



Virginia Evans

Companion

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Upstream

ADVANCED

Companion

Virginia Evans



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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)

Lead-in (p. 7)

- 1.1 **block out a thought** = to try not to think about sth / *nie myśleć o czymś, wyrzucić myśl z głowy, odpędzić myśl*
e.g. He **blocked out all thoughts** that he might fail; he desperately needed to win this race.
- 1.2 **channel one's efforts into sth** = to attempt to do one thing rather than a wider range of things, to concentrate on sth / *ukierunkować na coś wysiłki, skoncentrować wysiłki na czymś*
e.g. She decided to **channel all her efforts into meeting the deadline** she had set herself.
- 1.3 **foresight** /'fɔ:sait/ (n) = the ability to see what is likely to happen in the future and to take appropriate action / *dalekowzroczność, umiejętność przewidywania*
e.g. They had the **foresight** to prepare themselves financially in case of an accident.
- 1.4 **diplomacy** /di'plɒməsi/ (n) = the skill of being careful to say or do things that will not offend people / *dyplomacja, takt*
e.g. With great **diplomacy** and soothing words, he persuaded the delegate to resume his place at the bargaining table.
Der.: diplomatic /,dɪplə'mætɪk/ (adj)
- 1.5 **persuasion** /pə'sweɪʒn/ (n) = the ability to make sb believe that sth is true / *perswazja*
e.g. She was using all her powers of **persuasion** to make him return home.
Der.: persuasive (adj)
- 1.6 **team spirit** /'ti:m ,spɪrɪt/ (n) = the feeling of pride and loyalty that exists among the members of a team and makes them want their team to do well or be the best / *poczucie jedności w zespole lub grupie, duch zespołowy*
e.g. The management encouraged the employees to play sports in the belief that it would improve **team spirit** in the office.

Reading (pp. 8-9)

- 1.7 **set a goal** = to decide on what one hopes to achieve / *wyznaczyć cel*
e.g. The counsellor advised the young woman to **set a goal** that was achievable before moving on to the next step.
- 1.8 **pursue a goal** = to make efforts to achieve sth, often over a long period of time / *dążyć do celu*
e.g. John **pursued a goal** to become a writer until he finally succeeded in getting his work published.
- 1.9 **gut instinct** /'gʌt ,ɪnstɪŋkt/ (n) = a feeling based on emotion rather than reason / *przecucie, instynkt*
e.g. The frightened woman increased her pace; she had a **gut instinct** that she was about to be robbed.
- 1.10 **push beyond one's limits** = to try to do sth new or difficult, sth that requires effort / *przełamywać swoje ograniczenia, podejmować nowe wyzwania*
e.g. After a serious illness, he had to **push beyond his limits** to be back to work again.
- 1.11 **interpret** /ɪn'tɜ:pɪt/ (v) = to decide on what the meaning or significance of sth is / *interpretować*
e.g. The man's body language and evasiveness were **interpreted** by the police as signs of guilt.
Der.: interpretation (n)
- 1.12 **javelin** /'dʒævlɪn/ (n) = a long spear used in sports competitions / *oszczep*
e.g. When Odysseus threw the **javelin**, it landed far beyond the furthest throw of the other men.
- 1.13 **claw one's way** = to move somewhere with great difficulty, trying desperately to find things to hold on to / *przedrzeć się, (prze)dostać się*
e.g. Despite his lack of formal education, he still managed to **claw his way** to the top.
- 1.14 **be in contention for sth** = to have a chance of winning sth / *mieć szanse na wygraną, stanąć w zawodach*
e.g. He **was in contention for** getting a place on the national team; he thought he had every chance.
- 1.15 **potential** /pə'tenʃəl/ (adj) = likely, possible / *potencjalny*
e.g. All **potential** employees must attend an interview with the manager.
Der.: potential (n)
- 1.16 **hurdle** /'hɜ:dəl/ (n) = an obstacle, difficulty / *dość płotek (w biegu przez płotki); tu: przeszkoda*
e.g. The majority of candidates fail at the first **hurdle** and never get the job.
Der.: hurdle (v)
- 1.17 **diabetic** /,daɪə'betɪk/ (n) = sb who suffers from diabetes / *cukrzyk*
e.g. He is a **diabetic** and needs insulin injections every day.
Der.: diabetic (adj)

- 1.18 **low** /ləʊ/ (adj) = week or depressed / **slaby**
lub **przygnębiony**
e.g. We felt very tired and **low** after a hard day's work.
- 1.19 **spur** /spɜːr/ (n) = sth that encourages sb to do things / **dost. ostroga; bodziec, zachęta**
e.g. She wanted her son to pass his driving test and, as a **spur**, offered to buy him a car.
Der.: spur (v)
- 1.20 **prevent sb from doing sth** /pri'vent/ (v) = to make it impossible for sb to do sth / **przeszkodzić, zapobiec, nie pozwolić komuś na coś**
e.g. She had to **prevent** the angry boys **from** hurting each other.
- 1.21 **obstacle** /'ɒbstəkl/ (n) = anything that makes it difficult for sb to do sth / **przeszkoda**
e.g. The government put every **obstacle** in his way to prevent publication of the book.
- 1.22 **insurmountable** /ɪnsə'maʊntəbəl/ (adj) = (of a problem) that cannot be dealt with successfully / (o problemie, przeszkodzie, itp.) **nie do pokonania**
e.g. The fact that the will had not been witnessed properly presented an **insurmountable** problem.
- 1.23 **plug away at sth** /'plʌg ə'weɪ/ (phr v) = to keep trying very hard to do sth even though it is difficult / **starać się, ciężko nad czymś pracować**
e.g. John's assignment was due to be handed in the following morning. He would **plug away at it** all night if necessary.
- 1.24 **inch** /ɪntʃ/ (v) = to move on very slowly or carefully / **posuwać (się) naprzód powoli, centymetr po centymetrze**
e.g. She carefully **inched** her car out into the traffic flow.
- 1.25 **mark off** /'mɑːk 'ɒf/ (phr v) = to put a line through an item on a list to show that it has been completed or dealt with / „**odfajkować**” (np. **jakaś pozycję na liście**)
e.g. In order not to forget anything, Jane carefully **marked off** each item as she packed it in her case.
- 1.26 **will** /wɪl/ (n) = one's wish, desire / **wola**
e.g. He exclaimed angrily that in this case his **will** would prevail and that his orders would be obeyed without question.
- 1.27 **mature** /mə'tʃʊə/ (v) = to become an adult / **dojrzeć, dorosnąć**
e.g. In a few short years, she **matured** into a strikingly attractive young woman.
Der.: maturity (n)
- 1.28 **dip** /dɪp/ (n) = here: a drop, reduction / **tu: spadek, obniżenie** (np. **nastroju**)
e.g. "For the second month running there has been a **dip** in the sales figures," said the director.
"I want to see an improvement this month."
- 1.29 **put sth into perspective** = to judge the importance of sth by considering it in relation to everything else / **spojrzeć na coś z dystansu, rozważyć z wielu punktów widzenia**
e.g. The doctor told him to **put things into perspective**. He had escaped with a few bruises when he could have been killed.
- 1.30 **keep at sth** = to continue to do sth although it is difficult / **nie szczędzić wysiłków, nie poddawać się**
e.g. I know you work much too hard, but don't give up. **Keep at it!**
- 1.31 **en route** /ɒn 'ruːt/ (adv) = on the way / **w drodze, po drodze**
e.g. They were already **en route** to France when they heard that the concert had been postponed.
- 1.32 **get side-tracked** /'get 'saɪdtrækt/ = to forget what one intended to do or say and instead start doing or saying a different thing / **odejść od najważniejszych kwestii, od tematu**
e.g. The witness **got** skilfully **side-tracked** by the lawyer and was tricked into saying the complete opposite of what he meant to say.
- 1.33 **tackle** /'tækəl/ (v) = to deal with sth in a very determined or efficient way / **zabrać się do czegoś, załatwić coś, poradzić sobie z czymś**
e.g. The government is determined to **tackle** the problem of unemployment.
- 1.34 **tension** /'tɛnʃən/ (n) = the feeling that is produced in a situation when people are anxious / **napięcie**
e.g. The **tension** mounted in the crowd as the two players came to the end of the second set.
- 1.35 **ride on** /'raɪd ən/ (v) = to depend on / **zależać od czegoś**
e.g. Luckily, his last risky venture had been successful, so he allowed his reputation and career to **ride on** it.
- 1.36 **assertive** /ə'sɜːtɪv/ (adj) = able to state one's needs and opinions clearly, so that people take notice / **asertywny**
e.g. She had always been **assertive**, so no one was surprised when she was made supervisor.
Der.: assertiveness (n), assertively (adv)
- 1.37 **proactive** /prəʊ'æktɪv/ (adj) = intended to cause changes rather than just reacting to change / **nastawiony na działanie i zmiany**
e.g. Women's suffrage was achieved by a **proactive** group of determined campaigners.
Opp.: reactive

- 1.38 **boost** /bu:st/ (v) = to improve, increase / **poprawić, zwiększyć**
e.g. Winning an Oscar **boosted** immensely her confidence in her acting skills.
- 1.39 **fraction** /'frækʃən/ (n) = a tiny amount or proportion of sth / **ułamek, drobna część**
e.g. The demonstration was peaceful until a small **fraction** of the crowd began throwing stones at the police.
- 1.40 **workload** /'wɜ:kkləʊd/ (n) = the amount of work that has to be done / **ilość pracy, jaką należy wykonać, obciążenie pracą**
e.g. Junior hospital doctors have a huge **workload** and sometimes work as long as thirty-six hours without a break.
- 1.41 **concentrate on sth** /'kɒnsəntreɪt/ (v) = to give all one's attention to sth / **koncentrować się, skupiać na czymś**
e.g. The politician retired to his library to **concentrate on** his speech for the next day.
Der.: concentration (n), concentrated (adj)
- 1.42 **distraction** /dis'trækʃən/ (n) = sth that turns sb's attention away from what they want to concentrate on / **coś odrywającego uwagę od istotnych kwestii**
e.g. I can't work at home; there are too many **distractions**.
- 1.43 **detrimental** /,detrɪ'mentəl/ (adj) = having a harmful or damaging effect on sth / **szkodliwy, ujemny (np. wpływ)**
e.g. It is now known that too much fat in one's diet is **detrimental** to one's health.
- 1.44 **self-belief** /,self'bi:lɪf/ (n) = confidence in one's own abilities or judgement / **wiara w siebie, we własne siły i umiejętności**
e.g. The diplomat had the **self-belief** that he could mediate between the opposing factions and bring peace to the region.
- 1.45 **focus on sth** /'fəʊkəs/ (v) = to concentrate on sth / **skupiać się, koncentrować na czymś**
e.g. The officer **focused** his attention **on** a small area of the aerial photograph to find a flat zone where an aircraft could land.
- 1.46 **imagery** /'ɪmɪdʒəri/ (n) = descriptions (usu. in poems or songs) and the pictures they create in one's mind / **obrazowanie, metaforyka**
e.g. The **imagery** of the poem brought back his childhood memories.
- 1.47 **visualisation** /,vɪʒuəlaɪ'zeɪʃn/ (n) = formation of a mental picture of sth / **wizualizacja**
e.g. The architect had a **visualisation** of what the building would look like when it was finished.
- 1.48 **transfer** /'træns'fɜ:ɹ/ (v) = to take from one place to another / **przenieść**
e.g. Grace felt uncomfortable working next to her ex-husband, so she asked her boss to **transfer** her to another branch.
Der.: transfer /'trænsfɜ:ɹ/ (n)
- 1.49 **run through** /'rʌn 'θru:/ (phr v) = to read or think of a list of items quickly / **przelecieć, przebiec (wzrokiem lub myślą)**
e.g. The cabin attendant **ran through** the list of instructions in the event of an emergency.
- 1.50 **permutation** /,pɜ:mju:'teɪʃən/ (n) = one of the ways in which a number of things can be ordered or arranged / **permutacja (w matematyce); kombinacja**
e.g. The decorator showed them several colour **permutations** until the couple finally decided on the one they wanted.
- 1.51 **nerve-racking** /'nɜ:v,rækɪŋ/ (adj) = making sb feel very tense and worried / **denerwujący, niezwykle stresujący, wyprowadzający z równowagi**
e.g. The applicant spent a **nerve-racking** ten minutes until the official reappeared with the necessary papers.
- 1.52 **underestimate** /,ʌndə'restɪmeɪt/ (v) = not to realise how large or great sth is / **nie doceniać, bagatelizować**
e.g. The earthquake that razed the city showed that one should never **underestimate** the power of nature.
Der.: underestimation (n)
- 1.53 **misjudge** /,mɪs'dʒʌdʒ/ (v) = to form an incorrect idea or opinion about sb or sth / **błędnie ocenić**
e.g. I **misjudged** Terry; I thought he would be angry with me for crashing his car, but instead he was only concerned about my safety.
Der.: misjudgement (n)
- 1.54 **barrier** /'bæriə/ (n) = an obstacle that prevents sb from doing sth / **bariera, przeszkoda**
e.g. Lack of confidence is a serious psychological **barrier**.
- 1.55 **self-assurance** /,selfə'ʃʊərəns/ (n) = self-confidence / **pewność siebie**
e.g. Ralph's **self-assurance** often led people to think that he was too proud.
- 1.56 **overcome** /,əʊvə'kʌm/ (v) = to successfully deal with a problem / **poradzić sobie (np. z problemem), przewyciężyć coś**
e.g. Eventually, with the help of a counsellor, the couple **overcame** their problems and were reunited.

- 1.57 **lose sight of sth** = no longer to pay attention to sth / **stracić coś z oczu, przestać zwracać na coś uwagę**
e.g. *There was a great deal of argument and some members felt that they had **lost sight of** the original objectives of the movement.*
- 1.58 **surpass** /sə'pɑ:s/ (v) = to do sth or be better at sth than sb else / **prześcigać, przerastać, przewyższać, być lepszym niż**
e.g. *Your cooking is always excellent but today you have **surpassed** yourself.*
- 1.59 **effectively** /i'fektɪvli/ (adv) = in a way that produces the intended result / **skutecznie, efektywnie, wydajnie**
e.g. *The new working practices, along with more efficient machinery, have **effectively** doubled the production of new cars.*
-
- Language focus (pp. 10-11)**
-
- 1.60 **house warming** /'haʊs wɔ:mɪŋ/ (n) = a party you give for your friends when you have just moved to a new house / **pierwsze przyjęcie w nowym domu lub mieszkaniu (tzw. parapełowa)**
e.g. *I had to miss Mandy's **house warming**; I had no money to buy her a proper present.*
Der.: house-warming (adj)
- 1.61 **retirement** /rɪ'taɪəmənt/ (n) = the time when a worker leaves his job and stops working completely / **emerytura; przejście na emeryturę**
e.g. *The man had to postpone his **retirement** because there was nobody to replace him.*
- 1.62 **anniversary** /,æni'vɜ:səri/ (n) = a date which is remembered or celebrated because a special event happened on that date in a previous year / **rocznica**
e.g. *The whole family was invited to a party to celebrate Ethel and James's 25th wedding **anniversary**.*
- 1.63 **forthcoming** /fɔ:θ'kʌmɪŋ/ (adj) = happening soon / **nadchodzący, rychły**
e.g. *The **forthcoming** days and weeks will determine the future of the company.*
- 1.64 **sincere** /sɪn'sɪə/ (adj) = really meaning what one says / **szczerzy**
e.g. *The charity sent out **sincere** thanks to the public for all the help it had received for the victims of the famine.*
Der.: sincerely (adv), sincerity (n)
- 1.65 **gratitude** /'grætɪtju:d/ (n) = having warm feelings towards sb, wishing to thank sb / **wdzięczność**
e.g. *The two sailors expressed their feelings of **gratitude** to the rescuers who had risked their lives to save them.*
- 1.66 **board** /bɔ:d/ (n) = management, a group of people who control a company or organisation / **rada, zarząd**
e.g. *A meeting of the **board** of directors was called because the chairman had suddenly died.*
- 1.67 **vice-president** /,vaɪs'prezɪdnt/ (n) = the person who has the second position of importance in an organisation / **wiceprezes**
e.g. *The **vice-president** toured the new factory and congratulated the workers on doing such a fine job.*
- 1.68 **objective** /əb'dʒektɪv/ (n) = a goal, an aim, sth that sb is trying to achieve / **cel**
e.g. *As part of a survey to determine their strengths and weaknesses, the students were asked to make a list of their **objectives**.*
- 1.69 **resolution** /,rezə'lju:ʃn/ (n) = a decision to try very hard to do sth / **postanowienie, stanowcza decyzja**
e.g. *When the bill arrived, she made a **resolution** never to use her credit card again.*
- 1.70 **national anthem** /'næʃənəl 'ænthəm/ (n) = a nation's official song which is played or sung on public occasions / **hymn narodowy**
e.g. *The winning team stood proudly to attention as their **national anthem** was played.*
- 1.71 **strive for sth** /straɪv/ (v) = to make great effort to do or get sth / **dążyć do czegoś, walczyć, starać się o coś**
e.g. *The head teacher stressed that the school had always **strived for** excellence.*
- 1.72 **salute** /sə'lju:t/ (v) = to show or state admiration for sb in a formal way / **uhonorować, uczcić; salutować**
e.g. *The soldier stood to attention and **saluted** as the general drove past.*
Der.: salutation (n), salute (n)
- 1.73 **victory** /'vɪktəri/ (n) = a success in a struggle, war or competition / **zwycięstwo**
e.g. *The allies fought their way to **victory** after six long years.*
Der.: victorious /vɪk'tɔ:riəs/ (adj)
Opp.: defeat
- 1.74 **breakthrough** /'breɪkθru:/ (n) = an important development or achievement / **przełom**
e.g. *Watson and Crick made an important **breakthrough** in genetics*
- 1.75 **enrol** /ɪn'rəʊl/ (v) = to officially join an institution or a course and pay a fee for it / **zapisać się (np. na kurs)**

- e.g. *Every one was amazed when the old woman enrolled for a computer course at the local college.*
Der.: enrolment (n)
- 1.76 **acquire** /ə'kwaɪə/ (v) = to obtain sth or learn sth through daily life / *nabyć; przyswoić*
e.g. *He decided to go back to college and acquire the skills and qualifications he needed.*
Der.: acquisition /,ækwɪ'zɪʃən/ (n)
- 1.77 **profitable** /'prɒfɪtəbəl/ (adj) = able to make money / *dochodowy, rentowny*
e.g. *The two brothers ran a very profitable business selling second-hand computer parts.*
Der.: profitability (n)
Opp.: unprofitable
- 1.78 **ethics** /'eθɪks/ (n pl) = moral beliefs and rules about right and wrong / *etyka*
e.g. *The scientist's ethics led him to abandon the experiment which he felt was morally wrong to continue.*
- 1.79 **influential** /,ɪnflu'enʃəl/ (adj) = having a lot of power to affect what happens / *wpływowy*
e.g. *The prisoner's family contacted several influential figures in the government who saw to it that he was soon released.*
- 1.80 **acquaintance** /ə'kwɛɪntəns/ (n) = sb you have met and know slightly but not well / *znajomy*
e.g. *The solicitor said that he was unable to take on the case, but he had an acquaintance that might be able to help.*
- 1.81 **prosperity** /prɒ'spɛrɪti/ (n) = doing well financially / *dobrobyt, pomyślność*
e.g. *Thanks to generous sponsors, previously impoverished families now enjoyed a period of prosperity.*
- 1.82 **social background** /səʊʃəl 'bækgraʊnd/ (n) = sb's status or rank in society / *pochodzenie społeczne, przynależność do grupy społecznej*
e.g. *The social background of your family usually determines your own career path.*
- 1.83 **financial** /faɪ'nænʃəl/ (adj) = relating to or involving money / *finansowy*
e.g. *For tax reasons, the financial year in Britain always starts on the 5th of April.*
Der.: financially (adv)
- 1.84 **backing** /'bækɪŋ/ (n) = support or money received from sb / *pomoc, wsparcie (finansowe)*
e.g. *The invention was a good idea but the bank refused to give Henry any backing, so he had to give up.*
- 1.85 **well-rounded education** = an education that is fully developed in all aspects / *pełne, wszechstronne wykształcenie*
e.g. *In order to give her a well-rounded education, her parents sent her to the best school in Switzerland.*
- 1.86 **competitive spirit** /kəm'petɪtɪv 'spɪrɪt/ (n) = eagerness to be more successful than other people / *duch współzawodnictwa*
e.g. *Individual and team sports were encouraged so that the students could develop a competitive spirit.*
- 1.87 **delegate** /'delɪgeɪt/ (v) = to give part of your work, responsibilities or power to sb else / *delegować, przydzielać obowiązki*
e.g. *A good manager must be able to delegate, to find the best person for the job and then let them get on with it.*
Der.: delegation (n)
- 1.88 **compromise** /'kɒmprəmaɪz/ (v) = to reach an agreement after both parties have given up sth that they originally wanted / *osiągnąć kompromis, pójść na kompromis*
e.g. *The two parties compromised and settled on a figure below what the union demanded, but slightly more than the management had originally offered.*
Der.: compromise (n)
- 1.89 **resilience** /rɪ'zɪliəns/ (n) = the ability to be strong and not easily affected / *wytrwałość, prężność, elastyczność, żywotność*
e.g. *Some bacteria have an amazing resilience to extreme temperatures; they are able to thrive in both the hottest and coldest regions on earth.*
- 1.90 **persistence** /pə'sɪstəns/ (n) = continuing to do sth even though it is difficult or other people are against it / *wytrwałość, uporczywość*
e.g. *The persistence of the suffrage movement paid off and women were eventually given full rights to vote in 1928.*
- 1.91 **charisma** /kə'rɪzmə/ (n) = ability to attract, influence and inspire people by one's personal qualities / *charyzma*
e.g. *The princess had such charisma that she was loved by the people everywhere.*
Der.: charismatic /kə'rɪz'mætɪk/ (adj)
- 1.92 **ruthlessness** /'ru:θləsnəs/ (n) = being very harsh or cruel / *bezwzględność, okrucieństwo*
e.g. *Idi Amin was never tried for his ruthlessness during his time as dictator of Uganda.*
- 1.93 **seize** /sɪz/ (v) = to take hold of sth, take advantage of sth / *chwycić, łapać; skorzystać (np. z okazji)*
e.g. *You must seize the opportunity and apply for a job now that there are many vacancies.*

- 1.94 **drop out of** /'drɒp 'ɔʊt əv/ (phr v) = to leave without finishing sth that was started / (za)rzucić, zrezygnować z czegoś przed zakończeniem
e.g. Michael's father was angry when his son said that he wanted to **drop out of** university.
- 1.95 **Buddhism** /'bʊdɪzəm/ (n) = buddyzm
- 1.96 **broad** /brɔ:d/ (adj) = wide / szeroki
e.g. This jacket is too small to be Tom's; he has very **broad** shoulders, you know.
Der.: broadly (adv), broaden (v)
Opp.: narrow
- 1.97 **unkempt** /ʌn'kempt/ (adj) = messy, untidy, not neat / niechlujny, zaniedbany
e.g. The gardens, once a source of pride, were now neglected and **unkempt**.
- 1.98 **choreographed** /'kɔəriəgrɑ:f/ (adj) = arranged but intended to appear natural / zaaranżowany
e.g. Most of the moves seen on TV wrestling are thought to be **choreographed** for the viewers' entertainment.
- 1.99 **resign** /rɪ'zaɪn/ (v) = to formally announce that one is leaving a post or position / zrezygnować, podać się do dymisji
e.g. The minister was forced to **resign** when his misdeeds came to light.
Der.: resignation /reziɡ'neɪʃən/ (n)
- 1.100 **computer-animated** /kəm'pjutər 'ænimetɪd/ (adj) = having special effects created on a computer / animowany komputerowo
e.g. The film showed scenes of real life as well as **computer-animated** images.
- 1.101 **be saddled with sth** = to be put in a position where one has to deal with a problem / być obciążonym, obciążonym jakimś problemem
e.g. He explained that it wasn't normally his job; he'd **been saddled with** it when his assistant resigned.
- 1.102 **be on the verge of sth** = to be close to a situation that is likely to happen / być na skraju, na granicy
e.g. Many wild animals **are teetering on the verge of** extinction due to pollution and loss of habitat.
- 1.103 **urge** /ɜ:dʒ/ (v) = to try hard to persuade sb to do sth / namawiać, nakłaniać, przekonywać
e.g. At the public enquiry, the council members were **urged** to reconsider their plans to demolish the old building.
Der.: urge (n)
- 1.104 **processing** /'prəʊsesɪŋ/ (n) = a series of actions carried out in a computer in order to deal with information / przetwarzanie (np. danych w komputerze)
e.g. Advances in technology have made information **processing** much faster than before.
- 1.105 **precise** /pri'saɪs/ (adj) = exact and accurate / precyzyjny, dokładny
e.g. I can tell you the **precise** time of the earthquake because I remember looking at the clock a second before it struck.
Der.: precision /pri'sɪʒən/ (n)
- 1.106 **grip** /grɪp/ (v) = to take hold of sth, to draw one's attention / chwycić, porwać, wywrzeć wrażenie
e.g. The complicated plot of the novel **gripped** me and I couldn't stop reading until I finished the book.
Der.: grip (n)
- 1.107 **opponent** /ə'pəʊnənt/ (n) = a person playing or fighting against another / przeciwnik
e.g. With a final burst of energy, he sprinted clear of his **opponent** and over the finish line.
- 1.108 **free-lance** /'fri:lɑ:ns/ (adj) = not employed permanently by an organisation but paid for each piece of work / pracujący jako wolny strzelec, pracujący na własny rachunek
e.g. A **free-lance** journalist, who was in the province when it happened, first filed the news of the disaster.
Der.: freelance (adv), freelancer (n)
- 1.109 **tough** /tʌf/ (adj) = strong and determined, able to tolerate difficult situations / twardy, nieustępliwy
e.g. The surgeon remarked that his patient was **tough** and that he should make a full recovery with no after-effects.
Der.: toughness (n)

Fixed Phrases (with on)

- 1.110 **on the off-chance** = just in case / na wszelki wypadek, na wypadek gdyby
e.g. The prospective buyer called without an appointment **on the off-chance** that he would catch them in.
- 1.111 **on second thoughts** = after careful thinking / po namyśle
e.g. **On second thoughts**, he decided that he didn't want a new computer after all.
- 1.112 **on a whim** = impulsively / spontanicznie, bez wyraźnego powodu
e.g. Acting **on a whim**, the singer invited his whole family as well as his friends to go on holiday with him.
- 1.113 **on a budget** = with a limited amount of money to spend / oszczędnie (ze względu na ograniczone dochody)
e.g. The old man had a very small pension and had to live **on a budget**.

- 1.114 **on principle** = because of a particular belief /
z zasady
e.g. I refuse to buy products that have been tested
on animals **on principle**.
- 1.115 **on one's own** = by oneself, without anyone's help /
samodzielnie, samemu
e.g. Nobody taught him, the boy learned to swim
on his own.
- 1.116 **on target** = making progress, likely to achieve
the result that is wanted / zgodnie z planem
e.g. The building is scheduled to be ready by May,
and so far the work is **on target**.
- 1.117 **on duty** = working / pracujący, na służbie
e.g. The morning-shift nurses come **on duty**
at eight o'clock every day.
- 1.118 **on purpose** = intentionally / celowo, specjalnie
e.g. The youth explained that it was an accident;
he hadn't broken the window **on purpose**.
- 1.119 **on condition that** = only if / pod warunkiem, że
e.g. The taxi driver agreed to take the man and his pet
on condition that the dog stayed on the floor.
- 1.120 **impulsively** /ɪmˈpʌlsɪvli/ (adv) = without thinking /
impulsywnie, spontanicznie, odruchowo, nieopatrznie
e.g. He **impulsively** spent all his salary in just one day.
- 1.121 **vacancy** /ˈveɪkənsi/ (n) = a job or position which has
not been filled / wakat, wolna posada
e.g. There was a rumour that there was a **vacancy**
at the factory; within the hour twenty candidates
arrived, asking for the job.
- Phrasal Verbs**
- 1.122 **be carried away** /bi ˈkæriɪd əˈweɪ/ = to behave in
a silly, hasty or overenthusiastic way / dać się
ponieść (np. emocjom)
e.g. He **was carried away** with the thought of all
that money and began ordering expensive goods.
- 1.123 **carry off** /ˈkæri ˈɒf/ = to succeed in doing sth
difficult / osiągnąć coś trudnego, dać radę czegoś
dokonać
e.g. It won't be easy but this year the team might
just **carry it off**.
- 1.124 **carry on** /ˈkæri ˈɒn/ = to continue / kontynuować
e.g. The teacher was called away for a few minutes
and told the children to **carry on** with whatever they
were doing.
- 1.125 **carry out** /ˈkæri ˈaʊt/ = to do sth or put sth into
practice / przeprowadzić, wprowadzić w życie
e.g. The specialist explained that the procedure
he wanted to **carry out** had been very successful
in Europe.
- 1.126 **carry over** /ˈkæri ˈəʊvər/ = to allow sth to continue
to exist in a new situation / zachować, przenieść
e.g. Some of the religious practices were **carried over**
from pagan times and produced a curious mixture
of old and new religions.
- 1.127 **carry through** /ˈkæri ˈθruː/ = to succeed in putting
an idea into practice / przeprowadzić, doprowadzić
do realizacji
e.g. He had a plan of action and was determined
to **carry it through**.
- 1.128 **wear away** /ˈweər əˈweɪ/ = to become thin and
eventually disappear because of long use /
zetrzeć się, zużyć
e.g. The inscription on the coin had **worn away**
and was practically invisible.
- 1.129 **wear down** /ˈweə ˈdaʊn/ = to weaken sb or their
position by being more persistent than they
are / zmęczyć kogoś, osłabić czyjąś pozycję, wymoc
coś na kimś
e.g. The interviewer was well known for his ability
to **wear down** his subjects until he got them to say
what he wanted them to.
- 1.130 **wear off** /ˈweər ˈɒf/ = to disappear slowly until
no effect is felt / stopniowo zanikać
e.g. She was told that the eye drops would cause
blurred vision, but the effect would soon **wear off**.
- 1.131 **wear on** /ˈweər ˈɒn/ = (of time) to seem to pass
very slowly / wlec się, dłużyć się, mijać bardzo powoli
e.g. As the day **wore on**, the girl's parents became
increasingly worried about their daughter's
whereabouts.
- 1.132 **wear out** /ˈweər ˈaʊt/ = to use sth a lot so that
it becomes damaged and cannot be used
any longer / znosić coś, zniszczyć wskutek częstego
używania
e.g. Stop dragging your feet along the ground
in those new trainers; you will **wear them out**.
- 1.133 **wear through** /ˈweə ˈθruː/ = to develop a hole
where the material has become weak and
thin / (np. o materiale) przetrzeć się wskutek zużycia
e.g. Some people wear leather patches on their
jackets to prevent the elbows from **wearing through**.
- 1.134 **resistance** /rɪˈzɪstəns/ (n) = unwillingness to accept
a new idea or a change / opór; sprzeciw
e.g. The idea of a single European currency met with
resistance from older generations who were afraid
of change.
- 1.135 **upcoming** /ˈʌpˌkʌmɪŋ/ (adj) = happening in the near
future / nadchodzący; mający się pojawić

e.g. The writer explained that her **upcoming** new book was a sequel to the first and the second of a trilogy.

1.136 **trophy** /'trɒfi/ (n) = a prize given to the winner of a competition or race / **trofeum, główna nagroda**
e.g. If the same team wins the **trophy** three times in a row, they get to keep it.

1.137 **bob-sledding** /'bɒbsledɪŋ/ (n) = a race in a vehicle for two or more people, sliding downhill on snow and ice / **jazda na bobsleju**
e.g. **Bob-sledding** is not a sport you would associate with hot countries like Hawaii.

Idioms

1.138 **have the world at one's feet** = to be offered all the opportunities in one's life / **mieć u stóp cały świat**
e.g. Now that she received the award, she **had the world at her feet**; she felt there was nothing she couldn't do.

1.139 **be in seventh heaven** = to be extremely happy / **być w siódmym niebie**
e.g. When the couple moved into their new house, they **were in seventh heaven**.

1.140 **be a feather in one's cap** = to be an achievement that one is proud of / **być czymś największym osiągnięciem**
e.g. It would **be a feather in anyone's cap** to have the privilege of representing their country.

1.141 **have one's head in the clouds** = to be out of touch with reality, to have impractical ideas / **chodzić z głową w chmurach**
e.g. The president must **have his head in the clouds** if he thinks that military intervention will bring about peace.

1.142 **keep on top of things** = to be organised in one's work, making sure everything is under control / **mieć wszystko pod kontrolą, panować nad wszystkim**
e.g. A good boss **keeps on top of things** by verifying his employees' work every day.

1.143 **keep up with the Joneses** = to try to have or do the same things as other people, even if one does not have enough money or is not really interested / **naśladować innych ludzi, nawet jeśli nie ma się na to ochoty lub środków**
e.g. Too many people try to **keep up with the Joneses** and end up in debt.

1.144 **rub sb up the wrong way** = to offend or annoy sb / **nieumyślnie zirytować kogoś**
e.g. Bob has been very cool towards me, perhaps I **rubbed him up the wrong way**.

1.145 **steal the show** = to get a lot of attention or praise because one performs better than anyone else / **zwrócić na siebie uwagę na niekorzyść innej osoby**
e.g. Some actors and actresses refuse to work with children in case the latter **steal the show**.

