

Upstream

PROFICIENCY

Companion

Virginia Evans - Jenny Dooley



Original edition published by Express Publishing, 2002

Liberty House, New Greenham Park, Newbury, Berkshire RG19 6HW

Tel.: (0044) 1635 817 363 Fax: (0044) 1635 817 463

e-mail: inquiries@expresspublishing.co.uk

<http://www.expresspublishing.co.uk>

© Virginia Evans, Jenny Dooley 2002

Design and Illustration © Express Publishing, 2002

Polish edition copyright © by EGIS

Redaktor prowadzący: Marta Kapera

Współpraca redakcyjna: Joanna Gołąb, Paweł Gruchała

Tłumaczenie: Maria Jodłowiec, Ewa Willim

Skład: Joanna Chodźko-Gwoździkowska

Naświetlanie: Lettra Graphic

Druk: Zakłady Graficzne „Drukarz”

This Polish edition is published by arrangement with Express Publishing

Made in EU

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form, or by any means, electronic, photocopying or otherwise, without the prior written permission of the publishers.

Wszelkie prawa zastrzeżone. Żadna część tej pracy nie może być powielana, czy rozpowszechniana w jakiegokolwiek formie w jakikolwiek sposób, bądź elektroniczny, bądź mechaniczny, włącznie z fotokopiowaniem, nagrywaniem na taśmy lub przy użyciu innych systemów, bez pisemnej zgody wydawcy.

First published 2002

ISBN 960-361-595-1

This edition is published in 2005

Printed in Poland by EGIS

ul. Pilotów 71, 31-462 Kraków

e-mail: egis@egis.com.pl

www.egis.com.pl

ISBN 83-7396-134-8

(Polish edition)

Contents

A. Upstream Proficiency – Coursebook

Unit 1	Getting the Message Across	5
Unit 2	The Happiest Days of Your Life?	17
	Self-Assessment Module 1	27
Unit 3	Extra! Extra!	30
Unit 4	Planes, Trains and Automobiles	44
	Self-Assessment Module 2	57
Unit 5	The Science of Life	59
Unit 6	The Art of Entertainment	72
	Self-Assessment Module 3	85
Unit 7	Born to Win!	87
Unit 8	Respect!	98
	Self-Assessment Module 4	109
Unit 9	Another Day, Another Dollar	111
Unit 10	Our Planet, Our Home	121
	Self-Assessment Module 5	133
	Practice Test	136

B. Upstream Proficiency – Workbook Glossary

143

C. Index to the Vocabulary

153

D. Key to Companion

169

Key to Phonetic Symbols – Wykaz symboli fonetycznych

Vowels and diphthongs – Samogłoski i dwugłoski

ɑ:	calm, heart	əʊ	note, coat
æ	act, mass	ɔ:	claw, faun
aɪ	drive, cry	ɔɪ	boy, joint
aɪə	fire, tyre	ʊ	could, stood
aʊ	out, down	u:	you, use
aʊə	flour, sour	ʊə	lure, pure
e	met, lend	ɜ:	turn, third
eɪ	say, weight	ʌ	fund, must
eə	fair, care	ə	pierwsza samogłoska w słowie <i>about</i>
ɪ	fit, win	i	druga samogłoska w słowie <i>very</i>
i:	feed, me	u	druga samogłoska w słowie <i>actual</i>
ɪə	near, beard	ə	druga samogłoska w słowach takich jak <i>bottle</i>
ɒ	lot, spot		lub <i>shorten</i> , zanikająca w szybkiej wymowie

Consonants – Spółgłoski

b	bed, rub	s	soon, bus
d	done, red	t	talk, bet
f	fit, if	v	van, love
g	good, dog	w	win, wool
h	hat, horse	z	zoo, buzz
j	yellow, you	ʃ	ship, wish
k	king, pick	ʒ	measure, leisure
l	lip, bill	ŋ	sing, working
m	mat, ram	tʃ	cheap, witch
n	not, tin	θ	thin, myth
p	pay, lip	ð	then, bathe
r	run, read	dʒ	joy, bridge
r	„r” łączące, występujące na końcu takich wyrazów jak <i>mother</i> lub <i>far</i> , jeśli następuje po nich samogłoska		

Akcent główny oznaczony jest symbolem ' poprzedzającym akcentowaną sylabę (np. **attic** /'ætɪk/), natomiast akcent poboczny oznaczony jest symbolem , poprzedzającym akcentowaną sylabę (np. **disappoint** /,dɪsə'pɔɪnt/).

Abbreviations – Wykaz skrótów

abbr	=	abbreviation	(skrót)	pl	=	plural	(liczba mnoga)
adj	=	adjective	(przymiotnik)	phr v	=	phrasal verb	(czasownik złożony)
adv	=	adverb	(przysłówek)	prep	=	preposition	(przyimek)
conj	=	conjunction	(spójnik)	pron	=	pronoun	(zaimek)
excl	=	exclamation	(wykrzyknik)	sb	=	somebody	(ktoś)
idm	=	idiom	(idiom)	sth	=	something	(coś)
n	=	noun	(rzeczownik)	v	=	verb	(czasownik)

Listen, read and talk about (p. 6)

- 1.1 **literacy** /'litərəsi/ (n) = the ability to read and write /
umiejętność czytania i pisania
e.g. There is a great problem with **literacy** in third-world
countries.
Der.: literate (adj)
Opp.: illiteracy

Lead-in (p. 7)

- 1.2 **rank** /ræŋk/ (v) = to put in a particular class according
to importance, value, ability / *ustawić w kolejności*
(np. od najbardziej do najmniej ważnego)
e.g. The academic titles mentioned in the book have
been **ranked** in order of importance.
- 1.3 **intrusive** /ɪn'tru:sɪv/ (adj) = disturbing / *irytujący,*
denerwujący
e.g. One problem associated with fame is the **intrusive**
presence of journalists and cameras in one's private life.
Der.: intrude (v)
- 1.4 **versatile** /'vɜ:sətəl/ (adj) = having different uses /
wielofunkcyjny
e.g. This **versatile** gadget is a valuable addition to any
toolbox.
Der.: versatility /vɜ:sətə'litəti/ (n)
- 1.5 **customised paper** /'kʌstəmaɪzd ˌpeɪpə/ (n) = paper
made according to one's wishes / *papeteria*
wykonywana na indywidualne zamówienie
e.g. She always uses **customised paper**, which makes
it a joy to read her letters.
- 1.6 **stranded** /'strændɪd/ (adj) = helpless, unable to leave
a place / *nie mogący się skądś wydostać, zdany na*
własne siły
e.g. The holiday makers were **stranded** on the island
because of the storm.
- 1.7 **transaction** /træn'zækʃən/ (n) = a business deal /
transakcja
e.g. For some strange reason my last **transactions** don't
appear in my bank book.
- 1.8 **elaborate** /ɪ'læbərət/ (adj) = complicated and carefully
planned / *skomplikowany, wyrafinowany*
e.g. His **elaborate** answer to our question confused
us even further.
Opp.: simple

Reading (pp. 8–9)

- 1.9 **grope** /grəʊp/ (v) = to search with difficulty /
szukać po omacku

e.g. The sudden appearance of the new disease left
scientists **groping** for a cure.

- 1.10 **assault** /ə'səʊlt/ (n) = an attack / *atak*
e.g. The political candidate promised to launch
an **assault** against poverty if she were elected.
- 1.11 **tedious** /'tidɪəs/ (adj) = boring / *uciążliwy, nużący*
e.g. She was given the **tedious** task of entering lists
of numbers.
Opp.: interesting
- 1.12 **quaint** /kwəɪnt/ (adj) = attractively unusual and old /
staroświecki, osobliwy, urokliwy
e.g. During our tour of Europe we passed through
quaint villages.
- 1.13 **merchant vessel** /'mɜ:tʃənt vesəl/ (n) = a ship used
in trade / *statek handlowy*
e.g. He travelled everywhere while working as a marine
engineer on a **merchant vessel**.
- 1.14 **bear the flag** = to display a flag on a ship /
być pod banderą
e.g. Every ship on these waters has to **bear the flag**
of its country of origin.
- 1.15 **distress call** /dɪ'stres ˌkɔ:l/ (n) = a signal for help /
wezwanie pomocy
e.g. The Titanic's **distress call** was sent too late for help
to arrive on time.
- 1.16 **adrift** /ə'drɪft/ (adj) = not tied to anything, floating /
dryfujący, znoszony przez prąd
e.g. Four shipwreck victims were found **adrift** on a raft
yesterday.
- 1.17 **launch** /lɔ:ntʃ/ (v) = to set into water / *spuścić na wodę*
e.g. We watched from the quayside as the ship was
launched into the sea.
- 1.18 **enduring** /ɪn'djʊərɪŋ/ (adj) = continuing for a long
time / *ciągły, długotrwały*
e.g. The 60s had an **enduring** influence on the British
society.
- 1.19 **legacy** /'legəsi/ (n) = sth that exists now because sth
else happened in the past / *pozostałość, spuścizna*
e.g. This polluted river is the **legacy** of the factories that
used to remove their waste into it.
- 1.20 **commonplace** /'kɒmənpleɪs/ (adj) = ordinary, usual /
powszechny, pospolity
e.g. Internet cafés are now **commonplace** in most cities.
Opp.: unusual, rare
- 1.21 **relay** /ri'leɪ/ (v) = to receive a message and pass it on /
przekazać (wiadomość)
e.g. The DJ read the note and **relayed** the news to his
listeners.

- 1.22 **prudence** /'pru:dəns/ (n) = good judgement / *rozwaga, roztropność*
e.g. He demonstrated a lack of **prudence** when he quit his job before finding another one.
Der.: prudent (adj)
- 1.23 **distorted** /di'stɔ:tɪd/ (adj) = (of a signal) unnatural in appearance or sound / *zniekształcony*
e.g. Our television was so old that its image was becoming more and more **distorted**.
Der.: distortion (n), distort (v)
- 1.24 **infantry** /'ɪnfəntri/ (n) = soldiers who fight on foot / *piechota*
e.g. The **infantry** cautiously advanced through the open field.
- 1.25 **artillery** /ɑ:'tɪləri/ (n) = soldiers trained to use large, heavy weapons / *artyleria*
e.g. He was a captain in the **artillery** before he retired.
- 1.26 **come out on top** (idm) = to be more successful than others; to be in the first position / *być górą, na pierwszym miejscu*
e.g. Our ice-cream company **came out on top** by offering a delicious product.
- 1.27 **peck** /pek/ (v) = to strike quickly and repeatedly (e.g. keys in a typewriter) / *dość. dziobać; tu: stukać (np. w klawisze)*
e.g. The secretary spent hours **pecking**; she had to finish typing all the letters before the deadline.
- 1.28 **clatter** /'klætə/ (n) = a continuous noise caused by objects hitting each other / *brzęk*
e.g. You could hear a **clatter** of dishes and cutlery coming from the kitchen.
- 1.29 **inaugurate** /'ɪnɔ:ɡjʊəɪt/ (v) = to introduce, start / *inaugurować, dać początek*
e.g. The introduction of free school lunches **inaugurated** an era of better health for children.
Der.: inauguration (n)
- 1.30 **wire** /waɪə/ (v) = to send a telegram / *przesłać wiadomość telegraficznie*
e.g. We **wired** her sending her our condolences.
- 1.31 **what hath God wrought!** = (biblical quotation) what has God done! / (cytat z Biblii) „Czegóż to dokonał Bóg!”
e.g. “**What hath God wrought!**” the man said looking at the soaring skyscraper.
- 1.32 **recede** /rɪ'si:d/ (v) = to move away from the central position, to gradually disappear / *zniknąć, zacząć zanikać*
e.g. His enthusiasm for the job started to **recede** after only a few days of hard work in the office.
- 1.33 **envision** /ɪn'vɪʒən/ (v) = to imagine sth as a possibility / *przewidzieć, wyobrażać sobie*
e.g. I don't **envision** the building complex being constructed before the set date.
- 1.34 **gist** /dʒɪst/ (n) = the general meaning / *główna myśl*
e.g. The **gist** of his long speech was that the company must cut wages.
- 1.35 **question stem** /'kwɛstʃən stem/ (n) = the main part of a question / *tekst pytania (bez odpowiedzi do wyboru)*
e.g. The **question stem** is located before the multiple choice answers.
- 1.36 **laborious** /lə'bɔ:riəs/ (adj) = needing much effort / *żmudny, mozolny*
e.g. Cooking for a family of seven is a **laborious** task.
Opp.: easy
- 1.37 **redundant** /rɪ'dʌndənt/ (adj) = no longer needed / *zbędny, zbyteczny*
e.g. Due to automation many factory workers have become **redundant**.
Der.: redundancy (n)
Opp.: essential
- 1.38 **neglect** /nɪ'glekt/ (v) = to give no or little attention to / *zaniedbać, lekceważyć*
e.g. The government has often **neglected** the country's new immigrants.
Der.: neglectful (adj)
- 1.39 **strenuous** /'strenjuəs/ (adj) = taking great effort, energy / *wyczerpujący, forsowny*
e.g. **Strenuous** exercise should be avoided during heat waves.
Der.: strenuously (adv)
Opp.: light

Language Focus (pp. 10–13)

- 1.40 **beam** /bi:m/ (v) = to give a big smile / *uśmiechać się promiennie*
e.g. The contest winner was **beaming** with pride.
- 1.41 **glare** /gleə/ (v) = to stare in an angry manner / *piorunować kogoś wzrokiem, patrzeć gniewnie*
e.g. When Mark spoke to his ex-girlfriend, Joanne **glared** at him across the room.
- 1.42 **smirk** /smɜ:k/ (v) = to smile in an unpleasant manner because one is pleased with oneself / *uśmiechać się z wyższością*
e.g. Lara **smirked**, knowing that she'd soon take her revenge.
- 1.43 **frown** /fraʊn/ (v) = to draw one's eyebrows together because one is annoyed, puzzled, concentrating, etc / *marszczyć brwi, patrzeć z dezaprobatą*
e.g. She developed deep lines on her forehead from **frowning** all the time.

- 1.44 **wince** /wɪns/ (v) = to tighten the muscles in the face to show pain, distress, embarrassment / *skrzywić się z bólu, wzdrygnąć się*
e.g. He **winc**ed at the memory of his embarrassing behaviour the night before.
- 1.45 **retort** /rɪ'tɔ:t/ (v) = to reply quickly and angrily / *zaripostować, dawać słowną ripostę*
e.g. The way she **retort**ed left us all speechless.
- 1.46 **shrug** /ʃrʌg/ (v) = to raise one's shoulders slightly to express doubt or lack of interest / *wzruszyć ramionami*
e.g. The landlady **shrug**ged when the police asked if she knew the whereabouts of her last tenant.
- 1.47 **abruptly** /ə'brʌptli/ (adv) = suddenly, unexpectedly / *nagle, raptownie, ostro*
e.g. The bus stopped **abruptly** when the traffic lights changed to red.
Der.: abrupt (adj)
- 1.48 **profound** /prə'faʊnd/ (adj) = very great, intense / *głęboki, przemożny*
e.g. My drama teacher had a **profound** influence on me in high school.
Der.: profoundly (adv)
- 1.49 **rousing** /'raʊzɪŋ/ (adj) = exciting and encouraging / *porywający*
e.g. Her **rousing** speech on the survival of the planet touched the crowd.
- 1.50 **pertinent** /'pɜ:tɪnənt/ (adj) = relevant / *istotny, mający ścisły związek z tematem*
e.g. Since we didn't have much time, I asked him the most **pertinent** questions.
Der.: pertinence (n), pertinently (adv)
Opp.: irrelevant
- 1.51 **wall-mounted** /'wɔ:l,məʊntɪd/ (adj) = attached to the wall / *umocowany na ścianie*
e.g. There was a free-standing bookcase and several **wall-mounted** cupboards in the room.
- 1.52 **aerial** /'eəriəl/ (n) = an antenna / *antena*
e.g. We had to adjust our TV **aerial** to get better reception.
- 1.53 **thrust** /θrʌst/ (v) = to push forcefully and suddenly / *wepchnąć*
e.g. She **thrust** the car keys into my hand and told me to drive quickly.
- 1.54 **plug in** /'plʌg 'ɪn/ (phr v) = to push the plug of an electrical appliance into a socket so that it can work / *włączyć do kontaktu*
e.g. We **plugged in** the Christmas tree lights and gazed at the bright colours.
- 1.55 **nook** /nʊk/ (n) = a quiet, small, sheltered space / *zakątek, wnęka*
e.g. There is a **nook** in my garden where I can sit and read for hours.
- 1.56 **jack** /dʒæk/ (n) = an electrical socket into which phone lines are connected / *gniazdko telefoniczne*
e.g. We had telephone **jacks** installed in every room of the house except the bathroom.
- 1.57 **niche** /ni:tʃ/ (n) = a hollow area in a wall used to display sth / *nisza, wnęka*
e.g. We decided to display the statue in the **niche** in the hallway.
- 1.58 **void** /vɔɪd/ (n) = a large empty space / *próżnia, pustka*
e.g. Our small motorboat moved slowly into the dark **void**.
- 1.59 **headset** /'hedset/ (n) = a pair of small headphones used for the telephone or listening to the radio / *słuchawki*
e.g. Wearing a **headset** at work allows me to answer the telephone and type at the same time.
- 1.60 **reel** /ri:l/ (n) = a round object on which thread, wire, cinema film, etc can be wound / *rolka, szpul(k)a*
e.g. The camera operator inserted the second **reel** of film.
- 1.61 **keypad** /'ki:pæd/ (n) = a small set of buttons that operate a modern telephone, calculator, etc / *przyciski (np. na telefonie, kalkulatorze)*
e.g. She quickly punched in the phone number on the **keypad** and waited for an answer.
- 1.62 **switchboard** /'swɪtʃbɔ:d/ (n) = a place in a company where all the telephone calls are connected / *centrala telefoniczna*
e.g. The **switchboard** was jammed with calls from outraged TV viewers.
- 1.63 **conventional** /kən'venʃənəl/ (adj) = usually used / *tradycyjny*
e.g. When I moved to my flat I had enough room for a **conventional** cooker.
Der.: convention (n)
Opp.: unconventional
- 1.64 **retract** /rɪ'trækt/ (v) = to move back or in / *wciągnąć, schować*
e.g. The wheels of the aeroplane were **retracted** after take-off.
- 1.65 **recoil** /rɪ'kɔɪl/ (v) = to suddenly move backwards / *cofnąć się odruchowo, odskoczyć*
e.g. She **recoil**ed in disgust when Joe stepped forward to hug her.
- 1.66 **materialise** /mə'tɪəriəlaɪz/ (v) = to suddenly become visible / *pojawić się niespodziewanie, wyłonić się znikąd*
e.g. As she looked out of her window, she saw a man **materialise** out of the fog.

- 1.67 **contempt** /kən'tempt/ (n) = a feeling that sb or sth is not worthy of respect / **pogarda**
e.g. *I feel nothing but **contempt** for someone who behaves so cruelly towards others.*
- 1.68 **menacingly** /'menɪŋli/ (adv) = in a threatening way / **groźnie**
e.g. *The school bully looked **menacingly** at the frightened little boy.*
- 1.69 **stern** /stɜ:n/ (adj) = serious, disapproving / **srogі, surowy**
e.g. *The headmaster's **stern** look told the students they were in trouble.*
- 1.70 **scowl** /skaʊl/ (v) = to look angrily at sb / **popatrzeć gniewnie na kogoś**
e.g. *The spoiled girl **scowled** at her nanny and threw down a vase.*
- 1.71 **jeer** /dʒiə/ (v) = to laugh and shout rudely or insultingly at sb/sth / **wygwizdać, wyśmiać, wyszydzić**
e.g. *The crowd **jeered** at the speaker during the whole of her speech.*
- 1.72 **simper** /'sɪmpə/ (v) = to smile in a silly, unnatural way / **mizdrzyć się, uśmiechać się kokieteryjnie**
e.g. *The adoring fan **simpered** at her idol.*
Der.: **simpering** (adj), **simperingly** (adv)
- 1.73 **growl** /grəʊl/ (v) = to make a deep rough sound in the throat, usually in anger / **warknąć**
e.g. *He looked at the report and **growled**, "What is this?"*
- 1.74 **munch** /mʌntʃ/ (v) = to chew food noisily / **chrupać**
e.g. *She **munched** on an apple while doing her homework.*
- 1.75 **mumble** /'mʌmbəl/ (v) = to speak very quietly and not clearly / **mamrotać, mówić do siebie**
e.g. *Peter has a habit of **mumbling** in his sleep.*
- 1.76 **muddle** /'mʌdəl/ (v) = to confuse, mix up things / **pomieszać, poplątać**
e.g. *After years of knowing the identical twins, I still **muddle** their names.*
- 1.77 **muster** /'mʌstə/ (v) = to gather, collect / **zebrać (np. siły), zdobyć się na coś**
e.g. *The actress **mustered** all her courage and went to the audition.*
- 1.78 **gape** /geɪp/ (v) = to look in surprise (usually with an open mouth) / **gapić się z otwartymi ustami**
e.g. *The tourist **gaped** at the sight of the ancient pyramids before her.*
- 1.79 **ogle** /'əʊgəl/ (v) = to look, especially at a woman, in a way that suggests sexual interest / **patrzeć lubieżnie**
e.g. *Her boyfriend had a bad habit of **ogling** women, which always made her jealous.*
- 1.80 **piercing** /'piəriŋ/ (adj) = very high, sharp and clear in an unpleasant way / **przenikliwy**
e.g. *I covered my ears when he let out a **piercing** whistle.*
- 1.81 **yelp** /jelp/ (n) = a sudden cry of fear, pain or excitement / **skowyt, skomlenie**
e.g. *The dog let out a **yelp** of excitement and ran to greet his owner.*
- 1.82 **shriek** /'ʃri:k/ (n) = a loud shout in a high voice, made when one is excited or frightened / **wrzask, pisk**
e.g. *The child let out a **shriek** of delight when he saw all the Christmas presents.*
- 1.83 **subtlety** /'sʌtəlti/ (n) = a detail hardly noticeable but important / **drobny szczegół, subtelność**
e.g. *What makes my sauce so delicious is the **subtleties** of flavour.*
- 1.84 **nuance** /'nju:ɑ:ns/ (n) = a very slight difference in meaning or appearance / **niuans**
e.g. *The two example sentences showed the **nuances** between the synonyms.*
- 1.85 **minimalist** /'mɪnɪməlist/ (adj) = (of a style) using a small number of simple things / **minimalistyczny**
e.g. *She used a **minimalist** approach in furnishing her bedroom with only a bed.*
- 1.86 **verbose** /vɜ:'bɔ:əs/ (adj) = using more words than necessary / **(o stylu) rozwlekły, (o osobie) gadatliwy**
e.g. *He answered the student's question in his usual **verbose** manner.*
Der.: **verbosity** /vɜ:'bɔ:səti/ (n)
- 1.87 **long-winded** /'lɒŋ'wɪndɪd/ (adj) = saying too much in a boring way / **rozwlekły, nużąc o dług**
e.g. *By the end of the speaker's **long-winded** speech we were ready to go home.*
- 1.88 **elongated** /'i:lɒŋgetɪd/ (adj) = long and thin / **pociągły, wydłużony**
e.g. *The model's **elongated** face on the painting bore little resemblance to her.*
- 1.89 **stretched-out** /'stretʃt, aʊt/ (adj) = held straight / **wyciągnięty**
e.g. *He begged for money with a **stretched-out** hand.*
- 1.90 **mutter** /'mʌtə/ (v) = to speak in a low voice not easily heard, usually to complain / **mamrotać, mrużyć pod nosem**
e.g. *"He is an idiot," she **muttered** to herself.*
- 1.91 **stutter** /'stʌtə/ (v) = to speak with difficulty in producing sounds / **jąkać się**
e.g. *"H-h-h-help...m-m-m-me," she **stuttered**.*
- 1.92 **splutter** /'splʌtə/ (v) = to speak in a quick, confused way producing short unclear sounds / **bełkotać**
e.g. *"But-but what do you mean?" he **spluttered**.*

- 1.93 **pitch** /pɪtʃ/ (n) = the height of a speaking voice or musical note / **ton**
e.g. *The high **pitch** of her voice was annoying.*
- 1.94 **striking** /ˈstraɪkɪŋ/ (adj) = very noticeable or unusual / **rzucający się w oczy, uderzający, znamienny**
e.g. *I spotted her **striking** pink hair in the crowd.*
- 1.95 **premises** /ˈpremɪsɪz/ (n pl) = the land and buildings that a business or institution occupies / **siedziba, lokal**
e.g. *Alcohol cannot be sold on the **premises**.*
- 1.96 **in jest** = not seriously / **żartem**
e.g. *His comments about quitting the rock band were not said **in jest**; he was sincere.*
- 1.97 **not to mince one's words** (idm) = to say things directly to sb even if they can hurt or offend them / **nie owijać w bawełnę**
e.g. *She didn't **mince** her words, but called his idea "ludicrous."*
- 1.98 **on the tip of one's tongue** (idm) = used when one is trying hard to remember sth / **na końcu języka**
e.g. *"Oh! His name is **on the tip of my tongue!**"*
- 1.99 **be all ears** (idm) = to be ready and eager to listen to sb / **zamienić się w słuch**
e.g. *"I **am all ears**," she said and sat on the chair waiting to hear what I had to say.*
- 1.100 **mutual acquaintance** /ˈmju:tʃuəl əˈkwentəns/ (n) = sb who is known by two or more people / **wspólny znajomy**
e.g. *Paul and I met through John, who was a **mutual acquaintance**.*
- 1.101 **run for Parliament** = to attempt to be elected to Parliament / **stawać do walki o miejsce w parlamencie**
e.g. *After years of being interested in politics, she decided to **run for Parliament**.*
- 1.102 **keep sth under one's hat** (idm) = not to divulge information / **trzymać coś w tajemnicy**
e.g. *I hope you will **keep** the information **under your hat**.*
- 1.103 **mum's the word** (idm) = used to tell sb or to agree that sth must be kept secret / **cicho sza**
e.g. *"Thanks for listening to me. And don't forget, **mum's the word**."*
- 1.104 **in strictest confidence** = secretly / **w głębokiej tajemnicy**
e.g. *He told me **in strictest confidence** about his troubled conscience.*
- 1.106 **lounge suit** /ˈlaʊndʒ su:t/ (n) = a suit of matching jacket and trousers, sometimes worn for a special occasion / **garnitur (wizytowy)**
e.g. *His **lounge suit** was too casual for the Mayor's reception.*
- 1.107 **tie-dye** /ˈtaɪdaɪ/ (adj) = (of an article of clothing) made by tying knots in it and dyeing it / **farbowany nierównomiernie**
e.g. *Don't my **tie-dye** trousers remind you of the 60s?*
- 1.108 **pin-striped** /ˈpɪnstreɪpt/ (adj) = (of a fabric) with very narrow lines / **prążkowany**
e.g. *She wore a smart **pin-striped** suit to the company meeting.*
- 1.109 **trench coat** /ˈtrentʃ kəʊt/ (n) = a long loose raincoat with pockets and a belt / **trencz**
e.g. *She put on her **trench coat** because it was pouring with rain.*
- 1.110 **bomber jacket** /ˈbɒmə dʒækt/ (n) = a short jacket gathered at the waist or hips / **krótka dopasowana kurtka (zwykle skórzana)**
e.g. *The **bomber jacket** I bought last year doesn't seem stylish any more.*
- 1.111 **baggy cords** /ˈbæɡi kɔ:dz/ (n pl) = loose fitting trousers made of corduroy fabric / **luźne (workowate) sztruksy**
e.g. *These **baggy cords** are perfect for autumn and winter weather.*
- 1.112 **negligible** /ˈneglɪdʒɪbəl/ (adj) = too small to be worthy of attention / **nieistotny, bez znaczenia**
e.g. *The damage to the car was so **negligible** I hadn't even noticed it.*
- 1.113 **posture** /ˈpɒstʃə/ (n) = the way in which sb usually holds their body / **postawa**
e.g. *When she improved her **posture** her back pain disappeared.*
- 1.114 **multi-lingual** /ˌmʌltɪˈlɪŋɡwəl/ (adj) = of many languages / **wielojęzyczny**
e.g. ***Multi-lingual** employees would be an asset to our business.*
- 1.115 **lingua franca** /ˌlɪŋɡwə ˈfræŋkə/ (n) = a shared language of communication / **lingua franca (wspólny język używany jako środek porozumiewania się przez osoby, dla których nie jest on językiem ojczystym)**
e.g. *English is slowly becoming the **lingua franca** of the world.*
- 1.116 **linguist** /ˈlɪŋɡwɪst/ (n) = a person who studies languages or the way they work / **językoznawca**
e.g. *The **linguist** on the TV programme discussed the similarities between languages.*
- 1.117 **rivalry** /ˈraɪvəri/ (n) = competition / **rywalizacja, konkurencja**

Listening and Speaking (pp. 14–15)

- 1.105 **scruffy** /ˈskrʌfi/ (adj) = dirty or untidy / **niechlujny**
e.g. *When we found our family pet, she was **scruffy** from living on the streets.*

e.g. Ever since their youth, there has been **rivalry** between the two sisters.

Der.: rival (n)

1.118 **exemplify** /ɪg'zemplɪfaɪ/ (v) = to be a typical example of / **ilustrować, być przykładem**

e.g. These recipes **exemplify** what is referred to as healthy Mediterranean cooking.

Der.: exemplification (n)

1.119 **get across** /'get ə'krɒs/ (phr v) = to make sth understood / **przekazać (tak, że słuchacz zrozumie, o co chodzi)**

e.g. From the look on people's faces, she knew she was **getting her ideas across**.

Reading (pp. 16–17)

1.120 **think tank** /'θɪŋk tæŋk/ (n) = a group of experts brought together to provide solutions to problems / **zespół ekspertów**

e.g. The education **think tank** considered the various problems found in bilingual schools.

1.121 **armoured** /'ɑ:məd/ (adj) = equipped with sth that provides protection / **zbrojny, opancerzony**

e.g. The diplomat travelled everywhere in an **armoured car**.

1.122 **wiring** /'waɪərɪŋ/ (n) = a system of wires that supplies electricity to a building / **instalacja elektryczna**

e.g. The power failure was due to faulty **wiring**.

1.123 **vulnerable** /'vʌlnərəbəl/ (adj) = easily attacked, harmed or hurt / **narażony na niebezpieczeństwo**

e.g. Small children are especially **vulnerable** to diseases.

Der.: vulnerability (n)

1.124 **conceivable** /kən'si:vəbəl/ (adj) = possible / **możliwy (do wyobrażenia), wyobrażalny**

e.g. I've searched in every **conceivable** place for the CD, but I can't find it.

Der.: conceivably (adv), conceive (v)

Opp.: inconceivable

1.125 **reduce to tatters** = to destroy / **zniszczyć, rozerwać na strzępy**

e.g. The washing machine **reduced** the delicate sweater **to tatters**.

1.126 **node** /nəʊd/ (n) = a point where one thing joins another / **węzeł**

e.g. The network consisted of more than 1,500 **nodes**.

1.127 **wind** /waɪnd/ (v) = to follow a curving or twisting course / **wić się, posuwać się krętą drogą**

e.g. The path **winds** through the forest and ends at the stream.

1.128 **intrigue** /ɪn'tri:g/ (v) = to fascinate, to interest greatly especially by being unusual / **intrygować**

e.g. The concept of flying has always **intrigued** man.

Der.: intrigued (adj), intriguing (adj), intriguingly (adv)

1.129 **indestructible** /ɪndɪ'strʌktɪbəl/ (adj) = impossible to destroy / **niezniszczalny**

e.g. My playful dog needs **indestructible** toys.

Der.: indestructibly (adv)

1.130 **subscriber** /səb'skraɪbər/ (n) = a person who makes regular payments to receive a service / **subskrybent, abonent**

e.g. The cable TV **subscribers** complained about the price increase.

Der.: subscribe (v), subscription (n)

1.131 **segment** /'segmənt/ (n) = a section; any of the parts into which sth is divided / **sektor, gałąź, część**

e.g. Women make up the larger **segment** of the population.

Der.: segmented (adj), segmentation (n)

1.132 **amid** /ə'mɪd/ (prep) = in the middle of; among / **pośród**

e.g. The once happy child found himself **amid** a bitter custody battle.

1.133 **constellation** /kən'stɛlə'leɪʃən/ (n) = a group of similar things or people / **plejada, gwiazdozbiór**

e.g. There was a **constellation** of film directors at the International Film Festival.

1.134 **get into the act** = to participate in sth that was started by sb else, especially for one's own benefit / **przyłączyć się, dołączyć**

e.g. Now that our business is doing well, many friends want to **get into the act**.

1.135 **blistering pace** /'blɪstərɪŋ 'peɪs/ (n) = a great speed / **zawrotne tempo**

e.g. The cyclist set off at a **blistering pace** and took the lead.

1.136 **upgrade** /,ʌp'greɪd/ (v) = to improve / **unowocześnić, podnieść standard**

e.g. Charity donations enabled the hospital to **upgrade** its facilities.

1.137 **confederation** /kən'fɛdə'reɪʃən/ (n) = a union of smaller groups, especially established for business or political reasons / **związek, stowarzyszenie**

e.g. Since it joined the **confederation**, our small clothing company has expanded its exports.

1.138 **mere** /mɪər/ (adj) = nothing more than / **zaledwie, jedynie**

e.g. The beach was a **mere** 200 metres from our rented room.

1.139 **ferocious** /fə'reʊʃəs/ (adj) = extremely quick / **tu: gwałtowny**

- e.g. The **ferocious** growth of the industry surprised everyone.
Der.: ferociously (adv), ferocity /fə'ri:əsəti/ (n)
- 1.140 **bear little resemblance** = to be barely similar /
nie być podobnym, mieć mało wspólnego
e.g. The new film **bears little resemblance**
to the wonderful book.
- 1.141 **seething** /'si:ðɪŋ/ (adj) = here: rapid, uncontrollable /
tu: gwałtowny, niepoohamowany
e.g. The **seething** expansion of the gang's illegal
activities was stopped by the CIA.
Der.: seethe (v)
- 1.142 **fungus** /'fʌŋgʊ/ (adj) = here: growing rapidly and
suddenly / tu: gwałtownie rozprzestrzeniający się
e.g. The **fungus** development of the disease surprised
everyone.
Der.: fungus (n)
- 1.143 **grim** /grɪm/ (adj) = unpleasant, depressing / ponury
e.g. The **grim** weather made me want to stay at home.
Der.: grimly (adv)
- 1.144 **command grid** /kə'mɑ:nd ,grɪd/ (n) = the main system
of electric wires which distributes power over
a large area / centralna sieć (np. energetyczna,
telekomunikacyjna)
e.g. There was a breakdown in the electric **command
grid** of the city.
- 1.145 **jumbled** /'dʒʌmbəld/ (adj) = mixed up and not
in order / pomieszany, w nieładzie
e.g. The books and CDs were lying **jumbled**
on the bookshelf.
- 1.146 **discourse marker** /'dɪskɔ:s 'mɑ:kə/ (n) = a reference
word, time word or linking word which shows
how discourse is constructed / wskaźnik organizacji
tekstu
e.g. A successful composition should include
appropriate **discourse markers**.
- 1.147 **cohesion** /kəʊ'hɪ:ʒən/ (n) = unity of the text based on
its surface elements, such as the linking words /
spójność, zwartość
e.g. I don't know what "it" in line 4 refers to; this essay
lacks **cohesion**.
- 1.148 **coherence** /kəʊ'hɪərəns/ (n) = a clear and logical
connection between different parts
of a speech, text, etc / logiczna spójność, sprawny,
składny wywód
e.g. She was an inexperienced speaker; there wasn't
any **coherence** in her arguments.
Der.: coherent (adj)
Opp.: incoherence
- 1.149 **warp** /wɔ:p/ (v) = to change or influence in a bad
way / wypaczyć, wykoślawić
- e.g. It seems his new income has **warped** his usual
sense of judgement.
- 1.150 **federally subsidised** /'fedərəli 'sʌbsɪdaɪzd/ (adj)
= given money by the government to cover
the cost of sth / rządowy, finansowany przez rząd
federalny
e.g. Immigrants are encouraged to take **federally
subsidised** language courses.
- 1.151 **stumbling** /'stʌmblɪŋ/ (adj) = here: unsteady /
niepewny, mogący w każdej chwili się zmienić
e.g. After years of financial instability, the company
is slowly achieving a **stumbling** balance.
- 1.152 **high-capacity** /,haɪkə'pæstɪ/ (adj) = able to do sth
to a great degree; powerful / o wielkiej pojemności,
wysokowydajny
e.g. The new **high-capacity** engines of our racing cars
should bring us more victories.
- 1.153 **backbone** /'bækbəʊn/ (n) = the principal support
or most substantial element of a group / trzon,
filar
e.g. Our manager is the **backbone** of the firm.
- 1.154 **lord it over sb** (idm) = to gain advantage or achieve
dominance over sth / przewyższyć, zdominować
e.g. Big corporations can **lord it over** small businesses.
- 1.155 **domain** /dəʊ'meɪn/ (n) = an area of knowledge
or interest / dziedzina
e.g. He was a great influence in the **domain**
of architecture.
- 1.156 **barge in** /'bɑ:dʒ 'ɪn/ (phr v) = to enter or interrupt
forcefully and rudely / wtrącać się
e.g. He **barged in** on our conversation without even
introducing himself.
- 1.157 **mull over** /'mʌl 'əʊvə/ (phr v) = to think about
or consider sth carefully for a while / rozmyślać
nad czymś
e.g. I think I'll need a few days to **mull over** your
proposal.
- 1.158 **daring** /'deərɪŋ/ (adj) = bold in a new or unusual
way / śmiały, odważny
e.g. They were slightly shocked at my **daring**
suggestion.
Der.: daringly (adv)
- 1.159 **supersede** /,sʊ:pə'si:d/ (v) = to replace / zastąpić,
wyrzucić
e.g. Most of the old road has been **superseded**
by a motorway.
- 1.160 **censor** /'sensə/ (n) = sb appointed to examine the
media and remove anything considered offensive
or politically inappropriate / cenzor
e.g. Such bad language will never be approved
by the **censors**.

- 1.161 **stockholder** /'stɒk'həʊldə/ (n) = sb who owns shares/stocks of a company / **akcjonariusz**
e.g. *The public jumped at the chance of becoming **stockholders** of the prosperous company.*
- 1.162 **toss** /tɒs/ (v) = to throw lightly and carelessly / **rzucić**
e.g. *He **tossed** the ball of paper into the fire.*
-
- English in Use (pp. 18–21)**
-
- 1.163 **outgoings** /'aʊtɡəʊɪŋz/ (n pl) = financial expenses / **wydatki**
e.g. *My monthly **outgoings** on rent and food take up most of my salary.*
- 1.164 **cleanse** /klenz/ (v) = to clean thoroughly / **oczyścić**
e.g. *You must **cleanse** your face properly before going to bed.*
Der.: cleanser (n), cleansing (adj)
- 1.165 **strike** /straɪk/ (v) = to cause sb to have a feeling or idea about sth / **zrobić wrażenie na kimś, zdumieć**
e.g. *I was **struck** by how well she dealt with her father's death.*
Der.: striking (adj), strikingly (adv)
- 1.166 **commend** /kə'mend/ (v) = to praise / **chwalić**
e.g. *Her article on Byzantine history was highly **commended**.*
Der.: commendable (adj), commendably (adv), commendation (n)
- 1.167 **assert** /ə'sɜ:t/ (v) = to make others recognise sth by behaving firmly and confidently / **zamanifestować (prawo do czegoś)**
e.g. *The students **asserted** their right to participate in university decisions.*
Der.: assertive (adj), assertion (n), assertively (adv), assertiveness (n)
- 1.168 **electrify** /ɪ'lektɪfaɪ/ (v) = to make sb feel excited / **zelektryzować, zachwycić (np. publiczność)**
e.g. *He **electrified** the audience with his acting performance.*
- 1.169 **mischief** /'mɪʃɪf/ (n) = behaviour which does slight damage, but is not intended to do serious harm / **psota, figiel**
e.g. *A recreation centre would be a good way to keep children busy and away from **mischief**.*
Der.: mischievous (adj), mischievously (adv)
- 1.170 **convey** /kən'veɪ/ (v) = to communicate sth to sb / **przekazać, wyrazić**
e.g. *The poet was able to **convey** his innermost feelings through his work.*
- 1.171 **corporate** /'kɔ:pəreɪt/ (adj) = relating to a business or company / **dotyczący spółki, firmy, przedsiębiorstwa**
e.g. *He is a **corporate** lawyer, working for such companies as Sony.*
- 1.172 **notion** /'nəʊʃən/ (n) = a belief or idea / **pojęcie, pogląd**
e.g. *I had only a vague **notion** of her background.*
Der.: notional (adj)
- 1.173 **off the hook** = (of a telephone receiver) not put back correctly / **źle odwieszony**
e.g. *The phone's been busy for hours; it must be **off the hook**.*
- 1.174 **technophobe** /'tek'nəfəʊb/ (n) = sb who is afraid of new developments in technology and tries to avoid using new inventions / **osoba bojąca się postępu technicznego**
e.g. *He's such a **technophobe**; he'd never use a mobile phone even in an emergency.*
- 1.175 **fad** /fæd/ (n) = a fashion or interest which is not likely to last / **chwilowa moda**
e.g. *Years ago, people believed that television was just a **fad**.*
- 1.176 **encroachment** /ɪn'krəʊtʃmənt/ (n) = intrusion on the rights, property, etc of another person / **naruszenie**
e.g. *The UN inspectors found proof of many **encroachments** on human rights.*
- 1.177 **dignified** /'dɪgnɪfaɪd/ (adj) = worthy of respect due to calmness, seriousness, grace and control / **pełen godności**
e.g. *Following her defeat, the presidential candidate gave a **dignified** speech.*
- 1.178 **tumble** /'tʌmbəl/ (v) = to decrease rapidly in value or amount / **gwałtownie spaść**
e.g. *The corporation's share prices **tumbled** prior to its take-over.*
- 1.179 **turmoil** /'tɜ:mɔɪl/ (n) = a state of confusion, uncertainty or disorder / **zamieszanie, wrzenie**
e.g. *After twenty years, her marriage is in **turmoil**.*
- 1.180 **prospective** /prə'spektɪv/ (adj) = future or possible / **przyszły, potencjalny**
e.g. *All **prospective** candidates must send in an application and undergo an interview.*
- 1.181 **cellular phone** /,seljʊlə 'fəʊn/ (n) = (American English) a mobile phone / **telefon komórkowy**
e.g. *He turned off his **cellular phone** as soon as he entered the cinema.*
- 1.182 **will** /wɪl/ (n) = a legal document in which sb states what should be done with their money and property after their death / **testament**
e.g. *She had a new **will** drawn up, disinheriting her spoiled son.*
- 1.183 **run-down** /,rʌn'daʊn/ (adj) = in very poor condition / **podupadły, zniszczony**
e.g. *The flourishing part of the city was once a **run-down** area.*

- 1.184 **appalling** /ə'pɔ:lɪŋ/ (adj) = so bad or unpleasant that it's shocking / **przerażający, potworny**
e.g. He 's such an **appalling** driver, I 'd never go in a car with him.
Der.: appallingly (adv)
- 1.185 **retain** /rɪ'teɪn/ (v) = to keep sth / **utrzymać, zachować**
e.g. She **retained** a healthy attitude during difficult times.
- 1.186 **in succession** = following one after the other; in a row / **pod rząd**
e.g. The estate agent sold four homes **in succession**.
- 1.187 **revelation** /revə'leɪʃn/ (n) = sth which is made known, especially sth surprising / **rewelacja**
e.g. During his candid TV interview, he made a few shocking **revelations**.
- 1.188 **smash into sth** /'smæʃ/ (v) = to go, drive or hit forcefully against sth solid; to crash into sth / **roztrzaskać się na czymś, uderzyć w coś**
e.g. The driver **smashed** his car **into** the brick wall.
- 1.189 **render** /'rendə/ (v) = to cause sb to be in a particular state / **uczynić kogoś (np. niezdolnym do czegoś, bezbronny)**
e.g. Her lack of sympathy **rendered** me speechless and angry.
- 1.190 **pen** /pen/ (v) = to write / **napisać, skreślić parę słów**
e.g. She sat in the moonlight and **penned** a verse in her poetry book.
- 1.191 **missive** /'mɪsɪv/ (n) = a letter which is official, long or humorous / **pismo, list**
e.g. She wrote a ten-page **missive** on the benefits of a single-gender office and gave it to her boss.
- 1.192 **scribe** /skraɪb/ (n) = a person who made copies of documents before printing was invented / **skryba, pisarz**
e.g. The Egyptian **scribe** wrote the words of his pharaoh on papyrus.
- 1.193 **cite** /saɪt/ (v) = to quote sth; to mention sth as an example / **cytować, wymienić**
e.g. The UN **cited** several countries which should be held accountable for their human rights violations.
- 1.194 **epistolatory** /e'pɪstələtri/ (adj) = written in the form of letters / **epistolarny, listowny**
e.g. Her novel was written in **epistolatory** form.
- 1.195 **tuition** /tju:'ɪʃn/ (n) = instruction, esp. of individuals or small groups / **nauka, zajęcia w małych grupach**
e.g. Not many families can afford to give their children private **tuition**.
- 1.196 **bureaucracy** /bjʊə'rɒkrəsi/ (n) = all the official rules and procedures of an organisation, especially complicated and time-consuming ones / **biurokracja**
e.g. If the government reduced unnecessary **bureaucracy**, many matters would be solved at a much faster rate.
- 1.197 **civil service minister** /'sɪvɪl sɜ:vɪs 'mɪnɪstə/ (n) = the minister responsible for the various government departments and employees / **szeft administracji państwowej**
e.g. As **civil service minister**, he initiated state-funded counselling services for the unemployed.
- 1.198 **overhaul** /'əʊvəhɔ:l/ (n) = a complete examination with necessary changes / **przeegląd**
e.g. Organisations demanded a complete **overhaul** of international child protection laws.
- 1.199 **state form** /'steɪt fɔ:m/ (n) = an official document containing questions and spaces for answers / **oficjalny formularz urzędowy**
e.g. Many **state forms** including income tax forms are now a lot easier to fill out than ten years ago.
- 1.200 **jargon** /'dʒɑ:gən/ (n) = technical words and expressions used by particular groups of people and hard to understand / **żargon**
e.g. The lawyers' argument was difficult to follow with all the legal **jargon** they used.
- 1.201 **act upon** /'ækt ə'pɒn/ (phr v) = to take action as a result of sth / **działać na podstawie czegoś**
e.g. **Acting upon** the article I had read, I asked my doctor for her professional opinion.
- 1.202 **premise** /'premɪs/ (n) = a statement or idea on which sth is based / **założenie, przesłanka**
e.g. The basic **premise** of my psychological therapy is that the origin of a particular behaviour isn't important.
- 1.203 **pivotal** /'pɪvətəl/ (adj) = central and important / **decydujący, zasadniczy**
e.g. The UN played a **pivotal** role in the peace talks between the governments.

Writing (pp. 22–26)

- 1.204 **tremendously** /trə'mendəsli/ (adv) = extremely / **niezwykle, wyjątkowo**
e.g. She's a **tremendously** well-organised person and that's what helps her in this hectic job.
- 1.205 **indispensable** /,ɪndɪ'spensəbəl/ (adj) = absolutely essential / **niezbędny, konieczny**
e.g. This book is an **indispensable** guide for anyone wishing to discover the hidden beauties of Italy.
- 1.206 **drop** /drɒp/ (v) = to omit sb or sth / **opuścić, pominąć**
e.g. The star footballer was **dropped** from the list of players going to the World Cup Championship.
- 1.207 **purist** /'pjʊərɪst/ (n) = a person who is against any

- incorrect or unconventional use of language / **purysta**
e.g. Some **purists** have complained that slang is being used far too often in writing.
Der.: purism (n)
- 1.208 **abbreviation** /əˌbrɪːvi'eɪʃən/ (n) = a shortened form of a word / **skrót**
e.g. To save space, write the **abbreviation** UN for the United Nations.
- 1.209 **deprive of** /di'praɪv əv/ (phr v) = to take sth away from sb / **pozbawić**
e.g. War always **deprives** children of the innocence of their youth.
Der.: deprived (adj), deprivation (n)
- 1.210 **take (all) precautions** = to do sth in advance to secure oneself or to avoid problems / **przedsięwziąć środki ostrożności**
e.g. You must **take all precautions** to protect this library against fire.
- 1.211 **inclusion** /ɪn'klʊːʒən/ (n) = the act of making a person or thing part of sth else / **włączenie**
e.g. The **inclusion** of meals will increase the hotel price by £100.
- 1.212 **thought-provoking** /'θɔːtpɹəvəʊkɪŋ/ (adj) = causing people to think seriously about certain matters / **dający do myślenia**
e.g. We agreed that the German film was difficult yet **thought-provoking**.
- 1.213 **columnist** /'kɒləmɪst/ (n) = a person who writes a regular article for a newspaper or magazine / **felietonista**
e.g. She is a fashion **columnist** for the Montreal Gazette.
- 1.214 **light-hearted** /ˌlaɪt'hɑːtɪd/ (adj) = not serious; amusing and entertaining / **radosny, beztroski, niefrasobliwy**
e.g. The company president ended the evening with a **light-hearted** speech.
- 1.215 **colloquial** /kə'lɒkwɪəl/ (adj) = informal and conversational, more suitable for speech than writing / **potoczny, kolokwialny**
e.g. "Cop" is a **colloquial** word for "police officer."
Der.: colloquially (adv), colloquialism (n)

VOCABULARY EXERCISES

A Wybierz odpowiedni wyraz.

- 1 The new hospital was last week with a lovely ceremony in the grounds.
A praised C launched
B inaugurated D upgraded
- 2 Many magazine have been complaining of its slow delivery.
A censors C recipients
B administrators D subscribers
- 3 The air force captain the pilots only minutes before their secret mission.
A projected C briefed
B conveyed D relayed
- 4 Our high school teacher encouraged our animated concerning human cloning.
A negotiation C discussion
B transaction D conference
- 5 New strains of the illness have the once effective medicine useless.
A rendered C envisioned
B struck D materialised
- 6 His plan was deemed too costly and complicated to execute.
A verbose C long-winded
B elaborate D elongated
- 7 I feel only a(n) respect for a person of such dignity and humanity.
A profound C thought-provoking
B rousing D enlightening
- 8 Because the tabloid reporter's story didn't give any concrete facts, it was as a wild rumour.
A neglected C dropped
B dismissed D rejected

- 9 The result of the company's restructuring was that many workers were made
 A redundant C negligible
 B inferior D vulnerable
- 10 The astronomer spent weeks studying the new in the northern sky.
 A constellation C confederation
 B embrace D inclusion

B Wpisz w luki właściwe wyrazy z listy.

• premises • conceivable • overhauled • tedious • intrusive • outgoings • cited • encroachment • superseded • distorted

- 1 The environmentalist a 3% decrease in rubbish as evidence that recycling in the home works.
- 2 It's difficult to escape from the constant questions of my next-door neighbours.
- 3 During the graduation ceremony, we had to sit through a few speeches.
- 4 Can anyone understand those announcements made in trains or the underground?
- 5 This charming shop makes its own fresh pasta on the
- 6 It is he had enough time during the break to search through everyone's personal files before they returned.
- 7 The city's old trams have been by new models with wheelchair access.
- 8 The company will decrease its by cutting down on the number of business trips.
- 9 This beach remains unspoiled because of the measures that have been taken to protect it against by property developers.
- 10 The Ministry of Education has recently the school curriculum and parents are still trying to comprehend the changes.

C Uzupełnij luki jednym wyrazem.

- 1 Part of next year's funds will be allotted to making a football on the school field.
 The Italian tenor's voice reached an unexpected high during the opera.
 The hot was poured and spread onto the roof of our house.
- 2 Their friendship provided a solid for their marriage.
 All the funds raised by our go to various animal causes.
 There was no to the accusation he had made.
- 3 Invertebrate creatures such as the worm and octopus do not have a(n)
 The small businesses in this city are in fact its economic
 Dan doesn't have the to tell his superior what he honestly believes.
- 4 The pain from her ear infection was almost more than she could
 My children both mine and my husband's surnames.
 In the opening scene of the play, the two main characters a crate into the room and place it in the middle of the floor.
- 5 We had a(n) in the middle of the Nevada desert and it took hours to get the bus fixed.
 This sheet gives a(n) of the budgetary needs of our school.
 Her poor mother had an emotional following the death of her husband.

Lead-in (p. 27)

- 2.1 **foundation** /faʊn'deɪʃən/ (n) = a basis of sth / **fundament**, **podstawa**
e.g. He considered his upbringing the **foundation** of his success.
- 2.2 **civics** /'sɪvɪks/ (n) = a study of the rights and duties of citizens / **wiedza o społeczeństwie**
e.g. Jim has always excelled at **civics** and knows more about human rights than any other student.
- 2.3 **interpersonal** /,ɪntə'pɜːsənəl/ (adj) = concerning relationships between people / **interpersonalny**, **międzyludzki**
e.g. The job applicant claimed to have good **interpersonal** skills.
- 2.4 **enhance** /ɪn'hɑːns/ (v) = to improve, increase / **poprawić**, **wzmocnić**
e.g. Her beauty was **enhanced** by her simple but elegant dress.
Der.: enhancement (n)

Reading (pp. 28–29)

- 2.5 **outburst** /'aʊtbɜːst/ (n) = a sudden expression of emotions / **wybuch**
e.g. There was a violent **outburst** following the announcement that there would be job losses.
- 2.6 **ignorance** /'ɪgnərəns/ (n) = lack of knowledge / **nieświadomość**, **niewiedza**
e.g. He displayed a glaring **ignorance** of basic grammar.
- 2.7 **make fair grades** = to obtain fairly good marks / **dostawać dostateczne stopnie**
e.g. Though lazy, he never failed to **make fair grades**.
- 2.8 **clique** /kliːk/ (n) = a group of people who spend time together and don't allow others to join them / **zamknięta grupa**, **klika**
e.g. She felt a bit of an outsider at the office as most of the staff had formed **cliques**.
- 2.9 **sullen** /'sʌlən/ (adj) = bad-tempered and moody / **nadąsany**, **urazony**
e.g. The boy gave his mother a **sullen** look when she told him off.
- 2.10 **fly into a rage** = to suddenly become very angry / **wpaść w szal**
e.g. When she discovered his lies she **flew into a rage**.
- 2.11 **slam** /slæm/ (v) = to shut noisily and with force / **trzasnąć**
e.g. He stormed out of the room and **slammed** the door behind him.

- 2.12 **stunned** /stʌnd/ (adj) = extremely surprised / **osłupiały**, **oniemiały**
e.g. His sudden departure left me totally **stunned**.
- 2.13 **livid** /'lɪvɪd/ (adj) = extremely angry / **wściekły**
e.g. He was absolutely **livid** about the damage done to his car.
- 2.14 **curt** /kɜːt/ (adj) = abrupt and rather rude / **oschły**, **szorstki**
e.g. The waiter was rather **curt** and unhelpful.
Der.: curtly (adv), curtness (n)
- 2.15 **begudging** /bɪ'grʌdʒɪŋ/ (adj) = reluctant, unwilling / **niechętny**
e.g. He expressed only a **begudging** consent to their marriage.
Der.: begudgingly (adv)
- 2.16 **punctuate** /'pʌŋktʃueɪt/ (v) = to occur at regular intervals / **wypęlniać**, **naznaczyć**
e.g. The country's history has been **punctuated** by outbreaks of violence.
Der.: punctuation (n)
- 2.17 **shrug** /ʃrʌɡ/ (n) = raising the shoulders slightly to show indifference or ignorance / **wzruszenie ramion**
e.g. The student simply replied with an indifferent **shrug**.
- 2.18 **wary** /'weəri/ (adj) = distrustful, expecting sth bad to happen / **niefufny**, **mający się na baczności**
e.g. The little boy was told to be **wary** of strangers.
- 2.19 **well up** /'wel 'ʌp/ (v) = (of tears) to rise up to the surface / **(o łzach) zakręcić się w oczach**
e.g. The girl was visibly upset and tears **welled up** in her eyes.
- 2.20 **unversed in sth** /,ʌn'vɜːst/ (adj) = not knowing much about sth / **nieobeznany z czymś**, **nieświadomy**
e.g. It is sad to see so many people **unversed in** our country's history.
Opp.: versed
- 2.21 **fight or flight** = a natural human reaction of either using force or running away in a dangerous situation / **zachowanie w sytuacji zagrożenia: walka lub ucieczka**
e.g. Encountering a bear during your walk in the mountains can trigger the **fight or flight** response.
- 2.22 **pull away** /'pʊl ə'weɪ/ (phr v) = to move away / **odłączyć się (np. od grupy)**, **odsunąć się**
e.g. Sensing her dependence on him, he tried to **pull away** from her.
- 2.23 **amplify** /'æmplɪfaɪ/ (v) = to increase strength or intensity / **wzmocnić**
e.g. Her fears were **amplified** by his delay in coming home.

- 2.24 **notion** /'nəʊʃən/ (n) = an idea, belief / **pogląd, myśl**
e.g. It is an interesting **notion** that women tend to make better managers than men.
- 2.25 **steer away from** /'stiə ə'weɪ frəm/ (phr v) = to stay or to lead gently away from / **odwieść od czegoś, trzymać (się) z daleka od czegoś**
e.g. His parents tried to **steer him away** from a career in show business.
- 2.26 **reflective** /rɪ'flektɪv/ (adj) = thinking deeply about sth / **refleksyjny, introspektywny**
e.g. John is a quiet and **reflective** man.
- 2.27 **impose** /ɪm'pəʊz/ (v) = to inflict / **narzucać**
e.g. I really resent the way he **imposes** his views on the rest of us.
- 2.28 **a foregone conclusion** = sth that is certain to happen / **pewnik**
e.g. It's **a foregone conclusion** that he will win the race.
- 2.29 **diminish** /dɪ'mɪnɪʃ/ (v) = to reduce in size / **zmniejszyć (się)**
e.g. The desperate leader felt his power **diminish** day by day.
Opp.: increase
- 2.30 **come to grips with sb/sth** (idm) = to begin to deal with sb/sth / **zmierzyć się, uporać się**
e.g. She has to **come to grips with** the fact that he isn't going to change.
- 2.31 **unclench** /ʌn'klentʃ/ (v) = to open up / **otworzyć, przestać zaciskać**
e.g. She slowly **unclenched** her fists.
Opp.: clench
- 2.32 **peer** /piə/ (n) = a person of the same age or status as sb else / **rówieśnik, kolega (np. po fachu)**
e.g. His ideas were in conflict with those of his academic **peers**.
- 2.33 **counselling session** /'kaʊnselɪŋ 'sejʃən/ (n) = a meeting with a professional who gives advice about a problem / **spotkanie ze specjalistą, konsultacja**
e.g. The couple reluctantly met for a marriage **counselling session**.
- 2.34 **ridicule** /'rɪdɪkjʊ:l/ (v) = to poke fun at sb or sth, to mock sb / **naśmiewać się (z kogoś lub z czegoś)**
e.g. They **ridiculed** his strange way of walking.
- 2.35 **bully** /'bʊli/ (v) = to use force or threats to make sb do sth / **znęcać się nad słabszym, tyranizować**
e.g. The child refused to go to school as he was being **bullied** by a classmate.
Der.: bully (n)
- 2.36 **snappy** /'snæpi/ (adj) = sharp, unfriendly / **opryskliwy, szorstki**
e.g. He answered her back in a **snappy** way.
- 2.37 **introspective** /,ɪntɹə'spektɪv/ (adj) = examining one's own feelings and thoughts / **introspektywny, refleksyjny**
e.g. He was in an **introspective** mood.
- 2.38 **quote** /kwəʊt/ (v) = to repeat what sb has said or written / **cytować**
e.g. She was in the habit of **quoting** Shakespeare.
Der.: quotation (n)
- 2.39 **italics** /ɪ'tælɪks/ (n pl) = letters which slope to the right / **kursywa, italika**
e.g. Don't read the whole text; just focus on the **italics**.

Language Focus (p. 30–33)

- 2.40 **overseer** /'əʊvəsi:ə/ (n) = a supervisor of other people's work / **nadzorca**
e.g. He was promoted to **overseer**.
- 2.41 **supervisor** /'su:pəvaɪzə/ (n) = a university teacher who helps students write their theses / **promotor**
e.g. The **supervisor** of my MA thesis positively evaluated my initial research.
- 2.42 **illegible** /ɪ'ledʒɪbəl/ (adj) = so unclear that it cannot be read / **nieczytelny**
e.g. His handwriting is totally **illegible**.
Der.: illegibility (n)
Opp.: legible
- 2.43 **tutor** /'tju:tə/ (n) = a private teacher / **korepetytor**
e.g. A good **tutor** is hard to find these days.
Der.: tutorial (adj, n)
- 2.44 **don** /dɒn/ (n) = a lecturer, particularly at Oxford or Cambridge University in England / **nauczyciel akademicki (zwłaszcza w Oksfordzie i Cambridge)**
e.g. The position of **don** carries great prestige in the academic world.
- 2.45 **dean** /di:n/ (n) = the head of a university faculty / **dziekan**
e.g. You will have to contact the **Dean** if you want to change courses.
- 2.46 **referee** /,refə'ri:/ (n) = a person giving references to sb applying for a job / **osoba udzielająca referencji, rekomendacji**
e.g. You will need to enclose the names of at least two **referees** with your CV.
- 2.47 **arbitrator** /'ɑ:bɪtrətə/ (n) = an independent person appointed to settle a dispute / **rozjemca**
e.g. He has an excellent record as an **arbitrator** in business disputes.
- 2.48 **grader** /'greɪdə/ (n) = a person who marks students' exam papers / **osoba poprawiająca prace pisemne na egzaminie**
e.g. It took the **grader** two weeks to mark all the tests.

- 2.49 **assessor** /ə'sesə/ (n) = a person who judges the performance of sb else / **egzaminator** (zewnątrzny)
e.g. All exams are marked by external **assessors**.
Der.: assessment (n)
- 2.50 **objectivity** /ˌɒbdʒɪk'tɪvɪti/ (n) = basing one's opinion on facts and not on personal information / **obiektywność**
e.g. Try to analyse the situation with as much **objectivity** as possible.
- 2.51 **frostbite** /'frɒstbaɪt/ (n) = injury to body parts due to freezing / **odmrożenie**
e.g. His toe was amputated as a result of **frostbite**.
- 2.52 **apprentice** /ə'prentɪs/ (n) = a trainee / **uczeń zawodu, praktykant**
e.g. After finishing school he became an **apprentice** builder.
Der.: apprenticeship (n)
- 2.53 **undergraduate** /ˌʌndə'grædʒuət/ (n) = a student who hasn't yet obtained a degree / **student na studiach licencjackich**
e.g. As a law **undergraduate** he lived on a scholarship.
- 2.54 **post-graduate** /ˌpəʊst'grædʒuət/ (n) = a student who already obtained a degree and studies for a further qualification, such as a master's / **student podyplomowy (magistrant lub doktorant)**
e.g. After obtaining her MA in Philosophy, she enrolled on a **post-graduate** course at university.
- 2.55 **toddler** /'tɒdlər/ (n) = a young child who is learning to walk / **dziecko uczące się chodzić**
e.g. The room was full of noisy, playful **toddlers**.
- 2.56 **entrant** /'entrənt/ (n) = a person recently admitted to university / **student rozpoczynający studia**
e.g. Most university **entrants** feel overwhelmed by the enormity of the campus.
- 2.57 **archives** /'ɑ:kɑ:vz/ (n pl) = historical sources of information / **archiwum, archiwa**
e.g. We searched the newspaper **archives** for information about the accident.
- 2.58 **register** /'redʒɪstə/ (v) = to put one's name on a list, to officially join / **zarejestrować się, wpisać się na listę**
e.g. She decided to **register** as a volunteer.
Der.: registration (n)
- 2.59 **query** /'kwɪəri/ (n) = a question / **pytanie**
e.g. I have some **queries** about the installation of my new printer.
- 2.60 **in instalments** = (of payments) in small sums of money at regular intervals / **na raty**
e.g. I will pay for my new TV **in instalments**.
- 2.61 **allocate** /'æləkeɪt/ (v) = to give / **przydzielić**
e.g. The new office clerk was **allocated** a small desk in the corner.
- 2.62 **play truant** (idm) = to stay away from school without permission / **wagarować**
e.g. Her son was expelled for **playing truant**.
- 2.63 **expel** /ɪk'spel/ (v) = to dismiss / **usunąć, wyrzucić**
e.g. He was **expelled** from school for stealing.
- 2.64 **reprimand** /'reprɪmɑ:nd/ (v) = to criticise sb for their behaviour or actions / **udzielić nagany**
e.g. She was **reprimanded** for not meeting her deadlines.
- 2.65 **cite** /saɪt/ (v) = to mention sth as an example or proof / **wymienić, przytoczyć**
e.g. The report **cited** stress as a major cause of ill health among teachers.
- 2.66 **acknowledge** /æk'nɒlɪdʒ/ (v) = to recognise / **uznać, wziąć pod uwagę**
e.g. He failed to **acknowledge** my need for attention.
- 2.67 **wholesale** /'həʊlseɪl/ (adv) = totally, completely / **całkowicie**
e.g. The company's offices have been moved **wholesale**.
- 2.68 **sustain** /sə'steɪn/ (v) = to maintain / **podtrzymać, utrzymać**
e.g. It will be particularly difficult for the government to **sustain** its electoral success.
Der.: sustainable (adj)
- 2.69 **acquainted** /ə'kwentɪd/ (adj) = familiar / **zaznajomiony, obeznany**
e.g. The lawyer said that his client was well **acquainted** with the facts.
Der.: acquaintance (n)
- 2.70 **bear with** /'beə 'wɪð/ (phr v) = to be patient, to listen carefully for a moment / **znosić (cierpliwie), wysłuchać przez chwilę**
e.g. I know you have heard this before but just **bear with** me for a minute.
- 2.71 **coincide** /ˌkəʊɪn'saɪd/ (v) = to happen at the same time / **zbiegać się, pokrywać się w czasie**
e.g. It so happens that my birthday **coincides** with a national holiday.
Der.: coincidence (n), coincidentally (adv)
- 2.72 **plead with sb** /pli:d/ (v) = to ask in an intense and emotional way / **prosić, błagać**
e.g. The terrified woman **pleaded with** her attacker to let her go.
- 2.73 **succumb to sth** /sə'kʌm/ (v) = to give in to sth / **poddać się, ulec**
e.g. I'm surprised you haven't **succumbed to** pressure and resigned.
- 2.74 **by virtue of** (idm) = because of / **ze względu na**
e.g. She managed to become chief executive **by virtue of** her connections.

- 2.75 **burn the midnight oil** (idm) = to stay up very late in order to study or work / *ślıęczyć po nocach*
e.g. He felt completely drained after **burning the midnight oil** to finish his thesis.
- 2.76 **live on a shoestring** (idm) = to live using very little money / *żyć za bardzo małe pieniądze, klepać biedę*
e.g. He travelled the world **living on a shoestring**.
- 2.77 **down-and-out** /ˌdaʊnənˈaʊt/ (n) = a tramp / kłozard, bezdomny
e.g. They give food and shelter to the city's **down-and-outs**.
- 2.78 **suss out** /ˈsʌs ˈaʊt/ (phr v) = to work out / *rozgrzyć problem, potapać się w czymś*
e.g. I just couldn't **suss out** that difficult mathematical problem.
- 2.79 **calculus** /ˈkælkjʊləs/ (n) = a branch of advanced mathematics / *rachunek (np. różniczkowy)*
e.g. He is an absolute genius when it comes to the world of **calculus**.
- 2.80 **in the same league** (idm) = on the same level / *porównywalny, tej samej klasy*
e.g. These writers just aren't **in the same league**.
- 2.81 **bookworm** /ˈbʊkwɜ:m/ (n) = sb keen on reading / *mól książkowy*
e.g. My brother is an incorrigible **bookworm** and will spend his last penny in bookshops.
- 2.82 **sloppy** /ˈslɒpi/ (adj) = careless / *niedbaly*
e.g. The student's essay was full of **sloppy** mistakes.
Der.: sloppily (adv)
- 2.83 **avid** /ˈævid/ (adj) = enthusiastic / *zapałony, namiętny*
e.g. She is an **avid** collector of dolls.
- 2.84 **operational** /ˌɒpəˈreɪʃənəl/ (adj) = functioning well / *sprawny*
e.g. These machines will have to be **operational** in a matter of months.
- 2.85 **staff-student** = here: including both university staff and students / *tu: z udziałem wykładowców i studentów*
e.g. A **staff-student** meeting will be held next week to discuss extracurricular activities.
- 2.86 **curfew** /ˈkɜ:fju:/ (n) = official rules (e.g. on a campus) forbidding noisy activities at night or leaving the place when it's too late / *cisza nocna*
e.g. All students must be back home before **curfew**.
- 2.87 **hall of residence** /ˌhɔ:l əv ˈrezɪdəns/ (n) = a building with rooms or flats in universities or colleges for students to live in / *dom akademicki*
e.g. The student tried to find a room in the college's **hall of residence**.
- 2.88 **reservations** /ˌrezəˈveɪʃənz/ (n pl) = a feeling of uncertainty / *zastrzeżenia, wątpliwości*
e.g. I had some **reservations** about my daughter moving in with her boyfriend.
- 2.89 **budget** /ˈbʌdʒɪt/ (n) = the amount of money available / *budżet*
e.g. When I was a student I lived on a tight **budget**.
- 2.90 **recreational** /ˌrekrɪˈeɪʃənəl/ (adj) = entertaining / *rekreacyjny*
e.g. Youngsters in the area complained about an obvious lack of **recreational** centres.
- 2.91 **underused** /ˌʌndəˈju:zd/ (adj) = not used enough / *niedostatecznie wykorzystany*
e.g. The principal pointed out that most slide projectors in the classrooms were sadly **underused**.
- 2.92 **agenda** /əˈdʒendə/ (n) = a list of items to be discussed at a meeting / *porządek, program (zebrania)*
e.g. First and foremost on the **agenda** are the summer festivals to be held this season.

Listening and Speaking (pp. 34–35)

- 2.93 **cushion** /ˈkʊʃən/ (v) = to protect / *ochraniać, osłaniać*
e.g. She did her best to **cushion** the child from anything unpleasant.
- 2.94 **adequate** /ˈædɪkwət/ (adj) = satisfactory / *odpowiedni, należyty, wystarczający*
e.g. Water facilities are not **adequate** in developing countries.
Opp.: inadequate
- 2.95 **misconception** /ˌmɪskənˈsepʃən/ (n) = a popular but wrong idea / *błędne wyobrażenie lub przekonanie*
e.g. It is a common **misconception** that women are able to endure pain better than men.
- 2.96 **download** /ˈdaʊnləʊd/ (v) = to transfer to or from a computer / *ściągnąć (dane, pliki)*
e.g. Can you **download** the latest information for me please?
- 2.97 **portable** /ˈpɔ:təbəl/ (adj) = easily carried or moved / *przenośny*
e.g. I have a **portable** radio I can bring to the picnic.
- 2.98 **awkward** /ˈɔ:kwəd/ (adj) = difficult to manage / *niedogodny*
e.g. I couldn't wrap the present because it's such an **awkward** shape.
- 2.99 **engrossed** /ˌɪnˈgrəʊst/ (adj) = absorbed / *pochłonięty, zaabsorbowany*
e.g. He was **engrossed** in the book he was reading.
- 2.100 **assess** /əˈses/ (v) = to evaluate / *ocenić*
e.g. He couldn't make a decision until he had fully **assessed** the situation.
Der.: assessment (n), assessor (n)

- 2.101 **unjust** /ʌn'dʒʌst/ (adj) = unfair / **niesprawiedliwy**
e.g. The court's decision was **unjust** in that there was insufficient evidence to convict the suspect.
- 2.102 **liken** /'laɪkən/ (v) = to compare / **przyrównać**
e.g. He **likens** running a business to raising a family.
- 2.103 **prospects** /'prɒspekts/ (n pl) = possibilities that sth will happen / **perspektywy, szanse**
e.g. I decided to learn Japanese to improve my career **prospects** in the business world.
- 2.104 **constitute** /'kɒnstɪtju:t/ (v) = to be part of / **stanowić**
e.g. What **constitutes** racial discrimination?
Der.: constitution (n)
-
- Reading (pp. 36–37)
-
- 2.105 **bursary** /'bɜ:səri/ (n) = scholarship / **stypendium**
e.g. The university is considering offering **bursaries** next year to attract more students.
- 2.106 **launch** /lɔ:ntʃ/ (v) = to establish, initiate / **wprowadzić, zapoczątkować**
e.g. The new tax scheme the government is planning to **launch** is ridiculous.
- 2.107 **eligible** /'elɪdʒɪbəl/ (adj) = qualified, entitled to sth / **spełniający niezbędne warunki, kwalifikujący się**
e.g. Not all students are **eligible** to receive scholarships.
Der.: eligibility (n)
- 2.108 **subsequent** /'sʌbsɪkwənt/ (adj) = following sth / **kolejny, następny**
e.g. The crime rate is bound to increase in **subsequent** years.
- 2.109 **potential** /pə'tenʃəl/ (n) = abilities that can be further developed / **zdolności, potencjał**
e.g. Many students that have **potential** go unnoticed due to favouritism.
- 2.110 **obstinately** /'ɒbstɪnətli/ (adv) = stubbornly / **uparcie, z uporem**
e.g. She **obstinately** refused to reveal any information to the police.
- 2.111 **diminutive** /dɪ'mɪnjətɪv/ (adj) = very small / **drobny, mały**
e.g. I was greeted by a **diminutive** woman dressed in black.
- 2.112 **dizzying heights** = a very high level / **poziom przyprawiający o zawrót głowy**
e.g. Her popularity reached **dizzying heights**.
- 2.113 **appeal** /ə'pi:l/ (v) = to make a serious request / **apelować, wzywać**
e.g. She **appealed** to her professor to give her a second chance.
- 2.114 **damned** /dæmd/ (adv) = (informal) used to emphasise what one is saying or doing when one is angry or frustrated / **cholernie**
e.g. I've been working **damned** hard and you don't appreciate it.
- 2.115 **verbalised** /'vɜ:bəlaɪzd/ (adj) = expressed orally / **wyrażony słowami**
e.g. He stands by his **verbalised** opinion.
Der.: verbalisation (n)
- 2.116 **patronise** /'pætrənaɪz/ (v) = to behave in a superior way towards sb / **traktować protekcyjnie**
e.g. I stopped being her friend because she always **patronised** me.
- 2.117 **tantalisingly** /'tæntə,laɪzɪŋli/ (adv) = temptingly close but beyond reach / **nieuchwytnie, boleśnie blisko**
e.g. The truth was **tantalisingly** elusive for the detectives investigating the mysterious murder.
- 2.118 **speculation** /,spekju'leɪʃən/ (n) = guessing / **przypuszczenie, spekulacja**
e.g. There has been much **speculation** over the cause of the fire, but no one really knows how it started.
- 2.119 **amphibians** /æm'fɪbiənz/ (n pl) = animals that can live on land and in water / **płazy**
e.g. Frogs and toads are **amphibians**.
- 2.120 **primate** /'praɪmət/ (n) = a member of the group of mammals that includes humans, apes and monkeys / **ssak z rzędu naczelnych**
e.g. It is a misconception that the gorilla is the most dangerous **primate**.
- 2.121 **primatologist** /,praɪmə'tɒlədʒɪst/ (n) = a person who studies primates / **znawca, badacz ssaków naczelnych**
e.g. As a **primatologist**, she spends most of her time in the jungle watching apes.
- 2.122 **inadequacy** /ɪn'ædɪkwəsi/ (n) = a failing / **niedostatek, niedoskonałość**
e.g. The educational system has **inadequacies** and must be improved.
Der.: inadequate (adj)
Opp.: adequacy
- 2.123 **dismiss** /dɪs'mɪs/ (v) = to reject as unimportant / **odrzuć, zlekceważyć**
e.g. The minister **dismissed** reports of his resignation as vicious rumours.
- 2.124 **philistine** /'fɪlɪstɪn/ (n) = a person who is ignorant of the arts / **filister**
e.g. He's an absolute **philistine** when it comes down to modern art.
Der.: philistinism (n)
- 2.125 **indictment** /ɪn'daɪtmənt/ (n) = an accusation / **oskarżenie, potępienie**
e.g. It is a sad **indictment** on education when students' annual performance declines.

- 2.126 **sorely** /'sɔ:li/ (adv) = very much, seriously / **ogromnie, boleśnie**
e.g. You will be **sorely** missed if you decide to go abroad.
- 2.127 **strictures on sb/sth** /'striktʃəz/ (n pl) = severe criticism / **ostra krytyka**
e.g. His TV comedy contained **strictures on** the government so it was banned.
- 2.128 **reign** /reɪn/ (v) = to rule / **królować**
e.g. Queen Elizabeth has **reigned** for 50 years.
- 2.129 **rectify** /'rektɪfaɪ/ (v) = to correct / **naprawić**
e.g. I know the computer system is down, but I am trying to **rectify** the situation.
-
- English in Use (p. 38–41)**
- 2.130 **stanza** /'stænzə/ (n) = one of the parts into which a poem is divided / **zwrotka**
e.g. Write a poem that has 14 **stanzas** of six lines each.
- 2.131 **daffodil** /'dæfədɪl/ (n) = a yellow spring flower with a tube-like centre and a long stem / **złonkil**
e.g. **Daffodil** is the symbol of Wales.
- 2.132 **girlie stuff** /'gɜ:li stʌf/ (n) = things suitable for girls and women / **coś dla dziewczyn, coś babskiego**
e.g. Cosmetics are considered **girlie stuff** and don't interest men.
- 2.133 **inadvertently** /,ɪnəd'vɜ:təntli/ (adv) = unintentionally / **niechcący**
e.g. She **inadvertently** turned the wrong knob on the cooker.
- 2.134 **scorn** /skɔ:n/ (v) = to reject in a contemptuous way / **szydzić, gardzić**
e.g. Homeopathy is **scorned** by many doctors.
Der.: scornful (adj), scorn (n)
- 2.135 **precede** /'pri:sɪd/ (v) = to come before sth else / **poprzedzać**
e.g. The tornado was **preceded** by an alarm that lasted for 5 minutes.
Der.: precedent (n), preceding (adj)
- 2.136 **replicate** /'replɪkeɪt/ (v) = to copy / **powtórzyć, skopiować**
e.g. He **replicated** my project and still got credit for it.
Der.: replica (n)
- 2.137 **conscript** /kən'skrɪpt/ (v) = to enlist for compulsory military service / **powołać do wojska, werbować**
e.g. He was **conscripted** into the army at the age of twenty.
- 2.138 **at a/the tender age** /'tendər eɪdʒ/ (n) = at a very young age / **w (bardzo) młodym wieku**
e.g. She was sent to boarding school **at the tender age** of eleven.
- 2.139 **ditty** /'dɪti/ (n) = a short light-hearted song or poem / **rymowanka, krótką (wierszowaną) piosenka**
e.g. He wrote a **ditty** about the Loch Ness monster.
- 2.140 **inspectorate** /ɪn'spektərət/ (n) = a body that ensures that rules are obeyed / **inspektorat, nadzór**
e.g. A representative from the Health Department **Inspectorate** examined the working conditions in the hospital.
- 2.141 **numeracy** /'nju:mərəsi/ (n) = the ability to do basic mathematical operations, such as counting / **umiejętność liczenia**
e.g. My **numeracy** skills are poor.
- 2.142 **efficacy** /'efɪkəsi/ (n) = effectiveness, especially of a medicine / **skuteczność (np. leku)**
e.g. Scientists should always test the **efficacy** and safety of all medication.
- 2.143 **admissible** /əd'mɪsɪbəl/ (adj) = allowed / **dopuszczalny**
e.g. Only certain evidence is **admissible** in a court of law.
Opp.: inadmissible
- 2.144 **conspicuous** /kən'spɪkjʊəs/ (adj) = easily noticed / **widoczny, zwracający uwagę**
e.g. His reaction was **conspicuous** despite all his efforts to hide it.
Opp.: inconspicuous
- 2.145 **compromising** /'kɒmprəmaɪzɪŋ/ (adj) = happy to accept a situation which isn't perfect / **idący na ustępstwa**
e.g. Linda is a very **compromising** person who is always willing to fit in with her friends' plans.
- 2.146 **audible** /'ɔ:ɪdəbəl/ (adj) = loud enough to be heard / **słyszalny**
e.g. The guest speaker's voice was hardly **audible**.
Opp.: inaudible
- 2.147 **settling** /'setlɪŋ/ (adj) = calming / **uspokajający**
e.g. I found his presence very **settling**.
Opp.: unsettling
- 2.148 **revocable** /rɪ'vəʊkəbəl/ (adj) = that can be cancelled / **dający się wycofać, unieważnić**
e.g. Most laws are **revocable**.
Opp.: irrevocable
- 2.149 **reducible** /rɪ'dju:sɪbəl/ (adj) = that can be simplified / **dający się uprościć, zredukować**
e.g. Shakespeare's plays are not **reducible** to categories.
Opp.: irreducible
- 2.150 **resistible** /rɪ'zɪstɪbəl/ (adj) = not tempting / **taki, któremu można się oprzeć**
e.g. Some people consider smoking **resistible**.
Der.: resist (v), resistance (n)
Opp.: irresistible
- 2.151 **resolute** /'rezələt/ (adj) = determined / **zdecydowany, stanowczy**
e.g. She is a hard working and **resolute** businesswoman.

- 2.152 **legible** /'ledʒɪbəl/ (adj) = clear enough to be read / czytelny
e.g. Your writing is barely **legible**.
Der.: legibility (n)
Opp.: illegible
- 2.153 **be silhouetted** = to be visible as a dark shape against a lighter background / *zarysować się na tle czegoś*
e.g. The castle **was silhouetted** against the night sky.
- 2.154 **assemble** /ə'sembəl/ (v) = to gather / *zgromadzić (się)*
e.g. The last Olympic Games featured the best group of athletes ever **assembled**.
Der.: assembly (n)
- 2.155 **hint** /hɪnt/ (n) = an indirect suggestion / *aluzja*
e.g. The president of the company gave no **hint** in his speech that things were about to change.
- 2.156 **tissue** /'tɪʃuː/ (n) = soft paper for blowing one's nose / *chusteczki higieniczne*
e.g. Can you get some **tissue** from the supermarket?
- 2.157 **congestion** /kən'dʒestʃən/ (n) = blocking of the nose which hinders breathing / *zapchanie nosa*
e.g. This spray relieves nasal **congestion**.
- 2.158 **apprenticeship** /ə'prentɪs,ʃɪp/ (n) = a period of time spent working with sb who has a skill in order to learn that skill / *praktyka zawodowa*
e.g. I am serving an **apprenticeship** as a plumber.
Der.: apprentice (n)
- 2.159 **under the tutelage of** = instructed by sb, usually a person of high authority / *pod czyimś kierunkiem*
e.g. She studied **under the tutelage of** an experienced pianist.
- 2.160 **commerce** /'kɒmɜːs/ (n) = trading / *handel*
e.g. He's an expert in the field of **commerce** and has written a book on it.
Der.: commercial /kə'mɜːʃəl/ (adj)
- 2.161 **bound to be** = certain to be / *na pewno*
e.g. There's **bound to be** a bank somewhere around here.
- 2.162 **superintendent** /,suːpərɪn'tendənt/ (n) = a supervisor / *kierownik, dyrektor*
e.g. Mr Smith is the **superintendent** of the shipping company.
- 2.163 **turf** /tɜːf/ (n) = short grass and the surface layer of soil under it, held together by its roots / *darń*
e.g. The **turf** in the football stadium has been newly laid.
- 2.164 **exposure to sth** /ɪk'spəʊʒə/ (n) = experience of sth / *kontakt z czymś*
e.g. I go to professional seminars because it gives me **exposure to** new methods on how to improve my career.
Der.: expose (v)
- 2.165 **commitment** /kə'mɪtmənt/ (n) = dedication / *oddanie, zaangażowanie*
e.g. His **commitment** to his job is what helped him get ahead in the business.
-
- Writing (p. 42–46)
-
- 2.166 **swag** /swæg/ (n) = things that were stolen; here: a great number of sth / *łup; tu: mnóstwo (np. nagród)*
e.g. The film received a **swag** of awards and became a smashing hit.
- 2.167 **pressing** /'presɪŋ/ (adj) = urgent, that cannot be postponed / *pilny, niecierpiący zwłoki*
e.g. There are some **pressing** issues to be dealt with immediately.
- 2.168 **vocational** /vəʊ'keɪʃənəl/ (adj) = relating to an occupation / *zawodowy*
e.g. Technical colleges provide a great deal of **vocational** courses.
- 2.169 **curriculum** /kə'rɪkjʊləm/ (n) = courses taught in a school, university or college / *program nauczania*
e.g. Mathematics is a compulsory part of the **curriculum** in state schools.
- 2.170 **embark on** /ɪm'bɑːk ɒn/ (phr v) = to start doing sth new / *rozpocząć*
e.g. I have decided to **embark on** a new career in journalism.
Der.: embarkation (n)
- 2.171 **eradicate** /ɪ'rædɪkeɪt/ (v) = to get rid of sth / *zlikwidować, pozbyć się*
e.g. The world would be a much safer place if we could **eradicate** crime and terrorism.
Der.: eradication (n)
- 2.172 **reflect** /rɪ'flekt/ (v) = to show / *odzwierciedlać*
e.g. The high level of failure among students **reflects** the poor quality of education.
Der.: reflection (n)
- 2.173 **decline** /dɪ'klaɪn/ (n) = a reduction in quality, importance or quantity / *spadek, obniżenie się*
e.g. There has been a slight **decline** in sales this year.
- 2.174 **suspend** /sə'spend/ (v) = to stop sb from attending school temporarily / *zawiesić*
e.g. Alex was **suspended** for beating up Johnny and Mark in the schoolyard.
- 2.175 **prime** /praɪm/ (adj) = the most important thing / *główny, pierwszorzędny*
e.g. A doctor's **prime** responsibility is his patients.
- 2.176 **utmost** /'ʌtməʊst/ (adj) = greatest / *najwyższy*
e.g. War veterans should be treated with the **utmost** respect because they have risked their lives for their country.

