

Word List

Unit 1 – Dream big

1a

achieve (sth) /ə'tʃi:v/ (v) = to accomplish sth - osiągać, zdobywać (np. wyniki)

achieve a goal (phr) = to succeed in doing sth - osiągać cel

adore /ə'dɔ:/ (v) = to love or like sb very much - uwielbiać

approach /ə'prəʊtʃ/ (v) = to go to sb and speak to them - zwracać się (do kogoś z prośbą, pytaniem)

calculate /kælkjuleɪt/ (v) = to determine a number or an amount from information that you already have - obliczać

capable (of sth) /keɪpəbəl/ (adj) = able to do sth - potrafiący coś zrobić, zdolny do czegoś

caretaker /keə'teɪkə/ (n) = sb who cleans and maintains a building - dozorca, woźny

chase a dream (phr) = to try hard to achieve a goal - gonić marzenia (ciężko pracować, by osiągnąć cel)

condition /kən'dɪʃən/ (n) = the state of sth - stan, kondycja

connection /kə'neɪkʃən/ (n) = a relationship - związek (emocjonalny)

countless /kaʊntləs/ (adj) = numerous; very many - niezliczony

devoted /drɪ'vəʊtɪd/ (adj) = very caring - oddany, poświęcający się

find your calling (phr) = to discover your chosen profession or career - znaleźć powołanie

focus (on sth) /fəʊkəs/ (v) = to concentrate on sth - skupiać się (np. na czynności)

fulfil (sth) /fʊl'fɪl/ (v) = to make sth come true - realizować (np. ambicję)

fulfil your potential (phr) = to achieve as much as your natural ability makes possible - wykorzystywać swój potencjał

gain /geɪn/ (v) = to obtain or achieve sth - zyskiwać

genetic disorder /dʒənetɪk dɪs'ɔ:də/ (n) = an illness or disability caused by defective or mutated genes - choroba genetyczna

give out /gɪv 'aʊt/ (phr v) = to give sth to a lot of people; to distribute sth - tu: rozdawać

give up /gɪv 'ʌp/ (phr v) = to stop making an effort; to quit - poddawać się, rezygnować

grab an opportunity (phr) = to take advantage of a favourable chance - złapać okazję

hang in /hæŋ 'ɪn/ (phr v) = to not give up in difficulties - nie poddawać się, wytrzymywać

hang out /hæŋ 'aʊt/ (phr v) = to spend a lot of time somewhere or with sb - spędzać czas

honour /'hɒnə/ (v) = to show your respect to sb - honorować, uczyć

idolise /aɪdələɪz/ (v) = to admire and love sb greatly - ubóstwiać

inspire people to be better (phr) = to influence people to become better - inspirować do bycia lepszym

keep on /ki:p 'ɒn/ (phr v) = to continue (doing sth) - kontynuować

keep (sth) up /ki:p 'ʌp/ (phr v) = to continue doing sth good - tu: trzymać na poziomie (np. pracę)

live a full life (phr) = to enjoy doing a lot of things - żyć pełnią życia

manage (to do sth) /mænɪdʒ/ (v) = to succeed in doing sth - dać radę (coś zrobić)

motivational /məʊtɪ'veɪʃənəl/ (adj) = inspirational; encouraging - motywacyjny (np. mówca)

occur /ə'kɜ:/ (v) = to happen - zdarzać się

persist /pə'sɪst/ (v) = to keep doing sth - nie przestawać (robić czegoś)

position /pə'zɪʃən/ (n) = the place where sb or sth is - pozycja, miejsce

possibility /pɒsə'bɪləti/ (n) = the chance for sth to happen - możliwość

potential /pə'tenʃəl/ (n) = sb's natural ability to succeed - potencjał

prize /praɪz/ (v) = to consider sth very important or valuable - cenić sobie

probability /prɒbə'bɪləti/ (n) = likelihood - prawdopodobieństwo

project confidence (phr) = to show self-assurance - pokazywać pewność siebie

prospect /prɒspekt/ (n) = the possibility that sth might happen - szansa, możliwość

resist /rɪ'zɪst/ (v) = to refuse to do sth - stawiać opór

severe /sɪ'vɪə/ (adj) = serious; very bad - poważny

situation /sɪtʃu'eɪʃən/ (n) = the condition in which sb finds themselves - sytuacja (tu: życiowa)

start on (sth) /stɑ:t 'ɒn/ (phr v) = to begin dealing with sth - zabierać się za coś

start (sb) off /stɑ:t 'ɒf/ (phr v) = to help sb begin doing sth - pomóc zacząć

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

stir in /stɜ:r 'ɪn/ (phr v) = to add sth to sth else and mix them - w mieszać, zmieszać

stir (sth) up /stɜ:r 'ʌp/ (phr v) = to cause problems, trouble, etc - wywoływać problemy

succeed (in doing sth) /sək'sɪd/ (v) = to get the desired results by doing sth - odnosić sukces

take into consideration (phr) = to take into account; to think about sth before making a final decision - brać pod uwagę

teasing /ti:zɪŋ/ (n) = mocking - dokuczanie

work on (sth) /wɜ:k 'ɒn/ (phr v) = to spend time improving sth - pracować ciężko (nad czymś)

work out /wɜ:k 'aʊt/ (phr v) = to exercise - ćwiczyć (fizycznie)

1b

conflict /kɒnflɪkt/ (n) = disagreement and argument - konflikt, spór, nieporozumienie

goodwill ambassador /gʊd'wɪl æm'bæsədə/ (n) = a person who supports a specific cause or global issue and is appointed by the United Nations - ambasador dobrej woli

hit the books (idm) = to start studying very hard - przysiądać do książek (by się uczyć)

mindfulness /maɪndfʊlnəs/ (n) = deep thinking; true awareness - uważność

overseas /əʊvə'si:z/ (adv) = abroad; in a foreign country - za granicą

shift /ʃɪft/ (n) = the time period during which sb works - zmiana (godziny pracy)

1c

as bold as brass (idm) = (of a person) arrogant - z pewnością siebie

as cold as ice (idm) = (of a person) very unfriendly and unfeeling - oschły (o osobie)

as cool as a cucumber (idm) = (of a person) very calm - opanowany (o osobie)

as hard as nails (idm) = (of a person) very tough - niewzruszony, twardy jak skała (o osobie)

as keen as mustard (idm) = (of a person) very eager and enthusiastic - entuzjastyczny (o osobie)

as sly as a fox (idm) = (of a person) very clever in a cunning way - chytry jak lis (o osobie)

assertive /ə'sɜ:tv/ (adj) = confident enough to state your needs and opinions clearly - asertywny

attitude /æ'tɪtju:d/ (n) = a manner of behaviour based on your opinion of a person or situation - postawa, stosunek (do kogoś)

composed /kəm'pəʊzd/ (adj) = calm and in control of yourself - opanowany, spokojny

cunning /kʌnɪŋ/ (adj) = crafty; deceptive in a clever way - chytry, cwany

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

emotional /ɪ'məʊʃənəl/ (adj) = sentimental; causing sb to have strong feelings - emocjonalny

enthusiastic /ɪnθju:zɪ'æstɪk/ (adj) = showing a lot of interest in and excitement about, sth - entuzjastyczny, pełny entuzjazmu

focused /fəʊkəst/ (adj) = having a clear and definite target - skoncentrowany, skupiony

generous /dʒenərəs/ (adj) = giving people more of your time or money in order to help them - hojny

impudent /ɪmpjʊdənt/ (adj) = disrespectful; rude - bezczelny

indifferent /ɪn'dɪfərənt/ (adj) = not caring about sb/sth - obojętny

insecure /ɪn'sɪkjʊə/ (adj) = not confident about your abilities, knowledge, etc - niepewny

modest /mɒdɪst/ (adj) = humble; not showing off your skills, abilities, etc - skromny

narrow-minded /nærəʊ'maɪndɪd/ (adj) = unwilling to accept other people's ideas - ograniczony (o człowieku)

passionate /pæʃənət/ (adj) = having a strong feeling about sth - pełny pasji

quick-witted /kwɪk 'wɪtɪd/ (adj) = clever - bystry (o osobie)

reserved /rɪ'zɜ:vɪd/ (adj) = shy; keeping your feelings hidden - powściągliwy

ruthless /ru:θləs/ (adj) = hard-hearted - bezwzględny

self-confident /self 'kɒnfɪdənt/ (adj) = sure of yourself and your abilities - pewny siebie

stubborn /stʌbən/ (adj) = unwilling to change your opinions or beliefs - uparty

upbringing /ʌpbrɪŋɪŋ/ (n) = the way parents educate and treat their children as they grow up - wychowanie (dziecka)

wasteful /weɪstfəl/ (adj) = letting time, money, etc go unused - rozrzutny

Culture 1

achievable /ə'tʃi:vəbəl/ (adj) = that can be done successfully - osiągalny

achieve /ə'tʃi:v/ (v) = to manage to get sth - osiągać, zdobywać (np. wyniki)

bright /braɪt/ (adj) = intelligent; clever - inteligentny, bystry

bring sb to justice (phr) = to catch a criminal and take them to court - postawić przed sądem, pociągnąć do odpowiedzialności

conform (to sth) /kən'fɔ:m/ (v) = to behave according to the accepted standards of a society - dostosowywać się, dopasowywać się

confuse /kən'fju:z/ (v) = to puzzle sb - dezorientować

conventional /kən'venʃənəl/ (adj) = conservative; traditional - tradycyjny, konserwatywny, konwencjonalny

devote /drɪ'vəʊt/ (v) = to dedicate sth to sth - poświęcać (np. czas)

empowering /ɪm'paʊərɪŋ/ (adj) = giving sb strength and confidence - tu: dający siłę

fiery /'faɪəri/ (adj) = (of a person) passionate - zapalczywy (o osobie)

flesh-and-blood (phr) = real and living - z krwi i kości

guardian /gɑ:diən/ (n) = sb who is responsible for a child instead of their parents - tu: opiekun prawny

life-changing /laɪf ,tʃeɪndʒɪŋ/ (adj) = bringing about dramatic changes - zmieniający życie

lord /lɔ:d/ (n) = a title in mediaeval Europe of a powerful man - lord

on my own terms (phr) = under my own conditions - na własnych warunkach

refuse /rɪ'fju:z/ (v) = to not agree to do sth - odmawiać

strength /streŋθ/ (n) = determination - tu: siła charakteru

support /sə'pɔ:t/ (v) = to help and encourage sb - wspierać

typical /tɪpɪkəl/ (adj) = usual; normal - typowy

Unit 2 – Touch of nature

2a

anger /æŋgə/ (v) = to make sb very angry - zdenerwować, rozzłościć (kogoś)

approach /ə'prəʊtʃ/ (v) = to get closer to sb/sth - zbliżyć się, podchodzić (do kogoś)

area /eəriə/ (n) = a particular part of a city, town, country, etc - obszar, okolica

black hole /blæk 'həʊl/ (n) = each of the areas in space where gravity is so strong that nothing, even light, can escape from them - czarna dziura

blast off /blɑ:st 'ɒf/ (phr v) = (of a rocket) to leave the ground - odpalać (tu: raketę)

blast out /blɑ:st 'aʊt/ (phr v) = (of loud noise, music, etc) to be heard - być słyszalnym (o głośnych hałasach, muzyce)

boast /bəʊst/ (v) = to talk proudly about sb/sth - chwalić się (sobą i swoimi osiągnięciami)

by heart (phr) = from memory - (nauczyć się) na pamięć

celestial body /sə'lestiəl 'bɒdi/ (n) = a natural object in space, such as a planet or star - ciało niebieskie

conflict /kɒnflɪkt/ (n) = disagreement and argument - konflikt, spór, nieporozumienie

constellation /kɒnstə'leɪʃən/ (n) = a group of stars forming a pattern - konstelacja, gwiazdozbiór