1.146 **work one's way up to the top** = to move to the top slowly / **wedrzeć się na szczyt**
e.g. It's hard to **work your way up to the top** if you keep changing jobs.

1.147 **work one's fingers to the bone** = to work extremely hard / **urobić się po pachy, wypruć sobie żyły, bardzo się napracować**
e.g. I **worked my fingers to the bone** to make the business a success.

1.148 **labour** /'leɪbə/ (v) = to work hard using the hands / **pracować fizycznie, trudzić się**
e.g. The archaeologist **laboured** for weeks on end sifting through the remains.

Der.: labour (n)

1.149 **bankrupt** /'bæŋkrʌpt/ (adj) = not having enough money to pay one's debts / **zbankrutowany, niewypłacalny**
e.g. Thieving employees almost drove the company **bankrupt** before the thefts were discovered.

Der.: bankruptcy (n), bankrupt (v) (n)

1.150 **bearer** /'beərə/ (n) = sb who brings a message / **posłaniec, osoba przynosząca wieści**
e.g. He didn't want to be the **bearer** of bad news, but he felt that his brother should know the truth.

1.151 **fire** /'faɪə/ (v) = to dismiss sb from a job, sack / **zwolnić, wyrzucić z pracy**
e.g. The employee's bad timekeeping and poor work meant that his boss had no choice but to **fire** him.

Listening & Speaking (pp. 14-15)

1.152 **sibling** /'sɪblɪŋ/ (n) = brother or sister / **brat lub siostra, ktoś z rodzeństwa**
e.g. John did not have the musical ability of his **siblings** and eventually pursued a career in chemistry.

1.153 **pensioner** /'penʃənə/ (n) = sb who receives a regular sum of money from the state because they have retired / **emeryt**
e.g. The old man asked if there was a special discount available for **pensioners**.

1.154 **Internet search engine** /'ɪntənət 'sɜ:tʃ 'endʒɪn/ (n) = a tool used to look for information on the Internet / **wyszukiwarka internetowa**
e.g. Google is one of the most popular **Internet search engines**.

- 1.155 **alert** /ə'ɪɜ:t/ (adj) = paying full attention to things and able to deal with anything that might happen / **czujny**
e.g. They took turns at staying awake and being **alert** to keep watch while the others slept.
Der.: alertness (n)
- 1.156 **browse** /braʊz/ (v) = to search for information, to look through / **przeglądać, szukać (np. informacji)**
e.g. As she **browsed** through the magazines in the waiting room, she noticed that one of them was at least thirty years old.
Der.: browser (n)
- 1.157 **vast** /vɑ:st/ (adj) = huge, extremely large / **rozległy, ogromny**
e.g. The Empty Quarter is a **vast** desert in Saudi Arabia, populated by just a few nomadic tribes.
Der.: vastness (n), vastly (adv)
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- Reading (pp. 16-17)**
- 1.158 **infer** /ɪn'fɜ:t/ (v) = to deduce, decide that sth is true / **wynioskować, wydedukować**
e.g. The secretary **inferred** from the manager's glare that he was not at all satisfied with her performance.
Der.: inference /ɪnfə'rens/ (n)
- 1.159 **outbreak** /'aʊtbreɪk/ (n) = a sudden start of sth unpleasant / **wybuch (np. wojny, epidemii), nagłe wystąpienie**
e.g. There has been an **outbreak** of the flu virus and hundreds of people have been taken ill.
- 1.160 **joviality** /,dʒəʊvɪ'æltɪti/ (n) = being happy, cheerful and friendly / **jowialność, wesołość**
e.g. He was a sad figure and had none of the **joviality** of his elder brother, who always seemed to be happy.
- 1.161 **beam** /bi:m/ (v) = to have a big smile on the face because one is happy, pleased or proud about sth / **rozpromienić się**
e.g. He **beamed** with delight as he opened his birthday presents.
- 1.162 **grin** /grɪn/ (v) = to smile broadly / **uśmiechać się szeroko**
e.g. Laughing and **grinning** with pleasure, the brothers greeted each other.
Der.: grin (n)
- 1.163 **smirk** /smɜ:k/ (v) = to smile in an unpleasant way, often because one believes one has gained an advantage over sb or knows sth that the others don't know / **uśmiechać się z wyższością**
e.g. The boy **smirked** as he boasted to his friends what he had just seen through his neighbour's window.
Der.: smirk (n)
- 1.164 **budget** /'bʌdʒɪt/ (n) = a financial plan showing the expenses and income / **budżet**
e.g. He drew up a monthly **budget** to see exactly what he was spending his money on and where he could economise.
- 1.165 **perk up** /'pɜ:k 'ʌp/ (phr v) = to become cheerful and lively after feeling tired, bored or depressed / **ożywić się**
e.g. The men **perked up** when they were told they were going to be sent home on the first transport available.
- 1.166 **collective** /kə'lektɪv/ (adj) = shared by every member of a group / **wspólny, zbiorowy, gremialny, kolektywny**
e.g. The crew had a **collective** feeling of relief as the lifeboat came into sight.
Der.: collectively (adv)
- 1.167 **scepticism** /'skeptɪsɪzəm/ (n) = great doubt about whether sth is true or useful / **sceptycyzm**
e.g. Most people regard ghost stories with considerable **scepticism**.
- 1.168 **anti-depressant** /,æntɪdɪ'presənt/ (n) = a drug for people who are suffering from depression / **lek antydepresyjny**
e.g. Some **anti-depressants** have to be taken for several weeks before they have any effect.
- 1.169 **incivility** /,ɪnsɪ'vɪlɪti/ (n) = rudeness / **niegrzeczność, nieuprzejmość**
e.g. The **incivility** of the hotel manager took the guests by surprise when they complained about the service.
- 1.170 **apathy** /'æpəθi/ (n) = lack of interest or enthusiasm about doing anything / **apatia**
e.g. After his wife died, he went through a period of **apathy**; nothing seemed to be of any importance any more.
Der.: apathetic /æpə'θetik/ (adj)
- 1.171 **gloom** /glu:m/ (n) = feeling of sadness and lack of hope / **przygnębienie, ponurość, posępność**
e.g. With a sense of **gloom**, the couple realised that they would have to sell their home to pay for their son's defence.
Der.: gloomy (adj), gloomily (adv)
- 1.172 **stark** /stɑ:k/ (adj) = harsh, unpleasant / **(skrajnie) nieprzyjemny**
e.g. With neither job nor savings, he had to face the **stark** reality.
- 1.173 **wretched** /'retʃɪd/ (adj) = pitiful, miserable / **nieszczęśliwy, nieszczęsny, biedny**
e.g. Many of Charles Dickens' works reflect his own **wretched** early life.
Der.: wretchedness (n)

- 1.174 **lot** /lot/ (n) = a group of people or a set of things / grupa ludzi lub zestaw rzeczy
e.g. The first **lot** of guests has arrived at the hotel.
- 1.175 **blast** /blɑːst/ (v) = to explode; here: to move powerfully on / **wybuchać; tu: przekroczyć jakąś granicę, pokonać opór**
e.g. The police **blasted** their way into the house.
- 1.176 **life expectancy** /'laɪf ɪk'spektənsɪ/ (n) = the number of years that a person is likely to live / **średnia długość życia**
e.g. **Life expectancy** for women has much improved in the last twenty years.
- 1.177 **mortality rate** /mɔː'tælɪti 'reɪt/ (n) = death rate, the number of people who die / **śmiertelność**
e.g. The **mortality rate** among malaria victims is very high in some countries.
- 1.178 **imply** /ɪm'plaɪ/ (v) = to suggest, hint, say sth in an indirect way / **sugerować, dawać do zrozumienia**
e.g. The police officer said that asking a few questions did not **imply** that a person was guilty of any offence.
Der.: implication (n), implicit (adj)
- 1.179 **stingy** /'stɪndʒi/ (adj) = unwilling to spend money, mean / **skąpy**
e.g. The whole family were known to be **stingy** and refused to heat or light their house.
Opp.: generous
- 1.180 **alleviate** /ə'liːviət/ (v) = to make an unpleasant condition or feeling less intense or severe / **złagodzić**
e.g. Antihistamine tablets will help to **alleviate** the symptoms of hay fever, but some sufferers become drowsy because of them.
Der.: alleviation (n)
- 1.181 **privilege** /'prɪvɪlɪdʒ/ (n) = a special right or advantage enjoyed by a person or group / **przywilej**
e.g. Political prisoners are allowed certain **privileges** such as the use of a telephone.
Der.: privileged (adj)
- 1.182 **early to bed, early to rise, makes people healthy, wealthy and wise** (proverb) = **Kto rano wstaje, temu Pan Bóg daje**
- 1.183 **ingrate** /ɪnɡreɪt/ (n) = sb who is ungrateful / **niewdzięcznik**
e.g. The woman felt that her son was an **ingrate** because he didn't appreciate anything she did for him.
- 1.184 **goody** /'ɡuːdi/ (n) = anything that is attractive and that people want to have / **smakoty, prezent, dodatek, gadżet**
e.g. This company gives away a lot of free **goodies** like T-shirts or key-rings.
- 1.185 **capture** /'kæptʃə/ (v) = to express sth successfully / **ująć, uchwycić, wyrazić (np. na obrazie lub w słowach)**
e.g. The photographer **captured** the happiness of the couple as they exchanged vows.
- 1.186 **wake up to sth** /'weɪk 'ʌp tə/ (phr v) = to realize that sth is important / **uświadomić sobie coś, zdać sobie sprawę z czegoś**
e.g. Drug addicts have to **wake up to** the dangers of AIDS.
- 1.187 **capitalism** /'kæpɪtəlɪzəm/ (n) = **kapitalizm**
- 1.188 **likewise** /'laɪkwaɪz/ (adv) = similarly / **podobnie, tak samo**
e.g. The man explained how hard he had worked to become qualified and suggested that his son should do **likewise**.
- 1.189 **residence** /'rezɪdəns/ (n) = home, house / **miejsce zamieszkania, mieszkanie**
e.g. "Is this the Browns' **residence**?" the caller asked.
- 1.190 **shrink** /ʃrɪŋk/ (v) = to become smaller in size / **skurczyć się**
e.g. Some natural fibres such as wool or cotton will **shrink** if washed in water that is too hot.
- 1.191 **hut** /hʌt/ (n) = a small house made of wood, mud, grass or stones / **chatka, lepianka**
e.g. The tribe of nomads were living in grass **huts**, deep in the forest.
- 1.192 **affluent** /'æfluənt/ (adj) = having a lot of money, prosperous, wealthy / **zamożny, bogaty**
e.g. The dictator enjoyed an **affluent** lifestyle while all around him the people were starving.
Der.: affluence (n)
Opp.: poor
- 1.193 **beam** /biːm/ (v) = to send somewhere by means of electronic equipment / **nadać, przesać za pośrednictwem sprzętu elektronicznego**
e.g. Satellite technology means that information can now be **beamed** to anywhere in the world.
- 1.194 **understandably** /ˌʌndə'stændəbli/ (adv) = in a natural, comprehensible way / **zrozumiale, rzecz jasna, oczywiście**
e.g. The woman was **understandably** very upset when she realised somebody had stolen her purse.
- 1.195 **jump start** /'dʒʌmp 'stɑːt/ (n) = a sudden change or start that is expected to ensure efficient functioning / **przeskok, nagły start, zryw**
e.g. The government attempted to give the industry a **jump start**.
- 1.196 **diamond-studded** /'daɪəmənd 'stʌdɪd/ (adj) = decorated with little diamonds / **wysadzany brylantami**

- e.g. Jack bought his wife a beautiful **diamond-studded** watch for her birthday.
- 1.197 **cool** /ku:l/ (adj) = used about a sum of money to stress how large it is / (o dużej sumie) okrągły (np. tysiąc)
e.g. They say the company made a **cool** million in the first year of trading.
- 1.198 **count** /kaʊnt/ (n) = a point that is considered / kwestia, punkt, aspekt
e.g. You are wrong on almost every **count**; I think you have to reconsider your argumentation.
- 1.199 **unavoidable** /ˌʌnəˈvɔɪdəbəl/ (adj) = (of sth) that cannot be prevented / nieunikniony
e.g. I'm afraid that the accident was **unavoidable**; he simply drove too fast.
Der.: unavoidably (adv)
- 1.200 **unacceptable** /ˌʌnəkˈseptəbəl/ (adj) = having a quality that people strongly disapprove of or object to / niedopuszczalny, nie do przyjęcia
e.g. The children were told that running along the corridors was **unacceptable** behaviour.
Der.: unacceptably (adv)
- 1.201 **prosaic** /prəʊˈzeɪɪk/ (adj) = dull, uninteresting / prozaiczny, przyziemny
e.g. Peter thought that the author's works were **prosaic**, but he had to read them for his course work.
Opp.: interesting
- 1.202 **contributor** /kənˈtrɪbjʊtər/ (n) = here: one of the causes of an event or situation / tu: jedna z przyczyn, czynnik sprawczy
e.g. His spending habits were a **contributor** to his difficult financial situation.
- 1.203 **dejected** /diˈdʒektɪd/ (adj) = miserable, unhappy / przygnębiony, przybity
e.g. Some of the students looked **dejected** as they left the examination room because they thought they had failed.
- 1.204 **glum** /glʌm/ (adj) = sad and quiet because of disappointment or unhappiness / ponury, posępny, oswiały
e.g. Daniel had every reason to be happy, but he still felt **glum** and couldn't say why he felt that way.
Der.: glumly (adv)
- 1.205 **famine** /ˈfæmɪn/ (n) = a situation in which large numbers of people have little or no food and many of them die; here: shortage / głód, niedostatek, brak
e.g. There seems to be a **famine** of good jobs in this town; I think I'll have to move away to find work.
- 1.206 **interpersonal relations** = relations between people / stosunki interpersonalne, międzyludzkie
e.g. John was told that his **interpersonal relations** would have to improve if he wanted to be promoted.
- 1.207 **encircling** /ɪnˈsɜːklɪŋ/ (adj) = surrounding or enclosing; here: including / otaczający, okalający; tu: zrzeszający, obejmujący (np. różne grupy)
e.g. Our party is known for its policy of **encircling** membership: you don't have to be introduced by any of the active members.
- 1.208 **inclusive** /ɪnˈkluːsɪv/ (adj) = here: including all kinds of people / zrzeszający, dostępny dla różnych ludzi
e.g. This club is far more **inclusive** than it used to be.
Opp.: exclusive
- 1.209 **solid** /ˈsɒlɪd/ (adj) = carefully developed and strong / solidny
e.g. Banks are usually **solid** buildings, so that their strength reassures customers.
- 1.210 **lawn** /lɔːn/ (n) = an area of grass that is kept short / trawnik
e.g. The **lawn** behind the house needed to be mowed at least twice a week.
- 1.211 **call in sick** = to phone one's supervisor, informing that one cannot come to work because of an illness / zadzwonić do pracy i powiadomić o (nagłej) chorobie
e.g. Steve felt unwell that morning so he phoned his boss and **called in sick**.

 English in Use (pp. 18-21)

- 1.212 **compliment sb on sth** /ˈkɒmplɪmənt/ (v) = to make a polite remark to show that one approves of sb's appearance or work / powiedzieć komuś komplement
e.g. He **complimented** me on my outfit and told me I looked as if I had stepped off the pages of a fashion magazine!
Der.: complimentary (adj), compliment (n)
- 1.213 **compensate sb for sth** /ˈkɒmpənsət/ (v) = to pay sb for sth they have lost / zrekompensować, wynagrodzić
e.g. The post office eventually agreed to **compensate** Harry for the loss of his parcel.
Der.: compensation (n), compensatory (adj)
- 1.214 **motivator** /ˈməʊtɪveɪtər/ (n) = sb or sth that makes one behave in a particular way / osoba lub czynnik motywujący do określonego działania
e.g. Of the two boys, Tim was considered to be the prime **motivator** in most of the pranks they got up to.

- 1.215 **accomplish** /ə'kʌmplɪʃ/ (v) = to succeed in doing sth / **osiągnąć**
e.g. Thomas was told that if he continued to practise hard, he would eventually **accomplish** his goal to become the champion.
Der.: accomplishment (n)
- 1.216 **distract** /dɪs'trækt/ (v) = to take sb's attention away from sth / **odwrócić uwagę, rozproszyć**
e.g. One of the girls **distracted** the shop assistant while the other stole cosmetics from the counter.
Der.: distraction (n)
- 1.217 **and vice versa** = the reverse of what one has said is true / **i na odwrót, i vice versa**
e.g. Alf agreed that his friend had helped him on many occasions, "**and vice versa**," he added.
- 1.218 **a far cry from** (idm) = very different from / **bardzo różny od, zupełnie inny niż**
e.g. The scientist told the reporter that although there were several outbreaks of the disease, it was **a far cry from** an epidemic.
- 1.219 **downright** /'daʊnraɪt/ (adv) = completely, absolutely / **zupełnie, kompletnie**
e.g. The conditions they had to live in were **downright** disgusting, with rats and filth everywhere.
Der.: downright (adj)
- 1.220 **stomach-churning** /'stʌmək,tʃɜ:nɪŋ/ (adj) = making sb physically sick / **przyprawiający o mdłości**
e.g. He's so afraid of the dentist that every visit is a **stomach-churning** experience for him.
- 1.221 **octogenarian** /,ɒktəʊdʒɪ'neəriən/ (n) = sb who is between eighty and eighty-nine years old / **osiemdziesięciolatek**
e.g. The woman claimed to be an **octogenarian**, but birth records proved she was more than ninety years old.
- 1.222 **milestone** /'maɪlstəʊn/ (n) = an important event in the history or development of sth / **kamień milowy**
e.g. Jason had never mixed with other children before, so his first day at school was a **milestone** in his life.
- 1.223 **the world is sb's oyster** (idm) = sb can go anywhere or do anything / **świat stoi przed kimś otworem**
e.g. Now that she was qualified, **the world was her oyster**; she felt there was nothing she couldn't do.
- 1.224 **well-heeled** /,wel'hild/ (adj) = wealthy / **bogaty, dobrze ustawiony**
e.g. Although Mike's family were **well-heeled**, they refused to help him when he got into trouble.
- 1.225 **extravagant** /ɪks'trævəgənt/ (adj) = spending too much money or using more of sth than is reasonable / **rozzrutny**
e.g. The **extravagant** use of fossil fuels is causing environmental damage.
Der.: extravagantly (adv), extravagance (n)
- 1.226 **dearly** /'diəli/ (adv) = very much / **bardzo, ogromnie**
e.g. Jonathan was told that he **dearly** needed an operation before he could play football again.
- 1.227 **outrageously** /aʊt'reɪdʒəsli/ (adv) = in an unacceptable or very shocking way / **skandalicznie, okropnie**
e.g. Paul behaved **outrageously** at the party and was ashamed and embarrassed the next day when he remembered what he had done.
- 1.228 **explicitly** /ɪk'splɪsɪtli/ (adv) = in an open and clear way without attempting to hide anything / **jasno i wyraźnie**
e.g. The broadcaster **explicitly** described the conditions of the camp and the poverty of the refugees.
- 1.229 **attain** /ə'teɪn/ (v) = to gain, achieve sth after a lot of effort / **zdobyć, osiągnąć**
e.g. If she wanted a better job, Alison knew she would have to **attain** some additional skills.
Der.: attainment (n)
- 1.230 **pacify** /'pæsɪfaɪ/ (v) = to succeed in calming sb down / **uspokoić**
e.g. The boy was all in tears and the mother could not **pacify** him.
- 1.231 **absorb** /əb'sɔ:b/ (v) = to interest sb a great deal and take up all their attention and energy / **pochłonać**
e.g. Janice was so **absorbed** in her book, she didn't even look up when Paul entered the room.
- 1.232 **loom** /lu:m/ (v) = to appear in a frightening way / **wyłonić się złowrogo**
e.g. A shadowy figure **loomed** out of the mist and came towards them.
- 1.233 **sharpen** /'ʃɑ:pən/ (v) = here: to improve a skill / **zaostrzyć; tu: doskonalić, poprawić**
e.g. Ted knew that the only way to **sharpen** his computer skills was to go to evening classes.
- 1.234 **to keep one's fingers crossed (for sb)** (idm) = to wish sb good luck, to hope for good luck / **trzymać kciuki (za kogoś)**
e.g. I'm **keeping my fingers crossed** that this new program for my computer will do the trick at last.
- 1.235 **premises** /'premɪsɪz/ (n pl) = the building and land owned by a business or an institution / **teren, siedziba, lokal (należący do jakiejś instytucji)**
e.g. The intruder was escorted out of the **premises** by two police officers.

- 1.236 **induction** /ɪn'dʌkʃən/ (n) = a procedure for introducing sb to a new job / **oficjalne zapoznanie kogoś z jego stanowiskiem pracy**
e.g. After his initial **induction**, Bill was put to work on the assembly line in the factory.
- 1.237 **admin** /'ædmin/ (n) = (informal) administrative matters, the process of organising an institution / **sprawy administracyjne, organizacyjne**
e.g. One secretary cannot keep up with the **admin** in this company!
- 1.238 **be the new one on the block** = to be a newcomer in a place or a job / **być gdzieś nowym**
e.g. Steve complained that he was being singled out because he was **the new one on the block**.
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- Writing (pp. 22-26)**
- 1.239 **take issue with** = to disagree with and start arguing about sth / **mieć inne zdanie i podjąć dyskusję**
e.g. The chairperson **took issue with** the suggestion that he had acted improperly.
- 1.240 **voice one's concern about** = to express a worry about sth / **wyrazić swoje zaniepokojenie, zatroskanie**
e.g. Scientists have been **voicing their concerns about** the damage being done to the environment.
- 1.241 **underfunded** /ˌʌndə'fʌndɪd/ (adj) = not having enough money to spend and therefore unable to function properly / **niedofinansowany**
e.g. The housing director complained that the project was **underfunded** and needed an immediate injection of cash to continue.
- 1.242 **congested** /kən'dʒestɪd/ (adj) = extremely crowded and blocked with traffic or people / **zatłoczony, zapchany**
e.g. The council refused to issue licences to any more stallholders because the market was already **congested** and there was no room for them.
- 1.243 **insufficient** /ˌɪnsə'fɪʃənt/ (adj) = inadequate, not enough in amount or degree for a particular purpose / **niewystarczający**
e.g. Rupert was unable to draw any money from the ATM because there were **insufficient funds** in his account.
Der.: insufficiency (n), insufficiently (adv)
- 1.244 **widespread** /'waɪdspred/ (adj) = extensive, existing over a large area or to a great extent / **rozległy, na szeroką skalę, szeroko zakrojony**
e.g. The river burst its banks at several points and caused **widespread** flooding.
- 1.2745 **damp patch** /'dæmp 'pætʃ/ (n) = a slightly wet place on the wall or ceiling, different in colour / **zaciek**
e.g. The roof was damaged and after the rain **damp patches** appeared on the ceiling.
- 1.246 **consistent** /kən'sɪstənt/ (adj) = including elements that do not conflict with each other / **jednolity, spójny, logiczny**
e.g. Select your points carefully and make your presentation **consistent**.
Der.: consistency (n)
- 1.247 **incentive** /ɪn'sentɪv/ (n) = sth that encourages sb to do things / **zachęta, bodziec**
e.g. As an added **incentive**, the men were offered a bonus if the work was finished on time.
- 1.248 **reiteration** /ˌriːtə'reɪʃən/ (n) = repetition / **powtórzenie**
e.g. The president's words were just a **reiteration** of what he had said in previous speeches.
- 1.249 **capacity** /kə'pæsɪti/ (exp) = the official position or function / **stanowisko, kompetencje**
e.g. In his **capacity** as company accountant, it was his job to conduct an annual audit.
- 1.250 **qualify** /'kwɒlɪfaɪ/ (v) = to have all the necessary skills to do a particular job / **mieć, zdobyć kwalifikacje, uprawnienia**
e.g. Before he became a writer, Arthur Conan Doyle **qualified** as a doctor in Edinburgh.
Der.: qualified (adj), qualification (n)
- 1.251 **in anticipation** = beforehand, in advance / **z góry**
e.g. Thank you **in anticipation** for considering my application.
- 1.252 **live off** /'lɪv 'ɒf/ (phr v) = to get money from sth or sb and use it in order to live / **żyć za określoną kwotę pieniędzy**
e.g. The writer was forced to **live off** his savings while he wrote his first book.
- 1.253 **contribute** /kən'trɪbjʊt/ (v) = to offer money or resources to help achieve a particular purpose / **przyczynić się, mieć swój wkład**
e.g. The staff members were asked if they had anything else to **contribute** to the discussion.
Der.: contribution (n), contributor (n)
- 1.254 **taxpayer** /'tækspeɪə/ (n) = sb who pays part of their income to the government / **podatnik**
e.g. In the election campaign, the **taxpayers** were promised a much better deal in the next budget.
- 1.255 **overworked** /ˌəʊvə'wɜ:kɪd/ (adj) = very tired or ill because of too much work / **przepracowany, zapracowany**
e.g. The mother complained that she felt **overworked** because of the demands of her three young children.

VOCABULARY EXERCISES

A Wybierz właściwe słowo lub zwrot.

- 1 We are going to need a lot of equipment in order to this experiment.
A carry off C carry out
B carry on D carry over
- 2 Working in the fashion industry is very, as people are often prepared to pay a lot of money to look good.
A proactive C potential
B profitable D prosaic
- 3 I never liked Bill; I realise now that I should have trusted my
A intellect C incivility
B inspiration D intuition
- 4 He has taken some painkillers but when the effects, his leg will hurt quite badly.
A wear away C wear off
B wear down D wear out
- 5 The company gave me this free TV to for all the trouble I have had.
A compensate C compliment
B contribute D compromise
- 6 Amanda usually trusts her when she makes a decision; she believes in following her feelings.
A team spirit C competitive spirit
B gut instinct D quick thinking
- 7 I didn't break your stereo; it was an accident.
A on purpose C on duty
B on principle D on target
- 8 His sister's success acted as a(n) to him and made him work hard in order to keep up with her.
A javelin C obstacle
B hurdle D spur
- 9 He says that he doesn't feel very well, but I expect he will if I suggest going out for ice cream.
A mark off C live out
B ride on D perk up
- 10 His behaviour last night was; I don't think I will ever be able to forgive him.
A unavoidable C insurmountable
B unacceptable D understandable

B Uzupełnij tekst wyrazami utworzonymi od słów podanych w tej samej linii po prawej stronie.

When John decided to take early 0) *retirement*, his boss threw him a party to celebrate the start of his life as a 1) All of his colleagues were there, and many made 2) speeches about how 3) John had been, and how much he had helped them. The boss praised John for running his department 4) and for being an 5) to the other staff. He said that John's greatest 6) in his career was that he had set a great example to his colleagues. He then gave John a gift. All the staff had made a 7) and bought him a gold watch. John thanked everyone most 8) and told them all that he felt extremely 9) to have worked with such wonderful people. He was feeling 10) emotional by this point and he felt that he would truly miss being a part of the company.

RETIRE
PENSION
COMPLIMENT
INFLUENCE
EFFECTIVE
INSPIRE
ACCOMPLISH
CONTRIBUTE
SINCERE
PRIVILEGE
UNDERSTAND

C Uzupełnij zdania podanymi słowami.

• stingy • fire • budget • labour • boost • anniversary • gratitude • resign • trophy • sibling

- Little Susie can't wait for the baby to be born; she is so excited about having a new
- It is illegal to an employee without a good reason.
- We are organising a party for our parents' golden wedding
- Mark is so; he never offers to buy anyone a drink.
- I have decided to from my job as I have got a position with a larger company.
- After she helped him move house, he sent her a large bouquet of flowers to express his
- The team captain proudly held the silver over his head as the fans cheered.
- I haven't got much money at the moment, so I'm living on a tight
- When my grandfather was a young boy, he used to in the fields instead of going to school.
- This new advertising campaign should the company's sales figures.

D Podkreśl właściwe słowo.

- I can't concentrate when the TV is on; it's too much of a **diplomacy/discipline/distraction**.
- After some **persuasion/permutation/persistence**, she agreed to host the end-of-term party.
- There is a **vacancy/victory/visualisation** at this company; would you like to apply for the position?
- By telling us about her new job, I think she was trying to **interpret/imply/infer** that she was more successful than we could ever be.
- She is not the most **consistent/congested/collective** of employees; sometimes she works very hard, but at other times she can be quite lazy.
- I wish he wouldn't **beam/grin/smirk** at me like that; it makes me feel as though he knows something I don't.

E Dopasuj do siebie zwroty z kolumn A i B. Utwórz właściwe kolokacje, a następnie uzupełnij nimi podane zdania.

A

1	have the world
2	be in
3	rub
4	keep on
5	steal
6	work one's way
7	work one's fingers
8	keep up
9	have one's head
10	be a

B

a	to the bone
b	up to the top
c	seventh heaven
d	feather in one's cap
e	top of things
f	the show
g	in the clouds
h	sb up the wrong way
i	at one's feet
j	with the Joneses

- That girl; she walks around as if she is in a dream.
- Frank started off as an errand boy in the company, but he slowly
- All the actors were good, but Chad Schmidt with his excellent portrayal of Hamlet.
- Poor Maria! She trying to look after her four children and work full time.
- He's got a new job and a luxurious flat; it's no wonder he
- It's ridiculous to spend money you haven't got on doing up the house just to
- I don't know why he gets on my nerves; he just seems to
- If he manages to close the deal on his own, it will
- She came from a poor background, but now she is rich and famous and
- I'm working overtime this week because I've got a lot of work to do and I need to

- F W większości linijek w tekście jest jedno zbędne słowo. Znajdź je i zapisz w wyznaczonym miejscu po prawej stronie. Jeśli w danej linijce nie ma zbędnego słowa, zaznacz ją znakiem (V).

If you are considering working from home, there are a few of things you need to think of. You may dream of having no bosses looking over your shoulder, no struggling to do work through heavy traffic and no putting on an uncomfortable suit on every morning, but this is only half the story. "I knew that working from home was right for me because I never missed the office gossip," says David Hollings, who he has been working from home for four years. If so you are the kind of person who gets lonely working on your own, you are not going to be happy and productive working from home. The good homeworkers are independent, self-motivated and self-disciplined. They are most happiest when they're able to make up their own decisions and work without supervision. A simple test is to ask yourself, "Would I trust myself to work from the home?" Even if you feel comfortable with the idea of being alone all day and being your own boss, there is also the matter of availability still. When you work in an office, it is easy to put a limit on your working hours. Once you leave from the office, the rest of the day is your own. Homeworkers often find out that they work longer hours, because they are always "in the office", and that they accept when business calls at any time for the same reason. It is important to decide which hours are for work and which for a play.

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2

Escape Artists

Lead-in (p. 23)

- 2.1 **backpacking** /'bækpækɪŋ/ (n) = a type of holiday in which one travels with a backpack (a bag with straps for carrying things on one's back, a rucksack) / **podróżowanie z plecakiem**
e.g. Many students take a gap year before university and go **backpacking** around Europe.
- 2.2 **hiking** /'haɪkɪŋ/ (n) = going for a long walk in the country for pleasure / **wędrowanie pieszo**
e.g. I like **hiking** with friends in the mountains, and we normally cover very long distances.
- 2.3 **package holiday** /'pækɪdʒ 'hɒlɪdeɪ/ (n) = a holiday arranged by a travel company which books one's travel and accommodation / **wakacje zorganizowane (przez biuro turystyczne)**
e.g. Many travel agents have extremely good deals on **package holidays** to the Caribbean, with everything included in the price.

- 2.4 **pony-trekking** /'pɒni,trekɪŋ/ (n) = riding across country on ponies for pleasure / **jeźdźenie na kucykach**
e.g. Janet is attracted by the idea of **pony-trekking** in the Lake District, where ponies carry tourists along many dangerous paths.

Reading (pp. 28-29)

- 2.5 **overrated** /,əʊvə'reɪtɪd/ (adj) = valued more than one deserves / **przeceniany, przereklamowany**
e.g. His political influence is **overrated**; he is not as important as people think.
Opp.: underrated
- 2.6 **yarn** /jɑ:n/ (n) = a story with invented details which make it more interesting / **anegdota, historia pełna zmyślonych szczegółów**
e.g. He has a talent for spinning a good **yarn**; in fact, nobody can tell a story as he can.

