

Word List

Unit 1 – On the map

1a

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

mainly /meɪnli/ (adv) = mostly
głównie

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

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

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

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

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

pond /pɒnd/ (n) = a small lake
staw

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

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

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

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

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

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

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

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

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

troublesome /trʌbəl səm/ (adj) = causing difficulties and pain
dokuczliwy

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

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

1b

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

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

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

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

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

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

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

1c

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

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

crossroads /ˈkrɒsrəʊdz/ (pl n) = the place where two roads go across each other **skrzyżowanie dróg, rozdroże**

cycle lane /ˈsaɪkəl leɪn/ (n) = the part of a road for bicycles **pas dla rowerów (na ulicy)**

dead end /ˌded ˈend/ (n) = a street without an exit **ślepa ulica, droga bez przejazdu**

junction /ˈdʒʌŋkʃən/ (n) = the place where a road meets another one but doesn't cross it **skrzyżowanie**

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

lounge /laʊndʒ/ (n) = a living room in a hostel for all the guests **hol, poczekalnia (w hotelu)**

pedestrian crossing /ˌpɛdɪstriən ˈkrɒsɪŋ/ (n) = a place on a road, marked with lines like a zebra's, for people to walk across **przejście dla pieszych**

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

speed limit /spiːd ˈlɪmɪt/ (n) = the maximum speed at which a vehicle is allowed to move **ograniczenie prędkości**

stop and give way (sign) (phr) = the instruction to stop a vehicle in order to allow other vehicles to pass first (via a sign) **znak stopu (ustęp pierwszeństwa przejazdu)**

stroll /strɔːl/ (n) = a walk **spacer, przechadzka**

the underground /ðə ˈʌndəgraʊnd/ (n) = a rail network under the surface of the Earth **metro**

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

twin room /ˈtwɪn ru:m/ (n) = a hotel room with two single beds **pokój dwuosobowy (z dwoma osobnymi łózkami)**

Culture 1

amphibious /æmˈfɪbiəs/ (adj) = (of a tour) taking place on both land and water **(o wycieczce) wodno-łądowa**

choosy /tʃuːzi/ (adj) = accepting only the best **wybredny, grymaśny**

cityscape /ˈsɪtɪskeɪp/ (n) = the image of a city **panorama miasta**

commentary /kɒmɛntəri/ (n) = an oral description during an event **komentarz**

crawl /krɔːl/ (n) = a speed that is very slow **powolne tempo**

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

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

on board (phr) = on the ship (during the cruise) **tu: na pokładzie statku**

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

route /ru:t/ (n) = the way you follow to go from one place to another **trasa**

splash /splæʃ/ (v) = to move into water and send drops of it all around **tu: wjechać do wody z pluskiem**

splendid /ˈsplendɪd/ (adj) = impressive **imponujący**

steadily /ˈstedɪli/ (adv) = very gradually **stopniowo, stale**

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

Unit 2 – Legends & Festivals

2a

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

blow into (a place) /ˌbləʊ ɪntu/ (phr v) = to arrive somewhere unexpectedly **nieoczekiwanie pojawić się (gdzieś)**

blow sb off /ˌbləʊ ˈɒf/ (phr v) = to not meet sb at an arranged meeting **nie pojawić się na umówionym spotkaniu, olać kogoś**

blow up /ˌbləʊ ˈʌp/ (phr v) = 1) to enlarge a photograph; 2) to fill (a balloon, etc) with air **1) powiększyć zdjęcie; 2) nadmuchać (np. balon)**

blow sth out /ˌbləʊ ˈaʊt/ (phr v) = to extinguish (a candle, etc) using your breath **zdmuchnąć, zgasić (np. świeczkę)**

bring sth to life (phr) = to make sth real or exciting **tu: przywracać do życia, ożywiać**

burst /bɜːst/ (v) = to explode **tu: pękać**

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

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

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

come up with /ˌkʌm ˈʌp wɪð/ (phr v) = to think of a plan, an idea, etc **wymyślić coś, wpaść na coś**

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

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

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

feature /ˈfi:tʃə/ (v) = (of a show) to include sth as an important part **występować (np. w filmie)**

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

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

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

juggling /dʒʌɡlɪŋ/ (n) = entertaining people by throwing objects into the air and catching them quickly **zonglowanie, zonglerka**

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

march /mɑːtʃ/ (v) = to walk with regular steps as part of a parade **maszerować**

open-air show /əʊpən eə ˈʃəʊ/ (n) = a performance held outdoors **pokaz plenerowy**

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

Word List

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

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

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

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

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

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

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

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

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

2b

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

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

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

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

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

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

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

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

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

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

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

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

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

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

2c

archery /ɑ:tʃəri/ (n) = the art of shooting arrows at targets **łucznictwo**

bagpipes /'bægpaɪps/ (pl n) = a traditional wind instrument consisting of a bag and a pipe **dudy (instrument muzyczny)**

count sb in /,kaʊnt 'ɪn/ (phr v) = to include sb in an activity **wliczać (kogoś), brać (kogoś) pod uwagę**

demonstration

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

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

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

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

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

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

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

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

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

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

present /prɪ'zent/ (v) = to introduce sb to sb else in a formal way **przedstawiać (kogoś kogoś)**

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

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

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

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

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

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

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

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

Culture 2

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

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

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

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

occasional /ə'keɪʒənəl/ (adj) = infrequent **okazjonalny**

path /pɑːθ/ (n) = the way along which you move
ścieżka, droga

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

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

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

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

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

stored /stɔːd/ (pp) = kept **przechowywany**

unique /juː'nɪ:k/ (adj) = one of a kind **unikalny**

Unit 3 – Adventures

3a

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

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

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

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

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

beforehand /bɪ'fɔːhænd/ (adv) = happening before sth else happens **najpierw, uprzednio**

brehtaking /'breθ,tɜːkɪŋ/ (adj) = amazing **zapierający dech**

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

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

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

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

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

exhausted /ɪg'zɔːstɪd/ (adj) = very tired **wyczerpany**

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

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

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

feel /fiːl/ (v) = to have an emotion or physical feeling **doświadczać (czegoś), przeżywać (coś)**

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

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

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

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

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

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

leading /liːdɪŋ/ (adj) = the most important **najważniejszy, czołowy, wiodący**

leafless /'liːfləs/ (adj) = (of a tree) without any leaves on **(o drzewie) bezlistne**

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

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

look out for /'lʊk 'aʊt fɔː/ (phr v) = to try to avoid sth dangerous **uwagać na (coś), strzec się (czegoś)**

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

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

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

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

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

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

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

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

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

surface /'sɜːfɪs/ (n) = the uppermost part of sth **powierzchnia**

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

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

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

3b

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

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

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

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

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

Word List

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

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

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

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

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

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

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

3c

agritourism holiday /ˌægrɪtʊərɪzəm ˌhɒlədeɪ/ (n) = holidaymaking on a farm or ranch **wczasy na agroturystyce**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

tangled /ˈtæŋɡəld/ (adj) = caught in a place and trapped **zaplątany**

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

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

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

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

Culture 3

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

action-packed /ˌækʃən ˈpækt/ (adj) = full of exciting things **pełen wrażeń**

adrenaline-filled /əˈdrenəlɪn ˈfɪld/ (adj) = very exciting **pełen adrenalin, ekscytujący**

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

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

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

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

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

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

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

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

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

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

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

Values A: Curiosity

admire /ədˈmaɪə/ (v) = to like and respect sb very much **podziwiać**

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

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

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

porządek dnia

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

empatia

inspire (sb to do sth)

/ɪn'spaɪə/ (v) = to influence sb to do sth new; to motivate sb

zainspirować (kogoś do zrobienia czegoś)

likeable /laɪkəbəl/ (adj)

= (of a person) nice and easy to like **miły, sympatyczny**

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

passionately /pæʃənətli/ (adv) = enthusiastically

z pasją

satisfied (with sth/sb)

/sætɪsfaɪd/ (adj) = feeling happy with sth/sb; content **zadowolony**

(z czegoś/kogoś)

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

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

życie towarzyskie

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

(np. kota)

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

Public Speaking Skills A

anecdote /ænɪkdot/ (n) = a short story describing sb's personal experiences **anedgota**

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

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

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

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

pójściem na studia

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

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

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

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

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

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

ruin /ruːn/ (v) = to destroy or spoil sth **zniszczyć, zrujnować**

Unit 4 –

There's no place like home!

4a

avoid /ə'vɔɪd/ (v) = to stop sth bad from happening **unikać**

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

wyboista, nierówna
bungalow /'bʌŋgələʊ/ (n) = a small one-level house, usually in the country

dom parterowy
castle /'kɑːsəl/ (n) = a big and strong building of the past where kings and rulers lived; a fortress **zamek**

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

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

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

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

betonowa kostka
convenient /kən'viːniənt/ (adj) = easy to reach or use **dogodny, wygodny**

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

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

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

dull /dʌl/ (adj) = boring

nieciekawy, nudny

enormous /ɪ'nɔːməs/ (adj) = huge **olbrzymi, ogromny**

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

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

farmhouse /'fɑːmhaʊs/ (n) = a house on a farm

zagroda, dom

w gospodarstwie

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

przeznaczenie

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

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

get on like a house on

fire (idm) = to become friends in a short period of time **szybko się z kimś zaprzyjaźnić**

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

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

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

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

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

Word List

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

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

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

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

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

mobile home /'məʊəbaɪl 'həʊm/ (n) = a small house on wheels

przyczepa kempingowa

move away /'mu:v ə'weɪ/ (phr v) = to leave your area/town and go to live in another area/town

wyprowadzić się

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

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

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

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

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

odd /ɒd/ (adj) = strange
dziwny

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

4b

eco-friendly /i:kəʊ 'frendli/ (adj) = that does not pollute the environment **przyjazny dla środowiska, ekologiczny**

efficiently /ɪfɪ'jɪntli/ (adv) = without wasting energy, money, etc **wydajnie, efektywnie**

fetch /fetʃ/ (v) = to go to a place in order to bring sth back **przynieść (pójść po coś i wrócić)**

guest /gest/ (n) = sb who pays to stay in a hotel, hostel, etc **gość (np. hotelowy)**

heating system /'hi:tɪŋ 'sɪstəm/ (n) = a mechanical system that provides heat for a building **system ogrzewania**

nevertheless /,nevəðə'les/ (adv) = even so; regardless **niemniej jednak, jednakże**

