

Word List

Unit 1 – On the map

1a

achievement /ə'tʃiːvmənt/ (n) = the state of having succeeded in sth difficult
osiągnięcie, dokonanie

blaze /bleɪz/ (n) = a brightly coloured mark
tu: oznaczenie
namalowane jaskrawą farbą, dobrze widoczny znak

bridge /brɪdʒ/ (n) = a structure over water for people and vehicles to cross **most**

campsite /kæmpsait/ (n) = a place where holidaymakers can put up their tents **pole kempingowe, kemping**

canal /kə'næl/ (n) = an artificially made passage for water to run through, or for boats to travel along **kanał (wypełniony wodą)**

capture /kæptʃə/ (v) = to represent sth accurately through images or photographs **uchwycić coś, oddać (np. na zdjęciu)**

catch /kætʃ/ (v) = to locate and stop an animal such as a fish that is trying to escape **złowić, złapać (np. rybę)**

catch on /kætʃ 'ɒn/ (phr v) = to become more and more popular **zyskać popularność**

complete /kəm'pli:t/ (v) = to manage to finish sth **ukończyć, skończyć (coś)**

drop out /drɒp 'aʊt/ (phr v) = to quit an effort **rzuścić (szkołę, uczelnię itd.)**

dry (sb/sth) off /draɪ 'ɒf/ (phr v) = to remove water from sb/sth **wytrzeć (kogoś/coś)**

dry out /draɪ 'aʊt/ (phr v) = to lose all water and harden **wyschnąć**

dry up /draɪ 'ʌp/ (phr v) = (of lakes, rivers) to become dry by being exposed to a heat source **(o jeziorze lub rzece) wyschnąć**

encounter /ɪn'kaʊntə/ (n) = a meeting/interaction with sth/sb **spotkanie, zetknięcie**

entire /ɪn'taɪə/ (adj) = whole; complete **całkowity**

epic /eپɪk/ (adj) = quite difficult and vast in scope **skrajnie trudny, wymagający**

equivalent /ɪ'kwɪvlənt/ (n) = sth of the same amount as sth else **odpowiednik, równowartość**

eventually /ɪ'venʃuəli/ (adv) = in the end **ostatecznie, w końcu**

exhaustion /ɪg'zo:tʃən/ (n) = extreme tiredness **wyczerpanie, przemęczenie**

footpath /fʊtpa:θ/ (n) = a narrow track in the country for people to walk along **ścieżka dla pieszych**

grab the opportunity (phr) = to take advantage of a possibility **skorzystać z okazji**

hill /hil/ (n) = an area of land that is higher than the surrounding area **wzgórze, pagórek**

hold /həuld/ (v) = to keep sth in your hand(s) **trzymać**

hostel /hɒstl/ (n) = a cheap place for young travellers to stay **hostel**

humid /hju:mɪd/ (adj) = uncomfortably hot and wet **wilgotny**

main road /meɪn 'rəʊd/ (n) = one of the biggest roads in an area **główna droga**

mainly /meɪnlɪ/ (adv) = mostly **głównie**

majority /mə'dʒɔ:rəti/ (n) = the bigger number of a group of people/things **większość**

moose /mu:s/ (n) = an animal like a deer **łoś**

mountain range /maʊntɪn 'reɪndʒ/ (n) = a number of mountains in a line **łańcuch górski, pasmo górskie**

on average (phr) = usually, generally **zwykle; generalnie**

peak /pi:k/ (n) = the top of a mountain **szczyt, wierzchołek (góry)**

pond /pɒnd/ (n) = a small lake **staw**

rack up /ræk 'ʌp/ (phr v) = to manage to collect a number of points, goals, etc **uzbierać, uzyskać, zgromadzić**

record /rekɔ:d/ (n) = the best or fastest time in which sth has been done **rekord (najlepszy wynik)**

roughly /rʌflɪ/ (adv) = approximately; almost **mniej więcej, w przybliżeniu**

route /ru:t/ (n) = the way between two places **droga, trasa**

soar /sɔ:/ (v) = (of birds) to fly upwards into the sky **(o ptakach) szybować wysoko**

spectacular /spek'tækjʊlər/ (adj) = very exciting to look at; impressive **spektakularny; imponujący**

station /steɪʃən/ (n) = a place where trains and buses stop for passengers to get on or off **stacja, przystanek**

stream /stri:m/ (n) = a small river **strumień, potok, rzeczka**

sunbeam /sʌnbɪ:m/ (n) = a ray of sunlight **promień słońca, promień słoneczny**

troublesome /trʌbəlsəm/ (adj) = causing difficulties and pain **dokuczliwy**

woods /wʊdz/ (pl n) = a small forest **nieduży las, lasek**

worn-out /wɔ:n 'aʊt/ (adj) = damaged by continued use **zniszczony, znoszony**

1b

cliff /klɪf/ (n) = the steep face of a rock area next to the sea **klif, urwisko**

coast /kəʊst/ (n) = the place where the land joins the sea **wybrzeże**

countless /kaʊntləs/ (adj) = too many; numerous **niezliczony**

due to /du: tu/ (prep) = because of **z powodu (czegoś)**

insect bite /ɪnsekt baɪt/ (n) = the fact that a small animal such as a bee or mosquito injures your skin **ugryzienie przez owada, ukąszenie owada**

selfie /selfi/ (n) = a photo of yourself that you take with your mobile **selfie (zdjęcie zrobione samemu sobie, autoportret)**

travel diary /trævəl 'daɪəri/ (n) = a notebook in which you take down your thoughts and feelings while visiting different places **dziennik podróży**

1c

basement /beɪsmənt/ (n) = the floor of a building under the surface of the earth **piwnica, suterena**

bunk beds /bʌŋk bedz/ (pl n) = two beds one on top of the other **łóżko piętrowe**

crossroads /krɒs�ʊdz/

(pl n) = the place where two roads go across each other

skrzyżowanie dróg, rozdroże

cycle lane /saɪkəl leɪn/

(n) = the part of a road for bicycles **pas dla rowerów (na ulicy)**

dead end /ded 'end/ (n) =

a street without an exit

ślepa ulica, droga bez przejazdu

junction /dʒʌŋkʃən/ (n) =

the place where a road meets another one but doesn't cross it

skrzyżowanie

line /laɪn/ (n) = a railway track and the route it follows **linia (autobusowa lub kolejowa)**

lounge /laʊndʒ/ (n) = a

living room in a hostel for all the guests **hol, poczekalnia (w hotelu)**

pedestrian crossing

/pə'destriən 'krɔsɪŋ/ (n) = a place on a road, marked with lines like a zebra's, for people to walk across

przejście dla pieszych

roundabout /raʊndəbəut/

(n) = a circular place where three or more roads join **rondo**

speed limit /spi:d ,lɪmɪt/

(n) = the maximum speed at which a vehicle is allowed to move

ograniczenie prędkości

stop and give way (sign)

(phr) = the instruction to stop a vehicle in order to allow other vehicles to pass first (via a sign)

znak stopu (ustęp pierwszeństwa przejazdu)

stroll /strəʊl/ (n) = a walk

spacer, przechadzka

the underground /ðə

'andəgraʊnd/ (n) = a rail network under the surface of the Earth

metro

traffic lights /træfɪk laɪts/

(pl n) = each of a set of lights which control the movement of vehicles on the road **sygnalizacja świetlna, światła uliczne**

twin room /twin ruːm/ (n) =

a hotel room with two single beds **pokój dwuosobowy (z dwoma osobnymi łóżkami)**

Culture 1

amphibious /æm'fibɪəs/

(adj) = (of a tour) taking place on both land and water **(o wycieczce)**

wodno-lądowa

choosy /tʃu:zi/ (adj) =

accepting only the best **wybredny, grymański**

cityscape /sɪtɪspeɪp/ (n) =

the image of a city **panorama miasta**

commentary /kɒməntəri/

(n) = an oral description during an event **komentarz**

crawl /krə:l/ (n) = a speed

that is very slow **powolne tempo**

gentle /dʒentl/ (adj) = calm and pleasant **spokojny i przyjemny**

kingfisher /kɪŋfɪʃə/ (n) = a type of small, bright blue and orange bird that feeds on fish **zimorodek**

on board (phr) = on the ship

(during the cruise) **tu: na pokładzie statku**

outing /aʊtɪŋ/ (n) = a short trip for pleasure for a group **wycieczka, wyjście**

route /ru:t/ (n) = the way

you follow to go from one place to another **trasa**

splash /splæʃ/ (v) = to move

into water and send drops of it all around **tu: wjechać do wody z pluskiem**

splendid /splendɪd/ (adj) =

impressive **imponujący**

steadily /'stedɪlɪ/ (adv)

= very gradually

stopniowo, stale

thrilling /θrɪlɪŋ/ (adj) = very exciting **ekscytujący, emocjonujący**

Unit 2 – Legends & Festivals

2a

blow sb away /bləʊ ə'weɪ/

(phr v) = to impress sb very much **zrobić (na kimś) wrażenie, powalać (kogoś) z wrażenia**

blow into (a place)

/bləʊ intu/ (phr v) = to arrive somewhere unexpectedly

nieoczekiwanie pojawić się (gdzieś)

blow sb off /bləʊ 'ɒf/

(phr v) = to not meet sb at an arranged meeting

nie pojawić się na umówionym spotkaniu, olać kogoś

blow up /bləʊ 'ʌp/ (phr v)

= 1) to enlarge a photograph; 2) to fill (a balloon, etc) with air

1) powiększyć zdjęcie; 2) nadmuchać (np. balon)

blow sth out /bləʊ 'aut/

(phr v) = to extinguish (a candle, etc) using your breath **zdmuchnąć, zgasić (np. świeczkę)**

bring sth to life (phr) = to make sth real or exciting

tu: przywracać do życia, ożywiać

burst /bɜ:st/ (v) = to explode

tu: pękać

cattle /kætl/ (pl n) = bulls and cows on a farm **bydło**

cave /keɪv/ (n) = a large, natural, underground hole **jaskinia**

celebrate /sel'bret/ (v)

= to remember or honour the importance of a nation or an event **świętować, obchodzić (np. urodziny)**

come up with /kʌm 'ap

wið/ (phr v) = to think of a plan, an idea, etc

wymyślić coś, wpaść na coś

contest /kɒntest/ (n) = a competition **konkurs, zawody**

culture /kʌltʃə/ (n) = all the beliefs and customs of a particular nation **kultura**

custom /kʌstəm/ (n) = a well-established way of behaviour that you should respect **zwyczaj, obyczaj**

feature /'fi:tʃə/ (v) = (of a show) to include sth as an important part

występować (np. w filmie)

flame /fleɪm/ (n) = each of the bright sharp points rising from sth on fire

płomień

highlight /haɪlɪt/ (n) = the most exciting part or event of sth **punkt kulminacyjny, główna atrakcja**

juggler /dʒʌglə/ (n) = sb who entertains people by throwing objects into the air and catching them quickly **żongler**

juggling /dʒʌglɪŋ/ (n) = entertaining people by throwing objects into the air and catching them quickly **żonglowanie, żonglerka**

legend /ledʒənd/ (n) = a well-known story from the past **legenda**

march /mɑ:tʃ/ (v) = to walk with regular steps as part of a parade

maszerować

open-air show /əpən'eərʃən/ (n) = a performance held outdoors **pokaz plenerowy**

parade /pə'reɪd/ (n) = a number of people and vehicles going along the streets to celebrate sth **parada**

Word List

performer /pə'fɔːmə/ (n) = an actor, a dancer, a musician, etc **artysta, wykonawca**

resident /'rezɪdənt/ (n) = a person who lives in a place **mieszkaniec**

sculpture /skʌlptʃə/ (n) = a piece of art made of stone, wood, clay, etc **rzeźba**

set off /,set 'ɒf/ (phr v) = to start a journey or an attempt at sth **wyruszyć (w podróz), rozpocząć podróż**

soar /sɔ:/ (v) = to fly upwards into the sky **unosić się do góry, wzlatywać**

stall /stɔ:l/ (n) = each of the tables or enclosed areas in an open-air market where goods are sold **stoisko, stragan**

sth roars into life (phr) = sth suddenly becomes active with a lot of noise **ożyć**

sulphur /sʌlfə/ (n) = a type of chemical burning with an unpleasant smell and a blue flame **siarka**

tradition /trə'dɪʃən/ (n) = a belief or way of behaviour that a community has been following for a long time **tradycja**

2b

audience /'ɔ:diəns/ (n) = all the people who watch a show, a concert, etc **widownia**

bench /bentʃ/ (n) = a long seat in a public place, e.g. a park **ławka**

blacksmith /blæk'smɪθ/ (n) = sb whose job is to make and repair iron items **kowal**

exchange /ɪkst'femdz/ (v) = to give sb sth and receive sth else from them **wymieniać się (np. prezentami)**

light a bonfire (phr) = to make a large fire in an open space **rozpalić ognisko**

pour /pɔ:/ (v) = to rain heavily **(o deszczu) lać**

procession /prə'seʃən/ (n) = a parade **parada, pochód**

rehearse /rɪ'hɜ:s/ (v) = (of a performer) to do some practice to prepare for a show **robić próbę (teatralną)**

sea serpent /sɪ: sə:pənt/ (n) = a big mythical snake that people believe might live in the sea **wąż morski**

shelter /'ʃeltə/ (n) = anything that protects you from the rain, hot sun, etc **schronienie**

sighting /'saɪtɪŋ/ (n) = the occasion when sth rare appears or becomes visible **zaobserwowanie**

soaking wet (phr) = totally covered with water **całkowicie przemoczony, kompletnie mokry**

spicy /spaɪsi/ (adj) = (of food) having a strong and often hot flavour **(o jedzeniu) ostre, mocno przyprawione**

wrap /ræp/ (v) = to cover all of sth with paper, cloth, etc **opakować, zapakować**

demonstration

/demən'streɪʃən/ (n) = an event in which sb shows their special skills or qualities **tu: pokaz umiejętności**

gather /'gæðə/ (v) = to pick (flowers, fruit, etc) **zbierać (np. kwiaty)**

haggis /'ha:gɪs/ (n) = a Scottish dish made from a sheep's organs and cooked in a sheep's stomach **haggis (szkocka potrawa przyrządzana z owczych podrobów, zaszyta i duszona w owczym żołądku)**

highlight /'haɪlaɪt/ (n) = the most exciting part or event of sth **punkt kulminacyjny, główna atrakcja**

hold a two-minute silence (phr) = (of a group of people) to stop talking for two minutes in order to honour sb dead **zachować dwuminutową ciszę**

let off /let 'ɒf/ (phr v) = to make (fireworks, etc) explode **wystrzelić, odpalić (fajerwerki)**

medieval /'medi:i:vəl/ (adj) = of the Middle Ages (between AD 500 and AD 1500) **średniowieczny**

memorable /memərəbəl/ (adj) = that is worth remembering **pamiętny, godny zapamiętania**

outlaw /'aʊtləʊ/ (n) = sb who has committed a crime but has not been arrested **osoba wyjęta spod prawa (któś, kto popełnił przestępstwo, ale nie został aresztowany)**

poppy /'pɒpi/ (n) = a plant with red flowers and black seeds **mak**

present /pri'zent/ (v) = to introduce sb to sb else in a formal way **przedstawić (komuś kogoś)**

present /prezənt/ (n) = a gift **prezident, podarunek**

refund /rɪ:fʌnd/ (n) = money returned to sb because they're not satisfied with an item/service they've bought **zwrot pieniędzy**

refund /rɪfʌnd/ (v) = to return sb's money because they're not satisfied with an item/service they've bought **zwracać pieniądze**

root /ru:t/ (n) = the part of a plant that supports it and grows under the soil **korzeń (rośliny)**

toffee apple /'tɒfi, æpl/ (n) = an apple on a stick, covered with a sticky sweet substance **jabłko w polewie na patyku**

update /,ʌp'deɪt/ (v) = to give sb the latest information **przekazywać najświeższe informacje**

update /'ʌpdeɪt/ (n) = the latest information about sth **wieść z ostatniej chwili**

wealth /weɪlθ/ (n) = the fact that sb has a huge amount of money **bogactwo, majątek**