- 2.7 **unparalleled** /ʌn'pærələld/ (adj) = (of sth) that can't be compared to anything else of its kind / **niezrównany**
e.g. It was an **unparalleled** opportunity to get to know New Zealand so well.
- 2.8 **intellectual** /,ɪntɪ'lektʃʊəl/ (n) = sb who spends a lot of time studying and thinking about complex ideas / **intelektualista**
e.g. Einstein will always be remembered as one of the greatest **intellectuals** of the twentieth century.
Der.: intellectual (adj), intellectually (adv)
- 2.9 **dismiss** /dɪs'mɪs/ (v) = to decide that sth is not important enough to consider / **odrzuć, zlekceważyć**
e.g. The Prime Minister **dismissed** the allegations as unfounded and not even important enough to discuss.
Der.: dismissive (adj), dismissal (n)
- 2.10 **boyish** /'bɔɪʃ/ (adj) = of a boy, childish / **chłopięcy**
e.g. People always remarked on his **boyish** appearance because he looked very young for his age.
- 2.11 **arguably** /'ɑːɡjuəbli/ (adv) = in a way that can be supported by evidence / **zapewne, można dowieść, że**
e.g. **Arguably**, the discovery of penicillin was one of the greatest medical breakthroughs of the twentieth century.
- 2.12 **dismay** /dɪs'meɪ/ (n) = a strong feeling of fear, worry or sadness / **ostupienie, przerażenie, konsternacja**
e.g. When Joan discovered that her grandson had been skipping classes, her **dismay** was immense; she was extremely disappointed with him.
Der.: dismay (v)
- 2.13 **merely** /'mɛrɪli/ (adv) = just, simply / **po prostu, jedynie, zaledwie**
e.g. It was **merely** a request, not a demand.
- 2.14 **ingrained** /,ɪn'ɡreɪnd/ (adj) = rooted, difficult to change or remove / **wrodzony, zakorzeniony, wrośnięty**
e.g. His beliefs were deeply **ingrained** and it was unlikely they could be changed.
- 2.15 **dog-eared** /'dɒɡ,ɛəd/ (adj) = (of a book) used so much that the corners of the pages are turned down or torn / **(o książce) z pozaginanymi rogami**
e.g. The page of the book had become **dog-eared** through continuous use.
- 2.16 **avidly** /'ævɪdli/ (adv) = enthusiastically / **entuzjastycznie, z zapalem**
e.g. He was an enthusiastic pupil who **avidly** participated in class discussions.
- 2.17 **hallucinatory** /hə'ljuːsɪnətəri/ (adj) = resembling hallucinations, unreal / **rodem z halucynacji, baśni lub snu, nierealny**
e.g. **Hallucinatory** drugs make you see things that aren't there.
- 2.18 **stash** /stæʃ/ (v) = to store sth valuable in a safe or a secret place / **chować coś cennego**
e.g. He didn't want anyone else to see it and **stashed** it in his secret hiding place.
- 2.19 **intelligentsia** /ɪn,telɪ'dʒentsiə/ (n) = the most educated people in a country or community / **inteligencja (jako grupa społeczna)**
e.g. George Bernard Shaw was a member of the literary **intelligentsia** in the 1920s.
- 2.20 **deride sb/sth** /dɪ'raɪd/ (v) = to say that sb or sth is stupid or has no value, to ridicule / **drwić, szydzić z kogoś lub czegoś**
e.g. His fellow politicians **derided** the minister's proposed tax reforms, letting him know just how inadequate his ideas were.
- 2.21 **at large** = as a whole, in general / **ogólnie rzecz biorąc, w większości**
e.g. Support for the government amongst the population **at large** is low.
- 2.22 **gratifying** /'grætɪfaɪɪŋ/ (adj) = giving pleasure or satisfaction / **satysfakcjonujący, zadowolający**
e.g. After months of hard work, it was **gratifying** to see the finished product.
- 2.23 **devour** /dɪ'vəʊə/ (v) = to read a book or magazine quickly and with great enthusiasm / **pochłaniać, pożerać (np. książkę)**
e.g. He was an avid reader and could **devour** a book in one sitting.
- 2.24 **scope** /skəʊp/ (n) = a range of themes, characters, events, etc / **zakres**
e.g. We did not cover several issues in our article: they are outside its **scope**.
- 2.25 **stern** /stɜːn/ (adj) = serious, strong, severe / **srogі, surowy**
e.g. The children received a **stern** warning not to go near the edge of the cliff.
- 2.26 **contemptible** /kən'temptɪbəl/ (adj) = undeserving respect, despicable / **godny pogardy, podły**
e.g. Hiding the doll was a **contemptible** trick to play on your sister.
- 2.27 **enduring** /ɪn'djuərəɪŋ/ (adj) = long-lasting / **trwały, wytrzymały**
e.g. The pyramids are the **enduring** legacy of the Egyptian pharaohs.

- 2.28 **ravenous for sth** /'rævənəs/ (adj) = starving, hungry (for sth) / **głodny, spragniony (dosłownie i w przenośni)**
e.g. People are **ravenous for** a more comprehensible tax system.
- 2.29 **crux** /krʌks/ (n) = the most important or difficult part of a problem / **sedno sprawy lub problemu**
e.g. Let's go first to the **crux** of the matter and the details can be discussed later on.
- 2.30 **repel** /rɪ'pel/ (v) = to repulse / **odpychać, odstręczać, budzić wstręt**
e.g. The violent behaviour of the football hooligans **repelled** all the spectators.
Der.: repelling (adj)
Opp.: attract
- 2.31 **notion** /'nəʃjən/ (n) = an idea, concept / **pojęcie, myśl**
e.g. Perhaps the **notion** that one man can change the world is not such a far-fetched idea.
- 2.32 **realm** /reɪm/ (n) = an area of activity, interest or thought / **dziedzina**
e.g. You should stick to the **realm** of politics; that is your area of expertise after all.
- 2.33 **nursery rhyme** /'nɜ:səri raɪm/ (n) = a poem or song for young children / **wierszyk dla dzieci, rymowanka**
e.g. For her fifth birthday, Annie got a book of **nursery rhymes**.
- 2.34 **fanciful** /'fænsɪfəl/ (adj) = based on imagination, unrealistic / **zmyślony, wymyślony**
e.g. What I like about this book is the **fanciful** story it tells.
- 2.35 **concept** /'kɒnsept/ (n) = an idea, notion / **pojęcie, koncepcja**
e.g. The first person to give the **concept** of a "just war" a thorough examination was St Thomas Aquinas.
- 2.36 **be grounded in/on sth** = to be based on sth / **opierać się na czymś**
e.g. My trust in people **is grounded on** the assumption that they are basically good.
- 2.37 **expertise** /,ekspɜ:'ti:z/ (n) = a special skill or knowledge acquired by training, study or practice / **doświadczenie zawodowe, biegłość, znanstwo**
e.g. Your **expertise** is required because you've been specially trained to do the job.
- 2.38 **quandary** /'kwɒndəri/ (n) = inability to make a decision in a difficult situation, a dilemma / **dylemat, kłopotliwe położenie**
e.g. Many governments in Europe are in a **quandary** about what to do with the influx of refugees.
- 2.39 **inconsistency** /,ɪnkən'sɪstənsi/ (n) = contradiction / **sprzeczność, niezgodność, niekonsekwencja**
e.g. There were many **inconsistencies** in his report, with numerous parts contradicting others.
- 2.40 **immense** /ɪ'mens/ (adj) = enormous / **ogromny**
e.g. This project is of **immense** importance and must be finished on time.
- 2.41 **stem from sth** /stem/ (v) = to be caused by sth / **wywodzić się, wyrastać (z czegoś)**
e.g. The current debate over fishing rights within EU waters **stems from** decisions made by European governments over thirty years ago.
- 2.42 **tread lightly** = to be careful and cautious about sth one does or says / **ostrożnie postępować, uważać na to, co się robi lub mówi**
e.g. Whatever you do, **tread lightly** and exercise discretion because he's very touchy about that topic.
- 2.43 **sweep** /swi:p/ (n) = the range of an idea, piece of writing etc that covers a large number of different events, qualities or opinions / **szeroki zakres, rozciągłość**
e.g. The purpose of the convention is to examine the whole **sweep** of effective teaching techniques.
- 2.44 **genuine** /'dʒenju:n/ (adj) = real / **prawdziwy, autentyczny**
e.g. Is this a **genuine** painting by Picasso?
- 2.45 **inherit** /ɪn'herɪt/ (v) = to receive money, property or qualities from sb / **odziedziczyć**
e.g. She has **inherited** her mother's excellent figure.

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- 2.46 **tutor** /'tju:tə/ (n) = a teacher at a British university or college / **nauczyciel na uniwersytecie lub w szkole wyższej w Wielkiej Brytanii**
e.g. The **tutor** instructed his students to hand in their university term papers to him by the end of the month.
- 2.47 **lodge** /lɒdʒ/ (n) = a house or hut in the country or in the mountains where people stay on holiday, especially when they go hunting or fishing / **domek letniskowy, chata**
e.g. The hunting **lodge** is actually a very comfortable place to spend the weekend, with all the amenities you would expect to find in any house.
- 2.48 **well-stocked** /,wel'stɒkt/ (adj) = full of sth / **dobrze wyposażony, zaopatrzony**
e.g. Hospitals are **well-stocked** with provisions in case of an emergency.
- 2.49 **isolation** /,aɪsə'leɪʃən/ (n) = being far from others or feeling alone and without friends or help / **izolacja, odosobnienie**
e.g. For some people, **isolation** means just peace and quiet.

- 2.50 **barrenness** /'bærənnəs/ (n) = lack of fertility or productivity / **jałowość, bezpłodność, nieurodzajność**
e.g. The **barrenness** of the area and the absence of trees made for a desolate landscape.
- 2.51 **solitude** /'sɒlɪtjuːd/ (n) = being alone, esp. when it's peaceful and pleasant / **samotność**
e.g. The **solitude** and tranquillity of the area was the reason that he settled there; places devoid of other people had always appealed to him.
- 2.52 **fragrant** /'frægrənt/ (adj) = having a pleasant sweet smell / **wonny, pachnący**
e.g. The air was **fragrant** with blooming flowers.
Der.: fragrance (n)
- 2.53 **rousing** /'raʊzɪŋ/ (adj) = causing strong emotions and excitement / **porywający, wzbudzający silne emocje i entuzjazm**
e.g. The candidate gave a **rousing** speech to his supporters causing their emotions to run high.
- 2.54 **rendition** /ren'dɪʃən/ (n) = the performance of a play, poem or piece of music / **wykonanie, interpretacja**
e.g. The musician gave a good **rendition** of a well-known classical piece.
- 2.55 **cliff-hanger** /'klɪfhæŋə/ (n) = a film that is very exciting or frightening because the audience is kept for a long time in suspense / **film trzymający w napięciu**
e.g. The film was a real **cliff-hanger** and the audience were left waiting to the very end for the outcome.
- 2.56 **blockbuster** /'blɒkbʌstə/ (n) = a film that is very successful, usually because it is very exciting / **film niezwykle ekscytujący i dlatego popularny**
e.g. Arnold Schwarzenegger's latest film is another **blockbuster**, so riveting and exciting that it will keep you fixated throughout.
- 2.57 **box office hit** /'bɒks ɒfɪs 'hɪt/ (n) = a film that has made great profits / **przebój kasowy**
e.g. In the US and Canada, Harry Potter and the Sorcerer's Stone proved a massive **box office hit**, raking in \$93.5m in its opening weekend alone.
- 2.58 **pilgrimage** /'pɪlgrɪmɪdʒ/ (n) = a journey to a holy place for a religious reason / **pielgrzymka**
e.g. Croagh Patrick is a holy mountain and place of **pilgrimage** in Ireland.
- 2.59 **trek** /trek/ (n) = a journey across difficult country, usually on foot / **długa wędrówka terenowa**
e.g. The journey called for a 5-hour **trek** over hostile terrain, which would be difficult and arduous.
Der.: trek (v)
- 2.60 **terrain** /tə'reɪn/ (n) = an area or type of land with regard to its physical features / **teren**
e.g. The **terrain** over which they were traversing was barren and rocky.
- 2.61 **dean** /di:n/ (n) = an important official at a university or college / **dziekan**
e.g. The **dean** of a university faculty is responsible for the entire goings on within that faculty.
- 2.62 **curator** /kju'reɪtə/ (n) = sb who is in charge of the objects or works of art in a museum or art gallery / **kustosz**
e.g. The **curator** of the museum was overseeing the organisation of the next public exhibition.
- 2.63 **prefect** /'pri:fekt/ (n) = the head of the local government administration / **prefekt, urzędnik miejscowej administracji**
e.g. The **prefect** for the region issued a statement to say that he was retiring and a new official would soon be appointed.
- 2.64 **pier** /piə/ (n) = a platform sticking out into the sea, for people to get onto or off boats / **pomost, przystań, molo**
e.g. He and his wife took a stroll along the **pier** to admire the yachts anchored in the harbour.
- 2.65 **over the moon** (idm) = extremely happy, overjoyed / **w siódmym niebie, niezwykle szczęśliwy**
e.g. She was **over the moon** at having passed her driving test.
- 2.66 **on top of the world** (idm) = extremely happy or proud / **uszcześliwiony, bardzo szczęśliwy lub dumny**
e.g. She felt **on top of the world** when she was admitted to the university of her choice.
- 2.67 **umpire** /'ʌmpaɪə/ (n) = a person whose job is to make sure that a sports match (e.g. of baseball, tennis or cricket) is played fairly and that rules are not broken / **sędzia sportowy (np. w tenisie, baseballu, krykiecie)**
e.g. The **umpire** ruled that the ball had gone out of court and her decision was final.
- 2.68 **darkroom** /'dɑ:kru:m/ (n) = a room used for developing photos / **ciemnia**
e.g. Light cannot be present in the developing process, so a **darkroom** is used for developing photographs.
- 2.69 **lens** /lenz/ (n) pl lenses /'lenzɪz/ = a curved piece of glass or plastic that makes things look larger or smaller when you look through it / **soczewka, obiektyw**
e.g. Don't forget to cover the **lens** when you are not using the camera.
- 2.70 **tripod** /'traɪpəd/ (n) = a three-legged support for a camera / **trójnóg, statyw**
e.g. It is recommended to use a **tripod** when you take landscape pictures.

- 2.71 **saddle** /'sædəl/ (n) = a leather seat on the back of an animal / **siodło**
e.g. *The jockey bought a new **saddle** for riding his horse.*
- 2.72 **stirrup** /'stɪrəp/ (n) = a metal loop attached to either side of a horse's saddle for placing one's feet when riding / **strzemię**
e.g. *The jockey had to adjust the **stirrup** for his foot so that he could balance himself in the saddle.*
- 2.73 **bit** /bit/ (n) = a piece of metal that is held in a horse's mouth and is used to control the horse when one is riding / **węzdzidło**
e.g. *The **bit**, placed in the mouth, allowed the jockey to maintain control over the horse.*
- 2.74 **bridle** /'braɪdəl/ (n) = a set of straps that is put around a horse's head and mouth so that the animal can be controlled / **uzda**
e.g. *The **bridle** allowed the jockey to direct the horse in the desired direction.*
- 2.75 **carousel** /'kærəsəl/ (n) = a large circular machine with seats, often in the shape of animals or cars, where people sit and go round and round for fun / **karuzela**
e.g. *The **carousel** at the funfair was especially popular with young children.*
- 2.76 **roller coaster** /'rəʊlə ˌkəʊstə/ (n) = a small railway at a funfair that goes up and down steep slopes fast, which people ride for pleasure or excitement / **kolejka górską w wesołym miasteczku**
e.g. *The **roller coaster** had two loop-the-loops and an unexpected vertical drop.*
- 2.77 **big wheel** /'bɪg ˈwɪl/ (n) = a very large upright wheel at a funfair with carriages around the edge of it which people can ride in / **diabelski młyn**
e.g. *When you get to the top of the **big wheel**, you have a spectacular view of the surrounding area.*
- 2.78 **water slide** /'wɔ:tə slaɪd/ (n) = a structure that has a steep slope with running water in it which leads to a pool / **zjeżdżalnia wodna**
e.g. *Although the **water slide** was meant for children, even the parents had a lot of fun on it.*
- 2.79 **chat show** /'tʃæt ʃəʊ/ (n) = a television show in which people talk in a friendly, informal way about different topics, a talk show / **program telewizyjny, w którym uczestnicy rozmawiają w przyjazny, niezobowiązujący sposób na wybrany temat, rodzaj talk show**
e.g. *Jerry Springer remains a very popular **chat show**, perhaps because the guests do as much fighting as they do talking.*
- 2.80 **whisk** /wɪsk/ (n) = a kitchen tool used for beating eggs or cream / **trzepaczka (do piany)**
e.g. *The chef beat the cream with a **whisk** in order to thicken it.*
- 2.81 **grater** /'greɪtə/ (n) = a kitchen tool which has a rough surface for cutting food into very small pieces / **tarka**
e.g. *She used a **grater** to finely chop the cheese so she could sprinkle it over the pasta.*
- 2.82 **colander** /'kɒləndə/ (n) = a container in the shape of a bowl with holes in it for washing or draining food in / **durszlak**
e.g. *She placed the vegetables in the **colander** and rinsed them thoroughly under the tap.*
- 2.83 **on balance** = having taken everything into consideration / **rozważywszy za i przeciw, po namyśle**
e.g. *I've considered both sides of the argument and **on balance** I prefer the latter.*
- 2.84 **sb's cup of tea** (idm) = what sb likes or is interested in / **konik, zajęcie sprawiające przyjemność**
e.g. *I have to say that football is not **my cup of tea**; I prefer rugby.*
- 2.85 **embroidery** /ɪm'brɔɪdəri/ (n) = decorating fabric with threads of various colours / **haft, wyszywanie**
e.g. *Sewing and **embroidery** were girls' usual pastimes in the old days.*
- 2.86 **audible** /'ɔ:ɪbəl/ (adj) = loud enough to be heard / **słyszalny**
e.g. *She was talking so quietly that her voice was barely **audible**.*
- 2.87 **raucous** /'rɔ:kəs/ (adj) = (of a sound) loud, harsh and rather unpleasant / **ochryply, chropawy**
e.g. *The **raucous** sound of a thousand screaming football fans made the police feel apprehensive.*
- 2.88 **mild** /maɪld/ (adj) = (of weather) pleasant because it is neither very cold nor very hot / **łagodny (np. o klimacie)**
e.g. *It was a rather **mild** winter; it didn't even snow once.*
- 2.89 **agreeable** /ə'grɪəbəl/ (adj) = nice, pleasant / **miły, sympatyczny, przyjemny**
e.g. *I found it a pleasant and **agreeable** meal; the food was perfect for my delicate stomach.*
- 2.90 **disconcerting** /ˌdɪskən'sɜ:tm/ (adj) = making sb feel anxious, confused or embarrassed, disturbing / **wprawiający w zakłopotanie, niepokojący**
e.g. *I tend to feel anxious when I'm alone in the dark; I don't understand why but I find it **disconcerting**.*
- 2.91 **distressing** /dɪ'strestɪŋ/ (adj) = causing sorrow or suffering / **bolesny, niepokojący, wywołujący żal lub cierpienie**

- e.g. It's **distressing** to see so many people in the world suffering.
- 2.92 **harrowing** /'hærəʊɪŋ/ (adj) = extremely upsetting or disturbing / **wstrząsający, okropny**
e.g. War zones are **harrowing** places and many journalists are haunted by the disturbing images they witness.
- 2.93 **undemanding** /ˌʌndɪ'mɑːndɪŋ/ (adj) = not requiring hard work or much thinking / **niewymagający (np. wysiłku)**
e.g. His job was so **undemanding** that he decided to quit and seek some new challenges.
- 2.94 **daunting** /'dɔːntɪŋ/ (adj) = making one feel slightly afraid or worried about dealing with sth, discouraging / **zniechęcający, wzbudzający obawę**
e.g. The prospect of teaching a class of twenty children is a **daunting** one for a novice teacher.
- 2.95 **gruelling** /'gruːəlɪŋ/ (adj) = exhausting / **wyczerpujący, wymagający wysiłku**
e.g. It was a **gruelling** climb to the top of the mountain and their muscles ached after expending so much energy.
- 2.96 **roar** /rɔː/ (n) = a loud continuous noise / **ryk; hałas**
e.g. I could not hear anything above the **roar** of the traffic.
- 2.97 **drained** /'dreɪnd/ (adj) = very tired / **wyczerpany**
e.g. When the party was over and all the guests left, she suddenly felt **drained**.
- 2.98 **shanty town** /'ʃæntɪ taʊn/ (n) = slums, a collection of rough huts which poor people live in, usually near a large city / **domy biedoty na przedmieściach miast, slumsy**
e.g. The **shanty towns** in parts of South Africa are shocking, much worse than the slums in Europe.
- 2.99 **be up to sth/doing sth** = to be physically or mentally capable of sth / **być do czegoś zdolnym fizycznie lub psychicznie**
e.g. I think I'm not **up to** going out tonight; I'd rather have an early night.
- 2.100 **strenuous** /'strenjuəs/ (adj) = involving a lot of energy and effort / **mozolny, żmudny**
e.g. The fitness training at the local gym is very **strenuous** and will leave you utterly exhausted.
- 2.101 **uncharted** /ˌʌn'tʃɑːtɪd/ (adj) = unexplored / **niezbadany**
e.g. Parts of the ocean floor remain **uncharted** and many new discoveries can be expected there.
- 2.102 **snorkelling** /'snɔːkəlɪŋ/ (n) = swimming underwater with a tube one can breathe air through / **nurkowanie z rurką**
e.g. My favourite summer pastime is **snorkelling** in the Mediterranean.
- 2.103 **wetsuit** /'wetsjuːt/ (n) = a tightly-fitting rubber clothing worn by people swimming underwater or sailing / **strój piankowy, kombinezon do nurkowania**
e.g. To snorkel, you need a **wetsuit** and a mask.
- 2.104 **exhilarating** /ɪg'zɪləreɪtɪŋ/ (adj) = making one feel very happy and excited / **radosny, porywający**
e.g. The speedboat trip was **exhilarating**; in fact it was the most exciting thing I did on holiday.
- 2.105 **commercialised** /kə'mɜːʃəlaɪzd/ (adj) = used or changed in such a way as to make money or profits / **skomercjalizowany, komercyjny**
e.g. If you're looking to experience unspoilt nature, you could undertake a holiday to Greenland before it too becomes **commercialised**.
- 2.106 **soothing** /'suːðɪŋ/ (adj) = making the pain or discomfort less severe / **łagodzący, kojący**
e.g. I find a long hot bath after a hard day to be extremely **soothing** for the body and mind.
- 2.107 **pristine** /'prɪstɪn/ (adj) = extremely clean and peaceful / **pierwotny, dziewiczy**
e.g. Greece has 13,676 km of **pristine** coastline with some of the cleanest beaches in Europe.
- 2.108 **temperate** /'tempərɪt/ (adj) = (of a climate or place) neither too hot nor too cold, mild / **umiarkowany (np. klimat)**
e.g. It's a **temperate** region, neither too hot nor cold.
- 2.109 **gnarled** /nɑːld/ (adj) = (of a tree) twisted and strangely shaped because it is old / **(o drzewie) wykrzywiony, zdeformowany, sękaty ze starości**
e.g. It was an extremely old tree with thick **gnarled** branches.
- 2.110 **sparkling** /'spɑːklɪŋ/ (adj) = clear and bright, glittering / **migotliwy, roziskrzony, perlisty**
e.g. The **sparkling** lake at sunrise is a marvellous sight.
- 2.111 **winding** /'waɪndɪŋ/ (adj) = having a lot of bends or twists / **(np. o drodze) wijący się**
e.g. Halfway down the **winding** stream is a beautiful cascading waterfall.
- 2.112 **literal** /'lɪtərəl/ (adj) = referring to the basic meaning of sth / **dosłowny**
e.g. The **literal** meaning of "hippopotamus" in Greek is "river horse".
- 2.113 **hamper** /'hæmpə/ (v) = to make it difficult for sb/sth to move freely or do sth / **utrudniać, krępować, hamować**
e.g. The weather **hampered** their progress; they may have moved slowly but eventually they got there.
- 2.114 **off-limits** /'ɒf,lɪmɪts/ (adj) = out of bounds / **niedostępny**
e.g. Military bases are **off-limits** to civilians, who are not allowed near them.

2.115 **moss** /mɒs/ (n) = a very small soft green plant that grows on damp soil, on wood or stone / **mech**
e.g. The forest was a mass of tall trees with trunks that appeared green because of the moss that covered the brown bark.

2.116 **suntan** /ˈsʌntæn/ (n) = the brown colour of skin which has been exposed to the sun / **opalenizna**
e.g. It's only the end of August and my suntan's already fading.

Idioms

2.117 **bring the house down** = to make the audience laugh, clap or cheer loudly for a long time because they liked the performance / **oczarować i rozbawić publiczność występem, dostać gorące owacje**
e.g. The comedian brought the house down; everybody loved his show and cheered wildly.

2.118 **read sb like a book** = to understand easily what sb is planning or thinking / **czytać w kimś jak w książce, przejrzeć kogoś**
e.g. The detectives could read him like a book because his nervous body and eye movements indicated he was lying.

2.119 **face the music** = to put oneself in a position where one will be criticised or punished for sth they have done / **ponieść konsekwencje, zmierzyć się z (nieprzyjemną) prawdą**
e.g. It was his fault and he felt it necessary to own up and face the music.

2.120 **let one's hair down** = to relax completely and enjoy oneself / **wyluzować się i dobrze się bawić**
e.g. After a hard day's work, she delighted in letting her hair down.

2.121 **off the beaten track** = (of a place) not visited or inhabited by many people / **z dala od utartych szlaków**
e.g. He found himself a lovely little discreet holiday home off the beaten track.

2.122 **on a shoestring budget** = having very little money to spend / **mając niewiele pieniędzy do dyspozycji**
e.g. He found it hard living on a shoestring budget, but he expected a pay rise next month.

2.123 **on the house** = offered by the bar or restaurant free of charge / **na koszt firmy**
e.g. As he was a regular customer, the owner often gave him a drink on the house.

2.124 **on the edge of one's seat** = very interested in what is happening or what is going to happen / **zainteresowany tym, co się dzieje lub zaraz wydarzy**
e.g. He was such a gifted and fascinating orator that he kept the audience on the edge of their seats.

2.125 **paint the town red** = to go out and enjoy oneself / **wyjść na miasto i zaszaleć**
e.g. It was John's birthday and as he and his friends were in a celebratory mood, they decided to go out and paint the town red.

2.126 **read between the lines** = to understand what sb really means or what is really happening, even though nothing is said openly / **czytać między wierszami**
e.g. I want you to read between the lines and try to discover what he was implying.

Fixed Phrases (with at)

2.127 **be at a loss** = not to know what to do in a particular situation / **być w kropce, nie wiedzieć, co robić w danej sytuacji**
e.g. He was so rude that she didn't know what to say; she was completely at a loss for words.

2.128 **at odds with sb** = disagreeing and quarrelling with sb / **będący w niezgodzie z kimś, mający odmienne zdanie**
e.g. The two brothers were at odds with each other over what to buy their parents for their anniversary.

2.129 **at a standstill** = completely stopped / **w bezruchu, unieruchomiony**
e.g. Traffic was at a standstill due to the wreckage of a van blocking the road up ahead.

2.130 **at a glance** = immediately, without having to think or look carefully / **na pierwszy rzut oka**
e.g. I could tell at a glance that she was a loving and caring person.

2.131 **at a loose end** = not having anything in particular to do / **bez konkretnego zajęcia**
e.g. He had finished all his work early and was at a loose end; he had nothing to do.

2.132 **tuck away** /ˈtʌk əˈweɪ/ (phr v) = to store sth in a safe place / **schować coś w bezpieczne miejsce**
e.g. The insurance documents are tucked away in the filing cabinet.

2.133 **zipped compartment** = part of a suitcase which fastens with a zip, usually for keeping papers / **zasuwana kieszeń w walizie lub torbie podróżnej**
e.g. He put his passport in the zipped compartment of his suitcase.

2.134 **on the loose** (idm) = free because one has escaped from prison or a place / **na wolności (np. po ucieczce z więzienia)**
e.g. The police issued a public warning that a robber was on the loose after escaping from prison.

Phrasal Verbs

- 2.135 **put up** /'pʊt 'ʌp/ = to construct, assemble / postawić, złożyć, zbudować
e.g. It was easy to **put up** the shelves because they came with instructions on how to assemble them.
- 2.136 **put off** /'pʊt 'ɒf/ = to postpone / przełożyć
e.g. He had to **put off** his dental appointment until the next day because of a business meeting.
- 2.137 **put sb through sth** /'pʊt 'θru:/ = to cause sb to experience sth unpleasant / narazić kogoś (na nieprzyjemne doświadczenia)
e.g. Her marriage was a disaster and her husband **put her through hell**.
- 2.138 **put sb down** /'pʊt 'daʊn/ = to criticise sb in front of other people or make them appear foolish, to humiliate / upokorzyć kogoś, publicznie skrytykować
e.g. He was upset at having been **put down** in front of the class.
- 2.139 **put up with** /'pʊt 'ʌp wið/ = to accept sth or sb that one finds unpleasant, to tolerate / znosić, tolerować
e.g. James was often obnoxious but John **put up with** him; after all, close friends normally tolerate each other's faults.
- 2.140 **put aside** /'pʊt ə'saɪd/ = to keep sth to be used at a later time, to save / odłożyć (np. pieniądze) na później
e.g. Denise was **putting aside** money every month because she was saving up for a new car.
- 2.141 **put sth back** /'pʊt 'bæk/ = to return sth to its place / odłożyć coś na miejsce
e.g. The books were arranged in chronological order, so he **put** the one he had read **back** in its correct place.
- 2.142 **set sb back** /'set 'bæk/ = to cost / kosztować
e.g. The new dress **set her back** a fortune; she couldn't believe how much it cost her.
- 2.143 **set in** /'set 'ɪn/ = (of sth unpleasant) to begin and seem likely to continue or develop / (o czymś nieprzyjemnym) zapanować, nastać
e.g. Days were getting shorter and nights longer, a sure sign that winter was **setting in**.
- 2.144 **set off** /'set 'ɒf/ = to start a journey / wyruszyć w podróż
e.g. In Jules Verne's novel *Around the World in Eighty Days*, Phileas Fogg **sets off** on his journey on 2 October 1872.

Listening & Speaking (pp. 34-35)

- 2.145 **be inclined to do sth** /bi ɪn'klaɪnd/ (v) = to tend to / być skłonny, mieć tendencję do czegoś
e.g. They **were inclined to disagree** with one another over trifles.
- 2.146 **once in a blue moon** (idm) = very rarely / bardzo rzadko, raz na ruski rok, od wielkiego dzwonu
e.g. Due to the nature of my work, I get a holiday **once in a blue moon**, roughly once a year if I'm lucky.

Reading (pp. 36-37)

- 2.147 **grizzled** /'grɪzəld/ (adj) = with grey or partly grey hair / (o włosach) przyprószone siwizną
e.g. He was an old man with **grizzled** hair.
- 2.148 **desolate** /'desələt/ (adj) = (of a place) empty of people and lacking in comfort / wyludniony, opustoszały, odludny
e.g. Their camping site was a **desolate** place, without any of the comforts they expected.
Der.: desolation (n)
- 2.149 **windswept** /'wɪndswɛpt/ (adj) = (of a place) having no shelter, not protected against strong winds / nieosłonięty, targany wiatrami
e.g. It was a **windswept** barren place that offered no shelter whatsoever.
- 2.150 **scrub** /skrʌb/ (n) = an area covered with low trees and bushes / zarośla, zagajnik
e.g. The **scrub**, with its low trees and bushes, was a perfect place to shoot pheasants.
- 2.151 **chortle** /'tʃɔ:təl/ (v) = to laugh in a way that shows one is very pleased / rechotać
e.g. Graham began **chortling** manically to himself, an indication that he was extremely pleased with something.
- 2.152 **benign** /bɪ'nain/ (adj) = (of conditions, climate, etc) pleasant and making it easy for sth to happen / łagodny, życzliwy, sprzyjający
e.g. The climate was **benign**, very pleasant and perfect for walking.
- 2.153 **walking trail** /'wɔ:kɪŋ 'treɪl/ (n) = a path across open country or rough forests planned or marked out for walking or hiking / oznaczony szlak
e.g. There is a great **walking trail** that takes us through the forest and emerges at the coast.
- 2.154 **moorland** /'mʊəlænd/ (n) = a high open area of land with poor soil, covered mainly with grass and wild plants / wrzosowisko, torfowisko
e.g. **Moorland** is often foggy and difficult to traverse at the best of times.