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

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

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

run /rʌn/ (v) = to operate and live in (a home)

prowadzić (np. gospodarstwo domowe)

sensible /sensəbəl/ (adj) = reasonable; logical

rozsądny

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

4c

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

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

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

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

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

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

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

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

Culture 4

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

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

unique /ju:'ni:k/ (adj) = being the only example of sth, usually in a special way **wyjątkowy, unikalny**
vegan kiosk (phr) = a stall in the street which only sells food that doesn't come from animals **budka z wegańskim jedzeniem**
well developed /,wel drɪveləpt/ (adj) = fully grown and functional **dobrze rozwinięty, w pełni rozbudowany**

Unit 5 – Let's talk

5a

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

Word List

eye contact /aɪ kɒntækt/ (n) = the act of two people both looking into each other's eyes

kontakt wzrokowy

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

wyraz twarzy

gesture /dʒestʃə/ (n) = a body movement, such as a movement of the hands, that shows emotions or ideas

gest

get (the/our) message across (phr) = to allow sb to understand sth

przekazać wiadomość w sposób zrozumiały dla rozmówcy

govern /gʌvən/ (v) = to control (especially in an official capacity)

rządzić, zarządzać

impact /ɪmpækt/ (n) = a strong effect that sth has on sb/sth

wpływ

interact /ɪntərækt/ (v) = to communicate or engage with others

komunikować się, nawiązywać kontakt

keep down /ki:p 'daʊn/ (phr v) = to make less noise

uciszać, ściszać

keep from /ki:p frəm/ (phr v) = to prevent sb from doing sth; to prevent sth from happening

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

keep on /ki:p 'ɒn/ (phr v) = to continue (to employ sb)

(robić coś) nadal (np. kogoś zatrudniać)

keep out /ki:p 'aʊt/ (phr v) = to prevent sb from entering

nie wchodzić (do jakiegoś pomieszczenia)

keep up /ki:p 'ʌp/ (phr v) = to maintain sth

dalej robić coś dobrego

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

bariera językowa

non-verbal communication (phr) = forms/methods of interaction that don't use words

komunikacja niewerbalna

paralysed /'pærələɪzd/ (adj) = unable to move due to injury

sparaliżowany

say /sei/ (v) = to pronounce words or give an instruction

powiedzieć coś

session /seʃən/ (n) = a period of arranged activity

sesja (czas przeznaczony na określoną czynność)

speak /spi:k/ (v) = to talk to sb

mówić, rozmawiać (z kimś)

talk /tɔ:k/ (v) = to speak with sb

rozmawiać (z kimś)

tell /tel/ (v) = to say sth to sb else

powiedzieć, mówić (coś komuś)

tone of voice (phr) = the pitch or quality of sb's voice that shows the speaker's feelings

ton głosu

verbal communication (phr) = forms/methods of spoken interaction

komunikacja werbalna

video chat /'vɪdiəʊ tʃæt/ (n) = an online service that lets you talk to people over the Internet via video

czat wideo

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

komunikacja wizualna

written communication (phr) = forms/methods of printed or handwritten interaction

komunikacja pisemna

5b

body language /'bɒdi ,læŋgwɪdʒ/ (n) = gestures or acts with the body that express your feelings

mowa ciała

communication skills /kə'mju:nɪkeɪʃən ,skɪlz/ (pl n) = the abilities needed to express yourself and interact with others

umiejętności komunikacyjne

conference /kɒnfərəns/ (n) = a large meeting that discusses business matters

konferencja

current /kʌrənt/ (adj) = of the present moment

obecny, aktualny

digital communication (phr) = means/methods of interacting via computers

komunikacja cyfrowa

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

ocena postępów uczniów na koniec roku szkolnego

frown /fraʊn/ (v) = to push the eyebrows downwards to show that you are annoyed about sth or worried

zmarszczyć brwi

initial /ɪnɪʃəl/ (adj) = first

początkowy

install /ɪn'stɔ:l/ (v) = to put sth in place to be used

instalować

launch /lɔ:ntʃ/ (v) = to release sth

tu: wprowadzać na rynek (nowy produkt)

optical fibre /'ɒptɪkəl 'faɪbə/ (n) = a glass rod that carries large amounts of digital data

światłowód

phone charger /'fəʊn tʃɑ:dʒə/ (n) = the accessory that connects a phone to an electrical source in order to power the battery

ładowarka (do telefonu)

podcast /'pɒdkɑ:st/ (n) = a radio episode that is broadcast over the Internet

podcast (rodzaj dźwiękowej publikacji internetowej)

public speaking (phr) = the act of talking to large groups of people

wystąpienie publiczne, przemawianie publiczne

sales figures /'seɪlz ,fɪgəz/ (pl n) = the statistics that show how well a product has sold

wielkość sprzedaży, wyniki sprzedaży

temporarily disrupt (phr) = to affect the proper functionality of sth for a short period of time

chwilowo niedostępny, tymczasowo przerwany

video call function (phr) = the part of software that enables video calls over the Internet

funkcja połączenia wideo

wonder /'wʌndə/ (v) = to consider sth or ask yourself sth

zastanawiać się

5c

affect /ə'fekt/ (v) = to influence sth

mieć wpływ na, oddziaływać

agreement /ə'grɪ:mənt/ (n) = a situation in which people share an opinion about sth

porozumienie

clue /klu:/ (n) = sth that tells you sth about sth

wskazówka

comfort (sb) /kʌmfət/ (v) = to make sb feel better about sth

pocieszyć (kogoś), podnieść (kogoś) na duchu

effective /ɪ'fektɪv/ (adj) = successful

skuteczny, efektywny

enthusiasm /m'θju:ziæzəm/ (n) = the feeling of being positive about sth
entuzjizm

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

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

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

irritation /ɪrɪ'teɪʃən/ (n) = the feeling of being annoyed
irytacja

misspelling /mɪs'spelɪŋ/ (n) = the act of writing a word incorrectly
błąd ortograficzny

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

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

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

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

Culture 5

appropriate /ə'prəʊpriət/ (adj) = suitable
właściwy, odpowiedni

awkward /'ɔ:kwəd/ (adj) = uncomfortable or embarrassing

niezręczny, niewygodny

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

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

crucial /kru:ʃəl/ (adj) = very important
kluczowy, bardzo ważny

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

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

globetrotter /gləʊbrɒtətə/ (n) = sb who travels the world
obieżywiat, globtroter

greatly /greɪtli/ (adv) = very much
bardzo, znacznie

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

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

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

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

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

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

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

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

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

Unit 6 – Challenges

6a

alive /ə'laɪv/ (adj) = full of energy
pełen życia, pełen energii

art director /ɑ:t dɑ:rektə/ (n) = sb who is in charge of a business that produces theatrical plays, TV and radio programmes, advertisements, graphics, etc
dyrektor artystyczny

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

bank clerk /'bæŋk klɑ:k/ (n) = a bank teller
kasjer bankowy

blank /blæŋk/ (adj) = empty
pusty

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

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

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

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

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

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

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

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

design /dɪzajm/ (v) = to create sth new
projektować, tworzyć

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

fill in /fɪl 'ɪn/ (phr v) = 1) to complete a form or document (also: to fill out); 2) to give details to sb about sth

1) uzupełniać, wypełniać (np. formularz);

2) zdawać komuś relację (z czegoś), wprowadzać kogoś w szczegóły

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

fill up /fɪl 'ʌp/ (phr v) =

1) to put sth in a container so that there's no more space;

2) to eat enough so that you don't feel hungry

1) napełniać, wypełniać; 2) najadać się

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

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

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

Word List

hang out (with sb) /ˌhæŋ 'aʊt/ (phr v) = to spend pleasant time with sb
spędzać czas (z kimś)
independent /ˌɪndɪ'pendənt/ (adj) = not controlled by external groups or people; not part of a larger company
niezależny; oddzielny, autonomiczny
inspirational /ˌɪnspə'reɪʃənəl/ (adj) = giving you hope and new ideas
inspirujący
list /lɪst/ (n) = a number of things you write one under the other so that you'll not forget them
lista, wykaz, spis
listing /'lɪstɪŋ/ (n) = an official catalogue; each of the items included in an official catalogue
lista, wykaz
live /laɪv/ (adj) = (of a TV/ radio programme) broadcast at the same time as it is happening
(o programie telewizyjnym lub audycji radiowej) na żywo
local /'ləʊkəl/ (n) = sb who was born and lives in the same place
miejscowy, tubylec
marketing assistant /'mɑ:kɪtɪŋ ə'sɪstənt/ (n) = sb whose job is to help the person running the marketing department of a business
asystent marketingowy
marketing manager /'mɑ:kɪtɪŋ ˌmænɪdʒə/ (n) = sb whose job is to run the marketing department of a business
kierownik marketingu
multimedia developer /ˌmʌlti'mi:diə dɪ'veləpə/ (n) = sb whose job is to create applications or software for the computer and

entertainment industries
programista multimediiów
passionate (about sth) /ˌpæʃənət/ (adj) = liking sth very much
pasjonujący się (czymś), zapalony (do czegoś)
podcast /'pɒdkɑ:st/ (n) = a digital broadcast
podcast (rodzaj dźwiękowej publikacji internetowej)
requirement /rɪ'kwajəmənt/ (n) = whatever is necessary for you to do sth
wymóg
rock star /rɒk stɑ:/ (n) = a very famous and popular rock and roll musician
gwiazda rocka
sales assistant /seɪlz ə'sɪstənt/ (n) = sb who serves customers in a shop
sprzedawca, sprzedawczyni
sales manager /seɪlz ˌmænɪdʒə/ (n) = sb who is in charge of the sales department of a business
dyrektor sprzedaży
share /ʃeə/ (v) = to let sb enjoy sth along with you
dzielić się
spectator /spek'teɪtə/ (n) = sb who watches a sports event
widz, obserwator
spice /spaɪs/ (n) = whatever adds excitement and interest to sth
przyprawa
squeeze (sth) in /ˌskwi:z 'ɪn/ (phr v) = to find time to do sth in spite of your tight schedule
wcisnąć coś (w grafik), dać radę coś zrobić (pomimo napiętego grafiku)
step into /step ɪntə/ (phr v) = to start learning more things about sth
poznać tajniki (czegoś)
street artist /stri:t ˌɑ:tɪst/ (n) = sb who draws pictures on the walls of a town or city
artysta uliczny

suit /su:t/ (v) = to be the most appropriate for sb
odpowiadać, pasować (komuś)
supermarket cashier /su:pəmɑ:kɪt kæʃɪə/ (n) = sb who works at the checkout of a supermarket where he/she receives money and gives change
kasjer w supermarkecie
supermarket manager /su:pəmɑ:kɪt ˌmænɪdʒə/ (n) = sb who is in charge of a supermarket
kierownik supermarketu
tour guide /tuə gaɪd/ (n) = sb whose job is to show tourists around a place
przewodnik wycieczki
weather reporter /'weðə rɪ'pɔ:tə/ (n) = a reporter who informs the public about the weather conditions in the near future
prezenter prognozy pogody
wonder /'wʌndə/ (v) = to ask yourself
zastanawiać się

