

# Word List

Abbreviations	(adj)	adjective	(n)	noun	(pp)	past participle	(pron)	pronoun
	(adv)	adverb	(phr)	phrase	(prep)	preposition	(v)	verb
	(conj)	conjunction	(phr v)	phrasal verb	(prep phr)	prepositional phrase	(sb)	somebody
	(idm)	idiom	(pl n)	plural noun	(pres p)	present participle	(sth)	something

## Module 1 Work

**apply to** /ə'plai tə/ (v) = to request sth from sb in writing **zgłosić się do, złożyć podanie, aplikować**

**arrange** /ə'reɪndʒ/ (v) = to make the necessary plans and preparations for sth to happen **zaplanować, ustalić, umówić**

**au pair** /əu 'peə/ (n) = a nanny from abroad **opiekunka do dziecka mieszkająca okresowo u rodziny i pomagająca w domu z zamian za wyżywienie, kieszonkowe i naukę języka**

**builder** /'bildə/ (n) = sb who makes buildings **budowniczy**

**career prospects** (phr) = the possibilities of future success in a job **perspektywy rozwoju zawodowego**

**degree** /di'grɪ:/ (n) = a course of study at a college or university; a certificate **dyplom (ukończenia studiów)**

**enclose** /ɪn'kləʊz/ (v) = to put inside **załączyć, dołączyć**

**estate agent** /i'steɪt ,eɪdʒənt/ (n) = sb who works for a company that sells houses and land for people **pośrednik w obrocie nieruchomościami**

**experience** /ɪk'spiəriəns/ (n) = the growth of knowledge and skills which is acquired by doing sth **doświadczenie**

**fashion designer** /fæʃən dɪ,zajmə/ (n) = sb who designs clothes **projektant mody**

**firefighter** /'faɪə,faitə/ (n) = sb whose job is to put out fires **strażak**

**flexible** /'fleksɪbəl/ (adj) = able to adapt to different conditions as they occur **elastyczny**

**flight attendant** /flaɪt ə'tendənt/ (n) = sb who works on an aeroplane helping passengers **steward, stewardessa**

**florist** /'flɒrɪst/ (n) = sb who owns or works in a store which sells plants and flowers **kwiaciarz, kwiaciarka**

**full-time** /'fʊl 'taɪm/ (adj) = working for the whole part of the working day **na pełny etat, w pełnym wymiarze godzin**

**gardener** /'gɑ:dənə/ (n) = sb who takes care of plants **ogrodnik**

**medical researcher** /,medɪkəl rɪ'sɜ:tʃə/ (n) = sb who works to find cures for diseases **naukowiec zajmujący się medycyną**

**payable** /'peɪəbəl/ (adj) = that should be paid **płatny, wypłacany**

**poorly-paid** /'pɔ:li 'peɪd/ (adj) = not earning much money **słabo opłacany**

**qualification** /,kwɒlɪfɪ'keɪʃən/ (n) = a skill or quality needed for a job or task **kwalifikacja**

**reference** /'refərəns/ (n) = a letter that is written by sb who knows me to describe me and say if I am suitable for a job or course **referencje, rekomendacje**

**salary** /'sæləri/ (n) = payment for professional or office work (usually paid monthly) **pensja (miesięczna)**

**sales assistant** /seɪlz ə'sɪstənt/ (n) = sb who sells things in a shop **sprzedawca/sprzedawczyni**

**stockbroker** /'stɒk,broʊkə/ (n) = sb who buys and sells stocks and shares **makler giełdowy**

**tour guide** /tuə gaɪd/ (n) = sb with a lot of knowledge of a given area who takes groups of tourists sightseeing **przewodnik turystyczny**

**training** /'treɪnɪŋ/ (n) = preparation or education for a sport, an academic subject or a job **szkolenie**

**well-paid** /,wel 'peɪd/ (adj) = earning a lot of money **dobrze płatny**

### 1a

**adapt** /ə'dæpt/ (v) = to adjust **przystosować, dostosować**

**aim to** /eɪm tə/ (v) = to try or plan to do sth **mieć na celu, dążyć do**

**awareness** /ə'weənəs/ (n) = knowledge or understanding of a particular situation or subject **świadomość**

**beyond the limits** (phr) = past the possibilities of sb or sth **poza zasięgiem**

**bond** /bɒnd/ (n) = a strong connection and feeling of love and friendship shared between people **więź**

**bring up** /brɪŋ 'ʌp/ (phr v) = to raise a child **wychować**

**company** /'kʌmpəni/ (n) = the state of being with others **towarzystwo**

**dedicated to** /dedɪkeɪtɪd tə/ (adj) = devoted and committed to **oddany (czemuś), zaangażowany w coś**

**demonstrate** /demənstreɪt/ (v) = to show **zademonstrować, pokazać, zaprezentować**

**develop** /dɪ'veləp/ (v) = 1) to create; 2) to grow; to progress **tworzyć, opracowywać; rozwijać się, rosnąć**

**dorsal fin** /dɔ:səl fɪn/ (n) = the fin on the back of a sea animal that helps it to swim **pletwa grzbietowa**

**encounter** /ɪn'kaʊntə/ (n) = an unexpected meeting **spotkanie**  
**feared** /fiəd/ (adj) = causing fear; scary **straszny, przerażający**

**ferocious** /fə'rɒʃəs/ (adj) = fierce **dziki, przerażający, niebezpieczny**

**gradually** /grædʒuəli/ (adv) = in a slow manner over a long period of time **stopniowo**

**highlight** /'haɪlaɪt/ (v) = to attract attention to sth important **podkreślać, uwypuklać**

**hypnotise** /hɪpnətaɪz/ (v) = to put sb in a sleep-like state **zahipnotyzować**

**immobility** /ɪmə'bɪlɪti/ (n) = inability to move **bezruch, znieruchomienie**

**interaction** /ɪntə'rækʃən/ (n) = interplay; communication **interakcja, dialog**

**interpret** /ɪntɪ'sprɪt/ (v) = to decide on what the meaning or significance of sth is; to understand **zinterpretować, zrozumieć**

**marvel at** /'mɑ:vəl ət/ (v) = to be amazed by sth **zdumiewać się, podziwiać**

**mindless** /'maɪndləs/ (adj) = thoughtless **bezmysłny**

**nightmare** /ˈnaɪtmɛə/ (n) = a bad dream **koszmar**  
**observe** /əb'zɜ:v/ (v) = to watch carefully **obserwować**  
**operation** /ˌɒpə'reɪʃən/ (n) = a business venture **działalność, firma**  
**perception** /pə'sepʃən/ (n) = the idea that I have of sth **postrzeganie, rozumienie**  
**pet** /pet/ (v) = to stroke and touch an animal gently **głaskać**  
**posture** /pɒstʃə/ (n) = the position in which sb stands or sits; a body position **postawa**  
**predator** /predətə/ (n) = an animal that hunts and eats other animals **drapieżnik**  
**prey** /preɪ/ (n) = an animal that is hunted and eaten by other animals **zdojczy**  
**rewarding** /rɪ'wɔ:dɪŋ/ (adj) = fulfilling; satisfying **satysfakcjonujący, przynoszący zadowolenie**  
**seek** /si:k/ (v) = to try to accomplish sth **ubiegać się o coś, dążyć do czegoś**  
**snout** /snaʊt/ (n) = the long nose of some animals **pysk, ryj**  
**status** /ˈsteɪtəs/ (n) = sb's social/professional level **status, pozycja, stan rzeczy**

## 1b

**abandon** /ə'bændən/ (v) = to desert **porzucić, opuścić**  
**a couch potato** (idm) = sb who spends lots of time sitting on the sofa watching TV **leniuch**  
**a pain in the neck** (idm) = sb/sth that is very annoying **utrapienie**  
**applicant** /æplɪkənt/ (n) = sb who applies for a job **kandydat (do pracy), aplikant**  
**apply for** /ə'plai fə/ (v) = to request sth in writing **ubiegać się o, złożyć podanie (np. o pracę)**  
**as hard as nails** (idm) = very tough **twardy jak skała**  
**attached to** /ə'tætʃtɪ tə/ (adj) = joined to **przywiązany (emocjonalnie)**  
**behind the times** (idm) = old-fashioned **staromodny, staroświecki**  
**benefit** /ˈbenɪfɪt/ (n) = an advantage **korzyść, pożytek**  
**big-headed** /bɪg 'hedɪd/ (adj) = conceited **zarozumiały**

**border** /ˈbɔ:də/ (n) = the official line that separates two countries or states **granica**  
**buyer** /ˈbaɪə/ (n) = sb who buys a house, a car, etc **nabywca, kupiec**  
**candidate** /ˈkændɪdeɪt/ (n) = sb who is considered for a position **kandydat**  
**chair** /tʃeə/ (n) = sb in charge of a meeting/group **przewodniczący (rady), prowadzący (zebranie)**  
**cold-hearted** /ˈkəʊld 'hɑ:tɪd/ (adj) = unfeeling **nieczuły, zimny**  
**colleague** /ˈkɒli:ɡ/ (n) = sb that you work with **kolega/koleżanka z pracy**  
**commit myself** (phr) = to promise to do sth **zobowiązać się, zadeklarować się**  
**comrade** /ˈkɒmreɪd/ (n) = a companion **kompan, towarzysz**  
**congratulate on** /kən'grætʃuleɪt ɒn/ (v) = to praise sb for an achievement **pogratulować komuś czegoś**  
**conservative** /kən'sɜ:vətɪv/ (adj) = not liking changes **konserwatywny**  
**consumer** /kən'sju:mə/ (n) = sb who buys things and services **konsument, klient**  
**control** /kən'trəʊl/ (v) = to have complete power over sb or sth **kontrolować**  
**crew** /kru:/ (n) = a group of people who work together on a ship or plane **załoga**  
**customer** /ˈkʌstəmə/ (n) = sb who buys goods or services from a shop or business; a shopper **klient**  
**cut down on** /kʌt 'daʊn ɒn/ (phr v) = to reduce **ograniczyć, zredukować**  
**deal** /di:l/ (v) = to handle **zajmować się czymś, radzić sobie z czymś**  
**direct** /dɪ'rekt/ (v) = to be in charge of an organisation/activity **kierować, zarządzać, dowodzić**  
**discontinue** /ˌdɪskən'tɪnju:/ (v) = to stop using or doing sth **przerwać, zaprzestać, zrezygnować z czegoś**  
**dismiss** /dɪs'mɪs/ (v) = to ask sb to leave a job **zwolnić z pracy**  
**earnings** /ˈɜ:ɪnɪŋz/ (pl n) = the income from work **zarobki, dochody**  
**easy-going** /i:zi 'gəʊɪŋ/ (adj) = calm and tolerant **beztroski, wyluzowany**  
**emotional** /ɪ'məʊʃənəl/ (adj) = having or causing strong feelings **uczuciowy, emocjonalny**

**employee** /ɪm'plɔɪi/ (n) = sb who works for sb else **pracownik, zatrudniony**  
**employer** /ɪm'plɔɪə/ (n) = sb that you work for **pracodawca**  
**fill out** /fɪl 'aʊt/ (phr v) = to write all the necessary information on a form **wypełnić**  
**fire** /faɪə/ (v) = to dismiss sb from a job **wywalić/wyrzucić z pracy**  
**good-natured** /gʊd 'neɪtʃəd/ (adj) = naturally friendly **dobroduszny, przyjazny**  
**gullible** /gʌlɪbəl/ (adj) = being easily tricked into believing sth that sb has said **naiwny, łatwowski**  
**hand in my notice** (phr) = to tell my employer that I'm going to leave the job soon **złożyć wypowiedzenie**  
**have a heart of gold** (idm) = to be kind and nice **mieć złote serce**  
**limit** /lɪmɪt/ (n) = the greatest number/amount possible or permitted **granica, limit, ograniczenie**  
**live on** /lɪv ɒn/ (phr v) = to find money to sustain myself **utrzymywać się z**  
**moody** /mu:di/ (adj) = changing mood frequently; becoming angry or aggressive suddenly **kapryśny, humorzasty**  
**narrow-minded** /ˈnærəʊ 'maɪndɪd/ (adj) = unwilling to accept other people's ideas **ciasny, ograniczony, o wąskich horyzontach**  
**note** /nəʊt/ (n) = a short letter **notatka; krótka wiadomość**  
**partner** /pɑ:tnə/ (n) = sb that I am closely involved with in a business, marriage, etc **partner**  
**patient with** /peɪʃənt wɪð/ (adj) = staying calm; being able to accept annoyance **cierpliwy**  
**pension** /penʃən/ (n) = a retirement fund **emerytura**  
**perfectionist** /pə'fekʃənɪst/ (n) = sb who refuses to do or accept anything that isn't as good as it could possibly be **perfekcjonista, perfekcjonistka**  
**perks** /pɜ:ks/ (pl n) = advantages or benefits, such as money or goods, which I am given because of my job  **dodatek (do pensji), dodatkowa korzyść**

# Word List

**permit** /pɜːmɪt/ (n) = an official document which states that I may do sth **zezwolenie**

**personnel** /pɜːsəˈneɪl/ (pl n) = staff  
**personel**

**post** /pəʊst/ (n) = a job; a work position  
**stanowisko, posada**

**profit** /prəʊfɪt/ (n) = the money earned from a business after its expenses have been paid **zysk, dochód**

**promotion** /prəˈmɔʊʃən/ (n) = a move to a more important position in your job **awans**

**put by** /ˈpʊt baɪ/ (phr v) = to save money  
**odłożyć, zaoszczędzić**

**qualified for** /kwɒlɪfaɪd fɔː/ (adj) = trained; having a degree, diploma, etc **posiadający odpowiednie kwalifikacje**

**quick-tempered** /kwɪk ˈtempəd/ (adj) = getting angry easily **porywczy, wybuchowy, nieopanowany**

**quit** /kwɪt/ (v) = to leave a job, a team, a school, etc **zrezygnować, (po)rzucić**

**raise** /reɪz/ (v) = to increase **podnieść, zwiększyć**

**relaxed** /rɪˈlæksɪd/ (adj) = calm; not worried **rozluźniony, zrelaksowany**

**resign** /rɪˈzɑːn/ (v) = to formally announce that I am leaving a post or position **zrezygnować, ustąpić**

**responsible for** /rɪˈspɒnsɪbəl fɔː/ (adj) = being in charge of; having the duty to take care of sb or sth **odpowiedzialny za**

**retire** /rɪˈtaɪə/ (v) = to stop working and receive a pension **przejsć na emeryturę**

**rise** /raɪz/ (v) = to become higher  
**wzrastać, podnieść się**

**run a business** (phr) = to operate a company **prowadzić firmę**

**run out of** /rʌn ˈaʊt əv/ (phr v) = to have no more of sth left  
**skończyć się (o np. pieniądzach)**

**sack** /sæk/ (v) = to fire sb from a job  
**wyrzucić z pracy, zwolnić**

**self-conscious** /self ˈkɒnʃəs/ (adj) = uncomfortable about what people think about me **skrępowany, zakłopotany, nieśmiały**

**sensible** /ˈsensɪbəl/ (adj) = based on logic rather than emotion  
**sensowny, rozsądny**

**sentimental** /sentɪˈmentl/ (adj) = showing or expressing feelings in a rather foolish way **sentymentalny, uczuciowy, czułościowy**

**situation** /ˌsɪtʃuˈeɪʃən/ (n) = a state of affairs **sytuacja**

**soft-spoken** /sɒft ˈspəʊkən/ (adj) = having a quiet voice **o łagodnym głosie**

**specialise in** /speʃəlaɪz ɪn/ (v) = to study/work in one subject/type of business  
**specjalizować się w**

**take out** /teɪk ˈaʊt/ (phr v) = to obtain a loan, a licence, etc by fulfilling certain conditions **uzyskać, zaciągnąć (np. kredyt)**

**team** /tiːm/ (n) = a group of people who do sth together, especially a sport **zespół**

**thick-skinned** /θɪk ˈskɪnd/ (adj) = not hurt by criticism **gruboskórny, odporny na krytykę**

**ties** /taɪz/ (pl n) = connections **więzi, związki**

**trainee** /treɪˈniː/ (n) = sb employed at a low level in a job in order to learn the skills needed for that job  
**praktykant/praktykantka, stażysta/stażystka**

**under pressure** (phr) = stressed **pod presją, w warunkach stresu**

**vacancy** /veɪkənsɪ/ (n) = a job or position which has not been filled  
**wakat, wolna posada**

**warning** /ˈwɔːnɪŋ/ (n) = a statement which informs sb that sth unpleasant or dangerous is likely to happen **ostrzeżenie**

## 1d

**adjust** /əˈdʒʌst/ (v) = to become more familiar with a new situation  
**przystosować się**

**animator** /ˈænɪmeɪtə/ (n) = sb who uses drawings, puppets or models to make films **animator, animatorka (twórca filmów animowanych)**

**anorak** /ˈænərək/ (n) = a waterproof jacket **ocieplana kurtka z kapturem, anorak**

**approximately** /əˈprɒksɪmətli/ (adv) = roughly; about; around **około, w przybliżeniu**

**backpack** /ˈbækpæk/ (n) = a bag that you carry on your back **plecak**

**contemporary dance** (phr) = modern dance **taniec współczesny**

**contract** /kɒntrækt/ (n) = a legal agreement between two or more people or businesses, or between an employer and an employee  
**kontrakt, umowa o pracę**

**determined** /dɪtɜːmɪnd/ (adj) = certain that I am going to do, get or be sth **zdecydowany, zdeterminowany**

**dungarees** /ˌdʌŋɡəˈriːz/ (pl n) = a one-piece garment consisting of trousers, a piece of cloth which covers the chest and straps which go over the shoulders **ogrodniczki; kombinezon**

**faint** /feɪnt/ (v) = to lose consciousness  
**zemdleć**

**fee** /fiː/ (n) = money paid for a certain service **opłata za usługę**

**fluent** /fluːənt/ (adj) = expressed easily and correctly in a foreign language  
**biegły, płynny (np. w posługiwaniu się językiem obcym)**

**footwear** /ˈfʊtweə/ (n) = shoes, boots, etc **obuwie**

**graduate** /ˈɡrædʒueɪt/ (v) = to complete my studies and leave school or university **kończyć studia, zostać absolwentem**

**member of staff** (phr) = an employee of a company **pracownik, członek personelu**

**motivate** /məʊtɪveɪt/ (v) = to cause sb to behave in a certain way  
**motywować, zachęcać**

**ponytail** /pəʊnɪteɪl/ (n) = hair tied back so that it hangs down like a horse's tail **koński ogon (typ uczesania)**

**pursuit** /pəˈsjʊt/ (n) = an attempt at achieving sth **poszukiwanie, dążenie, pościg**

**separate** /səˈpeɪrət/ (adj) = kept away from other people/things  
**oddzielony, odseparowany**

**situated** /sɪtʃueɪtɪd/ (pp) = located  
**położony, znajdujący się w**

## 1e

**catering company** (phr) = a company that provides food for parties, events, etc **firma cateringowa (zajmująca się aprowizacją i obsługą)**

**efficient** /ɪˈfɪjənt/ (adj) = able to do tasks successfully without wasting time or energy **wydajny, skuteczny**

**financial security** (phr) = having enough money to keep us safe and free from worry **bezpieczeństwo finansowe**

**hazardous** /hæzədəs/ (adj) = dangerous **niebezpieczny**

**living expenses** (phr) = the money we spend on food, bills, etc **wydatki na życie**

**master** /mɑːstə/ (v) = to become an expert at sth **opanować (wiedzę, znajomość czegoś)**

**relevant** /rɪləvənt/ (adj) = important or significant in a situation **dotyczący (czegoś), odnoszący się (do czegoś)**

## Language Focus 1

**admit** /əd'mɪt/ (v) = to let in **wpuścić, zezwolić na wejście**

**allow** /ə'laʊ/ (v) = to make sth possible; to let; to permit **pozwalać, umożliwiać**

**approve** /ə'pru:v/ (v) = to judge sth to be right; to think well of sth **aprobować, pochwalać, popierać**

**cater to** /'keɪtə tə/ (v) = to satisfy sb's needs **obsługiwać, zaspokajać (czyjeś potrzeby)**

**detect** /dɪ'tekt/ (v) = to become aware of sb/sth unclear or out of sight **wykrywać, dostrzegać**

**discern** /dɪ'sɜːn/ (v) = to see sth that is unclear **rozeznać się, dostrzec**

**equip** /'i:kwɪp/ (v) = to provide tools that are needed for a particular purpose **wyposażyć, zaopatrzyć się**

**let** /let/ (v) = to allow sb to do sth **pozwalać**

**observe** /əb'zɜːv/ (v) = to watch sb/sth carefully **obserwować**

**perceive** /pə'si:v/ (v) = to see and understand sth **postrzegać, uświadamiać sobie**

**provide** /prə'vaɪd/ (v) = to give sb sth that they need **dostarczać, zapewniać**

**supply** /sə'plai / (v) = to give sb a quantity of sth that they want or need **dostarczać, zaopatrywać**

**chaotic** /keɪ'ɒtɪk/ (adj) = in a totally confused state **chaotyczny**

**chatter** /tʃætə/ (n) = a noisy talk **trajkotanie, paplanina, gwar**

**cloak** /kloʊk/ (n) = a loose outer garment without sleeves **peleryna**

**come to life** (phr) = (of stories, etc) to appear realistic **ożywić, sprawić, że coś wydaje się rzeczywiste**

**entirely** /ɪn'taɪəli/ (adv) = completely; absolutely **całkowicie, wyłącznie**

**explore** /ɪk'splɔː/ (v) = to examine; to look into **badać, eksplorować**

**ghost tour** (phr) = a tour round a place talking about/looking for ghosts **nocne zwiedzanie połączone z gawędami o duchach**