- 2.177 **alleviate** /ə'li:vieɪt/ (v) = to make less severe / złagodzić, zmniejszyć
e.g. Governments must find ways to **alleviate** world hunger.
- 2.178 **combat** /'kɒmbæt/ (v) = to fight, stop from happening / (z)walczyć
e.g. There are ways we can **combat** diseases.
- 2.179 **outcome** /'aʊtkʌm/ (n) = a result, consequence / wynik
e.g. What do you think the **outcome** of the investigation will be?
- 2.180 **in demand** = very popular, needed / pożądaný
e.g. Computer software will always be **in demand**.
- 2.181 **labour market** /'leɪbə mɑ:kɪt/ (n) = the jobs available / rynek pracy
e.g. There are few job opportunities in the **labour market**.
- 2.182 **offender** /ə'fendə/ (n) = sb who breaks the law / winowajca, przestępca
e.g. Most of the **offenders** were arrested.
Der.: offence (n)
- 2.183 **brainstorm** /'breɪnstɔ:m/ (v) = to discuss ideas and suggestions / urządzić „burzę mózgów”
e.g. We need to meet and **brainstorm** ideas on how to increase sales.
- 2.184 **shortage** /'ʃɔ:tɪdʒ/ (n) = lack of sth / niedobór, brak
e.g. The world will face a water **shortage** in the future.
- 2.185 **accommodate** /ə'kɒmədeɪt/ (v) = to provide help / pomieścić, przyjąć
e.g. The transportation system **accommodates** everyone in the city centre.
Der.: accommodation (n)
- 2.186 **grant** /grɑ:nt/ (n) = the money given by the government for a particular purpose / grant, dotacja
e.g. My application for an educational **grant** was accepted.
- 2.187 **outline** /'aʊtlaɪn/ (v) = to explain in a general way / przedstawić w skrócie, naszkicować
e.g. The President **outlined** a plan to improve the country's economy.
- 2.188 **cutback** /'kʌtbæk/ (n) = a reduction in sth / cięcia (np. w budżecie)
e.g. The government is making **cutbacks** in the state expenditure.
- 2.189 **under-stocked** /,ʌndə'stɒkt/ (adj) = not having enough of sth / niedostatecznie zaopatrzone
e.g. Hospital pharmacies should never be **under-stocked**.
- 2.190 **renovation** /,renə'veɪʃən/ (n) = a repair, improvement, return to former good condition / remont
e.g. These old buildings need extensive **renovation**.
- 2.191 **bulk** /bʌlk/ (n) = the most of an amount / większość, gros
e.g. The **bulk** of the money raised will go to charity.
- 2.192 **priority** /praɪ'ɒrɪti/ (n) = a thing treated as most important / priorytet
e.g. The parents' **priority** is their children.
- 2.193 **enrolment** /ɪn'reɒlmənt/ (n) = registering as a student on a course / zapisanie się na kurs, wpis na studia
e.g. There has been a decline in **enrolments** this year.
- 2.194 **resolve** /rɪ'zɒlv/ (v) = to find a solution / rozwiązać (np. problem)
e.g. Relax! Maybe the problem will be soon **resolved**.
Der.: resolution (n)
- 2.195 **disruption** /dɪs'rʌpʃən/ (n) = an interruption of sth / zakłócenie, przerwa
e.g. Road works cause major **disruptions** to the flow of traffic.
Der.: disruptive (adj)
- 2.196 **stem from** /'stem frəm/ (phr v) = to originate from / wywodzić się, brać się z czegoś
e.g. Many health problems **stemming from** stress are hard to deal with.
- 2.197 **implication** /ɪm'pli:kəɪʃən/ (n) = a likely consequence of sth / konsekwencja
e.g. His decision to resign will have serious political **implications** for the government.
- 2.198 **stick one's nose in sth** (idm) = to interfere, get involved with sth that is not one's concern / wtykać nos w nie swoje sprawy
e.g. Why do you **stick your nose in** other people's business?
- 2.199 **outweigh** /,aʊt'weɪ/ (v) = to be more important than sth else / przeważać nad czymś
e.g. The advantages of carrying out this project far **outweigh** the disadvantages.
- 2.200 **implement** /'ɪmplɪmənt/ (v) = to carry out / wprowadzić w życie, wdrożyć
e.g. The government is going to **implement** the new housing plan in the next few months.
Der.: implementation (n)

- 3 We must try to protect our natural
 The Health Service does not have the to care for patients as well as conduct research.
 The parents left the children to their own
- 4 Her poor exam results are not of her general ability.
 Cyclists are advised to wear clothing at night.
 George is a very quiet and man who rarely acts or speaks without thinking.

- 5 The first was a delicious ratatouille served with a crusty white roll and butter.
 The pilot was advised to change approximately 3 minutes before the aircraft disappeared from the radars.
 On hearing that he had failed the, Carlton started talking about dropping out of university.

D Uzupełnij brakujący fragment, wpisując łącznie z wyrazem podanym **tłustym drukiem** od 3 do 8 słów, tak aby wyrazić to samo znaczenie. Nie zmieniaj podanego wyrazu.

- 1 Alison is an excellent student and she'll definitely make an excellent doctor!
to Alison is such an excellent student that she
 an excellent doctor.
- 2 She accidentally found the treasure during a walk in the wood.
taking While.....
 across the treasure.

- 3 Paul found it hard to deal with his loss.
difficulty Paul
 terms with his loss.
- 4 Sylvia has been studying day and night for this exam.
midnight Sylvia has been
 for this exam.
- 5 He was used to having to survive on very little money.
shoestring Living
 used to.

E Wpisz w luki wyrazy utworzone od słów podanych wielkimi literami.

Going to university really is one of the most 1) experiences you will ever have. Apart from being a very sound and worthwhile 2) in your future, it will provide you with valuable knowledge and 3) skills which will stand you in good stead for a lifetime.

The few months before you actually go will, however, be a 4) time. Make sure you have made proper arrangements for a place to stay! Being in a city far away from home and having to look for accommodation in the last minute can be quite 5)

It is not wise to get into the habit of missing classes, as regular 6) is vital if you want to make fair grades. But studying is not all there is to it. Involving yourself in various 7) activities or joining a club of your interest will widen your horizons and, in some cases, alter your 8) of life. You will also have a unique opportunity to make worthy 9) and long-lasting friends. When you look back on your time at university in years to come, you will certainly feel that it was worth the effort and the 10)

REMARK
INVEST
VOCATION

STRESS

SETTLE

ATTEND
CREATE

PERCEIVE
ACQUAINT

COMMIT

Vocabulary & Grammar (p. 47)

- SA1.1 **mount** /maʊnt/ (v) = to increase in quantity or intensity / *wzrosnąć, nasilić się*
e.g. Tension **mounted** as the police tried to prevent the strikers from continuing their march.
- SA1.2 **stir** /stɜːr/ (v) = to arouse with a strong emotion / *pobudzić, zmobilizować (do działania)*
e.g. The crowd was **stirred** to action by his rousing speech.
- SA1.3 **moved** /muːvd/ (adj) = feeling sympathy or sadness / *wzruszony*
e.g. I felt **moved** by his story of how he met his wife.
- SA1.4 **soar** /soʊr/ (v) = to rise greatly and quickly / *(gwałtownie) wzrosnąć, podskoczyć, iść w górę*
e.g. The company wasn't doing well as the production costs continued to **soar**.
- SA1.5 **contest** /kən'test/ (v) = to formally object to a statement or decision one thinks is wrong / *kwestionować, podważyć*
e.g. He **contested** his grandfather's will because he did not inherit anything.
- SA1.6 **perceive** /pə'si:v/ (v) = to notice or realise sth / *dostrzec, uświadomić sobie*
e.g. She soon **perceived** he was not the man for the job.
Der.: perception (n), perceptive (adj)
- SA1.7 **augmented** /,ɔ:g'mentɪd/ (adj) = made larger, stronger or more effective / *powiększony*
e.g. The family's income was **augmented** when the oldest son found a job.
Der.: augment (v), augmentation (n)
- SA1.8 **elevated** /'elɪvətɪd/ (adj) = raised; placed in a higher position / *wzniosły, podniosły; wysoko postawiony*
e.g. People of such **elevated** status rarely give interviews.
Der.: elevation (n)
- SA1.9 **defaced** /dɪ'feɪst/ (adj) = spoiled, e.g. due to writings and drawings / *zniszczony, zeszpecony (np. przez graffiti), porysowany*
e.g. The tourists were shocked at the sight of the **defaced** statue in the city centre.
- SA1.10 **disfigured** /dɪs'fɪgəd/ (adj) = having a spoiled appearance / *oszepecony*
e.g. She was **disfigured** in a terrible car accident.
Der.: disfigurement (n), disfigure (v)
- SA1.11 **a foregone conclusion** = a certain outcome, sth that will certainly happen / *pewnik*
e.g. It's a **foregone conclusion** that he will win the presidential elections again.

- SA1.12 **foolproof** /'fu:lpru:f/ (adj) = well designed, easy to understand or use, reliable / *niezawodny*
e.g. The robber had a **foolproof** plan how to break into the bank.
- SA1.13 **loquacious** /ləʊ'kwɛɪʃəs/ (adj) = talking a lot / *gadatliwy*
e.g. Usually he's quite a **loquacious** person; it seems strange he's so quiet today.
- SA1.14 **arduous** /'ɑ:djuəs/ (adj) = difficult, tiring and involving a lot of effort / *żmudny, mozolny*
e.g. A building constructor's job is **arduous** and dangerous.
- SA1.15 **retreat** /rɪ'tri:t/ (v) = to move away from sth or sb / *wycofać się*
e.g. The army **retreated** from the enemy lines.
- SA1.16 **recede** /rɪ'sɪd/ (v) = to become weaker, smaller or less intense / *oddalić się, zmaleć*
e.g. The violent storm started to **recede** after about an hour.
- SA1.17 **substantial** /səb'stænʃəl/ (adj) = large in amount or degree / *znaczny*
e.g. Jennifer has made **substantial** progress this term.
- SA1.18 **resort to sth** /rɪ'zɔ:t/ (v) = to adopt a certain course of action / *ucieć się do czegoś*
e.g. Unfortunately, we will have to **resort to** surgery.

Use of English (pp. 47–48)

- SA1.19 **enforcement** /ɪn'fɔ:smənt/ (n) = action that ensures that a rule or law is obeyed / *egzekwowanie, wprowadzenie w życie*
e.g. The **enforcement** of laws should be immediate to ensure their efficacy.
- SA1.20 **out of print** = (of books) no longer being printed, not available / *(o nakładzie książki) wyczerpany*
e.g. That book is now **out of print**.
- SA1.21 **overlook** /əʊvə'lʊk/ (v) = to ignore or not notice a problem / *przeoczyć, przymknąć oczy na coś*
e.g. The police officer **overlooked** my parking ticket and didn't revoke my driving licence.
- SA1.22 **subsistence** /səb'sɪstəns/ (n) = government money helping to support sb at the most basic level / *zasilek*
e.g. A **subsistence** allowance is provided for those temporarily unemployed.
- SA1.23 **struggle for sth** /'strʌgəl/ (n) = a long difficult attempt to achieve sth very important (e.g. freedom) / *walka o coś*
e.g. There is a constant **struggle for** human rights.

- SA1.24 **pumpkin** /'plʌmpkɪn/ (n) = a large, round orange vegetable with thick skin / **dynia**
e.g. Have you ever tried **pumpkin pie**?
- SA1.25 **illiterate** /'lɪtərət/ (adj) = not knowing how to read or write / **nie umiejący czytać i pisać**
e.g. The percentage of **illiterate** adults has declined considerably in the past few years.
- SA1.26 **humiliate** /hju:'mɪliət/ (v) = to say or do sth to make sb feel ashamed or stupid / **upokorzyć**
e.g. Why do you constantly **humiliate me** in front of other people?
Der.: humiliation (n)
- SA1.27 **grade** /greɪd/ (v) = to arrange (coursebooks, reading materials, etc) according to the level of difficulty / **zróżnicować ze względu na stopień trudności**
e.g. This student's book is **graded** as suitable for the proficiency level.
- SA1.28 **in terms of** = considering the aspect of / **ze względu na**
e.g. **In terms of** difficulty, you're asking too much of the students.
-
- Reading (p. 49)**
- SA1.29 **portion** /'pɔ:ʃən/ (n) = a part / **część**
e.g. My **portion** of the cake is smaller than yours.
- SA1.30 **propped up** /,prɒpt 'ʌp/ (adj) = supported (e.g. with pillows) / **oparty (np. na poduszkach)**
e.g. The patient was uncomfortable so the nurse helped her sit **propped up** with an extra pillow.
- SA1.31 **stitch** /stɪtʃ/ (v) = to sew / **zyć ręcznie**
e.g. My grandmother would sit in her armchair and **stitch** away for hours making clothes.
- SA1.32 **elbow** /'elbəʊ/ (n) = the arm of a chair / **oparcie krzesła (na ręce), podłokietnik**
e.g. I leaned on the **elbow** of my mum's armchair and listened to her stories.
- SA1.33 **tenderly** /'tendəli/ (adv) = in a gentle and caring way / **czule, delikatnie**
e.g. My mother always touched my cheek **tenderly** and calmed my fears.
Der.: tender (adj), tenderness (n)
- SA1.34 **vanity** /'vænɪti/ (n) = great pride / **próżność**
e.g. There is no end to his **vanity**! He thinks he's perfect!
Der.: vain (adj)
- SA1.35 **remembrance** /rɪ'membərəns/ (n) = a memory of sth or sb / **wspomnienie**
e.g. I still have fond **remembrances** of my grandfather.
- SA1.36 **prayer** /preɪ/ (n) = the act of speaking to God, or the words spoken when speaking to God / **modlitwa, nabożeństwo**
e.g. I used to say my **prayers** every night before I went to bed.
- SA1.37 **grave** /grev/ (adj) = quiet and serious / **poważny**
e.g. My father was always **grave** and strict when he punished us.
- SA1.38 **make allowance(s) for sb/sth** (idm) = to take sth into account in your decisions, plans or actions / **wziąć pod uwagę, wziąć poprawkę (na coś)**
e.g. You must **make allowances for** his behaviour; he's upset at the moment.
- SA1.39 **trifling** /'traɪflɪŋ/ (adj) = small and unimportant / **znikomy, błahy, nieistotny**
e.g. We paid a **trifling** sum for the clock.
Der.: trifle (n)
- SA1.40 **unrestrained** /ʌnrɪ'streɪnd/ (adj) = expressing feelings openly and easily; here: feeling at ease, allowing for spontaneity / **niepohamowany, bezgraniczny; tu: czujący się swobodnie**
e.g. Due to Jane's harshness, Tom could never feel **unrestrained** in her presence.
Opp.: restrained
- SA1.41 **ardently** /'ɑ:dəntli/ (adv) = with extremely strong feelings about sth or sb / **żarliwie, gorliwie**
e.g. My lawyer fought **ardently** to prove my innocence.
- SA1.42 **timid** /'tɪmɪd/ (adj) = shy and nervous, having no courage or confidence / **nieśmiały, płochliwy**
e.g. Teresa is a very **timid** little girl.
- SA1.43 **frock** /frɒk/ (n) = (old-fashioned) a woman's or girl's dress / **sukienka**
e.g. I used to like wearing my grandmother's old **frocks** when I was a child.
- SA1.44 **recollect** /,rekə'lekt/ (v) = to remember / **przypomnieć sobie**
e.g. I find it hard to **recollect** things from my childhood.
Der.: recollection (n)
- SA1.45 **austere** /ɔ:'stiə/ (adj) = strict and serious / **surowy, srog**
e.g. My father's **austere** look always frightened me.
- SA1.46 **day boarder** = a student that stays at school during the day only and doesn't sleep there / **uczeń nie mieszkający w internacie szkolnym, dochodzący do szkoły**
e.g. My grandfather was a **day boarder** at school and worked in the evenings.
- SA1.47 **stiff** /stɪf/ (adj) = formal, not friendly / **sztywny, oficjalny**
e.g. My father wrote a **stiff** letter to the headmaster to complain about my unfair punishment.
- SA1.48 **rejoicings** /rɪ'dʒɔɪsɪŋz/ (n pl) = celebrations / **radosne świętowanie**
e.g. There were **rejoicings** in every home when the war was over.
- SA1.49 **confide in** /kən'faɪd ɪn/ (phr v) = to tell sb a secret / **zwracać się komuś**
e.g. You are the only person I can **confide in**, Mum!

- SA1.50 **vacant expression** = a blank expression which implies that sb doesn't understand sth or isn't thinking about anything / *bezmyślna mina*
e.g. *I tried to find out what was bothering her, but she just stared at me with a **vacant expression** on her face.*
- SA1.51 **perceptive** /pə'septɪv/ (adj) = good at noticing or realising things that are not obvious / *spostrzegawczy, wnikliwy*
e.g. *She will be a wonderful psychologist as she's very **perceptive** and understanding.*
Der.: perception (n)
- SA1.52 **bearable** /'beərəbəl/ (adj) = able to be accepted or endured / *znośny*
e.g. *The only thing that made the heat **bearable** was a light breeze that came from the north.*
Opp.: unbearable
- SA1.53 **unrequited** /,ʌnɪ'kwaɪtɪd/ (adj) = (of feelings) not returned, not mutual / *nieodwzajemniony*
e.g. *Unfortunately, my love for him was **unrequited** as he didn't feel the same way.*
- SA1.54 **condescending** /kɒndɪ'sendɪŋ/ (adj) = disapproving of sb's behaviour; patronising / *protekcjonalny*
e.g. *My grandmother always had a **condescending** attitude towards those outside the family.*
- SA1.55 **self-righteous** /,self'raɪtʃəs/ (adj) = being sure (often falsely) that one is right and morally superior / *zadużany w sobie, przekonany o własnej nieomyślności*
e.g. *She'll never admit she's wrong. She's very **self-righteous** and narrow-minded.*
- SA1.56 **unaffectionate** /,ʌnə'fekʃənət/ (adj) = not showing any love or fondness to others / *nieczuły*
e.g. *My grandfather was very **unaffectionate** towards me – as if I didn't exist.*
Opp.: affectionate
- SA1.57 **withhold** /wɪð'həʊld/ (v) = (formal) not to give sb what they want / *zataić, nie ujawniać*
e.g. *The criminal **withheld** valuable information from his lawyer which she needed in order to defend him properly.*
- SA1.58 **well disposed** /,wel dɪ'spəʊzd/ (adj) = likely to agree or support sb / *przychylnie nastawiony*
e.g. *On my first day of school, everyone was **well disposed** towards me as I was very nervous and frightened.*

- SA1.59 **indignant** /ɪn'dɪgnənt/ (adj) = shocked or angry because sth is unfair or unjust / *oburzony*
e.g. *The strikers were **indignant** that the government had ignored their requests.*
- SA1.60 **self-deprecating** /,self'deprəkeɪtɪŋ/ (adj) = critical of oneself or representing oneself in a modest, light-hearted way / *niedocenający siebie, zbyt skromny*
e.g. *I related my childhood in a **self-deprecating** way.*
- SA1.61 **apprehensive** /,æprə'hensɪv/ (adj) = afraid that sth bad will happen / *pelen obaw*
e.g. *Do you feel **apprehensive** about the future?*

Listening (p. 50)

- SA1.62 **visual aid** = a thing you can look at to help you understand sth or remember information (e.g. films, models, slides) / *pomoc wizualna*
e.g. *Our professor uses a lot of **visual aids** in his class presentations.*
- SA1.63 **unwittingly** /,ʌn'wɪtɪŋli/ (adv) = doing sth or getting involved in sth without realising it / *nieświadomie, niechcący*
e.g. *I was **unwittingly** involved in the plan to get Johnson expelled from school.*
- SA1.64 **relevant** /'reləvənt/ (adj) = important or significant in a situation / *istotny*
e.g. *Your composition doesn't have enough **relevant** information to support your argument.*
Der.: relevance (n)
Opp.: irrelevant

Writing (p. 50)

- SA1.65 **extract** /'ekstrækt/ (n) = a part of a book or piece of writing / *fragment, urywek*
e.g. *We had to read an **extract** from one of Shakespeare's plays and analyse it.*
- SA1.66 **coverage** /'kʌvərɪdʒ/ (n) = the reporting of sth (e.g. the news) / *miejsce poświęcone jakiemuś tematowi (np. w gazecie), relacja, sprawozdanie*
e.g. *The news **coverage** was very detailed.*
- SA1.67 **update** /'ʌpdet/ (n) = the latest information on sth / *aktualności, najświeższe wiadomości*
e.g. *There was a special weather **update** about the strength of the tornado.*

Lead-in (p. 53)

- 3.1 **stock market crash** = a drastic fall in the price of stocks / *krach na giełdzie*
e.g. *The 1929 stock market crash was the worst in history.*
- 3.2 **unbiased** /ʌn'biəst/ (adj) = fair and able to judge sth in a balanced way / *obiektywny, bezstronny*
e.g. *The report presented the case in an unbiased way.*
Opp.: biased
- 3.3 **hard-hitting** /hɑ:d'hɪtɪŋ/ (adj) = talking about or dealing with a difficult situation in a direct way / *demaskatorski*
e.g. *He made many enemies with his hard-hitting journalism.*
- 3.4 **incisive** /ɪn'saɪsɪv/ (adj) = expressing ideas and thoughts clearly, briefly and forcefully / *celny, wnikliwy, cięty*
e.g. *He was chosen to lead the project due to his incisive nature.*
Der.: incisiveness (n), incisively (adv)
- 3.5 **bow to sth** /baʊ/ (v) = to agree to do sth, especially when it is not what one wanted / *ugiąć się przed czymś*
e.g. *The government bowed to the pressure of miners and increased their wages.*
- 3.6 **uncompromising** /ʌn'kɒmprəmaɪzɪŋ/ (adj) = determined not to change one's opinions in any way / *bezkompromisowy*
e.g. *They split up because they were both uncompromising and unwilling to change their ways.*
Opp.: compromising
- 3.7 **sensitise sb to sth** /sensɪtaɪz/ (v) = to make sb aware of sth / *uwrażliwić, wyczulić kogoś na coś*
e.g. *Many environmental groups try to sensitise people to the problems of rainforest destruction.*
Der.: sensitivity (n)
- 3.8 **sponsorship** /'spɒnsəʃɪp/ (n) = financial support (usually for sporting events by large companies) / *sponsoring, patronat*
e.g. *Our local team is on the lookout for sponsorship to fund its weekly matches.*
- 3.9 **quotation** /kwəʊ'teɪʃən/ (n) = a sentence or phrase taken from a book, film, etc., repeated by sb else / *cytat*
e.g. *He used a quotation from Shakespeare to illustrate his point.*
Der.: quote (v, n)

- 3.10 **virtue** /'vɜ:tʃu:/ (n) = a good quality or way of behaving / *zaleta*
e.g. *She has many virtues, the most important of which is her ability to sympathise.*

Reading (pp. 54–55)

- 3.11 **macho** /'mæʃəʊ/ (adj) = proud of one's masculinity / *dumny z bycia (stuprocentowym) mężczyzną, wyznający kult męskości*
e.g. *His macho behaviour really puts me off. Can't he just act normally?*
- 3.12 **evasive** /ɪ'veɪsɪv/ (adj) = avoiding giving a straight answer / *wymijający, stosujący uniki*
e.g. *The politician was deliberately evasive, not wanting to answer the journalists' questions.*
Der.: evasiveness (n), evasively (adv)
- 3.13 **vested interest** = a strong reason for acting in a certain way / *żywotny lub osobisty interes*
e.g. *Those with a vested interest in this company will want to see profits increase.*
- 3.14 **dormitory** /'dɔ:mɪtri/ (n) = here: a large room in a boarding school where several children sleep / *tu: duża sala sypialna w internacie*
e.g. *All was quiet in the dormitory when suddenly a small boy cried out in his sleep.*
- 3.15 **officious** /ə'fɪʃəs/ (adj) = eager to tell people what to do, bossy / *nadgorliwy, natrętny*
e.g. *Nobody in the office likes her because she is very officious and always bossing everyone around.*
- 3.16 **prefect** /'prɪfekt/ (n) = an older pupil with special duties who helps control younger pupils / *uczeń starszej klasy odpowiedzialny za dyscyplinę*
e.g. *The prefect ordered pupils to stand quietly in line.*
- 3.17 **frog-march** /'frɒgmɑ:tʃ/ (v) = to take sb somewhere by force, to hold sb by the arms and walk along / *zaprowadzić siłą*
e.g. *When the pupil had misbehaved for the third time, the teacher frog-marched him off to the headmaster's office.*
Der.: frogmarch (n)
- 3.18 **intone** /ɪn'təʊn/ (v) = to speak in a slow and serious way / *powiedzieć, recytować monotonnym głosem*
e.g. *He intoned the verses of the poem in a solemn way.*
Der.: intoner (n)
- 3.19 **cane** /keɪn/ (n) = a long stick used to strike pupils in school / *trzcinka do bicia*
e.g. *"If you keep that up, you'll get a few whacks of the cane, I'm warning you."*

- 3.20 **spool** /spu:l/ (v) = to roll up quickly, to go forward quickly / *przewinąć (np. taśmę)*
e.g. If we **spool** forward to the 21st century, we can see the huge changes which have come about.
- 3.21 **preoccupied** /pri'ɒkjəpaɪd/ (adj) = having one's thoughts taken up with a problematic situation / *pochłonięty, zaabsorbowany*
e.g. She seems **preoccupied** today; maybe she is having problems at home.
Der.: preoccupation (n)
- 3.22 **grump** /grʌmp/ (v) = to make sounds which suggest dissatisfaction or irritation / *pomrukiwać z niezadowolenia*
e.g. There is no point in **grumping** at the situation; just sort it out.
Der.: grumpy (adj), grumpily (adv), grump (n)
- 3.23 **platitude** /'plætɪtju:d/ (n) = a trivial statement / *frazes, komunał*
e.g. Politicians are famous for their **platitudes** in the face of criticism.
- 3.24 **inception** /ɪn'sepʃən/ (n) = a beginning / *powstanie, rozpoczęcie*
e.g. The **inception** of the new channel made the directors of other channels uncomfortable because it posed a threat to their ratings.
- 3.25 **a household name/word** (idm) = a name or word that is very well known / *powszechnie znana nazwa, marka, itp.*
e.g. "General Motors" is **a household name**.
- 3.26 **cajoling** /kə'dʒɔʃlɪŋ/ (adj) = persuading sb in a very insistent way to do sth / *przymilny, schlebiający*
e.g. She can be persistent and **cajoling** when she wants to get her own way.
Der.: cajolery (n), cajolingly (adv)
- 3.27 **intimidating** /ɪn'tɪmɪdeɪtɪŋ/ (adj) = frightening and making others lose confidence / *budzący grozę, onieśmiałający*
e.g. The headmaster can be very **intimidating**.
My knees shake whenever he speaks.
- 3.28 **persistent** /pə'sɪstənt/ (adj) = continuing to do sth in spite of the opposition of others / *uparty, nieustępliwy*
e.g. She is so **persistent** that she will keep nagging until I agree to buy her that new coat.
Der.: persistently (adv), persistence (n)
- 3.29 **come across** /'kʌm ə'krɒs/ (phr v) = to seem to have particular qualities / *wypaść, zrobić dobre wrażenie, wydawać się*
e.g. On television the minister **came across** as being very intelligent.
- 3.30 **be a thorn in sb's side/flesh** (idm) = to be a continuous problem which cannot be solved / *być komuś solą w oku*
e.g. This pupil is **a thorn in the side** of the whole school: he disrupts everyone and we can do nothing about it.
- 3.31 **the establishment** /ðə ɪ'stæblɪʃmənt/ (n) = those who have power or influence in the country or in society in general / *establishment, grupa społeczna u władzy lub mająca wpływ na rząd*
e.g. There is no point in fighting against **the establishment** – it is too strong.
- 3.32 **in our midst** (idm) = among our group / *wśród nas, w naszym gronie*
e.g. The traitor was **in our midst** all along and we never realised it.
- 3.33 **sneering** /'sniəriŋ/ (adj) = expressing contempt / *szydlerczy*
e.g. His **sneering** countenance showed me he cared nothing for what I was saying.
Der.: sneer (v), sneeringly (adv)
- 3.34 **encounter** /ɪn'kaʊntə/ (n) = a meeting / *(przypadkowe) spotkanie, kontakt*
e.g. After the **encounter** with his boss, he promised himself that he would never misbehave again.
- 3.35 **scrap** /skræp/ (v) = to do away with, get rid of / *wyrzucić, pozbyć się*
e.g. Our car got so old that we decided to **scrap** it rather than get it fixed again.
- 3.36 **consumer-oriented** = targeted at the wishes of consumers / *nastawiony na konsumentów, komercyjny*
e.g. Most shopping centres are **consumer-oriented**, with parking and baby-minding facilities available.
- 3.37 **oversee** /,əʊvə'si:/ (v) = to be in control of sth, to make sure it is done right / *nadzorować*
e.g. The foreman **oversees** the whole construction of the building.
Der.: overseer (n)
- 3.38 **relaunch** /,ri:'lɔ:ntʃ/ (v) = to re-introduce sth in a new format / *wprowadzić ponownie (na rynek)*
e.g. We decided to **relaunch** the perfume after figures showed that it would prove more popular with older women.
- 3.39 **inner city areas** = areas near the centre of a city, suffering from economic or social problems / *ubogie dzielnice śródmiejskie*
e.g. The police are intent on curbing crime in **inner city areas**.
- 3.40 **overwhelmed** /,əʊvə'welmd/ (adj) = affected very strongly by sth / *przytłoczony, głęboko poruszony*
e.g. I was **overwhelmed** by the sight of the ship sinking before my eyes.

- 3.41 **perceive** /pə'si:v/ (v) = to see and understand sth /
postrzegać, dostrzegać
e.g. Many people are not able to clearly **perceive**
what the problems of our society are.
Der.: perception (n), perceptive (adj)
- 3.42 **ill-inspired** /ɪlɪn'spaɪəd/ (adj) = badly thought out /
niefortunny
e.g. This **ill-inspired** decision will have lasting
repercussions.
- 3.43 **harbour** /'hɑ:bə/ (v) = to have sth on one's mind
for a long time / żywić (np. uczucie, urazę)
e.g. Since the dispute, he had **harboured** feelings
of resentment for his colleague.
- 3.44 **lay down** /'leɪ 'daʊn/ (phr v) = to officially state
the way to do sth / ustanowić, określić
e.g. Management has **laid down** that all staff
must be at their desks by 9 o'clock.
- 3.45 **highbrow** /'haɪbrəʊ/ (adj) = intellectual, academic /
intelektualistyczny, „uczony”, przeintelektualizowany
e.g. He tends to watch **highbrow** documentaries
about political events.
- 3.46 **perplexed** /pə'plekst/ (adj) = confused / zdumiony,
skonsternowany
e.g. He looked at me with a **perplexed** expression
as if he didn't know what to do.
Der.: perplexity (n)
- 3.47 **dismissive** /dɪs'mɪsɪv/ (adj) = treating sb or sth
as if they had no value / lekceważący
e.g. When I tried to explain the problem, her attitude
was **dismissive** and uncaring.
Der.: dismissively (adv)
- 3.48 **discomfort** /dɪs'kʌmfət/ (n) = not feeling well
or at ease / zakłopotanie, skrepowanie
e.g. The politician began to feel extreme **discomfort**
when the journalist asked him personal questions.
- 3.49 **acute** /ə'kjʊ:t/ (adj) = sensitive and powerful, well
developed / doskonały, ostry, wyostrzony
e.g. An owl's **acute** sense of hearing helps it to hunt
at night.
Der.: acutely (adv)
- 3.50 **far-reaching** /fɑ:'ri:tʃɪŋ/ (adj) = extensive / dogłębny,
daleko idący, dalekosiężny
e.g. The invention of the computer had **far-reaching**
effects on the way people work.
-
- Language Focus (pp. 56–59)
-
- 3.51 **editorial** /,edi'tɔ:riəl/ (n) = part of the newspaper
in which the editor writes his or her comments /
artykuł wstępny („od Redakcji”)
e.g. This week's **editorial** includes an appraisal
of the latest political upheaval.
- 3.52 **circulation** /,sɜ:kju'leɪʃn/ (n) = the number of
newspapers or magazines sold (in a given time) /
nakład
e.g. If we include some articles aimed at young people,
circulation might increase.
- 3.53 **readership** /'ri:dəʃɪp/ (n) = the number of people
who read a newspaper or magazine / czytelnicy
e.g. Our **readership** remains at around 70%
of the population of those over 50 years old.
- 3.54 **obituary** /ə'bitʃuəri/ (n) = a newspaper note or article
about a dead person / nekrolog lub krótki artykuł
poświęcony zmarłej osobie
e.g. My father has a creepy fascination with the
obituaries. Reading who has died is the first thing
he does when he gets the newspaper.
- 3.55 **supplement** /'sʌplɪmənt/ (n) = a separate section,
especially a colour magazine, added
to a newspaper / dodatek
e.g. I only buy that newspaper for the Arts **supplement**.
- 3.56 **broadsheet** /'brɔ:dʃi:t/ (n) = a large-sized newspaper
usually considered serious in content / gazeta
dużego formatu (kojarzona z wyższą jakością)
e.g. The Times is one of Britain's main **broadsheets**.
- 3.57 **feature** /'fi:tʃə/ (n) = a newspaper article / (obszerny)
artykuł
e.g. The editor asked me to write a **feature**
on inner-city slums.
- 3.58 **tabloid** /'tæblɔɪd/ (n) = a small-sized newspaper
containing light articles and gossip / gazeta
brukowa
e.g. The **tabloids** got hold of the photos of the couple
and printed them on the front page.
- 3.59 **editorship** /'sensəʃɪp/ (n) = an official examination
of books, films, etc before they are available to
the public, and removal of unacceptable parts /
cenzura
e.g. Press **editorship** prevents journalists from
including certain details in their reports.
- 3.60 **glossy** /'glɒsɪ/ (adj) = (of a magazine or photograph)
printed on shiny, high quality paper / błyszczący,
połyskliwy
e.g. I love the feel of these **glossy** pages in Vogue.
- 3.61 **treaty talks** /'tri:ti 'tɔ:ks/ (n pl) = official negotiations
between countries before an agreement is
made / rozmowy przed podpisaniem traktatu, układy
e.g. During the **treaty talks**, both sides agreed
to a reduction in the number of nuclear warheads.
- 3.62 **negotiable** /nɪ'gəʊʃjəbəl/ (adj) = (of prices, terms
of employment, etc) that can be changed /
do negocjacji, do uzgodnienia

- e.g. *The price of this land is negotiable – let's haggle and reach an agreement.*
Der.: negotiate (v), negotiation (n)
- 3.63 **reshuffle** /,ri:'ʃʌfəl/ (n) = rearranging, interchanging the positions, especially of the cabinet members / *przetasowanie (np. w rządzie)*
e.g. *Most of the ministers were moved to different ministries in the last reshuffle.*
- 3.64 **cynicism** /'sɪnɪsɪzəm/ (n) = cynizm
- 3.65 **backbencher** /'bækbenʃə/ (n) = a member of Parliament who is not a minister and does not hold a position in the party / *szeregowy poseł*
e.g. *Although he was only a backbencher, he was vocal in his criticism of the press.*
- 3.66 **FTSE (100) index, Footsie** /'fʊtsi/ (abbr) = the Financial Times Stock Exchange index that is published in the *Financial Times* and indicates the relative price of shares on the London Stock Exchange on the basis of Britain's one hundred largest public companies / *indeks giełdy londyńskiej publikowany przez Financial Times, obliczany dla stu największych brytyjskich spółek akcyjnych*
e.g. *To prepare our business presentation, we have to check last week's Dow Jones index and FTSE 100 index.*
- 3.67 **weigh on** /'weɪ 'ɒn/ (phr v) = to worry sb / *ciążyć, leżeć na sercu*
e.g. *This health problem is weighing on my mind. I hope it will be sorted out soon.*
- 3.68 **equities** /'ekwɪtɪz/ (n pl) = assets (usually in the stock market) / *akcje zwykle*
e.g. *I decided to invest in equities but lost all my money.*
- 3.69 **probe** /prəʊb/ (v) = to investigate, to look into / *zbadać, przeprowadzić śledztwo*
e.g. *While probing into the crime, detectives found a lot of evidence to suggest that other crimes had been committed by the same person.*
- 3.70 **riddle** /'rɪdəl/ (n) = a puzzle / *zagadka*
e.g. *In order to solve the riddle, the police have to find the mastermind of the robbery.*
- 3.71 **plunge** /plʌndʒ/ (n) = a drop, a reduction / *gwałtowny spadek*
e.g. *There has been a dramatic plunge in the price of stocks.*
- 3.72 **ordeal** /ɔ:'di:l/ (n) = a difficult or unpleasant situation / *męka, ciężka próba*
e.g. *After the kidnapping ordeal, the family just wanted to forget the whole thing.*
- 3.73 **row** /raʊ/ (n) = a quarrel / *kłótnia, sprzeczka*
e.g. *After another row, they decided to part.*
- 3.74 **pledge** /pledʒ/ (v) = to promise, undertake / *przyrzec, zobowiązać się*
e.g. *I have pledged to send some money to help famine victims in Africa.*
- 3.75 **capacity** /kə'pæsɪti/ (n) = as many people as a place can hold / *maksymalna pojemność*
e.g. *The arena was filled to capacity for the Rolling Stones concert.*
- 3.76 **biannual** /baɪ'ænjʊəl/ (adj) = occurring twice a year / *ukazujący się dwa razy w roku*
e.g. *The company produces a biannual report, in June and December, on its profits and turnover.*
Der.: biannually (adv)
- 3.77 **fortnightly** /'fɔ:tnaɪtli/ (adv) = every two weeks / *co dwa tygodnie*
e.g. *The magazine is published fortnightly; so you get two every month.*
- 3.78 **fanzine** /'fænzɪn/ (n) = a magazine for fans of a particular person or football team / *fanzine (gazeta dla fanów)*
e.g. *As a sports enthusiast, he enjoyed reading the athletics fanzine.*
- 3.79 **flyer** /'flaɪə/ (n) = a small sheet of paper advertising a product or event / *ulotka reklamowa*
e.g. *The concert was advertised only on flyers.*
- 3.80 **host** /həʊst/ (v) = to introduce a TV show and talk to guests who appear on it / *prowadzić program, być gospodarzem programu*
e.g. *Lou Dobbs hosts a programme on CNN.*
- 3.81 **feature** /'fi:tʃə/ (v) = to present / *przedstawić, ukazać*
e.g. *The programme featured an interview with a famous footballer.*
Der.: feature (n)
- 3.82 **dispute** /dɪ'spju:t/ (n) = disagreement / *spór*
e.g. *Workers are involved in a dispute with management regarding safety practices.*
Der.: disputable (adj)
- 3.83 **die down** /'daɪ 'daʊn/ (phr v) = to become less intense / *przycichnąć, ustąpić*
e.g. *Once all the fuss has died down, we'll look into the situation and find a peaceful solution.*
- 3.84 **overnight** /'əʊvənait/ (adv) = throughout the night / *natychmiast (z dnia na dzień); nocą, w nocy*
e.g. *I travelled overnight on the train to Newcastle and arrived at 6 am.*
- 3.85 **drag on** /'dræg 'ɒn/ (phr v) = to go on for a long time tediously / *ciągnąć się, przedłużać się*
e.g. *The lecture dragged on for such a long time that I nearly fell asleep.*
- 3.86 **egg on** /'eg 'ɒn/ (phr v) = to encourage sb to do sth / *namówić kogoś do czegoś*
e.g. *Although all her friends were egging her on to bungee jump, she refused because she was too scared.*

- 3.87 **something to fall back on** = sth one uses when everything else has failed, the last resort / ostatnia deska ratunku, coś, na czym można się oprzeć
e.g. *We'd better keep some money in the bank so that we have **something to fall back on** if the business fails.*
- 3.88 **get the office fitted out** = to equip the office with the necessary machinery to function properly / wyposażyc biuro (np. w sprzęt), zaopatrzyć w coś
e.g. *We will never be organised unless we **get the office fitted out** properly.*
- 3.89 **sub-editor** /sʌb'edɪtər/ (n) = sb who checks and changes the text of a newspaper before it is printed / adiustator
e.g. *The **sub-editor** has his own column in our magazine.*
- 3.90 **follow things through** = to continue with sth until it is finished / doprowadzić do końca, dokończyć
e.g. *You always give up on tasks. You never **follow things through** to the end.*
- 3.91 **perseverance** /pɜːsɪ'vɪərəns/ (n) = continuing sth even though it is difficult / wytrwałość
e.g. *Despite his injury, he showed **perseverance** and managed to win a medal.*
- 3.92 **doom** /duːm/ (v) = to condemn / skazać (na niepowodzenie)
e.g. *The dispute between the band members was so severe that they were **doomed** to split up.*
- 3.93 **repel** /rɪ'pel/ (v) = to drive back, push away / odeprzeć
e.g. *The army finally managed to **repel** the enemy from their territory.*
Der.: repellent (n)
- 3.94 **biased** /'baɪəst/ (adj) = partial, unfair, supporting one group as opposed to another / stronniczy, nieobiektywny
e.g. *The referee was definitely **biased** as he favoured the away team.*
Opp.: unbiased, impartial
- 3.95 **innuendo** /ɪnʃʊ'endəʊ/ (n) = an indirect reference to sth unpleasant / insynuacja
e.g. *I object to that **innuendo** - if you want to say something, say it straight out.*
- 3.96 **analogue** /'ænəlɒɡ/ (adj) = measuring or storing large amounts of information by using physical quantities such as voltage / analogowy
e.g. ***Analogue** TV is the forerunner of digital TV.*
Opp.: digital
- 3.97 **allude** /ə'luːd/ (v) = to refer to sth, mention in an indirect way / robić aluzję, nawiązywać do czegoś
e.g. *Although subtle, her comments **alluded** to the fact that accounts had been tampered with.*
- 3.98 **commercial break** /kə'mɜːʃəl breɪk/ (n) = a break in a programme for advertisements to be shown / przerwa na reklamy
e.g. *When the **commercial break** comes on, I usually flick to another channel.*
- 3.99 **gritty** /'grɪti/ (adj) = tough, unpleasant, showing sth in a realistic way / naturalistyczny
e.g. *The documentary presented a **gritty** look at the real problems of an inner-city ghetto.*
Der.: grittiness (n)
- 3.100 **grinding** /'graɪndɪŋ/ (adj) = making a harsh noise / zgrzytliwy
e.g. *The train came to a **grinding** halt.*
Der.: grindingly (adv)
- 3.101 **gripping** /'grɪpɪŋ/ (adj) = extremely exciting / porywający
e.g. *The book was so **gripping** that I couldn't put it down.*
- 3.102 **grasping** /'grɑːspɪŋ/ (adj) = greedy for money and unwilling to spend it / pazerny
e.g. *No wonder he is so rich, he is a very **grasping** type of person who never buys anything.*
- 3.103 **grating** /'grɛɪtɪŋ/ (adj) = annoying, bothering / drażniący, działający na nerwy
e.g. *His character is very **grating** - he manages to annoy everyone.*
Der.: gratingly (adv)
- 3.104 **commentator** /'kɒmentətər/ (n) = a person who describes an event or broadcasts it over the radio or TV / komentator
e.g. *The football match was made much more exciting by the **commentator's** thorough knowledge of the game.*
- 3.105 **in some respects** = in some ways / pod pewnymi względami
e.g. *Overall, his ideas are very strange, but **in some respects** I think he's right.*
- 3.106 **at short notice** (idm) = within a short space of time / w ostatniej chwili
e.g. *We were told **at very short notice** that the order had to be sent as soon as possible.*
- 3.107 **endeavour** /ɪn'devəʊ/ (n) = an effort, attempt / wysiłek, staranie, przedsięwzięcie
e.g. *Despite his best **endeavours**, he failed to reach the finals of the tennis tournament.*
- 3.108 **pundit** /'pʌndɪt/ (n) = sb who knows a lot about sth and is often asked for his/her opinion / specjalista, ekspert
e.g. *The political **pundit** gave a well-informed opinion of the new bill.*

- 3.109 **crucial** /'kru:ʃəl/ (adj) = vital, very important /
decydujący, rozstrzygający
e.g. *How we do in the next match is **crucial**, if we don't win, we are out of the competition altogether.*
- 3.110 **fixtures** /'fɪkstʃəz/ (n pl) = sporting events which take place at a particular time and place / (planowa) impreza sportowa
e.g. *Saturday's **fixtures** have been cancelled due to the bad weather.*
- 3.111 **surveillance** /sə'veɪləns/ (n) = continued watching of sb or sth / obserwacja, inwigilacja
e.g. *The police have had the gang under **surveillance** for a long time and are expecting to make arrests shortly.*
- 3.112 **plagued** /pleɪgd/ (adj) = infested, tormented by sth / nękany, dręczony
e.g. *The small town was **plagued** by reporters after the scandal.*
- 3.113 **sitcom** /'sɪtkɒm/ (n) = a situation comedy, an amusing TV series about a group of people / serial komediowy
e.g. *The new **sitcom** on Wednesday nights presents a humorous view of sharing a house.*
- 3.114 **convention** /kən'venʃən/ (n) = a meeting of experts in a particular field / zjazd, kongres
e.g. *Delegates are requested to return the application form for the **convention** as soon as possible.*
-
- Listening & Speaking (pp. 60–61)**
- 3.115 **entail** /ɪn'teɪl/ (v) = to involve, include / pociągać za sobą, wiązać się z czymś
e.g. *Could you tell me exactly what the job **entails** before I accept it?*
- 3.116 **web browsing** /'web brəʊzɪŋ/ (n) = searching the Internet / przeglądanie stron w Internecie
e.g. *In some countries, **web browsing** is a slow and costly process.*
- 3.117 **phase out** /'feɪz 'aʊt/ (phr v) = to gradually stop using sth / stopniowo wycofywać
e.g. *The company is **phasing out** typewriters and introducing computers.*
- 3.118 **download** /'daʊnləʊd/ (v) = to transfer data to/from a computer via a communication link or computer network / przesyłać dane do lub z komputera
e.g. *Since she was connected to the network, she could **download** files from another computer terminal.*
- 3.119 **ratings** /'reɪtɪŋz/ (n pl) = a record of the numbers of people watching particular programmes on TV / wskaźniki oglądalności
e.g. *When **ratings** fell suddenly, they decided to cancel the show.*
- 3.120 **benevolent** /bə'nevələnt/ (adj) = kind and fair / życzliwy, dobrotliwy
e.g. *His **benevolent** behaviour earned him the respect of his employees.*
Der.: benevolence (n)
- 3.121 **coin** /kɔɪn/ (v) = to be the first person to use an expression or word / ukuć (wyrażenie), utworzyć (nowe słowo)
e.g. *The word "Taylorism," referring to a management philosophy, was **coined** in the 20th century.*
- 3.122 **fictional** /'fɪkʃənəl/ (adj) = occurring only in stories, plays or films and not actually true / fikcyjny
e.g. *He had made up a whole series of **fictional** characters to people his stories.*
Der.: fiction (n)
- 3.123 **prejudiced** /'preɪdʒɪdɪst/ (adj) = having an unfounded like or dislike for sb based on a general belief about a group of people / uprzedzony, stronniczy
e.g. *Her contempt for working class people reveals how **prejudiced** she is.*
- 3.124 **scrutiny** /'skru:tɪni/ (n) = close examination or observation / baczna obserwacja, analiza
e.g. *Following rumours of their intention to marry, the celebrity couple came under **scrutiny** from the press.*
Der.: scrutinise (v)
- 3.125 **outright** /,aʊt'reɪt/ (adv) = completely, totally, immediately / kategoriycznie, z miejsca
e.g. *He was opposed to their proposals and rejected them **outright**.*
- 3.126 **sighting** /'saɪtɪŋ/ (n) = an occasion of seeing sth strange or unusual / zgłoszony, zarejestrowany przypadek zaobserwowania czegoś niezwykłego
e.g. *Several UFO **sightings** have been reported in recent weeks.*
- 3.127 **improvise** /'ɪmprəvaɪz/ (v) = to make or do sth with whatever is available / improwizować
e.g. *She didn't have a hammer so she **improvised** and used a large stone.*
Der.: improviser (n), improvisation (n)
-
- Reading (pp. 62–63)**
- 3.128 **inaugural** /ɪ'nɔ:gjʊərəl/ (adj) = first, marking the beginning of sth important / inauguracyjny
e.g. *The president's **inaugural** speech was designed to pacify his opponents.*
Der.: inauguration (n)
- 3.129 **policy** /'pɒləsi/ (n) = a set of ideas or plans that is used for making decisions / polityka, strategia
e.g. *The school **policy** clearly states that students must not smoke on the premises.*

- 3.130 **stilted** /'stɪltɪd/ (adj) = formal, unnatural / *wyniosły, sztuczny*
e.g. *I could tell that he was not a native English speaker due to his **stilted** language.*
- 3.131 **bogey** /'bɒgi/ (n) = sth people worry about, usually without reason / *postrach, obawa*
e.g. *Models' main **bogey** is the fear of getting old.*
Der.: bogeyman (n)
- 3.132 **depraved** /di'preɪvd/ (adj) = morally bad or evil / *zdeprawowany*
e.g. *This gruesome murder was certainly the work of **depraved** individuals.*
- 3.133 **uplifted** /ʌp'lɪftɪd/ (adj) = cheerful, feeling positive about sth / *podniesiony na duchu*
e.g. *Having panicked about the situation, I felt **uplifted** when she said that everything was fine.*
- 3.134 **innocuous** /'ɪnɒkjʊəs/ (adj) = harmless, inoffensive / *nieszkodliwy*
e.g. *Although most people are up in arms about the new advertising campaign, I think it is quite **innocuous**.*
- 3.135 **no-man's-land** = land between the borders of two states or armies that is not controlled by either of them / *dosł. ziemia niczyja; tu: działalność niepodporządkowana żadnej konkretnej dziedzinie*
e.g. *Having just started our business, we are still in the **no-man's-land** between success and failure.*
- 3.136 **abolish** /ə'bɒlɪʃ/ (v) = to do away with, to get rid of / *znieść, położyć czemuś kres*
e.g. *The government has introduced a bill to **abolish** the death penalty.*
Der.: abolition (n)
- 3.137 **outlandish** /aʊt'lændɪʃ/ (adj) = unusual, strange, unreasonable / *dziwaczny, cudaczny*
e.g. *His **outlandish** dress made him stand out in the crowd.*
Der.: outlandishly (adv), outlandishness (n)
- 3.138 **demise** /di'maɪz/ (n) = an end, downfall, death / *upadek*
e.g. *Falling ratings spelled the **demise** of the sitcom.*
- 3.139 **ad mag** = a type of advertising which uses a storyline to sell a product / *reklama oparta na historyjce*
e.g. *Advertising using **ad mags** has not appeared on TV for many years.*
- 3.140 **proprietor** /prə'praɪətə/ (n) = an owner / *właściciel*
e.g. *My father bought out his partner and became the sole **proprietor** of the business.*
- 3.141 **cartel** /kɑ:'tel/ (n) = an association of similar companies which act as one / *kartel*
e.g. *The chairman of the company suggested that we would be more powerful if we formed a **cartel**.*
- 3.142 **outlets** /'aʊtlets/ (n pl) = here: means by which sth can be broadcast / *tu: możliwości reklamowania się*
e.g. *There are many **outlets** available to advertisers for their products.*
- 3.143 **reinstate** /,ri:'ɪnstet/ (v) = to reintroduce sth / *przywrócić*
e.g. *The ban on cigarette advertising was **reinstated** due to increases in smoking-related illnesses.*
- 3.144 **twist** /twɪst/ (n) = an unexpected ending or turn in a story / *zwrót (akcji)*
e.g. *Everyone was taken by surprise by the **twist** at the end of the film.*
- 3.145 **liven up** /'lɪvən 'ʌp/ (phr v) = to make sth more active and cheerful / *ożywić*
e.g. *Why don't we play some pop music to **liven up** the party!*
- 3.146 **gloss** /glɒs/ (n) = shine, attractiveness / *blask, blichtr*
e.g. *TV commercials may seem attractive but don't let the **gloss** trick you.*
Der.: glossy (adj)
- 3.147 **slot** /slɒt/ (n) = available broadcasting time / *czas antenowy przeznaczony na reklamę*
e.g. *During peak time viewing, advertising **slots** are more expensive.*
- 3.148 **tingling** /'tɪŋɡlɪŋ/ (adj) = slightly stinging; here: exciting / *kłujący; tu: ekscytujący*
e.g. *The prospect of the escapade gave me a pleasant, **tingling** feeling.*
- 3.149 **jerky** /'dʒɜ:ki/ (adj) = characterised by sudden, sharp movements or changes / *nierówny, urywany*
e.g. *His movements are so **jerky** that he looks like a robot.*
Der.: jerkiness (n)
- 3.150 **caption** /'kæpʃən/ (n) = words written underneath a picture explaining what it is about / *napis pod zdjęciem*
e.g. *I didn't understand the cartoon until I read the **caption** underneath.*
- 3.151 **detractor** /di'træktə/ (n) = sb who criticises sth / *krytyk*
e.g. *The film was a success despite what the **detractors** said.*
Der.: detract (v)
- 3.152 **bound up with** /'baʊnd 'ʌp wɪð/ (adj) = closely connected with and inseparable / *związany z czymś*
e.g. *The successful launch of a new product is **bound up with** good timing.*
- 3.153 **spur on** /'spɜ:r 'ɒn/ (phr v) = to encourage / *dopingować, zachęcać*
e.g. *In the final stretch of the race, all the supporters shouted at the top of their voices to **spur** him on.*

- 3.154 **subject sb to sth** /səb'dʒekt/ (v) = to make sb experience sth (usually unpleasant) / **poddać kogoś czemuś, wystawić, narazić na coś**
e.g. *At the health farm, we were **subjected to** all sorts of exercise routines, which left us completely exhausted.*
- 3.155 **extol** /ɪk'stəʊl/ (v) = to praise / **wychwalać**
e.g. *After you have finished **extolling** the virtues of the resort, can you tell me how much it will cost to stay there?*
- 3.156 **recap on sth** /'rɪkæp/ (v) = to repeat some points already mentioned / **zreasmować**
e.g. *Let me just take a moment to **recap on** the points covered so far.*
- 3.157 **set** /set/ (n) = the scenery used for a play, film, etc / **scenografia, dekoracje**
e.g. *We need four people to design and paint the **set** for our play.*
- 3.158 **frame** /freɪm/ (n) = one of the separate photos that a film is made up of / **klatka (filmu)**
e.g. *I watched the scene **frame** by frame and still could not make you out.*
- 3.159 **outcome** /'aʊtkʌm/ (n) = a result / **wynik, rezultat**
e.g. *Although we know he's guilty, we'll have to wait for the **outcome** of the trial.*
- 3.160 **inoffensive** /ɪnə'fensɪv/ (adj) = harmless, not unpleasant / **nieszkodliwy**
e.g. *He made a small **inoffensive** remark which didn't upset anybody.*
- 3.161 **enhancing** /ɪn'hɑːnsɪŋ/ (adj) = improving in value, quality or attractiveness / **poprawiający**
e.g. *Drinking plenty of water is said to have an **enhancing** effect on the skin.*
- 3.162 **strained** /streɪnd/ (adj) = under pressure, looking worried or nervous / **pelen napięcia**
e.g. *Overwork has given him a **strained** look.*
-
- English in Use (pp. 64–67)
- 3.163 **talent scout** /'tælənt skaʊt/ (n) = sb who looks for gifted or skilled people in unusual places / **łowca talentów**
e.g. *I hope I'll play well in the match today; a **talent scout** from a big team will be there.*
- 3.164 **alleviate** /ə'liːviət/ (v) = to make sth less intense or severe / **złagodzić, zmniejszyć**
e.g. *New houses in the suburbs were built to **alleviate** the problem of overpopulation in the city.*
- 3.165 **overflow** /'əʊvə'fləʊ/ (v) = to flow over the edge due to overfilling / **wysypywać się, przelewać się, wylewać się**
e.g. *Don't fill the glass up to the top; it will **overflow!***
Der.: overflow (n)
- 3.166 **CEO** /,si: i: 'əʊ/ (abbr) = chief executive officer, the highest ranking official in a business company / **dyrektor naczelny, dyrektor generalny**
e.g. *Betty had to work really hard for years before she became **CEO** in her company.*
- 3.167 **baggage handler** = a person who loads and unloads luggage from aircraft / **bagażowy**
e.g. *All flights are grounded due to the **baggage handlers'** strike.*
- 3.168 **whereabouts** /'weərəbaʊts/ (n) = the exact location, place of residence / **miejsce pobytu, miejsce, gdzie ktoś lub coś się znajduje**
e.g. *The police know the **whereabouts** of the criminal but don't have enough proof to arrest him.*
- 3.169 **derive** /dɪ'reɪv/ (v) = to come or develop from sth / **powstać z czegoś, pochodzić od czegoś**
e.g. *The word "television" is **derived** from the Greek word "tele" and the Latin word "visio".*
Der.: derivative /dɪ'rɪvətɪv/ (n)
- 3.170 **varnish** /'vɑːnɪʃ/ (n) = a liquid which hardens to provide a protective coat for wood / **lakier, werniks**
e.g. *A thick layer of **varnish** on the door will protect it from the bad weather over the winter.*
- 3.171 **distract** /dɪ'strækt/ (v) = to take sb's attention away from what they are doing / **rozproszyć, odwrócić uwagę**
e.g. *I am sure having the TV on while studying will **distract** him from his work.*
- 3.172 **draught** /draʊt/ (n) = a current of air flowing through a place / **przeciąg**
e.g. *I think I caught this cold from sitting in a **draught** all afternoon.*
- 3.173 **GP** /,dʒi: 'pi:/ (abbr) = general practitioner, a doctor who is trained in general medicine and works in the local community / **lekarz rodzinny**
e.g. *Doctor Hopkins has been our **GP** for twenty years.*
- 3.174 **proofread** /'pruːfriːd/ (v) = to check a written text for mistakes / **zrobić korektę**
e.g. *Always **proofread** your compositions before handing them in to the teacher.*
Der.: proofreader (n)
- 3.175 **wig** /wɪɡ/ (n) = false hair / **peruka**
e.g. *His **wig** blew off to reveal his bald head.*
- 3.176 **aspiring** /ə'spaɪərɪŋ/ (adj) = trying to become successful in a certain field / **początkujący, z ambicjami**
e.g. *These lectures will be of interest to any **aspiring** writers among you.*
Der.: aspiration (n)
- 3.177 **solid** /'sɒlɪd/ (adj) = well founded, firm / **solidny, rzetelny**

- e.g. If you have a **solid** educational background, you are bound to succeed.
- 3.178 **land sth** /lænd/ (v) = to get sth that is difficult to obtain / **zdobyć coś, załapać się**
e.g. Joanna **landed** the main part in a Hollywood film!
- 3.179 **apprenticeship** /ə'prentɪs,ʃɪp/ (n) = working for sb for a period of time to learn skills for that job / **praktyka zawodowa**
e.g. Once he had completed his **apprenticeship** at the garage, he became a fully-trained mechanic.
- 3.180 **sensationalism** /sen'seɪʃənəlɪzəm/ (n) = presentation of the facts in such a way as to provoke strong feelings / **pogoń za sensacją**
e.g. Most tabloid newspapers depend on **sensationalism** to increase their circulation.
- 3.181 **assassin** /ə'sæsɪn/ (n) = a person hired to kill sb (e.g. a politician) / **zamachowiec**
e.g. The murder was obviously carried out by a hired **assassin**.
Der.: assassination (n), assassinate (v)
- 3.182 **infant** /'ɪnfənt/ (n) = a small baby / **niemowlak**
e.g. The woman walked out of the maternity ward holding the **infant** in her arms.
Der.: infantile (adj), infancy (n)
- 3.183 **subsequent** /'sʌbsɪkwənt/ (adj) = happening after / **późniejszy**
e.g. The interest-rate cut and **subsequent** increase in investment helped to restore the economy.
- 3.184 **unfold** /ʌn'fəʊld/ (v) = to develop and become known / **rozgrywać się**
e.g. The full horror of the disaster **unfolded** before our eyes on the TV screen.
- 3.185 **detachment** /dɪ'tætʃmənt/ (n) = objectivity / **bezstronność, obiektywizm**
e.g. A journalist must show complete **detachment** when covering a story.
- 3.186 **usurp** /ju:'zɜ:p/ (v) = to take over sth when one has no right to do so / **uzurpować sobie coś**
e.g. You have no right to **usurp** my position;
I was here long before you.
- 3.187 **hindsight** /'haɪnsaɪt/ (n) = the ability to understand sth about an event after it has happened / **ocena sytuacji z perspektywy czasu**
e.g. With **hindsight**, we could have done things differently.
- 3.188 **galvanise** /'gælvənaɪz/ (v) = to cause sb to take action by making them feel excited or angry / **zelektryzować**
e.g. The report on child labour **galvanised** charity organisations worldwide.
- 3.189 **aftermath** /'ɑ:ftəməθ/ (n) = a situation resulting from a major event / **następstwo**
e.g. People were left homeless in the **aftermath** of the hurricane.
- 3.190 **unrestrained** /,ʌnrɪ'streɪnd/ (adj) = expressing feeling in a strong, extreme or intense manner / **bezgraniczny, nieograniczony, niepohamowany**
e.g. She let out an **unrestrained** cry of joy when she won the tennis match.
- 3.191 **outwit** /,aʊt'wɪt/ (v) = to outsmart, to trick, to be cleverer than sb / **przechytryć**
e.g. The fox **outwitted** the hunters by walking in the river and covering its scent.
- 3.192 **court sb** /kɔ:t/ (v) = to have a romantic relationship with sb before getting married / **zalecać się do kogoś, spotykać się z sympatią**
e.g. They had been **courting** for a year before they married.
Der.: courtship (n)
- 3.193 **craftsman** /'krɑ:ftsmən/ (n) = sb skilled in a certain handicraft / **rzemieślnik**
e.g. It is clear from the finish on this vase that the **craftsman** who made it is highly skilled.
- 3.194 **fragile** /'frædʒaɪl/ (adj) = easily broken or damaged / **delikatny, kruchy**
e.g. This crystal glass is extremely **fragile**; handle it with care.
Der.: fragility /frə'dʒɪləti/ (n)
- 3.195 **resilient** /rɪ'zɪliənt/ (adj) = able to recover easily from unpleasant or damaging events / **odporny**
e.g. Being a **resilient** man, he soon recovered from the shock of losing his job.
- 3.196 **resonant** /'rezənənt/ (adj) = having a deep, strong sound / **donośny**
e.g. His **resonant** voice could be heard all over the room.
- 3.197 **ointment** /'ɔɪntmənt/ (n) = a smooth thick substance put on sore skin to heal it / **maść**
e.g. Although the **ointment** stung, it helped the wound heal more quickly.
- 3.198 **morality** /mə'ræləti/ (n) = principles governing good behaviour, distinction between good and bad conduct / **moralność**
e.g. Being fair and just, she is regarded as having high standards of **morality**.
- 3.199 **condense** /kən'dens/ (v) = to make a text shorter by removing irrelevant material / **skrócić**
e.g. This speech is too long; you will have to **condense** it.
- 3.200 **competence** /'kɒmpɪtəns/ (n) = the ability to do sth well or effectively / **kwalifikacje, umiejętności**
e.g. Having proved her **competence** to do the job, she was taken on at the end of her trial period.

- 3.201 **quantifier** /'kwɒntɪfaɪə/ (n) = a grammatical term for words which describe the quantity of sth / **zaimek lub liczebnik określający liczbę lub ilość czegoś**
e.g. *It is essential to use **quantifiers** when describing amounts of things.*
- 3.202 **ply sb with sth** /plaɪ/ (v) = to keep giving sb large amounts of sth / **zасыpywać kogoś (np. prezentami)**
e.g. *Granny always **plied** me **with** dolls and teddy bears.*
- 3.203 **violation** /,vaɪə'leɪʃən/ (n) = breaking of an agreement, rule or promise / **naruszenie, pogwałcenie**
e.g. *Not wearing a seatbelt is a **violation** of traffic laws.*
Der.: violator (n), violate (v)
- 3.204 **NCAA** /,en si: ei 'eɪ/ (abbr) = the National Collegiate Athletic Association, a US voluntary organisation through which the US colleges and universities govern their athletic programmes / **w Stanach Zjednoczonych, organizacja koordynująca uniwersyteckie programy sportowe**
e.g. *The **NCAA** has more than one thousand members.*
- 3.205 **counter** /'kaʊntə/ (v) = to act against sth / **odeprzeć, odrzucić**
e.g. *To **counter** increasing vandalism, strict fines were introduced.*
- 3.206 **recanting** /rɪ'kæntɪŋ/ (n) = stating publicly that one's previous opinions have changed / **odwołanie, wyparcie się**
e.g. *They prevented any **recanting** by using a tape recorder.*
Der.: recantation (n)
- 3.207 **inhibited** /ɪn'hɪbɪtɪd/ (adj) = embarrassed, not feeling free to express oneself / **skrępowany**
e.g. *Being admonished as a child made me feel **inhibited** about expressing my feelings.*
Opp.: uninhibited
- 3.208 **forthcoming** /,fɔ:θ'kʌmɪŋ/ (adj) = willing to talk / **otwarty, chętnie udzielający informacji**
e.g. *She obviously didn't want to discuss her plans; she wasn't **forthcoming** about the details.*
- 3.209 **consent** /kən'sent/ (n) = permission / **zgoda**
e.g. *In Britain, you cannot get married before the age of 18 without your parents' **consent**.*
Der.: consent (v)
- 3.210 **federal** /'fedərəl/ (adj) = connected with national rather than local institutions / **federalny**
e.g. *While the **federal** government has control over foreign affairs, each state is individually responsible for law enforcement.*
Der.: federalism (n), federalist (n), federation (n), federally (adv)
- 3.211 **sneaky** /'sni:ki/ (adj) = doing sth in a secret, suspicious way / **przebiegły, podstępny**
e.g. *Spying on competitors is a very **sneaky** way of doing business.*
- 3.212 **dried-up sources** = people who had previously given unofficial information to journalists but stopped doing so / **utraczone źródła informacji**
e.g. *The lack of exclusive information in our articles is due to **dried-up sources**.*
- 3.213 **upfront** /ʌp'frʌnt/ (adj) = honest, open / **szczerzy, otwarty**
e.g. *Instead of being **upfront** about the incident, he told us a pack of lies.*
- 3.214 **lawsuit** /'lɔ:su:t/ (n) = a court case against sb / **proces, sprawa sądowa**
e.g. *The employee brought a **lawsuit** against the company for unfair dismissal.*
- 3.215 **testimony** /'testɪməni/ (n) = a formal statement for legal purposes / **zeznanie**
e.g. *The **testimony** of the witnesses led to the prosecution of the accused.*
- 3.216 **indisputable** /,ɪndɪ'spju:təbəl/ (adj) = unquestionable / **niepodważalny, bezsporny**
e.g. *The fact that the earth revolves around the sun is **indisputable**.*
- 3.217 **recklessly** /'rekləsli/ (adv) = carelessly / **lekkomyślnie**
e.g. *He was arrested for driving **recklessly** and knocking down an old lady.*
- 3.218 **law enforcement officer** = a member of the police force / **funkcjonariusz organu ochrony porządku publicznego**
e.g. *After being tipped off, **law enforcement officers** raided the house and arrested the gang.*
- 3.219 **abhorrent** /əb'hɒrənt/ (adj) = hateful, disgraceful, unacceptable / **odrażający, wstrętny**
e.g. *I cannot stand cruelty to animals. I find it **abhorrent**.*
Der.: abhorrence (n), abhorrently (adv)
- 3.220 **glut** /glʌt/ (n) = an excessive amount of sth / **nadmiar**
e.g. *The European Union has a **glut** of milk; cows are simply producing too much.*
- 3.221 **scam** /skæm/ (n) = (informal) a clever and dishonest plan (e.g. for making money) / **szwindel, przekręt**
e.g. *I'm tired of all your **scams**, why don't you get a decent job instead?*
- 3.222 **gotcha** /'gɒtʃə/ (excl) = (informal) an exclamation used when one has caught sb or won sth from them, a written representation of the way some people pronounce "(I) have got you" / **Mam cię!**
e.g. *Hidden cameras are responsible for all the "**gotcha**" pieces on TV which show famous people in embarrassing situations.*

- 3.223 **breach** /brɪtʃ/ (n) = a rupture, break / **naruszenie** (np. przepisów); **ochłodzenie, zerwanie**
e.g. His unwillingness to compromise caused a **breach** in their relationship.
- 3.224 **deception** /dɪ'sepʃən/ (n) = tricking sb / **oszustwo, podstęp**
e.g. He dressed as a waiter as part of his **deception** to get into the celebrity wedding.
- 3.225 **principle** /'prɪnsɪpəl/ (n) = a rule of conduct / **zasada** (moralna), **prawo, reguła**
e.g. He refuses to gossip about people because it goes against his **principles**.
- 3.226 **elusive** /ɪ'lʊ:sɪv/ (adj) = difficult to find or get hold of / **nieuchwytny, trudno osiągalny**
e.g. For years the criminal had proved too **elusive** for the police until he finally made the mistake they had been waiting for.
- 3.227 **profound** /prə'faʊnd/ (adj) = very great, intense / **głęboki**
e.g. Losing the match had a **profound** effect on him; he was upset for days.
- 3.228 **concrete proof** = clear evidence / **jasny, oczywisty dowód**
e.g. The video tape of the thief was **concrete proof** that he was guilty of the crime.
-
- Writing (pp. 68–72)**
-
- 3.229 **register** /'redʒɪstə/ (n) = the style of language (formal or informal) / **styl, odmiana języka, rejestr języka**
e.g. A letter of complaint should always be written in a formal **register**.
- 3.230 **be inclined** = to be likely to think or act in a certain way / **skłaniać się ku czemuś**
e.g. After hearing the testimony of the witness, I **am inclined** to believe that she was innocent.
- 3.231 **grossly** /'grɒsli/ (adv) = extremely / **rażąco**
e.g. This film was **grossly** overrated; I really don't see what all the fuss was about.
Der.: gross (adj)
- 3.232 **beyond dispute** = that cannot or should not be questioned or discussed / **poza dyskusję**
e.g. The fact that smoking is bad for our health is **beyond dispute**.
- 3.233 **take issue with sb about/on/over sth** (idm) = to disagree or start arguing with sb about sth / **nie zgodzić się z kimś**
e.g. I am sorry, I would like to **take issue with** you on what you just said – do you really expect us to accept that?
- 3.234 **abuse** /ə'bjʊ:z/ (v) = to use sth in a bad way or for a bad purpose / **nadużywać, używać niewłaściwie**
e.g. He **abused** his power by making unreasonable demands on people.
Der.: abusive /ə'bjʊ:sɪv/ (adj), abuse /ə'bjʊ:s/ (n)
- 3.235 **bear out** /'beə 'aʊt/ (phr v) = to prove / **potwierdzić, zaświadczyć o czymś**
e.g. The fact that I am right will be **borne out** eventually and then you will all have to agree with me.
- 3.236 **infer** /ɪn'fɜ:ɪ/ (v) = to decide that sth is true on the basis of certain information / **wywnioskować**
e.g. Looking at the results of the survey, we can **infer** that children are influenced by advertising.
Der.: inference (n)
- 3.237 **in one's capacity** = in one's position / **jako** (np. dyrektor)
e.g. **In my capacity** as Headmaster, I welcome you to Sunnyhill School.
- 3.238 **CBE** /,si: bi: 'i:/ (abbr) = Commander (of the Order) of the British Empire, an award instituted in 1917, given in Britain both to men and women for services to their country, originally to the British Empire / **Komandor Orderu Imperium Brytyjskiego, wysokiego odznaczenia państwowego w Wielkiej Brytanii**
e.g. My grandfather was Sir John Killingback, **CBE**.
- 3.239 **urge** /ɜ:dʒ/ (v) = to strongly advise / **namawiać, nakłaniać**
e.g. The meteorological office **urged** people to stay at home because of the strong winds.
- 3.240 **blessing** /'blesɪŋ/ (n) = sth good that you are grateful for / **błogosławieństwo**
e.g. The rain was a **blessing** after so many months of drought.
- 3.241 **curse** /kɜ:s/ (n) = damnation / **przekleństwo, klątwa**
e.g. It is often said that there is a **curse** on the Kennedy family as they have suffered so many misfortunes.
Der.: cursedly (adv), cursed (adj)
- 3.242 **boon** /bu:n/ (n) = an advantage, sth that makes life easier / **dobrodzieństwo**
e.g. The invention of the electric vacuum cleaner was a real **boon** to housewives.
- 3.243 **stir up** /'stɜ:r 'ʌp/ (phr v) = to cause problems, trouble / **wzbudzić, wznieść, wywołać**
e.g. He loves to **stir up** trouble in the office by starting rumours and gossiping.
- 3.244 **medium** /'mi:diəm/ (n) = a means of expressing or communicating ideas / **środek wyrazu, przekazu**
e.g. The **medium** of film is often used to convey images of society.
- 3.245 **adverse** /'ædvɜ:s/ (adj) = negative / **niekorzystny, niepożądany, wywołujący sprzeciw**

B Wpisz w luki właściwe wyrazy z listy.

- unbiased • host • outwit • evasive • supplement • inaugural • discomfort • columnist • scrutiny • innocuous

- | | |
|--|--|
| <p>1 The Sunday newspaper contained a full colour on medicinal plants.</p> <p>2 Being a gossip, she knows all the latest show business news.</p> <p>3 Despite his lack of experience, he was chosen to the children's TV show.</p> <p>4 The interviewer tried to the politician by asking questions he couldn't answer.</p> <p>5 After brawling in public, the pop singer's life came under much from the press.</p> | <p>6 During the chat show, the footballer was about the dispute with the team manager.</p> <p>7 Despite their great the victims talked to the journalist about their ordeal.</p> <p>8 The editorial in the newspaper said that the opposition had a long way to go in order to win the election.</p> <p>9 Although the reporter felt that his remarks were, the actor was quite offended.</p> <p>10 Technical problems marred the new channel's broadcast.</p> |
|--|--|

C Uzupełnij luki jednym wyrazem.

- | | |
|--|---|
| <p>1 I felt quite sick when the dentist started to around my mouth.
Sniffer dogs were brought along to the area for clues.
The press are well known for the way they into people's backgrounds.</p> <p>2 During the scandal, the newspaper's figures were higher than ever.
Cold feet and hands can be caused by poor
Fake fifty pound notes have been found in in some areas of the country.</p> <p>3 Although he has a gentlemanly appearance, there is something about him.
Only those with licence plates that end in a(n) number can drive through the town centre today.
He can't find a matching pair of socks since they are all</p> | <p>4 In my as project leader, I am pleased to welcome you to the team.
The refugee camp was at full and couldn't house any more people.
Her creative helped her to succeed in the position of fashion editor.</p> <p>5 On a hot summer's day, there is nothing I like more than to into an outdoor swimming pool.
Investors were frantic when stock market prices began to
They decided to take the and go and work overseas.</p> |
|--|---|

D Uzupełnij brakujący fragment, wpisując łącznie z wyrazem podanym **tłustym drukiem** od 3 do 8 słów, tak aby wyrazić to samo znaczenie. Nie zmieniaj podanego wyrazu.

- | | |
|--|--|
| <p>1 The audience grew bored of the politician's never-ending speech.
dragged As the politician's, the audience grew bored.</p> <p>2 The article strongly supported the decision to make students pay tuition fees.
biased The article the decision to make students pay tuition fees.</p> <p>3 Ever since the magazine started it has had a problem attracting enough advertisers.
thorn Attracting enough advertisers has been the magazine since it started.</p> | <p>4 The manager flatly refused to consider the proposal.
outright The proposal the manager.</p> <p>5 Please don't start the task unless you intend to complete it.
follow If you , please don't start it.</p> |
|--|--|

E Wpisz w luki wyrazy utworzone od słów podanych wielkimi literami.

There was time when 1) in sport were limited to the arena, pitch or court where games were played. The boom in 2) deals has revived a number of sports, giving the advertisers and the sport itself more television coverage. Alongside this, 3) breaks are flooded with top performers promoting anything from sportswear to shampoos.

Now businesses and 4) have reached beyond the medium of TV and have struck right at the heart of 5) Familiar logos, names and faces from the sporting world now appear on all kinds of goods so that advertisers can 6) get their message across when you least expect it. Thus, when you buy that carton of milk, you not only get a picture of your favourite footballer, but you also get the name of his team's sponsor, which will filter through to your subconscious while you are 7) with something else.

While some consider this to be only a minor 8) , there are others who view it as a significant and unwelcome 9) which is taking over our lives.

There is also the 10) damaging effect on existing businesses to consider – the advantage that large wealthy companies have over smaller ones is 11) The more money you put into sports sponsorship, it seems, the more you get out of it.