6b

applicant /æ'plɪkənt/ (n) = sb who asks, in writing, for a job, a place on a course, etc
kandydat (osoba ubiegająca się o coś)
citizen /sɪtɪzən/ (n) = sb who was born in a country and is a legal member of this country; sb who has acquired that status
obywatel
corridor /'kɒrɪdɔ:/ (n) = a long passage in a building with doors on either side
korytarz
crash /kræʃ/ (v) = (of a computer) to stop working
(o komputerze) zepsuć się, paść
decline /drɪ'klaɪn/ (v) = to legally refuse to accept a document, an application, etc
odrzucać, odmawiać (np. przyjęcia dokumentu)
employee /ɪm'plɔɪi:/ (n) = sb who gets paid to work for sb else
pracownik
experience /ɪk'spɪəriəns/ (v) = to get to know sth with your senses
doświadczać (czegoś)
immigration /ˌɪmɪ'grɛɪʃən/ (n) = the process of going into a foreign country to live and work there
imigracja
job offer /dʒɒb ˌɒfə/ (n) = the fact that an employer has stated that they will offer you a job
oferta pracy
obtain /əb'teɪn/ (v) = to manage to be given sth
uzyskać, otrzymać
pressure /preʃə/ (n) = a feeling of worry and anxiety because you have to do a lot of work
nacisk, presja
progress report /'prɒɡres rɪ'pɔ:t/ (n) = a piece of writing in which an employee mentions how far they've gone with their task
raport postępu
recover /rɪ'kʌvə/ (v) = to manage to get a computer file back that you thought was lost
odzyskać (plik komputerowy)
retail /ri:teɪl/ (n) = the practice of shops selling goods to customers
sprzedaż detaliczna, handel detaliczny
submit /səb'mɪt/ (v) = to officially give a document, an application, etc to sb in authority
przedkładać, dostarczać (dokumenty)

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

6c

achieve /ə'tʃi:v/ (v) = to try and manage to get sth
osiągać, zdobywać (coś)

appreciate /ə'pri:ʃieɪt/ (v) = to express your gratitude to sb for sth they've done for you
być wdzięcznym, doceniać coś

autonomous /ɔ:'tɒnəməs/ (adj) = able to make decisions on your own; working without direct instructions
niezależny, samodzielny

caregiver /'keəgɪvə/ (n) = sb whose job is to take care of old or sick people
opiekun osoby starszej lub niepełnosprawnej

come up with /kʌm 'ʌp wɪð/ (phr v) = to produce an original idea, a plan, etc
wymyślić coś, wpaść na coś

cooperative /kəʊ'ɒpərətɪv/ (adj) = able and willing to work well with others
potrafiący współpracować

creative /kri'eɪtɪv/ (adj) = able to come up with original ideas
kreatywny

current /kʌrənt/ (adj) = present
obecny, aktualny

delight /dɪ'laɪt/ (n) = satisfaction and happiness
wielka przyjemność

delight /dɪ'laɪt/ (v) = to give pleasure to sb
sprawiać przyjemność

flexible /'fleksəbəl/ (adj) = adaptable
elastyczny, potrafiący się dostosować

in harmony (phr) = in peaceful agreement with others
w zgodzie, wspólnie

influential /ɪnflu'enʃəl/ (adj) = able to change people's mind or affect their performance positively
wpływowo

junior manager /dʒu:nɪə ,mænɪdʒə/ (n) = sb in control of a company who is at the lowest level
kierownik niższego szczebla

leadership skills /'li:dəʃɪp ,skɪlz/ (pl n) = the ability to be in charge of a group of people in an effective way
zdolności kierownicze

medication /,medɪ'keɪʃən/ (n) = medicine for sick people
lek

outlook /'aʊtlʊk/ (n) = your opinion of, and attitude towards, sth
pogląd na coś

punctual /'pʌŋktʃuəl/ (adj) = on time
punktualny

reliable /rɪ'laɪəbəl/ (adj) = trustworthy
solidny, wiarygodny

rely on (sb) /rɪ'laɪ ɒn/ (phr v) = to consider sb trustworthy and depend on them
polegać (na kimś), liczyć (na kogoś)

resident /'rezɪdənt/ (n) = a person living in a place
mieszkaniec, rezydent (mieszkający na stałe w danym miejscu)

respectful /rɪ'spektfəl/ (adj) = showing appreciation and good manners to others
pefen szacunku

responsible /rɪ'spɒnsəbəl/ (adj) = carefully doing your job or duty
odpowiedzialny

retire /rɪ'taɪə/ (v) = to stop working because of old age
przejsć na emeryturę

shift /ʃɪft/ (n) = the period of time during which a factory worker, a hospital doctor, etc works
zmiana (określone godziny pracy)

suit /su:t/ (v) = (of a job, etc) to be the most appropriate for sb
odpowiadać, pasować (komuś)

tolerant /'tɒlərənt/ (adj) = accepting others as they are
tolerancyjny

work under pressure (phr) = to work efficiently when you feel anxious and stressed
pracować pod presją

work values /'wɜ:k vælju:z/ (pl n) = the most important features in any type of work
wartości ważne w pracy

Culture 6

be on first-name terms (phr) = to know people so well that you call each other by your first names
być z kimś na "ty"

bone-crushing /'bəʊn krʌʃɪŋ/ (adj) = extremely strong as if breaking a bone
bardzo mocny (np. uścisk dłoni)

business casual /'bɪznəs ,kæʒuəl/ (n) = clothes which are not formal but are acceptable in the workplace
styl biznesowy swobodny

code of conduct (phr) = a set of behavioural rules laid down by a company
zasady postępowania (do których powinni stosować się pracownicy jakiejś firmy)

crush /krʌʃ/ (v) = to squeeze sth very hard
uciskać, ścisnąć mocno

divider /dɪ'vaɪdə/ (n) = a thin flat surface for separating a room into parts
przegroda

etiquette /'etɪkət/ (n) = a set of acceptable behavioural rules
normy postępowania, etykieta

flip-flops /flɪp flɒps/ (pl n) = a pair of rubber summer shoes with a V-shaped strap at the front
klapki japonki

gaze /geɪz/ (n) = a steady look expressing surprise, admiration, etc
intensywne spojrzenie

immigrant /ɪmɪgrənt/ (n) = sb who goes to a foreign country to live and work there
imigrant

open plan /əʊpən 'plæn/ (adj) = without being divided into separate parts
bez ścianek działowych (np. przestrzeń biurowa)

punctuality /pʌŋktɪ'ju:æləti/ (n) = the quality of always being on time
punktualność

receptive /rɪ'septɪv/ (adj) = showing that you're willing to listen to sb else
otwarty (np. na argumenty, pomysły)

rock up /rɒk 'ʌp/ (phr v) = to arrive at a place very casually
pojawić się niespodziewanie

stateside /steɪtsaɪd/ (adv) = in the United States of America
do Stanów Zjednoczonych

Values B:

Productivity

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

Word List

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

ambitny, stawiający wysokie wymagania

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

dojazd do pracy

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

cel

guilty (about sth/about doing sth) /'ɡɪlti/ (adj) = feeling unhappy because you have not done sth or you have done sth wrong; ashamed

mający poczucie winy (z jakiegoś powodu)

motivated /'mɔ:tɪveɪtɪd/ (adj) = feeling inspired

zmotywowany

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

produktywność

specific /spə'sɪfɪk/ (adj) = particular

konkretny, określony

stay on track (phr) = to continue to do the things you have planned

realizować swoje plany, nie zbacać z obranego kursu

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

pożeracz czasu

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

smakołyk

Public Speaking Skills B

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

zakazać

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

them **wybierać w drodze głosowania (np. prezydenta)**

passionate /'pæʃənət/ (adj) = having very strong feelings about sb/sth; enthusiastic about sb/sth

pełen pasji

Unit 7 – High-tech

7a

access /'ækses/ (v) = to be able to obtain (information from a computer)

dostać się do, uzyskać dostęp do

artificial intelligence /,ɑ:tɪfɪjəl m'telɪdʒəns/ (n) = the ability of computers to make decisions and perform tasks

sztuczna inteligencja

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

automatycznie

command /kə'mɑ:nd/ (n) = an instruction to perform a specific action given to a computer

komenda, polecenie

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

komponować, tworzyć

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

składać się (z czegoś)

customer behaviour /'kʌstəmə bɪ'heɪvjə/ (n) = the trends and patterns in what customers do and order

zachowanie klientów

device /drɪ'vaɪs/ (n) = a gadget

urządzenie

digital assistant /,dɪdʒɪtl ə'sɪstənt/ (n) = a computer program that answers questions and performs basic tasks

asystent cyfrowy

drop by /,drɒp 'baɪ/ (phr v) = to visit sb informally

wpaść do kogoś (z wizytą)

drop off /,drɒp 'ɒf/ (phr v) = 1) to fall asleep; 2) to decrease

1) zasnąć; 2) zmniejszyć się

drop out /,drɒp 'aʊt/ (phr v) = to leave a college/university course without having finished it

rzucić (szkołę/uczelnię itd.)

