

# 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 Living together

**bracelet** /brɛɪslət/ (n) = a piece of jewellery worn around the wrist  
bransoletka

**brave** /breɪv/ (adj) = courageous; not afraid to do sth dangerous  
dzielny, odważny

**cold** /kəʊld/ (n) = a very low temperature  
zimny

**colourful** /kʌləfəl/ (adj) = having intense varied colours  
kolorowy

**colourful clothes** (phr) = clothes having bright or a lot of different colours  
kolorowe ubrania

**country** /kʌntri/ (n) = a nation or state  
kraj

**courageous** /kə'reɪdʒəs/ (adj) = brave; not afraid to do sth dangerous  
odważny

**dark** /dɑ:k/ (adj) = (of hair, eyes or skin) black or brown  
ciemny

**dark hair** (phr) = black or brown hair  
ciemne włosy

**facial** /'feɪəl/ (adj) = relating to the face  
twarzowy, dotyczący twarzy

**facial tattoo** (phr) = a permanent mark or design made on the face  
tatuaż na twarzy

**fight** /faɪt/ (v) = to use physical force to defeat sb or a group of people  
walczyć

**friendly** /'frendli/ (adj) = kind and pleasant  
przyjazny

**guest** /gest/ (n) = a person who receives hospitality at the home of another person  
gość

**happy** /hæpi/ (adj) = feeling pleased  
szczęśliwy

**hardworking** /'hɑ:d'wɜ:kɪŋ/ (adj) = putting a lot of hard effort into a job  
pracowity

**hunter** /'hʌntə/ (n) = a person who hunts animals for food or for sport  
myśliwy

**mountain** /maʊntən/ (n) = a land mass that projects well above its surroundings, higher than a hill  
góra

**necklace** /nekls/ (n) = a piece of jewellery consisting of a cord or chain, often bearing gems, worn around the neck (especially by women)  
naszyjnik

**nomadic tribe** (phr) = a group of people who have no fixed home

and move according to the seasons from place to place in search of food, water, etc  
plemię koczownicze

**peaceful** /'pi:sfəl/ (adj) = quiet and calm  
spokojny, pokojowo nastawiony

**people** /'pi:pəl/ (n) = all the members of a particular nation, community or ethnic group  
tu: naród

**polite** /pə'laɪt/ (adj) = having good manners  
uprzejmy

**rosy** /'rəʊzi/ (adj) = (of a person's skin) having a healthy pink complexion  
różowy

**rosy cheeks** (phr) = the soft part of the face below each of the eyes having a healthy pink colour  
różowe policzki

**scarf** /skɑ:f/ (n) = a piece of cloth that you wear around your neck or head, usually to keep yourself warm  
szalik, apaszka, tu: chusta

**slim** /slɪm/ (adj) = attractively thin  
szczupły

**tan** /tæn/ (adj) = (of a person's skin) having a dark colour  
jasnobrązowy, opalony

**tan skin** (phr) = skin having a dark colour  
opalenizna, opalona skóra

**village** /'vɪlɪdʒ/ (n) = a community of people smaller than a town  
wioska

**warm** /wɔ:m/ (adj) = (of a person) feeling or showing friendship and affection (o człowieku)  
serdeczny

**wear** /weə/ (v) = to use or have sth as clothing over part of your body  
ubierać, nosić na sobie

**weaver** /'wi:və/ (n) = a person who makes cloth, carpets, baskets, etc  
tkacz

## 1a

**arrival** /ə'reɪvəl/ (n) = the act of coming to or reaching a place  
przyjazd, przybycie

**arrow** /'ærəʊ/ (n) = a long slender pointed weapon that is shot from a bow  
strzała

**as they please** (phr) = whenever they want to  
kiedy tylko chcą

**attached (to)** /ə'tætʃt/ (adj) = connected to  
przywiązany do

**baboon** /bə'bu:n/ (n) = a type of large monkey found in Africa and Asia  
pawian

**be better off** (phr) = to be in better condition or more favourable circumstances than sb else  
lepiej się komuś powodzić, być w lepszej sytuacji

**belongings** /brɪ'lɒŋɪŋz/ (pl n) = the things that you own or have  
dobytek, mienie ruchome

**be over** /bi 'əʊvə/ (phr v) = to no longer occur, happen or take place  
skończyć się

**berry** /beri/ (n) = any small juicy fruit, such as a strawberry or raspberry  
jagoda

**bow** /bəʊ/ (n) = a long thin piece of wood bent into a curve by a tightly stretched string, used for shooting arrows  
łuk

**bug** /bʌg/ (n) = a harmful microorganism  
robak, owad

**camp** /kæmp/ (n) = a place where tents or huts are set up e.g. by soldiers, nomads or travellers  
obóz

**camp elder** (phr) = an older person, usually a leader, of a community  
starszy obozu

**celebration** /selə'breɪʃən/ (n) = an important event, occasion or holiday  
święto

**completely** /kəm'pli:tli/ (adv) = entirely; absolutely  
całkowicie

**count** /kaʊnt/ (v) = to calculate the number of people or things in a group  
liczyć

**crop** /krɒp/ (n) = a plant grown in large quantities for food  
uprawa

**curly** /'kɜ:li/ (adj) = (of hair) in the form of tight curves and spirals (o włosach)  
kręcone

**departure** /dɪ'pɑ:tʃə/ (n) = the act of leaving a place  
wyjazd, odejście

**dive in** /'daɪv 'ɪn/ (phr v) = to start eating in a very enthusiastic way  
tu: zabrać się ochoczo do jedzenia

**easy-going** /i:zi 'gəʊɪŋ/ (adj) = calm and tolerant  
spokojny, wyrozumiały, na luzie

**effect (on)** /ɪ'fekt/ (n) = a change in sb that results when sth is done or happens  
oddziaływanie/wpływ (na)

**extreme heat** (phr) = being very hot  
upał

**filled (with)** /fɪld/ (adj) = having a lot of sth  
pełny (czegoś)

**fit** /fɪt/ (adj) = healthy and strong  
w dobrej formie

**free (from)** /fri:/ (adj) = not controlled or restricted by sth **wolny** (od),  
tu: nie posiadający

**gather** /gæðə/ (v) = to collect **zbierać**

**generous** /dʒenərəs/ (adj) = giving other people money and gifts **hojny**

**get close to** (phr) = to get to know sb better; to become friends with sb **lepiej kogoś poznać, nawiązać bliższe relacje**

**go hunting** (phr) = to start searching for food **iść na polowanie**

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

**hang** /hæŋ/ (v) = to have the top part fixed to a place and the bottom part free **zwisać, wisieć**

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

**hunt** /hʌnt/ (v) = to chase animals and birds for food or for sport **polować**

**hunt** /hʌnt/ (n) = chasing animals and birds for food or for sport **polowanie**

**hunter-gatherer** /hʌntə 'gæðərə/ (n) = a member of a nomadic people who live by hunting, fishing and gathering plants **myśliwy-zbieracz**

**hunter-gatherer tribe** (phr) = a group of people surviving by hunting animals and gathering plants **plemię zbieracko-łowieckie**

**hunting knife** (phr) = an instrument with a blade fixed into a handle, used for cutting or as a weapon **nóż myśliwski**

**I can't help doing sth** (phr) = I can't prevent myself from doing sth **Nie mogę się powstrzymać, aby...**

**in person** (phr) = myself **osobiście**

**in short supply** (phr) = not enough **brakuje, jest bardzo niewiele**

**interpreter** /ɪn'tɜ:pɪtə/ (n) = a person who translates orally from one language into another **tłumacz ustny**

**invite** /ɪn'vaɪt/ (v) = to ask sb to come somewhere **zapraszać**

**it is only a matter of time** (phr) = sth will definitely happen in the future **to tylko kwestia czasu**

**keep track of** (phr) = to remain informed of sth **śledzić, prowadzić rejestr**

**land** /lænd/ (n) = a piece of countryside **ziemia**

**lean** /li:n/ (adj) = thin and healthy **chudy**

**live off** /lɪv ɒf/ (phr v) = to get your food from sth **żyć z**

**meaning** /mi:nɪŋ/ (n) = sense or significance **znaczenie**

**native** /neɪtv/ (adj) = (of a language) local **(o języku) ojczysty**

**nature** /neɪtʃə/ (n) = all the animals, plants and other things in the world that are not made by people **natura**

**native language** (phr) = sb's first language, the mother tongue **język ojczysty**

**niece** /ni:s/ (n) = a daughter of one's brother or sister **siostrzenica, bratanica**

**plan for the future** (phr) = to think about and decide what you are going to do in your life **planować swoją przyszłość**

**pick up** /pɪk 'ʌp/ (phr v) = to go somewhere and take sth **podnieść, zabrać**

**plump** /plʌmp/ (adj) = rather fat **pulchny**

**poor** /pɔ:/ (adj) = of bad quality; not good **marny, nieurodzajny**

**possessions** /pə'zeʃənz/ (pl n) = the things that you own or have **mienie, dobytek**

**prepare** /prɪ'peə/ (v) = to get ready for sth **przygotowywać (się)**

**provide** /prə'vaɪd/ (v) = to make sth available to sb **dostarczać, zapewniać**

**raise animals** (phr) = to take care of animals until they are completely grown **hodować zwierzęta**

**religion** /rɪ'lɪdʒən/ (n) = belief in and worship of a god or gods **religia**

**responsibility** /rɪ'spɒnsə'bɪləti/ (n) = sth that you should do because it is morally right or legally required **odpowiedzialność**

**seem** /si:m/ (v) = to give the impression **wydawać się**

**set off** /set ɒf/ (phr v) = to start to go somewhere **wyruszać**

**share** /ʃeə/ (v) = to divide sth between two or more people **dzielić się czymś**

**short supply** (phr) = a small amount of sth available **niewielka ilość, skromny zapas**

**skin belt** (phr) = a band of leather worn around the waist **skórzany pas**

**slim** /slɪm/ (adj) = attractively thin **szczupły**

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

**sth is a matter of time** (phr) = sth will definitely happen **to kwestia czasu**

**thrilled** /θrɪld/ (adj) = excited; extremely pleased **podekscytowany**

**tribe** /traɪb/ (n) = a group of people of the same race, with the same language and customs **plemię, szczerp**

**tribesman** /traɪbzmə:n/ (n) = a member of a tribe **członek plemienia**

**valley** /væli/ (n) = a low area of land between hills or mountains, typically with a river or stream flowing through it **dolina**

**walk away** /wɔ:k ə'weɪ/ (phr v) = to leave a place, situation or person **odejść**

**wander** /wɒndə/ (v) = to walk aimlessly **włóczyć się, wędrować**

**wonder (about)** /wʌndə/ (v) = to be curious or in doubt about sth **być ciekawym (czegoś)**

**worry** /'wɒri/ (n) = a strong feeling of anxiety **zmartwienie**

## 1b

**adolescence** /ædɔ:'lesəns/ (n) = the period between childhood and adulthood; the teens **wiek dojrzewania**

**adulthood** /ædʌlθud/ (n) = the period in life when sb is fully grown **dorosłość, dojrzałość**

**ambitious** /æm'bɪʃəs/ (adj) = hoping to be successful **ambitny**

**annoying** /ə'nɔɪɪŋ/ (adj) = making people feel angry or impatient **irytujący, denerwujący**

**anxious** /æŋkʃəs/ (adj) = unhappy because you think about a problem **zaniepokojony**

**arrogant** /æ'rɒɡənt/ (adj) = believing that you are better or more important than other people **arogancki**

**athletic** /æθ'letɪk/ (adj) = physically strong, fit and active **wysportowany, atletyczny**

**bald** /bɔ:ld/ (adj) = having little or no hair on the top of your head **łysy**

**bossy** /'bɒsi/ (adj) = telling other people what to do **apodyktyczny, despotyczny**

**beard** /bɪəd/ (n) = hair growing on a man's chin and cheeks **broda**

**behave** /brɪ'heɪv/ (v) = to act in a specific way **zachowywać się**

**bold** /bɔ:ld/ (adj) = courageous; ready to take risks **dzielny, odważny**

**brave** /breɪv/ (adj) = courageous; not afraid to do sth dangerous **odważny**

# Word List

**break down** /breɪk 'daʊn/ (phr v) =

1. (of machines) to stop working properly; 2. to become very upset and start crying 1. (o maszynach) zepsuć się; 2. (o człowieku) załamać się

**break into** /breɪk ɪntə/ (phr v) = to enter a place by using force in order to steal sth włamać się do

**break off** /breɪk 'ɒf/ (phr v) = to end a relationship or agreement zerwać z kimś

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

**break up** /breɪk 'ʌp/ (phr v) = (of a couple) to split up (o parze ludzi) rozstać/rozejść się

**build** /bɪld/ (n) = the size and shape of a person's body budowa ciała

**care (about)** /keə/ (v) = to be concerned about sb troszczyć się (o)

**carefree** /keə'fri:/ (adj) = not having any problems, worries or responsibilities beztroski

**childhood** /tʃaɪldhʊd/ (n) = the period of life before teens dzieciństwo

**common sense** (phr) = the natural ability to make good judgements, and to behave in a practical and sensible way zdrowy rozsądek

**complexion** /kəm'plekʃən/ (n) = the skin colour of the face cera

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

**crawl** /krɔ:l/ (v) = to move on your hands and knees czołgać się, pełzać

**daughter** /'dɔ:tə/ (n) = your female child córka

**disagree (with)** /dɪsə'gri:/ (v) = to have a different opinion from sb else about sth nie zgadzać się z

**dishonest** /dɪs'ɒnɪst/ (adj) = not telling the truth nieuczciwy

**easy-going** /i:zi 'gəʊɪŋ/ (adj) = calm and tolerant spokojny, wyrozumiały

**embarrass** /ɪm'bærəs/ (v) = to cause sb to feel nervous, worried or uncomfortable wprawiać w zakłopotanie

**extended family** (phr) = a family consisting of the parents and their children, along with grandparents, grandchildren, aunts, uncles, cousins, etc rodzina wielopokoleniowa

**fair** /feə/ (adj) = (of hair) light-coloured (o włosach) jasne

**father-in-law** /'fɑ:ðər ɪn ,lɔ:/ (n) = the father of your husband or wife teść

**flat** /flæt/ (adj) = (of a nose) having a smooth, level or even surface

(o nosie) płaski

**forgetful** /fə'getfəl/ (adj) = rarely remembering things zapominalski

**frank** /fræŋk/ (adj) = honest and truthful szczery

**freckles** /'freɪkəlz/ (pl n) = small brownish spots on the skin, usually developed by exposure to sunlight piegi

**frizzy** /'frɪzi/ (adj) = (of hair) very tightly curled (o włosach) kędzierzawe, mocno kręcone

**full** /fʊl/ (adj) = (of lips) thick (o wargach) pełne, grube

**generous** /dʒenərəs/ (adj) = giving other people money and gifts hojny

**get a promotion** (phr) = to move to a higher level in a company or institution otrzymać awans

**get married** (phr) = to begin a legal relationship with sb as your husband or wife ożenić się, wyjść za mąż

**good manners** (phr) = polite behaviour that shows respect for people dobre maniere

**graduate** /'grædʒueɪt/ (v) = to finish school, college or university ukończyć studia

**grumpy** /'grʌmpi/ (adj) = easily annoyed and complaining zrzędlivy, gburowaty

**hardworking** /'hɑ:d'wɜ:kɪŋ/ (adj) = working with a lot of effort pracowity

**hazel** /'heɪzəl/ (adj) = having a light brown or yellowish brown colour (o kolorze) piwny

**helpful** /'helpfəl/ (adj) = loving and caring uczynny, pomocny

**honest** /'ɒnɪst/ (adj) = always telling the truth uczciwy

**hooked** /hʊkt/ (adj) = (of a nose) large and curved (o nosie) haczykowany

**impatient** /ɪm'peɪʃənt/ (adj) = unable to wait too long for sth to happen niecierpliwy

**indifferent (to)** /ɪn'dɪfərənt/ (adj) = uninterested; unconcerned obojętny (na)

**infancy** /ɪnfənsi/ (n) = the period of sb's life when they are a very young child niemowlęstwo

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

**lazy** /leɪzi/ (adj) = unwilling to work or make an effort leniwy

**lie** /laɪ/ (v) = to not tell the truth kłamać

**lip** /lɪp/ (n) = each of the two fleshy parts which form the upper and lower edges of the opening of the mouth warga

**looks** /lʊks/ (pl n) = the attractive appearance of sb wygląd

**mean** /mi:n/ (adj) = cruel or unkind złośliwy, wredny

**messy** /mesi/ (adj) = untidy nieporządkny

**middle-aged** /'mɪdl 'eɪdʒd/ (adj) = being about 45 to 65 years old w średnim wieku

**mother-in-law** /'mʌðər ɪn ,lɔ:/ (n) = the mother of your husband or wife teściowa

**moustache** /mə'sta:ʃ/ (n) = hair growing on a man's upper lip wąsy

**nephew** /nefju:/ (n) = the son of your brother or sister bratanek, siostrzeniec

**niece** /ni:s/ (n) = the daughter of your brother or sister bratanica, siostrzenica

**noisy** /'nɔɪzi/ (adj) = making a lot of noise hałaśliwy

**nosey** /'nəʊzi/ (adj) = extremely curious and wanting to know everything about others wścibski

**nuclear family** (phr) = a family consisting of the parents and their children, but not including aunts, uncles, grandparents, etc rodzina dwupokoleniowa

**of average height** (phr) = of medium height; neither very tall nor very short średniego wzrostu

**open-minded** /əʊpən 'maɪndɪd/ (adj) = willing to consider and accept ideas that are new or different from your own otwarty, wolny od uprzedzeń

**outgoing** /'aʊtgəʊɪŋ/ (adj) = sociable towarzyski

**oval** /əʊvəl/ (adj) = having the shape of an egg owalny

**overweight** /əʊvə'weɪt/ (adj) = having excess weight otyły, z nadwagą

**pale** /peɪl/ (adj) = having less skin colour than normal blady

**part-time job** (phr) = a job in which you work only for part of the day or the week praca na pół etatu, w niepełnym wymiarze godzin

**pay attention to** (phr) = to listen to sb/sth carefully zwracać uwagę na, słuchać uważnie

**plump** /plʌmp/ (adj) = rather fat pulchny

**polite** /pə'laɪt/ (adj) = behaving in a correct way when you are with other people *grzeczny, uprzejmy*

**properly** /prɒpə'li/ (adv) = in the right way *odpowiednio, we właściwy sposób*

**quiet** /kwaɪət/ (adj) = peaceful and calm *cichy*

**responsible** /rɪ'spɒnsəbəl/ (adj) = able to think logically *odpowiedzialny*

**retire** /rɪ'taɪə/ (v) = to leave your job and stop working completely because of age *przejść na emeryturę*

**rude** /ru:d/ (adj) = not polite *niegrzeczny, nieuprzejmy*

**sad** /sæd/ (adj) = unhappy *smutny*

**self-confident** /self 'kɒnfɪdənt/ (adj) = feeling sure about your value or abilities *pewny siebie*

**sensible** /sensɪbəl/ (adj) = based on logic rather than emotion *rozsądny*

**sensibly** /sensɪbli/ (adv) = reasonably *rozsądnie*

**sensitive** /sensɪtɪv/ (adj) = easily worried or offended *wrażliwy*

**shaved head** (phr) = a head with all its hair removed with a razor *ogolona głowa*

**shoulder-length** /'ʃəʊldə leŋθ/ (adj) = (of hair) long enough to reach the shoulders (o włosach) *do ramion*

**shy** /ʃaɪ/ (adj) = not very confident; easily embarrassed *nieśmiały*

**single-parent family** (phr) = a family consisting of either a mother or a father, but not both *ojciec/matka samotnie wychowujący dzieci*

**skinny** /skɪni/ (adj) = very thin *chudy*

**slim** /slɪm/ (adj) = attractively thin *szczupły*

**sociable** /səʊʃəbəl/ (adj) = enjoying being with people *towarzyski*

**son** /sʌn/ (n) = your male child *syn*

**start a family** (phr) = to decide to have children in order to create a household *założyć rodzinę*

**stingy** /stɪndʒi/ (adj) = reluctant to give or spend; not generous *skąpy*

**straight** /streɪt/ (adj) = (of hair) not curving (o włosach) *proste*

**take pride in** (phr) = to be proud of *być dumnym z*

**thin** /θɪn/ (adj) = with very little or no fat *szczupły*

**truthful** /tru:θfəl/ (adj) = not telling lies about things *prawdomówny*

**vain** /veɪn/ (adj) = having a very high opinion of your appearance, abilities or worth *próżny*

**wavy** /weɪvi/ (adj) = (of hair) slightly curled (o włosach) *falisty*

**well-built** /wel 'bɪlt/ (adj) = having a good strong body construction *dobrze zbudowany*

**worried** /wʌrɪd/ (adj) = uneasy; concerned *zmartwiony*

**wrinkle** /rɪŋkəl/ (n) = each of the lines on the skin caused by old age *zmarszczka*

## 1d

**chores to do** (phr) = tasks, such as cleaning, that need to be done regularly in a home *obowiązki domowe*

**close relationships** (phr) = the members of your family; your relatives *bliskie relacje*

**complain** /kəm'pleɪn/ (v) = to say that you are annoyed, unhappy or not satisfied *skarżyć się*

**cooperation** /kəʊ'pɒrə'teɪʃən/ (n) = willingness to work together with sb *współpraca*

**have company** (phr) = to be or spend time with another person *mieć towarzystwo*

**hurt sb's feelings** (phr) = to make sb feel very upset, unhappy, sad, etc *urazić czyjeś uczucia*

**live a long life** (phr) = to be alive for many years *długo żyć*

**peace and quiet** (phr) = a situation in which you are not annoyed by noise or other people *spokój*

**younger generation** (phr) = a group of people at an earlier stage of life *młode pokolenie*

## 1e

**caretaker** /keə'teɪkə/ (n) = a person who takes care of other people *tu: opiekun*

**get all the attention** (phr) = to make all the members of your family be interested in you *skupiać na sobie uwagę*

**hang out (with)** /hæŋ 'aʊt/ (phr v) = to spend time enjoying yourself in a particular place with other people *spędzać czas (z)*

**independent** /ɪndɪ'pendənt/ (adj) = not needing to rely on others *niezależny*

**lack** /læk/ (v) = to not have enough of sth *brakować*

**lonely** /lʌʊnli/ (adj) = making you feel unhappy because there is nobody to talk to *samotny*

**only child** (phr) = a person who has no brothers or sisters *jedynak, jedynaczka*

**selfish** /selfɪʃ/ (adj) = caring only about yourself *samolubny, egoistyczny*

**share secrets** (phr) = to talk about sth that you've kept hidden *wyjawiać tajemnice*

**siblings** /sɪbrɪŋz/ (pl n) = brothers and sisters *rodzeństwo*

**spoil** /spɔɪlt/ (adj) = (of a child) rude because of always being given what they want (o dziecku) *rozpieszczone, zepsute*

**strength** /streŋθ/ (n) = physical energy *siła*

**trustworthy** /trʌst,wɜ:ði/ (adj) = honest *godny zaufania*

## 1f

**balance** /bæləns/ (v) = to keep two different things in the correct proportions *zrównoważyć*

**beneficial** /benə'fɪʃəl/ (adj) = helpful; useful *pożyteczny, korzystny*

**body language** (phr) = the movements or positions by which you show other people how you are feeling *mowa ciała*

**close friend** (phr) = a friend that you love very much *bliski przyjaciel*

**clothing** /kloʊðɪŋ/ (n) = the things that people wear to cover their bodies *ubranie, strój*

**convenient** /kən'vi:niənt/ (adj) = easy to use *wygodny*

**demonstrate** /demə'nstreɪt/ (v) = to show *pokazywać, demonstrować*

**effective** /ɪ'fektɪv/ (adj) = producing the desired result *efektywny*

**eye contact** (phr) = looking straight at sb *kontakt wzrokowy*

**face-to-face communication** (phr) = talking to sb in person *rozmowa w cztery oczy, twarzą w twarz*

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

**financially** /faɪ'nænʃəli/ (adv) = relating to money *finansowo*

**get in touch with** (phr) = to make contact with sb *skontaktować się z*

**grow up** /grəʊ 'ʌp/ (phr v) = to become older *dorastać*

**income** /ɪŋkəm/ (n) = the money you receive from your work *dochód*

**lack privacy** (phr) = to not have enough time on your own *nie mieć wystarczającej prywatności*

**miss out on** /mɪs 'aʊt ɒn/ (phr v) = to not have the opportunity to do sth I enjoy *przegapić coś*

# Word List

- pursue a career** (phr) = to continue doing a job you've been trained for, over a long period of time  
robić karierę
- quality time** (phr) = the time that you spend with sb who is very important to you, e.g. your children  
nacenniejszy/dobrze wykorzystany czas
- recognition** /ˌrekəg'nɪʃən/ (n) = respect and thanks for sb's efforts  
uznanie
- role model** (phr) = a person regarded as a good example to follow  
wzór do naśladowania
- set a good example** (phr) = to serve as a pattern to be imitated by others  
dawać dobry przykład
- take care of** (phr) = to look after  
opiekować się

## Language Focus 1

- calm** /kɑ:m/ (adj) = relaxed; not nervous or angry  
spokojny
- cowardly** /kaʊədli/ (adj) = not brave  
tchórzliwy
- desert** /dezət/ (n) = a large area of land covered in sand  
pustynia
- dull** /dʌl/ (adj) = boring  
nudny
- feeble** /fi:bl/ (adj) = very weak  
słaby, marny
- modest** /mɒdɪst/ (adj) = not talking in a proud way of your skills or successes  
skromny
- muscular** /mʌskjʊlə/ (adj) = having a strong well-built body  
umięśniony
- overweight** /ˌəʊvə'weɪt/ (adj) = having excess weight  
otyły, z nadwagą
- plump** /plʌmp/ (adj) = rather fat  
pulchny
- sleeveless** /sli:vləs/ (adj) = (of a garment) without any sleeves (the parts of clothes that cover the arms)  
(o ubraniu) bez rękawów
- slender** /sleɪndə/ (adj) = attractively thin  
smukły, zgrabny
- stocky** /stɒki/ (adj) = having a wide, short and strong body  
krępy
- well-built** /wel 'bɪlt/ (adj) = having a good and strong body construction  
dobrze zbudowany

## Module 2 Survival

- a river bursts its banks** (phr) = water from the river goes on to the land  
rzeka występuje z brzegów
- bank** /bæŋk/ (n) = the sloping land beside a river, stream, etc  
brzeg (rzeki, strumienia, itd.)
- basement** /beɪsmənt/ (n) = a floor built below ground level  
piwnica, suterena

- break out** /ˌbreɪk 'aʊt/ (phr v) = (of a war, fire etc) to begin suddenly  
(o wojnie, ogniu, itd.) wybuchać
- bury** /beri/ (v) = to cover sth so that it can't be seen  
zakopać
- collapse** /kə'læps/ (v) = to fall down suddenly because of damage  
zapaść/przewrócić się
- evacuate** /ɪ'veɪkjueɪt/ (v) = to remove people from a dangerous place to a safe one  
ewakuować
- mud** /mʌd/ (n) = wet soil  
błoto
- rock** /rɒk/ (n) = a large mass of stone forming the surface of the Earth  
skała
- sink** /sɪŋk/ (v) = to go down below the surface of water  
tonąć
- spill** /spɪl/ (v) = to let liquid flow over the edge of a container by accident  
wylać
- witness** /wɪtnəs/ (v) = to see sth while happening  
być świadkiem