credit /'kredɪt/ (n) = praise - uznanie, wyrazy uznania

dawn /dɔ:n/ (n) = the time just before the sun starts rising - świt

debris /debrɪ:/ (n) = pieces of sth that has been destroyed - gruzy

dusk /dʌsk/ (n) = the time just before night falls, when it is not yet dark - zmierzch

event /ɪ'vent/ (n) = a social gathering - wydarzenie

fearsome /fɪəsm/ (adj) = frightening - straszny, przerażający

fitting /'fɪtɪŋ/ (adj) = appropriate; suitable - stosowny

full moon /fʊl 'mu:n/ (n) = the time when the moon is at its fullest - pełnia Księżyca

gas giant /gæs ,dʒaɪənt/ (n) = a large planet mainly consisting of hydrogen and helium, such as Jupiter, Saturn, Uranus and Neptune - gazowy olbrzym (typ planety)

gaze /geɪz/ (n) = looking at sth steadily for a long time - wpatrywać się

give away /gɪv ə'weɪ/ (phr v) = to give sth you possess to sb else - rozdawać

give off /gɪv 'ɒf/ (phr v) = to emit sth - tu: emitować (np. promieniowanie)

happening /'hæpənɪŋ/ (n) = an occasion that has happened - wydarzenie, zdarzenie

harvest /'hɑ:vɪst/ (v) = to pick and collect crops - zbierać (plony)

heat through /hi:t 'θru:/ (phr v) = to reheat cooked food - odgrzewać

heat up /hi:t 'ʌp/ (phr v) = to become very hot - nagrzewać się

hemisphere /'hemɪsfɪə/ (n) = each of the two halves of the Earth - półkula

in orbit (phr) = (of a planet) circling another planet - na orbicie

incident /ɪn'sɪdənt/ (n) = sth unusual or serious that happens - incydent, wypadek

infancy /ɪnfənsɪ/ (n) = the early stages of life; babyhood - wczesne dzieciństwo

invisibility /ɪn,vɪzə'bɪləti/ (n) = being impossible to be seen - niewidzialność

lie /laɪ/ (v) = to exist in a place - tu: leżeć (w miejscu)

location /ləʊ'keɪʃən/ (n) = the place of a building in relation to other places or buildings - lokalizacja

meteor shower /mi:tiə 'ʃaʊə/ (n) = a number of meteors producing a bright light and moving at high speeds across the sky at night - deszcz meteorów

Milky Way /mɪlki 'weɪ/ (n) = our galaxy - Droga Mleczna

narrow down /nærəʊ 'daʊn/ (phr v) = to reduce the number of possibilities or choices - zawęźać (np. liczbę kandydatów)

observer /əb'zɜ:və/ (n) = sb who watches sth but does not get involved - obserwator

occurrence /ə'kʌrəns/ (n) = sth that happens often - występowanie (np. zjawiska)

onlooker /ɒn'lʊkə/ (n) = an observer - przechodzień, świadek wydarzenia (przypadkowy)

point out /pɔɪnt 'aʊt/ (phr v) = to show where sth is - wskazywać, pokazywać

point up /pɔɪnt 'ʌp/ (phr v) = to clearly show that sth is important - uwypuklać (np. problem)

position /pə'zɪʃən/ (n) = the place where sth is in relation to other geographical places - pozycja, miejsce

sacrifice /sækrɪfajs/ (n) = the act of killing sb as an offering to a god - ofiara (w obrzędzie religijnym)

shooting star /'ʃu:tɪŋ 'stɑ:/ (n) = a star that moves quickly across the sky - spadająca gwiazda

sign /saɪn/ (n) = an indication of sth - znak, oznaka

signal /sɪgnəl/ (n) = an action, sound, etc that sends a message - sygnał

site /saɪt/ (n) = an important/historic place - miejsce (np. historyczne)

spectator /spek'teɪtə/ (n) = sb who watches a sporting event - widz

spy /spaɪ/ (v) = to happen to see sb/sth - tu: dostrzegać

streak /stri:k/ (v) = to move somewhere very quickly - mknąć

symbol /sɪmbəl/ (n) = an object that represents sth - symbol

Word List

symptom /sɪmptəm/ (n) = evidence of a health problem - symptom, objaw

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

total eclipse /təʊtəl rɪ'kɪlɪps/ (n) = the phenomenon of the whole disc of the Sun or Moon being completely hidden - całkowite zaćmienie

viewer /'vju:ə/ (n) = sb who watches TV - widz, widz

2b

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

fatal /'feɪtəl/ (adj) = causing death - śmiertelny

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

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

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

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

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

2c

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

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

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

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

gleam /gli:m/ (v) = to shine brightly with reflected light - lśnić

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

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

knight in shining armour (idm) = sb who helps you in a difficult situation - rycerz w lśniącej zbroi

make hay while the sun shines (idm) = to take advantage of a situation while it lasts - kuć żelazo póki gorące

pierce /pɪəs/ (v) = (of light) to suddenly appear somewhere - tu: przebijać się (np. o światło przez chmury)

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

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

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

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

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

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

Culture 2

attached (to sth) /ə'tætʃt/ (pp) = connected with sth - związany, powiązany (z czymś)

breeze /bri:z/ (n) = a light and pleasant wind - bryza

bury /'beri/ (v) = to put a dead person's body in a grave - pochować (zmarłego)

cast a spell (on sb/sth) (phr) = to use magical powers to affect sb/sth - rzucić czar

decade /'dekeɪd/ (n) = a period of ten years - dekada, dziesięciolecie

discover /dɪs'kʌvə/ (v) = to find sth for the first time - odkrywać, dokonywać odkrycia

enchantment /ɪn'tʃɑ:ntmənt/ (n) = a magic spell - magiczne zaklęcie

gentle /dʒentl/ (adj) = not extreme or demanding - tu: spokojny

grab /græb/ (v) = to take hold of sth suddenly - łapać, chwycić

lead /led/ (adj) = very heavy - ołowiany, tu: ciężki

promise /'prɒmɪs/ (v) = to say that you will do sth and give your word - obiecywać

realise /rɪəlaɪz/ (v) = to become aware of sth - uświadamiać sobie

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

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

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

roar with laughter (phr) = to laugh very loudly - wybuchnąć śmiechem

totter /'tɒtə/ (v) = to walk unsteadily and with difficulty - iść chwiejnym krokiem

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

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

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

Unit 3 – Stuff that matters

3a

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

fashion industry /'fæʃən ,ɪndəstri/ (n) = businesses manufacturing clothes - przemysł modowy

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

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

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

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

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

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

hang out /hæŋ 'aʊt/ (phr v) = to spend a lot of time somewhere or with sb - spędzać czas

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

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

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

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

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

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

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

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

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

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

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

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

outcome /'aʊtkʌm/ (n) = a result - wynik, rezultat

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

textile fibre /tekstajl 'faɪbə/ (n) = each of the threads that make up a fabric - włókno tekstylne

thrifty /θrɪftɪ/ (adj) = using money carefully; not wasteful - oszczędny

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

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

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

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

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

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

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

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

3b

daunting /'dɔ:ntɪŋ/ (adj) = frightening and discouraging - ośmielający, będący wyzwaniem

decent /di:sənt/ (adj) = of quite a good quality - przyzwoity, porządy

disposable /drɪ'spəʊzəbəl/ (adj) = that can be thrown away after it's been used - jednorazowego użytku

fine sewing (phr) = the activity of making delicate high-quality clothes by hand - ręczne szycie ubrań wysokiej jakości

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

inherently /ɪn'hɪərəntli/ (adv) = essentially; by nature - z natury

offender /ə'fendə/ (n) = sb/sth that has a bad effect on sth; sb/sth that causes problems for sth - sprawca, winowajca

outlet store /aʊtlət stɔ:ɪ/ (n) = a shop where things are sold at a cheaper price than usual - outlet, punkt sprzedaży w niższych cenach

seasoned /'si:zənd/ (adj) = experienced - doświadczony

sustainable shopper (phr) = a consumer who buys goods that don't have a negative impact on the environment - osoba kupująca produkty zrównoważone ekologicznie

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

3c

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

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

eager /i:ɡə/ (adj) = willing to do sth; keen - chętny

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

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

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

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

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

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

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

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

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

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

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

Word List

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

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

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

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

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

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

wield /wiːld/ (v) = to exert a lot of influence or power over sb - dzierżyć (np. władzę)

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

Culture 3

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

adorn /ədɔːn/ (v) = to decorate sth - dekorować, ozdabiać

attire /ə'taɪə/ (n) = clothes - ubiór, strój

biting /baɪtɪŋ/ (adj) = (of weather) so cold that it makes you feel uncomfortable - szczypiący (o mrozie)

cement /sə'ment/ (v) = to make sth stronger - cementować, wzmocnić

distinguish /dɪ'stɪŋɡwɪʃ/ (v) = to recognise the difference between two things - rozróżniać

durable /dʒʊərəbəl/ (adj) = long-lasting - wytrzymały

haute couture /əʊt ku:'tjuə/ (n) = expensive clothes of original design and high quality - haute couture (luksusowe krawiectwo)

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

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

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

simultaneously /sɪməl'teɪniəsli/ (adv) = at the same time - równocześnie

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

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

Values A: Pride

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

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

glory /glɔːri/ (n) = great beauty - chluba

justified (in doing sth) /dʒʌstɪfaɪd/ (adj) = having an acceptable reason for doing sth - uzasadniony

mortal /mɔːtəl/ (n) = a human being - śmiertelnik (o człowieku)

narcissism /'nɑːsɪsɪzəm/ (n) = excessive admiration of yourself; vanity - narcyzm

never judge a book by its cover (idm) = we should never judge the value of sb/sth by their appearance - nie oceniał książki po okładce

pride /praɪd/ (n) = self-importance; arrogance - duma

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

vanity /vænəti/ (n) = too much pride - próżność

Public Speaking Skills A

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

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

garment /'gɑːmənt/ (n) = a piece of clothing - odzież, ubranie

humbled /hʌmbəld/ (adj) = feeling that you don't deserve an honour, prize, etc - skromny, tu: zawstydzony (np. pochwałą)

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

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

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

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

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

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

Unit 4 – Reshaping work

4a

ability /ə'bɪləti/ (n) = the skill you need to do sth; capability - umiejętność

absorb /əb'sɔːb/ (v) = to become part of sth larger; to take in sth - tu: brać na siebie, wliczać (np. koszty)

amenities /ə'mɪnətɪz/ (pl n) = facilities - udogodnienia

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

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

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

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

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

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

commute /kə'mjuːt/ (n) = the daily travelling from your home to work, school, etc and the opposite - dojazd (np. do pracy, szkoły)

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

constant /kɒnstənt/ (adj) = continuous; never-ending - stały, ciągły, nieprzerwany

corporate /'kɔːpərət/ (adj) = relating or belonging to a business, a company, etc - korporacyjny, firmowy

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

originally /ə'ɒrɪdʒɪnəli/ (adv) = initially; at first - pierwotnie, z początku

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

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

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

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

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

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

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

recruit (sb) /rɪ'kru:t/ (v) = to employ people to work in an organisation, company, etc - rekrutować (np. do pracy)

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

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

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

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

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

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

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

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

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

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

4b

be bound to (do sth) (phr) = to be very likely to do sth - musieć, stać się na pewno

be due to (do sth) (phr) = to be expected to do sth - mieć powinność coś zrobić

be on the verge of (doing sth) (phr) = to be about to do sth - być blisko (zrobienia czegoś)

era /'ɪərə/ (n) = a time period with a distinct character - era, okres

face a challenge (phr) = to have to deal with a difficult situation or task - stawiać czoła wyzwaniu

figure (sth) out /fɪgər 'aʊt/ (phr v) = to work sth out; to understand sth - rozwiązywać (np. problem)

transition /træn'zɪʃən/ (v) = to change from one form or type to another - przechodzić przemianę

virtual /vɜ:tʃuəl/ (adj) = done or seen using a computer, without you actually being there - wirtualny