- 2.155 **gaze at sb/sth** /geɪz/ (v) = to look steadily at sb or sth for a long time / **wpatrywać się, przyglądać się**
e.g. She **gazed at** him in surprise.
Der.: gaze (n)
- 2.156 **startling** /ˈstɑːtlɪŋ/ (adj) = very surprising, unusual / **zaskakujący**
e.g. She made a **startling** discovery that her boyfriend was an ex-prisoner.
- 2.157 **stoop** /stʊːp/ (v) = to bend one's body forwards and downwards / **pochylić się**
e.g. He paused and **stooped** to pick up his car keys that he had dropped.
- 2.158 **rivulet** /ˈrɪvjʊlɪt/ (n) = a small stream / **rzeczułka, strumień**
e.g. The gentle flow of water in the **rivulet** added to the picturesque scene.
- 2.159 **gaggle** /ˈgæɡəl/ (n) = a group of people who are noisy or talkative / **hałaśliwa gromada**
e.g. The **gaggle** of shrieking and whooping school children were irritating the bus driver.
- 2.160 **on a perpetual loop** = (of music) played over and over again / **(o utworze muzycznym) grany, puszczany w kółko**
e.g. The music in the shop played **on a perpetual loop**, repeating the same songs again and again.
- 2.161 **park ranger** /ˈpɑːk ˈreɪndʒə/ (n) = a person whose job is to look after a large park / **strażnik parku**
e.g. The **park ranger** was doing his rounds when he stumbled upon some poachers.
- 2.162 **mountain ridge** /ˈmaʊntɪn ˈrɪdʒ/ (n) = a long narrow piece of raised land along the top of a mountain / **grzbiet, grań**
e.g. The **mountain ridge**, when we had finally climbed it, offered the best view for miles around.
- 2.163 **void** /vɔɪd/ (n) = a large empty space / **pustka, próżnia**
e.g. He stared into the **void**, overwhelmed by the feeling of emptiness.
- 2.164 **protrude** /prəˈtruːd/ (v) = to stick out / **wystawać**
e.g. There was a sharp shard of glass **protruding** from the frame of the broken window.
- 2.165 **decaying** /diˈkeɪɪŋ/ (adj) = rotting / **rozkładający się, gnijący**
e.g. The rotting fruit in the fridge gave off the noxious smell typical of **decaying** matter.
- 2.166 **cluster** /ˈklʌstə/ (n) = a group of plants growing close together / **kęпка (np. roślin, krzewów)**
e.g. **Clusters** of various flowers were in bloom, filling the air with many pleasant smells.
- 2.167 **sway** /sweɪ/ (v) = to swing slowly from one side to the other / **kołysać się**
e.g. The trees were **swaying** so violently in the storm that it appeared as if they would snap in two.
- 2.168 **trip over sth** /trɪp/ (v) = to knock one's foot against sth and fall or nearly fall / **potknąć się (o coś)**
e.g. He was trying to read and walk at the same time and **tripped over** the porch of his house.
- 2.169 **wombat** /ˈwɒmbæt/ (n) = a type of furry animal found in Australia which has very short legs and eats plants / **wombat, niedźwiedź workowaty (ssak z rodziny torbaczy)**
e.g. The **wombat**, which is a nocturnal marsupial native to Australia and Tasmania, is the largest burrowing mammal.
- 2.170 **lumber off** /ˈlʌmbər ˈɒf/ (phr v) = to move away slowly and clumsily / **oddalić się niezdarnie i powoli**
e.g. He **lumbered off**, clumsily knocking into everything as he went.
- 2.171 **plateau** /ˈplætəʊ/ (n) = a large area of high and fairly flat land / **płaskowyż, plateau**
e.g. At the end of the valley was a high **plateau**, lush and green from the recent rains.
- 2.172 **tarn** /tɑːn/ (n) = a small lake in the mountains / **małe górskie jezioro**
e.g. While strolling along the mountain path, we suddenly came to a **tarn** surrounded by shrubs.
- 2.173 **take one's skinny dip** (idm) = (informal) to swim naked / **kąpać się na golasa**
e.g. It's wonderful to **take your skinny dip** in the warm sea at sunset.
- 2.174 **emerge** /ɪˈmɜːdʒ/ (v) = to come out from a position where one could not be seen / **wyłonić się, pojawić**
e.g. The soldiers **emerged** from nowhere, their camouflage allowing them to blend in with the surrounding area.
- 2.175 **flank** /flæŋk/ (n) = (of a mountain) the side / **stok, zbocze**
e.g. The steep barren **flank** of the mountain is virtually impossible to climb.
- 2.176 **cockily** /ˈkɒkɪli/ (adv) = confidently in an annoying way / **zadziornie, zarozumiale, zaczepnie**
e.g. He **cockily** strutted across the room, ready to confront everybody present.
- 2.177 **blunt** /blʌnt/ (adj) = having a rounded or flat end rather than a sharp one / **tępy**
e.g. He sharpened his pencil because it was **blunt**, and he needed a sharp point to write legibly.
Opp.: pointed, sharp
- 2.178 **outcrop** /ˈaʊtkrɒp/ (n) = a large mass of rock sticking out of the ground / **skała wyrastająca z ziemi**

- e.g. He didn't realise that it was an **outcrop** in the distance, but as he came closer he noticed the large rocks sticking out of the ground.
- 2.179 **confide sth to sb** /kən'faɪd/ (v) = to tell a secret to sb / **zwierzyć się komuś**
e.g. He **confided** a dark secret to his friend, certain that he wouldn't betray his trust by telling anyone else.
Der.: confidential (adj), confidentiality (n)
- 2.180 **bound** /baʊnd/ (v) = to move quickly with large steps or jumps, to leap / **skakać, robić wielkie kroki**
e.g. He **bounded** down the stairs and out the door in a desperate attempt to catch his bus.
Der.: bound (n)
- 2.181 **dingo** /'dɪŋɡəʊ/ (n) = an Australian wild dog / **pies dingo**
e.g. The **dingo**, a wild dog native to Australia, is detested by farmers because of the threat it poses to flocks of sheep.
- 2.182 **cobber** /'kɒbər/ (n) = (Australian English) friend, mate / **kumpel, przyjaciel**
e.g. "How're you doing today, **cobber**?" the man asked his friend.
- 2.183 **no worries** = (Australian English) it's fine, no problem / **Wszystko w porządku!**
e.g. "**No worries, mate**," he reassured his friend, indicating that everything was fine.
- 2.184 **banter** /'bæntər/ (n) = teasing or joking talk that is amusing and friendly / **przekomarzanie się, droczenie**
e.g. The friends exchanged **banter** with one another around the table, laughing themselves to death.
Der.: banter (v)
- 2.185 **fern** /fɜ:n/ (n) = a plant that has long stems with feathery leaves and no flowers / **paproć**
e.g. They had to cut their way through the thick forest, trees, bushes and **ferns**.
- 2.186 **stragglers** /'stræɡləz/ (n pl) = the people in a group who are moving more slowly or making less progress than the others / **maruderzy**
e.g. The **stragglers** finished the marathon more than two hours behind the winners.
- 2.187 **wilderness** /'wɪldənəs/ (n) = a desert or other area of natural land which is not used by people / **dzicz, głusza, odludzie**
e.g. The **wilderness** of the Sahara desert is uninhabited, with the exception of some nomadic tribes.
- 2.188 **swathe** /sweɪð/ (v) = to wrap completely / **owinać, zawiąć kompletnie, opatulić**
e.g. The baby boy was **swathed** in a blanket to keep him warm.
- 2.189 **dome** /dəʊm/ (n) = an object in the shape of a round roof / **kopuła**
e.g. The round roof structure, known as a **dome**, has been frequently used in religious architecture.
- 2.190 **blistering** /'blɪstərɪŋ/ (adj) = (of heat) very great, extreme / **palący**
e.g. The **blistering** heat was so unbearable that she thought she would faint.
- 2.191 **out-take** /'aʊtteɪk/ (n) = a piece of a film that is not in the final version because it contains a mistake / **sceny wycięte z filmu ze względu na zawarte w nich błędy, tzw. odrzut(y)**
e.g. **Out-takes** from films are often included on DVDs.
- 2.192 **engrave** /ɪn'ɡreɪv/ (v) = to inscribe or cut a design on a hard surface / **wyryć, wygrawerować**
e.g. He had a message **engraved** on the back of the watch he gave his sister for her birthday.
- 2.193 **tempted** /'temptɪd/ (adj) = wanting to do sth, feeling a desire for sth / **czujący pokusę**
e.g. He was **tempted** to eat the freshly baked cake even though his mother had warned him not to.
- 2.194 **rim** /rɪm/ (n) = an edge / **brzeg, krawędź**
e.g. He peered over the **rim** of his glasses to see who had called his name.
- 2.195 **resolve** /rɪ'zɒlv/ (v) = to make a firm decision to do sth / **postanowić**
e.g. He **resolved** to complete the task and once he had decided to do something, there was no stopping him.
Der.: resolution /,rezə'lu:ʃən/ (n)
- 2.196 **vista** /'vɪstə/ (n) = a beautiful view from a high place / **panorama, roztaczający się skądś piękny widok**
e.g. While hiking through the mountains, I frequently stopped to admire the **vista** of snow-capped mountain peaks.
- 2.197 **glisten** /'ɡlɪsən/ (v) = to shine because of being wet or oily, to gleam / **błyszcząć, połyskiwać, lśnić**
e.g. The field **glistened** with the early morning dew.
- 2.198 **sandblasted** /'sændblɑ:stɪd/ (adj) = cleaned by a jet of sand thrown from a special machine / **piaskowany**
e.g. The brickwork was **sandblasted** in order that the building was returned to its original state.

English in Use (pp. 38-41)

- 2.199 **recuperate** /rɪ'kjʊ:pəreɪt/ (v) = to recover one's health and strength / **wyzdrowieć, zregenerować, odzyskać siły**
e.g. He was given an extra two weeks off work to **recuperate** from the illness.
Der.: recuperative (adj), recuperation (n)

- 2.200 **insomnia** /ɪn'sɒmniə/ (n) = the state in which sb finds it difficult to sleep / **bezsennosc**
e.g. She was suffering from **insomnia** and hadn't had a proper night's sleep for over two weeks.
Der.: insomniac (n)
- 2.201 **debilitating** /di'biliteɪtɪŋ/ (adj) = causing the body to become gradually weaker / **wycieńczający**
e.g. What had started as a **debilitating** illness was now terminal.
- 2.202 **malady** /'mælədi/ (n) = illness / **choroba, dolegliwość**
e.g. He was struck down by an unknown **malady** and despite their efforts, the doctors could not diagnose him.
- 2.203 **dire** /'daɪə/ (adj) = serious, terrible, awful / **straszny, okropny**
e.g. The politician's outspoken comments may have **dire** consequences for the relations between the two countries.
- 2.204 **wade through sth** /weɪd/ (v) = to walk with an effort through sth (e.g. water or mud) / **brnąć, torować sobie drogę**
e.g. The rescuers had to **wade through** a thick swamp to get to the crashed plane.
- 2.205 **reflexes** /'rɪfleksɪz/ (n pl) = the ability to react quickly with one's body when sth unexpected happens / **dosł. odruchy; szybki refleks**
e.g. Goalkeepers must have good **reflexes** in order to react quickly to any shots at the goal.
- 2.206 **dim** /dɪm/ (v) = to cause to weaken / **osłabić**
e.g. Her memories of events have **dimmed** with age; it appears that forgetfulness is synonymous with growing old.
- 2.207 **plead with sb** /pli:d/ (v) = to ask sb in an intense, emotional way to do sth, to beg / **prosić, błagać**
e.g. He **pleaded with** his mother to allow him to stay off school.
- 2.208 **menacing** /'menɪsɪŋ/ (adj) = threatening / **złowrogi**
e.g. He spoke to her in a **menacing** manner, and the threatening tone in his voice frightened her.
- 2.209 **ensnare** /ɪn'sneə/ (v) = to catch or get control of sb or sth / **uwięzić, zniewolić, schwycić**
e.g. The rabbit was **ensnared** in a trap and couldn't get away.
- 2.210 **traverse** /trə'vɜ:s/ (v) = to cross an area of land or water / **trawersować, przemierzać**
e.g. The slopes of the mountain were **traversed** by skiers.
- 2.211 **yearning** /'jɜ:nɪŋ/ (n) = a very strong desire, longing / **tęsknota, pragnienie**
e.g. After a dismal first visit, we had no **yearning** to see them again.
- 2.212 **incessant** /ɪn'sesənt/ (adj) = constant, continuous / **nieustający**
e.g. The **incessant** noise from the workmen was driving him crazy.
- 2.213 **turbulence** /'tɜ:bjʊləns/ (n) = a state of confusion and disorganised change / **niepokój, wzburzenie**
e.g. The country was in a state of political **turbulence**, with no one quite sure what was going on.
- 2.214 **relieve** /rɪ'li:v/ (v) = to make sth unpleasant less intense or cause it to disappear completely / **ulżyć, uśmierzyć**
e.g. The new medication **relieved** him to some degree, but he still felt a lot of pain.
Der.: relieved (adj), relief (n)
- 2.215 **retrieve** /rɪ'tri:v/ (v) = to get sth back, to recover sth / **odzyskać**
e.g. He was ordered to **retrieve** the misplaced files immediately.
Der.: retrieval (n)
- 2.216 **siege** /sɪdʒ/ (n) = a military or police operation in which soldiers or police surround a place in order to force the people there to come out or give up control of the place / **oblężenie**
e.g. The police laid **siege** to the building occupied by the terrorists.
- 2.217 **fringe** /frɪndʒ/ (n) = the outer edge of an area or activity / **margin**
e.g. It was a rather obscure political group on the **fringe** of the political establishment, quite far removed from the mainstream.
- 2.218 **recreational** /,rekri'eɪʃənəl/ (adj) = relating to free time activities or entertainment / **rekreacyjny**
e.g. **Recreational** activities are a great way to relax in your spare time.
- 2.219 **groundbreaking** /'graʊnd,breɪkɪŋ/ (adj) = using new methods, pioneering, unprecedented / **bezprecedensowy, przełomowy, nowatorski**
e.g. Even his first novel was marked by **groundbreaking** style.
- 2.220 **ruling** /'ru:lɪŋ/ (n) = an official decision, especially made by a judge / **orzeczenie (np. sądu)**
e.g. The court will make its **ruling** next month.
- 2.221 **implement** /'ɪmplɪmənt/ (v) = to put into practice, to carry out / **wdrożyć, wprowadzić w życie**
e.g. Many people are upset that the new tax policies will be **implemented**.
Der.: implementation (n)
- 2.222 **directive** /daɪ'rektɪv/ (n) = an official instruction given by sb in authority / **dyrektywa**
e.g. A new UN **directive** will ensure that CO₂ emissions will be more strictly regulated.

- 2.223 **venue** /'venju:/ (n) = the place where an event or activity will happen / **sala, hala (widowiskowa), miejsce, w którym coś się odbywa**
e.g. The **venue** for the rock festival will be announced next week, with a variety of places competing for the rights.
- 2.224 **proximity** /prɒ'ksɪmɪti/ (n) = closeness, nearness / **bliskość, sąsiedztwo**
e.g. The new headquarters will be built in close **proximity** to the parliamentary buildings.
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- Writing (pp. 42-46)**
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- 2.225 **compelling** /kəm'pɛlɪŋ/ (adj) = (of a film or book) holding one's attention, very interesting / **zniewalający, wciągający**
e.g. It was a **compelling** novel, one of the most interesting thrillers I've read in a long time.
- 2.226 **chilling** /'tʃɪlɪŋ/ (adj) = frightening / **przerazający, mrozący krew w żyłach**
e.g. It was a **chilling** horror film that kept me jumping out of my seat.
- 2.227 **spine-tingling** /'spɪntɪŋɡlɪŋ/ (adj) = frightening in an exciting way / **powodujący, że dreszcz przechodzi po plecach**
e.g. It was a **spine-tingling** film but I couldn't stop watching, it was too fascinating.
- 2.228 **underrated** /ʌndə'reɪtɪd/ (adj) = whose value has not been recognised / **niedoceniany**
e.g. He is one of the most **underrated** actors of his generation; people just don't appreciate his skills.
Opp.: overrated
- 2.229 **hilarious** /hɪ'leəriəs/ (adj) = extremely funny / **niezwykle zabawny, prześmieszny**
e.g. He is simply **hilarious**; he is excellent at telling jokes.
- 2.230 **stirring** /'stɜːrɪŋ/ (adj) = causing excitement and enthusiasm, rousing / **poruszający, wzruszający**
e.g. The orchestra gave a **stirring** performance of a well-known classical piece that was enthusiastically received by the audience.
- 2.231 **thought-provoking** /'θɔːt prə'veʊkɪŋ/ (adj) = containing interesting ideas that make people think seriously / **dający do myślenia**
e.g. It was a **thought-provoking** documentary that explored a whole new aspect of the mystery.
- 2.232 **action-packed** /'ækʃn 'pækt/ (adj) = full of action / **wypełniony akcją, z wartką fabułą**
e.g. This time of year normally sees a great number of **action-packed** blockbusters.
- 2.233 **shallow** /'ʃæləʊ/ (adj) = (of a character) superficial, not developed / **plytki, powierzchowny**
e.g. He is a **shallow** person who only thinks of money and cars.
- 2.234 **gripping** /'grɪpɪŋ/ (adj) = holding one's attention, compelling / **porywający, wciągający**
e.g. It was a **gripping** movie; I couldn't take my eyes off the screen.
- 2.235 **riveting** /'rɪvɪtɪŋ/ (adj) = extremely interesting and exciting, holding one's attention completely / **przykuwający uwagę**
e.g. The book was so **riveting** that I didn't put it down once.
- 2.236 **stunning** /'stʌnɪŋ/ (adj) = fabulous, extremely impressive / **wspaniały, cudowny, olśniewający**
e.g. She is one of the most **stunning** women I have ever seen; indeed her beauty hypnotised me.
- 2.237 **staggering** /'stæɡərɪŋ/ (adj) = very surprising, amazing, astonishing / **oszałamiający, zaskakujący**
e.g. It was a **staggering** revelation that her husband was a gangster.
- 2.238 **astounding** /ə'staʊndɪŋ/ (adj) = amazing, astonishing / **niesamowity, zdumiewający**
e.g. His insincerity is **astounding**; I am amazed that he gets away with it.
- 2.239 **amateurish** /'æmətəriʃ/ (adj) = not skilfully made or done / **amatorski, nieprofesjonalny**
e.g. The photographs were disappointingly **amateurish** and completely lacking in skill.
Der.: amateurism (n)
- 2.240 **wooden** /'wʊdən/ (adj) = (of acting) not lively or natural / **drewniany, sztywny, nienaturalny**
e.g. The acting in the play was **wooden** and not at all natural.
- 2.241 **appalling** /ə'pɔːlɪŋ/ (adj) = extremely bad, dreadful / **odpychający, okropny**
e.g. The pupil got a letter home to his parents outlining his **appalling** behaviour in the classroom.
- 2.242 **contrived** /kən'traɪvd/ (adj) = unlikely, unconvincing / **nieprawdopodobny, nieprzekonujący, naciągany**
e.g. He was late and his excuse sounded **contrived**; I didn't believe a word of it.
- 2.243 **outstanding** /'aʊt'stændɪŋ/ (adj) = remarkable, exceptionally good / **wybitny, niezwykły**
e.g. Winning a gold medal in the Olympic Games is an **outstanding** achievement.
- 2.244 **over-the-top** /'əʊvəðə'tɒp/ (adj) = exaggerated and therefore unacceptable / **przesadzony i dlatego nie do przyjęcia**
e.g. His ideas about ruling the world are completely **over-the-top**.

- 2.245 **profound** /prə'faʊnd/ (adj) = intense, powerful, deeply thought of / **głęboki, dogłębny**
e.g. The student carried out **profound** research for her dissertation.
- 2.246 **clichéd** /'kli:ʃeɪd/ (adj) = said or used so many times that it is boring / **pelen frazesów, wytarty, stereotypowy**
e.g. That is so **clichéd**; I've heard that argument a thousand times before.
- 2.247 **portray** /pɔ:'treɪ/ (v) = to depict, represent / **portretować, przedstawiać**
e.g. The film **portrayed** the president in a fair and objective manner.
Der.: portrayal (n)
- 2.248 **evolve** /i'vɒlv/ (v) = to develop gradually / **ewoluować, rozwijać się**
e.g. The idea for the film **evolved** from a conversation the producer had with his son.
- 2.249 **insight into sth** /'ɪnsaɪt/ (n) = an accurate and deep understanding of sth / **wgląd, intuicja, wnikliwy ogląd**
e.g. The new satellite will give scientists an **insight into** how the universe was formed.
- 2.250 **diverse** /daɪ'vɜ:s/ (adj) = different from each other, varied / **różny, zróżnicowany, urozmaicony**
e.g. His interests are extremely **diverse**; I don't think I've met someone with such varied tastes.
Der.: diversity (n)
- 2.251 **script** /skɪpt/ (n) = a written text of a play or film / **scenariusz**
e.g. Several lines of the **script** had to be rewritten when one of the actors fell ill.
- 2.252 **intensify** /ɪn'tensɪfaɪ/ (v) = to make sth greater in strength, amount or degree / **intensyfikować, nasilać, zwiększać**
e.g. The war is bound to **intensify** as both sides are strengthening their positions.
Der.: intensification (n)
- 2.253 **live up to expectations** = to be as good as one was expected to be / **spełniać oczekiwania**
e.g. He was under a lot of pressure to **live up to** his parents' **expectations**.
- 2.254 **persevere with sth** /pɜ:'si:vɪə/ (v) = to continue trying to do sth in spite of difficulties / **wytrwać, nie ustawać w czymś**
e.g. She **persevered with** her piano lessons and finally found out she actually liked them.
- 2.255 **hype** /haɪp/ (n) = (informal) advertisements and discussions on the mass media telling the public about sth and stressing its value and importance / **szum medialny, krzykliwa reklama, kampania**
e.g. Don't believe all the media **hype** – this film is not worth seeing.
- 2.256 **unreservedly** /ʌnrɪ'zɜ:vɪdli/ (adj) = definitely, without doubt / **zdecydowanie, bez wątpliwości**
e.g. I apologise **unreservedly** for my behaviour.
- 2.257 **crusty** /'krʌsti/ (adj) = impatient and easily irritable, grumpy / **zrzędlivy, niecierplivy, drażlivy**
e.g. The **crusty** old man next door has absolutely no patience.
- 2.258 **in remission** = (of a disease) at a stage in which it is controlled or less severe / **(o chorobie) w fazie remisji, ustąpienia objawów**
e.g. He was delighted when the doctors told him that the cancer was **in remission**.
- 2.259 **blissfully happy** = extremely happy / **w pełni szczęścia, uszczęśliwiony**
e.g. They had been married for forty years and were still **blissfully happy**, like a couple of newlyweds.
- 2.260 **succumb to sth** /sə'kʌm/ (v) = to give up resisting (an attack, illness, temptation etc) / **ulec czemuś, poddać się**
e.g. After a three-year struggle against cancer, he **succumbed to** the disease and died.
- 2.261 **accomplished** /ə'kʌmplɪʃt/ (adj) = very successful / **znakomity, utalentowany**
e.g. He was an **accomplished** musician who had performed many great works throughout the world.
- 2.262 **glimpse** /glɪmps/ (n) = a brief experience of or idea about sth / **przelotne spojrzenie**
e.g. The science fair provided a **glimpse** of the technology of the future.
- 2.263 **courteously** /'kɜ:tiəsli/ (adv) = politely / **uprzejmie, po rycersku, szarmancko**
e.g. He was a polite young man and **courteously** asked if he could join her at the table.
- 2.264 **unfailingly** /ʌn'feɪlɪŋli/ (adv) = at all times / **niezawodnie**
e.g. He **unfailingly** turned up for work on time; he was never late.
- 2.265 **critically acclaimed** = praised enthusiastically by critics / **przyjęty z entuzjazmem, chwalony przez krytyków**
e.g. The artist's recent work has been **critically acclaimed** throughout the art world.
- 2.266 **escapism** /ɪs'keɪpɪzəm/ (n) = the habit of thinking about pleasant things instead of the uninteresting or unpleasant aspects of everyday life / **eskapizm, skłonność do ucieczki w marzenia**
e.g. In many ways, watching films is a form of **escapism**, where people can get away from the monotony of everyday life.

VOCABULARY EXERCISES

A Wybierz właściwe słowo lub zwrot.

- 1 Many Roman Catholics make their to the town of Lourdes in SW France for spiritual enlightenment.
A trek C pilgrimage
B journey D voyage
- 2 He was left bed-ridden by a illness.
A disconcerting C chilling
B distressing D debilitating
- 3 This has to be one of the most novels I've ever read.
A compelling C amateurish
B menacing D unailing
- 4 She is still a woman at the age of sixty.
A staggering C stirring
B stunning D astounding
- 5 Today we enjoyed a particularly climate.
A windswept C benign
B blistering D pristine
- 6 I found his acting to be completely
A contrived C absurd
B fanciful D action-packed
- 7 I'm absolutely exhausted, that was such a(n) workout.
A daunting C absorbing
B strenuous D harrowing
- 8 He decided to the meeting until a later date.
A put up C put down
B put aside D put off
- 9 The reputation of the professional footballer is currently undergoing a transformation.
A fragmented C overrated
B hilarious D intellectual
- 10 David was deemed by his peers to be and untrustworthy.
A enduring C appalling
B shallow D amateurish

B Uzupełnij tekst wyrazami utworzonymi od słów podanych w tej samej linii po prawej stronie.

Although *The Lord of the Rings* trilogy is currently proving to be one of the most successful products of the film industry with the first two instalments proven box office hits, **0)** *arguably* the real star of films is the location. The filmmakers obviously believed that New Zealand, where the **1)** of the landscape is quite simply **2)**, was the perfect place to bring Tolkien's epic masterpiece to life. This sentiment is **3)** shared by Hollywood, the evidence being in the number of productions emanating from there. Mount Cook doubled as K2, the second largest mountain in the world, for *Vertical Limit*, and Tom Cruise's latest film, *The Last Samurai*, sees Mount Taranaki representing Mount Fuji. New Zealand's **4)** landscape is ideal for anyone with a love of the great outdoors and **5)** exhilarating adventure holidays. You could spend seven hours trekking between volcanoes at the Tongariro Crossing, marvelling at the **6)** of the mountain ranges with their snow-capped mountain peaks in winter, or you may be **7)** by a 31-mile hiking trip through the Abel Tasman National Park. This may appear a rather daunting prospect at first, however, it is a journey that will take you along coastal forests and some of the most scenic beaches the country has to offer. In addition, New Zealand offers fjords, lakes, rivers, rain forests and glaciers; quite simply **8)** when you consider that it is all located in an area the size of California.

ARGUE
DIVERSE
ASTOUND
AVID

PARALLEL
PROFOUND
BARREN
TEMPT

STAGGER

C Uzupełnij zdania podanymi słowami.

- incessant • humourless • slippery • postpone • boyish • savage • pristine • ravenous • gruelling • absurd

- | | |
|--|--|
| <p>1 The possible reintroduction of wolves into northern parts of Europe has worried farmers who believe that packs of wolves will pose a threat to livestock.</p> <p>2 It is to make soldiers redundant when the army is short of personnel.</p> <p>3 A rare first edition in condition was sold at auction for thousands of pounds.</p> <p>4 She had a very pretty face and a tall, figure.</p> <p>5 Not only is he devoid of any personality, he is also completely</p> | <p>6 The flight from London to Tokyo was a and arduous journey.</p> <p>7 In winter, ice can leave the roads dangerously, so grit is scattered on main thoroughfares.</p> <p>8 The din from the flat above was preventing him from getting to sleep.</p> <p>9 People were horrified by the attack on an innocent bystander.</p> <p>10 He decided to the meeting until a more suitable time.</p> |
|--|--|

D Podkreśl właściwe słowo.

- | | |
|--|--|
| <p>1 The travel agent made all the arrangements for our all-inclusive backpacking/hiking/package holiday to the Seychelles.</p> <p>2 The instructor/tutor/dean of the faculty is responsible for hiring new members of staff.</p> <p>3 It was a(n) isolated/solitary/desolate place with none of the comforts, such as toilets, that we take for granted.</p> | <p>4 The chef cracked the eggs into a bowl and beat them with a grater/whisk/colander.</p> <p>5 There was something about him she found disturbing, and being in his presence was rather disconcerting/distressing/harrowing.</p> <p>6 The film was supposed to be based on a true story but the plot seemed completely wooden/appalling/contrived.</p> |
|--|--|

E Dopasuj do siebie zwroty z kolumn A i B. Utwórz właściwe kolokacje , a następnie uzupełnij nimi podane zdania.

A	B
1 <input type="checkbox"/> read somebody	a a blue moon
2 <input type="checkbox"/> face	b the moon
3 <input type="checkbox"/> off	c like a book
4 <input type="checkbox"/> on a	d the beaten track
5 <input type="checkbox"/> on top	e of the world
6 <input type="checkbox"/> on the edge	f the lines
7 <input type="checkbox"/> once in	g shoestring budget
8 <input type="checkbox"/> over	h town red
9 <input type="checkbox"/> paint the	i the music
10 <input type="checkbox"/> read between	j of one's seat

- | | |
|---|---|
| <p>1 An invaluable skill for political correspondents is when interpreting politicians' statements.</p> <p>2 The detective prided himself on his ability to</p> <p>3 Part of the fun of independent travel is exploring those places</p> <p>4 It was one of the most gripping movies I've ever seen; it had me from start to finish.</p> <p>5 He was consumed by guilt and so decided to come clean and</p> | <p>6 Part and parcel of student life is living</p> <p>7 We'd been working hard for a month and so decided to go out and</p> <p>8 He was at the birth of his son.</p> <p>9 Although I shouldn't smoke, I may have a cigarette</p> <p>10 She was feeling after finding out that she was pregnant.</p> |
|---|---|

F W większości linijek w tekście jest jeden błąd ortograficzny lub interpunkcyjny. Znajdź i popraw błąd, zapisując poprawkę w wyznaczonym miejscu po prawej stronie. Jeśli w danej linijce nie ma błędu, zaznacz ją znakiem (✓).

The Victoria Cross is Britain's most prestigious award for	0	✓
outstanding courage in the face of the enemy. Named after	00	<i>courage</i>
Queen Victoria the V.C. has seniority over any other decoration	000	<i>Victoria, the</i>
that the British government can bestow. After the V.C. was	1
introduced by Royal Warrant on 29 January, 1856 to recognise	2
the heroic deeds of those who were fighting in the Crimean War,	3
a medal was, for the first time, available to all soldiers,	4
irrespective of rank, in order to more fairly reflect the gallantry of	5
soldiers in the front line. Previously, the most esteemed award	6
for military prowess, the Order of the Bath, was only awarded to	7
senior officers. Queen Victoria played a significant role in the	8
design process changing for example, the motto from "For the	9
Brave" to "For Valour", in case anyone mistakenly believed that	10
the only brave men in battle were those who won the Cross the	11
first sixty-two recipients were awarded the V.C. on 26 June, 1857	12
by Queen Victoria herself. There is a legend that the Queen,	13
whilst decorating the heroes, stabbed one through the chest. The	14
man in question, showing the stoicism that won him the Cross,	15
did not flinch as the Queen fastened the pin through his flesh!	16

Self-Assessment Module

1

Vocabulary & Grammar (p. 47)

- SA1.1 **ellipsis** /'lɪpsɪs/ (n) = leaving out words instead of repeating them / *elipsa, pomijanie wyrazów*
e.g. To avoid repeating the same verbs, the student used **ellipsis** in order to make his text flow smoothly.
- SA1.2 **sticky** /'stɪki/ (adj) = made of or covered with a substance that stays fixed to any surface it touches / *lepki*
e.g. His fingers were all **sticky** from the honey he put on his pancakes.
- SA1.3 **slippery** /'slɪpəri/ (adj) = wet, smooth or oily so that it is difficult to walk on / *śliski*
e.g. When it rains, **slippery** surfaces pose a particular threat to the elderly who could easily slip and injure themselves.
- SA1.4 **slithery** /'slɪðəri/ (adj) = moving easily and quickly across a surface while twisting or curving / *śliski, węzowy (np. ruch)*
e.g. He was scared by the **slithery** motion of the snake as it twisted and curled towards him.

- SA1.5 **freak** /'fri:k/ (adj) = (of an event or the weather) unusual and unexpected / *nagły, niecodzienny*
e.g. All the flights were cancelled due to **freak** weather conditions.
- SA1.6 **smoulder** /'sməʊldə/ (v) = to burn slowly / *tlić się*
e.g. Five days after the fire some buildings were still **smouldering**.
- SA1.7 **array** /ə'reɪ/ (n) = a group of things or people / *asortyment, wybór, szereg*
e.g. John has collected an **array** of strangely shaped bottles.

Use of English (pp. 47-48)

- SA1.8 **squad** /skwɒd/ (n) = a small group of soldiers / *drużyna, oddział*
e.g. The eight-man **squad** of soldiers advanced under the guidance of their sergeant.
- SA1.9 **assurance** /ə'ʃʊərəns/ (n) = a promise / *zapewnienie*
e.g. He was given every **assurance** that he would be treated fairly.