Culture 2

admit /əd'mit/ (v) = to accept the fact that sth is true **przyznać (że coś jest prawdą)**

cautious /kɔ:ʃəs/ (adj) = careful **ostrożny**

common /'kɒmən/ (adj) = ordinary **powszechny, pospolity**

interesting /'ɪntrəstɪŋ/ (adj) = fascinating **interesujący, ciekawy**

occasional /'əkeɪʒnəl/ (adj) = infrequent **okazjonalny**

path /pa:θ/ (n) = the way along which you move
ścieżka, droga

penny /'peni/ (n) = (pl pence) a cash value that is one hundredth of a British pound; the coin of this value **pens**

playwright /'pleɪraɪt/ (n) = sb who writes theatrical plays **dramatopisarz, dramaturg**

recite /rɪ'saɪt/ (v) = to say a poem, etc by heart
recytować, deklamować

saying /'seɪŋ/ (n) = a proverb **powiedzenie, przysłowie**

spin around /'spɪn ə'raʊnd/ (phr v) = to turn around quickly **kręcić się dookoła**

stored /stɔ:d/ (pp) = kept **przechowywany**

unique /ju:nɪk/ (adj) = one of a kind **unikalny**

Unit 3 – Adventures

3a

abseiling /'æbseɪlɪŋ/ (n) = the sport of climbing down a rock using a rope **jjeźdżanie na linie**

admit /ə'dmɪt/ (v) = to accept the fact that sth is true **przyznać (że coś jest prawdą)**

anxious /'æŋkʃəs/ (adj) = worried and nervous **zaniepokojony**

apparently /'ə'pærəntli/ (adv) = being likely based on what you know or see **widocznie, najwidoczniej**

appreciate /ə'pri:fjēt/ (v) = to realise sth **zdać sobie sprawę (z czegoś), docenić (coś)**

beforehand /bɪfɔ:hænd/ (adv) = happening before sth else happens **najpierw, uprzednio**

breathtaking /'breθteɪkɪŋ/ (adj) = amazing

zapierający dech

come face to face with sb/sth (phr) = to meet sb/sth in person **stanąć twarzą w twarz z kimś/ czymś**

course /kɔ:s/ (n) = the route followed during an event, tour or sporting activity **trasa**

descend /dr'send/ (v) = to go down a place **schodzić, jjeździć (w dół)**

dizziness /'dizi:nəs/ (n) = a feeling that you're going to fall down **zawroty głowy**

downstream /daʊn'stri:m/ (adv) = moving towards the mouth of a river or stream **z prądem, w dół rzeki**

exhausted /ɪg'zɔ:stɪd/ (adj) = very tired **wyczerpany**

experience /ɪk'spi:rɪəns/ (v) = to have sth happen to you; to feel sth **doświadczać (czegoś), przeżywać (coś)**

explore /ɪk'splɔ:/ (v) = to go around a place in order to learn about it **eksplorować, zwiedzać**

extraordinary /ɪk'strɔ:dənəri/ (adj) = unusual and impressive; remarkable **niezwykły, zadziwiający**

feel /fi:l/ (v) = to have an emotion or physical feeling **doświadczac (czegoś), przeżywać (coś)**

ferocious /fə'rəʊʃəs/ (adj) = wild and dangerous **niebezpieczny, przerażający**

fully-trained /'fʊli 'treɪnd/ (adj) = having been taught all the necessary skills **w pełni wyszkolony**

hire /haɪə/ (v) = to pay money in order to use (a car, a bike, etc) **wynajmować**

ill /ɪl/ (adj) = unwell; sick **chory**

incredible /m'kredəbəl/ (adj) = unbelievable **niesamowity, ogromny**

interact (with sb) /ɪn'terækɪt/ (v) = to communicate with and affect each other **nawiązywać (z kimś) kontakt, komunikować się (z kimś)**

leading /'li:dɪŋ/ (adj) = the most important **najważniejszy, czołowy, wiodący**

leafless /li:fles/ (adj) = (of a tree) without any leaves on **(o drzewie) bezlistne**

look around /lʊk ə'raʊnd/ (phr v) = to explore an area **rozglądać się (po jakimś miejscu)**

look back /lʊk 'bæk/ (phr v) = to think about sth from the past **wracać pamięcią do czegoś, wspominać coś**

look out for /lʊk 'aut fɔ:/ (phr v) = to try to avoid sth dangerous **uważać na (coś), strzec się (czegoś)**

look over /lʊk 'əuvə/ (phr v) = to examine sth **sprawdzić**

look through sth /lʊk θru/ (phr v) = to look at the different parts of sth **przeglądać, przejrzeć**

of a lifetime (phr) = the best or most important thing (surprise, chance, opportunity, etc) you have ever experienced **życia (np. przygoda)**

plain /pleɪn/ (n) = a huge flat area **równina**

pool /pu:l/ (n) = an enclosed area with water where you can go swimming **sadzawka, mały staw**

sight /saɪt/ (n) = sth that you can see **widok**

site /saɪt/ (n) = an important or interesting place **ważne miejsce, warte odwiedzenia**

slide /slaɪd/ (n) = a sloping surface where you can go down without using your feet **zjeżdżalnia**

snap a picture (phr) = to take a photo **zrobić zdjęcie**

surface /sɜ:fs/ (n) = the uppermost part of sth **powierzchnia**

thrilling /θrɪlɪŋ/ (adj) = very exciting **ekscytujący, emocjonujący**

track /træk/ (v) = to look for and find sth **tropić, śledzić**

trained /treɪnd/ (adj) = having been given all the necessary knowledge and skills to do a job, etc **wyszkolony, przeszkolony**

3b

backpacker /bæk,pækə/ (n) = a tourist who travels with little money and a rucksack on his/her back **turysta wędrujący z plecakiem (zwykle dysponujący ograniczonym budżetem)**

cancel /kænsəl/ (v) = to call sth off **odwołać**

change my mind (phr) = to have a second opinion, different from the one I had before **zmienić zdanie**

convince /kən'veins/ (v) = to persuade sb (to do sth) **przekonać kogoś (do zrobienia czegoś)**

delta /dɛltə/ (n) = an area where a river splits into smaller ones before it flows into the sea **delta (ujście rzeki w postaci kilku odnóg)**

Word List

destination /destɪ'neɪʃən/ (n) = the place where you want to go **cel podróży**

flood /flʌd/ (v) = (of water) to fully cover a place **wylewać (np. o rzece)**

river bank /rɪvə bæŋk/ (n) = each of the two sides of a river **brzeg rzeki**

set off /set 'ɒf/ (phr v) = to start a trip, journey, etc **wyruszyć (w podróży), rozpocząć podróż**

storm /stɔ:m/ (n) = very bad weather with strong winds and rain **burza, nawańska**

stunning /stʌnɪŋ/ (adj) = very impressive **zachwycający**

tough /tʌf/ (adj) = difficult **tu: trudny**

3c

agritourism holiday

/ægrɪtuərɪzəm, hɒldeɪ/ (n) = holidaymaking on a farm or ranch **wczasy na agroturystyce**

allergic (to sth) /ə'lɪs:dʒɪk/ (adj) = getting ill when you eat or touch a particular substance **uczulony (na coś)**

bang /bæŋ/ (v) = to hit a part of the body with a loud noise **walnąć, rąbinąć (jakąś częścią ciała o coś)**

board /bɔ:d/ (n) = a long flat piece of wood or plastic for sports **deska do uprawiania sportów (np. deska surfingowa)**

burn (-burnt-burnt) /bɜ:n/ (v) = to injure yourself with fire **oparzyć się**

city break /sɪti breɪk/ (n) = a short holiday in which you visit a big city abroad **krótki wypad turystyczny do dużego miasta**

dig (-dug-dug) /dɪg/ (v) = to make a hole by removing earth or snow **kopać, wykopać (dziure)**

drag /dræg/ (v) = to pull sb/sth **ciągnąć kogoś/coś**

drown /draʊn/ (v) = to lose your life when you stay underwater too long **topić się, tonąć**

ecotourism holiday /i:kətuərɪzəm, hɒldeɪ/ (n) = an environmentally friendly holiday that doesn't affect the natural landscape in a negative way **wakacje ekoturystyczne, wakacje w stylu eko**

get seasick (phr) = to get ill when travelling by sea **dostać choroby morskiej**

get stuck (phr) = to be unable to move from a point **utknąć**

hiking trip (phr) = a trip during which you go for long walks in the country **piesza wędrówka**

infection /ɪnfekʃən/ (n) = an illness caused by viruses or bacteria **infekcja**

injection /ɪn'dʒekʃən/ (n) = putting a medicine into sb's body through a needle **zastrzyk**

light (-lit-lit) /laɪt/ (v) = to make sth start burning **zapalać**

paddle /pædl/ (v) = to move across water in a boat using a short pole with a flat end **wiosłać**

paddle boarding

/pædl, bɔ:dɪŋ/ (n) = the sport of moving across water standing on a long piece of wood or plastic and using an oar to push the water **paddle boarding (pływanie na desce z wiosłem)**

pick /pɪk/ (v) = to gather fruits from trees, flowers from plants, etc **zbierać, zrywać (np. kwiaty)**

poisonous /pɔɪzənəs/ (adj) = (of a snake) having a toxic substance that can kill people **(o wężu) jadowity**

scream in pain (phr) = to shout loudly because a part of your body hurts **krzyczeć z bólu**

sore /sɔ:/ (adj) = (of a part of the body) painful **(o części ciała) bolący, obolały**

sting (-stung-stung) /stɪŋ/ (v) = (of an insect) to bite sb **(o owadzie) ukąsić**

tangled /tæŋgəld/ (adj) = caught in a place and trapped **zapłatany**

throw up /θrəʊ 'ʌp/ (phr v) = to vomit **wymiotować**

track /træk/ (v) = to look for and find sth **tropić, śledzić**

twist /twɪst/ (v) = to injure a part of your body such as your ankle, knee or wrist, by turning it very suddenly **skręcić (np. kostkę)**

weed /wi:d/ (n) = a water plant without flowers **wodorost**

Culture 3

access (to sth)

/ækses/ (n) = the fact that you're allowed to enter a place **dostęp (do czegoś)**

action-packed /ækʃən 'pækt/ (adj) = full of exciting things **pełen wrażeń**

adrenaline-filled

/ə,drenəlɪn 'fɪld/ (adj) = very exciting **pełen adrenaliny, ekscytujący**

crawl /krɔ:l/ (v) = to move slowly and with difficulty on your hands and knees **raczkować**

gust /gʌst/ (n) = a sudden and strong movement of wind **podmuch, poryw (wiatru)**

on your doorstep (phr) = very near you **pod samym nosem, bardzo blisko, na wyciągnięcie ręki**

purchase /pɜ:tʃəs/ (v) = to buy sth **nabyć, zakupić, kupić**

range /reɪndʒ/ (v) = to vary between an upper and a lower limit **wahać się, mieścić się w przedziale**

squeeze /skwi:z/ (v) = to try to get through a very small space **przeciskać się, przedzierać się**

stick to sth /stɪk tu/ (phr v) = to keep doing sth and not decide to change it **trzymać się (czegoś)**

tailor /teɪlə/ (v) = to prepare sth so that it suits sb's needs **dopasować, dostosować**

the basics /ðə 'beɪsɪks/ (pl n) = the essentials; the most important and necessary things **podstawy (najważniejsze wiadomości)**

(the) tip of the iceberg (idm) = a small amount of sth much larger that's unknown or not yet shown **czubek/wierzchołek góry lodowej**

whizz /wɪz/ (v) = to move very fast making a sound **przelecieć, śmignąć, poruszać się szybko (wydając przy tym dźwięk)**

Values A:

Curiosity

admire /əd'maɪə/ (v) = to like and respect sb very much **podziwiać**

boredom /bɔ:dəm/ (n) = the state of being unhappy because sth is not interesting enough **nuda**

curiosity /kjʊəri'ɒsət̬i/ (n) = the strong desire to want to know about things **ciekawość**

daily routine (phr) = the activities that sb normally does every day, such as eating, sleeping, etc
porządek dnia

empathy /'empəθi/ (n) = the state of understanding sb's feelings and problems; compassion
empatia

inspire (sb to do sth)
/ɪn'spaɪə/ (v) = to influence sb to do sth new; to motivate sb
zainspirować (kogoś do zrobienia czegoś)

likeable /laɪkə'bəl/ (adj) = (of a person) nice and easy to like **mity, sympatyczny**

on the go (phr) = while being busy doing sth else; while doing another activity **w biegu, gdy jest się bardzo zajętym**

passionately /pæs'ʃənətlɪ/ (adv) = enthusiastically
z pasją

satisfied (with sth/sb)
/sætɪsfɪəd/ (adj) = feeling happy with sth/sb; content **zadowolony (z czegoś/kogoś)**

selfish /'selfɪʃ/ (adj) = caring only about yourself and not anybody else; self-centred **samolubny**

social life /'səʊʃəl 'laɪf/ (n) = sb's daily activities with friends or other company
życie towarzyskie

whiskers /'wɪskəz/ (pl n) = the long thick hairs that grow near the mouth of a cat, mouse, etc **wąsy (np. kota)**

wonder /'wʌndə/ (n) = a feeling of admiration and excitement caused by experiencing sth interesting and new
zdumienie, zdziwienie

Public Speaking Skills A

anecdote /ænɪk'dəut/ (n) = a short story describing sb's personal experiences **anegdota**

approach /ə'prəʊtʃ/ (v) = to go near sb/sth **podejść do kogoś**

broaden your horizons
(phr) = to increase your knowledge or to experience various new things **poszerzać swoje horyzonty**

encourage /ɪn'kʌrɪdʒ/ (v) = to give sb the confidence and support to do sth **zachętać**

gap year /gæp jɪə/ (n) = a year that a high school graduate takes off studying before continuing studies at university or college
rok przerwy przed pójściem na studia

grasshopper /græs,hɒpə/ (n) = an insect that has got long back legs and can jump high into the air **konik polny**

independent /ɪndə'pendənt/ (adj) = not needing help, money, support, advice, etc from sb else; self-sufficient **niezależny**

inspire /ɪn'spaɪə/ (v) = to influence sb's decisions or plans, or give sb a desire to do sth **inspirować**

mature /'mætʃuə/ (adj) = behaving like a sensible and reasonable adult
dojrzały, dorosły

path /pa:θ/ (n) = a course of action; the choice of what you want to do in your life **tu: kierunek**

reflect /rɪ'flekt/ (v) = to think about sth carefully
rozmyślać (o czymś), zastanawiać się (nad czymś)

ruin /ru:ɪn/ (v) = to destroy or spoil sth **zniszczyc, zrujnować**

Unit 4 – There's no place like home!

4a

avoid /ə'veɪd/ (v) = to stop sth bad from happening
uniakać

bumpy /'bʌmpɪ/ (adj) = (of a surface) with many raised parts; not flat
(o powierzchni)
wyboista, nierówna

bungalow /bʌŋgləʊ/ (n) = a small one-level house, usually in the country
dom parterowy

castle /ka:səl/ (n) = a big and strong building of the past where kings and rulers lived; a fortress **zamek**

comfort /'kʌmfət/ (n) = the condition of feeling pleasant and relaxed
komfort, wygoda

comfortable /kʌmf'təbəl/ (adj) = helping you feel relaxed **wygodny**

complex /'kɒmplɛks/ (n) = a group of buildings
kompleks (grupa budynków)

concrete cube /kɒnkrɪ:t 'kju:b/ (n) = a building material in the form of an object with six sides made from cement, sand, water, etc
betonowa kostka

convenient /kən'vei:nənt/ (adj) = easy to reach or use **dogodny, wygodny**

convenient access (phr) = the fact that you are able to reach and use sth easily **wygodny/ dogodny dostęp**

cottage /'kɒtɪdʒ/ (n) = a small house in the country
domek wiejski, chatka

detached house /dɪ,tætʃt/ 'haʊs/ (n) = an individual house that is not joined to the houses next to it **dom jednorodzinny, dom wolnostojący**

dull /dʌl/ (adj) = boring
nieciekawy, nudny

enormous /ɪ'nɔ:mas/ (adj) = huge **olbrzymi, ogromny**

express /ɪk'spres/ (v) = to show (a feeling, an idea, etc) **wyrażać (np. uczucie)**

facilities /fə'sɪlɪtɪz/ (pl n) = services provided for the public **udogodnienia**

farmhouse /fa:mhaʊs/ (n) = a house on a farm
zagroda, dom w gospodarstwie

fate /feɪt/ (n) = the power that is believed to control our lives
przeznaczenie

flat /flæt/ (n) = each of the apartments in a block of flats **mieszkanie**

functional /fʌŋkʃənəl/ (adj) = practical and useful
funkcjonalny

get on like a house on fire (idm) = to become friends in a short period of time **sztywno się z kimś zaprzyjaźnić**

hang (-hung-hung) /hæŋ/ (v) = to fix sth (a coat, a curtain, etc) somewhere at the upper part of it so that its lower part is free to move **wieszać, powiesić (coś gdzieś)**

home /həʊm/ (n) = the place where sb lives and the people they live with **dom (miejscowość, zamieszkania i ognisko domowe)**

hook /hʊk/ (n) = a bent piece of metal for hanging things on
haczek

house /haus/ (n) = the building where a family, usually, lives **dom (budynek)**

houseboat /haʊsbəut/ (n) = a boat on a river or canal that people can live in **Łódź mieszkalna, dom na wodzie**