## 2a

- adapter** /ə'dæptə/ (n) = a device used to connect two pieces of equipment that were not designed to be connected  
przejściówka
- against the odds** (phr) = despite many difficulties  
wbrew przeciwnościom
- amazingly** /ə'meɪzɪŋli/ (adv) = in a way that causes surprise and wonder  
zdumiewająco
- bang** /bæŋ/ (n) = a sudden loud noise  
rąbnięcie, grzmotnięcie, huk
- breathe out** /bri:ð 'aʊt/ (phr v) = to expel air out of your lungs  
wydychać
- carbon dioxide** (phr) = a gas produced by animals and people breathing out  
dwutlenek węgla
- carry out** /ˌkæri 'aʊt/ (phr v) = to perform a task or planned operation  
przeprowadzić, wykonać
- catastrophe** /kə'tæstrəfi/ (n) = a terrible disaster  
katastrofa
- circuit** /sɜ:kɪt/ (n) = the complete path of an electric current  
obwód
- clear** /kliə/ (v) = to free the air from pollution  
oczyścić
- command module** (phr) = the part of a spacecraft in which the astronauts live, communicate with a ground station, and operate controls during a flight  
moduł dowodzenia
- conserve** /kən'sɜ:v/ (v) = to preserve  
chronić
- cope (with)** /kəʊp/ (v) = to succeed in dealing with sth difficult  
radzić sobie (z)
- crew** /kru:/ (n) = those who work on means of transport, such as planes, ships, etc  
załoga
- damaged** /dæmɪdʒd/ (adj) = harmed  
uszkodzony
- deal with** /di:l wɪð/ (phr v) = to cope with  
zajmować się
- depend (on)** /dɪ'pend/ (v) = to rely on  
zależać (od), polegać (na)
- doom** /du:m/ (v) = to make sb or sth certain to fail  
skazywać (na niepowodzenie)
- electricity supply** (phr) = the process of providing a form of energy carried through wires  
zasilanie w energię elektryczną
- enclosed space** (phr) = an area completely surrounded by sth  
zamknięta przestrzeń
- equipment** /'tʃwɪpmənt/ (n) = machines used for a particular purpose  
sprzęt, wyposażenie
- explode** /ɪk'spləʊd/ (v) = to burst loudly and violently  
ekspłodować
- explosion** /ɪk'spləʊʒən/ (n) = a violent release of energy caused by a chemical or nuclear reaction  
eksplozja
- face** /feɪs/ (v) = to have to deal with a problem or an unpleasant situation  
stawiąć czoła
- find out** /faɪnd 'aʊt/ (phr v) = to discover  
odkryć, dowiedzieć się
- flash** /flæʃ/ (v) = to give off bright light suddenly or in repeated bursts  
błysk
- furiously** /fjʊəriəsli/ (adv) = with a lot of energy or speed  
z furią, z wściekłością
- go wrong** (phr) = to turn out other than intended  
nie udać się
- highly-trained** /haɪli 'treɪnd/ (adj) = being taught the skills needed to do sth to a great degree  
wysoko wykwalifikowany
- hit** /hɪt/ (v) = to touch sb or sth in a forceful or violent way after moving at a high speed  
uderzyć
- (be) in charge of** (phr) = having responsibility for  
być szefem, być odpowiedzialnym za
- land** /lənd/ (v) = to return to the ground after a flight  
lądownąć
- landing** /'lændɪŋ/ (n) = the act of returning to the ground after a flight  
lądownanie
- leak** /li:k/ (v) = (of a container) to let liquid or gas escape through a crack or hole  
wyciekać, cieknąć
- lifeboat** /laɪfbəʊt/ (n) = a boat that rescues people in danger at sea  
szalupa ratunkowa

**lift-off** /lɪft ɒf/ (n) = the upward movement from the ground by a rocket, helicopter or space vehicle, as it begins flight *start (rakiety, helikoptera, itd.)*

**look out** /lʊk 'aʊt/ (phr v) = to see from within to the outside *uwagać*

**lunar module** (phr) = a separate spaceship used to carry two of the three astronauts on an Apollo spacecraft to the surface of the Moon and back to the spacecraft *ładownik księżycowy*

**manned mission** (phr) = a flight by a spacecraft to perform a specific task, which is equipped with people *misja załogowa*

**meteor** /mi:tɪə/ (n) = a piece of rock or metal that burns brightly in the sky as it falls from outer space into the Earth's atmosphere *meteor*

**minor problem** (phr) = a small matter that is difficult to deal with *drobny problem*

**mission** /mɪʃən/ (n) = a flight by an aircraft or spacecraft to perform a specific task *misja, zadanie*

**nightmare** /naɪtmɛə/ (n) = a very upsetting or frightening dream or situation *koszmar*

**obstacle** /'ɒbstəkəl/ (n) = sth that gets in your way and makes it difficult to achieve sth *przeszkoda*

**Oscar-winning** /'ɒskə 'wɪnɪŋ/ (adj) = successful in receiving an Oscar (a small statue that is awarded by the American film industry to the best actors, movies, directors, etc. of the year) *zdobywca Oscara*

**oxygen** /'ɒksɪdʒən/ (n) = a gas present in the air which is necessary for survival *tlen*

**oxygen tank** (phr) = a container holding a gas present in the air which is necessary for survival *butla z tlenem*

**plot** /plɒt/ (n) = a series of events that form the story in a novel or movie *fabuła*

**power supply** (phr) = the process of providing electricity *zasilanie*

**proof** /pru:f/ (n) = a piece of evidence which shows that sth is true *dowód*

**put together** /pʊt tə'geðə/ (phr v) = to make a machine joining different parts *montować, składać z części*

**reduce** /rɪ'dju:s/ (v) = to make sth smaller in size or amount *zmniejszać, redukować*

**re-enter** /,ri:'entə/ (v) = (of a spacecraft) to enter the Earth's atmosphere again *wejść powtórnie*

**responsible (for)** /rɪ'spɒnsəbəl/ (adj) = in charge of *odpowiedzialny (za)*

**routine check** (phr) = a usual or regular examination *rutynowa kontrola*

**run out of** /rʌn 'aʊt əv/ (phr v) = to have no more of sth *kończyć się*

**safe level** (phr) = an amount of sth that cannot harm you *bezpieczny poziom*

**schedule** /'ʃedju:l/ (v) = to plan; to arrange *planować*

**space flight** (phr) = a trip made by, or in, a spacecraft *lot w przestrzeń kosmiczną*

**spacecraft** /'speɪskrɑ:ft/ (n) = a vehicle used for travel in outer space *statek kosmiczny*

**splash down** /'splæʃ 'daʊn/ (phr v) = to land on the water causing it to spatter *wodować*

**sth will go down in history** (phr) = sth is so important that it will be remembered *coś zostanie zapisane na kartach historii*

**superstitious** /,su:pə'stɪʃəs/ (adj) = believing that certain things bring good or bad luck *przesądny*

**survival** /sə'vaɪvəl/ (n) = remaining alive *przeżycie, pozostanie przy życiu*

**there is no time to lose** (phr) = we must do sth as soon as possible *nie ma czasu do stracenia*

**to everyone's relief** (phr) = feeling relaxed after sth unpleasant stops or does not happen *ku zadowoleniu/uldze wszystkich*

**trail** /treɪl/ (n) = a line of marks that are left behind by sb or sth, and that can often be followed *trop*

**transfer** /træns'fɜ:/ (v) = to move from one place to another *przenosić*

**warning lights** (phr) = cautionary signs of danger *światła awaryjne/ostrzegawcze*

## 2b

**asteroid** /'æstərɔɪd/ (n) = any one of thousands of small planets that circle around the Sun *asteroida*

**atmosphere** /'ætmsfɪə/ (n) = the whole mass of air that surrounds the Earth *atmosfera*

**boiling hot** (phr) = extremely hot *upalnie*

**bolt** /bɔ:lt/ (n) = a discharge of lightning accompanied by thunder  *piorun*

**break** /breɪk/ (v) = to separate sth into parts or pieces in a sudden and forceful way *łamać*

**bump** /bʌmp/ (v) = to hit your head, arm, etc against sth *uderzyć*

**canyon** /'kænjən/ (n) = a long narrow valley between high cliffs, often with a stream flowing through it *kanion*

**cap** /kæp/ (n) = a close-fitting head covering *czapka*

**car crash** (phr) = an instance of a car being damaged by hitting sth *wypadek drogowy*

**chilly** /'tʃɪli/ (adj) = moderately cold *chłodny*

**cloudy** /'klaʊdi/ (adj) = having many clouds in the sky *zachmurzony*

**cold** /kəʊld/ (adj) = having a very low temperature *zimno*

**deep** /di:p/ (adj) = having a large distance to the bottom from the surface or highest point *głęboki*

**depend (on)** /dɪ'pend/ (v) = to rely on *zależać (od), polegać (na)*

**drip** /drɪp/ (v) = (of a liquid) to fall in small drops *kapać*

**drought** /draʊt/ (n) = a long period of time during which there is very little or no rain *susza*

**drowning** /'draʊnɪŋ/ (n) = the act of dying in water because you cannot breathe *utonięcie*

**earthquake** /'ɜ:kweɪk/ (n) = a sudden shaky movement of the earth's surface *trzęsienie ziemi*

**erupt** /ɪ'rʌpt/ (v) = (of a volcano) to throw out steam, ash and lava *(o wulkanie) wybuchnąć*

**escape (from)** /ɪ'skeɪp/ (v) = to get away from a dangerous place or situation *ucieć (z)*

**evidence** /'eɪvɪdəns/ (n) = anything that causes you to believe that sth is true *dowód*

**factory fire** (phr) = an accident in which a factory catches fire *pożar w fabryce*

**flood** /flʌd/ (n) = a large amount of overflowing water *powódź*

**foggy** /'fɒgi/ (adj) = having or filled with fog *mglisty*

**food poisoning** (phr) = an illness caused by eating food that contains harmful bacteria *zatrucie pokarmowe*

**freezing cold** (phr) = extremely cold *przenikliwie zimno*

**frosty** /'frɒsti/ (adj) = extremely cold *mroźno*

**gas leak** (phr) = an escape of gas through a hole *wyciek gazu*

# Word List

**glove** /glʌv/ (n) = each of the coverings for the hands that has separate parts for each finger  
rękawiczka

**hear (about)** /hɪə/ (v) = to gain information about sb/sth  
dowiedzieć się (o), usłyszeć

**hear from** /hɪə frɒm/ (phr v) = to receive news from sb  
otrzymać wiadomość od

**hear of** /hɪə əv/ (v) = to become aware of sb/sth through second-hand knowledge  
dowiedzieć się, usłyszeć o

**heavy shower** (phr) = a large fall of rain of short duration  
przelotny, ale intensywny opad deszczu

**hurricane** /ˈhʌrɪkən/ (n) = an extremely large, powerful and destructive storm with very strong winds  
huragan

**ice cap** (phr) = a very large and thick sheet of ice that covers the North Pole, the South Pole or another region  
czapa lodowa

**inform** /ɪnˈfɔ:m/ (v) = to tell sb about sth  
informować

**injure** /ɪndʒə/ (v) = to harm sb  
zranić, skaleczyć

**mild** /maɪld/ (adj) = (of weather) neither extremely hot nor extremely cold  
(o pogodzie) umiarkowana

**moon** /mu:n/ (n) = a large round object, like the Moon, that circles around a planet other than the Earth  
księżyc

**oil spill** (phr) = a release of oil into the environment, discharged from a ship, lorry, etc  
wyciek ropy

**plane crash** (phr) = an instance of a plane being damaged by hitting sth  
katastrofa lotnicza

**planet** /ˈplæni/ (n) = a large object in space moving around a sun  
planeta

**pole** /pəʊl/ (n) = the most northern/southern part of the Earth  
biegun

**pour with rain** (phr) = to rain hard  
(o deszczu) lać

**put off** /ˈpʊt ɒf/ (phr v) = to postpone  
odkładać na później

**put on** /ˈpʊt ɒn/ (phr v) = to wear  
ubierać, wkładać na siebie

**put out** /ˈpʊt aʊt/ (phr v) = to stop a fire from burning  
zgasić

**put through** /ˈpʊt θru:/ (phr v) = to make a connection that allows a phone call to take place  
(o rozmowie telefonicznej) połączyć

**put up with** /ˈpʊt ʌp wɪð/ (phr v) = to tolerate  
tolerować, znosić

**rainy** /reɪni/ (adj) = having a lot of rain  
deszczowy

**ray** /reɪ/ (n) = a narrow beam of light  
promień

**rescue** /ˈreskjʊ:/ (v) = to save sb from a dangerous situation  
ratować

**rescuer** /ˈreskjʊə/ (n) = the person who saves sb from danger or harm  
ratownik

**satellite** /ˈsætələɪt/ (n) = a device that takes pictures of the Earth from space and collects information  
satelita

**scratch** /skrætʃ/ (v) = to make a small shallow cut on the skin with a sharp object  
zadrapać

**shake with fear** (phr) = to tremble from feeling afraid  
drżeć ze strachu

**shipwreck** /ˈʃɪprek/ (n) = a ship that has been destroyed in an accident at sea  
wrak statku

**site** /saɪt/ (n) = an area of ground  
miejsce

**snowdrop** /ˈsnəʊdrɒp/ (n) = a small white flower that blooms in early spring  
przebiśnieg

**snowflake** /ˈsnəʊfleɪk/ (n) = a soft white bit of frozen water that falls as snow  
płatki śniegu

**snowy** /ˈsnəʊi/ (adj) = having a lot of snow  
śnieżny

**soaking wet** (phr) = covered in water  
mokry do suchej nitki

**solar system** (phr) = our Sun and the planets that move around it  
układ słoneczny

**star** /stɑ:/ (n) = any one of the objects in space that are made of burning gas and look like points of light in the night sky  
gwiazda

**stormy** /ˈstɔ:mi/ (adj) = relating to very bad weather with a lot of rain and strong winds  
burzowy

**suffer (from)** /ˈsʌfə/ (v) = to experience pain or displeasure  
cierpieć (na/z powodu)

**sunny** /ˈsʌni/ (adj) = having plenty of bright sunlight  
słoneczny

**survive** /səˈvaɪv/ (v) = to continue to exist or live  
przeżyć, przetrwać

**telescope** /ˈtelɪskəʊp/ (n) = an instrument that makes things look larger and nearer  
teleskop

**thick fog** (phr) = such dense fog that you can't see through it  
gęsta mgła

**thunder** /ˈθʌndə/ (n) = the loud sound heard after lightning  
grzmot

**tornado** /tɔ:ˈneɪdəʊ/ (n) = a powerful destructive wind  
tornado

**train crash** (phr) = an instance of a train being damaged by hitting sth  
katastrofa kolejowa

**treat** /tri:t/ (v) = to provide medical care  
leczyć

**tsunami** /tsʊˈnɑ:mi/ (n) = a very large wave of water  
tsunami

**twist** /twɪst/ (v) = to bend or turn sth into a shape or position that is not normal  
wykręcić, skręcić

**volcanic eruption** (phr) = an explosion which causes burning rocks to be thrown out of a volcano  
wybuch wulkanu

**volcano** /vɒlˈkeɪnəʊ/ (n) = a mountain from which hot melted rock, gas, steam and ash from inside the Earth burst out  
wulkan

**windy** /ˈwɪndi/ (adj) = marked by strong wind  
wietrzny

## 2d

**a huge wall of black water** (phr) = a tall wave of very dark water  
wielka ściana ciemnej wody

**be pushed underwater** (phr) = to be forced under the water by sth/sb  
zostać wepchniętym pod wodę

**broken wrist** (phr) = the broken part of the hand that is joined to the arm  
złamany nadgarstek

**debris** /ˈdebri:/ (n) = pieces from sth that has been destroyed  
rumowisko, szczątki

**float inside a hotel lobby** (phr) = to move lightly on the surface of water inside the lobby of a hotel  
unosić się na powierzchni wody w holu hotelowym

**freeze in fear** (phr) = to be so afraid of sth that you cannot move  
ze strachu zastygnąć w bezruchu

**get badly sunburnt** (phr) = to severely burn your skin by staying in the sun for too long  
doznać poważnego oparzenia słonecznego

**get bitten by mosquitoes** (phr) = to be stung by a small insect that sucks blood from people and animals  
zostać pogryzionym przez komary

**get caught in a natural disaster** (phr) = to find yourself stuck in a terrible natural event, like an earthquake or flood  
zostać uwięzionym w obszarze dotkniętym klęską żywiołową

**get caught in a terrible storm** (phr) = to find yourself stuck in very bad weather  
zostać uwięzionym w obszarze dotkniętym gwałtowną burzą

**get food poisoning** (phr) = to become ill after eating bad food  
doznać zatrucia pokarmowego

**get stung by a bee** (phr) = to have your skin pierced by the sharp and pointed part of a bee, which usually contains poison *zostać ukąszonym przez pszczołę*

**grab onto a staircase** (phr) = to hold onto a set of stairs suddenly *trzymać się kurczowo schodów*

**have a bad accident** (phr) = to experience an unfortunate mishap that causes injury or harm *mieć poważny wypadek*

**loud roar** (phr) = a deep loud noise *głośny ryk/huk*

**see a dangerous animal** (phr) = to see a wild animal that could cause harm *zobaczyć niebezpieczne zwierzę*

**stand on rooftops** (phr) = to stand on the tops of buildings *stać na dachach*

**terrifying** /terə'faɪɪŋ/ (adj) = causing great fear *przeróżający*

**the tsunami strikes** (phr) = a large tall wave hits the shore *tsunami uderza*

**upside down cars** (phr) = cars that have been turned over by the weather *samochody przewrócone do góry kołami*

## 2e

**both ... and** /bəʊθ ... ənd/ (conj): used to say the same thing for two people/things *zarówno... jak...*

**compass** /'kʌmpəs/ (n) = a device used to find direction by means of a needle that always points north *kompas*

**disturb** /dɪ'stɜːb/ (v) = to bother; to upset *przeszkadzać*

**first aid kit** (phr) = a box containing equipment needed to give immediate medical help in an emergency *zestaw ratunkowy, zestaw pierwszej pomocy*

**get lost** (phr) = to lose direction *zgubić się*

**get stung** (phr) = to have your skin pierced by the sharp and pointed part of an insect that usually contains poison *zostać ukąszonym*

**hike** /haɪk/ (n) = a long walk in the countryside, usually for pleasure *piesza wycieczka*

**hiker** /haɪkə/ (n) = a person who walks a long distance, especially for pleasure or exercise *turysta*

**limp** /lɪmp/ (v) = to walk in a slow and awkward way because of an injury to a leg or foot *kuleć*

**map** /mæp/ (n) = a drawing of particular features of an area, such as a city, a country or a continent *mapa*

**painful** /'peɪnfəl/ (adj) = causing a lot of pain *bolesny*

**set out** /,set 'aʊt/ (phr v) = to begin a journey *wyruszyć*

**sting** /stɪŋ/ (n) = an injury caused when an insect bites you *ukąszenie*

**to make matters worse** (phr) = to add sth that makes a bad situation worse *aby jeszcze pogorszyć sytuację*

**twisted ankle** (phr) = the bent part of the foot that is joined to the leg *skręcona kostka*

**wasp nest** (phr) = the place where a black-and-yellow flying insect that can sting lays its eggs and takes care of its young *gniazdo os*

## 2f

**a wind blows** (phr) = a mass of air moves with speed or force *wiatr wieje*

**canoe hire shop** (phr) = a shop where you pay to use a canoe *punkt wynajmu kajaków*

**capsize** /'kæpsaɪz/ (v) = (of a boat) to turn over (o łodzi) *przewrócić się dnem do góry*

**fear** /fiə/ (n) = a feeling of being afraid *strach*

**flow** /fləʊ/ (v) = (of liquid) to move in a steady and continuous way (o płynie) *płynąć*

**grab** /græb/ (v) = to take sth firmly and suddenly *chwycić kurczowo*

**relieved** /rɪ'li:vɪd/ (adj) = relaxed and happy because sth difficult or unpleasant has been stopped *odczuwający ulgę*

**rushing water** (phr) = water that is moving very fast *woda płynąca silnym strumieniem*

**stare (at)** /steə/ (v) = to look at sb/sth for a long time, often with your eyes wide open *gapić się (na), wpatrywać się (w)*

**to their horror** (phr) = making sb shocked or afraid *ku ich przerażeniu*

**unbelievably** /,ʌnbɪ'li:vəbli/ (adv) = incredibly *nieprawdopodobnie*

## Language Focus 2

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

**casualty** /'kæʒuəlti/ (n) = sb who is hurt or killed during an accident, war or disaster *ofiara wypadku/katastrofy*

**exact** /ɪg'zækt/ (adj) = precise; accurate *dokładny*

**lead** /li:d/ (v) = to be in charge of *prowadzić*

**real** /riəl/ (adj) = not fake or artificial *prawdziwy, oryginalny*

**right** /raɪt/ (adj) = morally or socially correct *dobry*

**true** /truː/ (adj) = real or genuine *prawdziwy*

**volunteer** /,vɒlɪntɪə/ (v) = to offer to do sth without getting paid *ochotnik*

## Module 3

## Work

**9-5 job** (phr) = a full-time job in which sb works five days a week from 9 am to 5pm *praca etatowa, zwykle od 9 rano do 17 po południu, pięć dni w tygodniu*

**applicant** /'æplɪkənt/ (n) = a person who applies for a job *kandydat*

**arrange** /ə'reɪndʒ/ (v) = to organise for sth to take place at a certain time and place *organizować, aranżować*

**assist** /ə'sɪst/ (v) = to help; to support *towarzyszyć*

**covering letter** (phr) = a letter sent with a CV that introduces an applicant for a job *list przewodni*

**CV** /,si: 'vi:/ (n) = a written statement of a person's educational background and professional experience *CV, życiorys zawodowy*

**cyber manager** /saɪbɪ 'mænɪdʒə/ (n) = a job of the future in which sb will supervise robotic workers *zarządca robotów (zawód przyszłości)*

**dawn** /dɔːm/ (n) = the beginning of the day *świt*

**equipment** /'ɪkwɪpmənt/ (n) = the things used for a particular activity or purpose *wyposażenie, sprzęt*

**experience** /ɪk'spɪəriəns/ (n) = knowledge that sb has acquired from doing a job for a period of time *doświadczenie*

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

**human** /'hju:mən/ (n) = a person *człowiek*

**interview** /'ɪntəvjʊ:/ (n) = a formal meeting at which sb answers questions in order to prove that they are suitable for a job *rozmowa kwalifikacyjna*

**look after** /lʊk 'ɑːftə/ (phr v) = to take care of sb/sth *opiekować się*

# Word List

**nanotech-nurse** /nænəʊ nɜːs/ (n) = a job of the future in which sb will look after robot doctors and care for human patients  
pielęgniarka (zawód przyszłości, będący wsparciem dla lekarzy-robotów)

**online identity** (phr) = a person's information and personal details that are kept on the Internet  
tożsamość internetowa

**patient** /peɪʃənt/ (n) = sb who needs medical care  
pacjent

**professional** /prəˈfeʃənəl/ (n) = a person who is very skilled at his/her job  
ekspert, profesjonalista

**protect** /prəˈtekt/ (v) = to keep safe from damage or harm  
chronić

**provide** /prəˈvaɪd/ (v) = to give sb sth; to supply sb with sth  
dawać, dostarczać

**require** /rɪˈkwaɪə/ (v) = (of a company) to want to hire sb (o firmie)  
ogłaszać nabór

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

**shift** /ʃɪft/ (n) = a set period for a group or a person to work before another group or person replaces them  
zmiana (w zakładzie pracy)

**skyscraper farm** (phr) = a farm that grows on a tall building  
gospodarstwo rolne na dachu wieżowca

**social media hacker** (phr) = sb who breaks into a social media system to steal information  
włamujący się do systemu mediów społecznościowych w celu kradzieży danych

**staff** /staːf/ (n) = all the people who work for an organisation  
personel

**starting salary** (phr) = the money that sb earns when they first start a job  
początkowe zarobki

**street sweeper** /ˈstriːt ˌswiːpə/ (n) = a person whose job is to clean the streets  
osoba zamiatająca ulice

**supervise** /suːpəvaɪz/ (v) = to watch over sb; to check sb  
nadzorować

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

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

**vertical farmer** /ˌvɜːtɪkəl ˈfɑːmə/ (n) = a job of the future in which sb will work as a farmer on skyscrapers and tall buildings  
rolnik wysokościowy (zawód przyszłości, polegający na uprawianiu ziemi na dachach wieżowców)

**virtual security guard** /ˌvɜːtʃuəl sɪˈkjʊərətɪ ɡɑːd/ (n) = a job of the future in which sb will protect a person's online details and identities  
strażnik rzeczywistości wirtualnej (zawód przyszłości polegający na ochronie tożsamości użytkowników sieci internetowej)

## 3a

**amazingly** /əˈmeɪzɪŋli/ (adv) = in a way which causes surprise and wonder  
w zdumiewający sposób

**battle** /ˈbætl/ (v) = to try hard to do sth in spite of difficulties  
walczyć

**bomb disposal expert** (phr) = sb whose job is to make bombs and explosives safe  
specjalista od rozbrajania materiałów wybuchowych; pirotechnik; saper

**break** /breɪk/ (n) = a short rest  
przerwa

**corridor** /ˈkɒrɪdɔː/ (n) = a hallway connecting different rooms or parts of a building  
korytarz

**customer** /ˈkʌstəmə/ (n) = a person who buys goods or services from a shop or business  
klient

**customer's order** (phr) = the request for food and drink that a customer makes in a restaurant or café  
zamówienie składane przez klienta

**defuse bombs** (phr) = to prevent bombs from exploding  
rozbrajać bomby

**delicious** /dɪˈlɪʃəs/ (adj) = tasty  
pyszny, smakowity

**dessert** /dɪˈzɜːt/ (n) = sth sweet that you eat at the end of a meal  
deser

**drag** /dræg/ (v) = to pull  
ciągnąć, wlec

**drown** /draʊn/ (v) = to die by being submerged under water for too long  
tonąć

**entertainment** /ˌentəˈteɪnmənt/ (n) = sth done, watched, etc for pleasure and amusement  
rozrywka

**ex-army** /ˌeks ˈɑːmi/ (adj) = that used to belong to the armed forces  
pochodzący z demobilu

**fight crime** (phr) = to stop criminals from breaking the law  
walczyć z przestępczością

**firefighter** /ˈfaɪəˌfaɪtə/ (n) = sb whose job is to put out fires  
strażak

**flame** /fleɪm/ (n) = burning light that comes from sth on fire  
płomień

**fleet** /fliːt/ (n) = a large group of vehicles or machines  
flota

**get into trouble** (phr) = to be in a dangerous situation  
wpaść w kłopoty

**get on with** /ˌget ˈɒn wɪð/ (phr v) = to carry on with sth  
radzić sobie z

**give up** /ɡɪv ˈʌp/ (phr v) = to stop doing sth; to quit  
zaprzestać

**hand out** /ˌhænd ˈaʊt/ (phr v) = to give one or more of sth to people; to distribute  
rozdawać

**hard at work** (phr) = doing your job well and with a lot of effort  
zapracowany

**head for** /hed fə/ (phr v) = to go towards  
kierować się w stronę, iść w kierunku

**human** /hjuːmən/ (adj) = relating to people  
ludzki, składający się z ludzi

**keep sb afloat** (phr) = to help sb stay on the surface of water  
pomóc komuś utrzymać się na powierzchni

**lifeboat** /ˈlaɪfbəʊt/ (n) = a boat that rescues people in danger at sea  
szalupa ratunkowa

**lifeguard** /ˈlaɪfgɑːd/ (n) = an expert swimmer qualified to help bathers in difficulty  
ratownik wodny

**main course** (phr) = the main part of a meal  
danie główne

**medical history** (phr) = sb's background in terms of their health  
historia choroby

**navy** /neɪvi/ (n) = the military organisation that protects a country and its seas  
marynarka wojenna

**nurse** /nɜːs/ (n) = sb who looks after patients in a hospital  
pielęgniarka

**operate (on)** /ˈɒpəreɪt/ (v) = to perform surgery on sb  
operować

**patient** /peɪʃənt/ (n) = sb who is treated in a hospital  
pacjent

**patrol** /pəˈtrəʊl/ (v) = to observe an area for security reasons  
patrolować

**pick up** /pɪk ˈʌp/ (phr v) = to go somewhere in order to take sb in your vehicle  
tu: podwieść kogoś samochodem

**pocket-sized** /ˈpɒkɪt saɪzɪd/ (adj) = small in size  
kieszonkowy

**police force** (phr) = the police organisation in a city  
siły policyjne, policja

**police officer** /pəˈliːs ˌɒfɪsə/ (n) = sb who is a member of the police force  
policjant

**provide** /prəˈvaɪd/ (v) = to give sb sth; to supply sb with sth  
dostarczać, dawać

**pulse** /pʌls/ (n) = the rhythmic beat of the heart  
puls

**put out a fire** (phr) = to extinguish a fire *zgasić ogień*

**race** /reɪs/ (v) = to move quickly *ścigać się, pędzić*

**recharge batteries** (phr) = to renew energy in an object that provides electricity *naładować baterie*

**remote-controlled** /rɪˈməʊt kənˈtrəʊld/ (adj) = (of a device) controlled from a distance by radio or electronic signals (o urządzeniu) *zdalnie sterowane*