Reading (pp. 48-49)

- SA1.10 **transition** /træn'zɪʃən/ (n) = a change from one form or type to another / **przemiana, przejście**
e.g. *The **transition** from a dictatorship to a fully developed democracy is going to be a difficult one.*
Der.: transitional (adj)
- SA1.11 **cop** /kɒp/ (n) = (informal) a policeman or policewoman / **głina, policjant(ka)**
e.g. *"We need to make a run for it before the **cops** come!" said the robber.*
- SA1.12 **uselessness** /ju:sləsnəs/ (n) = not being useful, not doing what is needed / **bezużyteczność**
e.g. *He was unable to help and the feeling of **uselessness** was depressing him.*
Opp.: usefulness
- SA1.13 **intent on sth** /ɪn'tent/ (adj) = determined / **zdecydowany, zdecydowany coś zrobić**
e.g. *She was **intent on** finishing the task herself as she was a very determined person.*
- SA1.14 **nutrition** /nju:'trɪʃən/ (n) = nourishment, food / **odżywianie, żywienie**
e.g. *Children who do not receive adequate **nutrition** can develop health problems.*
Der.: nutritious (adj)
- SA1.15 **vocation** /vəʊ'keɪʃən/ (n) = occupation, profession / **zawód, zajęcie**
e.g. *He is determined to pursue his **vocation** as an actor.*
Der.: vocational (adj)
- SA1.16 **discontented** /dɪskən'tentɪd/ (adj) = dissatisfied / **niezadowolony**
e.g. *More and more people are becoming **discontented** with the rising costs of everyday goods.*
Der.: discontentment (n)

Listening (p. 49)

- SA1.17 **sky-diving** /'skɑɪdaɪvɪŋ/ (n) = a sport in which you jump from a plane and fall for as long as possible before opening your parachute / **skoki, akrobacje ze spadochronem**
e.g. *He went **sky-diving** on his sixtieth birthday to show his wife how tough he was.*
Der.: sky-diver (n)
- SA1.18 **tandem jump** /'tændəm 'dʒʌmp/ (n) = a jump which involves two people simultaneously / **skok spadochronowy z instruktorem**
e.g. *It was his first time parachuting, so he was doing a **tandem jump** with his instructor.*

- SA1.19 **snap out of sth/it** (phr v) = to stop feeling unhappy / **wziąć się w garść, rozchmurzyć się**
e.g. *"Everything will be fine. Now come on, **snap out of it!**"*

Writing (p. 50)

- SA1.20 **await** /ə'weɪt/ (v) = to wait for / **oczekiwać czegoś**
e.g. *He was unable to enjoy his holiday as he was **awaiting** his exam results.*
- SA1.21 **proprietor** /prə'praɪətə/ (n) = an owner / **właściciel**
e.g. *The **proprietor** of the restaurant decided to renovate the place.*
- SA1.22 **extend an invitation** = to invite / **zaprosić**
e.g. *I felt obliged to **extend an invitation** to them because they are members of my family.*
- SA1.23 **constantly** /'kɒnstəntli/ (adv) = continuously / **ciągle, stale**
e.g. *He was **constantly** going on about how popular he was with girls.*
- SA1.24 **Sicily** /'sɪsəl/ (n) = **Sycylia**
Der.: Sicilian /sɪ'sɪlɪən/ (adj)
- SA1.25 **strains of music** = the sound of music / **dźwięki muzyki**
e.g. *He heard the distant **strains of music** as he was entering the concert hall.*
- SA1.26 **serenade** /,serɪ'neɪd/ (v) = to play a piece of music or sing for sb / **grać lub śpiewać dla kogoś**
e.g. *The couple were **serenaded** at the restaurant table by a violinist.*
- SA1.27 **aroma** /ə'reʊmə/ (n) = a strong pleasant smell, usually from food or drink / **aromat**
e.g. *The sweet **aroma** of cooking emanating from the kitchen filled the house.*
Der.: aromatic /æərə'mætɪk/ (adj)
- SA1.28 **spice** /spɑɪs/ (n) = a substance added to food to give it a special flavour / **przyprawa**
e.g. *Herbs and **spices** are essential ingredients of many dishes.*
Der.: spicy (adj)
- SA1.29 **anticipation** /æn,tɪsɪ'peɪʃən/ (n) = a feeling of excitement about sth that is going to happen in the near future / **oczekiwanie, przewidywanie**
e.g. *There was an atmosphere of **anticipation** as people eagerly awaited the arrival of the film star.*
- SA1.30 **scented** /'sentɪd/ (adj) = perfumed, fragrant / **pachnący, perfumowany**
e.g. *The company is launching a new range of **scented** soaps.*
- SA1.31 **clientele** /,kli:ɪn'tel/ (n) = customers / **klientela, klienci**
e.g. *This restaurant caters for a very exclusive **clientele**.*

Lead-in (p. 53)

- 3.1 **treat** /tri:t/ (v) = to behave towards or deal with sb / **traktować**
*e.g. The manager **treated** the majority of his employees with a great deal of respect.*
Der.: treatment (n)
- 3.2 **moral values** /'mɔ:əl 'vælju:z/ (n pl) = beliefs of what good and bad behaviour is / **wartości moralne**
*e.g. Jane's **moral values** were questioned by her superiors after she had lied to them several times.*
- 3.3 **rested** /'restɪd/ (adj) = feeling energetic because one has just had a rest / **wypoczęty**
*e.g. Martin felt completely **rested** after his holiday and was ready to go back to work.*
- 3.4 **submissive** /səb'mɪsɪv/ (adj) = obeying sb without arguing / **uległy, posłuszny, potulny**
*e.g. The angry protesters became **submissive** once the police arrived.*
Der.: submissiveness (n), submission (n)
- 3.5 **impulsive** /ɪm'pʌlsɪv/ (adj) = doing things without thinking about them carefully / **impulsywny, spontaniczny**
*e.g. Her husband, a very quiet man, was tired of her **impulsive** nature.*
Der.: impulsiveness (n)
- 3.6 **quarrelsome** /'kwɔ:rəlsəm/ (adj) = often getting involved in arguments / **kłótlivy**
*e.g. Bill's **quarrelsome** behaviour often lands him in a lot of trouble.*
- 3.7 **conciliatory** /kən'sɪliətəri/ (adj) = willing to end a disagreement with sb / **ugodowy, pojednawczy, polubowny**
*e.g. He was advised to use a more **conciliatory** tone the next time he appeared in court.*
Der.: conciliation (n), conciliator (n)
- 3.8 **compliant** /kəm'plaɪənt/ (adj) = willing to do what one is asked to do, obedient / **usłużny, uległy**
*e.g. They were praised for being a hardworking and **compliant** workforce.*
Der.: compliance (n)
- 3.9 **obstinate** /'ɒbstɪnət/ (adj) = determined to do what one wants, stubborn / **uparty**
*e.g. She was an **obstinate** child who insisted on getting what she wanted.*
Der.: obstinacy (n)

- 3.10 **sweetener** /'swi:tənər/ (n) = sth one can give or do to make sth else more pleasant / **osłoda**
*e.g. The firm offered her a company car as a **sweetener** to compensate for her hard work.*

Reading (pp. 54-55)

- 3.11 **factor** /'fæktər/ (n) = sth that affects an event or process / **czynnik**
*e.g. A sensible diet is one of the main **factors** in maintaining a healthy lifestyle.*
- 3.12 **pose a question** = to ask a question / **postawić pytanie, podnieść kwestię**
*e.g. She was determined to **pose a question** on working conditions at the next staff meeting.*
- 3.13 **nannying** /'næniŋ/ (n) = working as a nanny, taking care of young children / **opieka nad dziećmi**
*e.g. When I find a job, Grandma will stay at home and do the **nannying**.*
- 3.14 **cherished** /'tʃerɪʃt/ (adj) = loved very much and kept deep in one's heart / **umiłowany, Kochany, drogi**
*e.g. The photographs of her grandchildren were her most **cherished** possession.*
- 3.15 **unconditional** /,ʌnkən'dɪʃənəl/ (adj) = giving to others without asking for anything to be done in exchange / **bezwarunkowy**
*e.g. He was praised for his **unconditional** devotion to the cause.*
- 3.16 **extended family** /ɪks'tendɪd 'fæmli/ (n) = a family which includes aunts, uncles and grandparents who live all together / **rodzina, w której ciotki, wujkowie i dziadkowie mieszkają razem lub w pobliżu, dalsza rodzina**
*e.g. To accommodate their **extended family**, they decided to buy a larger house.*
Opp.: nuclear family
- 3.17 **squabble** /'skwɒbəl/ (n) = an argument of little importance / **sprzeczka**
*e.g. The sisters often have minor **squabbles** about sharing the family car.*
- 3.18 **ensure** /ɪn'ʃʊər/ (v) = to make sure that sth happens / **zapewnić (sobie), zagwarantować**
*e.g. We booked a table at the restaurant in advance to **ensure** a seat by the window.*
- 3.19 **sense of belonging** = a feeling that one is part of a group / **poczucie przynależności**
*e.g. When he finally became a citizen of the country, he felt a true **sense of belonging**.*

- 3.20 **benefit from sth** /'benɪfɪt/ (v) = to receive sth that will help to improve one's life / **skorzystać (z czegoś lub na czymś)**
e.g. Hundreds of earthquake victims **benefited from** the generous support of the public.
- 3.21 **attitude** /'ætɪtjuːd/ (n) = the way that one thinks or feels about sth / **podejście, postawa, stosunek do czegoś**
e.g. His positive **attitude** towards his work led to a promotion.
- 3.22 **blame sb for sth** /bleɪm/ (v) = to say that sb is responsible for sth that happened / **winić**
e.g. The headmaster was **blamed for** the students' appalling behaviour.
- 3.23 **coo** /kuː/ (v) = to speak in a very soft and quiet voice / **gruchać, mówić ciałym i cichym głosem**
e.g. She **cooed** softly to the newborn baby lying in its cot.
- 3.24 **longingly** /'lɒŋŋɪli/ (adv) = with a feeling of desire / **z tęsknotą, z utęsknieniem**
e.g. Even though she couldn't afford one, she looked **longingly** at the car in the showroom window.
- 3.25 **pram** /præm/ (n) = a small vehicle which a baby can be put in and moved around / **głęboki wózek dziecięcy**
e.g. The proud parents pushed the baby around the park in its shiny new **pram**.
- 3.26 **nest** /nest/ (n) = home / **dosł. gniazdo; tu: gniazdko, mieszkanie**
e.g. She took great pride in decorating her own little **nest**.
- 3.27 **vacuum** /'vækjuəm/ (n) = a place or position that needs to be filled by sb or with sth / **próżnia, pustka**
e.g. The resignation of three members of staff left a **vacuum** in the office.
- 3.28 **innumerable** /ɪ'njuːməərəbəl/ (adj) = too many to be counted / **niezliczony**
e.g. **Innumerable** accidents have happened on this stretch of road.
- 3.29 **globe-trotting** /'glɒb, trɒtɪŋ/ (adj) = travelling around the world / **globtrosterstwo, podróżowanie dookoła świata**
e.g. The **globe-trotting** athletes signed autographs for their fans.
Der.: globe-trotter (n)
- 3.30 **primitive** /'prɪmɪtɪv/ (adj) = very simple or old-fashioned / **pierwotny, prymitywny**
e.g. Despite the **primitive** living conditions, we enjoyed our holiday in the country.
Der.: primitiveness (n)
- 3.31 **urge** /ɜːdʒ/ (n) = a strong wish to do or have sth / **wielka chęć, potrzeba, pociąg**
e.g. She had an **urge** to go into business on her own and decided to apply for a bank loan.
- 3.32 **perplexing** /pə'pleksɪŋ/ (adj) = difficult to deal with or understand / **kłopotliwy, wprowadzający w zakłopotanie**
e.g. Now that her husband was dead, she was forced to make some **perplexing** decisions regarding her future.
- 3.33 **conscientious** /,kɒŋʃi'ɛnʃəs/ (adj) = very careful to do things properly / **sumienny**
e.g. Mary's **conscientious** approach to work resulted in her writing a best-seller.
- 3.34 **fulfil** /fʊl'fɪl/ (v) = to do what was expected / **spełnić, zaspokoić**
e.g. He managed to **fulfil** his promise to take the children to the zoo despite his many commitments.
Der.: fulfilment (n)
- 3.35 **instinctive** /ɪn'stɪŋktɪv/ (adj) = done without thinking / **instynktowny**
e.g. He had an **instinctive** feeling that something terrible would happen.
- 3.36 **hyper-aware** /'haɪpərə'weə/ (adj) = extremely knowledgeable about sth / **mający ogromną wiedzę na jakiś temat**
e.g. He is one of those **hyper-aware** people whom everyone goes to for advice.
- 3.37 **life-transforming** /'laɪfræns'fɔːmɪŋ/ (adj) = able to change sb's life completely / **zmieniający całe życie**
e.g. Changing careers was a **life-transforming** experience, which he would not regret.
- 3.38 **stable** /'steɪbəl/ (adj) = not likely to change / **stały, trwały, stabilny**
e.g. Most people are hoping that oil prices will remain **stable** during the coming months.
Der.: stability /stə'bɪlɪti/ (n)
- 3.39 **to put it mildly** = to say sth in such a way that it sounds less direct or critical / **delikatnie rzecz ujmując**
e.g. **To put it mildly**, I was quite upset when you took money from my wallet without asking.
- 3.40 **workaholism** /,wɜːkə'hɒlɪzəm/ (n) = working too much and finding it difficult to stop / **pracoholizm**
e.g. **Workaholism** was responsible for his massive heart attack at the age of 42.
Der.: workaholic (n)

- 3.41 **perfectionist** /pə'fɛkʃənɪst/ (n) = sb who refuses to do or accept anything that isn't as good as it could possibly be / **perfekcjonista**
e.g. As a dressmaker she is a **perfectionist** and insists on all of her garments being flawless.
Der.: perfectionism (n)
- 3.42 **recall** /rɪ'kɔ:l/ (v) = to remember sth and tell others about it / **przypominać sobie coś, pamiętać coś**
e.g. Tom **recalled** how different things were when he was a young man.
- 3.43 **welfare** /'wɛlfəə/ (n) = sb's health, comfort and happiness / **byt, dobrobyt, pomyślność**
e.g. The **welfare** of the homeless will be the main topic of discussion at next week's meeting.
- 3.44 **boost** /bu:st/ (n) = an increase or improvement / **poprawa, wzrost**
e.g. There was a tremendous **boost** in sales after the advertising campaign.
- 3.45 **mutually** /'mju:tʃuəli/ (adv) = felt or done equally by two or more people / **wzajemnie, obopólnie, obustronnie**
e.g. They decided to arrange the interview at a **mutually** convenient time.
- 3.46 **diminish** /dɪ'mɪnɪʃ/ (v) = to reduce in size, importance or intensity / **zmniejszać się, maleć**
e.g. Hospitals are facing huge problems due to **diminishing** numbers of qualified staff.
- 3.47 **mere** /mɪə/ (adj) = simple, ordinary, least / **zwykły; sam**
e.g. The **mere** suggestion that she may have to work for a living shocked her beyond belief.
Der.: merely (adv)
- 3.48 **party** /'pɑ:ti/ (n) = one of the people involved in a particular situation (discussion, agreement, disagreement) / **strona, osoba zainteresowana**
e.g. There was little doubt that he was the guilty **party** and was heavily fined for his actions.
- 3.49 **bitterness** /'bɪtənəs/ (n) = feeling of disappointment and anger / **gorzyc, rozżalenie, uraza**
e.g. Her **bitterness** towards her neighbour has intensified over the years.
- 3.50 **resentment** /rɪ'zɛntmənt/ (n) = feeling of bitterness and anger / **obraza, uraza, pretensja, złość**
e.g. The factory workers expressed **resentment** at being told they were unproductive.
- 3.51 **estrangement** /ɪ'streɪndʒmənt/ (n) = being distant and not communicating with others / **oziebnienie stosunków, odsunięcie się od siebie**
e.g. Due to years of **estrangement** from her family, she felt sad and lonely.
- 3.52 **bereavement** /bɪ'rɪ:vmənt/ (n) = the sorrow one feels when sb close to them dies / **osierocenie, żałoba**
e.g. When Millie's husband died, she felt a great sense of **bereavement**.
- 3.53 **bond** /bɒnd/ (n) = a strong connection and feeling of love and friendship shared between people / **więź**
e.g. There was a very special **bond** between the siblings, even though they lived miles apart.
- 3.54 **re-establish contact** = to start communicating or having contact with sb again / **ponownie nawiązać kontakt, odnowić stosunki**
e.g. It was only recently that she **re-established contact** with her former husband.
- 3.55 **puzzling** /'pʌzllɪŋ/ (adj) = confusing / **zastanawiający, intrygujący, wprawiający w zakłopotanie**
e.g. After noticing the boy's **puzzling** behaviour, the headmaster felt it necessary to contact his parents.
Der.: puzzlement (n)
- 3.56 **hostile** /'hɒstail/ (adj) = unfriendly and aggressive to others / **wrogi**
e.g. The defendant displayed a **hostile** attitude during the court proceedings.
Der.: hostility /hɒ'stɪlɪti/ (n)

Language Focus (pp. 56-59)

- 3.57 **dreamy** /'dri:mi/ (adj) = looking as if one is not paying attention to things around them but thinking of sth pleasant / **rozmarzony**
e.g. During the lesson she was staring out of the window with a **dreamy** look on her face.
- 3.58 **beaming** /'bi:mɪŋ/ (adj) = (of a smile) happy, proud, big / **promienny (o uśmiechu)**
e.g. She had a **beaming** smile on her face when her son received the award.
- 3.59 **mode** /məʊd/ (n) = a particular style / **styl, sposób**
e.g. Coco Chanel was renowned for her elegant **mode** of dress.
- 3.60 **physique** /fɪ'zɪk/ (n) = the shape and size of one's body / **budowa ciała, muskulatura**
e.g. His powerful **physique** was indicative of his good health.
- 3.61 **incurable** /ɪn'kjʊərəbəl/ (adj) = having a particular quality or attitude which will not change / **nieuleczalny**
e.g. Being an **incurable** optimist, Jane views life through rose-coloured glasses.
Der.: incurably (adv)

- 3.62 **doting** /'dɔʊtɪŋ/ (adj) = showing a lot of love for sb else / *czuły, opiekuńczy*
e.g. The child's **dotting** grandparents showered him with love.
- 3.63 **confirmed** /kən'fɜ:mɪd/ (adj) = having a certain habit or belief that is unlikely to change / *zatwardziały, niepoprawny, nałogowy*
e.g. James, a **confirmed** vegetarian, wouldn't dream of eating meat.
- 3.64 **bachelor** /'bætʃələ/ (n) = a man who has never married / *kawaler*
e.g. The rapper intends to remain a **bachelor**, much to the disappointment of his female admirers.
- 3.65 **absent-minded** /,æbsənt'maɪndɪd/ (adj) = forgetful, not paying enough attention / *roztargniony*
e.g. Her **absent-minded** behaviour often gets her into trouble.
Der.: absent-mindedness (n)
- 3.66 **happy-go-lucky** /'hæpɪgəʊ'lʌki/ (adj) = enjoying life and not worrying about the future, carefree / *beztroski, niefrasobliwy*
e.g. Janet is a **happy-go-lucky** person who embraces life with open arms.
- 3.67 **extrovert** /'ekstrəvɜ:t/ (adj) = very active, lively and friendly towards others / *ekstrawertyczny*
e.g. His **extrovert** personality made him popular with his peers.
Der.: extroverted (adj)
Opp.: introvert
- 3.68 **reckless** /'rekləs/ (adj) = acting carelessly, not thinking about the consequences / *brawurowy, ryzykancki, lekkomyślny*
e.g. The motorist showed no remorse when he was fined for **reckless** driving.
Der.: recklessness (n)
- 3.69 **spendthrift** /'spendθrɪft/ (n) = one who spends too much money / *rozzutnik*
e.g. The **spendthrift** didn't take long to waste the fortune left to him by his father.
- 3.70 **nuclear family** /'nju:kliə 'fæmli/ (n) = a family that consists of only the father, mother and children / *najbliższa rodzina, składająca się jedynie z matki, ojca i dzieci*
e.g. While **nuclear families** are the norm in the US, families in Greece often include elderly members.
Opp.: extended family
- 3.71 **blood relative** /'blʌd 'relatɪv/ (n) = sb related to you by birth / *krewny, członek rodziny*
e.g. Jim's only **blood relative** is a cousin living in Germany.
- 3.72 **relative by marriage** = sb related to you by marriage / *powinowaty*
e.g. When Cindy's best friend married her brother, they became **relatives by marriage**.
- 3.73 **brother-in-law** /'brʌðərɪn,lɔ:/ (n) = the brother of a woman's husband or a man's wife, or the man married to one's sister / *szwagier*
e.g. Colin's sisters were all married, which meant he had four **brothers-in-law**.
- 3.74 **great uncle** /,ɡreɪt 'ʌŋkl/ (n) = grandfather's or grandmother's brother / *brat dziadka lub babci, stryjeczny lub cioteczny dziadek*
e.g. My grandfather and his brother Cyril, that is my **great uncle**, were very fond of each other.
- 3.75 **niece** /ni:s/ (n) = the daughter of your brother or sister or your husband's/wife's brother or sister / *siostrzenica, bratanica*
e.g. My husband's sister has six children, three girls and three boys, so we have three **nieces** and three nephews.
- 3.76 **stepmother** /'stepmʌðər/ (n) = a woman who has married sb's father after the death or divorce of their mother / *macocha*
e.g. When Kim's father remarried, it took her a while to get used to having a **stepmother**.
- 3.77 **half brother** /'hɑ:f brʌðər/ (n) = a boy or man who has either the same mother or same father as sb else / *brat przyrodni*
e.g. Simon and his **half brother** Peter have the same mother but a different father.
- 3.78 **professional prospects** /prə'feʃənəl 'prɒspekts/ (n pl) = chances of success in one's career / *perspektywy zawodowe*
e.g. The young doctor felt that working abroad would improve his **professional prospects**.
- 3.79 **financial security** /faɪ'nænʃjəl sɪ'kɜ:ʃərti/ (n) = a sense of welfare, no worries about money problems / *zabezpieczenie finansowe*
e.g. The new company offered him more **financial security**, so he was able to afford more luxuries.
- 3.80 **maturity** /mə'tjʊərti/ (n) = being fully developed, both in one's personality and emotions / *dojrzałość*
e.g. Her vast experience and **maturity** made her the perfect candidate for the post.
Opp.: immaturity
- 3.81 **empathy** /'empəθi/ (n) = the ability to share sb else's feelings as if they were your own / *empatia*
e.g. Being partially blind herself, she had great **empathy** with others who suffered from this affliction.
Der.: empathetic /,empə'θetɪk/ (adj)

- 3.82 **devotion** /dɪ'vəʊʃn/ (n) = great love, affection and commitment / **oddanie, poświęcenie**
e.g. When George retired, he was awarded a gold watch for his **devotion** and loyalty to the firm.
- 3.83 **spouse** /spaʊs/ (n) = the person one is married to / **małżonek, małżonka**
e.g. On receiving the award, the actor thanked his **spouse** for being so supportive throughout their married life.
- 3.84 **dismal** /'dɪzməl/ (adj) = sad and depressing / **fatalny**
e.g. Because of the **dismal** weather forecast, the couple decided to postpone their sailing trip.
- 3.85 **protracted** /prə'træktɪd/ (adj) = lasting longer than usual, lengthy / **przedłużający się**
e.g. After **protracted** negotiations with their lawyer, the insurance company finally paid up.
- 3.86 **misery** /'mɪzəri/ (n) = great unhappiness / **nieszczęście, niedola, nędra**
e.g. All of his fame and wealth brought him nothing but **misery** and stress.
Der.: miserable (adj), miserably (adv)
- 3.87 **drift apart** /'drɪft ə'pɑ:t/ (phr v) = (of two people) to slowly pull away from each other emotionally / **oddalić się od siebie (emocjonalnie)**
e.g. The couple gradually **drifted apart** once they became rich and famous.
- 3.88 **tie the knot** (idm) = to get married / **pobrać się**
e.g. Paul and Mandy finally decided to **tie the knot** after a five-year engagement.
- 3.89 **frown upon** /'fraʊn ə'pʊn/ (phr v) = to disapprove of sth / **nie pochwalać**
e.g. Smoking is **frowned upon** as being detrimental to one's health.
- 3.90 **cohabit** /kəʊ'hæbɪt/ (v) = to live together without being married / **mieszkać razem, nie będąc małżeństwem**
e.g. These days many people prefer to **cohabit** with their partner rather than marry.
Der.: cohabitation (n)
- 3.91 **marital** /'mæɪrɪəl/ (adj) = relating to marriage / **małżeński**
e.g. The couple agreed to get a divorce after years of **marital** problems.
- 3.92 **deprived** /dɪ'praɪvd/ (adj) = not having the essential things in life / **pozbawiony podstawowych dóbr i środków**
e.g. Despite having a **deprived** childhood, he went on to become a successful businessman.
Der.: deprivation /,deprɪ'veɪʃn/ (n)
- 3.93 **prone to sth** /prəʊn/ (adj) = frequently affected by sth bad / **podatny (na coś złego)**
e.g. People who are **prone to** colds should increase their intake of vitamin C.
Der.: proneness (n)
- 3.94 **embark on/upon sth** /ɪm'bɑ:k/ (v) = to start doing sth new or difficult / **rozpocząć, przedsięwziąć**
e.g. Before **embarking** on his chosen career, the young man decided to travel the world first.
- 3.95 **vulnerable** /'vʌlnərəbəl/ (adj) = weak and without protection, easily hurt / **wrażliwy, bezbronny**
e.g. Loan companies are known to prey on **vulnerable** people who are easily taken in.
Der.: vulnerability (n)
- 3.96 **marriage counsellor** /'mæɪrɪdʒ 'kəʊnsələʃ/ (n) = sb who gives advice to married couples that are having problems / **psycholog prowadzący terapię małżeńską**
e.g. Having faced several problems for years, the couple agreed to seek the help of a **marriage counsellor**.
- 3.97 **hardship** /'hɑ:dʃɪp/ (n) = a situation in which sb's life is difficult or unpleasant (usually due to money problems) / **bieda, trudności**
e.g. His unexpected redundancy resulted in a life of **hardship** and worry.
- 3.98 **instability** /,ɪnstə'bɪlɪti/ (n) = being unstable / **niestabilność**
e.g. The country was in a state of political **instability** before the new government took over.
- 3.99 **self-appointed** /,selfə'pɔɪntɪd/ (adj) = giving oneself the position of leader or ruler without asking anyone or being chosen / **samozwańczy**
e.g. The **self-appointed** dictator obtained his position by force.
- 3.100 **self-denying** /,selfdɪ'naɪɪŋ/ (adj) = refusing to do or have things because one can't afford them or believes it is morally good not to do or have them / **odmawiający sobie przyjemności, skłonny do wyrzeczeń**
e.g. As a **self-denying** senior citizen, he flatly refused any social help.
- 3.101 **self-obsessed** /,selfəb'sest/ (adj) = spending too much time thinking about oneself and one's problems / **mający obsesję na własnym punkcie**
e.g. She is so **self-obsessed** that she has no time to consider anyone else's problems.
- 3.102 **self-righteous** /,self'raɪtʃəs/ (adj) = convinced one is right and others are wrong / **przekonany o własnej nieomyślności, zadufany**
e.g. Our boss is a **self-righteous** person who refuses to believe he's ever wrong.
Der.: self-righteousness (n)

- 3.103 **self-disciplined** /ˌself'dɪsplaɪnd/ (adj) = able to control oneself without being told so / **wewnętrznie zdyscyplinowany**
e.g. *Being so **self-disciplined** made it easier for him to adapt to university life.*
- 3.104 **self-destructive** /ˌselfdɪ'strʌktɪv/ (adj) = behaving in a harmful way towards oneself / **autodestrukcyjny**
e.g. *His **self-destructive** behaviour eventually led him to an early grave.*
- 3.105 **self-indulgent** /ˌselfɪn'dʌldʒənt/ (adj) = allowing oneself to have or do sth enjoyable / **folgujący, pobłażający sobie**
e.g. *She treated herself to a box of chocolates, which seemed rather **self-indulgent** at the time.*
Der.: self-indulgence (n)
- 3.106 **self-confessed** /ˌselfkən'fɛst/ (adj) = admitting openly what one is / **otwarcie przyznający się do prawdy o sobie**
e.g. *The **self-confessed** killer was sentenced to a life in prison.*
- 3.107 **pamper** /'pæmpə/ (v) = to make sb feel comfortable by doing things for them / **rozpieszczać, dogadzać**
e.g. *Mary couldn't cope when she left home because her mother had **pampered** her all her life.*
- 3.108 **endure** /ɪn'djʊə/ (v) = to continue to exist / **przetrwąć, trwać, ostać się, wytrzymać**
e.g. *Many ancient customs **endure** even nowadays.*
Der.: endurance (n)
- 3.109 **ease** /iːz/ (v) = to reduce in degree, speed or intensity / **złagodzić, ulżyć**
e.g. *The doctor prescribed a strong sedative to **ease** the pain and help her sleep.*
- 3.110 **propose** /prə'pəʊz/ (v) = to suggest sth for others to think about / **zapropnować**
e.g. *When her mother **proposed** that she go in for a nursing career, she agreed to consider it.*
Der.: proposal (n), proposition (n)
- 3.111 **progressive** /prəʊ'gresɪv/ (adj) = modern / **postępowy, progresywny, nowoczesny**
e.g. *The children were enrolled in a **progressive** school rather than a traditional one.*
- 3.112 **swing** /swɪŋ/ (n) = a big and sudden change / **nagła duża zmiana, skok**
e.g. *We blamed our supervisor's mood **swings** on the fact that he'd recently given up smoking.*
- 3.113 **attribute** /'ætrɪbjʊt/ (n) = a quality or feature sb has / **cecha, atrybut**
e.g. *One of her finest **attributes** is her devotion to the homeless.*
- 3.114 **superficial** /ˌsʊ:pə'fɪʃəl/ (adj) = not thinking deeply or having little understanding of anything serious or important / **powierzchnowy, płytki**
e.g. *Roger is a **superficial** young man without much formal education.*
Der.: superficiality (n)
- 3.115 **close-knit** /'kləʊsnɪt/ (adj) = closely linked and doing things together / **mocno związany, zżyty**
e.g. *It was such a **close-knit** community that strangers felt unwelcome.*
- 3.116 **heartfelt** /'hɑːtfelt/ (adj) = deep or sincere / **płynący prosto z serca, szczery, głęboki**
e.g. *She conveyed her **heartfelt** sympathy by writing a letter of condolence to the victim's parents.*
- 3.117 **stick together** /'stɪk tə'geðə/ (phr v) = to stay with each other and support each other / **trzymać się razem**
e.g. *They were determined to **stick together** and support one another no matter what.*

Idioms

- 3.118 **be/have/need a shoulder to cry on** = to be/have/need a person to show sympathy (to) / **pozwolić komuś wypłakać się na swoim ramieniu lub móc wypłakać się na czyimś ramieniu**
e.g. *Everyone goes to the school nurse when they **need a shoulder to cry on** because she is very understanding.*
- 3.119 **be on cloud nine** = to be very happy / **być w siódmym niebie**
e.g. *When Daisy got the job she had applied for, she **was on cloud nine** for days on end.*
- 3.120 **look on the bright side** = to try to be cheerful about a bad situation by thinking of advantages that could come from it / **widzieć, dostrzec jasne strony czegoś**
e.g. *After the initial disappointment, she decided to **look on the bright side** and hope that things would improve.*
- 3.121 **have a whale of a time** = to enjoy oneself very much / **doskonale się bawić, bawić się na całego**
e.g. *The teenagers **had a whale of a time** at their friend's fancy dress party.*
- 3.122 **sweep sb off their feet** = to make sb fall in love with one very quickly because one is attractive or exciting / **zwalić kogoś z nóg, rozkochać w sobie od pierwszego wejrzenia**
e.g. *His romantic gestures were so intense that he simply **swept her off her feet**.*

- 3.123 **be a wet blanket** = to refuse to join others in an enjoyable activity and stop them from enjoying themselves / *być marudnym i psuć innym nastrój lub zabawę*
e.g. Michael **was being such a wet blanket** that everyone decided to go home.
- 3.124 **be full of beans** = to be very lively and have a lot of energy and enthusiasm / *mieć mnóstwo energii, tryskać energią*
e.g. After a good night's sleep she **was full of beans** and set about spring-cleaning the house.
- 3.125 **be down in the dumps** = to feel very depressed and miserable / *być w dołku*
e.g. She **was down in the dumps** for weeks after being made redundant.
- 3.126 **cry one's heart out** = to cry very much and very hard / *wypłakiwać oczy*
e.g. I **cried my heart out** when I heard about my cousin's life-threatening illness.
- 3.127 **hit rock bottom** = to be in such a bad state that it can't get any worse / *sięgnąć dna*
e.g. The economy of the country has **hit rock bottom**, which resulted in high levels of unemployment.

Fixed phrases with of

- 3.128 **have a heart of gold** = to be kind and nice / *mieć złote serce*
e.g. She **had a heart of gold** and hated seeing anyone in distress.
- 3.129 **slip of the tongue** = saying sth by mistake / *przejęzyczenie lub nieumyślne zdradzenie sekretu*
e.g. He apologised for telling them my secret and admitted that it was a **slip of the tongue**.
- 3.130 **grain of truth** = a very small amount of truth / *ziarenko prawdy*
e.g. The lawyer claimed that there was only a **grain of truth** in what the witness had said.
- 3.131 **touch of remorse** = a very small amount of sadness or regret / *odrobina żalu*
e.g. There was a **touch of remorse** in his apology but not enough to gain any sympathy.
- 3.132 **change of heart** = a change of sb's attitude towards sth / *zmiana nastawienia*
e.g. The company directors had a **change of heart** about moving the business to an industrial estate.
- 3.133 **trace of concern** = a small amount of worry / *odrobina troski*
e.g. There was only a slight **trace of concern** in her voice as she explained how the accident happened.

- 3.134 **glow of satisfaction** = a strong feeling of pride and pleasure / *silne poczucie zadowolenia i dumy*
e.g. She felt a **glow of satisfaction** when her son was presented with a medal for bravery.
- 3.135 **glimmer of hope** = a small sign of hope / *promyk, iskierka nadziei*
e.g. They felt a **glimmer of hope** as they spotted the rescue plane in the distance.
- 3.136 **revive** /rɪ'vaɪv/ (v) = to help sb become conscious again / *ocucić, pomóc komuś odzyskać przytomność*
e.g. Try as he might, he was unable to **revive** the injured driver.
Der.: revival (n), revived (adj)

Phrasal verbs

- 3.137 **bring about** /'brɪŋ ə'baʊt/ = to cause sth to happen / *spowodować, wywołać*
e.g. Trade unionists helped **bring about** a peaceful settlement in the wage dispute.
- 3.138 **stand in for sb** /'stænd 'ɪn fɔː/ = to take sb else's place or do their job because they are ill or away, to replace / *zastąpić (kogoś)*
e.g. Because Jane was ill, she asked someone else to **stand in for** her at the meeting.
- 3.139 **stand for** /'stænd fɔː/ = to mean or represent a word / *oznaczać*
e.g. The letters CAE **stand for** Certificate in Advanced English.
- 3.140 **bring in** /'brɪŋ 'ɪn/ = to introduce a law or system / *wprowadzić (np. przepis)*
e.g. Our political leader has promised to **bring in** a law banning smoking in public places.
- 3.141 **stand by** /'stænd 'baɪ/ = to give sb support and help when they are in trouble / *wspierać kogoś, stać przy boku, być przy kimś*
e.g. The firefighters were **standing by** in the event of an accident.
- 3.142 **stand out** /'stænd 'aʊt/ = to be very noticeable / *odstawać od reszty, wyróżniać się*
e.g. Her height and good looks make her **stand out** in a crowd.
- 3.143 **bring round** /'brɪŋ 'raʊnd/ = to make sb conscious again / *ocucić kogoś*
e.g. Fortunately, the doctor managed to **bring round** the unconscious climber.
- 3.144 **bankruptcy** /'bæŋkrʌptsi/ (n) = not having money to pay off one's debts / *bankructwo*
e.g. When his business failed, he was forced to announce his **bankruptcy**.