Word List

lack (of sth) /læk/ (n) = a shortage of sth **brak (czegoś)**

level /levəl/ (adj) = (of a surface) flat **plaski, równy**

live /lɪv/ (v) = to spend your life in a place **mieszkać**

located /ləʊ'keɪtɪd/ (pp) = situated **położony, umieszczony, usytuowany**

make yourself at home (idm) = to become very comfortable in another person's house **czuć się jak u siebie w domu, rozość się**

mobile home /məʊbaɪl 'həʊm/ (n) = a small house on wheels **pryczepa kempingowa**

move away /muv ə'wei/ (phr v) = to leave your area/town and go to live in another area/town **wyprowadzić się**

move in /mu:v ɪn/ (phr v) = to begin to live somewhere as your home **wyprowadzić się**

move into (a house) /mu:v t̬o/ (phr v) = to start living in a new house **wyprowadzić się (do domu)**

move on /mu:v 'ɒn/ (phr v) = to progress; to go on
1) unowocześnić się, iść do przodu (zmienić się na lepsze); 2) przechodzić do czegoś (do następnej rzeczy)

move up /mu:v 'ʌp/ (phr v) = 1) to increase; 2) to get a better job
1) wzrosnąć;
2) awansować

nothing to write home about (idm) = not very interesting or special **nic specjalnego**

odd /ɒd/ (adj) = strange **dziwny**

office /ɒfɪs/ (n) = a room or a building where employees work at desks **biuro**

physical challenge (phr) = a difficulty in performing actions **wyzwanie fizyczne**

pole /pəʊl/ (n) = each of the wooden or metal sticks that support a ceiling **prt, słupek**

put your own house in order (idm) = to deal with your own problems before commenting on the problems of others **doprowadzić swoje sprawy do porządku/ładu**

remind (sb of sth) /rɪ'maɪnd/ (v) = to make sb think that sth is similar (to sth else) **przypominać (komuś coś)**

resident /rezɪ'dənt/ (n) = sb who lives in a certain place **mieszkaniec**

semi-detached house /'semi dɪtætɪd 'həʊs/ (n) = each of two houses that are joined on only one side **bliźniak (dom połączony z innym)**

soundproof /saʊndpru:f/ (adj) = (of a building) not allowing sound to enter or leave **(o budynku) dźwiękoszczelny**

stay /steɪ/ (v) = to remain in a place for a certain period of time **zostać, zatrzymać się (w jakimś miejscu)**

stretch /stretʃ/ (v) = to straighten your body in order to reach sth **naciągnąć się, rozciągnąć się**

study /stʌdi/ (n) = a quiet room in a house where you can read and write **gabinet**

stunning /'stʌnɪŋ/ (adj) = very exciting **zachwycający**

swing /swɪŋ/ (n) = a board hanging from two ropes on which children sit and move forwards and backwards **huśtawka (wisząca)**

terraced house /terɛst 'həʊs/ (n) = each of a number of similar houses in a long row under the same roof **szeregówka, dom w zabudowie szeregowej**

townhouse /taʊnhaʊs/ (n) = a modern house in a town or city **nowoczesny dom usytuowany w mieście**

uninviting /ʌnɪn'veɪtɪŋ/ (adj) = (of a place) not pleasant or attractive **(o miejscu) niezachęcające, nieatrakcyjne**

villa /vɪlə/ (n) = a large house near the sea or in the country that holidaymakers usually rent to stay in **willa, rezydencja (często w pobliżu morza)**

queue /kju:/ (v) = to wait in a line **czekać w kolejce**

rattle /rætl/ (v) = (of the wind) to cause sth to make a series of repeated knocks **(np. o wietrze) tłuc się**

rent /rent/ (n) = an amount of money that you pay monthly in order to live in sb's house, room, etc **czynsz**

run /rʌn/ (v) = to operate and live in (a home) **prowadzić (np. gospodarstwo domowe)**

sensible /sensəbəl/ (adj) = reasonable; logical **rozsądnny**

stuff /stʌf/ (n) = various things **rzeczy**

4c

access (to a place) /ækses/ (n) = the ability to get into a place **dostęp (do jakiegoś miejsca)**

air conditioning /eə,kɔ:n'dɪfjənɪŋ/ (n) = the system that provides a house, building, etc with cool air **klimatyzacja**

amenities /ə'mi:nətɪz/ (pl n) = desirable facilities or features that make a place more pleasant **udogodnienia, wyposażenie**

basement flat /beɪsmənt 'flæt/ (n) = an apartment on the lowest level of a building **mieszkanie w suterenie**

central heating /'sentrəl 'hi:tɪŋ/ (n) = a mechanical system that provides heat for all the rooms or flats in a building **centralne ogrzewanie**

clothes dryer /kləʊðər/ (n) = a machine that dries wet clothes by spinning them and using hot air **suszarka do ubrań**

dissatisfied /dɪ'sætɪsfɪəd/ (adj) = not pleased with sth that has happened
niezadowolony
en-suite bathroom /ɒn 'swi:t 'ba:θrəm/ (n) = a bathroom within a bedroom **pokój**
z łazienką
gorgeous /gɔ:dʒəs/ (adj) = fabulous **wspaniały, cudowny**
heated towel rail (phr) = a metal rail to hang towels on that becomes warm to the touch
podgrzewany wieszak na ręczniki
in the heart of (a place) (phr) = within the central part of a place **w samym środku (jakiegoś miejsca)**
king-size bed (phr) = a very large bed **łóżko małżeńskie**
light fittings /laɪt fɪtɪŋz/ (pl n) = all the electric lights and lamps **system oświetleniowy** (w mieszkaniu)
official /'ɔfɪʃəl/ (adj) = for people in authority
urzędowy, oficjalny
open fireplace /'əpən'faɪpləs/ (n) = an area in a wall for a fire where smoke can be sent up a chimney **kominek otwarty**
open plan kitchen and dining area (phr) = a large room that includes a kitchen area and a large space to sit and eat meals **kuchnia połączona z jadalnią**
pottery /pɒtəri/ (n) = items made of wet soil which is baked and dried
ceramika
private entrance (phr) = an individual point of entry to a place that can only be used by certain people **prywatne wejście**

residence /rɪ'sɪdəns/ (n) = the place where sb lives
rezydencja
ride /raɪd/ (n) = the act of travelling in a vehicle
jazda, przejażdżka
roof garden /ru:f ga:dən/ (n) = a garden on the top of a building **ogród na dachu budynku**
sarcastic /sɑ:kæstɪk/ (adj) = making remarks that mean the opposite of what you say in order to criticise sb/sth **sarkastyczny, uszczypliwy**
sights /saɪts/ (pl n) = places of interest that are worth seeing **miejscia warte zobaczenia**
solar water heater /'sɔ:lər 'wɔ:tər hɪ:tə/ (n) = a device that stores and heats water using energy from the sun
słoneczny podgrzewacz wody
spare /speə/ (adj) = extra **zapasowy**
storage space /stɔ:rɪdʒ spe:s/ (n) = an empty space for putting in things that are not in use **przestrzeń do przechowywania nieużywanych rzeczy**
studio flat /stu:judiəu ,flæt/ (n) = a small one-room apartment **kawalerka**
train station /treɪn ,steɪʃən/ (n) = a railway station
stacja kolejowa
walk-in shower /'wɔ:k ɪn 'ʃauə/ (n) = a shower in a large open space that you can easily enter and move around in **kabina prysznicowa**

Culture 4

barbershop /bɑ:bəʃɒp/ (n) = a place where men can have their hair cut
fryzjer męski

be going strong (phr) = to continue being successful after a long period of time
być w doskonałym stanie, dobrze się trzymać, prosperować
celebrity /sə'lebrəti/ (n) = a very famous person; a star **celebryta, znana osoba**
designer boutique /dr'zainə bu:tɪk/ (n) = a small elegant shop that only sells clothes made by famous people in the fashion industry **elegancki sklep odzieżowy sprzedający odzież znanych projektantów**
feature /fi:tʃə/ (v) = to present sb famous to the public **występować (np. w filmie)**
gourmet bistro (phr) = a small restaurant serving high quality food and drink **niewielki lokal gastronomiczny serwujący wysokiej jakości posiłki i napoje**
graffiti /grə'fi:ti/ (n) = illegal writings and drawings on buildings, buses, etc
graffiti
have your/its share of sth (phr) = to have a lot of sth (often too much)
mieć dużą ilość/liczbę czegoś
hotspot /hɒtspɒt/ (n) = a very popular point in an area **bardzo popularne miejsce w danej okolicy**
in the heart of (a place) (phr) = within the central part of a place **w samym środku (jakiegoś miejsca)**
ornate /ɔ:n'eit/ (adj) = heavily decorated
ozdobny, bogato zdobiony
trendy /trendi/ (adj) = fashionable **trendy, modny**

unique /ju:nɪk/ (adj) = being the only example of sth, usually in a special way **wyjątkowy, unikalny**

vegan kiosk (phr) = a stall in the street which only sells food that doesn't come from animals
budka z wegańskim jedzeniem
well developed /wel dr'veləpt/ (adj) = fully grown and functional
dobrze rozwinięty, w pełni rozbudowany

Unit 5 – Let's talk

5a

at risk (phr) = in a potentially harmful situation
w niebezpieczeństwie
come up with (sth) /kʌm 'ʌp wɪð/ (phr v) = to think of an idea
wymyślić (coś)
commit crimes (phr) = to do sth illegal **popełniać przestępstwa**
communicate /kə'mju:nɪkeɪt/ (v) = to share information via talking, writing or gestures
komunikować się
communication breakdown (phr) = a lack of understanding between people **problem**
komunikacyjne, brak porozumienia między rozmówcami
element /'elɪmənt/ (n) = a part of a specific thing
element, czynnik
expert /ekspɜ:t/ (n) = a highly qualified person
ekspert
express /ɪk'spres/ (v) = to show feelings or ideas
wyrażać (np. uczucia)

Word List

eye contact /aɪ kɔntækt/

(n) = the act of two people both looking into each other's eyes

kontakt wzrokowy

facial expression (phr) =

the look on your face that shows how you feel or what you are thinking (e.g. a smile or a frown)

wyraz twarzy

gesture /dʒestʃə/ (n) =

a body movement, such as a movement of the hands, that shows emotions or ideas **gest**

get (the/our) message

across (phr) = to allow sb to understand sth
przekazać wiadomość w sposób zrozumiały dla rozmówcy

govern /gʌvən/ (v) =

control (especially in an official capacity) **rzadzić, zarządzać**

impact /impækt/ (n) =

a strong effect that sth has on sb/sth **wpływ**

interact /intərækɪt/ (v) =

to communicate or engage with others

komunikować się, nawiązywać kontakt

keep down /ki:p 'daʊn/ (phr v) =

to make less noise **uciszać, ściszać**

keep from /ki:p frəm/ (phr v) =

to prevent sb from doing sth; to prevent sth from happening

1) powstrzymać (kogoś od zrobienia czegoś); 2) zapobiegać czemuś

keep on /ki:p 'ɒn/ (phr v) =

to continue (to employ sb) **(robić coś nadal (np. kogoś zatrudniać)**

keep out /ki:p 'aʊt/ (phr v) =

to prevent sb from entering **nie wchodzić (do jakiegoś pomieszczenia)**

keep up /ki:p 'ʌp/ (phr v) =

to maintain sth **dalej robić coś dobrego**

language barrier /læŋgwɪdʒ

,bærɪə/ (n) = the fact that two people can't communicate because they don't share a common language

bariera językowa

non-verbal

communication

(phr) = forms/methods of interaction that don't use words **komunikacja niewerbalna**

paralysed /pærəlaɪzd/ (adj) =

unable to move due to injury

sparaliżowany

say /sei/ (v) =

to pronounce words or give an instruction **powiedzieć coś**

session /seʃən/ (n) =

a period of arranged activity **sesja (czas**

przeznaczony na określona czynność)

speak /spi:k/ (v) =

to talk to sb **mówić, rozmawiać (z kimś)**

talk /tɔ:k/ (v) =

to speak with sb **rozmawiać (z kimś)**

tell /tel/ (v) =

to say sth to sb else **powiedzieć, mówić (coś komuś)**

tone of voice (phr) =

the pitch or quality of sb's voice that shows the speaker's feelings
ton głosu

verbal communication

(phr) = forms/methods of spoken interaction

komunikacja verbalna

video chat /vɪdiəʊ tʃæt/ (n) =

an online service that lets you talk to people over the Internet via video **czat video**

visual communication

(phr) = forms/methods of visual interaction (e.g. pictures, video)

komunikacja wizualna

written communication

(phr) = forms/methods of printed or handwritten interaction **komunikacja pisemna**

5b

body language /bɒdi

,laŋgwɪdʒ/ (n) = gestures or acts with the body that express your feelings

mowa ciała

communication skills

/kə,mju:nɪ'keɪʃən ,skɪlz/ (pl n) = the abilities needed to express yourself and interact with others **umiejętności komunikacyjne**

conference /kɒnfərəns/ (n) =

a large meeting that discusses business matters **konferencja**

current /kʌrənt/ (adj) =

of the present moment **obecny, aktualny**

digital communication

(phr) = means/methods of interacting via computers

komunikacja cyfrowa

end-of-year assessment

(phr) = the process of judging a student's performance at the end of an academic year

ocena postępów uczniów na koniec roku szkolnego

frown /fraʊn/ (v) =

push the eyebrows downwards to show that you are annoyed about sth or worried

zmarszczyć brwi

initial /ɪ'nɪʃəl/ (adj) =

początkowy

install /ɪn'stɔ:l/ (v) =

to put sth in place to be used **instalować**

launch /ləʊntʃ/ (v) =

release sth

tu: wprowadzać na rynek (nowy produkt)

optical fibre /ɒptɪkəl 'faɪbə/ (n) =

a glass rod that carries large amounts of digital data **światłowód**

phone charger /fəʊn tʃɑ:dʒə/ (n) =

the accessory that connects a phone to an electrical source in order to power the battery

ładowarka (do telefonu)

podcast /pədkaʊst/ (n) =

a radio episode that is broadcast over the Internet **podcast (rodzaj dźwiękowej publikacji internetowej)**

public speaking (phr) =

the act of talking to large groups of people **wystąpienie publiczne, przemawianie publiczne**

sales figures /seɪlz figəz/ (pl n) =

the statistics that show how well a product has sold **wielkość sprzedaży, wyniki sprzedaży**

temporarily disrupt (phr) =

to affect the proper functionality of sth for a short period of time **chwilowo niedostępny, tymczasowo przerwany**

video call function (phr) =

the part of software that enables video calls over the Internet **funkcja połączenia video**

wonder /'wʌndə/ (v) =

consider sth or ask yourself sth **zastanawiać się**

5c

affect /ə'fekt/ (v) =

influence sth **mieć wpływ na, oddziaływać**

agreement /ə'grɪ:mənt/ (n) =

a situation in which people share an opinion about sth **porozumienie**

clue /klu:/ (n) =

sth that tells you sth about sth **wskazówka**

comfort (sb) /kʌmfət/ (v) =

to make sb feel better about sth **pociążyć (kogoś), podnieść (kogoś) na duchu**

effective /ɪ'fektɪv/ (adj) =

successful **skuteczny, efektywny**

enthusiasm /ɪn'θju:ziæzəm/ (n) = the feeling of being positive about sth **entuzjazm**

exclude /ɪk'sklu:d/ (v) = to stop sb from being a part of sth **wykluczać** (np. **kogoś z grupy**)

face to face /feɪs tə 'feɪs/ (adv) = in person **bezpośrednio, twarzą w twarz**

in person (phr) = by seeing sb in the flesh rather than speaking over the phone or via the Internet **osobiście**

irritation /ɪ'rɪteɪʃən/ (n) = the feeling of being annoyed **irytacja**

misspelling /mɪs'speɪlɪŋ/ (n) = the act of writing a word incorrectly **błęd ortograficzny**

mode of communication (phr) = a method of interacting with sb **sposób porozumiewania się**

spelling /spelɪŋ/ (n) = the ability to write words correctly **pisownia**

textspeak /tekstspi:k/ (n) = Internet abbreviations and slang **język używany w pisaniu wiadomości tekstowych (charakteryzuje się częstymi skrótkami i użyciem slangu)**

uncertainty /ʌn'sɜ:tənti/ (n) = a situation in which sth is not known for sure **niepewność**

Culture 5

appropriate /ə'prɔ:priət/ (adj) = suitable **właściwy, odpowiedni**

awkward /ɔ:kwəd/ (adj) = uncomfortable or embarrassing **niezręczny, niewygodny**

balance /'bæləns/ (n) = a state in which things maintain equal importance **balans, równowaga**

bow /baʊ/ (n) = a sign of respect in which sb bends their body and lowers their head **ukłon**

crucial /'krʊ:ʃəl/ (adj) = very important **kluczowy, bardzo ważny**

fluent /'flu:ənt/ (adj) = able to speak a language very well **biegły, płynny (w posługiwaniu się językiem obcym)**

glance /glɑ:nəs/ (v) = to look quickly **zerknąć, rzucić okiem**

globetrotter /gləʊbt्रɔ:tə/ (n) = sb who travels the world **obieżyświat, globtroter**

greatly /'greɪtlɪ/ (adv) = very much **bardzo, znacznie**

greet /gri:t/ (v) = to welcome sb **witać, przywitać, powitać (kogoś)**

lean /li:n/ (v) = to bend your body in one direction **przechylić się, odchylić się**

nod /nɒd/ (v) = to shake your head up and down in agreement **kiwnąć głową, skinąć głową**

non-verbal /'nɒn 'vɜ:bəl/ (adj) = without using words **pozawerbalny, niewerbalny**

seasoned /si:zənd/ (adj) = experienced **doświadczony**

stare /steə/ (v) = to look at sb/sth intensely **wpatrywać się (w kogoś/ coś), gapić się (na kogoś/coś)**

tend /tend/ (v) = to be likely to happen or act in a particular fashion **mieć tendencję**

typical /tɪpɪkəl/ (adj) = displaying the expected characteristics of sth **typowy, zwyczajny**

variety is the spice of life (phr) = doing lots of different things makes life enjoyable **różnorodność nadaje życiu smak**