**replace** /rɪˈpleɪs/ (v) = to start doing sth instead of sb else *zastąpić, zamienić, zająć się czymś innym*

**rescue** /ˈreskjʊː/ (v) = to save sb from a dangerous situation *ratować*

**revolution** /ˈrevəˈluːʃən/ (n) = an important change in an area of human activity *rewolucja*

**risky** /ˈrɪski/ (adj) = involving the possibility of danger, failure or loss *ryzykowny*

**robotic arm** (phr) = a mechanical arm that is controlled by a computer to perform complex movements or actions *ramię robota*

**save** /seɪv/ (v) = to help sb recover from a serious illness or injury *ratować*

**sci-fi film** (phr) = a film about space, robots, etc *film fantastycznonaukowy*

**shake** /ʃeɪk/ (v) = to move from side to side because of fear or stress *trząść się*

**shore** /ʃɔː/ (n) = the land across the edge of the sea, lake or river *brzeg, wybrzeże*

**smoke** /sməʊk/ (n) = the gas produced by a burning material *dym*

**specialist** /speʃjəlɪst/ (n) = a doctor who knows a lot about a particular illness *specjalista*

**staff** /stɑːf/ (n) = all the people who work for a company *personel, zespół*

**steady** /ˈstedi/ (adj) = able to do sth in a controlled way, without shaking or falling *stały, ciągły*

**steak** /steɪk/ (n) = a large thick piece of meat *stek*

**surgeon** /ˈsɜːdʒən/ (n) = a doctor who performs medical operations *chirurg*

**surgery** /ˈsɜːdʒəri/ (n) = the act of cutting or removing parts of the body in order to treat injuries or diseases *operacja*

**take advantage of** (phr) = to make the most of an opportunity *wykorzystać okazję*

**take over** /ˈteɪk ˈəʊvə/ (phr v) = to get control of sth *przejąć kontrolę*

**take sb's order** (phr) = (of a waiter) to write down what a customer wants in a restaurant (o kelnerze) *przyjąć czyjeś zamówienie*

**take temperature** (phr) = to check a person's temperature to see if they are sick *zmierzyć komuś temperaturę*

**technological advances** (phr) = developments in technology *rozwój techniki*

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

**the forces of law and order** (phr) = the police *siły porządkowe; policja*

**tip** /tɪp/ (n) = an extra amount of money given to a waiter, driver, etc. to thank them for services provided *napiwek*

**waiter** /ˈweɪtə/ (n) = sb who serves food and drinks to people at a restaurant, café, etc. *kelner*

## 3b

**achieve** /əˈtʃiːv/ (v) = to succeed in doing sth *osiągnąć coś*

**appeal** /əˈpiːl/ (v) = to make a formal request for sth *apelować*

**applicant** /ˈæplɪkənt/ (n) = a person who applies for a job, university place, etc. *kandydat*

**application form** (phr) = a piece of paper with a list of questions to be answered as requested for jobs, universities, etc. *podanie, aplikacja*

**apply** /əˈplai/ (v) = to formally ask for sth (a job, scholarship, etc.) *składać podanie, aplikować*

**career** /kəˈrɪə/ (n) = a professional life *kariera zawodowa*

**check** /tʃek/ (v) = to examine sth *sprawdzić*

**class** /klaːs/ (n) = a group categorised by quality *klasa, poziom jakości*

**communication skills** (phr) = being able to talk to other people and express yourself clearly *zdolności komunikacyjne*

**compulsory** /kəmˈpʌlsəri/ (adj) = that must be done because of a law or rule *obowiązkowy*

**concentration** /kɒnsənˈtreɪʃən/ (n) = the state of giving full attention and thought to sth *koncentracja*

**cooperative** /kəʊˈɒpərətɪv/ (adj) = working well with others *nastawiony na współpracę, potrafiący działać w zespole*

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

**creative** /kriˈeɪtɪv/ (adj) = inventive *twórczy, kreatywny*

**deadline** /ˈdedlaɪn/ (n) = the time by which sth must be done *nieprzekraczalny termin*

**degree** /dɪˈɡriː/ (n) = an academic qualification awarded by a university *stopień naukowy*

**drop** /drɒp/ (v) = to let go of sth by mistake so that it falls *upuścić*

**earn** /ɜːn/ (v) = to receive money in return for work that you do *zarabiać*

**educated** /ˈendʒukeɪtɪd/ (adj) = having a high level of education *wykształcony*

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

**enrol** /ɪnˈrəʊl/ (v) = to officially join an institution or a course *zapisać się, wstąpić do*

**enthusiastic** /ɪnˈθjuːzɪˈæstɪk/ (adj) = excited *entuzjastyczny*

**experience** /ɪkˈspɪəriəns/ (n) = knowledge and skills is acquired by doing sth *doświadczenie*

**fail a test** (phr) = to not pass an exam at school or university *nie zdać testu/egzaminu, oblać*

**fire** /faɪə/ (v) = to dismiss sb from a job *wyrzucić z pracy*

**fluency** /ˈfluːənsi/ (n) = the ability to express yourself easily and correctly in a foreign language *płynność*

**gain** /geɪn/ (v) = to gradually get more of sth *uzyskać, zdobyć*

**give away** /ˌɡɪv əˈweɪ/ (phr v) = to give sth to sb for free *rozdać*

**give back** /ˌɡɪv ˈbæk/ (phr v) = to return sth to sb *oddać*

**give off** /ˌɡɪv ˈɒf/ (phr v) = to produce a smell, heat or light *wydzielać, emitować*

**give out** /ˌɡɪv ˈaʊt/ (phr v) = to distribute sth *wydać, rozprowadzić*

**give up** /ˌɡɪv ˈʌp/ (phr v) = to stop doing sth; to quit *zaprzestać, zrezygnować z*

**graduate** /ˈɡrædʒueɪt/ (v) = to successfully complete your education at university or college *ukończyć studia*

**hard at work** (phr) = doing your job well and with a lot of effort *zpracowany*

**hard-working** /ˈhɑːd ˈwɜːkɪŋ/ (adj) = putting a lot of hard effort into a job *pracowity*

# Word List

**hold a degree** (phr) = to have a university education and a certificate **mieć tytuł naukowy**  
**involve** /m'vɒlv/ (v) = to include **pociągać za sobą, wymagać**  
**job** /dʒɒb/ (n) = a person's occupation **zawód**  
**keep up-to-date with** (phr) = to follow developments in an area of work **być na bieżąco z**  
**knowledge** /nɒlɪdʒ/ (n) = information and skills gained through experience and education **wiedza**  
**long hours** (phr) = for a long time **długo**  
**look for** /lʊk fə/ (phr v) = to search for **szukać**  
**lose your job** (phr) = to be without work **stracić pracę**  
**miss** /mɪs/ (v) = to fail to catch a bus, train, etc **tu: spóźnić się na autobus, pociąg, itd.**  
**occupation** /ɒkju'peɪʃən/ (n) = a job **zawód**  
**operate (on)** /ɒpəreɪt/ (v) = to perform surgery on sb **operować (kogoś)**  
**operation** /ɒpəreɪʃən/ (n) = surgery [the word is a countable noun] **operacja**  
**patient** /peɪʃənt/ (adj) = not getting annoyed easily **cierpliw**  
**pick** /pɪk/ (v) = to select sb/sth **wybrać**  
**pick up** /pɪk 'ʌp/ (phr v) = to go somewhere in order to take sb in your vehicle **zabrać samochodem**  
**polite** /pə'laɪt/ (adj) = having good manners **grzeczny, uprzejmy**  
**position** /pə'zɪʃən/ (n) = the place in a company where sb works and the responsibilities they have **stanowisko (w pracy)**  
**problem** /prɒbləm/ (n) = sth that causes difficulty [the word is a countable noun] **problem, kłopot**  
**profession** /prə'feʃən/ (n) = a type of job that requires advanced education or training **zawód**  
**punctual** /pʌŋktʃuəl/ (adj) = always arriving on time **punktualny**  
**qualification** /kwɒlɪfɪ'keɪʃən/ (n) = a certificate awarded when you successfully finish a course or pass an exam **kwalfikacja**  
**quick learner** (phr) = sb who has a natural ability to learn things quickly **osoba szybko ucząca się**  
**quit** /kwɪt/ (v) = to leave a job, team, school, etc **zrezygnować/zwolnić się z pracy**  
**rank** /ræŋk/ (n) = the position that sb has in the army **stopień wojskowy**

**require** /rɪ'kwaɪə/ (v) = to need sth **wymagać**  
**resit** /rɪ'sɪt/ (v) = to take an exam again after failing **ponownie podejść do egzaminu**  
**responsibility** /rɪ'spɒnsə'bɪlətɪ/ (n) = sth that is your job or duty to deal with **odpowiedzialność, zakres obowiązków**  
**retire** /rɪ'taɪə/ (v) = to stop working and receive a pension because of old age **przejsć na emeryturę**  
**sample** /sɑ:mpl/ (n) = a part of a whole used to show what the rest is like **próbka, przykład**  
**satisfied (with)** /sætɪsfɑɪd/ (adj) = pleased with sth **usatysfakcjonowany (czymś), zadowolony (z czegoś)**  
**seaside** /sɪ'saɪd/ (n) = a beach or area close to the sea **wybrzeże**  
**shore** /ʃɔ:/ (n) = the land across the edge of the sea, lake or river **brzeg, wybrzeże**  
**stressful** /stresfəl/ (adj) = making you feel tense and anxious **stresujący**  
**suitable (for)** /su:təbəl/ (adj) = appropriate for sth **odpowiedni, właściwy, pasujący (do)**  
**surgery** /sɜ:dʒəri/ (n) = the act of cutting or removing parts of the body in order to treat injuries or diseases [the word is an uncountable noun] **operacja**  
**trouble** /'trʌbəl/ (n) = a difficult or dangerous situation [the word is an uncountable noun] **kłopot**  
**tuition** /tju:ʃən/ (n) = teaching **nauczanie**  
**wait (for)** /weɪt/ (v) = to stay in a place until sb arrives **czekać (na)**  
**well-paid** /wel 'peɪd/ (adj) = earning a lot of money **dobrze płatny**  
**win** /wɪn/ (v) = to get the first place **wygrać**  
**work** /wɜ:k/ (n) = the job that a person is paid for [the word is an uncountable noun] **praca**

## 3d

**applicant** /æplɪkənt/ (n) = a person who applies for a job **kandydat**  
**application form** (phr) = a piece of paper with a list of questions to be answered for a job, university place, etc **podanie, aplikacja**  
**banking** /'bæŋkɪŋ/ (n) = the business of a bank **bankowość**  
**bear in mind** (phr) = to remember **pamiętać**  
**computer repair shop** (phr) = a shop that fixes computers **serwis komputerowy**  
**computing** /kəm'pjʊ:tɪŋ/ (n) = the use and study of computers **informatyka**  
**CV** /si: 'vi:/ (n) = a written statement of a person's educational background and professional experience **życiorys zawodowy, CV**  
**experience** /ɪk'spɪəriəns/ (n) = knowledge and skills acquired by doing sth **doświadczenie**  
**fill a position** (phr) = to hire sb for a job **zatrudnić kogoś na jakimś stanowisku**  
**finance** /fə'mæns/ (n) = money management **finansowość, finanse**  
**full training** (phr) = teaching all the knowledge and skills required to do a job **pełna praktyka**  
**good attitude** (phr) = approaching your work in a positive way **dobre podejście**  
**guarantee** /gə'renti:/ (n) = a promise that sth will definitely happen **gwarancja**  
**hold interviews** (phr) = to arrange meetings to choose a candidate for a job **organizować rozmowy kwalifikacyjne**  
**interview** /ɪntə'vju:/ (n) = a formal meeting at which sb answers questions in order to prove that they are suitable for a job **rozmowa kwalifikacyjna**  
**IT department** (phr) = a part of a company that works with computers **dział informatyczny**  
**key position** (phr) = an important role in a company or business **kluczowe stanowisko**  
**personality** /pɜ:sə'nælətɪ/ (n) = the type of person sb is **osobowość**  
**pick up** /pɪk 'ʌp/ (phr v) = to learn sth **tu: uczyć się**  
**right grade** (phr) = the required qualification for sth **tu: odpowiednie kwalifikacje**  
**skill** /skɪl/ (n) = an ability **umiejętność**  
**tip** /tɪp/ (n) = an extra amount of money given to a waiter, driver, etc to thank them for services provided **napiwek**  
**train** /treɪn/ (v) = to prepare sb for a job **szkolić**  
**treat customers** (phr) = (of a staff member) to behave in a particular way towards customers **traktować klientów**

**wages** /weɪdʒɪz/ (n) = the amount of money that sb regularly gets for their work **zarobki**  
**willingness** /wɪlɪŋnəs/ (n) = eagerness **chęć, zapał**  
**working environment** (phr) = the place where sb works **środowisko pracy**

## 3e

**assistant tour guide** (phr) = sb whose job is to help show visitors a place **pomocnik przewodnika**  
**cheerful** /tʃɪəfəl/ (adj) = happy **radosny**  
**coordinator** /kəʊˈɔːdɪneɪtə/ (n) = sb whose job is to organise work **koordynator**  
**energetic** /ˌenəˈdʒetɪk/ (adj) = active **energiczny**  
**relevant experience** (phr) = past knowledge of, or work in, sth **istotne doświadczenie**

## 3f

**A levels** (phr) = university entrance exams in the UK **egzamin końcowy z jednego przedmiotu w szkole średniej**  
**appear** /əˈpiə/ (v) = to be published **tu: ukazać się drukiem**  
**application** /ˌæplɪˈkeɪʃən/ (n) = a formal request for a job or position **podanie o pracę**  
**attach** /əˈtætʃ/ (v) = to include sth in an email or letter **dołączyć, dodać jako załącznik**  
**consider** /kənˈsɪdə/ (v) = to think about a possibility **carefully rozważyć**  
**copy** /kɒpi/ (n) = a reproduction of sth **kopia**  
**degree** /dɪˈɡriː/ (n) = an academic qualification awarded by a university **stopień naukowy**  
**employer** /ɪmˈplɔɪə/ (n) = the person that you work for **pracodawca**  
**fluent (in)** /ˈfluːənt/ (adj) = expressed easily and correctly in a foreign language **posługujący się płynnie (językiem obcym)**  
**grade** /ɡreɪd/ (n) = a number or letter given for school work or in an exam, which shows how well sb has done **ocena, stopień**  
**grateful** /ˈɡreɪtɪfəl/ (adj) = feeling thankful or showing thanks **wdzięczny**  
**look forward to** /lʊk ˈfɔːwəd tə/ (phr v) = to hope that sth that you want very much will happen soon **cieszyć się na, oczekiwać z niecierpliwością**

**reference** /ˈrefərəns/ (n) = a letter written by sb who knows you, in order to describe you and say if you are suitable for a job or course **referencje**  
**waiting staff** (phr) = employees who serve food and drinks to people at a restaurant, café, etc **kelnerzy**  
**with regard to** (phr) = concerning; in connection with **w nawiązaniu do**

## Language Focus 3

**clean** /kliːn/ (adj) = not dirty **czysty**  
**clear** /klɪə/ (adj) = easy to hear or see through; easy to understand **jasny, wyraźny, przejrzysty, zrozumiały**  
**duty** /ˈdjuːti/ (n) = an obligation **obowiązek**  
**task** /tɑːsk/ (n) = an assigned job **zadanie**

## Module 4 Entertainment

**direct** /dɪˈrekt/ (v) = to guide the actors in plays and films **reżyserować**  
**oil painting** (phr) = a picture painted with oil paints **obraz olejny**  
**science-fiction** (phr) = literary fantasy about the imagined impact of science on society **fantastyka naukowa**  
**sculpture** /ˈskʌlptʃə/ (n) = a 3-dimensional work of plastic art **rzeźba**  
**sculpt** /ˈskʌlpt/ (v) = to create a form by shaping stone, wood or any other hard material **rzeźbić**  
**soul** /səʊl/ (n) = the spirit **dusza**  
**wash off** /wɒʃ ˈɒf/ (phr v) = to remove dirt, dust, etc with water **zmyć**

## 4a

**advertising agency** (phr) = a business dedicated to creating, planning and handling advertising for its clients **agencja reklamowa**  
**advertising campaign** (phr) = an organised programme of advertisements **kampania reklamowa**  
**alive** /əˈlaɪv/ (adj) = not dead **żywy**  
**be encouraged** /bi ɪnˈkʌrɪdʒd/ (v) = to be given positive reinforcement and advice **zostać zachęconym**  
**body-painting** /ˈbɒdi ˌpeɪntɪŋ/ (n) = the painting of bodies as a form of art and expression **sztuka malowania ciała**  
**bother** /ˈbɒðə/ (v) = to make sb feel worried **niepokoić, martwić**  
**bring to life** (phr) = to cause sth to seem real **ożywić**

**canvas** /ˈkænvəs/ (n) = a strong heavy cloth used by artists for painting on **plótno malarskie**  
**career** /kəˈrɪə/ (n) = the period of your working life **kariera zawodowa**  
**carry on with** /ˈkæri ˈɒn wɪð/ (phr v) = to continue doing sth **kontynuować coś**  
**cheetah** /tʃiːtə/ (n) = a long-legged spotted cat of Africa and southwestern Asia **gepard**  
**combination** /ˌkɒmbɪˈneɪʃən/ (n) = different things put together **kombinacja, zestawienie**  
**creation** /kriˈeɪʃən/ (n) = the human act of making sth new **tworzenie, kreacja**  
**creature** /ˈkri:tʃə/ (n) = an organism **stworzenie**  
**design** /dɪˈzaɪn/ (n) = a drawing or plan of sth **projekt**  
**eagle** /ˈiːɡəl/ (n) = a bird of prey **orzeł**  
**endangered species** (phr) = a type of animal or plant that is at risk of extinction **gatunki zagrożone**  
**environmental organisation** (phr) = an organisation that seeks to protect the environment **organizacja zajmująca się ochroną środowiska**  
**exhibit** /ɪɡˈzɪbɪt/ (v) = to show sth to the public for pleasure or information **wystawiać, prezentować na wystawie**  
**ingernail** /ˈfɪŋɡənɪl/ (n) = the hard flat covering near the tip of a human finger **paznokieć**  
**fond (of)** /fɒnd/ (adj) = liking sb/sth very much **bardzo lubić kogoś/coś**  
**fur** /fɜː/ (n) = animal skin **futro**  
**handheld gadget** (phr) = a device or control small and light enough to be operated while you hold it in your hands **kieszonkowe/przenośne urządzenie**  
**hyperrealist** /ˌhaɪpəˈriəlɪst/ (adj) = an artist characterised by particularly realistic graphic representations **hiperrealistyczny**  
**hyperrealist movement** (phr) = a school of art characterised by particularly realistic graphic representations **hiperrealizm (kierunek w sztuce)**  
**long** /lɒŋ/ (adv) = for an extended time **długo**  
**mainly** /ˈmemli/ (adv) = mostly **głównie, przede wszystkim**  
**masterpiece** /ˈmɑːstəpiːs/ (n) = the most outstanding work of a creative artist or craftsman **dzieło sztuki**

# Word List

**outline** /aʊtlaɪn/ (n) = a line around sth that shows its shape **zarys, obrys**  
**portrait** /pɔːtreɪt/ (n) = a drawing of a person or an animal **portret**  
**promote** /prəˈməʊt/ (v) = to help to sell a new product **promować**  
**public awareness** (phr) = the majority of people understanding sth **świadomość społeczna**  
**raise** /reɪz/ (v) = to increase **podnosić**  
**raise public awareness** (phr) = to bring to people's attention **podnosić świadomość społeczną**  
**realistic** /riˈælɪstɪk/ (adj) = (of a painting) showing things as they really are (**o obrazie**) **realistyczny**  
**research** /riˈsɜːtʃ/ (v) = to study a subject in detail in order to find new information about it **badać naukowo**  
**save** /seɪv/ (v) = to rescue **ocalić, uratować**  
**scale** /skeɪl/ (n) = each of the small flat plates that cover a fish's/snake's skin **łuska pokrywająca ciało ryby/węża**  
**shower away** /ˈʃaʊə ɔːweɪ/ (phr v) = to remove sth under a shower **zmyć pod prysznicem**  
**snake** /sneɪk/ (n) = a reptile **wąż**  
**stay still** (phr) = to remain motionless **pozostać w bezruchu**  
**still** /stɪl/ (adj) = not moving **nieruchomy**  
**stroke** /straʊk/ (v) = to touch lightly and repeatedly, as with brushing motions **głaskać**  
**surprisingly** /səˈpraɪzɪŋli/ (adv) = unexpectedly **zaskakująco, zdumiewająco**  
**thumb** /θʌm/ (n) = the shortest finger of the hand **kciuk**  
**transfer** /trænsˈfɜː/ (v) = to move sth from one place to another **przenieść**  
**true-to-life** /truː tə ˈlaɪf/ (adj) = representing things as they actually are **wierny, realistyczny**  
**worldwide** /ˈwɜːldˈwaɪd/ (adv) = all over the world **na całym świecie**

## 4b

**act** /ækt/ (n) = each of the parts that a play, opera or ballet is divided into **akt (sztuki, opery, baletu)**  
**audience** /ˈɔːdiəns/ (n) = a group of people who sit and watch a performance at a theatre, cinema, etc. **publiczność**  
**award** /əˈwɔːd/ (n) = a prize showing approval or distinction **nagroda**

**be based on** /bi ˈbeɪst ɒn/ (phr v) = to use sth as the thing from which sth else will be developed **powstać na podstawie**  
**be fond of** (phr) = to like sth very much **bardzo lubić, przepadać za**  
**be set in** (phr) = (of a play, film, story) to take place in a specific area **rozgrywać się w**  
**bestseller** /ˈbestˌselə/ (n) = a book that has had a large and rapid sale **bestseller**  
**book tickets** (phr) = to reserve tickets for a concert, cinema, journey, etc **rezerwować bilety**  
**box office** /ˈbɒks ˌɒfɪs/ (n) = the place where you buy tickets for a film, play, etc **kasa kinowa**  
**cast** /kɑːst/ (n) = all the actors in a film, play or show **obsada**  
**character** /ˈkærəktə/ (n) = personality **charakter**  
**clap** /klæp/ (v) = to hit your hands after performances to show approval **klaskać**  
**costume** /ˈkɒstjəm/ (n) = the set of special clothes worn in a play or at a fancy dress party **strój, kostium**  
**critic** /ˈkrɪtɪk/ (n) = a person whose job is to analyse and interpret works of art **krytyk sztuki**  
**deserve** /dɪˈzɜːv/ (v) = to be worthy of sth **zasłużyć**  
**digital photography** (phr) = a photographic method that stores images electronically for later reproduction **fotografia cyfrowa**  
**drawing** /ˈdrɔːɪŋ/ (n) = a picture drawn with a pencil **rysunek**  
**dress up** /ˈdres ˈʌp/ (phr v) = to wear special clothes or costumes **przebrać się w**  
**episode** /ˈepɪsəʊd/ (n) = each programme as a part of a series **odcinek**  
**facial expression** (phr) = the look on sb's face showing what they think and feel **wyraz twarzy**  
**fan** /fæn/ (n) = sb who supports or admires a particular team, athlete or artist **fan**  
**get away** /get əˈweɪ/ (phr v) = to escape **uciec**  
**get back** /get ˈbæk/ (phr v) = to return **wrócić**  
**get by** /get ˈbaɪ/ (phr v) = to manage to deal with things well despite difficulties **radzić sobie**  
**get down** /get ˈdaʊn/ (phr v) = to write sth that sb says **zapisać**  
**get in** /get ˈɪn/ (phr v) = to enter a place **wejść**

**get into** /get ɪntə/ (phr v) = to get involved in or with sth **tu: wpakować się w kłopoty**  
**get off** /get ɔːf/ (phr v) = to walk off a bus, train, plane, etc **wysiąść z (autobusu, pociągu, samolotu)**  
**get on** /get ɒn/ (phr v) = to board a bus, train, etc. **wsiąść do (autobusu, pociągu, samolotu)**  
**get out** /get ˈaʊt/ (phr v) = to leave a room, house, etc. **wyjść z pokoju, domu itd.**  
**get over** /get əʊvə/ (phr v) = to recover from sth **dojść do siebie (po przebytej chorobie)**  
**get up** /get ˈʌp/ (phr v) = to stand up; to get out of bed **wstać**  
**headphones** /ˈhedfəʊnz/ (pl n) = a piece of equipment worn over the ears to listen to the radio, TV, etc. without others hearing it **słuchawki**  
**hit** /hɪt/ (n) = a success **przebój, hit**  
**ice sculpting** (phr) = a shape created in ice **rzeźba lodowa**  
**interval** /ɪntəvəl/ (n) = a short period of time between the parts of a play, film, etc. **przerwa**  
**jewellery making** (phr) = making bracelets, rings or necklaces of precious metals **jubilerstwo**  
**juggler** /ˈdʒʌɡlə/ (n) = a performer who throws many objects in the air and catches them quickly **zongler, kuglarz**  
**knitting** /ˈnɪtɪŋ/ (n) = needlework **robienie na drutach**  
**lead role** (phr) = the main character in a film or a play **postać pierwszoplanowa**  
**living statue** (phr) = a person pretending to be a sculpture **żywy pomnik (osoba udająca rzeźbę)**  
**magic trick** (phr) = a set of actions that deceive and entertain people **sztuczka magiczna**  
**make-up** /ˈmeɪk ʌp/ (n) = cosmetics applied to the face to improve your appearance **makijaż**  
**mime artist** (phr) = an actor who only uses gestures and facial expressions **mim**  
**movement** /ˈmuːvmənt/ (n) = the action of moving sth **ruch**  
**must-see** /ˈmʌst siː/ (n) = a play or film considered to be so good that everyone should see **coś, co koniecznie trzeba zobaczyć**  
**nominate** /ˈnɒmɪneɪt/ (v) = to propose as a candidate for an award **nominować**