for sale (phr) = (of a house, car, etc) available for people to buy

(np. o domu) na sprzedaż

go off /,gəʊ 'ɒf/ (phr v) = (of an alarm clock) to start ringing

(o budziku) włączyć się

high-speed broadband (phr) = a system that enables users to access the Internet very fast

szybkie łącze szerokopasmowe

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

(o produktach) na wyprzedży

independently /,ɪndɪ'pendəntli/ (adv) = separately

oddzielnie, osobno

industrial equipment /ɪn'dʌstriəl ɪ'kwɪpmənt/ (n) = all the machinery used in manufacturing and other businesses

urządzenia przemysłowe

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

żarówka

maintain /mem'teɪn/ (v) = to keep machines, buildings, etc in good condition

utrzymywać, konserwować

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

kierować, zarządzać (czymś)

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

pamięć

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

mikroczip

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

monitorować

offender /ə'fendə/ (n) = sb who breaks the law

przestępca

powerful /'paʊəfʊl/ (adj) = effective

silny, mocny

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

przewidywać

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

przypomnienie

remotely /rɪ'məʊtli/ (adv) = (operating a device) from a distance

na odległość

revolutionise /,revə'lju:ʃənəɪz/ (v) = to totally change sth and make it much better

rewolucjonizować

run out of (sth) /,rʌn 'aʊt əv/ (phr v) = to have none of sth left because you've used it all

nie mieć (już czegoś), wyczerpać (coś)

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

czujnik

smart device /,smɑ:t drɪ'vaɪs/ (n) = a digital gadget, such as a smartphone, laptop, tablet, etc

inteligentne urządzenie

stationary /steɪʃənəri/ (adj) = not moving
nieruchomy

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

straightaway /streɪtəweɪ/ (adv) = immediately
natychmiast, od razu

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

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

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

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

7b

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

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

attach /əˈtætʃ/ (v) = to connect sth to sth else **przyłączać coś do czegoś**

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

broadcast /brɔːdkɑːst/ (v) = to air a TV or radio programme **transmitować, nadawać (np. program telewizyjny)**

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

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

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

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

HDMI cable /eɪtʃ diː em ˈaɪ kəbəl/ (n) = a wire that is connected to multimedia devices and improves the quality of pictures and sound **kabel HDMI**

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

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

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

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

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

7c

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

assist /əˈsɪst/ (v) = to help sb with sth **pomagać**

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

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

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

converse (with sb) /kənˈvɜːs/ (v) = to talk with sb **rozmawiać, prowadzić konwersację**

create /kriːeɪt/ (v) = to make a new thing **stworzyć, opracować**

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

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

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

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

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

music streaming app /ˈmjuːzɪk striːmɪŋ ˌæp/ (n) = a piece of software that allows you to listen to music as it is being broadcast on the Internet **aplikacja**

do słuchania muzyki (np. na smartfonie), która przesyłana jest w systemie strumieniowym

order /ɔːdə/ (v) = to request food, drink, a product, etc (through the Internet) **zamówić (np. przez internet)**

set up /set ˈʌp/ (phr v) = to get a computer program ready for use **tu: zainstalować program na komputerze**

share /ʃeə/ (v) = to let people watch or listen to sth through the Internet **udostępnić (np. w mediach społecznościowych)**

stream /striːm/ (v) = to watch a video or listen to music as they are being broadcast on the Internet **streamować, strumieniować (transmitować na żywo lub na życzenie za pomocą internetu)**

upload /ʌpˈlɔʊd/ (v) = to transfer data to the Internet so that anyone can access it **wgrzywać, załadować**

Culture 7

CGI /siː dʒiː ˈaɪ / (abbrev) = (Computer-Generated Imagery) the process of creating pictures and images through computer software; the visual outcomes of that process **komputerowe efekty specjalne**

colonise /kɒlənaɪz/ (v) = to go, in large numbers, to live in another place **kolonizować**

combine /kəmˈbaɪn/ (v) = to join two or more different things together to create sth **łączyć**

Word List

depict /dɪˈpɪkt/ (v) = to show sth in pictures
przedstawiać, odzwierciedlać

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

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

intellectual /ɪntəˈlektʃuəl/ (adj) = relating to the mind **intelektualny**

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

multimedia /ˌmʌltiˈmi:diə/ (n) = the use of words, pictures and sound in digital technology **multimedia**

narrate /nəˈreɪt/ (v) = to tell a story **opowiadać**

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

renowned /rɪˈnaʊnd/ (adj) = well-known for sth **sławny, słynny**

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

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

state-of-the-art /ˌsteɪt əv ði ˈɑ:t/ (adj) = using the most modern technology **supernowoczesny, najnowocześniejszy**

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

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

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

Unit 8 – Better societies

8a

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

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

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

affect /əˈfekt/ (v) = to have an impact on sb/sth **oddziaływać na kogoś/ coś, mieć wpływ na**

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

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

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

climate change /klaɪmət ˌtʃeɪndʒ/ (n) = changes in global weather and climate as a result of human or natural activity **zmiany klimatu**

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

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

estimated /ˈestɪmeɪtɪd/ (adj) = not exact **szacowany, przybliżony**

fall apart /ˈfɔ:l əˈpɑ:t/ (phr v) = 1) to break into pieces; 2) to be unable to think calmly

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

fall behind /ˈfɔ:l brˈhaɪnd/ (phr v) = to make no progress **pozostawać w tyle (np. w nauce szkolnej)**

fall in with /ˈfɔ:l ɪn wɪð/ (phr v) = 1) to accept (an idea/plan, etc); 2) to become friends with sb

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

fall out /ˈfɔ:l ɪˈaʊt/ (phr v) = to have an argument

pokłócić się z kimś

fall through /ˈfɔ:l ˈθru:/ (phr v) = to fail to happen

(o planach) zawalić się, nie dojść do skutku

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

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

generate /ˈdʒenəreɪt/ (v) = to create sth **wytworzyć, generować**

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

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

illiteracy /ɪlɪˈtərəsi/ (n) = a lack of reading and writing ability **analfabetyzm**

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

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

miserable /mɪzərəbəl/ (adj) = very unhappy

przygnębiony, nieszczęśliwy

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

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

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

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

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

real /rɪəl/ (adj) = not imaginary or invented **rzeczywisty, prawdziwy**

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

rozumować

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

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

remember /rɪ'membə/ (v) = to not forget sth
pamiętać
remind (sb of sth) /rɪ'maɪnd/ (v) = to help sb think of sth from the past **przypominać komuś (o czymś/kimś)**
special /speʃəl/ (adj) = not ordinary **specjalny, szczególny, wyjątkowy**
specialised /speʃəlaɪzd/ (adj) = having expert skill in or knowledge of sth **specjalistyczny**
true /tru:/ (adj) = correct **prawdziwy, zgodny z rzeczywistością**
war /wɔ:/ (n) = armed fighting between two or more opposing groups or countries **wojna**

8b

affect /ə'fekt/ (v) = to have an impact on sb/sth **oddziaływać na, mieć wpływ na**
channel /tʃænl/ (n) = a passage for water to run through **kanał, tor wodny**
conference /kɒnfərəns/ (n) = a formal meeting for discussing important matters **konferencja**
donate /dəʊneɪt/ (v) = to offer money and goods to organisations which help people in need **ofiarować, oddać, przekazać (za darmo)**
escape /ɪ'skeɪp/ (v) = to get away from a danger **tu: uniknąć**
give sb a lift (phr) = to take sb somewhere in your car **podwieźć kogoś samochodem**
illiteracy rate /ɪ'lɪtərəsi ,reɪt/ (n) = the percentage of people in an area/country who don't know how to read or write **wskaźnik analfabetyzmu**

resources /rɪ'zɔ:sɪz/ (pl n) = water, wood, oil, gas, etc **zasoby (np. naturalne)**
vaccinate /væksɪneɪt/ (v) = to protect sb from a disease by giving them a substance containing the virus that causes that disease **szczepić**
wages /weɪdʒɪz/ (pl n) = the money that sb earns from their job on a weekly basis **zarobki (wypłacane za pracę wykonaną w określonym czasie)**

8c

accent /æksənt/ (n) = the specific way that sb or a group of people pronounce words **akcent**
addiction /ə'dɪkʃən/ (n) = the fact that sb is unable to stop doing sth harmful **uzależnienie od czegoś (np. od komputera)**
animal abuse /ænmɪəl ə'bju:s/ (n) = cruel treatment of animals **znęcanie się nad zwierzętami**
bullying /'bʊlɪŋ/ (n) = the practice of older and more powerful students threatening and/or hurting younger or weaker ones **znęcanie się nad słabszymi**
concentrate /kɒnsəntreɪt/ (v) = to be able to focus on sth **skupiać/koncentrować się (na czymś)**
depression /drɪ'preʃən/ (n) = a serious condition in which you feel very sad and unhappy **depresja, stan przygnębienia**
fat /fæt/ (n) = a substance under the skin of humans' and animals' bodies that stores energy and keeps them warm **tłuszcz**

food intake /fu:d ɪnteɪk/ (n) = the amount of food that sb eats **spożycie**
high-pressure /haɪ ,preʃə/ (adj) = causing a lot of stress and anxiety **tu: stresujący**
intelligence /ɪntelɪdʒəns/ (n) = the mind's ability to learn, think and make decisions **inteligencja**
lack /læk/ (v) = to have none or not enough of sth necessary **cierpieć na brak czegoś**
obese /əʊ'bi:s/ (adj) = unhealthily overweight **otyły**
obesity /əʊ'bi:səti/ (n) = the condition of being unhealthily overweight **otyłość, nadwaga**
overweight /əʊvə'weɪt/ (adj) = being heavier than you should be for your height or age **z nadwagą, mający nadwagę**
pick on sb /pɪk ɒn/ (phr v) = to choose sb and treat them unfairly **dokuczać komuś**
racism /reɪsɪzəm/ (n) = the conviction that your ethnic group is superior to others **rasizm**
stress /stres/ (n) = mental or emotional pressure **stres**
struggle /'strʌɡəl/ (v) = to experience difficulty when trying to achieve sth **borykać/zmagać się z czymś**
unemployment /ˌʌnɪm'plɔɪmənt/ (n) = the state of being jobless **bezrobocie**