4c

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

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

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

business trip /'bɪznəs trɪp/ (n) = a journey made for business purposes - podróż służbowa

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

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

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

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

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

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

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

Word List

pension scheme /penʃən ski:m/ (n) = a savings plan that gives sb an income when they retire - plan emerytalny

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

precise /pri'saɪs/ (adj) = accurate - precyzyjny, dokładnie

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

pull a few/some strings (idm) = to use the influence of an important or powerful person to achieve sth - użyć swoich wpływów, by załatwić sprawę

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

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

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

Culture 4

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Unit 5 – Rebooting happiness

5a

adversity /əd'vɜ:səti/ (n) = a difficulty; suffering - przeciwności losu, nieszczęście

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

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

blissful /blɪsfəl/ (adj) = extremely happy and calm - błogi

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

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

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

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

chase a dream (phr) = to try hard to achieve a goal - gonić marzenia (ciężko pracować, by osiągnąć cel)

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

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

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

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

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

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

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

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

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

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

define /dɪ'faɪn/ (v) = to show the meaning of sth clearly - określać, definiować

demonstrate /dɪ'mɒnstreɪt/ (v) = to show a quality, a feeling, etc - tu: dowieść, pokazywać

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

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

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

ecstatic /ɪk'stætɪk/ (adj) = thrilled - zachwycony

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

empathetic /em'pəθetɪk/ (adj) = having the ability to share another person's feelings or emotions - empatyczny

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

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

essentially /ɪ'senʃəli/ (adv) = basically; actually - zasadniczo, w zasadzie

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

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

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

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

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

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

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

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

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

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

glamorous /'glæməərəs/ (adj) = successful, wealthy and attractive - wytworny, prestiżowy

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

hook /hʊk/ (n) = what attracts and keeps sb's attention - tu: chwytliwa fraza

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

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

joyful /dʒɔɪfʊl/ (adj) = happy and pleased - radosny

liven up /,laɪvən 'ʌp/ (phr v) = to become more active and cheerful - ożywiać się

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

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

mural /'mjʊərəl/ (n) = a large picture that has been painted on a wall - mural

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

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

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

paralyzed /'petrɪfaɪd/ (adj) = paralysed with fear; extremely frightened - sparalizowany (ze strachu)

prosper /'prɒspə/ (v) = to become successful - prosperować

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

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

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

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

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

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

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

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

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

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

5b

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

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

5c

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

thought-provoking /θɔ:t prə,vəʊkɪŋ/ (adj) = causing people to think seriously about certain matters - dający do myślenia

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

Culture 5

abstain (from sth) /əb'steɪn/ (v) = to choose not to do sth - powstrzymać się

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

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

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

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

inconsistency /ɪn'kɒn'sɪstənsi/ (n) = contradiction - niespójność, sprzeczność

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

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

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

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

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

Unit 6 – What's on tonight? 6a

advance /əd'vɑ:ns/ (v) = to cause sb/sth to move forward - rozwijać (np. wiedzę, zrozumienie tematu)

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

Word List

- bank** /bæŋk/ (n) = a number of screens or machines one next to the other - tu: rząd (np. ekranów)
- bestselling author** (phr) = a very successful writer who has sold a large number of books - autor bestsellerów
- bonus level** (phr) = (of a video game) the stage where the player is awarded extra points - dodatkowy poziom (w grze komputerowej)
- bring out** /brɪŋ 'aʊt/ (phr v) = to publish (a book), to release (a CD, etc) - wydawać (np. książkę, płytę)
- call off** /kɔ:l 'ɒf/ (phr v) = to cancel an activity - odwołać (np. wydarzenie)
- canned laughter** (phr) = a recording of people laughing that is played during a humorous TV or radio show - śmiech z taśmy
- catch up on** /kætʃ 'ʌp ɒn/ (phr v) = to do sth that you didn't have time to do before - nadrobić (zaległości)
- charm** /tʃɑ:m/ (v) = to fascinate sb - czarować, zachwycać (kogoś)
- culprit** /kʌlprɪt/ (n) = sb/sth that is the cause of a problem - winowajca, przyczyna
- develop** /dɪ'veləp/ (v) = to improve sth - rozwijać (np. umiejętności)
- devotee** /dɪ'veɔ:ti/ (n) = an enthusiastic supporter of sth - tu: entuzjasta
- digitally generated** (phr) = produced by a computer program - generowany cyfrowo, komputerowo
- display** /dɪ'spleɪ/ (v) = to show sth publicly - tu: wywieszać, prezentować, wystawiać
- drag** /dræg/ (v) = to make sb get involved in sth that they don't want to do - ciągnąć, zaciągać (kogoś, kto nie chce iść)
- draw** /drɔ:/ (v) = to attract sb - tu: przyciągać, interesować (kogoś)
- dress rehearsal** /dres rɪ'hɜ:səl/ (n) = the final practice of a play with the costumes, lights, etc as they will be used in the performance - próba generalna przedstawienia
- dropped** /drɒpt/ (adj) = (of Internet connection) having been lost - zerwany (o połączeniu internetowym)
- emphasise** /'emfəsaɪz/ (v) = to give special attention to sth - podkreślać
- executive** /ɪg'zekjʊtɪv/ (n) = sb employed by a business at a senior level - kierowniczy (o stanowisku)
- exhibit** /ɪg'zɪbɪt/ (v) = to put sth on display in a museum, etc - wystawiać (np. eksponaty)
- fanatical supporter** (phr) = an extremely enthusiastic sports fan - tu: fanatyczny kibic
- feature** /fi:tʃə/ (v) = (of a show) to include sb/sth as an important part - zawierać (np. w programie koncertu)
- flick through** /flɪk θru:/ (phr v) = to look quickly at the pages of a magazine, book, etc - przejrzeć (np. czasopismo)
- frozen** /frəʊzən/ (adj) = (of a computer screen) not responding to the user's commands, and staying the same - tu: zawieszony (o ekranie komputera)
- grow** /grəʊ/ (v) = to increase in size or amount - rosnąć
- hair-raising** /heə reɪzɪŋ/ (adj) = extremely exciting but also frightening - jeżący włosy na głowie
- hamper** /hæmpə/ (v) = to cause difficulties for sth - utrudniać, hamować
- headline act** /hedlɑɪn ækt/ (n) = the most important act in a performance - headliner, gwóźdź programu
- hold** /həʊld/ (v) = to organise a meeting, a party, etc - tu: przeprowadzać, organizować
- host** /həʊst/ (n) = the presenter of a TV or radio programme - gospodarz
- immense** /ɪ'mens/ (adj) = great; huge - ogromny, niezmierny
- lifeblood** /laɪfblʌd/ (n) = the essence that keeps sth alive - życiodajna siła, podstawowe źródło utrzymania
- literary sensation** (phr) = a great impression on the world of literature - sensacja literacka
- live studio audience** (phr) = a group of viewers, listeners, etc who are present during the recording of a TV or radio programme - publiczność w studiu (obecna podczas nagrywania programu)
- liven up** /laɪvən 'ʌp/ (phr v) = to become more interesting and exciting - ożywiać się
- Mexican wave** /meksɪkən 'weɪv/ (n) = the occasion when the spectators of a sports event stand up and sit down moving their hands and body in a wavy pattern - meksykańska fala
- move** /mu:v/ (v) = to affect sb emotionally - poruszyć (emocjonalnie)
- observe** /əb'zɜ:v/ (v) = to watch sb/sth carefully - obserwować
- opening night** /əʊpənɪŋ 'naɪt/ (n) = the premiere of a play, concert, etc - premiera
- progress** /prɒ'gres/ (v) = to get better at sth - robić postępy
- put** /put/ (v) = to place sth somewhere - kłaść
- put on** /pʊt 'ɒn/ (phr v) = to produce a play, show, etc - wystawiać (np. sztukę)
- replicate** /replɪkeɪt/ (v) = to make an exact copy of sth - replikować, kopiować
- royalty** /rɔɪəlti/ (n) = a very important person - rodzina królewska, arystokracja, elita
- signal** /sɪgnəl/ (v) = to indicate; to suggest that sth is going to happen - sygnalizować
- slam** /slæm/ (v) = to close a door suddenly and loudly - trzaskać (np. drzwiami)
- spectate** /spekteɪt/ (v) = to watch a sporting event - oglądać (z widowni)
- stage** /steɪdʒ/ (v) = to organise and present a play, a concert, etc - wystawiać (np. sztukę)
- star** /stɑ:/ (v) = (of a film, play, etc) to have sb as a protagonist - grać główną rolę
- sth grows on sb** (phr) = sb starts to like sth more and more - podobać się komuś coraz bardziej
- stream** /stri:m/ (v) = to watch a film over the Internet without having to download it to your hard drive - streamować (oglądać na życzenie w Internecie)
- support band** /sə'pɔ:t bænd/ (n) = a musical group that appears before the main act at a concert - support (zespół występujący przed główną gwiazdą)
- thud** /θʌd/ (n) = a dull heavy sound made by an object falling to the ground - łomot, huk
- tune in** /tju:n 'ɪn/ (phr v) = to regulate a radio or television set in order to receive a certain station or programme - przełączać (np. radio na daną stację)
- turn down** /tɜ:n 'daʊn/ (phr v) = to refuse an offer - odrzucić (np. ofertę)
- turn up** /tɜ:n 'ʌp/ (phr v) = to appear; to arrive at a place - pojawiać się (w danym miejscu)
- view** /vjʊ:/ (v) = to look at sth - oglądać
- watch** /wɒtʃ/ (v) = to pay attention to sb doing sth for a period of time - oglądać

6b

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

insanely /ɪn'seɪnli/ (adv) = excessively; outrageously - obłądnie

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

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

rave (about sth) /reɪv/ (v) = to talk enthusiastically about sth - zachwalać
utilise /'ju:tɪlaɪz/ (v) = to use sth - użytkować

6c

Break a leg! (idm) = (to a performer) Good luck! - Połamania nóg! (życzenie powodzenia)
curtain call /kɜ:tən kɔ:l/ (n) = the end of a play when actors appear on stage to respond to applause - wyjście aktorów na scenę po zakończeniu sztuki teatralnej
fable /'feɪbəl/ (n) = a legend or myth with a moral lesson - baśń
gripping /'grɪpɪŋ/ (adj) = keeping sb in suspense - tu: wciągający
gripping plot (phr) = a compelling story of a film, play, etc - wciągająca fabuła
lead actor /li:d æktə/ (n) = the protagonist of a film, play, etc - odtwórca głównej roli
limited legroom (phr) = restricted space that is available for your legs (in vehicles, etc) - ograniczona przestrzeń na nogi
mansion /'mænjən/ (n) = a huge luxurious house - rezydencja
opening night /ə'pəʊnɪŋ 'naɪt/ (n) = the premiere of a play, concert, etc - premiera
period costume /'pɪəriəd 'kɒstjʊ:m/ (n) = an outfit worn by an actor that belongs to a particular past time - strój z epoki
plague /pleɪg/ (n) = a serious disease that can kill many people - plaga, zaraza
restricted view (phr) = the inability to see the whole stage, screen, etc from where you are sitting in a theatre or cinema - ograniczona widoczność
run the show (idm) = to be the person in charge of sth; to be the leader in a situation - kierować (np. przedsięwzięciem), być liderem

sing a different tune (idm) = to change your opinion about sb/sth - śpiewać inaczej (zmienić zdanie)
stage lighting /steɪdʒ ,laɪtɪŋ/ (n) = all the light effects for a theatre stage or a film set - oświetlenie sceniczne
star-studded cast (phr) = a number of famous performers acting in a film or play - gwiazdorska obsada
take your hat off to sb (idm) = to praise or show your admiration for sb - chylić czoła
the show must go on (idm) = a job must continue despite the problems or difficulties - przedstawienie musi trwać
title role /'taɪtl ,rɔ:l/ (n) = the part in a play or a film from which its title is taken - tytułowa rola