**highlight** /'haɪlaɪt/ (n) = the most interesting or exciting part of an activity **punkt kulminacyjny; główna atrakcja**

**jump out of my skin** (idm) = to be so surprised that the body makes a sudden sharp movement **podskoczyć, wzdrygnąć się (wskutek przerażenia lub szoku)**

**lose sight of** (phr) = to no longer be able to see sth **stracić z pola widzenia/z oczu**

**lush** /lʌʃ/ (adj) = (of vegetation) having many leaves and looking healthy and strong **bujny, dorodny**

**shadow** /'ʃædəʊ/ (n) = a dark shape on a surface caused by sth standing between the light and the surface **cień**

**snatch** /snætʃ/ (v) = to take sth away from sb quickly and violently **złapać, schwycić, porwać**

**tree trunk** (phr) = the body of a tree **pień drzewa**

**underground vault** (phr) = a long narrow chamber below ground **podziemna krypta**

**unique** /ju:'ni:k/ (adj) = being the only one of its kind **wyjątkowy, niepowtarzalny**

**vegetation** /ˌvedʒə'teɪʃən/ (n) = plants, trees and flowers **roślinność**

**beach resort** (phr) = a holiday destination by the sea with hotels and other facilities **nadmorska miejscowość wypoczynkowa**

**boast** /bəʊst/ (v) = to feature a desirable characteristic **chlubić się, szczyścić się**

**breeze** /bri:z/ (n) = a gentle wind **wietrzyk, bryza**

**cave** /keɪv/ (n) = a natural hole in the side of a cliff or mountain **jaskinia, grotta**

**challenge** /tʃælɪndʒ/ (n) = a difficult situation that demands effort **wyzwanie**

**chant** /tʃɑːnt/ (v) = to sing religious hymns or songs **śpiewać, intonować**

**civil war** (phr) = the occasion when a country splits into two opposing sides that fight against each other **wojna domowa**

**colonise** /'kɒlənaɪz/ (v) = (of a country) to claim authority over an area and send citizens to live there **skolonizować, dokonać kolonizacji**

**commercial** /kə'mɜːʃəl/ (adj) = related to buying and selling things **komercyjny, handlowy**

**confide** /kən'faɪd/ (v) = to tell sb sth secret **zверить się komuś**

**dotted with** /'dɒtɪd wɪð/ (pp) = having things scattered in random positions in an area **usiany, upstrzony**

**downside** /'daʊnsaɪd/ (n) = a disadvantage **wada, słaba strona**

**elaborately decorated statues** (phr) = stone figures with lots of decoration **bogato zdobione posągi**

**emergency** /ɪ'mɜːdʒənsi/ (n) = a serious or dangerous situation that needs immediate action **nagły wypadek, sytuacja kryzysowa**

**fascinating wall paintings** (phr) = very interesting pictures painted on the walls **fascynujące malowidła ścienne**

**first-rate** /fɜːst 'reɪt/ (adj) = excellent; extremely good **pierwszorzędny, doskonały**

**gain independence** (phr) = (of a country) to break free from another country's rule **uzyskać niepodległość**

## Module 2 Travel & Shopping

**a feast for the senses** (phr) = lots for the eyes to see, the ears to hear, the nose to smell, etc **uczta dla zmysłów**

## 2a

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

**appreciated** /ə'pri:ʃi:etɪd/ (adj) = recognised as valuable or important **doceniony**

# Word List

- get by** /get 'baɪ/ (phr v) = to deal with things well despite difficulties **dawać sobie radę, radzić sobie finansowo**
- give in** /gɪv 'ɪn/ (phr v) = to stop opposing a desire, a temptation, a wish, etc **poddać się, ulec (np. pokusie)**
- glorious** /glɔːriəs/ (adj) = magnificent **cudowny, wspaniały; chlubny**
- golden sands** (phr) = yellow sandy beaches **złote piaski**
- gorgeous** /gɔːdʒəs/ (adj) = very beautiful **ośniewający, zachwycający**
- growing economy** (phr) = the fact that a country becomes richer **rosnąca, rozwijająca się gospodarka**
- guidebook** /gaɪdbʊk/ (n) = a book that gives tourists information about a town, an area or a country **przewodnik turystyczny (w formie książkowej)**
- heritage site** (phr) = an area/place protected by UNESCO because it is historically or culturally important **zabytek znajdujący się na liście dziedzictwa UNESCO**
- highly recommend** (phr) = to believe strongly that other people should see or experience sth **gorąco polecać**
- inland** /ɪn'lænd/ (adv) = in a direction away from the sea and towards the centre of an area of land **w głąb lądu**
- instalment** /ɪn'stɔːlmənt/ (n) = an episode; a part of a series **odcinek (np. serialu lub powieści)**
- jet lag** (phr) = a feeling of tiredness and confusion after a long journey between places that have a time difference **złe samopoczucie wywołane różnicą pomiędzy strefami czasowymi**
- just off the coast** (phr) = not far from the part of a country where the land meets the sea **niedaleko wybrzeża**
- lantern** /'læntən/ (n) = a light with a protective case and a handle **lampion**
- lasting impression** (phr) = an effect or admiration that continues for a long time **trwałe wrażenie**
- light candles** (phr) = to set fire to the wick that runs through a solid piece of wax **zapalić świece**
- loss of life** (phr) = the fact that people die **straty w ludziach**
- magical atmosphere** (phr) = a sense of magic in the air **magiczna atmosfera**
- monk** /mɒŋk/ (n) = a member of a group of religious men who live away from society **mnich**
- monks chanting** (phr) = members of an all-male religious group singing religious songs **śpiew mnichów**
- nestled** /'nesəld/ (pp) = located in a safe, sheltered position close to sth else **schowany, ukryty**
- optimism** /'ɒptɪmɪzəm/ (n) = hopefulness  **optymizm**
- overall** /əʊvə'tɔːl/ (adv) = in general **w sumie, ogólnie**
- passer-by** /'pɑːsə 'baɪ/ (n) = a person who walks past sb or sth **przechodzień**
- pray** /preɪ/ (v) = to speak to a god either to ask for help or give thanks **modlić się**
- put up** /'pʊt 'ʌp/ (phr v) = to stick or fasten sth to a wall so that it can be seen **przymocować, wznosić, dekorować**
- sample** /'sɑːmpəl/ (v) = to taste **próbować, kosztować**
- sink back** /sɪŋk 'bæk/ (phr v) = to relax into a comfortable position **zanurzyć się, usiąść wygodnie (np. w fotelu)**
- snooze** /snuːz/ (v) = to sleep lightly for a short period of time **drzemać**
- soft breeze** (phr) = a gentle wind **delikatny wiaterek**
- strike** /straɪk/ (v) = (of sth bad) to suddenly happen **nawiedzić (o nieszczęściu, katastrofie)**
- stroll** /strɔːl/ (n) = a slow relaxed walk **spacer, przechadzka**
- stunning** /'stʌnɪŋ/ (adj) = amazing; very attractive **zachwycający, oszałamiający**
- temptation** /'temp'teɪʃən/ (n) = a desire to have or do sth that I probably shouldn't have or do **pokusa, chęć**
- traveller's cheque** (phr) = a type of money used by tourists **czek podróżny**
- treat** /tri:t/ (v) = to behave towards sb in a certain way **potraktować**
- vast** /vɑːst/ (adj) = extremely large **ogromny, nieprzebrany, rozległy**
- waves lapping gently on the shore** (phr) = when the sea is calm and the water gently touches the land **fale muskające delikatnie ląd**
- within easy access of** (phr) = not far away from sth **w niewielkiej odległości od**

## 2b

- account** /ə'kaʊnt/ (n) = a formal arrangement in which a bank holds money for a person or business **konto**
- admit** /əd'mɪt/ (v) = to allow sb to enter **wpuszczać (do środka)**
- all-day** /ɔːl 'deɪ/ (adj) = lasting 24 hours **całodobowy**
- allow** /ə'laʊ/ (v) = to permit; to let **pozwalać, umożliwiać**
- allowance** /ə'laʊəns/ (n) = a sum of money paid regularly to a person **zasilek; dodatek; przydział**
- ancient** /'eɪnʃnt/ (adj) = belonging to a distant past, especially before the end of the Roman Empire **starożytny**
- appeal** /ə'piːl/ (n) = an attractive or interesting quality **czar, urok, atrakcyjność**
- archaeological site** (phr) = a place that has ancient ruins which archaeologists are interested in **stanowisko archeologiczne**
- bargain** /'bɑːgən/ (n) = sth bought at a cheaper price **okazja, dobry interes**
- board** /bɔːd/ (v) = to embark; to get on **wsiąść (np. do pociągu)**
- budget** /'bʌdʒɪt/ (n) = an amount of money available to spend **budżet; ilość pieniędzy do wydania**
- bumpy** /'bʌmpɪ/ (adj) = (of a flight) having irregular movements **z turbulencjami (o locie), nierówny, wyboisty**
- cancellation** /'kænsəl'eɪʃən/ (n) = the fact that a scheduled journey/event is cancelled and does not take place **odwołanie, anulowanie (np. lotu)**
- check in** /tʃek 'ɪn/ (phr v) = to register as a guest at a hotel or as a passenger at an airport **zameldować się (w hotelu); zgłosić się do odprawy (na lotnisku)**

- crater** /k'reɪtə/ (n) = a large hole in the ground caused by an object hitting it with force; a large pit forming the mouth of a volcano  
**krater**
- credit** /k'redɪt/ (n) = a method of paying for goods at a later time  
**kredyt**
- day trip** (phr) = a journey to a place and back again on the same day  
**jednodniowa wycieczka**
- delay** /dɪ'leɪ/ (n) = the occasion when we have to wait longer than expected for a scheduled event  
**opóźnienie**
- departure lounge** (phr) = a place where we wait before boarding a plane at an airport  
**hala odlotów**
- discount** /dɪ'skaʊnt/ (n) = a reduction in the amount of money that I have to pay for sth  
**zniżka, rabat**
- dock** /dɒk/ (v) = (of a ship) to sail into and stay at a port for a period of time  
**przybić, zawinąć do portu**
- drive a hard bargain** (idm) = to argue with determination to achieve a favourable deal  
**stawiać twarde warunki**
- embark** /ɪm'bɔ:k/ (v) = to go on board a ship or plane  
**wsiadać (do samolotu, na statek)**
- exchange rate** (phr) = the value of a currency, used when changing it into another currency  
**kurs wymiany (walut)**
- exit** /'egzɪt/ (n) = a place where we can leave; the way out  
**wyjście**
- foreign currency** (phr) = coins and banknotes used in a particular country  
**obca waluta**
- fund** /fʌnd/ (n) = a sum of money  
**fundusz; datek**
- get on** /,get 'ɒn/ (phr v) = to board a bus, train, etc  
**wsiąść (do autobusu, pociągu)**
- guided tour** (phr) = a journey around a place that is led by a tour guide  
**wycieczka z przewodnikiem**
- have itchy feet** (idm) = to want to leave a place and travel  
**nie móc usiedzieć na jednym miejscu**
- historic** /hɪ'stɒrɪk/ (adj) = being important in history  
**historyczny (mający historyczne znaczenie)**
- historical** /hɪ'stɒrɪkəl/ (adj) = connected with the study or representation of things from the past  
**historyczny (który się wydarzył, miał miejsce)**
- hit the road** (idm) = to set off on a journey  
**wyruszyć w drogę**
- instalment** /ɪn'stɔ:lmənt/ (n) = a small amount of money that one pays at specific times instead of all at once  
**rata**
- jam** /dʒæm/ (n) = a large number of vehicles close together and unable to move  
**korek uliczny**
- land** /lænd/ (v) = (of a plane) to touch the ground  
**wylądować**
- leaving** /'li:vɪŋ/ (pres p) = going away  
**wyjazd**
- let** /let/ (v) = to allow sb to do sth  
**pozwalać**
- live out of a suitcase** (idm) = to be constantly travelling  
**żyć na walizkach**
- messy** /'mesi/ (adj) = disorderly  
**zabałaganiony, niechlujny**
- on board** /ɒn 'bɔ:d/ (prep phr) = inside an aeroplane or ship  
**na pokładzie**
- on display** /ɒn dɪ'spleɪ/ (prep phr) = in a particular place for people to see easily  
**na wystawie**
- one-way** /,wʌn 'wei/ (adj) = (of a ticket) outward; not returning  
**(bilet) w jedną stronę**
- outbound** /'aʊtbaʊnd/ (adj) = on the journey to somewhere  
**(podróż) do jakiegoś miejsca**
- package holiday** (phr) = a holiday arranged by a travel agency  
**wakacje/urlop zorganizowane przez biuro podróży**
- pick sb up** /'pɪk 'ʌp/ (phr v) = to collect sb (usually by car) and take them somewhere  
**odebrać kogoś (np. z dworca kolejowego) i podwieźć gdzieś**
- purchase** /'pɜ:tʃəs/ (v) = to buy  
**kupić, nabyć**
- put on hold** (phr) = to delay; to postpone  
**opóźnić, przełożyć na późniejszy termin**
- receipt** /rɪ'si:t/ (n) = a piece of paper given to a customer by a shop owner to show that the customer has paid for the item(s) that they purchased  
**paragon**
- refund** /rɪ'fʌnd/ (n) = a sum of money paid back to sb  
**zwrot pieniędzy**
- retirement** /rɪ'taɪəmənt/ (n) = the time when a worker leaves his job and stops working completely  
**emerytura**
- return** /rɪ'tʌ:n/ (adj) = (of a ticket) for a journey going away and coming back  
**(bilet) w obie strony**
- rip-off** /rɪp 'ɒf/ (n) = sth that is not worth what I paid for it  
**przepełniony zakup**
- rough** /rʌf/ (adj) = (of the sea) with big waves  
**burzliwy, niespokojny**
- seaside resort** (phr) = a place close to the sea where sb can spend their holidays  
**nadmorska miejscowość wypoczynkowa**
- self-catering apartment** (phr) = holiday accommodation with a kitchen where we can make our own meals  
**mieszkanie z wyżywieniem we własnym zakresie**
- set off** /,set 'ɒf/ (phr v) = to start a journey  
**wyjść, wyruszyć**
- special deal** (phr) = a product with a reduced price  
**specjalna zniżka**
- steep cliff** (phr) = a high rock formation  
**stromo urwisko**
- stop off** /,stɒp 'ɒf/ (phr v) = to take a short break during a journey in order to do sth  
**zrobić sobie krótką przerwę w podróży**
- take off** /,teɪk 'ɒf/ (phr v) = (of an aeroplane) to leave the ground; to depart  
**(o samolocie) wystartować, wznieść się w górę**
- tasty local dish** (phr) = delicious food specific to a certain place or area  
**smaczne miejscowe danie**
- tough** /tʌf/ (adj) = difficult  
**trudny, wymagający**
- tourist attraction** (phr) = a popular place that tourists visit  
**atrakcja turystyczna**
- travel light** (idm) = to travel with few belongings  
**podróżować z niewielką ilością bagażu**
- unspoilt countryside** (phr) = a naturally beautiful area with no man-made alterations  
**dziewiczy/nieskażony krajobraz**
- value** /'vælju:/ (n) = the price that is considered a fair amount for sth  
**tu: dobra cena**
- weekend break** (phr) = a trip somewhere for Saturday and Sunday  
**wyjazd na weekend**
- youth hostel** (phr) = a place that is similar to a hotel but with fewer facilities and cheaper room rates  
**schronisko młodzieżowe**

# Word List

## 2d

- archway** /ˈɑːtʃweɪ/ (n) = an entrance passage in the form of an arch  
**wejście zwieńczone łukiem; brama**
- catch my breath** (phr) = to pause during a strenuous activity to breathe more regularly  
**złapać oddech**
- check sth out** /tʃek 'aʊt/ (phr v) = to investigate sth  
**zbadać, sprawdzić**
- collapse** /kə'leɪps/ (v) = to fall down  
**zemdleć, zasłabnąć**
- courtyard** /kɔːtjɑːd/ (n) = an open area surrounded by buildings or walls  
**dziedziniec**
- embarrassment** /ɪm'bærəsmənt/ (n) = the feeling of being uncomfortable or nervous  
**zażenowanie, zakłopotanie, skrępowanie**
- guaranteed** /gə'rentiːd/ (pp) = assured  
**z pewnością, posiadający gwarancję**
- hand gesture** (phr) = a signal/sign made with the hand  
**ruch/gest ręką**
- it's the thought that counts** (phr) = the thought behind an action is more important than the action  
**liczą się intencje**
- overjoyed** /əʊvə'dʒɔɪd/ (adj) = delighted  
**ogromnie ucieszony, wielce uradowany**
- overwhelming** /əʊvə'welɪmɪŋ/ (adj) = having a strong effect on sb  
**przemóżny, nieprzeparty**
- premises** /premɪsɪz/ (pl n) = all the buildings and land that a business occupies in one place  
**obiekt**
- promenade** /prə'mənaɪd/ (n) = a paved public road along the seafront  
**promenada, deptak**
- seafront** /si:'frʌnt/ (n) = the part of a town on the coast next to the beach  
**bulwar nadmorski**
- shopaholic** /ʃɒpə'hɒlɪk/ (n) = sb who is addicted to shopping  
**zakupoholik**
- sunstroke** /sʌn'strəʊk/ (n) = an illness caused by spending too much time in hot sunshine  
**udar słoneczny**

## 2f

- blazing** /'bleɪzɪŋ/ (adj) = burning brightly  
**jaskrawy, oślepiający, palący, piekący**
- breathlessly** /'breθləsli/ (adv) = in a way that causes sb to pant  
**bez tchu**

- cosy** /kəʊzi/ (adj) = (of a room) comfortable and pleasant, especially because it is small and warm  
**przytulny**
- deafening** /defə'nɪŋ/ (adj) = extremely loud  
**ogłuszający**
- freezing** /'fri:zɪŋ/ (adj) = extremely cold  
**lodowaty**

## Language Focus 2

- board** /bɔːd/ (v) = to get on; to embark  
**wejść na pokład (np. samolotu)**
- catch** /kætʃ/ (v) = to take a bus, a train, etc somewhere  
**zdażyć, złapać**
- change trains** (phr) = to get off one train and get on another to reach a destination  
**przejechać się (z jednego pociągu na drugi)**
- excursion** /ɪk'skɜːʃən/ (n) = a short journey made for pleasure, enjoyment or educational purposes  
**wycieczka**
- fasten** /fɑːsn/ (v) = to attach sth firmly to another object or surface  
**zapiąć (np. pas bezpieczeństwa)**
- flight** /flaɪt/ (n) = a journey made by flying in an aeroplane  
**lot**
- give sb a lift** (phr) = to give sb a ride in my car somewhere  
**podwieźć kogoś**
- journey** /dʒɜːni/ (n) = the act of travelling from one place to another  
**podróż**
- miss** /mɪs/ (v) = to fail to catch a bus, a train, etc  
**spóźnić się, nie zdażyć na (np. autobus)**
- secluded** /sɪ'kluːdɪd/ (adj) = (of place) quiet and private  
**ustronny, odosobniony**
- trip** /trɪp/ (n) = a short journey  
**wycieczka, krótka podróż**
- voyage** /'vɔɪdʒ/ (n) = a journey on a ship or in a spacecraft  
**rejs**

## Module 3 Our World

- affect** /ə'fekt/ (v) = to have an influence on sb/sth  
**mieć wpływ na coś**
- basic needs** (phr) = food, water, warmth, etc  
**podstawowe potrzeby**
- bullying** /'bʊlɪŋ/ (n) = the act of using my strength or power to hurt or frighten weaker people (usually at school)  
**tyranizowanie, znęcanie się, wymuszanie**

- carbon dioxide** (phr) = a gas in the air we breathe  
**dwutlenek węgla**
- child labour** (phr) = the state of employing children to work  
**praca dzieci**
- crime** /kraɪm/ (n) = an act which is not legal and may be punished by law  
**przestępstwo**
- decline** /drɪ'klaɪn/ (v) = to become worse  
**obniżać się, spadać; pogarszać się**
- deforestation** /di:'fɒrɪsteɪʃən/ (n) = the cutting down of trees  
**wylesianie, wycinanie lasów**
- employment** /ɪm'plɔɪmənt/ (n) = the state of being paid to work for a company  
**zatrudnienie**
- exploitation** /eksplɔɪ'teɪʃən/ (n) = the act of using sb/sth to my advantage  
**wyzysk**
- family planning** (phr) = choosing when to have children and how many to have  
**planowanie rodziny**
- famine** /fæmɪn/ (n) = a situation in which large numbers of people have little or no food, and many of them die  
**klęska głodu**
- figure** /fɪgə/ (n) = a number  
**liczba**
- fossil fuels** (phr) = substances, such as coal or oil, which are made from naturally destroyed parts of dead animals or plants, and are burnt to provide heat or power  
**paliwa kopalne**
- global warming** (phr) = a rise in the Earth's temperature caused by polluted gases  
**globalne ocieplenie**
- greenhouse gases** (phr) = gases that are created from burning fossil fuels and cause our atmosphere to heat up  
**gazy cieplarniane**
- homelessness** /həʊmləs'nəs/ (n) = the condition of not having a home  
**bezdomność**
- illegal downloading of songs/films** (phr) = the act of downloading copyrighted material from the Internet without paying for it  
**nielegalne pobieranie piosenek/filmów z internetu**
- issue** /'ɪʃuː/ (n) = a matter  
**kwestia, zagadnienie**
- melt** /melt/ (v) = to change from solid to liquid when heated  
**topnieć**
- overfishing** /əʊvə'fɪʃɪŋ/ (n) = the act of catching too many fish  
**nadmierny odłów**