Culture 8

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

clean /kli:n/ (adj) = (of water) free of dirt and drinkable **(np. o wodzie) czysta, zdatna do picia**
define /dɪ'faɪn/ (v) = to describe the meaning of sth clearly **określić, sprecyzować, zdefiniować**
improve /ɪm'pru:v/ (v) = to become better **poprawić się**
intern /ɪn'tɜ:n/ (n) = a university/college graduate who is working in order to gain experience **stażysta**
launch /lɔ:ntʃ/ (v) = to start (an ambitious project) **rozpocząć, inicjować**
major /meɪdʒə/ (adj) = highly important **ważny, główny, podstawowy**
mission /mɪʃən/ (n) = a goal that an organisation is trying to reach through its actions **misja, zadanie, cel działania**
power /paʊə/ (n) = political strength **tu: prawo**
reduce /rɪ'dju:s/ (v) = to decrease sth **zmniejszyć, ograniczyć, zredukować**
regularly /regjʊləli/ (adv) = often **regularnie**
spread /spreɪd/ (v) = to cause sth to reach a larger number of things or people **tu: rozprzestrzeniać, rozgłaszać**

Unit 9 – Live & Learn

9a

abandon /ə'bændən/ (v) = to stop using sth **tu: zrezygnować z czegoś, przestać coś używać**
attend /ə'tend/ (v) = to go to a class or lecture **brać udział w, być obecnym, uczestniczyć w**

Word List

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

tu: (o sercu) bić

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

check in /tʃek 'ɪn/ (phr v) = 1) to report your arrival (at a hotel, clinic, etc) (Opp.: check out); 2) to arrive at an airport and show your ticket before getting on a plane

1) zameldować się (np. w hotelu); 2) zgłosić się do odprawy (na lotnisku)

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

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

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

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

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

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

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

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

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

experience /ɪk'spɪəriəns/ (v) = to get to know sth with your senses **doświadczać czegoś**

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

/aɪ'dentɪfɪ'keɪʃən/ (n) = recognising sb/sth **identyfikacja, rozpoznanie**

interactive /ɪntər'æktɪv/ (adj) = (of a computer program) that the user can communicate with **interaktywny**

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

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

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

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

overpowering /əʊvə'paʊərɪŋ/ (adj) = too strong; overwhelming **przytłaczający**

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

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

revise /rɪ'vaɪz/ (v) = to study again what you've learnt before taking an exam **powtarzać materiał (np. przed egzaminem)**

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

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

stimulating /stɪmjʊleɪtɪŋ/ (adj) = causing interest and excitement

inspirujący, pobudzający

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

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

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

9b

announce /ə'naʊns/ (v) = to formally inform a number of people about sth **ogłosić, zakomunikować**

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

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

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

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

stopień naukowy

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

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

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

roommate /ru:mmeɪt/ (n) = sb that you share a room with in university accommodation **współlokator/ współlokatorka**

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

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

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

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

9c

advanced /əd'vɑ:ns/ (adj) = (of a course) at a higher level **zaawansowny**

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

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

Culture 9

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

impressive /ɪm'presɪv/ (adj) = admirable
wzbudający podziw
longer /'lɒŋgə/ (adj) = more; additional
dłuższy
mentor /'mentɔ:/ (n) = an expert who gives young people useful advice
mentor, mistrz
nationally /nə'ʃənəli/ (adv) = in the whole country
w całym kraju
point out /pɔɪnt 'aʊt/ (phr v) = to make sb notice sth
zauważyć, zwrócić uwagę na
promote /prə'məʊt/ (v) = to encourage people to pursue or achieve sth
promować, propagować
reach (an age) /ri:tʃ/ (v) = to become a certain age
dożyć (pewnego wieku), osiągnąć (pewien wiek)
run (a programme) /rʌn/ (v) = to organise and manage a programme
tu: organizować, prowadzić (np. kurs)

Values C:

Compassion

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

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

Public Speaking Skills C

achievement /ə'tʃi:vmənt/ (n) = the act of succeeding in doing sth difficult; an accomplishment
osiągnięcie

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

Unit 10 – Green minds

10a

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

Word List

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

break down /breɪk 'daʊn/ (phr v) = to reduce sth; to break sth into smaller parts **rozkładać** (np. substancje i związki chemiczne)

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

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

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

dead /ded/ (adj) = not alive **martwy**

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

endangered species /ɪnˌdeɪndʒəd 'spi:ʃi:z/ (n) = an animal that is at risk of going extinct **zagrożone gatunki**

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

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

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

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

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

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

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

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

light pollution /laɪt pə'lju:ʃən/ (n) = brightening of the evening sky due to artificial light sources **zanieczyszczenie świetlne (oświetlenie wieczornego nieba sztucznymi źródłami światła)**

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

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

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

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

population growth /ˌpɒpjə'leɪʃən grəʊθ/ (n) = the increase in the number of people living in a country, area or globally **wzrost zaludnienia**

purifying /pjuərɪfaɪɪŋ/ (adj) = cleansing **czyszczący, oczyszczający**

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

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

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

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

strzykwa (zwierzę morskie)

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

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

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

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

turkey vulture /tɜ:ki 'vʌltʃə/ (n) = a bird that looks like a small vulture **urubu różowogłowy, sępik różowogłowy (gatunek ptaka)**

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

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

wander /wɒndə/ (v) = to walk around a place without any specific destination **wędrować, szwendać się**

waste production /weɪst prə'dʌkʃən/ (n) = the collection of rubbish or waste materials as the result of an activity **wytwarzanie odpadów**

water pollution /wɔ:tə pə'lju:ʃən/ (n) = harmful waste/chemicals in the sea, rivers, etc **zanieczyszczenie wody**

10b

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

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

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

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

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

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

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

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

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

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

target /tɑ:ɡɪt/ (n) = a goal **cel**

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

10c

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

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

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

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

digitally /dɪdʒɪtəli/ (adv) = in a way that uses computers, especially opposed to paper **cyfrowo**

drastic /dræstrɪk/ (adj) = very sudden or severe **drastyczny**

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

energy consumption /'enədʒi kən'sʌmpʃən/ (n) = the amount of power used by sth/sb **zużycie energii**

energy-efficient /'enədʒi ɪ'fɪʃənt/ (adj) = using little power/fuel to operate **energooszczędny**

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

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

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

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

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

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

motivate /'mɒtɪveɪt/ (v) = to encourage **motywować**

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

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

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

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

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

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

straightaway /streɪtəweɪ/ (adv) = right now **natychmiast, od razu**

toxic /'tɒksɪk/ (adj) = harmful; poisonous **toksyczny**

Culture 10

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

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

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

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

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

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

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

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

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

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

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

Unit 11 –

Buying, buying, bought!

11a

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

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

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

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

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

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

call for /kɔ:l fə/ (phr v) = 1) to demand sth; 2) to pick up sb **1) domagać się czegoś; 2) wstąpić po kogoś o określonej godzinie**

call in /kɔ:l 'ɪn/ (phr v) = to make a short visit **złożyć komuś krótką wizytę, wpaść do kogoś**

call off /kɔ:l 'ɒf/ (phr v) = to cancel sth **odwołać coś (np. spotkanie)**

client /klaɪənt/ (n) = a person that pays a professional or organisation for a service **klient**

create /kri'eɪt/ (v) = to make sth; to produce sth **tworzyć, projektować**

customer /kʌstəmə/ (n) = a person who buys sth from a shop; a consumer **klient**

Word List

decision /dɪ'sɪʒən/ (n) = a choice **decyzja**

deeply /di:pli/ (adv) = seriously **głęboko, poważnie**

digital marketing /ˌdɪdʒɪtəl 'mɑ:kɪtɪŋ/ (n) = the use of the Internet, social media, etc to reach customers **marketing cyfrowy**

effective /ɪ'fektɪv/ (adj) = successful **skuteczny, efektywny**

encourage /ɪn'kʌrɪdʒ/ (v) = to persuade sb to do sth **zachęcać**

example /ɪg'zɑ:mpl/ (n) = a representative person, object, etc that is used to show what is typical of a larger group **przykład**

experience /ɪk'spɪəriəns/ (v) = to be exposed to sth **doświadczać czegoś**

grab sb's attention (phr) = to make sb notice you **przyciągać czyjąś uwagę**

jingle /ˌdʒɪŋɡəl/ (n) = a short simple piece of music used to advertise sth **dżingiel, melodyjka**

(zwykle towarzysząca reklamie telewizyjnej lub radiowej)

limit /'lɪmɪt/ (n) = a restriction **ograniczenie (np. czasowe)**

market research /ˌmɑ:kɪt rɪ'sɜ:tʃ/ (n) = the collection and study of information relating to what consumers like to buy **badanie rynku**

positive /'pɒzətɪv/ (adj) = making you feel happy **pozytywny, dobry, korzystny**

prime time /praɪm ˌtaɪm/ (n) = the hours when most people watch TV **godziny największej oglądalności, szczyt oglądalności (telewizji)**

produce /prɒdju:s/ (n) = fruit, vegetables, etc for sale that are grown on a farm in large quantities **tu: produkty rolne, płody rolne**

product /'prɒdʌkt/ (n) = a manufactured thing **produkt**

receipt /rɪ'si:t/ (n) = a piece of paper that you get when you buy sth showing its value, the money that you paid and any change that you received **paragon, pokwitowanie**

recipe /resɪpi/ (n) = the ingredients and instructions for cooking a specific type of food **przepis (kulinarny)**

retail /rɪ'teɪl/ (n) = the activity of selling products directly to the public (in shops, etc) **sprzedaż detaliczna, handel detaliczny**

roadside hoarding /ˌrəʊdsaɪd 'hɔ:dɪŋ/ (n) = a very large board placed on the side of roads, etc where an advertisement is placed **billboard, tablica reklamowa**

rush /rʌʃ/ (v) = to hurry **spieszyć się, pędzić, bieć**

sample /sɑ:mpl/ (n) = a small quantity of sth that you try in order to see what the whole product is like **próbka**

scarce /skeəs/ (adj) = insufficient; available only in small numbers or quantities **ograniczony, niewystarczający**

sneaky /sni:ki/ (adj) = cunning; sly **podstępny**

spend /spend/ (v) = to pay money in order to buy sth **wydawać (pieniądze)**

spot /spɒt/ (v) = to identify sb/sth **zauważyć, dostrzec**

support /sə'pɔ:t/ (v) = to help sb/sth because you approve of them **wspierać**

target audience /tɑ:ɡɪt ˌɔ:diəns/ (n) = the group of viewers, listeners, etc that companies aim at for advertising purposes **docelowa grupa odbiorców**