ADVERTISE
SPONSOR

COMMERCE

CORPORATE
CONSUME

SNEAKY

OCCUPY
DISTRACT
INTRUDE

POTENTIAL

DISPUTE

Lead-in (p. 73)

- 4.1 **versatile** /'vɜːsətəl/ (adj) = having many different uses / **uniwersalny, wszechstronny, wielofunkcyjny**
e.g. *This kitchen blender is amazingly versatile.*
Der.: versatility /vɜːsə'tɪlɪti/ (n)
- 4.2 **pricey** /'praɪsi/ (adj) = expensive / **drogi**
e.g. *I really like that dress, but it's a bit pricey.*
- 4.3 **stow** /stəʊ/ (v) = to store / **schować**
e.g. *The bus driver stowed the passengers' luggage in the baggage compartments before leaving.*
- 4.4 **deck** /dek/ (n) = the floor of a ship / **pokład**
e.g. *Alison stood on the deck of the huge cruise liner and waved goodbye to her parents.*
- 4.5 **mind the gap** (excl) = watch out for a hole or space / **napis lub ostrzeżenie na kolei lub w metrze, by uważać na odstęp pomiędzy pociągiem a peronem**
e.g. *At train stations passengers are warned to mind the gap between the platform and the train.*
- 4.6 **moderately** /'mɒdərətli/ (adv) = not extremely / **umiarkowanie**
e.g. *The majority of commuters seem to be moderately satisfied with the new transport system.*
Der.: moderation (n)
- 4.7 **figure** /'fɪgə/ (n) = a particular amount or number given in official information / **cyfra, liczba, wielkość**
e.g. *Unemployment figures have increased by 0.5% since last year.*
- 4.8 **distraction** /dɪ'strækʃən/ (n) = an activity intended to entertain and amuse sb / **oderwanie się (np. od pracy), rozrywka, odmiana**
e.g. *Edward's sole distraction is the occasional visit to the amusement arcade.*
- 4.9 **fulfilment** /fʊl'fɪlmənt/ (n) = satisfaction from achieving sth / **satysfakcja, zaspokojenie, spełnienie**
e.g. *I will never forget the feeling of fulfilment I had when I graduated from university.*

Reading (pp. 74–75)

- 4.10 **conquer** /'kɒŋkə/ (v) = to defeat, overcome / **zdobyć, podbić, zwojować**
e.g. *Sir Edmund Hillary was the first man to conquer Mt Everest.*
Der.: conqueror (n), conquest (n)
- 4.11 **a raw/rough deal** (idm) = unfair treatment / **niesprawiedliwe traktowanie**
e.g. *I feel Jackie is getting a raw deal from the teacher: she is never praised for her hard work.*
- 4.12 **predator** /'predətə/ (n) = an animal that preys on other animals / **drapieżnik**
e.g. *Lions, tigers and crocodiles are predators.*
Der.: predatory (adj)
- 4.13 **terrain** /tə'reɪn/ (n) = the physical features of a stretch of land / **teren**
e.g. *You need a Jeep to travel through such rough terrain.*
- 4.14 **obstacle** /'ɒbstəkəl/ (n) = sth that prevents you from doing sth / **przeszkoda**
e.g. *In the Camel Trophy Race, you have to overcome many difficult obstacles.*
- 4.15 **puncture** /'pʌŋktʃə/ (v) = to make a hole in a tyre / **„złapać gumę”**
e.g. *As I was driving to work this morning, I punctured my rear tyre.*
- 4.16 **diverge from sth** /daɪ'vɜːdʒ/ (v) = to depart from sth and go in a different direction / **rozwidlać się, rozchodzić się**
e.g. *When you reach the point where two paths diverge from the main road, take the first one.*
Der.: divergence (n), divergent (adj)
- 4.17 **unpaved** /ʌn'peɪvd/ (adj) = not covered with concrete or paving stones / **nieutwardzony, bez asfaltu**
e.g. *The path to their front door was unpaved.*
- 4.18 **treacherous** /'treɪtʃərəs/ (adj) = extremely dangerous and unpredictable / **zdradliwy, podstępny**
e.g. *They were glad to have survived their treacherous journey around Alaska.*
Der.: treacherously (adv), treachery (n)
- 4.19 **hazardous** /'hæzədəs/ (adj) = dangerous, involving risk / **niebezpieczny, ryzykowny**
e.g. *Smoking is hazardous to our health.*
- 4.20 **trail** /treɪl/ (n) = a rough path / **szlak**
e.g. *The trail that went through the gorge was rough and treacherous.*
- 4.21 **immersed** /ɪ'mɜːst/ (adj) = submerged / **zanurzony**
e.g. *The cars were totally immersed in water due to the flood.*
Der.: immersion (n)
- 4.22 **penultimate** /pə'nʌltɪmət/ (adj) = the one before the last in a series / **przedostatni**
e.g. *The penultimate paragraph should state your opinion.*
- 4.23 **deface** /dɪ'feɪs/ (v) = to spoil sth, e.g. a wall, by writing or drawing on it / **zszpecić, zniszczyć**
e.g. *The beautiful statue was defaced with graffiti.*

- 4.24 **impassable** /ɪmˈpɑːsəbəl/ (adj) = impossible to travel through / *nieprzejezdny, nie do przebycia*
e.g. *In winter, some roads are impassable.*
Der.: impassability (n)
- 4.25 **hit the trail/road** (idm) = to start a journey / *wyruszyć na szlak, w podróż*
e.g. *We hit the trail early so as to reach the first rest stop by noon.*
- 4.26 **be riddled with sth** (idm) = to be full of sth (often bad or unpleasant) / *być pełnym czegoś, upstrzonym czymś, roić się od czegoś*
e.g. *The student's composition was riddled with mistakes.*
- 4.27 **arid** /ˈæɪrɪd/ (adj) = dry / (np. o klimacie) *suchy*
e.g. *Desert areas are arid due to the lack of rain.*
- 4.28 **the dead of winter** = the middle of winter / *środek zimy*
e.g. *It is dangerous to travel by boat in the dead of winter.*
- 4.29 **in bloom** = having flowers / *kwitnący, obsypany kwiatami, w rozkwicie*
e.g. *Spring is a beautiful season as all the flowers and trees are in bloom.*
- 4.30 **traverse** /trəˈvɜːs/ (v) = to go across / *przemierzyć, przecinać*
e.g. *He tried to traverse the wooden bridge but it was too frail and collapsed.*
- 4.31 **meandering** /miˈændərɪŋ/ (adj) = bending, winding / *wijący się, kręty*
e.g. *You can easily get lost in a jungle because of all its meandering paths.*
- 4.32 **flash flood** /ˈflæʃ ˈflʌd/ (n) = a sudden flood after heavy rain / *gwałtowna powódź*
e.g. *Last years we had a flash flood after just a few hours of heavy rain.*
- 4.33 **run-off** /ˈrʌnɒf/ (n) = the rainwater that is not absorbed by the soil / *płynąca woda deszczowa*
e.g. *After the downpour, the run-off was collected and used for washing.*
- 4.34 **scatter** /ˈskætəf/ (v) = to spread things all over an area / *rozrzucić, rozproszyć, rozsiać*
e.g. *The children scatter their toys all over the house.*
- 4.35 **rocky outcrop** /ˈrɒki ˈaʊtkrɒp/ (n) = part of a rock sticking out of the ground / *wyrastający z ziemi fragment skały*
e.g. *The rocky outcrops in the gorge made it difficult to go through.*
- 4.36 **boulder** /ˈbəʊldəf/ (n) = a large rounded rock / *głaz*
e.g. *Crossing that valley is dangerous because boulders quite often fall from the cliffs.*
- 4.37 **hard-core** /ˈhɑːdkɔːf/ (n) = small pieces of stone, brick, etc used for building roads / *podłoże (drogi) z kamieni, gruzu, itp.*
e.g. *We need a ton of hard-core to repair this stretch of the road.*
- 4.38 **crawler** /ˈkrɔːləf/ (n) = here: a person or vehicle moving steadily forward / *tu: osoba lub pojazd poruszający się wytrwale naprzód*
e.g. *My new Jeep is a powerful crawler.*
- 4.39 **hand-picked** /ˌhændˈpɪkt/ (adj) = chosen carefully / *starannie wyselekcjonowany*
e.g. *The research team, hand-picked for the difficult mission, carried out the task successfully.*
- 4.40 **hub** /hʌb/ (n) = the central part of a wheel / *piasta*
e.g. *In the accident, I broke the hub in the wheel of my bike.*
- 4.41 **deceptively** /dɪˈseptɪvli/ (adv) = encouraging to believe sth that is not true / *zwodniczo, pozornie*
e.g. *He gave a deceptively simple explanation for his actions.*
- 4.42 **dirt road** /ˈdɜːt ˈrəʊd/ (n) = a rough road in the country, made from hard earth / *droga polna, nieutwardzona*
e.g. *To reach John's farm, follow this dirt road for about ten miles.*
- 4.43 **tackle** /ˈtækəl/ (v) = to deal with / *stawić czoło, pokonywać przeszkodę*
e.g. *I always tackle my problems. I never give up.*
- 4.44 **cleft** /kleft/ (n) = a narrow opening / *szczelina, rozpadlina*
e.g. *The climber tried to go through a cleft in the rocks, but it was too narrow.*
- 4.45 **tip over** /ˈtɪp ˈəʊvəf/ (phr v) = to turn over / *wywrócić (się), przewrócić (się)*
e.g. *Racing cars are always in danger of tipping over.*
- 4.46 **leg** /leg/ (n) = a stage of a journey or process / *faza, stadium, etap*
e.g. *The return leg of his journey across Africa was a dangerous one.*
- 4.47 **opt for** /ˈɒpt fɔːf/ (phr v) = to choose, decide / *wybierać, zdecydować się na coś*
e.g. *We opted for a small cottage as we couldn't afford a five-star hotel.*
- 4.48 **ravine** /rəˈviːn/ (n) = a very deep narrow valley with steep sides / *wąwóz*
e.g. *The helicopter nearly crashed into the ravine due to poor visibility.*
- 4.49 **traction** /ˈtrækʃən/ (n) = the hold that sth (e.g. a vehicle) has on the ground / *przyczepność*
e.g. *You should use all-weather tyres because they have good traction.*

- 4.50 **strewn** /stru:n/ (adj) = scattered / rozrzucony, rozsypany
e.g. *As I was driving, I noticed that there were rocks of all sizes and shapes strewn over the fields.*
- 4.51 **vulnerable** /'vʌlnərəbəl/ (adj) = weak, without protection and easily hurt / bezbronny, narażony na niebezpieczeństwo, bezradny
e.g. *She has been feeling very vulnerable since her divorce.*
Der.: vulnerability (n)
- 4.52 **ledge** /ledʒ/ (n) = a piece of rock on the side of a cliff or mountain that looks like a shelf / występ, półka skalna
e.g. *The mountain ledge was difficult to reach.*
- 4.53 **contend with** /kən'tend wið/ (phr v) = to deal with or face / zmagać się, borykać, stawić czoło
e.g. *In this competition you will have many obstacles to contend with.*
- 4.54 **sheet metal** /'ʃi:t metəl/ (n) = metal that has been made into thin sheets / blacha (np. karoserii)
e.g. *To make cars, you need to use sheet metal.*
- 4.55 **unyielding** /ʌn'ji:ldɪŋ/ (adj) = solid, hard / twardy, nieustępliwy, nieugięty
e.g. *The engineers were forced to blast their way through the unyielding rock.*
- 4.56 **meticulously** /mə'tɪkjʊləsli/ (adv) = carefully, thoroughly / skrupulatnie, drobiazgowo
e.g. *She does her job meticulously.*
- 4.57 **pick one's way** (idm) = to move carefully and slowly / iść, posuwać się ostrożnie wybraną drogą
e.g. *We picked our way through the thick Amazon jungle.*
- 4.58 **mishap** /'mɪʃəp/ (n) = an unfortunate event, an accident / niefortunny wypadek, pechowe zdarzenie
e.g. *Lately, I seem to be having lots of mishaps.*
- 4.59 **drenched** /'drentʃt/ (adj) = (of clothes or skin) completely wet / przemoknięty, przemoczony
e.g. *When the clouds burst I got drenched since I didn't have an umbrella.*
- 4.60 **part and parcel** (idm) = an essential part of sth / nieodłączna część
e.g. *Having children and paying bills is part and parcel of married life.*
-
- Language Focus (pp. 76–79)**
- 4.61 **drift** /drɪft/ (v) = to float or be carried by the movement of water or wind / dryfować, płynąć z prądem
e.g. *They abandoned the boat and it was left to drift away in the ocean.*
- 4.62 **moor** /mʊə/ (v) = to stop and secure a ship with a rope or chain so that it can't move away / zacumować
e.g. *We moored the yacht away from the crowded beach to have more privacy.*
- 4.63 **disembark** /dɪsɪm'bɑ:k/ (v) = to leave, get off a ship or aeroplane at the end of a journey / wysiąść
e.g. *The sailors were glad to disembark after their four-month voyage.*
Der.: disembarkation (n)
Opp.: embark
- 4.64 **fleet** /fli:t/ (n) = a group of ships / flota
e.g. *Aristotle Onassis once owned the largest fleet of ships in Greece.*
- 4.65 **gangway** /'gæŋweɪ/ (n) = a small bridge linking the ship and the shore across which people can get on and off / trap
e.g. *Mike walked down the gangway and met his family on the shore.*
- 4.66 **run aground** = (of a ship) to touch the ground in a shallow part of a river, lake, sea or ocean / osiąść na mieliźnie
e.g. *The tanker's engine broke down and the vessel ran aground.*
- 4.67 **mainland** /'meɪnlænd/ (n) = the largest part of a country or continent (when compared to the islands around it) / ląd stały
e.g. *We must hurry or we'll miss the ferry to the mainland.*
- 4.68 **permit** /'pɜ:mɪt/ (n) = an official document stating that sb may do sth / pozwolenie, przepustka
e.g. *To get a job in a foreign country you need to have a work permit.*
- 4.69 **stand-by** /'stændbaɪ/ (adj) = (of tickets) unreserved, cheaper and subject to availability / miejsce rezerwowane w ostatniej chwili
e.g. *I was lucky as I had at least a stand-by ticket.*
- 4.70 **meagre** /'mi:ɡə/ (adj) = small in quantity or poor in quality / mizerny, nędzny
e.g. *All civil servants got a meagre pay rise of 3%.*
- 4.71 **deficient in sth** /dɪ'fɪʃənt/ (adj) = not having enough of sth / niedostateczny, ubogi w coś
e.g. *Her diet is deficient in iron.*
Der.: deficiency (n)
- 4.72 **coarse** /kɔ:s/ (adj) = rough, not smooth or soft / szorstki, chropowaty
e.g. *The beach was beautiful except for the coarse pebbles which hurt my feet.*
- 4.73 **starboard** /'stɑ:bəd/ (n) = the right side of a ship when one is facing forward / sterburta, prawa burta
e.g. *The captain saw dolphins along the starboard.*

- 4.74 **aisle** /aɪl/ (n) = a long narrow gap between rows of seats or shelves / *nawa; przejście*
e.g. The **aisles** in the cinema were full of people trying to get to their seats.
- 4.75 **turbulence** /'tɜːbjʊləns/ (n) = a violent and uneven movement / *turbulencja, zawirowanie*
e.g. As the aeroplane reached Greek airspace it encountered some **turbulence** which made the flight quite uncomfortable.
Der.: turbulent (adj)
- 4.76 **stern** /stɜːn/ (adj) = severe / *surowy, poważny*
e.g. The Minister stated that **stern** measures would be taken against motorcyclists who were not wearing their helmets.
- 4.77 **rekindle** /ri:'kɪndəl/ (v) = to bring back the feelings one had for one's companion / *rozpalić, rozbudzić na nowo (np. uczucie)*
e.g. Janice and Tom **rekindled** their romance when they went to Paris.
- 4.78 **be sited** /'bi: 'saɪtɪd/ (v) = to be put, placed or built in a particular area / *być lub zostać usytuowanym, mieścić się*
e.g. The new cinema is to **be sited** behind the supermarket.
- 4.79 **relocation** /,ri:ləʊ'keɪʃən/ (n) = moving to a new place / *przeniesienie (się)*
e.g. The government voted in favour of the **relocation** of their offices.
Der.: relocate (v)
- 4.80 **shift** /ʃɪft/ (n) = movement, change / *zmiana*
e.g. As he made a sharp turn there was a **shift** in weight and the truck tipped over.
- 4.81 **incorporate** /ɪn'kɔːpəreɪt/ (v) = to include / *włączyć, zawrzeć*
e.g. The police have **incorporated** former gang leaders into their task force to help control gang violence.
Der.: incorporation (n), incorporated (adj)
- 4.82 **integrate** /'ɪntɪɡreɪt/ (v) = to become a part of or to be accepted by sth / *włączyć, zintegrować (się)*
e.g. When moving to a new country, it can be difficult to **integrate** into a new way of life.
Der.: integration (n)
- 4.83 **track** /træk/ (n) = a narrow road or path / *ścieżka, droga*
e.g. The mountain **track** was uneven and bumpy.
- 4.84 **spell** /spel/ (n) = a short period of time / *okres, czas*
e.g. There was a **spell** of dry weather before the rainy season began.
- 4.85 **rejoice** /rɪ'dʒɔɪs/ (v) = to show great joy / *radować się*
e.g. When the Presidential candidate won the election, everyone in his political party **rejoiced**.
- 4.86 **pamper** /'pæmpə/ (v) = to spoil with comfort and attention / *rozpieszczać*
e.g. Many parents **pamper** their children too much.
- 4.87 **indulge in** /ɪn'dʌldʒ ɪn/ (phr v) = to allow oneself to do or have sth that one will enjoy / *dogodzić sobie, sprawić przyjemność*
e.g. I **indulge in** an expensive dinner from time to time.
Der.: indulgent (adj), indulgence (n)
- 4.88 **exult** /ɪg'zʌlt/ (v) = to feel and show great happiness and pleasure in a triumph or success / *cieszyć się, nie posiadać się z radości*
e.g. He was still **exulting** in his success when I saw him later in the day.
Der.: exultant (adj), exultation (n)
- 4.89 **mischievous** /'mɪʃɪvjʊəs/ (adj) = naughty / *szelmowski, figlarny*
e.g. When children are very quiet, they are usually being **mischievous**.
Der.: mischievously (adv)
- 4.90 **bullet train** /'bʊlət ˌtreɪn/ (n) = (informal) a Japanese high-speed passenger train / *japoński szybki pociąg pasażerski*
e.g. We took a **bullet train** from Tokyo to Kyoto.
- 4.91 **maze** /meɪz/ (n) = a complex system of paths or passages designed to confuse people / *labirynt*
e.g. He got lost into the hospital's **maze** of corridors.
- 4.92 **super-conducting** /,su:pəkən'dʌktɪŋ/ (adj) = allowing electricity to pass without resistance / *nadprzewodzący*
e.g. **Superconducting** metals are quite economical.
Der.: superconductor (n), superconductivity (n)
- 4.93 **levitate** /'levɪteɪt/ (v) = to appear to rise and float in the air without any support / *unieść się w powietrzu (siłą woli), lewitować*
e.g. Some magicians seem to have the ability to **levitate**.
Der.: levitation (n)
- 4.94 **pulse** /pʊls/ (n) = a temporary increase in level (of light, sound or electrical current) / *impuls*
e.g. The machines are operated by electronic **pulses**.
Der.: pulsation (n)
- 4.95 **twinkle** /'twɪŋkl/ (n) = brightness, shine / *błysk, iskierka, migotanie*
e.g. She looked at me with a **twinkle** in her eye.
- 4.96 **speck** /spek/ (n) = a very small mark, stain or piece of sth / *drobina, plamka, punkcik*
e.g. He was angry when he saw a **speck** of dirt on his new white shirt.
- 4.97 **wink** /wɪŋk/ (n) = the brief closing of an eye / *mrugnięcie oka*

- e.g. He gave me a **wink** to show me he was going to play a trick on Susan.
- 4.98 **bequeath** /bi'kwi:ð/ (v) = to hand down, to leave as a legacy / **pozostawić, przekazać (w spadku)**
e.g. The Minister **bequeathed** his successor a well-planned educational system.
Der.: bequest (n)
- 4.99 **oversee** /əvə'si:/ (v) = to see that sth is done or works properly / **nadzorować**
e.g. The manager went to **oversee** the new workers.
Der.: overseer (n)
- 4.100 **overlook** /əvə'lʊk/ (v) = to have a view from above / **(o oknie) wychodzić na coś; górować nad czymś**
e.g. Their flat on the eighth floor **overlooked** the city.
- 4.101 **overhang** /əvə'hæŋ/ (v) = to stick out and hang over and above sth / **zwisać, zwieszać się (nad czymś)**
e.g. The plants **overhang** the balcony and almost reach the streets below.
- 4.102 **overlap** /əvə'læp/ (v) = to cover part of the other thing / **zachodzić na coś, pokrywać się częściowo**
e.g. To close this bag, you must fold the top part so that it **overlaps** the bottom part.
- 4.103 **twirl** /twɜ:l/ (v) = to turn around and around in a smooth, fairly fast movement / **wirować, kręcić się**
e.g. I love watching the leaves **twirl** as they fall to the ground in autumn.
- 4.104 **coil** /kɔil/ (v) = to wind into a series of loops or into the shape of a ring / **zwinąć (się)**
e.g. A python **coils** around its prey in order to kill it.
- 4.105 **snake** /sneik/ (v) = to move like a snake / **wić się**
e.g. The ten-mile race **snaked** through the city.
- 4.106 **thaw** /θɔ:/ (v) = to melt / **roztopić się, stajać**
e.g. If the ice at the North Pole starts to **thaw**, it will cause severe environmental damage.
Opp.: freeze
- 4.107 **pluck** /plʌk/ (v) = to pull sth (e.g. a flower) in order to remove it from where it is growing / **zerwać, wyszarpnąć, wyrwać**
e.g. The gardener **plucked** out the weeds from the garden.
- 4.108 **propel** /prə'pel/ (v) = to cause sth to move in a particular direction / **wprawić w ruch, popchnąć, napędzić**
e.g. The boat is **propelled** by an inboard engine.
Der.: propellant (n), propeller (n)
- 4.109 **rotate** /rəʊ'teɪt/ (v) = to turn in a circular movement / **obracać (się), wprawić w ruch obrotowy**
e.g. To loosen up the tight muscle in your shoulder, stretch your arm out to the side and **rotate** it.
Der.: rotation (n)
- 4.110 **lounge** /laʊndʒ/ (n) = a place where you can sit and relax / **hol, poczekalnia**
e.g. The airport **lounge** was full of people waiting for their flights.
- 4.111 **negligence** /'neglɪdʒəns/ (n) = failure to do sth one ought to have done / **zaniedbanie**
e.g. She was charged with parental **negligence** after leaving her children at home alone.
Der.: negligent (adj), negligently (adv)
- 4.112 **slide** /slaid/ (v) = to move smoothly and quickly / **ślizgać się, ześlizgnąć się, zsunąć się**
e.g. When the roads are icy my bike **slides** all over the place.
Der.: slide (n)
- 4.113 **skid** /skɪd/ (v) = to slide sideways or forwards while moving or trying to stop (e.g. a car) / **wpaść w poślizg**
e.g. The car's brakes didn't work so I **skidded** and hit the road sign.
- 4.114 **retract** /rɪ'trækt/ (v) = to move or pull (sth) back / **cofnąć, wycofać, schować (się)**
e.g. When the aircraft's wheels were **retracted**, we were allowed to unfasten our seatbelts.
Der.: retraction (n), retractable (adj)
- 4.115 **adjust** /ə'dʒʌst/ (v) = to change so as to suit particular needs / **dostosować, wyregulować**
e.g. The Minister **adjusted** the new tax law to better serve the public.
Der.: adjustment (n), adjustable (adj)
- 4.116 **modify** /'mɒdɪfaɪ/ (v) = to change sth slightly in order to improve it / **zmodyfikować, zmienić**
e.g. The club decided to **modify** its policy to attract more members.
Der.: modification (n)
- 4.117 **veer** /viəʔ/ (v) = to suddenly move in one direction / **zjechać z drogi, skręcić gwałtownie, obrócić się (w poprzek drogi)**
e.g. All of a sudden, the car in front of me **veered** across the motorway and hit the crash barrier.
- 4.118 **down under** = (informal) in or to Australia or New Zealand / **do lub w Australii lub Nowej Zelandii; na antypody, na antypodach**
e.g. I'd love to see kangaroos and koalas **down under**.
- 4.119 **grass-roots** /,grɑ:s'rʊts/ (adj) = of the ordinary people in an organisation or movement / **dotyczący szeregowych członków organizacji**
e.g. Greenpeace continues to gain **grass-roots** support from all over the world.
- 4.120 **pound** /paʊnd/ (v) = to hit with great force / **walić, uderzać o coś; iść lub biec głośno tupiąc**

- e.g. The waves **pounded** against the giant cliffs during the violent storm.
- 4.121 **flourishing** /'flaʊrɪʃɪŋ/ (adj) = growing healthily / *kwitnący, dobrze prosperujący*
e.g. France is well-known for its **flourishing** wine production.
- 4.122 **vineyard** /'vɪnjəd/ (n) = a place where grape vines are grown in order to produce wine / *winnica*
e.g. Germany, France and Italy are well-known for having the finest **vineyards** in the world.
- 4.123 **dotted with sth** /'dɒtɪd/ (adj) = having many things scattered over the surface / *pokryty czymś*
e.g. The countryside was **dotted with** apple and peach orchards.
- 4.124 **stuffed** /stʌft/ (adj) = filled / *wypchany*
e.g. I bought lots of **stuffed** animals for my young niece.
- 4.125 **banner** /'bænə/ (n) = a long strip of cloth with sth written on it / *transparent, sztandar*
e.g. The strikers held up huge **banners** with slogans on them.
- 4.126 **sausage sizzlers** = a sausage barbecue / *rożen, grill z kielbaskami*
e.g. When I went to Australia, I really enjoyed going to **sausage sizzlers!**
- 4.127 **marshal** /'mɑːʃəl/ (n) = an official who supervises a public event (usually a sports event) / *organizator imprezy sportowej*
e.g. The **marshals** at the National Horse Race made sure it was well organised.
- 4.128 **sheer** /ʃiə/ (adj) = complete / *czysty (np. przypadek)*
e.g. It was **sheer** luck that saved her from getting killed in that accident.
- 4.129 **rock the boat** (idm) = to upset a calm situation / *namieszać, narozrabiać*
e.g. I'm not going to tell her what happened because I don't want to **rock the boat**.
- 4.130 **fly off the handle** (idm) = to suddenly and completely lose one's temper / *wyjść z siebie, stracić panowanie nad sobą*
e.g. He couldn't listen to any more criticism and **flew off the handle**.
- 4.131 **drive sb round the bend** (idm) = to make sb crazy, to annoy sb very much / *doprowadzać do szału*
e.g. Jerry really **drives me round the bend** with his constant complaining.
- 4.132 **outrageous** /əʊt'reɪdʒəs/ (adj) = shockingly bad or excessive / *skandaliczny, oburzający*
e.g. I didn't buy the theatre tickets as they were at such an **outrageous** price.
- 4.133 **confront** /kən'frʌnt/ (v) = to deal with a problem / *stanać twarzą w twarz z kimś lub czymś*
e.g. Don't **confront** him right now, you'll only make things worse.
Der.: confrontation (n)
- 4.134 **mule** /mjʊl/ (n) = the offspring of a horse and a donkey / *muł*
e.g. I've never ridden a **mule** before.
- 4.135 **merge** /mɜːdʒ/ (v) = to combine or come together to make a whole / *połączyć (się)*
e.g. When the companies **merged** they became more successful.
Der.: merger (n)
- 4.136 **ultimate** /'ʌltɪmət/ (adj) = the most important / *ostateczny, największy*
e.g. The **ultimate** challenge for me would be parachuting.
Der.: ultimately (adv)
- 4.137 **upkeep** /'ʌpkɪ:p/ (n) = maintenance / *koszty utrzymania*
e.g. Governmental funding will go towards the **upkeep** of the Archaeological Museum.
- 4.138 **familiarise sb with sth** /fə'mɪliəraɪz/ (v) = to give sb a thorough knowledge of sth / *zapoznać kogoś z czymś*
e.g. It took me a while to **familiarise** myself with the use of the computer.
Der.: familiar (adj), familiarity (n)
- 4.139 **lane** /leɪn/ (n) = a part of a main road marked by one or two painted division lines / *pas drogi*
e.g. When driving on the motorway, always be careful when you change **lanes**.
- 4.140 **hard shoulder** /'hɑːd 'ʃəʊldə/ (n) = a strip of ground with a hard surface along a motorway where vehicles can stop / *utwardzone pobocze*
e.g. John felt sick and we had to pull over onto the **hard shoulder**.
- 4.141 **lay-by** /'leɪbaɪ/ (n) = a short strip of road by the side of a main road where cars can stop for a while / *zatoczka*
e.g. After driving non-stop for four hours, we stopped in a **lay-by** to have lunch.
- 4.142 **slip road** /'slɪp rəʊd/ (n) = a road which cars use to drive on and off a motorway / *wjazd na autostradę lub zjazd z autostrady*
e.g. Unfortunately, I got off on the wrong **slip road** and ended up in a strange neighbourhood.
- 4.143 **execute** /'eksɪkjʊt/ (v) = to carry out and complete an action successfully / *wykonać*
e.g. We should be very careful when we **execute** this plan.
Der.: execution (n)
- 4.144 **considerate** /kən'sɪdərət/ (adj) = caring / *uprzejmy, taktowny, liczący się z innymi*

- e.g. *She has always been considerate towards other people.*
Der.: consideration (n)
- 4.145 **overtake** /əʊvə'teɪk/ (v) = to pass a car that is moving in the same direction / *wyprzedzić*
e.g. *It is illegal to overtake cars on the left in Britain.*
- 4.146 **hazard lights** = flashing lights on a car, used when other drivers have to be warned of possible danger / *światła awaryjne*
e.g. *In an emergency, pull over to the side of the road and turn your hazard lights on.*
- 4.147 **Morocco** /mə'rɒkəʊ/ (n) = *Maroko*
Der.: Moroccan /mə'rɒkən/ (n, adj)
- 4.148 **vaccination** /ˌvæksɪ'neɪʃən/ (n) = an injection that prevents you from getting a disease / *szczepienie ochronne*
e.g. *I always have a flu vaccination in September before schools open.*

Listening & Speaking (pp. 80–81)

- 4.149 **carpooling** /'kɑ:pʊ:lɪŋ/ (n) = (of a group of people) taking turns to drive each other to work or drive each others' children to school / *podwożenie się wzajemnie do pracy lub do szkoły, korzystanie z „puli” samochodów*
e.g. *Carpooling is very common among working parents in the United States.*
- 4.150 **commute** /kə'mju:t/ (v) = to travel a long distance between home and work every day / *dojeżdżać do pracy*
e.g. *Mike commutes from Watford to London every day.*
Der.: commuter (n)
- 4.151 **density** /'densɪti/ (n) = many people or things in a specific area / *gęstość, zagęszczenie*
e.g. *Mexico City has the highest population density in the world.*
Der.: dense (adj)
- 4.152 **detrimental** /ˌdetrɪ'mentəl/ (adj) = harmful or damaging to sth or sb / *szkodliwy, ujemny*
e.g. *Nowadays, many foods have become detrimental to our health due to all the chemicals they contain.*
- 4.153 **incentive** /ɪn'sentɪv/ (n) = encouragement / *motywacja, zachęta*
e.g. *Children need incentive to study.*
- 4.154 **leak** /li:k/ (v) = (of a liquid or gas) to escape or leave through a crack or hole in a container / *ulatniać się, wyciekać*
e.g. *We need to call a plumber because I saw water leaking from the washing machine.*
Der.: leakage (n)

- 4.155 **envisage** /ɪn'vɪzɪdʒ/ (v) = to imagine that sth is true or likely to happen / *przewidzieć, wyobrazić sobie*
e.g. *No one envisaged that Albert Einstein would become the most famous scientist of the 20th century.*
- 4.156 **prospect(s) of/for sth** /'prɒspekt/ (n) = the chances of being successful / *szanse, widoki, perspektywy na coś*
e.g. *At thirty, he was a street musician with no prospects of employment.*
- 4.157 **delve** /delv/ (v) = to search deeply / *zagłębić się w coś, badać wnikliwie*
e.g. *The police are delving into the circumstances surrounding Mr Jones' death.*
- 4.158 **charabanc** /'ʃærəbæŋ/ (n) = an early type of bus, used mainly for pleasure trips / *omnibus, dawny autobus wycieczkowy*
e.g. *I have never ridden in a charabanc before.*
- 4.159 **jet lag** /'dʒet læg/ (n) = the feeling of tiredness and confusion after a long journey between places that have a time difference / *zmęczenie po podróży samolotem związane ze zmianą stref czasowych*
e.g. *It takes me two days to recover from jet lag every time I return from Australia.*
Der.: jetlagged (adj)

Reading (pp. 82–83)

- 4.160 **etiquette** /'etɪket/ (n) = a set of customs and rules of polite behaviour / *etykieta*
e.g. *Diplomats have a special type of etiquette to follow, especially on formal occasions.*
- 4.161 **kick off** /'kɪk 'ɒf/ (phr v) = to begin / *rozpocząć, otworzyć*
e.g. *The team leader kicked off the game after the national anthem had been sung.*
- 4.162 **complementary** /ˌkɒmplɪ'mentəri/ (adj) = (of two or more things or people) having an attractive combination of skills, qualities, etc / *uzupełniający, dopełniający się*
e.g. *The two new strategies for improving health care are complementary.*
- 4.163 **rack** /ræk/ (n) = a piece of equipment consisting of metal or wooden bars, used for holding things in position / *stojak, pojemnik; tu: bagażnik na rowery*
e.g. *My car is equipped with a bike rack.*
- 4.164 **up in arms about/over sth** (idm) = very angry about sth / *oburzony czymś*
e.g. *The farmers are up in arms about the new tax laws.*
- 4.165 **unwarranted** /ʌn'wɒrəntɪd/ (adj) = not authorised, unjustified / *nieuzasadniony*

- e.g. The police officer used **unwarranted** brutality against many prisoners.
- 4.166 **unruly** /ʌn'ru:li/ (adj) = disorderly / **niezdyscyplinowany**
e.g. His **unruly** behaviour got him into a lot of trouble.
- 4.167 **encounter** /ɪn'kaʊntəʃ/ (v) = to face / **natknąć się, napotkać**
e.g. You never know what you may **encounter** in the jungle, so be prepared.
- 4.168 **forge ahead** /'fɔ:dʒ ə'hed/ (phr v) = to progress steadily / **posuwać się do przodu**
e.g. His small company **forged ahead** and soon became world famous.
- 4.169 **rampant** /'ræmpənt/ (adj) = widespread, increasing uncontrollably / **szalejący, wybijający**
e.g. Crime is **rampant** in large cities.
- 4.170 **wrapped up** /'ræpt 'ʌp/ (adj) = absorbed, engrossed / **pochłonięty**
e.g. He gets so **wrapped up** in his work that he has no time to socialise.
- 4.171 **logistics** /lə'dʒɪstɪks/ (n) = organisation of services / **logistyka**
e.g. Solving the issue of homelessness in the city was hindered by problems of **logistics**.
- 4.172 **despair** /di'speəʃ/ (v) = to feel hopeless / **rozpaczać**
e.g. She was **despairing** over the possibility that things would just get worse.
Der.: despair (n), desperation (n)
- 4.173 **unfold** /ʌn'fəʊld/ (v) = to develop / **rozwinąć (się)**
e.g. The police were eager to see how the murder case would **unfold**.
- 4.174 **multi-layered** /'mʌlti'leɪəd/ (adj) = with many layers / **wielowarstwowy, wielowarstwowy**
e.g. He produced a **multi-layered** film of intrigue, horror, love and adventure.
- 4.175 **weave** /wi:v/ (v) = to make a complicated story or pattern with closely linked details / **dosł. tkąć; tu: snuć (np. opowieść), wplatać (np. wątek)**
e.g. He **weaves** such interesting details into his stories.
- 4.176 **hardship** /'hɑ:dʃɪp/ (n) = misfortune, difficulty / **ciężkie położenie, bieda**
e.g. In times of war, most people experience **hardship**.
- 4.177 **articulate** /ɑ:'tɪkjələt/ (v) = to say sth clearly so that it can be understood / **wymawiać; jasno się wyślawiać**
e.g. When he gives a speech, he **articulates** every word.
- 4.178 **windowsill** /'wɪndəʊsɪl/ (n) = a shelf along the bottom of a window either inside or outside a building / **parapet**
e.g. A couple of pigeons were perching on the **windowsill** outside my house.
- 4.179 **unsettling** /ʌn'setlɪŋ/ (adj) = worrying / **niepokojący**
e.g. The thought of losing my job was quite **unsettling**.
- 4.180 **reassess** /,ri:ə'ses/ (v) = to think about sth and decide whether you need to change your opinion about it / **ponownie rozważyć, zweryfikować ocenę**
e.g. You may not have a great job, but you will have to **reassess** the whole situation before changing careers.
- 4.181 **ingrained** /ɪn'greɪnd/ (adj) = deeply fixed / **ustalony, sztywny**
e.g. Most people have **ingrained** political and religious beliefs.
- 4.182 **engender** /ɪn'dʒendəʃ/ (v) = to cause to occur / **zrodzić, przyczynić się do powstania czegoś**
e.g. Becoming a parent for the first time **engenders** a new responsibility.
- 4.183 **assumption** /ə'sʌmpʃən/ (n) = a supposition / **założenie**
e.g. Don't base your decision on the **assumption** that he is innocent.
Der.: assume (v)
- 4.184 **restlessness** /'restləsnəs/ (n) = being bored, impatient and wanting to do sth / **niepokój, nerwowość**
e.g. The children displayed signs of **restlessness**.
Der.: restless (adj)
Opp.: calmness
- 4.185 **yearning** /'jɜ:nɪŋ/ (n) = a strong desire for sth / **pragnienie, tęsknota za czymś**
e.g. He has always had a **yearning** to travel round the world.
- 4.186 **cold sweat** /,kəʊld 'swet/ (n) = a state in which one sweats and feels cold at the same time due to fear or nervousness / **zimny pot**
e.g. The nightmare I had was so real that I woke up in a **cold sweat**.
- 4.187 **pore over** /'pɔ: 'əʊvəʃ/ (phr v) = to read sth and study it carefully / **studiować, ślęczyć nad czymś**
e.g. It was hard to decide where to go on holiday, so we **pored over** several travel brochures.
- 4.188 **utilise** /'ju:taɪz/ (v) = to use / **wykorzystywać**
e.g. We should try to **utilise** our natural resources in the best way.
Der.: utilisation (n)
- 4.189 **aviation** /,eɪvi'eɪʃən/ (adj) = of the operation and production of aircraft / **lotniczy**
e.g. In order to get into the air force, you need to have some experience in the **aviation** business.
Der.: aviator (n)
- 4.190 **debunk** /,di:'bʌnk/ (v) = to show that sth is untrue / **obalić, podważyć**
e.g. The professor **debunked** the myths about the life of Rembrandt in his biography.
Der.: debunker (n)

- 4.191 **two-pronged** /ˌtuːˈprɒŋd/ (adj) = having two parts / składający się z dwóch części
e.g. He had a **two-pronged** plan for the success of his advertising campaign.
- 4.192 **hamper** /ˈhæmpə/ (v) = to hinder, obstruct / utrudnić, przeszkodzić
e.g. His severe allergies **hampered** his lifestyle dramatically.
- 4.193 **lift** /lɪft/ (v) = to end a law or rule / znieść, wycofać
e.g. The government has **lifted** the tax on the purchase of new cars.

English in Use (pp. 84–87)

- 4.194 **confirm** /kənˈfɜːm/ (v) = to make sure sth is true or definite / potwierdzić
e.g. You should always **confirm** your flight before going to the airport.
Der.: confirmation (n)
- 4.195 **the Highway Code** /ðə ˈhaɪweɪ ˈkəʊd/ (n) = an official book published by the Department of Transport which has the rules people need to use public roads safely / kodeks drogowy
e.g. New drivers should study **the Highway Code** carefully and keep it nearby in case they need it.
- 4.196 **compensation** /ˌkɒmpənˈseɪʃən/ (n) = money paid for loss or damage / odszkodowanie, rekompensata
e.g. He was awarded **compensation** after the accident.
- 4.197 **carrier** /ˈkæriə/ (n) = a passenger airline / przewoźnik
e.g. Many European **carriers** are in debt and may have to close down.
- 4.198 **bump** /bʌmp/ (v) = to refuse sb a reserved place on a flight / skreślić z listy pasażerów
e.g. Certain airlines are known for overbooking their flights and **bumping** passengers.
- 4.199 **the early bird catches/gets the worm** (idm) = the person who arrives in a place first usually gets what they want / kto rano wstaje, temu Pan Bóg daje; kto pierwszy, ten lepszy
e.g. Don't go to the sales at the last minute, **the early bird catches the worm!**
- 4.200 **for good measure** (idm) = in addition to a number of other things / na dokładkę
e.g. Our instructor gave us a few extra details about the experiment **for good measure.**
- 4.201 **insomnia** /ɪnˈsɒmniə/ (n) = not being able to sleep / bezsenność
e.g. Many people suffer from **insomnia** when they are under stress.
Der.: insomniac (n)
- 4.202 **doze** /dɔːz/ (v) = to sleep lightly for a while / zdrzemnąć się
e.g. She was watching television when all of a sudden she **dozed** off.
- 4.203 **bent on sth** /ˈbent ɒn/ (adj) = determined to do sth / zdecydowany, zdeterminowany
e.g. He's really **bent on** learning how to fly.
- 4.204 **snooze** /snuz/ (v) = to sleep lightly for a short period of time / uciąć sobie drzemkę
e.g. He **snoozed** in the afternoon.
Der.: snooze (n)
- 4.205 **deter** /diˈtɜː/ (v) = to prevent sb from doing sth / odstraszyć
e.g. Nothing **deterred** her from becoming a successful scientist.
Der.: deterrent (n)
- 4.206 **distract** /diˈstrækt/ (v) = to take sb's attention away from sth / rozproszyć, odwrócić uwagę
e.g. I don't want anyone to **distract** me tonight. I have a lot of work to do.
Der.: distraction (n)
- 4.207 **regale sb with sth** /rɪˈgeɪ/ (phr v) = to tell sb stories or jokes whether they want to listen or not / raczyć kogoś, zabawiać (opowieściami lub dowcipami)
e.g. Grandfather used to **regale** us **with** stories from his past.
- 4.208 **drift off** /ˈdrɪft ˈɒf/ (phr v) = to gradually fall asleep / zapadać w sen
e.g. He slowly **drifted off** to sleep while I read him his favourite fairy tale.
- 4.209 **snooze-stopper** = sth or sb that wakes you or prevents you from sleeping / przeszkoda w zaśnięciu
e.g. Noisy children can be real **snooze-stoppers.**
- 4.210 **get white knuckled** = to be very excited but frightened / jednocześnie bać się i być podekscytowanym
e.g. I got **white knuckled** at the way he was driving!
- 4.211 **bare** /beə/ (adj) = mere / nędzny, marny
e.g. They are getting a pay rise of a **bare** 2 percent!
- 4.212 **garment** /ˈgɑːmənt/ (n) = a piece of clothing / część garderoby
e.g. Dark-coloured **garments** should be washed together.
- 4.213 **thud** /θʌd/ (n) = a dull sound a heavy object makes when falling down / głuchy odgłos
e.g. I was watching television when I heard a **thud** in the other room.
- 4.214 **strike** /straɪk/ (v) = to come to mind / przychodzić na myśl
e.g. What's the first thing that **strikes** you about the pyramids?
- 4.215 **tuneful** /ˈtjuːnfəl/ (adj) = having a pleasant tune / melodyjny

- e.g. My mother speaks in a **tuneful** way.
Der.: tune (n)
- 4.216 **formalities** /fɔ:'mæltɪz/ (n pl) = formal actions carried out as part of a particular activity or event / **formalności**
e.g. When getting an identification card, you will have to go through all the necessary **formalities** like fingerprinting and photo taking.
Der.: formal (adj), formality (n)
- 4.217 **rinse** /rɪns/ (v) = to wash sth in clean water to remove dirt or soap / **płukać**
e.g. The dishes need to be **rinse**d after you wash them.
- 4.218 **fray** /freɪ/ (v) = (of sb's nerves or temper) to become strained / (o nerwach) **puszczać**
e.g. I need to go on holiday and relax because my nerves are beginning to **fray**.
- 4.219 **cater for** /'keɪtə 'fɔ:r/ (phr v) = to provide / **troszczyć się o coś**
e.g. Everything is **catered for** at holiday resorts like Club Med.
- 4.220 **the Mediterranean** /ðə ,medɪtə'reɪniən/ (n) = **Morze Śródziemne**
- 4.221 **the Caribbean** /ðə ,kæərə'bi:ən/ (n) = **Morze Karaibskie** lub **Karaiby**
- 4.222 **the Maldives** /ðə 'mɔ:ldaɪvz/ (n) = **Malediwy**
Der.: Maldivian /mɔ:l'dɪvɪən/ (adj, n)
- 4.223 **Mexico** /'meksɪkəs/ (n) = **Meksyk**
Der.: Mexican /'meksɪkən/ (adj, n)
- 4.224 **crèche** /kreʃ/ (n) = a place where small children can be left to be looked after while their parents are doing sth else / **żłobek**
e.g. Let's leave the children at the **crèche** while we go to the supermarket.
-
- Writing (pp. 88–92)**
- 4.225 **cork** /kɔ:k/ (n) = a soft, light substance from the bark of a Mediterranean oak tree / **korek**
e.g. We could use wood and **cork** to insulate the walls of the house.
- 4.226 **drape** /dreɪp/ (v) = to loosely cover sth / **przykryć, udrapować**
e.g. Athletes that win a race or competition usually **drape** their country's flag over their shoulders.
Der.: drapery (n)
- 4.227 **maroon** /mə'ru:n/ (adj) = dark reddish-purple / **rdzawoczerwony, kasztanowy**
e.g. Her couch has beautiful, **maroon** upholstery.
- 4.228 **upholstered** /ʌp'həʊlstəd/ (adj) = (of items of furniture) having a soft covering / **tapicerowany, wyściełany**
e.g. The chair was **upholstered** in red velvet.
Der.: upholstery (n), upholsterer (n)
- 4.229 **decay** /di'keɪ/ (n) = very bad condition / **upadek, ruina**
e.g. Crime, violence and economic **decay** are a problem in big cities.
- 4.230 **proximity** /prɒk'sɪmɪti/ (n) = the nearness to a place or person / **bliskość**
e.g. Living in the city centre puts you in close **proximity** to all public services.
- 4.231 **amenity** /ə'mɪnɪti/ (n) = facility / **udogodnienie**
e.g. The holiday resort has all the necessary **amenities** to make your stay as pleasant as possible.
- 4.232 **impenetrable** /ɪm'penetrəbəl/ (adj) = impossible or difficult to get through / **nieprzenikniony, nie do przebycia**
e.g. The vegetation in the jungle made it **impenetrable**.
Der.: impenetrably (adv)
Opp.: penetrable
- 4.233 **impeccable** /ɪm'pekəbəl/ (adj) = perfect, having no faults / **nienaganny, bez zarzutu**
e.g. I was surprised that he reacted the way he did, his behaviour is usually **impeccable**.
- 4.234 **enchanting** /ɪn'tʃɑ:nɪŋ/ (adj) = charming, very attractive / **czarujący, zachwycający**
e.g. It was such an **enchanting** village.
Der.: enchantment (n)
- 4.235 **insight** /ɪnsaɪt/ (n) = an accurate and deep understanding of sth / **rozumienie, trafne spostrzeżenie, wgląd, ogląd**
e.g. Once you experience certain situations in life, you gain **insight** into how life works.
Der.: insightful (adj)
- 4.236 **unhygienic** /ʌnhaɪ'dʒɪ:nɪk/ (adj) = dirty and likely to cause infection or disease, unclean, unhealthy / **niehigieniczny, brudny**
e.g. The bar was fined for being dirty and **unhygienic**.
Der.: hygiene (n)
Opp.: hygienic
- 4.237 **hang around** /'hæŋ ə'raʊnd/ (phr v) = to spend a lot of time in a place doing nothing / **kręcić się wokół jakiegoś miejsca**
e.g. Criminals often **hang around** poorly lit neighbourhoods.
- 4.238 **Tannoy** /'tænoɪ/ (n) = a system of loudspeakers used for making announcements / **megafon(y), system głośników**
e.g. We heard our flight being announced over the **Tannoy**.
- 4.239 **hitchhiking** /'hɪtʃhaɪkɪŋ/ (n) = going from place to place by getting lifts from people in passing vehicles without paying / **autostop**

- e.g. I remember **hitchhiking** when I first visited the United States.
- 4.240 **radiator** /'reɪdiətə/ (n) = a metal device with pipes used to heat a room / **grzejnik, kaloryfer**
e.g. We need to repair that leaky **radiator** before it causes more problems.
- 4.241 **ominous** /'ɒmɪnəs/ (adj) = suggesting that sth bad is going to happen / **złowieszczy**
e.g. The dark clouds and sound of thunder were **ominous** signs of a possible storm.
Der.: omen /'əsmən/ (n)
- 4.242 **precaution** /prɪ'kɔ:ʃən/ (n) = an act intended to prevent sth from happening / **środek ostrożności, środek zapobiegawczy**
e.g. After being alerted about a possible tornado we locked ourselves in the basement as a safety **precaution**.
Der.: precautionary (adj)
- 4.243 **unwind** /ʌn'waɪnd/ (v) = to relax / **odprężyć się**
e.g. After a hectic day at work I had a long, hot bath to help me **unwind**.
- 4.244 **meticulous** /mə'tɪkjʊləs/ (adj) = careful, cautious / **drobiazgowy, szczegółowy**
e.g. That doctor is very **meticulous** when he examines his patients.
Der.: meticulously (adv)
- 4.245 **recuperation** /rɪ,kju:pə'reɪʃən/ (n) = recovery / **wyzdrowienie, regeneracja sił**
e.g. His **recuperation** took less time than the doctors had expected.
Der.: recuperate (v), recuperative (adj)

- 4.246 **irritable** /'ɪrɪtəbəl/ (adj) = easily annoyed / **drażliwy, rozdrażniony**
e.g. Don't bother your father now because he's **irritable**.
Der.: irritably (adv), irritant (n), irritate (v)
- 4.247 **humpback bridge** /hʌmpbæk 'brɪdʒ/ (n) = in Britain, a small road bridge with a steep ascent and descent / **mostek w kształcie ostrego łuku, spotykany w Wielkiej Brytanii**
e.g. I took a picture of a beautiful **humpback bridge** the other day.
- 4.248 **cast** /kɑ:st/ (v) = to make e.g. a light or shadow appear / **rzucić (np. cień, światło)**
e.g. The dark clouds were **casting** a shadow over the lake.
- 4.249 **mesmerised** /'mezməraɪzd/ (adj) = spellbound / **zafascynowany, zahipnotyzowany**
e.g. We were **mesmerised** by the beautiful sunset.
Der.: mesmerising (adj)
- 4.250 **winding** /'waɪndɪŋ/ (adj) = going in a particular direction with a lot of bends or twists / **kręty**
e.g. We walked along the **winding** path and enjoyed the beauty of the countryside.
- 4.251 **lushness** /'lʌʃnəs/ (n) = (of vegetation) richness, abundance / **bujność**
e.g. All I could do was marvel at the **lushness** of the jungle as I flew over it in the helicopter.
Der.: lush (adj)

VOCABULARY EXERCISES

A Wybierz odpowiedni wyraz.

- 1 When I travel by ship, I like to sleep on at night.
A deck
B board
C starboard
D gangway
- 2 The rough made travelling through the jungle a bit difficult.
A coarse
B terrain
C mainland
D track
- 3 Animals such as lions, tigers and wolves are considered to be
A crawlers
B humpbacks
C conquerers
D predators
- 4 I took the wrong off the motorway and ended up in the wrong district.
A lay-by
B lane
C slip road
D trail

- 5 He has a in his eyes every time he sees her.
A speck C wink
B twinkle D pulse
- 6 He wanted to show off his driving skills, so he decided to three cars at once.
A overtake C overlap
B skid D slide
- 7 He at the good news.
A rejoiced C indulged
B kissed D pampered
- 8 I need to finish my report by tomorrow, so please keep it quiet - I want no
A obstacles C fulfilments
B distractions D mishaps
- 9 I travelled along the long river until I reached a beautiful, exotic waterfall.
A coiling C merging
B twirling D winding
- 10 She cleaned her house as she was expecting guests for dinner.
A moderately C meticulously
B unyieldingly D deceptively

B Wpisz w luki właściwe wyrazy z listy.

• pricey • puncture • impassable • vineyard • carpooling • etiquette • unruly • purchase • sweat • rampant

- 1 I broke out in a cold just before taking my driving test.
- 2 That train ticket was a bit, don't you think?
- 3 Most drivers carry a spare tyre in case of a(n)
- 4 When in France, we drove past the largest I've ever seen.
- 5 The path through the jungle was due to the thick vegetation.
- 6 Children that show behaviour on the plane will be reprimanded accordingly.
- 7 Fear of flying is nowadays.
- 8 Before travelling to a foreign country you should try to learn the local, customs and traditions.
- 9 When planning your summer holiday it's wise to your tickets during low season since there are better prices then.
- 10 If was encouraged in today's busy cities, it would help to reduce the problem of pollution.

C Uzupełnij luki jednym wyrazem.

- 1 The rebels decided to give up the armed and call a truce.
Life was a for Roger because he was from a very poor family and had to work from a very young age.
The government has not yet recognised the strikers' for better working conditions.
- 2 Jones is a key in the trade union movement.
James is like a father to me.
We don't have an exact, but it could cost as much as £10,000.
- 3 Overnight, snow had up against the door, so we could not get out.
The lecture was so boring that he off to sleep after 15 minutes.
The boat had come loose from its moorings and out to sea.
- 4 The witch cast a on a dog to see if she could change it into something else.
I was under her from the moment I saw her.
We have had a long of bad weather lately, haven't we?

5 Just one day was enough for them to up a close friendship.
 Lightning can if you stay under a tree in a thunderstorm.
 He decided to a deal with the lawyers to lessen his sentence.

D Uzupełnij brakujący fragment, wpisując łącznie z wyrazem podanym tłustym drukiem od 3 do 8 słów, tak aby wyrazić to samo znaczenie. Nie zmieniaj podanego wyrazu.

1 We should set off early if we want to reach the first rest area by noon.
hit Only if we
 early will we get to the first rest area by noon.

2 If you want to be a good driver, you need to be alert and careful.
parcel Being alert and careful is all
 of being a good driver.

3 I forgot my umbrella, so of course I got very wet in today's thunderstorm.
skin I got
 in today's thunderstorm as I had forgotten my umbrella.

4 Although the situation seems calmer right now, I wouldn't discuss it with him again today.
rock I wouldn't
 until the situation calms down entirely.

5 If you want to find a bargain in the sales you must get there early.
worm If you want to find a bargain in the sales, remember that

E Wpisz w luki wyrazy utworzone od słów podanych wielkimi literami.

Nowadays it is possible to travel huge distances in a matter of hours rather than weeks or months. Travel by air has never been more popular and at the same time more 1)

Because business is 2), more and more seats are crammed on to planes to accommodate the number of passengers who wish to travel in this way. Just as the 3) of the train revolutionised travel in the Victorian era, planes did the same in the 20th century, so what is next?

There may soon be an acceptable alternative to the plane as a means of rapidly getting from one place to another – the train. This train will be different, however. Currently under 4) by at least two countries is the Maglev train. This train does not rely on a conventional engine for 5) and there are no wheels. Instead, 6) coils allow powerful electromagnets in a guide rail to repel similar magnets on the underside of the train, lifting the whole train up to four inches above the rail. 7) of other powerful magnets push and pull the train forward.

8) of the train means that there is very little friction. This means that speeds of up to 310 mph could 9) be achieved. When one considers that commercial aircraft fly at up to 500 mph, this "supertrain" could well be an attractive alternative for 10), especially for distances of less than 1,000 miles. When one takes into consideration the 11) business of baggage handling, check-in times and the time spent getting to and from airports, being able to travel from Paris to Rome for example in just over two hours is an attractive proposition.

COMFORT
 FLOURISH
 VERSATILE
 DEVELOP
 PROPEL
 CONDUCT
 PULSE
 LEVITATE
 THEORY
 COMMUTE
 TEDIUM

Vocabulary & Grammar (p. 93)

- SA2.1 **drenched** /drentʃt/ (adj) = thoroughly wet / przemoczony, przemoknięty
e.g. He was **drenched** to the skin as he was caught in a sudden downpour.
- SA2.2 **innocuous** /ɪ'nɒkjʊəs/ (adj) = harmless / nieszkodliwy, niewinny
e.g. My remark was totally **innocuous** but she seems to have been insulted by it.
- SA2.3 **stilted** /'stɪltɪd/ (adj) = formal / wyniosły, podniosły, napuszony
e.g. The author's style was extremely **stilted** and I didn't enjoy his book.
- SA2.4 **coincidence** /kəʊ'ɪnsɪdəns/ (n) = a simultaneous occurrence of events / zbieg okoliczności
e.g. It was by sheer **coincidence** that I met Jack on the train. I hadn't planned it.
Der.: coincidental (adj)

Use of English (pp. 93–94)

- SA2.5 **inefficiency** /,ɪnɪ'fɪjənsi/ (n) = incompetence, inability to be productive / nieudolność, niekompetencja
e.g. His **inefficiency** in the workplace led to his dismissal.
Der.: inefficient (adj)
- SA2.6 **commentary** /'kɒməntəri/ (n) = a description (spoken or written) / sprawozdanie, relacja, komentarz
e.g. His **commentary** on the football game was excellent.
- SA2.7 **round the bend** = to go round a curve in the road / wziąć zakręt
e.g. As I **rounded the bend**, a beautiful cottage appeared in the distance.
- SA2.8 **rival** /'raɪvəl/ (n) = an opponent / przeciwnik, konkurent
e.g. The boxer beat his **rival** in the second round.
Der.: rivalry (n)
- SA2.9 **intimidated** /ɪn'tɪmɪdeɪtɪd/ (adj) = frightened / zastraszony
e.g. She felt **intimidated** by the tone of his voice and didn't raise any objections.
- SA2.10 **brevity** /'brevɪti/ (n) = briefness / zwięzłość, lakoniczność
e.g. The **brevity** of my report made it easy for my professor to mark it quickly.

Reading (pp. 94–95)

- SA2.11 **tier** /'tɪə/ (n) = a row or layer of sth, placed one above the other / warstwa, piętro
e.g. For birthday, I got a chocolate cake with three **tiers**.

- SA2.12 **settler** /'setlər/ (n) = sb who takes up residence in a new or foreign place / osadnik
e.g. The first **settlers** on the American continent were mainly English convicts.
- SA2.13 **trailing stick** = a stick used for hiking / kij, laska
e.g. The hikers made sure they had their **trailing sticks** with them before setting off into the forest.
- SA2.14 **stampede** /stæm'pɪd/ (n) = a rush, running in an uncontrollable way / ucieczka w popłochu, paniczny pęd
e.g. There was a **stampede** for the exit when fire broke out.
- SA2.15 **radiation** /,reɪdɪ'eɪʃən/ (n) = small particles of a radioactive substance / promieniowanie
e.g. After the leak at the nuclear power station, thousands of people in the area were exposed to high levels of **radiation**.
- SA2.16 **tilted** /'tɪltɪd/ (adj) = slanted, moved slightly backwards, forwards or to the side / przekrzywiony, zsunięty
e.g. Michael looked very handsome in his nonchalantly **tilted** hat.
- SA2.17 **terraced** /'terɪst/ (adj) = with steps that have been cut into the side of a hill, where crops can be grown / tarasowy, ułożony w tarasy
e.g. **Terraced** hills and fields of crops make up the landscape of the area.
- SA2.18 **vine** /vaɪn/ (n) = a plant which produces grapes / winorośl
e.g. The farm land was used to grow wheat and **vines**.
- SA2.19 **byway** /'baɪweɪ/ (n) = a small road which is not used by many people / boczna droga
e.g. The **byways** of Britain are an undiscovered wonder for the traveller.
- SA2.20 **juncture** /'dʒʌŋktʃər/ (n) = a place where the roads join / miejsce przecinania się dróg, krzyżówka, skrzyżowanie
e.g. The train crashed at the **juncture** of two main lines.
- SA2.21 **fiery** /'faɪəri/ (adj) = having the colour of fire / płomienny, ognisty
e.g. Her most attractive feature was her **fiery** red hair.
- SA2.22 **chestnut** /'tʃesnʌt/ (n) = a tall tree with wide leaves which has edible nuts / kasztanowiec
e.g. We had a picnic under the large **chestnut** tree in the park yesterday.
- SA2.23 **beech** /bi:tʃ/ (n) = a tree with a smooth grey trunk, valued for its pale wood / buk

- e.g. The **beech** tree is a valuable commodity in the timber industry.
- SA2.24 **emerge** /i'mɜːdʒ/ (v) = to come out from a position where you could not be seen / **pojawić się, wyłonić, wyjść**
e.g. The robber **emerged** from his hiding place after the police had gone.
Der.: emergence (n)
- SA2.25 **hedge** /hedʒ/ (n) = a row of bushes or small trees / **żywopłot**
e.g. The large garden was surrounded by **hedges**.
- SA2.26 **procession** /prə'seʃən/ (n) = a group of people who are walking in a line / **pochód, procesja, orszak**
e.g. The funeral **procession** stopped once it reached the cemetery.
- SA2.27 **bossy** /'bɒsi/ (adj) = telling other people what to do, ordering people around / **apodyktyczny, rządzący się jak szara gęś**
e.g. Her colleagues resent her **bossy** nature.
Der.: bossiness (n)
- SA2.28 **extravagantly** /ik'strævəgəntli/ (adv) = wildly, terribly / **okropnie**
e.g. Little Martin cried **extravagantly** when the older boys broke his plane.
- SA2.29 **tug** /tʌg/ (v) = to give sth a quick and strong pull / **szarpać, pociągać**
e.g. The little girl **tugged** at her mother's skirt to get her attention.
- SA2.30 **shut-in** /,ʃʌt'in/ (adj) = shy, withdrawn / **skryty, zamknięty w sobie**
e.g. Sheila is a very **shut-in** teenager, a little too serious for her age.
- SA2.31 **composed** /kəm'pəʊzd/ (adj) = calm and self-controlled / **opanowany, spokojny**
e.g. I was expecting her to be very anxious, but she was very calm and **composed**.
- SA2.32 **inward** /'ɪnwəd/ (adj) = existing in the mind, not shown to other people / **skryty, ukryty, skierowany do wewnątrz**
e.g. She gave an **inward** smile when she discovered her friend's little secret.
Der.: inwardly (adv)
- SA2.33 **agitation** /,ædʒɪ'teɪʃən/ (n) = anxiety / **wzburzenie, poruszenie**
e.g. Her **agitation** at her child's disappearance was obvious.
- SA2.34 **vapour** /'veɪpə/ (n) = tiny drops of liquid in the air which appear as mist / **para, opary**
e.g. The polluted water gave off a toxic **vapour**.
- SA2.35 **steeply** /'stiːpli/ (adv) = very quickly; sharply / **stromo; gwałtownie**
e.g. Prices rose **steeply** due to the recession.
- SA2.36 **arras** /'ærəs/ (n) = a wall-hanging / **arras**
e.g. A magnificent **arras** beautified the dining hall of the castle.
- SA2.37 **unnerve** /,ʌn'nɜːv/ (v) = to worry sb, make sb feel uncomfortable / **zdenewować, wytrącić z równowagi**
e.g. I was **unnerved** by the scrutiny I was subjected to upon entering the auditorium.
Der.: unnerving (adj), unnervingly (adv)
- SA2.38 **obscure** /əb'skjʊə/ (v) = to hide, prevent sth from being seen / **zasłonić**
e.g. A tall man sat in front of me during the film and **obscured** my view.
Der.: obscurity (n)
- SA2.39 **misinterpret** /,mɪsɪn'tɜːprɪt/ (v) = to misunderstand / **błędnie zinterpretować**
e.g. The politician's speech was **misinterpreted**, leading to a breakdown in relations between the two countries.
Der.: misinterpretation (n)
- SA2.40 **distract** /dɪ'strækt/ (v) = to draw sb's attention away with sth else / **rozproszyć, odwrócić uwagę**
e.g. I was **distracted** from my work by the beauty of the scenery outside my window.
- SA2.41 **predicament** /prɪ'dɪkəmənt/ (n) = a dilemma, an unpleasant situation / **trudna, kłopotliwa sytuacja, położenie**
e.g. We didn't realise our **predicament** until the avalanche was already half way down the mountain.
- SA2.42 **competent** /'kɒmpɪtənt/ (adj) = able, having the ability to do sth well / **zdolny, kompetentny**
e.g. Many adults are not **competent** enough to deal with a medical emergency.
Der.: competently (adv)
Opp.: incompetent
- SA2.43 **obliterate** /ə'blɪtəreɪt/ (v) = to cause to become invisible / **zatrzeć, zamazać, zasłonić**
e.g. The dark clouds **obliterated** the sun.
Der.: obliteration (n)
- SA2.44 **stray** /streɪ/ (v) = to move away from the course / **zbczyć z kursu, z trasy**
e.g. In the dark, we **strayed** from the path and got losts.

Listening (p. 96)

- SA2.45 **ascent** /ə'sent/ (n) = an upward journey / **wspinaczka pod górę, wejście na górę**
e.g. The climber began his **ascent** from the base of the mountain, and reached the summit five hours later.
Opp.: descent

Listen, read and talk about... (p. 98)

- 5.1 **breakthrough** /'breɪkθruː/ (n) = an important achievement or development / **przełom**
e.g. The AIDS vaccine would be a **breakthrough** in medicine.
- 5.2 **ailment** /'eɪlmənt/ (n) = a minor illness / **dolegliwość**
e.g. She is not seriously ill, but has a few minor **ailments**.

Lead-in (p. 99)

- 5.3 **ECG** /iː siː 'dʒiː/ (abbr) = electrocardiogram, a medical test that measures and records electrical activity of the heart / **elektrokardiogram, EKG**
e.g. The doctor examined me and wanted to see my **ECG**.
- 5.4 **3D, three-D** /θriː'diː/ (adj) = three-dimensional / **trójwymiarowy**
e.g. This cinema is very popular as it shows **3D** films.
- 5.5 **geriatrics** /dʒeri'ætriːks/ (n) = the study of medical care and illness that relates to elderly people / **geriatria**
e.g. The requirement for the position in the nursing home was a degree in **geriatrics**.
- 5.6 **shin** /ʃɪn/ (n) = the front part of the leg between the ankle and knee / **goleń**
e.g. He was limping because the football hit him in the **shin**.
- 5.7 **retina** /'retɪnə/ (n) = the area at the back of the eye / **siatkówka**
e.g. During the medical examination, the ophthalmologist discovered a problem that had to do with the **retina** of her eye.
- 5.8 **sternum** /'stɜːnəm/ (n) = the long, flat bone that your ribs are attached to which goes from your throat to the bottom of your ribs / **mostek**
e.g. The professor pointed out the **sternum** and explained that the ribs are attached to it.
- 5.9 **abdomen** /'æbdəmən/ (n) = the area of the body below the chest where the stomach and intestines are / **brzuch**
e.g. The gym instructor advised her to do fifty sit-ups a day to tone her **abdomen**.
- 5.10 **shoulder blade** /'ʃəʊldə bleɪd/ (n) = one of two large, flat triangular bones that are below the shoulders in the upper part of the back / **łopatka**
e.g. Her left **shoulder blade** was injured in the car accident.
- 5.11 **calf** /kɑːf/ (n) = the thick part between the knee

- and ankle at the back of the leg / **łydka**
e.g. Ballet dancers develop muscular **calves**.
- 5.12 **tonsils** /'tɒnsɪlz/ (n pl) = two soft small organs found at the back of the mouth / **migdałki**
e.g. The little boy asked his sister to open her mouth to check whether or not she had **tonsils**.
- 5.13 **knuckles** /'nʌkəlz/ (n pl) = the joints of the fingers, especially those connecting the fingers and the rest of the hand / **kłykie**
e.g. She gripped the bar so hard that her **knuckles** were white.
- 5.14 **ribcage** /'rɪbkɛɪdʒ/ (n) = the structure of ribs in the chest, protecting the lungs and other organs / **klatka piersiowa**
e.g. Jack was so skinny that you could see his **ribcage** in detail.
- 5.15 **malaria** /mə'leəriə/
- 5.16 **eradicate** /ɪ'rædɪkət/ (v) = to get rid of sth completely / **zlikwidować, wykorzenieć**
e.g. The Health Authority's report mentions that smallpox has been **eradicated**.
- 5.17 **life expectancy** /laɪf ɪks'pektənsi/ (n) = the length of time a person is likely to live / **średnia długość życia**
e.g. The **life expectancy** of humans has increased over the centuries.
- 5.18 **vaccine** /'væksɪn/ (n) = a substance containing harmless germs which is given to a person to produce antibodies and provide immunity / **szczepionka ochronna**
e.g. They can take the **vaccine** orally or by injection.
Der.: vaccination (n)
- 5.19 **activist** /'æktɪvɪst/ (n) = sb who works to bring about social or political change / **działacz, aktywista**
e.g. He became an environmental **activist** and organised protest marches against the dumping of radioactive waste.

Reading (pp. 100–101)

- 5.20 **Laënnec** /leɪ'nek/
- 5.21 **quote** /kwəʊt/ (n) = a passage or phrase from a book, poem, play or speech / **cytat**
e.g. He ended his speech with a **quote** from an ancient philosopher.
Der.: quotation (n)
- 5.22 **fully-fledged** /'fʊli'fledʒd/ (adj) = fully developed / **pełnoprawny, w pełni rozwinięty**

- e.g. What started as a small business is now a **fully-fledged** multi-national corporation.
- 5.23 **unwieldy** /ʌn'wi:ldi/ (adj) = hard to move or carry because of weight, size or shape / **nieporęczny, niewygodny**
e.g. The wardrobe was too **unwieldy** for him to move by himself.
- 5.24 **quire** /'kwɪə/ (n) = 25 pieces of writing paper / **libra (25 kartek)**
e.g. I needed a **quire** of paper to finish my assignment.
- 5.25 **perceive** /pə'si:v/ (v) = to see, notice or realise sth, especially when it's not obvious;
to regard sth as / **zauważyć, spostrzec, postrzegać**
e.g. I can't understand how they **perceive** dancing as relaxing.
Der.: perception (n)
- 5.26 **distinct** /di'stɪŋkt/ (adj) = clear or separate from sth else / **wyraźny, zdecydowany**
e.g. There has been a **distinct** improvement in his work.
Der.: distinctive (adj)
Opp.: indistinct
- 5.27 **dissection** /di'sekʃən/ (n) = cutting up of a dead body so that it can be scientifically examined / **sekcja**
e.g. In next week's biology class, we are going to perform a **dissection** on a dead mouse.
Der.: dissect (v)
- 5.28 **revelation** /,revə'leɪʃən/ (n) = disclosing sth previously secret or unknown / **rewelacja, odkrycie, ujawnienie**
e.g. The book was a **revelation** to her as far as sociological theory was concerned.
Der.: reveal (v)
- 5.29 **valve** /vælv/ (n) = a small piece of tissue in the heart or in a vein which controls the flow of blood and keeps it flowing in one direction only / **zastawka**
e.g. The doctor said my heart couldn't work properly because of the faulty **valve**.
- 5.30 **autopsy** /'ɔ:tɒpsi/ (n) = an official examination of a dead body by a doctor who is to identify the cause of death / **sekcja zwłok**
e.g. The doctor performed an **autopsy**, as requested by the police.
- 5.31 **thoracic** /θɔ:'ræsi:k/ (adj) = of the thorax, enclosed by the ribs / **piersiowy, znajdujący się w klatce piersiowej**
e.g. Doctor Gold is a specialist in **thoracic** surgery.
- 5.32 **auscultation** /,ɔ:skəl'teɪʃən/ (n) = listening carefully to the sounds coming from the chest of a patient / **osłuchiwanie**
e.g. The doctor performed a careful **auscultation** on the patient.
- 5.33 **standpoint** /'stændpɔɪnt/ (n) = a point of view / **punkt widzenia**
- e.g. From an ethical **standpoint**, experimenting on animals is always wrong.
- 5.34 **imprudent** /ɪm'pru:dənt/ (adj) = not very wise or well thought out / **nierozsądny, nierozważny**
e.g. The report criticises the government for being **imprudent** in its education policies.
Der.: prudent (adj), prudence (n)
- 5.35 **proponent** /prə'pɒnənt/ (n) = sb who supports a particular idea or plan of action and speaks about it in public / **orędownik**
e.g. The new minister is a leading **proponent** of free health care.
- 5.36 **tuberculosis** /tju:,bɜ:kjə'ləʊsɪs/ (n) = an infectious disease that affects the lungs / **gruźlica płuc**
e.g. In some countries, it is compulsory for children to be tested for **tuberculosis** before they attend nursery school.
- 5.37 **principle** /'prɪnsɪpəl/ (n) = a basic rule or law / **reguła, zasada, prawo**
e.g. Very few people understand the **principles** of molecular physics.
- 5.38 **makeshift** /'meɪkʃɪft/ (adj) = temporary and low in quality / **prowizoryczny**
e.g. The children's **makeshift** tent was made from a tablecloth and chairs.
- 5.39 **scourge** /skɜ:dʒ/ (n) = sth that causes suffering or trouble / **dopust boży, plaga**
e.g. Unemployment is the **scourge** of the young today.
- 5.40 **cavity** /'kævɪti/ (n) = a hole or space between two surfaces / **dziura, ubytek**
e.g. The **cavity** in the wall was filled with a plaster mixture.
- 5.41 **ravage** /'rævɪdʒ/ (v) = to destroy or damage / **spustoszyć, wyniszczyć**
e.g. The antique chair was **ravaged** by time and use.
- 5.42 **solidify** /sə'lɪdɪfaɪ/ (v) = to become solid / **stwardnieć, skrzepnąć, zgęstnieć**
e.g. The broth was left out overnight and **solidified**.
- 5.43 **tissue** /'tɪʃu:/ (n) = the material that animals and plants are made of / **tkanka**
e.g. Human **tissue** is made up of cells.
- 5.44 **yield** /ji:ld/ (v) = to provide or produce sth / **dostarczać, dawać, przynosić**
e.g. This year's crop **yielded** fifty tons of wheat.
- 5.45 **rale, bruit, egophony** /ra:l brɪt i'gɒfəni/ (n) = sounds detected by lung examination / **furczenie, szmer, rzężenie**
e.g. The doctor told his students that **rale, bruit and egophony** are sounds made by different lung tissues.
- 5.46 **compact** /kəm'pækt/ (adj) = made up of parts that are positioned closely together, using very little

- space / niewielkich rozmiarów, funkcjonalny
e.g. *Although her bag was small, it was **compact** and held quite a few things.*
- 5.47 **binaural** /baɪ'nɔːrəl/ (adj) = for both ears / dwuuszny, obuuszny
e.g. *The doctor used a sophisticated **binaural** stethoscope to examine the child.*
- 5.48 **ivory-tipped** /'aɪvəri,tɪpt/ (adj) = with one end made from elephants' tusks / z kośćcówką z kości słoniowej
e.g. *My granddad's paper-knife was **ivory-tipped**.*
- 5.49 **ebony** /'ebəni/ (adj) = made of very hard, heavy dark-coloured wood / hebanowy, z hebanu
e.g. *The **ebony** cabinet was made in Jamaica.*
- 5.50 **modestly** /'mɒdəstli/ (adv) = a little bit / umiarkowanie
e.g. *My attitude towards him changed only **modestly** when I heard he was found not guilty.*
- 5.51 **interchangeable** /ɪntə'tʃeɪndʒəbəl/ (adj) = that can be exchanged for or replaced by sth else / wymienny
e.g. *Luckily the car's engine parts were **interchangeable** with those from another model.*
Der.: interchange (v)
- 5.52 **diaphragm** /'daɪəfræm/ (n) = a thin piece of material or tissue forming a partition / błona, membrana
e.g. *The **diaphragm** and the bell were two different "heads" used with old stethoscopes.*
- 5.53 **mitral valve** /'maɪtrəl ,vælv/ (n) = one of the valves of the heart / zastawka mitralna
e.g. *The doctor diagnosed a problem with the **mitral valve**.*
- 5.54 **prolapse** /'prələʊps/ (n) = a condition in which a body organ moves forwards or down from its normal position / wypadanie, opadanie
e.g. *She is in bed with a **prolapsed** disc.*
- 5.55 **domelike** /'dəʊmlaɪk/ (adj) = shaped like or resembling a dome / w kształcie kopuły, kopulasty
e.g. *The architect designed the new building with a **domelike** roof.*
- 5.56 **rumbling** /'rʌmblɪŋ/ (adj) = making a low, gurgling sound / bulgoczący, dudniący, burczący
e.g. *The volcano was making a **rumbling** sound a few days before it erupted.*
Der.: rumble (v), (n)
- 5.57 **solely** /'səʊlli/ (adv) = exclusively / wyłącznie, tylko, jedynie
e.g. *I came here **solely** to meet with you in private.*
- 5.58 **emit** /ɪ'mɪt/ (v) = to produce or send out light, gas, smell or heat / wydawać, wydzielać
e.g. *Fire **emits** both heat and light.*
- 5.59 **correlate** /'kɒrəleɪt/ (v) = to connect / powiązać, skorelować
e.g. *Most doctors **correlate** smoking with lung cancer.*
- 5.60 **probe** /prəʊb/ (v) = to investigate / zbadać, zgłębić
e.g. *The detectives are **probing** into the missing person's case.*
- 5.61 **palpate** /'pælpet/ (v) = to examine medically by touch / obmacać, zbadać palpacyjnie (dotykaniem)
e.g. *After **palpating** the affected area, the doctor diagnosed the patient.*
- 5.62 **tumour** /'tjuːməʊ/ (n) = abnormal tissue that has grown in the body / guz, narośl
e.g. *The vet diagnosed the animal as having a stomach **tumour**.*
- 5.63 **impact** /'ɪmpækt/ (n) = a sudden or powerful effect / wpływ, efekt czegoś
e.g. *The **impact** of the violent storm was apparent a few hours later.*
- 5.64 **contagious** /kən'teɪdʒəs/ (adj) = (of illnesses) easily caught by contact with an ill person / zaraźliwy
e.g. *Unfortunately the rare disease proved to be **contagious**.*
- 5.65 **meticulously** /mə'tɪkjʊləsli/ (adv) = very carefully and with great attention to detail / starannie, drobiazgowo
e.g. *He worked **meticulously** until the painting was completed.*
- 5.66 **resemble** /rɪ'zembəl/ (v) = to be or look similar / przypominać
e.g. *They may be twins, but they don't **resemble** each other.*
Der.: resemblance (n)
- 5.67 **gravity** /'grævɪti/ (n) = the force which causes things to drop to the ground / przyciąganie ziemskie
e.g. *There is no **gravity** in outer space.*
- 5.68 **property** /'prɒpəti/ (n) = a quality or characteristic in a substance or object / właściwość, własność
e.g. *Many herbs have healing **properties**.*

Language Focus (pp. 102–105)

- 5.69 **clot** /klɒt/ (n) = a sticky lump which forms when blood becomes thick or dries up / zakrzep
e.g. *Research has shown that spending many hours on an aeroplane can make you more prone to developing blood **clots**.*
- 5.70 **concussion** /kən'kʌʃən/ (n) = temporary damage to the brain caused by a fall or hit on the head / wstrząśnienie mózgu
e.g. *After the accident, he suffered from **concussion**.*
- 5.71 **disorder** /dɪs'ɔːdəʊ/ (n) = illness, malfunction / zaburzenia, choroba
e.g. *The doctor advised gentle exercise as part of the treatment for his lower back **disorder**.*

- 5.72 **fracture** /'fræktʃə/ (n) = a break or slight crack / złamanie, pęknięcie
e.g. *The doctor advised the athlete to remain in bed for ten days to allow the **fracture** to heal.*
- 5.73 **inflammation** /ɪnflə'meɪʃən/ (n) = redness or swelling of part of the body, often from an infection, illness or injury / zapalenie, stan zapalny
e.g. *The **inflammation** was due to a spider bite.*
Der.: inflame (v)
- 5.74 **sprain** /sprɛn/ (v) = to cause an injury to a joint by a sudden movement / skręcić, nadwreżyć
e.g. *He **sprained** his ankle playing cricket.*
- 5.75 **predisposition** /,prɪ'dɪspə'zɪʃən/ (n) = inclination / skłonność
e.g. *People's **predisposition** to illness is believed to be correlated with their genes.*
Der.: predispose (v)
- 5.76 **recurrence** /rɪ'kʌrəns/ (n) = repetition / nawrót
e.g. *There was a **recurrence** of the epidemic in 1947.*
Der.: recur /rɪ'kɜː/ (v)
- 5.77 **stranded** /'strændɪd/ (adj) = trapped, left in difficulties / uwięziony, nie mogący się sam skądś wydostać
e.g. *After the flood, they were **stranded** on the terrace of their home.*
- 5.78 **ribs** /rɪbz/ (n pl) = the curved bones that surround the chest area / żebra
e.g. *In the rugby match, he received bruised **ribs** from a rough tackle.*
- 5.79 **heal** /hiːl/ (v) = to become healthy after an injury or illness / zagoić się
e.g. *At last, his wound **healed** and he was able to leave the hospital.*
- 5.80 **swelling** /'swelɪŋ/ (n) = (of a body part) becoming larger and rounder than normal / obrzęk, opuchlizna
e.g. *His allergy to mosquito bites meant painful **swelling** every time one bit him.*
Der.: swell (v)
- 5.81 **blister** /'blɪstə/ (n) = a painful swelling on the surface of the skin, filled with liquid / pęcherz
e.g. *After walking for six hours, I got **blisters** on my feet.*
- 5.82 **bronchitis** /brɒŋ'kaɪtɪs/ (n) = an illness of the bronchial tubes leading to the lungs / zapalenie oskrzeli
e.g. *Paul had **bronchitis** and could not go to school.*
- 5.83 **eardrum** /'iədrʌm/ (n) = a thin piece of tightly stretched skin in the ear that vibrates when sound waves reach it / bębenek, błona bębenkowa
e.g. *The loud dance music made her feel like her **eardrums** were going to burst!*
- 5.84 **gasp** /gɑːsp/ (v) = to take a short, quick breath through the mouth, especially when one is shocked, surprised or in pain / dyszeć, łapać powietrze, wydać okrzyk zdumienia lub strachu
e.g. *When she saw the cute pet dog that her father got her, she **gasped** in delight.*
- 5.85 **pant** /pænt/ (v) = to breathe with difficulty and make a sound / sapać, dyszeć, ziać
e.g. *Puffing and **panting**, he made it to the finish line.*
- 5.86 **wheeze** /wiːz/ (v) = to breathe with difficulty and make a whistling sound / mieć chrapliwy lub świszczący oddech
e.g. *He had a bad cold and was **wheezing** for most of the night.*
- 5.87 **eyelash** /'aɪləʃ/ (n) = a hair that grows on the edge of the eyelid / rzęsa
e.g. *Girls use mascara on their **eyelashes** and curl them.*
- 5.88 **ward** /wɔːd/ (n) = a hospital section for patients with similar illnesses / oddział
e.g. *The cleaners did the rounds of the hospital **wards** before they started on the doctors' offices.*
- 5.89 **slide** /slaɪd/ (n) = a small piece of photographic film that you project onto a screen / przeźrocze, slajd
e.g. *They showed their friends **slides** of their trip to Malaysia.*
- 5.90 **beaker** /'biːkə/ (n) = a glass or jar that is used in chemistry / zlewka
e.g. *The scientist warned them not to touch the **beaker** with the red liquid in it.*
- 5.91 **vial** /'vaɪəl/ (n) = a very small bottle that usually holds medicine or perfume / fiołka, flakonik
e.g. *The **vial** contained an exotic smelling aromatic oil.*
- 5.92 **thigh** /θaɪ/ (n) = the upper part of the leg between the knee and hip / udo
e.g. *After years of athletics and training, he has well toned and muscular **thighs**.*
- 5.93 **consultant** /kən'sʌltənt/ (n) = a doctor who specialises in a particular area of medicine / lekarz specjalista, konsultant
e.g. *It was during his years as a medical **consultant** that his brilliance was recognised.*
- 5.94 **respiratory** /rɪ'spɪrətəri/ (adj) = related to breathing / oddechowy
e.g. *Smoking affects the **respiratory** system.*
- 5.95 **strenuous** /'strenjuəs/ (adj) = tiring / wyczerpujący, forsowny
e.g. *After a **strenuous** work-out at the gym, she slept well.*
- 5.96 **intake** /'ɪnteɪk/ (n) = consumption / spożycie
e.g. *Diabetics should be careful with their sugar **intake**.*

- 5.97 **congenital** /kən'dʒenɪtəl/ (adj) = (of a disease) existing since or before birth / **wrodzony**
e.g. The baby was diagnosed with a **congenital** disorder.
- 5.98 **holistic** /həʊ'lɪstɪk/ (adj) = treating the whole person rather than particular symptoms of diseases / **holistyczny**
e.g. She prefers to resort to **holistic** healing rather than traditional medicine.
- 5.99 **stabbing** /'stæbɪŋ/ (adj) = (of pain) sharp / **klujący**
e.g. The **stabbing** pain that she felt was due to a migraine.
Der.: stab (v)
- 5.100 **piercing** /'piəsnɪŋ/ (adj) = penetrating / **przenikliwy, przesywający**
e.g. The **piercing** sound of the siren made me run for cover.
Der.: pierce (v)
- 5.101 **needle** /'ni:dəl/ (v) = to bother or annoy / **dokuczać**
e.g. He was constantly **needling** and disturbing me.
- 5.102 **non-conformist** /,nɒnkən'fɔ:mɪst/ (adj) = not following ordinary ways of thinking or behaving / **niekonformistyczny, bezkompromisowy**
e.g. He was proud of his **non-conformist** ways which included refusing to cut his hair.
Der.: conform (v)
- 5.103 **undergo** /ˌʌndə'gəʊ/ (v) = to experience or go through sth necessary or unpleasant / **odbyć, poddać się**
e.g. I've had to **undergo** many hours of hard work and study to get to where I am.
- 5.104 **niggling** /'nɪɡlɪŋ/ (adj) = annoying / **uporczywy, dręczący**
e.g. The **niggling** pain in my leg was becoming unbearable.
Der.: niggle (v)
- 5.105 **recurring** /rɪ'kɜ:rnɪŋ/ (adj) = happening more than once / **powtarzający się, nawracający**
e.g. He had **recurring** nightmares and decided to seek the help of a psychologist.
Der.: recurrence (n)
- 5.106 **inflammatory** /ɪn'flæmətəri/ (adj) = causing or involving inflammation / **zapalny**
e.g. The **inflammatory** condition prevented her from swimming for a week.
Der.: inflammation (n)
- 5.107 **terminal** /'tɜ:mɪnəl/ (adj) = slowly and incurably causing death / **nieuleczalny, śmiertelny**
e.g. It was difficult for Sheila to come to terms with her father's **terminal** illness.
- 5.108 **petty** /'peti/ (adj) = of little importance, trivial / **błahy**
e.g. She warned her friend not to become involved in **petty** gossip.
- 5.109 **trivial** /'trɪvɪəl/ (adj) = unimportant and not serious / **banalny, trywialny, błahy**
e.g. I don't wish to concern myself with **trivial** details.
Der.: triviality (n)
- 5.110 **noxious** /'nɒkjəs/ (adj) = poisonous / **trujący, szkodliwy**
e.g. The fumes coming from the chimney were **noxious**.
- 5.111 **adverse** /'ædvɜ:s/ (adj) = (of conditions, decisions or effects) unfavourable / **niepożądany**
e.g. She developed an **adverse** reaction to the medicine and had to see a doctor.
Der.: adversity (n)
- 5.112 **incision** /ɪn'sɪʒən/ (n) = a sharp cut made in sth / **nacięcie**
e.g. The surgeon made an **incision** in Peter's leg to remove a piece of glass.
- 5.113 **tenderness** /'tendənəs/ (n) = soreness and sensitiveness / **wrażliwość (np. na dotyk), obolałość**
e.g. "If the **tenderness** in the abdomen persists, we'll give you an injection," said the doctor.
- 5.114 **hoarse** /hɔ:s/ (adj) = sounding rough and unclear / **zachrypnięty, ochryply**
e.g. He talked for so long that his voice was **hoarse**.
- 5.115 **nausea** /'nɔ:ziə/ (n) = the feeling of being unwell and likely to vomit / **mdłości, nudności**
e.g. A feeling of **nausea** grips me when I travel by boat.
- 5.116 **vertigo** /'vɜ:tɪgəʊ/ (n) = the feeling of unsteadiness and sickness due to looking down from a high place / **zawroty głowy**
e.g. Sarah suffered from **vertigo** when she had to walk across a bridge.
- 5.117 **prescription** /prɪ'skrɪpʃən/ (n) = an order for a medicine which a doctor writes on a piece of paper / **recepta**
e.g. The particular medicine that he wanted was only available on **prescription**.
- 5.118 **exertion** /ɪg'zɜ:ʃən/ (n) = effort / **wysiłek**
e.g. After much physical **exertion**, she finally managed to climb the tree.
- 5.119 **matron** /'metrən/ (n) = a senior nurse who supervises the work of other nurses / **przełożona pielęgniarek**
e.g. The **matron** did a tour of the wards before she went off duty.
- 5.120 **recuperate** /rɪ'kjʊ:pəreɪt/ (v) = to recover one's strength and health after one has been ill / **wracać do zdrowia**
e.g. It took him only a few days to **recuperate** from the operation.
Der.: recuperation (n), recuperative (adj)

- 5.121 **with (the benefit of) hindsight** = understanding a situation differently after it has happened / (patrząc) z perspektywy czasu
e.g. *With the benefit of hindsight, he should have never had the operation.*
- 5.122 **detrimental** /,detrɪ'mentəl/ (adj) = injurious / szkodliwy
e.g. *Obesity can be detrimental to your health.*
Der.: detriment (n)
- 5.123 **decline** /di'klaɪn/ (v) = to refuse / odmówić
e.g. *She declined to answer the inspector's questions.*
- 5.124 **reluctant** /rɪ'lʌktənt/ (adj) = unwilling, hesitant / niechętny, ociągający się
e.g. *I was reluctant to go to the dentist, but the toothache was getting worse and worse.*
Der.: reluctance (n)
- 5.125 **commit oneself to sth** /kə'mɪt/ (v) = to promise to follow a certain course of action / zobowiązać się do czegoś, jednoznacznie zadeklarować
e.g. *Both parties committed themselves to finding a solution to the problem.*
Der.: commitment (n)
- 5.126 **sneaking** /'sni:kɪŋ/ (adj) = (of a feeling) not fully recognised, unexpressed / niejasne (np. wrażenie)
e.g. *The man had a sneaking suspicion that his wife had something to do with the crime.*
Der.: sneak (v)
- 5.127 **deadline** /'dedlaɪn/ (n) = the date or time by which sth must be finished / ostateczny termin
e.g. *He handed in his work only minutes before the deadline.*
- 5.128 **contamination** /kən,tæmɪ'neɪʃən/ (n) = dirt, pollution / skażenie, zanieczyszczenie
e.g. *The contamination in the river was caused by factory waste.*
- 5.129 **esteem** /ɪ'sti:m/ (n) = admiration, respect / szacunek, poważanie
e.g. *My father is held in high esteem in this town because he has helped many people.*
- 5.130 **slot** /slɒt/ (n) = a free position or a time (e.g. in a list) / okienko, wolne miejsce
e.g. *If I find a slot in my timetable, I will squeeze you in.*
-
- Listening & Speaking (pp. 106–107)**
- 5.131 **witch doctor** /'wɪtʃ ,dɒktə/ (n) = a person believed to have magical powers who uses them to treat ill people / szaman
e.g. *The witch doctor in the film wore a costume made of straw and used snake venom to cure a sick man.*
- 5.132 **wrought** /rɔ:t/ (adj) = prepared / przygotowany
e.g. *The novel cure wrought by the scientist caused much turmoil in the medical world.*
- 5.133 **misconception** /,mɪskən'sepʃən/ (n) = a false idea or belief / błędne wyobrażenie, przekonanie
e.g. *There are many misconceptions about the causes of cancer.*
- 5.134 **faith healer** /'feɪθ ,hi:lə/ (n) = sb who cures ill people using the power of belief and prayer / uzdrowiciel
e.g. *Her next step in search of a cure was to consult a faith healer.*
- 5.135 **efficacy** /'efɪkəsi/ (n) = effectiveness / skuteczność, efektywność
e.g. *The company vouched for efficacy of their products.*
Der.: efficient (adj)
- 5.136 **disreputable** /dɪs'repjʊtəbəl/ (n) = not respectable or trustworthy / podejrzany, cieszący się złą sławą
e.g. *She didn't want her son to mix with such a disreputable group of people.*
Opp.: reputable
- 5.137 **fallacy** /'fæləsi/ (n) = a false idea that many people think is true / błędne przekonanie
e.g. *It's a fallacy that affluent people live longer.*
- 5.138 **gullible** /'gʌlɪbəl/ (adj) = easily tricked, naive / naiwny, łatwowierny
e.g. *He's so gullible he'll believe anything you say.*
- 5.139 **persecute** /'pɜ:sɪkjʊt/ (v) = to harass, pester / prześladować
e.g. *He was persecuted by his neighbours because of his religious beliefs.*
Der.: persecution (n)
- 5.140 **exaggerated** /ɪg'zædʒəreɪtɪd/ (adj) = made to seem larger, better or worse than it is / przesadzony, wyolbrzymiony
e.g. *She gave an exaggerated account of her symptoms.*
- 5.141 **ultimately** /'ʌltɪmətli/ (adv) = finally / ostatecznie, w końcu
e.g. *All she ultimately wanted was to have a family of her own.*
- 5.142 **remedy** /'remədi/ (n) = cure / lekarstwo
e.g. *She used her grandmother's remedy for colds and was well in no time.*
- 5.143 **pensiveness** /'pensɪvnəs/ (n) = thoughtfulness / zaduma
e.g. *There was an air of pensiveness about him as if he was constantly immersed in his thoughts.*
- 5.144 **patronising** /'pætrənaɪzɪŋ/ (adj) = condescending / protekcyjny
e.g. *He didn't mean to appear patronising to his employees, he just wanted them to listen.*
Der.: patronise (v)
- 5.145 **hands-on** /'hændz'ɒn/ (adj) = practical / praktyczny, bezpośredni

- e.g. At the job interview, he explained that he had over ten years of **hands-on** experience.
- 5.146 **mindful** /'maɪndfʊl/ (adj) = conscious of sth, considering it / **świadomy**
e.g. People should be more **mindful** of the needs of others.
- 5.147 **supplement** /'sʌplɪmənt/ (n) = an addition, sth extra / **uzupełnienie, suplement** (np. witaminowy)
e.g. In order to remain healthy, you should take vitamin **supplements**.
- 5.148 **resort to sth** /rɪzɔ:t/ (v) = to turn to or adopt sth / **sięgać po coś, uciekać się do czegoś**
e.g. They had no alternative but to **resort to** violence.

Reading (pp. 108–109)

- 5.149 **database** /'dætəbeɪs/ (n) = a collection of data that is stored in a computer / **baza danych**
e.g. The bank's central **database** has a copy of the relevant transactions.
- 5.150 **rudimentary** /rʊ:'di:məntri/ (adj) = simple, basic / **podstawowy**
e.g. Her knowledge of physics was **rudimentary**, so she employed a tutor.
- 5.151 **admissions** /əd'mɪʃənz/ (n pl) = people admitted to hospital / **pacjenci przyjęci do szpitala**
e.g. Her job was to take the details of all hospital **admissions**.
Der.: admit (v)
- 5.152 **enrolment** /ɪn'rəʊlmənt/ (n) = joining a club or institution / **zapisanie się** (np. do szkoły)
e.g. **Enrolments** from overseas students are accepted from 1st August.
Der.: enrol (v)
- 5.153 **outpatient** /'aʊtpeɪjənt/ (n) = sb who receives hospital treatment without spending the night there / **pacjent leczony ambulatoryjnie (dochodzący na badania, zabiegi itp.)**
e.g. He attends the hospital as an **outpatient**.
- 5.154 **casualty (department/ward)** /'kæʒuəlti/ (n) = this part of a hospital where people are taken for the treatment of severe injuries or illness / **oddział nagłych wypadków**
e.g. After the hurricane, the **casualty** ward of the hospital was full.
- 5.155 **hike** /haɪk/ (n) = a long walk, especially in the countryside / **piesza wycieczka, wędrówka w terenie**
e.g. Their favourite form of exercise was long **hikes**.
- 5.156 **culinary** /'kʌlɪnəri/ (adj) = concerned with cooking / **kulinarny**
e.g. The chef prepared a variety of **culinary** delights such as smoked salmon tarts.
- 5.157 **dandelion** /'dændɪlaɪən/ (n) = a small bright yellow wild flower with long thin petals / **mlecz, mniszek lekarski**
e.g. The meadow was bright yellow with **dandelions**.
- 5.158 **burdock** /'bɜ:ɒk/ (n) = a large herbaceous plant / **łopian**
e.g. The herbalist recommended **burdock** as a cure.
- 5.159 **cordial** /'kɔ:diəl/ (n) = a pleasant-tasting medicine / **nalewka lecznicza**
e.g. This sweet herbal **cordial** is recommended for children.
- 5.160 **barley** /'bɑ:li/ (n) = grain that is used to make some foods, beer and whisky / **jęczmień**
e.g. One of the dishes that I think my mother made best was **barley** soup.
- 5.161 **ginger** /'dʒɪndʒə/ (n) = the root of the ginger plant that is used to flavour food or drinks / **imbir**
e.g. Take a teaspoon of ground **ginger** to make these cookies.
- 5.162 **brew** /bru:/ (v) = to make by boiling or fermentation / **zaparzyć, warzyć**
e.g. I'll **brew** the coffee before I get dressed.
- 5.163 **tincture** /'tɪŋktʃə/ (n) = a medicine made by dissolving a drug in alcohol / **nalewka**
e.g. The herbalist made up a special **tincture** for her dermatitis.
- 5.164 **herbalist** /'hɜ:bəlɪst/ (n) = sb who uses, grows or sells herbs for medicinal purposes / **zielarz**
e.g. She left her job as a nurse and decided to become a **herbalist** instead.
- 5.165 **dwelling** /'dwelɪŋ/ (n) = residence / **miejsce zamieszkania, mieszkanie**
e.g. His **dwelling** was a converted warehouse.
Der.: dwell (v)
- 5.166 **tone** /təʊn/ (v) = (of the body or muscles) to make firm / **wzmocnić, ujędrnić, uelastyczyć**
e.g. There was a new piece of equipment at the gym especially for **toning** the thigh muscles.
- 5.167 **tense** /tens/ (v) = to keep muscles tight / **napinać**
e.g. The relaxation technique that she taught me involved **tensing** and relaxing various parts of the body.
- 5.168 **distend** /dɪ'stend/ (v) = to cause sth to swell / **rozdąć**
e.g. The children's bellies were **distended** from hunger.
- 5.169 **chore** /tʃɔ:/ (n) = a boring task / **uciążliwy obowiązek**
e.g. I'll meet you at the cafe as soon as I finish my **chores**.
- 5.170 **by-product** /'baɪprɒdʌkt/ (n) = sth that happens as a result of an event or situation and is usually unexpected or unnecessary / **produkt, efekt uboczny**
e.g. A **by-product** of industrialisation is pollution.