**overpopulation** /əʊvəppɔːpjʊleɪʃən/ (n) = the condition of having too many people for the resources available in a place **przeludnienie**

**ozone depletion** (phr) = the reduction of ozone in the atmosphere **zmniejszenie się warstwy ozonowej**

**polar ice caps** (phr) = the huge masses of ice at the North and South Poles **czapy lodowe na biegunach**

**poverty** /pɒvəti/ (n) = the condition of being extremely poor **ubóstwo, bieda**

**standard of living** (phr) = the amount of money and comfort that certain people have **standard życia**

**starvation** /stɑː'veɪʃən/ (n) = extreme suffering or death because of lack of food **głód, śmierć głodowa**

**trap** /træp/ (v) = to catch; to hold in a place **uwięzić, zatrzymać**

## 3a

**abandon** /ə'bændən/ (v) = to leave a place, a thing or a person **porzucić, opuścić**

**at risk** /ət 'rɪsk/ (prep phr) = in danger **w niebezpieczeństwie**

**atoll** /ætɒl/ (n) = a landmass made from coral **atol (wyspa koralowa)**

**attitude** /æ'tɪtjuːd/ (n) = a way of thinking and acting **stosunek, postawa**

**aware of** /ə'weər əv/ (adj) = knowing about sth **świadomy**

**be moved to tears** (phr) = to be upset to the point of crying **wzruszyć się do łez**

**brutal** /bruːtl/ (adj) = cruel; violent **brutalny**

**but for** (phr) = if it hadn't been for **gdyby nie**

**cholera** /kɒlə'reɪ/ (n) = a serious, often deadly, disease of the stomach and intestines found mainly in tropical countries **cholera**

**citizen** /'sɪtɪzən/ (n) = a member of a country, city, etc **obywatel**

**claim** /kleɪm/ (v) = to believe sth to be true **twierdzić**

**climate change** (phr) = the fact that the weather and temperatures change around the world **zmiana klimatyczna**

**consequence** /kɒnsɪkwəns/ (n) = a result **konsekwencja, skutek**

**contaminated** /kɒn'tæmɪneɪtɪd/ (adj) = harmful because of chemicals or radiation **zanieczyszczony, skażony**

**declare** /dɪ'kleɪ/ (v) = to formally announce **ogłosić, zadeklarować**

**demand** /dɪ'mɑːnd/ (v) = to ask firmly and forcefully **zażądać**

**depend on** /dɪ'pend ɒn/ (v) = to be affected or determined by sth **zależać od, być uzależnionym od**

**draw up** /,drɔː 'ʌp/ (phr v) = to write down or create a suggestion or plan **sporządzić, opracować**

**drought** /draʊt/ (n) = a long period of time in which no rain falls **susza**

**due to** /djuː tə/ (prep) = as a result of; because of **z uwagi na, z powodu, dzięki**

**effect** /ɪ'fekt/ (n) = a result; a consequence **efekt, rezultat, skutek**

**emerge** /ɪ'mɜːdʒ/ (v) = to become known **wyłaniać się, ukazywać**

**emergency shipment** (phr) = a cargo of emergency supplies **awaryjna dostawa**

**emigrate** /emɪ'greɪt/ (v) = to leave my country in order to go and live in another country **wyemigrować**

**emotional** /ɪ'məʊʃənəl/ (adj) = causing strong feelings **emocjonalny, uczuciowy**

**entirely** /ɪn'taɪəli/ (adv) = totally; fully **w pełni, całkowicie**

**forefather** /'fɔːfɑːðə/ (n) = an ancestor **przodek**

**gas emissions** (phr) = gas releases **emisja gazów**

**geological makeup** (phr) = what sth natural is made of, especially concerning rock **budowa geologiczna**

**groundwater** /'graʊnd,wɔːtə/ (n) = water that comes naturally from under the ground **wody gruntowe**

**grow crops** (phr) = to cultivate plants to eat **uprawiać rośliny**

**home-grown food** (phr) = edible crops grown in our own country **lokalna/rodzima żywność**

**homeland** /'həʊmlænd/ (n) = our native country **ojczyzna**

**import** /ɪm'pɔːt/ (v) = to bring into a country through legal means **importować**

**inevitable** /ɪnevɪtəbəl/ (adj) = certain to happen and can't be prevented or avoided **nieunikniony**

**inland** /ɪn'lænd/ (adv) = in a direction away from the sea and towards the centre of an area of land **w głąb lądu**

**issue** /ɪʃuː/ (n) = a matter **kwestia, zagadnienie**

**lack** /læk/ (sing n) = an absence of sth; a shortage **brak**

**negotiator** /nɪ'gəʊʃieɪtə/ (n) = sb who mediates between two parties to reach an agreement **negocjator**

**outline** /aʊtlaɪn/ (v) = to give the main ideas of sth **zarysować, przedstawić w skrócie**

**phenomenon** /fɪ'nɒmɪnən/ (n) = sth that happens and is studied because it is difficult to understand **zjawisko**

**proposal** /prə'pəʊzəl/ (n) = an idea; a plan **propozycja**

**rainwater** /reɪnwɔːtə/ (n) = water in the form of rain **deszczówka**

**remain** /rɪ'meɪn/ (v) = to continue to be **pozostać**

**representative** /reprɪ'zentətɪv/ (n) = sb who acts on behalf of another person or group of people **przedstawiciel**

**sea levels** (phr) = the height of sea water compared to the land **poziom wód**

**significant** /sɪ'gnɪfɪkənt/ (adj) = important **istotny, ważny**

**significantly** /sɪ'gnɪfɪkəntli/ (adv) = considerably **znacząco, istotnie**

**sink** /sɪŋk/ (v) = to go below the surface of the water **zatonąć**

**soil** /sɔɪl/ (n) = the top layer of earth in which plants grow **gleba**

**spell** /spel/ (v) = to mean; to result in sth **zwiastować, zapowiadać**

**state of emergency** (phr) = a period when emergency measures are put in place to safeguard people **stan wyjątkowy**

**thermal expansion** (phr) = the act of getting bigger because of heat **rozszerzanie się wraz ze wzrostem temperatury**

**uninhabitable** /ˌʌnɪn'hæbɪtəbəl/ (adj) = unsuitable for people to live there **nienadający się do zamieszkania**

**vividly** /'vɪvɪdli/ (adv) = clearly **żywo, barwnie, jaskrawo**

**water shortage** (phr) = not having a sufficient supply of water to meet needs **niedobór wody**



# Word List

## 3b

**active volcano** (phr) = a volcano which may erupt at any time  
**czynny wulkan**

**advanced** /əd'vɑːnst/ (adj) = very modern; ahead of the time  
**zaawansowany, nowoczesny**

**affect** /ə'fekt/ (v) = to influence  
**wpływać na coś**

**aftershock** /ɑːftəʃɒk/ (n) = a tremor after an earthquake  
**wstrząs wtórny**

**afterthought** /ɑːftəθɔːt/ (n) = an idea which was not originally intended but was thought of later  
**refleksja**

**ash** /æʃ/ (n) = the greyish-white or black powder created when a volcano erupts  
**popiół**

**awake** /ə'weɪk/ (adj) = not sleeping  
**przebudzony, czujny**

**be/get trapped** (phr) = to get caught and held in a place  
**być uwięzionym; wpaść w pułapkę**

**bitterly cold** (phr) = extremely cold  
**bardzo zimny**

**blizzard** /'blɪzəd/ (n) = a snowstorm with strong winds  
**zamieć śnieżna, śnieżyca**

**casualty** /'kæʒuəlti/ (n) = sb wounded or killed in an event  
**ofiara (wypadku, katastrofy)**

**chop down** /tʃɒp 'daʊn/ (phr v) = to cut down  
**ściąć**

**clean up** /kliːn 'ʌp/ (phr v) = to make sth neat and tidy  
**posprzątać, uporządkować**

**collapse** /kə'læps/ (v) = to fall down  
**zawalić się, zapaść się**

**contaminate** /kən'tæmɪneɪt/ (v) = to make a substance harmful by putting sth in it  
**skazić, zanieczyścić**

**coral reef** (phr) = a formation made of small sea creatures called coral  
**rafa koralowa**

**corrected** /kə'rektɪd/ (adj) = made right  
**poprawiony, skorygowany**

**count on** /kaʊnt ɒn/ (v) = to rely on sb  
**liczyć na, polegać na**

**damage** /'dæmɪdʒ/ (v) = to harm; to injure  
**uszkodzić**

**devastating** /'devəsteɪtɪŋ/ (adj) = highly destructive  
**niszczycielski, druzgocący**

**dispose of** /dɪ'spəʊz əv/ (phr v) = to throw away unwanted things  
**pozbyć się**

**downpour** /daʊnpɔː/ (n) = a sudden and unexpected heavy fall of rain  
**ulewa**

**endangered species** (phr) = a class of animals or plants which is in danger of becoming extinct  
**gatunek zagrożony wyginieciem**

**eruption** /'ɪrʌpʃən/ (n) = an instance of hot rocks and ash exploding out of the top of a volcano  
**wybuch, erupcja**

**evacuate** /'ɪvækjueɪt/ (v) = (of a group of people) to move away from a place of danger to somewhere safer  
**ewakuować**

**exhaust fumes** (phr) = gases released by a vehicle when the engine is running  
**spaliny**

**experiment on** /'ɪksperiment ɒn/ (v) = to carry out tests to learn sth or to discover if sth works or is true  
**eksperymentować na**

**explosion** /'ɪkspləʊʒən/ (n) = a forceful outburst of a bomb  
**eksplozja, wybuch**

**forecast** /'fɔːkɑːst/ (n) = a prediction about sth based on given information  
**prognoza (np. pogody)**

**frost** /frɒst/ (n) = the cold weather conditions which allow a thin layer of powdery ice to form (also called frost)  
**mróz**

**gain access to sth** (phr) = to find a way to get/have sth  
**uzyskać dostęp do czegoś**

**greenhouse effect** (phr) = an increase in the amount of carbon dioxide and other gases in the atmosphere considered responsible for global warming  
**efekt cieplarniany**

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

**hurt** /hɜːt/ (v) = to cause injury or pain  
**zranić**

**illiteracy** /'ɪlɪtərəsi/ (n) = inability to read and write  
**analfabetyzm**

**improved** /ɪm'pruːvd/ (adj) = better than before  
**ulepszony, usprawniony, polepszony**

**industrial waste** (phr) = waste products from factories  
**odpady przemysłowe**

**infect** /ɪn'fekt/ (v) = to affect with a disease-causing organism  
**zakazić**

**influence** /ɪnfluəns/ (v) = to have an effect on  
**wpływać**

**injure** /ɪndʒə/ (v) = to hurt or wound  
**zranić, spowodować uraz**

**innocent** /ɪnəsənt/ (adj) = not guilty of doing sth wrong  
**niewinny**

**knock** /nɒk/ (v) = to hit sth, such as a door, in a fast action in order to get attention  
**zapukać**

**lost lives** (phr) = dead people  
**ofiary w ludziach**

**minus** /maɪnəs/ (adj) = below zero  
**minus, poniżej zera**

**missed** /mɪst/ (pp) = being absent and making sb feel sad  
**wyłączeni (o osobie nieobecnej, za którą się tęskni)**

**oil spill** (phr) = the condition when an oil tanker spills oil into the sea  
**wyciek ropy**

**ozone layer** (phr) = the part of the Earth's atmosphere which protects us from the Sun  
**warstwa ozonowa**

**pass** /pɑːs/ (v) = to be given to sb else as an inheritance; to die; to pass away  
**przejąć w czyjeś ręce jako spadek, odejść (umrzeć)**

**pay the price** (phr) = to deal with the consequences of an action  
**zapłacić cenę**

**poison** /'pɔɪzən/ (v) = to make sth dangerous by putting a lethal substance in it  
**zatrucić, otrucić**

**pollute** /pə'ljuːt/ (v) = to make air, soil or water dirty  
**zanieczyszczać**

**poor sanitation** (phr) = substandard sewage and other systems for dealing with human waste  
**złe warunki sanitarne**

**powder** /'paʊdə/ (n) = a substance consisting of very fine small pieces  
**proszek, puder**

**prevent from** /prɪ'vent frəm/ (v) = to stop sth from happening  
**zapobiegać czemuś**

**primary** /praɪməri/ (adj) = main; the most important  
**główny, podstawowy**

**put forward** /put 'fɔːwəd/ (phr v) = to suggest  
**przedstawić, zasugerować**

**put out** /put 'aʊt/ (phr v) = to extinguish  
**ugasić**

**racial discrimination** (phr) = treating sb differently because of their race or skin colour  
**dyskryminacja rasowa**

**recognition** /ˌrekəɡ'nɪʃən/ (n) = the state of being able to identify sb/sth **bycie rozpoznawalnym, poznanie**

**reject** /rɪ'dʒekt/ (v) = to not accept sth or agree to do sth; to turn down **odrzuć**

**result from** /rɪ'zʌlt frəm/ (v) = to happen as a consequence of sth else **wynikać z czegoś, być czegoś skutkiem**

**rising** /raɪzɪŋ/ (adj) = getting higher **wzrastający, rosnący**

**ruin** /ruːn/ (v) = to destroy **zrujnować**

**spoil** /spɔɪl/ (v) = to damage; to do harm **zepsuć**

**sufferer** /sʌfərə/ (n) = sb who suffers from an illness **osoba cierpiąca/poszkodowana**

**throw away** /θrəʊ ə'weɪ/ (phr v) = to get rid of sth **wyrzucać, pozbywać się**

**torrential rain** (phr) = very heavy rain **rzęsy/ulewny deszcz**

**trust** /trʌst/ (v) = to believe that sb is good and honest and will not harm me **ufać, wierzyć**

**turn off** /tɜːn 'ɒf/ (phr v) = to switch off; to stop **wyłączyć**

**upset** /ʌp'set/ (v) = to make sb unhappy **zmartwić, zasmucić**

**wreck** /rek/ (v) = to damage; to destroy **zniszczyć, poważnie uszkodzić**

## 3d

**addiction** /ə'dɪkʃən/ (n) = an uncontrollable desire to have sth regularly **uzależnienie**

**affordable housing** (phr) = accommodation that people on low incomes can afford to live in **budownictwo socjalne**

**crack down** /kræk 'daʊn/ (phr v) = to start dealing with bad or illegal behaviour in a more severe way **wziąć się za coś, rozprawić się z czymś**

**distribution** /dɪstrɪ'bjuːʃən/ (n) = the process of sharing, spreading or supplying sth **dystrybucja**

**gain employment** (phr) = to find paid work **znaleźć zatrudnienie**

**health risks** (phr) = dangers to our health **zagrożenia dla zdrowia**

**increasingly** /ɪn'kriːsɪŋli/ (adv) = more and more **coraz bardziej, coraz częściej**

**law-abiding** /lɔː ə'baɪdɪŋ/ (adj) = following legal rules **praworządny, przestrzegający prawa**

**legitimately** /lə'dʒɪtɪmətli/ (adv) = legally; rightfully **zgodnie z prawem, legalnie**

**malnourishment** /ˌmæl'nʌrɪʃmənt/ (n) = the state of being underfed **niedożywienie**

**merchandise** /mɜːtʃəndaɪz/ (v) = products for sale **towar, produkty**

**morality** /mərə'leɪti/ (n) = the belief that some behaviour is right and some is wrong **moralność**

**piracy** /paɪəri/ (n) = illegally copying computer programs, music, films, etc and selling them **piractwo (nielegalne kopiowanie plików)**

**struggle** /'strʌɡəl/ (v) = to experience difficulty with sth **walczyć, zмагаć się**

**treatment centre** (phr) = medical centre **ośrodek leczniczy**

**waiting list** (phr) = a list of people who have asked for sth which is not immediately available but which they might be able to receive in the future **lista oczekujących**

## 3e

**installation** /ˌɪnstə'leɪʃən/ (n) = putting some equipment in position or into working order **instalacja, montaż**

**landfill** /'lændfɪl/ (n) = a large deep hole where large amounts of rubbish are put **wysypisko**

**renewable** /rɪ'njuːəbəl/ (adj) = (of energy) generated by natural sources, such as wind, water and sunlight **odnawialny**

## 3f

**carbon emissions** (phr) = carbon dioxide gas released into the atmosphere **emisja dwutlenku węgla**

**carpooling** /kɑːpuːlɪŋ/ (n) = the practice of a group of people taking turns to drive each other to work, or drive each other's children to school, rather than using separate cars **naprzemienne podwożenie się samochodem przez grupę osób**

**global proportions** (phr) = being extremely important; affecting the whole world **(o) rozmiarach globalnych, (o) zasięgu globalnym**

**hunger** /'hʌŋɡə/ (n) = the need for food **głód**

**irrigation system** (phr) = a means of automatically watering plants and crops **system nawadniający**

**yield** /jiːld/ (n) = a harvest; the amount of sth produced or grown **produkcja, uzysk, plon**

## Language Focus 3

**litter** /lɪtə/ (n) = garbage; rubbish **śmieci**

**rubbish** /rʌbɪʃ/ (n) = garbage; trash **śmieci**

**waste** /weɪst/ (n) = anything which has been used and is not needed anymore **odpady**

## Module 4 Moods & Feelings

**bite my lips** (phr) = to press the soft parts of the front of my mouth between the teeth **przygryźć wargi**

**bite my nails** (phr) = to press the hard parts on the end of my fingers between the teeth **ogryzać paznokcie**

**doubtful** /'daʊtful/ (adj) = unsure; having doubts **powątpiewający, pełen wątpliwości**

**frustrated** /frʌ'streɪtɪd/ (adj) = annoyed and discouraged **sfrustrowany**

**have a broad smile** (phr) = to stretch my mouth wide and/or show the teeth in pleasure **szeroko się uśmiechać**

**insecure** /ˌɪnsɪ'kjʊə/ (adj) = not confident about my abilities, knowledge, etc **niepewny**

**lower the corners of my mouth** (phr) = to drop the outer edges of my mouth lower than the rest **robić ponurą minę przez opuszczenie kącików ust**

**open mouth** (phr) = having dropped the lower jaw **(z) otwartymi (ze zdumienia) ustami**

**point my finger at sb** (phr) = to extend my index finger in sb's direction to draw attention to them **wskazać kogoś palcem**

# Word List

**raised eyebrows** (phr) = with my eyebrows lifted up with the facial muscles **uniesione brwi**

**rub my neck** (phr) = to move my hand backwards and forwards over the back of the neck **trzeć/pocierać kark**

**scratch my head** (phr) = to run my nails on the top of the head **drapać się w głowę**

**stand with crossed legs and folded arms** (phr) = to stand with all the limbs tucked in and overlapping each other **stać ze skrzyżowanymi nogami i założonymi rękami**

**tense** /tens/ (adj) = anxious; nervous **napięty, spięty**

**yawn** /jɔ:n/ (v) = to open my mouth very wide and breathe in more air than usual **ziewać**

## 4a

**accomplishment** /ə'kʌmplɪʃmənt/ (n) = an achievement **osiągnięcie**

**adrenaline** /ə'drenəlɪn/ (n) = a substance that the body produces when we are angry, scared or excited **adrenalina**

**alone** /ə'ləʊn/ (adv) = without considering anything else **tylko, jedynie**

**beneficial** /benə'fiʃjəl/ (adj) = helpful and good **dobroczynny, korzystny**

**blood flow** (phr) = the movement of blood around the body **przepływ krwi**

**by far** (phr) = more than the rest **niewątpliwie, zdecydowanie**

**chronic stress** (phr) = long-term anxiety **długotrwały stres**

**continually** /kən'tɪnjuəli/ (adv) = all the time **wciąż, ustawicznie**

**cortisol** /'kɔ:tɪzɒl/ (n) = a hormone in the body **kortyzol**

**counsellor** /'kaʊnsələ/ (n) = sb who gives advice on a specified subject (e.g. personal or social problems) **doradca, psycholog**

**cure** /kjʊə/ (n) = a treatment or medicine that makes a disease disappear **lekarstwo**

**disease** /dɪ'zi:z/ (n) = a serious illness **choroba**

**disheartened** /dɪs'hɑ:tnd/ (adj) = disappointed **zniechęcony, przygnębiony**

**distinguish between** /dɪ'stɪŋɡwɪʃ bɪ'twi:m/ (v) = to tell the difference between two or more things **rozdzielić między**

**distress** /dɪ'stres/ (n) = a medical term for negative stress **negatywny stres; cierpienie, rozpacz**

**embrace** /ɪm'breɪs/ (v) = to accept **zaakceptować, przyjąć do wiadomości**

**energise** /enədʒaɪz/ (v) = to give energy to sb/sth **dodać wigoru, wzmocnić, pobudzić**

**ensure** /ɪn'ʃʊə/ (v) = to make certain **upewnić się, zagwarantować, zapewnić**

**eustress** /ju'stres/ (n) = a medical term for positive stress **lekki (pozytywny) stres**

**evolve** /ɪ'vɒlv/ (v) = to develop; to change **wyewoluować, zmienić się**

**face** /feɪs/ (v) = to deal with a problem that will affect me **stawić czoła, uporać się z**

**former** /'fɔ:mə/ (adj) = the first of two things previously mentioned **pierwszy (z dwóch wymienionych wcześniej elementów), ten wcześniejszy**