TV commercial /ˌti: vi:kə'mɜ:ʃəl/ (n) = an advertisement shown on TV **reklama telewizyjna**

window display /ˌwɪndəʊ dɪ'spleɪ/ (n) = the products presented in the front window of a shop and their arrangement that attracts customers inside **wystawa sklepowa**

worry /'wɒri/ (n) = anxiety; concern **zmartwienie**

11b

assistance /ə'sɪstəns/ (n) = help **pomoc**

bargain /'bɑ:ɡɪn/ (n) = sth that you buy at a lower price than its usual price; a special offer or discount running at a certain time **okazja**

deal /di:l/ (n) = the best price that you can pay to buy sth **tu: okazja**

outfit /'aʊtfɪt/ (n) = a set of matching clothes worn together, such as a suit, etc **ubiór, strój**

pot /pɒt/ (n) = a container used to make and serve tea or coffee; a small round container for foods such as yogurt, jam, cream, etc **dzbaneq**

rely on /rɪ'laɪ ɒn/ (phr v) = to depend on **polegać na, liczyć na**

retailer /rɪ'teɪlə/ (n) = a person or business that sells products to consumers in a shop **detalista, sprzedawca detaliczny**

sales /seɪlz/ (pl n) = the period of time when shops, etc sell their products or services at lower prices than usual **wyprzedaż**

try on /traɪ 'ɒn/ (phr v) = to wear clothes to see if they fit or suit you before you buy them **przymierzać ubranie**

tube /tju:b/ (n) = a long thin container where toothpaste, sun cream, etc is kept **tubka (np. pasty do zębów)**

voucher /'vaʊtʃə/ (n) = a document which represents a sum of money that can be used to buy sth **kupon, talon, bon podarunkowy**

11c

assure /ə'ʃʊə/ (v) = to inform sb that sth is certainly true, so they do not worry **zapewniać (kogoś o czymś)**

broken /'brəʊkən/ (adj) = wrecked; damaged and separated into pieces **tu: urwany**

cracked /krækt/ (adj) = (of glass, etc) having one or more lines on its surface but not totally broken **pęknięty, popękany**

damaged /'dæmɪdʒd/ (adj) = broken; ruined **zniszczony, uszkodzony**

dead /ded/ (adj) = (of equipment/batteries) not working because there is no power **tu: zużyty, wyczerpany, niedziałający**

exchange (sth for sth else) /ɪks'tʃeɪndʒ/ (v) = to replace sth with sth else **wymienić coś (na coś innego)**

in advance (phr) = beforehand **(np. o płatności) z góry**

missing /ˈmɪsɪŋ/ (adj) = lost and not in its usual place
brakujący, zgubiony
refund /ˈrɪfʌnd/ (n) = the money that you get back when you return a purchase to a shop
zwrot pieniędzy
scratched /skrætʃt/ (adj) = having a small cut or a long thin mark made with a sharp object
porysowany, zarysowany
spare /speə/ (adj) = extra and not needed at present
zapasowy
stick /stɪk/ (v) = to remain in the same place
tu: zacinąć się
torn /tɔ:n/ (adj) = (of paper, cloth, etc) ripped
podarty
weak /wi:k/ (adj) = not strong
słaby
wireless /waɪələs/ (adj) = operating with radio signals rather than with the use of connected cables
bezprzewodowy

Culture 11

accounts /əˈkaʊnts/ (pl n) = the documents that show a company's financial situation
księgi rachunkowe
bankrupt /ˈbæŋkrʌpt/ (adj) = not having enough money to pay your debts
zbankrutowany
bargain /ˈbɑ:ɡɪn/ (n) = sth that you buy at a lower price than its usual price; a special offer or discount running at a certain time
okazja
crash /kræʃ/ (n) = the fact that a stock market fails
tu: krach, załamanie rynku
Cyber Monday /saɪbəˌmʌndeɪ/ (n) = the Monday after the Thanksgiving holiday in the USA when shops

encourage consumers to shop online by offering low prices for their products
Cyber Poniedziałek (poniedziałek po Święcie Dziękczynienia, kiedy sklepy oferują zakup towarów online w atrakcyjnych cenach)
estimated /ˈestɪmeɪtɪd/ (adj) = calculated; guessed at
szacowany, przybliżony
financial crisis /faɪˌnænsjəlˈkraɪsɪs/ (n) = the period when a country's economy is in serious trouble or danger
kryzys finansowy
include /ɪnˈklu:d/ (v) = to incorporate sth; to make sth part of another thing
włączać, wliczać
investor /ɪnˈvestə/ (n) = sb who puts money in a company, business, etc in order to make money
inwestor
originate (from sth) /əˈrɪdʒəneɪt/ (v) = to come from sth
mieć swój początek, pochodzić od
profit /ˈprɒfɪt/ (n) = the money that you make when you sell sth for more money than you paid to buy it
zysk
record /rɪˈkɔ:d/ (v) = to document sth; to register sth
rejestrować, ewidencjonować
retailer /riːteɪlə/ (n) = a person or business that sells products to consumers in a shop
detalista, sprzedawca detaliczny
shoplifting /ˈʃɒp.lɪftɪŋ/ (n) = the act of stealing items from a shop
kradzież sklepowa
spread /spred/ (v) = to cover a larger area or affect more people; to expand
tu: rozprzestrzeniać się, stawać się popularnym

stock /stɒk/ (n) = a part of the ownership of a company that can be sold to the public; a share
tu: akcje
traffic jam /ˈtræfɪkˌdʒæm/ (n) = a long line of vehicles that are moving slowly, or not at all
korek uliczny
worldwide /ˌwɜ:ldˈwaɪd/ (adv) = in all parts of the world; globally
na całym świecie

Unit 12 – Health is wealth

12a
absorb /əbˈsɔ:b/ (v) = to take a substance into your body
wchłaniać, przyswajać
affect /əˈfekt/ (v) = to influence sb/sth
wpływać na (kogoś/coś)
affordable /əˈfɔ:dəbəl/ (adj) = not expensive; having a reasonable price
w przystępnej cenie
audience /ˈɔ:diəns/ (n) = the people watching an event or show
widownia, publiczność, audytorium
breakthrough /ˈbreɪkθru:/ (n) = an important discovery
przełom
carbohydrate /ˌkɑ:bəʊˈhaɪdreɪt/ (n) = a substance, such as sugar or starch, that gives energy; the food that contains it, such as bread or pasta
węglowodan
choice /tʃɔɪs/ (n) = the act of making a selection
wyбір
coconut /ˈkəʊkənʌt/ (n) = a large hard fruit with a brown shell and clear liquid inside
orzech kokosowy

concerned (about sth) /kənˈsɜ:nd/ (adj) = worried about sth; mindful of sth
zatraskany (o coś), zmartwiony (czymś)
creature /ˈkri:tʃə/ (n) = an animal; a living thing
stworzenie, istota
culture /ˈkʌltʃə/ (n) = a preparation of cells artificially developed in a laboratory
tu: posiew, kultura bakterii
cut down (on sth) /ˌkʌtˈdaʊn/ (phr v) = to eat, drink or use less of sth
zmniejszyć, zredukować, ograniczyć (np. spożycie czegoś)
cut in /ˌkʌtˈɪn/ (phr v) = to interrupt (sb/sth)
wtrącać się, przerywać komuś
cut off /ˌkʌtˈɒf/ (phr v) = 1) to isolate (sb/sth); 2) to stop providing sth; 3) to disconnect sb (while on the phone)
1) odciąć, odizolować; 2) przestać dostarczać coś; 3) przerwać rozmowę telefoniczną
(be) cut out (for sth) /ˌkʌtˈaʊt/ (phr v) = to have the qualities to do sth
być stworzonym do czegoś
dairy product /ˈdeəriˌprɒdʌkt/ (n) = a food product from animals, such as milk and cheese
nabiał
develop /dɪˈveləp/ (v) = to cause sth to change or become bigger
rozwijać
digestive system /daɪˌdʒestɪvˈsɪstəm/ (n) = the organs that deal with absorbing nutrients from food and breaking them down
układ pokarmowy, system trawienny
effect /ɪˈfekt/ (n) = the result of sth
efekt, skutek