Unit 6 – Challenges

6a

alive /ə'lɑ:v/ (adj) = full of energy **pełen życia, pełen energii**

art director /ɑ:t də'rektə/ (n) = sb who is in charge of a business that produces theatrical plays, TV and radio programmes, advertisements, graphics, etc **dyrektor artystyczny**

audience /ɔ:diəns/ (n) = all the people who watch a play, show, etc at the same time **widownia, publiczność**

bank clerk /bæŋk klə:k/ (n) = a bank teller **kasjer bankowy**

blank /blæŋk/ (adj) = empty **pusty**

citizen /sɪtɪzən/ (n) = sb who lives in a city or country **obywatel**

client /klaɪənt/ (n) = sb who pays a professional or a company for their services **klient**

code /kəud/ (n) = the language used for computer programming **kod (programu komputerowego)**

contact /kɒntækt/ (n) = sb in a senior position in society who can help **kontakt, znajomość**

creativity /kri:eɪ'trəti:/ (n) = the ability to use your imagination and produce original ideas **kreatywność**

crew /kru:/ (n) = all the people who work together on the same thing **ekipa, załoga (pracująca razem)**

deadline /dedlɪn/ (n) = the time by which you are expected to complete a task you've been given **ostateczny termin**

delegate /dɛlɪɡeɪt/ (v) = to give work to people in a lower position than you **delegować, zlecać (coś komuś)**

design /dɪ'zain/ (v) = to create sth new **projektować, tworzyć**

explore /ɪk'splɔ:r/ (v) = to go around a place in order to learn about it **eksplorować, zwiedzać**

fill in /fil 'ɪn/ (phr v) = 1) to complete a form or document (also: to fill out); 2) to give details to sb about sth
 1) **uzupełniać, wypełniać (np. formularz);**
 2) **zdawać komuś relację (z czegoś), wprowadzać kogoś w szczegóły**

fill out /fil 'aʊt/ (phr v) = to gain weight **przytyć**

fill up /fil 'ʌp/ (phr v) = 1) to put sth in a container so that there's no more space; 2) to eat enough so that you don't feel hungry
 1) **napełniać, wypełniać;**
 2) **najadać się**

fitness trainer /fɪtnəs ,treɪnə/ (n) = sb who helps to coach people during exercise or explains exercises to them **trener fitnessu**

flight attendant /flaɪt ə'tendənt/ (n) = sb whose job is to serve food and drinks during a flight and ensure passenger safety **stewardessa, steward**

goal /gəʊl/ (n) = whatever you're trying to achieve **cel**

Word List

hang out (with sb) /hæŋt/

'aut/ (phr v) = to spend pleasant time with sb
spędzać czas (z kimś)

independent /ɪndɪ'pendənt/

(adj) = not controlled by external groups or people; not part of a larger company

niezależny; oddzielnny, autonomiczny

inspirational

/ɪnspɪ'reɪʃənl/ (adj) = giving you hope and new ideas **inspirujący**

list /lɪst/ (n) =

a number of things you write one under the other so that you'll not forget them
lista, wykaz, spis

listing /lɪstɪŋ/ (n) =

an official catalogue; each of the items included in an official catalogue
lista, wykaz

live /laɪv/ (adj) =

(of a TV/radio programme) broadcast at the same time as it is happening **(o programie telewizyjnym lub audycji radiowej) na żywo**

local /ləʊkəl/ (n) =

sb who was born and lives in the same place **miejscowy, tubylec**

marketing assistant

/mɑ:kɪtɪŋ ə,sɪstənt/ (n) = sb whose job is to help the person running the marketing department of a business **asystent marketingowy**

marketing manager

/mɑ:kɪtɪŋ ,mænɪrdʒə/ (n) = sb whose job is to run the marketing department of a business **kierownik marketingu**

multimedia developer

/mʌltɪ'mi:dɪə dɪ'veləpə/ (n) = sb whose job is to create applications or software for the computer and

entertainment industries programista multimediów

passionate (about sth)

/pæʃə'næt/ (adj) = liking sth very much

pasjonujący się (czymś), zapalony (do czegoś)

podcast /'pɒdkeɪst/ (n) =

a digital broadcast **podcast**

(rodzaj dźwiękowej

publikacji internetowej)

requirement /rɪ'kwaɪrəmənt/

(n) = whatever is necessary for you to do sth **wymóg**

rock star /rɒk sta:/ (n) =

a very famous and popular rock and roll musician

gwiazda rocka

sales assistant /seɪlz

ə'sɪstənt/ (n) = sb who serves customers in a shop **sprzedawca, sprzedawczyni**

sales manager /seɪlz

,mænɪrdʒə/ (n) = sb who is in charge of the sales department of a business **dyrektor sprzedawy**

share /ʃeə/ (v) =

to let sb enjoy sth along with you **dzielić się**

spectator /spekt'reɪtə/ (n) =

sb who watches a sports event **widz, obserwator**

spice /spaɪs/ (n) =

whatever adds excitement and interest to sth

przyprawa

squeeze (sth) in /skwi:z

'ɪn/ (phr v) = to find time to do sth in spite of your tight schedule **wcisnąć**

cos (w grafik), dać radę

cos zrobić (pomimo napiętego grafiku)

step into /step intə/

(phr v) = to start learning more things about sth

poznać tajniki (czegoś)

street artist /stri:t ,a:tɪst/

(n) = sb who draws pictures on the walls of a town or city **artysta uliczny**

suit /su:t/ (v) =

to be the most appropriate for sb
odpowiadać, pasować (komuś)

supermarket cashier

/su:pə'ma:kit kæʃɪə/ (n) = sb who works at the checkout of a supermarket where he/she receives money and gives change **kasjer w supermarketie**

supermarket manager

/su:pə'ma:kit ,mænɪrdʒə/ (n) = sb who is in charge of a supermarket **kierownik supermarketu**

tour guide /tuə gaɪd/ (n) =

sb whose job is to show tourists around a place **przewodnik wycieczki**

weather reporter

/weðə ri,pɔ:tə/ (n) = a reporter who informs the public about the weather conditions in the near future

prezenter prognozy pogody

wonder /'wʌndə/ (v) =

to ask yourself **zastanawiać się**

6b

applicant /æplɪkənt/ (n) =

sb who asks, in writing, for a job, a place on a course, etc **kandydat**

(osoba ubiegająca się o coś)

citizen /'sɪtrɪzn/ (n) =

sb who was born in a country and is a legal member of this country; sb who has acquired that status **obywatel**

corridor /kɔ:rɪdɔ:/ (n) =

a long passage in a building with doors on either side **korytarz**

crash /kræʃ/ (v) =

(of a computer) to stop working **(o komputerze) zepsuć się, paść**

decline /drɪklam/ (v) =

to legally refuse to accept a document, an application, etc
odrzucić, odmawiać (np. przyjęcia dokumentu)

employee /ɪm'plɔ:i/ (n) =

sb who gets paid to work for sb else
pracownik

experience /ɪk'spi:rɪəns/ (v) =

to get to know sth with your senses
doświadczać (czegoś)

immigration /,ɪm'grɛɪʃən/ (n) =

the process of going into a foreign country to live and work there **imigracja**

job offer /dʒɔ:b ,ɒfə/ (n) =

the fact that an employer has stated that they will offer you a job **oferta pracy**

obtain /ə'bteɪn/ (v) =

to manage to be given sth
uzyskać, otrzymać

pressure /preʃə/ (n) =

a feeling of worry and anxiety because you have to do a lot of work

nacisk, presja

progress report

/prəʊgres rɪpɔ:t/ (n) = a piece of writing in which an employee mentions how far they've gone with their task **raport postępu**

recover /rɪ'kʌvə/ (v) =

to manage to get a computer file back that you thought was lost **odzyskać (plik komputerowy)**

retail /ri:təl/ (n) =

the practice of shops selling goods to customers

sprzedaż detaliczna, handel detaliczny

submit /sə'bmit/ (v) =

to officially give a document, an application, etc to sb in authority **przedkładać, dostarczać (dokumenty)**

valid /vælid/ (adj) = (of a document, ticket, etc) legal and acceptable
(np. o bilecie) ważny
working holiday visa
(phr) = an official permit that allows a traveller to work in the foreign country they are visiting
wiza pracownicza

6c

achieve /ə'tʃi:v/ (v) = to try and manage to get sth
osiągać, zdobywać (coś)
appreciate /ə'pri:jēt/ (v) = to express your gratitude to sb for sth they've done for you
być wdzięcznym, doceniać coś
autonomous /ɔ:t'nəməs/ (adj) = able to make decisions on your own; working without direct instructions
niezależny, samodzielnny
caregiver /keəgrɪvə/ (n) = sb whose job is to take care of old or sick people
opiekun osoby starszej lub niepełnosprawnej
come up with /kʌm 'ʌp wɪð/ (phr v) = to produce an original idea, a plan, etc
wymyślić coś, wprowadzić na coś
cooperative /kəʊ'ɒpərətɪv/ (adj) = able and willing to work well with others
potrafiący współpracować
creative /kri'eitɪv/ (adj) = able to come up with original ideas
kreatywny
current /kərənt/ (adj) = present
obecny, aktualny
delight /dɪ'lait/ (n) = satisfaction and happiness
wielka przyjemność
delight /dɪ'lait/ (v) = to give pleasure to sb
spowodować przyjemność

flexible /fleksəbəl/ (adj) = adaptable
elastyczny, potrafiący się dostosować
in harmony (phr) = in peaceful agreement with others
w zgodzie, wspólnie
influential /,ɪnflu'enʃəl/ (adj) = able to change people's mind or affect their performance positively
wpływowy
junior manager /dʒu:niər mænɪdʒə/ (n) = sb in control of a company who is at the lowest level
kierownik niższego szczebla
leadership skills /li:dəʃɪp skilz/ (pl n) = the ability to be in charge of a group of people in an effective way
zdolności kierownicze
medication /medɪkeɪʃən/ (n) = medicine for sick people
lek
outlook /autlʊk/ (n) = your opinion of, and attitude towards, sth
pogląd na coś
punctual /pʌŋktʃuəl/ (adj) = on time
punktualny
reliable /rɪ'laiəbəl/ (adj) = trustworthy
solidny, wiarygodny
rely on (sb) /rɪ'lai ən ʌn/ (phr v) = to consider sb trustworthy and depend on them
polegać (na kimś), liczyć (na kogoś)
resident /re'zɪdənt/ (n) = a person living in a place
mieszkaniec, rezydent (mieszkający na stałe w danym miejscu)
respectful /rɪ'spektfəl/ (adj) = showing appreciation and good manners to others
pełen szacunku
responsible /rɪ'sponsəbəl/ (adj) = carefully doing your job or duty
odpowiedzialny

retire /rɪ'taɪə/ (v) = to stop working because of old age
przejść na emeryturę
shift /ʃɪft/ (n) = the period of time during which a factory worker, a hospital doctor, etc works
zmiana (określone godziny pracy)
suit /su:t/ (v) = (of a job, etc) to be the most appropriate for sb
odpowiadać, pasować (komuś)
tolerant /tɒlərənt/ (adj) = accepting others as they are
tolerancyjny
work under pressure (phr) = to work efficiently when you feel anxious and stressed
pracować pod presją
work values /wɜ:k vælju:z/ (pl n) = the most important features in any type of work
wartości ważne w pracy

Culture 6

be on first-name terms (phr) = to know people so well that you call each other by your first names
być z kimś na "ty"
bone-crushing /bənkrʌʃɪŋ/ (adj) = extremely strong as if breaking a bone
bardzo mocny (np. uścisk dłoni)
business casual /bɪznɛs ,kæzʒuəl/ (n) = clothes which are not formal but are acceptable in the workplace
styl biznesowy swobodny
code of conduct (phr) = a set of behavioural rules laid down by a company
zasady postępowania (do których powinni stosować się pracownicy jakiejś firmy)

crush /krʌʃ/ (v) = to squeeze sth very hard
uciskać, ściskać mocno
divider /dɪ'veɪdə/ (n) = a thin flat surface for separating a room into parts
przegroda
etiquette /etiket/ (n) = a set of acceptable behavioural rules
normy postępowania, etykieta
flip-flops /flɪp flɔps/ (pl n) = a pair of rubber summer shoes with a V-shaped strap at the front
klapki japonki
gaze /geɪz/ (n) = a steady look expressing surprise, admiration, etc
intensywne spojrzenie
immigrant /imigrənt/ (n) = sb who goes to a foreign country to live and work there
imigrant
open plan /əpən'plæn/ (adj) = without being divided into separate parts
bez ścianek działaowych (np. przestrzeń biurowa)
punctuality /pʌŋktju'æləti/ (n) = the quality of always being on time
punktualność
receptive /rɪ'septɪv/ (adj) = showing that you're willing to listen to sb else
otwarty (np. na argumenty, pomysły)
rock up /rɒk 'ʌp/ (phr v) = to arrive at a place very casually
pojawić się niespodziewanie
stateside /steɪtsaɪd/ (adv) = in the United States of America
do Stanów Zjednoczonych

Values B: Productivity

capable (of sth/of doing sth) /keɪpəbəl/ (adj) = having the ability to do sth
zdolny (do czegoś/ do zrobienia czegoś)

Word List

challenging /tʃælɪndʒɪŋ/ (adj) = difficult; testing your skills and abilities

ambitny, stawiający wysokie wymagania

commute /kə'mju:t/ (n) = the daily travelling from your home to work, school, college, etc

dojazd do pracy

goal /gəʊl/ (n) = sth you want to achieve; an aim **cel**

guilty (about sth/about doing sth) /'gɪltɪ/ (adj) = feeling unhappy because you have not done sth or you have done sth wrong; ashamed **mający poczucie winy (z jakiegoś powodu)**

motivated /məʊ'tɪveɪtɪd/ (adj) = feeling inspired **zmotywowany**

productivity /prɒdʌktɪvɪtี้/ (n) = the amount of work you can do in a specific period of time

produktywność

specific /spə'sifik/ (adj) = particular **konkretny, określony**

stay on track (phr) = to continue to do the things you have planned **realizować swoje plany, nie zbaczać z obranego kursu**

time waster /taɪm weɪstə/ (n) = an activity that uses up a lot of time without any useful result **pożeracz czasu**

treat /tri:t/ (n) = a small luxury as a reward for sth **smakołyk**

Public Speaking Skills B

ban /bæn/ (v) = to prohibit sth; to not allow sth

zakazać

elect /'lekt/ (v) = to choose sb for an official post in the government, a council, etc by voting for

them wybierać w drodze głosowania (np. prezydenta)

passionate /pæs'ʃənət/ (adj) = having very strong feelings about sb/sth; enthusiastic about sb/sth **pełen pasji**

Unit 7 – High-tech

7a

access /ækses/ (v) = to be able to obtain (information from a computer) **dostać się do, uzyskać dostęp do**

artificial intelligence /ɑ:tɪfɪʃəl ɪn'telɪdʒəns/ (n) = the ability of computers to make decisions and perform tasks **sztuczna inteligencja**

automatically /ɔ:tə'mætɪklɪ/ (adv) = without human involvement

automatycznie

command /kə'ma:nd/ (n) = an instruction to perform a specific action given to a computer **komenda, polecenie**

compose /kəm'pəuz/ (v) = to write sth (music, poetry, formal writing)

komponować, tworzyć

consist (of sth) /kən'sɪst/ (v) = to be made up of two or more parts

składać się (z czegoś)

customer behaviour

/kʌstəmə bɪ'həvɪə/

(n) = the trends and patterns in what customers do and order

zachowanie klientów

device /dr'veɪs/ (n) = a gadget **urządzenie**

digital assistant

/dɪ'dʒɪtl ə'sɪstənt/ (n) = a computer program that answers questions and performs basic tasks

asystent cyfrowy

drop by /drɒp 'baɪ/ (phr v)

= to visit sb informally

wpaść do kogoś

(z wizytą)

drop off /drɒp 'ɒf/ (phr v) =

1) to fall asleep; 2) to decrease

1) zasnąć;

2) zmniejszyć się

drop out /drɒp 'aʊt/

(phr v) = to leave a college/university

course without having finished it **rzucić (szkołę) uczelnię itd.**

for sale (phr) = (of a house, car, etc) available for people to buy **(np. o domu) na sprzedaż**

go off /gəʊ 'ɒf/ (phr v) =

(of an alarm clock) to start ringing **(o budziku) włączyć się**

high-speed broadband

(phr) = a system that enables users to access the Internet very fast **szynkowe łącze szerokopasmowe**

in the sale (phr) = included as part of a special offer during a period when things are sold at a lower price **(o produktach) na wyprzedaży**

independently

/ɪnd'rependəntli/ (adv) = separately **oddziennie, osobno**

industrial equipment

/ɪn'dʌstriəl ɪk'wɪpmənt/ (n) = all the machinery used in manufacturing and other businesses

urządzenia

przemysłowe

lightbulb /laɪtbʌlb/ (n) = a rounded glass object that produces light when connected to electricity