**fully functional** (phr) = working properly **w pełni sprawny**

**handle** /'hændl/ (v) = to deal or cope with a problem or situation **radzić sobie**

**hard-earned cash** (phr) = the money that I have worked hard to earn **ciężko zarobione pieniądze**

**health benefits** (phr) = positive effects on our health **korzyści zdrowotne**

**hormone** /'hɔ:məʊn/ (n) = a chemical made by living cells, which makes an organ of our body do sth **hormon**

**immune system** (n) = the system consisting of all the organs and processes in our body, which protects us from illness and infection **system immunologiczny**

**in effect** (phr) = in reality **w rezultacie, w rzeczywistości**

**in the short term** (phr) = from now till a time in the near future **na krótką metę**

**industry** /ɪn'dʌstri/ (n) = all the companies, factories and people that produce things for sale **przemysł**

**inescapable** /ɪn'skeɪpəbəl/ (adj) = unavoidable **nieunikniony**

**initial** /ɪ'nɪʃəl/ (adj) = happening at the beginning **początkowy**

**loud and clear** (phr) = very clear and easy to understand **głośny i wyraźny**

**make sth worth it** (phr) = to make sth deserve the effort I put into it **(o wysiłku) opłacić się**

**massage ball** (phr) = a foam or rubber ball which sb squeezes to relieve stress **kula do masażu**

**mild** /maɪld/ (adj) = not severe **łagodny, umiarkowany, delikatny**

**minimise** /mɪnɪmaɪz/ (v) = to lower sth bad to the lowest possible level **zminimalizować, zmniejszyć**

**neurological disease** (phr) = an illness related to the nerves **choroba nerwowa**

**on the contrary** (phr) = the opposite of what has just been stated is true **wprost przeciwnie**

**perceive** /pə'si:v/ (v) = to see and understand sth **postrzegać**

**physical exercise** (phr) = activities to exercise the body **ćwiczenia fizyczne**

**positive effect** (phr) = sth that has a good influence **pozytywny skutek**

**practitioner** /præk'tɪʃənə/ (n) = sb who practises medicine **lekarz praktyk**

**professional assistance** (phr) = help from sb who is a professional in their field **fachowa pomoc**

**psychiatrist** /saɪ'kaɪtrɪst/ (n) = a doctor of emotional problems **psychiatra**

**psychologist** /saɪ'kɒlədʒɪst/ (n) = sb who treats illnesses of the mind **psycholog**

**push my body to the limit** (idm) = to go to the extent of my physical ability **dać z siebie wszystko**

**secrete** /sɪ'kri:t/ (v) = to produce liquid **wydzielać**

**sensation** /sen'seɪʃən/ (n) = a general feeling or impression **wrażenie, odczucie**

**serve a function** (phr) = to perform a task **pełnić funkcję**

**speed up** /spi:d 'ʌp/ (phr v) = to go faster **przyspieszyć**

**sth takes a heavy toll on sb** (idm) = sth has a seriously bad effect on sb **mieć fatalny wpływ na**

**strengthen** /ˈstreŋθən/ (v) = to make sth stronger **wzmocnić**

**stress management practitioner** (phr) = a doctor who helps people to deal with stress **osoba profesjonalnie zajmująca się leczeniem stresu**

**stress-related illnesses** (phr) = diseases related to the amount of anxiety in our life **choroby wywołane stresem**

**suffer from** /sʌfə frəm/ (v) = to have a disease **skarżyć się na, cierpieć na**

**the heart beats** (phr) = the heart moves and pumps blood **serce bije**

**the risk of** (phr) = the threat of sth **ryzyko, groźba**

**to a large extent** (phr) = mostly **w dużym stopniu**

**treat a condition** (phr) = to take medicine or do sth to recover from a health problem **leczyć schorzenie**

**under circumstances of** (phr) = in a situation of **w okolicznościach, w kontekście**

**undoubtedly** /ʌn'daʊtɪdli/ (adv) = in a way which emphasises that sth exists or is true **niewątpliwie, bez wątpienia**

**workout** /wɜ:kəʊt/ (n) = an exercise routine **zaprawa, trening, ćwiczenia**

## 4b

**a matter of life and death** (idm) = a very serious and life-threatening issue **sprawa życia i śmierci**

**attempt** /ə'tempt/ (v) = to make an effort **usiłować, próbować**

**break up** /breɪk 'ʌp/ (phr v) = (of a couple) to split up **rozejść się, przestać być razem**

**breathe new life into sth** (idm) = to refresh sth old **tchnąć w coś życie, ożywić**

**bring about** /brɪŋ ə'baʊt/ (phr v) = to cause sth to happen **spowodować, wywołać**

**content** /kən'tent/ (adj) = fairly happy and satisfied **zadowolony**

**costly** /kɒstli/ (adj) = costing a lot of money **kosztowny, drogi**

**deal with** /di:l wɪð/ (phr v) = to try and solve **poradzić sobie**

**depressed** /dɪ'prest/ (adj) = feeling very sad and generally unhappy **przygnębiony, w depresji**

**deserve** /dɪ'zɜ:v/ (v) = to earn sth because of my good actions/ qualities **zasługiwać na**

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

**divorced** /dɪ'vɔ:st/ (adj) = having ended a marriage **rozwiedziony, rozwiedziona**

**engaged** /ɪn'geɪdʒd/ (adj) = having promised to marry sb **zaręczony, zaręczona**

**fall apart** /fɔ:l ə'pɑ:t/ (phr v) = to lose my emotional calm **załamać się**

**fall for** /fɔ:l fə/ (phr v) = to fall in love with sb **zakochać się w**

**fulfil** /fʊl'fɪl/ (v) = to do what I said that I would do **spełnić, zrealizować**

**full of life** (idm) = energetic **pełen życia**

**gap year** (phr) = a year taken off university to gain life experience **rok przerwy przed pójściem na studia**

**get promoted** (phr) = to be given a more important job or rank in the organisation that I work for **dostać awans**

**hand down** /hænd 'daʊn/ (phr v) = to give sth to a younger family member because I want them to have it **przekazać coś (w ramach spadku)**

**improve** /ɪm'pru:v/ (v) = to become or make sth better **polepszyć, usprawnić**

**in the prime of our life** (idm) = at our physical peak **w najlepszym okresie życia**

**invaluable** /ɪn'veɪljəbəl/ (adj) = extremely useful **nieoceniony**

**laid off** /leɪd 'ɒf/ (pp) = having lost my job because there is no more work for me to do **zwolniony (z pracy)**

**make sb redundant** (phr) = to lay sb off **zwolnić kogoś**

**open up** /əʊpən 'ʌp/ (phr v) = to start saying exactly what I think or feel **otworzyć się**

**petrified** /'petrɪfaɪd/ (adj) = extremely frightened; paralysed with fear **sparaliżowany strachem, osłupiały**

**priceless** /praɪsləs/ (adj) = being worth a large amount of money **bezcenny**

**progress** /prə'gres/ (v) = to improve or develop in skills, knowledge, etc **robić postępy**

**prolong** /prə'lɒŋ/ (v) = to extend; to lengthen **przedłużyć**

**prompt** /prɒmpt/ (v) = to encourage sb; to cause sth to happen as a reaction **zachęcić, skłonić (kogoś do czegoś); wywołać, spowodować, doprowadzić do**

**pursue** /pə'sju:z/ (v) = to keep trying to achieve sth **realizować, dążyć do**

**renovate** /renə'veɪt/ (v) = to repair and improve sth and get it into good condition **odnowić**

**restore** /rɪ'stɔ:/ (v) = to cause sth or sb to be in a particular situation again **przywrócić, odnowić, odbudować**

**satisfied** /sætɪsfaɪd/ (adj) = pleased **zadowolony**

**satisfy** /sætɪsfaɪ/ (v) = to be good enough for a purpose **spełnić, zadowolić**

**seek** /si:k/ (v) = to look for **poszukiwać**

**self-centred** /self 'sentəd/ (adj) = thinking about myself all the time **egocentryczny**

**senior citizen** (phr) = a pensioner **senior**

**settle down** /setl 'daʊn/ (phr v) = to start having a quiet life **ustatkować się**

**sth is worth** (phr) = sth is considered to have a certain value **coś jest warte**

**sort out** /sɔ:t 'aʊt/ (phr v) = to do what is necessary to solve a problem or organise the details **załatwić, ustalić, uporządkować**

**take care of** (phr) = to look after sb **zajmować się czymś**

**that's life!** (phr) = bad events will sometimes happen and have to be accepted **Takie jest życie!**

**toddler** /tɒdlə/ (n) = a young child who has only just learnt to walk **brzdąc, szkrab, dziecko uczące się chodzić**

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

**value** /vælju:/ (v) = to think sb or sth is important, and appreciate them **cenić sobie**

**voting age** (phr) = being old enough to vote **wiek uprawniający do głosowania**

# Word List

**widow** /'wɪdəʊ/ (n) = a woman whose husband has died **wdowa**

**wind down** /'waɪnd daʊn/ (phr v) = to relax **odprężyć się, zrelaksować**

**worthless** /'wɜːθləs/ (adj) = having no value or use **bezwartościowy**

## 4d

**adolescence** /ædə'lesəns/ (n) = the period between childhood and adulthood **okres dorastania**

**adopted** /ə'dɒptɪd/ (adj) = (of a child) legally taken by a family to be looked after as their own **adoptowany**

**bond** /bɒnd/ (n) = a legal written agreement or promise; a strong connection **zobowiązanie; więź**

**confident** /'kɒnfɪdənt/ (adj) = assured **pewny, przekonany**

**debate** /dɪ'beɪt/ (n) = a formal discussion on a subject on which people have different views **debata, dyskusja**

**energetic** /enə'dʒetɪk/ (adj) = active **aktywny, energiczny**

**enhance** /ɪn'hɑːns/ (v) = to improve the value, quality or attractiveness of sth **ulepszyć, poprawić, wzmocnić**

**gene** /dʒiːn/ (n) = a section of DNA which codes for an inherited characteristic, e.g. eye colour **gen**

**get the brain ticking** (phr) = to get my brain to start thinking **ożywić umysł, pobudzić myślenie**

**inherit** /ɪn'herɪt/ (v) = to be left money, property, etc in sb's will **odziedziczyć**

**inseparable** /ɪn'sepərəbəl/ (adj) = (of two or more people) unable to be separated **nierozłączny, nierozdzielny**

**nurture** /nɜːtʃə/ (v) = to care for a child while growing **wychowywać, pielęgnować**

**obsessed with** /əb'sesəd wɪð/ (adj) = thinking about sth all the time **mający obsesję na jakimś punkcie**

**poverty** /'pɒvəti/ (n) = the condition of being extremely poor **ubóstwo**

**social element** (phr) = an aspect of sth that involves interacting with other people **aspekt społeczny**

**social environment** (phr) = the relationships that sb has with other people **środowisko społeczne**

**take up** /teɪk 'ʌp/ (phr v) = to start a new activity **zainteresować się czymś**

**tune** /tjuːnz/ (n) = a melody **melodia**

**untroubled** /ʌn'trʌbəld/ (adj) = relaxed

**beztroski, spokojny**

**wealth** /welθ/ (n) = the possession of a large amount of money, property or other valuable things **bogactwo, zamożność**

## Language Focus 4

**decrease** /dɪ'kriːs/ (v) = to become less **zmniejszyć się**

**fulfil** /fʊl'fɪl/ (v) = to make sth come true **spełnić, zrealizować**

**reduce** /rɪ'djuːs/ (v) = to become smaller or less in price, number, etc **obniżyć, zredukować**

**sample** /sɑːmpəl/ (v) = to taste **próbować, kosztować**

**serve** /sɜːv/ (v) = to act as **posłużyć**

**shrink** /ʃrɪŋk/ (v) = to become smaller in size **skurczyć się**

## Module 5 Art

**art movement** (phr) = an influential art style or trend **kierunek w sztuce**

**audience** /ɔːdiəns/ (n) = a group of people gathered to watch a play, film, etc **widownia, publiczność**

**be inspired by** (phr) = to be influenced by **inspirować się (czymś)**

**be performed** /bi pə'fɔːm/ (v) = (of a play) to be put on **zostać wystawionym (o spektaklu itp.)**

**cast** /kɑːst/ (n) = all the actors in a film, play or show **obsada (w filmie)**

**exhibit** /ɪg'zɪbɪt/ (v) = to show sth publicly **wystawiać (np. dzieła sztuki)**

**exhibition** /ˌeksɪ'bɪʃən/ (n) = a public event where paintings, sculptures, etc are shown openly **wystawa**

**focus on** /'fəʊkəs ɒn/ (phr v) = to concentrate on **skupiać się na**

**full house** (phr) = (of a theatre) with all the seats reserved **pełna widownia**

**landscape painting** (phr) = a painting of a scene in the countryside **pejzaż**

**lighting effects** (n) = special visual effects created by lights **efekty świetlne**

**live** /laɪv/ (adv) = happening now **na żywo**

**release** /rɪ'liːs/ (n) = a new CD or film that is available for people to buy or see **nowe wydawnictwo (np. album z muzyką lub film)**

**stage** /steɪdʒ/ (n) = the raised area of a theatre that actors and performers stand on **scena**

**works of art** (phr) = pieces of art **dzieła sztuki**

## 5a

**absorb** /əb'sɔːb/ (v) = to interest sb a great deal and take up all their attention and energy **pochłaniać (np. czyjaś uwagę)**

**animated characters** (phr) = cartoon characters **postaci z kreskówek**

**animation** /ænɪ'meɪʃən/ (n) = the process of making films in which drawings or puppets appear to move **animacja**

**apply** /ə'plai/ (v) = to use; to put into practice **stosować**

**aspect** /'æspekt/ (n) = a feature; a characteristic **aspekt**

**authentic** /ɔː'tentɪk/ (adj) = real **autentyczny, prawdziwy**

**box office hit** (phr) = a film's success in terms of the number of tickets sold **sukces kasowy**

**catch up to** /kætʃ 'ʌp tə/ (phr v) = to progress to the same level or standard as sb else **nadrobić, dogonić, zrównać się poziomem z**

**come along** /kʌm ə'lɒŋ/ (phr v) = to arrive; to appear **pojawić się, przybyć**

**computer-generated imagery** (phr) = images made by computer graphics **obraz generowany komputerowo**

**copy** /'kɒpi/ (v) = to produce sth that looks like the original thing; to imitate **skopiować, naśladować**

**detailed** /di'teɪld/ (adj) = having lots of detail **szczegółowy, drobiazgowy**

**develop** /dɪ'veləp/ (v) = to make; to create **tworzyć, rozwijać**

**digital character** (phr) = a character made with computer graphics **postać wygenerowana cyfrowo**

**enhance** /ɪn'hɑːns/ (v) = to improve sth **ulepszyć, poprawić, wzmocnić**

**equipped with** /ɪ'kwɪpt wɪð/ (pp) = having specific equipment **wyposażony w**

**expert in** /'ekspɜ:t ɪn/ (phr) = sb who is very knowledgeable about a particular area **ekspert w (jakiejś dziedzinie)**

**eyepiece** /'aɪpi:s/ (n) = the glass piece in a telescope, microscope or camera **okular**

**facial expression** (phr) = the look on sb's face showing what they think and feel **wyraz twarzy**

**field of knowledge** (phr) = a subject area **dziedzina wiedzy**

**full range** (phr) = including all the possible options **pełny zakres**

**fusion** /'fju:ʒən/ (n) = the joining of two or more things to form one **fuzja, połączenie**

**groundbreaking** /'graʊndbreɪkɪŋ/ (adj) = very new and different from other things **przełomowy**

**headgear** /'hedʒɪə/ (n) = apparatus that we wear on the head **nakrycie głowy**

**human expression** (phr) = a way in which humans physically express themselves **ludzki wyraz (np. twarzy)**

**humanoid tribe** (phr) = a group of aliens who have humanlike bodies with two arms, two legs and a head **plemię istot człekopodobnych**

**influence** /'ɪnfluəns/ (v) = to have an effect on sb **wpływać**

**integrate with** /'ɪntəɡreɪt wɪð/ (v) = to mix or join with **zintegrować, połączyć**

**interact** /,ɪntər'ækt/ (v) = to communicate **komunikować się, oddziaływać na siebie wzajemnie**

**landscape** /'lændskeɪp/ (n) = an area of countryside or land of a particular type **krajobraz**

**lead the way** (idm) = to be the first to do sth **prowadzić, być na czele**

**lifelike** /'laɪflaɪk/ (adj) = almost real **jak żywy, realistyczny**

**light year** (phr) = the distance that light can travel in one year **rok świetlny**

**limitation** /,lɪmɪ'teɪʃən/ (n) = a restriction; stopping sth from progressing further **ograniczenie**

**live action scene** (phr) = a scene in a film with real actors and sets **scena realistyczna/z udziałem prawdziwych aktorów**

**make a dream come true** (idm) = to realise my goals **spełnić marzenie**

**marker** /'mɑ:kə/ (n) = a thing that shows the position or existence of a particular quality or feature **znacznik, wskaźnik**

**motion capture techniques** (phr) = ways to film small movements to use in animation **techniki rejestracji ruchu**

**muscle** /'mʌsəl/ (n) = a piece of elastic body tissue that can be tightened or relaxed to produce movement **mięsień**

**one-of-a-kind** /wʌn əv ə 'kaɪnd/ (adj) = unique **jedyny w swoim rodzaju**

**production stage** (phr) = the area in a studio where a film or TV show is produced **strefa produkcji**

**realistic movement** (phr) = a movement that seems real **realistyczny ruch**

**record** /rɪ'kɔ:d/ (v) = to put sounds and pictures onto a tape, so that they can be seen and heard later **nagrać**

**reflector** /rɪ'flektə/ (n) = an object with a surface that reflects light **światelko odbłaskowe**

**simulation camera** (phr) = a special camera used to film animated sequences **kamera używana do filmowania scen animowanych**

**special effects** (phr) = computer graphics or technical skills used in a play or film to create an illusion **efekty specjalne**

**state-of-the-art technology** (phr) = the very latest technology **najnowsza technologia**

**surrounding** (phr) = the area around sb or sth **otoczenie**

**take sth a step further** (idm) = to advance sth more **zrobić krok dalej**

**the media** /ðə 'mi:diə/ (pl n) = television, radio and newspapers **media, środki masowego przekazu**

**three-dimensional computer graphics** (phr) = 3D pictures produced on computers **trójwymiarowa grafika komputerowa**

**truly** /'tru:li/ (adv) = really **naprawdę, prawdziwie**

**virtual image** (phr) = an image made by a computer that seems real **obraz wirtualny**

**visual effects** (phr) = images created by special equipment **efekty wizualne**

**widely** /'waɪdli/ (adv) = to a large degree **szeroko**

## Sb

**author** /'ɔ:θə/ (n) = sb who writes a book, an article, etc **autor/autorka, pisarz/pisarka**

**backing singers** (phr) = the singers who accompany the main singer **wokaliści wspierający**

**book tickets** (phr) = to reserve tickets for a concert, a cinema, a journey, etc **zarezerwować bilety**

**box office** (phr) = the place where we buy tickets for a film, a play, etc **kasa biletowa**

**bring out** /,brɪŋ 'aʊt/ (phr v) = to release a music album or film **wydać, opublikować**

**bring the house down** (idm) = to make the audience laugh, clap or cheer loudly for a long time because they liked the performance **dostać owację**

**broadsheet** /'brɔ:dʃi:t/ (n) = a large-sized newspaper usually considered serious in content **gazeta dużego formatu**

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

**canvas** /'kænvəs/ (n) = a strong heavy cloth used by artists for painting on **plótno (malarzkie)**

**chapter** /'tʃæptə/ (n) = each of the separate parts that a book is divided into **rozdział**

**choir** /'kwaɪə/ (n) = a group of people who sing in public, usually during church services **chór**

**column** /'kɒləm/ (n) = an article on a particular subject in a newspaper or magazine **kolumna, szpalta; felieton, artykuł**

**composer** /kəm'pəʊzə/ (n) = sb who writes music **kompozytor**

**conductor** /kən'dʌktə/ (n) = sb who directs an orchestra **dyrygent**

**convincing** /kən'vɪnsɪŋ/ (adj) = believable **przekonujący**

**coverage** /'kʌvərɪdʒ/ (n) = the reporting of a piece of news **relacja, sprawozdanie**

**current affairs** (phr) = political events and social problems discussed in the media **sprawy bieżące/aktualne**

# Word List

**document** /ˈdɒkjʊmənt/ (v) = to record the details of an event or process  
**udokumentować, zarejestrować**

**dressing room** (phr) = a room where an actor gets into costume  
**garderoba**

**dubbed** /dʌbd/ (adj) = having the sounds and speech on a film or TV programme changed to a different language  
**z dubbingiem**

**earn a nomination** (phr) = to be in the running for an award  
**zdożyć nominację**

**editorial** /ˌedɪtəriəl/ (n) = the part of the newspaper where the editor writes his/her comments  
**artykuł redakcyjny/wstępny**

**fiction** /fɪkʃən/ (n) = sth that is not true or real  
**beletrystyka, literatura piękna**

**gifted** /ˈɡɪftɪd/ (adj) = having a special talent or ability  
**uzdolniony, utalentowany**

**glossy** /ˈɡlɒsi/ (adj) = (of a magazine) printed on shiny high-quality paper  
**łśniący, błyszczący, ilustrowany**

**harmony** /ˈhɑ:məni/ (n) = notes of music combined together in a pleasant way  
**harmonia**

**headlines** /ˈhedlaɪnz/ (pl n) = the words in large letters above a newspaper story  
**tytuły prasowe, nagłówki**

**highlight** /ˈhaɪlaɪt/ (n) the most interesting or exciting part of an event  
**punkt kulminacyjny; główna atrakcja**

**in reality** /ɪn rɪˈælɪti/ (prep phr) = in real life  
**w rzeczywistości**

**keep my feet on the ground** (idm) = to remain practical and see things as they really are  
**twardo stąpać po ziemi**