Culture 6

ballad /'bæləd/ (n) = a slow romantic song - ballada
busker /'bʌskə/ (n) = sb who performs in public places to get money from passers-by - grajek uliczny
Celt /kelt/ (n) = a member of an ancient race of people who lived in the UK before the Romans came - Celt
centre stage /'sentə steɪdʒ/ (n) = a very important position - centralne miejsce
crooner /'kru:nə/ (n) = a singer of ballads, who sings in a soft emotional voice - piosenkarz śpiewający ballady
dictate /dɪk'teɪt/ (v) = to control or influence sth - nakazywać, rozkazywać
haunting /'hɔ:ntɪŋ/ (adj) = having a quality of beauty or sadness making it unforgettable - zapadający w pamięć
mentioned /menʃənd/ (pp) = having been referred to - wspomniany
predominate /'prɪ'dɒmɪneɪt/ (v) = to be the most important - tu: dominować (np. na rynku)
rhythmic /'rɪðmɪk/ (adj) = (of music) with a strong regular beat - rytmiczny

the Emerald Isle /ði ,emərəld 'aɪl/ (n) = a poetic name for Ireland thanks to its beautiful green countryside - Szmaragdowa Wyspa (poetyckie określenie Irlandii)
trace back /,treɪs 'bæk/ (phr v) = to discover the origins of sth - tu: wywodzić (np. przodków)

Values B:

Empathy

commiserations

/kə'mɪzə'reɪʃənz/ (pl n) = an expression of sympathy - wyrazy współczucia

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

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

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

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

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

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

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

withdrawn /wɪð'drɔ:n/ (adj) = shy and quiet - wycofany (o osobie)

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

Public Speaking Skills B

endure /ɪn'dʒʊə/ (v) = to suffer sth unpleasant, difficult or painful without complaining - znosić, wytrzymywać
get back up (phr) = to stand on your feet again - podnieść się (np. po upadku)
knock (sb) down /,nɒk 'daʊn/ (phr v) = to cause sb to feel defeated - powalić
knock (sb) out /,nɒk 'aʊt/ (phr v) = to destroy sb professionally, etc - powalić, zwalić z nóg
off course (phr) = away from the planned path - (z)boczyć z kursu
projection /prə'dʒekʃən/ (n) = a plan for a course of action - przewidywanie
thrive /θraɪv/ (v) = to do well; to be successful in sth - rozwijać się, odnosić sukcesy

Unit 7 – Health is wealth

7a

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

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

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

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

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

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

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

Word List

blood pressure /'blʌd ,preʃə/ (n) = the force with which blood flows around the body - ciśnienie krwi

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

body mass index (BMI) /'bɒdi məs ,indeks/ (n) = a number indicating if sb is normal weight, overweight or underweight - BMI, wskaźnik masy ciała

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

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

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

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

cholesterol level /kə'lestərɒl ,levəl/ (n) = the amount of a dangerous type of fat in the body that can block arteries and cause heart attacks - poziom cholesterolu

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

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

crash diet /'kræʃ ,daiət/ (n) = a way of losing body weight quickly by eating very little - intensywne diety odchudzające

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

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

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

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

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

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

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

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

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

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

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

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

fluid /'flu:ɪd/ (adj) = liquid - płyn

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

generate /dʒenəreɪt/ (v) = to create; to make (money) - tworzyć, generować

housebound /'hausbaʊnd/ (adj) = unable to leave the house because of an illness, injury, etc - uwiązany w domu

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

increased /ɪn'kri:st/ (adj) = higher - zwiększać

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

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

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

medication /medɪ'keɪʃən/ (n) = medicines in general for sick people - lek

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

micronutrient /maɪkrəʊ'nju:triənt/ (n) = a substance, such as calcium or vitamin C, which is only necessary in tiny amounts - mikroelement

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

multivitamin /mʌltɪ,vɪtəmɪn/ (n) = a pill or liquid that contains many kinds of vitamins - multiwitamina

needless /ni:dləs/ (adj) = unnecessary - niepotrzebny

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

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

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

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

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

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

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

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

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

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

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

runny /rʌni/ (adj) = (of a nose) with liquid coming out of it - ciekący (o nosie)

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

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

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

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

substitute /sʌbstɪtju:t/ (n) = an alternative to sth; a replacement for sth - zamiennik

support /sə'pɔ:t/ (v) = to show that sth is true - potwierdzać

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

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

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

7b

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

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

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

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

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

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

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

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

paraplegic /'pærə'pli:dʒɪk/ (n) = sb who suffers from paralysis of the legs - osoba sparaliżowana

plaster cast /'plɑ:stə kɑ:st/ (n) = a hard white material for covering broken parts of the body until they are healed - gips (unieruchomienie kończyny)

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

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

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

7c

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

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

anorexia /æ'nɔ:reksɪə/ (n) = a medical condition which makes sb stop eating - anoreksja

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

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

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

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

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

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

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

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

extreme tiredness (phr) = exhaustion - ekstremalne wyczerpanie

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

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

hygiene /haɪdʒi:n/ (n) = observing cleanliness in order to prevent illness - higiena

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

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

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

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

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

skin condition /skɪn kən'dɪʃən/ (n) = a medical problem that the skin suffers

from, such as a rash, spots, etc - choroba skóry

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

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

sweaty /'sweti/ (adj) = perspiring - spocony

Culture 7

aspiring /ə'spaɪərɪŋ/ (adj) = trying to become successful in a certain field - ambitny, dążący (np. do sukcesu)

bitter /'bɪtə/ (adj) = having a taste that is not sweet, and usually unpleasant - gorzki (w smaku)

bloom /blu:m/ (v) = (of a plant) to produce flowers - kwitnąć, zakwitać

hedgerow /hedʒrəʊ/ (n) = a line of bushes, small trees or plants along the edge of a field or road - żywopłot

immune system /ɪ'mju:n ,sɪstəm/ (n) = the processes in the body which protect us from illness - układ odpornościowy

infuse /ɪn'fju:z/ (v) = to leave herbs, etc in hot water for a specific time in order to make a drink - zaparzać

medicinal properties (phr) = qualities that sth has of curing an illness - właściwości lecznicze

over-the-counter medicine (phr) = medicine that sb can buy without a doctor's prescription - lek sprzedawany bez recepty

pass down /'pa:s 'daʊn/ (phr v) = to hand from one generation to another - przekazać (coś) dalej

side effect /saɪd ɪ'fekt/ (n) = an unwanted effect from taking a medicine - efekt uboczny

simmer /'sɪmə/ (v) = to keep sth boiling gently for a long time - gotować na wolnym ogniu

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

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

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

Unit 8 – Drop by drop

8a

advance /əd'vɑ:ns/ (v) = to move forward - posuwać się naprzód, postępować (tu: o wojsku)

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

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

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

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

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

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

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

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

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

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

depict /drɪ'pɪkt/ (v) = to represent in an art form - obrazować, przedstawiać

Word List

desertification

/dɪzɜːtɪfɪkəɪʃən/ (n) = the process in which useful land turns into desert - pustynnienie

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

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

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

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

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

export /ɪk'spɔːt/ (v) = to sell a domestic product to another country - eksportować

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

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

force /fɔːs/ (n) = power - siła, moc

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

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

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

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

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

include /ɪn'klud/ (v) = to make sth part of sth larger - zawierać

intensive farming (phr) =

agricultural practices that aim to produce as much food as possible - rolnictwo intensywne

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

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

mammoth /mæməθ/ (adj) = huge - gigantyczny

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

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

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

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

overuse /əʊvə'juːz/ (n) = to use sth too much or too often - nadużywać (np. leków)

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

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

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

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

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

region /rɪ'dʒən/ (n) = a specific area in a country or the world - region

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

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

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

odwracać (np. skutki)

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

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

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

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

species extinction (phr) = (of an animal/plant group) the state of no longer having any living members - wymieranie gatunków

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

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

stark /stɑːk/ (adj) = absolute; extreme - tu: zupełny (o przeciwieństwie)

supported /sə'pɔːtɪd/ (pp) = given encouragement and money - wspierany

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

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

vicinity /vɪ'sɪnəti/ (n) = the surrounding area - poblize

vicious circle /vɪʃəs 'sɜːkəl/ (n) = a cycle of unpleasant events which cause each other to continue - błędne koło

virtuous circle /vɜːtʃʊəs 'sɜːkəl/ (n) = a continuous cycle of events producing good results - sytuacja, w której sukces rodzi sukces

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

water shortage (phr) = the

situation of not having enough water - niedobór wody

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

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

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

8b

draw (sth) up /dɹɔː 'ʌp/ (phr v) = to prepare and write a plan, proposal, etc - sporządzać (np. umowę)

food bank /fuːd bæŋk/ (n) = an organisation that donates food to people in need - bank żywności

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

illiteracy /ɪ'lɪtərəsi/ (n) = the inability to read or write - analfabetyzm

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

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

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

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

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

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

8c

blood is thicker than water

(idm) = family ties are stronger than friendships - więzy krwi są ważniejsze od innych relacji

broken home (phr) = a family where the parents have separated - rozbity dom (o rodzinie, w której nastąpił rozwód rodziców)

crime wave /kraɪm weɪv/ (n) = a sudden rise in the rate of illegal actions - fala przestępczości

drink-driving /drɪŋk 'draɪvɪŋ/ (n) = the crime of driving after having drunk too much alcohol - jazda pod wpływem alkoholu

false accusation (phr) = an allegation that is not true - fałszywe oskarżenie

feel like a fish out of water (idm) = to feel like a stranger in a strange land - czuć się nieswojo

fine tuning (phr) = precise adjustment - dostrajanie

furnished flat (phr) = a flat containing all the furniture and electrical appliances you will need when moving in - umeblowane mieszkanie

gender discrimination /dʒendə dɪskrɪmɪneɪʃən/ (n) = unfair treatment towards sb based on their sex - dyskryminacja ze względu na płeć

get on board with sth (idm) = to agree with a course of action - tu: zgadzać się (na coś)

in hot water (idm) = in big trouble - w opałach

like water off a duck's back (idm) = having no effect on sb - (spływać) jak woda po kaczce

poverty line /pɒvəti ˌlaɪn/ (n) = the income level below which sb is officially considered very poor - granica ubóstwa

preventable disease (phr) = an illness that could be stopped from appearing - choroba, której można zapobiec

ridesharing /raɪdʃeərɪŋ/ (n) = an arrangement in which a passenger travels in a private

vehicle driven by its owner, for a very low rate - wspólne dojazdy

sth holds water (idm) = sth can stand up to scrutiny - trzymać się kupy

strain /streɪn/ (n) = pressure - tu: obciążenie

traffic congestion /træfɪk kənˌdʒestʃən/ (n) = a traffic jam; the fact that roads are blocked and overcrowded with many vehicles - natężenie ruchu, zator

urban renewal /ˌɜːbən rɪˈnjuːəl/ (n) = renovation of poor or run-down city areas - rewitalizacja miasta

water under the bridge (idm) = forgotten - dawne dzieje

welfare benefits /ˌwelfeə ˈbenɪfɪts/ (pl n) = government financial allowance - zasiłki z opieki społecznej