żarówka

Maintain /meɪnt'eɪn/ (v) =

to keep machines, buildings, etc in good condition **utrzymywać, konserwować**

manage /mænɪdʒ/ (v) = to control sth efficiently

kierować, zarządzać

(czymś)

memory /meməri/ (n) = sth that sb remembers from the past **pamięć**

microchip /maɪkroʊtʃɪp/ (n) = a very small piece of silicon used in computers and other digital devices that performs specific operations **mikroczip**

monitor /mɒnɪtə/ (v) = to watch the progress of sth for a period of time **monitorować**

offender /'əfendə/ (n) = sb who breaks the law **przestępca**

powerful /paʊəfəl/ (adj) = effective **silny, mocny**

predict /prɪ'dɪkt/ (v) = to use information and say what will happen in the future **przewidywać**

reminder /rɪ'maɪndə/ (n) = any type of message that helps sb remember sth **przypomnienie**

remotely /rɪ'məutli/ (adv) = (operating a device) from a distance **na odległość**

revolutionise /rɪ've'lju:ʃənaɪz/ (v) = totally change sth and make it much better **rewolucjonizować**

run out of (sth) /rʌn 'aʊt əv/ (phr v) = to have none of sth left because you've used it all **nie mieć (już czegoś), wyczerpać (coś)**

sensor /sensə/ (n) = a device used for discovering any heat, light, movement, etc **czujnik**

smart device /smɑ:t dr'veɪs/ (n) = a digital gadget, such as a smartphone, laptop, tablet, etc **inteligentne urządzenie**

stationary /steɪʃənəri/ (adj) = not moving
nieruchomy

stationery /steɪʃənəri/ (n) = the materials needed for writing (pens, pencils, paper, etc) **materiały piśmienne, artykuły biurowe**

straightaway /streɪt'weɪ/ (adv) = immediately
natychmiast, od razu

the authorities /ðɪtʃə'nɔritiːz/ (pl n) = the officials who are in charge of an area, city or country **władza, organ władzy**

the Internet of Things (**IoT**) (phr) = the interconnection of digital devices **Internet rzeczy (IoT)**

virtual reality /vɜːtʃuəl rɪ'æləti/ (n) = the ability of computers to create lifelike environments with which the user can interact **wirtualna rzeczywistość**

wearable /weərəbəl/ (n) = a digital gadget that we can wear
gadżet nadający się do noszenia (np. smartwatch)

7b

activate /æktr'veɪt/ (v) = to make a device start working **aktywować, uruchamiać**

addiction /ədɪkʃən/ (n) = the fact that sb is unable to stop doing sth harmful **uzależnienie od czegoś (np. od komputera)**

attach /ə'tætʃ/ (v) = to connect sth to sth else **przyłączać coś do czegoś**

award /ə'wɔːd/ (v) = to give sb/sth a prize or title **przyznać nagrodę, nagradzać (kogoś/coś)**

broadcast /brəʊ:dka:st/ (v) = to air a TV or radio programme
transmitować, nadawać (np. program telewizyjny)

coding /kəʊdɪŋ/ (n) = programming to activate an application or software **kodowanie**

come out /kʌm 'aut/ (phr v) = (of a product) to become available for people to buy
(o produkcie) wchodzić do w sprzedaży

dust /dʌst/ (n) = a dry dirt powder that covers surfaces **kurz, pył**

faulty /fɔːlti/ (adj) = (of a device, etc) not working properly **(o urządzeniu) wadliwy**

HDMI cable /eɪtʃ di: em 'aɪ keɪbəl/ (n) = a wire that is connected to multimedia devices and improves the quality of pictures and sound
kabel HDMI

in a row (phr) = happening one after the other
z rzędu, kolejno

queue /kju:/ (n) = a line of people waiting at a counter, station, etc
kolejka

screwdriver /skruv'draɪvə/ (n) = a tool for turning a pointed piece of metal into an object in order to join things together
śrubokręt

tech fair /tek feə/ (n) = a large exhibition with products of modern technology **targi techniczne**

virus /vɜːrəs/ (n) = a very tiny living organism that causes diseases
wirus (tu: złośliwe oprogramowanie komputerowe tworzone na przykład w celu kradzieży danych)

7c

accurate /ækjərət/ (adj) = exact and correct
dokładny, precyzyjny, trafny

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

book /bʊk/ (v) = to make a reservation
zarezerwować (np. lot samolotem)

browse /braʊz/ (v) = to search for goods on the Internet **przeglądać, przeszukiwać (np. stronę internetową)**

chat /tʃæt/ (v) = to talk to friends over the Internet
czatować (prowadzić rozmowę przez internet)

converse (with sb) /kən'vesəs/ (v) = to talk with sb **rozmawiać, prowadzić konwersację**

create /kri'eɪt/ (v) = to make a new thing **stworzyć, opracować**

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

excel (at/in sth) /ɪk'sel/ (v) = to be or do sth better than anyone else
wyróżniać się w czymś, być lepszym od innych

get (a taxi) /get/ (v) = to find and take (a taxi) **wziąć taksówkę, pojechać taksówką**

mimic /mɪmɪk/ (v) = to imitate sb **naśladować, parodiować**

monitor /'mɒnɪtə/ (v) = to watch the progress of sth for a period of time **monitorować, obserwować**

music streaming app /mju:zɪk stri:mɪŋ ,æp/ (n) = a piece of software that allows you to listen to music as it is being broadcast on the Internet **aplikacja**

do słuchania muzyki

(np. na smartfonie),

która przesyłana

jest w systemie

strumieniowym

order /ɔ:də/ (v) = to request

food, drink, a product,

etc (through the Internet) **zamówić**

(np. przez internet)

set up /set 'ʌp/ (phr v) = to get a computer program ready for use **tu:**

zainstalować program na komputerze

share /ʃeə/ (v) = to let

people watch or listen to sth through the Internet **udostępnić**

(np. w mediach społecznościowych)

stream /stri:m/ (v) = to watch a video or listen to music as they are

being broadcast on the Internet **streamować, strumieniować**

(transmitować na żywo lub na życzenie za pomocą internetu)

upload /ʌp'ləud/ (v) = to transfer data to the Internet so that anyone can access it **wgrywać, załadować**

Culture 7

CGI /si: dʒi: 'aɪ / (abbrev) =

(Computer-Generated Imagery) the process

of creating pictures and images through

computer software; the visual outcomes of that

process **komputerowe efekty specjalne**

colonise /kələnائز/ (v) = to go, in large numbers,

to live in another place **kolonizować**

combine /kəm'bain/ (v) = to join two or more

different things together to create sth **łączyć**

Word List

depict /dr'pikt/ (v) = to show sth in pictures
przedstawić,
odzwierciedlać

founded /faʊndɪd/ (pp) = established **założony**

in advance (phr) = (occurring) before an event **z wyprzedzeniem,**
zawczasu

intellectual /ɪntə'lɛktʃuəl/ (adj) = relating to the mind **intelektualny**

mission /mɪʃən/ (n) = the result that an organisation is trying to achieve via its actions **misja, zadanie, cel działania**

multimedia /mʌltɪ'mi:dɪə/ (n) = the use of words, pictures and sound in digital technology **multimedia**

narrate /nə'reɪt/ (v) = to tell a story **opowiadać**

play a role (phr) = to have an effect on sb/sth **odgrywać (jakąś) rolę**

renowned /ri'naund/ (adj) = well-known for sth **sławny, słynny**

resource /rɪ'zɔ:s/ (n) = sth that you can get valuable information from **zasób, źródło**

spread the word (idm) = to let more and more people know about sth **opowiadać**

state-of-the-art /steɪt əv ði 'a:t/ (adj) = using the most modern technology **supernowoczesny, najnowocześniejszy**

the public /ðə 'pʌblɪk/ (n) = all the ordinary people in a society **ludzie, społeczeństwo, opinia publiczna**

venue /'venju:/ (n) = the place for an event **miejsce (np. spotkania, koncertu)**

vital /'vætl/ (adj) = very important **istotny, decydujący**

Unit 8 – Better societies

8a

access (to sth) /'ækses/ (n) = the right or ability to make use of sth **dostęp (do czegoś)**

action /'ækʃən/ (n) = the process of doing sth **działanie**

activity /æk'trɪvɪti/ (n) = the fact that a lot of things are taking place **działalność**

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

apply /ə'plai/ (v) = to make a formal request in writing **starać się, ubiegać się (np. o pracę)**

border /bɔ:də/ (n) = the official line that separates one country from another **granica między dwoma państwami**

child labour /tʃaɪld ˈleɪbə/ (n) = the use of children to do physical work illegally **nielegalne zatrudnianie nieletnich do pracy fizycznej**

climate change

/klaimət ,tʃeɪmdʒ/ (n) = changes in global weather and climate as a result of human or natural activity **zmiany klimatu**

common /kɒmən/ (adj) = shared by a lot of people **powszechny**

dean /di:n/ (n) = a university/college official who is in charge of a department **dziekan (pozycja administracyjna na uniwersytecie)**

estimated /estɪmeɪtɪd/ (adj) = not exact

szacowany, przybliżony

fall apart /fɔ:l ə'pa:t/

(phr v) = 1) to break into pieces; 2) to be unable to think calmly

- 1) **rozpaść się na kawałki;**
- 2) **rozkleić się (nie radzić sobie z emocjami);**
- 3) **przestać działać**

fall behind /fɔ:l bɪ'hæmd/

(phr v) = to make no progress **pozostawać w tyle (np. w nauce szkolnej)**

fall in with /fɔ:l ɪn wið/

(phr v) = 1) to accept (an idea/plan, etc); 2) to become friends with sb

- 1) **zgadzać się na coś, zaakceptować coś (np. jakiś plan);**
- 2) **zaprzyjaźnić się z kim**

fall out /fɔ:l 'aut/ (phr v) =

to have an argument **pokłócić się z kimś**

fall through /fɔ:l 'θru:/

(phr v) = to fail to happen **(o planach) zawalić się, nie dojść do skutku**

famine /fæmɪn/ (n) = the situation in which a large number of people don't have food for a certain period of time **głód**

gear /gɪə/ (n) = each of the devices in a vehicle which control the power that the moving parts get from the engine **tu: bieg (w samochodzie)**

generate /dʒenə'reɪt/ (v) = to create sth **wytwarzyc, generować**

healthy /helθi/ (adj) = (of food) very good for your body **(np. o żywności) zdrowa**

homelessness

/həʊmləsnəs/ (n) = the state of not having a home **bezdomność**

illiteracy /ɪlɪ'terəsi/ (n)

= a lack of reading and writing ability

analfabetyzm

income /ɪŋkəm/ (n) = the money that sb earns from their job **dochód**

inequality /ɪn'kwɒnləti/ (n) = the unfair situation where not all people have the same opportunities, living conditions, etc **nierówność (np. społeczna)**

miserable /mɪzərəbəl/ (adj) = very unhappy **przygnębiony, nieszczęśliwy**

neighbouring /neɪbərɪŋ/ (adj) = nearby **sąsiedni**

NGO /en dʒi: 'əʊ/ (abbrev) = (Non-Governmental Organisation) an independent organisation that helps people in need, protects the environment, etc **organizacja pozarządowa**

ordinary /ɔ:dənəri/ (adj) = average; nothing special **zwykły, zwyczajny**

overpopulation /əʊvəpəpju:leɪʃən/ (n) = the fact that too many people live in a certain area **przeludnienie**

poverty /pɒvəti/ (n) = the state of having very little or no money at all **ubóstwo, bieda**

real /ri:əl/ (adj) = not imaginary or invented **rzeczywisty, prawdziwy**

reason /ri:zən/ (v) = to make a judgement based on facts **rozumować**

refugee /refju:dʒi:/ (n) = sb who escapes his/her country because of a war or poverty **uchodźca**

relatively /relətɪvli/ (adv) = comparatively **stosunkowo, względnie, relatywnie**

remember /rɪ'membə/ (v) = to not forget sth
pamiętać

remind (sb of sth) /rɪ'maind/ (v) = to help sb think of sth from the past **przypominać**
kamuś (o czymś/kimś)

special /speʃəl/ (adj) = not ordinary **specjalny, szczególny, wyjątkowy**

specialised /speʃəlaɪzd/ (adj) = having expert skill in or knowledge of sth **specjalistyczny**

true /tru:/ (adj) = correct **prawdziwy, zgodny z rzeczywistością**

war /wɔ:/ (n) = armed fighting between two or more opposing groups or countries **wojna**

8b

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

channel /tʃænl/ (n) = a passage for water to run through **kanał, tor wodny**

conference /kɒnfə'rens/ (n) = a formal meeting for discussing important matters **konferencja**

donate /də'u'neɪt/ (v) = to offer money and goods to organisations which help people in need
ofiarać, oddać, przekazać (za darmo)

escape /ɪ'skeɪp/ (v) = to get away from a danger
tu: uniknąć

give sb a lift (phr) = to take sb somewhere in your car **podwieźć kogoś samochodem**

illiteracy rate /ɪ'lɪtərəsi 'reɪt/ (n) = the percentage of people in an area/country who don't know how to read or write **wskaźnik analfabetyzmu**

resources /rɪ'zɔ:sɪz/ (pl n) = water, wood, oil, gas, etc
zasoby (np. naturalne)

vaccinate /væk'sneɪt/ (v) = to protect sb from a disease by giving them a substance containing the virus that causes that disease **szczepić**

wages /'weɪdʒɪz/ (pl n) = the money that sb earns from their job on a weekly basis **zarobki (wypłacane za pracę wykonaną w określonym czasie)**

8c

accent /ə'ksənt/ (n) = the specific way that sb or a group of people pronounce words **akcent**

addiction /ə'dɪkʃən/ (n) = the fact that sb is unable to stop doing sth harmful **uzależnienie od czegoś (np. od komputera)**

animal abuse /æniməl ə'bju:s/ (n) = cruel treatment of animals **znęcanie się nad zwierzętami**

bullying /'buliŋ/ (n) = the practice of older and more powerful students threatening and/or hurting younger or weaker ones **znęcanie się nad słabszymi**

concentrate /kɒn'səntreɪt/ (v) = to be able to focus on sth **skupiać koncentrować się (na czymś)**

depression /dr'preʃən/ (n) = a serious condition in which you feel very sad and unhappy **depresja, stan przygnębienia**

fat /fæt/ (n) = a substance under the skin of humans' and animals' bodies that stores energy and keeps them warm **tkuszcza**

food intake /fu:d ,mterk/ (n) = the amount of food that sb eats **spożycie**

high-pressure /haɪ'preʃə/ (adj) = causing a lot of stress and anxiety
tu: stresujący

intelligence /ɪn'telɪdʒəns/ (n) = the mind's ability to learn, think and make decisions **inteligencja**

lack /læk/ (v) = to have none or not enough of sth necessary **cierpieć na brak czegoś**

obese /ə'u'bɪ:s/ (adj) = unhealthily overweight **otyły**

obesity /ə'u'bɪ:səti/ (n) = the condition of being unhealthily overweight **otyłość, nadwaga**

overweight /ə'u'veə'weɪt/ (adj) = being heavier than you should be for your height or age **z nadwagą, mający nadwagę**

pick on sb /pɪk ən/ (phr v) = to choose sb and treat them unfairly **dokuczać komuś**

racism /reɪsɪzəm/ (n) = the conviction that your ethnic group is superior to others **rasizm**

stress /stres/ (n) = mental or emotional pressure **stres**

struggle /strægəl/ (v) = to experience difficulty when trying to achieve sth **borykać/zmagać się z czymś**

unemployment /ʌnɪm'plɔɪmənt/ (n) = the state of being jobless **bezrobocie**

Culture 8

campaign /kæm'peɪn/ (v) = to organise a number of activities in order to achieve a goal **prowadzić kampanię**

clean /kli:n/ (adj) = (of water) free of dirt and drinkable **(np. o wodzie)**

czysta, zdatna do picia

define /dɪ'fain/ (v) = to describe the meaning of sth clearly **określić, sprecyzować, zdefiniować**

improve /ɪm'pru:v/ (v) = to become better **poprawić się**

intern /ɪn'tɜ:n/ (n) = a university/college graduate who is working in order to gain experience **stażysta**

launch /ləʊntʃ/ (v) = to start (an ambitious project) **rozpoczynać, inicjować**

major /meɪdʒə/ (adj) = highly important **ważny, główny, podstawowy**

mission /mɪʃən/ (n) = a goal that an organisation is trying to reach through its actions **misja, zadanie, cel działania**

power /paʊə/ (n) = political strength **tu: prawo**

reduce /rɪ'dju:s/ (v) = to decrease sth

zminiejszyć, ograniczyć, zredukować

regularly /regjuləli/ (adv) = often **regularnie**

spread /spred/ (v) = to cause sth to reach a larger number of things or people **tu: rozprzestrzeniać, rozwijać**