**melody** /ˈmelədi/ (n) = a tune  
**melodia**

**morning paper** (phr) = the morning edition of a daily newspaper  
**gazeta poranna**

**novel** /ˈnɒvəl/ (n) = a long written story with imaginary characters and events  
**powieść**

**oils** /ɔɪlz/ (pl n) = paints made from oils  
**farby olejne**

**on screen** /ɒn ˈskri:n/ (prep phr) = appearing on the cinema/TV screen  
**na ekranie**

**on stage** /ɒn ˈsteɪdʒ/ (prep phr) = appearing on a theatre stage  
**na scenie**

**out of print** /aʊt əv ˈprɪnt/ (prep phr) = (of a book) its copies are no longer being produced  
**wyczerpany (o nakładzie książki)**

**out of stock** /aʊt əv ˈstɒk/ (prep phr) = (of a product) temporarily unavailable in a shop  
**wyprzedany**

**outstanding** /aʊtˈstændɪŋ/ (adj) = extremely good  
**wyróżniający się, wybitny**

**paintbrush** /ˈpeɪntbrʌʃ/ (n) = a tool with small pieces of hair used to paint a surface or create a picture  
**pędzel malarski**

**perform** /pəˈfɔ:m/ (v) = to act or do sth musical, theatrical, etc to entertain an audience  
**grać, brać udział w przedstawieniu**

**premiere** /ˈpremɪə/ (n) = the first showing/performance of a film/play  
**premiera**

**prop** /prɒp/ (n) = an object used by the actors performing in a play or film  
**rekwizyt**

**publisher** /ˈpʌblɪʃə/ (n) = the company that produces a book, a magazine, a newspaper, etc  
**wydawca**

**put off** /pʊt ˈɒf/ (phr v) = to delay doing sth until later  
**odkładać na późniejszy termin**

**put sth down to sth else** /pʊt ˈdaʊn tə/ (phr v) = to think that sth is caused by sth else  
**złożyć coś na karb czegoś**

**rehearsal** /rɪˈhɜ:səl/ (n) = a run-through of a play or dance before the performance  
**próbna**

**release** /rɪˈli:s/ (v) = to make sth available for people to buy  
**wydać, opublikować**

**screenwriter** /ˈskri:nraɪtə/ (n) = sb who writes the script of a film or TV show; a scriptwriter  
**scenarzysta**

**sign up** /saɪn ˈʌp/ (phr v) = to sign a contract officially agreeing to do sth, or to become a member of a club, etc  
**zapisać się**

**sing my heart out** (idm) = to sing to the best of my ability  
**śpiewać z maksymalnym zaangażowaniem**

**single** /ˈsɪŋɡəl/ (n) = an individual song by an artist released for sale  
**singiel**

**steal the show** (idm) = to get a lot of attention or praise because I perform better than anyone else in a show or other event  
**przyćmić resztę obsady, skupić na sobie całą uwagę**

**stunt** /stʌnt/ (n) = a difficult or dangerous action  
**wyczyn, popis, numer kaskaderski**

**support** /səˈpɔ:t/ (n) = help or encouragement given to sb in an especially difficult situation  
**wsparcie, zachęta**

**sweep the board** (idm) = to win everything that is available  
**zgarnąć całą pulę**

**tabloid** /ˈtæblɔɪd/ (n) = a small-sized newspaper containing light articles and gossip  
**tabloid, brukowiec**

**the centre of attention** (phr) = sb that everyone is paying attention to  
**centrum uwagi**

**viewing habits** (phr) = what people regularly watch on TV  
**przyzwyczajenia widzów, oglądalność**

## 5d

**acting talent** (phr) = sb's natural ability to act well  
**talent aktorski**

**breathhtaking performance** (phr) = an outstanding performance  
**występ zapierający dech w piersiach**

**countless awards** (phr) = a large number of prizes  
**rozliczne nagrody**

**growl** /graʊl/ (v) = to make a deep rough sound in the throat, usually in anger  
**warczeć, pomrukiwać**

**in the flesh** (idm) = face-to-face  
**osobiście, we własnej osobie**

**main role** (phr) = the leading part  
**główna rola**

**standing ovation** (phr) = an audience standing up and applauding to show their admiration  
**owacja na stojąco**

**story spans** (phr) = a story covers a certain period of time  
**fabuła rozgrywa się w czasie**

**supporting cast** (phr) = the other actors apart from the leading ones  
**aktorzy drugoplanowi**

**unreleased** /ˌʌnrɪˈli:st/ (adj) = (of a CD, a film, etc) not available to the public yet  
**przedpremierowy**

**upcoming** /ˌʌpˈkʌmɪŋ/ (adj) = happening in the near future  
**zbliżający się, nadchodzący**

**venue** /ˈvenju:/ (n) = a place where a special event happens  
**miejsce (spotkania, koncertu, imprezy)**

**worth renting** (phr) = (of a DVD) deserving the money it costs to rent it **warty wypożyczenia**

## 5f

**genre** /ˈʒɒnrə/ (n) = a particular type of an art form **gatunek (np. filmowy)**

**page-turner** /ˈpeɪdʒ ˈtɜːnə/ (n) = a very interesting book that makes us want to keep reading it **książka czytana jednym tchem**

**predictable** /prɪˈdɪktəbəl/ (adj) = expected; anticipated **przewidywalny**

**sequel** /ˈsiːkwəl/ (n) = a book, a film or a play which continues the story of a previous version **dalszy ciąg, kontynuacja (np. książki lub filmu)**

**simplistic** /sɪmˈplɪstɪk/ (adj) = very easy to understand **naiwnie prosty, nazbyt uproszczony**

**spectacular** /spekˈtækjələ/ (adj) = impressive **widowiskowy, spektakularny, imponujący**

**spooky** /ˈspuːki/ (adj) = frightening and ghostly **nawiedzany przez duchy, upiorny, straszliwy**

**suspense** /səˈspens/ (n) = a feeling of worry or excitement about sth that will happen **napięcie, nastrój oczekiwania**

**tragic** /ˈtrædʒɪk/ (adj) = extremely sad as it involves suffering or death **tragiczny**

## Language Focus 5

**peak** /piːk/ (adj) = of the best, highest or greatest level or amount **szczyt (sezonu)**

**prime time** (phr) = peak viewing times **godziny największej oglądalności**

**subtitled** /ˈsʌbtʌɪtld/ (adj) = having the words of a film character written in small captions at the bottom of the screen (especially when in another language) **z napisami**

**give sb/take top billing** (phr) = (in a show, a film, etc) to be advertised as the most important actor **być przedstawianym jako gwiazda**

**translate** /ˈtrænzleɪt/ (v) = to change words into a different language **przetłumaczyć, przełożyć**

## Module 6 Food & Health

**break my arm** (phr) = to break a bone in my arm **złamać rękę**

**burn my hand** (phr) = to injure my hand with heat **doznać oparzenia dłoni**

**graze my knee** (phr) = to scrape the skin off my knee (usually by falling down) **otrzeć kolano**

**have a cough** (phr) = to force air out of my lungs through my throat with a short loud sound **kaszeleć**

**have a fever** (phr) = to have a high temperature **mieć wysoką gorączkę**

**have a headache** (phr) = to have a pain in the head **cierpieć na ból głowy**

**have a sore throat** (phr) = to have a pain in the space inside the front of the neck **mieć ból gardła**

**have backache** (phr) = to have a pain in the back **odczuwać ból pleców**

**have the measles** (phr) = to suffer from an illness which includes a red rash and a high temperature **być chorym na odrę**

**have toothache** (phr) = to have a pain in a tooth **cierpieć na ból zęba**

**pull a muscle** (phr) = to injure a muscle by stretching it too far so that it is very painful **naciągnąć mięsień**

**sprain my ankle** (phr) = to cause an injury to the joint that connects the foot to the leg by a sudden movement **zwichnąć nogę w kostce**

## 6a

**a bite to eat** (phr) = a snack **coś na ząb**

**accidentally** /æksɪˈdentli/ (adv) = not on purpose; by mistake **przypadkowo**

**almond** /ˈɑːmənd/ (n) = a type of nut **migdał**

**apple pips** (phr) = the seeds in the middle of an apple **pestki jabłka**

**bitter** /ˈbɪtə/ (adj) = having a sharp unpleasant taste **gorzki**

**cancer causing** (phr) = having the ability to cause the development of cancerous growths in the body **wywołujący raka, rakotwórczy**

**capture** /ˈkæptʃə/ (v) = to catch; to trap **pojmać, schwytać**

**carcinogenic** /ˈkɑːsɪnədʒenɪk/ (adj) = likely to cause cancer **rakotwórczy**

**chewed** /tʃuːd/ (pp) = crushed by the teeth **żuty**

**chopped** /tʃɒpt/ (pp) = cut into small pieces with a knife **siekany**

**colonist** /ˈkɒlənɪst/ (n) = sb who goes to live in a country which is under the control of a more powerful country **kolonizator**

**compound** /ˈkɒmpaʊnd/ (n) = a chemical that combines two or more elements **związek chemiczny**

**countless** /ˈkaʊntləs/ (adj) = endless; numerous **niezliczony**

**crushed** /kɹʌʃt/ (pp) = ground or pressed until flat **zgnieciony, zmiażdżony**

**cyanide** /saɪənaɪd/ (n) = a powerful poison **cyjanek**

**damp** /dæmp/ (adj) = moist; slightly wet **wilgotny**

**deadly nightshade** (phr) = a poisonous plant **pokrzyk wilcza jagoda**

**deadly poison** (phr) = a toxic substance that can kill **śmiertelna trucizna**

**deadly secret** (phr) = information that is dangerous to know **śmiertelna tajemnica**

**decay** /dɪˈkeɪ/ (v) = to be gradually destroyed by a natural process **gnić, rozkładać się**

**discourage** /dɪsˈkʌrɪdʒ/ (v) = to try and stop sth happening **zniechęcać**

**enemy** /ˈenəmi/ (n) = an opponent; sb who tries to harm us **wróg, przeciwnik**

**export** /ˈeksɔːt/ (n) = a product sold to another country **produkt eksportowany**

**fall into a coma** (phr) = to become unconscious for an indefinite time **zapaść w śpiączkę**

**fatal combination** (phr) = two or more things which when mixed can kill **śmiertelna kombinacja/połączenie**

**fool** /fuːl/ (v) = to trick; to deceive **oszukać, wyprowadzić w pole**

**fungus** /ˈfʌŋɡəs/ (n) = (pl: fungi) an organism that gets its food from decaying material **grzyb**

**harmless** /ˈhɑːmləs/ (adj) = not dangerous **nieszkodliwy**

**heat-processed** /ˈhiːt ˈprəʊesɪt/ (adj) = treated with heat **poddany obróbce cieplnej**

**highly poisonous** (phr) = very toxic **bardzo toksyczny**



# Word List

- hydrogen cyanide** (phr) = a powerful poison **cyjanowodór**
- illegal** /'li:ɡəl/ (adj) = against the law **nielegalny**
- in particular** (phr) = particularly; especially **w szczególności, zwłaszcza**
- innocent appearance** (phr) = looking like it can do no harm **niewinny wygląd**
- lurk** /lɜ:k/ (v) = to hide and wait somewhere **czaić się**
- mushroom** /'mʌʃrʊm/ (n) = a fungus, i.e. a plant without flowers, leaves or green colouring, with a short stem and a round top **grzyb**
- oil** /ɔɪl/ (n) = a thick liquid used for cooking **oliwa**
- organism** /'ɔ:ɡənɪzəm/ (n) = an animal or plant **organizm**
- paste** /peɪst/ (n) = a soft, wet, thick mixture which can be spread easily **pasta, papka**
- peckish** /'pekiʃ/ (adj) = slightly hungry **nieco głodny**
- poison** /'pɔɪzən/ (n) = a substance that can be fatal **trucizna**
- potentially fatal** (phr) = able to kill in certain circumstances **potencjalnie śmiertelny**
- powder** /'paʊdə/ (n) = a substance consisting of very fine small pieces **proszek, puder**
- raw** /rɔ:/ (adj) = uncooked **surowy**
- razor-sharp knife** (phr) = a very sharp cutting utensil **nóż ostry jak brzytwa**
- recipe** /'resipi/ (n) = a list of ingredients and a set of instructions telling us how to cook sth **przepis kulinarny**
- remove** /rɪ'mu:v/ (v) = to get rid of sth; to make sth disappear **usunąć**
- seed** /si:d/ (n) = a small hard part from which a new plant grows **ziarno**
- self-defence system** (phr) = a means of protecting myself from attack **system samoobrony**
- Shiitake mushroom** (phr) = a type of edible fungus **twardnik japoński (gatunek jadalnego grzyba)**
- sliced** /slaɪst/ (pp) = cut into equal thin pieces **pokrojony na plasterki**
- slip** /slɪp/ (v) = to lose my balance and fall while moving on a wet or icy surface **poślizgnąć się**
- solanine** /'səʊlənaɪn/ (n) = a poisonous chemical **solanina**
- spy** /spaɪ/ (n) = sb whose job is to find out secret information about another country or organisation **szpieg**
- stem** /stem/ (n) = the thin and long part of a plant on which the flowers and leaves grow **łodyga**
- stomach upsets** (phr) = stomach ache, diarrhoea and vomiting **rozstrój żołądka**
- swallow** /'swɒləʊ/ (v) = to cause food to go from the mouth down into the stomach **połykać**
- take a closer look** (phr) = to look at sth more carefully **przyjrzyć się z bliska**
- thrive** /θraɪv/ (v) = to grow strong and healthy **pięknie rosnąć, rozwijać się**
- trace** /treɪs/ (n) = a very small amount of sth **ślad (niewielka ilość)**
- tumour** /'tju:mə/ (n) = a mass of diseased cells which might cause a lump or cancer **guz**
- victim** /'vɪktɪm/ (n) = a person or an animal that is injured or killed **ofiara**
- weak** /wi:k/ (adj) = exhausted **słaby**
- white button mushroom** (phr) = the most common type of edible fungus **pieczarka dwuzarodnikowa**

## 6b

- add** /æd/ (v) = to put sth with sth else or a group of other things **dodać**
- apply** /ə'plai/ (v) = to put a substance onto a surface **nakładać, smarować**
- bake** /beɪk/ (v) = to cook bread or cakes in an oven **piec w piekarniku**
- be a real pain in the neck** (idm) = to be very annoying and irritating **być prawdziwym utrapieniem**
- beat** /bi:t/ (v) = to mix together **rozbełtać, ubić**
- be obsessed with sth** (phr) = to think about sth all the time **mieć obsesję na punkcie czegoś**
- bite** /baɪt/ (v) = to close my teeth upon sth **gryźć**
- bland** /blænd/ (adj) = (of foods) tasteless **mdły, nijaki, bez smaku**
- bloated** /'bləʊtɪd/ (adj) = (of a part of the body) enlarged due to liquid or gas **spuchnięty, wzdęty (brzuch)**
- boil** /bɔɪl/ (v) = to heat a liquid until bubbles appear **ugotować, doprowadzając do temperatury wrzenia**
- bruise** /bru:z/ (n) = an injury appearing as a purple mark on the body **siniec**
- chew** /tʃu:/ (v) = to bite food and break it into small pieces **żuć, przeżuwać**
- cold** /kəʊld/ (n) = an infection that includes a cough, a runny nose and sneezing **przeziębienie**
- come down with** /kʌm 'daʊn wɪð/ (phr v) = to get an illness **zachorować na**
- cook** /kʊk/ (v) = to prepare food for eating by heating it **gotować**
- cope (with sth)** /kəʊp/ (v) = to deal with a situation successfully **radzić sobie (z czymś)**
- cough** /kɒf/ (n) = the action of forcing air out of our lungs through our throat with a short loud sound **kaszel**
- cramps** /kræmps/ (pl n) = sharp pains in the abdomen **skurcze**
- craving (for sth)** /k'reɪvɪŋ/ (n) = a strong desire to eat sth in particular **pragnienie (czegoś)**
- creamy** /kri:mi/ (adj) = (of food or drink) thick and smooth or containing a lot of cream **kremowy, śmietankowy**
- crunch** /krʌntʃ/ (v) = to eat sth by making a loud crushing sound **chrupać**
- crunchy** /krʌntʃi/ (adj) = pleasantly hard or crisp so that it makes a noise when we eat it **chrupiący, chrupki**
- cure** /kjʊə/ (v) = to cause a disease or illness to end or disappear with medical treatment **wyleczyć**
- cut** /kʌt/ (v) = to divide into pieces using scissors or a knife **pociąć**
- cut down on** /kʌt 'daʊn ɒn/ (phr v) = to use or do less of sth **ograniczyć, zredukować**
- decrease** /drɪkri:s/ (v) = to become less **zmniejszyć się, zmaleć**
- diarrhoea** /daɪə'riə/ (n) = liquid body waste due to illness **biegunka**
- fever** /fi:və/ (n) = a higher body temperature than usual **gorączka**
- flu** /flu:/ (n) = an illness with symptoms including a high temperature and a runny nose **grypa**

**food poisoning** (phr) = an illness caused by eating bad food **zatrucie pokarmowe**

**fresh** /freʃ/ (adj) = (of food) made recently **świeży**

**fry** /fraɪ/ (v) = to cook in hot oil or fat **smażyć**

**get in shape** (phr) = to become fitter and in better physical condition **dojść do formy, zadbać o linię**

**grate** /greɪt/ (v) = to rub food over a sharp metal utensil so that it is cut into very small pieces **trzeć na tarce**

**grill** /grɪl/ (v) = to cook by using very strong heat directly above or below food **smażyć na ruszcie, grillować**

**have a big mouth** (idm) = to tell people's secrets to others **mieć długi język**

**have a sweet tooth** (idm) = to like eating sugary food **uwielbiać słodycze**

**headache** /hedək/ (n) = a pain in the head **ból głowy**

**heal** /hi:l/ (v) = to become healthy after an injury or illness **wyleczyć się, zagoić się**

**hives** /haɪvz/ (pl n) = raised red bumps on the skin, usually as an allergic reaction to sth **pokrzywka (choroba)**

**hot and spicy** (phr) = having a very strong flavour **ostro przyprawiony, ostry i pikantny**

**lick** /lɪk/ (v) = to move my tongue across the surface of sth **lizać**

**melt** /melt/ (v) = to change from solid to liquid when heated **topnieć, topić się**

**migraine** /mɪˈɡreɪn/ (n) = a severe headache which affects one side of the head and can cause distorted vision and nausea **migrena, ostry ból głowy**

**mix** /mɪks/ (v) = to blend sth with sth else **wymieszać, połączyć ze sobą**

**munch** /mʌntʃ/ (v) = to chew food noisily **chrupać; żuć, przeżuwać**

**nausea** /noʊˈziə/ (n) = a feeling of sickness and vomiting **mdłości, nudności**

**neck** /nek/ (n) = the part of the body that connects the head to the body **szyja**

**nose** /noʊz/ (n) = the part of the body on the face that we use to smell with **nos**

**oven** /ʌvən/ (n) = a kitchen appliance used for baking or roasting food **piekarnik**

**pain** /peɪn/ (n) = extreme discomfort **ból**

**painkiller** /ˈpeɪnkɪlə/ (n) = the medicine that we take to relieve ourselves of physical pain **środek przeciwbólowy**

**pass out** /ˈpɑːs ˈaʊt/ (phr v) = to faint **zemdleć, stracić przytomność**

**peel** /pi:l/ (v) = to remove the skin of fruit and vegetables **obierać ze skórki**

**poach** /pəʊtʃ/ (v) = to cook gently in boiling water **dusić (gotować w małej ilości wody lub mleka)**

**pour** /pɔː/ (v) = to transfer a liquid from one container to another **nalać, wlać**

**prescribe** /ˈprɪskraɪb/ (v) = (of a doctor) to say what medicine or treatment sb should have **zapisać lekarstwo, wypisać receptę**

**pull sb's leg** (idm) = to tease sb or fool them into believing sth that isn't true, as a joke **nabrać kogoś**

**put on** /ˈpʊt ˈɒn/ (phr v) = to gain (weight) **przybrać (na wadze)**

**rash** /ræʃ/ (n) = a dry red infected area of the skin that is itchy **wysypka**

**reaction** /rɪˈækʃən/ (n) = an action or feeling caused by sth **reakcja, oddziaływanie**

**recover from** /rɪˈkʌvə frəm/ (v) = to go back to a normal physical or mental state **wyzdrowieć**

**relieve** /rɪˈli:v/ (v) = to make sth unpleasant less intense, or cause it to disappear completely **ulżyć, przynieść ulgę**