**on the edge of your seat** (phr) = very excited *być podekscytowanym, nie móc usiedzieć*

**on TV** (phr) = appearing on the TV screen *w telewizji*

**online** /ˈɒnlaɪn/ (adv) = through the Internet *w sieci, za pomocą internetu*

**opera singer** (phr) = an artist who performs in a play, singing all the words *śpiewak operowy*

**painting watercolours** (phr) = a painting produced with water-based paint *malowanie akwareli*

**performance** /ˈpɜːfməns/ (n) = a show *przedstawienie*

**plotline** /ˈplɒtlaɪn/ (n) = the main story of a book, play or film *fabuła*

**pottery** /ˈpɒtəri/ (n) = ceramic objects *ceramika*

**present** /ˈreprɪzənt/ (v) = to show *prezentować, pokazywać*

**real** /rɪəl/ (adj) = being or occurring in fact *rzeczywisty*

**regret** /rɪˈɡret/ (v) = to feel sorry about sth you've done *żałować*

**rehearsal** /rɪˈhɜːsəl/ (n) = a practice of a play or dance before the performance *próba*

**review** /rɪˈvjuː/ (n) = a written opinion on any piece of art *recenzja*

**season** /ˈsiːzən/ (n) = each of the four periods of the year *pora roku*

**series** /ˈsɪəriːz/ (n) = a set of radio/TV programmes with the same characters *serial, słuchowisko radiowe*

**set a drama to music** (phr) = to write music so that the words of a play can be sung *napisać muzykę do sztuki*

**soap opera** /ˈsəʊp ˌɒpərə/ (n) = a serial on daytime television or radio *opera mydlana*

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

**spectacular** /ˈspektækjələ/ (adj) = very impressive *spektakularny*

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

**stand-up comedian** (phr) = a performer who tells jokes standing in front of an audience *komik występujący na scenie*

**sth is worth doing** (phr) = you should do sth because you will gain from it *coś warto robić*

**street magician** (phr) = sb who performs magic tricks to amuse an audience outside and in public *uliczny magik*

**stunt** /staʊnt/ (n) = a difficult or dangerous action *akrobacja, wyczyn kaskaderski*

**swing** /swɪŋ/ (n) = a seat hung on ropes or chains *huśtawka*

**talented** /ˈtæləntɪd/ (adj) = having a special natural ability *utalentowany*

**tell jokes** (phr) = to express in words a humorous anecdote in order to provoke laughter *opowiadać żarty*

**trapeze artist** (phr) = an acrobat who performs on a free-swinging bar attached to two ropes *akrobata wykonujący ewolucje na trapezie*

**true** /truː/ (adj) = not false *prawdziwy*

**update** /ˈʌpdeɪt/ (v) = to modernise sth *aktualizować*

**wood carving** (phr) = a shape created by carving wood *rzeźba w drewnie*

## 4d

**adventure** /ədˈventʃə/ (n) = an exciting experience *przygoda*

**adventurous** /ədˈventʃərəs/ (adj) = enjoying exciting or dangerous activities *śmiały, ryzykowny, awanturniczny*

**battle scene** (phr) = an act of a play in which there is a fight between opposing armies *scena bitewna*

**be adapted from** (phr) = (of a film script) sth that has been based on a book or play *być zaadaptowanym z*

**be based on** /biˈbeɪst ɒn/ (phr v) = to use sth as the thing from which sth else will be developed *powstać na podstawie*

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

**can't stand** (phr) = to not like sb/sth at all *nie znosić*

**coin** /kɔɪn/ (n) = a piece of metal used as money *moneta*

**dragon** /ˈdræɡən/ (n) = a mythical monster *smok*

**dwarf** /dwɔːf/ (n) = a very small imaginary creature *karzeł*

**educational** /ˌedʒuˈkeɪʃənəl/ (adj) = providing knowledge *edukacyjny*

**get into** /ˈget ɪntə/ (v) = to get involved in or with sth *wpakować się (np. w kłopoty)*

**get lost in** (phr) = to get very excited by a story, play, film, etc. *stracić głowę z emocji*

**get on with** /ˌget ˈɒn wɪð/ (phr v) = to have smooth relations with sb *mieć dobre relacje z*

**gripping** /ˈɡrɪpɪŋ/ (adj) = really interesting *porywający*

**imaginary** /ɪˈmædʒɪnəri/ (adj) = unreal *wymyślony, wyimaginowany*

**impressed** /ɪmˈprest/ (adj) = feeling admiration *pod wrażeniem*

**length** /leŋθ/ (n) = the amount of time that sth continues *czas trwania, długość*

**make up your mind** (phr) = to decide to do sth *zdecydować się*

**moving** /ˈmuːvɪŋ/ (adj) = causing the viewer/reader to feel strong emotions *wzruszający*

**on the edge of your seat** (phr) = very excited *podekscytowany*

**outline** /aʊtlaɪn/ (n) = the main facts about sth *zarys*

**pass the time** (phr) = to spend your time doing sth *spędzać czas*

**pick out** /ˈpɪk ˈaʊt/ (phr v) = to choose *wybrać*

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

**relaxing** /rɪˈlæksɪŋ/ (adj) = calming *relaksujący*

**scary** /skeəri/ (adj) = causing fear *przerażający*

**set out on a journey** (phr) = to begin travelling from one place to another over a long distance *wyruszyć w podróż*

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

**stressed out** /ˈstrest ˈaʊt/ (adj) = feeling tension and distress *zestresowany*

**take your mind off** (phr) = to stop thinking about sth *przestać o czymś myśleć*

## 4e

**acrobatic show** (phr) = a performance given by acrobats *pokaz akrobacji*

**act** /ækt/ (n) = a part of a performance *akt (sztuki teatralnej)*

**average** /ˈævərɪdʒ/ (adj) = neither very good nor very bad *przeciętny*

**brehtaking** /ˈbreθˌteɪkɪŋ/ (adj) = outstanding *wspaniały, zapierający dech w piersiach*

**gasp in amazement** (phr) = to be extremely surprised *zaniemówić z zachwytu*

**incredible** /ɪnˈkredɪbəl/ (adj) = unbelievable; amazing *niesamowity, niewiarygodny*

**instrument** /ɪnstrəmənt/ (n) = an object used to produce music *instrument muzyczny*

**lighting** /ˈlaɪtɪŋ/ (n) = all the light effects for the stage or a film *oświetlenie*

# Word List

**paint can** (phr) = a metal container of colouring material *puszka farby*  
**percussion** /pə'kʌʃən/ (n) = musical instruments which are struck to make noise, e.g. drums, cymbals, etc. *perkusja*  
**recycled packaging** (phr) = wrapping made from materials made from other materials *opakowanie z recyklingu*  
**rubber tyre** (phr) = a ring around a wheel, made of the juice of a tropical tree *gumowa opona*

## 4f

**adventure novel** (phr) = a long, written story about exciting and dangerous events *powieść przygodowa*  
**ally** /ə'laɪ/ (n) = a country that helps another country in a war *sojusznik*  
**be on sb's side** (phr) = to support sb *być po czyjejs stronie, wspierać kogoś*  
**biography** /baɪ'ɒgrəfi/ (n) = an account of events making up a person's life *biografia*  
**brave** /breɪv/ (adj) = courageous *odważny, dzielny*  
**civil war** /sɪvəl 'wɔː/ (n) = a war between opposing groups of people from the same country *wojna domowa*  
**come face to face with** (phr) = to meet sb in person *spotkać kogoś twarzą w twarz*  
**crime novel** (phr) = a long written story about illegal acts that are punishable by law *powieść kryminalna*  
**direct** /dɪ'rekt/ (v) = to give the actors of a play/film instructions *tu: reżyserować*  
**disappoint** /dɪ'səpəɪnt/ (v) = to not satisfy sb *rozczarować*  
**dull** /dʌl/ (adj) = boring *nudny*  
**evil** /i:vəl/ (adj) = very bad *zły*  
**fantasy novel** (phr) = a long written story based on imagination *powieść fantasy*  
**fast-paced** /fɑːst 'peɪst/ (adj) = (of a plot) developing quickly *(o fabule) wartka*  
**flaw** /flɔː/ (n) = a fault in sb's character *wada, skaza*  
**great read** (phr) = a book worth reading *znakomita lektura*  
**gripping** /grɪpɪŋ/ (adj) = really interesting *wciągający, porywający*  
**hero** /hɪərəʊ/ (n) = a brave man, character in a story *bohater*

**historical drama** (phr) = a theatrical play based on historical events *dramat historyczny*  
**horror novel** (phr) = a long story, written about frightening events *powieść grozy*  
**inspiring** /ɪn'spaɪərɪŋ/ (adj) = exciting *inspirujący, porywający*  
**intriguing** /ɪn'trɪ:gɪŋ/ (adj) = very interesting *intrygujący*  
**latest** /leɪtəst/ (adj) = the most recent *najnowszy*  
**main** /meɪn/ (adj) = leading *główny*  
**mission** /mɪʃən/ (n) = a special assignment given to a person or group *misja*  
**mystery novel** (phr) = a long story, written about a crime which a detective tries to solve *powieść detektywistyczna*  
**nation** /neɪʃən/ (n) = a group of people under a single government *narod*  
**non-fiction novel** (phr) = a long story, written about real facts *powieść faktu*  
**predictable** /prɪ'dɪktəbəl/ (adj) = expected *przewidywalny*  
**recommend** /ˌrekə'mend/ (v) = to say that sth is good *rekomendować, polecać*  
**revenge** /rɪ'vendʒ/ (n) = sth you do to punish sb who harmed you *zemsta*  
**romance** /rəʊ'mæns/ (n) = a love story *romans*  
**secret service agent** (phr) = sb who works for a government organisation that protects the country's secrets *agent służb specjalnych*  
**sensitive** /sensətɪv/ (adj) = easily worried or offended *wrażliwy*  
**soldier** /səʊldɪə/ (n) = sb serving in the army *żołnierz*  
**spy novel** (phr) = a long story, written about secret agents trying to find hidden information *powieść szpiegowska*  
**thriller** /θrɪlə/ (n) = an exciting story about a murder *dreszczowiec*  
**twist** /twɪst/ (n) = an unexpected change *nagły zwrot akcji*  
**villain** /vɪlən/ (n) = the bad character in a story *czarny charakter*  
**vow** /vaʊ/ (v) = to make a serious promise *ślubować*  
**weakness** /wi:kniəs/ (n) = an imperfection in sb's character *słabość*  
**well-developed** /wel dɪ'veləpt/ (adj) = (of a plot) carefully planned *(o fabule) rozbudowana*

**you can't put a book down** (phr) = a book is so exciting that you can't stop reading it *nie da się odłożyć książki (jest tak ciekawa)*

## Language Focus 4

**brush** /brʌʃ/ (n) = an object used for painting *pędzel*  
**dedicate (to)** /dedɪkeɪt/ (v) = to devote sth to sb *dedykować coś komuś*  
**detailed** /di'teɪld/ (adj) = having lots of small features *szczegółowy*  
**draw** /drɔː/ (v) = to make a picture with a pencil *rysować*  
**get by** /,get 'baɪ/ (phr v) = to deal with things well despite difficulties *radzić sobie*  
**Impressionist painting** (phr) = a picture painted in the style of Impressionism (a French school of art) *obraz impresjonistyczny*  
**paint** /peɪnt/ (v) = to put coloured liquids on a surface *malować*  
**pleased (with)** /pli:zd/ (adj) = very satisfied with sth *zadowolony (z)*  
**sharpen a pencil** (phr) = to make the point of a pencil very thin *ostrzyźć ołówek*  
**sketch** /sketʃ/ (v) = to make a quick simple drawing *szkicować*  
**struggle** /strʌgl/ (v) = to experience difficulty with sth *walczyć, zmagać się*

## Module 5 Can you help?

**accommodation** /əˌkɒmə'deɪʃən/ (n) = a place to stay *zakwaterowanie*  
**announce** /ə'naʊns/ (v) = to officially inform people about sth *ogłosić*  
**charity ball** (phr) = a large meal or dance organised to raise money for a good cause *bal charytatywny*  
**council** /kaʊnsəl/ (n) = a group of people elected to govern a town or city *rada (miasta)*  
**delighted** /dɪ'laɪtɪd/ (adj) = extremely happy and pleased about sth *zachwycony*  
**environmental problem** (phr) = an issue that affects nature or the world around us in a negative way *zjawisko zagrażające środowisku naturalnemu*  
**government** /gʌvənmənt/ (n) = a political group in charge of a country *rząd*  
**help out** /help 'aʊt/ (phr v) = to help by doing work *wspomóc*  
**homelessness** /həʊmləsni:s/ (n) = the condition of not having a home *bezdomność*

**household waste** (phr) = rubbish produced in the home *śmieci pochodzące z gospodarstwa domowego*

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

**Mayor** /meə/ (n) = a person elected to govern a town or city *burmistrz*

**packaging** /'pækɪdʒɪŋ/ (n) = the container or wrapping that sth is sold in *opakowanie*

**pollution** /pə'lu:ʃən/ (n) = contamination of the environment with harmful substances *zanieczyszczenie środowiska*

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

**Prime Minister** /praɪm 'mɪnɪstə/ (n) = the person in charge of the government of a country *premier*

**recent** /ri:ʃənt/ (adj) = having happened a short time ago *niedawny*

**recycle** /ri:'saɪkəl/ (v) = to process sth already used so that it can be used again *przetwarzać*

**rise** /raɪz/ (n) = an increase *wzrost*

**rubbish** /'rʌbɪʃ/ (n) = garbage *śmieci*

**series** /'siəri:z/ (n) = a set of things happening one after the other *seria*

**shelter** /'ʃeltə/ (n) = a place for the homeless *schronisko*

**sheltered** /'ʃeltəd/ (adj) = (of buildings) designed to provide a safe environment for people (elderly, homeless, etc) *zaczyszny*

**social problem** (phr) = an issue in society that is difficult to deal with *problem społeczny*

**unemployment** /ˌʌnɪm'plɔɪmənt/ (n) = the condition of not having a job *bezrobocie*

**volunteer** /ˌvɒləntɪə/ (n) = sb who offers to do sth without payment *ochotnik*

## 5a

**affect** /ə'fekt/ (v) = to have an impact on sb/sth *wpływać na*

**affect wildlife** (phr) = to have an impact on the animals and plants in nature *wpływać na środowisko naturalne / faunę i florę*

**authorities** /ə:'θɒrətɪz/ (pl n) = a group of people in power who make decisions which affect a place or area *władze*

**baby turtle** (phr) = a very young reptile with a hard shell on its back *młody żółw*

**bright** /braɪt/ (adj) = giving out strong light *jasny, jaskrawy*

**cancer** /'kænsə/ (n) = a very serious illness *rak (choroba)*

**car park** (phr) = the place where people leave their cars *parking*

**chance** /tʃɑ:ns/ (n) = an opportunity *szansa, okazja*

**complete** /kəm'pli:t/ (adj) = total; absolute *całkowity*

**complete darkness** (phr) = a total lack of light *całkowita ciemność*

**creep in** /kri:p 'ɪn/ (phr v) = to go into a place unnoticed *wślizgnąć się*

**darkness** /'dɑ:knəs/ (n) = a lack of light *ciemność*

**decline** /dɪ'klaɪn/ (v) = to grow smaller *zmniejszać się*

**depression** /dɪ'preʃən/ (n) = a mental state in which you are very sad *depresja*

**dim** /dɪm/ (v) = to reduce light *przyćmić, przygasić*

**dim streetlights** (phr) = to reduce the brightness of street lighting *przygasić światła uliczne*

**disrupt** /dɪs'rʌpt/ (v) = to interrupt *przeszkodzić*

**earthquake** /'ɜ:θkweɪk/ (n) = a sudden forceful movement of the Earth's surface *trzęsienie ziemi*

**ecosystem** /i:'kɔʊsɪstəm/ (n) = all the plants and animals living in a particular area and the relationship between them *ekosystem*

**emergency services** (phr) = the fire brigade, the police and the ambulance services *służby ratownicze*

**energy** /'enədʒi/ (n) = electric power *energia*

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

**feed** /fi:d/ (v) = to eat *karmić*

**flash on and off** (phr) = (of a light) to come on and go off suddenly (o świetle) *błyskać, zapalać się i gasnąć*

**get confused** (phr) = to become puzzled *wpaść w zakłopotanie*

**get disrupted** (phr) = to be interrupted *zostać zaburzonym/zakłóconym*

**giant** /dʒaɪənt/ (adj) = very huge *olbrzymi*

**go down** /gəʊ 'daʊn/ (phr v) = (of the Sun) to set below the horizon (o słońcu) *zachodzić*

**hatch** /hætʃ/ (v) = (of an animal) to be born from an egg (o zwierzęciu) *wylęgać się*

**heart disease** (phr) = an illness related to the heart *chroba serca*

**horizon** /'hɔ:raɪzən/ (n) = the place where the land or sea seems to meet the sky *horyzont*

**illness** /'ɪlnəs/ (n) = the fact of being ill *choroba*

**in a panic** (phr) = in sudden and uncontrollable fear *w panice*

**insect** /'ɪnsɛkt/ (n) = a small flying animal with six legs *owad*

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

**lead (to)** /li:d/ (v) = to cause sth to happen *prowadzić (do)*

**light pollution** (phr) = the intense glow from electric lights that stops people from being able to see the stars in the night sky *sztuczne światło nocne na nieboskłonie (głównie w miastach), zakłócające obserwacje astronomiczne*

**light up** /laɪt 'ʌp/ (phr v) = to make sth bright with lights *rozświetlić, rozjaśnić*

**lighting** /'laɪtɪŋ/ (n) = the lights in a place *oświetlenie*

**low energy bulbs** (phr) = special bulbs that use lower amounts of electricity than usual *żarówki energooszczędne*

**marvel (at)** /'mɑ:vəl/ (v) = to be amazed by sth *zachwycać się czymś*

**migrate** /ma'grɛɪt/ (v) = to go from one place to another *migrować*

**Milky Way** /'mɪlki 'weɪ/ (n) = a galaxy *Droga Mleczna*

**office block** (phr) = a large tall building with offices *biurowiec*

**power cut** (phr) = the situation in which the electricity supply to a building or area is stopped *przerwa w dostawie prądu*

**reduce** /rɪ'dju:s/ (v) = to make sth smaller or less *redukować, zmniejszać*

**reproduce** /ri:'prɒdju:s/ (v) = to produce babies *rozmnażać się*

**resident** /'rezɪdənt/ (n) = a person who lives in a house, area or country *mieszkaniec*

**seafront** /si:'frʌnt/ (n) = the part of a town on the coast next to the beach *bulwar nadmorski*

**security light** (phr) = a bright light that turns itself on when sb walks past *światło bezpieczeństwa*

**seriously** /'siəriəsli/ (adv) = to a great degree *poważnie, w dużym stopniu*

**shine** /ʃaɪn/ (v) = to give out bright light *świecić*

# Word List

**shop front** (phr) = the outside of a shop facing the road *sklepu*  
**silvery** /sɪlvəri/ (adj) = having the colour of silver *srebrny*  
**sleep patterns** (phr) = the routine of sleeping *porę, kiedy chodzimy spać i kiedy budzimy się*  
**space** /speɪs/ (n) = the universe above the Earth's atmosphere *przestrzeń kosmiczna*  
**spot** /spɒt/ (v) = to notice *zauważyć, spostrzec*  
**starry** /stɑːri/ (adj) = full of stars *wygwieżdżony*  
**stray** /streɪ/ (adj) = an animal without a home *bezpański, zabłąkany*  
**streetlight** /stri:tlaɪt/ (n) = each of the lamp-posts along the streets *lampa uliczna*  
**streetlights shine** (phr) = the lamp-posts along the streets give out bright light *lampy uliczne świecą*  
**swarm** /swɔːm/ (v) = (of insects) to move in a large group *roić/mrowić się*  
**switch off** /swɪtʃ 'ɒf/ (phr v) = to turn off *wyłączyć*  
**unnecessary lighting** (phr) = more light than is required *zbędne oświetlenie*  
**wander** /wɒndə/ (v) = to walk aimlessly *włóczyć się*  
**waste** /weɪst/ (v) = to use more of sth than necessary *marnować*  
**waste energy** (phr) = to use more electricity than is needed for sth *marnować energię*  
**wildlife** /waɪldlaɪf/ (n) = the animals and plants in nature *fauna i flora*

## 5b

**aerosol spray** (phr) = a small container in which a liquid is kept under pressure, and is forced out as a fine spray when pressed *aerazol*  
**affordable** /ə'fɔːdəbəl/ (adj) = reasonably priced *w przystępnej cenie*  
**amphitheatre** /æmfɪθiətrə/ (n) = an outdoor theatre *amfiteatr*  
**appliance** /ə'plaiəns/ (n) = a device or machine for home use *urządzenie*  
**at risk** (phr) = in danger *w niebezpieczeństwie*  
**ban** /bæn/ (v) = to prohibit sth officially *zakazać, zabronić*  
**breathing problems** (phr) = difficulties breathing because of an illness or pollution *problemy z oddychaniem*

**campaign** /kæm'peɪn/ (n) = organised activities or demonstrations to achieve a result *kampania*  
**capsize** /kæp'saɪz/ (v) = (of a boat, etc) to overturn in the water *(o łodzi) przewrócić się do góry dnem*  
**CFC** /siː ef 'siː/ (n) = a chemical used in aerosol sprays *freon*  
**charity** /tʃærəti/ (n) = an organisation that gives money, food or help to good causes *organizacja charytatywna*  
**climate change** (phr) = the condition in which the weather and temperatures change around the world *zmiana klimatu*  
**collect** /kə'lekt/ (v) = to make sth increase in amount *zbierać*  
**community** /kə'mjuːnɪti/ (n) = all the people who live in a specific area *społeczność*  
**conservation** /kɒnsə'veɪʃən/ (n) = protection *ochrona*  
**conservation project** (phr) = a series of efforts made by an organisation to protect the environment *przedsięwzięcie mające na celu ochronę środowiska*  
**cover** /kʌvə/ (n) = sth that is on top of sth else *przykrycie, pokrywa*  
**decline** /dɪ'klaɪn/ (n) = a decrease in sth *zmniejszenie, spadek*  
**decrease** /dɪ'kriːs/ (v) = to make sth less *zmniejszać się, opadać*  
**destruction** /dɪ'strʌkʃən/ (n) = the act of destroying sth *zniszczenie*  
**device** /dɪ'vaɪs/ (n) = a piece of equipment made for a specific purpose *urządzenie*  
**disagree (with)** /dɪ'sə'ɡriː/ (v) = to not accept an opinion or practice *nie zgadzać się (z)*  
**drip** /drɪp/ (v) = (of a liquid) to fall in small drops *(o płynie) kapać*  
**drop** /drɒp/ (v) = to let go of sth by mistake, so that it falls *upuścić*  
**equipment** /ɪ'kwɪpmənt/ (n) = the things used for a particular activity or purpose *sprzęt, ekwipunek*  
**expand** /ɪk'spænd/ (v) = to increase in size, number, amount or importance *rozszerzać, powiększać*  
**experiment (on)** /ɪk'spɛrɪmənt/ (v) = to carry out tests to discover if sth works or is true *przeprowadzać doświadczenia (na)*  
**extinct** /ɪk'stɪŋkt/ (adj) = not existing any more *(o gatunku) wymarły*  
**fight** /faɪt/ (v) = to stop sth happening *walczyć*

**fine** /faɪn/ (v) = to make sb pay an amount of money as punishment *ukarać grzywną*  
**fossil fuel** (phr) = a substance, such as coal or oil, made from naturally destroyed parts of dead animals or plants, and burnt to provide energy *paliwo kopalne*  
**gather** /gæðə/ (v) = to get things together in one place *zebrać, zgromadzić*  
**global warming** (phr) = a rise in the Earth's temperature caused by polluted gases *globalne ocieplenie*  
**globe** /gləʊb/ (n) = the planet Earth *Ziemia, glob ziemski*  
**greenhouse gases** (phr) = gases created from burning fossil fuels and causing our atmosphere to heat up *gazy cieplarniane*  
**hang** /hæŋ/ (v) = (of smoke, fog, etc) to stay in the air for a long time *wisieć, utrzymywać się w powietrzu*  
**healthcare** /helθkeə/ (n) = the improvement and maintenance of health *opieka zdrowotna*  
**hold** /həʊld/ (v) = to organise an event *tu: organizować jakieś wydarzenie*  
**household** /'haʊshəʊld/ (adj) = used in the running of a home *domowy*  
**in the wild** (phr) = in nature *w naturalnym środowisku, na wolności*  
**increase** /ɪn'kriːs/ (v) = to make bigger in amount, number or degree *zwiększać, podnosić*  
**injustice** /ɪn'dʒʌstɪs/ (n) = a situation in which people are treated unfairly *niesprawiedliwość*  
**invest** /ɪn'vest/ (v) = to put money into sth hoping that you can make profit *inwestować*  
**jug** /dʒʌg/ (n) = a large container with a narrow mouth for pouring water, wine, etc *dzbanek*  
**melting** /'meltɪŋ/ (n) = the process of heat changing sth from a solid to a liquid *roztapianie, wytapianie*  
**mend** /mend/ (v) = to fix or repair sth *naprawić*  
**natural resources** (phr) = sth, such as oil, minerals, etc, provided by nature *zasoby naturalne*  
**natural world** (phr) = wildlife and its environment *natura*  
**nightmare** /naɪtmɛə/ (n) = a bad dream *koszmar senny*  
**oil spill** (phr) = an accident in which an oil tanker releases petroleum into the sea *wyciek ropy*  
**ozone layer** (phr) = the part of the Earth's atmosphere which protects us from the Sun *warstwa ozonowa*

**packaging** /pækɪdʒɪŋ/ (n) = the container or wrapping that sth is sold in **opakowanie**

**packet** /pækɪt/ (n) = a small paper, card or plastic container and its contents **paczka**

**peace** /pi:s/ (n) = freedom from war or fighting **pokój (okres kiedy nie ma wojny)**

**pick** /pɪk/ (v) = to take fruit, vegetables, etc from the place where they grow **zbierać**

**picturesque** /pɪktʃə'resk/ (adj) = (of a place) attractive and natural in appearance **(o miejscu) malowniczy**

**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 **bieda, ubóstwo**

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

**project** /prɒdʒekt/ (n) = a plan or programme **projekt, plan, przedsięwzięcie**

**promote** /prə'məʊt/ (v) = to encourage **promować, zachęcać**

**public transport** (phr) = buses, trains, trams and other vehicles shared by the people in a city **transport publiczny**

**put off** /pʊt 'ɒf/ (phr v) = to delay doing sth until a later time **odłożyć na później**

**raise** /reɪz/ (v) = to collect (money) **zbierać (pieniądze)**

**recycle** /ri:'saɪkəl/ (v) = to process used materials so as to be used again **przetwarzać**

**reduce** /rɪ'dju:s/ (v) = to make smaller or less **zmniejszać, redukować**

**renew** /rɪ'nju:/ (v) = to replace sth that is old or broken **odnawiać**

**reuse** /ri:'ju:z/ (v) = to use sth again (or) more than once **użyć ponownie**

**revise** /rɪ'vaɪz/ (v) = to review and change sth **tu: poprawiać, korygować**

**rock spire** (phr) = a tall pointed shape made from rock **iglica skalna**

**run** /rʌn/ (v) = to organise or control sth **prowadzić (np. firmę)**

**run out** /rʌn 'aʊt/ (phr v) = to have no more of sth left **skończyć/wyczerpać się**

**run the tap** (phr) = to make water come out of a tap **odkręcić kran**

**save** /seɪv/ (v) = to not waste **oszczędzać**

**security** /sɪ'kjʊərəti/ (n) = protection from danger **bezpieczeństwo**

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

**smog** /smɒg/ (n) = a mixture of fog and smoke in some busy industrial cities **smog**

**solar energy** (phr) = energy from the Sun **energia słoneczna**

**solar panel** (phr) = equipment that generates electricity using the power of the Sun **bateria ogniw słonecznych**

**species** /spi:'si:z/ (n) = a type of animal or plant **gatunek**

**speed** /spi:d/ (n) = the pace at which sth happens **prędkość**

**swap** /swɒp/ (v) = to exchange sth for sth else **zamienić, wymienić**

**take advantage of** (phr) = to make the most of an opportunity, etc. **wykorzystać**

**tanker** /tæŋkə/ (n) = a large ship that transports large quantities of gas or oil **tankowiec**

**the poor** /ðə 'pɔ:/ (pl n) = the people who don't have any money **(ludzie) biedni**

**turn down** /tɜ:n 'daʊn/ (phr v) = 1. to lower the level of sound of a TV or radio; 2. to refuse a request, an offer, etc. **1. ściszyć radio, telewizor; 2. odrzucić prośbę, ofertę itd.**