Unit 9 – Live & Learn

9a

abandon /ə'bændən/ (v) = to stop using sth **tu: zrezygnować z czegoś, przestać coś używać**

attend /ə'tend/ (v) = to go to a class or lecture **brać udział w, być obecnym, uczestniczyć w**

Word List

beat /bi:t/ (v) = (of the heart) to make a regular sound as it pumps blood

tu: (o sercu) bić

campus /kæmpəs/ (n) = a large area that includes university buildings, students' halls of residence and other facilities **miaстeczko uniwersyteckie, kampus**

check in /tʃek 'ɪn/ (phr v) = 1) to report your arrival (at a hotel, clinic, etc) (Opp.: check out); 2) to arrive at an airport and show your ticket before getting on a plane
1) zameldować się (np. w hotelu); 2) zgłosić się do odprawy (na lotnisku)

check off /tʃek 'ɒf/ (phr v) = to tick off items on a list **odgaczyć, zaznaczyć (np. nazwisko na liście)**

check out /tʃek 'aut/ (phr v) = to look at sth to see if you like it
sprawdzić

check up on (sb/sth) /tʃek 'ʌp ɒn/ (phr v) = to find out how sth is progressing, or if sb is doing what they're supposed to be doing **1) sprawdzać, czy coś jest zgodne z rzeczywistością; 2) sprawdzać, czy ktoś wykonuje nasze polecenia**

concept /kɒnsept/ (n) = an idea **koncepcja, idea**

constellation /kɒnstə'leɪʃən/ (n) = a group of stars forming a specific pattern **konstelacja, gwiazdozbior**

course /kɔ:s/ (n) = a programme of university studies **kurs, cykl**
ćwiczeń i wykładów na uniwersytecie

creature /kri:tʃə/ (n) = an imaginary life form **stworzenie, istota**

do /du:/ (v) = to take part in an activity such as a course **zrobić (np. kurs), chodzić (np. na kurs)**

effect /'efekt/ (n) = an artificially produced image **efekt (np. efekt specjalny zastosowany przy produkcji filmu)**

experience /ɪk'spi:rɪəns/ (v) = to get to know sth with your senses
doświadczać czegoś

follow /fɒləʊ/ (v) = to do what sb tells you
stosować się do identifikacji

interactive /ɪntə'ræktyv/ (adj) = (of a computer program) that the user can communicate with
interaktywny

lecture hall /'lektʃə hɔ:l/ (n) = each of the university rooms where professors teach their students **sala wykładowa**

make /meɪk/ (v) = to create sth **wykonać, stworzyć**

mark /ma:k/ (n) = a grade given to a student's work **ocena, stopień (w szkole)**

nutritionist /nju:tʃɪ'nɪst/ (n) = a scientist who is an expert at how foods affect our health **specjalista od odżywiania**

overpowering /'əʊvə:pauərɪŋ/ (adj) = too strong; overwhelming
przytłaczający

passive /'pæsɪv/ (adj) = not changing a situation, and allowing others to be in control **bierny, pasywne**

review /rɪ'veju:/ (v) = to consider sth again before making a decision **tu: przemyśleć egzaminu**

revise /rɪ'veɪz/ (v) = to study again what you've learnt before taking an exam

powtarzać materiał (np. przed egzaminem)

school grounds /sku:l graundz/ (pl n) = a large area that includes a school, its playground and facilities **teren szkoły**

score /skɔ:/ (n) = the total number of points that a student gets in an exam

wynik, rezultat

stimulating /stɪmju'lɪtɪŋ/ (adj) = causing interest and excitement

inspirujący, pobudzający

undergraduate

/ʌndə'grædʒuət/ (n) = a university student studying for their first degree **student na studiach licencjackich (przed otrzymaniem pierwszego tytułu naukowego)**

visual learner /'vɪʒuəl

'ɪz:nə/ (n) = sb who finds learning easier through images than other methods **uczeń o rozwiniętej pamięci wzrokowej**

9b

announce /ə'naʊns/ (v)

= to formally inform a number of people about sth **ogłosić, zakomunikować**

assignment /ə'saimmənt/ (n) = a piece of homework that a teacher gives his/her students **zadanie domowe**

challenge /tʃælɪndʒ/ (v) = to encourage sb to develop their abilities and skills
stawić wyzwania

cheat (in sth) /tʃi:t/ (v) = to behave dishonestly during a test/exam
oszukiwać, ściągać, odpisywać (np. podczas egzaminu)

degree /dr'grɪ:/ (n) = the qualification you get when you graduate from a university or college

stopień naukowy

failure /'feɪlɪə/ (n) = a lack of success **porażka, niepowodzenie**

lab /læb/ (n) = (short for 'laboratory') a school/university room where students do experiments **laboratorium**

lend /lend/ (v) = to give sb sth to use for a certain period of time **pożyczyc (komuś coś)**

roommate /ru'mmeɪt/ (n) = sb that you share a room with in university accommodation

współlokator/ współlokatorka

sth is due (phr) = sth is expected to have finished (by a particular time) **upływa termin wykonania**

strict /strikt/ (adj) = very hard on those who do not obey **surowy, wymagający**

submit /sə'bmit/ (v) = to hand sth in to sb **oddać (np. pracę domową)**

wage /weɪdʒ/ (n) = the amount of money that sb earns on a daily or weekly basis
zarobki (wypłacane za pracę wykonaną w określonym czasie)

9c

advanced /əd've:nst/ (adj) = (of a course) at a higher level **zaawansowany**

certificate /sə'tifɪkət/ (n) = an official document which verifies that you have successfully completed a course **świadczenie (np. ukończenia szkoły)**

equip /ɪ'kwɪp/ (v) = to provide the necessary items for an activity
wyposażyć
fees /fi:z/ (pl n) = an amount of money that you pay in order to attend a course
tu: czesne
flexible /'fleksəbəl/ (adj) = that you can easily adapt to your needs
elastyczny
grateful /greɪtfəl/ (adj) = thankful **wdzięczny**
mature /'ma:tʃuə/ (adj) = being an older adult
dorosły, dorosły
register /redʒɪſٹə/ (v) = to enrol for a course
zapisać się (np. do szkoły, na uczelnię itd.)
school facility /sku:l fə:siləti/ (n) = a place that provides a service for all pupils and students
obiekt szkolny
upcoming /ʌp'kʌmɪŋ/ (adj) = that is going to happen **nadchodzący**

Culture 9
achieve /ə'tʃi:v/ (v) = to manage to obtain sth
osiągnąć coś
attitude /ætɪtju:d/ (n) = an opinion about sth
podejście, stosunek
background /bækgraund/ (n) = the family and environment that sb comes from
pochodzenie
drop out (of school, etc) /'drɒp 'aut/ (phr v) = to quit school, etc before finishing it **rzucić (studia/szkolę itd.)**
financial /fa'nænʃəl/ (adj) = having to do with money
finansowy
focus /fəʊkəs/ (n) = sth that is the centre of your attention **centrum zainteresowania**

impressive /ɪm'preſɪv/ (adj) = admirable
wzbudzający podziw
longer /lɔ:nʒə/ (adj) = more; additional **dłuższy**
mentor /'mento:/ (n) = an expert who gives young people useful advice
mentor, mistrz
nationally /næʃənəli/ (adv) = in the whole country **w całym kraju**
point out /pɔɪnt 'aut/ (phr v) = to make sb notice sth **zauważyc, zwrócić uwagę na**
promote /prə'mo:t/ (v) = to encourage people to pursue or achieve sth
promować, propagować
reach (an age) /ri:tʃ/ (v) = to become a certain age
dożyć (pewnego wieku), osiągnąć (pewien wiek)
run (a programme) /rʌn/ (v) = to organise and manage a programme
tu: organizować, prowadzić (np. kurs)

Values C:
Compassion
a shoulder to cry on (phr) = a person who listens with sympathy to sb's troubles **powiernik, osoba, która zawsze wspiera i słucha**
appropriate /ə'pri:priət/ (adj) = acceptable; suitable **właściwy, odpowiedni**
be all ears (phr) = to show great interest in what sb is going to say **zamieniać się w słuch, słuchać uważnie**
comforting /kʌmfətɪŋ/ (adj) = making you less worried, anxious or unhappy **pocieszający**
compassion /kəm'paʃən/ (n) = a feeling of pity, sympathy and understanding for sb who is suffering

and wanting help
współczucie
deserve /dr'zə:v/ (v) = to earn the right to sth, or to be given sth, thanks to your actions or behaviour **zasługiwać**
emotionally /ɪ'məʊʃənəli/ (adv) = in a way that affects sb's feelings
emocjonalnie
encourage /ɪn'kʌrɪdʒ/ (v) = to give sb the confidence and support to do sth **zachętać**
gesture /dʒestʃə/ (n) = a movement of your hands to express how you feel about sb **gest**
hug /hʌg/ (n) = putting your arms around sb; an embrace **przytulać, obejmować**
mindset /maɪndset/ (n) = the way sb thinks; mental attitude **nastawienie, sposób myślenia**
physical contact /fɪzɪkəl 'kontakt/ (n) = the act of touching sb else
kontakt fizyczny
physically /fɪzɪkli/ (adv) = relating to your body
fizycznie
positive thinking /pozitív 'θɪŋkɪŋ/ (n) = an optimistic attitude
pozytywne myślenie
respectful /rɪ'spektfəl/ (adj) = showing consideration for sb
pełen szacunku
supportive /sə'pɔ:tɪv/ (adj) = encouraging; helpful
okazujący wsparcie
take the next step (phr) = to move on to the next stage of a situation
zrobić kolejny krok

Public Speaking Skills C
achievement /ə'tʃi:vment/ (n) = the act of succeeding in doing sth difficult; an accomplishment
osiągnięcie

attitude /ætɪtju:d/ (n) = the way you feel or think which people can see in your behaviour
podejście, stosunek
highlight /haɪlaɪt/ (n) = the most interesting, enjoyable or important part of an event **główna atrakcja**
honour /'ɒnə/ (n) = a privilege **zaszczyt, honor, wyróżnienie**
honour /'ɒnə/ (v) = to celebrate and show respect for sb publicly
uhonorować
host /həʊst/ (v) = to be the presenter of an event
prowadzić program (telewizyjny, radiowy)
incredible /ɪn'kredəbəl/ (adj) = amazing **niesamowity, ogromny**
limited /'lɪmitɪd/ (adj) = not in large amounts or quantities; restricted **ograniczony**
present /pri'zent/ (v) = to give sth to sb at a ceremony, such as an award, etc **tu: wręczać**
without further ado (phr) = not delaying sth; not wasting any more time **bez zwłoki, natychmiast**

Unit 10 – Green minds

10a

acid rain /æsɪd 'reɪn/ (n) = rain that contains harmful chemicals from pollution **kwaśny deszcz**
air pollution /eə pa'lū:ʃən/ (n) = harmful waste/ chemicals in the air
zanieczyszczenie powietrza
alone /ə'ləʊn/ (adv) = being the only thing that can make sth happen
wyłącznie

Word List

bacteria /bæk'tiəriə/ (pl n) = types of very small organisms that can cause illness **bakterie**

break down /breɪk 'daʊn/ (phr v) = to reduce sth; to break sth into smaller parts **rozklädać**

(np. substancje i związki chemiczne)

clean /kli:n/ (adj) = not polluted; fresh **czysty**

clear /klɪə/ (adj) = that can be seen through easily; transparent **przejrzysty**

climate change /klaɪmət ,tʃeɪndʒ/ (n) = differences over time in the weather conditions and temperature on the Earth, usually as a result of human activity
zmiana klimatu

dead /ded/ (adj) = not alive
martwy

deadly /dedli/ (adj) = very harmful **śmiertelnie niebezpieczny, śmiercionośny**

endangered species

/ɪn'deɪndʒəd 'spi:sɪz/ (n) = an animal that is at risk of going extinct

zagrożone gatunki

global warming /gləubəl 'wɔ:min/ (n) = the increase in the planet's temperature caused either naturally or as the result of human activity
globalne ocieplenie

head for /hed fə/ (phr v) = to move or travel towards a place or a situation **iść/kierować się w stronę..**

head off /hed 'ɒf/ (phr v) = 1) to stop sb/sth and make them change direction; 2) to prevent sth bad from happening; 3) to leave and go somewhere else

1) zatrzymać kogoś;

2) zapobiec czemuś;

3) wyjeźdzać, odchodzić

head out /hed 'aut/ (phr v) = to go out **wyjść, wyruszyć**

head up /hed 'ʌp/ (phr v) = to be in charge of sth **kierować, zarządzać**

hyena /ha'ɪənə/ (n) = a wild animal from Africa that looks like a dog and has a distinctive call that sounds like a human laugh **hiena**

infection /ɪn'fekʃən/ (n) = the condition of having a disease or illness
infekcja

jackal /dʒækəl/ (n) = a wild animal from Africa that looks like a dog and searches for food **szakal**

light pollution

/laɪt pə'lju:ʃən/ (n) = brightening of the evening sky due to artificial light sources

zanieczyszczenie światłowe (oświetlenie wieczornego nieba sztucznymi źródłami światła)

lonely /'ləʊnli/ (adj) = being unhappy due to being by yourself **samotny**

mess /mes/ (n) = sth that is in a state of being dirty and untidy **bałagan, nietład**

noise pollution /nɔɪz

pə'lju:ʃən/ (n) = noise that is harmful to nature or irritating for people
zagrożenie hałasem

plain /pleɪn/ (n) = an area of flat land **równina**

population growth

/pɒpjə'lےɪʃən grəʊθ/ (n) = the increase in the number of people living in a country, area or globally **wzrost zaludnienia**

purifying /pjuərɪfaiŋ/ (adj) = cleansing

czyszczący, oczyszczający

push /puʃ/ (n) = an attempt to achieve sth **tu: presja, nacisk**

rotting /'rotɪŋ/ (adj) = decaying **gnijący, rozkładający się**

scavenger /skævəndʒə/

(n) = an animal that eats the flesh of dead creatures that it did not kill **tu: (o zwierzęciu) padlinożerca**

sea cucumber /'si:,kju:bəmə/ (n) = a sea creature with a long thick body that looks like a fat worm

strzykwa (zwierzę morskie)

sign /saɪn/ (n) = an indication of sth **znak**

signal /'saɪgnəl/ (n) = a sound or action that gives a warning **sygnał**

stomach acid /'stʌmək ,æsɪd/ (n) = acid inside the body that helps the digestive process **kwas żołądkowy**

suck up /sʌk 'ʌp/ (phr v) = to pull sth into the mouth with a lot of force **wessać, odessać**

turkey vulture /tɜ:ki

/vʌltʃə/ (n) = a bird that looks like a small vulture

urubu różowogłowy, sępnik różowogłowy (gatunek ptaka)

under threat (phr) = in a position where sth/sb is in danger **zagrożony**

vulture /vʌltʃə/ (n) = a large bird with a bald head and neck which eats dead animals **sęp**

wander /'wɒndə/ (v) = to

walk around a place without any specific destination **wędrować, szwendać się**

waste production /'weɪst

prədʌkʃən/ (n) = the collection of rubbish or waste materials as the result of an activity **wytwarzanie odpadów**

water pollution /'wɔ:tə pəlu:ʃən/ (n) = harmful waste/chemicals in the sea, rivers, etc

zanieczyszczenie wody

10b

admit /əd'mit/ (v) = to own up to sth, especially when you don't want to **przypuścić (że coś jest prawdą)**

bare /beə/ (adj) = uncovered; without wearing protective clothing **goły, bez okrycia**

bird sanctuary /bɜ:d sæŋktjuəri/ (n) = a place where birds are kept and treated **rezerwat ptaków**

boast /bəʊst/ (v) = to brag about sth **chwalić się, przechwalac się**

construction /kən'stru:kʃən/ (n) = the process of building homes and other structures **budowa**

growth /grəʊθ/ (n) = the development of plants, animals or people **wzrost, przyrost**

guidelines /gaɪdlɪns/ (pl n) = information that tells people how to do sth **wskazówka (jak coś zrobić), wytyczne**

organic food shop

/ɔ:gənɪk 'fu:d ʃɒp/ (n) = a shop that sells fruit, vegetables and other food grown without chemical fertilisers **sklep z organiczną żywnością**

radical /rædɪkəl/ (adj) = extreme **radikalny, zdecydowany**

remind /rɪ'maɪnd/ (v) = tell sb again about sth that they might have forgotten **przypominać komuś (o czymś/kimś)**

target /ta:git/ (n) = a goal

cel

warn /wɔ:n/ (v) = to make sb aware of a problem or threat **ostrzegać**

10c

carpool /kə:pʊ:l/ (v) = to share your car when travelling somewhere
podwoić się wzajemnie do pracy

cleaning supplies

/kli:nɪŋ sə:plæɪz/ (pl n) = chemicals and products used to clean **środki utrzymania czystości**

compost /kɒmpɒst/ (n) = rotting plants that are used in gardening to help other plants grow
kompost

detergent /dɪ:tɜ:dʒənt/ (n) = a chemical used to wash clothes **detergent**

digitally /dɪ:dʒɪtəli/ (adv) = in a way that uses computers, especially opposed to paper
cyfrowo