**rich (in sth)** /rɪtʃ/ (adj) = (of a food) containing a lot of sth **bogaty w**

**ripe** /raɪp/ (adj) = (of fruit) ready to eat **dojrzały**

**rise** /raɪz/ (v) = to become higher **wzrosnąć**

**roast** /rəʊst/ (v) = to cook food in an oven **piec (np. mięso w piekarniku)**

**rotten** /rɒtn/ (adj) = (of food) decayed; so reduced in quality that it can't be used **zgniły, zepsuty**

**salty** /ˈsɔːlti/ (adj) = containing a lot of salt **słony**

**sip** /sɪp/ (v) = to drink in small amounts **popijać, sączyć małymi łykami**

**snack** /snæk/ (v) = to eat a small amount of food **podjadać, zagryzać**

**sour** /saʊə/ (adj) = having a sharp, unpleasant, acidic taste like vinegar or lemon juice **kwaśny**

**spread** /spred/ (v) = to use a knife to cover food with another, softer food **rozsmarować**

**sprinkle** /ˈsprɪŋkəl/ (v) = to add small quantities of sth to sth else **tu: posypać, spryskać**

**stew** /stjuː/ (v) = to cook in liquid in a closed dish **dusić**

**stir** /stɜː/ (v) = to mix materials using a spoon **zamieszać**

**sweet** /swi:t/ (adj) = containing a lot of sugar **słodki**

**take pleasure in sth** (phr) = to enjoy sth **czерpać z czegoś przyjemność**

**temperature** /ˈtempərətʃə/ (n) = a measure of how hot or cold sth is **temperatura**

**thicken** /ˈθɪkən/ (v) = (of a food substance) to become denser **gęstnieć**

**throat** /θrəʊt/ (n) = the front inside part of the neck **gardło**

**throw** /θrəʊ/ (v) = to move the hand quickly and let the object that I am holding go so that it flies through the air **rzucić**

**treat** /tri:t/ (v) = to cure **leczyć**

**vision** /ˈvɪʒən/ (n) = the ability to see **widzenie, wzrok**

**waist** /weɪst/ (n) = the part of the body above the hips **talia, wcięcie**

**whisk** /wɪsk/ (v) = to mix sth using a metal utensil (also called a whisk) **ubijać (trzepaczką)**

## 6d

**crops** /krɒps/ (pl n) = plants cultivated in large amounts **rośliny uprawne**

**depressed** /dɪˈprest/ (adj) = sad and unable to enjoy anything **przygnębiony**

**gene** /dʒiːn/ (n) = a section of DNA that codes for an inherited characteristic, e.g. eye colour **gen**

**intellectual property law** (phr) = a rule which states that sb's idea, invention, creation, etc can be protected by law from being copied by sb else **prawo własności intelektualnej**

**nutritionist** /njuːˈtrɪʃənɪst/ (n) = a dietician **dietetyk**

# Word List

**overweight** /ˌəʊvəˈweɪt/ (adj) = having excess weight **mający nadwagę**  
**pass down** /ˌpɑːs ˈdaʊn/ (phr v) = to give sth to the next generation **przekazać (z pokolenia na pokolenie)**  
**potential** /pəˈtenʃəl/ (n) = ability **potencjał, możliwość**  
**resist** /rɪˈzɪst/ (v) = to stop myself from doing sth although I would like to do it **oprzeć się, powstrzymać od czegoś**  
**seed** /siːd/ (n) = a small round or oval object produced by a plant from which new plants can grow **ziarno**

## Language Focus 6

**alcohol** /ˈælkəhɒl/ (n) = a liquid which can make us drunk, and is also used in fuel and medicines **alkohol**  
**allergic** /əˈlɜːdʒɪk/ (adj) = experiencing adverse effects when I inhale, touch or eat a certain substance **uczulony**  
**antibodies** /ˈæntɪˌbɒdɪz/ (pl n) = proteins produced in the blood which fight diseases by attacking and killing harmful bacteria **przeciwciała**  
**bacteria** /bækˈtɪəriə/ (pl n) = small living organisms that can often cause a disease **bakterie**  
**balanced diet** (phr) = a diet that combines the proper kind and amount of food needed to maintain health and growth **zrównoważona dieta**  
**breathing difficulties** (phr) = the condition of having problems moving air in and out of the lungs **trudności z oddychaniem**  
**comfort food** (phr) = food that sb eats to make them feel better **coś do zjedzenia na poprawę nastroju**  
**course** /kɔːs/ (n) = each of the parts of a meal (starter, main course, dessert, etc) **danie**  
**crash diet** (phr) = a way of losing body weight quickly by eating very little **intensywna dieta odchudzająca**  
**dairy products** (phr) = foods made from milk, e.g. cheese, yoghurt, etc **produkty mleczne, nabiał**  
**digestive system** (phr) = the set of organs in our body that digest the food we eat **układ trawienny**

**energy drink** (phr) = a drink that contains a lot of glucose to give energy **napój energetyczny**  
**fast food** (phr) = unhealthy food, such as a burger, which is quick to cook or is already cooked, and is therefore served very quickly in a restaurant **fast food; jedzenie serwowane w barach szybkiej obsługi**  
**fizzy drink** (phr) = a drink made with carbonated water **napój gazowany**  
**helping** /ˈhelpɪŋ/ (n) = a quantity of food enough for one person at a meal **porcja**  
**hot dish** (phr) = a dish that is served hot **gorące danie**  
**illness** /ˈɪlnəs/ (n) = the fact or experience of being ill **choroba**  
**immune system** (phr) = the organs and processes in the body which protect us from illness and infection **system odpornościowy**  
**injury** /ˈɪndʒəri/ (n) = physical harm or damage to the body **uraz, kontuzja**  
**intolerant to** /ɪnˈtɒlərənt tə/ (adj) = unable to digest a particular food in a normal way without feeling ill **cierpiący na nietolerancję (na produkty żywnościowe)**  
**junk food** (phr) = food with little to no nutritional value **niezdrowe jedzenie o niskiej wartości odżywczej**  
**portion** /ˈpɔːʃən/ (n) = an amount of food served in a restaurant **porcja**  
**respirator** /ˈrespɪreɪtə/ (n) = apparatus that helps sb breathe **respirator, aparat do oddychania**  
**serving** /ˈsɜːvɪŋ/ (n) = an amount of food enough for one person, as shown in recipes **porcja**  
**sickness** /ˈsɪknəs/ (n) = nausea; being about to vomit **wymioty, mdłości**  
**side dish** (phr) = a dish that accompanies a main meal **dodatek do dania głównego, przystawka**  
**soft drink** (phr) = a non-alcoholic drink **napój bezalkoholowy**  
**sparkling water** (phr) = fizzy/ carbonated water **woda gazowana**  
**still water** (phr) = bottled water that is not fizzy **woda niegazowana**  
**symptom** /ˈsɪmptəm/ (n) = a sign that I have a particular illness **symptom, objaw**

**tap water** (phr) = water from the tap that we can drink **woda z kranu**  
**traditional dish** (phr) = a dish that has been eaten in a certain place/way for a long time **tradycyjna potrawa**  
**vast** /vɑːst/ (adj) = extremely large **ogromny, niezmierny**  
**vegetarian diet** (phr) = a diet that does not include meat **dieta wegetariańska**

## Module 7 Civilisations & Science

**ancient** /ˈeɪnfənt/ (adj) = very old **starożytny**  
**associated with** /əˈsəʊʃieɪtɪd wɪð/ (pp) = one thing connected with another in sb's mind **kojarzony z**  
**disappearance** /ˌdɪsəˈpiərəns/ (n) = the fact that sth goes missing **zniknięcie**  
**evidence** /ˈeɪvɪdəns/ (n) = proof **dowód, świadectwo**  
**extraterrestrial** /ˌekstrəˈtɛstriəl/ (adj) = originating from another planet **pozaziemski**  
**hit headlines** (phr) = (of a piece of news) to be front-page news **trafić na czołówki gazet**  
**occurrence** /əˈkʌrəns/ (n) = an event **zdarzenie, zjawisko**  
**ocean floor** (phr) = the bottom of the sea **dno oceanu**  
**press release** (phr) = a public statement given to newspapers to publish **komunikat prasowy**  
**sink** /sɪŋk/ (v) = to fall beneath the water **zatonąć**  
**supernatural** /ˌsuːpəˈnætʃərəl/ (adj) = not explained by science **nadprzyrodzony**

## 7a

**accomplish** /əˈkʌmplɪʃ/ (v) = to succeed in doing sth **zrealizować, ukończyć**  
**accuracy** /ˈækjʊrəsi/ (n) = the state of being exact and correct **dokładność**  
**acre** /eɪkə/ (n) = a unit of land equal to 4,047 square metres **akr (jednostka powierzchni = ok. 4 tys. metrów kw.)**  
**aliens** /ˈeɪliənz/ (pl n) = creatures from another planet **kosmici, obcy, istoty z innej planety**

- amplify** /ˈæmplɪfaɪ/ (v) = to make sth louder/stronger **wzmacniać, powiększać**
- astronomical calendar** (phr) = a table showing the days, weeks and months of the year related to the stars **kalendarz astronomiczny/gwiazdny**
- awe** /ɔː/ (n) = wonder **podziw, nabożna cześć**
- be confronted** /bi kənˈfrʌntɪd/ (v) = to face or meet sth **zetrząść się**
- burial ground** (phr) = a graveyard **cmentarz**
- clearly visible** (phr) = easily seen **wyraźnie widoczny**
- coastline** /kəʊstlaɪn/ (n) = the part of the land that is next to the sea **linia brzegowa; wybrzeże**
- construct** /kənˈstrʌkt/ (v) = to build **skonstruować, zbudować**
- decompose** /diːkəmˈpəʊz/ (v) = to rot **rozkładać się**
- defy explanation** (phr) = to be impossible to explain **nie poddawać się wyjaśnieniom**
- depict constellations** (phr) = (of pictures, etc) to show an arrangement of stars in the sky **przedstawiać gwiazdozbiory**
- encode** /ɪnˈkəʊd/ (v) = to work coded information into sth **zakodować, zaszyfrować**
- energy field** (phr) = an area around sth which contains some mysterious power **pole energetyczne**
- exceed** /ɪkˈsiːd/ (v) = to be more than a number/limit **przekraczać**
- faraway** /fɑːrəweɪ/ (adj) = being at a great distance from a certain point **daleki, odległy**
- feat** /fi:t/ (n) = sth difficult which requires skills to achieve **wyczyn, dokonanie**
- gather** /gæðə/ (v) = to collect and put together **zbierać, gromadzić**
- giant stone monoliths** (phr) = very large statues made of rock **gigantyczne kamienne posągi**
- guard** /gɑːd/ (v) = to protect sth **pełnić straż, chronić**
- healing site** (phr) = a place said to have powers to heal wounds and cure diseases **miejsce znane z uzdrowień**
- in disbelief** /ɪn dɪsˈbiːlɪf/ (prep phr) = without believing sth to be true **z niedowierzaniem**
- intriguing site** (phr) = a fascinating place **intrygujące miejsce**
- isolated** /aɪsəˈleɪtɪd/ (adj) = far away from other people; secluded **odludny, odosobniony**
- landing strip** (phr) = a piece of asphalt used for landing planes **pas do lądowania, lądowisko**
- massive** /ˈmæsɪv/ (adj) = very big **masywny, ogromny**
- perfectly aligned** (phr) = accurately lined up with sth **ustawiony idealnie (względem czegoś)**
- provoke feelings** (phr) = to make sb have certain feelings **wywoływać uczucia**
- puzzle** /ˈpʌzl/ (v) = to confuse sb **stanowić zagadkę, dawać do myślenia**
- raise questions** (phr) = to bring up questions **rodzić pytania**
- razor blade** /ˈreɪzə bleɪd/ (n) = a sharp tool used for shaving **żyłetka**
- religious significance** (phr) = being important to a particular religion **znaczenie religijne**
- set eyes on** (phr) = to see sth for the first time **zobaczyć/ujrzeć coś**
- shake my head** (phr) = to move my head from side to side **potrząsnąć głową**
- sheer** /ʃɪə/ (adj) = and only this **sam, sama**
- shrouded in** /ˈfraʊdɪd ɪn/ (pp) = hidden by being covered with sth **spowity, otulony (czymś)**
- sth lives up to my expectations** (phr) = sth is as good as I expected it to be **(coś) spełnia oczekiwania**
- sth makes my jaw drop** (idm) = sth makes me feel surprised, therefore I open my mouth wide **(coś) powoduje, że szczęka opada**
- speechless** /ˈspiːtʃləs/ (adj) = unable to speak because of surprise, shock or amazement **oniemiały, niemy**
- stand in the presence of** (phr) = to be in the same place as sb/sth **stać w czyjejś obecności**
- summit** /ˈsʌmɪt/ (n) = the top of sth (usually a mountain) **szczyt, wierzchołek**
- surreal** /səˈriːəl/ (adj) = seeming dreamlike and unreal **surrealistyczny**
- taunt** /tɔːnt/ (v) = to tease sb; to cause a reaction **dokuczać, szydzić**
- wonder** /ˈwʌndə/ (n) = amazement **zdumienie, zdziwienie**
- workmanship** /ˈwɜːkmənʃɪp/ (n) = the skill with which sth was made **wykonawstwo, fachowość**

## 7b

**a cock and bull story** (idm) = a made-up story; an outcome of imagination **bajeczka, zmyślona historia**

**abduction** /æbˈdʌkʃən/ (n) = a kidnapping **porwanie, uprowadzenie**

**be in the dark** (idm) = to not know the truth about sth **nie mieć o czymś pojęcia**

**calm down** /kɑːm ˈdaʊn/ (phr v) = to become relaxed and quiet **uspokoić się**

**carving** /ˈkɑːvɪŋ/ (n) = a shape or pattern cut into stone, wood, glass, etc **rzeźba**

**come across** /kʌm əˈkrɒs/ (phr v) = to find by chance **natknąć się przypadkiem, natrafić (na coś)**

**complicated** /kəmˈplɪkeɪtɪd/ (adj) = (of a work of art) consisting of many fine details **skomplikowany, złożony**

**concrete evidence** (phr) = definite proof **definitywny/ostateczny dowód**

**conquer** /kɒŋkə/ (v) = to defeat sb with an army **podbijać, pokonać**

**constellation** /kɒnstəˈleɪʃən/ (n) = an arrangement of stars in the sky **konstelacja, gwiazdozbiór**

**cover up** /kʌvə ˈʌp/ (phr v) = to not reveal **zakryć, zatuszować**

**decline** /dɪˈklaɪn/ (v) = to grow smaller or worse **pogorszyć się; chylić się ku upadkowi, tracić na znaczeniu**

**emit** /ɪˈmɪt/ (v) = to give off **emitować**

**encounter** /ɪnˈkaʊntə/ (v) = an unexpected meeting **spotkanie, kontakt**

**expand** /ɪkˈspænd/ (v) = to become bigger **zwiększać się, rozszerzać się**

**exploration** /ekspləˈreɪʃən/ (n) = the act of investigating a place **badanie, eksploracja**

**extend** /ɪkˈstend/ (v) = to cover a particular area **rozciągać się**

**fake** /feɪk/ (adj) = not real **nieprawdziwy, fałszywy**

**flourish** /ˈflaʊrɪʃ/ (v) = to grow well **kwitnąć, dobrze prosperować**

# Word List

**gravity** /ˈgrævɪti/ (n) = a natural force that attracts objects to each other and makes things fall to the ground **grawitacja**

**hide sth behind closed doors** (idm) = to not reveal sth to the public **ukrywać coś przed opinią publiczną**

**land** /lænd/ (v) = to come down to the ground **wylądować**

**launch** /lɔːntʃ/ (v) = to send a spacecraft into the sky **wystrzelić**

**light year** /laɪt jɪə/ (n) = the distance that light can travel in a year **rok świetlny**

**mysterious powers** (phr) = abilities or qualities that cannot be explained **tajemne moce**

**orbit** /ɔːbɪt/ (v) = to travel around a planet **krążyć, okrążyć**

**pass out** /ˌpɑːs ˈaʊt/ (phr v) = to lose consciousness **zemdleć, stracić przytomność**

**put forward** /pʊt ˈfɔːwəd/ (phr v) = to suggest (a new theory) **przedstawić, zaproponować**

**remote** /rɪˈməʊt/ (adj) = far away from anything **daleki, odległy**

**rotate** /rəʊˈteɪt/ (v) = to revolve **obracać się**

**shooting star** /ˈʃuːtɪŋ stɑː/ (n) = a star that moves quickly across the sky **spadająca gwiazda**

**sighting** /ˈsaɪtɪŋ/ (n) = an instance where sth strange is seen **pojawienie się, zaobserwowanie**

**solar system** /ˈsəʊlə ˌsɪstəm/ (n) = a sun and the planets around it **Układ Słoneczny**

**space shuttle** /ˈspeɪs ʃʌtl/ (n) = a human spacecraft **prom kosmiczny, wahadłowiec**

**temple** /ˈtempəl/ (n) = a place of worship **świątynia**

**the truth will come out** (idm) = the truth will be made known **prawda wyjdzie na jaw**

**unlock** /ˌʌnˈlɒk/ (v) = to reveal sth; to explain sth **ujawniać, odsłaniać**

**unsolved** /ˌʌnˈsɒlvd/ (adj) = (of a mystery) without answers **niewyjaśniony, nierozwikłany**

**worship** /ˈwɜːʃɪp/ (v) = to idolise or praise sth/sb **czcić, wyznawać**

## 7d

**alien encounter** (phr) = a meeting with creatures from other planets **kontakt z przedstawicielami cywilizacji pozaziemskiej**

**debris** /ˈdeɪbriː/ (n) = broken pieces of sth that has been destroyed **szczątki**

**distant galaxies** (phr) = collections of stars and planets that are far away **odległe galaktyki**

**dome-shaped ceiling** (phr) = the inside surface of a room when we look up that is rounded **sufit w kształcie kopuły**

**experimental** /ɪkˌsperɪmentəl/ (adj) = relating to sth that has not been tried or tested yet **eksperymentalny, doświadczalny**

**in depth** /ɪn ˈdepθ/ (prep phr) = in great detail **dogłębnie, szczegółowo**

**literate** /ˈlɪtərət/ (adj) = able to read and write **piśmienny, umiejący czytać i pisać**

**planetarium** /ˌplænɪˈteəriəm/ (n) = a place where moving images of the sky at night are shown **planetarium**

**simultaneously** /ˌsɪməlˈteɪməsli/ (adv) = at the same time **równocześnie, jednocześnie**

**soar** /sɔː/ (v) = to fly high above **wzlecieć, poszybować do góry**

**speculation** /ˌspekjuˈleɪʃən/ (n) = guessing the answers to a question that I don't have all the answers for **spekulacja**

**wonders of the universe** (phr) = the amazing things in space **cuda wszechświata**

**wreckage** /ˈrekɪdʒ/ (n) = the remains of a vehicle after an accident **wrak**

## Language Focus 7

**design** /dɪˈzaɪn/ (n) = a drawing or plan of sth **projekt, rysunek**

**invent** /ɪnˈvent/ (n) = to think of and make sth new **wynaleźć**

**pattern** /ˈpætən/ (n) = an organised arrangement of shapes and lines **wzór, wzorzec**

**peak** /piːk/ (n) = the highest level of sth **szczyt**

**point** /pɔɪnt/ (n) = a specific place **miejsce, punkt**

**recover** /rɪˈkʌvə/ (v) = to get back sth lost **odzyskać**

**sign** /saɪn/ (n) = a mark or shape that has a particular meaning **znak**

**top** /tɒp/ (n) = the highest part of sth **góra, wierzchołek**

**uncover** /ˌʌnˈkʌvə/ (n) = to reveal **odkryć, odsłonić, rozwikłać**

## Module 8 Education

**nursery school** /ˈnɜːsəri skuːl/ (n) = a school for children between 3 and 5 years old **przedszkole**

**primary school** /ˈpraɪməri skuːl/ (n) = a school for young children, usually aged 5 to 11 **szkoła podstawowa**

**secondary school** /ˌsekəndəri skuːl/ (n) = the school that we attend between the ages of 11 and 18 **szkoła średnia**

**sixth form college** /ˈsɪksθ fɔːm ˌkɒlɪdʒ/ (n) = (in Britain) a school providing education for students aged 16-18 **(w Wlk. Brytanii) szkoła średnia dla uczniów w wieku 16-18 lat**

**state school** /ˈsteɪt skuːl/ (n) = a school run by the government that provides free education **szkoła państwowa**

## 8a

**accessible** /əkˈsesɪbəl/ (adj) = easily reached **dostępny**

**critical thinking** (phr) = developing our own ideas by considering a situation carefully **myślenie krytyczne**

**curriculum** /kəˈrɪkjʊləm/ (n) = the subjects that are taught in a school **program nauczania**

**dedicate to** /ˈdedɪkeɪt tə/ (v) = to devote to **poświęcić**

**environmental conservation** (phr) = protection of animals, plants and natural resources **ochrona środowiska naturalnego**

**expand** /ɪksˈpænd/ (v) = to increase in size, number, amount or importance **zwiększyć, rozszerzyć**

**former** /ˈfɔːmə/ (adj) = having previously been in another state **poprzedni, były, wcześniejszy**

**founder** /ˈfaʊndə/ (n) = sb who established an institution or an organisation **założyciel**

**freshman** /ˈfrefʃmən/ (n) = (in the US ) a student in the first year at a high school or university **nowy student/uczeń; pierwszoroczniak**

**fulfil** /fʊlˈfɪl/ (v) = to achieve a goal **spełnić, zrealizować**

**gateway** /ˈgeɪtweɪ/ (n) = the place that we go through to get access to a certain area **wejście, brama wjazdowa**

**get a glimpse of sth** (phr) = to see a small part of sth; to see sth briefly **ujrzeć coś przelotnie**

**greenhouse** /ˈɡriːnhaʊs/ (n) = a glass structure used for growing and protecting plants and vegetables **szklarnia, cieplarnia**

**handle** /ˈhændəl/ (v) = to control (a vehicle) **kontrolować, obsługiwać, radzić sobie**

**hands-on learning** (phr) = acquiring knowledge by actually doing sth instead of just observing **nauka poprzez praktyczne działanie**