**turn into** /tɜ:n 'ɪntə/ (phr v) = to become **zamienić w**

**turn off** /tɜ:n 'ɒf/ (phr v) = to switch off **wyłączyć**

**turn on** /tɜ:n 'ɒn/ (phr v) = to switch on **włączyć**

**turn out** /tɜ:n 'aʊt/ (phr v) = to prove to be **okazać się**

**turn over** /tɜ:n 'əʊvə/ (phr v) = to consider carefully **rozważyć**

**turn up** /tɜ:n 'ʌp/ (phr v) = to increase the level of sound of a TV or radio **pogłośnić**

**volume** /vɒljəm/ (n) = the amount of sound that sth makes **głośność**

**volunteer** /vɒlɒn'tiə/ (v) = to offer to do sth without being paid **ochotnik**

**water** /'wɔ:tə/ (v) = to pour water on (flowers, trees, etc.) **podlewać**

**wildlife** /'waɪldlaɪf/ (n) = animals and plants in nature **fauna i flora**

**wind power** (phr) = energy from the wind **energia wiatrowa**

## 5d

**bargain** /bɑ:ɡɪn/ (n) = sth bought at a cheaper price **okazja**

**charity shop** (phr) = a shop that sells products to raise money for people in need **sklep z rzeczami używanymi, którego dochód przeznaczony jest na cele charytatywne**

**coffee shop** (phr) = a business where sb can buy hot drinks like tea and coffee **bar kawowy**

**compost** /kɒmpɒst/ (n) = a mixture of organic materials naturally destroyed and used as a fertilizer **kompost**

**cycle lane** (phr) = a special part of the road only used by cyclists **ścieżka rowerowa**

**dangerous driver** (phr) = sb who is unsafe and not careful when they drive their car **niebezpieczny kierowca**

**disposable** /drɪ'spəʊzəbəl/ (adj) = that can be thrown away after it's been used **jednorazowy**

**enforce the law** (phr) = to make sure that the law is being followed **egzekwować przestrzeganie prawa**

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

**fine** /faɪn/ (n) = an amount of money paid as punishment **grzywna**

**heavy traffic** (phr) = a lot more cars on the road than usual **duże natężenie ruchu ulicznego**

**illegal parking** (phr) = the act of parking your car in a place where it isn't allowed by the law **parkowanie w miejscu niedozwolonym**

**narrow street** (phr) = a thin road or path that doesn't have much room for people or vehicles **wąska ulica**

**packaging** /pækɪdʒɪŋ/ (n) = the container or wrapping that sth is sold in **opakowanie**

**patrol** /pə'trəʊl/ (v) = to observe an area and check that there is no trouble or danger **patrować**

**pedestrian** /pə'destriən/ (n) = a person who walks next to a street where vehicles go **pieszy**

**public transport** (phr) = buses, trains, trams and other vehicles used by the people in a city **transport publiczny**

**reusable mug** (phr) = a cup for hot drinks that can be used more than once **kubek wielokrotnego użytku**

**swerve** /swɜ:v/ (v) = to change direction suddenly **skręcić gwałtownie**

**tale** /teɪl/ (n) = a story or account of sth **opowiadanie**

# Word List

**traffic jam** (phr) = a large number of vehicles close together and unable to move **korek uliczny**

**traffic warden** /'træfɪk,wɔ:dn/ (n) = sb who controls the parking of cars in a town **funkcjonariusz kontrolujący prawidłowość parkowania**

**wheelie bin** (phr) = a large dustbin with wheels used to carry waste **duży, przenośny pojemnik na śmieci wyposażony w kółka**

## 5e

**breathing equipment** (phr) = devices that help you breathe underwater **sprzęt umożliwiający oddychanie pod wodą**

**colourful** /'kɒləfəl/ (adj) = having a lot of different colours **kolorowy**

**conservation organisation** (phr) = a group that works to protect the environment **organizacja zajmująca się ochroną środowiska**

**coral reef** (phr) = a hard formation made of small sea creatures on the sea floor **rafa koralowa**

**decline** /dr'klaɪn/ (v) = to decrease in amount **zmniejszać się, maleć**

**deforestation** /di:'fɒrɪ'steɪʃən/ (n) = cutting down or destroying all the trees in an area **wylesienie**

**depressing** /dɪ'presɪŋ/ (adj) = causing sadness **przygnębiający**

**endangered species** (phr) = a kind of animal/plant threatened with extinction **gatunki zagrożone**

**get sb involved** (phr) = to persuade sb to participate in sth **namówić kogoś do uczestnictwa**

**high fine** (phr) = a large amount of money paid as a punishment **wysoka grzywna**

**impose** /ɪm'pəʊz/ (v) = to force sb to accept sth **narzucić komuś coś**

**local campaign** (phr) = an organised activity or demonstration in an area to achieve a result **lokalna kampania (w jakiejś sprawie)**

**natural habitat** (phr) = the environment in which a plant or animal normally lives **naturalne siedlisko**

**nature reserve** (phr) = a protected area of land where animals live safely **rezerwat przyrody**

**poaching** /'pəʊtʃɪŋ/ (n) = the act of hunting animals illegally **klusownictwo**

**population** /'pɒpjə'leɪʃən/ (n) = all the people or animals that live in one area **populacja**

**sea turtle** /si: 'tɜ:tl/ (n) = a large reptile with a hard shell that lives in the ocean **żółw morski**

**set up** /set 'ʌp/ (phr v) = to create; to establish **założyć**

**underwater camera** (phr) = a camera that can be used in the water **aparatus fotograficzny do zdjęć podwodnych**

## 5f

**advertising campaign** (phr) = media activities to draw people's attention to sth **kampania reklamowa**

**carbon dioxide** (phr) = a gas in the air that we breathe **dwutlenek węgla**

**carpool** /kɑ:pʊl/ (v) = to share your car with other people to avoid unnecessary use of vehicles **podwozić się na wzajem**

**demand (for)** /dr'mɑ:nd/ (n) = the public's desire to have or buy sth **popyt (na)**

**employ** /ɪm'plɔɪ/ (v) = to give sb a job; to hire sb **zatrudniać**

**extinction** /ɪk'stɪŋkʃən/ (n) = the fact that a form of life stops existing **wymieranie (danego gatunku)**

**mammal** /mæməl/ (n) = the animal that gives birth to live babies and feeds its young on milk **ssak**

**museum exhibit** (phr) = sth that is displayed in a museum for people to see **okaz muzealny**

**park ranger** (phr) = sb whose job is to look after a forest **strażnik leśny**

**patrol** /pə'trəʊl/ (v) = to observe an area and check that there is no trouble or danger **patrować**

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

**under threat** (phr) = at risk of damage or harm **zagrożony**

## Language Focus 5

**a river bursts its banks** (phr) = water from the river goes on to the land **rzeka występuje z brzegów**

**affect** /ə'fekt/ (v) = to have an impact on **wpływać na**

**cause** /kɔ:z/ (v) = to make sth happen **powodować**

**die out** /,daɪ 'aʊt/ (phr v) = (of a species) to become extinct **(o gatunku) wyginąć, wymrzeć**

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

**flooding** /'flʌdɪŋ/ (n) = the act of water covering an area of land due to heavy rain **zalenie, powódź**

**lack** /læk/ (n) = an absence of sth **brak**

**lead (to)** /li:d/ (v) = to bring sth about **prowadzić (do)**

**need (for sth)** /ni:d/ (n) = a situation in which sth is necessary **potrzeba (czegoś)**

**overfishing** /'əʊvə'fɪʃɪŋ/ (n) = the act of catching too many fish **nadmierny połów**

**own** /əʊn/ (v) = to possess **posiadać**

**region** /'ri:dʒən/ (n) = a particular area of a country **region**

**result (in)** /rɪ'zʌlt/ (v) = to cause sth to happen **skutkować (czymś), skończyć się (czymś)**

**shortage** /'ʃɔ:tɪdʒ/ (n) = a situation in which there is not enough of sth needed **niedobór**

**well** /wel/ (n) = a hole in the ground from which water is drawn **studnia**

## Module 6 Don't be afraid!

**basement** /'beɪsmənt/ (n) = a room in a building under the level of the ground **suterena**

**bite** /baɪt/ (v) = to use the teeth to cut into sth **gryźć**

**bug** /bʌg/ (n) = a small insect, such as a spider, a cockroach, etc **robak, owad**

**closed space** (phr) = a limited area **zamknięta przestrzeń**

**covers** /'kʌvəz/ (pl n) = the blankets and sheets on a bed **przykrycie, nakrycie**

**crowd** /kraʊd/ (n) = a large group of people **tłum**

**dentist** /dentɪst/ (n) = a doctor who treats people's teeth **dentysta**

**disappear** /dɪsə'piə/ (v) = to stop being visible **zniknąć**

**dizzy** /dɪzi/ (adj) = having the feeling of spinning around and losing your balance **cierpiący na zawroty głowy**

**elevator** /'elɪveɪtə/ (n) = a machine for carrying people and things to different levels in a building **winda**

**flying** /flaɪɪŋ/ (n) = travelling by air **latanie samolotem**

**freeze** /fri:z/ (v) = to become suddenly motionless or paralysed with fear or shock **zamierać w bezruchu**

**height** /haɪt/ (n) = the distance above a level or surface **wysokość**

**hide** /haɪd/ (v) = to keep yourself in a place where you can't be seen  
ukryć/schować się

**move** /mu:v/ (v) = to change place or position  
ruszać się

**open water** (phr) = a large body of water, e.g. an ocean, a lake, etc  
otwarty akwen (np. ocean, jezioro itd.)

**panic attack** (phr) = a sudden attack of fear  
napad paniki

**public speaking** (phr) = the act of making a speech in front of a number of people  
przemawianie publiczne

**rarely** /reəli/ (adv) = not often  
rzadko

**shake** /ʃeɪk/ (v) = to tremble because you are frightened  
drżeć

**sick** /sɪk/ (adj) = suffering from a disease  
chory

**sting** /stɪŋ/ (v) = (of an insect) to hurt sb by piercing the skin with a sharp pointed part that contains poison  
(o owadzie) ukąsić

**storm** /stɔ:m/ (n) = bad weather with rain, wind, thunder and lightning  
burza

**sweat** /swet/ (v) = to produce salty liquid through your skin because you are hot, ill, frightened or doing exercise  
pocić się

**terrified** /terəfaɪd/ (adj) = extremely frightened  
przerażony

**unhealthy** /ʌn'heɪθi/ (adj) = not having good health  
niezdrowy

**wet** /wet/ (v) = to cover sth in water or other liquid  
zamoczyć

## 6a

**affect** /ə'fekt/ (v) = to have an influence on sb/sth  
wpływać na

**aim** /eɪm/ (n) = a purpose or intention  
cel

**appearance** /ə'piərəns/ (n) = the way that sb/sth looks  
wygląd

**arachnid** /ə'ræknaɪd/ (n) = a small creature, such as a spider, that has eight legs and a body formed of two parts  
pajęczak

**arachnophobia** /ə'ræknoʊ'fəʊbiə/ (n) = an unreasonable fear of spiders  
arachnofobia (lęk przed pająkami)

**armour** /ɑ:mə/ (n) = a strong covering for the body that soldiers used to wear  
zbroja

**at all costs** (phr) = regardless of the consequences  
za wszelką cenę

**avoid** /ə'vɔɪd/ (v) = to stay away from sb/sth  
unikać

**be alone** (phr) = to be the only person that does sth  
być samemu, być w czymś osamotnionym

**block** /blɒk/ (v) = to put an obstacle in a path or exit  
zablokować

**building material** (phr) = a substance used for constructing buildings  
materiał budowlany, budulec

**chocolate bar** (phr) = a long piece of chocolate  
tabliczka czekolady

**cockroach** /'kɒkrəʊtʃ/ (n) = a flat brown or black insect, sometimes found in the home  
karaluch

**common** /'kɒmən/ (adj) = usual  
najczęstszy, pospolity

**confident** /'kɒnfɪdənt/ (adj) = certain about your ability  
pewny siebie

**consider** /kən'sɪdə/ (v) = to think of sb/sth in a particular way  
uznawać coś za

**crawl** /krɔ:l/ (v) = to move slowly with the body close to the ground  
pełzać, człapać się

**creature** /'kri:tʃə/ (n) = a living thing  
stworzenie

**creepy** /'kri:pi/ (adj) = scary  
przerażający

**creepy-crawly** /'kri:pi 'krɔ:li/ (n) = a small creature that gives you a feeling of fear or dislike  
robal

**culture** /'kʌltʃə/ (n) = the lifestyle, beliefs and traditions of a group of people  
kultura

**deep-fried** /di:p 'fraɪd/ (adj) = (of food) cooked in hot oil or fat  
smażony na głębokim tłuszczu

**doughnut** /'dəʊnʌt/ (n) = a small ring-shaped cake fried in fat  
pączek

**eight-legged** /eɪt 'legɪd/ (adj) = (of an insect) having eight legs  
(o owadzie) z ośmioma nogami

**exposure therapy** (phr) = a treatment for phobias in which the patient is forced to be faced with their phobias  
terapia polegająca na wystawianiu pacjenta na czynniki powodujące jego fobię

**fear** /fiə/ (n) = a feeling of being afraid  
strach

**female** /fi:meɪl/ (n) = a woman or a girl  
kobieta, dziewczyna

**fly** /flaɪ/ (n) = a small flying insect with two wings  
mucha

**grilled** /grɪld/ (adj) = cooked below or above strong direct heat  
grilowany

**harm** /hɑ:m/ (v) = to cause injury or damage to sb/sth  
skrzywdzić

**hate** /heɪt/ (v) = to dislike sb/sth strongly  
nienawidzić

**human** /'hju:mən/ (n) = a person  
człowiek

**irrational** /'ɪrəʃənəl/ (adj) = not based on good judgement or clear thinking  
nieracjonalny

**male** /meɪl/ (n) = a man or a boy  
mężczyzna, chłopiec

**mosquito** /mɒ'ski:təʊ/ (n) = a small flying insect that feeds on the blood of people and animals  
komar

**moth** /mɒθ/ (n) = a small insect like a butterfly  
ćma

**nutritious** /'nju:trɪʃəs/ (adj) = (of food) that provides healthy minerals and vitamins for the body  
(o pokarmie) pożywny

**nutritious treat** (phr) = a special and tasty type of food that does good to your health  
pożywne danie

**pest controller** (phr) = sb/sth that gets rid of small insects which destroy crops or food supplies  
ktoś lub coś, co zwalcza szkodniki zagrażające uprawom

**phobia** /'fəʊbiə/ (n) = an unreasonable fear of sth  
fobia

**play a part** (phr) = to have an affect on sth  
odgrywać rolę

**plughole** /'plʌghəʊl/ (n) = a hole at the bottom of a sink or bath where water flows out  
otwór w zlewie lub w wannie

**rainforest** /reɪn'fɒrɪst/ (n) = a tropical forest that receives a lot of rain  
las tropikalny

**reduce** /rɪ'dju:s/ (v) = to make sth smaller or less in size or amount  
redukować, zmniejszać

**refuse** /rɪ'fju:z/ (v) = to show or express unwillingness to do sth  
odmówić

**run away** /rʌn ə'weɪ/ (phr v) = to leave quickly in order to avoid or escape sth  
uciec

**scream** /skri:m/ (v) = to cry out because of pain, fear, etc  
krzyczeć, wrzeszczeć (ze strachu, z bólu itd.)

**scuttle** /'skʌtl/ (v) = to run somewhere with short quick steps  
pędzić

**shake** /ʃeɪk/ (v) = to tremble because you are frightened  
drżeć

**snack** /snæk/ (n) = a small amount of food eaten between meals  
przekąska

**specific** /spə'sɪfɪk/ (adj) = exact; precise  
konkretny, sprecyzowany

**spider** /'spɪdə/ (n) = a small creature with eight thin legs which catches other insects in a web  
pająk

**startle** /'stɑ:təl/ (v) = to surprise or frighten sb  
przerazić, przestraszyć

**suffer (from)** /sʌfə/ (v) = to experience sth bad or unpleasant  
cierpieć (na/z powodu)

**sufferer** /sʌfərə/ (n) = a person who has a particular problem or disease  
cierpiący

# Word List

**sweat** /swet/ (v) = to produce salty liquid through your skin because you are hot, ill, frightened or doing exercise **pocić się**

**tarantula** /tə'rentjələ/ (n) = a large hairy spider that lives in warm regions **tarantula**

**tasty** /teisti/ (adj) = delicious **smaczny**

**trap** /træp/ (v) = to catch sb/sth by forcing them into a place from which they can't escape **schwytać w pułapkę**

**treatment** /tri:tmənt/ (n) = a particular method or type of medical care **terapia, leczenie**

**ugly** /ʌgli/ (adj) = not pretty or attractive **brzydki**

**unreasonable** /ʌn'reizənəbəl/ (adj) = not sensible **nierozsądny**

**venom** /venəm/ (n) = poison produced by animals and insects **jad**

**your hair stands on end** (phr) = to be very horrified **włosy stoją dęba**

## 6b

**afraid (of)** /ə'freɪd/ (adj) = frightened of sth **bojący się (czegoś)**

**anxious** /æŋkʃəs/ (adj) = worried about sth **zaniepokojony**

**approach** /ə'prəʊtʃ/ (v) = to move nearer to sb/sth **zbliżyć się do**

**attendance** /ə'tendəns/ (n) = being present at a place or event **obecność**

**avoid** /ə'vɔɪd/ (v) = to stay away from sb or sth **unikąć**

**be presented with** (phr) = to be faced with sth difficult **stać przed**

**beat** /bi:t/ (v) = (of the heart) to make a regular movement (o sercu) **bić**

**blood** /blʌd/ (n) = the red liquid that flows through the bodies of people and animals **krew**

**clinic** /klinik/ (n) = a place in a hospital for treatment of a specific disease **klinika**

**control your reactions** (phr) = to remain calm and not show that you are angry or upset **kontrolować swoje reakcje**

**cure** /kjʊə/ (n) = a remedy **lekarstwo**

**dizzy** /dɪzi/ (adj) = having the feeling of spinning around and losing your balance **mający zawroty głowy**

**dry** /draɪ/ (adj) = (of the mouth) without enough of the liquid that is normally in your mouth, because you are nervous (o ustach) **suche**

**effective** /ɪ'fektɪv/ (adj) = successful in producing a desired result **efektywny**

**embarrassed** /ɪm'bærəst/ (adj) = ashamed because you have made a mistake **zakłopotany**

**face** /feɪs/ (v) = to have to deal with a difficult situation that affects you **stać przed jakimś problemem/wyzwaniem**

**faint** /feɪnt/ (v) = to suddenly become unconscious **zabłąknąć**

**flash of lightning** (phr) = a powerful flash of light in the sky caused by electricity and followed by thunder **błyskawica**

**freeze** /fri:z/ (v) = to become suddenly motionless or paralysed with fear or shock **stać jak wryty**

**germ** /dʒɜ:m/ (n) = a very small organism that causes disease **drobnoustrój, zarazek**

**get butterflies in your stomach** (phr) = to feel very nervous or excited about sth important that you have to do **mieć tremę, denerwować się**

**go as white as a ghost** (phr) = to become extremely pale because you are frightened **zrobić się bladym jak ściana**

**injury** /ɪndʒəri/ (n) = physical harm to sb's body caused by an accident or an attack **uraz, rana, skaleczenie**

**jump out of your skin** (idm) = to be extremely shocked and frightened by sth **wychodzić ze skóry**

**keep away** /ki:p ə'weɪ/ (phr v) = to not go somewhere or near sth **trzymać się z daleka**

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

**keep out** /ki:p 'aʊt/ (phr v) = to stop sb/sth from going into a place **nie wpuszcząć**

**keep up with** /ki:p 'ʌp wɪð/ (phr v) = to manage to do as much/well as others do **dotrzymywać kogoś kroku, dorównać komuś**

**lead (to)** /li:d/ (v) = to cause sth to happen **prowadzić (do)**

**nervous** /nɜ:vəs/ (adj) = frightened about sth that is going to happen **zdenerwowany**

**patient** /peɪʃənt/ (n) = a person who is receiving medical care **pacjent**

**permanent** /pɜ:mənənt/ (adj) = lasting forever **stały, permanentny**

**permit** /pɜ:mɪt/ (n) = an official document which states that you may do sth **zezwolenie**

**psychologist** /saɪkɒlədʒɪst/ (n) = an expert who treats mental and behavioural problems **psycholog**

**reaction** /ri'ækʃən/ (n) = the way sb acts or feels in response to sth that happens, is said, etc **reakcja**

**realistic** /ri'ɪlɪstɪk/ (adj) = possible to exist **realistyczny, istniejący w rzeczywistości**

**relatively** /relətɪvli/ (adv) = to some extent **stosunkowo**

**sb's hair stands on end** (phr) = sb is very frightened **włosy stoją dęba**

**scared** /skeəd/ (adj) = frightened **przeżarty**

**scared stiff** (phr) = extremely frightened **sztywny z przerażenia**

**sensitive (to)** /sensətɪv/ (adj) = able to understand people's feelings, problems, etc **wrażliwy (na)**

**session** /seʃən/ (n) = a period of time used by a group of people for a particular activity **sesja**

**shake** /ʃeɪk/ (v) = to tremble because you are frightened **drżeć**

**shake like a leaf** (phr) = to tremble a lot because you are cold, nervous or afraid **drżeć jak liść na wietrze**

**take off** /teɪk 'ɒf/ (phr v) = (of an aircraft) to leave the ground and begin to fly (o samolocie) **startować**

**thunder** /θʌndə/ (n) = the loud noise that you hear after a flash of lightning **grzmot**

**tunnel** /tʌnəl/ (n) = a long passage under or through the ground **tunel**

**wasp** /wɒsp/ (n) = a thin black and yellow flying insect that can sting you **osa**

**worry (about)** /wʌri/ (v) = to feel nervous or upset about sb/sth **martwić się (o)**

**xenophobia** /zenə'fəʊbiə/ (n) = fear of foreigners or strangers **ksenofobia**

## 6d

**affect** /ə'fekt/ (v) = to have an influence on sb/sth **wpływać na**

**anxious** /æŋkʃəs/ (adj) = worried about sth **zaniepokojony, zmartwiony**

**beat your phobia** (phr) = to overcome an unreasonable fear of sth **przezwyciężyć swoją fobię**

**bungee jump** /bʌndʒɪ dʒʌmp/ (n) = a jump made by sb from a high bridge, building, etc, secured only by a rubber cord attached to the ankles **skok na bungee**

**come down with** /kʌm 'daʊn wɪð/ (phr v) = to become ill with a particular disease **zachorować na**

**concentrate (on)** /kɒnsəntreɪt/ (v) = to direct your attention or your efforts towards a particular activity, subject or problem **koncentrować się (na)**

**counselling** /kaʊnsəlɪŋ/ (n) = advice and support given by an expert to sb with problems *doradztwo, poradnictwo, pomoc psychologiczna*

**faint** /feɪnt/ (v) = to suddenly become unconscious *zemdleć*

**focus (on)** /'fəʊkəs/ (v) = to give a lot of attention to one particular person, subject or thing *koncentrować/skupiać się (na)*

**give up** /gɪv 'ʌp/ (phr v) = to stop doing sth before you have finished it, usually because it is too difficult *zaprzestać, poddać się, stracić nadzieję*

**go through with it** (phr) = to manage to perform an action despite difficulty *zrealizować coś (mimo trudności), doprowadzić do końca*

**halls of residence** (phr) = a college building where students live *akademiki*

**hot and humid** (phr) = warm and wet in a way that makes you feel uncomfortable *gorąco i wilgotno*

**hypnotherapy** /hɪpnəʊ'therəpi/ (n) = the use of an artificial state of sleep to treat emotional problems *hipnoterapia (terapia z zastosowaniem hipnozy)*

**in public** (phr) = in a place where people can see you *publicznie, w miejscu publicznym*

**laboratory** /lə'bɒrətəri/ (n) = a place where people do scientific and medical experiments or research *laboratorium*

**live to tell the tale** (phr) = to manage to continue to live despite a difficult situation or experience *przeżyć, aby opowiedzieć tę historię*

**low self-esteem** (phr) = lack of belief in your own value or ability *niska samoocena*

**make judgements** (phr) = to form opinions about sb/sth after thinking carefully *wydawać sądy*

**nerves** /nɜ:vz/ (pl n) = being frightened about sth that is going to happen *nerwy, tu: zdenerwowanie*

**painfully shy** (phr) = feeling extremely nervous and uncomfortable with other people *chrobliwie nieśmiały*

**panic attack** (phr) = a sudden attack of fear *atak paniki*

**panther** /'pænθə/ (n) = a leopard with black fur *pantera*

**persuade** /pə'sweɪd/ (v) = to make sb do sth by giving them a good reason to do it *przekonać*

**poison** /'pɔɪzən/ (n) = a substance that can make people or animals ill or kill them *trucizna*

**proud of yourself** (phr) = pleased and satisfied with yourself, your possessions, achievements, etc *dumny z siebie*

**social phobia** (phr) = an unreasonable fear of embarrassing yourself in front of other people *fobia społeczna (lęk przed kontaktami z innymi ludźmi)*

**special occasion** (phr) = a formal event *uroczyste spotkanie towarzyskie*

**student counsellor** (phr) = an expert who advises students on personal problems or academic and occupational choice *doradca studencki (doradza studentom w sprawach osobistych i zawodowych)*

**the centre of attention** (phr) = the person or thing that everyone is most interested in *centrum uwagi (osoba lub rzecz przyciągająca uwagę)*

**trekking** /'trekɪŋ/ (n) = the act of making a long journey across difficult country on foot, usually for pleasure *trekking, turystyka piesza*

**tremble** /'trembl/ (v) = to shake slightly because you are cold or frightened *drżeć*

## 6e

**deep breathing exercise** (phr) = a physical activity in which you take a lot of air into your lungs in order to relax *ćwiczenia relaksacyjne polegające na głębokim oddychaniu*

**filling** /'fɪlɪŋ/ (n) = a small amount of metal put into your tooth to cover a hole *tu: plomba*

**hypnotherapy** /hɪpnəʊ'therəpi/ (n) = the use of an artificial state of sleep to treat emotional problems *hipnoterapia (terapia z zastosowaniem hipnozy)*

**miserable** /'mɪzərəbəl/ (adj) = extremely unhappy *nieszczęśliwy*

**relieve** /rɪ'li:v/ (v) = to make an unpleasant feeling, such as pain or worry, less strong *ulżyć w bólu, zmniejszyć cierpienie*