- 3.145 **legislature** /'ledʒɪsleɪtʃə/ (n) = here: legal regulations, laws / **tu: prawo, przepisy**
e.g. *New **legislature** concerning employers' rights and responsibilities will be implemented next year.*
Der.: legislation (n), legislative (adj), legislator (n)
- 3.146 **descent** /di'sent/ (n) = sb's nationality or social status / **pochodzenie**
e.g. *Most of the refugees were of African **descent**.*
- 3.147 **family welfare payments** = financial help provided by the government to poor families / **zasiłki rodzinne**
e.g. *When both parents lost their jobs, they had to apply for **family welfare payments**.*
- 3.148 **naive** /naɪv/ (adj) = lacking experience and so expecting things to be easy or people to be honest / **naiwny**
e.g. *How could you be so **naive** to believe her?*
Der.: naivety (n)
- 3.149 **youthful** /'ju:θfəl/ (adj) = typical of young people, young or seeming young / **młodzieńczy, młody**
e.g. *In a recent interview, the actress revealed the secrets of her **youthful** appearance.*
Der.: youthfulness (n)
- 3.150 **apprehensive** /æprɪ'hensɪv/ (adj) = afraid that sth bad might happen / **zaniepokojony**
e.g. *Bad weather conditions made the family somewhat **apprehensive** about flying.*
Der.: apprehension (n)
- 3.151 **hesitant** /'hezɪtənt/ (adj) = not doing sth quickly or immediately because one is uncertain, embarrassed or worried / **wahający się, niepewny, niezdecydowany**
e.g. *She was rather **hesitant** in answering questions about her past.*
Der.: hesitation (n)
Opp.: courageous
- 3.152 **timid** /'tɪmɪd/ (adj) = lacking courage or confidence / **strachliwy, nieśmiały, bojaźliwy**
e.g. *The **timid** boy did not want to read the poem out loud.*
Der.: timidity (n)
Opp.: courageous
- 3.153 **submit** /səb'mɪt/ (v) = to formally send a report, request or proposal to sb / **oddać, złożyć** (np. raport albo podanie)
e.g. *Before being granted an interview, he was asked to **submit** his C.V.*
- 3.154 **extension** /ks'tenʃən/ (n) = an extra period of time for which sth lasts or is valid / **przedłużenie, przesunięcie terminu**
e.g. *He was granted a two-year **extension** on his passport in order to complete his studies.*

Listening & Speaking (pp. 60-61)

- 3.155 **exploit** /ks'plɔɪt/ (v) = to take advantage of sth for one's own personal gain / **eksploatować, wykorzystywać, wyzyskiwać; tu: żerować na czymś**
e.g. *The criminal was accused of **exploiting** small shopkeepers for personal gain.*
Der.: exploitation (n)
- 3.156 **misfortune** /mɪs'fɔ:tʃən/ (n) = sth unpleasant or unlucky that happens to sb / **nieszczęście, tragedia, niepowodzenie, pech**
e.g. *Before becoming successful, he had had a fair share of **misfortune** in his life.*
- 3.157 **distort** /dɪ'stɔ:t/ (v) = to report or represent sth in an untrue way / **zniekształcić, przeinaczyć, wypaczyć**
e.g. *The reporter slightly **distorted** the facts in order to save the family any further embarrassment.*
Der.: distortion (n), distorted (adj)
- 3.158 **re-evaluate** /ri:'vælju:et/ (v) = to think about sth or sb again in order to make a judgement about them / **poddać ponownej ocenie, ponownie przemyśleć**
e.g. *The situation needs to be **re-evaluated** before any decision can be made.*
- 3.159 **coverage** /'kʌvərɪdʒ/ (n) = the reporting of news / **relacja, sposób przedstawiania**
e.g. *The scandal attracted live media **coverage** in most European countries.*
- 3.160 **in depth** = thoroughly / **dogłębnie**
e.g. *Each subject was discussed **in depth** before the students sat the exam.*
- 3.161 **biased towards/against sb** /'baɪəst/ (adj) = preferring sb to sb else / **nastawiony przychylnie/uprzedzony**
e.g. *The sports teacher was **biased towards** girls that wanted to be on the school's football team.*
- 3.162 **blood pressure** /'blʌd 'preʃə/ (n) = the force with which sb's blood flows around the body / **ciśnienie krwi**
e.g. *Because of her high **blood pressure**, the woman was advised to take it easy for a while.*
- 3.163 **emotional ties** /ɪ'məʊʃjənəl 'taɪz/ (n pl) = connections between people which are concerned with feelings and emotions / **więzy emocjonalne**
e.g. *Moving away from home was difficult for her as she had such strong **emotional ties** with her family.*
- 3.164 **speculate on/about sth** /'spekjʊleɪt/ (v) = to guess about sb's or sth's nature, identity or about what might happen / **spekulować**
e.g. *Although the play was a hit in Britain, critics could only **speculate on** its success in America.*

- 3.165 **discourse** /ˈdiskɔːs/ (n) = spoken or written communication between people, usually a serious discussion on a certain subject / **dyskurs**
e.g. *The President submitted a lengthy **discourse** on the subject of terrorism.*
- 3.166 **interactive** /ˌɪntərˈæktɪv/ (adj) = communicating with each other / **interaktywny**
e.g. *Parents of today have less **interactive** communication with their children than they had in the past.*
Der.: interaction (n)
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- Reading (pp. 62-63)**
- 3.167 **aid** /eɪd/ (v) = to help, assist / **pomagać, wspierać**
e.g. *The private detective **aided** the police with their recent investigation.*
Der.: aid (n)
- 3.168 **comprehension** /ˌkɒmpriˈhenʃən/ (n) = the ability to understand sth and have full knowledge of it / **rozumienie, pojmowanie**
e.g. *The student was upset because the science project was utterly beyond her **comprehension**.*
Der.: comprehensible (adj), comprehensive (adj)
- 3.169 **beneficial** /ˌbenɪˈfɪʃəl/ (adj) = helping or improving people's lives / **korzystny, przynoszący korzyści**
e.g. *The new medical treatment proved **beneficial** and she was up and about within a few days.*
- 3.170 **assumption** /əˈsʌmpʃən/ (n) = accepting sth as true without having any real proof / **założenie, przypuszczenie**
e.g. *The customer was wrong in his **assumption** that the faulty appliance was still under guarantee.*
- 3.171 **impact on sth/sb** /ɪmpækt/ (n) = effect on sth/sb / **wpływ; tu: wrażenie**
e.g. *His speech had a powerful **impact** on the audience.*
- 3.172 **trait** /treɪt/ (n) = a certain quality, characteristic or tendency sb or sth has / **cecha**
e.g. *Jealousy is a human **trait** which can often lead to unnecessary unhappiness.*
- 3.173 **randomly** /ˈrændəmli/ (adv) = not following a definite plan or pattern / **na oślep, na chybił trafił, przypadkowo**
e.g. *The teenager's clothes were scattered **randomly** around the room.*
- 3.174 **merit** /ˈmerɪt/ (n) = a good or worthwhile quality sb or sth has / **zaleta, zasługa**
e.g. *The board considered the **merits** of four candidates for the position.*
Der.: meritorious (adj)
- 3.175 **upbeat** /ˈʌpbɪt/ (adj) = cheerful and hopeful / **radosny i pełen nadziei**
e.g. *Jake's **upbeat** attitude towards life helps him deal better with difficult situations.*
- 3.176 **barely** /ˈbeəli/ (adv) = hardly / **ledwo, zaledwie**
e.g. *I can **barely** hear you; could you please speak up?*
- 3.177 **acknowledge** /əkˈnɒlɪdʒ/ (v) = to admit that sth is true or exists / **przyznać, dopuścić, przyjąć (do wiadomości)**
e.g. *The government has finally **acknowledged** the unemployment crisis.*
Der.: acknowledgement (n)
- 3.178 **rule** /ruːl/ (v) = to control, influence / **rządzić**
e.g. *The country was **ruled** by a dictator for more than half a century.*
Der.: ruler (n)
- 3.179 **tap into sth** /ˈtæp ˈɪntə/ (v) = to make use of sth by getting from it what one needs or wants / **podłączyć się, wykorzystać (informację)**
e.g. *Robin secretly **tapped into** the confidential files, which was a federal offence.*
- 3.180 **supremely** /suːˈpriːmli/ (adv) = extremely / **niezwykle, bardzo**
e.g. *She loves her new teaching job and does it **supremely** well.*
- 3.181 **sensation** /senˈseɪʃən/ (n) = feeling, general impression / **odczucie, poczucie, wrażenie**
e.g. *When I brought her a diamond ring, I had a strange **sensation** she had actually been expecting such a present!*
- 3.182 **overflow with sth** /ˌəʊvəˈfləʊ/ (v) = to be too full of sth to contain it; here: to experience a certain feeling strongly and show it in one's behaviour / **być przepełnionym czymś (np. uczuciem)**
e.g. *Her heart **overflowed with** love as she watched her children play.*
- 3.183 **anchor** /ˈæŋkə/ (n) = here: sth that will keep sb stable and secure / **dosł. kotwica; tu: ostoja, podpora**
e.g. *Her family proved to be an emotional **anchor** during her distressing divorce.*
- 3.184 **punch the air** = to put one or both fists above the shoulders forcefully as a sign of victory / **wyrzucić w górę obie ręce w geście triumfu**
e.g. *On hearing that he had passed the exams, he **punched the air** triumphantly.*
- 3.185 **thigh** /θaɪ/ (n) = the top part of your leg between the hip and the knee / **udo**
e.g. *The rugby player sustained a serious injury in the **thigh** and was carried off the pitch.*

- 3.186 **pinch** /pɪntʃ/ (n) = squeezing a piece of skin between the thumb and first finger / **uszczypnięcie**
e.g. *When she saw the baby, she couldn't resist giving it a gentle **pinch** on its cheek.*
- 3.187 **get the hang of sth** (idm) = to begin to understand or realise how to do sth / **załapać coś, zacząć rozumieć, o co chodzi**
e.g. *It took me months to **get the hang of** using a computer.*
- 3.188 **trigger off** /'trɪɡər 'ɒf/ (phr v) = to cause sth to happen or exist / **wywołać, spowodować**
e.g. *Dairy products have been known to **trigger off** an allergic reaction in some children.*
- 3.189 **rehearse** /rɪ'hɜːs/ (v) = to practise sth to prepare oneself / **ćwiczyć coś, prowadzić próby**
e.g. *The students were only given three weeks to **rehearse** their parts in the school play.*
Der.: rehearsal (n)
- 3.190 **emulate** /'emjʊleɪt/ (v) = to imitate sb whom one admires very much / **naśladować**
e.g. *Beth admires her art teacher immensely and often **emulates** her work.*
Der.: emulation (n)
- 3.191 **persona** /pə'səʊnə/ (n) = the aspect of one's character or nature that is known to others / **te strony charakteru, jakie pokazujemy innym**
e.g. *Jason's public **persona** was that of a loner, but he was very sociable among friends.*
- 3.192 **outcome** /'aʊtkʌm/ (n) = a result / **wynik**
e.g. *The anxious patient was worried about the **outcome** of her therapy.*
- 3.193 **re-enact** /,ri:ɪn'ækt/ (v) = to repeat an action as it originally happened / **odegrać sytuację dokładnie tak, jak się wydarzyła**
e.g. *The witness was asked to **re-enact** the events leading up to the accident.*
Der.: re-enactment (n)
- 3.194 **dictate to sb** /dɪk'tet/ (v) = to tell sb what they should do / **dyktować, narzucać sposób postępowania**
e.g. *Sue's parents **dictated to** her how she should live.*
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- English in Use (pp. 64-67)**
- 3.195 **bully** /'bʊli/ (v) = to frighten or hurt a weaker person / **zstraszyć, terroryzować**
e.g. *Older boys **bullied** little Johnny at school.*
- 3.196 **shriek** /ʃriːk/ (n) = a short loud cry caused by fear, pain or laughter / **wrzask**
e.g. *She let out a **shriek** of pain as the hot iron burnt her arm.*
- 3.197 **nightshift** /'naɪtʃɪft/ (n) = a period of time usually between 10 pm and 6 am during which people regularly work / **nocna zmiana**
e.g. *He agreed to work **nightshift** so as to be free during the day.*
- 3.198 **register** /'redʒɪstə/ (n) = the level and style of the language appropriate to the circumstances in which it is used / **rejestr (języka)**
e.g. *Her speech was highly criticised for its informal **register**.*
- 3.199 **nausea** /'nɔːziə/ (n) = the feeling that one wants to vomit / **nudności**
e.g. *Jane was overcome with a feeling of **nausea** as the boat tossed violently back and forth.*
Der.: nauseous (adj), nauseate (v)
- 3.200 **tuition** /tjʊ'ɪʃən/ (n) = teaching / **nauka, lekcje**
e.g. *As a student, Martin gave private **tuition** in mathematics.*
- 3.201 **excursion** /ɪks'kɜːʃən/ (n) = a short journey made for pleasure, enjoyment or educational purposes / **wycieczka, wypad**
e.g. *The schoolchildren looked forward to their forthcoming **excursion** to France.*
- 3.202 **pre-teen** /pri:'tiːn/ (n) = a child 11–12 years of age / **jedenasto-, dwunastolatek**
e.g. ***Pre-teens** are usually keen on team sports.*
- 3.203 **adolescent** /,ædə'lesənt/ (n) = a teenager / **nastolatek, młody człowiek w okresie dorastania**
e.g. *As an **adolescent**, Danny spent years in learning his father's business.*
Der.: adolescence (n)
- 3.204 **rapprochement** /ræ'pɔːʃmɑːnt/ (n) = a relationship between two people or groups in which they are able to understand each other's ideas and feelings well / **dobre stosunki, porozumienie**
e.g. *An important part of a teacher's success is the **rapprochement** with students.*
- 3.205 **remuneration** /rɪ,mju:nə'reɪʃən/ (n) = the amount of money sb is paid for their work / **wynagrodzenie, honorarium**
e.g. *The company offered its staff a generous **remuneration** for their hard work.*
Der.: remunerative (adj)
- 3.206 **be up sb's street** (idm) = (of a job or an activity) to interest sb very much / **bardzo komuś odpowiadać**
e.g. *Richard loves danger and excitement, which is why extreme sports **are up his street**.*
- 3.207 **a fair bit** = a large amount / **dużo, wiele**
e.g. *My brother knows **a fair bit** about computer animation, which helped him get a better job.*

- 3.208 **vouch for sb** /vaʊtʃ/ (v) = to guarantee sb's good behaviour / **ręczyć za kogoś**
e.g. Tom agreed to **vouch for** Sara's credibility and get her a job in the local bank.
- 3.209 **put in a (good) word for sb** (idm) = to praise sb to sb else in order to help them get a job etc / **wstawić się za kims**
e.g. Bob found a new job and even convinced his ex-boss to **put in a good word for him**.
- 3.210 **timekeeping** /'taɪmkɪpɪŋ/ (n) = the ability to arrive in time / **punktualność**
e.g. His boss had no other choice but to sack him for bad **timekeeping**.
- 3.211 **reprimand** /'reɪpɪmɑːnd/ (v) = to speak angrily or seriously to sb for doing sth wrong / **udzielić nagany, reprimandy**
e.g. Brian was constantly **reprimanded** for his untidy appearance at work.
- 3.212 **function** /'fʌŋkʃən/ (n) = a large gathering of people for pleasure or a special event / **impreza**
e.g. She ran into an old school friend at a recent office **function**.
- 3.213 **bare** /beə/ (v) = to make known, to reveal / **obnażyć, odsłonić**
e.g. She **bared** her feelings only to her closest friend.
- 3.214 **through thick and thin** (idm) = in good and bad times / **na dobre i na złe**
e.g. A true friend will stand by you **through thick and thin**.
- 3.215 **envy** /'envi/ (n) = the feeling of jealousy / **zazdrość**
e.g. Robbie inspired the **envy** of his peers after they found out his book had been published.
Der.: envious (adj)
- 3.216 **hidden agenda** = the secret intention behind sth sb says or does / **ukryte zamiary**
e.g. I'm afraid there is a **hidden agenda** behind their proposal.
- 3.217 **legacy** /'legəsi/ (n) = property or money sb leaves behind when they die / **spadek**
e.g. Thanks to his grandfather's generous **legacy**, Tim became a wealthy man.
- 3.218 **inexhaustible** /,ɪnɪg'zɔːstəbəl/ (adj) = having so much of sth that it can't all be used up / **niewyczerpany**
e.g. He has an **inexhaustible** supply of energy for a man of his age.
- 3.219 **infiltrate** /'ɪnfɪltreɪt/ (v) = to enter a place or organisation secretly in order to influence it / **infiltrować**
e.g. In the dead of night, soldiers successfully **infiltrated** the enemy camp.
Der.: infiltration (n), infiltrator (n)
- 3.220 **tribute** /'trɪbjʊt/ (n) = sth one says or does to show their admiration and respect for sb / **hołd**
e.g. The mayor paid **tribute** to the rescuer for his heroic action.
- 3.221 **the masses** /ðə 'mæsɪz/ (n pl) = the ordinary people in society / **masy, szerokie rzesze**
e.g. The political leader addressed **the masses** on the need for reform.
- 3.222 **parody** /'pærədi/ (n) = a humorous piece of writing which imitates the style of a well-known person in an exaggerated way / **parodia**
e.g. Eat it is a **parody** of Michael Jackson's Beat it, written by "Weird Al" Yankovic.
- 3.223 **warfare** /'wɔːfeə/ (n) = a violent struggle or conflict / **walki, działania wojenne**
e.g. Unemployment is to blame for much of today's gang **warfare**.
- 3.224 **prejudice** /'preɪdʒʊdɪs/ (n) = a dislike of a certain group of people or things over another / **uprzedzenie**
e.g. He shows a great deal of irrational **prejudice** towards people who enjoy watching TV.
Der.: prejudiced (adj)
- 3.225 **male chauvinism** /'meɪl 'tʃəʊvɪnɪzəm/ (n) = the belief held by some men that men are superior to women / **męski szowinizm**
e.g. He was accused of **male chauvinism** after blankly refusing to employ women to do the job.
Der.: male chauvinist (n)
- 3.226 **peer** /piə/ (n) = sb who is the same age as you / **rówieśnik**
e.g. Robert is a very popular teenager and is greatly respected by his **peers**.
- 3.227 **overemphasise** /,əʊvər'ɛmfəsaɪz/ (v) = to give sth more importance than it deserves / **przypisywać czemuś zbyt duże znaczenie, przeceniać**
e.g. The politician **overemphasised** the unemployment figures in an effort to win more public support.
- 3.228 **self-worth** /,self'wɜːθ/ (n) = belief in one's good qualities and achievements / **poczucie własnej wartości**
e.g. After successfully raising £500 for charity, the youngsters were filled with a feeling of **self-worth**.
- 3.229 **proWess** /'prəʊəs/ (n) = great ability or skill / **sprawność (np. intelektualna)**
e.g. He likes to show off his sporting **proWess**.

- 3.230 **dominate** /'dɒmɪneɪt/ (v) = to be the most powerful or most important in a situation / **dominować**
e.g. *Most people find Patrick a bore because he insists on **dominating** the conversation.*
Der.: domination (n), dominance (n)
- 3.231 **brainy** /'breɪni/ (adj) = clever and good at learning / **zdolny, rozgarnięty, łebki**
e.g. *Lynne's friends were jealous of her because she was both **brainy** and beautiful.*
- 3.232 **bearing on sth** /'beərɪŋ/ (n) = relevance / **związek z czymś**
e.g. *Most of the information he gave the police had little **bearing on** the investigation.*
- 3.233 **overthrow** /,əʊvə'θrəʊ/ (v) = to remove by force (usually a government or leader) / **obalić (np. rząd lub przywódcę)**
e.g. *There were several unsuccessful attempts to **overthrow** the unpopular president.*
- 3.234 **override** /,əʊvə'raɪd/ (v) = to be more important than other things / **mieć pierwszeństwo, być ważniejszym od czegoś**
e.g. *The importance of being healthy **overrides** everything else.*
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- Writing (pp. 68-72)**
- 3.235 **newsletter** /'nju:zleɪtə/ (n) = a printed report on the activities of a club or organisation / **biuletyn**
e.g. *All the club members regularly receive our **newsletter**.*
- 3.236 **rhetorical question** /rɪ'tɒrɪkəl 'kwɛstʃən/ (n) = a question asked in order to make a statement rather than get an answer / **pytanie retoryczne**
e.g. *My mother is forever asking me the **rhetorical question**, "Do you realise how much this costs?"*
- 3.237 **prospect** /'prɒspekt/ (n) = sth one expects or knows is going to happen / **perspektywa, możliwość, widoki**
e.g. *The citizens felt that the **prospect** for peace was likely in the near future.*
- 3.238 **solitary** /'sɒlɪtri/ (adj) = alone, with no other things or people near it / **samotny**
e.g. *As he stood on the balcony, he noticed a **solitary** figure walking along the beach.*
Der.: solitude (n)
- 3.239 **kick-off** /'kɪkɒf/ (n) = the start of a football game / **początek meczu**
e.g. *Right after the **kick-off**, Beckham was shown the red card.*
- 3.240 **disallow** /,dɪsə'laʊ/ (v) = not to allow or accept officially / **odrzuć, zakazać oficjalnie, nie zaakceptować**
e.g. *Unfortunately, the bank manager **disallowed** my application for a loan.*
- 3.241 **go wild** = to become uncontrolled and very excited / **rozszałeć się, oszaleć (np. z radości)**
e.g. *The excited fans **went wild** when their favourite rock star came on stage.*
- 3.242 **whistle** /'wɪsəl/ (n) = a small tube you blow to make a loud sound as a signal / **gwizdek**
e.g. *Our team scored a goal just before the final **whistle**.*
- 3.243 **despondent** /dɪ'spɒndənt/ (adj) = very unhappy / **przygnębiony, przybity**
e.g. *Carla felt **despondent** after her unsuccessful job interview.*
- 3.244 **boo** /bu:/ (v) = to shout "boo" or make other loud comments to show one doesn't like sb (e.g. a performer, athlete, speaker) / **wygwizdać**
e.g. *The performance he gave was so unprofessional that the audience **booed** him off the stage.*
- 3.245 **fist** /fɪst/ (n) = a closed hand with fingers bent in towards the palm, as if to hit sb / **pięść**
e.g. *He punched the policeman with his **fist** before being arrested.*
- 3.246 **jostle** /'dʒɒsəl/ (v) = to bump or push against sb in an annoying way / **potrącać, popychać, tarmosić, szturchać**
e.g. *We spent most of the morning being **jostled** around by enthusiastic Christmas shoppers.*
- 3.247 **picturesque** /,pɪktʃə'resk/ (adj) = attractive and interesting / **malowniczy**
e.g. *The retired couple bought a small bungalow in the **picturesque** village of Paxton.*
- 3.248 **dash** /dæʃ/ (v) = to run or go somewhere quickly / **pędzić, pomknąć**
e.g. *He **dashed** into the shop to buy a newspaper and then realised he had no money.*
- 3.249 **stroll** /strɒl/ (v) = to walk in a slow, relaxed way / **spacerować, przechadzać się**
e.g. *When the rain finally stopped, we decided to **stroll** in the country for a while.*
Der.: stroller (n)
- 3.250 **entitle** /ɪn'taɪtəl/ (v) = to give a title to sth (e.g. a book, film or painting) / **zatyłować**
e.g. *The book she enjoyed reading best of all was **entitled** The Colour Purple.*
- 3.251 **publicity** /pʌb'lɪsɪti/ (n) = information or actions intended to attract the public's attention to sb or sth / **rozgłos**

- e.g. *Once the murder trial began, it generated enormous **publicity**.*
- 3.252 **icon** /'aɪkɒn/ (n) = sb or sth that is important as a symbol of a particular thing / **symbol**
e.g. *Madonna is now regarded as an **icon** in the music industry.*
- 3.253 **on/off the pitch** = on/off the football field / **na boisku/poza boiskiem**
e.g. *This lost game can be rightly called a disaster **on the pitch**.*
- 3.254 **come in for criticism/praise** = to be criticised or praised for sth / **zyskać negatywną lub pozytywną ocenę**
e.g. *The police **came in for** much criticism after the unsuccessful intervention.*
- 3.255 **indisputably** /,ɪndɪ'spju:təbli/ (adv) = undeniably / **niezaprzeczalnie, bezsprzecznie**
e.g. *Everyone agreed that Helen had an **indisputably** keen eye for detail.*
- 3.256 **free kick** /,fri: 'kɪk/ (n) = an opportunity to kick the ball without any opposition, given to one team after the other has broken a rule / **rzut wolny**
e.g. *The referee awarded the player a **free kick** after his opponent fouled him.*
- 3.257 **knock out** /'nɒk 'aʊt/ (phr v) = to disqualify a team as a form of punishment / **zdyskwalifikować drużynę za przewinienie**
e.g. *The team was disappointed when they were **knocked out** of the tournament in the final round.*
- 3.258 **hint** /hɪnt/ (v) = to make a suggestion in an indirect way / **zasugerować, podpowiedzieć, podszeptać**
e.g. *The manager **hinted** that several members of staff were to be made redundant.*
- 3.259 **peep** /pi:p/ (v) = to have a quick look at sth or sb, usually secretly and quietly / **zerknąć, podejrzeć, podpatrzeć**
e.g. *The children **peeped** at their Christmas presents after their parents were asleep.*
- 3.260 **courteous** /'kɜ:tɪəs/ (adj) = polite and respectful to others / **uprzejmy**
e.g. *The policeman was so **courteous** when I explained that I was lost.*
- 3.261 **contribution** /,kɒn'trɪ'bju:ʃn/ (n) = sth you write for a magazine, newspaper or book to be published in it / **tekst napisany do gazety lub książki**
e.g. *The editor of the magazine is looking for some interesting **contributions** for next month's issue.*
Der.: contributor /kən'trɪbjətər/ (n)
- 3.262 **angle** /'æŋɡəl/ (n) = the way sth is presented or thought about / **punkt widzenia**
e.g. *He thought about the video clip from all different **angles** before making up his mind.*
- 3.263 **have one's say** = to give one's opinion / **wypowiedzieć się**
e.g. *The students were determined to **have their say** in the running of the school.*
- 3.264 **light-hearted** /,laɪt'hɑ:tɪd/ (adj) = amusing, entertaining, not serious / **niefrasobliwy, lekki, wesoły**
e.g. *The amateur dramatic group performed a **light-hearted** comedy which everyone enjoyed.*
- 3.265 **homesickness** /'həʊmsɪkənəs/ (n) = feeling unhappy because one is away from home and misses their family and friends / **tęsknota za domem lub krajem**
e.g. *The majority of university students suffer from **homesickness** during their first year away from home.*
- 3.266 **take the initiative** = to be the first person to act in a situation and take control of it / **przejąć inicjatywę**
e.g. *After the accident, George **took the initiative** and called emergency services.*
- 3.267 **socialise** /'səʊʃəlaɪz/ (v) = to meet other people socially, e.g. at parties or gatherings / **prowadzić życie towarzyskie**
e.g. *Working weekends meant that Harry had little time to **socialise**.*
- 3.268 **unsettling** /,ʌn'setlɪŋ/ (adj) = making one feel worried or uncertain / **niepokojący**
e.g. *Starting a new school can have an **unsettling** effect on some students.*
- 3.269 **round-the-clock** /,raʊndðə'klɒk/ (adj) = done all day and all night without stopping / **trwający dwadzieścia cztery godziny na dobę**
e.g. *The police gave the witness **round-the-clock** protection.*
- 3.270 **help-line** /'help laɪn/ (n) = special telephone service that people can call to get advice / **porady na telefon, telefon zaufania**
e.g. *After the disaster, a special **help-line** was set up to help those people with problems.*
- 3.271 **scare** /'skeə/ (n) = a situation in which sb is anxious or frightened / **alarm, przestrasz, panika**
e.g. *The illness was nothing serious, but it gave him a terrible health **scare**.*

VOCABULARY EXERCISES

A Wybierz właściwe słowo lub zwrot.

- | | |
|---|--|
| <p>1 He was warned against making any decisions which could jeopardise the business deal.
A impulsive C intuitive
B instinctive D implicit</p> <p>2 The host expected her to arrive at the party in a more formal of dress.
A fashion C mode
B look D trend</p> <p>3 Passengers were told to fasten their seatbelts to their safety.
A protect C defend
B guard D ensure</p> <p>4 His negative towards getting a job makes his family extremely angry.
A position C belief
B attitude D idea</p> <p>5 Tom was for breaking the photocopier even though he was not at fault.
A accused C blamed
B charged D convicted</p> | <p>6 She looked at the resorts in the travel brochure and wished she could afford to travel.
A lavishly C randomly
B longingly D lovingly</p> <p>7 Even though the old log cabin was, we still enjoyed staying there.
A primary C primitive
B original D obsolete</p> <p>8 He was unable to his ambition to travel due to a lingering illness.
A obey C confirm
B observe D fulfil</p> <p>9 She has had a relationship with her boyfriend for the past four years.
A rested C fixed
B stable D sturdy</p> <p>10 When he came round after the accident, he couldn't anything that had happened.
A recall C reminisce
B remind D retell</p> |
|---|--|

B Uzupełnij tekst wyrazami utworzonymi od słów podanych w tej samej linii po prawej stronie.

Children's Emotional Needs

Security, 0) *devotion* and acceptance should be at the heart of all family life. Children need 1) love and they must understand that their parents' love does not depend on their accomplishments alone. It is important for them to realise that we can't expect everybody to be a(n) 2) Ideally, a child who experiences emotional 3) in life is able to think clearly and positively, is more self-confident and is capable of better communicative 4) with its peers. Youngsters need the opportunity to explore and develop new skills and independence, which in turn leads to a greater sense of self-discipline and maturity. At the same time, they must learn that moral values are of great importance to their general welfare. Children usually have a(n) 5) understanding about what is right and wrong, yet they all too often display signs of 6) towards friends and siblings. This behaviour should be discouraged as it can prove to be rather 7) for everyone. With this in mind, it is likely they will develop into 8) adults with a sound sense of perspective.

DEVOTE
CONDITION

PERFECT
STABLE
INTERACT

INSTINCT
RESENT

SETTLE
CONSCIENCE

C Uzupełnij zdania podanymi słowami.

• socialise • descent • innumerable • publicity • prejudice • peep • party • extrovert • angle • dismal

- 1 The job prospects in his country are so that he's decided to go abroad.
- 2 Some residents were accused of having a deep-rooted racial against their neighbours.
- 3 Sam's parents are of Asian and they still maintain many of their old traditions.
- 4 One of the members of the political has been reprimanded for tampering with official documents.
- 5 The recent scandal stirred up a great deal of in the foreign press.
- 6 He has invented excuses for failing to be on time for work.
- 7 Jill's behaviour is looked down on by some of her more conservative friends.
- 8 Most days Peter is preoccupied with his work, although he makes an effort to at weekends.
- 9 Chris took a quick at his watch as he waited for his bride to arrive.
- 10 The proposal was considered from every before it was given approval.

D Podkreśl właściwe słowo.

- 1 The **lovesick/doting/fond** parents refused to believe their son was a criminal.
- 2 After the accident, she was given medication to **relax/calm/ease** her suffering.
- 3 He had only a **superficial/artificial/beneficial** knowledge of the subject and was no help to them.
- 4 The government must **confess/acknowledge/declare** the problem before they can expect any public support.
- 5 Thousands of mourners turned out to pay **esteem/tribute/honour** to the war heroes.
- 6 The elderly gentleman likes to **hike/trek/stroll** in the park after lunch.
- 7 Our latest product is expected to **dominate/overrule/command** the cosmetics' market.

E Dopasuj do siebie zwroty z kolumn A i B. Utwórz właściwe kolokacje, a następnie uzupełnij nimi podane zdania.

A	B
1 <input type="checkbox"/> look on	a rock bottom
2 <input type="checkbox"/> be a	b of beans
3 <input type="checkbox"/> be down	c whale of a time
4 <input type="checkbox"/> be full	d wet blanket
5 <input type="checkbox"/> have a	e the bright side
6 <input type="checkbox"/> hit	f in the dumps

- 1 Even though she felt miserable, she tried to in the hope that things would improve.
- 2 Suzie today, she must have had some good news.
- 3 The young couple think that it is a good time to buy property as house prices have in most areas.
- 4 She in Paris. There were so many things to see and do that she's booked to go again next year.
- 5 After failing his driving test for the second time, Roger for weeks.
- 6 We thought it better not to invite Peter to the engagement party because he and spoils everyone's fun.

- F W większości linijek w tekście jest jedno zbędne słowo. Znajdź je i zapisz w wyznaczonym miejscu po prawej stronie. Jeśli w danej linijce nie ma zbędnego słowa, zaznacz ją znakiem (✓).