**laboratory** /ləˈbɒrətəri/ (n) = a room or building used for scientific research, experiments and teaching **laboratorium**

**low income** (phr) = having little money to live on **niskie dochody**

**marine science** /məˈriːn saɪəns/ (n) = the study of sea life **nauki o morzu**

**maritime culture** /ˌmæɪtɪm ˈkʌltʃə/ (n) = the traditions and technological advances related to the sea **kultura morska**

**measure** /meɪʒə/ (v) = to use a device to discover the proportions, size or amount of sth **mierzyć**

**motivated** /məʊtɪveɪtɪd/ (adj) = determined to achieve sth **zmotywowany, zdeterminowany**

**navigate** /ˈnævɪgeɪt/ (v) = to find my way at sea by using a map **nawigować, kierować (np. statkiem)**

**occupy** /ˈɒkjʊpaɪ/ (v) = to take up space in an area **zajmować**

**oyster** /ˈɔɪstə/ (n) = a type of shellfish **ostrzyga**

**peers** /pɪəz/ (pl n) = the people of the same age, profession or social group **rówieśnicy**

**public high school** (phr) = (in the USA) a free school paid for by the government for children between the ages of 14 and 18 **(w USA) szkoła średnia dla uczniów w wieku 14-18 lat**

**ratio** /ˈreɪʃiəʊ/ (n) = the relationship between two numbers or amounts **stosunek, proporcja**

**regatta** /rɪˈɡætə/ (n) = an event made up of a series of boat races **regaty**

**renovated** /renəveɪtɪd/ (adj) = changed or repaired to return to good condition **odnowiony, po remoncie**

**resounding** /rɪˈzaʊndɪŋ/ (adj) = impressive; great **głośny, donośny, odbijający się szerokim echem**

**rowing** /ˈrəʊɪŋ/ (n) = the sport of moving a boat through the water using oars **wioślarstwo**

**stimulate** /ˈstɪmjʊleɪt/ (v) = to make sb feel interested or enthusiastic about sth **stymulować, pobudzać**

**syllabus** /ˈsɪləbəs/ (n) = the topics covered in a course of study **program przedmiotu szkolnego**

**tend to** /ˈtend tə/ (v) = to look after **zajmować się, opiekować się**

**thrive** /θraɪv/ (v) = to grow and develop well; to flourish **pięknie rosnąć, rozwijać się**

**tilapia fish** /tɪˈlæpiə fɪʃ/ (n) = a common name for around a hundred species of fish, originally from Africa **tilapia (gatunek ryby)**

**train** /treɪn/ (v) = to practise a sport in order to compete **trenować**

**vibrant** /ˈvaɪbrənt/ (adj) = exciting; active **dynamiczny, tętniący życiem**

## 8b

**accredit** /əˈkredɪt/ (v) = to officially declare that sth is of an acceptable standard **uznawać, udzielać pełnomocnictwa**

**acquire skills** (phr) = to learn new abilities **zdobyć, przyswoić (nowe umiejętności)**

**admit to** /ədˈmɪt tə/ (v) = to agree that sth is true **przyznać się do (czegoś)**

**arrange** /əˈreɪndʒ/ (v) = to organise for sth to take place at a certain time and place **ustalić, zorganizować, zaaranżować**

**attend lessons** (phr) = to go to classes **uczęszczać na lekcje/zajęcia**

**boarding school** /ˈbɔːdɪŋ skuːl/ (n) = a school where children can live and study during the academic year **szkoła z internatem**

**certificate** /səˈtɪfɪkət/ (n) = an official document that we receive when we have completed a course of study or training **świadectwo, zaświadczenie, certyfikat**

**cheat in** /tʃiːt ɪn/ (v) = to act in a dishonest way to gain sth, especially in an exam or a game **oszukiwać podczas (np. gry)**

**comprehensive school** /kəmˈprɪhensɪv skuːl/ (n) = a secondary school for boys and girls of all abilities aged over 11 **szkoła średnia przyjmująca wszystkich uczniów bez względu na zdolności**

**compulsory subject** (phr) = a subject which we must study **przedmiot obowiązkowy**

**conductor** /kənˈdʌktə/ (n) = sb who directs a choir or an orchestra **dyrygent**

**deadline** /ˈdedlaɪn/ (n) = the time by which sth must be done **ostateczny termin (zrobienia czegoś)**

**degree** /dɪˈɡriː/ (n) = a qualification given for successfully completing a university course **stopień, tytuł (np. magistra)**

**diploma** /dɪˈpləʊmə/ (n) = a document showing that we have completed a course of study and practical training **dyplom, świadectwo**

**distance learning** (phr) = a system of education in which people study at home with the help of the Internet, and email their work to teachers **edukacja na odległość**

**dress rehearsal** /ˈdres rɪˌhɜːsəl/ (n) = the final practice of a play with the costumes, lights, etc as they will be used in the performance **próba generalna**

**drop out** /ˌdrɒp ˈaʊt/ (phr v) = to leave school, college or university without finishing my studies **porzucić, wycofać się, wylecieć (ze szkoły)**

**enrol on a course** (phr) = to sign up for a series of lessons **zapisać się na kurs**

**expel** /ɪkˈspel/ (v) = to force sb to leave school because of sth wrong they have done **wyrzucić, wydalic (np. ze szkoły)**

**fail** /feɪl/ (v) = not to pass an exam **nie zaliczyć, nie zdać**

**focus on** /ˈfəʊkəs ɒn/ (v) = to concentrate on sth **skupić się na, skoncentrować**

**grade** /ɡreɪd/ (n) = a number or letter given for school work or in an exam, which shows how well sb has done **ocena**

**graduate** /ˈɡrædʒueɪt/ (v) = to successfully complete my education at university or college **skończyć studia**

**hand in** /ˈhænd ɪn/ (phr v) = to give sb a piece of work or an official document **wręczyć, dostarczyć**

**headmaster** /ˈhedmɑːstə/ (n) = (in Britain) the head male teacher at a school **(w Wlk. Brytanii) dyrektor szkoły**

**intensive course** (phr) = a course which involves a lot of work in a short period of time **intensywny kurs**

# Word List

**learn poems by heart** (phr) = to remember pieces of writing, which usually rhyme, using only my memory **uczyć się wierszy na pamięć**

**lecture** /'lektʃə/ (n) = a formal talk given in order to teach people about a particular subject **wykład**

**major in** /'meɪdʒər ɪn/ (v) = (in the USA) to specialise in **specjalizować się w (danym przedmiocie)**

**mark** /mɑ:k/ (n) = (in Britain) a grade for academic work **stopień**

**participate in** /pɑ:'tɪsɪpeɪt ɪn/ (v) = to take part in **uczestniczyć w**

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

**pupil** /'pjʊ:pəl/ (n) = a child who is being taught in a school **uczeń (w szkole podstawowej)**

**qualification** /'kwɒlɪfɪ'keɪʃən/ (n) = sth which is awarded when we successfully finish a course or pass an exam **kwalfikacje**

**recognise** /'rekəɡnaɪz/ (v) = to know sb/sth because I have seen them before **rozpoznać**

**run across** /rʌn ə'krɒs/ (phr v) = to meet sb that I know unexpectedly **wpaść przypadkiem na kogoś, spotkać**

**run away** /rʌn ə'weɪ/ (phr v) = to leave suddenly **wybiec, uciec**

**run into** /rʌn ɪntə/ (phr v) = (of a vehicle) to crash into sth **wjechać w/na**

**run out of** /rʌn ə'ʊt əv/ (phr v) = to have no more of sth left **(o czymś) skończyć się, wyczerpać**

**single-sex school** /'sɪŋɡəl seks 'sku:l/ (n) = a school where either girls or boys are taught **szkoła wyłącznie męska lub wyłącznie żeńska**

**specialise in** /'speʃəlaɪz ɪn/ (v) = to focus on a particular subject **robić specjalizację z (czegoś)**

**specialist school** /'speʃəlɪʃt sku:l/ (n) = a school which focuses on a particular area of education, such as music or sports **szkoła specjalistyczna**

**student** /'stju:dənt/ (n) = sb who is studying at a university or college **student (w szkole średniej i/lub na studiach)**

**term** /tɜ:m/ (n) = each of the three periods of time that a school or university year is divided into **trymestr**

**tutor** /'tju:tə/ (n) = a teacher at a university or college **opiekun naukowy, promotor, nauczyciel akademicki**

**vocational school** /vəʊ'keɪʃənəl sku:l/ (n) = a school which provides training and teaches skills for particular professions **szkoła zawodowa**

## 8d

**abroad** /ə'brɔ:d/ (adv) = in a foreign country **za granicą**

**adhere to** /ə'dhɪə tə/ (v) = to follow a set of rules **przestrzegać, stosować się do**

**balance** /'bæləns/ (v) = to keep two different things in the correct proportions **równoważyć, bilansować**

**be on cloud nine** (idm) = to be very happy **nie posiadać się ze szczęścia, być w siódmym niebie**

**burden** /'bɜ:dən/ (n) = a duty or responsibility that causes worry or difficulty **brzemie, ciężar**

**clique** /kli:k/ (n) = a group of people who spend a lot of time together and are unfriendly to people who are not in their group **klika, grupka**

**conduct** /'kɒndʌkt/ (n) = behaviour **zachowanie**

**culture shock** (phr) = the confusion that sb feels when they go to a foreign country **szok kulturowy**

**discipline** /'dɪsɪplɪn/ (n) = a code of behaviour controlled by rules and punishments **dyscyplina**

**dress code** (phr) = rules about what clothes sb has to wear **zasady ubioru (w danej szkole lub firmie)**

**equal footing** (phr) = having the same opportunities **na równej stopie, na tych samych zasadach**

**exceed** /ɪk'si:d/ (v) = to be more than a particular amount **przewyższać, przekraczać (jakąś wielkość)**

**expectation** /'ekspek'teɪʃən/ (n) = a hope that sth good will happen **oczekiwanie, nadzieja**

**fall short of sth** (phr) = to not reach the expected standard **nie spełnić (oczekiwań), nie dorosnąć do (czegoś)**

**grant** /grɑ:nt/ (n) = money given to sb by the government to pay for their education **grant, stypendium**

**impose** /ɪm'pəʊz/ (v) = to force sb to accept sth **narzucać, wprowadzać**

**infringement** /ɪn'frɪndʒmənt/ (n) = violation **naruszenie, pogwałcenie**

**mature** /mə'tʃʊə/ (v) = to develop emotionally and behave sensibly **dojrzewać, dorastać**

**motivate** /'məʊtɪveɪt/ (v) = to make sb want to do sth; to encourage **motywować, zachęcać**

**practical** /'præktɪkəl/ (adj) = useful **praktyczny**

**promote** /prə'məʊt/ (v) = to encourage **promować, szeregować**

**recommend** /'rekəmənd/ (v) = to suggest sb for a particular job **rekomendować, zalecać**

**reverse** /rɪ'vɜ:s/ (adj) = opposite to what is usual or expected **odwrotny**

**settle** /'setl/ (v) = to get used to living in a new place **osiąść, osiedlić się**

**stifle** /'staɪfl/ (v) = to prevent sth from developing **dławić, tłumić, pohamowywać**

**undergraduate degree** (phr) = an academic qualification given by a university to sb who does not already have a degree **stopień licencjata**

**valid** /'vælɪd/ (adj) = logical or true; acceptable **prawidłowy, ważny, sensowny**

## 8e

**commute** /kə'mju:t/ (v) = to travel to and from work every day **dojeżdżać (do pracy)**

**constructive** /kən'strʌktɪv/ (adj) = creative and useful **konstruktywny, twórczy**

**diverse** /daɪ'vɜ:s/ (adj) = of a large variety **różnorodny**

**merit** /'merɪt/ (n) = a good feature or quality **wartość, zaleta**

**social interaction** (phr) = communicating with people and reacting to them **kontakty międzyludzkie**

## Language Focus 8

**advantage** /əd'vɑ:ntɪdʒ/ (n) = a positive point; a benefit **zaleta; przewaga, korzyść**

**asset** /'æset/ (n) = a person or thing that is useful or valuable to sb/sth **atut, zaleta**

**credentials** /krɪ'denʃəz/ (pl n) = achievements and experiences which make sb suitable for a specific job **kwalfikacje, referencje**

**detention** /dɪ'tenʃən/ (n) = a punishment where a pupil is made to stay at school after the other children have gone home **kara zatrzymania po lekcjach**

**distinction** /dɪ'stɪŋkʃən/ (n) = having the qualities which make sb excellent **wyróżnienie**

**exercise** /'eksəsaɪz/ (v) = to do physical activity **ćwiczyć**

**hold a competition** (phr) = to organise an event **zorganizować konkurs**

**in favour of** (phr) = approving of or agreeing with sth **za czymś, na korzyść, na rzecz**

**keep** /ki:p/ (v) = to make sb stay in a certain place **przetrzymywać**

**lieutenant** /lu:'tenant/ (n) = a military rank **porucznik**

**maintain** /meɪn'teɪn/ (v) = to cause a situation to continue **utrzymać, podtrzymać**

**opportunity** /,ɒpə'tju:nɪti/ (n) = a chance **sposobność, okazja**

**possibility** /,pɒsɪ'bɪlɪti/ (n) = likelihood; probability **możliwość**

**practise** /'præktɪs/ (v) = to do sth repeatedly in order to improve **trenować, ćwiczyć**

**quality** /'kwɒləti/ (n) = a high standard **jakość**

**rank** /ræŋk/ (n) = the position that sb has in the army, navy, police, etc **stopień (w wojsku), ranga**

**rebuild** /ri:'bɪld/ (v) = to build sth again after it has been destroyed **odbudować**

**refresh** /rɪ'freʃ/ (v) = to renew **odświeżyć, odnowić**

**renovate** /'renəveɪt/ (v) = to repair and paint an old building so that it looks in good condition again **odnawiać, remontować**

**restore** /rɪ'stɔ:/ (v) = to bring back sth to its former condition **przywracać**

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

## CLIL/Culture 1

**accurate** /'ækjʊrət/ (adj) = correct and detailed **trafny, poprawny**

**attain** /ə'teɪn/ (v) = to gain; to achieve **osiągnąć**

**attempt** /ə'tempt/ (v) = to make an effort to do sth **usiłować, próbować**

**Bachelor of Science** (phr) = a first degree in a science subject **licencjat w zakresie nauk ścisłych**

**background** /'bækgraʊnd/ (n) = a person's upbringing, culture, education and experience  **pochodzenie społeczne, środowisko**

**cab** /kæb/ (n) = a taxi **taksówka**

**display** /dɪ'spleɪ/ (v) = to exhibit **wystawiać, pokazywać**

**dispose of** /dɪ'spəʊz əv/ (v) = to throw away sth that I don't need or want **pozbyć się (czegoś), wyrzucić (coś)**

**ensure** /ɪn'ʃʊə/ (v) = to make sure that sth happens **upewnić się, zagwarantować**

**establish** /ɪ'stæblɪʃ/ (v) = to create or introduce sth **stworzyć, założyć**

**knowledgeable** /'nɒldʒəbəl/ (adj) = having a clear understanding about a particular subject **znający się na rzeczy**

**laboratory equipment** (phr) = tools and apparatus found in a lab **sprzęt laboratoryjny**

**on average** /ɒn 'ævərɪdʒ/ (prep phr) = how many times sth generally happens **przeciętnie, średnio**

**operate** /'ɒpəreɪt/ (v) = to function **funkcjonować, działać**

**proficient in** /prə'fɪʃənt ɪn/ (adj) = skilled and experienced in sth **biegły w**

**qualification** /'kwɒləfɪ'keɪʃən/ (n) = a particular skill in or knowledge of a subject **kwalfikacja**

**recent** /rɪ:'sɛnt/ (adj) = having happened a very short time ago **najnowszy, niedawny**

**sample** /'sɑ:mpl/ (n) = a part of a whole used to show what the rest is like **próbka**

**utensil** /ju:'tensəl/ (n) = a tool or object used in a kitchen or laboratory **narzędzie, przyrząd**

## CLIL/Culture 2

**aware** /ə'weə/ (adj) = knowing about sth **świadomy**

**contribute to** /kən'trɪbjʊt tə/ (v) = to give sth towards sth else **przyczynić się do czegoś**

**declare sth open** (phr) = to officially announce that sth is open **ogłosić otwarcie czegoś**

**economic benefits** (phr) = advantages measured in financial terms **korzyści ekonomiczne**

**generate** /dʒenə'reɪt/ (v) = to create; to produce **wywołać, wytworzyć**

**harmful to** /'hɑ:mfəl tə/ (adj) = able to cause harm/damage to sth **szkodliwe dla**

**host** /həʊst/ (n) = sb who has guests **gospodarz**

**imported products** (phr) = goods that are brought into a country from another country to be sold **produkty importowane**

**landowner** /'lændəʊnə/ (n) = sb who owns a piece of land **posiadacz ziemski**

**local customs** (phr) = traditions and common practices in a particular place **miejscowe zwyczaje**

**local produce** (phr) = fruit and vegetables that are grown in a place and eaten by the people there **produkty lokalne/miejscowe**

**locally-owned** /,ləʊkəli 'əʊnd/ (adj) = owned by the people who live in a place **w posiadaniu miejscowej ludności**

**on average** /ɒn 'ævərɪdʒ/ (prep phr) = how much time sth usually takes **średnio, przeciętnie**

**preserve** /prɪ'zɜ:v/ (v) = to keep sth in its current state **zachować, chronić**

**recycle** /rɪ:'saɪkəl/ (v) = to collect and process things like cans, glass or paper, so that they can be used again **recyklingować**

**reduce** /rɪ'dju:s/ (v) = to make sth become smaller or less in price, number, etc **zmniejszyć, zredukować**

**respect** /rɪ'spekt/ (v) = to care about sb's wishes, beliefs and rights **szanować**

**reuse** /ri:'ju:z/ (v) = to use sth more than once **użyć ponownie**

**ridge** /rɪdʒ/ (n) = a long narrow piece of raised land at the top of a mountain **grzbiet górski, grań**

**route** /ru:t/ (n) = a way from one place to another **trasa**

**rugged beauty** (phr) = (of countryside) rough and wild natural beauty **surowe piękno**

**scarce** /skeəs/ (adj) = very little **ograniczony, rzadki, niewystarczający**



# Word List

**scenic glen** (phr) = a naturally beautiful narrow valley (in Scotland) **piękna dolina górską (w Szkocji)**

**sparsely-populated** /spɑːsli ˈpɒpjuleɪtɪd/ (adj) = having very few inhabitants **słabo zaludniony**

**support** /səˈpɔːt/ (v) = to help a business to prosper by doing our shopping there or using the facilities **wspierać**

**surrounded by** /səˈraʊndɪd baɪ/ (pp) = having a lot of sth all around **otoczony (czymś)**

**tour operator** /tuə ˈɒpəreɪtə/ (n) = a company that provides holidays in which travel and accommodation are booked for you **organizator wycieczek, biuro podróży**

**uninterrupted** /ˌʌnɪntəˈtʃəptɪd/ (adj) = with nothing blocking the continuation of sth **bez przerw, bez zakłóceń**

**usage** /ˈjuːsɪdʒ/ (n) = the amount of sth that is used **zużycie**

## CLIL/Culture 3

**active geyser** (phr) = a hot water spout from under the ground which erupts from time to time **czynny gejzer**

**boiling point** (phr) = the temperature at which sth starts to boil **temperatura wrzenia**

**canyon** /ˈkænjən/ (n) = a large valley with very steep sides **kanion**

**channel** /ˈtʃænl/ (n) = a passage cut into the surface or under the ground, along which water flows **kanał**

**crevice** /ˈkrevɪs/ (n) = a crack or opening in a rock **szczelina, rysa**

**date back** /ˌdeɪt ˈbæk/ (phr v) = to have started or have been made at a particular time in the past **pochodzić z (jakiegoś okresu)**

**diminish** /dɪˈmɪnɪʃ/ (v) = to decrease **zmniejszać się, maleć**

**erupt** /ɪˈrʌpt/ (v) = (of a volcano/geyser) to have material exploring dramatically from inside **wybuchnąć (o wulkanie)**

**establish** /ɪˈstæblɪʃ/ (v) = to introduce a new quality **założyć, otworzyć**

**extend** /ɪkˈstend/ (v) = to continue over a particular distance or area **rozciągać się**

**formation** /fɔːˈmeɪʃən/ (n) = the act of sth being created **tworzenie się, formowanie**

**geothermal energy** (phr) = the power from the heat inside the Earth **energia geotermalna**

**heat** /hiːt/ (n) = the quality of being hot **gorąco, wysoka temperatura**

**heat source** (phr) = sth that produces high temperatures **źródło ciepła**

**highly-pressurised** /ˌhaɪli ˈpreʃəraɪzɪd/ (adj) = under a lot of pressure **pod wysokim ciśnieniem**

**hot springs** (phr) = the flow of hot water from deep in the Earth **gorące źródła**

**hunting ground** (phr) = an area of land that is used by a group of native people for hunting animals **teren łowiecki**

**increase** /ɪnˈkriːs/ (v) = to become greater in number, level or amount **zwiększać się, rosnąć**

**key component** (phr) = a main part of sth bigger **kluczowy komponent/składnik/element**

**magma** /ˈmægmə/ (n) = molten rock **magma**

**near** /nɪə/ (v) = to get close to **zbliżyć się do**

**occur** /əˈkɜː/ (v) = to happen **zdarzyć się**

**pathway** /ˈpɑːθweɪ/ (n) = a route/way in which sb/sth can travel along **ścieżka**

**plumbing system** (phr) = a series of pipes that allow water to move from one place to another **sieć wodno-kanalizacyjna**