**rubber ball** (phr) = a round object used in games and sports, made by a substance that can bend easily *gumowa piłka*

**squeeze** /skwi:z/ (v) = to press sth firmly together with your fingers or hand *ścisnąć*

**stress** /stres/ (n) = a continuous feeling of worry *stres*

**waiting room** (phr) = a room for people to wait in, for example before they see a doctor *poczekalnia*

## 6f

**confidence** /'kɒnfɪdəns/ (n) = belief in your value or ability  *pewność siebie*

**conquer your fear** (phr) = to manage to overcome the feeling of being afraid of sth *przezwyciężyć strach*

**counsellor** /kaʊnsələ/ (n) = an expert whose job is to help and support people with problems *doradca, terapeuta*

**gain** /geɪn/ (v) = to achieve sth as a result of a lot of effort *zdożyć, uzyskać*

**get on** /get 'ɒn/ (phr v) = to make progress in dealing with a situation *radzić sobie*

**get over** /get əʊvə/ (phr v) = to find a way to solve or deal with a difficult problem *znaleźć rozwiązanie trudnego problemu*

**gradually** /grædʒuəli/ (adv) = little by little *stopniowo*

**leash** /li:f/ (n) = a piece of rope, leather, etc fastened to a dog's collar in order to control it *smycz*

## Language Focus 6

**raise an eyebrow** (phr) = to show surprise by moving one of the two lines of hair above the eyes upwards *unosić brew (ze zdziwieniem)*

**chin** /tʃɪn/ (n) = the front part of your face below your mouth *podbródek, broda*

**frown** /fraʊn/ (v) = to make an angry, unhappy or confused expression by moving the two lines of hair above the eyes together *marszczyć brwi*

**gaze** /geɪz/ (v) = to look at sb/sth for a long time without realising that you are doing so *gapić się*

**licence** /'laɪsəns/ (n) = an official document giving you permission to own or do sth for a period of time *licencja, pozwolenie*

**scratch** /skrætʃ/ (v) = to rub your skin with your nails because it feels uncomfortable *drapać*

# Word List

**tilt** /tɪlt/ (v) = to move your head or chin upwards or to the side  
odchylić głowę do tyłu

## Module 7 Health & Food

**ageing** /eɪdʒɪŋ/ (n) = the process of growing older **starzenie się**

**allowance** /ə'laʊəns/ (n) = an amount of sth that is safe or acceptable **tu: porcja, dawka**

**annual** /ænjʊəl/ (adj) = happening once a year **coroczny**

**balanced diet** (phr) = a diet that contains the right amounts of all the necessary nutrients  
**zrównoważona dieta**

**boost** /bu:st/ (v) = to cause sth to improve or become more successful  
**wzmocniać, zwiększać wydolność**

**break down** /breɪk 'daʊn/ (phr v) = to change food as a result of a chemical process **tu: trawić**

**calorie** /kæləri/ (n) = a unit measuring the amount of energy that foods produce in the body **kaloria**

**catch the flu** (phr) = to get a common disease that causes fever and weakness **złapać grypę, zarazić się grypą**

**charity** /tʃærəti/ (n) = an organisation that gives money, food or help to those in need **organizacja charytatywna**

**cod** /kɒd/ (n) = a large sea fish, eaten as food **dorsz**

**diet** /daɪət/ (n) = the type of food and drink that sb usually consumes  
**codzienna dieta**

**digest** /daɪdʒest/ (v) = to have food broken down in the stomach  
**trawić**

**digestion** /daɪdʒestʃən/ (n) = the process in the body by which food is broken down **trawienie**

**effect** /ɪ'fekt/ (n) = a result **rezultat**

**fight off** /'faɪt 'ɒf/ (phr v) = to struggle to avoid an illness **zwalczyć (chorobę)**

**headache** /'hedɪk/ (n) = an ache or pain in the head **ból głowy**

**high temperature** (phr) = a higher than normal body temperature caused by disease **wysoka temperatura ciała, gorączka**

**illness** /'ɪlnəs/ (n) = a sickness or disease  
**choroba**

**immune system** (phr) = the organs and processes in the body which protect you from illnesses and infections **układ immunologiczny/odpornościowy**

**infection** /ɪn'fekʃən/ (n) = a disease caused by germs that enter the body **infekcja**

**influenza** /ɪn'fluːənzə/ (n) = a common illness that causes fever and weakness **grypa**

**injection** /ɪn'dʒekʃən/ (n) = the act of forcing a liquid medicine into the body by using a special needle  
**zastrzyk**

**liver** /'lɪvə/ (n) = a large reddish-brown organ in the body that cleans the blood **wątroba**

**lose weight** (phr) = to become thinner **tracić na wadze, chudnąć**

**medical** /'medɪkəl/ (adj) = relating to the treatment of diseases and injuries **medyczny**

**mineral** /'mɪnərəl/ (n) = a chemical substance that exists naturally in certain foods and is important for good health **minerał**

**physical exercise** (phr) = a period of workout to keep fit **ćwiczenia fizyczne**

**raise money** (phr) = to collect money so as to help people **zbierać pieniądze w celach dobroczynnych**

**reduce** /rɪ'dju:s/ (v) = to make smaller in size or amount **zmniejszać, zredukować**

**skin** /skɪn/ (n) = the outer covering of the body **skóra**

**supplement** /sʌplɪmənt/ (n) = an additional amount of sth that you take for improvement  **dodatek, suplement**

**symptom** /'sɪmptəm/ (n) = a change in the body which shows that a disease is present **symptom, objaw**

**vaccination** /væksɪ'neɪʃən/ (n) = the injection of a substance into the body in order to produce antibodies against an illness  
**szczepienie**

**vitamin** /vɪtəmɪn/ (n) = a natural substance found in foods that helps your body to be healthy  
**witamina**

**warning** /'wɔ:niŋ/ (n) = a statement that tells you about sth bad that might happen so that you can avoid it **ostrzeżenie**

**wealth** /welθ/ (n) = the possession of a large amount of valuable things  
**bogactwo**

**act** /ækt/ (n) = sth that is done  
**czynność, akcja**

**ageing process** (phr) = the series of actions that happen naturally and result in growing older **proces starzenia się**

**antioxidant** /æntɪ'ɒksɪdənt/ (n) = a substance in some foods that cleans the body **przeciwutleniacz**

**be bursting with sth** (phr) = to be filled with sth **tryskać czymś, być czegoś pełnym**

**beetroot** /'bi:tru:t/ (n) = the small, round, dark red root of a plant eaten cooked as a vegetable **burak**

**beneficial** /benɪ'fiʃəl/ (adj) = having a good effect on sb **korzystny**

**blood pressure** (phr) = the force with which the red liquid that flows through the bodies of people and animals moves through a person's body **ciśnienie krwi**

**blood vessel** (phr) = a small tube that carries blood to different parts of the body **naczynie krwionośne**

**boost** /bu:st/ (v) = to cause sth to improve or become more successful  
**wzmocniać, zwiększać wydolność**

**brain** /breɪn/ (n) = the organ of the body in the head that controls functions, movements, sensations and thoughts **mózg**

**breathe** /bri:ð/ (v) = to move air into and out of the lungs **oddychać**

**cancer** /kænsə/ (n) = a very serious disease **rak (choroba)**

**chew** /tʃu:/ (v) = to use your teeth to cut food into small pieces before you swallow it **żuć, przeżuwać**

**deep breath** (phr) = a large amount of air that you take into your lungs  
**głęboki oddech**

**diabetes** /daɪə'bi:ti:z/ (n) = a serious disease in which the body cannot control the amount of sugar in the blood **cukrzyca**

**digestion process** (phr) = the series of actions that happen naturally and result in breaking down the food in the body **proces trawienia**

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

**endorphin** /en'dɔ:fɪn/ (n) = a chemical produced by your body that reduces pain and can make you feel happier **endorfina**

**enzyme** /en'zaɪm/ (n) = a chemical substance in the body that helps natural processes (such as digestion) to take place **enzym**

## 7a

**absorb** /əb'sɔ:b/ (v) = to take sth in  
**pochlaniać, absorbować**

## 7b

**expand** /ɪk'spænd/ (v) = to make sth become larger  
rozszerzać/powiększać się

**gobble down** /ˌɡɒbəl 'daʊn / (phr v) = to eat quickly and impolitely  
pożerać

**goodies** /'ɡuːdiz/ (pl n) = foods considered very good to eat  
pyszności

**health benefit** (phr) = a good or helpful effect on the overall condition of the body and mind  
dobry wpływ na zdrowie

**health expert** (phr) = a doctor  
specjalizujący się w profilaktyce

**health study** (phr) = a careful examination of the general condition of the body  
badanie stanu zdrowia

**heart disease** (phr) = a serious medical condition affecting the organ in the chest that sends blood through the veins and arteries  
choroba serca

**heart rate** (phr) = the number of heartbeats per minute  
puls

**immune system** (phr) = the organs and processes in the body which protect you from illnesses and infections  
układ immunologiczny/odpornościowy

**improve** /ɪm'pru:v/ (v) = to make sth better  
poprawić, ulepszyć

**in an instant** (phr) = immediately  
natychmiast, w jednej chwili

**increase** /ɪn'kri:s/ (v) = to make greater in size, degree, frequency, etc  
zwiększyć, powiększyć

**indigestion** /ɪn'dɪdʒestʃən/ (n) = pain in the stomach caused by difficulty in breaking down food  
niestrawność

**juicy** /dʒu:si/ (adj) = (of fruit/vegetables) containing a lot of liquid  
soczysty

**lower** /'ləʊə/ (v) = to reduce in value, number or amount  
zmniejszać, obniżyć

**lung capacity** (phr) = the amount of air that you are able to breathe in each of the two organs in your chest  
pojemność płuc

**muscle** /'mʌsəl/ (n) = a body tissue that can contract and produce movement  
mięsień

**nerve** /nɜ:v/ (n) = each of the many thin parts that control movements and feelings  
nerw

**nitrate** /'naɪtreɪt/ (n) = a chemical compound that contains oxygen and nitrogen, often used in fertilizers  
azotan

**nutrient** /nju:triənt/ (n) = a substance that living organisms need to live and grow  
składnik pokarmowy, substancja odżywcza

**promote** /prə'məʊt/ (v) = to help sth happen, develop or increase  
promować, tu: pomagać, zachęcać

**recent** /ri:sənt/ (adj) = that happened only a short time ago  
niedawny

**reduce** /rɪ'dju:s/ (v) = to make smaller or less  
zmniejszać, redukować

**release** /rɪ'li:s/ (v) = to allow a substance to enter the body  
uwalniać (tu: do organizmu)

**researcher** /ri:sɜ:tʃə/ (n) = sb whose job is to study and investigate sth, so as to discover new facts or information about it  
badacz

**risk** /rɪsk/ (n) = the possibility that sth bad or unpleasant will happen  
ryzyko

**saliva** /sə'laɪvə/ (n) = the liquid produced in the mouth  
śliną

**share** /ʃeə/ (v) = to tell sb else about your thoughts, feelings, ideas, etc  
dzielić się (z kimś)

**slow down** /sləʊ 'daʊn/ (phr v) = to reduce the speed of sth  
zwolnić

**stick to** /'stɪk tə/ (phr v) = to keep doing what you said you would do  
trzymać się czegoś konsekwentnie

**stock up on** /'stɒk 'ʌp ɒn/ (phr v) = to buy a lot of sth in order to keep it for when you need to use it later  
gromadzić, robić zapasy

**straw** /strɔ:/ (n) = a thin plastic tube used to suck liquids into the mouth  
słomka

**stressed out** /strest 'aʊt/ (adj) = suffering from stress  
zestresowany

**striking** /'straɪkɪŋ/ (adj) = attracting attention  
atrakcyjny, przyciągający uwagę

**study** /'stʌdi/ (n) = a careful examination or analysis of a subject  
badanie

**tell a lie** (phr) = to say sth untrue  
skłamać

**tense** /tens/ (adj) = stretched tight  
napięty

**tension** /'tenʃən/ (n) = being stretched to stiffness  
napięcie

**tip** /tɪp/ (n) = a piece of advice  
rada

**turn out** /tɜ:n 'aʊt/ (phr v) = to be shown or be found to be  
okazać się

**under stress** (phr) = worried or anxious  
zestresowany

**volunteer** /vɒlən'tiə/ (n) = sb who does work without getting paid to do it  
ochotnik

**weight loss** (phr) = the process of becoming thinner  
utrata wagi, chudnięcie

**ache** /eɪk/ (v) = (of a part of the body) to hurt  
boleć

**addicted (to)** /ə'dɪktɪd/ (adj) = dependent on sth  
uzależniony (od)

**almond** /'ɑ:mənd/ (n) = a nut that has a sweet flavour  
migdał

**appointment** /ə'pɔɪntmənt/ (n) = an agreement to meet a doctor at a particular time  
umówione spotkanie

**avoid** /ə'vɔɪd/ (v) = to keep yourself from doing sth  
uniknąć

**bad cough** (phr) = an illness that causes sb to force air through their throat with a loud noise  
ostrzykaszki

**baked** /beɪkt/ (adj) = (of bread, cakes, potatoes, etc) cooked with dry heat (as in an oven)  
pieczony

**battered** /'bætəd/ (adj) = covered in a mixture of milk, flour and eggs and then cooked  
panierowany

**beef** /bi:f/ (n) = the meat from a cow  
wołowina

**boiled** /bɔɪld/ (adj) = cooked in hot water  
gotowany

**bone** /bəʊn/ (n) = each of the hard pieces that form the inside a person's or animal's body  
kość

**breathe** /bri:ð/ (v) = to move air into and out of the lungs  
oddychać

**breathe deeply** (phr) = to take a large breath of air into the lungs  
oddychać głęboko

**broccoli** /brɒkəli/ (n) = a common vegetable that has green branches and many small green or purple flowers  
brokuły

**bruise** /bru:z/ (v) = to injure a part of the body without breaking the skin  
obić, posiniaczyć

**burn calories** (phr) = to lose weight by exercising  
spalać kalorie

**burst** /bɜ:st/ (v) = to break open because of pressure from the inside  
tu: wybuchać

**cabbage** /kæbɪdʒ/ (n) = a large round vegetable with thick green or purple leaves  
kapusta

**capacity** /kə'pæsɪti/ (n) = the ability to hold or contain a number of people or things  
pojemność

**cell damage** (phr) = physical harm to one of the very small parts that together form all living things  
uszkodzenie komórek

**check-up** /tʃek ʌp/ (n) = an examination of a person made by a doctor, in order to make sure that the person is healthy  
kontrola lekarska

# Word List

- chemical** /kəmɪkəl/ (n) = a substance made by a chemical process  
substancja chemiczna
- chest infection** (phr) = a disease caused by germs that enter the front part of the body between the neck and the stomach  
infekcja dróg oddechowych
- cold** /kəʊld/ (n) = a common illness that affects the nose, the throat, and the eyes, causing coughing, sneezing, etc  
przeziębienie
- consist (of)** /kən'sɪst/ (v) = to be made up of sth  
składać się (z)
- couscous** /kuskus/ (n) = a North African food that is made from wheat and is in the form of very small round pieces  
kuskus
- cucumber** /kju:kʌmbə/ (n) = a long vegetable with dark green skin and crisp flesh, often used in salads  
ogórek
- cure** /kjʊə/ (n) = a drug or medical treatment that stops a disease and makes sb healthy again  
lekarstwo
- cure** /kjʊə/ (v) = to stop a disease by using drugs or other medical treatments  
wyleczyć
- cut back on** /kʌt 'bæk ɒn/ (phr v) = to try to reduce an expense  
oszczędzać na
- cut down on** /kʌt 'daʊn ɒn/ (phr v) = to try to reduce sth  
ograniczyć, zmniejszyć
- cut in** /kʌt 'ɪn/ (phr v) = to interrupt sb when speaking  
przerwać komuś, wejść w słowo
- cut off** /kʌt 'ɒf/ (phr v) = to remove sth completely by cutting it  
odciąć
- cut out** /kʌt 'aʊt/ (phr v) = to remove sth by cutting it  
wyciąć, wyeliminować
- cut up** /kʌt 'ʌp/ (phr v) = to cut sth into small pieces  
pociąć na małe kawałki, pokroić
- dairy product** (phr) = food produced from the milk of mammals  
nabiał
- delay** /dɪ'leɪ/ (v) = to make sth happen later  
opóźniać
- diagnosis** /daɪəg'nɒsɪs/ (n) = the act of identifying a disease by examining sb  
diagnoza
- exhausted** /ɪg'zɔ:stɪd/ (adj) = extremely tired  
wyczerpany
- fasten** /fɑ:sən/ (v) = to put sth in a position in such a way that it will not move  
przymocować
- fire** /faɪə/ (v) = to shoot a weapon  
strzelać, otworzyć ogień
- fix** /fɪks/ (v) = to repair sth  
naprawić
- flu** /flu:/ (n) = a common disease caused by a virus that causes fever, weakness, body aches and breathing problems  
grypa
- food allergy** (phr) = a medical condition that causes sb to become sick after eating specific foods  
alergia pokarmowa
- food poisoning** (phr) = a sickness caused by bacteria or chemicals in what we eat  
zatrucie pokarmowe
- form** /fɔ:m/ (v) = to create or develop sth over a period of time  
utworzyć
- fried** /fraɪd/ (adj) = cooked in hot oil  
smażony
- get rid of** (phr) = to dispose of sth unwanted  
pozbyć się
- grain** /greɪn/ (n) = the seeds of plants (such as wheat, corn and rice) that are used for food  
ziarno
- grapes** /greɪps/ (pl n) = a green, dark red or purplish-black berry used to make wine or eaten as a fruit  
winogrona
- grilled** /grɪld/ (adj) = cooked on a metal frame above or below direct heat  
grillowany
- grow** /grəʊ/ (v) = to become larger and taller as time passes  
rosnąć
- growing** /grəʊɪŋ/ (adj) = increasing  
rozwijający się
- hay fever** (phr) = a sickness that is like a cold and caused by breathing in pollen from plants  
katar sienny
- heal** /hi:l/ (v) = to make sb healthy or well again  
wyleczyć, uzdrowić
- high temperature** (phr) = a higher than normal body temperature caused by disease  
wysoka temperatura, gorączka
- improve** /ɪm'pru:v/ (v) = to make sth better  
poprawić, ulepszyć
- improvement** /ɪm'pru:vmənt/ (n) = the process of making sth better  
poprawa
- include** /ɪn'klud/ (v) = to contain sth in a group  
zawierać
- insomnia** /ɪn'sɒmniə/ (n) = the condition of not being able to sleep  
bezsenność
- it hurts** (phr) = it's painful  
boli
- itch** /ɪtʃ/ (v) = (of a part of the body) to produce an unpleasant feeling on the skin that makes you want to scratch  
swędzieć
- itchy** /ɪtʃi/ (adj) = producing an unpleasant feeling on the skin that makes you want to scratch  
swędzący, powodujący swędzenie
- lamb** /læm/ (n) = the meat of a young sheep  
jagnięcina
- legume** /legju:m/ (n) = a type of plant, such as a pea or a bean plant, with seeds that grow in long cases  
roślina strączkowa
- lettuce** /letəs/ (n) = a vegetable with large leaves, eaten especially in salads  
sałata
- lobster** /lɒbstə/ (n) = the meat of an ocean animal that has a long body, a hard shell and a pair of large claws  
homar
- lose weight** (phr) = to become thinner  
stracić na wadze, schudnąć
- maintain** /meɪntɪn/ (v) = to continue having or doing sth  
utrzymywać
- mashed** /mæʃt/ (adj) = (of potatoes) crushed until soft and smooth  
(o ziemniakach) ubijane
- Mediterranean** /,medɪtə'reɪniən/ (adj) = relating to the Mediterranean Sea and to the lands that surround it  
śródziemnomorski
- miss** /mɪs/ (v) = to fail to do sth that you wanted to do  
opuścić, przegapić
- muscle** /mʌsəl/ (n) = a body tissue that can contract and produce movement  
mięsień
- nut** /nʌt/ (n) = a usually large hard-shelled seed  
orzecch
- obese** /əʊ'bi:s/ (adj) = very fat  
otyły
- olive oil** (phr) = a type of oil made from olives  
oliwa z oliwek
- on hand** (phr) = readily available  
pod ręką
- operation** /ɒpə'reɪʃən/ (n) = the process in which a doctor cuts into sb's body in order to repair or remove a diseased part  
operacja
- organism** /ɔ:gənɪzəm/ (n) = a living creature  
organizm
- pasta** /'pæstə/ (n) = a food made from a mixture of flour, water and, sometimes, eggs formed into different shapes  
makaron
- pea** /pi:/ (n) = a round green seed cooked and eaten as a vegetable  
zielony groszek
- poultry** /'pɔ:ltəri/ (n) = birds (such as chickens and ducks) that are on farms for their eggs, and meat  
drób
- prawn** /praʊn/ (n) = a small lobster with long thin claws  
krewetka
- prescription** /prɪ'skrɪpʃən/ (n) = a written message from a doctor that officially tells sb to use a medicine, therapy, etc.  
recepta
- prevent** /prɪ'vent/ (v) = to stop sth from happening or existing  
powstrzymać, zapobiec

**protect** /prə'tekt/ (v) = to keep sb or sth from being harmed, lost, etc  
chronić

**rash** /ræʃ/ (n) = a group of red spots on the skin caused by an illness or a reaction to sth  
wysypka

**receipt** /ri'si:t/ (n) = a piece of paper you are given after paying for goods or services that you buy  
paragon, kwit

**recipe** /resipi/ (n) = a set of instructions for making food  
przepis kulinarny

**recover (from)** /ri'kʌvə/ (v) = to become healthy after an illness or injury  
wyzdrowieć

**rich source** (phr) = food containing a lot of nutritious substances  
bogate źródło

**roast** /rəʊst/ (adj) = cooked with dry heat in an oven  
pieczony

**salmon** /sæməŋ/ (n) = a large fish with pink flesh that is born in streams but lives most of its life in the ocean, and is used for food  
łosoś

**scrambled eggs** /skræmbəld 'egz/ (adj) = beaten and cooked eggs  
jajecznica

**seafood** /si:fu:d/ (n) = fish and shellfish used for food  
owoce morza

**self-esteem** /self r'sti:m/ (n) = self-confidence  
poczucie własnej wartości

**sneeze** /sni:z/ (v) = to suddenly force air out through your nose and mouth with a loud noise because of a cold  
kichać

**sore throat** (phr) = pain in the throat because of infection  
ból gardła

**steamed** /sti:mɪd/ (adj) = cooked in steam  
gotowany na parze

**stimulate** /stimjuleit/ (v) = to encourage an activity  
stymulować

**strongly** /strɒŋli/ (adv) = in a powerful manner  
mocno, silnie, tu: zdecydowanie

**substance** /sʌbstəns/ (n) = a particular type of solid, liquid or gas  
substancja

**suffer** /sʌfə/ (v) = to become worse because of being badly affected by sth  
cierpieć

**surgery** /sɜ:dʒəri/ (n) = medical treatment in which a doctor cuts into sb's body, in order to repair or remove diseased parts  
operacja chirurgiczna

**swell** /swel/ (v) = (of a part of the body) to become larger than normal  
(o części ciała) puchnąć

**symptom** /sɪmptəm/ (n) = a change in the body which shows that a disease is present  
symptom, objaw

**throw** /θrəʊ/ (v) = to cause sth to move out of your hand and through the air  
rzucić

**treat** /tri:t/ (v) = to cure a patient of a disease  
leczyć

**treatment** /tri:tmənt/ (n) = the action of curing a patient of a disease  
leczenie

**trip over** /trɪp əʊvə/ (phr v) = to knock your leg against sth and fall over  
przewrócić się

**trout** /traʊt/ (n) = a common fish that lives in rivers and lakes and is used for food  
pstrąg

**tuna** /tju:nə/ (n) = the flesh of a large sea fish, usually sold cooked in tins  
tuńczyk

**turkey** /tɜ:ki/ (n) = the meat of a large American bird related to the chicken  
mięso z indyka

**twisted ankle** (phr) = the bent joint between your foot and your leg  
skręcona kostka

**vary** /veəri/ (v) = to be different  
różnić się

**vital (for)** /vaɪtəl/ (adj) = absolutely necessary for sth  
bardzo ważny/istotny (dla)

**vomit** /vɒmɪt/ (v) = to bring food and drink up from the stomach because you are ill  
wymiotować

**wise** /waɪz/ (adj) = having knowledge from learning or experiencing many things  
mądry

## 7d

**aerobics session** (phr) = a short period of time when a group of people do active physical exercises while listening to music  
zajęcia aerobiku

**artificial fertiliser** (phr) = a man-made chemical substance to make plants grow well  
nawóz sztuczny

**attend** /ətend/ (v) = to go to an event or a class  
uczęszczać

**bacteria** /bæktəriə/ (pl n) = very small organisms that live in the air, earth, water, plants and animals, which can often cause a disease  
bakterie

**be fed naturally** (phr) = to be given food which does not contain any chemical substances  
być karmionym naturalną żywnością

**benefit** /benəfit/ (n) = an advantage  
korzyść

**chemical** /kemikəl/ (n) = a substance made by a chemical process  
substancja chemiczna

**class level** (phr) = the degree of ability in a group of students  
poziom (wiedzy i umiejętności) danej klasy w szkole

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

**demand** /dɪmənd/ (n) = the need that people have for particular goods or services  
popyt, zapotrzebowanie

**distract** /dɪ'strækt/ (v) = to prevent sb from concentrating on sth  
rozpraszać, odwracać uwagę od czegoś

**effective** /ɪfektɪv/ (adj) = achieving the results that you want  
efektywny

**expertise** /ekspɜ:tɪz/ (n) = special skill or knowledge that you get from experience, training or study  
znanstwo

**fitness** /fɪtnəs/ (n) = the condition of being physically strong and healthy  
forma fizyczna, sprawność

**go off** /gəʊ 'ɒf/ (phr v) = (of food) to become too bad to eat  
(o żywności) zepsuć się

**hormone** /hɔ:məʊn/ (n) = a chemical substance in the body that controls the growth  
hormon

**last** /lɑ:st/ (v) = to continue being good or suitable  
być trwałym, wytrzymać, zachować świeżość

**let down** /let 'daʊn/ (phr v) = to disappoint sb by failing to do what you agreed to  
zawieść (kogoś)

**motivate** /məʊtɪveɪt/ (v) = to be the reason why sb does sth  
motywować

**nutritious** /nju:'trɪʃəs/ (adj) = (of food) full of the natural substances that the body needs to stay healthy and grow properly  
pożywny

**on your own** (phr) = alone  
sam

**one-to-one attention** (phr) = the focus on one person at a time  
skupienie uwagi na jednej osobie

**organic food** (phr) = food produced or grown without the use of artificial chemicals  
żywność naturalna

**overdo** /əʊvə'du:/ (v) = to do sth more than necessary  
przesadzić z czymś, przebrać miarę

**personal trainer** (phr) = a person whose job is to help people decide what type of exercise is best for them and show them how to do it  
osobisty trener

**persuaded** /pə'sweɪdɪd/ (pp) = certain that sth is true  
przekonany

# Word List

**pesticide** /ˈpestɪsaɪd/ (n) = a chemical substance used to kill harmful insects, small animals and wild plants *pestycyd*

**pull a muscle** (phr) = to injure a muscle by stretching it too far *naciągając sobie mięsień*

**push yourself** (phr) = to encourage or force yourself to do sth or to work hard *zmuszać się (np. do większego wysiłku)*