Word List

fat /fæt/ (n) = a substance found in the body of people and animals that stores energy **tłuszcz**

fertiliser /fɜːtɪlaɪzə/ (n) = a substance put on soil to help plants grow **nawóz**

fibre /faɪbə/ (n) = a substance found in fruit, vegetables and brown bread that helps the digestive system **błonnik**

lean meat /liːn 'mi:t/ (n) = meat that does not contain much fat **chude mięso**

lentil /lentɪl/ (n) = a small dried bean that is cooked to be eaten **soczewica**

moral /mɔːrəl/ (adj) = relating to what is accepted as good behaviour **moralny**

muscle tissue /mʌsəl ,tɪʃuː/ (n) = the cells that make up the muscles in the body which enable movement **tkanka mięśniowa**

mushy /mʌʃi/ (adj) = (of food) very soft **papkowaty**

nut /nʌt/ (n) = a dry fruit usually inside a shell **orzech**

oily fish /ɔɪli 'fiʃ/ (n) = a type of fish that contains a lot of oil in its body, such as mackerel or sardines **tłusta ryba (np. makrela)**

option /ɒpʃən/ (n) = a possibility from a group of things **opcja, możliwość**

organ /ɔːgən/ (n) = a part of the body that performs a specific function, such as the lungs or heart **narząd**

pea /piː/ (n) = a round green seed **groszek**

pesticide /pestɪsaɪd/ (n) = a chemical used to kill insects and pests **pestycyd**

point /pɔɪnt/ (n) = a purpose **tu: cel, sens**

poultry /'pəʊltri/ (n) = birds that are bred for food, such as chicken and turkey **drób**

produce /prə'djuːs/ (v) = to make or grow sth **produkować, wytwarzać**

protein /'prəʊtiːn/ (n) = a substance found in meat, milk, cheese and eggs that helps the body grow and stay strong **białko**

raise /reɪz/ (v) = to make sth increase in value or amount **podnosić, zwiększać**

rise /raɪz/ (v) = to move higher; to stand up **rosnąć, podnosić się, zwiększać się**

seafood /siːfuːd/ (n) = animals from the sea that can be eaten, such as fish, crab and octopus **owoce morza**

seed /siːd/ (n) = a small round object found in plants that makes new plants grow **nasiono**

set up /set 'ʌp/ (phr v) = to start a new company, organisation, etc **założyć, stworzyć**

soy product /sɔɪ 'prɒdʌkt/ (n) = a type of food made from small beans from Asia **produkt sojowy, żywność sojowa**

vegan /viːgən/ (n) = sb who doesn't eat any animal products **weganin**

vitamin /vɪtə'mɪn/ (n) = a natural substance found in food that helps the growth of the body **witamina**

wholegrain /həʊl'greɪn/ (adj) = containing seeds in their natural form **pełnoziarnisty**

12b

ankle /æŋkəl/ (n) = the part of your body that connects your leg to your foot **kostka, staw skokowy**

blood test /blʌd test/ (n) = a medical examination of a small amount of your blood to see if you have a health problem **badanie krwi**

consumer /kən'sjuːmə/ (n) = a person who buys things; a shopper **konsument**

flu /fluː/ (n) = an illness similar to a cold but more serious **grypa**

intake /ɪnteɪk/ (n) = the amount of food, drink, etc that you take into your body **spożycie**

mood /muːd/ (n) = the way you feel at a specific time **nastrój**

nutrients /njuː'triənts/ (pl n) = the substances found in food that help you grow and stay healthy **składniki odżywcze**

nutritious /njuː'triʃəs/ (adj) = containing substances that are good for your health; nourishing **pożywny, odżywczy**

portion /pɔːʃən/ (n) = the amount of food you are given at a meal; a helping **porcja**

pregnant /pregnənt/ (adj) = (of a woman) carrying an unborn baby inside the body **w ciąży**

qualified /kwɒlɪfaɪd/ (adj) = having the qualifications (e.g. a degree, a certificate, etc) to do a job **wykwalifikowany**

serving /sɜːvɪŋ/ (n) = the amount of food you are given at a meal **porcja**

shift /ʃɪft/ (n) = the period of time that a group of people work before being replaced by

another group **zmiana (godziny, w jakich się pracuje)**

upset stomach /ʌpset 'stʌmək/ (n) = a stomach ache **rozstrojony żołądek**

12c

apply /ə'plai/ (v) = to cover the surface of the body (with sun lotion in order to protect it) **tu: nakładać (np. krem przeciwsłoneczny)**

backpacking /bækpækɪŋ/ (n) = the activity of travelling and carrying all your belongings in a backpack **podróżowanie z plecakiem**

balanced diet /'bælənst 'daɪət/ (n) = the combination of the right amounts of various foods in order to keep your body healthy **zrównoważona dieta**

bump into (sth) /bʌmp ɪntə/ (phr v) = to hit or knock against sth by accident **wpaść na coś**

consume /kən'sjuːm/ (v) = to eat or drink sth **spożywać, konsumować**

disease /dɪ'ziːz/ (n) = an illness **choroba**

eliminate /ɪ'lɪmɪneɪt/ (v) = to remove sth from sth; to get rid of sth **eliminować, wykluczać**

emergency /ɪ'mɜːdʒənsi/ (n) = a crisis; an unexpected, dangerous and urgent situation **napły wypadek**

exercise /eksə'saɪz/ (v) = to do a sport or other physical activity in order to keep your body in shape; to work out **ćwiczyć, gimnastykować się**

fair skin (phr) = a light skin tone **jasna skóra**

fire extinguisher /ˈfaɪə ɪkˌstɪŋɡwɪʃə/ (n) = a piece of equipment in the shape of a cylinder which is filled with a chemical used to put out small fires **gaśnica**

fizzy drink /ˈfɪzi ˈdrɪŋk/ (n) = a drink that contains bubbles of carbon dioxide **napój gazowany**

floss /flɒs/ (v) = to clean the spaces between your teeth and gums using a special thread **czyszczyć zęby nitką dentystyczną**

germ /dʒɜːm/ (n) = a very small organism that causes a disease **drobnoustrój, zarazek**

health expenses /heɪθ ɪkˌspensɪz/ (pl n) = the money you spend on medical treatment **wydatki na ochronę zdrowia**

limit /lɪmɪt/ (v) = to restrict sth below a certain number or amount **ograniczać**

maintain /meɪnˈteɪn/ (v) = to keep sth at a certain level **utrzymywać**

mental health /ˈmentəl ˈheɪθ/ (n) = the general wellness of a person's mind **zdrowie psychiczne**

minor burn (phr) = an injury caused by fire, sth hot, etc that is not very serious **lekkie oparzenie**

pot handle /pɒt ˈhændəl/ (n) = the part of a round, deep, cooking container that you use to hold or pick up **uchwyt garnka**

remove (yourself from sth) /rɪˈmuːv/ (v) = to get away from sth in order to avoid a difficult situation **odsunąć się od czegoś, unikać czegoś**

sunscreen /ˈsʌnskriːn/ (n) = a cream that you use on your body to protect it from getting burnt by the sun **krem z filtrem przeciwsłonecznym**

take out (sth) /ˈteɪk ˈaʊt/ (phr v) = to arrange to get sth, such as a loan, insurance, etc, officially from a bank, insurance company, etc **tu: wziąć pożyczkę**

travel insurance /ˈtrævəl ɪnˌʃʊərəns/ (n) = the money that travellers pay to a company to protect themselves against injuries, health problems, loss of belongings, etc **ubezpieczenie podróży**

vaccine /ˈvæksɪn/ (n) = an injection given to people to protect them against specific disease **szczepionka**

Culture 12

budget /ˈbʌdʒɪt/ (n) = the amount of money that is available to a person, organisation, government, etc **budżet**

healthcare /ˈheɪlθkeə/ (n) = the activity of looking after people's health and well-being **opieka zdrowotna**

in vitro fertilisation (IVF) (phr) = the scientific technique that helps a woman become pregnant **zapłodnienie in vitro**

launch /lɔːntʃ/ (v) = to start a business, organisation, etc **tu: rozpocząć działalność**

life expectancy /laɪf ɪkˌspektənsi/ (n) = how long a person, animal or plant is likely to live **oczekiwana/średnia długość życia**

limited /lɪmɪtɪd/ (adj) = not in large numbers or quantities; restricted **ograniczony**

mention /ˈmenʃən/ (v) = to discuss sth; to cover sth **nadmienić, wspomnieć**

National Insurance contributions (phr) = a routine payment made by workers to their employers or the government for their pension and medical expenses **składka zdrowotna**

peace of mind (phr) = the feeling of being calm, happy and not worried about anything **spokój umysłu**

quality /ˈkwɒləti/ (adj) = of an excellent standard **wysokiej jakości**

resident /ˈrezɪdənt/ (n) = a person who lives in a city or town legally **mieszkaniec, rezydent**

set up /ˌset ˈʌp/ (phr v) = to start a new company, organisation, etc **założyć, otworzyć (np. firmę)**

structure /ˈstrʌktʃə/ (n) = the way sth is organised **struktura**

unique /juːˈniːk/ (adj) = very special **wyjątkowy, unikalny**

vision /ˈvɪʒən/ (n) = an idea, a dream or plan of what you would like sb/sth to be **wizja, pomysł**

wipe out /ˈwaɪp ˈaʊt/ (phr v) = to cause sth to stop existing; to eliminate **całkowicie wyeliminować**

Values D:

Commitment

abandon /əˈbændən/ (v) = to give up sth **porzucić (np. plan), zrezygnować (z czegoś)**

client /ˈæklaɪənt/ (n) = a person that pays a professional or organisation for a service **klient**

commitment /kəˈemɪtmənt/ (n) = dedication **oddanie, poświęcenie**

committed (to sth/sb) /kəˈemɪtɪd/ (adj) = dedicated to sth/sb **oddany (komuś/czemuś)**

dread /dred/ (v) = to feel anxious before doing sth **bać się**

habit /ˈæhæbɪt/ (n) = sth that you do on a regular basis **zwyczaj, nawyk**

intensive /ɪnˈtensɪv/ (adj) = demanding; requiring a lot of effort **intensywny**

journal /ˈdʒɜːnəl/ (n) = a diary **dziennik**

keep on track (phr) = to continue doing sth as planned **trzymać się planu**

motivated /ˌmɒtɪveɪtɪd/ (adj) = feeling inspired **zmotywowany**

progress /ˈprɒʊgres/ (n) = development; improvement **postęp**

realistic /ˈriːəlɪstɪk/ (adj) = practical; sensible **realistyczny**

stick to /ˌstɪk tə/ (phr v) = to continue doing sth; to not give up **trzymać się czegoś konsekwentnie, przestrzegać (np. diety)**

turn (sth) around /ˌtɜːn əˈraʊnd/ (phr v) = to change sth that has become unsuccessful into sth successful again **tu: zmienić na lepsze**

uncomplicated /ʌnˌkɒmpɪkeɪtɪd/ (adj) = simple **prosty, nieskomplikowany**

Public Speaking Skills D

average /ˈævərɪdʒ/ (n) = a typical number or amount of sth **średnia**

blood pressure /ˈblʌd preʃə/ (n) = the force with which blood flows in your body **ciśnienie krwi**