**release** /rɪˈliːs/ (v) = to set free **uwolnić, wypuścić**

**remain** /rɪˈmeɪn/ (v) = to continue to be **pozostać**

**renowned for** /rɪˈnaʊnd fɔː/ (adj) = well-known for sth **znany z**

**rock** /rɒk/ (n) = the hard substance that forms the surface of the Earth **skała**

**settle** /ˈsetl/ (v) = to start living somewhere permanently **osiąść, osiedlić się**

**squeeze** /skwiːz/ (v) = to make sth pass through a very small space **przećisnąć się**

**supercharged** /ˈsuːpəˌtʃɑːdʒd/ (adj) = full of lots of energy **przesycony energią**

**supply** /səˈplaɪ/ (n) = the amount available for use **zasób**

**surface** /ˈsɜːfɪs/ (n) = the exterior; the top part of sth **powierzchnia**

**surrounding** /səˈraʊndɪŋ/ (adj) = around a place **otaczający**

**tribe** /traɪb/ (n) = a group of people of the same race, language and customs **plemię**

**underground** /ˌʌndəˈgraʊnd/ (adv) = beneath the surface of the Earth **pod ziemią**

**water mass** (phr) = an amount of water **masa wody**

**water pressure** (phr) = the force at which water comes out of the ground or a tap **ciśnienie wody**

## CLIL/Culture 4

**acceptable** /əkˈseptəbəl/ (adj) = approved of **do przyjęcia, akceptowalny**

**aggravate** /ægrəˈveɪt/ (v) = to make worse **pogorszyć, utrudnić**

**aggression** /əˈɡreɪʃən/ (n) = hostility **agresja**

**approach** /əˈprəʊtʃ/ (n) = a way of doing sth **podejście**

**bullying** /ˈbʊlɪŋ/ (n) = the act of using my strength or power to hurt or frighten weaker people (usually at school) **tyranizowanie, znęcanie się, wymuszanie**

**bystander** /ˈbaɪstændə/ (n) = a person who is standing near a place where sth is happening without participating; an onlooker **obserwator przypadkowy, przechodzień**

**curriculum** /kəˈrɪkjʊləm/ (n) = a group of subjects studied in a school or college **program nauczania**

**deal effectively with sth** (phr) = to handle a situation well **skutecznie sobie z czymś poradzić**

**defuse the situation** (phr) = to remove the tension from a situation **rozładować sytuację**

**develop relationships** (phr) = to form friendly/social connections with people **nawiązywać stosunki**

**effective way** (phr) = the best way that achieves the goal **skuteczny sposób**

**emotional well-being** (phr) = good mental health **zdrowie emocjonalne**

**employment opportunity** (phr) = a chance of a job **szansa na znalezienie pracy**

**engage sb in sth** (phr) = to involve sb in a conversation or activity **wciągnąć kogoś w coś**

**get off** /get 'ɒf/ (phr v) = to leave a place **opuścić, wyjechać z**

**goal** /gəʊl/ (n) = an ambition; a target **cel, ambicja**

**intervene** /,ɪntə'veɪn/ (v) = to intentionally become involved in a difficult situation in order to improve it or prevent it from getting worse **interweniować**

**isolated** /'aɪsəleɪtɪd/ (pp) = feeling alone **odizolowany, osamotniony**

**job training** (phr) = the chance to train for a certain type of work **szkolenie zawodowe**

**pavement** /'peɪvmənt/ (n) = a long strip covered with flat stones at the side of a road **chodnik**

**peer support** (phr) = help and advice from people of our own age **wsparcie grupy rówieśniczej**

**premises** /'premɪsɪz/ (pl n) = all the buildings and land that a business occupies in one place **teren, obiekt**

**proactive strategy** (phr) = a plan to take positive action before a problem arises **strategie profilaktyczne, zapobiegawcze**

**reactive strategy** (phr) = a plan to take action once a problem has arisen **strategia reaktywna (w odpowiedzi na negatywne zjawisko)**

**rejected** /rɪ'dʒektɪd/ (pp) = not accepted by our peers **odrzucony**

**rent** /rent/ (v) = to regularly pay a sum of money to use sth that does not belong to me, usually for accommodation **wynajmować**

**school community** (phr) = all the students and teachers at a school **społeczność szkolna**

**self-esteem** /self ɪ'sti:m/ (n) = self-confidence; self-respect **poczucie własnej wartości**

**social worker** (phr) = sb who works with members of the public to improve their social/living conditions **pracownik socjalny**

**source of income** (phr) = a way of earning money **źródło dochodu**

**support group** (phr) = a group of people who meet to discuss a specific problem and offer advice and support **grupa wsparcia**

**sweep** /swi:p/ (v) = to clean with a broom **zamieść**

**tackle** /tækəl/ (v) = to deal with **uporać się, stawiać czoło**

**utilise** /'ju:tɪlaɪz/ (v) = to use **używać**

## CLIL/Culture 5

**academic life** (phr) = a career in the field of education **kariera na uczelni**

**application** /æplɪ'keɪʃən/ (n) = the act of putting a substance onto a surface **zastosowanie, nałożenie (np. farby)**

**art enthusiast** (phr) = sb who really likes art **entuzjasta sztuki**

**art movement** (phr) = a particular style of art **kierunek w sztuce**

**blend** /blend/ (v) = to mix **zmieszać, wymieszać**

**brush stroke** (phr) = a mark left on a painting by a brush with paint on it **pociągnięcie pędzla**

**categorise** /kætɪgəraɪz/ (v) = to put things into groups according to certain criteria **kategoryzować**

**coin** /kɔɪn/ (v) = to invent a word **ukuć, wymyślić (wyraz, zwrot)**

**commonly referred to as** (phr) = usually called **powszechnie nazywany**

**connotation** /kɒnə'teɪʃən/ (n) = an implication **konotacja, skojarzenie**

**construct** /kən'strʌkt/ (v) = to build; to create **budować**

**decipher** /dɪ'saɪfə/ (v) = to work out what sth says or shows **odszyfrować, odczytać**

**define** /dɪ'faɪn/ (v) = to explain the meaning **określić, zdefiniować**

**derive from** /dɪ'reɪv frəm/ (v) = to come from **wywodzić się, pochodzić od**

**distinctive** /dɪ'stɪŋktɪv/ (adj) = characteristic; easily recognisable **charakterystyczny, wyróżniający się**

**distort** /dɪ'stɔ:t/ (v) = to twist the shape or change the appearance of sth **zaburzyć, zniekształcić**

**expressive** /ɪk'spresɪv/ (adj) = showing my feelings or intentions **ekspresywny, pełen wyrazu**

**fall under** /fɔ:l ʌndə/ (v) = to be grouped into a certain category **należać do (danej kategorii)**

**fantasy novel** (phr) = a story involving imaginary creatures **powieść należąca do nurtu fantasy**

**follower** /'fɒləʊə/ (n) = sb who supports a particular belief or follows a particular lifestyle **zwolennik, naśladowca**

**generations to come** (phr) = the people who will be born in the future **przyszłe pokolenia**

**geometric form** (phr) = a form relating to standard shapes, i.e. square, triangle, etc **figura geometryczna**

**in my prime** (phr) = the time in my life when I am most active, productive or powerful **w kwiecie wieku, u szczytu rozwoju**

**influential** /ɪnflu'entʃəl/ (adj) = being in a position of power over others and therefore able to bring about actions that I desire **wpływowo**

**initially** /ɪ'nɪʃli/ (adv) = in the beginning **początkowo**

**inspire** /ɪn'spaɪə/ (v) = to be the source of an idea or motivation **inspirować**

**live on** /lɪv 'ɒn/ (phr v) = (of a book, film, etc) to remain popular **trwać, żyć nadal**

**mock** /mɒk/ (v) = to tease; to ridicule **drwić, kpić, przedrzeźniać**

**move on** /mu:v 'ɒn/ (phr v) = to stop doing sth and start sth different **zająć się (czymś innym)**

**notable** /nəʊtəbəl/ (adj) = remarkable; distinguished **znakomity, wybitny**

**pattern** /'pætən/ (v) = a design **wzór**

**place emphasis on** (phr) = to stress/emphasise sth **położyć nacisk na**

**predecessor** /'pri:disesə/ (n) = sb who had my job before me **poprzednik**

**relatively** /relə'tɪvli/ (adv) = to a certain degree **stosunkowo, względnie**

**rely on** /rɪ'laɪ ɒn/ (phr v) = to depend on sb/sth **polegać na**

**scope** /skəʊp/ (n) = the area that sb/sth deals with **zakres, zasięg**

**subject** /sʌbdʒɪkt/ (n) = a topic; a theme **temat**

**subject matter** (phr) = the topic of a painting, a book, etc **tematyka, temat**

# Word List

**tiny dot** (phr) = a very small round mark **maleńki punkt**  
**trilogy** /ˈtri:lədʒi/ (n) = a series of three books, films, etc with the same characters or subject **trylogia**  
**unremarkable** /ˌʌnrɪˈmɑ:kəbəl/ (adj) = not particularly noteworthy **bezbarny, nieciekawy**  
**vivid** /ˈvɪvɪd/ (adj) = (of colours) bright **żywy, sugestywny**  
**witness** /ˈwɪtnəs/ (v) = to be present and see sth **świadek**

## CLIL/Culture 6

**account for** /əˈkaʊnt fɔː/ (phr v) = to constitute **stanowić**  
**army** /ɑːmi/ (n) = an organised group of people **armia**  
**average** /ˈævərɪdʒ/ (adj) = common; typical **typowy, przeciętny**  
**be made up of** /biˌmeɪd ˈʌp əv/ (phr v) = to consist of **składać się z**  
**by law** /baɪ ˈlɔː/ (prep phr) = legally **prawnie, zgodnie z prawem**  
**calculate** /ˈkælkjuleɪt/ (v) = to determine a number or an amount from information that I already have **obliczyć**  
**carbohydrate** /ˈkɑːbəʊˈhaɪdreɪt/ (n) = a food substance that gives the body energy, usually found in sugar and starch **węglowodan**  
**claim** /kleɪm/ (v) = to state that sth is true **twierdzić, uważać**  
**component** /kəmˈpəʊnənt/ (n) = any part of which sth is made **komponent, składnik, element**  
**consume** /kənˈsjuːm/ (v) = to eat or drink sth **spożywać, konsumować**  
**consumer** /kənˈsjuːmə/ (n) = the ultimate user of a product or service **konsument**  
**daily allowance** (phr) = an amount of sth given/allowed to be used per day **dzienne spożycie**  
**determine** /dɪˈtɜːmɪn/ (v) = to find out **określić, zdefiniować**  
**disability** /ˌdɪsəˈbɪlɪti/ (n) = sth that takes away a normal ability, especially as a result of a birth defect, an accident or a disease **niepełnosprawność, ułomność**  
**elderly people** (phr) = very old people **starsze osoby**  
**fat** /fæt/ (n) = an oil substance found in some foods  **tłuszcz**  
**food label** (phr) = a piece of paper attached to food packaging stating the nutritional information **etykieta produktu spożywczego**

**fully understand** (phr) = to completely understand sth **w pełni zrozumieć**  
**highly-respected** /haɪli rɪˈspektɪd/ (adj) = admired by a large number of people **wielce szanowany, cieszący się dużym szacunkiem**  
**home-delivered** /ˈhəʊm dɪˈlɪvəd/ (pp) = sent to sb's house **dostarczany do domu**  
**in relation to** (phr) = relating to another thing **względem, w odniesieniu do**  
**ingredient** /ɪnˈɡriːdiənt/ (n) = a food item used to make a particular dish **składnik**  
**intensively** /ɪnˈtensɪvli/ (adv) = in a way that involves a lot of effort in a short time **intensywnie**  
**label** /leɪbəl/ (v) = to put a piece of paper with information on sth **etykietować**  
**lunch club** (phr) = a place where people meet to eat a midday meal **klub organizujący spotkania przy lunchu**  
**manufacturer** /ˌmænjuːfæktʃərə/ (n) = a person or company that produces sth for sale **producent**  
**mineral** /ˈmɪnərəl/ (n) = a valuable or useful chemical substance which is formed naturally in the ground **minerał**  
**nutrient** /ˈnjuːtriənt/ (n) = a substance that helps animals and plants to grow **substancja odżywcza**  
**nutrition** /njuːˈtrɪʃən/ (n) = all the vitamins, minerals, etc necessary for a body to grow and be healthy **odżywianie**  
**nutritional benefit** (phr) = the good influence which food has on our health **korzyści odżywcze**  
**nutritional demands** (phr) = the need for certain food substances to maintain health **potrzeby żywieniowe**  
**packaged food** (phr) = food that comes in a packet, a box, etc **żywność pakowana**  
**property** /ˈprɒpəti/ (n) = a special quality that sth has **cecha**  
**protein** /ˈprəʊtɪn/ (n) = a food substance that is necessary for a growing healthy body **białko, proteina**  
**recommended** /ˌrekəˈmendɪd/ (adj) = suggested; proposed as suitable **zalecany**

**round down to** /raʊnd ˈdaʊn tə/ (phr v) = to reduce an amount to the nearest whole number **zaokrąglić w dół**  
**serviceman** /ˈsɜːvɪsmən/ (n) = sb in a military service (army, navy, airforce) **wojskowy, żołnierz, mundurowy**  
**serving** /ˈsɜːvɪŋ/ (n) = an amount of food enough for one person **porcja**  
**serving size** (phr) = the amount of food given to a person to eat **porcje jedzenia, które są podawane**  
**social interaction** (phr) = the act of communicating with people **kontakty społeczne**  
**spread** /spred/ (v) = to move outwards in all directions **rozprzestrzeniać się**  
**substance** /ˈsʌbstəns/ (n) = a solid, a liquid or a gas with particular characteristics **substancja**  
**technical** /ˈteknɪkəl/ (adj) = (of language) scientific; difficult to understand **techniczny**  
**veteran** /ˈvetərən/ (n) = sb who has fought in a war and survived **weteran**  
**vitamin** /ˈvɪtəmɪn/ (n) = a substance essential for normal growth and activity of the body, which is obtained naturally from plant and animal foods **witamina**

## CLIL/Culture 7

**absorb** /əbˈzɔːb/ (v) = to take sth in gradually **wchłaniać**  
**active volcano** (phr) = a mountain which could explode with lava at any time **wulkan aktywny**  
**analogy** /əˈnælədʒi/ (n) = a comparison between two things/situations, showing how alike they are **podobieństwo, analogia**  
**associate with** /əˈsəʊʃieɪt wɪð/ (v) = to think of sth in relation to sth else **kojarzyć (coś) z czymś**  
**carbon dioxide** (phr) = a gas in the air we breathe **dwutlenek węgla**  
**carbon-based substance** (phr) = a material having a high carbon content **substancja oparta na węglu**  
**chunk** /tʃʌŋk/ (n) = a large piece **kawałek**  
**collide** /kəˈlaɪd/ (v) = to crash into sth **zderzyć się**

**comet** /kɒmɪt/ (n) = a body of rock and ice that moves around the Sun at a great distance from it, and is seen on rare occasions from the Earth as a bright line in the sky **kometa**

**comprise** /kəmpraɪz/ (v) = to be made up of **składać się, być złożonym z**

**concentration** /kɒnsən'treɪʃən/ (n) = a large amount or number of sth in a specific area **skupienie, koncentracja**

**diameter** /daɪ'æmɪtə/ (n) = the measurement from one side to the other of a round object **średnica**

**dust particles** (phr) = very tiny pieces of dust **drobinki pyłu**

**ecosystem** /i:kəʊ'sɪstəm/ (n) = all the living things in an area and the way they affect each other and the environment **ekosystem**

**eruption** /ɪ'rʌpʃən/ (n) = an explosion from a volcano **wybuch, erupcja**

**fiery streak** (phr) = a blazing line **ognista smuga**

**galactic** /gə'læktɪk/ (adj) = relating to galaxies **galaktyczny**

**gas** /gæs/ (n) = a substance that is not solid or liquid (like the air) **gaz**

**gravity** /'grævɪti/ (n) = a natural force that attracts objects to one another and makes things fall to the ground **gravitacja**

**infancy** /ɪnfənsi/ (n) = the early stages of life **wczesne dzieciństwo, niemowlęctwo**

**lava** /lɑ:və/ (n) = molten rock **lawą**

**measure** /meʒə/ (v) = to have a length, height, etc of **mierzyć**

**orbit** /'ɔ:bit/ (v) = to move around sth **okrążyć, orbitować**

**outer space** (phr) = the space that is far away from our galaxy **przestrzeń kosmiczna**

**outstanding** /aʊt'stændɪŋ/ (adj) = amazing **wyróżniający się, wybitny**

**particle** /'pɑ:tɪkl/ (n) = a very small piece of sth **cząsteczka**

**pea-sized** /pi: saɪzɪd/ (adj) = having the size of a pea **wielkości ziarna groszku**

**pour out** /pɔ:ɪr 'aʊt/ (v) = (of a liquid) to come out **wylewać się**

**primarily** /praɪmərəli/ (adv) = mainly **głównie, zasadniczo, przede wszystkim**

**proximity** /prɒk'sɪmɪti/ (n) = closeness **bliskość położenia**

**rocky core** (phr) = a centre made of rock **skalne jądro**

**solar system** /'səʊlə ,sɪstəm/ (n) = the Sun and the planets that go around it **Układ Słoneczny**

**solid form** (phr) = being completely hard all the way through **kształt stały/zbity**

**tar** /tɑ:/ (n) = a black sticky substance **smoła**

**transform** /træns'fɔ:m/ (v) = to change into sth else **zmieniać, przekształcać się**

**vapour** /'veɪpə/ (n) = gas **opar**

**volcanic activity** (phr) = the condition when a volcano rumbles and gives off gases, ash and lava **aktywność wulkaniczna**

**water vapour** (phr) = water in a gas form **para wodna**

## CLIL/Culture 8

**advance** /əd'vɑ:ns/ (v) = to go forward **przemieszczać się, posuwać się naprzód**

**aim sth at sb** (phr) = to point sth in sb's direction **celować w kogoś**

**astonishment** /ə'stɒnɪʃmənt/ (n) = extreme surprise **zdumienie**

**bare** /beə/ (adj) = (of walls) not covered with anything **goły, odkryty, odsłonięty**

**blow** /bləʊ/ (n) = a hit **cios**

**cling onto sth** (phr) = to hold sth tightly **ucześcić się, kurczowo się trzymać**

**companion** /kəm'pænjən/ (n) = sb that I spend time with or travel with **kolega, towarzysz**

**compose** /kəm'pəʊz/ (v) = to form; to construct **stworzyć, skomponować, zbudować**

**counter** /'kaʊntə/ (n) = (of a shop, bank, etc) a long narrow surface where people are served **lada**

**depict** /dɪ'pɪkt/ (v) = to show or represent **przedstawiać, ukazywać**

**desperate** /'despərət/ (adj) = feeling that I would do anything to change a situation **zdesperowany, zdeterminowany**

**devour** /dɪ'vaʊə/ (v) = to eat sth with great enthusiasm **jeść łapczywie, pochłaniać**

**excel** /ɪk'sel/ (v) = to do sth very well **wybijać się, osiągać znakomite wyniki**

**gaze** /geɪz/ (v) = to look steadily at sb/sth for a long time **wpatrywać się**

**hang** /hæŋ/ (v) = (past tense/past participle: hanged) to kill sb by suspending them by the neck **powiesić (kogoś)**

**hint** /hɪnt/ (v) = to make a suggestion in an indirect way **sugerować, dawać do zrozumienia**

**institution** /ɪnstrɪ'tju:ʃən/ (n) = a building where orphans, mentally disabled or elderly people are looked after **instytucja, dom opieki**

**minister** /'mɪnɪstə/ (n) = a position of authority in the Church of England **pastor**

**misery** /'mɪzəri/ (n) = unhappiness **nieszczęście, niedola**

**nudge** /nʌdʒ/ (v) = to push sb gently with my elbow **szturchnąć**

**oatmeal** /'əʊtmil/ (n) = a breakfast food made from a type of crushed grain cooked with milk or water **owsianka**

**pale** /peɪl/ (adj) = having less colour than usual **blady**

**polish** /'pɒlɪʃ/ (v) = to make sth shine **polerować, czyścić**

**position** /pə'zɪʃən/ (v) = to place sth or sb somewhere **umieszczać, rozmieszczać**

**pour** /pɔ:/ (v) = to make a liquid flow out of a container in a controlled way **nalewać**

**public** /'pʌblɪk/ (adj) = provided for everyone to use **publiczny**

**scientific breakthrough** (phr) = an important discovery in the field of science **przełom naukowy**

**split up** /splɪt 'ʌp/ (phr v) = to separate sb from the person or people they are attached to **rozstać się**

**stare at** /'steər ət/ (v) = to look at sth/sb for a long time **wpatrywać się, gapić się**

**starvation** /stɑ:'veɪʃən/ (n) = extreme suffering or death because of a lack of food **głód; śmierć głodowa**

**suffer** /sʌfə/ (v) = to experience pain or unpleasant emotions **cierpieć na, skarżyć się na**

**tender** /'tendə/ (adj) = (of age) young **tu: młody (wiek)**

**torture** /tɔ:tʃə/ (n) = an act of causing pain **tortura**

**whisper** /'wɪspə/ (v) = to speak in a soft quiet voice **szeptać**

**wink at** /wɪŋk ət/ (v) = to close and open one eye quickly to convey a message to sb **mrugnąć do**