /haŋgə ,strɔɪk/ (n) = refusing to eat as a form of protest about sth - **strajk głodowy**
- impact** /'impækt/ (n) = a marked influence or effect - **wpływ (na coś)**
- loincloth** /lɔɪnklɔθ/ (n) = a piece of fabric worn around the waist by men in hot countries - **przepaska na biodra**
- partition** /pɑ:tɪʃən/ (v) = to divide a country into two or more independent countries - **dzielić, dokonywać rozbioru**
- passive resistance** /,pæsɪv rɪ'zɪstəns/ (n) = protesting against a government, law, etc in a peaceful way - **bierny opór**
- practise** /præktrɪs/ (v) = to work (as a lawyer/doctor) - **prowadzić praktykę (np. lekarską)**
- prejudice** /predʒudɪs/ (n) = an unreasonable negative opinion about sb/sth, which is not based on facts or experience - **uprzedzenie**
- sentence** /sentəns/ (n) = a term spent in jail - **wyrok (tu: więzienia)**
- valid** /vælɪd/ (adj) = legal and acceptable - **aktualny, ważny (o dokumencie)**

## Values D:

### Self-motivation

- ally** /æləi/ (n) = sb who gives you help and support - **sojusznik, sprzymierzeniec**
- assume** /ə'sju:m/ (v) = presume sth; to take sth for granted - **przypuszczać, zakładać, wychodzić z założenia**
- brainstorm a fix** (phr) = (of a group of people) to gather in order to find a solution - **przeprowadzać burzę mózgów**
- bystander** /baɪ,stiændə/ (n) = sb who is present at an event without taking part in it; an eyewitness - **przecznodzień, świadek wydarzenia (przypadkowy)**
- individual** /,ɪndɪ'vɪdʒuəl/ (n) = a person - **osoba, osobnik, indywidualum**
- initiative** /ɪ'nɪʃiatɪv/ (n) = the ability to make decisions and act on them without assistance - **inicjatywa, działanie**
- inner drive** (phr) = a need to succeed that comes from within yourself - **wewnętrzna siła**
- proactive** /prə'u'æktrɪv/ (adj) = making things happen, and not waiting for them to happen - **proaktywny,**

**zapobiegawczy**  
**superior** /su'pɪəriər/ (n) = sb in a higher position than you  
 - przełożony  
**time-consuming** /taɪm  
 kən,ʃju:mɪŋ/ (adj) = taking a long time - czasochłonny  
**typo** /taɪpəʊ/ (n) = a small mistake in printed matter  
 - literówka, błąd pisarski  
**water cooler** /'wɔ:tə ,ku:lə/ (n) = an appliance that provides cold water to drink - automat z wodą

## Public Speaking Skills D

**acre** /eɪkə/ (n) = a unit for measuring surfaces (about 4,000 square metres) - akr (miara powierzchni)  
**dull as ditchwater** (idm) = extremely boring - nudny jak flaki z olejem  
**fetch** /fetʃ/ (v) = to go to a place and bring sth back - przynieść, aportować  
**second to none** (idm) = the best that there is - nie mający sobie równych, najlepszy  
**stroll** /strəʊl/ (v) = to walk in a slow relaxed manner - przechadzać się, spacerować

## CLIL A - Literature

**acuteness** /ə'kjū:tнəs/ (n) = (of the senses) sharpness; keenness - ostrość (o zmysłach)  
**effortlessly** /efətləsli/ (adv) = without making effort - bez trudu, bezproblemowo  
**foreleg** /fɔ:leg/ (n) = each of the two front legs of a four-legged animal - przednia nogą (u zwierzęcia)  
**howl** /haul/ (v) = (of a wolf, dog, etc) to make a long loud and, sometimes, sad sound - wyć (np. wilk, pies)  
**indigestible** /,ɪndɪ'dʒestəbl/ (adj) = (of food) that can't be easily broken down in the body - niestrawny, trudny do strawienia  
**keen** /ki:n/ (adj) = sharp - wyostrzony, wyczulony (o zmysłach)

**layer** /leɪər/ (n) = a level of material - warstwa  
**numb** /nʌm/ (adj) = not being able to feel anything in a part of your body - zdrętwiały, bez czucia

**peril** /'perəl/ (n) = a great danger - zagrożenie, niebezpieczeństwo  
**primeval** /'prɑ:mi:vəl/ (adj) = prehistoric; ancient - pierwotny (np. las)

**regression** /rɪ'grɛʃn/ (n) = the return to a previous state or behaviour - cofanie się (tu: w rozwoju), regres

**snap** /snæp/ (n) = the act of an animal suddenly closing the jaws in order to bite sth - kłaść zębami, chwycać coś zębami lub pyskiem