Word List

consequence

/ˈkɒnsɪkwəns/ (n) = sth that happens as a result or effect of a specific action **następstwo, konsekwencja**

dehydration /di:

haɪˈd্রেɪʃən/ (n) = the condition in which your body has lost too much water making you feel weak or sick

odwodnienie

immune system /ɪˈemju:n

,sɪstəm/ (n) = the structure in your body consisting of various organs and mechanisms that protect you against diseases **system**

odpornościowy

lack (of sth) /læk/ (n) =

the fact that there is not enough of sth; a shortage **brak (czegoś)**

memory loss /ˈememəri

lɒs/ (n) = the state of not being able to remember

utrata pamięci

nutrition /nju:ˈetɹɪʃən/ (n)

= the process of eating the right food in order to keep your body healthy

żywienie, odżywianie

squat /skwɒt/ (n) = a type

of exercise in which you lower your body and bend your knees, then stand up **tu: przysiad**

strength training /ˈstreŋθ

,treɪnɪŋ/ (n) = a type of exercise in which you lift weights or use your body weight to make your body stronger

trening siłowy

weaken /ˈwi:kən/ (v) =

to become less strong

osłabiać

weight gain /ˈweɪt ɡeɪn/

(n) = the situation in which your body becomes heavier **wzrost wagi ciała**

CLIL A

PSHE

account for /əˈkaʊnt fə/

(phr v) = to be part of a total number, percentage, etc of sth

tu: stanowiąć część

approved /əˈpru:vd/ (adj) =

having the accepted standards or level that are decided by a government, committee, etc **tu: oficjalnie**

zatwierdzony do użytku

brake /breɪk/ (v) = to stop

or reduce the speed of a vehicle by using a device designed to slow a vehicle's movement

hamować (podczas prowadzenia pojazdu mechanicznego)

campaign /kæmˈpeɪn/ (n)

= a course of actions to inform the public about a specific matter

kampania

(np. informacyjna)

distract /dɪˈstrækt/ (n) =

to cause sb to lose their concentration **odwracać uwagę, rozpraszać**

fatality /fəˈtæləti/ (n) =

a death caused by an accident, attack, etc

ofiara śmiertelna

handheld /ˈhændheld/

(adj) = (of a device) able to be operated using one hand **ręczny (taki, który trzeba trzymać w ręce)**

illuminated clothing

(phr) = special clothes worn by cyclists, bikers, etc to make them visible to other drivers or people at night **ubranie odbłaskowe**

junction /ˈdʒʌŋkʃən/ (n) =

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

motorway /ˈmɒtəweɪ/

(n) = a road with many lanes for vehicles travelling over long distances; a highway

autostrada

pavement /ˈpeɪvmənt/ (n)

= a path at the side of a road for people to walk on **chodnik**

pedestrian /ˈpedestrɪən/

(n) = a person who is on foot and not using a vehicle **pieszy**

require /rɪˈkwaɪə/ (v)

= to think that sth is necessary **wymagać**

rural /ˈrʊərəl/ (adj) = of the

countryside **wiejski**

speed limit /ˈspi:d ˈlɪmɪt/

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

ograniczenie prędkości

term /tɜ:m/ (n) = the

word or phrase for sth

określenie, termin

zebra crossing /ˈzebrə

ˈkrɒsɪŋ/ (n) = a place on a road marked with black and white lines for people to walk across

przejście dla pieszych

CLIL B

Biology

communication tool

/kəˈmjʊ:nɪkeɪʃən ˈtu:l/ (n) = the way we use to exchange information, ideas, feelings, etc with other people **narzędzie/ sposób komunikacji**

diaphragm /ˈdaɪəfræm/ (n)

= the muscle separating your lungs and stomach

przepona

larynx /ˈlæɪŋks/ (n) = the

organ in the upper part of the throat where the vocal chords are **krtan**

lung /lʌŋ/ (n) = each of the

pair of organs in your body that you use to breathe **płuco**

nasal cavity /ˈneɪzəl

(kævəti/ (n) = the space inside your nose **jama**

nosowa

oral cavity /ˌɔ:rəl (kævəti/

(n) = the mouth and the area inside your mouth

jama ustna

pitch /pɪtʃ/ (n) = the tone;

how high or low sb's voice is **ton głosu (niski lub wysoki)**

power source /ˈpaʊə sɔ:s/

(n) = what you can get energy from, such as electricity, etc **źródło energii**

powerful /ˈpaʊəfəl/ (adj) =

very loud or strong

silny, mocny

release /rɪˈli:s/ (v) = to let

sth come out

tu: wypuszczać

(np. powietrze)

resonance tract

/ˈrezənəns ˈtrækt/ (n) = the system of organs and tubes in your body that help you speak

system narządów odpowiadających za wytwarzanie dźwięku

resonator /ˈrezənəɪtə/ (n)

= a device the makes sounds vibrate **tu: zatoki przynosowe**

rush /rʌʃ/ (v) = to move

quickly **pędzić, biec, spieszyć się**

sinuses /ˈseɪnəsɪz/ (pl n) =

the spaces in the bones of your head that are connected with your nose **zatoki (np. nosowe)**

situated /ˈsɪtʃueɪtɪd/ (adj) =

being in a particular place **umiejscowiony, położony**

stream /stri:m/ (n) = a

flow of air, water, etc **strumień (powietrza, wody itd.)**

swallow /ˈswɒləʊ/ (v) = to

cause food, drink, etc to go from your mouth down to your stomach **połykać**

tension /ˈtɛnʃən/ (n) = pressure **napięcie**
throat /θrəʊt/ (n) = the inside part of your neck **gardło**
trachea /trəˈæki:ə/ (n) = the tube in your body that takes the air you breathe in to your lungs; the windpipe **tchawica**
transformed /trænsˈɔ:fɔ:md/ (pp) = changed from one thing to another **zamieniony, przekształcony**
vibrate /vaɪˈɛbreɪt/ (v) = to shake in a quick continuous motion; to pulse **wibrować, drgać, pulsować**
vibration /vaɪˈɛbreɪʃən/ (n) = a continuous, gentle, shaking movement causing sth to go to and fro **wibracja**

CLIL C

History

academic qualifications

/ˌækədɛmɪk
 ˌkwɒlɪfɪkɛɪʃənz/ (pl n) = the certificates, diplomas, degrees, etc you acquire after studying at a university, college, etc **stopień naukowy**

agricultural /

ˌægrɪˈkʌltʃərəl/ (adj) = rural **rolniczy**

compulsory /kəmˈpʌlsəri/ (adj) = obligatory

obowiązkowy, obligatoryjny

establish /ɪˈɛstæblɪʃ/ (v) = to start an organisation, company, etc **założyć (np. firmę)**

governess /ˈɛɡʌvənəs/ (n) = (in the past) a female teacher that lived with a rich family and taught their children **guwernantka**

grant /grɑ:nt/ (n) = a sum of money given by the government, etc for educational or other purposes **grant, dotacja**
logic /ˈlɒdʒɪk/ (n) = the science of analysing arguments and reaching conclusions **logika**
luxury /ˈelʌkʃəri/ (n) = sth expensive that you enjoy but is not essential **luksus**
manufacturing /ˌmænjuˈɛfæktʃəriŋ/ (n) = the production of goods in a factory **wytwarzanie, produkcja**
medieval times (phr) = the Middle Ages (between AD 500 and AD 1500) **średniowiecze**
mining /ˈemɑɪnɪŋ/ (n) = the work done to get metals and other substances out of the ground **górnictwo**
rhetoric /ˈɛrɛtərɪk/ (n) = the study of the techniques for using spoken or written language in a convincing way **retoryka**
sewing lesson (phr) = a class that teaches how to make or repair clothes, etc using a needle and thread **lekcja szycia**
support /səˈpɔ:t/ (v) = to look after sb, such as children, etc, by giving them money or things they need in order for them to live **tu: utrzymywać rodzinę**
time off /ˌtaɪm (ɒf/ (n) = the period you are officially allowed not to work or study **czas wolny od pracy lub nauki**
tutor /ˈɛtju:tə/ (n) = a teacher who gives private lessons **prywatny nauczyciel, korepetytor**

CLIL D

Environmental Studies

bottle bank /ˈɒbəl bænki/ (n) = a place where used glass bottles are put for recycling **pojemnik na szkło**
chase /tʃeɪs/ (v) = to follow sth **ścigać, gonić**
citizen /ˈsɪtɪzən/ (n) = sb who lives in a town or city as a legal resident **obywatel**
compost heap /ˈkɒmpɒst hi:p/ (n) = a pile of rotten plants, vegetables, leaves, etc used on soil to help plants grow **pryzma kompostowa**
council /ˈkaʊnsəl/ (n) = the organisation that governs a local area **rada**
fertiliser /ˈfɜ:tɪlaɪzə/ (n) = a chemical or natural substance that you put on soil to help plants grow **nawóz**
manage /ˈmænɪdʒ/ (v) = to deal with sth **zarządzać (czymś)**
remind (sb to do sth) /rɪˈmaɪnd/ (v) = to help sb to remember to do sth **przypomnieć komuś (żeby coś zrobił)**
scrunch /skrʌntʃ/ (v) = to turn sth into a small ball by twisting and crushing it **zgniatać, miąć**
seedling /ˈsi:dlɪŋ/ (n) = a young plant or tree that is grown from a seed **sadzonka**
steel /sti:l/ (n) = a very strong metal made from a mixture of iron and carbon **stal**
tin foil /tɪn fɔɪl/ (n) = thin flexible sheets of metal used for wrapping food, etc **folia aluminiowa**
wrapper /ˈwræpə/ (n) = the piece of paper or plastic that covers an item before it is sold **papierek, sreberko (np. od cukierka)**