The Importance of Family Meetings

Many experts believe in that family meetings are an ideal opportunity for parents and children to communicate and allow everyone a say in the running of the household. According to the parent educator, Sheila Boyce, these meetings should be handled just as like a business meeting except, instead of being handled around the boardroom table, they're being held around the kitchen table at a convenient time for the whole family. Boyce adds these meetings should be as short and never unhappy experiences. Everyone can express things that are bothering them all but without showing any more signs of hostility. These meetings are not only confined to older children, as kids of all ages benefit from them. Children learn how to speak up in meetings and understand that their opinion means something else. They learn the democratic process and how to take up responsibility for the decisions being made. If young people are part of the decision-making process, then they are more likely to follow them through. Overall, family meetings can strengthen bonds between children and parents, provide for an opportunity to set rules and consequences as well as define family goals. So far find a time and date and sit down for one of the much most important meetings of your life, the family meeting!

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00	✓
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4

Growing Concerns

Lead-in (p. 7)

- 4.1 **neighbourhood crime watch** = a group of people in a neighbourhood who watch over the area and report any crimes or criminal activities to the police / *straż sąsiedzka*
e.g. Our **neighbourhood crime watch** has done a great deal to eliminate crime in the area.
- 4.2 **drought** /draʊt/ (n) = a long period of time in which no rain falls / *susza*
e.g. The government imposed restrictions on the use of water during the summer **drought**.
- 4.3 **housebreaking** /'haʊsbreɪkɪŋ/ (n) = the crime of entering sb's house by force / *włamanie do domu lub mieszkania*
e.g. The crime of **housebreaking** has reached epidemic proportions in certain inner city areas with

one in three houses reporting burglary in the last year.

Der.: housebreaker (n)

- 4.4 **shelter** /'ʃeltə/ (n) = a building that provides a place to stay for the homeless / *schronisko, noclegownia*
e.g. In winter, city **shelters** are full of homeless people who do not want to stay out.
- 4.5 **truancy** /'tru:ənsi/ (n) = the practice of children staying away from school without permission / *wagary*
e.g. **Truancy** is a growing problem in deprived inner city areas of London such as Hackney and Brixton.
Der.: truant (n)
- 4.6 **lay off** /'leɪ 'ɒf/ (phr v) = not to employ any longer, usually when there is not enough work to do / *zwolnić z pracy*
e.g. The factory **laid off** 50% of its workers during the recession.

- 4.7 **invasion of privacy** = sb or sth interfering in one's life without one's permission / **naruszenie prywatności**
e.g. *I caught her in my bedroom reading my diary and considered it a gross **invasion of my privacy**.*
- 4.8 **harsh** /hɑːʃ/ (adj) = cruel, showing no sympathy / **surowy, ostry, bezlitosny**
e.g. *Because of reduced profits, the firm has had to make the rather **harsh** decision to lay off many loyal employees.*
Der.: harshness (n)
- 4.9 **retrain** /ri:'treɪn/ (v) = to teach sb or be taught new skills in order to get a new job / **przekwalifikować (się)**
e.g. *After being laid off from his job, Justin had to **retrain** to find employment.*
- 4.10 **pressing** /'presɪŋ/ (adj) = (of a problem) that needs to be dealt with immediately / **(o problemie) naglący, palący**
e.g. *There is a **pressing** need to build new houses in areas with a housing shortage.*
- 4.11 **local authorities** /'ləʊkəl ɔ:'θɔːrɪtɪz/ (n pl) = the organisation officially responsible for all the public services and facilities in a particular area / **władze lokalne**
e.g. *The **local authorities** have granted extra funding for hospitals in the area.*
- 4.12 **equality** /'kwɒləti/ (n) = the same rights and responsibilities for all the members of a society, group or family / **równość**
e.g. *We are committed to providing **equality** of opportunities for everyone, which is why we welcome applications from the ethnic minorities.*
Opp.: inequality
- 4.13 **measure** /'meʒə/ (n) = sth that shows that a situation is serious or has developed to a great extent / **miała, wskaźnik, oznaka**
e.g. *The increase in unemployment rates is a **measure** of the worldwide recession.*
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- Reading (pp. 74-75)
- 4.14 **monitor** /'mɒnɪtə/ (v) = to check sb or sth regularly for progress or development / **nadzorować, monitorować**
e.g. *We carefully **monitor** the progress of all newly trained recruits, so that they become useful employees.*
- 4.15 **keep an eye on sth/sb** (idm) = to watch sth or sb carefully to make sure that they are safe and not in trouble / **mieć kogoś lub coś na oku**
e.g. *Could you **keep an eye on** my suitcase for five minutes, please?*
- 4.16 **anonymity** /,ænə'nɪmɪti/ (n) = keeping one's identity secret from others / **anonimowość**
e.g. *Some writers use a pseudonym to seek **anonymity**.*
Der.: anonymous (adj)
- 4.17 **hooligan** /'huːlɪgən/ (n) = a young person who behaves in a noisy and violent way in a public place / **chuligan**
e.g. ***Hooligans** smashed shop windows in the city centre after last night's game.*
- 4.18 **number plate** /'nʌmbə ,plæt/ (n) = a sign on the front and back of a vehicle that shows its number / **tablica rejestracyjna**
e.g. *One of the cars involved in the crash had diplomatic **number plates**.*
- 4.19 **database** /'deɪtəbeɪs/ (n) = a collection of information that is stored in a computer and can be easily used / **baza danych**
e.g. *We don't appear to have any information concerning your health records on our **database**.*
- 4.20 **surveillance** /sə'veɪləns/ (n) = the careful watching of sb by the police or army / **dozór, inwigilacja**
e.g. *Police **surveillance** is being carried out on a house in Ragmore Street where an armed gang are thought to be hiding.*
- 4.21 **face recognition** /'feɪs rekəg'nɪʃən/ (n) = identifying sb by facial features / **rozpoznawanie rysów twarzy**
e.g. *Our computer system uses **face recognition** technology to prevent unauthorised persons from gaining access to our records.*
- 4.22 **software** /'sɒftweə/ (n) = computer programs / **oprogramowanie**
e.g. *I use some of the **software** on my computer such as Word, PowerPoint and Excel.*
- 4.23 **trafficmaster** /'træfɪk,mɑːstə/ (n) = an advanced traveller information system which uses sensors and cameras to record changes in speed, number plates, etc / **zaawansowany system zbierania informacji o ruchu drogowym, używający czujników i kamer do rejestrowania zmian prędkości, numerów rejestracyjnych itp.**
e.g. ***Trafficmaster** has installed speed cameras to monitor traffic speeds on main roads.*
- 4.24 **densely populated** /'densli 'pɒpjələtɪd/ (adj) = with a lot of people in a small area / **gęsto zaludniony**
e.g. *With an area of three quarters of a square mile and a population of 32,000 inhabitants, Monaco is a **densely populated** country.*

- 4.25 **trace** /treɪs/ (v) = to find sb or sth after looking for them / **wysledzić, wytropić**
e.g. The police are still having difficulty in **tracing** the suspect.
- 4.26 **pre-determined** /ˌpriːdɪ'tɜːmɪnd/ (adj) = decided by events or people rather than by chance / **wcześniej ustalony**
e.g. We have set a **pre-determined** figure on the number of people from ethnic minorities to be accepted for the jobs available.
- 4.27 **virtual** /'vɜːtʃʊəl/ (adj) = so nearly true that it can be considered as true / **wirtualny**
e.g. **Virtual** reality shows have had phenomenal popularity throughout the world.
- 4.28 **twitch** /twɪtʃ/ (v) = (of curtains) to move slightly apart so that one can see what is behind / **(o kotarze, zasłonie) rozchyłać się**
e.g. The bell rang, the curtains **twitched** and the play began.
- 4.29 **track** /træk/ (v) = to follow sb's or sth's movements (e.g. by means of a special device like a radar) / **śledzić, tropić**
e.g. Aborigines are able to **track** people and animals over large distances.
Der.: tracker (n)
- 4.30 **regulation** /ˌregjʊ'leɪʃən/ (n) = a rule made by a government in order to control the way sth is done or the way people behave / **rozporządzenie, przepis**
e.g. The government has just introduced a new set of **regulations** that will monitor chat room users.
- 4.31 **investigatory** /ɪn'vestɪgətəri/ (adj) = investigating sth / **śledczy**
e.g. The **investigatory** committee was set up to look into all aspects of the bank's financial dealings.
- 4.32 **act** /ækt/ (n) = a law passed by the parliament / **ustawa**
e.g. The **act** of Parliament prohibiting the sale or use of firearms was passed in 1996.
- 4.33 **invisibly** /ɪn'vɪzɪbli/ (adv) = without being seen / **niedostrzegalnie, niewidocznie**
e.g. The thief's hand moved almost **invisibly** into the victim's pocket and quickly stole the wallet.
- 4.34 **borough** /'bʌrə/ (n) = a town or district within a larger town, which has its own council / **miasto lub dzielnica posiadająca samorząd lokalny**
e.g. The London **Borough** of Kensington and Chelsea is one of the wealthiest in the country.
- 4.35 **probable** /'prɒbəbəl/ (adj) = likely to be true / **prawdopodobny**
e.g. There will be a **probable** disruption to traffic due to the World Cup qualifying game between England and Portugal.
Der.: probability (n), probably (adv)
- 4.36 **valid** /'vælɪd/ (adj) = accepted by people in authority / **ważny, przekonujący, uzasadniony**
e.g. Do you have any **valid** reasons for turning down this position of great responsibility?
Opp.: invalid /ɪn'vælɪd/ (adj)
- 4.37 **boom** /buːm/ (v) = to increase / **rosnąć, zwiększać się**
e.g. Sales of ice cream and soft drinks have **boomed** during the current heat wave.
- 4.38 **scan** /skæn/ (v) = to look at pictures or information carefully because one is looking for sth or sb / **uważnie przeglądać (np. materiały w poszukiwaniu informacji)**
e.g. I have **scanned** the contents of this report and I must say I am happy with the results.
Der.: scanner (n)
- 4.39 **camera feed** /'kæmə'reɪd/ (n) = the playback of images or pictures from a camera / **materiał zarejestrowany przez kamerę**
e.g. Scanning **camera feed** for evidence is a time-consuming task.
- 4.40 **declare** /dɪ'kleə/ (v) = to say officially and formally that sth is true / **zadeklarować, ogłosić**
e.g. The Royal Bank of Scotland has **declared** its profits for the financial year.
Der.: declaration (n)
- 4.41 **mount** /maʊnt/ (v) = to place sth firmly on sth else / **zainstalować, zamontować**
e.g. The cameras are **mounted** on tripods and wheeled into position hours before the start of the show.
- 4.42 **license** /'laɪsəns/ (v) = to give sb official permission to do sth / **przyznać licencję, zezwolić**
e.g. Only certain shops have been **licensed** to sell fireworks in an attempt to reduce the number of accidents from their misuse.
Der.: licence (n), licensee (n)
- 4.43 **retain** /rɪ'teɪn/ (v) = to continue to have sth / **zachować**
e.g. I have **retained** an interest in model aeroplanes since childhood.
- 4.44 **plc** /ˌpiː el 'siː/ (abbr) = (used after the name of a company) public limited company / **publiczna spółka akcyjna z ograniczoną odpowiedzialnością**
e.g. I decided to open an account with **Lloyd's Bank plc**.

- 4.45 **trunk road** /'trʌŋk rəʊd/ (n) = a major road that has been built for travelling long distances / **droga krajowa**
e.g. The accident took place on the A2 London to Dover **trunk road**.
- 4.46 **digit** /'dɪdʒɪt/ (n) = any of the ten numbers from 0 to 9 / **cyfra**
e.g. Mobile telephone numbers consist of ten **digits**.
Der.: digital (adj)
- 4.47 **transmit** /trænz'mɪt/ (v) = to send messages or data from one place to another using wires, radio waves or satellites / **transmitować**
e.g. The BBC has **transmitted** its radio programmes outside Britain since 1932.
Der.: transmitter (n)
- 4.48 **remainder** /rɪ'meɪndə/ (n) = sth that still stays after the other things have gone / **pozostałość, reszta**
e.g. After James and Frances left, the **remainder** of the guests sat chatting until dawn.
- 4.49 **partial** /'pɑːʃəl/ (adj) = not complete or whole / **częściowy**
e.g. Though badly affected by arthritis, the old lady still had **partial** use of her hands.
Opp.: whole
- 4.50 **gauge** /geɪdʒ/ (v) = to measure, calculate / **oceniać, mierzyć, kalkulować**
e.g. The government would like to **gauge** public feeling over the proposed ban on fox-hunting.
- 4.51 **cross-reference** /,krɒs 'refərəns/ (v) = to check relevant information that has already been compared or is already known / **sprawdzić, porównać z już sprawdzonymi informacjami**
e.g. We'll have to **cross-reference** this information with that held by our Public Relations department.
- 4.52 **log on** /'lɒg 'ɒn/ (phr v) = to start using a computer system / **uzyskać dostęp do komputera, zalogować się**
e.g. Can you send the technician up here as I am having difficulty **logging on** to my computer?
- 4.53 **call strength indicator** /'kɔːl streŋθ 'ɪndɪkeɪtə/ (n) = a mobile phone indicator showing if it is possible to make or receive a call / **(w telefonie komórkowym) wskaźnik mocy sygnału**
e.g. We were so far up in the mountains that the **call strength indicator** on my mobile went off.
- 4.54 **topography** /tə'pɒɡrəfi/ (n) = the physical features of an area (hills, valleys and rivers) / **topografia**
e.g. The **topography** of this part of the world has changed significantly in only a hundred years with the former port of Headmouth becoming a town 5 miles inland.
Der.: topographical (adj), topographer (n)
- 4.55 **cell congestion** /'sel kən'dʒestʃən/ (n) = too many calls in a particular area / **zbyt wiele rozmów w jednym rejonie sieci, przeciążenie sieci w danym rejonie**
e.g. In case of **cell congestion** our mobiles connect to any available base station and you can make a call anyway.
- 4.56 **further/farther/far afield** /ə'fɪːld/ (idm) = in a distant place, not near / **dalej, daleko**
e.g. If you want to explore the island **further afield**, you have to hire a good guide.
- 4.57 **keep (close) tabs on sb** (idm) = always to know where sb is and what they are doing in order to control them / **trzymać rękę na pulsie, kontrolować**
e.g. I think we should **keep tabs on** the quality of John Hanson's work.
- 4.58 **fraud** /frɔːd/ (n) = the crime of gaining money or benefits by tricking or lying to others / **oszustwo**
e.g. Police and credit card companies are constantly looking for ways to eliminate credit card **fraud**.
Der.: fraudster (n), fraudulent (adj)
- 4.59 **bill** /bɪl/ (n) = a formal statement of a new law that is discussed and then voted for by the parliament / **projekt ustawy**
e.g. A private member's **bill** is a piece of proposed legislation brought before the Houses of Parliament.
- 4.60 **grant** /grɑːnt/ (v) = to allow sb to have sth / **udzielić, przyznać**
e.g. I was not **granted** access to the company's files as I didn't have the security clearance.
- 4.61 **the House of Lords** /ðə 'haʊs əv 'lɔːdz/ (n) = this part of Parliament in Britain whose members are not elected / **Izba Lordów**
e.g. British Parliament consists of the House of Commons and **the House of Lords**.
- 4.62 **foundation** /faʊn'deɪʃən/ (n) = an organisation which provides money for research or charity / **fundacja**
e.g. The Prince's Trust is a charitable **foundation** that provides money to relieve poverty in third-world countries.
- 4.63 **trawl** /trɔːl/ (n) = searching through a large number of similar things / **przeszukanie (dużej ilości podobnych materiałów)**
e.g. We carried out a number of **trawls** through the data given to us in order to find the necessary information.
- 4.64 **invasive** /ɪn'veɪsɪv/ (adj) = spreading very quickly / **ekspansywny, szybko się rozprzestrzeniający**
e.g. I find the rapid spread of surveillance techniques frighteningly **invasive** to our privacy.

- 4.65 **capacity** /kə'pæsɪti/ (n) = ability to do sth / **zdolność**
e.g. I find that my **capacity** for staying up until late has diminished with age.
- 4.66 **deputy** /'depjʊti/ (n) = the second most important person in an organisation / **wicedyrektor, wiceprezes itp., zastępca**
e.g. The **deputy** Prime Minister acts as Prime Minister in the latter's absence.
- 4.67 **scuffle** /'skʌfəl/ (v) = to fight for a short time in a disorganised way / **bić się, tarmosić**
e.g. Rival supporters **scuffled** outside the ground and on nearby streets after the football match.
- 4.68 **moot** /mu:t/ (v) = to suggest sth for discussion / **poddać pod dyskusję**
e.g. The idea has been **mooted** to turn the theatre into a bingo hall, although I strongly believe that it would deprive the area of cultural focus.
- 4.69 **forbid** /fə'bid/ (v) = to say that sth must not be done / **zabronić, zakazać**
e.g. When I was at boarding school, we were **forbidden** from going outside after certain hours.
Der.: forbidden (adj), forbiddingly (adv)
- 4.70 **flourish** /'flaʊrɪʃ/ (v) = to be successful, active and developing quickly and strongly / **kwitnąć, doskonale prosperować**
e.g. At first, I found it difficult to **flourish** in my new surroundings until I found some friends and settled down.
- 4.71 **intrusive** /ɪn'tru:sɪv/ (adj) = disturbing one's mood or life / **natrętny, narzucający się**
e.g. At our peaceful demonstration, we found the police presence rather unwanted and **intrusive**.
Der.: intrusion (n), intrusiveness (n)
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- Language Focus (pp. 76-79)
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- 4.72 **embezzlement** /ɪm'bezəlmənt/ (n) = the crime of taking and using money illegally from the organisation or company one works for / **sprzeniewierzenie, defraudacja, malwersacja**
e.g. Many senior executives were involved in the **embezzlement** of the company's capital.
- 4.73 **jaywalking** /'dʒeɪwɔ:kɪŋ/ (n) = the act of walking across the street in a careless and dangerous way or not at the proper place / **nieuważne przechodzenie przez ulicę**
e.g. **Jaywalking** can be particularly dangerous in cities like Paris where cars are driven at high speeds.
Der.: jaywalker (n)
- 4.74 **manslaughter** /'mænsləʊtə/ (n) = the killing of a person by sb who didn't want to kill them / **zabójstwo**
e.g. He was convicted of the lesser charge of **manslaughter** for killing his wife.
- 4.75 **vandalism** /'vændəlɪzəm/ (n) = damaging public property on purpose / **wandalizm**
e.g. Former pupils of St George's comprehensive school have been convicted of **vandalism** and sentenced to community service.
- 4.76 **litter** /'lɪtə/ (v) = to throw things untidily around a place / **śmiecić, zaśmiecać**
e.g. People have **littered** the park with all sorts of things, from broken bottles to hamburger wrappers and plastic bags.
Der.: litter (n)
- 4.77 **unintentionally** /,ʌnɪn'tenʃənəli/ (adv) = by accident / **niumyślnie**
e.g. I'm afraid I **unintentionally** pressed the wrong button on my phone and got through to the wrong department.
- 4.78 **slander** /'slændə/ (v) = to say untrue things about sb in order to damage their reputation / **znieślawiać, obmawiać, szkalować**
e.g. He has **slandered** the good name of this great family for too long and it's time we took him to court.
Der.: slanderous (adj), slanderer (n)
- 4.79 **loiter** /'lɔɪtə/ (v) = to stay in a place without any purpose / **wałęsać się, szwendać**
e.g. Some of the youths were **loitering** on the pavement in a rather threatening way.
Der.: loiterer (n)
- 4.80 **with intent** = having the intention of doing sth / **umyślnie, celowo**
e.g. He was fined for loitering **with intent** on a public highway.
- 4.81 **mug** /mʌg/ (v) = to attack sb in order to steal their money / **napaść kogoś w celach rabunkowych**
e.g. I have just been **mugged** in broad daylight – they've taken my handbag which had everything in it!
Der.: mugger (n), mugging (n)
- 4.82 **libel** /'laɪbəl/ (v) = to write or print sth in a book or newspaper which damages sb's reputation / **znieślawić na piśmie**
e.g. I sued the newspaper for **libelling** my reputation and received £50,000 in damages and an apology from the editor.
Der.: libellous (adj)
- 4.83 **trespass on sth** /'trespəs/ (v) = to go on sb's land without permission / **wedrzeć się, wkroczyć na czyjś teren bez pozwolenia**

- e.g. We caught some poachers **trespassing** on our estate; they were about to steal our game birds.*
Der.: trespasser (n)
- 4.84 **legal aid** /ˌli:ɡəl ˈeɪd/ (n) = money given by the state to people who can't afford to pay for a lawyer / **pomoc prawna**
*e.g. You may be able to seek **legal aid** with your court case if you are unable to afford a lawyer.*
- 4.85 **witness** /ˈwɪtnəs/ (n) = sb who appears in court to say what they know about a crime / **świadek**
*e.g. Some of the **witnesses** of the crime came forward to make statements to the police.*
- 4.86 **prosecutor** /ˈprɒsɪkjʊtət̩/ (n) = a lawyer who charges sb with a crime or tries to prove they are guilty / **prokurator, oskarżyciel**
*e.g. The public **prosecutor** cross-examined the defendant and principal witnesses.*
- 4.87 **constable** /ˈkɒnstəbəl/ (n) = a low-ranking police officer / **policjant, dzielnicowy**
*e.g. Most police **constables** are polite and helpful to the general public.*
- 4.88 **probation officer** /prəˈbeɪʃən ˈɒfɪsər/ (n) = sb whose job is to supervise and help people who have committed crimes but are not in prison / **kurator sądowy osoby oddanej pod dozór**
*e.g. You have to report to your **probation officer** at the police station twice a week at the times indicated.*
- 4.89 **solicitor** /səˈlɪsɪtər/ (n) = a lawyer who gives legal advice, prepares legal documents and cases and represents clients in a lower court of law / **w Wielkiej Brytanii, adwokat występujący jedynie w sądach niższej instancji**
*e.g. I have just received a letter from my **solicitors** concerning my upcoming court case.*
- 4.90 **barrister** /ˈbærɪstər/ (n) = a lawyer who represents clients in a higher court of law / **w Wielkiej Brytanii, adwokat uprawniony do występowania przed sądem wyższej instancji**
*e.g. You should get a good **barrister** to represent you in a case of this importance.*
- 4.91 **Justice of the Peace** /ˈdʒʌstɪs əv ðə ˈpiːs/ (n) = sb who is not a lawyer but can act as a judge in a local criminal law court / **sędzia pokoju**
*e.g. After a career in the Civil Service, he became a **Justice of the Peace** and presided over minor cases in court.*
- 4.92 **juror** /ˈdʒʊərə/ (n) = a member of the jury / **(sędzia) przysięgły**
*e.g. One of the **jurors** gives their verdict to the judge on behalf of the jury.*
Der.: jury (n)
- 4.93 **revocation** /ˌrevəʊˈkeɪʃən/ (n) = a cancellation of a law or an agreement / **anulowanie, unieważnienie**
*e.g. There has been a **revocation** in the law concerning gambling; from now on gambling will only be allowed at licensed casinos.*
- 4.94 **probation** /prəˈbeɪʃən/ (n) = a period of time during which a criminal has to obey the law and be supervised rather than be in prison / **probacja, zawieszenie wykonania wyroku**
*e.g. He was on **probation** for a year and had to report to the police station every weekend.*
Der.: probationer (n), probationary (adj)
- 4.95 **parole** /pəˈrəʊl/ (n) = the release of a criminal before the official end of their prison sentence after they have promised to behave well / **zwolnienie warunkowe**
*e.g. He will go on **parole** in a few weeks' time for good behaviour in prison.*
- 4.96 **capital punishment** /ˈkæpɪtəl ˈrɒnlɪʃmənt/ (n) = punishment which involves the legal killing of a criminal who has committed a serious crime such as murder / **kara śmierci**
*e.g. **Capital punishment** still exists in many parts of the world although it was abolished around forty years ago throughout much of Europe.*
- 4.97 **community service** /kəmjuːnəti ˈsɜːvɪs/ (n) = working in the local community without being paid / **prace społeczne**
*e.g. **Community service** is a proper punishment for vandalism.*
- 4.98 **minor** /ˈmaɪnər/ (n) = sb who is still legally a child (until they reach the age of 18) / **niepełnoletni**
*e.g. It is illegal for **minors** to buy cigarettes.*
- 4.99 **prior** /ˈpraɪər/ (adj) = previous / **uprzedni, wcześniejszy**
*e.g. I was unable to attend the meeting as I had a **prior** appointment to see the dentist.*
- 4.100 **impose** /ɪmˈpəʊz/ (v) = to use one's authority to force people to accept sth / **narzucać, nakładać**
*e.g. You should **impose** your authority on the pupils and then they might respect you.*
- 4.101 **sentence sb to sth** /ˈsentəns/ (v) = to state in a court of law what sb's punishment will be / **skazać**
*e.g. The court hereby **sentences** the defendant to life imprisonment.*
- 4.102 **inmate** /ˈɪnmeɪt/ (n) = a prisoner / **więzień**
*e.g. The prison **inmates** are allowed half an hour's exercise in the courtyard every day.*

- 4.103 **restrict** /rɪ'strɪkt/ (v) = to put a limit / **ograniczyć**
*e.g. The government has **restricted** the number of asylum seekers to be allowed into the country to 5,000 per year.*
Der.: restriction (n), restrictive (adj)
- 4.104 **right** /raɪt/ (n) = the legal and moral freedom one has to do or have sth / **prawo (do czegoś)**
*e.g. The Thatcher government of the 1980s substantially curbed union **rights**.*
- 4.105 **imprison** /ɪm'prɪzən/ (v) = to lock sb up in prison for a crime / **uwięzić, zamknąć w więzieniu**
*e.g. The infamous Kray twins were **imprisoned** for life in 1969.*
Der.: imprisonment (n)
Opp.: release
- 4.106 **for life** = for the rest of one's life / **dożywotnio**
*e.g. The Yorkshire Ripper, a notorious murderer, was imprisoned **for life** in 1981.*
- 4.107 **originate** /ə'ɪdʒɪneɪt/ (v) = to begin to happen or exist / **wywodzić się, brać początek**
*e.g. A lot of English slang **originated** from troops picking up words from the locals in the days when India was a British colony.*
- 4.108 **out of sight** = where sth cannot be seen / **poza zasięgiem wzroku**
*e.g. The ship sailed **out of sight** in the early light of dawn.*
Opp: in sight
- 4.109 **mission statement** /'mɪʃən 'steɪtmənt/ (n) = an official statement of the aims of an organisation / **hasło przewodnie**
*e.g. The **mission statement** of our party is "Peace and Welfare."*
- 4.110 **committed to sth** /kə'mɪtɪd/ (adj) = saying that one will definitely do sth / **zobowiązany, oddany jakiejś sprawie**
*e.g. The government is **committed to** providing better health care and education.*
Der.: commitment (n)
- 4.111 **leading** /'liːdɪŋ/ (adj) = the most important or successful in a particular area / **czołowy**
*e.g. Michael Burleigh is a **leading** Cambridge historian and academic.*
- 4.112 **conservation** /,kɒnsə'veɪʃən/ (n) = protection, preservation from being lost or destroyed / **ochrona**
*e.g. Mike's a Greenpeace activist, dedicated to the **conservation** of wildlife.*
- 4.113 **phasing out** /'feɪzɪŋ 'aʊt/ (n) = gradual extinction / **stopniowe eliminowanie, wycofywanie**
*e.g. The **phasing out** of this product will take place in the autumn and we shall introduce a new product in the spring.*
Opp.: phasing in
- 4.114 **humanitarian** /hjuː,mæni'teəriən/ (adj) = helping those who are suffering / **humanitarny**
*e.g. The United Nations World Food Programme (WFP) is the world's largest **humanitarian** organisation.*
Der.: humanitarianism (n)
- 4.115 **overseas** /,əʊvə'saɪz/ (adv) = in foreign countries / **w obcych krajach**
*e.g. Sir Kenneth Henderson joined the Diplomatic Service straight from Cambridge and has worked **overseas** for much of his career.*
- 4.116 **aftermath** /'ɑːftəməθ/ (n) = the situation that results from an important or harmful event / **następstwa**
*e.g. The country received humanitarian aid to help cope with the **aftermath** of the earthquake.*
- 4.117 **scarcity** /'skeəsɪti/ (n) = not enough of sth for those who need it / **brak, niedobór, niedostatek**
*e.g. There is a **scarcity** of fresh drinking water throughout many parts of the developing world.*
Opp.: abundance
- 4.118 **rarity** /'reərɪti/ (n) = sth that is very uncommon / **rzadkość**
*e.g. Wild orchids have become a **rarity** since the introduction of commercial scale farming.*
- 4.119 **break out of** /'breɪk 'aʊt əv/ (phr v) = to escape / **uciec, wyrwać się**
*e.g. It is believed that seven inmates have **broken out** of a psychiatric hospital in Berkshire.*
- 4.120 **make/take a stand on/against** = to make a strong effort to defend oneself or one's opinion about sth / **zdecydowanie wystąpić za czymś lub przeciwko czemuś**
*e.g. It is important that we **make a stand against** certain practices in our company.*
- 4.121 **make amends** = to show that one is sorry about doing sth to sb by doing sth to please them / **zadośćuczynić, wynagrodzić, naprawić szkody**
*e.g. I would like to **make amends** for my rude behaviour the other day, so I suggest you come round to my house for dinner.*
- 4.122 **do one's bit** = (informal) to do one's share of a task / **wykonać swoją część pracy, zrobić swoje**
*e.g. We should all try and **do our bit** to recycle as much as possible.*
- 4.123 **pass a law** = to formally agree to a new law or to approve it / **zatwierdzić przepis, wprowadzić prawo**

- e.g. *A law has been passed to prohibit the carrying of knives or any potential weapon in public.*
- 4.124 **do/serve time** = to spend time in prison / *odsadywać wyrok*
e.g. *Frankie Frazier, a notorious London criminal, served time in prison for murder and armed robbery.*
- 4.125 **serve sb with (a legal document)** = to give or send sb an official document / *doręczyć komuś dokument, np. wezwanie do sądu*
e.g. *He was served with a court order that prevented him from going within 200 metres of his ex-wife's house.*
- 4.126 **plead** /plid/ (v) = to officially state whether sb is guilty or innocent of a crime / *przysiąc lub nie przysycać się do winy w sądzie*
e.g. *My client pleads not guilty to all the charges given.*
- 4.127 **reach a verdict** = to achieve a particular decision at the end of a trial / *uzgodnić wyrok*
e.g. *Has the jury reached a verdict yet?*
- Idioms**
- 4.128 **foot the bill (for sth)** = to pay for sth / *zapłacić, pokryć rachunek*
e.g. *At the end of the meal, John was very kind and footed the whole bill – it must have been expensive, there being twelve of us!*
- 4.129 **on the fringes of society** = separated or apart from society / *na marginesie społeczeństwa*
e.g. *Homeless people are often forced to become beggars and live on the fringes of society.*
- 4.130 **take the law into one's own hands** = to punish sb or put a situation right instead of waiting for the police to take action / *samemu wymierzyć sprawiedliwość*
e.g. *When his wife was murdered, he took the law into his own hands: he sought out and shot the culprit.*
- 4.131 **kill two birds with one stone** = to achieve two things you want rather than just one / *upiec dwie pieczenie na jednym ogniu*
e.g. *When you go to visit aunty Gwen, do pop in to see granny on the way. By doing so, you will be killing two birds with one stone.*
- 4.132 **throw oneself on the mercy of the court** = to put oneself in a situation where the court will have the complete control to decide whether to punish or forgive one / *zdać się na łaskę sądu*
e.g. *By telling the truth and pleading guilty, you can throw yourself on the mercy of the court and you may get a lighter sentence.*
- 4.133 **bridge the generation gap** = to reduce or get rid of the differences between generations / *przewyciężyć konflikt pokoleń*
e.g. *I found it difficult to bridge the generation gap between my father and me; there were so many things we disagreed upon.*
- 4.134 **the law of the jungle** = a situation which has no laws or rules to govern the way people behave / *prawo dżungli*
e.g. *It's the law of the jungle in that firm, mate; you'll have to use some pretty dirty tricks to get to the top.*
- 4.135 **rob Peter to pay Paul** = to take or borrow money from somewhere else to pay a debt that one can't pay on their own / *wziąć pieniądze od jednej osoby, aby móc spłacić pożyczkę wziętą od innej*
e.g. *You'll still be in debt if you rob Peter to pay Paul, so I suggest you cut down on your spending.*
- 4.136 **make a killing** = to make a large profit very quickly and easily / *zarobić szybko ogromną ilość pieniędzy, zbić kasę*
e.g. *I made a killing on my British Telecom shares; I bought them at 50 pence a share and they went up to 80 pence within a month!*
- 4.137 **charity begins at home** = people should deal with the needs of those close to them before they think about helping others / *najpierw należy pomyśleć o najbliższych, a dopiero potem pomagać innym*
e.g. *I've always believed that charity begins at home. After all, I've got my family to think about and I can't be worrying about the rest of the world as well.*
- 4.138 **boast about sth** /bəʊst/ (v) = to talk about what one has done very proudly and in a way that annoys, irritates or offends others / *chwalić się czymś*
e.g. *He is always boasting about his father having a Rolls Royce and a country house – it's quite irritating at times.*
Der.: boastful (adj)
- 4.139 **devastate** /'devəsteɪt/ (v) = to damage sth or sb very badly or destroy it totally / *zniszczyć, spustoszyć*
e.g. *The city was devastated in the earthquake.*
Der.: devastation (n)
- 4.140 **inner city** /'ɪnə 'sɪti/ (n) = the areas in or near the city centre where there are social and economic problems / *centralnie położone dzielnice miast zamieszkałe przez biedotę*
e.g. *Many inner city areas have undergone renewal programmes in an attempt to boost their prosperity.*