Culture 8

angle /æŋɡəl/ (n) = a point of view - punkt widzenia

borough /ˈbɒrə/ (n) = a town or a district of a larger city, which has its own council - gmina

calculate /kælkjuleɪt/ (v) = to determine a number or an amount from information that you already have - obliczać

defer /dɪˈfɜː/ (v) = to postpone sth - opóźnić, wstrzymać (decyzję)

desperate /dɪspəreɪt/ (adj) = (of a person) in great need - tu: w wielkiej potrzebie

disadvantaged /ˌdɪsədˈvɑːntɪdʒd/ (adj) = not having the advantages of others - pokrzywdzony, w niekorzystnej sytuacji

gap year /ɡæp jɪə/ (n) = a year taken off studies between leaving school and starting university, in order to gain life experience - rok przerwy (np. przed pójściem na studia)

irreplaceable /ˌɪrɪˈpleɪsəbəl/ (adj) = highly valuable - niezastąpiony, bezcenny

link /lɪŋk/ (n) = an electronic connection to another website - link, łącze

moorland /mʊələnd/ (n) = an open area of grassy land - wrzosowisko, torfowisko

renovate /renəveɪt/ (v) = to repair and improve sth and get it back in its good condition again - odnawiać, remontować

rid (sth of sth) /rɪd/ (v) = to make sth free of sth unwanted - uwolnić (coś od czegoś)

square mile /ˌskweə ˈmaɪl/ (n) = 2,590 square kilometres - mila kwadratowa (miara powierzchni)

unbeatable /ʌnˈbiːtəbəl/ (adj) = extremely good; the best - tu: najlepszy

undergraduate /ˌʌndəˈɡrædʒuət/ (n) = sb studying for a bachelor's degree (BA/BSc) - student pierwszego stopnia

vulnerable /vʌlnərəbəl/ (adj) = weak; without protection and easily hurt - bezbronny

wellbeing /welˈbiːɪŋ/ (n) = good health and happiness - dobrostan, dobre samopoczucie

Unit 9 – Conflicting opinions

9a

alienation /eɪlɪəˈneɪʃən/ (n) = the feeling of exclusion from a particular society - alienacja, wyobcowanie

aspect /æspekt/ (n) = a part of an idea, topic, problem, etc - aspekt

assimilation /əˌsɪməˈleɪʃən/ (n) = integration into a group or society - asymilacja

be wired /bi ˈwaɪəd/ (v) = to be constructed in such a way as to perform certain functions - być skonstruowanym w jakimś celu

break /breɪk/ (v) = to prevent sth bad from continuing - tu: rozładować (napięcie)

build up /bɪld ˈʌp/ (phr v) = to gradually increase sth - poprawiać, polepszać

calm /kɑːm/ (v) = to make sb feel relaxed and peaceful - uspokajać

cheer up /tʃɪər ˈʌp/ (phr v) = to feel happy - rozweselić się

choke up /tʃəʊk ˈʌp/ (phr v) = to not be able to say anything because of a strong emotion - stracić mowę (z powodu silnych emocji)

clear /kliə/ (v) = to remove whatever is blocking an area - czyścić, oczyszczać (tu: atmosferę)

close friend (phr) = sb that you know well and trust - bliski przyjaciel

comfort /kʌmfət/ (v) = to give a sense of peace and calm to sb - pocieszać, podnosić na duchu

counsel /kaʊnsəl/ (v) = to advise sb - doradzać, radzić

counteract /kaʊntərˈækt/ (v) = to reduce the negative impact of sth by doing sth that has the opposite outcome - przeciwdziałać, zapobiegać

culture shock (phr) = a feeling of confusion when you first visit a foreign country which has a very different way of life from your own - szok kulturowy

custom /kʌstəm/ (n) = a tradition - zwyczaj, tradycja

distress /dɪˈstres/ (n) = the psychological suffering - tu: ciężki stan emocjonalny

ease /iːz/ (v) = to make sth less unpleasant - złagodzić (np. ból)

engage (with sth) /ɪnˈɡeɪdʒ/ (v) = to become involved with sth in order to get to know it better - zajmować się, angażować się

ensure /ɪnˈʃʊə/ (v) = to make sure - zapewniać

expat /eksˈpæt/ (n) = (also short for "expatriate") sb who lives in a foreign country - osoba żyjąca na obczyźnie

folks /fəʊks/ (pl n) = sb's parents - rodzice

fool /fuːl/ (v) = to trick sb - oszukiwać

frontier /frʌntɪə/ (n) = the border that separates two countries - granica

Word List

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

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

last /lɑːst/ (v) = to continue for a period of time - trwać, tu: starczać (na jakiś czas)

leave (sb/sth) behind /liːv br'haɪnd/ (phr v) = to leave sb or a place for good - zostawić za sobą

life partner /laɪf ,pɑːtnə/ (n) = the person you choose to spend your life with - partner życiowy

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

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

lingo /lɪŋɡəʊ/ (n) = a foreign language - żargon

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

soothe /suːð/ (v) = to relieve pain or suffering - uśmierzać (o bólu)

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

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

support network /sə'pɔːt ,netwɜːk/ (n) = a group of people who give practical help and moral support to sb who is in a difficult situation - sieć wsparcia

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

throw (myself) into (sth) /θrəʊ 'ɪntə/ (phr v) = to get fully involved in sth with a lot of enthusiasm and determination - rzucić się (np. w wir pracy)

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

vital /vaɪtəl/ (adj) = very important; essential - tu: niezbędny

wall /wɔːl/ (n) = the structure that separates one room from another - ściana

work /wɜːk/ (v) = to do a job; to try hard to achieve sth - pracować

worry /wʌrɪ/ (n) = anxiety - martwić się

9b

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

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

9c

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

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

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

clash /kɫɑːs/ (v) = (of ideas, attitudes, etc) to be incompatible with and dissimilar to each other - ścierać się (z kimś)

communication style (phr) = the way in which people express their thoughts and ideas - styl komunikacji

conflict resolution (phr) = finding a solution to people's disagreements or arguments - rozwiązywanie konfliktów

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

find a path (phr) = to figure out a way to deal with a problem successfully - znajdować drogę, sposób (rozwiązania problemu)

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

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

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

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

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

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

mutual /mjuːtʃʊəl/ (adj) = reciprocal; going both ways - wzajemny

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

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

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

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

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

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

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

Culture 9

award /ə'wɔːd/ (v) = to give sth to sb as a prize - nagradzać

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

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

for people who are suffering - współczucie

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

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

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

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

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

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

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

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

Values C: Forgiveness

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

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

divine /dɪ'vaɪn/ (adj) = godlike; holy - boski

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

err /ɜː/ (v) = to make a mistake - błędzić, popełnić błąd

forgiveness /fɔːgɪvnəs/ (n) = the act of pardoning sb for

harming you - przebaczenie

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

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

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

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

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

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

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

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

Public Speaking Skills C

boost /buːst/ (n) = an increase or improvement to sth - wzrost (np. w sprzedaży)

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

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

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

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

porridge /'pɒrɪdʒ/ (n) = a type of grain boiled in water or milk - owsianka

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

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

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

whose seeds are eaten - miłka abisyńska (gatunek trawy)

Unit 10 – It's my right!

10a

ask /ɑːsk/ (v) = to require sth - prosić (kogoś o coś), żądać (czegoś od kogoś)

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

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

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

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

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

call /kɔːl/ (v) = to loudly tell sb to come to you - wzywać, przywoływać

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

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

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

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

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

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

compensation /kɒmpən'seɪʃən/ (n) = money paid to make up for a bad situation - odszkodowanie

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

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

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

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

deny /dɪ'naɪ/ (v) = to not admit sth - zaprzeczać (np. zarzutem)

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

enchancing /ɪn'tʃɑːnɪŋ/ (adj) = fascinating - uroczy

enterprising /'entəpraɪzɪŋ/ (adj) = creative and ambitious - przedsiębiorczy

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

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

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

fault /fɔːlt/ (n) = a defect in an item - wada

faulty /fɔːltɪ/ (adj) = defective - wadliwy

figure out /fɪgə 'aʊt/ (phr v) = to work sth out; to calculate sth - rozwiązywać (np. problem)

fool /fuːl/ (v) = to deceive sb - oszukiwać

fraud /frɔːd/ (n) = deliberate deception - oszustwo

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

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

Word List

- hold up** /həʊld 'ʌp/ (phr v) = to present sb/sth as a prime example - tu: wyróżniać
- immediate access** (phr) = the possibility of using sth without delay or problems - natychmiastowy dostęp
- impulse buy** /ɪmpʌls ,baɪ/ (n) = the act of buying sth on the spur of the moment - zakup impulsywny
- ineffective** /ɪnɪ'fektɪv/ (adj) = (of an item) not producing the required results - nieskuteczny
- informed choice** (phr) = choosing sth using the information you have about it - świadomy wybór
- insist** /ɪn'sɪst/ (v) = to keep saying or demanding sth despite opposition - nalegać
- liable** /'laɪəbəl/ (adj) = officially responsible for sth - odpowiedzialny
- manufacturer** /ˌmænju'fæktʃərə/ (n) = a business that produces and sells goods - producent
- misleading information** (phr) = inaccurate facts - informacja wprowadzająca w błąd
- mistake** /mɪ'steɪk/ (n) = sth said or done in a wrong way - błąd
- non-threatening environment** (phr) = a safe place - bezpieczne otoczenie
- obliging** /ə'bləɪdʒɪŋ/ (adj) = very helpful - uprzejmy
- pillar** /'pɪlə/ (n) = a major point or idea - podpora, podstawa
- prosecute** /'prɒsɪkjʊ:t/ (v) = to take sb to court - wnosić oskarżenie
- provenance** /'prɒvənəns/ (n) = the origin of sth - pochodzenie
- put together** /pʊt tə'geðə/ (phr v) = to assemble sth - poskładać (np. silnik)
- repeat customer** /rɪ'pi:t ,kʌstəmə/ (n) = a consumer who is satisfied and buys the same product again - stały klient
- rest assured** (phr) = to have been told that everything is OK, so you don't need to worry - mieć pewność, być pewnym
- scrupulously** /skru:'pjʊləsli/ (adv) = very carefully - skrupulatnie
- shop around** /ʃɒp ə'raʊnd/ (phr v) = to do market research before buying a product - rozglądać się (szukać produktu i porównywać ceny)
- slip** /slɪp/ (n) = a minor mistake - pomyłka
- sort out** /sɔ:t 'aʊt/ (phr v) = to organise - tu: ustalać
- spot check** /spɒt 'tʃek/ (n) = the practice of examining a few items of a group, to check if everything is OK - wyrzykowa kontrola
- stand up to** /stænd 'ʌp tə/ (phr v) = to defend yourself against sb/sth courageously - przeciwstawiać się
- substandard goods** (phr) = products of unacceptable quality - produkty niespełniające norm
- swindler** /swɪndlə/ (n) = a cheater; a confidence trickster - oszust
- take the strain** (phr) = to be burdened with pressure and difficulties in order to relieve sb else - brać na siebie ciężar
- think through** /θɪŋk 'θru:/ (phr v) = to take the results of sth into consideration before acting - przemyśleć
- unfit** /ʌn'fɪt/ (adj) = (of an item) not doing what it is meant to do - nienadający się (do czegoś)
- unsuitable** /ʌn'su:təbəl/ (adj) = inappropriate - nieodpowiedni
- useless** /ju:sləs/ (adj) = not useful - bezużyteczny
- vital** /'vaɪtəl/ (adj) = utterly important - tu: niezbędny
- buying goods or services - rachunek (za usługę)
- drop off** /drɒp 'ɒf/ (phr v) = to take sb/sth to a place in your vehicle on your way to somewhere else - podzucić (np. samochodem)
- evolve** /'ɪvəlv/ (v) = to gradually develop and become better - ewoluować, rozwijać się
- insoluble** /ɪn'sɒljʊbəl/ (adj) = insolvable - nierozwiązalny
- inspector** /ɪn'spektə/ (n) = an official who checks the quality and conditions of items and services being sold - inspektor, kontroler
- intellectual property** /ɪntə'lektʃʊəl 'prɒpəti/ (n) = an idea, invention, etc legally belonging to sb - własność intelektualna
- music subscription site** (phr) = a website where you regularly pay money in order to listen to music - serwis oferujący płatny dostęp do muzyki
- piracy** /paɪərəsi/ (n) = the practice of illegally downloading music and videos - piractwo medialne
- podcast** /'pɒdkɑ:st/ (n) = a radio programme downloaded from the Internet - podcast
- streaming service** /stri:mɪŋ ,sɜ:vɪs/ (n) = the possibility to listen to, or watch, a programme on the Internet without downloading it - usługa przesyłania strumieniowego, usługa streamingowa
- to work correctly and, most probably, be successful - być na dobrej drodze (np. do sukcesu)
- demand** /dɪ'mɑ:nd/ (v) = to persistently ask for sth because you believe that you're entitled to it - żądać
- demonstrate (against sth)** /dɪ'mɒnstreɪt/ (v) = (of a number of people) to gather in order to publicly protest (against sth) - demonstrować, protestować
- pay parity** /peɪ ,pærəti/ (n) = equal pay for equal work - równe wynagrodzenie za taką samą pracę
- prejudice** /'predʒudɪs/ (n) = (gender) bias - uprzedzenie
- put sth on hold** (phr) = to postpone (doing) sth - wstrzymać (robienie czegoś)
- resign (from a position)** /rɪ'zam/ (v) = to officially give up (your job) - rezygnować (np. z pracy)
- sb's heart is in the right place** (idm) = sb is kind and well-intentioned - być dobrym człowiekiem
- shrink** /ʃrɪŋk/ (v) = to decrease - kurczyć się
- treat sb with dignity** (phr) = to behave towards sb with respect - traktować z szacunkiem
- vote (for sb)** /vəʊt/ (v) = to show your preference for sb in an election - głosować (na kogoś)