- 5.171 **bygones** /'baɪɡɒnz/ (n pl) = past events, earlier disagreements / *dawne urazy, rzeczy minione*
e.g. Let **bygones** be **bygones**.
- 5.172 **by-law** /'baɪlə/ (n) = a regulation made by a local authority / *rozporządzenie władz lokalnych*
e.g. The council's **by-laws** forbid the use of car horns.
- 5.173 **strain** /streɪn/ (v) = to pull hard / *naprężyć, naciągnąć, nadwreżyć*
e.g. Paul **strained** his muscles when lifting heavy weights.
- 5.174 **antidote to sth** /'æntɪdəʊt/ (n) = a substance that cures a disease or prevents poisoning / *odtrutka, antidotum na coś*
e.g. We have no **antidote** to the poison of this snake.
- 5.175 **debunk** /,di:'bʌŋk/ (v) = to show that a widely held belief is false / *obalić, podważyć*
e.g. The scientist's discovery **debunked** the myths regarding Atlantis.
-
- English In Use (pp. 110–113)**
- 5.176 **scattered** /'skæɪtəd/ (adj) = spread over a large area or a long period of time / *przelotny*
e.g. There were **scattered** showers in the area yesterday evening.
- 5.177 **salve** /sælv/ (n) = ointment / *balsam, maść*
e.g. I applied a **salve** on my dry skin and it seemed to soothe it.
- 5.178 **sterilized** /'sterɪlaɪzd/ (adj) = safe from germs and clean / *sterylny*
e.g. Make sure to use a **sterilized** needle when you pierce your ear.
Der.: sterilization (n)
- 5.179 **treacherous** /'treɪtʃərəs/ (adj) = dangerous / *zdradliwy, niebezpieczny*
e.g. Sailing in this weather can be particularly **treacherous**.
- 5.180 **saturated fat** /'sætʃərətɪd ˌfæt/ (n) = a type of fat found in some foods like butter, believed to contribute to heart disease and other ailments / *tłuszcz nasycony*
e.g. The doctor advised him to cut down on all **saturated fats**.
- 5.181 **imperative** /ɪm'perətɪv/ (adj) = extremely important / *konieczny, niezbędny*
e.g. It's **imperative** that you attend the tutorials as well as the lectures.
- 5.182 **pledge** /pledʒ/ (v) = to promise / *przyrzec, zobowiązać się*
e.g. I **pledged** my support and offered to help.
- 5.183 **erratically** /ɪ'ræɪtɪkli/ (adv) = in an unexpected or irregular way / *w sposób nieskoordynowany, nieskładnie*
e.g. The police stopped him for driving **erratically**.
Der.: erratic (adj)
- 5.184 **currency** /'kʌrənsɪ/ (n) = the money used in a particular country / *waluta*
e.g. Greece's **currency** changed from the drachma to the euro.
- 5.185 **allegation** /,ælə'geɪʃən/ (n) = a claim made without proof / *zarzut, oskarżenie*
e.g. The security guard denied **allegations** that he had used unnecessary force to stop a customer from entering the building.
Der.: allege /ə'leɪdʒ/ (v)
- 5.186 **embezzle** /ɪm'beɪzəl/ (v) = to take money illegally from an organisation / *zdefraudować, sprzeniewierzyć*
e.g. The accused was found guilty of **embezzling** the company's funds.
- 5.187 **defendant** /dɪ'fendənt/ (n) = sb accused of a crime / *oskarżony*
e.g. The **defendant** told the press that he had the best lawyer that money could buy.
Der.: defend (v)
- 5.188 **vicinity** /vɪ'sɪnɪti/ (n) = neighbourhood / *poblize, okolica*
e.g. The thief was in the **vicinity** according to the police report.
- 5.189 **crouch** /kraʊtʃ/ (v) = to stoop with one's legs bent / *przykucnąć, przyczać się*
e.g. I **crouched** down on the floor and hid behind the sofa until the burglar left.
- 5.190 **mongrel** /'mʌŋgrəl/ (n) = a dog that is a mixture of different breeds / *kundel, mieszaniec*
e.g. The children begged their father to take the stray **mongrel** home.
- 5.191 **petrified** /'petrɪfaɪd/ (adj) = very scared / *prerażony, sztywny ze strachu*
e.g. She stood there **petrified** as the thief made his getaway through the bathroom window.
- 5.192 **turn tail (and run, flee, etc)** (idm) = to run away from a dangerous situation / *uciec, wziąć nogi za pas*
e.g. When the burglar saw the police, he **turned tail** and disappeared in the dark.
- 5.193 **undergrowth** /'ʌndəgrəʊθ/ (n) = bushes and plants growing together under the trees in a forest / *zarośla, podszybie leśne*
e.g. The thick **undergrowth** served as a home for hundreds of insects.
- 5.194 **(baby) walker** /'beɪbi wɔ:kəʃ/ (n) = a wheeled frame for a baby who can walk around in it / *chodzik*
e.g. When Vanessa was born, Aunt Sheila bought a pram and a **walker** for her.
- 5.195 **plonk** /plɒŋk/ (v) = to put down heavily

- and carelessly / **postawić (z hukiem)**
e.g. He **plunked** his glass down on the bar.
- 5.196 **contraption** /kən'træpʃən/ (n) = a machine or device that looks strange / **machina, „ustrojstwo”**
e.g. Can you tell me how to operate this **contraption**?
I have never seen it before.
- 5.197 **lingering** /'lɪŋgəɪŋ/ (adj) = remaining for a long time / **utrzymujący się, długotrwały**
e.g. The **lingering** pain in his chest was beginning to worry him.
Der.: linger (v)
- 5.198 **feedback** /'fi:dbæk/ (n) = being told how well or badly you are doing / **reakcje, opinie**
e.g. She hasn't yet received any **feedback** from her teacher regarding her essay.
- 5.199 **refine** /ri'faɪn/ (v) = to improve / **udoskonalić, poprawić**
e.g. If you want to succeed in this job, you must **refine** your skills.
- 5.200 **limb** /lɪm/ (n) = an arm or leg / **kończyna**
e.g. Many soldiers lose a **limb** as a result of stepping on mines.
- 5.201 **milestone** /'maɪlstəʊn/ (n) = an important development / **kamień milowy**
e.g. Obtaining a master's degree in psychology was a **milestone** in his life.
- 5.202 **coordinate** /kəʊ'ɔ:dɪneɪt/ (v) = to make different parts of the body work together efficiently to perform particular movements / **koordynować**
e.g. The patient underwent intensive treatment which enabled him to **coordinate** his limbs better.
Der.: coordination (n)
- 5.203 **crawling** /'krɔ:liŋ/ (n) = moving around on one's hands and knees / **raczkowanie, czołganie się**
e.g. The baby gets around by **crawling** on all fours.
Der.: crawl (v,n)
- 5.204 **inherent** /ɪn'herənt/ (adj) = inborn / **tkwiący w czymś, nieodłączny, przyrodzony**
e.g. I believe that it is **inherent** in dogs to be friendly.
Der.: inherently (adv)
- 5.205 **impede** /ɪm'pi:d/ (v) = to delay, prevent, restrict / **utrudnić, przeszkodzić**
e.g. Bad weather conditions are **impeding** the progress of the rescue workers.
Der.: impediment /ɪm'pedɪmənt/ (n)
- 5.206 **mutually** /'mjʊtʃuəli/ (adv) = being felt by both parties / **wzajemnie, dla obu stron**
e.g. The agreement was **mutually** beneficial.
Der.: mutual (adj)
- 5.207 **conscientious** /kənʃi'ɛnʃəs/ (adj) = careful to do one's work well / **sumienny**
e.g. She made a **conscientious** effort to finish her homework on time.
Der.: conscientiously (adv)
- 5.208 **explicit** /ɪks'plɪsɪt/ (adj) = stated clearly / **wyraźny, jawny, otwarty**
e.g. It was made **explicit** that no bikes were allowed in the park.
Der.: explicitly (adv)
- 5.209 **sift through** /'sɪft 'θru:/ (phr v) = to examine carefully a large number of things in order to select sth / **przeszukać, przesiać (np. informacje)**
e.g. Investigators are now **sifting through** the evidence.
- 5.210 **disseminate** /dɪ'semɪneɪt/ (v) = to spread widely / **rozpowszechnić, szerzyć**
e.g. The government **disseminated** the information through pamphlets and posters.
- 5.211 **clinician** /kli'nɪʃən/ (n) = a doctor who has direct contact with patients / **lekarz praktyk, klinicysta**
e.g. He chose to be a **clinician** because he wanted to work with patients.
- 5.212 **paternalism** /pə'tɜ:nəlɪzəm/ (n) = taking all the decisions for people that you supervise or govern so that they can't or don't have to make their own decisions / **paternalizm**
e.g. Many criticised the **paternalism** of the previous government.
Der.: paternal (adj)
- 5.213 **ally** /'ælaɪ/ (n) = a supporter, defender / **sojusznik**
e.g. Great Britain is a political **ally** of the United States.
- 5.214 **reevaluation** /,ri:vælju:'eɪʃən/ (n) = assessing the value of sth again / **ponownie wycenić, ocenić**
e.g. The employee went through **reevaluation** before being promoted.
- 5.215 **wavering** /'weɪvərɪŋ/ (adj) = weak / **drżący, słaby, niepewny**
e.g. She gave a **wavering** smile and began her speech.
- 5.216 **discourse** /'dɪskɔ:s/ (n) = spoken or written communication between people / **dyskurs, komunikacja językowa, rozmowa**
e.g. The tone of their **discourse** sounded serious.
- 5.217 **hefty** /'hefti/ (adj) = larger than expected / **niespodziewanie duży, wysoki itp.**
e.g. The advertising campaign proved successful and the company made a **hefty** profit.
- 5.218 **prompt** /prɒmpt/ (v) = to encourage, to cause / **skłonić, sprowokować, doprowadzić do czegoś**
e.g. I **prompted** my husband to see a doctor about his sore leg.
- 5.219 **placebo** /plə'si:bəʊ/ (n) = a substance that has no physical effects, given to the patients who believe it to be a medicine / **placebo**

- e.g. In clinical tests, one group of patients took the new medicine while the control group was given a **placebo**.
- 5.220 **corpus** /'kɔ:pəs/ (n) = a large collection of written texts / **zbiór, korpus danych, tekstów**
e.g. There was a particularly interesting **corpus** on archaeological findings in Peru at the University.
- 5.221 **dubious** /'dju:biəs/ (adj) = not to be relied upon / **wątpliwy**
e.g. His qualifications seemed rather **dubious**.
- 5.222 **compulsory** /kəm'pʌlsəri/ (adj) = obligatory, required by law or a rule / **obowiązkowy**
e.g. School uniform is **compulsory** in the UK.
- 5.223 **outcry** /'aʊtkraɪ/ (n) = a reaction of strong disapproval and anger expressed by the public or media about a current event / **oburzenie, protest**
e.g. There was a public **outcry** following the proposed putting down of stray dogs.
- 5.224 **quota** /'kwɒtə/ (n) = a limited or fixed amount or number of sth / **przydział, ustalona ilość, kontyngent, kwota**
e.g. The government introduced import **quotas** to protect domestic producers.
- 5.225 **humane** /hju:'meɪn/ (adj) = showing kindness to people and animals and preventing their suffering / **humanitarny**
e.g. Our organisation promotes **humane** killing of animals in slaughterhouses.
- 5.226 **outraged** /'aʊtreɪdʒd/ (adj) = feeling angry and shocked / **oburzony**
e.g. The school principal was **outraged** by the students' strike.
- 5.227 **hydro dam** /'haɪdrəʊ dæm/ (n) = a wall that is built across a river to stop the water flowing and to make a lake / **tama**
e.g. The **hydro dam** wasn't pretty but it did provide water in the otherwise dry and barren surroundings.
- 5.228 **livelihood** /'laɪvlihoʊd/ (n) = a means of earning money in order to live / **środki utrzymania, środki do życia**
e.g. The **livelihood** of farmers depends on their crops.
- 5.229 **halt** /hɔ:lt/ (v) = to stop / **zatrzymać, zahamować**
e.g. The roadworks **halted** the traffic for a few minutes longer than usual.
- 5.230 **downtown** /'daʊntaʊn/ (adj, adv, n) = (in/to) the centre of a city or town / **(w/do) centrum**
e.g. He has an apartment in **downtown** Chicago.
- 5.231 **arcade** /ɑ:'keɪd/ (n) = a covered passage with shops or a market stall / **pasaż (handlowy); stoisko**
e.g. The new **arcade** has shops and cafés in it.
- 5.232 **irate** /aɪ'reɪt/ (adj) = angry / **wzburzony**
- e.g. The customer was **irate** about having to return the faulty TV for a second time.
- 5.233 **reimburse** /,ri:ɪm'bɜ:s/ (v) = to repay / **zwrócić (koszty)**
e.g. Our company **reimburses** travelling expenses of those who commute to work.
Der.: reimbursement (n)
- 5.234 **monies** /'mɒnɪz/ (n pl) = separate sums of money that form a larger amount that is spent or received for a particular purpose / **fundusze, kwoty**
e.g. The **monies** donated to the charity were used for the construction of shelters for the homeless.

Writing (pp. 114–118)

- 5.235 **welfare** /'welfeə/ (adj) = related to helping people with problems / **dotyczący spraw socjalnych, pomocy społecznej**
e.g. It takes four years of study to become a **welfare** officer in my country.
- 5.236 **the handicapped** /ðə 'hændɪkæpt/ (n pl) = the disabled / **niepełnosprawni**
e.g. The **handicapped** gain access to the theatre via a special ramp.
- 5.237 **cater for** /'keɪtə fɜ:/ (phr v) = to provide sth, especially a service, that a particular person needs / **zaspokajać (potrzeby)**
e.g. The school **caters for** students with learning difficulties.
- 5.238 **five-a-side** /faɪvə'saɪd/ (adj) = with five players in each team / **z drużynami po pięć osób (np. w halowej piłce nożnej)**
e.g. You need ten people to play a game of **five-a-side** football.
- 5.239 **compile** /kəm'paɪl/ (v) = to put together or produce by collecting pieces of information about sth / **sporządzić, opracowywać, skompilować**
e.g. At the moment I'm **compiling** a collection of Renaissance sonnets.
- 5.240 **dilapidated** /dɪ'læpɪdətɪd/ (adj) = old and in bad condition / **rozsypany się, zniszczony**
e.g. The **dilapidated** building will soon be renovated and restored.
- 5.241 **poll** /pɒl/ (n) = a survey in which people give their opinions / **ankieta, sondaż**
e.g. The news quoted the latest **poll** as being in favour of the law against smoking.
- 5.242 **obesity** /əʊ'bi:sɪti/ (n) = being extremely overweight / **otyłość**
e.g. Many doctors claim that there is a link between **obesity** and heart disease.
- 5.243 **proportion** /prə'pɔ:ʃən/ (n) = part of a group or an amount / **część**

- e.g. Only a small **proportion** of employees in the accounting section are part-time.
- 5.244 **moderate** /'mɒdərət/ (adj) = not extreme / umiarkowany
e.g. The gym instructor explained that **moderate** exercise is better than very strenuous exercise.
- 5.245 **intensity** /ɪn'tensɪti/ (n) = a high level of sth / intensywność, natężenie
e.g. The **intensity** of the blast shattered all the windows.
Der.: intense (adj)
- 5.246 **on average** = used to indicate that a number is the average of several numbers; here: usually / przeciętnie; zwykle
e.g. Research shows that, **on average**, women live longer than men.
- 5.247 **portion** /'pɔːʃən/ (n) = a serving / porcja
e.g. I helped myself to another **portion** of the delicious cheesecake.
- 5.248 **household** /'haʊshəʊld/ (n) = all the people in a family or group that live together / rodzina, gospodarstwo domowe
e.g. When I was growing up, the father was always head of the **household**.
- 5.249 **stringent** /'strɪndʒənt/ (adj) = very strict / rygorystyczny, surowy
e.g. **Stringent** measures are being taken by the police to reduce crime.
- 5.250 **initiative** /ɪ'nɪʃətɪv/ (n) = an important act or statement intended to solve a problem / inicjatywa
e.g. The government announced a new **initiative** against car theft.
Der.: initiate (v)
- 5.251 **confine** /kən'faɪn/ (v) = to keep sth within certain limits / ograniczyć
e.g. Her duties are **confined** to answering the phone and typing letters.
Der.: confinement (n)
- 5.252 **thriving** /'θraɪvɪŋ/ (adj) = doing well and being successful, healthy or strong / kwitnący, dobrze prosperujący
e.g. She had a **thriving** business before the age of thirty.
- 5.253 **exploited** /ɪk'splɔɪtɪd/ (adj) = taken advantage of, abused / wykorzystywany, wykorzystywany
e.g. A lot of immigrant workers are **exploited** in Greece.
- 5.254 **untapped** /,ʌn'tæpt/ (adj) = not yet used / niewykorzystany
e.g. There are **untapped** reserves of oil under the sea.

VOCABULARY EXERCISES

A Wybierz odpowiedni wyraz.

- 1 Monkeys that had been used in experiments were set free by animal rights
A geriatrics C activists
B proponents D scourges
- 2 All of his research notes were written in neat handwriting.
A unwieldy C modestly
B leaky D meticulously
- 3 Computerising patient details was part of the of change.
A gravity C expectancy
B wave D horn
- 4 It is standard practice to keep a patient suffering from in hospital for observation.
A cramp C sprain
B genetics D concussion
- 5 Using lavender oil on burns can help them to quickly.
A heal C ache
B clot D gash
- 6 Vitamin need not be taken if a healthy and balanced diet is followed.
A ailments C supplements
B intakes D remedies
- 7 Even though it is widely accepted that smoking is to health, it is still allowed in public places.
A piercing C noxious
B detrimental D reluctant
- 8 Drowsiness is one of the of these tablets.
A discomforts C by-products
B side-effects D deadlines

- 9 The lake was closed off to the public due to from rats.
 A beakers C impact
 B contamination D pursuit

- 10 A sweet smell filled the room as the aromatherapist a mixture of herbs.
 A steamed C emitted
 B brewed D dissected

B Wpisz w luki właściwe wyrazy z listy.

- standpoint • pant • ward • sterilized • holistic • tissue • blister • compile • inflammation • strenuous

- 1 From Dr Smith's Sam's condition has stabilized.
 2 The stitching inside the shoe rubbed her feet so much that it caused a painful
 3 From the look of the athlete's well toned body it was obvious that she had very little fatty on her muscles.
 4 One of the symptoms of hay fever is of the eyelids.
 5 To reduce the possibility of infection all medical equipment must be

- 6 The children's at the hospital is being redecorated.
 7 Research assistants notes taken during experiments into a readable form.
 8 After having a heart by-pass, the managing director was told to avoid any activity.
 9 The long car journey in the heat made the dog for breath.
 10 Not all scientists believe in medicine.

C Uzupełnij luki jednym wyrazem.

- 1 At medical school, Peter had to himself to his studies instead of socializing.
 The severe penalty put people off the temptation to crime.
 The medical board decided to more money to the children's ward.
 2 Before making a phone call, please insert a coin into the
 The cost of a half-hour landing at the new airport is the highest in Europe.
 If your problem is urgent, I might be able to find time to you in this evening.
 3 A cathode is the technical term for the positive of a battery.
 Please check which your plane leaves from before we go to the airport.
 Alicia scanned the technology lab for a free computer, but none were available.

- 4 Despite the convincing results, Dr Peres was about using alternative medicine to treat illnesses.
 Claims about the success of diet pills for weight loss are
 The country has earned the distinction of having the worst health care system in Europe.
 5 One month in a peaceful and unpopulated helped Dennis to recuperate from his illness.
 We hope to be able to solve the dispute through negotiation without to strike action.
 As a last, the leg will have to be amputated to stop the poison spreading.

D Uzupełnij brakujący fragment, wpisując łącznie z wyrazem podanym **tłustym drukiem** od 3 do 8 słów, tak aby wyrazić to samo znaczenie. Nie zmieniaj podanego wyrazu.

- | | |
|---|--|
| <p>1 The doctor said that he would need surgery if the problem persisted.
undergo The doctor said that
..... if the problem persisted.</p> <p>2 Dr Smith is a respected member of the medical community.
esteem Dr Smith is
..... the medical community.</p> <p>3 Not having an international research centre has held back progress in DNA testing.
hindered DNA testing
not having an international research centre.</p> | <p>4 All medical students must complete a year's training in a community hospital.
compulsory It
complete a year's training in a community hospital.</p> <p>5 You can obtain a refund from the company for any medical expenses incurred.
reimbursed Any medical expenses incurred
..... by the company.</p> |
|---|--|

E Wpisz w luki wyrazy utworzone od słów podanych wielkimi literami.

The National Healthcare System has had a face lift. Doctors of **1)** medicine are now working alongside therapists of **2)** practices. Whilst these radical changes were met with some **3)** from Public Health ministers and senior **4)**, the general public and many GP's throughout the country have been most receptive towards such **5)** having been made available.

However, not all forms of alternative therapies are being offered on **6)** Although osteopathy and acupuncture have been approved, other practices such as colour therapy have been omitted. The government has also set up standards to prevent **7)** practitioners from entering the profession.

Despite accusations that it was **8)** to make alternative medicine part of the NHS, it does show a **9)** to the patient's choice and preference. In light of the **10)** increase in demand for unconventional medicine, the government is taking steps in the right direction towards the system, even if such steps are in **11)**

CONVENTION
COMPLEMENT
HOSTILE
CONSULT
TREAT

PRESCRIBE

COMPETENCE

PRUDENCE
COMMIT
PROPORTION

MODERATE

Lead-in (p. 119)

- 6.1 **amplifier** /'æmplifaɪə/ (n) = an electronic device in a stereo or linked to musical instruments which makes sounds louder / **wzmacniacz**
e.g. *There was a technical problem with the **amplifiers**, so the concert had to be cancelled.*
- 6.2 **vocalist** /'vɒkəlɪst/ (n) = a singer who sings with a pop group / **wokalista, wokalistka**
e.g. *The band's lead **vocalist** came down with the flu in the middle of the world tour.*
- 6.3 **backing singer** /'bækɪŋ sɪŋə/ (n) = a singer in a group who sings the supporting tune, not the main part / **piosenkarz wspomagający solistę, wykonujący podkład**
e.g. *The **backing singers** were better than the lead vocalist!*
- 6.4 **blockbuster** /'blɒkbʌstə/ (n) = a very successful film, show, play, concert, etc. / **przebój, hit**
e.g. *Spielberg's new film turned out to be a real **blockbuster**!*
- 6.5 **conductor** /kən'dʌktə/ (n) = the person who stands in front of an orchestra or choir and directs its performance / **dyrygent**
e.g. *None of the members of the orchestra appeared to be looking at the **conductor**.*

Reading (pp. 120–121)

- 6.6 **controversy** /'kɒntrəvɜːsi/ (n) = a lot of discussion and argument about sth, often involving strong feelings of anger or disapproval / **kontrowersja**
e.g. *There was a huge **controversy** over the new income tax law.*
Der.: controversial (adj)
- 6.7 **brainwash** /'breɪnwɒʃ/ (v) = to force sb into believing sth by constantly telling them it is true / **zrobić komuś pranie mózgu**
e.g. *She was **brainwashed** into believing that people from different cultures are inferior.*
- 6.8 **clash** /klæʃ/ (n) = a collision, confrontation / **utarczka, potyczka słowna**
e.g. *There have been a number of **clashes** between the headmaster and the students concerning the school dress code.*
Der.: clash (v)
- 6.9 **remotely** /rɪ'məʊtli/ (adv) = in the least / **w najmniejszym stopniu**
e.g. *We had never seen anything **remotely** like it before.*
Der.: remote (adj), remoteness (n)

- 6.10 **stature** /'stætʃə/ (n) = importance / **znaczenie, ranga**
e.g. *Sarah Bernhardt was an actress of considerable **stature**.*
- 6.11 **remastered** /rɪ'mɑːstəd/ (adj) = re-recorded to improve the sound quality / **nagrany na nowo w celu poprawy jakości dźwięku**
e.g. *All the tracks have been **remastered** from the original tapes.*
- 6.12 **commentary** /'kɒməntri/ (n) = information given verbally / **relacja, komentarz**
e.g. *The event included live **commentary** on the England-Brazil match.*
- 6.13 **tycoon** /taɪ'kuːn/ (n) = sb successful in business / **potentat**
e.g. *Onassis had been a major shipping **tycoon** in his lifetime.*
- 6.14 **flattering** /'flætərɪŋ/ (adj) = making sth seem attractive / **korzystny, pochlebny**
e.g. *It's not a very **flattering** photograph, he's much better-looking in real life.*
Der.: flatteringly (adv)
- 6.15 **startling** /'stɑːtlɪŋ/ (adj) = surprising / **zdumiewający**
e.g. *There was a **startling** resemblance between the two cousins.*
Der.: startlingly (adv)
- 6.16 **RKO** /ɑː ki: 'əʊ/ (abbr) = the Radio-Keith-Orpheum Corporation
- 6.17 **MGM** /em dʒi: 'em/ (abbr) = Metro-Goldwyn-Mayer
- 6.18 **suppress** /sə'prɜːs/ (v) = to prevent from release / **wycofać (np. z obiegu, z druku), zataić**
e.g. *The report concerning the health risks of genetically-modified foods was **suppressed**.*
Der.: suppressor (n), suppressive (adj)
- 6.19 **flashback** /'flæʃbæk/ (n) = a part of a film, play, etc showing a scene that precedes in time the main story / **retrospekcja, scena z przeszłości**
e.g. *The protagonist's childhood was shown in a series of **flashbacks**.*
- 6.20 **chiaroscuro** /ki:ɑːrə'skɔːrəʊ/
- 6.21 **refine** /rɪ'faɪn/ (v) = to improve in quality and detail / **udoskonalić**
e.g. *By the end of his days, the great painter had considerably **refined** his technique.*
- 6.22 **embrace** /ɪm'breɪs/ (v) = to include, contain / **obejmować**
e.g. *His theory **embraces** ancient Greek thought as well as that of contemporary literary criticism.*
Der.: embrace (n)

- 6.23 **overlapping** /əʊvə'læpɪŋ/ (adj) = taking place or occurring more or less simultaneously / **zachodzący, nakładający się na siebie**
e.g. The **overlapping** layers of pastry prevent the filling from falling out during cooking.
- 6.24 **angle** /'æŋɡəl/ (n) = the point of view or direction from which one looks at sth / **kąt, punkt widzenia**
e.g. Because of the **angle** at which he was sitting, he was the only one who could see the sunset.
- 6.25 **abrupt** /ə'brʌpt/ (adj) = sudden, unexpected / **nagły, niespodziewany**
e.g. The car made an **abrupt** turn and skidded.
Der.: abruptly (adv), abruptness (n)
- 6.26 **dissolve** /di'zɒlv/ (n) = the technique of moving gradually to a different scene or picture / **efekt szybkiego przechodzenia jednej sceny w drugą, przenikanie**
e.g. The film was hard to follow due to the number of confusing **dissolves**.
- 6.27 **imagery** /'ɪmɪdʒəri/ (n) = vivid images in literature and film / **metaforyka, obrazowanie**
e.g. The director relies heavily on the use of religious **imagery** to get his message across.
- 6.28 **multitude** /'mʌltɪtju:d/ (n) = a large number / **mnóstwo**
e.g. There is a **multitude** of interesting books to choose from in this second-hand bookshop.
- 6.29 **spare** /speə/ (v) = to refrain from giving / **oszczędzić (komuś czegoś)**
e.g. I decided to **spare** him the knowledge of the precise details of the accident.
- 6.30 **unabashed** /,ʌnə'bæʃt/ (adj) = not ashamed or embarrassed / **niespeszony**
e.g. She seemed quite **unabashed** when she got caught shoplifting.
- 6.31 **newsreel** /'nju:zri:l/ (n) = a short film of national, international or special interest news / **kronika filmowa**
e.g. The **newsreel** on the latest developments of the war in Palestine caused unease.
- 6.32 **call sheet** /'kɔ:l ʃi:t/ (n) = a list of all that is involved in filming a particular scene (actors, extras, props, special equipment) / **zdjęciowy plan pracy**
e.g. The local Museum of Film boasts a large collection of old posters and **call sheets**.
- 6.33 **memorabilia** /,memərə'bɪliə/ (n pl) = things that one collects because they are connected to a person or an event that one has an interest in / **pamiątki**
e.g. I was amazed at the amount of Elvis **memorabilia** she had collected over the years.
- 6.34 **PBS** /pi: bi: 'es/ (abbr) = (in the US) the Public Broadcasting Service
- 6.35 **footnote** /'fʊtnəʊt/ (n) = sth or sb not considered to be especially important / **osoba lub rzecz bez znaczenia**
e.g. He is largely forgotten these days and is considered to be a **footnote** in the history of the period.
- 6.36 **outlive** /'aʊtlɪv/ (v) = to survive, to live longer than sb / **przeżyć, żyć dłużej**
e.g. She **outlived** both of her children and her husband.
- 6.37 **nomination** /,nɒmɪ'neɪʃən/ (n) = an official suggestion that sb should be given an award / **nominacja**
e.g. There were five **nominations** for the best actress award.
- 6.38 **scoring** /'skɔ:ɪŋ/ (n) = (composing) music for a movie, play, etc / **muzyka do filmu, sztuki, itp. lub jej komponowanie**
e.g. Alan Menken has won eight Oscars for **Scoring** and Best Song in Disney films.
- 6.39 **surmise** /sə'maɪz/ (v) = to guess, to make a supposition / **snuć domysły, przypuszczać**
e.g. It had been **surmised** that her suicide attempt had to do with her financial difficulties.
- 6.40 **notoriety** /,nəʊtə'reɪəti/ (n) = being famous, well-known in a negative way / **zła sława, zła reputacja**
e.g. The school gained **notoriety** as a place that would tolerate any kind of conduct from the students.
Der.: notorious (adj)
- 6.41 **aside** /ə'saɪd/ (n) = an additional remark, a short digression / **uwaga na marginesie**
e.g. As an **aside**, he said he had always liked me.
- 6.42 **on the/sb's tab** (idm) = to be paid by sb / **na czyjś rachunek, koszt**
e.g. Billy told the waiter to put everything **on the tab**.
- 6.43 **innovative** /'ɪnəveɪtɪv/ (adj) = new and original / **nowatorski, innowacyjny**
e.g. The new headmaster introduced **innovative** teaching methods.
Der.: innovation (n)
- 6.44 **fusion** /'fju:ʒən/ (n) = the joining of two or more things to form one / **połączenie, fuzja**
e.g. The dancer achieves a **fusion** of classical ballet technique and contemporary dance.
- 6.45 **slander** /'slɑ:ndə/ (v) = to say untrue things about sb in order to damage their reputation / **szkalować, znieślawić**
e.g. The newspaper is accused of **slandering** the politician.
Der.: slander (n), slanderous (adj)
- 6.46 **outcast** /'aʊtkɑ:st/ (n) = sb not accepted by a group of people or by society / **wyrzutek**
e.g. At public school, he had been an **outcast** because he was from a working class background.

- 6.47 **aspiring** /ə'spaɪərɪŋ/ (adj) = trying to succeed / **ambitny choć początkujący**
e.g. In her early years as an **aspiring** actress, she often had to work as a waitress.

Language Focus (pp. 122–125)

- 6.48 **conduct** /kən'dʌkt/ (v) = to stand in front of an orchestra or choir and direct its performance / **dyrygować**
e.g. He had **conducted** a number of orchestras in his lifetime, one of which was the National Symphony Orchestra.
Der.: conductor (n)
- 6.49 **accomplished** /ə'kʌmplɪʃt/ (adj) = very good at sth / **znakomity**
e.g. Before she became a doctor, she had already been an **accomplished** business woman.
Der.: accomplishment (n)
- 6.50 **endowed with sth** /ɪn'dəʊd/ (adj) = having a particular quality or asset / **obdarzony (np. talentem)**
e.g. He was **endowed with** great physical strength.
- 6.51 **fictitious** /fɪk'tɪʃəs/ (adj) = imaginary / **fikcyjny**
e.g. All the characters in this film are **fictitious**, and any resemblance to real people is coincidental.
Der.: fiction (n)
- 6.52 **riveting** /'rɪvɪtɪŋ/ (adj) = extremely interesting and exciting / **pasjonujący, zajmujący**
e.g. I find tennis **riveting** although I don't often have a chance to play.
- 6.53 **zealous** /'zeləs/ (adj) = eager, enthusiastic / **żarliwy, zagorzały**
e.g. She was a **zealous** supporter of human rights and frequently went on protest marches.
Der.: zeal /zi:l/ (n)
- 6.54 **gripping** /'grɪpɪŋ/ (adj) = holding the attention or interest / **porywający, zajmujący**
e.g. The film on television last night was so **gripping** I didn't get to bed until 1 a.m.
- 6.55 **congenial** /kən'dʒɪ:nəl/ (adj) = pleasant / **miły, przyjemny**
e.g. She had such a **congenial** personality that she was popular with everyone at work.
Der.: congeniality (n)
- 6.56 **figurative** /'fɪgərətɪv/ (adj) = having a metaphorical meaning / **przenośny**
e.g. What she said was quite **figurative**, I'm sure she didn't mean it literally.
Der.: figuratively (adv)
- 6.57 **evocative** /ɪ'vɒkətɪv/ (adj) = bringing strong memories or feelings to mind / **działający**

na wyobraźnię, sugestywny
e.g. The magnificence of the castle is highly **evocative** of the medieval period.
Der.: evocatively (adv)

- 6.58 **pottery** /'pɒtəri/ (n) = objects made of baked clay / **garncarstwo**
e.g. When she retired, she took a course in **pottery** and gardening.
- 6.59 **charcoal** /'tʃɑ:kəʊl/ (n) = a black substance obtained by burning wood without much air / **węgiel drzewny**
e.g. The food was cooked over a **charcoal** fire.
- 6.60 **brush stroke** /'brʌʃ strəʊk/ (n) = a mark made on a surface by a painter's brush / **pociągnięcie pędzlem, ślad pędzla**
e.g. His **brush strokes** are harsh and violent, conveying intense emotions.
- 6.61 **oppressive** /ə'prɛsɪv/ (adj) = depressing and uncomfortable / **przytłaczający**
e.g. The living room was cluttered with all sorts of useless objects, making it quite an **oppressive** place to be in.
- 6.62 **gloomy** /'glu:mi/ (adj) = dark or poorly lit, especially to appear frightening / **mroczny, ponury**
e.g. It was damp and **gloomy** inside the cave.
Der.: gloom (n), gloomily (adv)
- 6.63 **surrealist** /sə'ri:əlɪst/ (n) = an artist or writer who uses ideas and images in a strange way, like in a dream / **surrealista, artysta tworzący według zasad surrealizmu**
e.g. Dali was a **surrealist** and his paintings met with much criticism.
Der.: surreal (adj), surrealism (n)
- 6.64 **sizeable** /'saɪzəbəl/ (adj) = fairly large in size or number / **pokaźny, spory**
e.g. The portions in this restaurant are quite **sizeable**.
- 6.65 **incorporate** /ɪn'kɔ:pəreɪt/ (v) = to include in a whole / **zawierać**
e.g. The new edition of the dictionary will **incorporate** a great deal of contemporary idioms.
Der.: incorporated (adj), incorporation (n)
- 6.66 **distinct** /dɪ'stɪŋkt/ (adj) = different or separate / **wyraźny, zdecydowany**
e.g. There is a **distinct** difference between contemporary and classical music.
Der.: distinctly (adv), distinctive (adj)
- 6.67 **stand-up comedy** /'stændʌp 'kɒmədi/ (n) = a show presented by a comedian standing up alone in front of an audience / **występ komediowy jednego artysty**

- e.g. I enjoyed all aspects of the performing arts festival apart from the **stand-up comedy** which I found slightly vulgar.
- 6.68 **spellbound** /'spelbænd/ (adj) = entranced, fascinated / **oczarowany, zauroczony**
e.g. I was **spellbound** by the performance of the actor who played Hamlet.
- 6.69 **unanimously** /ju:'næniməsli/ (adv) = in agreement with everybody else / **jednogłośnie, jednomyślnie**
e.g. The board members voted **unanimously** for the president's proposals.
Der.: unanimous (adj), unanimity (n)
- 6.70 **condemn** /kən'dem/ (v) = to disapprove of, criticise / **potępić**
e.g. His ideas were **condemned** by the members of the committee.
Der.: condemnation (n)
- 6.71 **chamber orchestra** /tʃeɪmbər 'ɔ:kɪstrə/ (n) = an orchestra performing classical music written for a small number of instruments / **orkiestra kameralna**
e.g. John plays the violin in a **chamber orchestra**.
- 6.72 **method acting** = acting based on Stanislavski Method, according to which a performer identifies with the character to be portrayed and renders the part in a highly individualistic, naturalistic and non-declamatory style / (w grze aktorskiej) system Stanislawskiego
e.g. I like to work with directors who advocate **method acting**.
- 6.73 **confirm** /kən'fɜ:m/ (v) = to make definite / **potwierdzić**
e.g. The spokesman **confirmed** that the terrorists had been arrested.
Der.: confirmed (adj), confirmation (n)
- 6.74 **venue** /'venju:/ (n) = the place of a meeting or event / **miejsce (np. spotkania, koncertu, konferencji)**
e.g. The popular rock band will be playing in a number of **venues** during their visit to Poland.
- 6.75 **tapestry** /'tæpɪstri/ (n) = a piece of embroidered fabric / **gobelin, arras**
e.g. Most of the walls in the castle had once been covered in huge **tapestries**.
- 6.76 **overbearing** /əʊvə'beəriŋ/ (adj) = domineering / **apodyktyczny**
e.g. His **overbearing** personality drove everyone away.
- 6.77 **awestruck** /'ɔ:stɹʌk/ (adj) = very impressed and amazed by sth / **oniemiały z wrażenia**
e.g. She was **awestruck** by the magnificent view from her hotel window.
- 6.78 **lush** /lʌʃ/ (adj) = having a lot of green grass or plants / **bujny**
e.g. The river was surrounded by **lush** vegetation.
Der.: lushness (n)
- 6.79 **bio-dome** /'baɪəʊdəʊm/ (n) = a building with a round roof that houses plants and flowers / **budynek zwieńczony kopułą, pod którą uprawia się kwiaty i inne rośliny**
e.g. **Bio-domes** are popular with nature-loving individuals.
- 6.80 **villain** /'vɪlən/ (n) = a bad character (e.g. in a novel, film or play) / **łajdak, czarny charakter**
e.g. The police managed to catch the **villain** in no time.
Der.: villainous (adj)
- 6.81 **lair** /leə/ (n) = sb's secret or private place / **kryjówka**
e.g. My dad's **lair** is his woodwork shed.
- 6.82 **inundate** /'ɪnʌndet/ (v) = to send or give too many things / **zalać, zasypywać**
e.g. The shipping company was **inundated** with letters of complaint concerning the service provided.
- 6.83 **walk/tread a tightrope** (idm) = to be in a difficult situation / **dosł. chodzić po linie; być w trudnej sytuacji**
e.g. He's been **walking a tightrope** between success and failure ever since he began that new business.
- 6.84 **jump on the bandwagon** (idm) = to become involved in an activity or movement because it is fashionable or likely to succeed and not because one is really interested in it / **ulec powszechnym trendom lub modzie, wykorzystywać koniunkturę**
e.g. Until recently, few people trusted alternative medicine, but now more and more people are **jumping on the bandwagon**.
- 6.85 **strike the wrong note** (idm) = to say or do sth the wrong way / **uderzyć w złą strunę, zrobić coś niestosownego**
e.g. He **struck the wrong note** when he criticised her family.
- 6.86 **read between the lines** (idm) = to look at sth and perceive more than what is obvious at first glance / **czytać między wierszami**
e.g. She was quite polite to the new employee, but if you **read between the lines**, you can see she wasn't really taken in by him.
- 6.87 **in the wings** (idm) = waiting for one's turn / (oczekujący) za kulisami, w pełnej gotowości
e.g. The position wasn't very popular at all and hardly anyone was waiting **in the wings** for it.
- 6.88 **play second fiddle** (idm) = to occupy a secondary position in a job or activity / **grać drugie skrzypce**
e.g. She never made a name for herself. She always **played second fiddle** in every production she was in.
- 6.89 **bring the curtain down** (idm) = to close down / **zamknąć coś; zakończyć**

- e.g. *After the recent mismanagement of the company, bringing the curtain down seems to be the most likely option for the stockholders.*
- 6.90 **put sb in the picture** (idm) = to inform sb / wprowadzić kogoś w sytuację, poinformować kogoś o bieżącej sytuacji
e.g. *On my first day at work, the manager made sure to put me in the picture about exactly what I was to be doing.*
- 6.91 **a hard/tough act to follow** (idm) = a person or group that is so excellent that it will be difficult to replace them / ideal trudny do naśladowania
e.g. *Joan is a unique manager and she'll be a hard act to follow by anyone.*
- 6.92 **budding** /'bʌdɪŋ/ (adj) = beginning to develop, just becoming successful / początkujący
e.g. *Steve is a budding writer with just one novel to his name.*
- 6.93 **intimidating** /ɪn'tɪmɪdeɪtɪŋ/ (adj) = frightening, making others lose confidence / nieprzyjazny, groźny
e.g. *The teacher stared at the naughty child in an intimidating manner.*
- 6.94 **hilarious** /hɪ'leəriəs/ (adj) = extremely funny / bardzo śmieszny, komiczny
e.g. *Benny Hill's comedies are so hilarious I can't stop laughing every time I happen to see one.*
- 6.95 **adaptation** /,ædæp'teɪʃn/ (n) = a film or television programme based on a book or play / adaptacja
e.g. *The new hit film is an adaptation of Orwell's 1984.*
-
- Listening & Speaking (pp. 126–127)**
- 6.96 **shake off** /'ʃeɪk 'ɒf/ (phr v) = to manage to recover from sth or to get rid of sth / pozbyć się czegoś
e.g. *As she grew older, she managed to shake off the habit of biting her nails.*
- 6.97 **banquet** /'bæŋkwɪt/ (n) = a grand formal dinner / bankiet
e.g. *The conference was followed by a banquet.*
- 6.98 **trespasser** /'trespəsə/ (n) = sb who enters sb else's space or land without permission / intruz, osoba winna naruszenia własności
e.g. *There was a sign outside the building saying that trespassers would be prosecuted.*
- 6.99 **brainchild** /'breɪntʃaɪld/ (n) = sth that sb came up with, created or invented / pomysł
e.g. *The new theatre was the brainchild of a very distinguished actor.*
- 6.100 **deceased** /dɪ'si:st/ (adj) = dead / zmarły
e.g. *His recently deceased mother was a wonderful woman.*
- 6.101 **forecourt** /'fɔ:kɔ:t/ (n) = an open area in front of a large building or petrol station / podjazd, plac przed wejściem do budynku
e.g. *The forecourt of the new university was quite impressive.*
- 6.102 **pick-pocket** /'pɪkpɒkɪt/ (v) = to steal sth from sb's pocket without them noticing / dokonywać kradzieży kieszonkowych
e.g. *It's easy to be pick-pocketed while riding a crowded bus.*
- 6.103 **origami** /ɔrɪ'gɑ:mɪ/ (n) = the craft of folding paper to make models of animals, people and objects / origami
e.g. *Origami can be a very time-consuming activity.*
- 6.104 **Moorish** /'mʊərɪʃ/ (adj) = Arab, Muslim / arabski, muzułmański, mauretański
e.g. *Moorish architecture can be admired in many Spanish towns.*
- 6.105 **train spotting** /'treɪn spɒtɪŋ/ (n) = the hobby of watching trains and collecting numbers of locomotives / hobby polegające na obserwowaniu i rozpoznawaniu pociągów
e.g. *I think train spotting is an extremely boring hobby.*
- 6.106 **incomprehensible** /ɪn,kɒmprɪ'hensɪbəl/ (adj) = obscure, difficult to understand or grasp / niezrozumiały
e.g. *Her recent behaviour has been incomprehensible.*
Opp.: comprehensible
- 6.107 **busking** /'bʌskɪŋ/ (n) = playing music or singing for money in the streets or other public places / granie i śpiewanie w miejscach publicznych dla zarobku
e.g. *If you visit Covent Garden, you will find busking to be quite a common activity.*
- 6.108 **radical** /'rædɪkəl/ (adj) = favouring drastic solutions / radykalny, zasadniczy
e.g. *We decided to make radical changes in the quality control procedures.*
Der.: radical (n)
- 6.109 **pragmatic** /præ'gʌmætɪk/ (adj) = dealing with issues in a practical rather than theoretical way / pragmatyczny
e.g. *He dealt with the problem in a pragmatic manner.*
Der.: pragmatically (adv)
- 6.110 **inner** /'ɪnər/ (adj) = hidden inside, private, secret / wewnętrzny, skryty
e.g. *No one could ever guess what his inner thoughts were.*
Opp.: outer

Reading (pp. 128–129)

- 6.111 **muddy** /'mʌdi/ (adj) = covered in mud / **ubrudzony błotem**
e.g. I walked in the rain for an hour and my shoes were quite wet and **muddy**.
- 6.112 **bedraggled** /bɪ'drægəld/ (adj) = looking wet, dirty and untidy / **brudny, utyłtany**
e.g. Having travelled for days on end, he looked really **bedraggled**.
- 6.113 **percussive** /pə'kʌsɪv/ (adj) = sounding like drums / **perkusyjny, przypominający dźwięk perkusji**
e.g. Loud **percussive** sounds came from the house next door.
Der.: percussion (n)
- 6.114 **frenzy** /'frenzi/ (n) = great excitement or wild behaviour / **rozgorączkowanie, ekscytacja**
e.g. The audience was driven to a **frenzy** as their favourite pop star appeared on stage.
- 6.115 **recoup** /rɪ'ku:p/ (v) = to recover the money one has spent or lost / **zrekompensować (sobie), odzyskać**
e.g. The theatre group will try to **recoup** their costs by giving two extra performances.
Der.: recoupable (adj), recoupment (n)
- 6.116 **dashing** /'dæʃɪŋ/ (adj) = very stylish and attractive / **wystrzałowy**
e.g. The bridegroom looked **dashing** as he stood at the altar waiting for his bride.
- 6.117 **torment** /tɔ:'ment/ (v) = to cause suffering / **dręczyć**
e.g. Stop **tormenting** yourself about whether you did the right thing or not!
Der.: tormentor (n)
- 6.118 **summon up** /'sʌmən 'ʌp/ (phr v) = to make a great effort to do sth / **zebrać (np. siły)**
e.g. I couldn't even **summon up** the energy to undress and go to bed.
- 6.119 **nonchalantly** /'nɒnʃələntli/ (adv) = in a relaxed way / **nonszalancko**
e.g. She walked past **nonchalantly** as if nothing terrible had happened.
- 6.120 **diffidence** /'dɪfɪdəns/ (n) = shyness, timidity / **brak pewności siebie**
e.g. To speak of his success, he had to overcome his natural **diffidence**.
- 6.121 **shelve** /ʃelv/ (v) = to put on a shelf / **układać na półkach, odłożyć na półkę**
e.g. As soon as the librarian received the new books, she **shelved** them.
Der.: shelf (n)
- 6.122 **spaced out** /,speɪst 'aʊt/ (adj) = unusual or imaginative in an eccentric way / **wyrafinowany, wymyślny**
e.g. That new artist's work is really **spaced out!** I've never seen anything like it before!
- 6.123 **networking** /'netwɜ:kɪŋ/ (n) = meeting and talking to people who may prove valuable contacts in one's future work / **nawiązywanie kontaktów zawodowych**
e.g. I was doing some **networking** at the party last night.
- 6.124 **diverse** /daɪ'vɜ:s/ (adj) = having a wide variety, different / **różnorodny**
e.g. There was a number of **diverse** activities to choose from at the funfair.
Der.: diversity (n)
- 6.125 **rub shoulders (with sb)** (idm) = (informal) to meet and talk to influential people / **poznawać wpływowe osoby**
e.g. I used to **rub shoulders with** many VIPs when I worked for the Ministry of Foreign Affairs.
- 6.126 **forego** /fɔ:'gəʊ/ (v) = to let go of sth, to forget about sth, to do without sth although you'd like it / **odmówić sobie, zrezygnować z czegoś**
e.g. We will have to **forego** our holiday if we want to buy a new house.
- 6.127 **scrapped** /skræpt/ (adj) = cancelled / **odwołany**
e.g. The forthcoming meeting had to be **scrapped** due to the current train strike.
- 6.128 **prosecution** /,prɒsɪ'kjʊ:ʃən/ (n) = charging sb with a crime and then putting them on trial / **wniesienie oskarżenia, ściganie**
e.g. The **prosecution** of war criminals is essential.
Der.: prosecute (v), prosecutor (n)
- 6.129 **sneak into** /'sni:k ɪntə/ (phr v) = to enter quietly without being noticed / **wśliznąć się**
e.g. She **sneaked into** the manager's office and stole the file.
Der.: sneaky (adj)
- 6.130 **Fleadh revellers** = people listening to traditional Irish music / **miłośnicy tradycyjnej muzyki irlandzkiej**
e.g. **Fleadh revellers** dominated the music festival.
- 6.131 **soaking** /'səʊkɪŋ/ (n) = getting very wet / **przemoknięcie**
e.g. During the storm, the football fans ran for cover to avoid a **soaking**.
- 6.132 **Mojo tent** /'məʊdʒəʊ tent/ (n) = a large tent for public events / **duży namiot na wystawy, koncerty, itp.**
e.g. We prefer to give concerts in **Mojo tents** rather than in concert halls.
- 6.133 **impassioned** /ɪm'pæʃənd/ (adj) = expressing strong feelings / **płomienny**

- e.g. She gave an **impassioned** speech about the plight of the homeless.
- 6.134 **vocal delivery** /'vəʊkəl dɪ'li:vəri/ (n) = the way in which a song is expressed and sung by a vocalist / przekaz wokalny, śpiew
e.g. Their **vocal delivery** was almost impeccable!
- 6.135 **tinged** /tɪndʒd/ (adj) = having the shade of a feeling or quality / zabarwiony
e.g. Her voice was **tinged** with disappointment.
- 6.136 **zip** /zɪp/ (v) = (informal) to move at high speed / pędzić, gnać
e.g. I'm just **zipping** to the shop to buy some food.
- 6.137 **bland** /blænd/ (adj) = showing no strong emotions, saying nothing interesting / bez wyrazu
e.g. I hate this **bland** expression on his face.
- 6.138 **stoke up** /'stəʊk 'ʌp/ (phr v) = to make people feel sth more strongly / podsycać (uczucia)
e.g. She **stoked up** the interest of her audience with her controversial ideas about the death penalty.
- 6.139 **heave** /hi:v/ (v) = to move up and down in regular movements / podnosić się i opadać
e.g. As the storm increased, the ship **heaved** over the raging waves.
- 6.140 **gyrate** /dʒaɪ'reɪt/ (v) = to dance or move in circles / wirować
e.g. The woman began to **gyrate** to the music.
Der.: gyration (n)
- 6.141 **textured** /'tekstʃəd/ (adj) = composed of various elements in a special way / uwzględniający swoiste właściwości brzmieniowe i techniczne danego instrumentu lub zespołu wykonawczego
e.g. The ensemble's **textured** compositions fully caught one's attention.
Der.: texture (n)
- 6.142 **rumble** /'rʌmbəl/ (v) = to make a low continuous noise / grzmieć, dudnić
e.g. As soon as the children heard the thunder **rumbling**, they ran to find shelter.
- 6.143 **pelt down** /'pelt 'daʊn/ (phr v) = to rain very heavily / lać jak z cebra
e.g. It was **pelting down** and we couldn't see a thing through the windscreen.
- 6.144 **incessantly** /ɪn'sesəntli/ (adv) = continuously / bez przerwy, nieustannie
e.g. She complains **incessantly**; nothing pleases her.
- 6.145 **rafter** /'rɑ:ftə/ (n) = one of the sloping pieces of wood, metal, etc supporting a roof / dosł. krokiew; tu: podpora namiotu
e.g. It snowed so heavily that one of the **rafters** broke and we had to have the roof repaired.

English in Use (pp. 130–133)

- 6.146 **dread** /dred/ (v) = to fear sth intensely / bać się
e.g. Mark always **dreads** going to the dentist.
Der.: dreaded (adj), dreadful (adj)
- 6.147 **stroll** /strɒl/ (n) = a walk one takes for pleasure in a slow, relaxed way / przechadzka, spacer
e.g. He took a **stroll** in the forest after dinner.
- 6.148 **patronise** /'pætrənəɪz/ (v) = to treat sb in a superior way / traktować protekcyjnie
e.g. My sister has always **patronised** me, even though I'm older than her.
Der.: patronising (adj), patronised (adj), patronisingly (adv)
- 6.149 **scholar** /'skɒlə/ (n) = sb who studies an academic subject and knows a lot about it / uczonec
e.g. University **scholars** are pillars of society.
- 6.150 **popularise** /'pɒpjələraɪz/ (v) = to cause sth to become generally liked / popularyzować
e.g. Bruce Lee's films did much to **popularise** combat sports.
Der.: popular (adj), popularity (n)
- 6.151 **enlightening** /ɪn'laɪtənɪŋ/ (adj) = illuminating / pouczający
e.g. The lecture proved to be quite **enlightening** on nineteenth-century literature.
- 6.152 **connotation** /kɒnə'teɪʃən/ (n) = an implication / konotacja, wydźwięk
e.g. There were racist **connotations** in her report on unemployment.
- 6.153 **iconised** /'aɪkənəɪzd/ (adj) = deified, becoming a symbol / podniesiony do rangi symbolu
e.g. Soon after his first big hit, Elvis was **iconised** by millions of people worldwide.
Der.: icon (n)
- 6.154 **transparently** /træns'pærəntli/ (adv) = in an easily perceptible way / jawnie, otwarcie, w przejrzysty sposób
e.g. He conducts his affairs **transparently** without fear of criticism.
Der.: transparent (adj), transparency (n)
- 6.155 **notion** /'nəʊʃən/ (n) = an idea, concept / pojęcie, idea
e.g. His **notion** of equality was clearly distorted by prejudice.
- 6.156 **workshop** /'wɜ:kʃɒp/ (n) = a room or building which contains tools / warsztat
e.g. The artist's **workshop** was full of canvases and unfinished paintings.
- 6.157 **art fair** /ɑ:t feə/ (n) = an event at which people display and sell works of art / targi sztuki, kiermasz sztuki

- e.g. *She was in the habit of visiting art fairs to buy new paintings.*
- 6.158 **commission** /kə'mɪʃən/ (n) = an order / *zlecenie, zamówienie*
e.g. *She had a commission to paint the portrait of the Prime Minister.*
Der.: commissioner (n)
- 6.159 **aptly** /'æptli/ (adv) = suitably, appropriately / *odpowiednio*
e.g. *The bad-tempered horse was aptly named "Firefly".*
Der.: apt (adj)
- 6.160 **glib** /glib/ (adj) = clever but not sincere and not showing much thought / *gładki, wygadany*
e.g. *Politicians are glib speakers.*
- 6.161 **fathom** /'fæðəm/ (v) = to understand, to figure out / *zgåębić, pojąć*
e.g. *I was unable to fathom what exactly was going on.*
- 6.162 **novelty** /'nɒvəlti/ (n) = sth new and interesting / *nowość*
e.g. *Mobile phones are so commonplace that they are no longer a novelty.*
- 6.163 **minefield** /'maɪnfɪld/ (n) = a subject or situation presenting unseen hazards / *dosł. pole minowe; grząski grunt*
e.g. *Going for dinner to Sue and Tom's house is a real minefield; you never know what might trigger an argument between them.*
- 6.164 **adversary** /'ædvəsəri/ (n) = an enemy, competitor / *przeciwnik, adwersarz*
e.g. *He had a name for treating his adversaries harshly.*
Der.: adversity (n), adverse (adj)
Opp.: ally
- 6.165 **summit** /'sʌmɪt/ (n) = a peak / *szczyt*
e.g. *The mountaineers were determined to reach the summit of the mountain.*
- 6.166 **blizzard** /'blɪzəd/ (n) = a very bad snowstorm with strong winds / *śnieżyca, burza śnieżna*
e.g. *The blizzard made it impossible to drive to town.*
- 6.167 **be tied to one's mother's apron strings** (idm) = to be dependant on one's mother / *trzymać się matczynej spódnicy*
e.g. *He could never make an important decision on his own; he always had to consult his mother. It was obvious he was still tied to her apron strings.*
- 6.168 **be from the wrong side of the tracks** (idm) = to come from a lower social class / *pochodzić z nizin społecznych*
e.g. *When he went to Oxford University, he found himself cast out by certain upper class individuals because they thought he was from the wrong side of the tracks.*
- 6.169 **slur** /slɜː/ (v) = to make an insulting remark or comment about sb, aimed to ruin their reputation / *szkalować*
e.g. *The prosecutor attempted to slur the reputation of the witness by making him look like a liar.*
- 6.170 **tight-lipped** /'taɪt'lipt/ (adj) = refusing to talk about an issue, or saying very little / *małomówny, oszczędny w słowach*
e.g. *She was so tight-lipped when it came to her personal life that no one knew anything about her.*
- 6.171 **the apple of sb's eye** (idm) = the most favourite person / *czyjeś oczko w głowie, ulubieniec*
e.g. *Her younger son had always been the apple of her eye.*
- 6.172 **steadfastly** /'stedfɑːstli/ (adv) = insistently, firmly / *niezłomnie, nieugięcie*
e.g. *Pamela steadfastly refused to marry Joseph even though her father insisted on it.*
- 6.173 **flourishing** /'flaʊrɪʃɪŋ/ (adj) = successful, developing quickly / *kwitnący, świetnie prosperujący*
e.g. *His career was flourishing and he was determined to get to the top.*
- 6.174 **chasm** /'kæzəm/ (n) = a gap / *przepaść*
e.g. *The chasm between the couple had become unbearable for both of them, so they had to divorce.*
- 6.175 **widen** /'waɪdən/ (v) = to expand / *rozszerzać się, zwiększać się*
e.g. *The gap between the two half-sisters widened when their father's will was read, and they realised they hadn't been treated equally.*
- 6.176 **lot** /lɒt/ (n) = sb's luck or situation in life / *los, dola*
e.g. *I'm happy with what I have and satisfied with my lot.*
- 6.177 **ensconced** /ɪn'skɒnst/ (adj) = settled firmly and comfortably somewhere / *wygodnie i bezpiecznie ulokowany*
e.g. *She sits ensconced in her luxurious house, not really caring about others who are less fortunate.*
- 6.178 **eke out a living/existence** (idm) = to get enough food or money to live but not more / *wiązać koniec z końcem*
e.g. *It's hard to eke out a living on our farm.*
- 6.179 **be born with a silver spoon in one's mouth** (idm) = to be born into a rich family / *urodzić się w bogatej rodzinie*
e.g. *Kathy was born with a silver spoon in her mouth and she has never really worried about money.*
- 6.180 **envy** /'envi/ (n) = intense jealousy / *zazdrość, zawiść*
e.g. *Philip was green with envy when he was told that Susan, with whom he had been in love for years, was dating Mark Allen.*

- 6.181 **stuck-up** /ˌstʌk'ʌp/ (adj) = very proud and unfriendly / *nadęty, zadufany*
e.g. She was so **stuck-up** that she never said "hello" to anyone at the office.
- 6.182 **decked out** /ˌdekt 'aʊt/ (adj) = decorated or dressed for a special occasion / *wystrojony*
e.g. She was **decked out** in an expensive evening gown, even though she was only going to the pub next door.
- 6.183 **unfounded** /ʌn'fəʊndɪd/ (adj) = having no justification / *bezpodstawny*
e.g. Her suspicions of her husband cheating on her were completely **unfounded**.
- 6.184 **be on the verge of sth** = to be about to do sth / *być bliskim (czegoś), być u progu (czegoś)*
e.g. She was **on the verge of** a mental breakdown when she found out she had lost her job.
- 6.185 **stockowner** /'stɒkəʊnə/ (n) = sb who owns shares in a company / *właściciel akcji, akcjonariusz*
e.g. He had been a major **stockowner** of the business that went under.
- 6.186 **fight (sb/sth) tooth and nail** (idm) = to fight in a determined way / *walczyć do upadłego*
e.g. I'm prepared to **fight tooth and nail** to get this job.
- 6.187 **hallowed** /'hæləʊd/ (adj) = highly respected and admired, renowned / *otaczany czcią, szanowany*
e.g. It was the first time I visited the **hallowed** Cathedral.
- 6.188 **stockbroker** /'stɒkbrəʊkə/ (n) = a person whose job is to buy and sell shares for people who want to invest money / *makler giełdowy*
e.g. He embarked on a new career as a **stockbroker** hoping to make a lot of money for himself.
- 6.189 **gallantly** /'gæləntli/ (adv) = politely, honourably / *z galanterią, szarmancko*
e.g. He **gallantly** opened the door for her as she stepped out of the car.
Der.: gallant (adj)
- 6.190 **trampled** /'træmpəld/ (adj) = stepped on / *zdeptany*
e.g. She got **trampled** in the panic-stricken crowd.

Writing (pp. 134–138)

- 6.191 **rapport** /ræ'pɔːt/ (n) = good relationship, understanding / *dobre stosunki*
e.g. The film didn't work because there was no **rapport** between the lead actors.
- 6.192 **prose** /prəʊz/ (n) = ordinary written language as opposed to poetry / *proza*
e.g. **Prose** has always been more popular with readers than poetry.
- 6.193 **compelling** /kəm'peliŋ/ (adj) = very interesting / *zajmujący, arcyciekawy*
e.g. The thriller we saw yesterday was so **compelling** that we watched it straight through without a break.
- 6.194 **twisted** /'twɪstɪd/ (adj) = having a lot of sudden changes of direction / *zawity, kręty*
e.g. The path through the woods was so **twisted** and turned so abruptly that we eventually lost our way.
Der.: twist (n)
- 6.195 **deadened** /'dedənd/ (adj) = made less strong or loud / *uśmierzony, stłumiony*
e.g. My pain was **deadened** by the drugs prescribed by my doctor.
- 6.196 **amateurish** /'æmətəriʃ/ (adj) = not skilful / *amatorski*
e.g. The whole production was rather **amateurish** with the exception of the leading lady's performance.
Der.: amateur (n)
Opp.: professional
- 6.197 **star-studded** /'stɑːstʌdɪd/ (adj) = including a large number of famous performers / *rojący się od gwiazd*
e.g. When Cats was first performed in London, it was a **star-studded** production; everyone rushed to see it.
- 6.198 **hackneyed** /'hæknɪd/ (adj) = seen, heard or mentioned many times before / *oklepany, wyświechtany*
e.g. Most of the punch lines were **hackneyed** and that made the whole episode rather dull.
- 6.199 **stunt** /stʌnt/ (n) = a dangerous and exciting piece of action in a film / *wyczyn kaskaderski*
e.g. The actor insisted on performing his own **stunts** and he got seriously injured.
- 6.200 **bin-liner** /'bɪnlɪnə/ (n) = a plastic bag that is placed inside a dustbin / *worek foliowy na śmieci*
e.g. We had run out of **bin-liners** so I used a plastic carrier bag instead.
- 6.201 **scruffy** /'skrʌfi/ (adj) = dirty and untidy / *niechlujny*
e.g. He was told that his clothes were too **scruffy** to wear to work, and that he would have to dress in a more business-like manner.
- 6.202 **recapture** /ˌriː'kæptʃə/ (v) = to re-create / *odtworzyć*
e.g. In the new play he wrote, the playwright managed to **recapture** the atmosphere of World War Two.
- 6.203 **sinister** /'sɪnɪstə/ (adj) = evil or harmful / *ponury, złowrogi*
e.g. There was something **sinister** about her that I found rather disturbing.
- 6.204 **furious** /'fjʊəriəs/ (adj) = extremely angry / *wściekły*
e.g. He was **furious** when he found out that his son had failed the exam.
Der.: furiously (adv)
- 6.205 **manipulated** /mə'nɪpjəleɪtəd/ (adj) = controlled / *manipulowany*

- e.g. She felt constantly **manipulated** by her husband as she was always doing things she didn't want to do.
Der.: manipulation (n)
- 6.206 **drawling** /'drɔ:liŋ/ (adj) = (of speech) slow and lazy, with long vowel sounds / (o sposobie mówienia) cechujący się przeciąganiem samogłosek
e.g. His **drawling** speech and vague expression made others think he wasn't very bright.
- 6.207 **animated** /'ænimetɪd/ (adj) = enthusiastic, lively and expressive / ożywiony, pełen energii
e.g. Everyone at the party was **animated** and determined to have a good time.
Der.: animatedly (adv), animation (n)
- 6.208 **crude** /kru:d/ (adj) = rude, offensive, unsophisticated / niewybredny, prostacki
e.g. He liked to make **crude** jokes that were offensive to women.
Der.: crudely (adv), crudity (n), crudeness (n)
- 6.209 **persecutor** /'pɜ:sɪkjʊ:tə/ (n) = sb who treats sb else cruelly and unfairly, especially because of their religious or political beliefs or their race / prześladowca
e.g. He decided to fight his **persecutors** in every possible way.
Der.: persecution (n)
- 6.210 **intricate** /'ɪntrɪkət/ (adj) = complicated, quite complex / zawity, skomplikowany
e.g. Applying for citizenship is an **intricate** procedure.
Der.: intricately (adv)
- 6.211 **conspiracy** /kən'spɪrəsi/ (n) = secret planning by a group of people to do sth illegal / spisek
e.g. There had been a **conspiracy** to kill the president.
- 6.212 **facilitator** /fə'sɪlɪtətə/ (n) = a person or organisation that helps to achieve sth / osoba lub organizacja odgrywająca rolę pomocnika
e.g. Each working team will meet with its **facilitator**.
- 6.213 **dispute** /dɪ'spju:t/ (n) = an argument or disagreement / spór
e.g. There was a **dispute** between the management and the workforce over wage rises.
- 6.214 **hard-line** /'hɑ:dlaɪn/ (adj) = strict and extreme / bezkompromisowy
e.g. A lot of countries disagreed with the United States' **hard-line** stance towards the war in the Middle East.
- 6.215 **compromise** /'kɒmprəmaɪz/ (n) = agreement / kompromis
e.g. The warring factions agreed to reach a **compromise** regarding the release of political prisoners.
- 6.216 **pitted against sb** = in competition with sb / rywalizujący z kimś, w opozycji do kogoś
e.g. She was **pitted against** two other candidates.
- 6.217 **black-clad** /'blæk,klæd/ (adj) = dressed in black / ubrany na czarno
e.g. He caught sight of a **black-clad** figure disappearing in the dark.
- 6.218 **captivate** /'kæptɪveɪt/ (v) = to enthral, fascinate, attract / zauroczyć, zniewolić
e.g. Her beauty **captivated** me.
Der.: captivating (adj), captivated (adj), captive (n)
- 6.219 **panache** /pə'næʃ/ (n) = a confident, stylish and elegant manner / polot, błyskotliwość
e.g. Her **panache** at dealing with the media is quite astonishing.
- 6.220 **menacing** /'menɪʃɪŋ/ (adj) = threatening / groźny
e.g. There was something **menacing** in the tone of her voice.
Der.: menacingly (adv), menace (n)
- 6.221 **mastery** /'mɑ:stəri/ (n) = a complete knowledge of a skill / mistrzostwo
e.g. MacAlistair's faithful translation of the novel demonstrates his **mastery** of the Russian language.
Der.: masterful (adj), masterfully (adv), masterfulness (n)
- 6.222 **rubric** /'ru:bɪk/ (n) = a set of rules or instructions / instrukcje, polecenia
e.g. The exam paper **rubrics** have to be read very carefully.
- 6.223 **durability** /,dʒʊərə'bɪlɪti/ (n) = the ability to last for a long time / trwałość
e.g. The company's products were famous for their **durability** and quality.
Der.: durable (adj)
- 6.224 **sleek** /sli:k/ (adj) = smooth and shiny / lśniący
e.g. The furnishings were both **sleek** and stylish.
- 6.225 **courteous** /'kɜ:tiəs/ (adj) = polite, respectful / uprzejmy
e.g. His refusal was **courteous** but firm.
Der.: courteously (adv)
- 6.226 **punctual** /'pʌŋktʃuəl/ (adj) = on time / punktualny
e.g. She was always **punctual** at work and never gave anyone reason to complain.
Der.: punctuality (n)
- 6.227 **intended for** /ɪn'tendɪd fə/ (adj) = designed for / przeznaczony na coś lub dla kogoś
e.g. The money he gave her was **intended** for the purchase of a new car.
- 6.228 **Titian** /'tɪʃən/
- 6.229 **Carracci** /kə'ræʃi/
- 6.230 **collaboration** /kə,læbə'reɪʃən/ (n) = working together to produce a piece of work / współpraca
e.g. Close **collaboration** between teachers and parents is necessary for the best interest of the students.

- 6.231 **be acclaimed** = to be praised enthusiastically /
spotkać się z uznaniem
e.g. Her books for children **were acclaimed**
as soon as they were published.
Der.: acclaim (n)
- 6.232 **impact** /'ɪmpækt/ (n) = effect / **wpływ**
e.g. Last year's reforms had a great **impact** on the
average person's standard of living.
- 6.233 **intertwine** /,ɪntə'twain/ (v) = to be twisted together,
closely connected / **splatać, przeplatać się**
e.g. The lives of the two friends were closely **intertwined**.
- 6.234 **depiction** /dɪ'pɪkʃən/ (n) = the way sth is portrayed or
described / **przedstawienie, obraz**
e.g. The film's **depiction** of racism in the southern states
of America was very realistic.
- 6.235 **etching** /'etʃɪŋ/ (n) = engraving / **akwaforta**
e.g. The museum exhibited a wide collection of **etchings**
of wild flowers and animals.
- 6.236 **perceptive** /pə'septɪv/ (adj) = having insight /
spozstrzegawczy
e.g. She is quite **perceptive** when it comes to other
people's emotions.
Der.: perception (n), perceptiveness (n)
- 6.237 **unparalleled** /ʌn'pærəleɪd/ (adj) = having no equal /
niezrównany, niespotykany
e.g. His success in the field of genetics remains
unparalleled.
- 6.238 **blend** /blend/ (n) = a mixture / **połączenie, mieszanka**
e.g. He uses a **blend** of conventional and modern
techniques in his work.

VOCABULARY EXERCISES

A Wybierz odpowiedni wyraz.

- The lead of that rock group last night was excellent!
A conductor C villain
B vocalist D scholar
- James Cameron's film *Titanic* was a
A controversy C blockbuster
B footnote D notion
- Benjamin makes a income and he's only just
started at the company.
A sizeable C startling
B flattering D riveting
- Aristotle Onassis was one of the most well-known oil
..... in the world.
A surrealists C adversaries
B facilitators D tycoons
- Evening dress was compulsory at the state
A banquet C workshop
B art fair D stunt
- That comedy I saw last night was just !
A radical C innovative
B hilarious D enlightening
- Harry Potter doesn't really exist. He's only a
character.
A figurative C fictitious
B spellbound D awestruck
- My father can be very strict and at times.
A distinct C pragmatic
B zealous D overbearing
- Anastasia's house has all kinds of Elvis because
she's a big fan of his.
A memorabilia C imagery
B newsreels D etchings
- You need to get a new for your electric guitar. The
old one isn't any good.
A spare C backing singer
B amplifier D angle

B Wpisz w luki właściwe wyrazy z listy.

• embraces • inner • diverse • summon up • deceased • gallantly • sinister • punctual • envy • scruffy

- 1 The performing arts course a number of activities; acting, singing and dancing to name but a few.
- 2 She's writing a biography of the actress.
- 3 To be a successful actor, one must be able to get into the thoughts of the character one is going to play.
- 4 Young girls tend to famous actresses and models and try to be like them.
- 5 Donald Sutherland is best-known for playing characters in thrillers.
- 6 Celine Dion is very talented and appeals to a audience because she keeps up with the latest music trends.
- 7 Nick Nolte played a tramp in one of his films.
- 8 Kathleen finally had to all her courage to go to the audition for the lead role in the musical.
- 9 Naomi Campbell is well-known for not being for her photo-shoots and for her bad temper.
- 10 Russell Crowe fought in *The Gladiator*, don't you think?

C Uzupełnij luki jednym wyrazem.

- 1 The colours of your clothes do not match – they
I don't get on well with my brother because our personalities
Unfortunately, I won't be able to go to both Theresa's and Jane's weddings as the dates
- 2 My mother me warmly as if she hadn't seen me for ages.
Most trade union leaders the new European rulings regarding pay and working conditions.
His first novel a whole range of emotions, however, I found his second book rather shallow.
- 3 Mr Brown is going to the Junior Philharmonic in its first performance.
Be careful how you yourself when you visit my parents.
The government is going to an experiment.
- 4 I.Q. tests are a way of measuring someone's intelligence and are not always accurate.
Petrol is found in its form and then is refined for use.
I will not tolerate language in my classroom.
- 5 The building was leaning at a 30 degree
"It's hard to see his face from this"
We discussed the problem from every conceivable, but we just couldn't find a solution.

D Uzupełnij brakujący fragment, wpisując łącznie z wyrazem podanym tłustym drukiem od 3 do 8 słów, tak aby wyrazić to samo znaczenie. Nie zmieniaj podanego wyrazu.

- | | |
|---|--|
| <p>1 Out of all her eight children, Adam, her youngest, was Mrs Conner's favourite.
apple Mrs Conner considered Adam, the youngest out of her eight children, to be eye.</p> <p>2 It is said that he comes from a very bad neighbourhood as well as from a very poor family.
side People say that he comes from tracks .</p> <p>3 Before you sign a contract with any record company, read it very carefully.
lines Always before signing a contract with any record company.</p> <p>4 The new record company was such a success that many artists joined it.
jump The success of the new record company led many artists bandwagon.</p> <p>5 Beau Bridges isn't as famous as his brother Jeff Bridges even though he is a better actor.
second Even though he's a better actor, Beau Bridges to his brother Jeff.</p> | <p>6 The old filing system was changed totally when computers were introduced.
down Computers on the old filing system when they were introduced.</p> <p>7 The President of the company was informed in detail about the workers' plan to start a riot.
put The President of the company was about the workers' plan to start a riot.</p> <p>8 Joshua is too dependent on his mother. He can't make his own decisions and always asks her for advice.
strings Joshua is; he can't make his own decisions and always asks her for advice.</p> <p>9 I don't know if I'll get the part as Tonia is more talented than I am in every way.
hard Tonia is so I don't know if I'll get the part.</p> <p>10 There's going to be a lot of competition for the lead role in James Cameron's new adventure film.
wings There are many actors just for the lead role in James Cameron's new adventure film.</p> |
|---|--|

E Wpisz w luki wyrazy utworzone od słów podanych wielkimi literami.

The entertainment business has always been 1) and attractive to people all around the world. It seems to be growing in 2) with each passing year.

The younger generation defines entertainment as cool and 3) and this often leads to the misconception that by being famous you live an easy and less stressful life and that you can get whatever you want. Why? Why, because you are rich of course!

However, it is an 4) fact that becoming famous in your chosen field (whether it be music or fine arts) is a very difficult task and quite an 5) if you can deal with the pressure that comes with it.

Fame has a price. Put quite simply – it's the violation of your private life. It is 6) to the common person what exactly many "stars" go through. They are in a constant battle with 7) "paparazzi" reporters and 8) tabloids. It has caused 9) situations for many stars and they have filed lawsuits in order to protect themselves. Ever since the untimely death of Princess Diana, there has been worldwide 10) of the "paparazzi" as they will stop at nothing to get a story.

So, before one decides to go into the entertainment business, one should consider all the pros and cons. You have to be tough as there is a lot to deal with. If you need any 11) , just read the headlines of any tabloid.

CAPTIVATE

POPULAR

AWE

DISPUTE

ACCOMPLISH

COMPREHEND

DREAD

SLANDER

OPPRESS

CONDEMN

CONFIRM

Vocabulary & Grammar (p. 139)

- SA3.1 **inept** /'nept/ (adj) = unskilled or ineffective / *nieudolny, nieporadny*
e.g. He is a great salesman, but he is totally **inept** at collecting money from his clients.
Der.: ineptitude/ineptness (n), ineptly (adv)
- SA3.2 **treatable** /'tritəbəl/ (adj) = (of a disease) that can be cured / *uleczalny*
e.g. Thanks to advances in modern medicine, many contagious diseases are now **treatable**.
Der.: treat (v), treatment (n)
- SA3.3 **blight** /blaɪt/ (n) = sth that harms or damages sth else / *cień, piętno*
e.g. The fact that her father didn't come to her wedding was a **blight** on her happiness.
Der.: blight (v), blighted (adj)
- SA3.4 **toil** /tɔɪl/ (n) = hard physical work / *harówka, znoj*
e.g. After the **toil** of picking olives all day, we would all go to the local restaurant for dinner.
Der.: toil (v)
- SA3.5 **chore** /tʃɔːr/ (n) = a boring or unpleasant job that has to be done / *uciążliwy obowiązek*
e.g. When I lived at home one of my **chores** was to mow the lawn.
- SA3.6 **discrepancy** /dis'krepənsi/ (n) = a difference between two things that should be the same / *rozbieżność*
e.g. There was a large **discrepancy** between the price we had been quoted and the bill they sent us.
Der.: discrepant (adj)
- SA3.7 **disparity** /dis'pærɪti/ (n) = a noticeable difference between two or more things / *dysproporcja, różnica*
e.g. There was a huge **disparity** between the affection my parents showed to me and my younger sister.
Der.: disparate (adj)
- SA3.8 **deluge** /'delju:dʒ/ (n) = a great quantity of sth / *zalew, potop*
e.g. The popular movie star receives a **deluge** of fan mail every day.
- SA3.9 **horde** /hɔːd/ (n) = (negative) a large group of people / *chmara, horda*
e.g. A **horde** of football hooligans got onto the train.
- SA3.10 **deficiency** /di'fɪʃənsi/ (n) = lack or shortage of sth / *niedobór*
e.g. The child is suffering from calcium **deficiency**.
Der.: deficient (adj)
- SA3.11 **insufficiency** /,ɪnsə'fɪʃənsi/ (n) = not enough of sth / *niedostatek, brak*

e.g. There is an **insufficiency** of well-trained staff in public hospitals.

- SA3.12 **defect** /'dɪfekt/ (n) = a flaw or imperfection / *wada, usterka, defekt*
e.g. The new plane was grounded because of a **defect** in the cabin pressure control system.
Der.: defective /dɪ'fektɪv/ (adj)
- SA3.13 **mainstay** /'meɪnstet/ (n) = the basis of sth / *podstawa, filar*
e.g. Macaroni with cheese was the **mainstay** of our diet when we were university students.
- SA3.14 **piecework** /'piːswɜːk/ (n) = work that is paid for according to the number of produced items / *praca akordowa*
e.g. My mother used to do **piecework** for a local shirt factory; she got paid £2.00 per shirt.
- SA3.15 **wayside** /'weɪsaɪd/ (n) = the edge of a road or path / *skraj drogi*
e.g. We saw several cars abandoned along the **wayside**.
Der.: wayside (adj)
- SA3.16 **astound** /ə'staʊnd/ (v) = to shock, surprise / *zdumiewać, wprowadzić w osłupienie*
e.g. He **astounded** me by asking me to marry him.
Der.: astounding (adj), astoundingly (adv)
- SA3.17 **sedentary** /'sedəntəri/ (adj) = involving very little physical activity / *siedzący*
e.g. My lifestyle has become a lot more **sedentary** since I started working in an office.
- SA3.18 **outbreak** /'aʊtbreɪk/ (n) = a sudden start of sth unpleasant / *wybuch*
e.g. Poor sanitary conditions caused an **outbreak** of malaria.
- SA3.19 **incompetence** /ɪn'kɒmpɪtəns/ (n) = inability to do sth properly / *brak kompetencji, niekompetencja*
e.g. Due to the **incompetence** of my accountant, I had to pay a large amount of income tax this year.
Der.: incompetent (adj), incompetently (adv)

Use of English (pp. 139–140)

- SA3.20 **subside** /səb'saɪd/ (v) = to become less strong or intense / *ucichnąć, zmniejszyć się*
e.g. By the next morning, her pain **subsided** and she was beginning to feel better.
- SA3.21 **ulcer** /'ʌlsə/ (n) = an open sore inside or outside the body / *wrzód*
e.g. He can't eat fried foods because they upset his stomach **ulcer**.

- SA3.22 **sibling** /'sɪblɪŋ/ (n) = a brother or sister / **brat lub siostra, ktoś z rodzeństwa**
e.g. I have three **siblings**, one brother and two sisters.
- SA3.23 **revel** /'revəl/ (v) = to celebrate noisily / **świętować, bawić się**
e.g. They **revelled** all weekend when their team won the football championship.
Der.: reveller (n), revelry (n)
-
- Reading (pp. 140–141)**
-
- SA3.24 **rebel** /'rebəl/ (n) = sb who opposes and fights against a government or people in authority / **buntownik**
e.g. Fighting broke out between the **rebels** and the army when the democratic elections were postponed.
Der.: rebellion (n), rebel (v)
- SA3.25 **breeding** /'bri:diŋ/ (n) = upbringing / **wychowanie**
e.g. She's always polite; you can tell she has good **breeding**.
- SA3.26 **empyrean** /,emp'ri:ən/ (n) = (very formal or literary) heaven, sky / **empireum, siedziba bogów, niebo**
e.g. She gazed into the starry **empyrean**.
- SA3.27 **dazzling** /'dæzliŋ/ (adj) = extremely impressive, beautiful or skilful / **ośniewający**
e.g. The soprano gave a **dazzling** performance.
Der.: dazzle (v)
- SA3.28 **executante** /g'zɛkjʊtənt/ (n) = a performer, musician or artist / **wykonawca**
e.g. As a pianist she does have passion, but is not a great **executante**.
- SA3.29 **Beethoven** /'beɪθəvən/
- SA3.30 **gainsay** /,geɪn'seɪ/ (v) = to deny, contradict / **zakwestionować, zaprzeczyć**
e.g. He has taught for thirty years and his competence cannot be **gainsaid**.
- SA3.31 **linger** /'lɪŋgə/ (v) = to stay behind, to be unwilling to leave / **zostać dłużej, ociągać się z odejściem**
e.g. After the play, some members of the audience **lingered** at the stage door, hoping to catch a glimpse of the actors.
- SA3.32 **disperse** /dɪ'spɜ:s/ (v) = to leave in different directions / **rozproszyc się**
e.g. The football fans **dispersed** noisily after the final match.
Der.: dispersal (n)
- SA3.33 **intoxicate** /ɪn'tɒksɪkət/ (v) = here: to excite, to exhilarate / **odurzyć; tu: ośnić**
e.g. The audience was **intoxicated** by the brilliant performance of the young violinist.
Der.: intoxication (n), intoxicated (adj)
- SA3.34 **ponder** /'pɒndə/ (v) = to think about sth carefully / **zastanawiać się, rozmyślać**
e.g. The chess player **pondered** over his every move.
- SA3.35 **parish** /'pærɪʃ/ (n) = a small area or community with its own church / **parafia**
e.g. The church in the **parish** where he lives dates back to the 13th century.
Der.: parishioner (n)
- SA3.36 **under the auspices of** = with the support of / **pod auspicjami, pod patronatem**
e.g. The housing project continued **under the auspices of** the Community Housing Association.
- SA3.37 **vicar** /'vɪkə/ (n) = a priest in a particular parish or area / **pastor**
e.g. Our local **vicar** often organises charity events.
- SA3.38 **recite** /rɪ'saɪt/ (v) = to say sth from memory / **recytować**
e.g. The schoolchildren **recited** short poems during their end-of-term celebration.
Der.: recitation (n), reciter (n)
- SA3.39 **composure** /kəm'pəʊzə/ (n) = calmness and self-control / **spokój, opanowanie**
e.g. The teacher lost his **composure** when the students refused to sit down and stop talking.
Der.: compose (v), composed (adj)
- SA3.40 **herald** /'herəld/ (v) = to be a sign that sth will happen / **zapowiadać, być zwiastunem**
e.g. The dark clouds **heralded** the storm.
Der.: herald (n)
- SA3.41 **stroke** /strəʊk/ (n) = a blow, a hit / **uderzenie**
e.g. His last **stroke** with the cricket bat meant victory for his team.
Der.: stroke (v)
- SA3.42 **intricacy** /'ɪntrɪkəsi/ (n) = complexity / **złożoność**
e.g. I couldn't understand the **intricacies** of the hi-tech computer game.
Der.: intricate (adj), intricately (adv)
- SA3.43 **clap** /klæp/ (v) = to hit one's hands together to make a loud noise / **klaskać**
e.g. The young children **clapped** their hands to the music.
- SA3.44 **stamp** /stæmp/ (v) = to bring down one's foot heavily on the ground / **tupać**
e.g. The angry child **stamped** his foot and refused to put his coat on.
- SA3.45 **perversity** /pə'vɜ:sɪti/ (n) = unreasonable stubbornness / **przewrotność, przekora**
e.g. He refused to cooperate out of **perversity**.
Der.: perverse (adj), perversely (adv)

- SA3.46 **disjoin** /dis'dʒɔɪn/ (v) = to separate / oddzielić
e.g. The school became **disjoined** from the church when the council took over from the nuns.
- SA3.47 **stool** /stu:l/ (n) = a seat with no back or arms / stołek
e.g. The café had a long counter with **stools** for customers to sit on.
- SA3.48 **meringue** /mə'ræŋ/ (n) = a baked dessert made with egg whites and sugar / beza
e.g. My mother makes delicious lemon **meringues**.
- SA3.49 **vet** /vet/ (v) = to carefully check the contents or quality of sth / sprawdzić, skontrolować
e.g. All articles are **vetted** by the editor before publication.

- SA3.50 **duty-bound** /'dʒʊti,bəʊnd/ (adj) = (morally or legally) obliged to do sth / zobligowany, zobowiązany
e.g. The policeman was **duty-bound** to give him a speeding ticket.

Listening (p. 142)

- SA3.51 **pain reliever** /'peɪn ri'li:və/ (n) = sth that reduces pain / środek przeciwbólowy
e.g. The doctor recommended that I take a mild **pain reliever** such as Panadol or Depon.
- SA3.52 **analgesic** /ænə'l'dʒi:zɪk/ (n) = a painkiller / środek przeciwbólowy
e.g. Paracetamol is a mild **analgesic**.

Born to Win!

7

- 7.1 **preconception** /,pri:kən'sepʃən/ (n) = a belief formed about sth before one has enough information or experience / z góry przyjęty osąd
e.g. He allowed his **preconceptions** about other cultures to prevent him from travelling.
- 7.2 **ageism** /'eɪdʒɪzəm/ (n) = discrimination against old people / dyskryminacja z powodu wieku
e.g. Although he was only forty, he was confronted by **ageism** whenever he applied for a job.

Lead-in (p. 145)

- 7.3 **agility** /ə'dʒɪlɪti/ (n) = the ability to move quickly and easily / zręczność, zwinność
e.g. He was impressed by the gymnast's **agility**.
- 7.4 **strive** /straɪv/ (v) = to make great effort to achieve sth / dążyć do czegoś
e.g. The people of this country are **striving** for their independence.

Reading (pp. 146–147)

- 7.5 **on the verge of sth** = about to do sth / bliski (zrobienia czegoś), na progu
e.g. He was **on the verge of** leaving when he realised he had forgotten his keys.
- 7.6 **intent on squandering one's talent** = deliberately not using one's natural skills / uparcie trwoniący swój talent
e.g. People believed that he was **intent on squandering his talent** when he refused to play chess.
- 7.7 **squander** /'skwɒndə/ (v) = to waste / trwonić

- e.g. Adam didn't **squander** his money, he invested it in shares and property.
- 7.8 **triumphant** /traɪ'ʌmfənt/ (adj) = victorious / triumfalny, triumfujący
e.g. The **triumphant** team celebrated their victory.
Der.: triumphantly (adv)
- 7.9 **precede** /pri'si:d/ (v) = to come before sth else / poprzedzać
e.g. The parade will **precede** the annual ball.
Der.: preceding (adj), precedent (n)
- 7.10 **literal** /'lɪtərəl/ (adj) = (of sense or meaning) the most basic / dosłowny, literalny
e.g. The people are fighting, in a **literal** sense, for their lives.
Der.: literally (adv)
- 7.11 **implication** /,ɪmplɪ'keɪʃən/ (n) = the things that are likely to happen as a result of sth / konsekwencja, następstwo
e.g. The **implications** of his actions could be devastating.
- 7.12 **cliché** /'kli:ʃeɪ/ (n) = an idea or phrase which has been used so many times that it has lost effect or meaning / komunał, truizm
e.g. I've learned that the **cliché** about life not being fair is true.
Der.: clichéd (adj)
- 7.13 **inattention** /,ɪnə'tenʃən/ (n) = lack of attention / nieuwaga
e.g. A moment's **inattention** allowed the other team to score.