**the price comes down** (phr) = the amount of money you need to pay for sth decreases *cena spada*

**work out** /wɜːk 'aʊt/ (phr v) = to exercise in order to improve the strength and appearance of the body *trenować*

## 7e

**access (to)** /ˈæksɪs/ (n) = the right to use or get sth *dostęp (do)*

**afford** /ə'fɔːd/ (v) = to be able to pay for sth *pozwolić sobie na*

**equipment** /'ɪkwɪpmənt/ (n) = supplies or tools needed for a special purpose *sprzęt, ekwipunek*

**fitness equipment** (phr) = tools needed for exercising *sprzęt potrzebny do treningu typu fitness*

**individual sport** (phr) = a type of sport played by yourself or with a single opponent *sport indywidualny*

**injury** /'ɪndʒəri/ (n) = damage to a part of the body *kontuzja, rana*

**overcrowded** /əʊvə'kraʊdɪd/ (adj) = filled with more people than is desirable *zatłoczony*

**peak time** (phr) = the busiest hours of the day *godzina szczytu*

**team sport** (phr) = a type of sport that involves competition between teams of players *sport zespołowy*

**trainer** /treɪnə/ (n) = a person who teaches people how to exercise properly *trener*

**weights** /weɪts/ (pl n) = the sport in which sb lifts pieces of metal *podnoszenie ciężarów*

## 7f

**addiction** /ə'dɪkʃən/ (n) = a strong and harmful need to regularly have or do sth *uzależnienie*

**caffeine** /'kæfiːn/ (n) = a substance in coffee and tea that makes you feel more active *kofeina*

**class pace** (phr) = the speed at which a group of students learn sth *tempo przyswajania materiału przez daną klasę*

**concentrate** /kɒnsəntreɪt/ (v) = to give your attention to what you are doing *koncentrować się*

**consume** /kən'sjuːm/ (v) = to eat or drink sth *konsumować*

**energy drink** (phr) = a type of drink to increase your physical and mental strength *napój energetyczny*

**fitness level** (phr) = the degree of physical exercise sb can do before getting tired *stan kondycji*

**individual** /'ɪndɪvɪdʒuəl/ (adj) = concerning one person exclusively *indywidualny*

**instructor** /ɪn'strʌktə/ (n) = a person who teaches a subject or skill *instruktor*

**motivate** /məʊtɪveɪt/ (v) = to give sb a reason for doing sth *motywować*

**subscription** /səb'skrɪpʃən/ (n) = the money that you pay regularly to belong to an organisation  
*tu: abonament*

**sugar content** (phr) = the amount of sugar contained in a food or drink *zawartość cukru*

## Language Focus 7

**absorb** /əb'sɔːb/ (v) = to take in a substance in a natural way *wchłaniać, przyswajać*

**intestine** /ɪn'testɪn/ (n) = the long tube in the body through which food passes after it leaves the stomach *jelito*

**process** /'prəʊses/ (n) = a series of actions that produce sth or lead to a particular result *proces*

**winless** /'wɪnləs/ (adj) = having no wins *bez zwycięstw*

## Module 8 Amazing Journeys

**above** /ə'boʊv/ (prep) = in a higher position than sth else *ponad*

**accommodation** /ə'kɒmə'deɪʃən/ (n) = a place (such as a hotel, a hostel, etc) where travellers can sleep and find other services *zakwaterowanie*

**architecture** /'ɑːkɪtektʃə/ (n) = the style and design of buildings *architektura, styl architektoniczny*

**city centre** (phr) = the main shopping or business area in a city *centrum miasta*

**culture** /'kʌltʃə/ (n) = the beliefs, way of life, art and customs shared by people in a particular society *kultura*

**experience** /ɪk'spɪəriəns/ (v) = to do or see sth yourself *doświadczyć czegoś*

**explore** /ɪk'splɔː/ (v) = to travel around an area in order to learn about it *zwiedzać, eksplorować*

**fashion** /'fæʃən/ (n) = the business of creating and selling clothes in new styles *moda*

**forest** /'fɒrɪst/ (n) = a large area of land covered in trees *las*

**goods** /gʊdz/ (pl n) = things that are produced in order to be sold *towary*

**ground** /graʊnd/ (n) = the surface of the earth that we walk on *ziemia*

**hostel-type** /'hɒstl taɪp/ (adj) = (of accommodation) looking like a place where people can stay and eat fairly cheap (*o zakwaterowaniu*) *o standardzie hostelu*

**jungle-covered** /dʒʌŋgəl ,kʌvəd/ (adj) = (of an area) covered with a tropical forest *porośnięty dżunglą*

**mix** /mɪks/ (n) = a particular combination of things or people in a group *mieszanka, mieszanina*

**palace** /'pæləs/ (n) = a large house that is the official home of a king or queen *pałac*

**resort** /rɪ'zɔːt/ (n) = a place where a lot of people go for holidays *kurort*

**shop (for sth)** /ʃɒp/ (v) = to go to one or more shops to buy things *kupować coś*

**tower** /taʊə/ (n) = a tall narrow building, either built on its own or as part of a castle, church, etc *wieża*

**vibrant** /vaɪbrənt/ (adj) = full of activity or energy *tętniący życiem*

## 8a

**archaeological site** (phr) = a place where sth important or interesting happened in the past *stanowisko archeologiczne*

**architecture** /'ɑːkɪtektʃə/ (n) = the style and design of buildings *architektura, styl architektoniczny*

**aurora borealis** (phr) = a pattern of coloured lights that are sometimes seen in the night sky in the most northern parts of the world *zorza polarna*

**bang** /bæŋ/ (n) = a sudden very loud noise *huk*

**be hidden away** (phr) = to be far from places where people live or often go *być w ukryciu*

**be used to sth** (phr) = to have experienced sth so that it no longer seems surprising or strange *być przyzwyczajonym do czegoś*

- board** /bɔ:d/ (v) = to get on a bus, plane, train, etc in order to travel **wsiąść do** (autobusu, samolotu, pociągu itd.)
- bothered** /'bɒðəd/ (adj) = worried or upset **zaniepokojony**
- bridge** /brɪdʒ/ (n) = a structure over a river, road or railway to allow people and vehicles to cross from one side to the other **most**
- business meeting** (phr) = a gathering of people to talk about business **spotkanie biznesowe**
- capital city** (phr) = the city where the main government of a country is **stolica**
- carve sth out of sth else** (phr) = to create sth by cutting a piece of material **wyrzeźbić coś z jakiegoś materiału**
- change your mind** (phr) = to change your decision, plan or opinion about sth **zmienić zdanie**
- clap** /klæp/ (n) = a sudden loud noise like that made by thunder **trzask, grzmot**
- create** /kri:'eɪt/ (v) = to make sth new **tworzyć**
- crew** /kru:/ (n) = all the people who work on a ship or plane **załoga**
- cross-country skiing** (phr) = travelling long distances over snow on skis **narciarstwo biegowe**
- definitely** /'defɪnətli/ (adv) = without any doubt **zdecydowanie**
- desert** /'dezət/ (n) = a large area of land where it is always very hot and dry, and there is a lot of sand **pustynia**
- destination** /,destɪ'neɪʃən/ (n) = the place that sb is going to **cel**
- dine** /daɪn/ (v) = to eat dinner **jeść obiad**
- dine in style** (phr) = to eat dinner in a very comfortable, impressive and expensive way **jeść wystawny obiad**
- elegant** /'eləgənt/ (adj) = attractive **elegancki, tu: wspaniały**
- entertain** /,entə'teɪn/ (v) = to amuse people **zabawiać**
- exhausted** /ɪg'zɔ:stɪd/ (adj) = extremely tired **wyczerpany**
- find out** /,faɪnd 'aʊt/ (phr v) = to learn a fact or piece of information for the first time **dowiedzieć się**
- float** /fləʊt/ (v) = to stay or move on the surface of a liquid without sinking **unosić się na powierzchni**
- guide** /gaɪd/ (n) = a person whose job is to show tourists around a place of interest **przewodnik**
- hand-made souvenir** (phr) = sth that you buy during a holiday, made by people using their hands, not by a machine **ręcznie wykonana pamiątka**
- husky-sledging** /'hʌski ,sledʒɪŋ/ (n) = travelling on the snow on a vehicle like a carriage pulled by large dogs with long thick fur **psi zaprzęg**
- impressive** /ɪm'presɪv/ (adj) = worthy of admiration **imponujący, robiący wielkie wrażenie**
- in style** (phr) = in a very comfortable, impressive and expensive way **wystawny**
- in the distance** (phr) = at a point that is far away **w dali**
- join in** /,dʒɔɪn 'ɪn/ (phr v) = to take part in sth that a group of people are doing **przyłączyć się**
- light pollution** (phr) = too much artificial light in the night sky above big cities, which prevents the view of stars **sztuczne światło nocne na nieboskłonie (głównie w miastach), zakłócające obserwacje astronomiczne**
- magnificent** /mæg'nɪfɪsənt/ (adj) = very impressive **wspaniały**
- make noises** (phr) = to make loud unpleasant sounds **wydawać dźwięki**
- maze** /meɪz/ (n) = a complicated and confusing arrangement of streets, roads, etc **labirynt**
- Mother Nature** (phr) = nature thought of as a force that affects people and the world **Matka Natura**
- mouth-watering meal** (phr) = food that looks or smells extremely good **smakowity posiłek**
- must-see** /,mʌst 'si:/ (n) = sth that is so exciting or interesting that you think all people should see it **coś, co koniecznie trzeba zobaczyć**
- natural beauty** (phr) = the fact that a place is beautiful as it is **piękno natury**
- natural phenomenon** (phr) = sth existing in nature and not caused, made or controlled by people **zjawisko naturalne**
- nightlife** /'naɪtlaɪf/ (n) = entertainment in the evening **życie nocne**
- nighttime** /'naɪttaim/ (n) = the period of time during the night **nocna pora**
- off the beaten track** (phr) = far away from the places that people usually visit **z dala od uczęszczanych tras**
- on deck** (phr) = on the outside top level of a ship that you can walk or sit on **na pokładzie**
- overnight boat trip** (phr) = a trip on a ship during the night **nocny rejs łodzią**
- passenger** /'pæsəndʒə/ (n) = sb who is travelling in a vehicle but is not driving it or working on it **pasażer**
- passionate (about sth)** /'pæʃənət/ (adj) = liking sth a lot **uwielbiający (coś), zachwycony (czymś)**
- past** /pɑ:st/ (prep) = further than a particular place **za, poza**
- pavilion** /pə'vɪljən/ (n) = a temporary building or tent used for public entertainment or exhibitions  **pawilon**
- peaceful** /'pi:sfəl/ (adj) = quiet and calm **spokojny**
- physically active** (phr) = always busy doing physical activities **aktywny fizycznie**
- pond** /pɒnd/ (n) = a small man-made area of water **staw**
- realise** /'ri:əlaɪz/ (v) = to begin to understand sth **zdać sobie sprawę**
- remind sb of sb/sth** (phr) = to help sb remember sb/sth **przypomnieć komuś o czymś/kimś**
- rock** /rɒk/ (n) = the hard substance that forms the surface of the Earth **skała**
- ruins** /'ru:ɪnz/ (pl n) = the broken parts that are left from an old building or town **ruiny**
- sailing boat** (phr) = a small boat that uses a large piece of strong cloth fixed onto it, so that the wind will push the boat along **żagłówka**
- separate** /'sepəreɪt/ (v) = to divide into different parts **podzielić**
- site** /saɪt/ (n) = a specific area **miejsce**
- snowmobiling** /'snəʊməbi:lɪŋ/ (n) = travelling on the snow on a small motor vehicle **jazda skutermem śnieżnym**
- stall** /stɔ:l/ (n) = a table or a small shop with an open front where goods are sold **stragan**
- stay awake** (phr) = to not go to sleep **nie spać**
- sth takes my breath away** (phr) = sth is very beautiful or exciting **coś zapiera dech w piersiach**
- take things at your own pace** (phr) = to do sth as slowly or as quickly as you like **robić coś w swoim tempie**
- tourist attraction** (phr) = a place to visit that is very popular with tourists **atrakcja turystyczna**
- unique** /ju:'ni:k/ (adj) = very good and special **unikatowy**

# Word List

**wander around** /ˌwɒndər əˈraʊnd/ (phr v) = to walk slowly around an area, without a clear direction or purpose *przechadzać się, spacerować*  
**wooden** /ˈwʊdn/ (adj) = made of the material that trees are made of *drewniany*

## 8b

**all-inclusive** /ˌɔːl ɪnˈkluːsɪv/ (adj) = including the cost of everything in the price *wliczając wszystkie koszty, all inclusive*  
**ancient site** (phr) = a place of archaeological importance *stanowisko archeologiczne*  
**B&B** (phr) = holiday accommodation where breakfast is also offered *zakwaterowanie ze śniadaniem*  
**board** /bɔːd/ (v) = to get onto a bus, plane, train, etc *wsiadać do autobusu, samolotu, pociągu itd.*  
**boarding pass** (phr) = an official card that passengers have to show before they get onto a plane *karta pokładowa*  
**book** /bʊk/ (v) = to arrange to have or buy sth at a particular time in the future *rezerwować*  
**campsite** /ˈkæmpsaɪt/ (n) = an area where people can set up and stay in their tents, often with a water supply and toilets *pole kempingowe*  
**check in** /ˌtʃek ɪn/ (phr v) = to say who you are when you arrive at a hotel, so that you can be given a room *zameldować się*  
**check off** /ˌtʃek ɒf/ (phr v) = to write a mark next to sth on a list in order to show that you have chosen it or made sure that it is correct *zaznaczyć/odfajkować coś na liście*  
**check on** /ˌtʃek ɒn/ (phr v) = to check in order to make sure that sb is doing what they should be doing *sprawdzać/kontrolować kogoś*  
**check out** /ˌtʃek ɔʊt/ (phr v) = to leave a hotel after paying and returning your room key *wymeldować się*  
**check over** /ˌtʃek ɔʊvə/ (phr v) = to look closely at sth in order to make sure that it is correct *sprawdzać coś*  
**check-in desk** /ˌtʃek ɪn ˌdesk/ (n) = a place where you report your arrival at an airport, hotel, hospital, etc *stanowisko odprawy na lotnisku, recepcja w hotelu*  
**crowded** /ˈkraʊdɪd/ (adj) = too full of people or things *zatłoczony*  
**cruise** /kruːz/ (n) = a holiday on a large ship *rejs*

**day trip** /deɪ trɪp/ (n) = a pleasure trip done in one day *jednodniowa wycieczka*  
**delay** /dɪˈleɪ/ (v) = to wait until a later time to do sth *opóźniać*  
**develop** /dɪˈveləp/ (v) = to start to have; to create *rozwinąć*  
**embark (a ship/plane)** /ɪmˈbɑːk/ (v) = to get onto a ship or a plane *zaokrętować, wchodzić na pokład*  
**exotic** /ɪɡˈzɒtɪk/ (adj) = unusual and interesting because it is related to a foreign country *egzotyczny*  
**fishmonger's** /fɪʃˈmɒŋgəz/ (n) = a shop that sells fish *sklep rybny*  
**flight** /flaɪt/ (n) = a journey in a plane *lot*  
**fog** /fɒɡ/ (n) = cloudy air near the ground which is difficult to see through *mgła*  
**gate** /geɪt/ (n) = the place where you leave an airport building to get onto a plane *bramka, wyjście (na lotnisku)*  
**get stuck** (phr) = to be unable to move from a particular position *utknąć*  
**gradually** /ˈɡrædʒuəli/ (adv) = little by little *stopniowo*  
**guided tour** (phr) = showing tourists around a place of interest *zwiedzanie z przewodnikiem*  
**holiday snap** (phr) = a photograph taken quickly during holidays *wakacyjna fotka*  
**hostel** /ˈhɒstl/ (n) = a place where tourists can stay and eat fairly cheaply *schronisko, tani hotel*  
**journey** /ˈdʒɜːni/ (n) = a long distance trip *podróż*  
**lack (of sth)** /læk/ (n) = not enough of sth *brak, niedobór (czegoś)*  
**late hours** (phr) = after the usual or expected time *późno*  
**lie** /laɪ/ (v) = to be in a position in which your body is flat on the floor, on a bed, etc *leżeć*  
**limo** /lɪməʊ/ (n) = a large expensive car, often driven by a chauffeur *limuzyna*  
**lost** /lɒst/ (adj) = missing *zagubiony*  
**luggage** /ˈlʌɡɪdʒ/ (n) = the cases, bags, etc that you carry when you are travelling *bagaż*  
**mild** /maɪld/ (adj) = fairly warm *łagodny, umiarkowany*  
**moped** /ˈməʊpɛd/ (n) = a small motorcycle *skuter, motorower*  
**online** /ɒnlaɪn/ (adv) = through the Internet *w sieci, za pomocą internetu*  
**passport** /ˈpɑːspɔːt/ (n) = a small official document that you need in order

to travel abroad *paszport*  
**passport control** (phr) = the place where your passport is checked when you leave or enter a country *kontrola paszportowa*  
**peaceful** /ˈpiːsfəl/ (adj) = quiet and calm *spokojny*  
**pizzeria** /ˌpɪtsəˈriːə/ (n) = a restaurant that serves pizza *pizzeria*  
**platform** /ˈplætfɔːm/ (n) = the raised place beside a railway track, where you get on and off a train in a station *peron*  
**plenty of** (phr) = a lot of; many *mnóstwo*  
**polluted** /pəˈluːtɪd/ (adj) = dangerously dirty and not suitable for people to use *zanieczyszczony*  
**privacy** /ˈprɪvəsi/ (n) = the state of being able to be on your own, and not seen or heard by other people *prywatność*  
**relationship** /rɪˈleɪʃənʃɪp/ (n) = the way in which two people or groups feel about each other and behave towards each other *związek, relacja międzyludzka*  
**return ticket** (phr) = a ticket for a journey from one place to another and back again *bilet powrotny*  
**scenery** /ˈsɪnəri/ (n) = the natural features of a particular part of a country, such as mountains, forests, deserts, etc. *sceneria, krajobraz*  
**self-catering** /self ˈkeɪtərɪŋ/ (adj) = (of holiday accommodation) where you can cook your own food (o zakwaterowaniu na wakacjach) *z własnym wyżywieniem*  
**sightseeing** /ˈsaɪtsiːɪŋ/ (n) = visiting famous or interesting places, especially as tourists *zwiedzanie*  
**station** /ˈsteɪʃən/ (n) = a place where trains or buses regularly stop, so that passengers can get on and off and goods can be loaded *stacja, dworzec*  
**steakhouse** /ˈsteɪkhaʊs/ (n) = a restaurant that serves steak *restauracja serwująca głównie steki*  
**steal** /stiːl/ (v) = to take sth that belongs to sb else *ukraść*  
**step** /step/ (v) = to raise one foot and put it down in front of the other one in order to walk or move *kroczyć, stąpać*  
**stop** /stɒp/ (n) = a place where buses or trains stop in order to allow passengers to get on and off *przystanek*

**subway** /sʌbweɪ/ (n) = the American word for the railway system under the ground **metro**

**sunburnt** /sʌnbɜːnt/ (adj) = having a red and painful skin as a result of spending too much time in the sun **z oparzeniem słonecznym**

**thick** /θɪk/ (adj) = difficult to see through or breathe in (o mgle, chmurach, dymie itd.) **gęsty**

**tour** /tuə/ (n) = a journey for pleasure, during which you visit several different towns, areas, etc **podróż, wycieczka połączona ze zwiedzaniem**

**tourist information centre** (phr) = a place where tourists can get information about a place they visit **centrum informacji turystycznej**

**travel** /trævəl/ (n) = the activity of travelling **podróż**

**travel agent** (phr) = sb who owns or works in a travel agency **właściciel biura podróży**

**unspoilt** /ʌn'spɔɪlt/ (adj) = (of a place) beautiful because it has not changed for a long time (o miejscu) **zachowany w stanie naturalnym**

**wallet** /wɒlɪt/ (n) = a small flat case, often made of leather, for holding paper money, bank cards, etc **portfel**

## 8d

**3-course meal** (phr) = a meal consisting of three separate dishes **obiad składający się z trzech dań**

**airport taxes** (phr) = an amount of money that passengers have to pay before the departure of their flight **opłata lotniskowa**

**chairlift ride** (phr) = travelling on a chair-like vehicle, hanging from a wire, which takes skiers up to a mountain **przejazd wyciągiem krzesełkowym**

**complimentary** /kɒmplɪ'mentəri/ (adj) = given free to people **tu: bezpłatny, gratisowy**

**direct flight** (phr) = a flight from one place to another without stopping **lot bezpośredni**

**dog sledding** /dɒg 'sledɪŋ/ (n) = travelling on the snow on a special vehicle pulled by dogs **jazda psim zaprzęgiem**

**hire** /haɪə/ (n) = an arrangement in which you pay a sum of money to borrow sth for a short time **wynajem**

**in-flight meal** (phr) = a meal provided during a plane journey in the aircraft **posiłek serwowany w trakcie lotu**

**lifetime** /laɪftaɪm/ (n) = the period of sb's life **życie**

**luxury accommodation** (phr) = a very expensive, beautiful and comfortable place for sb to stay **luksusowe zakwaterowanie**

**overnight stay** (phr) = staying in a place during the night **nocleg**

**snowmobiling** /snəʊmɒbi:lɪŋ/ (n) = travelling on the snow on a small motor vehicle **jazda skuterem śnieżnym**

**thermal clothes** (phr) = clothing made from special material to keep you warm in very cold weather **odzież termoaktywna**

**transfer** /trænsfɜː/ (n) = transporting passengers from an airport to their hotel and the opposite **tu: przewóz osób z lotniska do hotelu i z powrotem**

**winter break** (phr) = a short holiday during winter **ferie zimowe**

## 8e

**destination** /destɪ'neɪʃən/ (n) = the place that sb is going to **cel podróży**

**island** /aɪlənd/ (n) = a piece of land completely surrounded by water **wyspa**

**nightlife** /naɪtlaɪf/ (n) = entertainment in the evening **życie nocne**

**not mind** (phr) = to not have a strong opinion about sth **nie mieć nic przeciwko**

**sight** /saɪt/ (n) = a famous or interesting place that tourists visit **widok, atrakcja turystyczna**

**travel brochure** (phr) = a type of small magazine that contains pictures and information about travelling **catalog z informacją na temat miejsc atrakcyjnych turystycznie oraz sposobu dotarcia do nich**

## 8f

**arrival** /ə'raɪvəl/ (n) = the fact of arriving somewhere **przyjazd**

**bungee-jump** /bʌndʒi dʒʌmp/ (n) = a sport in which you jump off sth very high with a special rope tied to your legs **skok na bungee**

**childhood memories** (phr) = the memories you have of the period of time when you were a child **wspomnienia z dzieciństwa**

**conclude** /kən'kluːd/ (v) = to end a piece of writing, meeting or speech **podsumować, zakończyć**

**contact** /kɒntækt/ (v) = to write to or telephone sb **skontaktować się z kimś**

**crime** /kraɪm/ (n) = illegal activities in general **działalność przestępcza**

**cycle** /saɪkəl/ (v) = to travel by bicycle **jeździć na rowerze**

**details** /di'teɪlz/ (pl n) = pieces of information about sb or sth **szczegóły**

**do not hesitate to** (phr) = feel free to **nie wahaj się, aby**

**exhibition** /eksɪ'bɪʃən/ (n) = a show of paintings, photographs or other objects that people can go to see **wystawa**

**I owe you one** (phr) = thank you for helping me and I'll be happy to do you a favour **Dziękuję, Jestem Ci wdzięczny.**

**natural beauty** (phr) = the fact that a place is beautiful without people having done anything to it **piękno natury**

**project** /prɒdʒekt/ (n) = a carefully planned piece of work about a subject, assigned as schoolwork **projekt**

**public transport** (phr) = buses, trains, etc that are available for everyone to use **transport publiczny**

**rare** /reə/ (adj) = not happening very often **rzadki**

**recommend** /ˌrekə'mend/ (v) = to suggest that sb or sth would be good or suitable for a particular purpose **rekomendować, polecać**

**regards** /rɪ'gɑːdz/ (pl n) = greetings; good wishes **pozdrowienia**

**staff** /stɑːf/ (n) = the people who work for an organisation **personel**

**take on** /teɪk 'ɒn/ (phr v) = to begin to have a particular quality or appearance **przyjąć, wziąć na siebie**

**Yours faithfully** (phr) = Yours truly **Z poważaniem.**

## Language Focus 8

**ancient** /eɪnʃənt/ (adj) = existing in the past **starożytny**

**athletics** /æθ'letɪks/ (n) = sports, such as running and jumping **lekkoatletyka**

**contribute (to)** /kən'trɪbjʊːt/ (v) = to help to make sth happen **przyczynić się (do), wnieść swój wkład**

# Word List

**economic** /i:kə'nɒmɪk/ (adj) = relating to trade, industry, and the management of money *ekonomiczny, gospodarczy*  
**economical** /i:kə'nɒmɪkəl/ (adj) = using money, time, goods, etc carefully, without wasting any *oszczędny*  
**growth** /grəʊθ/ (n) = gradual development *rozwój, wzrost*  
**historic** /hɪ'stɒrɪk/ (adj) = very old *historyczny, zabytkowy*  
**historical** /hɪ'stɒrɪkəl/ (adj) = related to, or happened in, the past *historyczny*  
**package holiday** (phr) = a tour arranged by a travel agent in which your transportation, food and accommodation are all provided at a price *wakacje zorganizowane*  
**sth is linked to sth else** (phr) = sth is related to sth else in some way *coś łączy się z czymś innym*  
**sth is worth the money** (phr) = sth deserves the money spent on it *coś warte jest wydatku*  
**tourist destination** (phr) = a place where people travel for pleasure *cel podróży turystycznych*

## CLIL/Culture 1

**affect** /ə'fekt/ (v) = to have an impact on sb/sth *wpływać na*  
**allow** /ə'laʊ/ (v) = to make it possible for sth to happen *umożliwiać*  
**assemble** /ə'sembəl/ (v) = to make sth by putting different parts together *montować, składać*  
**citizen** /sɪtɪzən/ (n) = sb who lives in a country, city, etc *obywatel*  
**colony** /kə'ləni/ (n) = a country controlled by a more powerful country *kolonia*  
**community** /kə'mju:nəti/ (n) = a group of people living in a specific area *społeczność*  
**connect (with)** /kə'nekt/ (v) = to communicate with *połączyć (z)*  
**consider** /kən'sɪdə/ (v) = to think about sth carefully *rozważyć, rozpatrzyć*  
**create** /kri'eɪt/ (v) = to make sth new *stworzyć*  
**culture** /kʌltʃə/ (n) = all the traditions and beliefs of a society *kultura*  
**diverse** /daɪ'vɜ:s/ (adj) = of a large variety *zróżnicowany*  
**ethnic group** (phr) = a group of people from the same country and culture *grupa etniczna*  
**ethnicity** /eθ'nɪsəti/ (n) = an ethnic group *tożsamość etniczna*