**snug** /snʌg/ (adj) = warm and cosy - tu: ciepły i komfortowy

**stiff** /stɪf/ (adj) = inflexible - sztywny

**stout** /staʊt/ (adj) = strong - tęgi, mocny

**surge (through sb/sth)** /sɜ:g/ (v) = (of an emotion, etc) to suddenly increase within sb/sth - tu: poczuć przypływ (np. emocji)

**vague** /veɪg/ (adj) = not clear; indefinite - mętny, niewyraźny

## CLIL B - Biology

**avoidance** /ə'veɪdəns/ (n) = the act of staying away from sb/sth - unikanie

**behavioural** /bɪ'hɛvɪərəl/ (adj) = relating to the way sb acts - behawioralny

**complex** /'kɒmplɛks/ (adj) = complicated - złożony, skomplikowany

**correspond (to sth)** /kɔ:rə'spond/ (v) = to relate to sth - zgadzać się (np. z rzeczywistością), odpowiadać (tu: rzeczywistości)

**logical** /'lɒdʒɪkəl/ (adj) = reasonable - logiczny

**primitive** /'prɪmətrɪv/ (adj) = basic; relating to an early stage - prymitywny, pierwotny

**specific** /spə'sifɪk/ (adj) = particular - tu: konkretny

**trigger** /trɪgə/ (v) = to cause sth to start suddenly; to set sth

off - powodować, wywoływać (cos)

## CLIL C - PSHE

**assess** /ə'ses/ (v) = to judge the pros and cons of sth - oceniać, szacować, rozważać za i przeciw

**comfort zone** /'kʌmfət ,zəun/ (n) = the situation in which sb feels confident and not challenged by anything - strefa komfortu

**constructive** /kən'strʌktɪv/ (adj) = helpful - konstruktywny

**encouraging** /ɪn'kʌrɪdʒɪŋ/ (adj) = supportive - zachęcający, motywujący

**flaw** /flɔ:/ (n) = a fault - wada

**influence** /ɪnfluəns/ (n) = having a good or bad effect on sb - wpływać, oddziaływanie (na kogoś)

**inspire** /ɪn'spirə/ (v) = to cause sb to feel a desire to do sth - inspirować, motywować (do czegoś)

**keep sb/sth at bay** (idm) = to keep sb/sth at a distance - trzymać coś na dystans (np. problem)

**optimistic** /'ɒptɪ'mɪstɪk/ (adj) = looking on the positive side of things - optymistyczny

**overwhelm** /'əʊvə'welm/ (v) = to make sb feel that sth is too much for them - przytłaczać

**prevent (sb from doing sth)** /prɪ'vent/ (v) = to stop sb from doing sth - uniemożliwić, zapobiegać

**realistic** /rɪ'əlɪstɪk/ (adj) = sensible; reasonable - tu: realistyczny (o podejściu)

**self-destructive** /,self  
 dɪ'strʌktɪv/ (adj) = behaving in a harmful way towards yourself - autodestrukcyjny

## CLIL D - History

**assassinate** /ə'sæsɪneɪt/ (v) = to murder sb as a political act - dokonać zamachu (na kogoś), dokonać skrytobójstwa

**brutal** /'bru:təl/ (adj) = cruel and violent - brutalny

**civil rights** /,sɪvɪl 'raɪts/ (pl n) = the rights to equal treatment

and equal opportunities that all people in a society must have - prawa obywatelskie

**disobedience** /dɪsə'bɪ:dɪəns/ (n) = the act of refusing to do what sb in authority tells you to - nieposłuszeństwo

**inspirational** /,ɪnspə'reɪʃnəl/ (adj) = making you feel encouraged and full of hope - inspirujący

**manifesto** /,mænɪf'festəʊ/ (n) = a written statement about the beliefs and aims of a political party - manifest

**minister** /'mіnістə/ (n) = Christian priest - minister (duchowny w niektórych odłamach chrześcijaństwa)

**pivotal** /'prɪvətəl/ (adj) = very important to the success of sth - decydujący, kluczowy

**protest** /'prəutest/ (n) = the act of a group of people showing publicly that they object to sth - protest, manifestacja

**racial inequality** (phr) = not treated equally or having the same rights because of your ethnic group - dyskryminacja rasowa

**resistance** /rɪzɪstəns/ (n) = fighting against sth, or refusing to accept sth - opór

**riot** /raɪət/ (n) = a violent demonstration by a large number of people - zamieszki

**segregation** /seg'regeɪʃn/ (n) = the official practice of keeping people of different sexes, races or religions apart - segregacja (np. rasowa)

**social activist** (phr) = sb who fights for political or social changes - m

**spokesman** /spə'ksmən/ (n) = sb who speaks on behalf of an organisation or a group of people - rzecznik (np. prasowy)

**studious** /'stju:dɪəs/ (adj) = enjoying studying, and spending a lot of time studying - pilny, sumienny (np. uczeń)

**supremacist** /su'preməsɪst/ (n) = sb who thinks that their race is superior to others' - supremacjonista (osoba wierząca w wyższość swojej rasy)