- 7.14 **sacrilegious** /,sækrə'lidʒəs/ (adj) = showing great disrespect towards sth holy or sth that people think should be respected / **świętokradczy**
e.g. A number of **sacrilegious** acts were committed inside the church during the riot.
- 7.15 **impairing** /ɪm'peəriŋ/ (adj) = weakening / **osłabiający**
e.g. After a physically **impairing** year he deserved a break.
- 7.16 **draining** /'dreɪnɪŋ/ (adj) = exhausting / **wycieńczający**
e.g. Working in an office for eight hours a day is **draining**.
- 7.17 **resurgence** /rɪ'sɜːdʒəns/ (n) = reappearance and growth / **odrodzenie się**
e.g. We hope for a period of economic **resurgence** in this country.
- 7.18 **unprecedented** /ʌn'presɪdntɪd/ (adj) = that has never happened before / **bezprecedensowy**
e.g. The president's decision to stand trial is **unprecedented** in history.
- 7.19 **fleeting** /'fliːtɪŋ/ (adj) = lasting for a very short time / **chwilowy, przelotny**
e.g. The young actor's success was **fleeting**, after a year no one remembered him.
Der.: **fleetingly** (adv)
- 7.20 **double over** /'dʌbəl 'əʊvər/ (phr v) = to suddenly bend forward when in pain or laughing very much / **zgiąć się w pół**
e.g. When Ralph finished the joke, I **doubled over**, laughing hysterically.
- 7.21 **be washed-up** = to be no longer successful / **wypalić się, skończyć się (np. w swoim zawodzie)**
e.g. The critics say I **am washed-up** as an actress, but that's not true!
- 7.22 **vomit** /'vɒmɪt/ (v) = to be sick / **wymiotować**
e.g. Any product made from cow's milk made him **vomit**.
- 7.23 **flowerpot** /'flaʊəpɒt/ (n) = a container used for growing plants / **doniczka**
e.g. Paul planted geraniums in a **flowerpot** to put on his balcony.
- 7.24 **courtside** /'kɔːtsaɪd/ (n) = the area next to a tennis court / **pas obok kortu tenisowego**
e.g. The ball flew high in the air and landed on the **courtside**.
- 7.25 **toll** /təʊl/ (n) = a price / **cena**
e.g. Working for so many hours took a **toll** on his health.
- 7.26 **vulnerability** /,vʌlnərə'bɪləti/ (n) = being more likely to be hurt, fall ill, etc than others / **wrażliwość, podatność**
e.g. Taking antibiotics for too long may increase your **vulnerability** to infection.
- 7.27 **highly-strung** /,haɪli'strʌŋ/ (adj) = nervous, easily upset / **bardzo nerwowo**
e.g. He is **highly-strung** and hard to deal with at the moment.
- 7.28 **frame** /freɪm/ (n) = the body / **ciało**
e.g. The tailored jacket suited his slim **frame**.
- 7.29 **rawness** /'rɔːnəs/ (n) = power and naturalness / **szczerłość, spontaniczność**
e.g. The **rawness** of his grief could be felt by all who witnessed it.
- 7.30 **exacerbate** /ɪg'zæsəbeɪt/ (v) = to make a problem or a situation worse, to aggravate / **pogorszyć, zaognić**
e.g. Simple misunderstandings **exacerbated** the already tense relationship between the two countries.
Der.: **exacerbation** (n)
- 7.31 **succession** /sək'sesjən/ (n) = a number of things that happen one after the other / **seria, sekwencja**
e.g. The restaurant had a **succession** of owners, none of whom were able to make a profit.
- 7.32 **devastating** /'devəsteɪtɪŋ/ (adj) = shocking, upsetting / **druzgocący, niszczycielski**
e.g. A **devastating** flood hit Bangladesh, leaving thousands of people homeless.
- 7.33 **relentlessly** /rɪ'lentləsli/ (adv) = without stopping / **bez przerwy**
e.g. He trained **relentlessly** in his pursuit of the gold medal.
- 7.34 **scrutiny** /'skruːtɪni/ (n) = careful examination / **analiza, baczna obserwacja**
e.g. His private life was constantly under media **scrutiny**.
- 7.35 **internal** /ɪn'tɜːnəl/ (adj) = connected with the inside of sth / **wewnętrzny**
e.g. He struggled to overcome his **internal** feelings of guilt after the accident.
Der.: **internally** (adv)
Opp.: **external**
- 7.36 **compelling** /kəm'pelɪŋ/ (adj) = interesting, irresistible / **interesujący, porywający**
e.g. The film was frightening but **compelling**.
- 7.37 **archetypal** /,ɑːkɪ'taɪpəl/ (adj) = typical of a certain type or thing / **archetypowy**
e.g. He is an **archetypal** hero, always helping people and fighting against evil.
- 7.38 **solipsistic** /,sɒlɪp'sɪstɪk/ (adj) = believing that only the self can be known to exist / **solipsystyczny, uznający, że istnieje tylko jednostkowy podmiot poznający, zaś cała rzeczywistość jest jedynie kompleksem jego wrażeń**

- e.g. Many celebrities are so **solipsistic**: they live in a world of their own that has nothing to do with reality.
Der.: solipsism (n)
- 7.39 **at odds with** (idm) = in conflict with /
e.g. His strong feelings were **at odds with** his calm appearance.
- 7.40 **quibble** /'kwɪbəl/ (v) = to argue / **spierać się**
e.g. Let's not **quibble** over whose turn it is, I'll do the washing up this time.
- 7.41 **prodigy** /'prɒdɪdʒi/ (n) = a young person who has a great natural talent for sth / **cudowne dziecko, osoba obdarzona wyjątkowym talentem**
e.g. The Russian chess **prodigy** is on her way to becoming the youngest world champion of all time.
- 7.42 **blaze** /bleɪz/ (n) = a sudden show or occurrence / **blask, wybuch**
e.g. The royal couple disinherited the Prince in a **blaze** of publicity.
- 7.43 **hype** /haɪp/ (n) = mass media coverage, discussions or advertisements focusing on one topic or one product / **krzykliwa reklama; szum medialny**
e.g. Don't believe a word of this marketing **hype!**
- 7.44 **strung out** /,strʌŋ 'aʊt/ (adj) = nervous, deeply affected by sth / **wycieńczony**
e.g. He is so **strung out** by the project that he will never finish it on time.
- 7.45 **notoriety** /,nɒtə'reɪəti/ (n) = bad fame / **zła sława**
e.g. He achieved **notoriety** as the leader of a terrorist group.
Der.: notorious (adj)
- 7.46 **precipitate** /prɪ'sɪpɪteɪt/ (v) = to cause sth to happen sooner than normal / **przyspieszyć**
e.g. A slight mistake could **precipitate** a disaster.
Der.: precipitation (n)
- 7.47 **pensive** /'pensɪv/ (adj) = deep in thought / **zadumany, zamyślony**
e.g. He looked **pensive** at the mention of the deadline.
- 7.48 **stress-induced** /'stresɪn,dʒʊst/ (adj) = caused by stress / **spowodowany stresem**
e.g. His nervous breakdown was **stress-induced**.
- 7.49 **aloof** /ə'lu:f/ (adj) = not very friendly or willing to spend time with other people / **wyniosły, z dystansem**
e.g. He kept himself **aloof** and preferred his own company.
Der.: aloofness (n)
- 7.50 **irate** /aɪ'reɪt/ (adj) = very angry, furious / **wzburzony**
e.g. The owner was so **irate** that he almost threw me out of the place.
- 7.51 **awed** /ɔ:d/ (adj) = amazed / **zaskoczony, zdziwiony**
e.g. The crowd listened to the song in **awed** silence.
- 7.52 **debilitating** /dɪ'bilɪtətɪŋ/ (adj) = weakening, exhausting / **osłabiający, wyniszczający**
e.g. A **debilitating** illness has been the cause of his current loss of form.

Language Focus (pp. 148–151)

- 7.53 **midfielder** /'mɪdfi:ldəʳ/ (n) = a footballer who usually plays in the centre of the pitch, both attacking and defending / **(w piłce nożnej) środkowy**
e.g. David Beckham is one of the world's best **midfielders**.
- 7.54 **striker** /'straɪkəʳ/ (n) = a footballer whose main role is to try and score goals / **napastnik**
e.g. Michael Owen is a **striker** for Liverpool.
- 7.55 **groundsman** /'grəʊndzsmən/ (n) = sb who maintains sports grounds or the grounds of an institution / **zarządca, gospodarz terenu**
e.g. Our **groundsman** maintains our sports facilities in perfect condition.
- 7.56 **lane** /leɪn/ (n) = a narrow path on an athletics track which is marked by lines / **tor**
e.g. The runner in **lane** three appears to be having difficulties.
- 7.57 **pitch** /pɪtʃ/ (n) = an area that is marked out and used for playing a game such as football, cricket or hockey / **boisko**
e.g. Their behaviour both on and off the **pitch** was a credit to the game.
- 7.58 **course** /kɔ:s/ (n) = an area where races are held or golf is played / **bieżnia, tor wyścigowy lub pole golfowe**
e.g. Mr Killingback often holds business meetings at his private golf **course**.
- 7.59 **court** /kɔ:t/ (n) = an area where one plays games such as tennis, squash, basketball or badminton / **kort, boisko**
e.g. The hotel has several squash and badminton **courts** inside the sports hall.
- 7.60 **formidable** /'fɔ:mɪdəbəl/ (adj) = frightening and impressive / **budzący respekt, potężny**
e.g. He has a **formidable** reputation on the pitch.
- 7.61 **prevail** /prɪ'veɪl/ (v) = to win / **zwyciężyć**
e.g. Liverpool hope to **prevail** in their match against Leeds United on Saturday.
- 7.62 **dribble** /'drɪbəl/ (v) = to kick the ball lightly to keep it moving / **dryblować**
e.g. He tried to **dribble** the ball past the defender, but he was not quick enough.
- 7.63 **suspend** /sə'spend/ (v) = to delay an action or prevent sb from holding a position / **zawiesić**
e.g. The referee decided to **suspend** Batistuta for the vicious tackle he made.

- 7.64 **runner-up** /ˌrʌnər'ʌp/ (n) = the person who comes second in a race / **zdobywca drugiego miejsca**
e.g. The **runner-up** finished only three seconds behind the winner.
- 7.65 **umpire** /'ʌmpaɪər/ (n) = the person whose job is to make sure that a sports match or contest is played fairly and that the rules are followed / **sędzia sportowy**
e.g. The tennis player argued with the **umpire's** decision, but it was a waste of time.
- 7.66 **handicap** /'hændɪkæp/ (n) = a disadvantage / **przeszkoda, utrudnienie**
e.g. Losing their star player was a **handicap** to the team.
- 7.67 **feat** /fi:t/ (n) = an achievement / **osiągnięcie**
e.g. A racing car is an extraordinary **feat** of engineering.
- 7.68 **jersey** /'dʒɜ:zi/ (n) = a jumper / **sweter**
e.g. Which football **jersey** do you intend to buy?
- 7.69 **strip** /stri:p/ (n) = the uniform of a particular team / **barwy drużyny**
e.g. Everton will be playing in their blue **strip** today.
- 7.70 **outfit** /'aʊtfit/ (n) = a set of clothes / **strój**
e.g. I spent a lot of money on a new **outfit** for work.
- 7.71 **exhaustive** /ɪg'zɔ:stɪv/ (adj) = tiring either physically or mentally / **wyczerpujący**
e.g. The team were subjected to weeks of **exhaustive** training before the big match.
Der.: exhausting (adj), exhaust (v)
- 7.72 **potent** /'pəʊtənt/ (adj) = powerful, effective / **potężny, mocny**
e.g. Their most **potent** weapon was the Exocet missile.
Opp.: impotent /'ɪmpətənt/
- 7.73 **faculty** /'fækʰlɪ/ (n) = a physical or mental ability / **zdolność, zmysł**
e.g. It is a myth that the **faculty** of hearing is greatly increased in blind people.
- 7.74 **capacity crowd** = a great number of people filling all the space or all the seats / **pełna widownia**
e.g. The comedy was so popular that the actors played to a **capacity crowd** for several months.
- 7.75 **bleak** /blik/ (adj) = not hopeful / **ponury, marny**
e.g. John's future in football looks **bleak** now that he has broken his ankle.
Der.: bleakness (n)
- 7.76 **undisputed** /ˌʌndɪ'spju:tɪd/ (adj) = generally accepted / **niekwestionowany, bezsporny**
e.g. After winning ten matches, she is the **undisputed** champion of the world.
- 7.77 **consecutive** /kən'sekjʊtɪv/ (adj) = happening one after the other without interruption / **kolejny, pod rząd**
e.g. The Cup was won for the third **consecutive** year by the Chicago Bulls.
Der.: consecutively (adv)
- 7.78 **reigning** /'reɪnɪŋ/ (adj) = currently holding a title / **aktualny**
e.g. Connors has been the **reigning** champion for 169 consecutive weeks.
Der.: reign (v)
- 7.79 **mediocre** /mɪ'di:əʊkə/ (adj) = average / **mierny, pośredni**
e.g. The fans were displeased with his **mediocre** performance.
Der.: mediocrity (n)
- 7.80 **contender** /kən'tendər/ (n) = sb who takes part in a competition / **uczestnik zawodów**
e.g. She is a strong **contender** for a place in the British Olympic Squad.
- 7.81 **partisan** /ˌpɑ:tɪ'zæn/ (adj) = strongly supporting a person or cause / **stronniczy**
e.g. He is clearly too **partisan** to be a referee.
Der.: partisan (n)
- 7.82 **precious little** = very little / **bardzo mało**
e.g. The banks of Japan have had **precious little** to celebrate recently due to the economic crisis.
- 7.83 **rejoice** /rɪ'dʒɔɪs/ (v) = to be very pleased about sth and show it in one's behaviour / **cieszyć się**
e.g. The rescue team **rejoiced** at the happy outcome of the events.
- 7.84 **keep/have one's wits about one** (idm) = to be alert and ready to act in a difficult situation / **mieć się na baczności, zachować zimną krew**
e.g. Travellers need to **keep their wits about them** in foreign countries.
- 7.85 **play ball (with sb)** (idm) = to cooperate, work with other people / **współdziałać**
e.g. If you would **play ball**, we could finish this today.
- 7.86 **start the ball rolling** (idm) = to begin sth / **zacząć coś, brać się do dzieła**
e.g. We need to **start the ball rolling** now if we hope to be ready by May.
- 7.87 **conduct** /kən'dʌkt/ (v) = to carry sth out / **przeprowadzać**
e.g. The way in which you **conducted** your research is totally unacceptable.
- 7.88 **jump the gun** (idm) = to do sth before one is supposed to / **zrobić falstart, pospieszyć się**
e.g. Why did you have to **jump the gun** and tell them the news?
- 7.89 **off one's own bat** (idm) = of one's own accord, without the influence or help of others / **z własnej inicjatywy**

- e.g. Mark organised the Christmas party **off his own bat**, we didn't need to ask him.
- 7.90 **bad sport** /'bæd 'spɔ:t/ (n) = sb who behaves badly if they do not win a game / osoba nie umiejąca przegrywać
e.g. You're such a **bad sport**, it's no wonder people refuse to play tennis with you!
- 7.91 **beat sb at sb's own game** (idm) = to use the same skills or behaviour that sb displays to put oneself in a better position / pobić kogoś jego własną bronią
e.g. If you want to win, you'll have to **beat him at his own game**; use his tactics against him.
- 7.92 **two can play at that game** (idm) = one person can behave in the same (usually bad) way as the other / miarka za miarkę; każdy może odpłacić pięknym za nadobne
e.g. If he is cheating, then so will I; **two can play at that game!**
- 7.93 **a level playing field** (idm) = a situation that is fair, because no competitor has an advantage over another / wyrównane szanse
e.g. American businessmen ask for **a level playing field** when they compete with foreign companies.
- 7.94 **lead the field** (idm) = to be ahead of other competitors / dzierżyć ster
e.g. Chanel **leads the field** in the fashion industry.
- 7.95 **dismal** /'dɪzməl/ (adj) = disgraceful, very bad / kiepski, fatalny
e.g. My prospects of finding a suitable job are **dismal**.
- 7.96 **run out of steam** (idm) = to stop doing sth because one has no more energy left / opaść z sił
e.g. After running for 5 miles, Jim had to pull out of the race because he had **run out of steam**.
- 7.97 **put all one's faith in sth/sb** (idm) = to give complete trust to sth or sb / pokładać wiarę w kimś lub czymś
e.g. The public **put all their faith in** the government's ability to improve the situation.
- 7.98 **dispenser** /di'spensə/ (n) = a machine from which one can buy drinks and snacks / automat z napojami lub słodyczami
e.g. I was thirsty so I went to the drinks **dispenser** for some coffee.
- 7.99 **revenue** /'revənju:/ (n) = money that an organisation receives from people / dochód, wpływ
e.g. One study claimed that the government would receive about £1 billion in tax **revenues** this year.
- 7.100 **prefabricated** /pri:'fæbrɪkətɪd/ (adj) = consisting of parts that can be easily put together / z prefabrykatów
e.g. The refugees were given accommodation in **prefabricated** homes.
- 7.101 **grandstand** /'grændstænd/ (n) = a covered area with rows of seats for people to sit on at sports events / trybuna
e.g. The **grandstand** was filled to capacity on the day of the Cup Final.
-
- Listening & Speaking (pp. 152–153)**
-
- 7.102 **customise** /'kʌstəmaɪz/ (v) = to adapt or modify to meet a particular need or task / specjalnie dostosować (do wymogów klienta)
e.g. We should **customise** our programmes to suit the viewers' needs.
Der.: customised (adj)
- 7.103 **website** /'websaɪt/ (n) = an Internet location that maintains one or more web pages / witryna internetowa
e.g. I looked at a number of **websites** while doing research for my new book.
- 7.104 **physically challenged** = physically disabled / niepełnosprawny
e.g. Sports competitions for the **physically challenged** are becoming more and more popular.
- 7.105 **prosthetic** /prɒs'thetɪk/ (adj) = (of parts of the body) artificial / sztuczny
e.g. John was badly injured in an accident and now has a **prosthetic** arm.
- 7.106 **springboard** /'sprɪŋbɔ:d/ (n) = a flexible board from which sb may jump into a swimming pool or onto a piece of gymnastic equipment / trampolina
e.g. The acrobat used a **springboard** to leap onto his partner's shoulders.
- 7.107 **tenacity** /tə'næsɪti/ (n) = determination not to give up / nieustępliwość
e.g. Hard work and **tenacity** are crucial to career success.
Der.: tenacious /tɪ'neɪʃəs/ (adj)
- 7.108 **versatile** /'vɜ:sətəl/ (adj) = that can be used for many different purposes / wielofunkcyjny, wszechstronny
e.g. Never before have computers been more **versatile**.
Der.: versatility (n)
- 7.109 **defiance** /dɪ'faɪəns/ (n) = resistance, disobedience / sprzeciw, nieposłuszeństwo
e.g. Thousands of people have taken to the streets in **defiance** of the new law.
Der.: defiant (adj)
- 7.110 **acquiescence** /ækwi'esəns/ (n) = agreement to do what is expected even though one does not agree with it / zgoda, przyzwolenie
e.g. Everyone was surprised at her **acquiescence** after she had been so opposed to the plan.

- 7.111 **apprehension** /æprɪ'hɛnʃən/ (n) = a fear or worry that sth bad will happen / **lęk, obawa**
e.g. *The public outcry reflects real anger and **apprehension** about the future.*
- 7.112 **limb** /lɪm/ (n) = an arm or leg / **kończyna**
e.g. *All her **limbs** were paralysed as a result of a stroke.*

Reading (pp. 154–155)

- 7.113 **fraction** /'frækʃən/ (n) = a small amount of sth / **ułamek**
e.g. *She hesitated for a **fraction** of a second before responding.*
- 7.114 **rim** /rɪm/ (n) = the edge of a circular object / **brzeg, krawędź**
e.g. *The mirror had a metal **rim**.*
- 7.115 **brim** /brɪm/ (n) = the edge / **brzeg**
e.g. *The cup was filled to the **brim**.*
- 7.116 **discrepancy** /dɪs'krepənsi/ (n) = a noticeable difference / **rozbieżność**
e.g. *A major **discrepancy** has been found in the figures.*
- 7.117 **deviation** /dɪvi'eɪʃən/ (n) = doing sth different from what people consider to be normal or acceptable / **odchylenie, odstępstwo, dewiacja**
e.g. ***Deviation** from the norm is not tolerated in this society.*
- 7.118 **interval** /'ɪntəvəl/ (n) = a break in an event / **przerwa**
e.g. *There was a short **interval** during the film.*
- 7.119 **a contradiction in terms** (idm) = a statement that contains conflicting words or ideas / **zdanie lub wyrażenie wewnętrznie sprzeczne**
e.g. *"Struggle for peace" is a **contradiction in terms**.*
- 7.120 **surge** /sɜːdʒ/ (n) = a sudden large increase / **gwałtowny wzrost**
e.g. *The recent **surge** in sales is the result of a successful advertising campaign.*
- 7.121 **lucid** /'luːsɪd/ (adj) = clear and easy to understand / **przejrzysty, jasny, klarowny**
e.g. *As always, his poetry is **lucid** and compelling.*
Der.: lucidly (adv), lucidity (n)
- 7.122 **flagrant** /'fleɪgrənt/ (adj) = shocking / **rażący**
e.g. *His **flagrant** disregard for the rules cannot be tolerated.*
- 7.123 **cheerleading** /'tʃiːliːdɪŋ/ (n) = an activity of a group of girls who lead the crowd in cheering at sports events / **dopingowanie zawodników przez cheerliderki**
e.g. ***Cheerleading** requires a high level of fitness.*
- 7.124 **endeavour** /ɪn'devəʃ/ (n) = an attempt to achieve a goal / **próba, usiłowanie**
e.g. *His first **endeavour** to reach the summit of Mount Everest was a failure.*

- 7.125 **tumbling** /'tʌmblɪŋ/ (adj) = involving rapid jumps and falls / **(o skoku) karkołomny**
e.g. *The acrobat performed a **tumbling** act for the crowd.*
- 7.126 **at the drop of a hat** (idm) = immediately, without hesitating / **natychmiast, bez namysłu**
e.g. *But darling, you can't expect me to divorce my wife **at the drop of a hat**.*
- 7.127 **flip** /flɪp/ (v) = to turn into a different position in a quick movement / **fiknąć kozła**
e.g. *The gymnast broke her leg after trying to **flip** off the bar.*
- 7.128 **incorporate** /ɪn'kɔ:pəreɪt/ (v) = to include sth / **włączyć**
e.g. *We can **incorporate** your ideas into the new campaign.*
Der.: incorporation (n)
- 7.129 **digest** /daɪ'dʒest/ (v) = to think about sth carefully so as to understand it / **przetrawić, pojąć**
e.g. *It took me a while to **digest** the news.*
Der.: digestion (n), digestible (adj)
- 7.130 **comprise** /kəm'praɪz/ (v) = to be made up of a number of things / **obejmować, składać się z**
e.g. *The exhibition **comprises** 50 paintings and 25 sculptures.*
- 7.131 **merit** /'merɪt/ (n) = an advantage / **zaleta**
e.g. *The only **merit** of the new shopping centre is its parking facilities.*

English in Use (pp. 156–159)

- 7.132 **facelift** /'feɪslɪft/ (n) = a procedure to improve the appearance of sth / **renowacja, retusz, nowy wygląd**
e.g. *A fresh coat of paint gave the room a much needed **facelift**.*
- 7.133 **impeccable** /ɪm'pekəbəl/ (adj) = perfect, having no faults / **nienaganny**
e.g. *Her manners and behaviour are **impeccable**.*
Der.: impeccably (adv)
- 7.134 **debut** /'deɪbjʊː/ (n) = the first performance or appearance / **debiut**
e.g. *Their **debut** was a great success.*
- 7.135 **Sicily** /'sɪsəli/ (n) = Sycylia
Der.: Sicilian /sɪ'sɪlɪən/ (adj)
- 7.136 **endurance** /ɪn'dʒʊərəns/ (n) = the ability to continue with a difficult activity / **wytrzymałość**
e.g. *Constant training will improve your **endurance**.*
- 7.137 **eligible** /'elɪdʒɪbəl/ (adj) = qualified or able to do sth / **spełniający niezbędne warunki**
e.g. *I would like to know if I am **eligible** for unemployment benefit.*
Der.: eligibility (n)

- 7.138 **assail** /ə'seɪl/ (v) = to challenge, to attack / **nękać, atakować**
e.g. She was **assailed** by doubts and fears on the eve of her wedding.
Der.: assailable (adj), assailant (n)
- 7.139 **make a clean sweep of sth** (idm) = to win all games in a series or tournament / **zgarnąć wszystkie wygrane**
e.g. Chelsea **made a clean sweep of** all that year's tournaments.
- 7.140 **precedent** /'presədənt/ (n) = sth that has occurred before / **precedens**
e.g. We have seen no **precedents** for such a disaster.
- 7.141 **equine** /'ekwaɪn/ (adj) = related to horses / **koński**
e.g. The race has been cancelled due to an **equine** virus which has not yet been identified.
- 7.142 **incentive** /ɪn'sentɪv/ (n) = sth that encourages sb / **bodziec, zachęta**
e.g. A cash **incentive** was offered for witnesses of the crime to come forward.
- 7.143 **relish** /'relɪʃ/ (v) = to get a lot of enjoyment from sth, to look forward to sth / **cieszyć się z czegoś**
e.g. I would **relish** the chance to work for that company.
- 7.144 **stablemate** /'steɪbəlmeɪt/ (n) = a racehorse that comes from the same stable / **koń z tej samej stajni**
e.g. The owner decided to race both Auron and his **stablemate** Tidus at the next meeting.
- 7.145 **near miss** /,niə 'mɪs/ (n) = a situation where sth very nearly happens / **zdarzenie, do którego o mało co nie doszło**
e.g. Joanna could have won the contest, it was a **near miss**.
- 7.146 **dominant** /'dɒmɪnənt/ (adj) = the most powerful or important / **ważny, dominujący**
e.g. He is the **dominant** figure in politics today.
- 7.147 **embrace** /ɪm'breɪs/ (v) = to accept, include in a larger group / **przyjąć**
e.g. The villagers **embraced** him as one of their own.
- 7.148 **pole position** /'pəʊl pə'zɪʃən/ (n) = the leading position at the start of a car or bicycle race / **najlepsza pozycja na starcie**
e.g. He holds the record of twenty **pole positions** in a racing season.
- 7.149 **mar** /mɑː/ (v) = to spoil, damage / **popsuć, zepsuć**
e.g. The election was **marred** by a scandal.
- 7.150 **ill-fated** /ɪl'feɪtɪd/ (adj) = ended in an unsuccessful way / **feralny, niefortunny**
e.g. Schumacher is back home after an **ill-fated** trip to Monaco.
- 7.151 **cool-headed** /,ku:l'hedɪd/ (adj) = calm in difficult situations / **opanowany, trzeźwo myślący**
e.g. We need someone **cool-headed** to run the business.
- 7.152 **mercurial** /mɜː'kjʊəriəl/ (adj) = frequently changing / **zmienny**
e.g. His **mercurial** temperament intimidated his friends.
- 7.153 **epitomize** /ɪ'pɪtəmaɪz/ (v) = to be a perfect example of sth / **być typowym przykładem**
e.g. The closure of the mines **epitomizes** the problems faced by British industry at this time.
Der.: epitome /ɪ'pɪtəmi/ (n)
- 7.154 **back-to-back** /,bæk.tə'bæk/ (adj) = consecutive / **kolejny**
e.g. Our team can boast of ten **back-to-back** victories.
- 7.155 **transcend** /træn'send/ (v) = to go beyond normal limits / **wykraczać poza**
e.g. Jane's work **transcends** the usual standard of writing.
Der.: transcendence (n), transcendental (adj), transcendent (adj)
- 7.156 **attain** /ə'teɪn/ (v) = to gain, achieve / **zdobyć, osiągnąć**
e.g. He managed to **attain** the rank of colonel.
Der.: attainable (adj), attainment (n)
- 7.157 **feathery touch** = soft or gentle hitting / **lekkie uderzenie**
e.g. His **feathery touch** could not compete with his opponent's force.
- 7.158 **jab** /dʒæb/ (n) = a sudden, sharp punch / **prosty (cios), proste uderzenie**
e.g. The boxer won the match after a right-handed **jab** that knocked his rival out.
- 7.159 **flick** /flɪk/ (n) = a sudden upward movement / **szybki ruch, machnięcie**
e.g. With a sudden **flick** of the wrist, he sent the ball flying.
- 7.160 **unfathomable** /ʌn'fæðəməbəl/ (adj) = that cannot be understood or explained / **niezłębiony**
e.g. The mystery of the Loch Ness monster is **unfathomable**.
- 7.161 **angled** /'æŋɡəld/ (adj) = placed or made at an angle / **po krosie, ukośny**
e.g. He sent an **angled** shot into the net.
- 7.162 **artistry** /'ɑːtɪstri/ (n) = creative skill or ability / **sztuka, mistrzostwo**
e.g. Tennis is a game of technique and **artistry**.
- 7.163 **brat** /bræt/ (n) = a person, especially a child, who behaves badly / **łobuz, bachor**
e.g. My son is not allowed to play with your spoiled **brat**.
- 7.164 **lambast(e)** /læm'beɪst/ (v) = (formal) to criticise sb very harshly, especially in public / **ostro skrytykować**
e.g. The journalists **lambasted** the Prime Minister for his foreign policy.

- 7.165 **stuffy** /'stʌfi/ (adj) = very serious and formal /
sztywny, oficjalny
e.g. *I never wanted to meet his **stuffy** family.*
- 7.166 **be the pits** (idm) = (informal) to be the worst
of the kind / być najgorszym w swojej dziedzinie
e.g. *The service in this restaurant really **is the pits**.*
- 7.167 **tirade against sb/sth** /taɪ'reɪd/ (n) = a long speech
criticising sb or sth / tyrada, miażdżąca krytyka
e.g. *In Hyde Park you can hear many **tirades against**
politicians.*
- 7.168 **soliloquy** /sə'lɪləkwɪ/ (n) = a speech delivered by
a dramatic character who is left alone on the
stage, speaking his or her thoughts aloud /
solilokwium, monolog
e.g. *The world's most famous **soliloquy** is Hamlet's
"To be or not to be."*
- 7.169 **run amok** (idm) = to suddenly start behaving
violently, in anger or excitement / dostać szału
e.g. *The crowd of fans **ran amok** when their team won.*
- 7.170 **self-flagellation** /,self flædʒə'leɪʃən/ (n) = the act of
criticising oneself / samokrytycyzm
e.g. *The psychiatrist believed Frank's **self-flagellation**
was a result of his strict upbringing.*
- 7.171 **self-loathing** /,self'ləʊðɪŋ/ (n) = the feeling of disgust
or great dislike for oneself / wstręt do samego siebie
e.g. *After stealing money from her friend, she felt
nothing but **self-loathing**.*
-
- Writing (pp. 160–164)**
- 7.172 **exceed** /ɪk'si:d/ (v) = to be greater or larger than sth /
przekroczyć, przewyższyć
e.g. *His performance in the exams **exceeded** our
expectations.*
- 7.173 **conservative** /kən'sɜ:vətɪv/ (adj) = cautious / ostrożny
e.g. *At a **conservative** estimate, I'd say the house
is worth £50,000.*
Der.: conservatively (adv)
- 7.174 **estimate** /'estɪmət/ (n) = an approximate evaluation /
ocena, szacunek
e.g. *The official **estimate** was that employment
increased by 2 per cent.*
Der.: estimation (n)
- 7.175 **outlet** /'aʊtlet/ (n) = a shop or organisation which
sells goods by a particular manufacturer / punkt
sprzedaży
e.g. *Their ambition is to become the city's largest retail
outlet.*
- 7.176 **enterprise** /'entəpraɪz/ (n) = a business or company /
biznes, przedsiębiorstwo
e.g. *The new **enterprise** is expected to bring in profits
of over £1 million in its first year.*
- 7.177 **franchise** /'fræntʃaɪz/ (v) = to allow to sell one's
goods or services / dać koncesję, udzielić franszyzy
na coś
e.g. *Our firm has decided to **franchise** its business
in order to expand into other cities.*
- 7.178 **sublet** /sʌb'let/ (v) = to allow sb to use a building
or part of a building and pay you rent, even
though you are not the owner and pay rent
for it yourself / podnająć
e.g. *The company agreed to rent the whole building
on condition that they could **sublet** the top floor.*
- 7.179 **benefactor** /'benəfæktər/ (n) = sb who helps people
or organisations by giving them money /
ofiarodawca, dobroczyńca
e.g. *The rich company owner became a **benefactor**
of the local hospital.*
- 7.180 **venture** /'ventʃər/ (n) = a project which is exciting
but difficult as it involves the risk of failure /
przedsięwzięcie
e.g. *Her latest **venture** was to break into the world
of advertising.*
- 7.181 **stationery** /'steɪʃənri/ (n) = paper, envelopes and
other materials used for writing / artykuły
papiernicze
e.g. *The popularity of e-mails has led to a drop in the
sales of **stationery**.*
- 7.182 **appalled** /ə'pɔ:ld/ (adj) = shocked or disgusted /
zbulwersowany
e.g. *I was **appalled** at the insensitive way the news
report was handled.*
- 7.183 **warehouse** /'weəhaʊs/ (n) = a large building where
goods are stored until they are taken to shops to
be sold / magazyn, hurtownia
e.g. *We should order another batch of dolls from the
warehouse since they are so popular with customers.*
- 7.184 **vacant** /'vækənt/ (adj) = empty / wolny
e.g. *The hotel has only one room **vacant**, so we will
have to share.*
- 7.185 **conversion** /kən'vɜ:ʃən/ (n) = changing sth into
a different shape or form / adaptacja, przeróbka
e.g. *A loft **conversion** will provide you with an extra
bedroom.*
- 7.186 **premises** /'premɪsɪz/ (n pl) = all the buildings and
land a business occupies in one place / lokal, teren
wraz z zabudowaniami
e.g. *These **premises** are too small now that the
company has expanded; we'll need to look for
something bigger.*
- 7.187 **imminent** /'ɪmɪnənt/ (adj) = almost certain
to happen / nieuchronny, wiszący w powietrzu

- 7 Ignoring the problem will only the situation, we need a foolproof plan to deal with it.
 A enhance C exceed
 B exacerbate D transcend
- 8 She had a(n) ability to create beautiful sculptures.
 A innate C internal
 B mercurial D lucid
- 9 The actor's shocking behaviour at the awards ceremony gained him as "the bad boy of Hollywood".
 A preconception C self-loathing
 B notoriety D discrimination
- 10 Starting up your own publishing can be a risk, but potentially profitable.
 A outlet C premises
 B warehouse D enterprise

B Wpisz w luki właściwe wyrazy z listy.

• incorporate • revenue • blend • eligible • interval • consecutive • conservative • triumphant • prodigy • comprise

- 1 My grandmother is very and does not trust new ideas.
- 2 The fans greeted the players on their return from the cup final.
- 3 We need to your ideas into the storyline.
- 4 The new cd box set will a limited edition picture disc and a lyric sheet.
- 5 Sarah is a child ; by the age of ten she was studying nuclear physics.
- 6 His latest album is a of jazz and blues.
- 7 You have to wait until you are 18 years old to be for a driving licence.
- 8 The movie was number one at the box office for seven weeks.
- 9 The company generated £50 million in last year.
- 10 The students have a ten-minute between classes.

C Uzupełnij luki jednym wyrazem.

- 1 My daughter was able to do long at the age of seven.
 The team was relegated to the fourth at the end of the season.
 He was promoted to manager of the sales , which pleased him greatly.
- 2 The death was high following the earthquake.
 Users of the new highway are required to pay a
 Working long hours eventually took its on her health.
- 3 When he got out of the bath, there was a of dirt around it.
 The Hubble telescope allows astronomers to see beyond the outer of our solar system.
 There was a crack on the of her coffee cup so she asked the waiter to change it.
- 4 There is a seat at the rear of the bus if you want to sit down.
 She had a look on her face as she stared out of the window.
 There are a number of people applying for the position in the company.
- 5 The ramp at the entrance of the building has made it to the disabled.
 I kept my camera in case I saw something that I wanted to capture on film.
 Health care should be to all people, regardless of financial status.

D Uzupełnij brakujący fragment, wpisując łącznie z wyrazem podanym **tłustym drukiem** od 3 do 8 słów, tak aby wyrazić to samo znaczenie. Nie zmieniaj podanego wyrazu.

- | | |
|--|---|
| <p>1 Jerry has complete trust in Kate's ability to find him a job.
faith Jerry has
..... in Kate's ability to find him a job.</p> <p>2 After only 11 miles of the marathon, I became too exhausted to continue and had to pull out.
steam After only 11 miles of the marathon, I
..... had to pull out.</p> <p>3 Frank behaves so badly when he loses that there is no point playing with him.
sport Frank is
..... there is no point playing with him.</p> | <p>4 I never asked Alice to cook tonight, she decided to do it herself.
off Alice decided to cook
..... I didn't ask her.</p> <p>5 Microsoft is the most powerful manufacturer of computer software.
field Microsoft
..... computer software.</p> |
|--|---|

E Wpisz w luki wyrazy utworzone od słów podanych wielkimi literami.

Horsing Around

As a couch potato, I have never managed to attain **1)** over any sport, in fact, the opposite appears to be true. Take, for example, my **2)** journey into the world of equine sports. After **3)** for ten minutes to get on the horse, I found that it took a surprising amount of **4)** to stay there. For a **5)** moment, things went well as we trotted out of the stable and headed for the field, but once I caught sight of the jumps, I began feeling very **6)** about the whole idea. During the hour-long lesson, I **7)** to keep my seat but found myself **8)** to the ground no less than eight times. If, for some **9)** reason, you too believe you can defy gravity and your **10)** leads you to think about trying your hand at this sport – think again! I **11)** had to be pulled off the horse once I had lost all feeling in my lower limbs, and I don't think that I will ever be able to walk normally again!

MASTER

FATED

STRIVE

AGILE

FLEET

APPREHENSION

ENDEAVOUR

TUMBLE

FATHOM

ARROGANT

LITERAL

Lead-in (p. 165)

- 8.1 **riot police** /'raɪət ˌpəliːs/ (n) = the police trained to deal with people who cause trouble in public / policyjne oddziały prewencji
e.g. The **riot police** dispersed the hooligans after the match.
- 8.2 **far-reaching** /ˌfɑː'ri:tʃɪŋ/ (adj) = having a great influence on a large number of things / dalekosiężny
e.g. The use of computers has **far-reaching** effects.
- 8.3 **dislocation** /ˌdɪslə'keɪʃən/ (n) = disturbance or removal from the usual place or state / zakłócenie; przesunięcie; przemieszczenie
e.g. This ethnic policy will cause social **dislocation**.
- 8.4 **maim** /meɪm/ (v) = to injure so badly that a part of the body becomes useless / okaleczyć
e.g. Many people have been killed or **maimed** by terrorist bombings.
- 8.5 **suffragette** /ˌsʌfrə'dʒet/ (n) = a woman involved in a campaign for women to have the right to vote / sufrażystka
e.g. The **suffragette** chained herself to the fence to protest against inequality.
- 8.6 **high profile** /ˌhaɪ 'prəʊfaɪl/ (adj) = conspicuous, attracting a lot of attention / przyciągający uwagę publiczną
e.g. The new product sold very well thanks to our **high profile** advertising campaign.
- 8.7 **pave the way (for sb/sth)** (idm) = to prepare for sb/sth, to make the arrival or appearance of sb/sth easier / torować, przygotować drogę
e.g. The invention of the telescope **paved the way for** a number of astronomical discoveries.
- 8.8 **footage** /'fʊtɪdʒ/ (n) = a film or part of a film of a particular event / relacja, materiał filmowy
e.g. The programme contains **footage** of the bombing.
- 8.9 **disarmament** /dɪs'ɑːməmənt/ (n) = the act of decreasing the amount of weapons, especially nuclear weapons, that a country possesses / rozbrojenie
e.g. The two governments discussed nuclear **disarmament** during the summit talks.

Reading (pp. 166–167)

- 8.10 **preconception** /ˌpri:kən'sepʃən/ (n) = a belief formed about sth before one has got information about it / z góry przyjęty osąd

e.g. I always had a **preconception** about actors until I worked with them.

- 8.11 **bigoted** /'bɪgətɪd/ (adj) = prejudiced / pełen uprzedzeń, doktrynerski, bigoteryjny
e.g. He wrote a **bigoted** article on the superiority of men.
Der.: bigotry (n)
- 8.12 **commandeer** /ˌkɒmə'n'diə/ (v) = to force sb to help in a task / zmusić, wymusić
e.g. My little nephew **commandeered** me to help him build a tree-house.
- 8.13 **obtuse** /əb'tjuːs/ (adj) = slow to understand / głupi, ograniczony
e.g. I wondered if he was being deliberately **obtuse** so that he wouldn't have to do as I asked.
- 8.14 **misidentification** /ˌmɪsɪdɪntɪfɪ'keɪʃən/ (n) = wrong identification / błędna identyfikacja
e.g. The **misidentification** of the suspect resulted in a setback in the police inquiry.
- 8.15 **abound** /ə'baʊnd/ (v) = to be plentiful / być powszechnym
e.g. Rumours **abound** about his earlier life.
- 8.16 **phenotypic** /ˌfiːnəʊ'tɪpɪk/ (adj) = (of appearance) having features determined by environment and not heredity factors / związany z fenotypem
e.g. Scandinavians have some **phenotypic** similarities such as blond hair and blue eyes.
Der.: phenotype (n)
- 8.17 **consistency** /kən'sɪstənsi/ (n) = the thickness or smoothness of a substance / konsystencja
e.g. Dilute the paint with water until it has the **consistency** of milk.
- 8.18 **candy floss/cotton candy** = a kind of sweet in the form of a mass of sticky threads made from melted sugar and served on a stick / wata cukrowa
e.g. At the fairground I bought the children some **candy floss**.
- 8.19 **heritage** /'herɪtɪdʒ/ (n) = tradition / dziedzictwo, spuścizna
e.g. We must be careful to preserve our national **heritage**.
- 8.20 **oblivious of sth** /ə'blɪvɪəs/ (adj) = unaware, ignorant / nieświadomy
e.g. The film was so interesting that he was **oblivious** of his surroundings.
- 8.21 **endowed** /ɪn'dəʊd/ (adj) = blessed with a particular characteristic / obdarzony

- e.g. She was **endowed** with both beauty and intelligence.
- 8.22 **floor** /flɔː/ (v) = to surprise and make sb unable to respond / **zaskoczyć, wprawić w osłupienie**
e.g. He was **floored** by the news of her death.
- 8.23 **heredity** /hə'rediti/ (n) = the process by which certain characteristics are passed on from parents to offspring / **dziedziczność**
e.g. **Heredity** often plays an important role in the facial characteristics of offspring.
- 8.24 **perpetuate** /pə'petʃueɪt/ (v) = to cause sth to continue / **utrwaląć**
e.g. The monument was built to **perpetuate** the memory of this great writer.
Der.: perpetuation (n), perpetuity (n)
- 8.25 **personal agenda** /'pɜːsənəl ə'dʒɛndə/ (n) = sb's intentions or personal plans / **intencje, osobiste cele**
e.g. Although the politician was supposed to work on behalf of the public, he was following his own **personal agenda**.
- 8.26 **inflict** /ɪn'flikt/ (v) = to bring upon suffering, harm or damage / **wyrządzić, zadawać**
e.g. Cruel people like to **inflict** pain on others.
- 8.27 **preaching** /'pri:tʃɪŋ/ (adj) = talking about a religious or moral subject / **prawiący kazania**
e.g. Beth cannot stand her **preaching** parents any longer.
Der.: preacher (n)
- 8.28 **turmoil** /'tɜːmɔɪl/ (n) = chaos, confusion / **zamęt, chaos**
e.g. The country has been in **turmoil** for years due to civil war.
- 8.29 **advocate** /'ædvəkət/ (n) = a supporter / **zwolennik**
e.g. She is an **advocate** of home schooling.
- 8.30 **imposition** /,ɪmpə'zɪʃən/ (n) = using authority to force people to accept sth / **narzucanie**
e.g. Students are protesting against the **imposition** of curricular reforms.
- 8.31 **boil down to** /'bɔɪl 'daʊn tə/ (phr v) = to be the most basic aspect of a matter / **sprawdzać się do**
e.g. It all **boils down to** money.
- 8.32 **dubious** /'djuːbiəs/ (adj) = doubtful, unreliable / **podejrzany, niepewny, wątpliwy**
e.g. The research this report is based on is rather **dubious**.
- 8.33 **footing** /'fʊtɪŋ/ (n) = the basis / **podstawa**
e.g. James wanted to put the case on a more legal **footing**.
- 8.34 **cling (on) to sth** /'klɪŋ tə/ (phr v) = to hold onto (e.g. a belief) / **obstawać przy czymś**
e.g. Many people **cling to** their outdated beliefs.
- 8.35 **outmoded** /,aʊt'məʊdɪd/ (adj) = outdated / **przestarzały**
e.g. **Outmoded** machinery led to the factory's closure.
- 8.36 **congressional** /kən'grɛʃənəl/ (adj) = related to the United States Congress / **związany z Kongresem USA**
e.g. A **congressional** report on the educational system was published last month.
- 8.37 **apportion** /ə'pɔːʃən/ (v) = to divide into shares / **przydzielić, podzielić**
e.g. The property was **apportioned** among all the family members.
- 8.38 **blend** /blend/ (n) = a combination, mix / **mieszanka, zlepek**
e.g. His music is a **blend** of jazz and country.
- 8.39 **intermingling** /,ɪntə'mɪŋɡlɪŋ/ (n) = a blend, mix / **mieszanie się**
e.g. We encourage the **intermingling** of students from different cultural backgrounds.
- 8.40 **bogus** /'bɒʊgəs/ (adj) = false, counterfeit / **falszywy, zmyślony**
e.g. The address she gave to the police was **bogus**.
- 8.41 **mould** /məʊld/ (n) = a container of a particular shape / **forma, model**
e.g. He poured the mixture into a heart-shaped **mould**.
- 8.42 **underscore** /,ʌndə'skoʊr/ (v) = to emphasise / **podkreślać**
e.g. The president **underscored** the importance of trade.
- 8.43 **weirdness** /'wiədnəs/ (n) = strangeness / **dziwaczność, cudaczność**
e.g. His **weirdness** made me feel uncomfortable.
- 8.44 **construct** /'kɒnstrʌkt/ (n) = a complex idea / **konstrukt, idea**
e.g. Marxism is a philosophical **construct**.
- 8.45 **instil sth in/into sb** /ɪn'stɪl/ (v) = to implant, to make sb think or feel an idea or feeling / **wpoić, wywołać**
e.g. Her parents **instilled** moral values **into** her.
- 8.46 **arbitrary** /'ɑːbɪtrəri/ (adj) = random, not based on a reason / **arbitralny**
e.g. The manager's decision to fire certain people was purely **arbitrary**.
Der.: arbitrarily (adv), arbitrariness (n)
- 8.47 **malicious** /mə'lɪʃəs/ (adj) = vicious, cruel / **złośliwy**
e.g. Clare was the victim of **malicious** gossip.
Der.: maliciously (adv)
- 8.48 **monoracialism** /,mɒnə'siːrɪəlɪzəm/ (n) = the belief in the superiority of one race / **przekonanie o wyższości jednej rasy**
e.g. Company policy states that **monoracialism** in the workplace will not be accepted.

Language Focus (pp. 168–171)

- 8.49 **exclusion** /ɪksˈkluːʒən/ (n) = preventing sb from entering a place or taking part in an activity / izolacja, wykluczenie
e.g. Debbie was frustrated at her **exclusion** from the group.
Opp.: inclusion
- 8.50 **harassment** /ˈhærəsmənt/ (n) = behaviour which is intended to upset or annoy sb / nękanie
e.g. The football fans accused the police of unnecessary **harassment**.
- 8.51 **class** /klaːs/ (n) = a group of people at the same social and economic level / klasa społeczna
e.g. The upper **class** have always looked down on the working **class**.
- 8.52 **distinction** /dɪˈstɪŋkʃən/ (n) = difference / rozróżnienie, różnica
e.g. Class **distinction** exists in England even today.
- 8.53 **unrest** /ˌʌnˈrest/ (n) = disturbance / niepokój
e.g. The government's plan to privatise the health care system caused social **unrest**.
- 8.54 **constitute** /ˈkɒnstɪtjuːt/ (v) = to combine to form a whole / stanowić
e.g. In this country ethnic minorities **constitute** less than 1 per cent of the total population.
- 8.55 **mobility** /məʊˈbɪlɪti/ (n) = movement / mobilność, ruchliwość
e.g. Progress thrives on social **mobility** and an influx of fresh ideas.
Der.: mobile (adj)
Opp.: immobility
- 8.56 **bid** /bɪd/ (n) = an attempt / próba
e.g. The government has doubled the police force in a **bid** to fight crime.
- 8.57 **curb** /kɜːb/ (v) = to restrain / ograniczyć, hamować
e.g. You need to learn how to **curb** your emotions.
- 8.58 **alleged** /əˈleɪdʒd/ (adj) = stated but not proved to be true / rzekomy, domniemany
e.g. Residents are shocked at the **alleged** beating of a man held by the police for interrogation.
Der.: allegedly (adv)
- 8.59 **subsidised** /ˈsʌbsɪdaɪzd/ (adj) = with part of the cost paid by sb else, usually a government agency / dotowany, subsydiowany
e.g. Many senior citizens live in **subsidised** housing.
Der.: subsidy (n)
- 8.60 **invalid** /ɪnˈvəlɪd/ (n) = an ill or disabled person / inwalida, niepełnosprawny
e.g. Her husband can't work, he's an **invalid**.
- 8.61 **nourishing** /ˈnʌrɪʃɪŋ/ (adj) = healthy / pożywny
e.g. **Nourishing** meals were provided to the homeless.
Der.: nourishment (n)
- 8.62 **mentally challenged** = (very polite) mentally disabled, mentally handicapped / upośledzony, niepełnosprawny umysłowo
e.g. She works as a teacher in a school for the **mentally challenged**.
- 8.63 **saving grace** = a good quality or feature that prevents sb from being completely bad or worthless / pożytyw, (jedyna) zaleta
e.g. Peter is a very irritating person and his only **saving grace** is his sense of humour.
- 8.64 **dispose of sth** /dɪˈspəʊz/ (v) = to get rid of sth / pozbyć się
e.g. The kidnappers **disposed of** the body in a swamp.
- 8.65 **cordially** /ˈkɔːdiəli/ (adv) = in a very friendly way / serdecznie
e.g. She **cordially** invited me to attend the event.
Der.: cordiality (n)
- 8.66 **gratuitously** /grəˈtjuːtɪəsli/ (adv) = unnecessarily / niepotrzebnie
e.g. Many films recently shown on TV have been **gratuitously** violent.
- 8.67 **incensed** /ɪnsent/ (adj) = extremely angry, enraged / doprowadzony do pasji, rozsierdzony
e.g. He was **incensed** at the outrageous accusations.
- 8.68 **twiddle one's thumbs** (idm) = to have nothing to do and wait for sth to happen / zbijać bąki
e.g. Once she had finished her work, she sat back and **twiddled her thumbs** until it was time to go home.
- 8.69 **trudge** /trʌdʒ/ (v) = to walk slowly and with difficulty / mozolnie maszerować
e.g. The soldiers **trudged** back to the camp.
- 8.70 **stroll** /strɒl/ (v) = to wander, walk in a slow and relaxed way / spacerować
e.g. We often **stroll** in the park after dinner.
- 8.71 **saunter** /ˈsɔːntə/ (v) = to walk slowly and casually / przechadzać się
e.g. On summer evenings, people usually **saunter** along the beach.
- 8.72 **strut** /strʌt/ (v) = to walk in a proud way / dumnie kroczyć
e.g. The athlete **strutted** in front of the cameras with his medals around his neck.
- 8.73 **dim** /dɪm/ (adj) = not very strong or obvious / mroczny, niewyraźny
e.g. I'm eighty now and my childhood is but a **dim** memory.
- 8.74 **rudimentary** /ruːdɪˈmentəri/ (adj) = basic, simple / podstawowy

- e.g. As his knowledge of French was only **rudimentary**, he was not hired for the post.
- 8.75 **menial** /'mi:niəl/ (adj) = (of work) boring and badly paid / *nieciekawy i źle płatny*
e.g. She had to take a **menial** job as she couldn't find anything in her field.
- 8.76 **barrister** /'bærɪstə/ (n) = a lawyer in higher courts of law / *adwokat*
e.g. He studied for a number of years to become a **barrister**.
- 8.77 **magistrate** /'mædʒɪstret/ (n) = a judge dealing with minor crimes in law courts / *sędzia (w sądach niższej instancji)*
e.g. The defendant tried to persuade the **magistrate** to postpone the court hearing.
- 8.78 **abhorrence** /æb'hɒrəns/ (n) = strong hatred / *wstręt, odraza*
e.g. We were unaware of her **abhorrence** of snakes.
Der.: abhorrent (adj)
- 8.79 **dispute** /di'spjʊt/ (n) = argument, disagreement / *kontrowersja*
e.g. There is a **dispute** over where to build the new hospital.
- 8.80 **tiff** /tɪf/ (n) = a minor quarrel between friends or a married couple / *sprzeczka*
e.g. Jane and Anne had another **tiff** and are no longer on speaking terms.
- 8.81 **clash** /klæʃ/ (n) = a fight or an argument between people / *starcie; utarczka*
e.g. There were a number of **clashes** during last week's demonstration.
- 8.82 **congregation** /,kɒŋgrɪ'geɪʃən/ (n) = people attending a church service / *wierni*
e.g. The **congregation** sang two hymns before the priest delivered his sermon.
- 8.83 **rally** /'ræli/ (n) = a public meeting supporting sth / *wiecz*
e.g. A **rally** was held in support of the coal miners' strike.
- 8.84 **ceasefire** /'si:sfaɪə/ (n) = a temporary suspension of fighting between groups of people or countries / *zawieszenie broni*
e.g. After a five-year conflict, they agreed to a **ceasefire**.
- 8.85 **truce** /tru:s/ (n) = an agreement between two people or groups of people to stop fighting / *rozejm*
e.g. The two countries declared a **truce** after a week of intense peace talks.
- 8.86 **treaty** /'tri:ti/ (n) = a written agreement between countries to help each other or do sth in particular / *traktat*
e.g. The disarmament **treaty** states that both countries must destroy a third of their nuclear weapons.
- 8.87 **faction** /'fækʃən/ (n) = a group of people within a larger one / *frakcja, odłam*
e.g. Government officials are fighting to prevent the warring **factions** in the city from causing any more damage to public property.
- 8.88 **settler** /'setlə/ (n) = a person who goes to live in a new country / *osadnik, kolonizator*
e.g. British **settlers** can be found as far away as in Australia.
Der.: settlement (n), settle (v)
- 8.89 **mediator** /'mi:diətə/ (n) = sb who settles an argument between two (groups of) people / *rozmecma, mediator*
e.g. A **mediator** was called in after clashes between rival gangs.
- 8.90 **intermediary** /,ɪntə'mi:diəri/ (n) = sb who passes messages between people or groups / *mediator, pośrednik*
e.g. Bob acted as an **intermediary** during the business talks between the two companies.
- 8.91 **interceptor** /,ɪntə'septə/ (n) = a person or thing that stops sth from going from one place to another / *osoba lub rzecz dokonująca przechwycenia czegoś; myśliwiec przechwytyjący*
e.g. Russian **interceptors** prevented the missile from entering Russian airspace.
- 8.92 **strife** /straɪf/ (n) = conflict / *konflikt, spór*
e.g. Money is a major cause of **strife** in many marriages.
- 8.93 **friction** /'frɪkʃən/ (n) = disagreement, argument / *tarcie; tarcia, konflikt*
e.g. The new plan will cause **friction** between the two departments.
- 8.94 **decree** /di'kri:/ (n) = an official order or decision / *dekret*
e.g. Many people opposed the **decree** to increase taxes.
- 8.95 **deposition** /,depə'zɪʃən/ (n) = a formal written statement / *zeznanie pod przysięgą*
e.g. The **deposition** of the witness ensured a strict verdict.
- 8.96 **drag one's feet/heels** (idm) = to hold back, delay / *ociągać się, zwlekać*
e.g. The manager was criticised for **dragging her feet** about pay rises.
- 8.97 **a storm in a teacup** (idm) = a lot of fuss about sth unimportant / *burza w szklance wody*
e.g. Don't worry, it was only a **storm in a teacup**.

- 8.98 **a drop in the ocean** (idm) = a very small and unimportant amount / *kropla w morzu*
e.g. *His commission is a drop in the ocean compared to the company's profit.*
- 8.99 **fight a losing battle** (idm) = to try to achieve sth that cannot be achieved / *toczyć beznadziejną walkę*
e.g. *She knew she was fighting a losing battle when he refused even to listen to her suggestions.*
- 8.100 **bite off more than one can chew** (idm) = to try to do sth which is beyond one's capabilities / *porywać się z motyką na słońce*
e.g. *I think that in accepting that promotion she has bitten off more than she can chew.*
- 8.101 **eradicate** /i'rædɪkeɪt/ (v) = to eliminate, get rid of / *zwalczyć, wyplenić, wykorzenić*
e.g. *In some countries, certain diseases have not yet been eradicated.*
- 8.102 **a law unto oneself** (idm) = sb who does as she or he pleases / *osoba, która postępuje tak, jak jej się podoba*
e.g. *I don't know what his plans are, he is a law unto himself.*
- 8.103 **make a mountain out of a molehill** (idm) = to make an unimportant fact seem like a serious one / *robić z igły widły*
e.g. *Don't make a mountain out of a molehill; I'm only five minutes late!*
- 8.104 **outstay one's welcome** (idm) = to stay longer than expected / *nadużyć gościnności*
e.g. *Don't outstay your welcome. They can't put you up for weeks.*
- 8.105 **drive a wedge between sb and sb else** (idm) = to cause ill feelings between people / *zasiać niezgodę między dwiema osobami*
e.g. *Sharon was determined to drive a wedge between her father and his new wife.*
- 8.106 **on the grounds of** = because of / *z powodu*
e.g. *She took the company to court on the grounds of racial discrimination.*
- 8.107 **counter** /'kaʊntə/ (v) = to make less effective / *przeciwdziałać, powstrzymać*
e.g. *The effects of pollution could be countered by cutting chemical emissions.*
- 8.108 **influx** /'ɪnflʌks/ (n) = an arrival of people or things in large numbers / *napływ*
e.g. *The influx of immigrants greatly increased the population.*
- 8.109 **surveillance** /sə'veɪləns/ (n) = close observation / *obserwacja, inwigilacja*
e.g. *The police have the terrorists under surveillance.*
- 8.110 **culprit** /'kʌlprɪt/ (n) = an offender / *winowajca, sprawca*
e.g. *The real culprits have not been caught yet.*
- 8.111 **infringement** /ɪn'frɪndʒmənt/ (n) = an interference in sb's rights and freedom / *naruszenie, pogwałcenie*
e.g. *Taking photographs of celebrities in their homes is an infringement of their privacy.*
- 8.112 **civic duty** /'sɪvɪk 'dʒʊti/ (n) = duty done for the good of a particular community / *obywatelski obowiązek*
e.g. *He felt it was his civic duty to join the local neighbourhood watch scheme.*

Listening and Speaking (pp. 172–173)

- 8.113 **solidarity** /,sɒli'dærɪti/ (n) = agreement or unity among a group of people / *solidarność*
e.g. *In an unprecedented show of solidarity, every member of the actors' guild went on strike to protest against her dismissal.*
- 8.114 **prevalent** /'prevələnt/ (adj) = common / *rozpowszechniony*
e.g. *This condition is more prevalent in children than in adults.*
- 8.115 **stem from** /'stem frəm/ (phr v) = to be caused by / *być spowodowanym przez coś; wyrastać, wynikać z czegoś*
e.g. *All his psychological problems stem from his strict upbringing.*
- 8.116 **advocate** /'ædvəkeɪt/ (v) = to support / *popierać, opowiadać się za czymś*
e.g. *He advocates building more houses to deal with the problem of overcrowding.*
- 8.117 **evoke** /ɪ'vəʊk/ (v) = to cause to occur / *wywołać*
e.g. *The smell of baking bread evoked memories of her grandmother.*
- 8.118 **spontaneous** /spon'teɪniəs/ (adj) = sudden, unexpected / *spontaniczny*
e.g. *Her decision to visit her parents was spontaneous, so they were surprised by her arrival.*
Der.: spontaneously (adv), spontaneity (n)
- 8.119 **glass ceiling** /,glɑ:s 'si:liŋ/ (n) = the imaginary barrier that stops e.g. women from getting the highest positions, best jobs, etc / *„szklany sufit”, bariera w osiągnięciu przez kobiety lub inne dyskryminowane grupy najwyższych stanowisk*
e.g. *The glass ceiling is a problem for ethnic minorities.*
- 8.120 **maternity leave** /mə'tɜ:nɪti ,li:v/ (n) = a period of time when a woman is on leave from work to have a baby / *urlop macierzyński*
e.g. *She was allowed six months' maternity leave when her son was born.*
- 8.121 **high-ranking** /,haɪ'ræŋkɪŋ/ (adj) = important, at a high level / *wysokiej rangi*

- e.g. Only **high-ranking** officials are allowed to attend the conference.
- 8.122 **swiftly** /'swɪftli/ (adv) = quickly / **szybko**
e.g. The police acted **swiftly** to protect the public.
Der.: swiftness (n), swift (adj)
- 8.123 **entail** /ɪn'teɪl/ (v) = to involve / **pociągać za sobą**
e.g. Owning a dog **entails** great responsibility.
- 8.124 **fraud** /frɔ:d/ (n) = criminal dishonesty or deceit / **oszustwo**
e.g. Forging someone's signature on a cheque is considered **fraud**.
- 8.125 **march** /mɑ:tʃ/ (n) = an organised walk of many people / **marsz**
e.g. The **march** was effective as over 300,000 protesters turned up.
- 8.126 **petition** /pə'tɪʃən/ (n) = a document signed by many people asking the government or official group to do a particular thing / **petycja**
e.g. People in the neighbourhood signed a **petition** asking the city council for better police patrolling.
Der.: petitioner (n)
- 8.127 **contemptuous of sb/sth** /kən'temptʃuəs/ (adj) = showing disrespect / **pogardliwy, pełen pogardy**
e.g. Josh tends to be **contemptuous of** people who are not as clever as he is.
Der.: contemptuously (adv), contempt (n)
- 8.128 **awed** /ɔ:d/ (adj) = amazed / **zaskoczony**
e.g. The audience were **awed** by his amazing performance.
- 8.129 **xenophobia** /zenə'fəʊbiə/ (n)
Der.: xenophobic (adj), xenophobe (n)
- 8.130 **civil liberties** = the rights of people to be free to say or do what they want as long as they respect the law and the rights of others / **swobody obywatelskie**
e.g. **Civil liberties** are non-existent in a number of countries.
- 8.131 **exploitative** /ɪk'splɔ:tətɪv/ (adj) = unfairly using people's work or ideas for one's own advantage / **oparty na wyzysku**
e.g. Asian factories have been condemned for their **exploitative** use of children.
- 8.132 **redress** /rɪ'dres/ (v) = to correct or compensate for sth unfair or wrong / **naprawić (np. krzywdę)**
e.g. To **redress** the injustice of the previous regime, the new government released all political prisoners.
- 8.133 **fend for oneself** /'fend fəʊ/ (phr v) = to take care of oneself without help from others / **być samodzielnym, dawać sobie radę samemu**
e.g. You are old enough to **fend for** yourself!
- 8.134 **malevolent** /mæ'levələnt/ (adj) = evil / **zły**
e.g. His intentions were obviously **malevolent**.
- 8.135 **prejudicial to sth** /,preɟʒə'dɪʃəl/ (adj) = harmful / **szkodliwy**
e.g. The housing development is sure to be **prejudicial to** local wildlife.
- 8.136 **humbling** /'hʌmblɪŋ/ (adj) = making sb feel inferior or embarrassed / **upokarzający, poniżający**
e.g. Having to admit to an addiction is a **humbling** experience.
- 8.137 **bubbling** /'bʌblɪŋ/ (adj) = active, full of energy / **pełen życia, tętniący życiem**
e.g. She had such a **bubbling** personality that everyone loved her.
- 8.138 **quick-witted** /,kwɪk'wɪtɪd/ (adj) = intelligent / **błyskotliwy**
e.g. He is a **quick-witted** boy and an excellent chess player.
- 8.139 **presumption** /prɪ'zʌmpʃən/ (n) = a belief or attitude adopted at the beginning of a process / **domniemanie, przypuszczenie**
e.g. The lawyer changed his **presumption** that his client was innocent once he had spoken to the witnesses.
- 8.140 **humaneness** /hju:'meɪnəs/ (n) = kindness or sympathy towards people and animals / **humanitarność, ludzkie uczucia**
e.g. The beggar was grateful to the lady for her **humaneness**.
- 8.141 **elucidate** /ɪ'lu:sɪdeɪt/ (v) = to make clear, to clarify / **wyjaśnić**
e.g. The teacher did some simple demonstrations to **elucidate** the scientific theory.
Der.: elucidation (n)
- 8.142 **humiliated** /hju:'mɪliətɪd/ (adj) = made to feel ashamed / **upokorzony, poniżony**
e.g. He felt **humiliated** when his boss shouted at him in front of his colleagues.
- 8.143 **underpin** /,ʌndə'pɪn/ (v) = to support / **stanowić fundament, stać u podstaw**
e.g. Most politicians fail to realise that the public **underpins** the government.
- 8.144 **exacerbate** /ɪg'zæsəbeɪt/ (v) = to aggravate, to worsen / **pogorszyć, spowodować nasilenie się**
e.g. The increase in the number of cars on the road is **exacerbating** the problem of pollution.
- 8.145 **integration** /,ɪntɪ'greɪʃən/ (n) = becoming a full member of a community or group / **integracja**
e.g. **Integration** into the European Union was enhanced by the introduction of a common currency.
- 8.146 **asset** /'æset/ (n) = a useful quality / **atut**
e.g. His ability to speak three languages fluently was his chief **asset**.

- 8.147 **mutate into sth** /mju:'teɪt/ (v) = to change in form or nature / **przeobrazić się w coś**
e.g. The bacteria **mutated into** a new form which is resistant to antibiotics.
Der.: mutation (n)
- 8.148 **fascism** /'fæʃɪzəm/ (n) = extreme right-wing political beliefs, favouring strong central government and strong armed forces / **fasyzm**
e.g. The recent **upsurge of fascism** is a threat to our democracy.
Der.: fascist (n)
- 8.149 **unleash** /,ʌn'li:ʃ/ (v) = to let loose / **uwolnić, wyzwolić**
e.g. The police were unwilling to **unleash their full power** during the conflict.
- 8.150 **equitable** /'ekwɪtəbəl/ (adj) = reasonable and fair, giving everybody equal treatment / **śluszny, sprawiedliwy**
e.g. We should strive for an **equitable** distribution of wealth in the world.
- 8.151 **grid** /grɪd/ (n) = a network / **sieć**
e.g. The national power **grid** supplies electricity to all parts of the country.
- 8.152 **own up to sth** /'əʊn 'ʌp tə/ (phr v) = to admit having done sth wrong / **przyznać się do czegoś**
e.g. No one has **owned up to** breaking my favourite vase.
- 8.153 **compulsive** /kəm'pʌlsɪv/ (adj) = (of people) behaving in an uncontrollable way, doing sth wrong / **nałogowy, niepoprawny**
e.g. You can't believe anything she says, she's a **compulsive liar**.
Der.: compulsively (adv)
- 8.154 **withdraw** /wɪð'drɔ:/ (v) = to stop taking part / **wycofać się**
e.g. She plans to **withdraw** from her career next year.
Der.: withdrawal (n)
- 8.155 **anguish** /'æŋgwɪʃ/ (n) = suffering, torment / **ból, cierpienie**
e.g. He felt great **anguish** over the death of his father.
Der.: anguished (adj)
-
- English in Use (pp. 176–179)
-
- 8.156 **doomed** /du:md/ (adj) = certain to fail or be destroyed / **skazany na niepowodzenie**
e.g. Their relationship was **doomed** from the start despite the efforts they made to stay together.
- 8.157 **redundancy** /rɪ'dʌndənsi/ (n) = losing a job due to financial problems of one's employer / **redukcja**
e.g. Employers had to cut costs and couldn't avoid **redundancies**.
Der.: redundant (adj)
- 8.158 **colonisation** /,kɒlənaɪ'zeɪʃən/ (n) = living in and taking control of a foreign country / **kolonizacja**
e.g. The **colonisation** of the moon is likely to take place in the near future.
- 8.159 **delinquent** /dɪ'lɪŋkwənt/ (adj) = having a tendency to commit minor crimes repeatedly / **przestępczy; winny wykroczenia**
e.g. There are many **delinquent teenagers** in this town.
Der.: delinquency (n)
- 8.160 **accumulate** /ə'kju:mjəleɪt/ (v) = to acquire an increasing number of sth / **zgrupować**
e.g. He **accumulated** a fortune by investing in stocks.
Der.: accumulation (n), accumulative (adj)
- 8.161 **egg on** /'eg 'ɒn/ (phr v) = to encourage sb to do sth dangerous or foolish / **nakłaniać, namawiać**
e.g. My brother **egged me on** to jump off the wall.
- 8.162 **repel** /rɪ'pel/ (v) = to make sb feel disgust / **odpychać, odstręczać**
e.g. I was **repelled** at the sight of so much violence.
Der.: repellent (n), (adj)
- 8.163 **infested** /ɪn'festɪd/ (adj) = full of creatures that cause damage / **rojący się**
e.g. The island is surrounded by shark-**infested** waters.
Der.: infestation (n)
- 8.164 **legitimate** /lɪ'dʒɪtɪmət/ (adj) = reasonable, justified / **uzasadniony, zasadny**
e.g. She had a **legitimate** reason to be absent from work.
Der.: legitimacy (n)
- 8.165 **shirk (from) sth** /ʃɜ:k/ (v) = to avoid doing sth one should do / **wymigiwać, wykręcać się od czegoś**
e.g. I never **shirk** my responsibilities.
- 8.166 **stem** /stem/ (v) = to stop sth from spreading or increasing / **powstrzymać, zahamować**
e.g. The government tried to **stem** the tide of unemployment.
- 8.167 **volatile** /'vɒlətaɪl/ (adj) = unstable, likely to change unexpectedly / **niestabilny, niepewny**
e.g. The situation in the region is highly **volatile** and war is expected to break out.
Der.: volatility (n)
- 8.168 **detain** /dɪ'teɪn/ (v) = to keep sb in a place under control / **zatrzymać**
e.g. The police **detained** the suspect for questioning.
Der.: detention (n)
- 8.169 **indestructible** /,ɪndɪ'strʌktɪbəl/ (adj) = that cannot be destroyed / **niezniszczalny**
e.g. Superman was a threat to criminals because he was **indestructible**.
- 8.170 **befit** /bɪ'fɪt/ (v) = to be proper or good enough for sb or sth / **być odpowiednim**

- e.g. As **befitted** such a high-ranking official, the ambassador was received with much pomp.
- 8.171 **clamour for sth** /'klæmə/ (v) = to demand sth angrily or noisily / **głośno i uporczywie domagać się czegoś**
e.g. That child is always **clamouring for attention**.
Der.: clamour (n)
- 8.172 **concession** /kən'seʃən/ (n) = a lower price given to old people, students and the unemployed / **zniżka, ulga**
e.g. The entrance fee is £5 with **concessions for students and the unemployed**.
Der.: concessionary (adj)
- 8.173 **hellbent on sth** /,hel'bent/ (adj) = determined / **zdeterminowany**
e.g. He's **hellbent on buying that house even though he can't afford it**.
- 8.174 **exasperating** /ɪg'zɑ:spəreɪtɪŋ/ (adj) = very annoying / **irytujący, denerwujący**
e.g. After her promotion, she has become the most **exasperating person I've ever met**.
Der.: exasperation (n), exasperatedly (adv)
- 8.175 **withhold** /wɪð'həʊld/ (v) = not to let sb have sth / **wstrzymać, zataić**
e.g. It is against the law to **withhold any information about a crime**.
- 8.176 **irrelevancy** /ɪ'relɪvənsi/ (n) = sth unimportant or unnecessary / **rzecz nieistotna, błahostka**
e.g. Don't waste time on **irrelevancies**, just tell me the facts.
Der.: irrelevant (adj)
- 8.177 **exterminator** /ɪk'stɜ:mɪneɪtə/ (n) = a person whose job is to kill annoying or dangerous animals such as mice or rats / **osoba zajmująca się dezynsekcją, deratyzacją, itp.**
e.g. We had to hire an **exterminator to get rid of rats**.
Der.: extermination (n)
- 8.178 **biannually** /baɪ'ænjʊəli/ (adv) = twice a year / **dwa razy w roku**
e.g. School performances will be held in the auditorium **biannually**.
- 8.179 **proximity** /prɒk'sɪmɪti/ (n) = closeness, nearness / **bliskość**
e.g. The shops and schools are in close **proximity to our new house**.
- 8.180 **in retrospect** (idm) = thinking about an event after it has happened, often with a different opinion about it / **z perspektywy czasu**
e.g. **In retrospect**, I wish I had dealt with the matter in a different way.
- 8.181 **steadfast** /'stedfɑ:st/ (adj) = firm / **niezachwiany, niezłomny**
e.g. She held a **steadfast belief that everything would work out fine**.
Der.: steadfastly (adv), steadfastness (n)
- 8.182 **consent form** /kən'sent 'fɔ:m/ (n) = a form containing a written permission from sb / **pisemna zgoda**
e.g. A **consent form from parents is required to join the navy if you are under 18**.
- 8.183 **bask in sth** /bɑ:sk/ (v) = to enjoy sth greatly / **rozkoszować się, upajać się czymś**
e.g. His project was a success and for a while he was able to **bask in his boss's approval**.
- 8.184 **rehabilitation** /,ri:həbɪlɪ'teɪʃən/ (n) = the process of restoring sb to health or normal life after imprisonment, addiction or illness / **rehabilitacja, resocjalizacja**
e.g. The government should spend more on the **rehabilitation of young offenders**.
- 8.185 **affliction** /ə'flɪkʃən/ (n) = sth that causes physical or mental suffering / **dolegliwość, schorzenie**
e.g. Her **affliction does not allow her to lead a normal life**.
Der.: afflict (v), afflicted (adj)
- 8.186 **recuperation** /rɪ,kju:pə'reɪʃən/ (n) = recovery after an illness or injury / **powrót do zdrowia**
e.g. Doctors were amazed at his rapid **recuperation from an extremely serious back injury**.
Der.: recuperative (adj)
- 8.187 **stroke** /strəʊk/ (n) = the blocking or bursting of a blood vessel in the brain / **wylew**
e.g. His paralysis is due to the minor **stroke he had fifteen years ago**.

Writing (pp. 180–184)

- 8.188 **scrawl** /skrɔ:l/ (v) = to write in a careless way / **bazgrać, gryzmolić**
e.g. He **scrawled my address on a small piece of paper**.
- 8.189 **despondency** /dɪ'spɒndensi/ (n) = sadness and lack of hope / **smutek, przygnębienie**
e.g. To overcome her sister's **despondency**, Joanna threw a surprise party.
- 8.190 **firearm** /'faɪəɑ:m/ (n) = a gun / **broń**
e.g. He was imprisoned for illegal possession of **firearms**.
- 8.191 **grass verge** /'grɑ:s ,vɜ:dʒ/ (n) = a narrow piece of ground by the side of a road, covered with grass / **trawiaste pobocze**
e.g. When her car broke down, she managed to push it onto the **grass verge to avoid an accident**.

- 3 That racist comment showed how Herbert is towards immigrants.
 A bigoted C malevolent
 B spontaneous D humiliated
- 4 Strict rules were to curb the increasing amount of vandalism at the school.
 A controlled C accumulated
 B implemented D eradicated
- 5 Since 15 percent of the world is responsible for 80 percent of gross domestic products, there is an obvious need to wealth.
 A stem C withdraw
 B evoke D redistribute
- 6 Various were organised in protest against the cuts in student grants.
 A walks C marches
 B paths D grids
- 7 She never saves anything from her wages because she is a shopper.
 A compulsive C surveillance
 B mischievous D high-ranking
- 8 Asylum seekers were filled with at the thought of having to return to their homeland.
 A anguish C distraction
 B exclusion D harassment
- 9 The photograph of the starving child to his mother depicted the severity of the famine.
 A preaching C far-reaching
 B clinging D egging
- 10 At the demonstration, many innocent by-standers were killed or by debris falling on them.
 A endowed C instilled
 B maimed D eliminated

B Wpisz w luki właściwe wyrazy z listy.

- segregation • biannually • mobility • contemptuous • exploitative • solidarity • elucidate • steadfast • legitimate
- discrimination

- 1 The methods of multinational corporations are condemned by human rights organisations.
- 2 Being an environmentalist, he is in his beliefs about introducing an environmental tax on consumers and producers.
- 3 Budgets are reviewed , in March and October.
- 4 Separating girls and boys at school is a form of
- 5 Union leaders called for a general strike to show with overworked healthcare staff.
- 6 The spokesman at the demonstration went on to exactly what the group's demands were.
- 7 Advertisements for job vacancies should not include a preferred age as this shows
- 8 Although perfectly , making employees work at weekends is disrespectful.
- 9 Despite the minister's logical solution, the backbenchers were of his proposal.
- 10 There is high job in Britain, as people readily relocate because of employment opportunities.

C Uzupełnij luki jednym wyrazem.

- 1 Hopes of saving the island from tourism development as the building supplies arrived.
 The guest speaker the lights as the film footage was projected onto the screen.
 Her eyes with sorrow as she watched them go.
- 2 It is not necessary to queue up in the bank as you can funds from the ATM.
 The UN leaders decided to troops from the area.
 He was obliged to his statement or face the threat of dismissal.

- 3 After a brief, the shares dropped back to 165 p. Thousands of people attended the in the park for World Environment day. The crowd gasped at the amazing shots of the tennis players during the long
- 4 The young woman moved with and elegance. He was only given a couple of days' to move out of his flat. Even though he is not a religious man he insists on saying before he eats.

- 5 The tension between rival groups mounted and the situation was extremely If anything was less than perfect the singer would fly into a rage and start sacking people. The liquid had to be carefully transported to prevent it from evaporating and possibly exploding.

D Uzupełnij brakujący fragment wpisując łącznie z wyrazem podanym tłustym drukiem od 3 do 8 słów, tak aby wyrazić to samo znaczenie. Nie zmieniaj podanego wyrazu.

- 1 He knew that it was against the law for someone to monitor his emails.
infringement He knew that having someone monitor his emails was
..... privacy.
- 2 The distribution of wealth is not evenly balanced in many societies.
apportioned Wealth
..... in many societies.
- 3 He falsely claimed that he had lost his passport in India.
bogus He made
..... losing his passport in India.

- 4 Imposing an import duty on the exotic fish made the situation worse.
exacerbated Imposing an import duty on the exotic fish
the situation.
- 5 The government's decision will be made after all the details are known.
withhold The government
..... until all the details are known.

E Wpisz w luki wyrazy utworzone od słów podanych wielkimi literami.

Despite 1) of violent clashes with the police, the environmental group's 2) against cloning was surprisingly peaceful. Instead of the usual mass of uncontrollable 3) , there was not a banner-waving 4) in sight. The group had settled for a rather unique way to voice their message that human cloning was 5) As members of various medical 6) arrived at the International Conference centre, they were met with more than two thousand bodies lying down, dressed in white, blocking the entrance. Key 7) in the group had come up with the idea as a non-violent 8) against the recent developments concerning the practice of cloning and the proposed 9) to allow human cloning. Police had to resort to using water jets to make the group withdraw. Despite their 10) , the group disbanded when tear gas was used. A spokesman at the conference was reported to have said that charges against the group for causing civil 11) had been dropped.

- EXPECT
- DEMONSTRATE
- RIOT
- PROTEST
- ACCEPT
- INSTITUTE
- CAMPAIGN
- DECLARE
- LEGISLATE
- PERSIST
- REST

Vocabulary & Grammar (p.185)

- SA4.1 **rim** /rɪm/ (n) = the edge of sth circular / *oprawka (okularów), krawędź*
e.g. He looked at me over the **rim** of his glasses.
- SA4.2 **ledge** /ledʒ/ (n) = a narrow horizontal projection / *parapet, występ*
e.g. She arranged some plant pots on the window **ledge** to make it look pretty.
- SA4.3 **arbitrary** /'ɑ:bitrəri/ (adj) = random, not based on a reason / *nieuzasadniony, przypadkowy, arbitralny*
e.g. The press accused the police of making **arbitrary** arrests of immigrants.
- SA4.4 **scrutiny** /'skru:tɪni/ (n) = a careful examination / *baczna obserwacja*
e.g. When he became famous, his personal life was subjected to close **scrutiny** by the media.
Der.: scrutinise (v)
- SA4.5 **abuse** /ə'bjʊ:z/ (v) = to make bad use of / *nadużywać*
e.g. The governor **abused** his power and was forced to resign.
Der.: abusive /ə'bjʊ:sɪv/ (adj), abuse /ə'bjʊ:s/ (n)
- SA4.6 **disinterested** /dɪs'ɪntərəstɪd/ (adj) = not involved or unlikely to benefit from a particular situation, therefore able to act fairly and unselfishly / *bezstronny, obiektywny*
e.g. The media are supposed to be a **disinterested** observer of events.
- SA4.7 **lineage** /'lɪniɪdʒ/ (n) = ancestry / *rodowód*
e.g. They managed to trace their **lineage** back to the early 17th century.
- SA4.8 **turbulence** /'tɜ:bjuləns/ (n) = confusion, conflict / *zawirowanie, niepokój*
e.g. The early seventies was a time of great political **turbulence** in Greece.
- SA4.9 **turmoil** /'tɜ:mɔɪl/ (n) = great disturbance, confusion / *zamieszanie, chaos*
e.g. The country has been in political **turmoil** since the government collapsed.
- SA4.10 **stand sb in good stead** (idm) = to be very useful to sb / *bardzo przydać się komuś*
e.g. His first aid training **stood him in good stead** when his wife had a heart attack.

Use of English (pp. 185–186)

- SA4.11 **crucial** /'kru:ʃəl/ (adj) = critical, extremely important / *zasadniczy*
e.g. The president makes many **crucial** decisions during his term of office.

- SA4.12 **opt** /ɒpt/ (v) = to choose or decide to do sth in preference to sth else / *zdecydować się, postanowić*
e.g. He **opted** to rent rather than buy a house.
- SA4.13 **shareholder** /'ʃeəhəʊldə/ (n) = sb who owns shares in a company / *udziałowiec, akcjonariusz*
e.g. The director assured **shareholders** that profits would increase after January.

Reading (pp. 186–187)

- SA4.14 **foxhole** /'fɒkshəʊl/ (n) = a hole in the ground that soldiers use as a shelter or a firing point / *okop strzelecki*
e.g. The soldiers dug their **foxholes** and fired at the enemy positions.
- SA4.15 **elusive** /ɪ'lu:sɪv/ (adj) = difficult to find, describe, remember or achieve / *wymijający; nieuchwytny*
e.g. The politician was **elusive** on the matter of educational reforms.
Der.: elusiveness (n)
- SA4.16 **dog tag** /'dɒg tæg/ (n) = a metal identification label worn on a chain around the neck by soldiers / *blaszka identyfikacyjna, „nieśmiertelnik”*
e.g. The soldier wore his **dog tag** underneath his shirt.
- SA4.17 **dental floss** /'dentəl flɒs/ (n) = thread used to clean the gaps between teeth / *nić dentystyczna*
e.g. **Dental floss** can be effective in reducing tooth decay.
- SA4.18 **tranquilliser** /'træŋkwɪlaɪzə/ (n) = a drug that makes sb feel calmer or less anxious / *środek uspokajający*
e.g. The doctor prescribed him some **tranquillisers** as he was suffering from severe anxiety.
- SA4.19 **machete** /mə'ʃeti/ (n) = a large knife with a broad blade / *maczeta*
e.g. The hunter used his **machete** to cut his way through the jungle.
- SA4.20 **odds and ends** (idm) = bits and pieces / *drobiazgi*
e.g. The room was bare apart from a few **odds and ends** left behind by its previous occupant.
- SA4.21 **slingshot** /'slɪŋʃɒt/ (n) = a hand-held device used by children for shooting small stones / *proca*
e.g. The naughty little boy used his **slingshot** to shoot down birds from trees.
- SA4.22 **ammunition** /,æmjʊ'nɪʃən/ (n) = bullets / *amunicja*
e.g. US soldiers discovered **ammunition** left behind by enemy forces.
- SA4.23 **starlight scope** /'stɑ:lait skəʊp/ (n) = a gun attachment that allows soldiers to see and shoot at night / *przystawka noktowizyjna*

- e.g. The soldier fitted the **starlight scope** to his rifle and fired at the enemy.
- SA4.24 **elaborate** /ɪ'læbərət/ (adj) = complicated / **misterny, wymyślny, skomplikowany**
e.g. He was amazed by the **elaborate** architectural design of the palace.
Der.: elaborately (adv), elaboration (n)
- SA4.25 **pentrite** /'pentraɪt/ (n) = a type of explosive / **pentryt (materiał wybuchowy)**
e.g. The time bomb comprised a mixture of TNT and **pentrite**.
Der.: elaborately (adv), elaboration (n)
- SA4.26 **earplug** /'ɪəplʌɡ/ (n) = a small piece of a soft material which one puts into one's ear to keep out noise, water or cold air / **zatyczka do uszu, stoper**
e.g. Rosie wears her **earplugs** every time her flatmate plays the drums.
- SA4.27 **shrug** /ʃrʌɡ/ (v) = to raise one's shoulders to show one is not interested or does not care about sth / **wzruszyć ramionami**
e.g. The old woman **shrugged** when he asked if he could take the seat next to her.
- SA4.28 **platoon** /plə'tu:n/ (n) = a group of soldiers usually commanded by a lieutenant / **pluton**
e.g. The **platoon** was ordered to return to the camp after completing the mission.
- SA4.29 **headfirst** /'hedfɜ:st/ (adv) = with the head bent forward / **głową w przód**
e.g. She fell **headfirst** down the stairs.
- SA4.30 **fan out** /'fæn 'aʊt/ (phr v) = (of a group of people) to spread over a wide area / **rozejść się półkolem**
e.g. The lieutenant ordered his soldiers to **fan out** and to search the area thoroughly.
- SA4.31 **cobweb** /'kɒbweb/ (n) = a net that spiders make for catching insects / **pajęczyna**
e.g. The cottage was full of **cobwebs** as it had been deserted for many years.
- SA4.32 **rabies** /'reɪbi:z/ (n) = a disease of dogs and other animals that is passed onto humans by biting and causes madness and death, hydrophobia / **wścieklizna**
e.g. Dogs, cats and other animals can be infected with **rabies**.
- SA4.33 **paddy** /'pædi/ (n) = a field where rice is grown / **pole ryżowe**
e.g. China is covered in acres of **paddies**.
- SA4.34 **pop** /pɒp/ (v) = to put in the mouth quickly / **tykać**
e.g. The student **popped** a sweet into his mouth when the teacher wasn't looking.
- SA4.35 **fracture** /'fræktʃər/ (n) = a slight crack or break in sth / **pęknięcie**
- e.g. The X-ray showed she had a small **fracture** at the base of the spine.
Der.: fracture (v), fractured (adj)
- SA4.36 **dense** /dens/ (adj) = here: heavy / **ciężki, gęsty**
e.g. The air was so **dense** that I could hardly breathe.
Der.: densely (adv)
- SA4.37 **grin** /grɪn/ (v) = to smile broadly / **uśmiechać się szeroko**
e.g. He **grinned** when he saw the effort that they had put into his surprise party.
- SA4.38 **nod** /nɒd/ (v) = to move one's head downwards and upwards to show understanding / **kiwnąć głową, przytaknąć**
e.g. After he had related his problem, she **noded** her head in understanding.
- SA4.39 **moan** /məʊn/ (v) = to make a low sound (e.g. in pain) / **jęczeć**
e.g. The patient **moaned** as the nurse bandaged his wound.
- SA4.40 **profound** /prə'faʊnd/ (adj) = having great knowledge or insight / **zawierający głęboki sens, o głębokiej treści**
e.g. The writings of Plato are considered to be very **profound**.
- SA4.41 **ambush** /'æmbʊʃ/ (n) = a surprise attack / **zasadzka**
e.g. The soldier was killed in an **ambush** in the war in Kosovo.
Der.: ambush (v)
- SA4.42 **agonising** /'ægənaɪzɪŋ/ (adj) = painful, tormenting / **bolesny, dręczący**
e.g. It was **agonising** not to know whether their son was alive.
- SA4.43 **oppressed** /ə'prest/ (adj) = distressed, anxious / **udręczony**
e.g. He was **oppressed** by the suffering he saw all around him.
Der.: oppression (n), oppressive (adj)
- SA4.44 **spell** /spel/ (n) = a period of time spent working somewhere / **krótki okres pracy**
e.g. I had a brief **spell** as a singer before I became a dancer.