**flow** /fləʊ/ (v) = to move freely *płynąć*  
**former** /'fɔ:mə/ (adj) = existing in the past *dawny*  
**gadget** /gædʒɪt/ (n) = a small mechanical or electronic device *gadżet*  
**global** /'gləʊbəl/ (adj) = relating to the whole world *globalny*  
**globalisation** /'gləʊbəlaɪzəʃən/ (n) = the process of international growth and cooperation *globalizacja*  
**high-tech** /haɪ'tek/ (adj) = using the latest, most advanced technology *zaawansowany technicznie*  
**inner-city factory** (phr) = a building in the centre of a city where products are made *fabryka w centrum miasta*  
**link** /lɪŋk/ (v) = to connect *łączyć*  
**local** /ləʊkəl/ (adj) = relating to an area where you live *lokalny, miejscowy*  
**make up** /meɪk 'ʌp/ (phr v) = to form sth *tu: stanowiąc*  
**marketplace** /'mɑ:kɪtpleɪs/ (n) = the world of business and trade *rynek*  
**migrant** /'maɪgrənt/ (n) = sb who has moved to a foreign country to live or work *migrant, przesiedleńca*  
**mixture** /'mɪkstʃə/ (n) = several different things/people put together *mieszanka, mieszanina*  
**nation** /neɪʃən/ (n) = the group of people who live in a country *narod*  
**national** /'næʃənəl/ (adj) = relating to an entire country *narodowy*  
**obligation** /ə'blɪgəʃən/ (n) = a duty *obowiązek, zobowiązanie*  
**population** /pɒpjə'leɪʃən/ (n) = all the people that live in one town, city, country, etc *populacja*  
**realise** /rɪə'laɪz/ (v) = to understand correctly *zdać sobie sprawę, zrozumieć*  
**responsibility** /rɪ'spɒnsə'bɪləti/ (n) = sth that is your job or duty to deal with *odpowiedzialność*  
**rural** /rʊərəl/ (adj) = existing in, or related to, the countryside *wiejski*  
**solution** /sə'lu:ʃən/ (n) = the answer to a question or problem *rozwiązanie*  
**spread** /spred/ (v) = to become known by more and more people *rozprzestrzeniać się*  
**trade** /treɪd/ (n) = the activity of buying, selling or exchanging goods *handel*

## CLIL/Culture 2

**amount** /ə'maʊnt/ (n) = a quantity of sth *ilość*

**approximately** /ə'prɒksɪmətli/ (adv) = about; not exactly *około, w przybliżeniu, mniej więcej*  
**axis** /æksɪs/ (n) = the imaginary line about which a planet or moon revolves *oś*  
**circular** /sɜ:kjʊlə/ (adj) = shaped like a circle *kolista*  
**consist (of)** /kən'sɪst/ (v) = to be made up of *składać się (z)*  
**crepuscular** (phr) = the phase of the Moon in which it has a curved shape wider in the middle and pointed at the ends *Księżyc między nowiem a pierwszą lub trzecią kwadrą*  
**face** /feɪs/ (v) = to look in a particular direction *być zwróconym w stronę*  
**full moon** (phr) = the phase of the Moon in which it can be fully seen *pełnia Księżyca*  
**gibbous moon** (phr) = the phase of the Moon in which it appears to be more than half full *Księżyc między pełnią a pierwszą lub trzecią kwadrą*  
**half moon** (phr) = the phase of the Moon in which only half of the surface is visible *półksiężyc*  
**landmark** /'lændmɑ:k/ (n) = a statue, building, etc that is easily seen and recognised *charakterystyczny obiekt*  
**layout** /'leɪaʊt/ (n) = the way sth is arranged *układ, rozkład, plan*  
**light up** /laɪt 'ʌp/ (phr v) = to make brighter; to put light on sth *rozjaśnić, rozświetlić*  
**line up (with)** /laɪn 'ʌp/ (v) = to form a straight line with sth *ułożyć się w linii prostej (z)*  
**new moon** (phr) = the phase of the Moon in which it appears as a very thin curved line, and can hardly be seen *nów*  
**orbit** /'ɔ:bɪt/ (v) = to travel around a planet *krążyć po orbicie*  
**phase** /feɪz/ (n) = each of the repeating shapes that the Moon seems to take during a month *faza (tu: faza Księżyca)*  
**place** /pleɪs/ (v) = to put in a position *położyć, ustawić*  
**planet** /'plænət/ (n) = a large object in space moving around a sun *planeta*  
**progressive sequence** (phr) = a chain of actions that happen one after another slowly and gradually *sekwencja progresywna*  
**ray** /reɪ/ (n) = a narrow beam of light *promień*  
**reflect** /rɪ'flekt/ (v) = to send back light, heat or sound from a surface *odbijać*

**revolve** /rɪˈvɒlv/ (v) = to move around  
 obracać się, wykonywać ruch obrotowy

**source of light** (phr) = sth that produces light, e.g. the Sun, a lamp, etc źródło światła

**star** /stɑː/ (n) = a large ball of gas that burns brightly in space gwiazda

**stone archway** (phr) = a curved structure above an entrance made of stone sklepione przejście wykonane z kamienia

**summer solstice** (phr) = the time of the year (June 21st) when the Sun is at its most northern point przesilenie letnie

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

**waning moon** (phr) = the period when the visible surface of the Moon decreases Księżyc ubywający

**waxing moon** (phr) = the period when the visible surface of the Moon increases Księżyc przybywający

## CLIL/Culture 3

**candle** /kændl/ (n) = a piece of wax with a piece of string in its middle, used as a light świeca

**coal mine** (phr) = a deep hole in the ground from which a hard black mineral is dug out kopalnia węgla

**crawl** /krɔːl/ (v) = to move slowly along the ground on your hands and knees czołgać się, pełzać

**dairy** /deəri/ (n) = the place where milk is produced and foods from milk are made mleczarnia

**dairy products** (phr) = foods made from milk, e.g. cheese, yoghurt, butter, etc nabiał

**deliver** /dɪˈlɪvə/ (v) = to bring sth to sb dostarczyć

**doorstep** /ˈdɔːstɛp/ (n) = a piece of stone at the bottom of a doorway próg

**early hours** (phr) = the time in the morning after midnight and before sunrise czas między północą a świtem

**employ** /ɪmˈplɔɪ/ (v) = to give sb a job zatrudnić kogoś

**factory** /ˈfæktəri/ (n) = a building where products are made fabryka

**fresh bottled** /ˈfreʃ ˈbɒtlɪd/ (adj) = recently produced and put in a bottle for sale świeżo zabutelkowany

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

**labour** /ˈleɪbə/ (n) = work done with hands for little money praca, harówka

**milk float** (phr) = a small electric truck used for delivering milk to people's houses mleczarka (pojazd dowożący mleko do domów)

**milkman** /ˈmɪlkmæn/ (n) = sb whose job is to bring people milk and dairy products mleczarz

**nostalgic** /nɒˈstældʒɪk/ (adj) = longing for sth from the past nostalgiczny

**organic product** (phr) = a product grown without the use of chemicals, in a natural way produkt naturalny

**partly** /ˈpɑːtli/ (adv) = to some degree częściowo

**pick up** /ˈpɪk ʻʌp/ (phr v) = to lift from the floor tu: podnieść

**poor** /pɔː/ (adj) = having very little money biedny

**protect** /prəˈtekt/ (v) = to keep sb safe from damage or harm chronić

**road sweeper** (phr) = sb whose job is to clean the streets zamiatacz (osoba zamiatająca ulice)

**scraps** /skræp/ (n) = small pieces of sth thrown away tu: ścinki

**servant** /ˈsɜːvənt/ (n) = sb employed to work in another person's home doing the cooking and cleaning służący

**sort** /sɔːt/ (v) = to separate things into groups sortować, segregować

**survive** /səˈvaɪv/ (v) = to continue to exist przeżyć, przetrwać

**thread** /θred/ (n) = a long thin strand of material used for making cloth nitka, nić

**tradition** /trəˈdɪʃən/ (n) = a custom that has been observed for a long time tradycja

**truck** /trʌk/ (n) = 1. a large motor vehicle used for transporting goods; 2. a small vehicle with two wheels used for moving heavy objects by hand 1. ciężarówka; 2. wózek (służący do przewożenia ciężkich przedmiotów)

**tunnel** /ˈtʌnl/ (n) = a passage under the ground tunel

**turn to** /ˈtɜːn tə/ (phr v) = to start to use sth new wdrożyć coś

**ultra-modern** /ˌʌltrə ˈmɒdn/ (adj) = having ideas and styles that are very new and only recently developed ultranowoczesny

**underground** /ˌʌndəgraʊnd/ (adv) = beneath the surface of the ground tu: pod ziemią

**Victorian times** (phr) = the period of British history when Queen Victoria ruled (1837-1901) czasy wiktoriańskie

**weaving machine** (phr) = a large device used to produce fabric krosno tkackie

**working hours** (phr) = the period of time that sb works for godziny pracy

## CLIL/Culture 4

**abstract** /ˈæbstrækt/ (adj) = (of art) expressing ideas and emotions, without attempting to create a realistic picture (o sztuce) abstrakcyjna

**assembling** /əˈsemblɪŋ/ (n) = gathering and joining different materials to create sth montaż, łączenie w całość

**butter** /ˈbʌtə/ (n) = a yellow fatty substance made from milk and used in cooking masło

**carving** /ˈkɑːvɪŋ/ (n) = the act of using tools to shape sth from wood, stone, metal, etc rzeźbiarstwo

**casting** /ˈkɑːstɪŋ/ (n) = the act of creating sth by melting metal and pouring it into a container odlew

**chip away** /ˌtʃɪp əˈweɪ/ (phr v) = to cut and remove small pieces with a tool odłupać (np. za pomocą dłuta)

**clay** /kleɪ/ (n) = a soft material that can be easily shaped glina

**conference** /ˈkɒnfərəns/ (n) = a meeting organised to discuss a particular subject konferencja

**convert** /kənˈvɜːt/ (v) = to change the appearance or purpose of sth into sth else przekształcać

**convey** /kənˈveɪ/ (v) = to serve as a means of expressing sth wyrażać, przekazywać

**cool** /kuːl/ (v) = to become less hot ochłodzić

**daily** /deɪli/ (adj) = happening every day codzienny

**depict** /dɪˈpɪkt/ (v) = to show sb or sth in a picture, painting, photograph, etc przedstawiać

**entrance** /ˈentrəns/ (n) = the action of going into an area wejście

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

**free** /friː/ (adj) = not costing any money darmowy

**gather** /ˈgæðə/ (v) = to bring together zbierać

# Word List

**guided tour** (phr) = the process of being shown around a place by sb who knows the place *wycieczka z przewodnikiem*

**harden** /hɑ:dn/ (v) = to become hard and firm *utwardzić*

**hillside** /hɪlsaɪd/ (n) = a part of a hill between the top and the foot *zbocze wzgórze*

**house** /haʊs/ (v) = to provide a place for sth to be kept in *mieścić coś*

**ice** /aɪs/ (n) = frozen water *lód*

**installation** /,ɪnstəleɪʃən/ (n) = an exhibit constructed within an art gallery *instalacja*

**long-lasting** /lɒŋ 'lɑ:stɪŋ/ (adj) = able to exist for a long time *trwały*

**material** /mə'tɪəriəl/ (n) = a substance that has a particular quality *material*

**melt down** /,melt 'daʊn/ (phr v) = to heat a metal until it becomes a liquid, so that you can use it to make sth else *roztopić, rozpuścić*

**metal** /metəl/ (n) = a substance such as gold, tin, copper, iron, etc *metal*

**modelling** /'mɒdlɪŋ/ (n) = the act of shaping a soft material to create a form *modelowanie*

**mould** /məʊld/ (n) = a container into which a liquid is poured, which takes the shape when it hardens *forma*

**performance art** (phr) = a presentation, usually theatrical, that includes various art forms *performance*

**pour** /pɔ:/ (v) = to cause sth to flow from one container into another *wlać*

**power station** (phr) = a building where electricity is produced *elektrownia*

**quality** /kwoʊləti/ (n) = a characteristic that sb or sth has *jakość*

**realistic** /,riə'lɪstɪk/ (adj) = representing what is real *realistyczny*

**regular** /'regjʊlə/ (adj) = happening often *cykliczny*

**resist** /rɪ'zɪst/ (v) = to not be affected or harmed by sth *tu: być odpornym na*

**sculpture** /'skʌlptʃə/ (n) = a piece of art made by carving stone, metal, wood, etc *rzeźba*

**stone** /stəʊn/ (n) = a hard substance that comes from the ground *kamień*

**talk** /tɔ:k/ (n) = an informal lecture or speech *przemówienie*

**temporary** /'tempərəri/ (adj) = intended to be used for a limited amount of time *tymczasowy, okresowy*

**wood** /wʊd/ (n) = the hard substance that trees are made of *drewno*

## CLIL/Culture 5

**blade** /bleɪd/ (n) = each of the flat spinning parts used on some machines to push air or water *ostrze*

**chemical** /'kemɪkəl/ (adj) = relating to substances and their changes into other forms *substancja chemiczna*

**coal** /kəʊl/ (n) = a black hard substance within the Earth that is used as a fuel *węgiel*

**come up with** /,kʌm 'ʌp wɪð/ (phr v) = to think of a plan, an idea or a solution *wpaść (na pomysł)*

**convert** /kən'vɜ:t/ (v) = to change sth into a different form, so that it can be used in a different way *przerobić*

**dynamo** /'daɪnəməʊ/ (n) = a machine that produces electricity *dynamo*

**electricity** /,ɪlekt'rɪsɪti/ (n) = a form of energy carried through wires and used to operate machines, lights, etc *elektryczność, energia elektryczna*

**energy** /'enədʒi/ (n) = usable power that comes from heat, electricity, etc *energia*

**entrepreneur** /,ɒntɹəprə'nɜ:z/ (n) = sb who starts a business and is willing to take risks in order to make money *przedsiębiorca*

**fossil fuels** (phr) = organic substances, such as coal, petroleum, etc, found underground and used as sources of energy *paliwa kopalne*

**generate** /dʒenəreɪt/ (v) = to produce (energy) *wytwarzać, produkować*

**generator** /dʒenəreɪtə/ (n) = a machine that produces electricity *generator*

**geothermal** /,dʒi:əʊθɜ:məl/ (adj) = relating to the natural heat produced inside the Earth *geotermalny*

**heat up** /,hi:t 'ʌp/ (phr v) = to make sth become hotter *ogrząć*

**hydro-electric power** (phr) = electricity generated by the pressure of falling water *energia pochodząca z elektrowni wodnej*

**inventor** /ɪn'ventə/ (n) = sb who is the first to think of and make sth *wynalazca*

**motor** /'məʊtə/ (n) = a machine that produces motion or power *silnik*

**natural gas** (phr) = gas taken from under the ground and used as a fuel *gaz ziemny*

**non-renewable** /,nɒn rɪ'nju:əbəl/ (adj) = that cannot be replaced after used *nieodnawialne*

**oil** /ɔɪl/ (n) = a thick black liquid that comes from the ground and is used as a fuel *ropa*

**organic material** (phr) = a material produced from living things *materia organiczna*

**petrol** /'petrəl/ (n) = a liquid used as a fuel for cars and other vehicles *benzyna*

**power** /'paʊə/ (v) = to supply electricity *zasilać*

**power station** (phr) = a building where electricity is produced *elektrownia*

**rate** /reɪt/ (n) = the speed at which sth happens over a particular period of time *prędkość, tempo*

**reduce** /rɪ'dju:s/ (v) = to make sth smaller or less in size or amount *redukować, zmniejszać*

**renewable** /rɪ'nju:əbəl/ (adj) = capable of being replaced by nature *odnawialny*

**resources** /rɪ'zɔ:sɪz/ (pl n) = sources of supply or support *zasoby*

**revolution** /,revə'lju:ʃən/ (n) = one complete circular movement made by a wheel attached to a central point *obrót*

**run out** /,rʌn 'aʊt/ (phr v) = to have been used up, so there is none left *skończyć/wyczerpać się*

**solar cells** (phr) = devices that directly convert sunlight into electricity *panele słoneczne*

**solar energy** (phr) = electricity generated from the Sun *energia słoneczna przekształcona w elektryczną*

**solar power** (phr) = energy from the Sun that is converted into thermal or electrical energy *energia słoneczna przekształcona w ciepłą lub elektryczną*

**spin** /spɪn/ (v) = to cause sth to turn around repeatedly *obrać się, wirować*

**steam** /sti:m/ (n) = the hot gas produced from burning materials and kept under pressure to provide power *para*

**turbine** /'tɜ:bain/ (n) = an engine with blades that are caused to turn around by pressure from water, steam or air *turbina*

**use up** /ju:z 'ʌp/ (phr v) = to finish sth so that none of it is left **zużyć**

**wave** /weɪv/ (n) = a mass of moving water raised above the surface of the sea **fala**

**weigh** /weɪ/ (v) = to have a particular weight **ważyc**

**wheel** /wi:l/ (n) = a hard round object that turns and causes machinery to move **koło**

**wide** /waɪd/ (adj) = extending a great distance from one side to the other **szeroki**

**wind** /wɪnd/ (n) = the natural movement of air **wiatr**

**wind power** (phr) = a form of energy derived from the wind **energia wiatrowa**

**wind turbine** (phr) = an engine with blades that the wind turns around to produce electricity **turbina wiatrowa**

**windmill** /wɪndmɪl/ (n) = a structure with blades which are turned around by the wind **wiatrak**

**wind-powered** /wɪnd paʊəd/ (adj) = using electricity produced by the wind **napędzany energią wiatrową**

**wrought iron** (phr) = iron that is easy to shape, resistant to rust **kute żelazo**

## CLIL/Culture 6

**affect** /ə'fekt/ (v) = to change or influence sth **wpływać na**

**anxiety** /æŋ'zaiəti/ (n) = the feeling of being very worried about sth **niepokój**

**brain** /breɪn/ (n) = the organ inside the head that controls thought, memory, feelings and activity **mózg**

**caffeine** /kæfi:n/ (n) = a substance in coffee and tea that makes you feel awake **kofeina**

**character trait** (phr) = a particular characteristic of sb's personality **cecha charakteru**

**chemical** /kemɪkəl/ (n) = a substance produced by the body that influences growth and health **substancja chemiczna**

**confidence** /kɒnfɪdəns/ (n) = the quality of being certain of your abilities  **pewność siebie**

**cool** /ku:l/ (adj) = calm and not nervous or excited **spokojny, opanowany**

**cope (with)** /kəʊp/ (v) = to succeed in dealing with a difficult problem or situation **radzić sobie (z)**

**date back to** /deɪt 'bæk tu/ (phr v) = to have existed since a particular time **pochodzić z**

**deal with** /di:l wɪð/ (phr v) = to take the necessary action to solve a problem **tu: rozwiązać problem**

**disregard (for)** /dɪsrɪ'gɑ:d/ (n) = the fact of showing no care or respect for sth **brak szacunku (dla)**

**distract** /dɪ'strækt/ (v) = to take sb's attention away from sth **rozpraszać, odciągając uwagę**

**dopamine** /dɒpə'mi:n/ (n) = a chemical produced in the brain that carries messages to nerve cells or muscles and helps you feel well **dopamina**

**energised** /enədʒaɪzd/ (adj) = full of energy or enthusiasm **pełen energii**

**fight** /faɪt/ (v) = to use a lot of effort to stop sth happening or existing **walczyć**

**heal** /hi:l/ (v) = to cure sth **leczyć**

**keep a stiff upper lip** (phr) = to not show your feelings when you are upset **być opanowanym, kontrolować emocje**

**keep your chin up** (phr) = to make an effort to stay brave and confident when you are in a difficult situation **trzymać fason**

**lift sb's mood** (phr) = to make sb feel more cheerful and hopeful **poprawić komuś nastrój**

**light** /laɪt/ (adj) = needing only a small amount of effort **lekki, nie wymagający wysiłku**

**long-lasting** /lɒŋ 'lɑ:stɪŋ/ (adj) = continuing for a long period of time **trwały**

**nervousness** /nɜ:vəsnes/ (n) = the feeling of worry and anxiety **nerwowość**

**noticeable** /nəʊtɪsəbəl/ (adj) = easy to see or recognise **zauważalny, widoczny**

**processed** /prəʊest/ (adj) = (of food) treated with chemicals or other substances, so as to be improved and kept fresh for a long time **(o żywności) przetworzona**

**pump** /pʌmp/ (v) = (of the heart) to move very quickly **(o sercu) bić mocno, szybko pompować krew**

**puzzle** /pʌzəl/ (n) = a toy in which you have to fit separate pieces together **układanka**

**relieve** /rɪ'li:v/ (v) = to make an unpleasant feeling, such as pain or worry, less strong **ulżyć, zmniejszyć niepokój, ból itd.**

**serotonin** /sɪərəʊ'təʊnɪn/ (n) = a chemical in the body that helps you feel relaxed and happy **serotonina**

**sth loses its hold** (phr) = sth does not have influence on sb any longer **coś nie ma na już na kogoś wpływu**

**tip** /tɪp/ (n) = a helpful piece of advice **rada, wskazówka**

**tremble** /treɪnbəl/ (v) = to shake slightly, usually because you are cold, frightened or very emotional **drżeć**

**troubles** /trʌbəlz/ (pl n) = problems that worry you **kłopoty**

**typical** /tɪpɪkəl/ (adj) = having the usual features or qualities **typowy**

**unease** /ʌn'i:z/ (n) = the feeling of slight fear about sth **niepewność**

**upset** /ʌp'set/ (adj) = worried or angry **zdeenerwowany**

**virus** /vaɪərəs/ (n) = a very small living thing that causes infectious illnesses **wirus**

**whole grains** (phr) = seeds, such as corn, wheat or rice, used as healthy food **pełne ziarna**

**worry** /wʌri/ (n) = the feeling of being anxious about sth **zmartwienie**

**wound** /wu:nd/ (n) = an injury in which your skin or flesh is damaged **rana**

## CLIL/Culture 7

**absorb** /əb'sɔ:b/ (v) = to take sth in gradually **wchłaniać**

**baked beans** (phr) = small white beans cooked in a sauce made from tomatoes, and usually sold in cans **zapiekana fasola**

**battered** /bætəd/ (adj) = (of food) covered in a mixture of milk, flour and egg and then fried **panierowany**

**bile** /baɪl/ (n) = the bitter yellow liquid produced by the liver that helps to digest fat **żółć**

**black pudding** (phr) = a kind of thick dark sausage made from animal blood and fat **kaszanka**

**bloodstream** /blʌdstri:m/ (n) = the flow of blood around the body **krwioobieg**

**boil** /bɔɪl/ (v) = to cook sth in very hot water **gotować**

**break down** /breɪk 'daʊn/ (phr v) = to change food as a result of a chemical process **tu: trawić**

**deep-fried** /di:p 'fraɪd/ (adj) = cooked in a lot of hot oil **smażone na głębokim oleju**

# Word List

**digest food** (phr) = to change food that you have just eaten into substances that your body can use **trawić**

**digestive enzyme** (phr) = any of a group of chemical substances relating to the digestion of food **enzym trawienny**

**digestive system** (phr) = the organs in the body involved in the breaking down of food **układ trawienny**

**excess** /'eksɛs/ (adj) = more than necessary **nadmiar**

**fat** /fæt/ (n) = an oily substance contained in butter, cheese, meat, etc **tłuszcz**

**fibre** /'faɪbə/ (n) = a substance in certain foods, such as fruit, vegetables and brown bread, that helps to keep you healthy  **błonnik**

**gravy** /'greɪvi/ (n) = a sauce made from the juices of cooked meat mixed with flour **zagęszczony sos pieczeniowy**

**large intestine** (phr) = the lower part of the digestive system, where food is changed into solid waste matter **jelito grube**

**liver** /'lɪvə/ (n) = a large organ in the body that cleans the blood **wątroba**

**mineral** /'mɪnərəl/ (n) = a chemical substance that the body needs to stay healthy **składnik mineralny**

**molecule** /'mɒlɪkju:l/ (n) = each of the simplest units of a chemical substance, usually a group of two or more atoms **cząsteczka**

**nutrient** /'nju:triənt/ (n) = a substance in food that living organisms need to live and grow **składnik pokarmowy, substancja odżywcza**

**oesophagus** /i:'sɒfəgəs/ (n) = the tube which food passes down from the mouth to the stomach **przełyk**

**option** /'ɒpʃən/ (n) = a choice you can make in a particular situation **opcja, możliwość wyboru**

**pancake batter** (phr) = a mixture of flour, eggs, milk, etc, used in making a thin, flat, round cake **ciasto naleśnikowe**

**pancreas** /'pæŋkriəs/ (n) = an organ in the body, near the stomach, that helps the body to use the food that you eat **trzustka**

**protein** /'prəʊti:n/ (n) = an organic compound essential for the body to grow and be healthy **białko, proteina**

**rate (as)** /reɪt/ (v) = to be considered as having a particular quality **oceniać (jako), uważać (za)**

**roast beef** (phr) = beef cooked in the oven at a high heat **pieczeń wołowa**

**salty** /'sɔ:lti/ (adj) = containing salt **słony**

**sausage** /'sɔ:sɪdʒ/ (n) = a small tube of skin filled with a mixture of meat, spices, etc, eaten hot or cold after it has been cooked **kielbasa**

**small intestine** (phr) = the long tube that food goes through after it has gone through the stomach **jelito cienkie**

**sth is a recipe for sth else** (phr) = sth is likely to cause a bad result **coś jest receptą na (dane postępowanie z pewnością przyniesie złe rezultaty)**

**stomach** /'stʌmək/ (n) = the organ inside the body where food begins to be digested **żołądek**

**sugary** /'ʃʊgəri/ (adj) = containing sugar **słodki, przestodzony**

**swallow** /'swɒləʊ/ (v) = to make food or drink go down the throat **połykać, przetykać**

**undigested** /,ʌndə'dʒestɪd/ (adj) = (of food) not processed by the digestive system **niestrawione**

**vitamin** /'vɪtəmɪn/ (n) = a chemical substance in food necessary for good health **witamina**

**wash down** /'wɒʃ 'daʊn/ (phr v) = to drink sth during a meal in order to help you swallow the food **popijać**

## CLIL/Culture 8

**architecture** /'ɑ:kɪtektʃə/ (n) = the style of a building **tu: styl architektoniczny, koncepcja architektoniczna**

**cool** /ku:l/ (v) = to become slightly colder **ochłodzić**

**copper** /'kɒpə/ (n) = a reddish-brown metal **miedź**

**flat-topped moorland** (phr) = flattened open countryside covered with rough grass and low bushes  **płaskie wrzosowisko**

**granite** /'græɪnɪt/ (n) = a type of very hard stone **granit**

**igneous rock** (phr) = rock formed from hot liquid magma **skała magmowa**

**impermeable** /ɪm'pɜ:miəbəl/ (adj) = not allowing fluid, such as water, to pass through **nieprzepuszczalny**

**magma** /'mægmə/ (n) = hot liquid rock inside the Earth **magma**

**main industry** (phr) = the most important businesses and sources of employment in an area **główna gałąź przemysłu**

**mine** /maɪn/ (n) = a hole in the ground from where metal or coal are removed **kopalnia**

**mining** /'maɪnɪŋ/ (n) = the activity of removing substances, such as coal or metal, from the ground by digging **górnictwo**

**natural beauty** (phr) = the fact that a place is beautiful and doesn't have anything made by people **naturalne piękno**

**outcrop** /'aʊtkrɒp/ (n) = a group of rocks that stick out of the ground **wychodnia skalna**

**overseas** /əʊvə'si:z/ (adv) = from another country **zagraniczny**

**peat bog** (phr) = an area of low, wet, muddy ground, containing dead bushes and grasses **torfowisko**

**quarrying** /'kwɒrɪɪŋ/ (n) = the removal of rock from the ground, by cutting into hills or mountains **pozyskiwanie materiału skalnego w kamieniołomie**

**sheep farming** (phr) = the practice of growing sheep **hodowla owiec**

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

**stream** /stri:m/ (n) = a natural flow of water that is narrower than a river **strumień**

**surface** /'sɜ:fɪs/ (n) = the top layer or outside part of sth **powierzchnia**

**surprisingly** /sə'praɪzɪŋli/ (adv) = unusually **zdumiewająco**

**tin** /tɪn/ (n) = a silvery-white metal **cyna**

**vein** /veɪn/ (n) = a thin layer of metal found in rock **żyła (np. złota)**

**V-shaped river valley** (phr) = a narrow passage with tall cliffs on each side, shaped like the letter V **dolina V-kształtna**