Culture 10

- advocacy** /ædvəkəsi/ (n) = legal support of sb in court - wsparcie prawne
- award** /ə'wɔ:d/ (n) = a prize - nagroda
- click-through** /kɪk θru:/ (n) = an advertisement on the Internet - klikać w link na stronie internetowej
- dread** /dred/ (v) = to be afraid of sb/sth - bać się
- endorsement** /ɪn'dɔ:smənt/ (n) = approval and support of a product or service - lansowanie (np. produktów)
- flagship** /flæɡʃɪp/ (n) = the

best and typical product of a company - flagowy (o produkcie)

grievance /'grɪ:vəns/ (n) = an official document - skarga

initially /ɪnɪʃəli/ (adv) = at first - z początku

install /ɪn'stɔ:l/ (v) = to put equipment into its appropriate place - instalować

instigate /ɪnstɪgeɪt/ (v) = to be the first to do sth and set a good example - namawiać, podżegać

legal proceedings /li:gəl prə'si:dɪŋz/ (pl n) = legal action - postępowanie sądowe

preserve /prɪ'zɜ:v/ (v) = to make sth continue - tu: zachowywać (np. dobrą opinię)

subscriber /səb'skraɪbə/ (n) = sb who regularly pays money to help the work of a charity, organisation, etc - prenumeratorem, abonent, subskrybent

subscription /səb'skrɪpʃən/ (n) = money regularly paid to receive products or services - prenumerata, abonament, subskrypcja

Unit 11 – Hitting the target

11a

acceptable /ək'septəbəl/ (adj) = that can be approved - akceptowalny, dopuszczalny

achieve /ə'tʃi:v/ (v) = to accomplish; to succeed in doing sth - osiągać, zdobywać (np. wyniki)

at any cost (phr) = no matter what the consequences are - za wszelką cenę

beat (sb) /bi:t/ (v) = to overcome an opponent - pokonać (przeciwnika)

chronic fatigue (phr) = a long-lasting condition in which sb feels very weak and tired - chroniczne, przewlekłe zmęczenie

competitive /kəm'petətɪv/ (adj) = always eager to try hard and win - ambitny, lubiący rywalizację

competitive spirit (phr) = the fact that you always want to do your best and be successful - duch rywalizacji

compound /kəm'paʊnd/ (n) = a chemical consisting of two or more elements - związek chemiczny

confront (sb/sth) /kən'frʌnt/ (v) = to come up against sb/sth unpleasant - konfrontować

conquer /'kɒŋkə/ (v) = to gain control of a group of people or their place - podbijać, pokonywać

constantly /kɒnstəntli/ (adv) = all the time - ciągle

constitute /kɒnstɪtju:t/ (v) = to be regarded as - stanowić

constructive criticism (phr) = well-intentioned and useful remarks - konstruktywna krytyka

cool down /ku:l 'daʊn/ (phr v) = to become less hot - chłodzić się, studzić się

court /kɔ:t/ (n) = the area for playing basketball, tennis, volleyball, etc - kort (np. tenisowy), boisko (np. do koszykówki, siatkówki)

cover (sth) up /kʌvə 'ʌp/ (phr v) = to prevent the public from discovering sth bad - tuszować, ukrywać (fakty)

deal with (sb/sth) /di:l wɪð/ (phr v) = to cope with sb/sth; to handle sb/sth - radzić sobie (z czymś)

deceit /dr'si:t/ (n) = cheating - oszustwo, nieuczciwość

defeat /dr'fi:t/ (v) = to win against sb in a competition, game, etc - pokonać, zwyciężyć

display (sth) /drɪ'spleɪ/ (v) = to show sth - tu: okazywać (uczucie)

drop out (of sth) /drɒp 'aʊt/ (phr v) = to leave an activity before finishing it - tu: wycofać się (np. z wyścigu)

earn /ɜ:n/ (v) = to deserve sth; to get money for doing work - zasługiwać, zarabiać (pieniądze)

encounter (sth) /ɪn'kaʊntə/ (v) = to experience sth bad or difficult - napotykać (np. problem)

establish (yourself as) /ɪ'stæblɪʃ/ (v) = to become recognised and accepted - wyrobić sobie opinię

face the demands (phr) = to accept and deal with sb's requests - mierzyć się z wymaganiami

fair play /feə 'pleɪ/ (n) = the practice of closely following the rules of a game - fair play, czysta gra

fixated /fɪk'seɪtɪd/ (adj) = concentrated on one thing - zafiksowany

gain /geɪn/ (v) = to acquire sth that you wanted - zyskiwać

in the face of a setback (phr) = having to overcome a hindrance - w obliczu przeszkody

individual /ɪndɪ'vɪdʒuəl/ (adj) = relating to one person - indywidualny

integrity /ɪn'tegrəti/ (n) = being honest and principled - uczciwość

join in (sth) /dʒɔɪn ɪn/ (phr v) = to take part in sth - dołączać

knock out (of sth) /nɒk 'aʊt/ (phr v) = to eliminate sb from a competition, etc - tu: wyeliminować

level playing field (idm) = a situation in which everybody has a fair and equal chance of succeeding - równe szanse

muscle development (phr) = the process of making the body muscles bigger - rozwój mięśni

overcome an obstacle (phr) = to deal successfully with a difficulty - pokonać przeszkodę

own /əʊn/ (adj) = belonging to a particular person and not any other - własny

own up to (sth) /əʊn 'ʌp tə/ (phr v) = to admit or confess to doing sth - przyznać się (do zrobienia czegoś)

performance-enhancing medication (phr) = medical substances that are used illegally by athletes to improve physical activity - zwiększający wydajność, dopingujący (o substancjach)

personal quality (phr) = a characteristic of sb's personality - cecha charakteru

pitch /pɪtʃ/ (n) = the area for playing football, cricket, rugby, etc - boisko

positive attitude (phr) = the fact that you are always confident and hopeful about things - pozytywne nastawienie

private /praɪvət/ (adj) = owned by a particular person - prywatny

proceedings /prə'si:dɪŋz/ (pl n) = a set procedure; a course of actions - postępowanie

prohibited /prə'hɪbɪtɪd/ (pp) = not allowed officially - niedozwolony

qualify /kwɒlɪfaɪ/ (v) = to have the requirements to do sth - kwalifikować się

rage /reɪdʒ/ (v) = (of a debate, battle, etc) to carry on in a violent way - szaleć (o np. debacie, wojnie)

rangefinder /reɪŋfɪndə/ (n) = an instrument that estimates the distance of an object - dalmierz

realistic goal (phr) = a feasible aim - realny cel

recovery time (phr) = a period of time in which sb can get better after an injury or illness - czas powrotu do zdrowia

regret /rɪ'gret/ (v) = to feel sad for sth wrong you've done - żałować (zrobienia czegoś)

regulations /ˌregju'leɪʃənz/ (pl n) = official rules - przepisy (np. klubu)

require /rɪ'kwaɪə/ (v) = to need sth - wymagać, potrzebować

resilience /rɪ'zɪliəns/ (n) = the quality of feeling strong and happy despite or after a difficulty - wytrzymałość

run out (of sth) /rʌn 'aʊt/ (phr v) = to have no more of sth left - nie mieć już (czegoś), wyczerpać (np. zasoby)

slow down /sləʊ 'daʊn/ (phr v) = to move more slowly; to reduce speed - zwalniać (zmniejszać prędkość)

Word List

speed up /spi: d 'ʌp/ (phr v) = to move at a faster rate; to accelerate - przyspieszać

to some extent (phr) = to a limited degree; partly - do pewnego stopnia

track /træk/ (n) = each of the circular lanes in a stadium for runners to race around - tor (np. na bieżni)

try out (for sth) /traɪ 'aʊt/ (phr v) = to compete for a position in a sports team - próbować się dostać (np. do drużyny)

two-stroke penalty (phr) = type of punishment in golf when a player breaks a rule - kara dwóch uderzeń (w golfie)

under pressure (phr) = being made to feel worried and anxious - pod presją

win /wɪn/ (v) = to gain a victory; to get first place in a race or competition - wygrywać

work (sth) off /wɜ:k 'ɒf/ (phr v) = to try to burn the calories of a meal with exercise - tu: spalać (np. kalorie), pozbywać się (np. wagi)

work out /wɜ:k 'aʊt/ (phr v) = to exercise - ćwiczyć (fizycznie)

11b

angle /æŋɡəl/ (n) = the point from which sth is seen - kąt patrzenia

be disqualified (from sth) /bi dɪskwɒlɪfaɪd/ (v) = to be forbidden from participating in a competition because you have done sth which is against the rules - być zdyskwalifikowanym

contender /kən'tendə/ (n) = sb who takes part in a competition; a competitor - zawodnik, kandydat

defend yourself (phr) = to fight in order to protect yourself - bronić się

on account of (phr) = because of - z powodu

pull a muscle (phr) = to injure a muscle by stretching it so far that it becomes very painful - naciągnąć mięsień

scholarship /skɒləʃɪp/ (n) = a free education at a fee-paying school - stypendium

snow shovel /snoʊ ʃʌvəl/ (n) = a tool for removing snow that looks like a spade - łopata śnieżna

11c

aerobic exercise (phr) = a type of physical activity that strengthens the heart and lungs - ćwiczenia aerobowe (poprawiające wydolność serca i oddechową)

anxiety disorder (phr) = an illness relating to mental health due to worry - zaburzenia lękowe

be a bag of bones (idm) = to be extremely thin - skóra i kości (być bardzo chudym)

be out of shape (idm) = to be unfit - nie być w formie

blood pressure /blʌd ˌpreʃə/ (n) = the force with which blood flows through the body - ciśnienie krwi

bone density /bəʊn ˌdensəti/ (n) = a measurement of how thick our bones are - gęstość kości

cardiovascular function (phr) = the performance of the heart and blood vessels - funkcjonowanie układu krążenia

do the splits (phr) = to spread the legs so that they will be parallel with the ground - robić szpagat

factor /fæktə/ (n) = sth that affects the result of sth else - czynnik, faktor

feel as fresh as a daisy (idm) = to feel healthy and energetic - czuć się rześko

feel under the weather (idm) = to feel slightly ill - czuć się źle

fitness tracker /fɪtnəs ˌtrækə/ (n) = a wearable device or computer application that monitors sb's health and fitness levels - monitor aktywności fizycznej

generalise /dʒenərəlaɪz/ (v) = to make a broad statement by considering specific cases