drastic /dræstɪk/ (adj) = very sudden or severe
drastyczny

economy class /'ekɒnəmɪ,kla:s/ (adv) = booking one of the most inexpensive seats available on a plane
klasa ekonomiczna (np. w samolocie, pociągu)

energy consumption /enə:dʒɪ kənɒmɪpjən/ (n) = the amount of power used by sth/sb
zużycie energii

energy-efficient /enə:dʒɪ ɪ:fɪʃənt/ (adj) = using little power/fuel to operate
energooszczędny

food waste /fu:d weɪst/ (n) = unwanted, leftover food
marnotrawstwo
żywności

generation /dʒenə'reiʃən/ (n) = all of the people of roughly the same age in a society **pokolenie**

homeless shelter

/həʊmləs 'ʃelfə/ (n) = a place for people to stay who live on the streets **schronisko dla bezdomnych**

in a good condition (phr) = in a decent state
w dobrym stanie

LED light bulb /lɛd 'laɪt bʌlb/ (n) = an energy-efficient bulb that uses light-emitting diodes as a source of light
żarówka ledowa

locally-sourced /ləʊkəli 'sɔ:sɪd/ (adj) = coming from a nearby area
(np. o żywności)
wytwarzana na miejscu

management /mænɪdʒmənt/ (n) = the people in charge of a company or business
zarząd (np. firmy)

motivate /məʊtɪ'veɪt/ (v) = to encourage **motywować**

organic food /ɔ:gænɪk 'fu:d/ (n) = fruit, vegetables and other food grown without chemical fertilisers
żywność organiczna

paperless /peɪpələs/ (adj) = not using any printed material; electronic
skomputeryzowany, elektroniczny

pick (sth) up /pɪk 'ʌp/ (phr v) = to take sth off the floor, table or surface
podnieść (coś)

propose /prə'pəʊz/ (v) = to suggest sth
proponować

rely on (sb/sth) /rɪ'lai ɒn/ (phr v) = to be able to expect sb to do sth for you; to be able to trust sb to do sth
polegać na (kimś/czymś)

reusable /ri:'ju:zəbəl/ (adj) = able to be used more than once
wielokrotnego użytku

straightaway /streɪtə'weɪ/ (adv) = right now
natychmiast, od razu

toxic /tɒksɪk/ (adj) = harmful; poisonous
toksykczny

Culture 10

annually /'ænjuəli/ (adv) = every year **corocznie, co roku**

driftwood /drɪftwʊd/ (n) = wood that washes up on beaches or floats in water **drewno dryfujące po morzu lub wyrzucane przez morze na brzeg**

face /feɪs/ (v) = to encounter a problem and have to deal with it
stawiać czoła, mierzyć się z

participant /pɑ:tɪsɪpənt/ (n) = sb who is involved in sth **uczestnik, uczestniczka**

promote /prə'moʊt/ (v) = to inform a lot of people about sth and ask for their support **promować, propagować**

raise awareness (phr) = to draw sth to people's attention **podnosić świadomość**

run /rʌn/ (v) = to organise and manage sth
organizować

sign up /saɪn 'ʌp/ (phr v) = to put your name down for an activity **zapisać się, zarejestrować się**

supervision /su:pə'veɪʒən/ (n) = the act of overseeing sth/sb
nadzór

update /ʌpdeɪt/ (n) = the latest information about sth **wiadomość z ostatniej chwili**

wonder /wʌndə/ (n) = an object that amazes and inspires sb **cud (np. natury)**

Unit 11 – Buying, buying, bought!

11a

advertising slogan (phr) = a short phrase that is easy to remember and that is used to promote products; a catchy phrase **hasło reklamowe**

advertising spot (phr) = a short period of time on TV or radio that is used to promote products to consumers **spot reklamowy**

annoying /ə'nɔɪɪŋ/ (adj) = irritating **irytujący, denerwujący**

aware (of) /ə'weə/ (adj) = informed about sth **świadomy (czegoś)**

call after /kɔ:l ə:ftə/ (phr v) = to name sb/sth after sb/sth else **nadać komuś imię po kimś innym (np. dziecku po jego dziadku)**

call back /kɔ:l 'bæk/ (phr v) = to return a phone call **oddzwonić**

call for /kɔ:l fə/ (phr v) = 1) to demand sth; 2) to pick up sb **1) domagać się czegoś; 2) wstąpić po kogoś o określonej godzinie**

call in /kɔ:l 'ɪn/ (phr v) = to make a short visit **złożyć komuś krótką wizytę, wpasować do kogoś**

call off /kɔ:l 'ɒf/ (phr v) = to cancel sth **odwołać coś (np. spotkanie)**

client /'klaɪənt/ (n) = a person that pays a professional or organisation for a service **klient**

create /kri'eɪt/ (v) = to make sth; to produce sth **tworzyć, projektować**

customer /kʌstəmə/ (n) = a person who buys sth from a shop; a consumer **klient**

Word List

decision /dɪ'sɪʒən/ (n) = a choice **decyzja**
deeply /di:pli/ (adv) = seriously **głęboko,**
poważnie
digital marketing /dɪ'dʒɪtəl
'ma:kɪtɪŋ/ (n) = the use of the Internet, social media, etc to reach customers **marketing cyfrowy**
effective /'efektɪv/ (adj) = successful **skuteczny, efektywny**
encourage /ɪn'kʌrɪdʒ/ (v) = to persuade sb to do sth **zachęcać**
example /ɪg'za:mpl/ (n) = a representative person, object, etc that is used to show what is typical of a larger group **przykład**
experience /ɪk'spiəriəns/ (v) = to be exposed to sth **doświadczać czegoś**
grab sb's attention (phr) = to make sb notice you **przyciągać czyjąś uwagę**
jingle /dʒɪŋgəl/ (n) = a short simple piece of music used to advertise sth **dźwięk, melodyka (zwykle towarzysząca reklamie telewizyjnej lub radiowej)**
limit /lɪmɪt/ (n) = a restriction **ograniczenie (np. czasowe)**
market research /ma:kɪt rɪ'sɜ:tʃ/ (n) = the collection and study of information relating to what consumers like to buy **badanie rynku**
positive /pɒzɪtɪv/ (adj) = making you feel happy **pozytywny, dobry, korzystny**
prime time /praim ,taɪm/ (n) = the hours when most people watch TV **godziny największej oglądalności, szczyt oglądalności (telewizji)**

produce /prədju:s/ (n) = fruit, vegetables, etc for sale that are grown on a farm in large quantities **tu: produkty rolne, płydy rolne**
product /prədʌkt/ (n) = a manufactured thing **produkt**
receipt /rɪ'seɪt/ (n) = a piece of paper that you get when you buy sth showing its value, the money that you paid and any change that you received **paragon, pokwitowanie**
recipe /rɪ'sipi/ (n) = the ingredients and instructions for cooking a specific type of food **przepis (kulinarystyczny)**
retail /rɪ:teɪl/ (n) = the activity of selling products directly to the public (in shops, etc) **sprzedaż detaliczna, handel detaliczny**
roadside hoarding /,rəʊdsaɪd 'hɔ:dɪŋ/ (n) = a very large board placed on the side of roads, etc where an advertisement is placed **billboard, tablica reklamowa**
rush /rʌʃ/ (v) = to hurry **spieszyć się, pędzić, biec**
sample /sə:mpl/ (n) = a small quantity of sth that you try in order to see what the whole product is like **próbka**
scarce /skeəs/ (adj) = insufficient; available only in small numbers or quantities **ograniczony, niewystarczający**
sneaky /sni:ki/ (adj) = cunning; sly **podstępny**
spend /spend/ (v) = to pay money in order to buy sth **wydawać (pieniądze)**
spot /sɒpt/ (v) = to identify sb/sth **zauważać, dostrzec**
support /sə:pɔ:t/ (v) = to help sb/sth because you approve of them **wspierać**
target audience /tɑ:gɪt 'ɔ:dɪəns/ (n) = the group of viewers, listeners, etc that companies aim at for advertising purposes **ocelowa grupa odbiorców**
TV commercial /ti: vi: kə'mɜ:ʃəl/ (n) = an advertisement shown on TV **reklama telewizyjna**
window display /wɪndəʊ dɪspleɪ/ (n) = the products presented in the front window of a shop and their arrangement that attracts customers inside **wystawa sklepową**
worry /wʌri/ (n) = anxiety; concern **zmartwienie**

sales /seɪlz/ (pl n) = the period of time when shops, etc sell their products or services at lower prices than usual **wyprzedaż**
try on /trai 'ɒn/ (phr v) = to wear clothes to see if they fit or suit you before you buy them **przymierzać ubranie**
tube /tju:b/ (n) = a long thin container where toothpaste, sun cream, etc is kept **tubka (np. pasta do zębów)**
voucher /vautʃə/ (n) = a document which represents a sum of money that can be used to buy sth **kupon, talon, bon podarunkowy**

11c

assure /ə'ʃʊə/ (v) = to inform sb that sth is certainly true, so they do not worry **zapewniać (kogoś o czymś)**
broken /brəʊkən/ (adj) = wrecked; damaged and separated into pieces **tu: urwany**
cracked /krækt/ (adj) = (of glass, etc) having one or more lines on its surface but not totally broken **peknieto, popękany**
damaged /dæmɪdʒd/ (adj) = broken; ruined **zniszczony, uszkodzony**
dead /ded/ (adj) = (of equipment/batteries) not working because there is no power **tu: zużyty, wyczerpany, niedziałający**
exchange (sth for sth else) /ɪks'tʃeɪndʒ/ (v) = to replace sth with sth else **wymienić coś (na coś innego)**
in advance (phr) = beforehand **(np. o płatności) z góry**

missing /mɪsɪŋ/ (adj) = lost and not in its usual place

brakujący, zgubiony

refund /rɪfʌnd/ (n) = the money that you get back when you return a purchase to a shop

zwrot pieniędzy

scratched /skrætʃt/ (adj) = having a small cut or a long thin mark made with a sharp object **porysowany, zarysowany**

spare /speə/ (adj) = extra and not needed at present **zapasowy**

stick /stɪk/ (v) = to remain in the same place

tu: zacinać się

torn /tɔ:n/ (adj) = (of paper, cloth, etc) ripped

podarty

weak /wɪ:k/ (adj) = not strong **słaby**

wireless /waɪələs/ (adj) = operating with radio signals rather than with the use of connected cables **bezprzewodowy**

Culture 11

accounts /ə'kaʊnts/ (pl n) = the documents that show a company's financial situation **księgi rachunkowe**

bankrupt /bæŋkrapt/ (adj) = not having enough money to pay your debts **zbankrutowany**

bargain /bə:b:gɪn/ (n) = sth that you buy at a lower price than its usual price; a special offer or discount running at a certain time **okazja**

crash /kræʃ/ (n) = the fact that a stock market fails

tu: krach, załamanie rynku

Cyber Monday /saɪbə ,mʌndeɪ/ (n) = the Monday after the Thanksgiving holiday in the USA when shops

encourage consumers to shop online by offering low prices for their products

Cyber Poniedziałek (poniedziałek po Święcie Dziękania, kiedy sklepy oferują zakup towarów online w atrakcyjnych cenach)

estimated /estmeɪtɪd/ (adj) = calculated; guessed at

szacowany, przybliżony

financial crisis /faɪnænʃəl 'kraɪsɪs/ (n) = the period when a country's economy is in serious trouble or danger **kryzys finansowy**

include /ɪn'klju:d/ (v) = to incorporate sth; to make sth part of another thing **włączać, wliczać**

investor /ɪn'vestə/ (n) = sb who puts money in a company, business, etc in order to make money

inwestor

originate (from sth)

/ə'trɪdʒneɪt/ (v) = to come from sth

mieć swój początek, pochodzić od

profit /prɒfɪt/ (n) = the money that you make when you sell sth for more money than you paid to buy it **zysk**

record /rɪkɔ:d/ (v) = to document sth; to register sth **rejestrować, ewidencjonować**

retailer /ri:tələ/ (n) = a person or business that sells products to consumers in a shop

detalista, sprzedawca

detaliczny

shoplifting /ʃɒp,liftnɪŋ/ (n) = the act of stealing items from a shop

kradzież

sklepowa

spread /spred/ (v) = to cover a larger area or affect more people; to expand

tu: rozprzestrzenić się, stawać się popularnym

stock /stɒk/ (n) = a part of the ownership of a company that can be sold to the public; a share **tu: akcje**

traffic jam /træfɪk ,dʒæm/ (n) = a long line of vehicles that are moving slowly, or not at all **korek uliczny**

worldwide /wɜ:ld'waɪd/ (adv) = in all parts of the world; globally **na całym świecie**

concerned (about sth)

/kən'sɜ:nd/ (adj) = worried about sth; mindful of sth

zatroskany (o coś), zmartwiony (czymś)

creature /kri:tʃə/ (n) = an animal; a living thing

stworzenie, istota

culture /kʌltʃə/ (n) = a preparation of cells artificially developed in a laboratory **tu: posiew, kultura bakterii**

cut down (on sth) / ,kʌt 'daʊn/ (phr v) = to eat, drink or use less of sth **zmniejszyć,**

zredukować, ograniczyć (np. spożycie czegoś)

cut in /,kʌt 'ɪn/ (phr v) = to interrupt (sb/sth) **wtrącać się, przerwywać komuś**

cut off /,kʌt 'ɒf/ (phr v) = 1) to isolate (sb/sth); 2) to stop providing sth; 3) to disconnect sb (while on the phone)

1) odciąć, odizolować; 2) przestać dostarczać coś; 3) przerwać rozmowę telefoniczną

(be) cut out (for sth) /,kʌt 'aut/ (phr v) = to have the qualities to do sth **być stworzonym do czegoś**

dairy product /deəri ,prɒdʌkt/ (n) = a food product from animals, such as milk and cheese

nabiał

develop /dr'veləp/ (v) = to cause sth to change or become bigger **rozwijać**

digestive system

/daɪ,dʒestɪv 'sɪstəm/ (n) = the organs that deal with absorbing nutrients from food and breaking them down **układ pokarmowy, system trawienny**

effect /ɪ'fekt/ (n) = the result of sth **efekt, skutek**

Word List

fat /fæt/ (n) = a substance found in the body of people and animals that stores energy **tłuscz**

fertiliser /fɜ:tɪlɪzər/ (n) = a substance put on soil to help plants grow **nawóz**

fibre /faɪbə/ (n) = a substance found in fruit, vegetables and brown bread that helps the digestive system
błonnik

lean meat /lɪ:n 'mi:t/ (n) = meat that does not contain much fat **chude mięso**

lentil /lentil/ (n) = a small dried bean that is cooked to be eaten
soczewica

moral /mɔ:rəl/ (adj) = relating to what is accepted as good behaviour **moralny**

muscle tissue /mʌsəl tɪʃu:/ (n) = the cells that make up the muscles in the body which enable movement **tkanka mięśniowa**

mushy /mʌʃi/ (adj) = (of food) very soft **papkowaty**

nut /nʌt/ (n) = a dry fruit usually inside a shell **orzech**

oily fish /'ɔ:li 'fiʃ/ (n) = a type of fish that contains a lot of oil in its body, such as mackerel or sardines **tłusta ryba (np. makrela)**

option /'ɒpʃən/ (n) = a possibility from a group of things **opcja, możliwość**

organ /'ɔ:gən/ (n) = a part of the body that performs a specific function, such as the lungs or heart
narząd

pea /pi:/ (n) = a round green seed **groszek**

pesticide /pestɪsaɪd/ (n) = a chemical used to kill insects and pests
pestycyd

point /pɔɪnt/ (n) = a purpose
tu: cel, sens

poultry /pəʊlt्रi/ (n) = birds that are bred for food, such as chicken and turkey **drób**

produce /prə'dju:s/ (v) = to make or grow sth
produkować, wytwarzać

protein /prə'ti:n/ (n) = a substance found in meat, milk, cheese and eggs that helps the body grow and stay strong
białko

raise /reɪz/ (v) = to make sth increase in value or amount **podnosić, zwiększać**

rise /raɪz/ (v) = to move higher; to stand up
rosnąć, podnosić się, zwiększać się

seafood /si:fud/ (n) = animals from the sea that can be eaten, such as fish, crab and octopus
owoc morza

seed /si:d/ (n) = a small round object found in plants that makes new plants grow **nasiono**

set up /set 'ʌp/ (phr v) = to start a new company, organisation, etc
założyć, stworzyć

soy product /sɔi 'prɒdʌkt/ (n) = a type of food made from small beans from Asia **produkt sojowy, żywność sojowa**

vegan /vi:gən/ (n) = sb who doesn't eat any animal products **weganin**

vitamin /vɪtə'mɪn/ (n) = a natural substance found in food that helps the growth of the body
witamina

wholegrain /həʊlgreɪn/ (adj) = containing seeds in their natural form
pełnoziarnisty