Listening (p. 188)

- SA4.45 **relegation** /,reli'geɪʃən/ (n) = being sent to a lower division or group in football / **degradacja, spadek (np. do niższej ligi)**
e.g. The threat of **relegation** caused the squad to suffer a great deal of anxiety.
- SA4.46 **cautious** /'kɔ:ʃəs/ (adj) = careful / **ostrożny**
e.g. Linda is a very **cautious** driver.
Der.: cautiously (adv)

Lead-in (p. 191)

- 9.1 **remuneration** /rɪ,mju:nə'reɪʃən/ (n) = the amount of money paid to sb for the work they do / wynagrodzenie
e.g. His remuneration as a teacher is £25,000 per annum.

Reading (p. 193)

- 9.2 **marital** /'mærtɪəl/ (adj) = relating to marriage / małżeński
e.g. The couple were having marital problems, so they decided to separate.
- 9.3 **delinquency** /dɪ'lɪŋkwənsi/ (n) = criminal behaviour, especially among the young / przestępczość
e.g. Vandalism and joyriding are examples of teenage delinquency.
- 9.4 **RSI** /,ɑː es 'aɪ/ (abbr) = repetitive strain/stress injury, a condition caused by the prolonged performance of repetitive actions, especially with the hands, resulting in pain and malfunction of the muscles involved / syndrom RSI, syndrom monottonnych ruchów
e.g. Our secretary is suffering from RSI and can't do any typing.
- 9.5 **malaise** /mə'leɪz/ (n) = the problem that affects a group of people and can neither be easily explained nor solved / niemoc, apatia, zastój, fatalna kondycja
e.g. The recent conflicts within the government have brought about political and social malaise.
- 9.6 **woes** /wəʊz/ (n pl) = problems / zmartwienia
e.g. Telling his parents about his bad report was the least of his woes; he had more serious problems on his mind.
- 9.7 **wicked** /'wɪkɪd/ (adj) = very bad, deliberately harmful / podły, paskudny
e.g. Pointing out his colleagues' mistakes was a wicked thing to do.
Der.: wickedness (n), wickedly (adv)
- 9.8 **avalanche** /'ævələntʃ/ (n) = here: a large number of things that happen or arrive at the same time / (dosłownie i w przenośni) lawina
e.g. The company received an avalanche of complaints about their poor quality products.
- 9.9 **poll** /pəʊl/ (n) = a survey in which people are asked their opinion about sth (usually to find out how popular it is or what people intend to do in the future) / sondaż, ankieta

- e.g. A recent poll indicated that 80% of employees were in favour of a 35-hour working week.
- 9.10 **beastly** /'bi:stli/ (adj) = horrible, unkind / wredny, paskudny
e.g. He was a beastly man who deliberately embarrassed people in public.
- 9.11 **declare** /dɪ'kleəʃ/ (v) = to state firmly / ogłosić, oświadczyć
e.g. He declared himself bankrupt.
- 9.12 **damn** /dæm/ (v) = to condemn, criticise / potępić
e.g. His report was very critical and especially damned the company's employment structure.
- 9.13 **impact** /'ɪmpækt/ (n) = effect / wpływ
e.g. The new female chief executive had a positive impact on the company, reducing their debts by half.
- 9.14 **reign** /reɪn/ (v) = to prevail / panować
e.g. At the business forum, confusion reigned about how the financial issue would be resolved.
- 9.15 **bang on about** /'bæŋ 'ɒn ə'baʊt/ (phr v) = (informal) to talk or write about sth repeatedly for a long time in a boring, uninteresting way / „truć” o czymś
e.g. Parents bang on and on about how important it is for children to study hard at school.
- 9.16 **dotcom** /'dɒtkɒm/ (n) = a company that conducts its business on the Internet / firma prowadząca działalność przez Internet
e.g. Although I have placed orders with several dotcoms, I never pay them with my credit card.
- 9.17 **miss the boat** (idm) = (informal) to be too slow and to lose an opportunity / stracić okazję
e.g. If you don't apply for a grant now, you may find you've missed the boat!
- 9.18 **angst** /æŋst/ (n) = a feeling of anxiety and worry / niepokój
e.g. My teenage daughter is constantly full of angst.
- 9.19 **profound** /prə'faʊnd/ (adj) = very great, intense / głęboki, przemożny
e.g. His ideas and beliefs had a profound effect on many areas of management.
Der.: profoundly (adv)
- 9.20 **nine-to-five** = referring to the usual office hours (from 9 am to 5 pm) / dotyczący stałej pracy umysłowej, zwykle wykonywanej od dziewiątej rano do piątej po południu
e.g. Rebecca has a nine-to-five job working as a secretary.
- 9.21 **supplant** /sə'plɑ:nt/ (v) = to replace, take the place of / zająć miejsce

- e.g. *The democratic government was **supplanted** by a dictatorship.*
- 9.22 **affiliation** /əˌfɪli'eɪʃən/ (n) = connection, association with sth or sb / **związek, afiliacja, przynależność**
e.g. *As an environmental lobbyist, she has strong **affiliations** with conservation and eco-awareness groups.*
- 9.23 **diminish** /dɪ'mɪnɪʃ/ (v) = to reduce in importance or intensity / **osłabnąć, zmniejszyć się, zmaleć**
e.g. *As a result of the rise in demand, the threat of closure began to **diminish**.*
- 9.24 **disperse** /dɪ'spɜːs/ (v) = to scatter, spread over a large area / **rozprościć się**
e.g. *Once the demonstration was over, the crowd began to **disperse**.*
- 9.25 **window into sb's soul** (idm) = an insight into sb's character / **zwierciadło czyjejs duszy**
e.g. *A person's hobbies or interests can often be a **window into their soul**.*
- 9.26 **reinforce** /ˌriːn'fɔːs/ (v) = to strengthen, to make a feeling, belief or fear stronger or more intense / **wzmacniać**
e.g. *The fashion and entertainment industries merely **reinforce** the belief that women have to be thin to be beautiful.*
- 9.27 **taint** /teɪnt/ (v) = to harm sb's reputation because of sth bad or undesirable they are associated with / **nadszarpnąć, splamić (np. czyjąś reputację)**
e.g. *The politician's popularity was **tainted** by scandals and corruption.*
- 9.28 **salience** /'seɪliəns/ (n) = the most important fact or point / **istota, sedno**
e.g. *The **salience** of the company reform was to improve working relations.*
- 9.29 **toehold** /'təʊhəʊld/ (n) = a position from where a better or more powerful position may be gained / **punkt zaczepienia, korzystna pozycja wyjściowa**
e.g. *The Nestlé Company was anxiously trying to obtain a **toehold** in the Asian market in order to flood it with cocoa drink products.*
- 9.30 **deification** /ˌdeɪfɪ'keɪʃən/ (n) = regarding sb or sth with very great respect and not criticising them / **podniesienie do rangi bóstwa, deifikacja**
e.g. *The media are largely to blame for the **deification** of film stars.*
- 9.31 **margin** /'mɑːdʒɪn/ (n) = the edge, limit / **margin**
e.g. *In the past, women were on the **margins** of the business world, but now they're beginning to play a more important role.*
- 9.32 **keenly** /'kiːnli/ (adv) = intensely / **dotkliwie**
e.g. *His absence was **keenly** felt by his family.*
- 9.33 **intrinsically** /ɪn'trɪnsɪkli/ (adv) = essentially / **z natury, sam w sobie**
e.g. *The Porsche is **intrinsically** a very powerful car.*
Der.: intrinsic (adj)
- 9.34 **ambivalent** /æm'bɪvələnt/ (adj) = uncertain, ambiguous / **ambivalentny, niejednoznaczny, niepewny**
e.g. *She had **ambivalent** feelings about getting married again.*
Der.: ambivalence (n), ambivalently (adv)
- 9.35 **focal point** /'fəʊkəl ˌpɔɪnt/ (n) = the centre of interest or activity / **główny punkt**
e.g. *Although many items were on the agenda, the **focal point** of the meeting was drug abuse.*

Language Focus (pp. 194–197)

- 9.36 **incentive** /ɪn'sentɪv/ (n) = sth that encourages an action or an effort / **zachęta, bodziec**
e.g. *Some companies offer bonuses to employees as an **incentive**.*
- 9.37 **freelance** /'friːlɑːns/ (adj) = not employed by one organisation but working independently / **niezależny, pracujący jako wolny strzelec, pracujący na własny rachunek**
e.g. *Bored with working for the same company, David decided to become a **freelance** photographer.*
- 9.38 **downsizing** /'daʊnsaɪzɪŋ/ (n) = reduction / **redukcja (np. zatrudnienia)**
e.g. *The worldwide recession has resulted in a **downsizing** in the service industry.*
- 9.39 **stapler** /'steɪplə/ (n) = a device used for fastening sheets of paper together with staples / **zszywacz**
e.g. *The teacher used a **stapler** to keep the test papers together.*
- 9.40 **perforator** /'pɜːfə'reɪtə/ (n) = a device used for punching holes in paper / **dziurkacz**
e.g. *The secretary used a **perforator** to make holes in the documents so as to place them in the binder.*
- 9.41 **binder** /'baɪndə/ (n) = a hard cover with metal rings inside used to hold loose pieces of paper / **segregator**
e.g. *All accident report slips must be filed in the **binder**.*
- 9.42 **switchboard** /'swɪtʃbɔːd/ (n) = a place in a large office where all the telephone calls are connected / **centrala telefoniczna**
e.g. *All calls to the company go through the **switchboard**.*
- 9.43 **reprimand** /'reprɪmɑːnd/ (v) = to speak to sb angrily or seriously about some wrong action / **udzielić reprimandy, udzielić nagany**
e.g. *William was **reprimanded** by his teacher for not doing his homework.*

- 9.44 **dismiss** /dɪs'mɪs/ (v) = to fire / **zwolnić (z pracy)**
e.g. After several warnings about punctuality, the manager decided to **dismiss** the employee.
- 9.45 **severance** /'sevərəns/ (n) = ending a relationship, connection or sb's contract of employment / **zakończenie, rozdzielenie, rozwiązanie (np. umowy o pracę)**
e.g. The ongoing political violence has led to the **severance** of ties between the nations.
- 9.46 **credentials** /krə'denʃəlz/ (n pl) = previous achievements, training and general background which indicate that sb is qualified to do sth, or relevant documents / **przygotowanie zawodowe, kwalifikacje lub dokumenty na ich potwierdzenie**
e.g. The manager was impressed with her employment **credentials** and offered her a job on the spot.
- 9.47 **aptitude** /'æptɪtju:d/ (n) = the ability to learn sth quickly and do it well / **predyspozycje, zdolności**
e.g. During her three-month trial, she showed great **aptitude** for the job and was offered a permanent contract.
- 9.48 **reimbursement** /,ri:m'bʌ:smənt/ (n) = the return payment of money that sb spent / **zwrot kosztów**
e.g. He claimed for the **reimbursement** of his travelling and car expenses.
- 9.49 **ironmonger** /'aɪənmʌŋgə/ (n) = a person who sells articles for the house and garden such as tools, nails, etc / **właściciel sklepu z narzędziami i artykułami metalowymi**
e.g. Can you ask the **ironmonger** to recommend some tools for the garden?
- 9.50 **stationer** /'steɪʃənə/ (n) = a person who sells paper, envelopes, pens and other equipment used for writing / **właściciel sklepu papierniczego**
e.g. We have run out of envelopes, please order some from the **stationer's**.
- 9.51 **PA** /pi: 'eɪ/ (abbr) = personal assistant, sb who works as a secretary or assistant for one person / **osobisty sekretarz(-rka), asystent(ka)**
e.g. Mr Brown's **PA** has excellent office skills and speaks four languages!
- 9.52 **picket line** /'pɪkɪt 'laɪn/ (n) = a group of people on strike who stand outside a place of work in order to prevent people from going in / **kordon pikietujących**
e.g. His co-workers who were now part of the **picket line** tried to stop him when he was entering the factory.
- 9.53 **demote** /dɪ'məʊt/ (v) = to reduce to a lower rank or category / **zdegradować**
e.g. He was **demoted** from manager to supervisor, which meant a reduction in salary.
- 9.54 **downgrade** /'daʊngreɪd/ (v) = to reduce to a lower grade, rank or level of importance / **zmniejszyć rolę, zdegradować**
e.g. At the board meeting, the directors decided to **downgrade** him from division manager to assistant manager.
Opp.: upgrade
- 9.55 **assembly line** /ə'sembli laɪn/ (n) = an arrangement of workers and machines in which each person has a particular task, and the work is passed on from one worker to the other until it is completed / **linia montażowa**
e.g. His task on the car **assembly line** was to screw on the door handles.
- 9.56 **retail** /'reɪtəl/ (n) = selling goods directly to the public / **sprzedaż detaliczna**
e.g. At Christmas, the **retail** of all goods increases by about 30%.
- 9.57 **fringe benefits** /'frɪndʒ 'benɪfɪts/ (n pl) = extra things that some people get from their job in addition to their salary / **dotatki (do pensji), dodatkowe świadczenia czy korzyści**
e.g. One of the **fringe benefits** of this job is free medical treatment.
- 9.58 **compromise** /'kɒmprəmaɪz/ (v) = to reach a decision or agreement with sb after you both give up sth you originally wanted / **pójść na kompromis**
e.g. In order to make the deal, both sides had to **compromise** and lower their demands.
- 9.59 **supplement** /'sʌplɪmənt/ (v) = to add to sth / **uzupełnić**
e.g. She had to take a second job in the evenings to **supplement** her meagre income.
Der.: supplement (n), supplementary (adj)
- 9.60 **laborious** /lə'bo:riəs/ (adj) = taking a lot of time and effort / **żmudny, mozolny**
e.g. Putting the huge pile of files into chronological order was a **laborious** task.
Der.: laboriously (adv)
- 9.61 **diligent** /'dɪlɪdʒənt/ (adj) = careful, thorough / **sumienny, gorliwy, pracowity**
e.g. Tom is a very **diligent** worker, he pays close attention to every detail.
Der.: diligence (n), diligently (adv)
- 9.62 **menial** /'mi:niəl/ (adj) = boring, degrading / **źle płatny i nudny**
e.g. Cleaning the streets is a **menial** job.
- 9.63 **industrious** /ɪn'dʌstriəs/ (adj) = hard-working / **pracowity**
e.g. Elisabeth is an **industrious** and flexible worker.
Der.: industriously (adv)

- 9.64 **lucrative** /'lu:kɹətɪv/ (adj) = very profitable / *lukratywny*
e.g. *Trading in diamonds is an extremely lucrative business.*
- 9.65 **appoint** /ə'pɔɪnt/ (v) = to assign, choose / *mianować*
e.g. *When the managing director retired, the chairman decided to appoint his assistant for the position.*
- 9.66 **recruit** /rɪ'krut/ (v) = to select or persuade people to work for or join an organisation / *rekrutować, werbować*
e.g. *The police are trying to recruit more women to the force.*
Der.: recruitment (n)
- 9.67 **perks** /pɜ:kz/ (n pl) = special benefits given to people who have a particular job or belong to a particular group / *dodatki, dodatkowe korzyści*
e.g. *Taking clients out to lunch in expensive restaurants is one of the perks of the job.*
- 9.68 **commission** /kə'mɪʃən/ (n) = the sum of money paid to a salesperson for every sale that he or she makes / *provizja*
e.g. *As a salesman, he receives a 5% commission on every car that he sells.*
- 9.69 **work to rule** = to do only such work as is included in one's contract in order to protest against sth / *zastosować strajk włoski*
e.g. *Teachers are unanimous in their decision to work to rule.*
- 9.70 **vacate** /və'keɪt/ (v) = to leave a place or a job / *opuścić*
e.g. *If you hear the fire alarm, you should vacate the premises immediately.*
- 9.71 **brain drain** /'breɪn dreɪn/ (n) = (informal) the situation when highly skilled professionals emigrate to a country where they are offered better conditions / *drenaż mózgowy, emigracja ludzi wykształconych*
e.g. *This brain drain is caused by low salaries.*
- 9.72 **incompatible with sth** /,ɪnkəm'pæɪtəbəl/ (adj) = not able to coexist with sth / *nie do pogodzenia z czymś*
e.g. *Working long hours is incompatible with family life.*
Der.: incompatibility (n)
Opp.: compatible
- 9.73 **golden handshake** /'gəʊldən 'hændʃeɪk/ (n) = a large sum of money that a company gives to an employee when he or she leaves, as a reward for long service or good work / *hojna odprawa*
e.g. *He received a golden handshake of £10,000 in recognition of his long service.*
- 9.74 **gadget** /'gædʒɪt/ (n) = a machine, device or appliance which does sth useful / *przyrząd, gadżet*
e.g. *A tin-opener is a useful gadget to have in the kitchen.*
- 9.75 **hand in one's notice** = to quit / *złożyć wypowiedzenie*
e.g. *Julia handed in her notice after she had an argument with her boss.*
- 9.76 **dispute** /dɪ'spjʊt/ (n) = argument or disagreement between people / *spór*
e.g. *Negotiators failed to settle the dispute between the government and the farmers.*
- 9.77 **be given the sack** (idm) = to be dismissed from employment / *zostać wylanym z pracy*
e.g. *Martin was given the sack for stealing.*
- 9.78 **insubordination** /,ɪnsəbɔ:dɪ'neɪʃən/ (n) = refusal to obey sb of higher rank / *niesubordynacja*
e.g. *Patrick's refusal to follow the senior executive's instructions was downright insubordination.*
Der.: insubordinate (adj)
- 9.79 **break even** (idm) = to make neither a profit nor a loss / *wyjść na czysto (bez zysku i bez straty)*
e.g. *He broke even in the first two years of business.*
- 9.80 **shift work** /'ʃɪft wɜ:k/ (n) = working at various times of the day or night / *praca w systemie zmianowym*
e.g. *His job involves shift work so he doesn't have much of a social life.*
- 9.81 **shop floor** /'ʃɒp flɔ:ɹ/ (n) = all the ordinary workers in a factory / *personel niższego szczebla*
e.g. *The position of control assistant in the office gave him a chance to get off the shop floor.*
- 9.82 **expenditure** /ɪk'spendɪtʃəɹ/ (n) = spending money, expenses / *wydatki*
e.g. *The government has promised to increase its expenditure on health and education.*
- 9.83 **reversal** /rɪ'vɜ:səl/ (n) = a complete change in sth / *całkowita zmiana*
e.g. *The minister's decision is a complete reversal of his previous policies.*
- 9.84 **empower** /ɪm'pəʊəɹ/ (v) = to give sb the means or confidence to achieve sth / *zainspirować, dać siłę do działania*
e.g. *Employees should be empowered by their bosses to achieve their goals.*
- 9.85 **downside** /'daʊnsaɪd/ (n) = a disadvantage / *wada, minus*
e.g. *The downside of being a high-flying executive is that there is little time for friends and family.*
- 9.86 **ooze with sth** /u:z/ (v) = to show a quality or characteristic very strongly / *emanować, roztaczać (wokół siebie)*
e.g. *I'm not surprised he got the job, he oozes with confidence.*
- 9.87 **recruit** /rɪ'krut/ (n) = a person who has recently joined an organisation / *nowy pracownik*

e.g. The new **recruits** were given a tour of the building on their first day at work.

Der.: recruitment (n)

- 9.88 **morale** /mə'ra:l/ (n) = the amount of confidence and cheerfulness that a group of people has / **morale**
e.g. A concert was organised in order to boost the **morale** of the soldiers.

Listening and Speaking (pp. 198–199)

- 9.89 **dungarees** /ˌdʌŋgə'rɪz/ (n pl) = a one-piece garment consisting of trousers with shoulder straps and a piece of fabric covering the chest / **ogrodniczki**
e.g. The baby was wearing blue **dungarees** and sandals.
- 9.90 **flip-flops** /'flɪp flɒps/ (n pl) = open shoes which are held on your feet by a strap that goes between the toes / **japonki**
e.g. She wore her red **flip-flops** to walk to the beach.
- 9.91 **blazer** /'bleɪzə/ (n) = a jacket / **marynarka**
e.g. The school uniform consists of black trousers, a white shirt and a red tie and a **blazer**.
- 9.92 **misconception** /ˌmɪskən'sepʃən/ (n) = an idea that is not correct / **błędne przekonanie**
e.g. There are many **misconceptions** about genetic testing.
- 9.93 **induced** /ɪn'dju:st/ (adj) = brought on, caused / **wywołany (przez coś), spowodowany**
e.g. Stress-**induced** illnesses are very common nowadays.
Der.: inducement (n)
- 9.94 **eradicate** /ɪ'rædɪkət/ (v) = to eliminate / **wyeliminować**
e.g. Scientists are trying to discover a cure to **eradicate** malaria.
Der.: eradication (n)
- 9.95 **the course of history** = the way that events develop / **bieg historii**
e.g. If time travel ever became a reality, the whole **course of history** could be altered.
- 9.96 **strain** /streɪn/ (n) = stress / **stres, napięcie**
e.g. Students are under a great deal of **strain** during exam time.
- 9.97 **overrated** /ˌəʊvə'reɪtɪd/ (adj) = not as good as people say / **przereklamowany, przeceniany**
e.g. Reality shows are highly **overrated**. I think they're boring!
- 9.98 **fragmented** /fræg'mentɪd/ (adj) = divided into small parts / **podzielony (np. na części)**
e.g. Our nation is **fragmented** on the issue of adopting a new currency.
Der.: fragmentation (n), fragment (n)

Reading (pp. 200–201)

- 9.99 **loll** /lɒl/ (v) = to sit or lie in a very relaxed position / **rozsiaść się, rozwalać się**
e.g. He **loll**ed on the sofa watching TV.
- 9.100 **fidget** /'fɪdʒɪt/ (v) = to move restlessly / **wiercić się**
e.g. Jane cannot keep still, she is always **fidgeting**.
- 9.101 **get the heck out** = (informal) to leave / **wynosić się**
e.g. Sydney told Michael to **get the heck out** of her office.
- 9.102 **steam into sth** = to start doing sth quickly / **ruszyć pełną parą, ostro zabrać się do czegoś**
e.g. As soon as he understood the instructions, he **steamed into** the task.
- 9.103 **whopping** /'wɒpɪŋ/ (adj) = great, huge / **gigantyczny**
e.g. The President won the election with a **whopping** 90% of the votes.
- 9.104 **infinitely** /'ɪnfɪnɪtli/ (adv) = without limits or ends / **nieskończenie, bez porównania**
e.g. The pay in his new job is **infinitely** better than in his old one!
Der.: infinite (adj)
- 9.105 **goggle-eyed** /ˌɡɒɡəl'aɪd/ (adj) = with eyes wide open / **z wytrzeszczonymi oczami**
e.g. I sat watching TV all night until I was practically **goggle-eyed**!
- 9.106 **crusty** /'krʌsti/ (adj) = having a hard outer layer / **pokryty skorupką, skórką**
e.g. The blister on my heel eventually went hard and **crusty**.
Der.: crust (n)
- 9.107 **chicken pox** /'tʃɪkən pɒks/ (n) = a disease, especially of children, that causes many spots on the skin / **ospa wietrzna**
e.g. Johnny went down with **chicken pox** and his mum stayed with him at home.
- 9.108 **crux** /krʌks/ (n) = the most important or difficult part of the matter / **sedno sprawy, problemu**
e.g. The **crux** of our financial problems is the mortgage on the house.
- 9.109 **holistic** /həʊ'lɪstɪk/ (adj) = based on the belief that everything in nature is connected in some way / **holistyczny**
e.g. **Holistic** medicine treats the body as a whole and not just the affected part.
- 9.110 **hectic** /'hektɪk/ (adj) = busy, hurried / **gorączkowy, zwiariowany**
e.g. I'm so tired after my **hectic** day!
- 9.111 **drop in** /'drɒp 'ɪn/ (phr v) = to visit sb without previous arrangements / **wpaść (z wizytą)**

- e.g. Sarah was in the neighbourhood and decided to **drop in** and say "hello."
- 9.112 **resort to sth** /rɪ'zɔ:t/ (v) = to turn to a certain course of action in order to achieve sth / **ucieć się do czegoś**
e.g. He had to **resort to** stealing to make a living because he couldn't get a job.
- 9.113 **adhesive** /əd'hɪsɪv/ (n) = a substance such as glue which is used to make things stick together / **klej**
e.g. She glued the broken picture frame with a strong **adhesive**.
- 9.114 **gnaw** /nɔ:/ (v) = to chew, bite sth repeatedly / **obgryzać, gryźć**
e.g. The dog picked the bone and **gnawed** at it.
- 9.115 **teething ring** /'ti:ðɪŋ rɪŋ/ (n) = a rubber ring babies chew to relieve the pain of teething / **gryzak**
e.g. The baby happily chewed on its **teething ring**.
- 9.116 **void** /vɔɪd/ (n) = emptiness / **pustka**
e.g. Her husband's death left a **void** in her life.
- 9.117 **counterproductive** /,kɑʊntəprə'dʌktɪv/ (adj) = having the opposite result from the desired one / **przynoszący efekt przeciwny do zamierzonego**
e.g. The measures taken to create jobs were **counterproductive** and only caused further unemployment.
- 9.118 **resentment** /rɪ'zentmənt/ (n) = bitterness, anger / **niezadowolenie, żal, poczucie krzywdy**
e.g. George felt **resentment** at being replaced by a younger employee.
Der.: resent (v)
- 9.119 **coach** /kəʊtʃ/ (n) = an instructor, tutor / **trener, instruktor**
e.g. She has a fitness **coach** who comes to her house three times a week.
- 9.120 **accountable for sth** /ə'kaʊntəbəl/ (adj) = responsible for sth / **odpowiedzialny za coś**
e.g. Someone must be held **accountable for** the accident.
- 9.121 **bubble with** /'bʌbəl wɪð/ (phr v) = to be full of / **tryskać czymś, być pełnym czegoś**
e.g. She came to the party **bubbling with** excitement.
- 9.122 **impose** /ɪm'pəʊz/ (v) = to establish, enforce / **narzucić, nałożyć**
e.g. The government plans to **impose** fines on companies who do not comply with the laws on health and safety.
Der.: imposition (n)
- 9.123 **sacrosanct** /'sækrəsəŋkt/ (adj) = too important to be interfered with / **święty, nienaruszalny**
e.g. Freedom of the press is **sacrosanct** and should remain so.
- 9.124 **scoot** /sku:t/ (v) = to rush / **pędzić**
e.g. She came into the house and **scooted up** the stairs to her room.
- 9.125 **chartered** /'tʃɑ:təd/ (adj) = formally qualified in a profession / **dyplomowany**
e.g. He was a highly successful **chartered** accountant.
- 9.126 **corporate** /'kɔ:pərət/ (adj) = relating to business corporations / **korporacyjny, biznesowy, dla przedsiębiorstw**
e.g. The man sought **corporate** advice about setting up an e-mail business.
- 9.127 **pounce on** /'paʊns 'ɒn/ (phr v) = to come up towards sb suddenly and take hold of them / **rzucić się na kogoś**
e.g. The actress **pounced on** the photographer and grabbed his camera after he snapped a photo.
- 9.128 **bundle off** /'bʌndəl 'ɒf/ (phr v) = to send sb somewhere or take them there in a hurry / **wyekspediować, wysłać**
e.g. The children were **bundled off** to a summer camp.
- 9.129 **go/slip down the drain/plughole** (idm) = (informal) to be wasted or lost / **marnować się, przepadać**
e.g. Millions of dollars have **slipped down the plughole**.
- 9.130 **awash** /ə'wɒʃ/ (adj) = covered, filled / **pełen, przepełniony**
e.g. Steve was **awash** with guilt seeing his colleague take the blame for his wrongdoings.
- 9.131 **bendy** /'bendɪ/ (adj) = flexible / **giętki**
e.g. Pipe cleaners are **bendy** so they can clean round corners.
- 9.132 **prop up** /'prɒp 'ʌp/ (phr v) = to put an object against sth / **opierać**
e.g. Can you **prop up** the ladder against the wall?
- 9.133 **shoo away** /'ʃu: ə'weɪ/ (v) = to make sb go away / **przegonić**
e.g. I **shooed** her away so that she couldn't see the birthday present.

English in Use (pp. 202–205)

- 9.134 **vanish** /'vænɪʃ/ (v) = to disappear / **zagańać, zniknąć**
e.g. The old witch **vanished** into the dark and was never seen again.
- 9.135 **ogre** /'ɒgə/ (n) = a frightening person / **potwór**
e.g. The headmaster was perceived as a cruel **ogre** who scared all the young children.
- 9.136 **archives** /'ɑ:kɑ:vz/ (n pl) = a collection of documents and records that contain historical information / **archiwum, archiwa**
e.g. I completed my history report by going through the **archives** in the library to obtain information.

- 9.137 **unbearably** /ˌʌn'beərəbli/ (adv) = intolerably / nieznośnie, nie do wytrzymania
e.g. *By midday the weather was **unbearably** hot.*
- 9.138 **slump** /slʌmp/ (n) = a recession, decline / zastój, recesja
e.g. *There has been a **slump** in car sales recently.*
- 9.139 **lustre** /'lʌstə/ (n) = the interesting and exciting qualities of sth / blask; atrakcyjność
e.g. *Their relationship was slowly losing its **lustre**, so they decided to spend more time together.*
- 9.140 **revere** /ri'veə/ (v) = to respect, admire / czić, podziwiać
e.g. *Cats were **revered** by the ancient Egyptians.*
- 9.141 **HR** /,eɪtʃ 'ɑː/ (abbr) = human resources, the personnel department / dział zasobów ludzkich, kadry
e.g. *Mike is a **HR** specialist and a recruitment officer.*
- 9.142 **vendor** /'vendə/ (n) = sb who sells things / sprzedawca
e.g. *She bought a beautiful bracelet from a street **vendor**.*
- 9.143 **revolve around** /ri'vɒl ə'raʊnd/ (phr v) = to be mainly about a particular topic / dotyczyć, kręcić się wokół czegoś
e.g. *The meeting **revolved around** the terrible working conditions in the factory.*
- 9.144 **account for** /ə'kaʊnt fə/ (phr v) = to constitute / stanowić
e.g. *Water **accounts for** the majority of the Earth's surface.*
- 9.145 **grievance** /'grivəns/ (n) = a complaint / skarga, zażalenie
e.g. *The main **grievance** of nurses is the inflexible working hours.*
- 9.146 **ensuing** /ɪn'sjuːɪŋ/ (adj) = (of events) happening after other events / zaistniały w następstwie czegoś, wynikły
e.g. *The decision of the management and the **ensuing** strike were highlighted in the news.*
- 9.147 **mount** /maʊnt/ (v) = to increase, rise / nasilać się
e.g. *As the deadline approached, the pressure to complete the project began to **mount**.*
- 9.148 **counterpart** /'kaʊntəpɑːt/ (n) = another person or thing that has a similar function or position in a different place / odpowiednik; osoba na tym samym stanowisku
e.g. *The Greek Ambassador telephoned his French and Spanish **counterparts** to finalise plans for the upcoming convention.*
- 9.149 **delegation** /,deli'geɪʃən/ (n) = assignment of duties and responsibilities to others / przekazanie, przydzielenie obowiązków podwładnym
e.g. *The key factor in being a successful supervisor is the **delegation** of duties and responsibilities to co-workers.*
- 9.150 **reappraisal** /,ri:ə'preɪzəl/ (n) = a review, a reassessment / ponowna analiza, ponowna ocena
e.g. *The needs of our department call for a **reappraisal**.*
- 9.151 **merger** /'mɜːdʒə/ (n) = the joining together of two separate companies so that they become one / połączenie, fuzja przedsiębiorstw
e.g. *The **merger** between two petroleum companies was a billion dollar deal.*

Writing (pp. 206–212)

- 9.152 **assessment** /ə'sesmənt/ (n) = an evaluation / ocena
e.g. *At his yearly **assessment**, the supervisor discussed the employee's progress.*
- 9.153 **workload** /'wɜːkləʊd/ (n) = the amount of work that has to be done / zakres obowiązków, praca do wykonania
e.g. *She has such a heavy **workload** that she doesn't even have time for lunch.*
- 9.154 **lax** /læks/ (adj) = not strict, severe or careful / niedbały, niestaranny
e.g. *Due to **lax** security controls, anybody could access the company's files.*
Der.: laxity (n)
- 9.155 **inattentive** /ɪnə'tentɪv/ (adj) = not paying enough attention to sb or sth / nieuważny
e.g. *During the meeting, James was **inattentive**, preferring to chew his pen instead of taking notes.*
Opp.: attentive
- 9.156 **apprentice** /ə'prentɪs/ (n) = a young person who works for sb in order to learn their skill / uczeń, praktykant
e.g. *Instead of going to university, Jim decided to work as an **apprentice** electrician.*
Der.: apprenticeship (n)
- 9.157 **allocation** /,ælə'keɪʃən/ (n) = giving particular amounts of money for particular purposes / przydział środków
e.g. *The government announced that the aid **allocation** for famine victims would increase by 30%.*
- 9.158 **insight into sth** /ɪnsaɪt/ (n) = the understanding of sth / znajomość tematu
e.g. *Two years' experience gave him an **insight** into the banking profession.*
- 9.159 **relocate** /,ri:ləʊ'keɪt/ (v) = to move to a different place / przenieść (się)
e.g. *The director plans to **relocate** the head office from the city centre to the suburbs.*
Der.: relocation (n)
- 9.160 **faulty** /'fɔːlti/ (adj) = not working properly, damaged / wadliwy
e.g. *The fire was caused by **faulty** wiring in the kitchen.*

- 9.161 **defective** /di'fektɪv/ (adj) = (of products) imperfect, incomplete / **wadliwy**
e.g. *If this product is **defective** in any way, please return it to the manufacturer.*
- 9.162 **obsolete** /'ɒbsəli:t/ (adj) = no longer needed or used, outdated / **przestarzały**
e.g. *The personnel records were **obsolete** and needed updating.*
- 9.163 **flawed** /flɔ:d/ (adj) = (of items) not perfect, having some fault / **ze skazą, wadliwy**
e.g. *The system was **flawed** and had to be replaced.*
- 9.164 **diverse** /daɪ'vɜ:s/ (adj) = varied / **różnorodny**
e.g. *Their product range is **diverse**, they sell everything from holidays to toothbrushes.*
- 9.165 **ridge** /rɪdʒ/ (n) = the line where the sloping surfaces of the roof join / **krawędź, grzbiet dachu**
e.g. *The chimney sweeper sat astride the **ridge** of the roof.*
- 9.166 **contractor** /kən'træktə/ (n) = a person who does work for other people or organisations / **wykonawca**
e.g. *Instead of employing full time builders and electricians, the construction company hires private **contractors**.*
- 9.167 **put out** /'pʊt 'aʊt/ (phr v) = to cause problems or inconvenience / **sprawić kłopot**
e.g. *Having to stay late at the office really **put her out** because she had made plans to go to the ballet.*
- 9.168 **sustain** /sə'steɪn/ (v) = to suffer / **odnieść, ponieść**
e.g. *As a result of low investor confidence, the stock market **sustained** great losses.*
- 9.169 **notify** /'nəʊtɪfaɪ/ (v) = to inform / **powiadomić**
e.g. *Any employee who is going to be late must **notify** their department supervisor.*
- 9.170 **reiteration** /ri,ɪtə'reɪʃən/ (n) = repetition / **powtórzenie**
e.g. *The meeting didn't encompass anything new; it was a **reiteration** of last month's discussion.*
- 9.171 **gratitude** /'grætɪtju:d/ (n) = feeling grateful, expressing thanks / **wdzięczność**
e.g. *I wish to express my **gratitude** to Ms Smith for her generous help, care and support.*
- 9.172 **urgent** /'ɜ:dʒənt/ (adj) = needing or calling for immediate attention or action / **natychmiastowy, nagły, pilny**
e.g. *It is an **urgent** matter, so please contact the doctor immediately.*
Der.: urgency (n), urgently (adv)
- 9.173 **by return of post** (idm) = using the next available post, as soon as possible / **odwrotną pocztą, jak najszybciej**
e.g. *Please send me your application form **by return of post**.*
- 9.174 **refund** /'rɪfʌnd/ (n) = a sum of money which is returned to sb because they had paid too much or returned sth to a shop / **zwrot pieniędzy**
e.g. *The store manager offered a full **refund** for the faulty computer the customer had returned.*
Der.: refundable (adj)
- 9.175 **shrug** /ʃrʌg/ (v) = to raise one's shoulders to show one is not interested in sth or that one does not know or care / **wzruszyć ramionami**
e.g. *The man **shrugged** his shoulders when I asked when the bus would arrive, and said that he didn't know.*
- 9.176 **compartment** /kəm'pɑ:tmənt/ (n) = a separate section of a train / **przedział**
e.g. *We were surprised to see our managing director travelling with us in a second class **compartment**.*
- 9.177 **deplorable** /dɪ'plɔ:rəbəl/ (adj) = regrettable, disgraceful, shameful / **godny ubolewania, żaloszny**
e.g. *The conditions at the hotel were **deplorable**.*
Der.: deplorably (adv), deplore (v)
- 9.178 **be the last straw** (idm) = to be the last in a series of misfortunes and to make the situation unacceptable / **być gwoździem do trumny**
e.g. *I have a splitting headache and the noise upstairs **is the last straw**.*
- 9.179 **mess sb around/about** /'mes ə'raʊnd/ (phr v) = to treat sb badly by not being honest with them or by continually changing plans which affect them / **zwodzić kogoś**
e.g. *The fact that they **messed him around** so often resulted in his unexpected resignation.*
- 9.180 **workmanship** /'wɜ:kmənfɪp/ (n) = the skill with which sth is made / **jakość wykonania, fachowość**
e.g. *The reason why most of the machine parts were faulty was bad **workmanship**.*

VOCABULARY EXERCISES

A Wybierz odpowiedni wyraz.

- 1 The media seems to the details of violent crimes such as murder.
A disperse C exaggerate
B compromise D recruit
- 2 The philosopher's ideas and beliefs had a effect on people during the last century.
A industrious C obsolete
B profound D urgent
- 3 Mr Jones his colleague Steven to take over the position of Manager.
A imposed C dismissed
B reinforced D appointed
- 4 Nowadays, many young children are interested in computers.
A unbearably C keenly
B intrinsically D infinitely
- 5 The athlete's sudden death left a in the sports world.
A void C incentive
B resentment D misconception
- 6 Selling cosmetics and other beauty products is a very business.
A menial C obsolete
B incompatible D lucrative
- 7 A recent indicates that more and more women are pursuing post-graduate studies.
A incentive C affiliation
B poll D slump
- 8 Brandon receives 10% for every car that he sells on top of his monthly salary.
A expenditure C commission
B contract D reimbursement
- 9 For many days, tension as farmers continued to strike throughout the nation.
A sustained C supplemented
B mounted D imposed
- 10 She was constantly being by the manager for always arriving late for work.
A reprimanded C recruited
B reinforced D reigned

B Wpisz w luki właściwe wyrazy z listy.

- diverse • supplement • dispute • intimidated • angst • overwhelmed • bang on and on • a golden handshake
- handed in his notice • ambivalent

- 1 Many high school students suffer from before their examinations.
- 2 In our society, parents about the importance of learning English in order to find a high-paying job.
- 3 Natalie has taken on a second job as a waitress to her income.
- 4 Mrs Stevenson received in recognition of her dedication to the company for 25 years.
- 5 Negotiators were unable to settle the between government officials and striking doctors.
- 6 Upon returning from her summer holidays, Elisabeth felt completely by the amount of work that was piled on her desk.
- 7 Modern urban societies have become much more than in the past.
- 8 He remained about his friend's innocence in the bank robbery.
- 9 After arguing with his boss for hours, Thomas and quietly left the office.
- 10 The students were into finishing their assigned work or they would not go on the school trip.

C Uzupełnij luki jednym wyrazem.

- | | |
|--|--|
| <p>1 He decided to a campaign against deforestation.
No matter how much she tried she just couldn't the horse.
She's going to the medal on velvet and have it framed.</p> <p>2 A personal was assigned to help me with my German class.
He has recently become the new of the basketball team.
A luxurious transferred the tourists from their hotel to the ancient monuments.</p> <p>3 I had to my neck to catch a glimpse of my favourite singer.
You should always warm up before the soccer game, otherwise you may your muscles.
Can you please the pasta before you pour on the sauce.</p> | <p>4 Her accidental death left a in the acting world which will take a long time to fill.
The printed document was declared by the corporate lawyer.
The ship sailed silently through the black , unaware of the danger ahead.</p> <p>5 Many senior citizens receive a to their basic pension.
Apart from regular exercise, I take a vitamin and mineral every day.
I enjoy doing the crossword in the colour of the Sunday newspaper.</p> |
|--|--|

D Uzupełnij brakujący fragment, wpisując łącznie z wyrazem podanym tłustym drukiem od 3 do 8 słów, tak aby wyrazić to samo znaczenie. Nie zmieniaj podanego wyrazu.

- | | |
|--|--|
| <p>1 She was fired from the airline company for stealing money.
sack She was
..... the airline company.</p> <p>2 The main topic of the meeting focused on improving the employees' working hours.
revolved The meeting
..... of the employees.</p> <p>3 The football player and his new team reached an agreement worth millions of dollars.
contract The football player signed
..... with his new team.</p> | <p>4 Jeffrey told his employer that he intended to leave his job because he was ill.
handed Jeffrey
..... illness.</p> <p>5 He was given a raise because his boss realised that he was hard-working and enthusiastic.
industrious Seeing
..... gave him a raise.</p> |
|--|--|

E Wpisz w luki wyrazy utworzone od słów podanych wielkimi literami.

For many of us, work has 1) become part of our daily routine. In our rapidly changing world there seems to be an 2) regarding the stability of jobs. While some companies face 3) since they are unable to meet economic demands, other multinational organisations have restructured their 4) process and are offering potential employees more perks and incentives. This has resulted in the 5) of the power and financial status of these companies. With the constant changes within companies, the increasing fears of either being 6) or abruptly 7) lingers on. Therefore, the 8) of employees is essential to ensure efficiency and productivity and create an 9) working atmosphere. The key to being successful is the ability to maintain an optimistic attitude amidst all of the woes and stress which 10) affect our social, physical and emotional well-being. Moreover, another factor is to constantly have a 11) of things to do in order to alleviate boredom and lack of motivation.

INTRINSIC

AMBIVALENT

DOWNSIZE

RECRUIT

REINFORCE

DEMOTE

DISMISS

COMPATIBLE

INDUSTRY

PROFOUND

DIVERSE

Our Planet, Our Home

10

Lead-in (p. 213)

- 10.1 **spillage/spill** /'spɪlɪdʒ/ (n) = the liquid that has escaped or leaked from its container / **wyciek**
e.g. Due to **spillage** from the oil tanker, several beaches will be closed this summer.
Der.: spill (v)
- 10.2 **urban smog** /'ɜːbən 'smɒɡ/ (n) = a fog or haze in a town or city intensified by smoke, fumes or other atmospheric pollutants / **smog miejski**
e.g. Many people living in big cities suffer from asthma and other breathing disorders caused by **urban smog**.
- 10.3 **pesticide** /'pestɪsaɪd/ (n) = a substance that is used to destroy insects / **pestycyd, środek ochrony roślin**
e.g. Organic fruits and vegetables are grown without using **pesticides**.
- 10.4 **ozone layer depletion** /'əʊzəʊn ˌlɛə dɪ'pliːʃən/ (n) = the thinning of the layer in the Earth's

stratosphere that protects the planet from the ultraviolet rays of the sun / **kurczenie się warstwy ozonowej**

e.g. **Ozone layer depletion** could eventually lead to worldwide flooding and an increase in the incidence of skin cancer.

- 10.5 **CFC gases** /,siː ef 'siː 'gæsiːz/ (n pl) = chlorofluorocarbon gases used especially in aerosols, harmful to the ozone layer / **freony, gazy niszczące warstwę ozonową**
e.g. To protect the ozone layer, we should buy aerosols that do not contain **CFC gases**.

- 10.6 **legislation** /ˌledʒɪ'sleɪʃən/ (n) = laws considered collectively / **ustawodawstwo**
e.g. We need better **legislation** to protect the rights of political refugees.

Der.: legislate (v), legislative (adj)

- 10.7 **disposal** /dis'pəʊzəl/ (n) = throwing sth away or getting rid of sth / **pozbywanie się, usuwanie**
e.g. *We need to come up with better methods for the disposal of radioactive waste material.*
Der.: disposable (adj), dispose of (v)
- 10.8 **fossil fuel** /'fɒsəl ,fju:əl/ (n) = natural fuel such as oil, coal or gas formed from the remains of living organisms / **paliwo kopalne**
e.g. *Solar and wind power are good alternative sources of energy and much less harmful to the environment than fossil fuels.*
- 10.9 **inhale** /in'hæɪl/ (v) = to breathe in / **wdychać**
e.g. *Cyclists in cities should wear masks to avoid inhaling traffic fumes.*
Der.: inhaler (n), inhalation (n)
Opp.: exhale
- 10.10 **sustain** /sə'steɪn/ (v) = to suffer or undergo sth unpleasant / **doznać, odnieść**
e.g. *The building sustained so much damage during the earthquake that it had to be demolished.*
- 10.11 **desertification** /dɪ,zɜ:tɪfɪ'keɪʃən/ (n) = the process by which a piece of land becomes dry and unfertile, usually due to drought or deforestation / **pustynnienie**
e.g. *If we don't reduce global emissions of greenhouse gases, we will see a rapid increase in worldwide desertification.*
-
- Reading (pp. 214–215)**
- 10.12 **breeding ground** /'brɪdɪŋ grəʊnd/ (n) = a particular place or area where animals give birth to their young / **legowisko, miejsce rozrodu**
e.g. *We must protect the breeding grounds of all animals facing extinction.*
- 10.13 **crude oil** /'kru:d 'ɔɪl/ (n) = oil in its natural state before it has been processed or refined / **ropa naftowa**
e.g. *Oil refineries turn crude oil into gasoline, kerosene, lubricating oil and many other useful products.*
- 10.14 **dumping** /'dʌmpɪŋ/ (n) = leaving sth somewhere because it is no longer wanted or needed / **wyrzucanie, składowanie (np. odpadów)**
e.g. *The dumping of hazardous waste is illegal in many countries.*
Der.: dump (v, n)
- 10.15 **hike** /haɪk/ (v) = to go for a long walk through the countryside / **wędrować w terenie**
e.g. *We spent three weeks hiking through southern Italy.*
Der.: hike (n), hiker (n)
- 10.16 **wilderness** /'wɪldənəs/ (n) = a desert or area which is not inhabited by people / **pustynia, pustkowie**
e.g. *He found himself alone in the wilderness without food or water.*
- 10.17 **log cabin** /lɒg 'kæbɪn/ (n) = a small house built of logs / **chata z bali**
e.g. *Canadian trappers used to live in log cabins.*
- 10.18 **trek** /trek/ (v) = to make a long, difficult and tiring journey, usually on foot / **wędrować**
e.g. *We were exhausted after trekking through the jungle for three days.*
Der.: trek (n), trekker (n)
- 10.19 **plea** /pli:/ (n) = an intense appeal or request / **wołanie, błaganie, prośba**
e.g. *Nobody heard her pleas for help.*
- 10.20 **subsistence** /səb'sɪstəns/ (n) = having just enough of sth to survive / **minimum potrzebne do przeżycia**
e.g. *Many people in third-world countries live at subsistence level.*
Der.: subsist (v), subsistent (adj)
- 10.21 **caribou** /'kærəbu:/ (n) = the North American name for the wild reindeer / **karibu**
e.g. *Caribou can be found in the tundra.*
- 10.22 **scramble** /'skræmbəl/ (n) = a struggle against others in a disorganised manner / **przeprychanka**
e.g. *When they finally let the spectators into the stadium, there was a mad scramble for seats.*
Der.: scramble (v)
- 10.23 **stark** /stɑ:k/ (adj) = harsh and unpleasant / **nieprzyjemny**
e.g. *The company faces a stark decision if it wants to stay competitive.*
Der.: starkly (adv), starkness (n)
- 10.24 **nestle** /'nesəl/ (v) = to be in a safe, sheltered position close to sth else / **leżeć w pobliżu, przycupnąć**
e.g. *The tiny village nestles at the foot of the mountain.*
- 10.25 **refuge** /'refju:dʒ/ (n) = a safe place that provides shelter and protection / **schronienie, ostoja (zwierzyny)**
e.g. *The cave provided us with a refuge from the storm.*
- 10.26 **abundant** /ə'bʌndənt/ (adj) = plentiful or available in large quantities / **obfitujący w coś**
e.g. *The area is abundant in rich mineral deposits.*
Der.: abundance (n), abundantly (adv), abound (v)
- 10.27 **dub** /dʌb/ (v) = to give an unofficial name or nickname to sth or sb / **nazywać**
e.g. *Florida has been dubbed the sunshine state.*
- 10.28 **soaring** /'sɔ:ɪŋ/ (adj) = exceptionally tall / **strzelisty, niebosiężny**

- e.g. We could barely see the sky as **soaring** pine trees surrounded the camp site.
- 10.29 **marshy** /'mɑ:ʃi/ (adj) = wet and muddy / **bagienny, błotnisty**
e.g. We couldn't build on the land because it was too **marshy**.
Der.: marsh (n)
- 10.30 **stunted** /'stʌntɪd/ (adj) = prevented from growing to the full size / **skarłowaciały**
e.g. Due to poor irrigation, the land produced nothing but a few **stunted** apple trees.
Der.: stunt (v)
- 10.31 **explode into sth** /ɪk'spləʊd/ (v) = to suddenly change into sth / **przerodzić się w coś**
e.g. In the spring our garden **explodes into** a sea of beautiful flowers.
- 10.32 **vibrant** /'vaɪbrənt/ (adj) = bright, strong, full of energy / **intensywny, jaskrawy**
e.g. The sea was a **vibrant** turquoise.
Der.: vibrancy (n), vibrantly (adv)
- 10.33 **smother** /'smʌðə/ (v) = to completely cover sth or sb / **pokryć, przytłoczyć**
e.g. After years of neglect, the flower beds were **smothered** in weeds.
Der.: smothered (adj), smother (n)
- 10.34 **primal** /'praɪməl/ (adj) = relating to an early stage in evolutionary development / **pierwotny**
e.g. The area has lain undisturbed for thousands of years, so it is still in its **primal** state.
- 10.35 **shaggy** /'ʃægi/ (adj) = hairy / **kudłaty, włochaty**
e.g. My house is full of hairs from my **shaggy** dog.
- 10.36 **musk ox** /'mʌsk ˌɒks/ (n) = a species of ox / **wół piżmowy**
e.g. A typical Alaskan species is the **musk ox**.
- 10.37 **regal** /'ri:gəl/ (adj) = typical of a monarch and therefore impressive / **królewski**
e.g. I was impressed by the **regal** splendour of the residence.
- 10.38 **moose** /mu:s/ (n) = large deer with antlers, also called elk / **łoś**
e.g. In some areas of Canada, electric fences are used to protect Christmas tree farms from being destroyed by herds of **moose**.
- 10.39 **grizzly bear** /'grɪzli ˌbeə/ (n) = a large brown bear native to North America and Canada / **niedźwiedź grizzly**
e.g. The **grizzly bear** has the reputation of being one of the most dangerous animals.
- 10.40 **wolverine** /'wɒlvərɪn/ (n) = an animal related to the weasel family with dark shaggy fur and a bushy tail / **rosomak**
e.g. The **wolverine** is surprisingly strong and can defend itself against much larger animals.
- 10.41 **lynx** /lɪŋks/ (n) = a wild cat with yellowish brown fur, usually found in North America and Eurasia / **ryś**
e.g. The **lynx** is in danger of becoming extinct due to excessive trapping and hunting.
- 10.42 **migrate** /maɪ'grɛt/ (v) = (of animals) to move from one region to another, usually according to the seasons / **migrować, przemieszczać się**
e.g. Most animals **migrate** in search of food.
Der.: migration (n), migratory (adj)
- 10.43 **dominate** /'dɒmɪneɪt/ (v) = to have control over a place or person, to be the biggest or most important thing or person in a place or situation / **dominować**
e.g. The town is **dominated** by the castle on the hill.
Der.: dominant (adj), domination (n)
- 10.44 **precariously** /prɪ'keəriəslɪ/ (adv) = in an unsafe, dangerous or uncertain manner / **niewpewnie**
e.g. The car was **precariously** balanced on the edge of the cliff.
Der.: precarious (adj), precariousness (n)
- 10.45 **calving grounds** /'kɑ:vɪŋ ˌgraʊndz/ (n pl) = a place where female caribou (cows) give birth to their calves / **teren cielenia się (np. karibu)**
e.g. We have to protect caribou **calving grounds** or they will soon become an endangered species.
- 10.46 **fatten up** /'fætən ˈʌp/ (phr v) = to eat more to get fatter / **przybierać na wadze, tuczyć się**
e.g. Most of the farmer's cattle **fatten up** on grass in his expansive fields.
- 10.47 **predator** /'predətə/ (n) = an animal that hunts, kills and eats other animals / **drapieżnik**
e.g. Farmers have to protect their animals from wolves, foxes and other **predators**.
Der.: predatory (adj)
- 10.48 **oil seep** /'ɔɪl si:p/ (n) = a place where oil oozes slowly out of the ground / **miejsce wypływu ropy z podłoża**
e.g. Contrary to popular opinion, plant and animal life seem to flourish around **oil seeps**.
- 10.49 **tell-tale** /'telteɪl/ (adj) = indicative of sth / **widomy, wskazujący na coś**
e.g. The hole in the fence along with blood-covered chicken feathers were **tell-tale** signs that a fox had attacked the chicken coop.
- 10.50 **drill** /drɪl/ (v) = to use a machine to make holes in sth / **prowadzić wiercenia, wiercić**
e.g. They have been **drilling** for oil in this area for over ten years.
Der.: drill (n), driller (n)

- 10.51 **raid** /reɪd/ (v) = to attack forcefully in order to occupy a place or to loot it / *wtargnać, zaatakować, napaść*
e.g. Last night a gang of thieves **raided** the local museum and stole some priceless artifacts.
Der.: raid (n), raider (n)
- 10.52 **renewable energy source** = a natural resource that produces energy and will never run out / *odnawialne źródło energii*
e.g. Wind, water and solar power are all **renewable energy sources**.
- 10.53 **snake** /sneɪk/ (v) = to move like a snake / *wić się*
e.g. The river **snaked** through the mountains.
Der.: snake (n), snake-like (adj)
- 10.54 **flare** /fleə/ (n) = a device producing a very bright light, used as a signal or for illumination / *flara, raca*
e.g. Hikers should always take **flares** with them in case they get lost.
- 10.55 **landing strip** /'lændɪŋ stri:p/ (n) = a long flat piece of land, cleared of trees and other obstacles so that aircraft can take off or land safely / *pro wizoryczny pas do lądowania*
e.g. The pilot spotted a **landing strip** on the edge of the jungle.
- 10.56 **unblemished** /,ʌn'blemɪʃt/ (adj) = perfect, unspoiled / *nieskazitelny, nieposzlakowany*
e.g. Even though he had been a taxi driver for 35 years, he had never had an accident, and had an **unblemished** driving record.
- 10.57 **Sioux** /su:/ (n), **Sioux** /su:z/ (n pl) = *Siuks, Siuksowie*
- 10.58 **awe** /ɔ:/ (v) = to cause a feeling of respect mixed with fear or wonder / *wzbudzić respekt, wzbudzić podziw*
e.g. We were **awed** by the power and beauty of the Niagara Falls.
Der.: awe (n), awed (adj)
- 10.59 **sacred** /'seɪkrɪd/ (adj) = holy / *święty*
e.g. In India the cow is a **sacred** animal.
Der.: sacredness (n), sacredly (adv)
-
- Language Focus (pp. 216–219)**
- 10.60 **biodegradable** /,baɪəʊdɪ'grɛdəbəl/ (adj) = decomposing naturally without harming the environment / *ulegający biodegradacji*
e.g. Hopefully, one day all our rubbish will either be recyclable or **biodegradable**.
Der.: biodegradability (n)
- 10.61 **wetland** /'wetlənd/ (n) = an area of wet, muddy land made up of marshes and swamps / *teren podmokły, bagna*
e.g. **Wetlands** are the habitats of many species of plants, animals and insects.
- 10.62 **enrage** /ɪn'reɪdʒ/ (v) = to make very angry / *doprowadzić do wściekłości, rozwścieczyć*
e.g. Local inhabitants were **enraged** when they found out a massive rubbish dump was to be opened in the area.
- 10.63 **fertile** /'fɜ:təl/ (adj) = (of land, soil) capable of yielding strong, healthy crops / *żyzny, płodny*
e.g. He inherited his father's farm which included twenty acres of **fertile** land.
Der.: fertility (n), fertilise (v)
- 10.64 **avalanche** /'ævələntʃ/ (n) = a large mass of snow or rocks falling rapidly down a mountain side / *lawina*
e.g. The little mountain village was devastated by an **avalanche**.
- 10.65 **landslide** /'lændslaɪd/ (n) = a sliding mass of earth or rock from a cliff or mountain / *lawina gruntowa lub gruzowa, zwały ziemi lub kamieni*
e.g. After the flood, the road out of town was blocked by a **landslide**.
- 10.66 **refined** /rɪ'faɪnd/ (adj) = with all the impurities removed / *rafinowany*
e.g. Honey is much healthier than **refined** white sugar.
Der.: refinery (n)
- 10.67 **herbicide** /'hɜ:bɪsaɪd/ (n) = a chemical used to destroy unwanted plants, especially weeds /
e.g. Some **herbicides** contain toxins that are harmful to human beings.
- 10.68 **noxious** /'nɒkʃəs/ (adj) = harmful, poisonous / *szkodliwy*
e.g. The waste produced by the chemical factory includes dangerous toxins and **noxious** gases.
Der.: noxiousness (n)
- 10.69 **WWF** = the World Wildlife Fund / *Światowy Fundusz na Rzecz Przyrody*
e.g. Every year I donate \$100 to the **WWF**.
- 10.70 **infect** /ɪn'fekt/ (v) = to transmit a disease / *zakazić*
e.g. Tragically, many babies are **infected** with the HIV virus right after they are born.
- 10.71 **landfill** /'lændfɪl/ (n) = a large deep hole for burying rubbish / *składowisko odpadów*
e.g. Most of the rubbish in the USA is dumped in **landfill** sites.
- 10.72 **equilibrium** /,ɪkwɪ'libriəm/ (n) = balance / *równowaga*
e.g. The goal of any government should be to maintain an **equilibrium** between national security and civil liberties.
- 10.73 **dereliction** /,derə'likʃən/ (n) = the state of being

- deserted, abandoned and not cared for /
dewastacja, opuszczenie
e.g. *The National Trust bought the old theatre and saved it from **dereliction**.*
Der.: derelict (adj)
- 10.74 **shift** /ʃɪft/ (v) = to move slightly / przesunąć, przestawić
e.g. *I had difficulty **shifting** the fridge when I wanted to clean behind it.*
Der.: shift (n)
- 10.75 **sanctuary** /ˈsæŋktʃuəri/ (n) = a place where birds and animals are protected and allowed to live freely / rezerwat
e.g. *The government has decided to turn the area into a wildlife **sanctuary**.*
- 10.76 **corrosion** /kəˈrɒʒən/ (n) = damage done by chemicals or rust to stone or metal objects / korozja
e.g. *We must protect our monuments from the **corrosion** caused by acid rain.*
- 10.77 **erosion** /ɪˈrəʊʒən/ (n) = gradual destruction and removal of soil, rock or land by water, wind and other natural agents / erozja
e.g. *The coastline is slowly receding due to **erosion**.*
Der.: erode (v)
- 10.78 **dissolve** /dɪˈzɒlv/ (v) = to entirely mix with liquid / rozpuszczać (się)
e.g. *Sugar **dissolves** in water.*
- 10.79 **herd** /hɜːd/ (n) = a large group of animals of the same species that live together / stado
e.g. *We saw a **herd** of cows grazing on the hillside.*
- 10.80 **culling** /ˈkʌlɪŋ/ (n) = slaughtering the weaker members of a herd to keep the numbers down / ubój lub odstrzał selektywny
e.g. *Animal rights activists are against all forms of **culling**.*
- 10.81 **ivory** /ˈaɪvəri/ (n) = the hard white substance that elephant tusks are made of / kość słoniowa
e.g. ***Ivory** trading is illegal in most countries.*
- 10.82 **adjacent** /əˈdʒeɪsənt/ (adj) = next to sth else / sąsiedni, przyległy
e.g. *We managed to get **adjacent** rooms at the hotel.*
- 10.83 **trans-frontier** /ˌtrænsˈfrʌntiə/ (adj) = crossing the border between two countries / transgraniczny, ponad granicami
e.g. *During the war, many people escaped the country by crossing the **trans-frontier** bridge.*
- 10.84 **Botswana** /bɒtˈswɑːnə/
Der.: Botswanan (adj, n)
- 10.85 **Zimbabwe** /zɪmˈbɑːbi/ (adj, n)
Der.: Zimbabwean /zɪmˈbɑːbiən/ (adj, n)
- 10.86 **Mozambique** /ˌmɒʒəmˈbiːk/
Der.: Mozambican/Mozambiquan (adj, n)
- 10.87 **congestion** /kənˈdʒestʃən/ (n) = being blocked / zagęszczenie, korek
e.g. *It takes hours to get out of the city on holiday weekends because of traffic **congestion**.*
Der.: congested (adj)
- 10.88 **on impulse** = in a sudden, spontaneous, unpremeditated way / pod wpływem impulsu
e.g. *I was walking past the travel agent's when I saw an advertisement for a cheap holiday in the Bahamas, and **on impulse** I went and booked it.*
- 10.89 **beaver away** /ˈbiːvər əˈweɪ/ (phr v) = to work very hard at sth / pracować jak mrówka
e.g. *John wants to finish his science project early; he has been **beavering away** at it all weekend.*
- 10.90 **dog** /dɒg/ (v) = to persistently follow or bother sb / nie odstępować kogoś na krok
e.g. *The famous movie star complained that reporters and fans were continually **dogging** him.*
- 10.91 **rat on** /ˈræt ɒn/ (phr v) = to give away secret information about sb / sypać, donosić na kogoś
e.g. *Don't tell Jack what you did, he's always **ratting on** his friends.*
- 10.92 **swan** /swɒn/ (v) = to move about or go somewhere in a relaxed casual way, without a particular purpose or schedule / włóczyć się
e.g. *Tracey spent two years **swanning** around Europe before she went to work in her father's company.*
- 10.93 **hare** /heə/ (v) = to run very quickly / pędzić
e.g. *As soon as he saw the police car, he **hared off** down the street.*
- 10.94 **fox** /fɒks/ (v) = to baffle, deceive or confuse / zbić z tropu, zdezorientować
e.g. *We were all **foxed** by the fact that Mark hadn't had a job for months, and yet he seemed to have lots of money to spend.*
- 10.95 **badger** /ˈbædʒər/ (v) = to repeatedly and annoyingly tell sb to do sth or ask them for sth / wiercić komuś dziurę w brzuchu
e.g. *His wife's always **badgering** him to clean out the garage.*
- 10.96 **hound** /haʊnd/ (v) = to constantly disturb sb or speak to them in an annoying or upsetting way / nękać, niepokoić
e.g. *I wish Frank would stop **hounding** me about that money I owe him; he knows I've just been laid off.*
- 10.97 **monkey around/about with** /ˈmʌŋki əˈraʊnd wɪð/ (phr v) = to play irresponsibly with / bawić się czymś
e.g. *Don't **monkey around with** my new CD player.*

- 10.98 **clam up** /'klæm 'ʌp/ (phr v) = to suddenly stop talking about sth / **przestać się odzywać, zamilknąć**
e.g. She **clammed up** as soon as her mother walked into the room.
- 10.99 **beetle (off)** /'bitl̩ 'ɒf/ (v) = to move away with short, quick steps / **wynieść się, ulotnić się**
e.g. She **beetled off** home as soon as the clock struck five.
- 10.100 **ape** /eɪp/ (v) = to imitate / **małpować**
e.g. Most young girls **ape** the way their favourite musicians and movie stars dress.
- 10.101 **wolf down** /'wɒlf 'daʊn/ (phr v) = to eat sth quickly and greedily / **pochłonać, pożerać**
e.g. He barely had time to **wolf down** his breakfast before the school bus arrived.
- 10.102 **duck** /dʌk/ (v) = to quickly move one's head or body downwards to avoid being hit or being seen / **schylić głowę**
e.g. He was so tall he had to **duck** every time he came through the front door.
- 10.103 **mole** /məʊl/ (n) = a small animal with black fur that lives underground / **kret**
e.g. **Moles** live on a diet of small insects.
- 10.104 **ferret out** /'fɛrɪt 'aʊt/ (phr v) = to search thoroughly for sth and find it / **wytropić, wywęszyć**
e.g. The police managed to **ferret out** where the bank robbers were hiding.
- 10.105 **crow** /krəʊ/ (v) = to make a happy sound or say sth in a self-satisfied way / **pieć, triumfować**
e.g. She **crowed** with delight when she saw the new car her father had bought her for her birthday.
- 10.106 **ram** /ræm/ (v) = to push sth into sth else using great force / **wcisnąć, wbić**
e.g. She **rammed** all her pullovers into just one suitcase.
- 10.107 **squirrel away** /'skwɪrəl ə'weɪ/ (v) = to store sth in a hiding place / **chomikować, magazynować**
e.g. They **squirrelled away** all the family photos in shoeboxes in the attic.
- 10.108 **accelerate** /ək'seləreɪt/ (v) = to get faster / **przyspieszyć**
e.g. The car **accelerated** and overtook a van.
Der.: acceleration (n), accelerator (n)
- 10.109 **outcrop** /'aʊtkrɒp/ (n) = a rock sticking out of the ground / **skała wyrastająca z ziemi**
e.g. We camped next to the **outcrop** at the foot of the hill.
- 10.110 **foil** /fɔɪl/ (n) = thin flexible sheets of metal usually used for wrapping food / **folia aluminiowa**
e.g. She wrapped the leftovers in **foil** and put them in the freezer.

Listening & Speaking (pp. 220–221)

- 10.111 **negligence** /'neglɪdʒəns/ (n) = failure to take proper care of sb or sth / **niedbalstwo, zaniedbanie**
e.g. The children whose parents were guilty of **negligence** would come to school dirty and hungry.
Der.: negligent (adj), negligently (adv)
- 10.112 **constitute** /'kɒnstɪtjuːt/ (v) = to be the same as or equivalent to sth else / **stanowić**
e.g. Borrowing someone's car without their permission **constitutes** theft.
- 10.113 **penetrate** /'penɪtreɪt/ (v) = to force a way into or through sth / **przebić, przesyć**
e.g. The bullet **penetrated** his lung and he nearly died.
Der.: penetration (n), penetrable (adj), penetrability (n)
- 10.114 **cascade** /kæ'skeɪd/ (v) = to flow downwards in large quantities / **spadać kaskadą**
e.g. When debris from outer space began to **cascade**, many species on earth became extinct.
- 10.115 **descendant** /dɪ'sendənt/ (n) = sb related to those of a prior generation / **potomek**
e.g. Our family are **descendants** of the first family to settle in the area 300 years ago.
Der.: descend (v), descent (n)
- 10.116 **shellfish** /'ʃelfɪʃ/ (n) = a creature with a shell that lives in water, e.g. oyster or crab / **skorupiak, małż**
e.g. It's a seafood restaurant, specialising in sea fish and **shellfish**.
- 10.117 **dubious** /'djuːbiəs/ (adj) = doubtful / **sceptyczny**
e.g. I am a bit **dubious** about investing all my money in the stock market.
Der.: dubiousness (n), dubiously (adv)
- 10.118 **PETA** = People for the Ethical Treatment of Animals, an animal rights organisation

Reading (pp. 222–223)

- 10.119 **degrade** /dɪ'greɪd/ (v) = to make sth worse / **spowodować degradację, zniszczyć**
e.g. The planet's resources have been **degraded** due to industrial expansion.
Der.: degradation (n)
- 10.120 **porch** /pɔːtʃ/ (n) = a raised sheltered area along the outside wall of a house, usually at the entrance / **ganek, weranda**
e.g. Please leave your muddy boots on the front **porch**.
- 10.121 **petite** /pə'tɪt/ (adj) = (of women) small and thin / **(o kobiecie) drobna, filigranowa**
e.g. Joanna is a **petite** blonde.

- 10.122 **foraging grounds** /'fɔːrɪdʒɪŋ ˌɡraʊndz/ (n pl) = places where animals search for food / **żerowiska**
e.g. *While on safari, we spent three days observing the wild buffalo's **foraging grounds**.*
- 10.123 **pound** /paʊnd/ (v) = to beat, throb or vibrate with a strong regular rhythm / **walić, łomotać**
e.g. *His heart was **pounding** as he heard the footsteps coming closer to his bedroom door.*
- 10.124 **rivet** /'rɪvɪt/ (v) = to fascinate, engross / **pochłonać**
e.g. *As a child, I was **riveted** by TV cartoons.*
Der.: rivet (n), riveting (adj)
- 10.125 **hop** /hɒp/ (v) = to move quickly or suddenly, to jump / **skakać**
e.g. *The child played cheerfully in the street **hopping** from side to side.*
Der.: hop (n)
- 10.126 **lunge forward** /'lʌndʒ/ (v) = to make a sudden forward movement / **rzucić się do przodu**
e.g. *He **lunged forward** and grabbed the knife out of the attacker's hand.*
Der.: lunge (n)
- 10.127 **scour** /'skɔːə/ (v) = to search a place thoroughly for sth / **przeszukiwać, przeczesać**
e.g. *The police **scoured** the area looking for clues.*
- 10.128 **scavenge for sth** /'skævɪndʒ/ (v) = to search discarded waste and rubbish for sth usable or edible / **grzebać, szukać czegoś w śmieciach**
e.g. *You are guaranteed to find rats **scavenging for food** in rubbish dumps.*
Der.: scavenger (n)
- 10.129 **meddle in/with sth** /'medl/ (v) = to interfere in or concern oneself with sth that is none of one's business / **wtrącać się, mieszać się**
e.g. *Even though I'm over 40, my mother still tries to **meddle in** my life.*
Der.: meddler (n), meddling (n), meddling (adj)
- 10.130 **slate** /sleɪt/ (n) = a thin flat plate used to make roofs of houses / **dachówka**
e.g. *We had to replace the **slates** that had been blown off the roof during the storm.*
- 10.131 **bolt** /bɒlt/ (v) = to attach objects together using screws and nuts or a metal bar / **przyśrubować**
e.g. *On a boat, the furniture is usually **bolted** to the floor.*
Der.: bolt (n)
- 10.132 **billboard** /'bɪlbɔːd/ (n) = a large board for displaying posters, usually used for advertising purposes / **billboard**
e.g. *They advertised their new perfume in newspapers, magazines and on **billboards**.*
- 10.133 **sunslate** /'sʌnslɛɪt/ (n) = a type of solar panel used on the roofs of houses / **panel, bateria słoneczna na dachu**
e.g. *We used **sunslates** on the roof to enable us to run our home on solar power.*
- 10.134 **integrated** /'ɪntɪɡreɪtɪd/ (adj) = combined to form a whole / **zintegrowany**
e.g. *Locals and immigrants are closely **integrated** in our community.*
Der.: integrate (v), integration (n)
- 10.135 **utility** /juː'tɪlɪti/ (n) = a service provided to the public such as water, gas or electricity supply / **zakład usług komunalnych; tu: zakład energetyczny**
e.g. *Our summer cottage is very primitive and doesn't have even the basic **utilities**.*
- 10.136 **blink** /blɪŋk/ (v) = (of lights) to flash on and off / **migotać**
e.g. *Suddenly, a warning light started **blinking** on the control panel in the cockpit.*
Der.: blink (n)
- 10.137 **tinkle** /'tɪŋkəl/ (v) = to make a light clear ringing sound / **dzwonić**
e.g. *In the distance, he could hear the cow bells **tinkling**.*
Der.: tinkle (n)
- 10.138 **bluntly** /'blʌntli/ (adv) = openly, frankly / **otwarcie, szczerze**
e.g. *She told him **bluntly** that she thought his new book was a load of rubbish.*
Der.: bluntness (n), blunt (adj)
- 10.139 **sheerly** /'ʃɪəli/ (adv) = absolutely, completely / **zupełnie, całkowicie**
e.g. *I find chocolate **sheerly** irresistible.*
Der.: sheer (adj)
- 10.140 **eyesore** /'aɪsɔː/ (n) = sth that is extremely ugly or unpleasant to look at, usually a building or a landmark / **brzydactwo**
e.g. *That new shopping centre is a real **eyesore**, it looks like a prison.*
- 10.141 **armload** /'ɑːmləʊd/ (n) = as much as you can carry, an armful / **naręcz**
e.g. *I saw Mary coming out of the library carrying an **armload** of books.*
- 10.142 **outlay** /'aʊtleɪ/ (n) = an amount of money one has to spend to buy sth or start a project / **nakład pieniężny, wydatek**
e.g. *If you want to start your own business, you will need an initial **outlay** of £15,000.*
- 10.143 **timber** /'tɪmbə/ (n) = wood that is used to build houses and make furniture / **drewno**
e.g. *During the night, thieves raided the building site and stole vast amounts of **timber**.*

- 10.144 **intrinsic** /ɪn'trɪnsɪk/ (adj) = basic, fundamental /
fundamentalny, zasadniczy
e.g. *Caring about the welfare of others is an **intrinsic** part of being a good doctor.*
Der.: intrinsically (adv)
- 10.145 **constraint** /kən'streɪnt/ (n) = sth that limits or restricts what one can do / ograniczenie
e.g. *Due to financial **constraints**, they had to cancel their trip to Hawaii.*
Der.: constrain (v), constrained (adj)
- 10.146 **aspire** /ə'spaɪə/ (v) = to have a strong desire to achieve sth / mieć aspirację, dążyć do czegoś
e.g. *She **aspired** to become a famous concert pianist.*
Der.: aspiration (n), aspiring (adj)
- 10.147 **overgrazing** /,əʊvə'greɪzɪŋ/ (n) = damage to vegetation caused by foraging animals / zniszczenie spowodowane nadmiernym wypasem, intensywnym żerowaniem
e.g. *We didn't get a good price for our farm: the land was infertile due to **overgrazing**, and the house was in ruin.*
- 10.148 **aptitude** /'æptɪtju:d/ (n) = a natural ability to do sth / uzdolnienia, talent
e.g. *She is the only one in our family with an **aptitude** for maths.*
- 10.149 **stranded** /'strændɪd/ (adj) = prevented from leaving or unable to leave a place / zdany na własne siły, sam w trudnej sytuacji
e.g. *When our car ran out of petrol, we were left **stranded** in the middle of nowhere.*
Der.: strand (v)
- 10.150 **haul** /hɔ:l/ (v) = to pull or drag sth with difficulty / ciągnąć
e.g. *When we heard the storm warning, we **hailed** the boat out of the water and secured it to a tree.*
- 10.151 **tow** /təʊ/ (v) = to pull one vehicle behind another / holować
e.g. *We had parked the car illegally and the police **towed** it away.*
Der.: tow (n)
-
- English in Use (pp. 224–227)
- 10.152 **concession** /kən'seʃən/ (n) = (in grammar) a clause denoting a circumstance that might preclude the action of the main clause but it does not, introduced by prepositions or conjunctions such as "in spite of," "although," etc / zdanie okolicznikowe przyzwalające
e.g. *Today's grammar class was devoted to **concession**.*
- 10.153 **notwithstanding** /,nɒtwɪð'stændɪŋ/ (prep) = despite, in spite of, regardless of / pomimo
e.g. *He is always late for work, **notwithstanding** the fact that he lives five minutes away from the office.*
- 10.154 **luxuriant** /lʌg'zjʊəriənt/ (adj) = (of vegetation) growing in abundance / bujny
e.g. *In the spring our garden is full of **luxuriant** vegetation.*
Der.: luxuriance (n), luxuriantly (adv)
- 10.155 **hoover** /'hu:və/ (n) = a vacuum cleaner / odkurzacz
e.g. *Our **hoover** isn't working very well; it doesn't pick up cat hairs or large crumbs.*
- 10.156 **allied** /'ælaɪd/ (adj) = connected, usually by a political or military agreement / sprzymierzony, sojusznicy
e.g. *During World War Two, **allied** troops fought side by side to defeat the Nazi regime.*
- 10.157 **spew** /spju:/ (v) = to emit sth in large amounts / wypluwać, wyrzucać z siebie
e.g. *The factory chimneys **spewed** black smoke.*
- 10.158 **the Galapagos (Islands)** /gə'læpəgəs/ (n pl) = (Wyspy) Galapagos
- 10.159 **blot** /blɒt/ (n) = a mark or stain that spoils the perfection of sth / plama
e.g. *The new electricity pylons spoil the view and are definitely a **blot** on the landscape.*
Der.: blot (v)
- 10.160 **reptile** /'reptail/ (n) = any cold-blooded animal covered in scales and laying eggs / gad
e.g. *Snakes and crocodiles are **reptiles**.*
Der.: reptilian /rep'tɪliən/ (adj)
- 10.161 **mammal** /'mæmə/ (n) = any animal who gives birth to live babies that feed on its milk / ssak
e.g. *Humans are **mammals**, just like whales.*
Der.: mammalian (adj)
- 10.162 **cormorant** /'kɔ:mərənt/ (n) = a large sea bird with dark feathers and a long neck / kormoran
e.g. ***Cormorants** usually live near the sea and eat fish.*
- 10.163 **tortoise** /'tɔ:təs/ (n) = a slow moving land reptile with a shell on its back / żółw lądowy
e.g. *Most **tortoises** sleep through the winter.*
- 10.164 **at the helm/tiller** (idm) = in charge of, in control of a project, organisation, etc / u steru, na czele
e.g. *With Mrs Davies **at the helm**, our venture is bound to succeed.*
- 10.165 **cargo** /'kɑ:gəʊ/ (n) = goods that are carried by ship, plane or lorry / ładunek
e.g. *When the ship docked, the **cargo** had to be checked by the customs officers.*
- 10.166 **dweller** /'dwelə/ (n) = a person who lives in a particular place / mieszkaniec
e.g. *Archaeologists have discovered evidence that the original inhabitants of the area were cave **dwellers**.*

- 10.167 **reconcile** /'rekənsaɪl/ (v) = to restore harmony, agreement and friendship after a disagreement or argument / **pogodzić się**
e.g. *Only after the death of their mother were the two brothers finally reconciled.*
Der.: reconciliation (n), reconcilable (adj)
- 10.168 **strip mining** = a type of mining in which the topsoil is removed to uncover coal / **eksploatacja odkrywkowa**
e.g. *Strip mining irrevocably ruins the landscape.*
- 10.169 **bleachers** /'bli:tʃəz/ (n pl) = seats at a sports ground / **(niezadaszone) miejsca siedzące w obiekcie sportowym**
e.g. *The fans filled the bleachers to watch their team play.*
- 10.170 **ridge** /rɪdʒ/ (n) = (the top of) a line of hills or mountains / **grzbiet, pasmo górskie**
e.g. *We walked along the ridge of the hills and admired the views.*
- 10.171 **state regulator** /'steɪt 'regjələteɪə/ (n) = a person appointed officially to control an area of activity or industry / **kontroler państwowy**
e.g. *State regulators will be appointed to supervise the closure of the factory.*
- 10.172 **shovel** /'ʃʌvəl/ (n) = a tool with a long handle used for moving earth or snow / **łopata, szufla**
e.g. *We borrowed our neighbour's shovel to dig a hole in the garden.*
- 10.173 **lop off** /'lɒp 'ɒf/ (phr v) = to cut in a single stroke / **odciąć**
e.g. *Using an electric saw, they managed to lop off all the dead branches in no time.*
- 10.174 **veritable** /'verɪtəbəl/ (adj) = positive, real / **istny**
e.g. *Our trip was a veritable nightmare; everything that could go wrong did go wrong.*
- 10.175 **blast** /blɑːst/ (n) = an explosion / **wybuch**
e.g. *The bomb blast killed 13 people.*
Der.: blasting (n)
- 10.176 **toss** /tɒs/ (v) = to throw / **rzucić**
e.g. *He tossed the ball up into the air.*
Der.: toss (n)
- 10.177 **reclamation** /reklə'meɪʃən/ (n) = making land suitable for farming or other purposes, or returning it into its natural state / **rekultywacja gruntów**
e.g. *Land reclamation is a serious problem for farmers and builders.*
Der.: reclaim (v)
- 10.178 **bond** /bɒnd/ (n) = a legal written agreement or promise / **obligacja**
e.g. *State treasury bonds are a safe investment.*
- 10.179 **reclaim** /rɪ'kleɪm/ (v) = to make land suitable for farming or building on / **przygotować do ponownego wykorzystania**
e.g. *The government has decided to pay the mining company to reclaim the area by the old mine.*
- 10.180 **go belly up** (idm) = to go bankrupt / **splajtować**
e.g. *When her business went belly up, she had to work as a waitress.*
- 10.181 **forfeit** /'fɔːfɪt/ (v) = to lose property, possessions or privileges because one has broken a contract or the law, or has done sth wrong / **stracić**
e.g. *Convicted criminals forfeit their freedom when they are sent to jail for their crimes.*
- 10.182 **barren** /'bærən/ (adj) = (of land) dry and bare, or infertile / **jałowy**
e.g. *Because of the drought, the area became barren.*
Der.: barrenness (n)

Writing (pp. 228–234)

- 10.183 **from scratch** (idm) = from the very beginning / **od zera**
e.g. *When the flood destroyed their village, they had to move further north and start again from scratch.*
- 10.184 **exploit** /ɪk'splɔɪt/ (v) = to make full use of and benefit from a resource / **wykorzystać**
e.g. *She exploited her family's political connections and managed to get a good job in the public sector.*
- 10.185 **depletion** /di'pliːʃən/ (adj) = a reduction in size or amount / **zmniejszenie się, kurczenie się**
e.g. *We must take immediate action to stop the depletion of food and water in third-world countries.*
- 10.186 **discernible** /di'sɜːnəbəl/ (adj) = noticeable or recognisable / **zauważalny, dostrzegalny**
e.g. *The twins are identical, there is no discernible difference between them.*
Der.: discern (v), discernibly (adv)
- 10.187 **tutor** /'tjuːtə/ (n) = a teacher at a British university or college or sb who gives private lessons to students / **nauczyciel akademicki, opiekun naukowy lub korepetytor**
e.g. *His parents have hired a maths tutor to give him lessons this summer.*
Der.: tutor (v), tutorial (n)
- 10.188 **pose** /pəʊz/ (v) = (of problems) to constitute / **stanowić**
e.g. *Nuclear weapons pose a threat to world peace.*
- 10.189 **pedestrianize** /pi'destrɪənaɪz/ (v) = to close a street to traffic so that only people on foot are allowed to use it / **zamknąć dla ruchu kołowego**
e.g. *Shopkeepers in the town centre say that if the High Street is pedestrianized, they will lose money.*

- 10.190 **respiratory** /rɪ'spɪrətəri/ (adj) = concerning breathing / **oddechowy, związany z oddychaniem**
e.g. *Smog and pollution can cause severe **respiratory** problems.*
Der.: respiration (n), respirator (n)
- 10.191 **alleviate** /ə'li:vɪət/ (v) = to make pain or problems less severe / **złagodzić, zmniejszyć**
e.g. *When I get a headache, I take aspirin to **alleviate** the pain.*
Der.: alleviation (n)
- 10.192 **secluded** /sɪ'klu:dɪd/ (adj) = quiet, private / **ustronny**
e.g. *The millionaire has a **secluded** villa in the south of France.*
Der.: seclude (v), seclusion (n)
- 10.193 **dwindle** /'dwaɪndl/ (v) = to become smaller in quantity or size / **maleć, zmniejszać się**
e.g. *Our food supplies are **dwindling** fast; if we aren't rescued soon, we will all starve to death.*
- 10.194 **tackle** /'tækəl/ (v) = to make an effort to solve a problem / **stawić czoło, wziąć się do czegoś**
e.g. *The government must **tackle** the immigration problem without delay.*
- 10.195 **get to grips with sth** (idm) = to begin to understand or start to resolve sth / **zmierzyć, uporać się z czymś**
e.g. *We must all **get to grips with** the fact that we are destroying the environment.*
- 10.196 **take a dim view of sth** (idm) = not to approve of sth / **nie aprobować czegoś, patrzeć na coś nieprzychylnym okiem**
e.g. *I **take a dim view of** students who cheat in exams.*
- 10.197 **condemn** /kən'dem/ (v) = to criticise strongly / **potępiać**
e.g. *Some people still **condemn** women who put their careers before their families.*
Der.: condemnation (n), condemnatory (adj)
- 10.198 **progression** /prə'grɛʃən/ (n) = gradual advancement or development of sth / **rozwój**
e.g. *This new drug should slow down the **progression** of the disease.*
- 10.199 **repercussion** /,rɪpə'kʌʃən/ (n) = a negative consequence of sth / **reperkusja**
e.g. *If the government cuts spending on health care, there will be serious **repercussions**. Doctors have already threatened to strike.*
- 10.200 **ascertain** /,æ sə'teɪn/ (v) = (formal) to find out the correct information about sth / **ustalić, upewnić się**
e.g. *The police are trying to **ascertain** if they have arrested the right man.*
- 10.201 **across the board** (idm) = affecting everything and everyone equally / **ogólnie**
e.g. *The coal miners demanded a pay rise **across the board**.*
- 10.202 **jeopardise** /'dʒɛpədaɪz/ (v) = to put sb or sth in danger / **zagrozić**
e.g. *Paul would never do anything to **jeopardise** his career.*
Der.: jeopardy (n)
- 10.203 **despoil sth (of sth)** /dɪ'spɔɪl/ (v) = to steal sth valuable from a place, to damage a place / **ograbić, ogołocić; oszpecić**
e.g. *Strip mining **despoiled** our beautiful village.*
- 10.204 **deprive** /dɪ'praɪv/ (v) = to prevent sb from having sth they want or need / **pozbawić (np. środków do życia)**
e.g. *She was **deprived** of affection when she was a child.*
Der.: deprivation (n), deprived (adj)
- 10.205 **threefold** /'θri:fold/ (adj) = having three parts / **trojaki, potrójny**
e.g. *His happiness was **threefold**: his wife and children were healthy and happy, his business was doing well and he had just bought a holiday home in Hawaii.*
- 10.206 **badger** /'bædʒə/ (n) = an animal of the weasel family with black and white fur / **borsuk**
e.g. ***Badgers** prefer to hunt for food at night.*
- 10.207 **marina** /mə'ri:nə/ (n) = a specially designed harbour for yachts and small boats / **przystań dla jachtów i łodzi**
e.g. *Our pleasure yacht sailed out of the **marina**.*
- 10.208 **monstrosity** /mɒn'strɒsɪti/ (n) = sth that is large and considered very ugly / **ohyda, okropieństwo**
e.g. *Some people feel that the new Paris opera house is an architectural **monstrosity** compared to the old one.*
- 10.209 **effluent** /'ɛflʊənt/ (n) = liquid waste, liquid chemicals from factories / **ścieki przemysłowe**
e.g. *This river is polluted with industrial **effluent**.*
- 10.210 **live (from) hand to mouth** (idm) = to spend all the money to satisfy one's basic needs / **z trudem wiązać koniec z końcem**
e.g. *We definitely can't afford a holiday this year; we're **living from hand to mouth**.*

VOCABULARY EXERCISES

A Wybierz odpowiedni wyraz.