- generalizować, uogólniać

have a frog in your throat (idm) = to speak with difficulty because of having a dry throat or cough - mieć chrypkę

heart disease /hɑ:t dɪzi:z/ (n) = an illness related to the heart - choroba serca

immune system /ɪmju:n ˌɪstəm/ (n) = all the organs and processes in our body which protect us from illnesses and infections - układ odpornościowy

improve muscle tone (phr) = to enhance the normal elasticity of the muscles - poprawić napięcie mięśni

institute /ɪnstɪtju:t/ (v) = to put into operation - wprowadzać (np. nowe prawo)

limit (sth) /lɪmɪt/ (v) = to restrict sth - limitować, ograniczać

look a bit off colour (idm) = to appear slightly ill - nie wyglądać dobrze, wyglądać na chorego

mental health issue (phr) = a problem relating to the health or state of sb's mind - problem psychiczny

poor circulation (phr) = the movement of blood round the body from and to the heart, which is not quite good - słabe krążenie

sedentary lifestyle (phr) = a way of life which does not involve much physical activity - siedzący tryb życia

set a goal (phr) = to determine what you or sb else must try to achieve - wyznaczyć cel

set the bar (phr) = to establish a standard - stawiać poprzeczkę

sliding scale (phr) = a system that regulates how much you pay in relation to several factors - ruchoma skala

stiff joint (phr) = a part of the body where two bones meet, which can't move easily or without pain - sztywne stawy

workout video (phr) = a recorded film of an exercise routine - film z ćwiczeniami

Culture 11

advent /ædvent/ (n) = the arrival of sth that is important - nadejście, pojawienie się czegoś

capped /kæpt/ (pp) = having reached the maximum limit - ustalony maksymalny limit

contribute (sth to sth) /kən'trɪbjʊ:t/ (v) = to provide money, support, etc for sth - wnosić (wkład do czegoś)

dive /daɪv/ (n) = a sharp decrease - nagły spadek (np. zysków)

draw (sb) /drɔ:/ (v) = to attract sb - tu: przyciągać (zainteresowanie)

exponential /eksˌpəʊnɛnʃəl/ (adj) = constantly increasing - gwałtownie (wykładniczo) rosnący

forerunner /fɔ:ɹʌnə/ (n) = the first one to do sth - prekursor

frequent /frɪˈkwent/ (v) = to be a regular visitor to a place - bywać, odwiedzać często (w jakimś miejscu)

host /həʊst/ (v) = to offer the required facilities in order for an event to take place - tu: być gospodarzem

inception /ɪnˈsepʃən/ (n) = the beginning - powstanie (np. przedsięwzięcia)

initiative /ɪnɪʃjətɪv/ (n) = an idea to start and support a cause - inicjatywa, działanie

outlet /aʊtlɪt/ (n) = a market or shop that sells particular goods - tu: punkt gastronomiczny

praised /preɪzd/ (pp) = given approval - chwalony

precaution /priˈkɔ:ʃən/ (n) = a safety measure - środek ostrożności

skyrocket /skaɪˈrɒkɪt/ (v) = to go up quickly - szybko rosnąć (np. o bezrobociu)

time-consuming /taɪm kənˌsju:mɪŋ/ (adj) = taking a long time - czasochłonny

Unit 12 – A world of change 12a

abroad /ə'brɔ:d/ (adv) = somewhere outside your own country - za granicą

acclaim /ə'kleɪm/ (n) = public praise - uznanie, oklaski

annual income (phr) = the money that sb gets from their work on a yearly basis - roczny dochód

boast /bəʊst/ (v) = to be proud of possessing sth that is good - szczycić się (np. zabytkami, atrakcjami)

bring (sth) in /brɪŋ 'ɪn/ (phr v) = to introduce a new law or order - wprowadzać (nowe prawo)

bring (sth) up /brɪŋ 'ʌp/ (phr v) = to mention sth in a conversation - podnosić, poruszać (o temacie, problemie)

business /'bɪznəs/ (n) = a commercial organisation; a company - firma, przedsiębiorstwo

capital /'kæpɪtl/ (n) = a large sum of money that sb uses to start, or invest in, a business - kapitał

civic /'sɪvɪk/ (adj) = relating to the activities of the people of a city, town, etc - obywatelski (np. obowiązek)

civil rights /'sɪvəl 'raɪts/ (pl n) = the rights to equal treatment and equal opportunities that all people in a society must have - prawa obywatelskie

cocoon /kə'ku:n/ (n) = a cover made of silk which some insects (such as caterpillars) make around themselves to protect them while they grow - kokon

collaboration /kə'læbərəɪʃən/ (n) = cooperation - współpraca

common goal (phr) = a shared aim - wspólny cel

communal /'kɒmjənəl/ (adj) = shared by everyone in a community - wspólny, komunalny

cultural /'kʌltʃərəl/ (adj) = relating to the artistic production of a society

- kulturowy (np. dziedzictwo)

distant ancestor (phr) = a member of your family who lived a long time before you - daleki przodek

employment /ɪm'plɔɪmənt/ (n) = the state of having paid work - zatrudnienie

empower /ɪm'paʊə/ (v) = to help sb take control of their life or situation - tu: pomóc w uzyskaniu samodzielności

enterprise /'entəpraɪz/ (n) = a company; a business - przedsiębiorstwo, firma

exception /ɪk'seɪʃən/ (n) = sth that does not follow the normal pattern - wyjątek

export ban (phr) = a formal prohibition of selling products to another country - zakaz wywozu

flourish /'flaʊrɪʃ/ (v) = (of a company, etc) to be successful and developing quickly - rozkwitać (o roślinach, sztuce)

fortunes /'fɔ:tʃənz/ (pl n) = what the future holds in store for sb - los, dola

geographical territory (phr) = a large area belonging to a country or a group of people - obszar geograficzny

get away with (sth) /,get ə'weɪ wɪð/ (phr v) = to avoid punishment for doing sth wrong - tu: uniknąć kary

give (sth) up /,gɪv 'ʌp/ (phr v) = to stop doing sth - poddawać się, rezygnować

halt /hɔ:lt/ (n) = a stop - zatrzymanie (np. produkcji)

hue /hju:/ (n) = a colour or a shade - odcień

illiteracy /ɪ'lɪtərəsi/ (n) = not being able to read or write - analfabetyzm

infected /ɪn'fektɪd/ (pp) = having been attacked by a virus - zakażony

interest rate /ɪntrəst 'reɪt/ (n) = a percentage that shows how much extra money you need to pay when you borrow money from a bank - stopa procentowa

international trade (phr) = the exchange of goods, services, etc among countries

- handel międzynarodowy

labour force /'leɪbə fɔ:s/ (n) = the workforce; all the people who work - siła robocza

local /ləʊkəl/ (adj) = relating to the area that sb lives in - lokalny

local community (phr) = the people of a particular area of a town/city - lokalna społeczność

main strength (phr) = the most important advantage - główna siła

middle /mɪdl/ (adj) = central - środkowy

middle class /,mɪdl 'klɑ:s/ (n) = the group of people in a society that don't belong to the working class or the upper class - klasa średnia

mortality /mɔ:tæləti/ (n) = the number of deaths due to an illness within a group of people - śmiertelność

multinational /mʌltnə'næʃənəl/ (adj) = (of a business, etc) operating in a lot of countries - międzynarodowy (o firmie)

national identity /næʃənəl aɪ'dentəti/ (n) = the sense of belonging to a specific nation - tożsamość narodowa

ordinary /'ɔ:dənəri/ (adj) = average; usual - zwyczajny

overseas /'əʊvəsi:z/ (adj) = in a foreign country, usually separated by sea - za granicą

parasite /'pærəsait/ (n) = a tiny organism that lives on, and feeds from another organism - pasożyt

plagued /pleɪgd/ (pp) = suffering from a widespread disease, a negative situation, etc - nękały

polio /'pəʊliəʊ/ (n) = (short for poliomyelitis) an illness that affects the nerve cells, leading to muscle weakness and paralysis - polio (choroba Heinego-Medina)

political organisation (phr) = an organised group of people controlled by a government - organizacja polityczna

put (sth) forward /,put 'fɔ:wəd/ (phr v) = to suggest an idea; to propose sth - proponować,

przedstawiać (np. plan)

salary /'sæləri/ (n) = the money earned from your work on a monthly or yearly basis - pensja

setback /setbæk/ (n) = a delay in your progress - komplikacja

silk moth /sɪlk mʌθ/ (n) = an insect whose cover is used to make silk thread - jedwabnik

social /'səʊʃəl/ (adj) = relating to a particular society and its way of life - społeczny

spin /spɪn/ (v) = to make sth turn around very fast - prząść

squeeze (sb) out /skwi:z 'aʊt/ (phr v) = to force sb out of sth - tu: wypychać (np. ze stanowiska)

stand up for (sb/sth) /,stænd 'ʌp fɔ:/ (phr v) = to defend or support sb/sth - stawać w obronie

strand /strænd/ (n) = a long and thin fibre, like a hair - nitka

thread /θred/ (n) = a long and very thin piece of cotton, silk, etc used for sewing - nitka

treatable /tri:təbəl/ (adj) = (of a disease) which can be cured by medicine or surgery - uleczalny

tuberculosis /tju:bɜ:kju:ləʊsɪs/ (n) = an infectious disease that affects the lungs - gruźlica

turn (sth) around /tɜ:n ə'raʊnd/ (phr v) = to consider an idea, question, etc in a different way - odmienić (coś)

vaccinated /væksmeɪtɪd/ (pp) = having been protected from a disease by receiving an injection - zaszczepiony

wage /weɪdʒ/ (n) = money earned from your work on a daily or weekly basis - płaca za określony czas pracy (dzień, tydzień)

weave /wi:v/ (v) = to make cloth by passing threads over and under each other - tkąć

worker /'wɜ:kə/ (n) = sb who is employed - pracownik

worldwide /,wɜ:ld'waɪd/ (adv) = across the globe - na całym świecie

Word List

12b

asset /æset/ (n) = a person or thing that is very useful or valuable to sb/sth - **atut, cenny nabytek**

drought /draʊt/ (n) = a long period of time without rain - **susza**

famine /fæmɪn/ (n) = a widespread food shortage that may cause illness and death - **klęska głodu**

govern /gʌvən/ (v) = to control the actions or behaviour of a group of people using laws or rules - **tu: kierować, wpływać (na coś)**

harvest /hɑ:vɪst/ (n) = the picking and collecting of crops - **plony, zbiory**

impose /ɪm'pəʊz/ (v) = to force people to accept a rule, tax, fine, etc - **nakładać (np. zakaz), narzucać (np. zasady)**

object (to sth) /əb'dʒekt/ (v) = to oppose sth; to disapprove of sth - **sprzeciwiać się**

pick holes in sth (idm) = to criticise sth by finding negative aspects, mistakes, etc - **szukać dziury w całym**

reckon /rekən/ (v) = to guess; to estimate - **przypuszczać**

skyrocket /skaɪ'rɒkɪt/ (v) = to increase rapidly - **szybko rosnąć (np. o przestępczości)**

vague /veɪg/ (adj) = not definite or clear - **mętny, niewyraźny**

12c

a fresh start (idm) = a new beginning - **zaczynać od nowa**

ageing population (phr) = the increasing number of old people in a community - **starzenie się społeczeństwa**

back to square one (idm) = back to the initial part of a process - **(wrócić) do punktu wyjścia**

breathe new life into sth (idm) = to revitalize sth - **tchnąć nowe życie (w coś)**