12b

ankle /æŋkəl/ (n) = the part of your body that connects your leg to your foot **kostka, staw skokowy**

blood test /blʌd test/ (n) = a medical examination of a small amount of your blood to see if you have a health problem
badanie krwi

consumer /kən'sju:mə/ (n) = a person who buys things; a shopper
konsument

flu /flu:/ (n) = an illness similar to a cold but more serious **grypa**

intake /'ɪnteɪk/ (n) = the amount of food, drink, etc that you take into your body **spożycie**

mood /mu:d/ (n) = the way you feel at a specific time **nastrój**

nutrients /nju:t्रɪənts/ (pl n) = the substances found in food that help you grow and stay healthy **składniki odżywcze**

nutritious /nju'tru:ʃəs/ (adj) = containing substances that are good for your health; nourishing
pożywny, odżywczy

portion /pɔ:ʃən/ (n) = the amount of food you are given at a meal; a helping **porcja**

pregnant /'pregnənt/ (adj) = (of a woman) carrying an unborn baby inside the body **w ciąży**

qualified /kwɔ:lɪfaɪd/ (adj) = having the qualifications (e.g. a degree, a certificate, etc) to do a job **wykwalifikowany**

serving /'sɜ:vɪŋ/ (n) = the amount of food you are given at a meal **porcja**

shift /ʃɪft/ (n) = the period of time that a group of people work before being replaced by

another group **zmiana (godziny, w jakich się pracuje)**

upset stomach /ʌpset 'stʌmæk/ (n) = a stomach ache **rozstrojony żołądek**

12c

apply /'ə:płai/ (v) = to cover the surface of the body (with sun lotion in order to protect it)
tu: nakładać (np. krem przeciwłoneczny)

backpacking /bækpækɪŋ/ (n) = the activity of travelling and carrying all your belongings in a backpack **podróżowanie z plecakiem**

balanced diet /bælənst 'daɪət/ (n) = the combination of the right amounts of various foods in order to keep your body healthy
zrównoważona dieta

bump into (sth) /bʌmp intə/ (phr v) = to hit or knock against sth by accident **wpaść na coś**

consume /kən'sju:m/ (v) = to eat or drink sth
spożywać, konsumować

disease /drɪ:zɪz/ (n) = an illness **choroba**

eliminate /'ɪlimɪneɪt/ (v) = to remove sth from sth; to get rid of sth
eliminować, wykluczać

emergency /'ɛmɜ:dʒənsi/ (n) = a crisis; an unexpected, dangerous and urgent situation
nagły wypadek

exercise /eksə:səz/ (v) = to do a sport or other physical activity in order to keep your body in shape; to work out
ćwiczyć, gimnastykować się

fair skin (phr) = a light skin tone **jasna skóra**

fire extinguisher /faɪər ɪn'stɪŋgwɪʃə/ (n) = a piece of equipment in the shape of a cylinder which is filled with a chemical used to put out small fires **gaśnica**

fizzy drink /'frizi 'drɪnk/ (n) = a drink that contains bubbles of carbon dioxide **napój gazowany**

floss /flɒs/ (v) = to clean the spaces between your teeth and gums using a special thread **czyścić zęby nitką dentystyczną**

germ /dʒɜ:m/ (n) = a very small organism that causes a disease

drobnoustrój, zarazek

health expenses /helθ ɪk'spensɪz/ (pl n) = the money you spend on medical treatment

wydatki na ochronę zdrowia

limit /'lɪmit/ (v) = to restrict sth below a certain number or amount

ograniczać

Maintain /meɪnt'eɪn/ (v) = to keep sth at a certain level **utrzymywać**

mental health /'mentəl 'helθ/ (n) = the general wellness of a person's mind **zdrowie psychiczne**

minor burn (phr) = an injury caused by fire, sth hot, etc that is not very serious **lekkie oparzenie**

pot handle /pɒt ,hændəl/ (n) = the part of a round, deep, cooking container that you use to hold or pick up **uchwyt garnka**

remove (yourself from sth) /ri'mu:v/ (v) = to get away from sth in order to avoid a difficult situation **odsunąć się od czegoś, unikać czegoś**

sunscreen /sʌnskrɪ:n/ (n) = a cream that you use on your body to protect it from getting burnt by the sun **krem z filtrem przeciwsłonecznym**

take out (sth) /teɪk 'aut/ (phr v) = to arrange to get sth, such as a loan, insurance, etc, officially from a bank, insurance company, etc **tu: wziąć pożyczkę**

travel insurance /trævəl ɪnʃʊərəns/ (n) = the money that travellers pay to a company to protect themselves against injuries, health problems, loss of belongings, etc **ubezpieczenie podróży**

vaccine /væk'sin:/ (n) = an injection given to people to protect them against specific disease **szczepionka**

Culture 12

budget /bʌdʒɪt/ (n) = the amount of money that is available to a person, organisation, government, etc **bużet**

healthcare /helθkeə/ (n) = the activity of looking after people's health and well-being **opieka zdrowotna**

in vitro fertilisation (IVF) (phr) = the scientific technique that helps a woman become pregnant **zapłodnienie in vitro**

launch /lɔ:ntʃ/ (v) = to start a business, organisation, etc **tu: rozpoczęć działalność**

life expectancy /laɪf ɪk'spektənsi/ (n) = how long a person, animal or plant is likely to live **oczekiwana/ średnia długość życia**

limited /'lɪmitɪd/ (adj) = not in large numbers or quantities; restricted **ograniczony**

mention /menʃən/ (v) = to discuss sth; to cover sth **nadmienić, wspomnieć**

National Insurance contributions (phr) = a routine payment made by workers to their employers or the government for their pension and medical expenses **składka zdrowotna**

peace of mind (phr) = the feeling of being calm, happy and not worried about anything **spokój umysłu**

quality /'kwɔ:ləti/ (adj) = of an excellent standard **wysokiej jakości**

resident /rezɪ'dənt/ (n) = a person who lives in a city or town legally **mieszkaniec, rezydent**

set up /set 'ʌp/ (phr v) = to start a new company, organisation, etc **założyć, otworzyć (np. firmę)**

structure /strʌktʃə/ (n) = the way sth is organised **struktura**

unique /ju:'ni:k/ (adj) = very special **wyjątkowy, unikalny**

vision /vɪʒən/ (n) = an idea, a dream or plan of what you would like sb/sth to be **wizja, pomysł**

wipe out /waɪp 'aut/ (phr v) = to cause sth to stop existing; to eliminate **całkowicie wyeliminować**

Values D:

Commitment

abandon /ə'bændən/ (v) = to give up sth **porzucić (np. plan), zrezygnować (z czegoś)**

client /'klaɪənt/ (n) = a person that pays a professional or organisation for a service **klient**

commitment /kə'mɪtmənt/ (n) = dedication **oddanie, poświęcenie**

committed (to sth/sb) /kə'mɪtɪd/ (adj) = dedicated to sth/sb **oddany (komuś/czemuś)**

dread /dred/ (v) = to feel anxious before doing sth **bać się**

habit /'hæbit/ (n) = sth that you do on a regular basis **zwyczaj, nawyk**

intensive /ɪn'tensɪv/ (adj) = demanding; requiring a lot of effort **intensywny**

journal /'dʒɜ:nəl/ (n) = a diary **dziennik**

keep on track (phr) = to continue doing sth as planned **trzymać się planu**

motivated /mə'teɪvretɪd/ (adj) = feeling inspired **zmotywowany**

progress /'prəʊgrəs/ (n) = development; improvement **postęp**

realistic /'riəlɪstɪk/ (adj) = practical; sensible **realistyczny**

stick to /'stɪk tə/ (phr v) = to continue doing sth; to not give up **trzymać się czegoś konsekwentnie, przestrzegać (np. diety)**

turn (sth) around /,tɜ:n ə'raʊnd/ (phr v) = to change sth that has become unsuccessful into sth successful again **tu: zmienić na lepsze**

uncomplicated /ʌn'kəmplɪkɪtɪd/ (adj) = simple **prosty, nieskomplikowany**

Public Speaking Skills D

average /'ævərɪdʒ/ (n) = a typical number or amount of sth **średnia**

blood pressure /'blʌd preʃə/ (n) = the force with which blood flows in your body **ciśnienie krwi**

Word List

consequence

/kən'sɛksnəns/ (n) = sth that happens as a result or effect of a specific action **następstwo, konsekwencja**

dehydration /di:

haɪə'dreɪʃən/ (n) = the condition in which your body has lost too much water making you feel weak or sick
odwodnienie

immune system /ɪm'ju:n

,sɪstəm/ (n) = the structure in your body consisting of various organs and mechanisms that protect you against diseases **system odpornościowy**

lack (of sth) /læk/ (n) = the fact that there is not enough of sth; a shortage **brak (czegoś)**

memory loss /'æmeməri

los/ (n) = the state of not being able to remember
utrata pamięci

nutrition /nju:tʃnərɪʃn/ (n)

= the process of eating the right food in order to keep your body healthy
 żywienie, odżywianie

squat /skwɔ:t/ (n) = a type of exercise in which you lower your body and bend your knees, then stand up **tu: przysiad**

strength training /æstrejnθ

,treɪnɪŋ/ (n) = a type of exercise in which you lift weights or use your body weight to make your body stronger
trenig siłowy

weaken /'æwi:kən/ (v) = to become less strong **osłabiać**

weight gain /'æwei:t gɛm/ (n) = the situation in which your body becomes heavier **wzrost wagi ciała**

CLIL A

PSHE

account for /əʊkaʊnt fə/

(phr v) = to be part of a total number, percentage, etc of sth

tu: stanowić część

approved /əʊpru:vɪd/ (adj) =

having the accepted standards or level that are decided by a government, committee, etc **tu: oficjalnie**

zatwierdzony do użytku

brake /breɪk/ (v) = to stop or reduce the speed of a vehicle by using a device designed to slow a vehicle's movement

hamować (podczas prowadzenia pojazdu mechanicznego)

campaign /kæməpeɪn/ (n)

= a course of actions to inform the public about a specific matter

kampania

(np. informacyjna)

distract /dɪəstrækt/ (n) =

to cause sb to lose their concentration **odwracać uwagę, rozpraszać**

fatality /fætələti/ (n) =

a death caused by an accident, attack, etc

ofiara śmiertelna

handheld /hændhɛld/

(adj) = (of a device) able to be operated using one hand **ręczny (taki, który trzeba trzymać w ręce)**

illuminated clothing

(phr) = special clothes worn by cyclists, bikers, etc to make them visible to other drivers or people at night **ubranie odblaskowe**

junction /dʒʌŋkjən/ (n) =

the place where a road meets another road but doesn't cross it
skrzyżowanie

motorway /'məʊtərweɪ/

(n) = a road with many lanes for vehicles travelling over long distances; a highway
autostrada

pavement /'peɪvəmənt/ (n)

= a path at the side of a road for people to walk on **chodnik**

pedestrian /pə'zɛstriən/

(n) = a person who is on foot and not using a vehicle **pieszy**

require /rɪ'kwaɪər/ (v)

= to think that sth is necessary **wymagać**

rural /'rʊrəl/ (adj) = of the countryside

wiejski

speed limit /'spɪd lɪmɪt/

(n) = the maximum speed at which a vehicle is allowed to move

ograniczenie prędkości

term /tɜ:m/ (n) = the word or phrase for sth

określenie, termin

zebra crossing /'zebrə

(krósnię) (n) = a place on a road marked with black and white lines for people to walk across
przejście dla pieszych

CLIL B

Biology

communication tool

/kə'mju:nɪkeɪʃn/ ,tu:l/ (n) = the way we use to exchange information, ideas, feelings, etc with other people **narzędzie/ sposób komunikacji**

diaphragm /dɪəfræm/ (n)

= the muscle separating your lungs and stomach
przepona

larynx /'lærɪŋks/ (n) = the organ in the upper part of the throat where the vocal chords are

krtań

lung /lʌŋ/ (n) = each of the

pair of organs in your body that you use to breathe **płuco**

nasal cavity /'neɪzəl

(kævəti/ (n) = the space inside your nose **jama nosowa**

oral cavity /'ɔ:rəl

(kævəti/ (n) = the mouth and the area inside your mouth

jama ustna

pitch /pitʃ/ (n) = the tone; how high or low sb's voice is **ton głosu (niski lub wysoki)**

power source /'paʊəs ɔ:s/

(n) = what you can get energy from, such as electricity, etc **źródło energii**

powerful /'paʊəfl/ (adj) = very loud or strong **silny, mocny**

release /rɪ'leɪs/ (v) = to let sth come out

tu: wypuszczać

(np. powietrze)

resonance tract

/'rezənəns, trækt/ (n) = the system of organs and tubes in your body

that help you speak

system narządów

odpowiadających za wytwarzanie dźwięku

resonator /'rezəneɪtə/ (n) = a device that makes sounds vibrate **tu: zatoki przynosowe**

rush /rʌʃ/ (v) = to move quickly **pędzić, biec, spieszyć się**

sinuses /'sesainəsɪz/ (pl n) =

the spaces in the bones of your head that are connected with your nose

zatoki (np. nosowe)

situated /'sɪtʃeɪtɪd/ (adj) = being in a particular place **umiejscowiony, położony**

stream /stri:m/ (n) = a flow of air, water, etc

strumień (powietrza, wody itd.)

swallow /'eswɒləʊ/ (v) = to cause food, drink, etc to go from your mouth down to your stomach

połykać

tension /tənɛʃən/ (n) = pressure **napięcie**
throat /θrəʊt/ (n) = the inside part of your neck
gardło
trachea /trəækɪ:ə/ (n) = the tube in your body that takes the air you breathe in to your lungs; the windpipe **tchawica**
transformed /trænsfə:d/ (md/ (pp)) = changed from one thing to another **zamieniony, przekształcony**
vibrate /vaɪəbreɪt/ (v) = to shake in a quick continuous motion; to pulse **wibrować, drgać, pulsować**
vibration /vaɪəbreɪʃən/ (n) = a continuous, gentle, shaking movement causing sth to go to and fro **wibracja**

CLIL C
History
academic qualifications /ækadɛmɪk ,kwɒlfɪkエkeɪʃənz/ (pl n) = the certificates, diplomas, degrees, etc you acquire after studying at a university, college, etc **stopień naukowy**
agricultural /ægrɪkʌltʃərəl/ (adj) = rural **rolniczy**
compulsory /kɔmپələsəri/ (adj) = obligatory
obowiązkowy, obligatoryjny
establish /ɪəstæblɪʃ/ (v) = to start an organisation, company, etc **założyć (np. firmę)**
governess /gəvənənəs/ (n) = (in the past) a female teacher that lived with a rich family and taught their children **guwernantka**

grant /gra:nt/ (n) = a sum of money given by the government, etc for educational or other purposes **grant, dotacja**
logic /lɒlɒdʒɪk/ (n) = the science of analysing arguments and reaching conclusions **logika**
luxury /lʌksjəri/ (n) = sth expensive that you enjoy but is not essential **luksus**
manufacturing /mænʃnɔ:fækʃən/ (n) = the production of goods in a factory **wytwarzanie, produkcja**
medieval times (phr) = the Middle Ages (between AD 500 and AD 1500)
średniowiecze
mining /mɔɪnɪŋ/ (n) = the work done to get metals and other substances out of the ground **górnictwo**
rhetoric /rɛtɔ:rɪk/ (n) = the study of the techniques for using spoken or written language in a convincing way **retoryka**
sewing lesson (phr) = a class that teaches how to make or repair clothes, etc using a needle and thread **lekcia szycia**
support /sə:pɔ:t/ (v) = to look after sb, such as children, etc, by giving them money or things they need in order for them to live
tu: utrzymywać rodzinę
time off /taɪm ɒf/ (n) = the period you are officially allowed not to work or study **czas wolny od pracy lub nauki**
tutor /tʊ:tɔ:/ (n) = a teacher who gives private lessons **prywatny nauczyciel, korepetytor**

CLIL D
Environmental Studies
bottle bank /bɒbɒtl bæŋk/ (n) = a place where used glass bottles are put for recycling **pojemnik na szkło**
chase /tʃeɪs/ (v) = to follow sth **ścigać, gonić**
citizen /sɪtɪzən/ (n) = sb who lives in a town or city as a legal resident **obywatel**
compost heap /kɒkɒmpɒst hi:p/ (n) = a pile of rotten plants, vegetables, leaves, etc used on soil to help plants grow **pryzma kompostowa**
council /kɔ:kɔ:nsl/ (n) = the organisation that governs a local area **rada**
fertiliser /fɜ:tlɪzər/ (n) = a chemical or natural substance that you put on soil to help plants grow **nawóz**
manage /mænɪdʒ/ (v) = to deal with sth **zarządzać (czymś)**
remind (sb to do sth) /rɪ:mənd/ (v) = to help sb to remember to do sth **przypomnieć komuś (żeby coś zrobić)**
scrunch /skrʌntʃ/ (v) = to turn sth into a small ball by twisting and crushing it **zgniaatać, miąć**
seedling /sɛsi:dliŋ/ (n) = a young plant or tree that is grown from a seed **sadzonka**
steel /sti:l/ (n) = a very strong metal made from a mixture of iron and carbon **stal**
tin foil /tɪn fɔ:l/ (n) = thin flexible sheets of metal used for wrapping food, etc **folia aluminiowa**
wrapper /wræpə/ (n) = the piece of paper or plastic that covers an item before it is sold **papierek, sreberko (np. od cukierka)**