- The high interest rate on her credit card balance did nothing to her financial problems.
A sustain C alleviate
B reconcile D tackle
- He just in time to avoid being hit by the golf ball.
A lunged C snaked
B ducked D accelerated
- After the the village was buried under 2 metres of snow and the inhabitants had to dig their way out of their houses.
A landslide C landfill
B flood D avalanche
- Every spring the wolves return to their ground to give birth to their cubs.
A foraging C breeding
B calving D burial
- had almost completely destroyed the old metal bridge.
A Erosion C Desertification
B Dereliction D Corrosion
- His motorbike skidded on the wet road and into a telephone pole.
A rammed C foxed
B hared D hounded
- The is a member of the cat family.
A wolverine C mole
B caribou D lynx
- The electricity pylons were a(n) on the landscape.
A eyesore C blot
B constraint D monstrosity
- As soon as she got your message, she into a taxi and went straight home.
A skipped C hared
B beetled D hopped
- We found a spot on the beach where we could sunbathe undisturbed.
A barren C neglected
B secluded D stark

B Wpisz w luki właściwe wyrazy z listy.

• constraints • timber • scoured • intolerable • from scratch • dubious • deprive • badgering • aptitude • dwellers

- The children have been me all week to take them to the beach.
- I'm rather about hiring a stranger to look after the children.
- When our dog went missing, we the neighbourhood looking for him.
- The fire spread quickly because all the houses were made of
- City have to put up with high levels of air and noise pollution.
- My son has always had a remarkable for writing poetry.
- She found that living with her opinionated parents was putting on her social life.
- My grandmother makes the best homemade apple pie. She uses fresh apples from her garden and she even makes the pastry
- My next door neighbour has decided to learn to play the saxophone. He practises every night and the noise is
- Parents should never their children of the right to express their own opinions.

C Uzupełnij luki jednym wyrazem.

- | | |
|--|---|
| <p>1 The new skyscraper the city skyline.
The computer hardware industry is still by IBM.
When he was growing up he was completely by his older sister.</p> <p>2 The ambassador's wife had an embassy car and chauffeur at her
This bin is for the of aluminium cans only.
When I served in the army I was in the bomb unit.</p> <p>3 Environmentalists often come into with large corporations.
Tom's decision to drop out of school caused a major between him and his parents.
The relationship between the two countries is already strained so we must avoid doing anything that will cause further</p> | <p>4 The students their giggles as the teacher approached.
I love mashed potatoes in gravy.
When they found the body it was obvious that the victim had been with a pillow.</p> <p>5 I don't like taking pills so I use soluble aspirin because it can be in water.
She into tears when she found out that her cat had died.
His courage when he realised that he was going to be competing against a professional athlete.</p> |
|--|---|

D Uzupełnij brakujący fragment, wpisując łącznie z wyrazem podanym **łustym drukiem** od 3 do 8 słów, tak aby wyrazić to samo znaczenie. Nie zmieniaj podanego wyrazu.

- | | |
|--|---|
| <p>1 We all have to realize the danger and do something about the speed at which the HIV virus is spreading.
grips We all have to the speed at which the HIV virus is spreading.</p> <p>2 Her father disapproved of the fact that her boyfriend didn't have a university education.
view Her father the fact that her boyfriend didn't have a university education.</p> <p>3 Sarah's mother-in-law thinks she's too skinny, and keeps trying to make her put on weight.
up Sarah's mother-in-law keeps trying to because she thinks she's too skinny.</p> | <p>4 Someone's been using my computer, my settings have all been changed.
around Someone's my computer, my settings have all been changed.</p> <p>5 I was so hungry that I managed to eat a whole pizza during our ten-minute coffee break.
wolf I was so hungry that I managed whole pizza during our ten-minute coffee break.</p> |
|--|---|

E Wpisz w luki wyrazy utworzone od słów podanych wielkimi literami.

The 1) problems we face today are due to our own greed and 2) Our planet used to have an 3) of clean air, wildlife and lush and 4) vegetation. If we continue to waste our natural resources and ignore the 5) of the ozone layer, we will 6) our own future as well as the future of our 7)

Along with tougher 8) against dumping toxic waste we must all make an effort to use 9) sources of energy, recycle our rubbish and stop 10)

To put it 11) , unless we all take immediate action and start working together, our planet will not survive.

ENVIRONMENT
NEGLIGENT
ABUNDANT
LUXURY
DEplete
JEOPARDY
DESCEND
LEGISLATE
NEW
FOREST
BLUNT

Self-Assessment Module

5

Vocabulary & Grammar (p. 235)

- SA5.1 **wind farm** /'wɪnd fɑ:m/ (n) = an area with a lot of windmills that produce electricity / *farma wiatrowa*
e.g. *Wind farms* are becoming a common view in more and more countries.
- SA5.2 **woe** /wəʊ/ (n) = a problem, a worry / *żal, zmartwienie*
e.g. He listened to my *woes* with a sympathetic expression on his face.
Der.: woeful (adj)
- SA5.3 **outcry** /'aʊtkraɪ/ (n) = a protest / *protest*
e.g. Their opposition to the policy caused an international *outcry*.
- SA5.4 **scold** /skəʊld/ (v) = to reprimand, tell off / *zrugać*
e.g. She *scolded* her daughter for fighting at school.

Use of English (p. 235)

- SA5.5 **badger** /'bædʒə/ (v) = to pester, constantly annoy / *wiercić dziurę w brzuchu*
e.g. She *badgered* her sister all day to let her wear her new dress but couldn't persuade her.

- SA5.6 **prosecution** /,prɒsɪ'kju:ʃən/ (n) = the lawyer who tries to prove sb's guilt in court / *prokurator, oskarżyciel*
e.g. The *prosecution* used forensic evidence in the case against Tim Leder.
Opp.: defence
- SA5.7 **miner** /'maɪnə/ (n) = a person who works underground digging for minerals such as coal, diamonds or gold / *górnik*
e.g. The *miner* was thrilled when he hit a vein of gold.
- SA5.8 **initially** /ɪ'nɪʃəli/ (adv) = originally, at the beginning / *początkowo, na początku*
e.g. We were *initially* worried about the journey, but it turned out to be a pleasure.
- SA5.9 **habitat** /'hæbɪtæt/ (n) = an environment, a home of an animal or plant / *siedlisko*
e.g. Urban development will destroy the fox's natural *habitat*.
- SA5.10 **interference** /,ɪntə'fɪərəns/ (n) = meddling, unnecessary involvement / *ingerencja, wtrącanie się*
e.g. Charles wanted to continue the project without managerial *interference*.

- SA5.11 **hazard** /'hæzəd/ (n) = danger / **zagrożenie**, **niebezpieczeństwo**
e.g. *Broken glass on the motorway is a **hazard** to drivers.*
Der.: hazardous (adj)
- SA5.12 **logging** /'lɒɡɪŋ/ (n) = cutting down trees in order to sell the timber / **wyrąb**
e.g. ***Logging** in rainforests has destroyed many unique ecosystems.*
-
- Reading (pp. 236–237)**
-
- SA5.13 **horizontal** /,hɒrɪ'zɒntəl/ (adj) = flat and level with the ground, rather than at an angle / **poziomy, horyzontalny**
e.g. *The patient needs to be kept in a **horizontal** position to reduce pressure on the legs.*
Der.: horizontally (adv)
Opp.: vertical
- SA5.14 **furlong** /'fɜ:lɒŋ/ (n) = a unit of length equal to 201.2 metres / **jednostka długości (stosowana najczęściej na wyścigach konnych) równa ok. 201 m**
e.g. *The horserace was over five **furlongs**, with a variety of jumps throughout the course.*
- SA5.15 **dabble** /'dæbəl/ (v) = to put one's finger(s) in sth / **umoczyć (np. palec)**
e.g. *I **dabbled** my fingers in the bath as I daydreamed about my last holiday.*
- SA5.16 **tepid** /'tepɪd/ (adj) = lukewarm, slightly warm / **letni**
e.g. *She turned on the tap and splashed her face with **tepid** water.*
Der.: tepidity, tepidness (n), tepidly (adv)
- SA5.17 **naiad** /'naɪæd/ (n) = a nymph of the water, a female water spirit / **najada, nimfa rzek, źródeł i wodospadów**
e.g. *An ancient myth says a beautiful **naiad** looked after this waterfall.*
- SA5.18 **league** /li:ɡ/ (n) = a unit of length equal to 3 miles or over 4 kilometres / **dawna jednostka długości wynosząca około 3 mile, tj. ponad 4 kilometry**
e.g. *They covered the distance of four **leagues** on horseback.*
- SA5.19 **prolong** /prə'ləʊŋ/ (v) = to extend, to lengthen / **przedłużać**
e.g. *Scientists have been able to significantly **prolong** the effects of many analgesics.*
Der.: prolongation (n)
Opp.: shorten
- SA5.20 **slide** /slɑɪd/ (v) = to move smoothly over a surface / **ślizgać się**
e.g. *The children enjoyed **sliding** along the icy path.*
Der.: slide (n), slidable (adj)
- SA5.21 **celestial** /sɪ'lestiəl/ (adj) = related to heaven or stars / **niebiański; dotyczący nieba**
e.g. *A **celestial** map shows the positions of the stars and planets.*
Der.: celestially (adv)
- SA5.22 **ray** /reɪ/ (n) = a narrow beam of light / **promień**
e.g. *Suddenly the clouds parted and a bright **ray** of sunlight shone down.*
- SA5.23 **slope** /sləʊp/ (n) = a part of a mountain or hill / **stok, zbocze**
e.g. *He tumbled down the slippery **slope** and crashed into a hedge at the bottom.*
- SA5.24 **dip** /dɪp/ (v) = to go down quite suddenly / **zniżyć się**
e.g. *The road **dipped** before rising once more as we neared the village.*
Der.: dip (n)
- SA5.25 **in earnest** (idm) = seriously / **na serio**
e.g. *We spent two days planning before starting the project **in earnest**.*
- SA5.26 **descent** /dɪ'sent/ (n) = a downward movement or way / **zejście, droga w dół**
e.g. *The wind was our greatest problem as we made our **descent** down the slope.*
Der.: descend (v)
Opp.: ascent
- SA5.27 **rapturous** /'ræptʃərəs/ (adj) = extremely happy or enthusiastic / **entuzjastyczny**
e.g. *When the play ended, there was **rapturous** applause from the audience.*
Der.: rapturously (adv), rapture (n)
- SA5.28 **perilous** /'perɪləs/ (adj) = dangerous / **niebezpieczny, ryzykowny**
e.g. *Driving on icy roads is **perilous**.*
Der.: perilously (adv), peril (n)
- SA5.29 **fissure** /'fɪʃəʃ/ (n) = a deep crack in rock or in the ground / **szczelina**
e.g. *During the expedition, two people were seriously hurt when they fell into a **fissure** that was partially hidden by snow.*
- SA5.30 **funnel** /'fʌnəl/ (n) = a device or place, narrow at one end, through which a substance may flow / **lejek**
e.g. *The hole in the rock was a **funnel** through which the river entered the caves below.*
Der.: funnel (v)
- SA5.31 **spiral** /'spɑɪərəl/ (n) = a winding shape with each curve below the previous one / **spirala**
e.g. *The staircase was built in the shape of a **spiral** to save space.*
- SA5.32 **compel** /kəm'pel/ (v) = to force sb to do sth / **zmuszać**
e.g. *I felt **compelled** to see what was behind that door.*
Der.: compelling (adj)

- SA5.33 **ache** /eɪk/ (v) = to give sb a steady pain / *boleć*
*e.g. My foot **ached** for over a week after I fell over on the uneven road.*
 Der.: ache (n), achingly (adv)
- SA5.34 **gossip** /'gɒsɪp/ (v) = to chat, to talk informally about other people or events / *plotkować*
*e.g. I could see from their faces that they were **gossiping** about me.*
 Der.: gossipy (adj)
- SA5.35 **stream** /stri:m/ (n) = a small narrow river, a brook / *potok, strumień*
*e.g. The **streams** flowed down the mountainside.*
 Der.: streamlet (n)
- SA5.36 **to the detriment of sth** = causing damage to sth / *z uszczerbkiem, ze szkodą dla czegoś*
*e.g. Unfortunately, his sudden fame was **to the detriment of** his marriage, which soon ended in divorce.*
- SA5.37 **declivity** /di'klɪvətɪ/ (n) = a downward slope / *pochyłość*
*e.g. The **declivity** of the hill was thickly wooded.*
 Der.: declivitous (adj)
- SA5.38 **abrupt** /ə'brʌpt/ (adj) = unexpected, sudden / *gwałtowny*
*e.g. The concert came to an **abrupt** end when the singer lost his voice.*
 Der.: abruptly (adv), abruptness (n)
- SA5.39 **rage** /reɪdʒ/ (n) = fury, anger that is difficult to control / *wściekłość*
*e.g. He flies into a **rage** whenever I mention the subject.*
- SA5.40 **penetrate** /'penətreɪt/ (v) = to succeed in passing through sth / *przedrzeć się przez, przebić się przez coś*
*e.g. The bomb was designed to **penetrate** enemy tunnels.*
 Der.: penetration (n), penetrating (adj), penetrative (adj)

- SA5.41 **crust** /krʌst/ (n) = an outer layer / *skorupa*
*e.g. The **crust** of ice on the river was too thin for skating.*
- SA5.42 **diversify** /daɪ'vɜːsɪfaɪ/ (v) = to increase the variety of sth / *urozmaicać, poszerzyć asortyment*
*e.g. The shopowner decided to **diversify** his merchandise.*
 Der.: diversification (n), diversity (n)
- SA5.43 **gradient** /'grædɪənt/ (n) = the degree to which the ground slopes / *pochyłość, stopień nachylenia*
*e.g. The steep **gradient** of the road made it difficult to climb.*
- SA5.44 **pose** /pəʊz/ (v) = to constitute / *stanowić*
*e.g. High cholesterol levels **pose** a serious threat to your health.*

Listening (p. 238)

- SA5.45 **inevitably** /ɪn'evɪtəbli/ (adv) = unavoidably / *nieuchronnie*
*e.g. Advances in automation will **inevitably** lead to unemployment.*
 Der.: inevitability (n)
- SA5.46 **enfranchise** /ɪn'fræntʃaɪz/ (v) = to give sb the right (e.g. to vote in elections) / *nadać prawa obywatelskie (np. wyborcze)*
*e.g. Immigrants will be **enfranchised**, but no definite date has been set for this action.*
 Der.: enfranchisement (n)
 Opp.: disenfranchise

Paper 1 - Reading

Part 1 (p. 239)

- PT.1 **mundane** /mʌn'deɪn/ (adj) = very ordinary and uninteresting / **przemyślny, prozaiczny**
e.g. At work, I'm expected to do **mundane** jobs without complaint.
- PT.2 **inescapable** /,ɪnɪ'skeɪpəbəl/ (adj) = unavoidable / **nie do uniknięcia**
e.g. The **inescapable** conclusion is that she was running away from it all.
Der.: inescapably (adv)
- PT.3 **catalyst** /'kætəlɪst/ (n) = sth that causes a change or event to happen / **katalizator**
e.g. The situation has proved to be a **catalyst** for change.
- PT.4 **sprawl** /sprɔ:l/ (v) = (of cities) to spread over a large area, sometimes uncontrollably / **rozrastać się bez końca**
e.g. If the city continues to **sprawl** across the land, we'll be in for a terrible future.
- PT.5 **hand over** /'hænd 'əʊvə/ (phr v) = to give sth to sb / **przekazać, wręczyć**
e.g. He **handed over** the keys of the house to the new owner.
- PT.6 **strain** /streɪn/ (n) = a type of an organism / **szczep, odmiana**
e.g. Every year, new **strains** of influenza develop.
- PT.7 **dine** /daɪn/ (v) = to have dinner / **zjeść obiad**
e.g. They went to a nearby restaurant and **dined** on lobster.
Der.: diner (n), dinner (n)
- PT.8 **hesitate** /'hezɪteɪ/ (v) = to delay doing sth / **wahać się**
e.g. I would not **hesitate** to call the police if I were in your shoes.
Der.: hesitation (n), hesitant (adj)
- PT.9 **acquaintance** /ə'kwetɪns/ (n) = sb who one has met but does not know very well / **znajomy**
e.g. The owner of the shop is an old **acquaintance** of mine.
- PT.10 **snub** /snʌb/ (n) = deliberately insulting sb by ignoring them / **lekceważenie, afront**
e.g. After years of friendship, their **snub** left me with rancour and bitterness.
- PT.11 **jettison** /'dʒetɪsən/ (v) = to get rid of sth / **odrzuć**
e.g. The government decided to **jettison** the plan to increase funding.
- PT.12 **dispense with** /dɪ'spens wɪð/ (phr v) = to stop using sth or get rid of sth / **pozbyc się, zrezygnować z czegoś**
e.g. Many households have **dispensed with** their old-fashioned vinyl records.
- PT.13 **incur** /ɪn'kʌr/ (v) = to bring sth bad upon oneself / **ściągnąć na siebie, wywołać**
e.g. The government **incurred** public wrath after announcing the new ban.
- PT.14 **derive** /dɪ'raɪv/ (v) = to get sth from sth else / **czepać**
e.g. Bob **derives** a great deal of pleasure from helping people.
Der.: derivative (adj, n), derivation (n)
- PT.15 **utter** /'ʌtə/ (adj) = absolute / **kompletny, całkowity**
e.g. Running back into the burning building for his TV was **utter** madness.
Der.: utterly (adj)
- PT.16 **judder** /'dʒʌdə/ (v) = to shake violently / **trząść się**
e.g. The car began to **judder** before breaking down in the middle of the road.
- PT.17 **rattle** /'rætəl/ (v) = to make a sharp knocking sound / **stukać, grzechotać**
e.g. The wind was so strong that it made the windows **rattle**.
- PT.18 **hazy** /'heɪzi/ (adj) = misty, not clear / **przyćmiony, zamglony**
e.g. The car's headlights were **hazy** behind the heavy rain.
- PT.19 **barn** /bɑ:n/ (n) = a building on a farm where animals or crops are kept / **stodoła, stajnia**
e.g. We need to store the corn in the **barn** before it rains.
- PT.20 **humped** /'hʌmpɪ/ (adj) = having a rounded back, caused by an unusual curve in the spine / **zgarbiony**
e.g. After hurting his back, poor Bob couldn't stand up straight, he was **humped** like an old man.
- PT.21 **creep** /kri:p/ (v) = to move forward slowly / **pełzać**
e.g. The rabbit **crept** away and hid in its hole.
- PT.22 **scavenge** /'skævɪndʒ/ (v) = to collect things by searching among waste or unwanted items / **grzebać, szukać czegoś w śmieciach**
e.g. Some homeless people **scavenge** in rubbish bins for food.
Der.: scavenger (n)
- PT.23 **void of sth** /vɔɪd/ (adj) = totally lacking in sth / **pozbawiony czegoś**

- e.g. His face was **void of** emotion as he walked towards the door.
- PT.24 **infest** /ɪn'fest/ (v) = (of pests) to be present somewhere in large numbers / (o szkodnikach) **zaatakować**
e.g. The ship was **infested** with rats.
Der.: infestation (n)
- PT.25 **hoard** /hɔ:d/ (v) = to save or store sth, often in secret / **ulokować, schować**
e.g. The pirates **hoarded** their treasure in an abandoned cave.
- PT.26 **avert** /ə'vɜ:t/ (v) = to look away from sth or sb / **odwrócić (np. wzrok)**
e.g. He **averted** his eyes from the shocking sight.
- PT.27 **pylon** /'pailən/ (n) = a tall metal structure that carries electricity wires high above the ground / **stup wysokiego napięcia**
e.g. The **pylons** are a blot on this beautiful landscape.
- PT.28 **edginess** /'edʒɪnəs/ (n) = nervousness, anxiety / **nerwowość, niepokój**
e.g. Your recent **edginess** is very worrying.
Der.: edgy (adj), edgily (adv)
- PT.29 **elude** /i'lud/ (v) = to evade, escape from / **wymykać się, omijać**
e.g. He managed to **elude** the police for ten years.
- PT.30 **be inclined** = to be likely to think or act in a certain way / **skłaniać się**
e.g. She is **inclined** to blame others for her problems.
Der.: inclination (n)
-
- Part 2 (pp. 240–241)
- PT.31 **proliferate** /prə'lɪfəreɪt/ (v) = to increase in number very quickly / **mnożyć się**
e.g. In the past few years, business has **proliferated** between Europe and Asia.
Der.: proliferation (n)
- PT.32 **patronising** /'pætrənəɪzɪŋ/ (adj) = speaking or behaving in a way that shows superiority / **protekcjonalny**
e.g. The journalists were angry at his **patronising** attitude to the media.
- PT.33 **peer** /piə/ (n) = a person who is your equal in age or status / **kolega, rówieśnik**
e.g. Her charming personality made her popular with her **peers**.
- PT.34 **reproducibility** /,rɪprədju:sɪ'bɪləti/ (n) = the ability to make sth happen again in the same way / **powtarzalność**
e.g. **Reproducibility** of results is indispensable in scientific research.
Der.: reproduce (v), reproducible (adj)
- PT.35 **one-off** /,wʌn'ɒf/ (adj) = happening or made only once and not regularly / **pojedynczy, jednorazowy**
e.g. It was just a **one-off** incident; I'm sure it won't happen again.
- PT.36 **efficacy** /'efɪkəsi/ (n) = effectiveness / **efektywność, skuteczność**
e.g. Scientists have confirmed the **efficacy** of the Mediterranean diet.
- PT.37 **havoc** /'hævək/ (n) = confusion, chaos / **zamęt, zamieszanie**
e.g. An accident in the city centre caused **havoc** on the roads.
- PT.38 **an/that old chestnut** (idm) = (informal) an old joke or story, no longer amusing / **stara historia, kawał z brodą**
e.g. "Do you know the story about Jack's first day at school?" "Please, not **that old chestnut** again!"
- PT.39 **crude** /kru:d/ (adj) = basic, unrefined / **niewyszukany, prostacki**
e.g. He made a **crude** remark which upset many of his colleagues.
Der.: crudely (adv), crudity (n), crudeness (n)
- PT.40 **vivisection** /,vɪvɪ'sekʃən/ (n) = experimenting on live animals for scientific purposes / **wiwisekcja**
e.g. Some people believe **vivisection** is the best way to research new surgical procedures.
- PT.41 **premise** /'premɪs/ (n) = sth one believes to be true, a hypothesis / **przesłanka, założenie**
e.g. The company hired their staff on the **premise** that men and women are equal in the workplace.
- PT.42 **veterinary** /'vetərənəri/ (adj) = of the medical treatment of animals / **weterynaryjny**
e.g. The recent advances in **veterinary** research are astounding.
- PT.43 **innovation** /,ɪnə'veɪʃən/ (n) = a new thing or new method of doing sth / **innowacja**
e.g. The veggie burger was an **innovation** which was welcomed by vegetarians worldwide.
Der.: innovative (adj)
- PT.44 **plenary meeting** /'plɪnəri 'mi:tɪŋ/ (n) = a meeting where all members are present / **posiedzenie plenarne**
e.g. For such an important decision, a **plenary meeting** was necessary.
- PT.45 **instrumentation** /,ɪnstə'men'teɪʃən/ (n) = equipment / **oprzyrządowanie**
e.g. All flight **instrumentation** must be checked before take-off.
- PT.46 **radiocarbon dating/carbon dating** = a method of calculating the age of an organic object

- by measuring the proportion of different isotopes of carbon in it / **datowanie metodą węglową**
e.g. Thanks to **radiocarbon dating** we know when these clay pots were made.
- PT.47 **merit** /'mɛrɪt/ (n) = an advantage / **zaleta, walor**
e.g. The **merits** of science are numerous.
- PT.48 **the Shroud of Turin/the Turin shroud** /'ʃraʊð əv tʃəʊə'rɪn/ (n) = **całun turyński**
e.g. The **Shroud of Turin** is surrounded by an aura of mystery.
- PT.49 **hoax** /həʊks/ (n) = a trick or lie / **(głupi) kawał; oszustwo**
e.g. The police discovered the bomb scare was a **hoax**.
- PT.50 **prematurely** /'premətʃəli/ (adv) = happening too early / **przedwcześnie**
e.g. The war and the years in the mountains had **prematurely** aged him.
Der.: premature (adj)
- PT.51 **infallibility** /ɪn,fæli'bɪlɪti/ (n) = never being wrong / **nieomyślność**
e.g. The government has an exaggerated view of its own **infallibility**.
Der.: infallible (adj)
- PT.52 **retract** /rɪ'trækt/ (v) = (formal) to withdraw what was said earlier / **wycofać się czegoś, odwołać**
e.g. I have reconsidered the matter and want now to **retract** my words.
- PT.53 **eager** /'i:ɡə/ (adj) = willing, wanting to do sth very much / **chętny**
e.g. Susan was **eager** to talk about her trip to Africa.
Der.: eagerly (adv), eagerness (n)
- PT.54 **naive** /naɪv/ (adj) = lacking in experience, unrealistic, too trustful / **naiwny**
e.g. I was **naive** to think my parents would agree to it.
Der.: naively (adv), naivety (n)
- PT.55 **complexity** /kəm'pleksɪti/ (n) = having many complicated factors involved / **zawikłość**
e.g. The issue is surrounded by legal **complexities**.
- PT.56 **distrust** /dɪs'trʌst/ (n) = feeling of doubt / **niefufność, brak zaufania**
e.g. The scandal instilled in him a profound **distrust** of politics.
Der.: distrustful (adj)
- PT.57 **falsify** /'fɔ:lsɪfaɪ/ (v) = to change sth or add untrue details to deceive people / **sfalszować**
e.g. It was proved that he had **falsified** several legal documents.
Der.: falsification (n)
- PT.58 **meticulous** /mə'tɪkjʊləs/ (adj) = careful, paying attention to detail / **skrupulatny**
e.g. His work was **meticulous** and his boss always praised him.
- PT.59 **collaborate** /kə'læbərəɪt/ (v) = to work together / **współpracować**
e.g. The two companies agreed to **collaborate** in the hope of increasing their profits.
Der.: collaboration (n), collaborative (adj)
-
- Part 3 (p. 242)
- PT.60 **unilaterally** /,ju:nɪ'lætərəli/ (adv) = (of decision or action) taken by only one of a group without the agreement of others / **jednostronnie**
e.g. The government was careful not to act **unilaterally**.
Der.: unilateral (adj)
- PT.61 **frock** /frɒk/ (n) = a dress / **sukienka**
e.g. That's a beautiful **frock** she is wearing today.
- PT.62 **sprinkle** /'sprɪŋkəl/ (v) = to add small quantities of sth to sth else / **okraszać, posypywać, pokropić**
e.g. I don't understand why some people **sprinkle** their cereal with sugar!
- PT.63 **intonation** /,ɪntə'neɪʃn/ (n) = the way that one's voice rises and falls when one speaks / **intonacja**
e.g. She speaks English well but with a slight German **intonation**.
- PT.64 **attire** /ə'taɪə/ (n) = clothes / **ubiór, strój**
e.g. Formal **attire** is recommended for tonight's ceremony.
- PT.65 **elaborate** /ɪ'læbərəɪt/ (adj) = detailed, complicated in design and planning / **wymyślony**
e.g. The party was an **elaborate** affair that must have cost a fortune.
- PT.66 **dowdy** /'daʊdi/ (adj) = dull and unfashionable / **niemodny, niedbały**
e.g. Judy's clothes were clean but **dowdy**.
- PT.67 **hem** /hem/ (v) = to fold over the edge of a piece of clothing and sew it up / **obrębić, obszyć**
e.g. Each dress is **hemmed** and checked by quality control before export.
- PT.68 **shoddy** /'ʃɒdi/ (adj) = badly or carelessly made / **tandetny, byle jaki**
e.g. American customers refuse to accept **shoddy** goods.
Der.: shoddily (adv)
- PT.69 **proclaim** /prə'kleɪm/ (v) = (formal) to be a clear sign of sth / **świadczyć o czymś**
e.g. The town hall **proclaims** the character of the town.
- PT.70 **obscure** /ɒb'skjʊə/ (adj) = unknown / **mało znany**
e.g. He came from an **obscure** island in the Pacific Ocean.
Der.: obscurity (n)
- PT.71 **scruffy** /'skrʌfi/ (adj) = dirty and untidy / **niechlujny**

- e.g. She wore a **scruffy** old coat.
Der.: scruffily (adv)
- PT.72 **stained** /steɪnd/ (adj) = marked / **poplamiony**
e.g. His clothing was **stained** with oil after working on the car all day.
- PT.73 **plywood** /'plawʊd/ (n) = thin layers of wood stuck together / **sklejka**
e.g. The cupboard was obviously cheap, having been made of **plywood**.
- PT.74 **penetrating** /'penətretɪŋ/ (adj) = (of sound) high-pitched / **przenikliwy**
e.g. We could hear the **penetrating** siren of the police car as it sped past.
- PT.75 **lank/lanky** /'læŋki/ (adj) = unattractively thin and tall / **chudy jak patyk, tyczkowy**
e.g. Most teenagers are **lanky**.
- PT.76 **saddle shoes** /'sædʒl ʃu:z/ (n pl) = lace-up shoes with low heels and a piece of leather in a contrasting colour across the instep, usually brown or black on a white shoe / **rodzaj półbutów ze sznurowaną częścią w kontrastującym kolorze**
e.g. When I was a girl, I hated my **saddle shoes**.
- PT.77 **tucked** /tʌkt/ (adj) = folded or tight / **z zakładkami**
e.g. The dress was **tucked** at the waist to emphasise her slender body.
- PT.78 **scalloped** /'skɒləpt/ (adj) = decorated with a series of small curves around the edges / **wykończony półokrągłymi ząbkami**
e.g. The curtains had **scalloped** edges and a beautiful velvety texture.
- PT.79 **resolve** /rɪ'zɒlv/ (v) = to decide to do sth / **postanowić**
e.g. She **resolved** to inform the manager of her colleagues' fraudulent actions.
Der.: resolution (n)
- PT.80 **clutter** /'klʌtə/ (v) = to have a lot of things filling a place in an untidy way / **zagracać, zaśmiecać**
e.g. Cups **cluttered** every desk in the office.
- PT.81 **despair of sth** /dɪ'speə/ (v) = to feel that everything is wrong and that nothing will improve / **rozpaczać, tracić nadzieję na coś**
e.g. He **despairs of** ever finding a job in the present business crisis.
- PT.82 **ingratiating** /ɪn'greɪʃɪətɪŋ/ (adj) = trying to gain approval or favour / **przymilny**
e.g. He met his new boss with an **ingratiating** smile.
- PT.83 **domineering** /,dɒmɪ'nɪəriŋ/ (adj) = controlling other people without considering their feelings or opinions / **despotyczny, apodyktyczny**
e.g. He is a **domineering** father and his children are afraid of him.
- PT.84 **flatter** /'flætə/ (v) = to praise sb in an exaggerated, insincere way / **schlebiać**
e.g. The secretary continued to **flatter** the supervisor in the hope of getting a promotion.
Der.: flattery (n), flattering (adj), flatteringly (adv)
- PT.85 **bully** /'bʊli/ (v) = to make sb do sth by using force / **zmusić, sterroryzować**
e.g. My brother tried to **bully** me into doing his homework.
- PT.86 **impulsively** /ɪm'pʌlsɪvli/ (adv) = suddenly, without planning / **impulsywnie, pod wpływem impulsu**
e.g. **Impulsively**, she ran out of the house, with no particular destination in mind.
- PT.87 **effusive** /ɪ'fju:sv/ (adj) = expressing pleasure in a very enthusiastic way / **wylewny**
e.g. She had not seen Adam for three years, so she gave him an **effusive** welcome.
Der.: effusively (adv)
- PT.88 **adolescence** /,ædə'lesəns/ (n) = a period of life when one develops from being a child to being an adult / **okres dojrzewania**
e.g. **Adolescence** is a time of great change and anxiety.
- PT.89 **shopworn** /'ʃɒpwɔ:n/ (adj) = (of clothes) that have been tried on in a shop by many people / **wielokrotnie przymierzany przez klientów, zleżały**
e.g. The trousers were **shopworn** and could not be sold.
- PT.90 **reject** /rɪ'dʒekt/ (n) = sth that cannot be sold because it is faulty / **odrzut**
e.g. Why can't we earn more and stop buying **rejects**?
- PT.91 **canned** /kænd/ (adj) = put into a metal container to stay fresh / **konserwowany, z puszki**
e.g. When I was a child, we always had chicken and **canned** peas for Sunday lunch.
- PT.92 **rayon** /'reɪɒn/ (n) = artificial material made from cellulose / **rayon**
e.g. The woman's dress was part-**rayon** and part-silk.
- PT.93 **docile** /'dɒsəl/ (adj) = quiet, not aggressive and easily controlled / **uległy, potulny**
e.g. The locals are very **docile** people who are easily led by the mayor.
Der.: docilely (adv), docility (n)
- PT.94 **stack** /stæk/ (n) = a pile / **sterta, stos**
e.g. There was a **stack** of paperwork on the desk waiting to be typed.
- PT.95 **glaze** /gləz/ (v) = to put a shiny layer on the outside of sth / **polakierować, pokryć glazurą**
e.g. The vase was **glazed** in blue and yellow.
- PT.96 **scrap** /skræp/ (n) = a small piece of sth / **kawałek, skrawek**
e.g. She made a small fire from the **scraps** of wood she found around.

- PT.97 **pestilential** /ˌpestɪˈlenʃəl/ (adj) = causing disease / **parszywy, morowy, niosący choroby**
e.g. *Illness was rife among the villagers who depended on a **pestilential** river for water.*
- PT.98 **weed** /wi:d/ (n) = a wild plant that prevents garden plants from growing properly / **chwast**
e.g. *The **weeds** had already choked the roses by the time they hired a gardener.*
- PT.99 **wicker** /ˈwɪkər/ (n) = thin sticks of wood woven together to make baskets, chairs, etc / **wiklina**
e.g. *They had a small table and **wicker** chairs on the veranda.*
- PT.100 **bedspread** /ˈbedspred/ (n) = an attractive bed cover / **kapa, narzuta**
e.g. *We need colourful **bedspreads** for the children's rooms.*
- PT.101 **frayed** /frəɪd/ (adj) = (of clothes) with threads coming apart / **wystrzępiony**
e.g. *He wore **frayed** jeans and cowboy boots to the concert.*
- PT.102 **bohemian** /bəʊˈhiːmiən/ (adj) = unconventional and artistic / **artystyczny, typowy dla bohemy**
e.g. *Jimmy enjoyed the **bohemian** lifestyle of the French capital.*
-
- Part 4 (p. 243)
- PT.103 **opaque** /əʊˈpeɪk/ (adj) = that cannot be easily understood / **niejasny, mętny**
e.g. *Most people find doctors' diagnoses **opaque**.*
- PT.104 **contemporary** /kənˈtempərəri/ (n) = a person of the same generation / **współczesny, rówieśnik**
e.g. *Like many of my **contemporaries**, I grew up in a vastly different world than that of modern society.*
- PT.105 **inflection** /ɪnˈfleksjən/ (n) = the intonation or pitch of voice / **modulacja głosu**
e.g. *I could tell from the **inflection** of his voice that he was upset.*
- PT.106 **convey** /kənˈveɪ/ (v) = to communicate / **przekazać**
e.g. *The artist tried to **convey** his feelings through his paintings.*
- PT.107 **resettlement** /riːˈsetl̩mənt/ (n) = the process of moving people to a different place to live / **przesiedlenie**
e.g. *Only refugees are eligible for **resettlement** abroad.*
- PT.108 **parish** /ˈpærɪʃ/ (n) = a village or area which has its own church and priest / **parafia**
e.g. *We visited a small **parish** in the Cotswolds last weekend.*
- PT.109 **subsistence** /səbˈsɪstəns/ (n) = a means of obtaining enough money or food to stay alive / **źródło utrzymania**
e.g. *The farm was their only means of **subsistence**.*
- PT.110 **further/farther/far afield** (idm) = in more distant places / **dalej, gdzie indziej**
e.g. *If you can't find what you want here, you'll have to look **further afield**.*
- PT.111 **kinsfolk** /ˈkɪnzfɒk/ (n) = relatives / **krewni, rodzina**
e.g. *When Bella was ill, her **kinsfolk** came to look after her.*
- PT.112 **migrant** /ˈmaɪgrənt/ (n) = a person who moves from one place to another / **przesiedleńca**
e.g. ***Migrants** entering the country should present their documentation to the proper authorities immediately.*
- PT.113 **feign** /feɪn/ (v) = to fake, pretend / **udawać**
e.g. *He didn't want to go to school so he **feigned** illness.*
- PT.114 **unwitting** /ʌnˈwɪtɪŋ/ (adj) = unaware of one's actions or the situation / **mimowolny, nieświadomy**
e.g. *The child was an **unwitting** cause of the parents' argument.*
- PT.115 **superimpose** /ˌsuːpəɪmˈpəʊz/ (v) = to place one thing over another / **nałożyć, połączyć**
e.g. *The Christian Church **superimposed** its beliefs on local traditions.*
- PT.116 **variegated** /ˈvæəriəˌeɪtɪd/ (adj) = consisting of many different parts or types / **różnorodny, zróżnicowany**
e.g. *The community is **variegated** and therefore has a multicultural feel to it.*
- PT.117 **signifier** /ˈsɪgnɪfəɪər/ (n) = a symbol / **symbol**
e.g. *The local language is a **signifier** of the local mentality.*
- PT.118 **chauvinistic** /ˌʃəʊvɪˈnɪstɪk/ (adj) = believing that one's own country is more important and better than any other / **szowinistyczny**
e.g. *This **chauvinistic** arrogance is the reason why the peace talks were derailed.*
- PT.119 **perceive** /pəˈsiːv/ (v) = to realise / **postrzegać**
e.g. *Stress is widely **perceived** to be a consequence of social progress.*
Der.: perception (n)
- PT.120 **bushel** /ˈbʊʃəl/ (n) = a unit of measurement for farm produce such as corn or beans / **buszel, jednostka objętości ciał sypkich równa ok. 36 l**
e.g. *The greengrocer ordered a **bushel** of beans and ten sacks of potatoes from the farm.*
- PT.121 **strike** /straɪk/ (n) = a medieval unit of dry measure / **średniowieczna miara objętości ciał sypkich**
e.g. *An economic historian could easily explain it to you what a **strike** was.*
- PT.122 **peck** /pek/ (n) = a unit of measurement for farm produce, a quarter of a bushel / **dawna miara objętości równa ok. 9 l**

e.g. *The inn ran out of peppers and had to buy another peck.*

- PT.123 **manor** /'mænə/ (n) = a large house or estate in the country, including the land and smaller buildings / *dwór, majątek ziemski, folwark*
e.g. *Tinham Manor can be found on the Cornish coast and was once the home of many rich families.*
- PT.124 **commodity** /kə'mɒditi/ (n) = sth that is sold for money / *towar*
e.g. *Nowadays, real estate is the only commodity worth investing in.*
- PT.125 **contingent on sth** /kən'tɪndʒənt/ (adj) = dependent on sth / *zależny od czegoś*
e.g. *The growth of the economy is contingent on the performance of private business.*
- PT.126 **denote** /di'nəʊt/ (v) = to indicate or refer to / *oznaczać*
e.g. *In the Middle Ages, "drab" denoted undyed cloth.*
- PT.127 **flock** /flɒk/ (n) = a group of sheep / *stado*
e.g. *The shepherd took the flock of sheep out to the pasture.*
- PT.128 **prolific** /prəʊ'lifɪk/ (adj) = producing a lot of sth / *plodny*
e.g. *Joanna is a prolific letter writer; I get one from her every week.*
- PT.129 **obsolete** /'ɒbsəli:t/ (adj) = outdated / *przestarzały*
e.g. *Computer models can become obsolete in a matter of years due to rapid progress in that field.*
Der.: *obsolescent* (adj), *obsolescence* (n)

Paper 3 - Use of English

Part 1 (p. 245)

- PT.130 **butcher** /'bʊtʃə/ (v) = to kill an animal and cut it up for meat / *zarznąć*
e.g. *The cow was butchered and roasted.*
- PT.131 **tend (to) sb/sth** /tend/ (v) = to care for sb or sth / *dbać o coś lub kogoś*
e.g. *Doctors and nurses tend to the ill.*
- PT.132 **deduce** /di'dju:s/ (v) = to reach a conclusion based on facts / *wydedukować*
e.g. *The date of the document can be deduced from references to the civil war.*
Der.: *deduction* (n)
- PT.133 **craftspeople** /'krɑ:ftspi:pəl/ (n) = people who make things skilfully with their hands / *rzemieślnicy, rękodzielnicy*
e.g. *The firm employed highly skilled craftspeople to produce their unique toys.*

Part 2 (p. 245)

- PT.134 **atonement** /ə'təʊnmənt/ (n) = an attempt to show one is sorry for having done sth wrong / *zadośćuczynienie, pokuta*
e.g. *The murderer wanted to make atonement for his crime.*
- PT.135 **haunt** /hɑ:nt/ (v) = to cause worry, to bother / *dręczyć, prześladować*
e.g. *The consequences of her actions haunted her for years.*
- PT.136 **be immersed in sth** = to become completely involved in sth / *być pochłoniętym, zaabsorbowanym czymś*
e.g. *Jodie is totally immersed in her work.*
- PT.137 **purgatory** /'pɜ:gətəri/ (n) = a very unpleasant experience / *dosł. czyściec; męczarnia*
e.g. *My two years in the army were purgatory; I couldn't wait to leave.*
- PT.138 **reminisce about sb/sth** /,remɪ'nɪs/ (v) = to talk about sb or sth from one's past, often with pleasure / *wspominać*
e.g. *We spent the evening reminiscing about our school days.*
Der.: *reminiscent* (adj), *reminiscence* (n)
- PT.139 **revoke** /rɪ'vəʊk/ (v) = to cancel sth / *cofnąć, unieważnić*
e.g. *His driving licence was revoked after he was caught speeding three times by the police.*
- PT.140 **engrossing** /ɪn'grɒsɪŋ/ (adj) = very interesting, holding one's attention completely / *absorbujący, wciągający*
e.g. *That was one of the most engrossing films I've seen this year.*
- PT.141 **allude** /əl'u:d/ (v) = to mention sth in an indirect way / *zrobić aluzję, nawiązać do czegoś*
e.g. *She alluded to a feeling of guilt over the accident.*
Der.: *allusion* (n), *allusive* (adj)
- PT.142 **ponder** /'pɒndə/ (v) = to think about sth carefully / *zastanawiać się, rozważać*
e.g. *I'm still pondering what to wear to the wedding.*
Der.: *ponderous* (adj), *ponderously* (adv)

Part 3 (p. 246)

- PT.143 **penalise** /'pi:nəlaɪz/ (v) = to make sb suffer for sth they did wrong / *ukarać*
e.g. *Tom was penalised for cheating in the exam.*
- PT.144 **gasp** /gɑ:sp/ (v) = to take a short quick breath in surprise, shock or pain / *sapać, dyszeć*
e.g. *He gasped with shock at how cold the water was in the pool.*

Part 4 (p. 247)

- PT.145 **fare** /feə/ (v) = to progress, to get on / **radzić sobie**
e.g. I wonder how she will **fare** in the big city.

Part 5 (p. 248)

- PT.146 **hip** /hip/ (adj) = (informal) very fashionable / **modny**
e.g. It's becoming **hip** to be interested in ecology.
- PT.147 **culturati** /kʌltʃə'rɑ:ti/ (n pl) = fashionable people interested in the arts / **ludzie nadążający za nowymi trendami w sztuce**
e.g. If you want to be one of the **culturati**, you have to like modern art.
- PT.148 **culture** **vulture** /'kʌltʃə ,vʌltʃə/ (n) = sb who is very interested in the arts / **miłośnik imprez kulturalnych**
e.g. This is the café where all the **culture vultures** hang out and discuss the arts.
- PT.149 **embrace** /ɪm'breɪs/ (v) = to include / **obejmować**
e.g. The field of astrophysics **embraces** many different theories.
- PT.150 **privileged** /'prɪvɪlɪdʒd/ (adj) = with opportunities that most other people do not have, often because of wealth or class / **uprzywilejowany**
e.g. Private education is only affordable to a **privileged** few.
- PT.151 **feliculously** /fɪ'lɪsɪtəsli/ (adv) = in a suitable or acceptable way / **należycie, właściwie, trafnie**
e.g. The directors **feliculously** discussed the appointment of a new chairman in private.
- PT.152 **aspire** /ə'spaɪə/ (v) = to have a strong desire to achieve sth / **mieć ambicje, mieć aspiracje**
e.g. She **aspires** to be an actress but I don't think she has the talent to succeed.
Der.: aspiration (n)
- PT.153 **vicariously** /vɪ'kæəriəsli/ (adv) = indirectly / **z drugiej ręki, pośrednio**
e.g. The father **vicariously** enjoyed his son's successes.
- PT.154 **sinuousness** /'sɪnjuəsənəs/ (n) = having many curves and turns / **zawilność, pokrętność**
e.g. The **sinuousness** of the novel will delight readers of all ages.
- PT.155 **autodidact** /'ɔ:tədɪdækt/ (n) = a self-educated person / **samouk**
e.g. I've never been shown how to mend a watch; I'm an **autodidact**.
- PT.156 **bliss** /blɪs/ (n) = complete happiness / **szczęście, rozkosz**
e.g. The young couple presented a perfect picture of marital **bliss**.
Der.: blissful (adj), blissfully (adv)
- PT.157 **bowler hat** /,bəʊlə 'hæt/ (n) = a hard black hat with a round top and a curved brim / **melonik**

e.g. Laurel and Hardy in their **bowler hats** are memorable comedians.

- PT.158 **pivotal** /'pɪvətəl/ (adj) = of great importance / **decydujący, kluczowy**
e.g. Polish pilots played a **pivotal** role in the Battle of Britain in 1940.
- PT.159 **draft** /drɑ:ft/ (n) = an early version of a piece of writing / **pierwsza wersja, brudnopis**
e.g. He was unhappy with the first **draft** of his play, so he made many drastic alterations.
- PT.160 **exhilaratingly** /ɪg'zɪlə'reɪtɪŋli/ (adv) = in a way that brings joy and comfort / **w sposób podnoszący na duchu**
e.g. The audience's reaction was **exhilaratingly** favourable, which boosted the actor's confidence.

Paper 4 - Listening

Part 1 (p. 249)

- PT.161 **bedridden** /'bedrɪdɪn/ (adj) = very ill and unable to get out of bed / **przykuty do łóżka, obłożnie chory**
e.g. He was **bedridden** for three months due to a back injury.
- PT.162 **evasive** /ɪ'veɪsɪv/ (adj) = deliberately trying to avoid giving a clear answer / **mało konkretny, wymijający**
e.g. The politician was **evasive** when asked about his plans for the future.

Part 3 (p. 250)

- PT.163 **avid** /'ævɪd/ (adj) = very enthusiastic / **zapalony, namiętny**
e.g. He is an **avid** fan of motor sports and regularly attends races.
- PT.164 **excel** /ɪk'sel/ (v) = to be very good at sth / **wyróżniać się, być wybitnym**
e.g. King has always been a writer who **excels** in suspense.

Part 4 (p. 251)

- PT.165 **sustained** /sə'steɪnd/ (adj) = continued for a period of time / **nieprzerwany, nieustający**
e.g. **Sustained** economic growth was a feature of the United States throughout the 1990s.
- PT.166 **entity** /'entɪti/ (n) = sth that exists separately from other things and has a clear identity of its own / **być, jednostka**
e.g. North and South Korea remain separate **entities** despite recent attempts to unify them.

Upstream Proficiency

Workbook Glossary

Unit 1 Getting the Message Across (pp. 4–13)

- W1.1 **fertiliser** (n) = a chemical or natural substance added to soil or land to increase its fertility / **nawóz**
- W1.2 **fiancé** (n) = a man to whom a woman is engaged to be married / **narzeczony**
- W1.3 **deem** (v) = to consider / **uważać**
- W1.4 **pretentious** (adj) = pompous, showy / **pretensjonalny**
- W1.5 **vehemently** (adv) = forcefully, with feeling / **gwałtownie**
- W1.6 **formidable** (adj) = awesome / **ogromny**
- W1.7 **at breakneck speed** = extremely fast / **w zawrotnym tempie, na złamanie karku**
- W1.8 **retrieve** (v) = to get or bring back / **odzyskać**
- W1.9 **wilt** (v) = to droop, wither / **zwiędnąć**
- W1.10 **repercussion** (n) = a consequence / **reperkusja**
- W1.11 **pledge** (v) = to oblige oneself, solemnly promise / **zobowiązać się**
- W1.12 **knot** (n) = a fastening made by tying a piece of rope, string or fabric / **węzeł**
- W1.13 **retail** (n) = the sale of goods directly to the public / **sprzedaż detaliczna**
- W1.14 **offline** (adj) = not on the Internet / **off-line, poza Internetem**
- W1.15 **affiliation** (n) = connection / **związek, przynależność; tu: współpraca**
- W1.16 **reel** (v) = to be off balance, stagger / **stracić równowagę**
- W1.17 **sluggish** (adj) = slow-moving / **niemrawy**
- W1.18 **rebound** (v) = to recover / **odbić się od dna**
- W1.19 **savvy** (n) = practical knowledge / **praktyka, doświadczenie**
- W1.20 **intimacy** (n) = closeness / **bliskość, zażyłość**
- W1.21 **lucidity** (n) = clarity / **jasność, klarowność**
- W1.22 **eternity** (n) = unending time / **wieczność**
- W1.23 **cleric** (n) = a priest or minister of a Christian church / **duchowny**
- W1.24 **codification** (n) = a systematic arrangement / **kodyfikacja**
- W1.25 **variant** (n) = a version that differs from other versions or from a standard / **wariant**
- W1.26 **punter** (n) = a gambler or customer / **gracz lub klient**
- W1.27 **a string of pleas** = a continuous line of requests / **łańcuszek prośb**
- W1.28 **angling** (n) = fishing / **wędkarstwo**
- W1.29 **log on** (v) = to access a computer network / **zalogować się**
- W1.30 **lucrative** (adj) = potentially profitable / **lukratywny**
- W1.31 **intimate** (v) = to imply, insinuate / **dać do zrozumienia**
- W1.32 **perpetuate** (v) = to make sth continue indefinitely / **podtrzymywać, przedłużać**
- W1.33 **futile** (adj) = pointless / **jałowy**

- W1.34 **harbour resentment** = to feel bitterness and anger / **żywić urazę**
- W1.35 **evaporate** (v) = to change into gas / **wyparować**
- W1.36 **fuel** (v) = to increase sth, to make sth stronger / **napędzać**
- W1.37 **entanglement** (n) = a difficult or complicated relationship / **pogmatwany związek**
- W1.38 **battle of wills** (idm) = a contest between two or more people of opposing viewpoints who are all equally determined to win / **próba sił**
- W1.39 **adage** (n) = a proverb or short statement expressing a general truth / **prysłowie, powiedzenie**
- W1.40 **have a ring of truth** = to be basically true, to sound like truth / **wydawać się prawdą, brzmieć prawdziwie**
- W1.41 **antiquity** (n) = the ancient past / **starożytność**
- W1.42 **render** (v) = to make / **uczynić**
- W1.43 **resource** (n) = a supply of sth that can be drawn upon in times of need / **zasób**
- W1.44 **interactive** (adj) = (of two or more people or things) influencing or having an effect on each other / **interaktywny**
- W1.45 **overdue** (adj) = not yet having arrived, happened or done after the expected time / **spóźniony, po terminie**
- W1.46 **conform to** (v) = to abide by / **przestrzegać**
- W1.47 **utterly** (adv) = completely, absolutely / **całkowicie**
- W1.48 **appalled** (adj) = disgusted / **przeżaszony, zbulwersowany**
- W1.49 **far-reaching** (adj) = having important and widely applicable effects / **dalekosiężny**
- W1.50 **equivalent** (n) = sth equal in meaning / **ekwiwalent**
- W1.51 **dire** (adj) = extremely serious / **okropny, tragiczny**
- W1.52 **contraction** (n) = a short form of a longer word or phrase / **forma skrócona (np. „isn't” zamiast „is not”)**
- W1.53 **commission** (v) = to ask sb to make sth for a payment / **zlecić**

Unit 2 The Happiest Days of Your Life? (pp. 14–23)

- W2.1 **faculty** (n) = the teaching staff of a university, or of one department (e.g. Law) of a university / **kadra profesorska**
- W2.2 **hall of residence** (n) = a university building with accommodation for students / **dom studencki, akademik**
- W2.3 **corporal punishment** (n) = physical punishment, such as beating with a cane / **kara cielesna**
- W2.4 **alumni** (n pl) = (singular: alumnus) former students of a school, college or university / **absolwenci**
- W2.5 **lectureship** (n) = a post or position as a lecturer / **stanowisko wykładowcy**
- W2.6 **burn sth to a cinder** (idm) = to burn sth completely / **spalić na węgiel**

- W2.7 **casket** (n) = a small ornamental box or chest, usually for keeping valuable objects in / *kasetka, szkatułka*
- W2.8 **whist** (n) = a game of cards / *wist*
- W2.9 **demeanour** (n) = one's behaviour and manner / *zachowanie*
- W2.10 **thrash** (v) = to beat, hit (a person, animal or thing), usually with a whip or stick / *zbić*
- W2.11 **plank** (n) = a long, thin, flat piece of wood used for building and flooring / *deska*
- W2.12 **unveil** (v) = to announce publicly, to uncover, to reveal / *ujawnić*
- W2.13 **skew** (v) = here: to re-direct / *tu: przesunąć*
- W2.14 **unscathed** (adj) = without suffering injury, damage or harm / *bez szwanku*
- W2.15 **dwindling** (adj) = gradually getting smaller or less / *malejący, zmniejszający się*
- W2.16 **bleeper** (n) = a small portable electronic device that makes a beeping noise when sb wants to contact the carrier / *biper*
- W2.17 **ostrich** (n) = the largest living bird; flightless, with a long neck and long legs / *struś*
- W2.18 **wade into** (phr v) = to get involved in sth energetically or forcefully / *zabrać się za coś*
- W2.19 **swap** (v) = to exchange / *wymieniać; tu: przerzucać*
- W2.20 **fugitive** (n) = sb who is in hiding in an attempt to escape capture or arrest / *uciekinier*
- W2.21 **well-endowed** (adj) = having a lot of money / *bogaty*
- W2.22 **down tools** (idm) = to stop working / *przerwać pracę*
- W2.23 **saunter** (v) = to walk in a slow and relaxed manner / *przechadzać się*
- W2.24 **swagger** (v) = to walk in a confident or aggressive way / *kroczyć*
- W2.25 **lope** (v) = to run or walk in long strides / *sadzić susami*
- W2.26 **puddle** (n) = a small pool of liquid on the ground / *kałuża*
- W2.27 **ricochet** (v) = to move in a series of rebounds like a bullet bouncing off one surface onto another / *dosł. odbijać się rykoszetem; tu: przemieszczać się*
- W2.28 **ferry** (v) = to move from one place to another / *przenieść z miejsca na miejsce*
- W2.29 **the unruly** (n pl) = people who are causing a disturbance / *tu: niegrzeczni uczniowie*
- W2.30 **rota** (n) = a list showing when each person or group of people has to do a particular job / *grafik, harmonogram*
- W2.31 **insolently** (adv) = in a rude or disrespectful manner / *bezczelnie*
- W2.32 **sullenly** (adv) = in a rude and resentful manner / *z nadąsaną miną, niegrzecznie*
- W2.33 **bizarre** (adj) = very strange / *dziwaczny*
- W2.34 **wobble** (v) = to move unsteadily from side to side / *chwiać się, kłysać*
- W2.35 **beset** (v) = to trouble or threaten / *osaczyć, nękać*
- W2.36 **deficit** (n) = the amount by which, especially a sum of money, is too small / *deficyt*
- W2.37 **reassurance** (n) = the action of removing sb's doubts or fears / *wsparcie, otucha*
- W2.38 **siblings** (n pl) = brothers and/or sisters / *rodzeństwo*
- W2.39 **homeschool** (v) = to teach children at home rather than at school / *uczyć dzieci w domu*
- W2.40 **evoke** (v) = to bring sth to mind / *przywodzić na myśl, wywoływać*
- W2.41 **amid** (prep) = surrounded by, in the middle of / *pośród*
- W2.42 **dispense** (v) = to give out / *tu: dzielić się*
- W2.43 **contemplate** (v) = to think about, consider / *rozważać*
- W2.44 **a (whole) raft of sth** = (informal) a lot of sth / *mnóstwo czegoś*
- W2.45 **resilience** (n) = the ability to withstand or recover from difficult situations / *odporność, siła*
- W2.46 **boisterousness** (n) = noise, energy and cheerfulness / *niesforne zachowanie*
- W2.47 **sloppy** (adj) = careless and disorganised / *niedbały*
- W2.48 **detention** (n) = the punishment of being kept at school for some time after the classes are over / *(w szkole) „koza”*
- W2.49 **plethora** (n) = (formal) a great deal of sth / *mnóstwo*
- W2.50 **tuition** (n) = teaching / *nauczanie*
- W2.51 **disparity** (n) = a great difference / *różnica, rozbieżność*
- W2.52 **comprehensive school** (n) = a secondary school in which children of all abilities are taught together / *szkoła średnia przyjmująca uczniów niezależnie od wcześniejszych wyników w nauce*
- W2.53 **uphill** (adj) = requiring great effort / *żmudny, ciężki*
- W2.54 **dumb down** (phr v) = to reduce the intellectual content of sth / *obniżać poziom*
- W2.55 **untapped** (adj) = not yet exploited or used / *niewykorzystany*

Unit 3 Extra! Extra! (pp. 24–33)

- W3.1 **anchorman** (n) = the person who presents a radio or television programme / *gospodarz programu*
- W3.2 **cue card** (n) = a card held beside a camera for a television broadcaster to read from while appearing as if looking into the camera / *teleprompter*
- W3.3 **trailer** (n) = a series of scenes from a TV programme or film, shown in advance to advertise it / *zwiastun (programu, filmu)*
- W3.4 **plunge** (n) = a rapid decrease in value or amount / *gwałtowny spadek*
- W3.5 **highlights** (n pl) = the best parts of an event / *najważniejsze wydarzenia*

- W3.6 **vested interest** (n) = a personal reason for wanting sth to happen / *żywotny lub osobisty interes*
- W3.7 **be in arrears with sth** (idm) = to be late in paying money that one owes / *zalegać (z płatnościami)*
- W3.8 **hype up** (phr v) = to heavily publicise and advertise sth so as to attract people's interest / *robić szum (wokół czegoś)*
- W3.9 **allegation** (n) = a claim or assertion (often made without proof) that sb has done sth illegal or wrong / *zarzut*
- W3.10 **slate** (n) = a list / *lista, spis*
- W3.11 **roster** (n) = a list, especially of people who work for or have connections with a particular organisation / *lista, spis*
- W3.12 **lineup** (n) = a group of people or things brought together in a particular context / *skład, obsada, lista*
- W3.13 **dreary** (adj) = dull, bleak, lifeless; depressing / *ponury, okropny*
- W3.14 **morosely** (adv) = sullenly, miserably / *ponuro*
- W3.15 **trivialisation** (n) = making sth seem less important, significant or complex than it is / *trywializacja*
- W3.16 **scavenge** (v) = to search for and collect (anything usable) from another source / *tu: wyszukiwać, wykorzystywać*
- W3.17 **span** (v) = to extend over a period of time or a range of subjects / *trwać, obejmować*
- W3.18 **concession** (n) = a preferential rate or permission given by an organisation / *koncesja, prawo do czegoś; zniżka*
- W3.19 **encompass** (v) = to include / *obejmować, zawierać*
- W3.20 **ambient** (adj) = relating to the immediate environs of sth / *tu: dotyczący otoczenia, kontekstu*
- W3.21 **squirt** (v) = to cause a liquid to be ejected from a small opening in sth in a thin, fast stream or jet / *wycisnąć, strzyknąć*
- W3.22 **dot-com** (n) = a company that conducts its business on the Internet / *firma prowadząca działalność przez Internet*
- W3.23 **blue-chip company** (n) = a company considered to be of the highest quality / *firma o ustalonej renomie*
- W3.24 **networking** (n) = interaction with other people to exchange information and develop contacts, especially to further one's career / *nawiązywanie kontaktów zawodowych*
- W3.25 **conning** (n) = persuading sb to do or believe sth by telling them sth that is not true / *oszustwo*
- W3.26 **cop-out** (n) = (informal) a way of avoiding a commitment or responsibility, an excuse / *wykręt, wymówka*
- W3.27 **disgruntled** (adj) = dissatisfied / *niezadowolony*
- W3.28 **mow** (v) = to cut down an area of grass with a machine / *kosić*
- W3.29 **soothing** (adj) = gentle, calming / *łagodny, kojący*
- W3.30 **in stark contrast with sth** = showing a clear, sharp difference to sth / *w odróżnieniu od czegoś*
- W3.31 **air one's views** = to express one's opinion or grievance publicly / *wyrazić swoje poglądy*
-
- Unit 4 Planes, Trains and Automobiles (pp. 34–43)**
-
- W4.1 **long-haul** (adj) = long-distance / *daleki*
- W4.2 **seasoned** (adj) = experienced / *wytrawny, doświadczony*
- W4.3 **pier** (n) = a structure leading out from the shore into the water / *pomost, molo, przystań*
- W4.4 **jetty** (n) = a platform built out into the sea or river where boats can be tied and where people get on and off boats / *molo*
- W4.5 **itinerary** (n) = a planned route or journey / *plan podróży, marszruta*
- W4.6 **curtail** (v) = to restrict / *ograniczyć*
- W4.7 **scathing** (adj) = severely critical / *zjadliwy, druzgocący*
- W4.8 **meagre** (adj) = very small or inadequate / *skromny, mizerny*
- W4.9 **tangible** (adj) = clear and definite / *konkretny, wymierny*
- W4.10 **silted-up** (adj) = blocked or filled with silt (sand carried by running water and deposited as sediment) / *zamulony, zapiaszczony*
- W4.11 **stagnate** (v) = to cease to flow or move / *być w zastoju; nie rozwijać się*
- W4.12 **handicrafts** (n pl) = decorative objects made by hand / *rzemiosło artystyczne, ręcznie robione pamiątki*
- W4.13 **pulse** (v) = to throb rhythmically / *pulsować*
- W4.14 **confectionery** (n) = sweets and chocolates / *słodczyce*
- W4.15 **manic** (adj) = very busy, wildly energetic / *gorączkowy, zwariowany*
- W4.16 **converge** (v) = to come together from different directions to eventually meet / *schodzić, zbierać się*
- W4.17 **glint** (v) = to reflect small flashes of light / *błyskać*
- W4.18 **ablaze** (adj) = very brightly coloured / *mieniący się kolorami*
- W4.19 **assorted** (adj) = varied / *mieszany, różnorodny*
- W4.20 **delve** (v) = to reach into sth and search for sth / *zagłębić się w coś*
- W4.21 **probe** (v) = to explore or examine / *dokładnie zbadać*
- W4.22 **dune** (n) = a mound of drifted sand / *wydma*
- W4.23 **shortfall** (n) = the amount by which sth, especially money, is less than what is expected or needed / *niedobór, brak*
- W4.24 **northbound** (adj) = travelling or leading towards the north / *w kierunku północnym, prowadzący na północ*
- W4.25 **northernmost** (adj) = being the furthest towards the north / *najdalej wysunięty na północ*
- W4.26 **meander** (v) = to follow a winding course / *wić się*

- W4.27 **stealth** (n) = doing sth in a quiet and cautious way, without being noticed / *ostrożność, robienie czegoś ukradkiem*
- W4.28 **mutual** (adj) = in common / *wzajemny, wspólny*
- W4.29 **ellipsis** (n) = the omission of words that are unnecessary as they can be understood from the context / *elipsa, opuszczanie wyrazów*
- W4.30 **quaint** (adj) = attractively unusual or old-fashioned / *oryginalny, staroświecki, uroczy*
- W4.31 **shriek** (v) = to utter a high-pitched sound of pain or excitement / *wrzasać, pisać*
- W4.32 **squint** (v) = to look at sb with one or both eyes partly closed to see more clearly / *mrużyć oczy*
- W4.33 **hard-wearing** (adj) = durable, long-lasting / *mocny, nie do zarcia*
- W4.34 **flag down** (phr v) = to hail / *zatrzymać, przywołać (np. taksówkę)*

Unit 5 The Science of Life (pp. 44–53)

- W5.1 **virulent** (adj) = (of diseases) extremely severe or harmful / *złośliwy, zjadliwy*
- W5.2 **neo-natal unit** (n) = a special hospital ward for newly born babies / *oddział, blok noworodkowy*
- W5.3 **sedentary** (adj) = inactive, spending much time sitting down / *siedzący*
- W5.4 **inflammation** (n) = (of parts of body) being swollen, hot and painful usually as a result of injury or infection / *zapalenie*
- W5.5 **gash** (n) = a long deep cut / *rana cięta*
- W5.6 **digestive** (adj) = relating to the digestion system or process of digesting food / *trawieny*
- W5.7 **bishop** (n) = a chess piece with a mitre which can only move diagonally / *(w szachach) goniec, laufer*
- W5.8 **rest on one's laurels** (idm) = to be so satisfied with one's achievements that no further effort is made / *spocząć na laurach*
- W5.9 **be bereaved** = to be deprived of a friend or relative through death / *stracić bliską osobę*
- W5.10 **calibre** (n) = the quality of character, or the high level of ability / *kaliber, format, ranga*
- W5.11 **aloofness** (n) = unfriendliness, distance / *rezerwa, dystans, wyniosłość*
- W5.12 **anti-vivisection** (adj) = acting against experiments on live animals / *sprzeciwiający się wiwisekcji*
- W5.13 **on the back burner** (idm) = having less or lower priority / *o mniejszym znaczeniu, do załatwienia później*
- W5.14 **against the grain** (idm) = contrary to the normal feelings or inclinations / *wbrew utartym zwyczajom*
- W5.15 **oarsman** (n) = a rower / *wioślarz*
- W5.16 **defiance** (n) = open resistance, strong disobedience / *sprzeciw, nieposłuszeństwo*

- W5.17 **double helix** (n) = the double spiral (e.g. of the DNA molecule) / *podwójna helisa, spirala (np. cząsteczki DNA)*
- W5.18 **gut** (adj) = of the stomach / *brzuszny*
- W5.19 **lumbar** (adj) = relating to the lower part of the back / *łędźwiowy*
- W5.20 **zone therapy** (n) = a system of alternative medicine in which different parts of the feet and hands are associated with different parts of the body / *terapia polegająca na masażu stóp i dłoni leczącym inne organy i części ciała*
- W5.21 **bemused** (adj) = bewildered / *zdziwiony, zdeprymowany*
- W5.22 **fringe** (n) = a group of people, event or activity that is not part of the main group or activity / *działalność marginalna lub ekstremalna grupa działająca na obrzeżach społeczności*
- W5.23 **unduly** (adv) = excessively / *nadmiernie, zbyt*
- W5.24 **tabulate** (v) = to arrange data into a table / *zestawić w tabeli*
- W5.25 **albeit** (conj) = though / *pomimo że*
- W5.26 **hunch** (n) = an intuitive guess or feeling / *przecucie*
- W5.27 **grooming** (n) = appearance / *wygląd*
- W5.28 **entangled** (adj) = twisted or mixed up / *związany*
- W5.29 **strand** (n) = a single thin length of sth / *pasmo*
- W5.30 **render** (v) = to cause to be / *sprawić, spowodować*
- W5.31 **booked solid** = fully booked / *zarezerwowany do ostatniego miejsca*
- W5.32 **debilitating** (adj) = making sb very weak and ill / *osłabiający*
- W5.33 **tuberculosis** (n) = an infectious bacterial disease characterised by the growth of nodules in the tissues, especially in the lungs / *gruźlica*
- W5.34 **multiple sclerosis, MS** (n) = a serious disease of the nervous system / *stwardnienie rozsiane, SM (sclerosis multiplex)*
- W5.35 **hepatitis** (n) = a serious disease of the liver / *żółtaczk*
- W5.36 **acupuncture** (n) = a Chinese method of treating pain and illnesses by inserting thin needles at specific points in the skin / *akupunktura*
- W5.37 **crisply starched** (adj) = washed, starched and ironed / *świeżo wykrochmalony*
- W5.38 **condescension** (n) = behaviour showing that sb feels superior, patronising others / *protekcjonalność*
- W5.39 **dishevelled** (adj) = untidy / *niechlujny, rozczochrany*
- W5.40 **split ends** (n pl) = split tips of hair, due to dryness or poor care / *rozdwojone końcówki (włosów)*
- W5.41 **MRI** (abbr) = magnetic resonance imaging / *obrazowanie metodą rezonansu magnetycznego*
- W5.42 **lap** (n) = the top part of one's legs forming a flat surface when one is sitting / *kolana, podolek*

- W5.43 **complacent** (adj) = uncritically self-satisfied or smug about one's achievements / *zadowolony z siebie*
- W5.44 **high resolution graphics** (n) = clear and realistic pictures on a screen / *grafika o dużej rozdzielczości*
- W5.45 **simulated** (adj) = imitating the appearance or character of sth / *symulowany*
- W5.46 **CPR** (abbr) = cardiopulmonary resuscitation / *reanimacja akcji serca i płuc, sztuczne oddychanie z masażem serca*
- W5.47 **monetary** (adj) = relating to money and finances / *monetarny, finansowy*

Unit 6 The Art of Entertainment (pp. 54–63)

- W6.1 **depict** (v) = to represent in an art form / *przedstawić*
- W6.2 **wings** (n pl) = the sides of stage where actors wait for their turn to perform / *kulisy*
- W6.3 **recoup** (v) = to recover, regain / *odzyskać*
- W6.4 **pelting** (adj) = (of rain, snow) falling very quickly and heavily / *ulewny, gęsty*
- W6.5 **evocative** (adj) = bringing strong images or feelings to mind / *sugestywny, pobudzający wyobraźnię*
- W6.6 **unflinchingly** (adv) = steadily, resolutely / *pewnie, z przekonaniem*
- W6.7 **unrequited** (adj) = (of feelings) not returned or rewarded / *nieodwzajemniony*
- W6.8 **forlorn** (adj) = pitifully sad, abandoned or lonely / *smutny, opuszczony*
- W6.9 **rambling** (n) = wandering / *wędrowka*
- W6.10 **razor-sharp** (adj) = extremely sharp / *ostry jak brzytwa*
- W6.11 **hue** (n) = a colour or shade / *barwa, kolor, odcień*
- W6.12 **nuance** (n) = a subtle difference in meaning or expression / *niuans*
- W6.13 **renounce** (v) = to formally state the abandonment of sth / *wyrzec się, zrezygnować z czegoś*
- W6.14 **curator** (n) = the person responsible for looking after a museum or collection / *kustosz*
- W6.15 **pretentious** (adj) = trying to impress others by pretending to be more important or talented than one really is / *pretensjonalny*
- W6.16 **peril** (n) = danger / *niebezpieczeństwo*
- W6.17 **upside** (n) = the positive aspect / *pozytywna strona, zaleta*
- W6.18 **derisory** (adj) = extremely small and inadequate / *śmiechu wart*
- W6.19 **regime** (n) = a system or planned way of doing sth / *reżim, system*
- W6.20 **focal** (adj) = central / *centralny*
- W6.21 **prosperity** (n) = the state of doing well, being successful / *dobrobyt*
- W6.22 **slash** (v) = (of spending, prices) to greatly reduce / *ciąć (np. koszty)*

- W6.23 **on a shoestring** (idm) = on a very small amount of money / *za bardzo małe pieniądze*
- W6.24 **spawn** (v) = to create / *zrodzić, spowodować*
- W6.25 **subjugate** (v) = to bring under control / *podporządkować*
- W6.26 **plight** (n) = a difficult situation / *ciężki los*
- W6.27 **destitution** (n) = not having the basic essentials of life / *ubóstwo*
- W6.28 **pick sb's brains** (idm) = to ask sb questions in order to gain information / *zasięgnąć u kogoś informacji*
- W6.29 **spreadsheet** (n) = data in a computerised table usually for financial records which can be altered according to any changes / *arkusz kalkulacyjny*
- W6.30 **ground-breaking** (adj) = pioneering / *pionierski, nowatorski*

Unit 7 Born to Win! (pp. 64–73)

- W7.1 **circuit** (n) = a circular line, route or movement that starts and finishes in the same place / *okrążenie, runda*
- W7.2 **heat** (n) = the preliminary round in a race or contest / *zawody, wyścigi eliminacyjne*
- W7.3 **cue** (n) = a long, straight wooden rod used to strike a ball in snooker, billiards, etc / *kij bilardowy*
- W7.4 **rebut** (v) = to claim or prove that evidence or an accusation is false / *odeprzeć, odrzucić*
- W7.5 **rake** (n) = a long, toothed gardening tool used to draw together cut grass or to loosen soil or gravel / *grabie*
- W7.6 **outclass** (v) = to be far superior to sth or sb else / *zdeklasować*
- W7.7 **outstrip** (v) = to move faster than and overtake sb or sth / *prześcignąć*
- W7.8 **outvote** (v) = to defeat by gaining more votes / *zdobyć więcej głosów*
- W7.9 **outwit** (v) = to deceive or defeat by use of greater ingenuity or intelligence / *przechrzyżyć*
- W7.10 **renowned** (adj) = known or talked about by many people, famous / *znany*
- W7.11 **sales pitch** (n) = what is said by a salesperson in order to persuade sb to buy sth / *zachwalanie towaru przez sprzedawcę*
- W7.12 **tongue-in-cheek** (adj) = not serious or seemingly serious / *żartobliwy, ironiczny*
- W7.13 **cite** (v) = to quote or mention / *zacytować, wspomnieć*
- W7.14 **FIE** (abbr) = Federation Internationale d'Escrime, the International Fencing Federation
- W7.15 **fencing** (n) = the sport of fighting with long thin swords / *szermierka*
- W7.16 **infer** (v) = to deduce or conclude from evidence

- and reasoning rather than from explicit statements / *wywnioskować*
- W7.17 **swell** (n) = the regular movement of waves in the open sea / *falowanie*
- W7.18 **scrupulously** (adj) = diligently, thoroughly and with great attention to detail / *skrupulatnie*
- W7.19 **funnel-web** (n) = a spider's web that is wide at the top and narrow at the bottom in the shape of a funnel, made by the funnel web spider / *pajęczyna w kształcie lejka*
- W7.20 **timid** (adj) = showing a lack of courage or confidence, easily frightened / *nieśmiały*
- W7.21 **pinnacle** (n) = the most successful point in sb's career / *szczyt (np. kariery)*
- W7.22 **peach** (n) = (informal) an exceptionally good thing / *świetna rzecz*
- W7.23 **equalise** (v) = to score the same number of goals, points, etc / *wyrównać (wynik)*
- W7.24 **carbohydrate stacking system** (n) = a system whereby energy from carbohydrates is supplied throughout the workout / *system szybkości wchłaniania węglowodanów*
- W7.25 **free radicals** (n pl) = atoms that contain one or more unpaired electron; believed to be the cause of ageing, heart disease and some cancers / *wolne rodniki*
- W7.26 **hurdle** (n) = one of a series of upright frames which athletes in a race must jump over / *plotek*
- W7.27 **vest** (n) = a sleeveless garment worn on the upper body when playing sports / *koszulka gimnastyczna*
- W7.28 **baton** (n) = a short stick or tube passed from one runner to another in a relay race / *pałeczka sztafetowa*
- W7.29 **strip** (n) = the coloured sports outfit which identifies a member of a team (e.g. in football or basketball) / *barwy klubowe*
- W7.30 **kneepads** (n pl) = protective pads worn on the knees in some sports / *nakolanniki*
- W7.31 **starting blocks** (n pl) = blocks which runners put their feet against to help them move forward quickly at the start of a race / *bloki startowe*
- W7.32 **groundsman** (n) = a person who maintains a sports ground / *gospodarz, zarządca obiektu sportowego*
- W7.33 **physio** (n) = (informal) a physiotherapist / *fizjoterapeuta*
- W7.34 **umpire** (n) = an official who watches a game or match closely to enforce the rules and arbitrate on matters arising from the play / *sędzia sportowy (np. w tenisie)*
- W7.35 **scout** (n) = a person who searches for suitably talented people to recruit them into a sports team / *łowca talentów*

- W7.36 **compile** (v) = to assemble information gathered from other sources / *skompilować, zgromadzić informacje*
- W7.37 **logo** (n) = a badge or graphic sign used by a sports organisation to identify its team / *logo*

Unit 8 Respect! (pp. 74–83)

- W8.1 **immigrant** (n) = a person who comes to live permanently in a foreign country / *imigrant*
- W8.2 **tender for sth** (v) = to make a formal written offer to carry out work or provide goods or services at a stated fixed price / *stanąć do przetargu na coś*
- W8.3 **ANC** (abbr) = the African National Congress / *Afrykański Kongres Narodowy*
- W8.4 **rig** (v) = to dishonestly arrange an election, a game or competition to give sb an unfair advantage / *sfalszować*
- W8.5 **able-bodied** (adj) = physically capable / *zdrowy, w pełni sił*
- W8.6 **oblivious** (adj) = completely unaware / *nieświadomy*
- W8.7 **repression** (n) = the use of force to restrict or control a person or group of people / *represjonowanie*
- W8.8 **exacerbate** (v) = to make worse / *pogorszyć*
- W8.9 **vocational training** (n) = training for a specific occupation or employment / *wykształcenie, przygotowanie zawodowe*
- W8.10 **allowance** (n) = a sum of money paid regularly to a person / *zasitek, dodatek pieniężny*
- W8.11 **doze off** (phr v) = to fall asleep / *zasnąć*
- W8.12 **deputy** (n) = a person who acts for his or her superior in their absence / *zastępca*
- W8.13 **negativism** (n) = a negative attitude / *postawa negatywna*
- W8.14 **xenophobe** (n) = sb who dislikes people from other countries / *ksenofob*
- W8.15 **sovereign state** (n) = a fully independent and self-governing state / *niezawisłe, suwerenne państwo*
- W8.16 **disillusion** (n) = disappointment / *rozczarowanie*
- W8.17 **wield** (v) = to hold with the intention of using / *dzierżyć*
- W8.18 **deceased** (n) = a person who has died / *zmarły*
- W8.19 **in store** = coming in the future, about to happen / *przyszły, nadchodzący*
- W8.20 **sanitation** (n) = conditions relating to public health / *warunki sanitarne*
- W8.21 **preventive medicine** (n) = medicine that prevents the onset of a disease or illness / *medycyna zapobiegawcza*
- W8.22 **borough** (n) = a town or district with its own council / *miasto lub dzielnica z własnymi władzami*
- W8.23 **lurid** (adj) = descriptive and creating an unpleasant effect / *(o opisie) drastyczny, dramatyczny*

- W8.24 **privy** (n) = an outside toilet / *wygódka, ubikacja na dworze*
- W8.25 **ashpit** (n) = a hole in the ground filled with ashes / *miejsce wysypywania popiołu*
- W8.26 **wretched** (adj) = in a very unfortunate state / *nędzny, żałosny*
- W8.27 **pestiferous** (adj) = harbouring infection and disease / *rozsiewający choroby*
- W8.28 **warren** (n) = a densely populated or labyrinthine building or district / *labirynt*
- W8.29 **rookery** (n) = densely packed housing, especially slums / *skupisko*
- W8.30 **miasma** (n) = a highly unpleasant smell or vapour / *miazmaty*
- W8.31 **exhalation** (n) = fumes, gas or vapour given off by sth / *wyziewy*
- W8.32 **decaying** (adj) = rotting, decomposing / *rozkładający się*
- W8.33 **slums** (n pl) = overcrowded districts inhabited by poor people / *slumsy*
- W8.34 **to little/no avail** (phr) = with little/no effect / *z niewielkim skutkiem, nadaremnie*
- W8.35 **grim** (adj) = uninviting, depressing / *nędzny, ponury*
- W8.36 **barrack blocks** (n pl) = large ugly buildings / *duże i brzydkie budynki*
- W8.37 **dire** (adj) = extremely serious / *tragiczny*
- W8.38 **by(e)-law** (n) = a rule or regulation made by a local authority / *rozporządzenie władz lokalnych*
- W8.39 **cram** (v) = to completely fill / *zapełnić*
- W8.40 **foul** (adj) = dirty or having a disgusting smell or appearance / *brudny, cuchnący, obrzydliwy*
- W8.41 **amenities** (n pl) = facilities / *udogodnienia*
- W8.42 **huddle** (v) = to crowd together / *ścieśnić się, skupić*
- W8.43 **aptly** (adv) = correctly / *trafnie, odpowiednio*
- W8.44 **stink** (n) = a strong unpleasant smell / *smród*
- W8.45 **sewage** (n) = dirty waste water and excrement / *nieczystości*
- W8.46 **sewer** (n) = an underground pipe that carries sewage / *kanal ściekowy*
- W8.47 **putrefaction** (n) = the process of decay / *rozkład, gnicie*
- W8.48 **stench** (n) = a strong unpleasant smell / *smród*
- W8.49 **maze-like** (adj) = like a maze or labyrinth / *podobny do labiryntu*
- W8.50 **abide by** (v) = to accept or act in accordance to a rule or decision / *przestrzegać*
- W8.51 **macho** (adj) = showing aggressive pride in one's masculinity / *macho*
- W8.52 **harbour dues** (n pl) = fees paid for the use of harbour facilities / *opłaty portowe*
- W8.53 **infer** (v) = to deduce / *wywnioskować*
- W8.54 **commiserate** (v) = to express or feel sympathy for sb / *współczuć, ubolewać*
- W8.55 **lad** (n) = a boy or young man / *chłopak*
- W8.56 **subsidise** (v) = to support financially / *subsydiować, dotować*
- W8.57 **perpetrator** (n) = a person who has committed a crime / *winny, sprawca*
- W8.58 **viable** (adj) = that can be successful / *wykonalny, realny*
- W8.59 **BT** (abbr) = British Telecom
- W8.60 **implement** (v) = to put into effect / *wdrożyć*
- W8.61 **disruption** (n) = disturbance / *zamęt, zakłócenie*
-
- Unit 9 Another Day, Another Dollar (pp. 84–93)**
-
- W9.1 **dissertation** (n) = a long essay written for a university diploma / *praca naukowa, rozprawa*
- W9.2 **tarnish** (v) = to make less valuable or respected / *splamić, znieważać*
- W9.3 **impertinence** (n) = rudeness, lack of respect / *impertynencja, arogancja*
- W9.4 **railings** (n pl) = a row of upright metal bars serving as a barrier / *balustrada*
- W9.5 **gag** (v) = to put sth over sb's mouth to stop them speaking / *zakneblować*
- W9.6 **striker** (n) = a football player who is to attack and score goals / *(w piłce nożnej) napastnik*
- W9.7 **vinegar** (n) = a sour-tasting liquid containing acetic acid, used for cooking and flavouring food / *ocet*
- W9.8 **prawn** (n) = a type of seafood resembling a shrimp / *krewetka*
- W9.9 **detention** (n) = the punishment of keeping sb at school after the classes are over / *(w szkole) „koza”*
- W9.10 **foreman** (n) = a supervisor of factory workers / *brygadzysta, majster*
- W9.11 **loom** (v) = to appear as a shadowy form in a threatening way / *wyłaniać się*
- W9.12 **fickle** (adj) = frequently changing one's interests and loyalties / *kapryśny, zmienny*
- W9.13 **sedentary** (adj) = spending much time seated / *siedzący*
- W9.14 **repurchase** (v) = to buy again / *zakupić ponownie*
- W9.15 **bone-marrow** (n) = a soft fatty substance in the bones where blood cells are produced / *szpik kostny*
- W9.16 **strip off** (phr v) = to take off one's clothes / *zdejść ubranie*
- W9.17 **at a low ebb** (idm) = in a poor state / *obniżony do minimum*
- W9.18 **waft** (v) = to pass easily and gently through the air / *rozchodzić się w powietrzu*
- W9.19 **drudgery** (n) = hard or boring work / *harówka*
- W9.20 **glee** (n) = great delight / *radość*
- W9.21 **invoke** (v) = to bring to mind / *przywoływać*
- W9.22 **ensue** (v) = to occur as a result / *nastąpić*

- W9.23 **errand** (n) = a short trip taken in order to do or collect sth / *sprawa do załatwienia*
- W9.24 **dislodgement** (n) = removal from a fixed position / *przesunięcie, przemieszczenie*
- W9.25 **e-lancer** (n) = a person who works from home over the Internet / *osoba świadcząca pracę przez Internet*
- W9.26 **voucher** (n) = a piece of paper that entitles the holder to a discount or that may be exchanged for goods or services / *kupon, talon*
- W9.27 **tardiness** (n) = lateness, delay / *opieszalność*
- W9.28 **remuneration** (n) = money paid for work or a service / *wynagrodzenie*
- W9.29 **en suite** (adj) = with a bathroom adjoining / *z łazienką*

Unit 10 Our Planet, Our Home (pp. 94–103)

- W10.1 **hull** (n) = the main body of a ship / *kadłub*
- W10.2 **pothole** (n) = a hole in road surface caused by wear and tear or digging / *wybój, dziura w jezdni*
- W10.3 **swirl** (n) = a spiral twist / *zawijas*
- W10.4 **harness** (v) = to control and make use of / *ujarzyć, wykorzystać*
- W10.5 **barge** (n) = a long flat boat which passes through canals / *barka*
- W10.6 **oscillating** (adj) = moving backwards and forwards at regular speed / *oscylujący, wahający się*
- W10.7 **pendulum** (n) = a rod with a weight that swings backwards and forwards / *wahadło*
- W10.8 **buoy** (n) = a floating, round, anchored marker in water / *boja*
- W10.9 **croak** (n) = a deep hoarse noise (made e.g. by frogs) / *rechot (żaby), krakanie (kruka), skrzekliwy głos*
- W10.10 **incinerator** (n) = a large machine used for burning waste material at high temperatures / *piec do spalania*
- W10.11 **poacher** (n) = sb who catches fish or hunts animals illegally / *kłusownik*
- W10.12 **osmosis** (n) = the process whereby molecules pass through a membrane / *osmoza*
- W10.13 **drone** (v) = to make a humming noise / *buczeć*
- W10.14 **mow** (v) = to cut the grass with a machine / *kosić*
- W10.15 **bale** (v) = to put cut grass into bundles / *związać w bele*
- W10.16 **hank** (n) = a coil / *zwój*
- W10.17 **scratchy** (adj) = having a rough texture which causes itching and discomfort / *drapiący*
- W10.18 **stubble** (n) = short stiff remnants of stalks sticking out of the ground after harvesting / *ściernisko*
- W10.19 **bough** (n) = a tree branch / *gałąź, konar*
- W10.20 **raven** (n) = a large black bird like a crow / *kruk*
- W10.21 **hedgerow** (n) = a hedge between two areas of land / *żywopłot*

- W10.22 **lip** (n) = an edge / *skraj*
- W10.23 **straddle** (v) = to span over / *leżeć po obu stronach*
- W10.24 **dub** (v) = to name / *nazwać*
- W10.25 **linear** (adj) = arranged or extending along a line / *linearny, liniowy*
- W10.26 **designate** (v) = to set aside for a particular purpose / *przeznaczyć*
- W10.27 **amble** (adj) = to walk slowly at a relaxed pace / *przechadzać się*
- W10.28 **stopgap** (n) = temporarily dealing with a problem / *tymczasowy, prowizoryczny*
- W10.29 **thwart** (v) = to prevent sb from doing sth / *przeszkodzić komuś w czymś*
- W10.30 **saw** (v) = to cut off with a saw / *odpiłować*
- W10.31 **revenue** (n) = income earned from sth / *dochód*
- W10.32 **biodiversity** (n) = varied plant and animal life found in a particular area / *zróżnicowanie biologiczne*
- W10.33 **hothouse** (n) = a heated building mostly made of glass which is used to grow plants out of season or in a colder climate / *cieplarnia*
- W10.34 **black-tie dinner** (n) = a dinner for which one has to wear a dinner jacket and a black bow-tie / *przyjęcie, na którym obowiązują smokingi (i czarne muszki)*
- W10.35 **refinery** (n) = an industrial plant where substances are refined / *rafineria*
- W10.36 **moulded** (adj) = having been made in a mould / *uformowany, z formy*
- W10.37 **till** (n) = a cash register, a drawer for money / *kasza*
- W10.38 **wage** (v) = to carry on / *prowadzić*
- W10.39 **outlet** (n) = a place where things are sold / *sklep, punkt sprzedaży*
- W10.40 **sauce** (v) = to make more interesting / *„przyprawić”, uatrakcyjnić*
- W10.41 **dot-matrix printer** (n) = a printer that prints dots that form an image / *drukarka igłowa*
- W10.42 **ubiquitous** (adj) = commonplace, found everywhere / *wszechobecny*
- W10.43 **insightful** (adj) = having deep intuitive understanding / *wnikliwy, przewidujący*
- W10.44 **perfunctory** (adj) = carried out with minimum effort or thought / *pobieżny, powierzchowny*
- W10.45 **ulterior** (adj) = hidden, secret / *ukryty*
- W10.46 **infringement** (n) = breaking of rules or the law / *naruszenie, pogwałcenie*
- W10.47 **allegation** (n) = a claim that sb has done sth wrong or illegal / *oskarżenie, zarzut*
- W10.48 **cheek** (n) = rude speech or behaviour / *tupet*
- W10.49 **smelter** (n) = a factory used for smelting iron from its ore / *huta*