dominate /dɒmɪneɪt/ (v) = to have control over a place or person - **dominować**

equal opportunities /i:kwəl ,ɒpə'tju:nətiz/ (pl n) = having

the same chance to do sth - **równe szanse**

evolutionary change (phr) = a change related to the gradual process of species' development - **zmiana ewolucyjna**

foreign domination (phr) = the control of a country over another - **tu: okupacja, kontrola polityczna**

free elections (phr) = the process of voting and choosing politicians without external pressure - **wolne wybory**

gender inequality /dʒendər ɪn'kwɒləti/ (n) = the unfair treatment based on sb's sex - **nierówność płci**

get the ball rolling (idm) = to begin sth - **rozpoczynać, zaczynać**

in moderation (phr) = within reasonable limits - **z umiarem**

in the workplace (phr) = in the place/environment where sb does their job - **w miejscu pracy**

kick the habit (idm) = to overcome an addiction to sth - **zerwać z nałogiem**

life expectancy /laɪf ɪk'spektənsi/ (n) = the length of time that a person, animal or plant is likely to live - **średnia długość życia**

network outage /netwɜ:k ,aʊtɪdʒ/ (n) = a period of time when the function of a computer system is interrupted temporarily - **awaria sieci komputerowej**

racial equality (phr) = the same rights for all members of an ethnic group - **równość rasowa**

scam /skæm/ (n) = a trick with the purpose of illegally getting money from people - **oszustwo, przekręt**

social practice (phr) = a habitual or customary action performed by people of a particular society - **praktyka społeczna**

technological advance (phr) = an improvement in scientific

knowledge - **postęp technologiczny**

temptation /temp'teɪʃən/ (n) = a desire to have or do sth that you probably shouldn't have or do - **pokusa**

transaction /trænzækʃən/ (n) = a business action; a movement of a sum of money - **transakcja**

turn over a new leaf (idm) = to start behaving in a better and more responsible way - **rozpocząć nowy rozdział w życiu**

Culture 12

assassinate /ə'sæsɪneɪt/ (v) = to kill sb famous or important - **dokonać zamachu (na kogoś), dokonać skrytobójstwa**

boycott /boɪkɒt/ (v) = to refuse to take part in an event, or buy or use sth, as a form of protest - **bojkotować**

civil disobedience /sɪvəl dɪsə'bi:diəns/ (n) = the refusal of the citizens of a country to obey the laws as a form of peaceful protest - **nieposłuszeństwo obywatelskie**

fitting tribute (phr) = an act to show the appropriate gratitude - **należne uznanie**

fundamentalist /fʌndə'mentəlɪst/ (n) = a fanatic of the original form of a religion - **fundamentalista**

go on strike (phr) = to stop working for political reasons - **strajkować**

honour /'ɒnə/ (v) = to show respect for sb - **honorować, uczyć**

hunger strike /hʌŋgə ,straɪk/ (n) = refusing to eat as a form of protest about sth - **strajk głodowy**

impact /ɪmpækt/ (n) = a marked influence or effect - **wpływ (na coś)**

loincloth /lɔɪnkloʊθ/ (n) = a piece of fabric worn around the waist by men in hot countries - **przepaska na biodra**

partition /pɑ:tɪʃən/ (v) = to divide a country into two or more independent countries

- **dzielić, dokonywać rozbioru**

passive resistance /'pæsɪv rɪ'zɪstəns/ (n) = protesting against a government, law, etc in a peaceful way - **bierny opór**

practise /'præktɪs/ (v) = to work (as a lawyer/doctor) - **prowadzić praktykę (np. lekarską)**

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

sentence /sentəns/ (n) = a term spent in jail - **wyrok (tu: więzienia)**

valid /væɪlɪd/ (adj) = legal and acceptable - **aktualny, ważny (o dokumencie)**

Values D:

Self-motivation

ally /ælaɪ/ (n) = sb who gives you help and support - **sojusznik, sprzymierzeniec**

assume /ə'sju:m/ (v) = to presume sth; to take sth for granted - **przypuszczać, zakładać, wychodzić z założenia**

brainstorm a fix (phr) = (of a group of people) to gather in order to find a solution - **przeprowadzać burzę mózgową**

bystander /baɪ'stændə/ (n) = sb who is present at an event without taking part in it; an eyewitness - **przechodzień, świadek wydarzenia (przypadkowy)**

individual /ɪndɪ'vɪdʒuəl/ (n) = a person - **osoba, osobnik, indywiduum**

initiative /ɪnɪ'ʃɪtɪv/ (n) = the ability to make decisions and act on them without assistance - **inicjatywa, działanie**

inner drive (phr) = a need to succeed that comes from within yourself - **wewnętrzna siła**

proactive /prəʊ'æktɪv/ (adj) = making things happen, and not waiting for them to happen - **proaktywny,**

zapobiegawczy

superior /suˈpiəriə/ (n) = sb in a higher position than you
- przełożony

time-consuming /taɪm kənˌsjuːmɪŋ/ (adj) = taking a long time - czasochłonny

typo /taɪpəʊ/ (n) = a small mistake in printed matter
- literówka, błąd pisarski

water cooler /wɔːtə ˌkuːlə/ (n) = an appliance that provides cold water to drink - automat z wodą

Public Speaking Skills D

acre /eɪkə/ (n) = a unit for measuring surfaces (about 4,000 square metres) - akr (miara powierzchni)

dull as ditchwater (idm) = extremely boring - nudny jak flaki z olejem

fetch /fetʃ/ (v) = to go to a place and bring sth back - przynieść, aportować

second to none (idm) = the best that there is - nie mający sobie równych, najlepszy

stroll /strɔːl/ (v) = to walk in a slow relaxed manner

- przechadzać się, spacerować

CLIL A - Literature

acuteness /əˈkjuːtnəs/ (n) = (of the senses) sharpness; keenness - ostrość (o zmysłach)

effortlessly /efətəlsli/ (adv) = without making effort - bez trudu, bezproblemowo

foreleg /fɔːleg/ (n) = each of the two front legs of a four-legged animal - przednia noga (u zwierzęcia)

howl /haʊl/ (v) = (of a wolf, dog, etc) to make a long loud and, sometimes, sad sound - wyc (np. wilk, pies)

indigestible /ɪndɪdʒestəbəl/ (adj) = (of food) that can't be easily broken down in the body - niestrawny, trudny do strawienia

keen /kiːn/ (adj) = sharp - wyostrzony, wyczulony (o zmysłach)

layer /leɪə/ (n) = a level of material - warstwa

numb /nʌm/ (adj) = not being able to feel anything in a part of your body - zdrętwiały, bez czucia

peril /pəˈrɪl/ (n) = a great danger - zagrożenie, niebezpieczeństwo

primeval /praɪˈmiːvəl/ (adj) = prehistoric; ancient
- pierwotny (np. las)

regression /rɪˈgreʃən/ (n) = the return to a previous state or behaviour - cofanie się (tu: w rozwoju), regres

snap /snæp/ (n) = the act of an animal suddenly closing the jaws in order to bite sth - kłapać zębami, chwycić coś zębami lub pyskiem

snug /snʌg/ (adj) = warm and cosy - tu: ciepły i komfortowy

stiff /stɪf/ (adj) = inflexible - sztywny

stout /staut/ (adj) = strong - tężni, mocny

surge (through sb/sth) /sɜːdʒ/ (v) = (of an emotion, etc) to suddenly increase within sb/sth - tu: poczuć przyływ (np. emocji)

vague /veɪg/ (adj) = not clear; indefinite - mętny, niewyraźny

CLIL B - Biology

avoidance /əˈvɔɪdəns/ (n) = the act of staying away from sb/sth - unikanie

behavioural /bɪˈheɪvjərəl/ (adj) = relating to the way sb acts - behawioralny

complex /kəmpleks/ (adj) = complicated - złożony, skomplikowany

correspond (to sth) /ˌkɒrəˈspɒnd/ (v) = to relate to sth - zgadzać się (np. z rzeczywistością), odpowiadać (tu: rzeczywistości)

logical /lɒdʒɪkəl/ (adj) = reasonable - logiczny

primitive /prɪmətɪv/ (adj) = basic; relating to an early stage - prymitywny, pierwotny

specific /spəˈsɪfɪk/ (adj) = particular - tu: konkretny

trigger /ˈtrɪgə/ (v) = to cause sth to start suddenly; to set sth

off - powodować, wywoływać (coś)

CLIL C - PSHE

assess /əˈses/ (v) = to judge the pros and cons of sth
- oceniać, szacować, rozważać za i przeciw

comfort zone /kɒmfət ˌzəʊn/ (n) = the situation in which sb feels confident and not challenged by anything
- strefa komfortu

constructive /kənˈstrʌktɪv/ (adj) = helpful - konstruktywny

encouraging /ɪnˈkʌrɪdʒɪŋ/ (adj) = supportive - zachęcający, motywujący

flaw /flɔː/ (n) = a fault - wada

influence /ɪnfluəns/ (n) = having a good or bad effect on sb
- wpływ, oddziaływanie (na kogoś)

inspire /ɪnˈspaɪə/ (v) = to cause sb to feel a desire to do sth
- inspirować, motywować (do czegoś)

keep sb/sth at bay (idm) = to keep sb/sth at a distance - trzymać coś na dystans (np. problem)

optimistic /ɒptɪˈmɪstɪk/ (adj) = looking on the positive side of things - optymistyczny

overwhelm /əʊvəˈweɪlm/ (v) = to make sb feel that sth is too much for them - przytłaczać

prevent (sb from doing sth) / priˈvent/ (v) = to stop sb from doing sth - uniemożliwiać, zapobiegać

realistic /rɪˈalɪstɪk/ (adj) = sensible; reasonable - tu: realistyczny (o podejściu)

self-destructive /self dɪˈstrʌktɪv/ (adj) = behaving in a harmful way towards yourself - autodestrukcyjny

CLIL D - History

assassinate /əˈsæsɪneɪt/ (v) = to murder sb as a political act - dokonać zamachu (na kogoś), dokonać skrytobójstwa

brutal /bruːtl/ (adj) = cruel and violent - brutalny

civil rights /ˌsɪvəl ˈraɪts/ (pl n) = the rights to equal treatment

and equal opportunities that all people in a society must have - prawa obywatelskie

disobedience /dɪsəˈbiːdiəns/ (n) = the act of refusing to do what sb in authority tells you to - nieposłuszeństwo

inspirational /ɪnspəˈreɪʃənəl/ (adj) = making you feel encouraged and full of hope
- inspirujący

manifesto /ˌmænɪfɛstəʊ/ (n) = a written statement about the beliefs and aims of a political party - manifest

minister /ˈmɪnɪstə/ (n) = a Christian priest - minister (duchowny w niektórych odłamach chrześcijaństwa)

pivotal /pɪvətəl/ (adj) = very important to the success of sth - decydujący, kluczowy

protest /ˈprəʊtest/ (n) = the act of a group of people showing publicly that they object to sth - protest, manifestacja

racial inequality (phr) = not treated equally or having the same rights because of your ethnic group - dyskryminacja rasowa

resistance /rɪzɪstəns/ (n) = fighting against sth, or refusing to accept sth - opór

riot /raɪət/ (n) = a violent demonstration by a large number of people - zamieszki

segregation /ˌsegrɪˈgeɪʃən/ (n) = the official practice of keeping people of different sexes, races or religions apart - segregacja (np. rasowa)

social activist (phr) = sb who fights for political or social changes - m

spokesman /ˈspəʊksmən/ (n) = sb who speaks on behalf of an organisation or a group of people - rzecznik (np. prasowy)

studious /ˈstjuːdiəs/ (adj) = enjoying studying, and spending a lot of time studying - pilny, sumienny (np. uczeń)

supremacist /sʊˈpreməsɪst/ (n) = sb who thinks that their race is superior to others' - supremacjonista (osoba wierząca w wyższość swojej rasy)