Index to the Vocabulary

A

- a contradiction in terms (7.119)
a drop in the ocean (8.98)
a foregone conclusion (2.27)
a foregone conclusion (SA1.11)
a hard/tough act to follow (6.91)
a household name/word (3.25)
a law unto oneself (8.102)
a level playing field (7.93)
a raw/rough deal (4.11)
a storm in a teacup (8.97)
a string of pleas (W1.27)
a (whole) raft of sth (W2.44)
abbreviation (1.208)
abdomen (5.9)
abhorrence (8.78)
abhorrent (3.219)
abide by (8.203), (W8.50)
ablaze (W4.18)
able-bodied (W8.5)
abolish (3.136)
abound (8.15)
abrupt (6.25), (SA5.38)
abruptly (1.47)
abundant (10.26)
abuse (3.234)
abuse (SA4.5)
accelerate (10.108)
accommodate (2.185)
accomplished (6.49)
account for (9.144)
accountable for sth (9.120)
accumulate (8.160)
ache (SA5.33)
acknowledge (2.66)
acquaintance (PT.9)
acquainted (2.69)
acquiescence (7.110)
across the board (10.201)
act upon (1.201)
activist (5.19)
acupuncture (W5.36)
acute (3.49)
ad mag (3.139)
adage (W1.39)
adaptation (6.95)
adequate (2.94)
adhesive (9.113)
adjacent (10.82)
adjust (4.115)
admissible (2.143)
admissions (5.151)
adolescence (PT.88)
adrift (1.16)
adversary (6.164)
adverse (3.245), (5.111)
advocate (8.29)
advocate (8.116)
aerial (1.52)
affiliation (9.22)
affiliation (W1.15)
affliction (8.185)
aftermath (3.189)
against the grain (W5.14)
ageism (7.2)
agenda (2.92)
agility (7.3)
agitation (SA2.33)
agonising (SA4.42)
ailment (5.2)
air one's views (W3.31)
aisle (4.74)
albeit (W5.25)
allegation (5.185), (W3.9), (W10.47)
alleged (8.58)
alleviate (2.177), (3.164), (10.191)
alleviation (8.204)
allied (10.156)
allocate (2.61)
allocation (9.157)
allowance (W8.10)
allude (3.97)
allude (PT.141)
ally (3.250)
ally (5.213)
aloof (7.49)
aloofness (W5.11)
alumni (W2.4)
amateurish (6.196)
ambient (W3.20)
ambivalent (9.34)
amble (W10.27)
ambush (SA4.41)
amenities (W8.41)
amenity (4.231)
amid (1.132)
amid (W2.41)
ammunition (SA4.22)
amphibians (2.119)
ample (7.189)
amplifier (6.1)
amplify (2.23)
analgesic (SA3.52)
an/that old chestnut (PT.38)
analogue (3.96)
ANC (W8.3)
anchorman (W3.1)
angle (6.24)
angled (7.161)
angling (W1.28)
angst (9.18)
anguish (8.155)
animated (6.207)
animosity (3.248)
antidote to sth (5.174)
antiquity (W1.41)
anti-vivisection (W5.12)
ape (10.100)
appalled (7.182)
appalled (W1.48)
appalling (1.184)
appeal (2.113)
appoint (9.65)
apportion (8.37)
apprehension (7.111)
apprehensive (SA1.61)
apprentice (2.52)
apprentice (9.156)
apprenticeship (2.158)
apprenticeship (3.179)
aptitude (9.47)
aptitude (10.148)
aptly (6.159)
aptly (W8.43)
arbitrary (8.46)
arbitrary (SA4.3)
arbitrator (2.47)
arcade (5.231)
archetypal (7.37)
archives (2.57)
archives (9.136)
ardently (SA1.41)
arduous (SA1.14)
arid (4.27)
armload (10.141)
armoured (1.121)
arras (SA2.36)
art fair (6.157)
articulate (4.177)
artillery (1.25)
artistry (7.162)
ascent (SA2.45)
ascertain (10.200)
ashpit (W8.25)
aside (6.41)
aspire (10.146)
aspire (PT.152)
aspiring (3.176)
aspiring (6.47)
assail (7.138)
assassin (3.181)
assault (1.10)
assemble (2.154)
assembly line (9.55)
assert (1.167)
assess (2.100)
assessment (9.152)
assessor (2.49)
asset (8.146)
assorted (W4.19)
assumption (4.183)
astound (SA3.16)
at a low ebb (W9.17)
at a/the tender age (2.138)
at breakneck speed (W1.7)
at odds with (7.39)
at short notice (3.106)
at the drop of a hat (7.126)
at the helm/tiller (10.164)
atonement (PT.134)
attain (7.156)
attire (PT.64)
attribute (3.247)
audible (2.146)
augmented (SA1.7)
auscultation (5.32)

- austere (SA1.45)
 autodidact (PT.155)
 autopsy (5.30)
 avalanche (9.8)
 avalanche (10.64)
 avert (PT.26)
 aviation (4.189)
 avid (2.83)
 avid (PT.163)
 awash (9.130)
 awe (10.58)
 awed (7.51)
 awed (8.128)
 awestruck (6.77)
 awkward (2.98)
- B**
- backbencher (3.65)
 backbone (1.153)
 backing singer (6.3)
 back-to-back (7.154)
 bad sport (7.90)
 badger (10.95)
 badger (10.206)
 badger (SA5.5)
 baggage handler (3.167)
 baggy cords (1.111)
 bale (W10.15)
 bang on about (9.15)
 banner (4.125)
 banquet (6.97)
 bare (4.211)
 barge (W10.5)
 barge in (1.156)
 barley (5.160)
 barn (PT.19)
 barrack blocks (W8.36)
 barren (10.182)
 barrister (8.76)
 bask in sth (8.183)
 baton (W7.28)
 battle of wills (W1.38)
 be acclaimed (6.231)
 be all ears (1.99)
 be a thorn in sb's
 side/flesh (3.30)
 be bereaved (W5.9)
 be born with a silver
 spoon in one's mouth
 (6.179)
- be from the wrong side of
 the tracks (6.168)
 be given the sack (9.77)
 be immersed in sth
 (PT.136)
 be in arrears with sth
 (W3.7)
 be inclined (3.230)
 be inclined (PT.30)
 be on the verge of (6.184)
 be riddled with sth (4.26)
 be silhouetted (2.153)
 be sited (4.78)
 be the pits (7.166)
 be the last straw (9.178)
 be tied to one's mother's
 apron strings (6.167)
 be washed-up (7.21)
 beaker (5.90)
 beam (1.40)
 bear little resemblance
 (1.140)
 bear out (3.235)
 bear the flag (1.14)
 bear with (2.70)
 bearable (SA1.52)
 beastly (9.10)
 beat sb at sb's own game
 (7.91)
 beaver away (10.89)
 bedraggled (6.112)
 bedridden (PT.161)
 bedspread (PT.100)
 beech (SA2.2)
 Beethoven (SA3.29)
 beetle (off) (10.99)
 befit (8.170)
 begrudging (2.15)
 bemused (W5.21)
 bendy (9.131)
 benefactor (7.179)
 benevolent (3.120)
 bent on sth (4.203)
 bequeath (4.98)
 beset (W2.35)
 beyond dispute (3.232)
 biannual (3.76)
 biannually (8.178)
 biased (3.94)
 bid (8.56)
- bigoted (8.11)
 billboard (10.132)
 binaural (5.47)
 binder (9.41)
 bin-liner (6.200)
 biodegradable (10.60)
 biodiversity (W10.32)
 bio-dome (6.79)
 bishop (W5.7)
 bite off more than one can
 chew (8.100)
 bizarre (W2.33)
 black-clad (6.217)
 black-tie dinner (W10.34)
 bland (6.137)
 blast (10.175)
 blaze (7.42)
 blazer (9.91)
 bleachers (10.169)
 bleak (7.75)
 bleeper (W2.16)
 blend (6.238)
 blend (8.38)
 blessing (3.240)
 blight (SA3.3)
 blink (10.136)
 bliss (PT.156)
 blister (5.81)
 blistering pace (1.135)
 blizzard (6.166)
 blockbuster (6.4)
 blot (10.159)
 blue-chip company (W3.23)
 bluntly (10.138)
 bogey (3.131)
 bogus (8.40)
 bohemian (PT.102)
 boil down to (8.31)
 boisterousness (W2.46)
 bolt (10.131)
 bomber jacket (1.110)
 bond (8.192)
 bond (10.178)
 bone-marrow (W9.15)
 booked solid (W5.31)
 bookworm (2.81)
 boon (3.242)
 borough (W8.22)
 bossy (SA2.27)
 Botswana (10.84)
- bough (W10.19)
 boulder (4.36)
 bound to be (2.161)
 bound up with (3.152)
 bow to sth (3.5)
 bowler hat (PT.157)
 brainchild (6.99)
 brain drain (9.71)
 brainstorm (2.183)
 brainwash (6.7)
 brat (7.163)
 breach (3.223)
 break even (9.79)
 breakthrough (5.1)
 breeding (SA3.25)
 breeding ground (10.12)
 brevity (SA2.10)
 brew (5.162)
 brim (7.115)
 bring the curtain down
 (6.89)
 broadsheet (3.56)
 bronchitis (5.82)
 brush stroke (6.60)
 BT (W8.59)
 bubble with (9.121)
 bubbling (8.137)
 budding (6.92)
 budget (2.89)
 budget (7.190)
 bulk (2.191)
 bullet train (4.90)
 bully (2.35)
 bully (PT.85)
 bump (4.198)
 bundle off (9.128)
 buoy (W10.8)
 burdock (5.158)
 bureaucracy (1.196)
 burn the midnight oil
 (2.75)
 burn sth to a cinder (W2.6)
 bursary (2.105)
 bushel (PT.120)
 busking (6.107)
 butcher (PT.130)
 by return of post (9.173)
 by the same token (8.202)
 by virtue of (2.74)
 by(e)-law (W8.38)

- by-gones (5.171)
 by-law (5.172)
 by-product (5.170)
 byway (SA2.19)
- C**
- cajoling (3.26)
 calculus (2.79)
 calf (5.11)
 calibre (W5.10)
 call sheet (6.32)
 calving grounds (10.45)
 candy floss/cotton candy (8.18)
 cane (3.19)
 canned (PT.91)
 capacity (3.75)
 capacity crowd (7.74)
 caption (3.150)
 captivate (6.218)
 carbohydrate stacking system (W7.24)
 cargo (10.165)
 caribou (10.21)
 carpooling (4.149)
 Carracci (6.229)
 carrier (4.197)
 cartel (3.141)
 cascading (10.109)
 casket (W2.7)
 cast (4.248)
 casualty (5.154)
 catalyst (PT.3)
 cater for (5.237)
 cater for (4.219)
 cautious (SA4.46)
 cavity (5.40)
 CBE (3.238)
 ceasefire (8.84)
 celestial (SA5.21)
 cellular phone (1.181)
 censor (1.160)
 censorship (3.59)
 CEO (3.166)
 CFC gases (10.5)
 chamber orchestra (6.71)
 charabanc (4.158)
 charcoal (6.59)
 chartered (9.125)
 chasm (6.174)
- chauvinistic (PT.118)
 cheek (W10.48)
 cheerleading (7.123)
 chestnut (SA2.22)
 chiaroscuro (6.20)
 chicken pox (9.107)
 chore (5.169)
 chore (SA3.5)
 circuit (W7.1)
 circulation (3.52)
 cite (1.193)
 cite (2.65)
 cite (W7.13)
 civic duty (8.112)
 civics (2.2)
 civil liberties (8.130)
 civil service minister (1.197)
 clam up (10.98)
 clamour for sth (8.171)
 clap (SA3.43)
 clash (6.8)
 clash (8.81)
 class (8.51)
 clatter (1.28)
 cleanse (1.164)
 cleft (4.44)
 cleric (W1.23)
 cliché (7.12)
 cling (on) to sth (8.34)
 clinician (5.211)
 clique (2.8)
 clot (5.69)
 clutter (PT.80)
 coach (9.119)
 coarse (4.72)
 cobweb (SA4.31)
 codification (W1.24)
 coherence (1.148)
 cohesion (1.147)
 coil (4.104)
 coin (3.121)
 coincide (2.71)
 coincidence (SA2.4)
 cold sweat (4.186)
 collaborate (PT.59)
 collaboration (6.230)
 colloquial (1.215)
 colonisation (8.158)
 columnist (1.213)
- combat (2.178)
 come across (3.29)
 come out on top (1.26)
 come to grips with sb/sth (2.30)
 command grid (1.144)
 commandeer (8.12)
 commend (1.166)
 commentary (SA2.6)
 commentary (6.12)
 commentator (3.104)
 commerce (2.160)
 commercial break (3.98)
 commiserate (W8.54)
 commission (6.158)
 commission (7.196)
 commission (9.68)
 commission (W1.53)
 commit oneself to sth (5.125)
 commitment (2.165)
 commodity (PT.124)
 commonplace (1.20)
 commute (4.150)
 compact (5.46)
 compartment (9.176)
 compel (SA5.32)
 compelling (6.193)
 compelling (7.36)
 compensation (4.196)
 competence (3.200)
 competent (SA2.42)
 compile (5.239)
 compile (W7.36)
 complacent (W5.43)
 complementary (4.162)
 complexity (PT.55)
 composed (SA2.31)
 composure (SA3.39)
 comprehensive school (W2.52)
 comprise (7.130)
 compromise (6.215)
 compromise (9.58)
 compromising (2.145)
 compulsive (8.153)
 compulsory (5.222)
 conceivable (1.124)
 concerted (8.200)
 concession (8.172)
- concession (10.152)
 concession (W3.18)
 concrete proof (3.228)
 concussion (5.70)
 condemn (6.70)
 condemn (10.197)
 condense (3.199)
 condescending (SA1.54)
 condescension (W5.38)
 conduct (6.48)
 conduct (7.87)
 conductor (6.5)
 confectionery (W4.14)
 confederation (1.137)
 confide in (SA1.49)
 confine (5.251)
 confirm (4.194)
 confirm (6.73)
 conform to (W1.46)
 confront (4.133)
 congenial (6.55)
 congenital (5.97)
 congestion (2.157)
 congestion (10.87)
 congregation (8.82)
 congressional (8.36)
 conning (W3.25)
 connotation (6.152)
 connotation (8.198)
 conquer (4.10)
 conscientious (5.207)
 conscript (2.137)
 consecutive (7.77)
 consent (3.209)
 consent form (8.182)
 conservative (7.173)
 considerate (4.144)
 consistency (8.17)
 conspicuous (2.144)
 conspiracy (6.211)
 constellation (1.133)
 constitute (2.104)
 constitute (8.54)
 constitute (10.112)
 constraint (10.145)
 construct (8.44)
 consultant (5.93)
 consumerism (3.254)
 consumer-oriented (3.36)
 contagious (5.64)

contamination (5.128)
 contemplate (W2.43)
 contemporary (PT.104)
 contempt (1.67)
 contemptuous of sb/sth
 (8.127)
 contend with (4.53)
 contender (7.80)
 contest (SA1.5)
 contingent on sth (PT.125)
 contraction (W1.52)
 contractor (9.166)
 contraption (5.196)
 controversy (6.6)
 convention (3.114)
 conventional (1.63)
 converge (W4.16)
 conversion (7.185)
 convey (1.170)
 convey (PT.106)
 cool-headed (7.151)
 coordinate (5.202)
 cop-out (W3.26)
 cordial (5.159)
 cordially (8.65)
 cork (4.225)
 cormorant (10.162)
 corporal punishment
 (W2.3)
 corporate (1.171)
 corporate (9.126)
 corpus (5.220)
 correlate (5.59)
 corrosion (10.76)
 counselling session (2.33)
 counter (8.107)
 counterproductive (9.117)
 counter (3.205)
 counterpart (9.148)
 course (7.58)
 court (7.59)
 court sb (3.192)
 courteous (6.225)
 courtside (7.24)
 coverage (SA1.66)
 CPR (W5.46)
 craftsman (3.193)
 craftspeople (PT.133)
 cram (W8.39)
 crawler (4.38)

crawling (5.203)
 crèche (4.224)
 credentials (9.46)
 creep (PT.21)
 crisply starched (W5.37)
 croak (W10.9)
 crouch (5.189)
 crow (10.105)
 crucial (3.109)
 crucial (SA4.11)
 crude (6.208)
 crude (PT.39)
 crude oil (10.13)
 crust (SA5.41)
 crusty (9.106)
 crux (9.108)
 cue (W7.3)
 cue card (W3.2)
 culinary (5.156)
 culling (10.80)
 culprit (8.110)
 culturati (PT.147)
 culture vulture (PT.148)
 curator (W6.14)
 curb (8.57)
 curfew (2.86)
 currency (5.184)
 curriculum (2.169)
 curse (3.241)
 curt (2.14)
 curtail (W4.6)
 cushion (2.93)
 customise (7.102)
 customised paper (1.5)
 cutback (2.188)
 cynicism (3.64)

D

dabble (SA5.15)
 daffodil (2.131)
 damn (9.12)
 damned (2.114)
 dandelion (5.157)
 daring (1.158)
 dashing (6.116)
 database (5.149)
 day boarder (SA1.46)
 dazzling (SA3.27)
 deadened (6.195)
 deadline (5.127)

dean (2.45)
 debilitating (7.52)
 debilitating (W5.32)
 debunk (4.190)
 debunk (5.175)
 debut (7.134)
 decay (4.229)
 decaying (W8.32)
 deceased (6.100)
 deceased (W8.18)
 deception (3.224)
 deceptively (4.41)
 deck (4.4)
 decked out (6.182)
 declare (9.11)
 decline (2.173)
 decline (5.123)
 declivity (SA5.37)
 decree (8.94)
 deduce (PT.132)
 deem (W1.3)
 deface (4.23)
 defaced (SA1.9)
 defect (SA3.12)
 defective (9.161)
 defendant (5.187)
 defiance (7.109)
 defiance (W5.16)
 deficiency (SA3.10)
 deficient in sth (4.71)
 deficit (W2.36)
 degrade (10.119)
 deification (9.30)
 delegation (9.149)
 delinquency (9.3)
 delinquent (8.159)
 deluge (SA3.8)
 delve (4.157)
 delve (W4.20)
 demeanour (W2.9)
 demise (3.138)
 demote (9.53)
 denote (PT.126)
 dense (SA4.36)
 density (4.151)
 dental floss (SA4.17)
 depict (W6.1)
 depiction (6.234)
 depletion (10.185)
 deplorable (9.177)

deposition (8.95)
 depraved (3.132)
 deprive (10.204)
 deprive of (1.209)
 deputy (W8.12)
 dereliction (10.73)
 derisory (W6.18)
 derive (3.169)
 derive (PT.14)
 descendant (10.115)
 descent (SA5.26)
 desertification (10.11)
 designate (W10.26)
 despair (4.172)
 despair of sth (PT.81)
 despoil sth (of sth)
 (10.203)
 despondency (8.189)
 destitution (W6.27)
 detachment (3.185)
 detain (8.168)
 detention (W2.48)
 detention (W9.9)
 deter (4.205)
 detractor (3.151)
 detrimental (4.152)
 detrimental (5.122)
 devastating (7.32)
 deviation (7.117)
 diaphragm (5.52)
 die down (3.83)
 diffidence (6.120)
 digest (7.129)
 digestive (W5.6)
 dignified (1.177)
 dilapidated (5.240)
 diligent (9.61)
 dim (8.73)
 diminish (2.29)
 diminish (9.23)
 diminutive (2.111)
 dine (PT.7)
 dip (SA5.24)
 dire (W1.51)
 dire (W8.37)
 dirt road (4.42)
 disarmament (8.9)
 discernible (10.186)
 discomfort (3.48)
 discourse (5.216)

- discourse marker (1.146)
 discrepancy (SA3.6)
 discrepancy (7.116)
 disembark (4.63)
 disfigured (SA1.10)
 disgruntled (W3.27)
 dishevelled (W5.39)
 disillusion (W8.16)
 disinterested (SA4.6)
 disjoin (SA3.46)
 dislocation (8.3)
 dislodgement (W9.24)
 dismal (7.95)
 dismiss (2.123)
 dismiss (9.44)
 dismissive (3.47)
 disorder (5.71)
 disparity (SA3.7)
 disparity (W2.51)
 dispense with (PT.12)
 dispense (W2.42)
 dispenser (7.98)
 disperse (SA3.32)
 disperse (9.24)
 disposal (10.7)
 dispose of sth (8.64)
 dispute (3.82)
 dispute (6.213)
 dispute (8.79)
 dispute (9.76)
 disreputable (5.136)
 disruption (2.195)
 disruption (W8.61)
 dissection (5.27)
 disseminate (5.210)
 dissertation (W9.1)
 dissolve (6.26)
 dissolve (10.78)
 distend (5.168)
 distinct (5.26)
 distinct (6.66)
 distinction (8.52)
 distorted (1.23)
 distorted (3.246)
 distract (3.171)
 distract (4.206)
 distract (SA2.40)
 distraction (4.8)
 distress call (1.15)
 distrust (PT.56)
- ditty (2.139)
 diverge from sth (4.16)
 diverse (6.124)
 diverse (9.164)
 diversify (SA5.42)
 dizzying heights (2.112)
 docile (PT.93)
 dog (10.90)
 dog tag (SA4.16)
 domain (1.155)
 domelike (5.55)
 dominant (7.146)
 dominate (10.43)
 domineering (PT.83)
 don (2.44)
 doom (3.92)
 doomed (8.156)
 dormitory (3.14)
 dotcom (9.16)
 dot-com (W3.22)
 dot-matrix printer (W10.41)
 dotted with sth (4.123)
 double helix (W5.17)
 double over (7.20)
 dowdy (PT.66)
 down tools (W2.22)
 down under (4.118)
 down-and-out (2.77)
 downgrade (9.54)
 download (2.96)
 download (3.118)
 downside (9.85)
 downsizing (9.38)
 downtown (5.230)
 doze (4.202)
 doze off (W8.11)
 draft (PT.159)
 drag on (3.85)
 drag one's feet/heels (8.96)
 draining (7.16)
 drape (4.226)
 draught (3.172)
 draw (7.198)
 drawing (6.206)
 dread (6.146)
 dreary (W3.13)
 drenched (4.59)
 drenched (SA2.1)
 dribble (7.62)
- dried-up sources (3.212)
 drift (4.61)
 drift off (4.208)
 drill (10.50)
 drive a wedge between sb and sb else (8.105)
 drive sb round the bend (4.131)
 drone (W10.13)
 drop (1.206)
 drop in (9.111)
 drudgery (W9.19)
 dub (10.27)
 dub (W10.24)
 dubious (5.221)
 dubious (8.32)
 dubious (10.117)
 duck (10.102)
 dumb down (W2.54)
 dumping (10.14)
 dune (W4.22)
 dungarees (9.89)
 durability (6.223)
 duty-bound (SA3.50)
 dweller (10.166)
 dwelling (5.165)
 dwindle (10.193)
 dwindling (W2.15)
- E**
- eager (PT.53)
 eardrum (5.83)
 earplug (SA4.26)
 ebony (5.49)
 ECG (5.3)
 edginess (PT.28)
 editorial (3.51)
 efficacy (2.142)
 efficacy (5.135)
 efficacy (PT.36)
 effluent (10.209)
 effusive (PT.87)
 egg on (3.86)
 egg on (8.161)
 eke out a living/existence (6.178)
 elaborate (1.8)
 elaborate (SA4.24)
 elaborate (PT.65)
 e-lancer (W9.25)
- elbow (SA1.32)
 electrify (1.168)
 elevated (SA1.8)
 eligible (2.107)
 eligible (7.137)
 ellipsis (W4.29)
 elongated (1.88)
 elucidate (8.141)
 elude (PT.29)
 elusive (3.226)
 elusive (SA4.15)
 embark on (2.170)
 embezzle (5.186)
 embrace (6.22)
 embrace (7.147)
 embrace (PT.149)
 emerge (SA2.24)
 emit (5.58)
 empower (9.84)
 empyrean (SA3.26)
 en suite (W9.29)
 enchanting (4.234)
 encompass (W3.19)
 encounter (3.34)
 encounter (4.167)
 encroachment (1.176)
 endeavour (3.107)
 endeavour (7.124)
 endowed (8.21)
 endowed with sth (6.50)
 endurance (7.136)
 enduring (1.18)
 enforcement (SA1.19)
 enfranchise (SA5.46)
 engender (4.182)
 engrossed (2.99)
 engrossing (PT.140)
 enhance (2.4)
 enhancing (3.161)
 enlightening (6.151)
 enrage (10.62)
 enrolment (2.193)
 enrolment (5.152)
 ensconced (6.177)
 ensue (W9.22)
 ensuing (9.146)
 entail (3.115)
 entail (8.123)
 entangled (W5.28)
 entanglement (W1.37)

enterprise (7.176)
 entity (PT.166)
 entrant (2.56)
 envisage (4.155)
 envision (1.33)
 envy (6.180)
 epistolatory (1.194)
 epitomize (7.153)
 equalise (W7.23)
 equilibrium (10.72)
 equine (7.141)
 equitable (8.150)
 equities (3.68)
 equivalent (W1.50)
 eradicate (2.171)
 eradicate (5.16)
 eradicate (8.101)
 eradicate (9.94)
 erosion (10.77)
 errand (W9.23)
 erratically (5.183)
 esteem (5.129)
 estimate (7.174)
 etching (6.235)
 eternity (W1.22)
 etiquette (4.160)
 evaporate (W1.35)
 evasive (3.12)
 evasive (PT.162)
 eventuality (7.193)
 evocative (6.57)
 evocative (W6.5)
 evoke (8.117)
 evoke (W2.40)
 exacerbate (7.30)
 exacerbate (8.144)
 exacerbate (W8.8)
 exaggerated (5.140)
 exasperating (8.174)
 exceed (7.172)
 excel (PT.164)
 exclusion (8.49)
 executante (SA3.28)
 execute (4.143)
 exemplify (1.118)
 exertion (5.118)
 exhalation (W8.31)
 exhaustive (7.71)
 exhilaratingly (PT.160)
 expel (2.63)

expenditure (9.82)
 explicit (5.208)
 explode into sth (10.31)
 exploit (10.184)
 exploitative (8.131)
 exploited (5.253)
 exposure to sth (2.164)
 exterminator (8.177)
 extol (3.155)
 extract (SA1.65)
 extravagantly (SA2.28)
 exult (4.88)
 eyelash (5.87)
 eyesore (10.140)

F

facelift (7.132)
 facilitator (6.212)
 faction (8.87)
 faculty (7.73)
 faculty (W2.1)
 fad (1.175)
 faith healer (5.134)
 fallacy (5.137)
 falsify (PT.57)
 familiarise sb with sb
 (4.138)
 fan out (SA4.30)
 fanzine (3.78)
 fare (PT.145)
 far-reaching (3.50)
 far-reaching (8.2)
 far-reaching (W1.49)
 fascism (8.148)
 fathom (6.161)
 fatten up (10.46)
 faulty (9.160)
 feat (7.67)
 feathery touch (7.157)
 feature (3.57)
 feature (3.81)
 federal (3.210)
 federally subsidised (1.150)
 feedback (5.198)
 feign (PT.113)
 felicitously (PT.151)
 fencing (W7.15)
 fend for oneself (8.133)
 ferocious (1.139)
 ferret out (10.104)

ferry (W2.28)
 fertile (10.63)
 fertiliser (W1.1)
 fiancé (W1.2)
 fickle (W9.12)
 fictional (3.122)
 fictitious (6.51)
 fidget (9.100)
 FIE (W7.14)
 fiery (SA2.21)
 fight a losing battle (8.99)
 fight or flight (2.21)
 fight (sb/sth) tooth and
 nail (6.186)
 figurative (6.56)
 figure (4.7)
 firearm (8.190)
 fissure (SA5.29)
 five-a-side (5.238)
 fixtures (3.110)
 flag down (W4.34)
 flagrant (7.122)
 flare (10.54)
 flashback (6.19)
 flash flood (4.32)
 flatter (PT.84)
 flattering (6.14)
 flawed (9.163)
 Fleadh revellers (6.130)
 fleet (4.64)
 fleeting (7.19)
 flick (7.159)
 flip (7.127)
 flip-flops (9.90)
 flock (PT.127)
 floor (8.22)
 flourishing (4.121)
 flourishing (6.173)
 flowerpot (7.23)
 fly into a rage (2.10)
 fly off the handle (4.130)
 flyer (3.79)
 focal (W6.20)
 focal point (9.35)
 foil (10.110)
 follow things through
 (3.90)
 foolproof (SA1.12)
 footage (8.8)
 footing (8.33)

footnote (6.35)
 for good measure (4.200)
 foraging grounds (10.122)
 forecourt (6.101)
 forego (6.126)
 foreman (W9.10)
 forfeit (10.181)
 forge ahead (4.168)
 forlorn (W6.8)
 formalities (4.216)
 formidable (7.60)
 formidable (W1.6)
 forthcoming (3.208)
 forthcoming (7.191)
 fortnightly (3.77)
 fossil fuel (10.8)
 foster (8.205)
 foul (W8.40)
 foundation (2.1)
 fox (10.94)
 foxhole (SA4.14)
 fraction (7.113)
 fracture (5.72)
 fracture (SA4.35)
 fragile (3.194)
 fragmented (9.98)
 frame (3.158)
 frame (7.28)
 franchise (7.177)
 fraud (8.124)
 fray (4.218)
 frayed (PT.101)
 free radicals (W7.25)
 freelance (9.37)
 frenzy (6.114)
 friction (8.93)
 fringe (W5.22)
 fringe benefits (9.57)
 frock (SA1.43)
 frock (PT.61)
 frog-march (3.17)
 from scratch (10.183)
 frostbite (2.51)
 frown (1.43)
 FTSE (100) index, Footsie
 (3.66)
 fuel (W1.36)
 fugitive (W2.20)
 fulfilment (4.9)
 fully-fledged (5.22)

fungal (1.142)
 funnel (SA5.30)
 funnel-web (W7.19)
 furious (6.204)
 furlong (SA5.14)
 further/farther/far afield
 (PT.110)
 fusion (6.44)
 futile (W1.33)

G

gadget (9.74)
 gag (W9.5)
 gainsay (SA3.30)
 gallantly (6.189)
 galvanise (3.188)
 gangway (4.65)
 gape (1.78)
 garment (4.212)
 gash (W5.5)
 gasp (5.84)
 gasp (PT.144)
 geriatrics (5.5)
 get across (1.119)
 get by (8.193)
 get into the act (1.134)
 get the heck out (9.101)
 get the office fitted out
 (3.88)
 get to grips with sth
 (10.195)
 get white knuckled (4.210)
 ginger (5.161)
 girlie stuff (2.132)
 gist (1.34)
 glare (1.41)
 glass ceiling (8.119)
 glaze (PT.95)
 glee (W9.20)
 glib (6.160)
 glint (W4.17)
 gloomy (6.62)
 gloss (3.146)
 glossy (3.60)
 glut (3.220)
 gnaw (9.114)
 go belly up (10.180)
 go/slip down the
 drain/plughole (9.129)
 goggle-eyed (9.105)

golden handshake (9.73)
 gossip (SA5.34)
 gotcha (3.222)
 GP (3.173)
 grade (SA1.27)
 grader (2.48)
 gradient (SA5.43)
 grandstand (7.101)
 grant (2.186)
 grasping (3.102)
 grass verge (8.191)
 grass-roots (4.119)
 grating (3.103)
 gratitude (9.171)
 gratuitously (8.66)
 grave (SA1.37)
 gravity (5.67)
 grid (8.151)
 grievance (9.145)
 grim (1.143)
 grim (W8.35)
 grin (SA4.37)
 grinding (3.100)
 gripping (3.101)
 gripping (6.54)
 gritty (3.99)
 grizzly bear (10.39)
 grooming (W5.27)
 grope (1.9)
 grossly (3.231)
 ground-breaking (W6.30)
 groundsman (7.55)
 groundsman (W7.32)
 growl (1.73)
 grump (3.22)
 gullible (5.138)
 gut (W5.18)
 gyrate (6.140)

H

habitat (SA5.9)
 hackneyed (6.198)
 hall of residence (2.87)
 hallowed (6.187)
 hall of residence (W2.2)
 halt (5.229)
 hamper (4.192)
 hand in one's notice (9.75)
 hand over (PT.5)
 handicap (7.66)

handicrafts (W4.12)
 hand-picked (4.39)
 hands-on (5.145)
 hang around (4.237)
 hank (W10.16)
 harassment (8.50)
 harbour (3.43)
 harbour dues (W8.52)
 harbour resentment
 (W1.34)
 hard-core (4.37)
 hard-hitting (3.3)
 hard-line (6.214)
 hardship (4.176)
 hard shoulder (4.140)
 hard-wearing (W4.33)
 hare (10.93)
 harness (W10.4)
 haul (10.150)
 haunt (PT.135)
 have a ring of truth
 (W1.40)
 havoc (PT.37)
 hazard (SA5.11)
 hazard lights (4.146)
 hazardous (4.19)
 hazy (PT.18)
 headfirst (SA4.29)
 headset (1.59)
 heal (5.79)
 heat (W7.2)
 heave (6.139)
 hectic (9.110)
 hedge (SA2.25)
 hedgerow (W10.21)
 hefty (5.217)
 hellbent on sth (8.173)
 hem (PT.67)
 hepatitis (W5.35)
 herald (SA3.40)
 herbalist (5.164)
 herbicide (10.67)
 herd (10.79)
 heredity (8.23)
 heritage (8.19)
 hesitate (PT.8)
 high profile (8.6)
 high resolution graphics
 (W5.44)
 highbrow (3.45)

high-capacity (1.152)
 highlights (W3.5)
 highly-strung (7.27)
 high-ranking (8.121)
 hike (5.155)
 hike (10.15)
 hilarious (6.94)
 hindsight (3.187)
 hint (2.155)
 hip (PT.146)
 hit the trail/road (4.25)
 hitchhiking (4.239)
 hoard (PT.25)
 hoarse (5.114)
 hoax (PT.49)
 holistic (5.98)
 holistic (9.109)
 homeschool (W2.39)
 Hoover (10.155)
 hop (10.125)
 horde (SA3.9)
 horizontal (SA5.13)
 host (3.80)
 hothouse (W10.33)
 hound (10.96)
 household (5.248)
 HR (9.141)
 hub (4.40)
 huddle (W8.42)
 hue (W6.11)
 hull (W10.1)
 humane (5.225)
 humaneness (8.140)
 humble (3.253)
 humbling (8.136)
 humiliate (SA1.26)
 humiliated (8.142)
 humpback bridge (4.247)
 humped (PT.20)
 hunch (W5.26)
 hurdle (W7.26)
 hydro dam (5.227)
 hype (7.43)
 hype up (W3.8)

I

iconised (6.153)
 ignorance (2.6)
 illegible (2.42)
 ill-fated (7.150)

ill-inspired (3.42)
 illiterate (SA1.25)
 imagery (6.27)
 immersed (4.21)
 immigrant (W8.1)
 imminent (7.187)
 impact (5.63)
 impact (6.232)
 impact (9.13)
 impairing (7.15)
 impassable (4.24)
 impassioned (6.133)
 impeccable (4.233)
 impeccable (7.133)
 impede (5.205)
 impenetrable (4.232)
 imperative (5.181)
 impertinence (W9.3)
 implement (2.200)
 implement (8.199)
 implement (W8.60)
 implication (2.197)
 implication (7.11)
 impose (2.27)
 impose (9.122)
 imposition (8.30)
 improvise (3.127)
 imprudent (5.34)
 impulsively (PT.86)
 in bloom (4.29)
 in demand (2.180)
 in earnest (SA5.25)
 in instalments (2.60)
 in jest (1.96)
 in one's capacity (3.237)
 in our midst (3.32)
 in retrospect (8.180)
 in some respects (3.105)
 in stark contrast with sth
 (W3.30)
 in store (W8.19)
 in strictest confidence
 (1.104)
 in succession (1.186)
 in terms of (SA1.28)
 in the same league (2.80)
 in the vicinity of sth
 (7.195)
 in the wings (6.87)
 inadequacy (2.122)

inadvertently (2.133)
 inattention (7.13)
 inattentive (9.155)
 inaugural (3.128)
 inaugurate (1.29)
 incensed (8.67)
 incentive (4.153)
 incentive (7.142)
 incentive (9.36)
 inception (3.24)
 incessantly (6.144)
 incinerator (W10.10)
 incision (5.112)
 incisive (3.4)
 inclusion (1.211)
 incompatible with sth
 (9.72)
 incompetence (SA3.19)
 incomprehensible (6.106)
 incorporate (4.81)
 incorporate (6.65)
 incorporate (7.128)
 incur (PT.13)
 indestructible (1.129)
 indestructible (8.169)
 indictment (2.125)
 indignant (SA1.59)
 indispensable (1.205)
 indisputable (3.216)
 induced (9.93)
 indulge in (4.87)
 industrious (9.63)
 inefficiency (SA2.5)
 inept (SA3.1)
 inescapable (PT.2)
 inevitably (SA5.45)
 infallibility (PT.51)
 infant (3.182)
 infantry (1.24)
 infect (10.70)
 infer (3.236)
 infer (W7.16)
 infer (W8.53)
 infest (PT.24)
 infested (8.163)
 infinitely (9.104)
 inflammation (5.73)
 inflammation (W5.4)
 inflammatory (5.106)
 inflection (PT.105)

inflict (8.26)
 influx (8.108)
 infringement (8.111)
 infringement (W10.46)
 ingrained (4.181)
 ingratiating (PT.82)
 inhale (10.9)
 inherent (5.204)
 inhibited (3.207)
 initially (SA5.8)
 initiative (5.250)
 inner (6.110)
 inner city areas (3.39)
 innocuous (3.134)
 innocuous (SA2.2)
 innovation (PT.43)
 innovative (6.43)
 innuendo (3.95)
 inoffensive (3.160)
 insight (4.235)
 insight into sth (9.158)
 insightful (W10.43)
 insolently (W2.31)
 insomnia (4.201)
 inspectorate (2.140)
 instil sth in/into sb (8.45)
 instrumentation (PT.45)
 insubordination (9.78)
 insufficiency (SA3.11)
 insurmountable (3.252)
 intake (5.96)
 integrate (4.82)
 integrated (10.134)
 integration (8.145)
 intended for (6.227)
 intensity (5.245)
 intent on squandering
 one's talent (7.6)
 interactive (W1.44)
 interceptor (8.91)
 interchangeable (5.51)
 interference (SA5.10)
 intermediary (8.90)
 intermingling (8.39)
 internal (7.35)
 interpersonal (2.3)
 intertwine (6.233)
 interval (7.118)
 intimacy (W1.20)
 intimate (W1.31)

intimidated (SA2.9)
 intimidating (3.27)
 intimidating (6.93)
 intonation (PT.63)
 intone (3.18)
 intoxicate (SA3.33)
 intricacy (SA3.42)
 intricate (6.210)
 intrigue (1.128)
 intrinsic (10.144)
 intrinsically (9.33)
 introspective (2.37)
 intrusive (1.3)
 inundate (6.82)
 invalid (8.60)
 invoke (W9.21)
 inward (SA2.32)
 irate (5.232)
 irate (7.50)
 ironmonger (9.49)
 irrelevancy (8.176)
 irritable (4.246)
 italics (2.39)
 itinerary (W4.5)
 ivory (10.81)
 ivory-tipped (5.48)

J

jab (7.158)
 jack (1.56)
 jargon (1.200)
 jeer (1.71)
 jeopardise (10.202)
 jerky (3.149)
 jersey (7.68)
 jet lag (4.159)
 jettison (PT.11)
 jetty (W4.4)
 judder (PT.16)
 jumbled (1.145)
 jump on the bandwagon
 (6.84)
 jump the gun (7.88)
 juncture (SA2.20)
 juvenile (8.197)

K

keenly (9.32)
 keep/have one's wits
 about one (7.84)

- keep sth under one's hat (1.102)
 keypad (1.61)
 kick off (4.161)
 kinsfolk (PT.111)
 kneepads (W7.30)
 knot (W1.12)
 knuckles (5.13)
- L**
- laborious (1.36)
 laborious (9.60)
 labour market (2.181)
 lad (W8.55)
 Laënnec (5.20)
 lair (6.81)
 lambast(e) (7.164)
 land sth (3.178)
 landfill (10.71)
 landing strip (10.55)
 landslide (10.65)
 lane (4.139)
 lane (7.56)
 lank/lanky (PT.75)
 lap (W5.42)
 launch (1.17)
 launch (2.106)
 law enforcement officer (3.218)
 lawsuit (3.214)
 lax (9.154)
 lay down (3.44)
 lay-by (4.141)
 lead the field (7.94)
 league (SA5.18)
 leak (4.154)
 lectureship (W2.5)
 ledge (4.52)
 ledge (SA4.2)
 leg (4.46)
 legacy (1.19)
 legible (2.152)
 legislation (10.6)
 legitimate (8.164)
 levitate (4.93)
 life expectancy (5.17)
 lift (4.193)
 light-hearted (1.214)
 liken (2.102)
 limb (5.200)
- limb (7.112)
 lineage (SA4.7)
 linear (W10.25)
 lineup (W3.12)
 linger (SA3.31)
 lingering (5.197)
 lingua franca (1.115)
 linguist (1.116)
 lip (W10.22)
 literacy (1.1)
 literal (7.10)
 live (from) hand to mouth (10.210)
 live on a shoestring (2.76)
 livelihood (5.228)
 liven up (3.145)
 livid (2.13)
 log cabin (10.17)
 log on (W1.29)
 logging (SA5.12)
 logistics (4.171)
 logo (W7.37)
 loll (9.99)
 long division (7.199)
 long-haul (W4.1)
 long-winded (1.87)
 loom (W9.11)
 lop off (10.173)
 lope (W2.25)
 loquacious (SA1.13)
 lord it over sb (1.154)
 lot (6.176)
 lounge (4.110)
 lounge suit (1.106)
 lucid (7.121)
 lucidity (W1.21)
 lucrative (9.64)
 lucrative (W1.30)
 lumbar (W5.19)
 lunge forward (10.126)
 lurid (W8.23)
 lush (6.78)
 lushness (4.251)
 lustre (9.139)
 luxuriant (10.154)
 lynx (10.41)
- M**
- machete (SA4.19)
 macho (3.11)
- macho (W8.51)
 magistrate (8.77)
 maim (8.4)
 mainland (4.67)
 mainstay (SA3.13)
 make a clean sweep of sth (7.139)
 make a mountain out of molehill (8.103)
 make allowance(s) for sb/sth (SA1.38)
 make fair grades (2.7)
 makeshift (5.38)
 malaise (9.5)
 malaria (5.15)
 malevolent (8.134)
 malicious (8.47)
 mammal (10.161)
 manic (W4.15)
 manipulated (6.205)
 manor (PT.123)
 mar (7.149)
 march (8.125)
 margin (9.31)
 marina (10.207)
 marital (9.2)
 maroon (4.227)
 marshal (4.127)
 marshy (10.29)
 mastery (6.221)
 materialise (1.66)
 maternity leave (8.120)
 matron (5.119)
 maze (4.91)
 maze-like (W8.49)
 meagre (4.70)
 meagre (W4.8)
 meander (W4.26)
 meandering (4.31)
 meddle in/with sth (10.129)
 mediator (8.89)
 mediocre (7.79)
 medium (3.244)
 memorabilia (6.33)
 menacing (6.220)
 menacingly (1.68)
 menial (8.75)
 menial (9.62)
 mentally challenged (8.62)
- merchant vessel (1.13)
 mercurial (7.152)
 mere (1.138)
 merge (4.135)
 merger (9.151)
 meringue (SA3.48)
 merit (7.131)
 merit (PT.47)
 mesmerised (4.249)
 mess sb around/about (9.179)
 method acting (6.72)
 meticulous (4.244), (PT.58)
 meticulously (4.56), (5.65)
 Mexico (4.223)
 MGM (6.17)
 miasma (W8.30)
 midfielder (7.53)
 migrant (PT.112)
 migrate (10.42)
 milestone (5.201)
 mind the gap (4.5)
 mindful (5.146)
 minefield (6.163)
 miner (SA5.7)
 minimalist (1.85)
 mischief (1.169)
 mischievous (4.89)
 misconception (2.95)
 misconception (5.133)
 misconception (9.92)
 mishap (4.58)
 misidentification (8.14)
 misinterpret (SA2.39)
 miss the boat (9.17)
 missive (1.191)
 mitral valve (5.53)
 moan (SA4.39)
 mobility (8.55)
 moderate (5.244)
 moderately (4.6)
 modestly (5.50)
 modify (4.116)
 Mojo tent (6.132)
 mole (10.103)
 monetary (W5.47)
 mongrel (5.190)
 monies (5.234)
 monkey around/about with (10.97)

monoracialism (8.48)
 monstrosity (10.208)
 moor (4.62)
 Moorish (6.104)
 moose (10.38)
 morale (9.88)
 morality (3.198)
 Morocco (4.147)
 morosely (W3.14)
 mould (8.41)
 moulded (W10.36)
 mount (SA1.1)
 mount (9.147)
 moved (SA1.3)
 mow (W3.28)
 mow (W10.14)
 Mozambique (10.86)
 MRI (W5.41)
 muddle (1.76)
 muddy (6.111)
 mule (4.134)
 mull over (1.157)
 multi-layered (4.174)
 multi-lingual (1.114)
 multiple sclerosis (W5.34)
 multitude (6.28)
 mum's the word (1.103)
 mumble (1.75)
 munch (1.74)
 mundane (PT.1)
 musk ox (10.36)
 muster (1.77)
 mutate into sth (8.147)
 mutter (1.90)
 mutual (W4.28)
 mutual acquaintance
 (1.100)
 mutually (5.206)

N

naiad (SA5.17)
 naive (PT.54)
 nausea (5.115)
 NCAA (3.204)
 near miss (7.145)
 needle (5.101)
 negativism (W8.13)
 neglect (1.38)
 negligence (4.111)
 negligence (10.111)

negligible (1.112)
 negotiable (3.62)
 neo-natal unit (W5.2)
 nestle (10.24)
 networking (6.123)
 networking (W3.24)
 newsreel (6.31)
 niche (1.57)
 niggling (5.104)
 nine-to-five (9.20)
 nod (SA4.38)
 node (1.126)
 no-man's-land (3.135)
 nominate (7.197)
 nomination (6.37)
 nonchalantly (6.119)
 non-conformist (5.102)
 nook (1.55)
 northbound (W4.24)
 northernmost (W4.25)
 not to mince one's words
 (1.97)
 notify (9.169)
 notion (1.172)
 notion (2.24)
 notion (6.155)
 notoriety (6.40)
 notoriety (7.45)
 notwithstanding (10.153)
 nourishing (8.61)
 novelty (6.162)
 noxious (5.110)
 noxious (10.68)
 nuance (1.84)
 nuance (W6.12)
 numeracy (2.141)

O

oarsman (W5.15)
 obesity (5.242)
 obituary (3.54)
 objectivity (2.50)
 obliterate (SA2.43)
 oblivious of sth (8.20)
 oblivious (W8.6)
 obscure (SA2.38)
 obscure (PT.70)
 obsolete (9.162)
 obsolete (PT.129)
 obstacle (4.14)

obstinately (2.110)
 obtuse (8.13)
 odds and ends (SA4.20)
 off one's own bat (7.89)
 off the hook (1.173)
 offender (2.182)
 officious (3.15)
 offline (W1.14)
 ogle (1.79)
 ogre (9.135)
 oil seep (10.48)
 ointment (3.197)
 ominous (4.241)
 on a shoestring (W6.23)
 on average (5.246)
 on impulse (10.88)
 on the back burner
 (W5.13)
 on the grounds of (8.106)
 on the/sb's tab (6.42)
 on the tip of one's tongue
 (1.98)
 on the verge of sth (7.5)
 one-off (PT.35)
 ooze with sth (9.86)
 opaque (PT.103)
 operational (2.84)
 oppressed (SA4.43)
 oppressive (6.61)
 opt for (4.47)
 opt (SA4.12)
 ordeal (3.72)
 origami (6.103)
 oscillating (W10.6)
 osmosis (W10.12)
 ostrich (W2.17)
 out of print (SA1.20)
 outbreak (SA3.18)
 outburst (2.5)
 outcast (6.46)
 outclass (W7.6)
 outcome (2.179)
 outcome (3.159)
 outcrop (10.109)
 outcry (5.223)
 outcry (SA5.3)
 outfit (7.70)
 outgoing (1.163)
 outlandish (3.137)
 outlay (10.142)

outlet (7.175)
 outlet (W10.39)
 outlets (3.142)
 outline (2.187)
 outlive (6.36)
 outmoded (8.35)
 outpatient (5.153)
 outraged (5.226)
 outrageous (4.132)
 outright (3.125)
 outstay one's welcome
 (8.104)
 outstrip (W7.7)
 outvote (W7.8)
 outweigh (2.199)
 outwit (3.191)
 outwit (W7.9)
 overbearing (6.76)
 overdue (W1.45)
 overflow (3.165)
 overgrazing (10.147)
 overhang (4.101)
 overhaul (1.198)
 overlap (4.102)
 overlapping (6.23)
 overlook (SA1.21)
 overlook (4.100)
 overnight (3.84)
 overrated (9.97)
 oversee (3.37)
 oversee (4.99)
 overseer (2.40)
 overtake (4.145)
 overwhelmed (3.40)
 own up to sth (8.152)
 ozone layer depletion
 (10.4)

P

PA (9.51)
 paddy (SA4.33)
 pain reliever (SA3.51)
 palpate (5.61)
 pamper (4.86)
 panache (6.219)
 pant (5.85)
 parish (SA3.35)
 parish (PT.108)
 part and parcel (4.60)
 partisan (7.81)

- paternalism (5.212)
 patronise (2.116)
 patronise (6.148)
 patronising (5.144)
 patronising (PT.32)
 pave the way (8.7)
 PBS (6.34)
 peach (W7.22)
 peck (1.27)
 peck (PT.122)
 pedestrianize (10.189)
 peer (2.32)
 peer (PT.33)
 pelt down (6.143)
 pelting (W6.4)
 pen (1.190)
 penalise (PT.143)
 pendulum (W10.7)
 penetrate (10.113)
 penetrate (SA5.40)
 penetrating (PT.74)
 pensive (7.47)
 pensiveness (5.143)
 pentrite (SA4.25)
 penultimate (4.22)
 perceive (SA1.6)
 perceive (3.41)
 perceive (5.25)
 perceive (PT.119)
 perceptive (SA1.51)
 perceptive (6.236)
 percussive (6.113)
 perforator (9.40)
 perfunctory (W10.44)
 peril (W6.16)
 perilous (SA5.28)
 perks (9.67)
 permit (4.68)
 perpetrator (W8.57)
 perpetuate (8.24)
 perpetuate (W1.32)
 perplexed (3.46)
 persecute (5.139)
 persecutor (6.209)
 perseverance (3.91)
 persistent (3.28)
 personal agenda (8.25)
 perspective (8.195)
 pertain (3.249)
 pertinent (1.50)
- perversity (SA3.45)
 pesticide (10.3)
 pestiferous (W8.27)
 pestilential (PT.97)
 PETA (10.118)
 petite (10.121)
 petition (8.126)
 petrified (5.191)
 petty (5.108)
 phase out (3.117)
 phenotypic (8.16)
 philistine (2.124)
 physically challenged (7.104)
 physio (W7.33)
 pick one's way (4.57)
 pick sb's brains (W6.28)
 picket line (9.52)
 pick-pocket (6.102)
 piecework (SA3.14)
 pier (W4.3)
 piercing (1.80)
 piercing (5.100)
 pinnacle (W7.21)
 pin-striped (1.108)
 pitch (1.93)
 pitch (7.57)
 pitted against sb (6.216)
 pivotal (1.203)
 pivotal (PT.158)
 placebo (5.219)
 plague (8.196)
 plagued (3.112)
 plank (W2.11)
 platitude (3.23)
 platoon (SA4.28)
 play ball (with sb) (7.85)
 play second fiddle (6.88)
 play truant (2.62)
 plea (10.19)
 plead with sb (2.72)
 pledge (3.74)
 pledge (5.182)
 pledge (W1.11)
 plenary meeting (PT.44)
 plethora (W2.49)
 plight (W6.26)
 plonk (5.195)
 pluck (4.107)
 plug in (1.54)
- plunge (3.71)
 plunge (W3.4)
 ply sb with sth (3.202)
 plywood (PT.73)
 poacher (W10.11)
 pole position (7.148)
 policy (3.129)
 poll (5.241)
 poll (9.9)
 ponder (SA3.34)
 ponder (PT.142)
 pop (SA4.34)
 popularise (6.150)
 porch (10.120)
 pore over (4.187)
 portable (2.97)
 portion (SA1.29)
 portion (5.247)
 pose (10.188)
 pose (SA5.44)
 post-graduate (2.54)
 posture (1.113)
 potent (7.72)
 potential (2.109)
 potential (7.192)
 pothole (W10.2)
 pottery (6.58)
 pounce on (9.127)
 pound (4.120)
 pound (10.123)
 pragmatic (6.109)
 prawn (W9.8)
 prayer (SA1.36)
 preaching (8.27)
 precariously (10.44)
 precaution (4.242)
 precede (2.135)
 precede (7.9)
 precedent (7.140)
 precious little (7.82)
 precipitate (7.46)
 preconception (7.1)
 preconception (8.10)
 predator (4.12)
 predator (10.47)
 predicament (SA2.41)
 predisposition (5.75)
 prefabricated (7.100)
 prefect (3.16)
 prejudiced (3.123)
- prejudicial (8.135)
 prematurely (PT.50)
 premise (1.202)
 premise (PT.41)
 premises (1.95)
 premises (7.186)
 preoccupied (3.21)
 prescription (5.117)
 pressing (2.167)
 presumption (8.139)
 pretentious (W1.4)
 pretentious (W6.15)
 prevail (7.61)
 prevalent (8.114)
 preventive medicine (W8.21)
 pricey (4.2)
 primal (10.34)
 primate (2.120)
 primatologist (2.121)
 prime (2.175)
 principle (3.225)
 principle (5.37)
 priority (2.192)
 privileged (PT.150)
 privy (W8.24)
 probe (3.69)
 probe (5.60)
 probe (W4.21)
 procession (SA2.26)
 proclaim (PT.69)
 prodigy (7.41)
 profound (1.48)
 profound (3.227)
 profound (SA4.40)
 profound (9.19)
 progression (10.198)
 prolapse (5.54)
 proliferate (PT.31)
 prolific (PT.128)
 prolong (SA5.19)
 prompt (5.218)
 proofread (3.174)
 prop up (9.132)
 propel (4.108)
 property (5.68)
 proponent (5.35)
 proportion (5.243)
 propped up (SA1.30)
 proprietor (3.140)

- prose (6.192)
 prosecution (6.128)
 prosecution (SA5.6)
 prospects (2.103)
 prospect(s) of/for sth
 (4.156)
 prospective (1.180)
 prosperity (8.194)
 prosperity (W6.21)
 prosthetic (7.105)
 proximity (4.230)
 proximity (8.179)
 prudence (1.22)
 puddle (W2.26)
 pull away (2.22)
 pulse (4.94)
 pulse (W4.13)
 pumpkin (SA1.24)
 punctual (6.226)
 punctuate (2.16)
 puncture (4.15)
 pundit (3.108)
 punter (W1.26)
 purgatory (PT.137)
 purist (1.207)
 put all one's faith in sth/sb
 (7.97)
 put out (9.167)
 put sb in the picture (6.90)
 putrefaction (W8.47)
 pylon (PT.27)
- Q**
- quaint (1.12)
 quaint (W4.30)
 quantifier (3.201)
 query (2.59)
 question stem (1.35)
 quibble (7.40)
 quick-witted (8.138)
 quire (5.24)
 quota (5.224)
 quotation (3.9)
 quote (2.38)
 quote (5.21)
- R**
- rabies (SA4.32)
 rack (4.163)
 radiation (SA2.15)
- radiator (4.240)
 radical (6.108)
 radiocarbon dating (PT.46)
 rafter (6.145)
 rage (SA5.39)
 raid (10.51)
 railings (W9.4)
 rake (W7.5)
 rale, bruit, egophony
 (5.45)
 rally (8.83)
 ram (10.106)
 rambling (W6.9)
 rampant (4.169)
 rank (1.2)
 rapport (6.191)
 rapturous (SA5.27)
 rat on (10.91)
 ratings (3.119)
 rattle (PT.17)
 ravage (5.41)
 raven (W10.20)
 ravine (4.48)
 rawness (7.29)
 ray (SA5.22)
 rayon (PT.92)
 razor-sharp (W6.10)
 read between the lines
 (6.86)
 readership (3.53)
 reappraisal (9.150)
 reassess (4.180)
 reassurance (W2.37)
 rebel (SA3.24)
 rebound (W1.18)
 rebut (W7.4)
 recanting (3.206)
 recap on sth (3.156)
 recapture (6.202)
 recede (1.32)
 recede (SA1.16)
 recite (SA3.38)
 recklessly (3.217)
 reclaim (10.179)
 reclamation (10.177)
 recoil (1.65)
 recollect (SA1.44)
 reconcile (10.167)
 recoup (6.115)
 recoup (W6.3)
- recreational (2.90)
 recruit (9.66)
 recruit (9.87)
 rectify (2.129)
 recuperate (5.120)
 recuperation (4.245)
 recuperation (8.186)
 recurrence (5.76)
 recurring (5.105)
 redress (8.132)
 reduce to tatters (1.125)
 reducible (2.149)
 redundancy (8.157)
 redundant (1.37)
 reel (1.60)
 reel (W1.16)
 referee (2.46)
 refine (5.199)
 refine (6.21)
 refined (10.66)
 refinery (W10.35)
 reflect (2.172)
 reflective (2.26)
 refuge (10.25)
 refund (9.174)
 regal (10.37)
 regale sb with sth (4.207)
 regime (W6.19)
 register (2.58)
 register (3.229)
 rehabilitation (8.184)
 reign (2.128)
 reign (9.14)
 reigning (7.78)
 reimburse (5.233)
 reimbursement (9.48)
 reinforce (9.26)
 reinstate (3.143)
 reiteration (9.170)
 reject (PT.90)
 rejoice (4.85)
 rejoice (7.83)
 rejoicings (SA1.48)
 rekindle (4.77)
 relaunch (3.38)
 relay (1.21)
 relegation (SA4.45)
 relentlessly (7.33)
 relevant (SA1.64)
 relish (7.143)
- relocate (7.188)
 relocate (9.159)
 relocation (4.79)
 reluctant (5.124)
 remastered (6.11)
 remedy (5.142)
 remembrance (SA1.35)
 reminisce about sb/sth
 (PT.138)
 remotely (6.9)
 remuneration (9.1)
 remuneration (W9.28)
 render (1.189)
 render (W1.42)
 render (W5.30)
 renewable energy source
 (10.52)
 renounce (W6.13)
 renovation (2.190)
 renowned (W7.10)
 repel (3.93)
 repel (8.162)
 repercussion (10.199)
 repercussion (W1.10)
 replicate (2.136)
 repression (W8.7)
 reprimand (2.64)
 reprimand (9.43)
 reproducibility (PT.34)
 reptile (10.160)
 repurchase (W9.14)
 resemble (5.66)
 resentment (9.118)
 resentment (W1.33)
 reservations (2.88)
 resettlement (PT.107)
 reshuffle (3.63)
 resilience (W2.45)
 resilient (3.195)
 resistible (2.150)
 resolute (2.151)
 resolve (2.194)
 resolve (PT.79)
 resonant (3.196)
 resort to sth (SA1.18)
 resort to sth (9.112)
 resort to sth (5.148)
 resource (W1.43)
 respiratory (5.94)
 respiratory (10.190)

- rest on one's laurels (W5.8)
 restlessness (4.184)
 resurgence (7.17)
 retail (9.56)
 retail (W1.13)
 retain (1.185)
 retina (5.7)
 retort (1.45)
 retract (1.64)
 retract (4.114)
 retract (PT.52)
 retreat (SA1.15)
 retrieve (W1.8)
 revaluation (5.214)
 revel (SA3.23)
 revelation (1.187)
 revelation (5.28)
 revenue (7.99)
 revenue (W10.31)
 revere (9.140)
 reversal (9.83)
 revocable (2.148)
 revoke (PT.139)
 revolve around (9.143)
 ribcage (5.14)
 ribs (5.78)
 ricochet (W2.27)
 riddle (3.70)
 ridge (9.165)
 ridge (10.170)
 ridicule (2.34)
 rig (W8.4)
 rim (7.114)
 rim (SA4.1)
 rinse (4.217)
 riot police (8.1)
 rival (SA2.8)
 rivalry (1.117)
 rivet (10.124)
 riveting (6.52)
 RKO (6.16)
 rock the boat (4.129)
 rocky outcrop (4.35)
 rookery (W8.29)
 roster (W3.11)
 rota (W2.30)
 rotate (4.109)
 round the bend (SA2.7)
 rousing (1.49)
 row (3.73)
- RSI (9.4)
 rub shoulders (with sb)
 (6.125)
 rubric (6.222)
 rudimentary (5.150)
 rudimentary (8.74)
 rumble (6.142)
 rumbling (5.56)
 run aground (4.66)
 run amok (7.169)
 run for Parliament (1.101)
 run out of steam (7.96)
 run-down (1.183)
 runner-up (7.64)
 run-off (4.33)
- S**
- sacred (10.59)
 sacrilegious (7.14)
 sacrosanct (9.123)
 saddle shoes (PT.76)
 sales pitch (W7.11)
 salience (9.28)
 salve (5.177)
 sanctuary (10.75)
 sanitation (W8.20)
 saturated fat (5.180)
 sauce (W10.40)
 saunter (8.71)
 saunter (W2.23)
 sausage sizzlers (4.126)
 saving grace (8.63)
 savvy (W1.19)
 saw (W10.30)
 scalloped (PT.78)
 scam (2.221)
 scapegoat (8.201)
 scathing (W4.7)
 scatter (4.34)
 scattered (5.176)
 scavenge for sth (10.128)
 scavenge (W3.16)
 scavenge (PT.22)
 scholar (6.149)
 scold (SA5.4)
 scoot (9.124)
 scoring (6.38)
 scorn (2.134)
 scour (10.127)
 scourge (5.39)
- scout (W7.35)
 scowl (1.70)
 scramble (10.22)
 scrap (3.35)
 scrap (PT.96)
 scrapped (6.127)
 scratchy (W10.17)
 scrawl (8.188)
 scribe (1.192)
 scruffy (1.105)
 scruffy (6.201)
 scruffy (PT.71)
 scrupulously (W7.18)
 scrutiny (3.124)
 scrutiny (7.34)
 scrutiny (SA4.4)
 seasoned (W4.2)
 secluded (10.192)
 sedentary (SA3.17)
 sedentary (W5.3)
 sedentary (W9.13)
 seething (1.141)
 segment (1.131)
 self-deprecating (SA1.60)
 self-flagellation (7.170)
 self-loathing (7.171)
 self-righteous (SA1.55)
 sensationalism (3.180)
 sensitise sb to sth (3.7)
 set (3.157)
 settler (SA2.12)
 settler (8.88)
 settling (2.147)
 severance (9.45)
 sewage (W8.45)
 sewer (W8.46)
 shaggy (10.35)
 shake off (6.96)
 shareholder (SA4.13)
 sheer (4.128)
 sheerly (10.139)
 sheet metal (4.54)
 shellfish (10.116)
 shelve (6.121)
 shift (4.80)
 shift (10.74)
 shift work (9.80)
 shin (5.6)
 shirk (from) sth (8.165)
 shoddy (PT.68)
- shoo away (9.133)
 shop floor (9.81)
 shopworn (PT.89)
 shortage (2.184)
 shortfall (W4.23)
 shoulder blade (5.10)
 shovel (10.172)
 shriek (1.82)
 shriek (W4.31)
 shrug (1.46)
 shrug (2.17)
 shrug (SA4.27)
 shrug (9.175)
 shut-in (SA2.30)
 sibling (SA3.22)
 siblings (W2.38)
 Sicily (7.135)
 sift through (5.209)
 sighting (3.126)
 signifier (PT.117)
 silted-up (W4.10)
 simpler (1.72)
 simulated (W5.45)
 sinister (6.203)
 sinuousness (PT.154)
 Sioux (10.57)
 sitcom (3.113)
 sizeable (6.64)
 skew (W2.13)
 skid (4.113)
 slam (2.11)
 slander (6.45)
 slash (W6.22)
 slate (10.130)
 slate (W3.10)
 sleek (6.224)
 slide (4.112)
 slide (5.89)
 slide (SA5.20)
 slingshot (SA4.21)
 slip road (4.142)
 slope (SA5.23)
 sloppy (2.82)
 sloppy (W2.47)
 slot (3.147)
 slot (5.130)
 sluggish (W1.17)
 slump (9.138)
 slums (W8.33)
 slur (6.169)

- smash into sth (1.188)
 smelter (W10.49)
 smirk (1.42)
 smother (10.33)
 snake (4.105)
 snake (10.53)
 snappy (2.36)
 sneak into (6.129)
 sneaking (5.126)
 sneaky (3.211)
 sneering (3.33)
 snooze (4.204)
 snore-stopper (4.209)
 snub (PT.10)
 soaking (6.131)
 soar (SA1.4)
 soaring (10.28)
 solely (5.57)
 solid (3.177)
 solidarity (8.113)
 solidify (5.42)
 soliloquy (7.168)
 solipsistic (7.38)
 something to fall back on (3.87)
 soothing (W3.29)
 sorely (2.126)
 sovereign state (W8.15)
 spaced out (6.122)
 span (W3.17)
 spare (6.29)
 spawn (W6.24)
 speck (4.96)
 speculation (2.118)
 spell (4.84)
 spell (SA4.44)
 spellbound (6.68)
 spew (10.157)
 spillage/spill (10.1)
 spiral (SA5.31)
 split ends (W5.40)
 splutter (1.92)
 sponsorship (3.8)
 spontaneous (8.118)
 spool (3.20)
 sprain (5.74)
 sprawl (PT.4)
 spreadsheet (W6.29)
 springboard (7.106)
 sprinkle (PT.62)
 spur on (3.153)
 squander (7.7)
 squint (W4.32)
 squirrel away (10.107)
 squirt (W3.21)
 stabbing (5.99)
 stablemate (7.144)
 stack (PT.94)
 staff-student (2.85)
 stagnate (W4.11)
 stained (PT.72)
 stamp (SA3.44)
 stampede (SA2.14)
 stand sb in good stead (SA4.10)
 stand-by (4.69)
 standpoint (5.33)
 stand-up comedy (6.67)
 stanza (2.130)
 stapler (9.39)
 starboard (4.73)
 stark (10.23)
 starlight scope (SA4.23)
 star-studded (6.197)
 start the ball rolling (7.86)
 starting blocks (W7.31)
 startling (6.15)
 state form (1.199)
 state regulator (10.171)
 stationer (9.50)
 stationery (7.181)
 stature (6.10)
 steadfast (8.181)
 steadfastly (6.172)
 stealth (W4.27)
 steam into sth (9.102)
 steeply (SA2.35)
 steer away from (2.25)
 stem (8.166)
 stem from (2.196)
 stem from (8.115)
 stench (W8.48)
 sterilized (5.178)
 stern (1.69)
 stern (4.76)
 sternum (5.8)
 stick one's nose in sth (2.198)
 stiff (SA1.47)
 stilted (3.130)
 stilted (SA2.3)
 stink (W8.44)
 stir (SA1.2)
 stir up (3.243)
 stitch (SA1.31)
 stock market crash (3.1)
 stockbroker (6.188)
 stockholder (1.161)
 stockowner (6.185)
 stoke up (6.138)
 stool (SA3.47)
 stopgap (W10.28)
 stow (4.3)
 straddle (W10.23)
 strain (5.173)
 strain (9.96)
 strain (PT.6)
 strained (3.162)
 strand (W5.29)
 stranded (1.6)
 stranded (5.77)
 stranded (10.149)
 stray (SA2.44)
 stream (SA5.35)
 strenuous (1.39)
 strenuous (5.95)
 stress-induced (7.48)
 stretched-out (1.89)
 strewn (4.50)
 strictures on sb/sth (2.127)
 strife (8.92)
 strike (1.165)
 strike (4.214)
 strike (PT.121)
 strike the wrong note (6.85)
 striker (7.54)
 striker (W9.6)
 striking (1.94)
 stringent (5.249)
 strip (7.69)
 strip (W7.29)
 strip mining (10.168)
 strip off (W9.16)
 strive (7.4)
 stroke (SA3.41)
 stroke (8.187)
 stroll (6.147)
 stroll (8.70)
 struggle for sth (SA1.23)
 strung out (7.44)
 strut (8.72)
 stubble (W10.18)
 stuck-up (6.181)
 stuffed (4.124)
 stuffy (7.165)
 stumbling (1.151)
 stunned (2.12)
 stunt (6.199)
 stunted (10.30)
 stutter (1.91)
 sub-editor (3.89)
 subject sb to sth (3.154)
 subjugate (W6.25)
 sublet (7.178)
 subscriber (1.130)
 subsequent (2.108)
 subsequent (3.183)
 subsequently (7.194)
 subside (SA3.20)
 subsidise (W8.56)
 subsidised (8.59)
 subsistence (SA1.22)
 subsistence (10.20)
 subsistence (PT.109)
 substantial (SA1.17)
 subtlety (1.83)
 succession (7.31)
 succumb to sth (2.73)
 suffragette (8.5)
 sullen (2.9)
 sullenly (W2.32)
 summit (6.165)
 summon up (6.118)
 sunslate (10.133)
 super-conducting (4.92)
 superimpose (PT.115)
 superintendent (2.162)
 supersede (1.159)
 supervisor (2.41)
 supplant (9.21)
 supplement (3.55)
 supplement (5.147)
 supplement (9.59)
 suppress (6.18)
 surge (7.120)
 surmise (6.39)
 surrealist (6.63)
 surveillance (3.111)
 surveillance (8.109)

- suspend (2.174)
suspend (7.63)
suss out (2.78)
sustain (2.68)
sustain (9.168)
sustain (10.10)
sustained (PT.165)
swag (2.166)
swagger (W2.24)
swan (10.92)
swap (W2.19)
swell (W7.17)
swelling (5.80)
swiftly (8.122)
swirl (W10.3)
switchboard (1.62)
switchboard (9.42)
- T**
- tabloid (3.58)
tabulate (W5.24)
tackle (4.43)
tackle (10.194)
taint (9.27)
take a dim view of sth (10.196)
take (all) precautions (1.210)
take issue with sb (3.233)
talent scout (3.163)
tangible (W4.9)
Tannoy (4.238)
tantalisingly (2.117)
tapestry (6.75)
tardiness (W9.27)
tarnish (W9.2)
technophobe (1.174)
tedious (1.11)
teething ring (9.115)
tell-tale (10.49)
tenacity (7.107)
tend (to) sb/sth (PT.131)
tender age (2.134)
tender for sth (W8.2)
tenderly (SA1.33)
tenderness (5.113)
tense (5.167)
tepid (SA5.16)
terminal (5.107)
terraced (SA2.17)
- terrain (4.13)
testimony (3.215)
textured (6.141)
thaw (4.106)
the apple of one's eye (6.171)
the Caribbean (4.221)
the course of history (9.95)
the dead of winter (4.28)
the early bird catches/gets the worm (4.199)
the establishment (3.31)
the Galapagos (10.158)
the handicapped (5.236)
the Highway Code (4.195)
the Maldives (4.222)
the Mediterranean (4.220)
the Shroud of Turin (PT.48)
the unruly (W2.29)
thigh (5.92)
think tank (1.120)
thoracic (5.31)
thought-provoking (1.212)
thrash (W2.10)
three-D, 3D (5.4)
threefold (10.205)
thriving (5.252)
thrust (1.53)
thud (4.213)
thwart (W10.29)
tie-dye (1.107)
tier (SA2.11)
tiff (8.80)
tight-lipped (6.170)
till (W10.37)
tilted (SA2.16)
timber (10.143)
timid (SA1.42)
timid (W7.20)
tincture (5.163)
tinged (6.135)
tingling (3.148)
tinkle (10.137)
tip over (4.45)
tirade against sb/sth (7.167)
tissue (2.156)
tissue (5.43)
Titian (6.228)
to little/no avail (W8.34)
- to the detriment of sth (SA5.36)
toddler (2.55)
toehold (9.29)
toil (SA3.4)
toll (7.25)
tone (5.166)
tongue-in-cheek (W7.12)
tonsils (5.12)
torment (6.117)
tortoise (10.163)
toss (1.162)
toss (10.176)
tow (10.151)
track (4.83)
traction (4.49)
trail (4.20)
trailer (W3.3)
trailing stick (SA2.13)
train spotting (6.105)
trampled (6.190)
tranquilliser (SA4.18)
transaction (1.7)
transcend (7.155)
trans-frontier (10.83)
transparently (6.154)
traverse (4.30)
treacherous (4.18)
treacherous (5.179)
treatable (SA3.2)
treaty (8.86)
treaty talks (3.61)
trek (10.18)
tremendously (1.204)
trench coat (1.109)
trespasser (6.98)
trifling (SA1.39)
triumphant (7.8)
trivial (5.109)
trivialisation (W3.15)
truce (8.85)
trudge (8.69)
tuberculosis (5.36)
tuberculosis (W5.33)
tucked (PT.77)
tug (SA2.29)
tuition (1.195)
tuition (W2.50)
tumble (1.178)
tumbling (7.125)
- tumour (5.62)
tuneful (4.215)
turbulence (4.75)
turbulence (SA4.8)
turf (2.163)
turmoil (1.179)
turmoil (8.28)
turmoil (SA4.9)
turn tail (5.192)
tutor (2.43)
tutor (10.187)
twiddle one's thumbs (8.68)
twinkle (4.95)
twirl (4.103)
twist (3.144)
twisted (6.194)
two can play at that game (7.92)
two-pronged (4.191)
tycoon (6.13)
- U**
- ubiquitous (W10.42)
ulcer (SA3.21)
ulterior (W10.45)
ultimate (4.136)
ultimately (5.141)
umpire (7.65)
umpire (W7.34)
unabashed (6.30)
unaffectionate (SA1.56)
unanimously (6.69)
unbearably (9.137)
unbiased (3.2)
unblemished (10.56)
unclench (2.31)
uncompromising (3.6)
under the auspices of (SA3.36)
under the tutelage of (2.159)
undergo (5.103)
undergraduate (2.53)
undergrowth (5.193)
underpin (8.143)
underscore (8.42)
under-stocked (2.189)
underused (2.91)
undisputed (7.76)

unduly (W5.23)
 unfalteringly (W6.6)
 unfathomable (7.160)
 unfold (3.184)
 unfold (4.173)
 unfounded (6.183)
 unhygienic (4.236)
 unilaterally (PT.60)
 unjust (2.101)
 unleash (8.149)
 unnerve (SA2.37)
 unparalleled (6.237)
 unpaved (4.17)
 unprecedented (7.18)
 unrequited (SA1.53)
 unrequited (W6.7)
 unrest (8.53)
 unrestrained (SA1.40)
 unrestrained (3.190)
 unruly (4.166)
 unscathed (W2.14)
 unsettling (4.179)
 untapped (5.254)
 untapped (W2.55)
 unveil (W2.12)
 unversed in sth (2.20)
 unwarranted (4.165)
 unwieldy (5.23)
 unwind (4.243)
 unwitting (PT.114)
 unwittingly (SA1.63)
 unyielding (4.55)
 up in arms (4.164)
 update (SA1.67)
 upfront (3.213)
 upgrade (1.136)
 uphill (W2.53)
 upholstered (4.228)
 upkeep (4.137)
 uplifted (3.133)
 upside (W6.17)
 urban smog (10.2)
 urge (3.239)
 urgent (9.172)
 usurp (3.186)
 utilise (4.188)
 utility (10.135)
 utmost (2.176)
 utter (PT.15)
 utterly (W1.47)

V

vacant (7.184)
 vacant expression (SA1.50)
 vacate (9.70)
 vaccination (4.148)
 vaccine (5.18)
 valve (5.29)
 vanish (9.134)
 vanity (SA1.34)
 vapour (SA2.34)
 variant (W1.25)
 variegated (PT.116)
 varnish (3.170)
 veer (4.117)
 vehemently (W1.5)
 vendor (9.142)
 venture (7.180)
 venue (6.74)
 verbalised (2.115)
 verbose (1.86)
 veritable (10.174)
 versatile (1.4), (4.1), (7.108)
 vertigo (5.116)
 vest (W7.27)
 vested interest (3.13)
 vested interest (W3.6)
 vet (SA3.49)
 veterinary (PT.42)
 viable (W8.58)
 vial (5.91)
 vibrant (10.32)
 vicar (SA3.37)
 vicariously (PT.153)
 vice versa (3.251)
 vicinity (5.188)
 villain (6.80)
 vine (SA2.18)
 vinegar (W9.7)
 vineyard (4.122)
 violation (3.203)
 virtue (3.10)
 virulent (W5.1)
 visual aid (SA1.62)
 vivisection (PT.40)
 vocal delivery (6.134)
 vocalist (6.2)
 vocational (2.168)
 vocational training (W8.9)
 void (1.58)

void (9.116)
 void of sth (PT.23)
 volatile (8.167)
 vomit (7.22)
 voucher (W9.26)
 vulnerability (7.26)
 vulnerable (1.123)
 vulnerable (4.51)

W

wade into (W2.18)
 waft (W9.18)
 wage (W10.38)
 walk/tread a tightrope (6.83)
 (baby) walker (5.194)
 wall-mounted (1.51)
 ward (5.88)
 warehouse (7.183)
 warp (1.149)
 warren (W8.28)
 wary (2.18)
 wavering (5.215)
 wayside (SA3.15)
 weave (4.175)
 web browsing (3.116)
 website (7.103)
 weed (PT.98)
 weigh on (3.67)
 weirdness (8.43)
 welfare (5.235)
 well disposed (SA1.58)
 well up (2.19)
 well-endowed (W2.21)
 wetland (10.61)
 what hath God wrought! (1.31)
 wheeze (5.86)
 whereabouts (3.168)
 whist (W2.8)
 wholesale (2.67)
 whopping (9.103)
 wicked (9.7)
 wicker (PT.99)
 widen (6.175)
 wield (W8.17)
 wig (3.175)
 wilderness (10.16)
 will (1.182)

wilt (W1.9)
 wince (1.44)
 wind (1.127)
 wind farm (5.1)
 winding (4.250)
 window into sb's soul (9.25)
 windowsill (4.178)
 wings (W6.2)
 wink (4.97)
 wire (1.30)
 wiring (1.122)
 witch doctor (5.131)
 with (the benefit of) hindsight (5.121)
 withdraw (8.154)
 withhold (SA1.57)
 withhold (8.175)
 wobble (W2.34)
 woe (SA5.2)
 woes (9.6)
 wolf down (10.101)
 wolverine (10.40)
 work to rule (9.69)
 workload (9.153)
 workmanship (9.180)
 workshop (6.156)
 wrapped up (4.170)
 wretched (W8.26)
 wrought (5.132)
 WWF (10.69)

X

xenophobe (W8.14)
 xenophobia (8.129)

Y

yearning (4.185)
 yelp (1.81)
 yield (5.44)

Z

zealous (6.53)
 Zimbabwe (10.85)
 zip (6.136)
 zone therapy (W5.20)

Upstream

PROFICIENCY

Key to Companion

◆ **Unit 1 – Getting the Message Across (pp. 14–16)**

- A 1 B 3 C 5 A 7 A 9 A
 2 D 4 C 6 B 8 B 10 A
- B 1 cited 5 premises 9 encroachment
 2 intrusive 6 conceivable 10 overhauled
 3 tedious 7 superseded
 4 distorted 8 outgoings
- C 1 pitch 3 backbone 5 breakdown
 2 foundation 4 bear
- D 1 to come out on top is to
 2 if you keep/kept this under your hat
 3 in getting her ideas across
 4 has not come to terms with his mother's
 5 bore little resemblance
- E 1 popularity 5 unconventional 9 strikingly
 2 versatility 6 piercing 10 prudence
 3 intriguing 7 inconceivable 11 deprived
 4 commendable 8 vulnerability

◆ **Unit 2 – The Happiest Days of Your Life? (pp. 25–26)**

- A 1 B 3 A 5 A 7 B 9 D
 2 D 4 A 6 C 8 D 10 C
- B 1 combat 5 portable 9 damned
 2 curfew 6 correspondence 10 complexity
 3 avid 7 outburst
 4 rectify 8 consistent
- C 1 return 3 resources 5 course
 2 engaged 4 reflective
- D 1 is bound to be/become
 2 taking a walk in the wood she came
 3 had difficulty in coming to
 4 burning the midnight oil
 5 on a shoestring was something he was
- E 1 remarkable 5 unsettling 9 acquaintances
 2 investment 6 attendance 10 commitment
 3 vocational 7 creative
 4 stressful 8 perception

◆ **Unit 3 – Extra! Extra! (pp. 41–43)**

- A 1 A 3 B 5 C 7 C 9 C
 2 C 4 B 6 A 8 D 10 B
- B 1 supplement 5 scrutiny 9 innocuous
 2 columnist 6 evasive 10 inaugural
 3 host 7 discomfort
 4 outwit 8 unbiased
- C 1 probe 3 odd 5 plunge
 2 circulation 4 capacity
- D 1 speech dragged on 4 was refused outright by
 2 was biased towards 5 don't intend to follow the task
 3 a thorn in the side of through
- E 1 advertisements 5 consumerism 9 intrusion
 2 sponsorship 6 sneakily 10 potentially
 3 commercial 7 occupied 11 indisputable
 4 corporations 8 distraction

◆ **Unit 4 – Planes, Trains and Automobiles (pp. 54–56)**

- A** 1 A 3 D 5 B 7 A 9 D
 2 B 4 C 6 A 8 B 10 C
- B** 1 sweat 5 impassable 9 purchase
 2 pricey 6 unruly 10 carpooling
 3 puncture 7 rampant
 4 vineyard 8 etiquette
- C** 1 struggle 3 drifted 5 strike
 2 figure 4 spell
- D** 1 hit the trail 4 (want to) rock the boat
 2 part and parcel 5 the early bird catches the worm.
 3 soaked to the skin
- E** 1 comfortable 5 propulsion 9 theoretically
 2 flourishing 6 conductive 10 commuting
 3 versatility 7 pulsations 11 tedious
 4 development 8 levitation

◆ **Unit 5 – The Science of Life (pp. 69–71)**

- A** 1 C 3 B 5 A 7 B 9 B
 2 D 4 D 6 C 8 B 10 B
- B** 1 standpoint 5 sterilized 9 pant
 2 blister 6 ward 10 holistic
 3 tissue 7 compile
 4 inflammation 8 strenuous
- C** 1 commit 3 terminal 5 resort
 2 slot 4 dubious
- D** 1 he would need to undergo surgery
 2 held in high esteem in
 3 has been hindered due to/because of
 4 is compulsory for all medical students to
 5 will be reimbursed
- E** 1 conventional 5 treatment 9 commitment
 2 complementary 6 prescription 10 proportional
 3 hostility 7 incompetent 11 moderation
 4 consultants 8 imprudent

◆ **Unit 6 – The Art of Entertainment (pp. 82–84)**

- A** 1 B 3 A 5 A 7 C 9 A
 2 C 4 D 6 B 8 D 10 B
- B** 1 embraces 5 sinister 9 punctual
 2 deceased 6 diverse 10 gallantly
 3 inner 7 scruffy
 4 envy 8 summon up
- C** 1 clash 3 conduct 5 angle
 2 embraced 4 crude
- D** 1 the apple of her 6 brought the curtain down
 2 the wrong side of the 7 put in the picture
 3 read between the lines 8 tied to his mother's apron strings;
 4 to jump on the 9 a hard act to follow
 5 plays second fiddle 10 waiting in the wings
- E** 1 captivating 5 accomplishment 9 oppressive
 2 popularity 6 incomprehensible 10 condemnation
 3 awesome 7 dreadful 11 confirmation
 4 indisputable 8 slanderous

◆ **Unit 7 – Born to Win! (pp. 95–97)**

- A 1 D 3 D 5 A 7 B 9 B
 2 B 4 C 6 A 8 A 10 D
- B 1 conservative 5 prodigy 9 revenue
 2 triumphant 6 blend 10 interval
 3 incorporate 7 eligible
 4 comprise 8 consecutive
- C 1 division 3 rim 5 accessible
 2 toll 4 vacant
- D 1 put all his faith 4 off her own bat
 2 ran out of steam and 5 leads the field in
 3 such a bad sport that
- E 1 mastery 5 fleeting 9 unfathomable
 2 fateful 6 apprehensive 10 arrogance
 3 striving 7 endeavoured 11 literally
 4 agility 8 tumbling

◆ **Unit 8 – Respect! (pp. 106–108)**

- A 1 A 3 A 5 D 7 A 9 B
 2 B 4 B 6 C 8 A 10 B
- B 1 exploitative 5 solidarity 9 contemptuous
 2 steadfast 6 elucidate 10 mobility
 3 biannually 7 discrimination
 4 segregation 8 legitimate
- C 1 dimmed 3 rally 5 volatile
 2 withdraw 4 grace
- D 1 an infringement of his 4 exacerbated
 2 is not evenly apportioned 5 will withhold its decision
 3 a bogus claim about
- E 1 expectations 5 unacceptable 9 legislation
 2 demonstration 6 institutions 10 persistence
 3 rioters 7 campaigners 11 unrest
 4 protester 8 declaration

◆ **Unit 9 – Another Day, Another Dollar (pp. 119–121)**

- A 1 C 3 D 5 A 7 B 9 B
 2 B 4 C 6 D 8 C 10 A
- B 1 angst 6 overwhelmed
 2 bang on and on 7 diverse
 3 supplement 8 ambivalent
 4 a golden handshake 9 handed in his notice
 5 dispute 10 intimidated
- C 1 mount 3 strain 5 supplement
 2 coach 4 void
- D 1 given the sack for stealing money from
 2 revolved around improving the working hours
 3 a million dollar contract
 4 handed in his notice because of
 5 how industrious he was, his boss
- E 1 intrinsically 5 reinforcement 9 industrious
 2 ambivalence 6 demoted 10 profoundly
 3 downsizing 7 dismissed 11 diversity
 4 recruitment 8 compatibility

◆ Unit 10 – Our Planet, Our Home (pp. 131–133)

- A** 1 C 3 D 5 D 7 D 9 D
2 B 4 C 6 A 8 C 10 B
- B** 1 badgering 5 dwellers 9 intolerable
2 dubious 6 aptitude 10 deprive
3 scoured 7 constraints
4 timber 8 from scratch
- C** 1 dominated 3 dispute 5 dissolved
2 disposal 4 smothered
- D** 1 come/get to grips with 4 been meddling around with
2 took a dim view of 5 to wolf down a
3 fatten her up
- E** 1 environmental 5 depletion 9 renewable
2 negligence 6 jeopardise 10 deforestation
3 abundance 7 descendants 11 bluntly
4 luxurious 8 legislation