- 4.141 **prevail** /pri'veil/ (v) = to be normal or most common / **przeważać, dominować**
e.g. *Common sense prevailed and she agreed to sell the house and buy a cottage instead – after all, the house was far too big for her alone.*
Der.: prevailing (adj), prevalent /'prevələnt/ (adj)
- 4.142 **vagrant** /'veigrənt/ (n) = a homeless and jobless person who begs or steals in order to live / **włóczęga**
e.g. *Many vagrants live in cardboard city under Waterloo Bridge in central London.*
Der.: vagrancy (n)
- 4.143 **debt** /det/ (n) = a sum of money that one owes / **dług**
e.g. *I am doing some overtime this month to pay off my debts.*
Der.: debtor (n)
- 4.144 **delinquent** /di'liŋkwənt/ (n) = a young person who repeatedly commits minor crimes / **młodociany przestępca**
e.g. *Some of the local juvenile delinquents have repeatedly vandalised the phone box. They should be forced to pay for it to be mended!*
Der.: delinquency (n)
- 4.145 **light** /laɪt/ (adj) = (of punishment) less severe or serious / **(o karze lub wyroku) łagodny**
e.g. *Having pleaded guilty of all the offences, the defendant got off with a relatively light sentence of one-year community service.*
- 4.146 **rage** /reɪdʒ/ (n) = strong anger which is difficult to control / **wściekłość, szal**
e.g. *Frank was speechless with rage when his wife damaged his new car.*
- 4.147 **assault** /ə'sɔ:lt/ (v) = to attack / **napaść**
e.g. *The player verbally assaulted the referee and was later given a three-match ban and a heavy fine.*
- 4.148 **legal advisor** /'li:gəl əd'vaɪzə/ (n) = an expert who advises others in matters that relate to the law / **doradca prawny**
e.g. *We are going to call in our legal advisors to help deal with this tricky case.*
- 4.149 **court case** /'kɔ:t 'keɪs/ (n) = a trial in court / **sprawa sądowa**
e.g. *My court case is going to be held next month: I'll probably get a fine for speeding and driving without due care and attention.*
- 4.150 **court order** /'kɔ:t ɔ:də/ (n) = a legal instruction stating that sth must be done / **nakaz sądowy**
e.g. *He has received a court order instructing him to pay child maintenance costs of a hundred pounds a week.*
- 4.151 **military law** /'mɪlɪtri ˌlɔ:/ (n) = the rules which organise and control the army / **prawo wojenne**
e.g. *Military law is very strict in cases where soldiers have gone absent without leave.*
- 4.152 **native** /'neɪtɪv/ (adj) = having to do with a particular country / **(o prawie) rodzimy, danego kraju**
e.g. *The native laws of Singapore are very strict about dropping litter in public places.*
- 4.153 **swear** /swɛə/ (v) = to promise in a serious way that one will do sth / **przysiąc**
e.g. *I swear I shall tell the truth, the whole truth and nothing but the truth, so help me God.*

Fixed phrases with *against*

- 4.154 **do sth against one's better judgement** = to do sth although one knows it's not right / **zrobić coś wbrew sobie, wbrew rozsądkowi**
e.g. *I lent him a large sum of money against my better judgement; I knew he wouldn't be able to pay me back.*
- 4.155 **do sth against sb's wishes** = to do sth although others don't want you to / **zrobić coś wbrew czyjejś woli**
e.g. *My grandson has gone against my wishes and refuses to attend the family reunion.*
- 4.156 **do sth against one's principles** = to do sth that is against one's own beliefs / **zrobić coś wbrew własnym zasadom**
e.g. *Voting for the Conservative party goes against my principles, as I have been a lifelong socialist.*
- 4.157 **race against the clock** = to work very hard and fast in order to do sth before a certain time / **prowadzić wyścig z czasem**
e.g. *We had to race against the clock to get there on time.*
- 4.158 **go against the establishment** = not to support those who are responsible for running a country, society or organisation / **być w opozycji wobec establishmentu**
e.g. *During his time as an opposition MP, Churchill often went against the establishment.*
- 4.159 **go against the law** = not to follow or obey the law / **łamać prawo, działać niezgodnie z prawem**
e.g. *You may be going against the law by driving over the speed limit.*
- 4.160 **win against all odds** = to succeed in sth that seems impossible to achieve / **zwyąć na przekór okolicznościom**
e.g. *Barnet Town won against all odds by beating Sheffield United, a team 48 places higher in the football league.*

- 4.161 **be enraged** = be extremely angry / *wściekać się*
e.g. Animal Rights activists **are enraged** that the government has not yet banned fox-hunting.
- 4.162 **renowned** /rɪˈnaʊnd/ (adj) = well-known, famous / *ślawny, słynny, znany*
e.g. Rachmaninov was a **renowned** Russian pianist and composer.
- 4.163 **philanthropist** /fɪˈlænθrəpɪst/ (n) = sb who freely gives money and help to people who need it / *filantrop*
e.g. George Soros, the millionaire **philanthropist**, has donated much needed financial aid to Eastern Europe.
- 4.164 **state-run** /ˈsteɪt,rʌn/ (adj) = operated or provided for by the government of a country / *państwowy*
e.g. The **state-run** coal mining and steel industries were privatised in the 1980s.
Opp.: privately-run
- 4.165 **donation** /dəʊˈneɪʃən/ (n) = sth that sb gives to an organisation or a charity / *darowizna, datek*
e.g. Would you like to make a **donation** to Children in Need, madam?
- 4.166 **play truant** = to stay away from school without permission / *wagarować*
e.g. When I was at school, I never **played truant** although some of my classmates sometimes spent the day at the amusement arcade.
- 4.167 **poverty** /ˈpɒvəti/ (n) = the state of being extremely poor / *bieda, ubóstwo*
e.g. There is a great deal of **poverty** in third-world countries.
Opp.: wealth
- 4.168 **culprit** /ˈkʌlprɪt/ (n) = sb who has done sth wrong or committed a crime / *winowajca, sprawca*
e.g. If the **culprit** who sprayed paint on my office door doesn't own up, I shall punish the whole school.
- 4.169 **juvenile** /ˈdʒu:vənail/ (adj) = referring to a child or young person not old enough to be considered an adult / *młodociany*
e.g. Statistics show that **juvenile** crime is on the increase.
Opp.: adult
- 4.170 **third-age** /ˌθɜːdˈeɪdʒ/ (adj) = of the old age / *związany ze starością*
e.g. According to recent figures, the number of **third-age** employees has substantially increased.
- e.g. **Care-givers** are often undervalued and underpaid in society.
- 4.172 **voice** /vɔɪs/ (v) = to say what one thinks or feels / *wyrazić (np. opinię)*
e.g. It's time for each of us to **voice** our opinions on the matter.
- 4.173 **violation** /ˌvaɪəˈleɪʃən/ (n) = the breaking of a promise or agreement / *naruszenie, złamanie, pogwałcenie*
e.g. You may be in **violation** of your contract if you reveal company secrets.
Der.: violator (n)
- 4.174 **mph** /em pi: 'eɪtʃ/ (abbr) = miles per hour / *mil na godzinę*
e.g. You have to keep to a 60 **mph** speed limit.
- 4.175 **sensitise sb to sth** /ˈsensətəɪz/ (v) = to make sb more aware of sth / *uczulić, uwrażliwić*
e.g. Young people should be **sensitised to** the dangers of smoking.
- 4.176 **debate** /dɪˈbeɪt/ (n) = a discussion on a subject on which people have different views / *debata*
e.g. We had an interesting **debate** on crime in class recently.
Der.: debater (n), debatable (adj)
- 4.177 **offence** /əˈfens/ (n) = an act that breaks a certain law and requires a certain punishment / *przestępstwo, wykroczenie*
e.g. He was convicted of several firearms **offences** and jailed for ten years.
Der.: offender (n)
- 4.178 **healthcare** /ˈhelθ,kæər/ (n) = the service of providing medical care / *opieka zdrowotna*
e.g. The cost of **healthcare** is mounting every year.
- 4.179 **civil liberties** /ˈsɪvəl ˈlɪbətɪz/ (n pl) = the rights of a person to say, think and do what they want as long as they respect other people's rights / *prawa i wolności obywatelskie*
e.g. Some countries have poor **civil liberties** and human rights records.
- 4.180 **shoplifting** /ˈʃɒplɪftɪŋ/ (n) = stealing from a shop by hiding things in a bag or clothes / *kradzież artykułów ze sklepu*
e.g. Many department stores hire store detectives to prevent **shoplifting** on their premises.
Der.: shoplifter (n)
- 4.181 **juvenile delinquency** /ˈdʒu:vənail dɪˈlɪŋkwənsi/ (n) = criminal behaviour by young people who are not adults / *przestępczość nieletnich*
e.g. **Juvenile delinquency** is on the increase in deprived inner city areas.

Listening & Speaking (pp. 80-81)

- 4.171 **care-giver** /ˈkeə,gɪvər/ (n) = sb who gives love and support to others and looks after them / *opiekun, osoba dająca ciepło i wsparcie innym*

- 4.182 **commiserate with sb** /kə'mɪzəreɪt/ (v) = to show pity or sympathy to others when sth unpleasant has happened to them / **współczuć, litować się**
e.g. *We congratulate the lucky winners, but let's not forget the unlucky losers with whom we commiserate.*
Der.: commiseration (n)
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- Reading (pp. 82-83)**
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- 4.183 **magistrate** /'mædʒɪstreɪt/ (n) = a judge in the lower courts of law who deals with minor crimes / **sędzia pokoju**
e.g. *The magistrates handed out a stiff sentence of two years in prison to the offender.*
- 4.184 **magistrates court** /'mædʒɪstrets 'kɔ:t/ (n) = a place where minor crimes are dealt with / **sąd pokoju**
e.g. *Minor cases such as driving offences are dealt with at magistrates courts.*
- 4.185 **minor** /'maɪnə/ (adj) = less important or serious / **nieznaczny, drobny**
e.g. *He was convicted of a series of minor offences, such as shoplifting, and given community service.*
- 4.186 **domestic violence** /də'mestɪk 'vaɪələns/ (n) = violence between family members / **przemoc domowa**
e.g. *Many abused children are victims of domestic violence.*
- 4.187 **Judgement Day** /'dʒʌdʒmənt ,deɪ/ (n) = the day at the end of the world when God will judge everyone who has ever lived / **dzień Sądu Ostatecznego**
e.g. *On Judgement Day, we shall all be judged for our time on the earth.*
- 4.188 **public gallery** /'pʌblɪk 'gæləri/ (n) = the place in a courtroom where anybody can sit and watch the trial / **(w sądzie) galeria dla publiczności**
e.g. *We sat in the public gallery to observe the court proceedings.*
- 4.189 **petty theft** /'petɪ 'θeft/ (n) = the act of stealing things that are not considered to be very valuable (e.g. car radios) / **drobna kradzież**
e.g. *He has been involved in petty theft all his life and was recently arrested for shoplifting.*
- 4.190 **squat** /skwɒt/ (adj) = short and thick / **przysadzisty**
e.g. *A rather squat man sat beside a tall woman on the seat in front of me and the difference was quite comical.*
- 4.191 **mean business** (idm) = to be serious about sth / **nie żartować, mówić serio**
e.g. *Turn off the TV and do your homework right now – and I mean business!*
- 4.192 **linger** /'lɪŋgə/ (v) = to stay somewhere for a long time / **ociągać się, zostać dłużej**
e.g. *She lingered for a while longer on the platform of the station as she waved goodbye to her sister.*
- 4.193 **gleaming** /'gli:mɪŋ/ (adj) = shining / **błyszczący, lśniący**
e.g. *The yellow Rolls Royce sat gleaming by the curb.*
- 4.194 **five-a-side** /'faɪvə'saɪd/ (n) = mostly indoor football played by teams of five / **halowa odmiana piłki nożnej z drużynami po pięciu zawodników**
e.g. *We have a game of five-a-side football every Saturday evening.*
- 4.195 **usher** /'ʌʃə/ (v) = to lead sb where they should go / **wprowadzić, zaprowadzić (na miejsce)**
e.g. *As soon as we entered the cinema, we were ushered to our seats.*
Der.: usher (n), usherette (n)
- 4.196 **dock** /dɒk/ (n) = the place in a courtroom where the person who has committed a crime stands or sits / **ława oskarżonych**
e.g. *The defendant sat in the dock waiting for the verdict to be given.*
- 4.197 **in mitigation** = so as to make a crime easier to understand and excuse / **na swoją obronę, na swoje usprawiedliwienie**
e.g. *In mitigation of his crimes, he said that he had always been a fine upstanding member of society.*
- 4.198 **shrug** /ʃrʌɡ/ (v) = to raise one's shoulders to show one is not interested and doesn't care about sth / **wzruszyć ramionami**
e.g. *I asked him if he knew about the result of the game and he simply shrugged his shoulders uninterestedly.*
- 4.199 **mumble** /'mʌmbəl/ (v) = to speak quietly and unclearly with the result that the words are difficult to understand / **mamrotać**
e.g. *Teenagers never speak clearly – they always mumble their words.*
- 4.200 **shuffle** /'ʃʌfəl/ (v) = to walk without lifting one's feet properly off the ground / **szurać nogami, człapać**
e.g. *The old tramp shuffled along the pavement, looking for a bench to sleep on for the night.*
- 4.201 **sigh** /saɪ/ (v) = to let out a deep breath as a way of expressing disappointment or tiredness / **westchnąć**
e.g. *He sighed with relief as the jury pronounced him not guilty.*
- 4.202 **confer** /kən'fɜː/ (v) = to discuss sth with sb in order to make a decision / **konferować, naradzać się**
e.g. *After having conferred on the case for a week, the jury finally reached a verdict of not guilty.*
Der.: conference (n)

- 4.203 **without due care** = carelessly / **nieostrożnie, nieuważnie, niedbale**
e.g. *He was charged with driving **without due care** and attention and received a fine of £150.*
- 4.204 **faulty** /'fɔ:lti/ (adj) = not working properly / **wadliwy, zepsuty**
e.g. *The brakes on this car are **faulty**; I'll have to have them fixed at the garage.*
- 4.205 **bald tyre** /'bɔ:ld 'taɪə/ (n) = a tyre with a worn-out surface which is not safe to use / **łysa opona**
e.g. ***Bald tyres** are very dangerous on wet roads.*
- 4.206 **tax disc** /'tæks ,dɪsk/ (n) = a small round piece of paper on cars and motorcycles which proves that the owner has paid road tax / **naklejka potwierdzająca, że właściciel pojazdu zapłacił podatek drogowy**
e.g. *You have to display your **tax disc** in the front windscreen of your car.*
- 4.207 **MoT certificate** /,em əθ 'ti: sə'tɪfɪkət/ (n) = a certificate required by the Ministry of Transport (MoT) that says a vehicle is in good condition / **świadcstwo przeglądu technicznego**
e.g. *I have a brand new car and an appropriate **MoT certificate**.*
- 4.208 **multistorey** /mʌlti'stɔ:ri/ (n) = a building with several floors where cars can be parked / **parking wielopoziomowy**
e.g. ***Multistoreys** seem a good solution in city centres, where there is little free space left.*
- 4.209 **oddly** /'ɒdli/ (adv) = surprisingly / **dziwnie, zadziwiająco**
e.g. *I found the way my teacher spoke **oddly** amusing.*
- 4.210 **stall** /stɔ:l/ (v) = (of a vehicle or an engine) to suddenly stop / **(o pojeździe lub silniku) zatrzymać się, zgasnąć**
e.g. *I hate it when my car **stalls** at the traffic lights.*
- 4.211 **dual carriageway** /'dju:əl 'kæriɪdʒweɪ/ (n) = a road with two lanes of traffic in each direction and a strip of land in the middle / **droga dwupasmowa, droga szybkiego ruchu**
e.g. *The accident on the London bound A4 **dual carriageway** is likely to cause delays for several hours.*
- 4.212 **pull sb up** /'pʊl 'ʌp/ (phr v) = to tell sb they have done sth wrong / **udzielić upomnienia**
e.g. *The police **pulled me up** for driving at night with the lights off.*
- 4.213 **jump the lights** = to go through red lights / **przejechać na czerwonym świetle**
e.g. *The police caught me **jumping the lights** and I was stopped and given a caution.*
- 4.214 **statute** /'stætʃu:t/ (n) = a law made by the government and formally written down / **ustawa, statut**
e.g. *The independence of the BBC is guaranteed by **statute**.*
Der.: statutory (adj)
- 4.215 **defendant** /dɪ'fendənt/ (n) = sb accused of breaking the law and tried in court / **pozwany, podsądny, oskarżony**
e.g. *The **defendant** was found guilty of burglary and sentenced to five years in prison.*
- 4.216 **about sb's person** = on sb / **przy kimś, w czymś ubraniu**
e.g. *We searched the suspect and found some stolen items **about his person**.*
- 4.217 **brandish** /'brændɪʃ/ (v) = to hold sth like a weapon in a threatening way / **wywijać, wymachiwać (bronią)**
e.g. *The robber **brandished** his gun and told the cashier to hand over the money.*
- 4.218 **bladed article** /'bleɪdɪd 'ɑ:tɪkl/ (n) = sth with a sharp edge (like a knife) / **ostry przedmiot**
e.g. *He took out something that looked like a **bladed article** from his pocket and told the shopkeeper to hand over all the money in the till.*
- 4.219 **conveyor belt** /kən'veɪə belt/ (n) = here: a series of events showing the negative side of human nature / **dosł. pas transmisyjny, taśma; tu: pasmo zdarzeń ukazujących negatywną stronę natury ludzkiej**
e.g. *The endless **conveyor belt** of petty thieves and muggers took up the day's court proceedings.*
- 4.220 **addictive** /ə'dɪktɪv/ (adj) = making one want more of sth / **uzależniający**
e.g. *These reality programmes are really quite **addictive**; I can't stop watching them.*
- 4.221 **fate** /feɪt/ (n) = destiny / **przeznaczenie, los**
e.g. *If you decide to go abroad for a year, your **fate** is in your own hands.*
- 4.222 **ultimate** /'ʌltɪmət/ (adj) = most extreme / **tu: jedyny w swoim rodzaju**
e.g. *The travel agency called our trip "The **Ultimate Adventure**" but only on the spot did we discover what it really meant.*
- 4.223 **unedited** /ʌn'edɪtɪd/ (adj) = not prepared in any way to be shown / **nie zmontowany, nie zredagowany**
e.g. *This is the **unedited** version of his novel – we hope to publish it next month.*
- 4.224 **soap** /səʊp/ (n) = (informal) soap opera / **opera mydlana, serial telewizyjny**
e.g. *The number of **soaps** on TV is overwhelming.*

- 4.225 **stock type** /'stɒk taɪp/ (n) = a common type of person / **typowy przykład**
e.g. John is a **stock type** lorry driver – fat and unshaven.
- 4.226 **brawler** /'brɔːlə/ (n) = a tough person who likes getting into fights / **awanturnik**
e.g. He has got himself a reputation of a **brawler**; he's always involved in fights.
- 4.227 **roadhog** /'rəʊdhɒg/ (n) = sb who drives too fast and is dangerous to others / **pirat drogowy**
e.g. You **roadhog!** Can't you see where you're going? You completely cut me off!
- 4.228 **yippee** /'jɪpi/ (excl) = an expression used when one is very pleased / **Hurra!**
e.g. **Yippee!** We've scored a goal!
- 4.229 **in absentia** = in sb's absence, when sb is not present / **pod nieobecność, podczas nieobecności**
e.g. He didn't turn up for the trial and so he was sentenced to two years in prison **in absentia**.
- 4.230 **articulate** /ɑː'tɪkjələt/ (adj) = able to express one's thoughts and ideas easily and well / **potrafiący jasno wyrażać myśli, dobrze się wysławiający**
e.g. Jane is a highly **articulate** young woman; she ought to become a politician.
Opp.: inarticulate
- 4.231 **roundabout** /'raʊndə,baʊt/ (n) = a place where the roads meet in a circle / **rondo**
e.g. Take the first exit at the **roundabout** and you'll get to Wyndham easily.
- 4.232 **dock** /dɒk/ (v) = to take away, remove / **odebrać, obciąć**
e.g. My employers threatened to **dock** my pay if I took more time off work.
- 4.233 **mandatory** /'mændətəri/ (adj) = fixed by law for all cases / **obowiązkowy, nakazany ustawą**
e.g. There is a **mandatory** fine of £200 for speeding.
- 4.234 **discharge** /'dɪstʃɑːdʒ/ (n) = allowing sb to leave a place / **zwolnienie, wypuszczenie**
e.g. He received his **discharge** papers from the army at the end of the Second World War.
- 4.235 **cheer** /tʃɪə/ (v) = to shout loudly to show approval or to encourage sb / **wiwatować, dopingować**
e.g. We all **cheered** the happy couple as they were driven off on their honeymoon.
Der.: cheerful (adj)
- 4.236 **acquit** /ə'kwɪt/ (v) = to formally say in court that sb is innocent of committing a crime / **uniewinnić**
e.g. The accused was **acquitted** of all the charges brought against him and immediately set free.
Der.: acquittal (n)
- 4.237 **restore** /rɪ'stɔː/ (v) = to cause sth or sb to be in a particular situation again / **przywrócić do pierwotnego stanu, odnowić**
e.g. We have had the painting **restored** in time for the exhibition.
Der.: restoration (n), restorative (adj)
- 4.238 **guilty plea** /'gɪltɪ ,pli/ (n) = a statement made by sb who admits he committed a crime / **przyznanie się do winy**
e.g. He offered a **guilty plea** and received a light sentence.
- 4.239 **case-hardened** /,keɪs 'hɑːdɪnd/ (adj) = having so much experience that one is not easily affected by things that may affect others / **nieczuły, uodporniony**
e.g. Many magistrates become **case-hardened** with years of hearing tales of abuse and domestic violence.
- 4.240 **modest** /'mɒdɪst/ (adj) = fairly small in amount / **skromny, niewielki**
e.g. I would say we're not rich, but I do receive a **modest** income that allows us to go on holiday a couple of times a year.
Der.: modesty (n)
- 4.241 **baffling** /'bæflɪŋ/ (adj) = confusing, not easily explained / **zastanawiający, zaskakujący, nie do rozwiązania**
e.g. One of the most **baffling** court cases of the 19th century involved a man who claimed he was the Earl of Tichbourne; it was discovered that he was in fact a local butcher.
Der.: bafflement (n)
- 4.242 **a fly on the wall** (idm) = sb who wants to see or hear what happens in a situation that does not involve them / **osoba będąca świadkiem sytuacji, która jej nie dotyczy**
e.g. I would love to be **a fly on the wall** and observe what goes on inside 10 Downing Street.
- 4.243 **misspell** /,mɪs'spel/ (v) = to spell sth wrongly / **błędnie coś napisać, zrobić błąd ortograficzny**
e.g. The Guardian newspaper is notorious for **misspelling** words; there are spelling mistakes every week.
- 4.244 **remand** /rɪ'mænd/ (v) = to keep sb in custody until the trial / **zatrzymać (w areszcie śledczym)**
e.g. The accused was **remanded** in custody to await trial in six months' time.
- 4.245 **flush-faced** /'flʌʃ ,feɪst/ (adj) = with a red face / **zarumieniony, z wypiekami na twarzy**
e.g. You're looking a bit **flush-faced** after all that running around you've been doing. Come and sit down and have a nice cool drink.

- 4.246 **chap** /tʃæp/ (n) = a man or boy / **facet, gość**
e.g. I met a **chap** on the train the other day who said he was related to the Duke of Northumberland.
- 4.247 **stern-looking** /'stɜːn,lʊkɪŋ/ (adj) = looking serious and strict / **srogo wyglądający, nieprzystępny**
e.g. Even though she was a rather **stern-looking** woman, she had a heart of gold.
- 4.248 **robe** /rəʊb/ (n) = a loose piece of clothing which covers the whole body / **szata**
e.g. Roman emperors always wore purple **robes** lined with gold leaf.
- 4.249 **wig** /wɪɡ/ (n) = a covering of false hair worn on the head / **peruka**
e.g. Even though I am going bald, I'd rather not wear a **wig**; it would look ridiculous.
- 4.250 **layman** /'leɪmən/ (n) = sb who is not trained, qualified or experienced in a particular subject or activity / **laik**
e.g. The solicitor outlined the case in **layman's** terms so his client could fully understand him.
- 4.251 **mitigatory** /'mɪtɪɡətəri/ (adj) = giving an explanation that will make a punishment less severe / **łagodzący**
e.g. **Mitigatory** tales of being abandoned as children are often heard in court.
- 4.252 **eulogy** /'juːlədʒi/ (n) = a speech that praises sb very much / **pochwała, panegiryk**
e.g. Some of the **eulogies** that have been heard about the late novelist Graham Greene have been quite touching indeed.
- 4.253 **pillar of the community** = sb who plays an important role and is an active part of the community / **filar społeczności**
e.g. Sir Nigel Devenish, the London neurologist, is rightly called a **pillar of the community**.
- 4.254 **nick** /nɪk/ (v) = to steal / **ukraść, zwinąć**
e.g. When I was young, I used to **nick** sweets from the cake shop but I never got caught.
- 4.255 **traffic cone** /'træfɪk ˌkəʊn/ (n) = a plastic object with a pointed top placed on a road to prevent drivers from driving or parking there / **stupek ostrzegawczy, pacholek**
e.g. Some of the students stole an orange **traffic cone** and put it on top of the statue in the courtyard.
- 4.256 **hardened criminal** /'hɑːdənd ˌkrɪmɪnəl/ (n) = one who has done many crimes and is no longer sensitive to others around them / **zatwardziały przestępca, kryminalista**
e.g. **Hardened criminals** are kept in maximum-security prisons such as Parkhurst on the Isle of Wight.
- 4.257 **associate** /ə'səʊsɪət/ (v) = to connect sth with sth else in the mind / **powiązać, skojarzyć**
e.g. I **associate** the colour red with love and passion as well as blood and violence; all are related I suppose.
Der.: association (n), associative (adj)
-
- English in Use (pp. 84-87)
-
- 4.258 **stab** /stæb/ (v) = to push a knife or sharp object into sth or sb / **dźgnąć, pchnąć lub ugodzić nożem, zasztyletować**
e.g. He was **stabbed** with a knife but managed to recover fully from his injuries in hospital.
Der.: stabbing (n)
- 4.259 **console** /'kɒnsəʊl/ (n) = a surface with a number of switches or knobs which is used to operate a machine / **konsola**
e.g. There are hundreds of indicators and switches on the **consoles** of modern aeroplanes.
- 4.260 **sphygmomanometer** /sɪgmə'mɒmɪtər/ (n) = a device that measures the blood pressure / **aparat do mierzenia ciśnienia krwi**
e.g. I had never heard of a **sphygmomanometer** before I had my blood pressure taken.
- 4.261 **cliff** /klɪf/ (n) = a high area with a very steep side, especially near the sea / **urwisko, klif**
e.g. On a clear day, the white **cliffs** of Dover are visible from France.
- 4.262 **slash** /slæʃ/ (v) = to reduce by a large amount / **drastycznie zmniejszyć lub obniżyć, obciąć**
e.g. Prices have been **slashed** in our biggest price reduction ever!
- 4.263 **deli** /'deli/ (n) = a shop or part of a shop which sells food such as cheese and cold meat / **sklep lub stoisko z nabiałem i wędlinami**
e.g. For lunch we usually get a sandwich from the **deli** in the High Street.
- 4.264 **order** /'ɔːdə/ (n) = a request for food or drink in a bar or restaurant / **zamówienie**
e.g. May I take your **order**, please?
- 4.265 **elk** /elk/ (n) = a type of large deer with big flat antlers / **łoś**
e.g. The mission of the Rocky Mountain Elk Foundation is to ensure the survival of the **elk** and the conservation of its habitat.
- 4.266 **apprehend** /,æprɪ'hend/ (v) = to arrest / **zaaresztować**
e.g. Police in East Sussex have **apprehended** a suspect wanted in connection with the murder of 15-year-old Jason Riley.
Der.: apprehension (n)
Opp.: release

- 4.267 **matinee** /'mætiːn/ (n) = the afternoon showing of a play or film / **poranek (przedstawienie), seans popołudniowy**
e.g. We used to go and see **matinee** performances at 3 o'clock in the afternoon.
- 4.268 **address** /ə'dres/ (v) = (of a problem) to try to understand or deal with it / **zająć się (problemem)**
e.g. The government is attempting to **address** the problem of the rising number of unwanted teenage pregnancies.
- 4.269 **inadequacy** /ɪn'ædɪkwəsi/ (n) = not being good enough / **niedoskonałość, poczucie niższości**
e.g. She was left with a feeling of profound **inadequacy** when she was turned down for a third job in a row.
- 4.270 **blithely** /'blaɪðli/ (adv) = without serious thought / **beztrosko, nonszalancko**
e.g. I was **blithely** informed by the management that I was surplus to their requirements and given a month's notice.
- 4.271 **dismiss** /dɪs'mɪs/ (v) = to sack, fire / **wyrzucić, zwolnić**
e.g. He was **dismissed** from his job after having worked there for twenty years.
Der.: dismissal (n)
- 4.272 **ripe old age** = being very old / **podeszły wiek**
e.g. At the **ripe old age** of 85, my father finally decided to retire from the family firm.
- 4.273 **gradual** /'grædʒuəl/ (adj) = changing in small stages over a long period of time / **stopniowy**
e.g. Many parts of the country will see a **gradual** improvement in the weather over the coming weekend.
Der.: gradually (adv)
- 4.274 **breaking point** /'breɪkɪŋ ˌpɔɪnt/ (n) = the point where one has so many problems and difficulties that they can't cope any more because they may collapse / **punkt krytyczny, granica wytrzymałości**
e.g. He reached **breaking point** after his wife left him and he lost his job at the same time.
- 4.275 **meals on wheels** = a service that delivers hot meals to those who are either too old or too sick to cook for themselves / **posiłki dostarczane osobom zbyt starym lub chorym, aby mogły same gotować**
e.g. The elderly lady that lives upstairs gets **meals on wheels** delivered to her flat every lunchtime and evening.
- 4.276 **personal pension** /'pɜːsənəl 'penʃən/ (n) = the sum of money one gets from a private insurance company when they retire / **emerytura wypłacana przez prywatną firmę ubezpieczeniową**
e.g. I took out a **personal pension** in my twenties and I can look forward to a lump sum and a regular income when I retire in a few years' time.
- 4.277 **state pension** /'steɪt 'penʃən/ (n) = the sum of money one gets from the state government when one retires / **emerytura państwa**
e.g. As well as her **state pension** of £120 per week, she receives a small income from her former employers.
- 4.278 **in the interim** = in the meantime / **w tym czasie**
e.g. The bank agreed to provide funding for the project and to supply the company with a loan of £ 20,000 **in the interim**.
- 4.279 **subsidise** /'sʌbsaɪz/ (v) = to provide money or pay a part of sth / **dotować, subwencjonować**
e.g. During the 1970s, the government was forced to **subsidise** the ailing state industries.
Der.: subsidy (n)
- 4.280 **shortfall** /'ʃɔːtfoːl/ (n) = having less of sth than one needs / **niedostatek**
e.g. We expect a **shortfall** in profits in the coming financial year.
- 4.281 **burden** /'bɜːdən/ (n) = a problem or responsibility that causes sb a lot of worry, hard work or difficulty / **brzemię, zmartwienie**
e.g. Besides my responsibility to my family, I have other **burdens** to bear.
Der.: burdensome (adj)
- 4.282 **activist** /'æktɪvɪst/ (n) = sb who works to bring about social or political changes / **aktywista, działacz**
e.g. Animal rights **activists** have been working for years to bring about a ban on fox hunting.
- 4.283 **be up in arms** = to be very angry about sth and protest strongly against it / **zaciekle przeciwko czemuś protestować**
e.g. The unions **are up in arms** about the job cuts.
- 4.284 **brew** /bruː/ (v) = to make coffee or tea by pouring hot water over tea leaves or coffee / **parzyć kawę, herbatę**
e.g. To make the perfect cup of tea, pour hot, but not boiling, water over the tea leaves and leave to **brew** for ten minutes.
- 4.285 **advocate** /'ædvəkeɪt/ (n) = sb who works for the interests of a particular group or company / **adwokat, rzecznik, orędownik, zwolennik**
e.g. He has always been an **advocate** of freedom of speech and equal rights in his country.
Der.: advocacy (n)
- 4.286 **screen** /skriːn/ (v) = to investigate, examine / **przesiać, zbadać**

- e.g. The Foreign Office **screens** all its applicants; for instance, criminal records are checked.
Der.: screening (n)
- 4.287 **clerical** /'klerɪkəl/ (adj) = concerned with office work / *biurowy, urzędniczy*
e.g. *Clerical work is often dull and tedious, so I am not going to apply for that job.*
- 4.288 **defender** /dɪ'fendə/ (n) = sb who argues or acts in support of another thing or person / *obrońca*
e.g. *Mary Whitehouse was a famous enemy of the permissive society and a defender of family values until her recent death.*
- 4.289 **in essence** = concerning the most important or central aspect of an idea, situation or event / *w istocie*
e.g. *Voltaire's philosophy was in essence a plea for enlightened reason.*
- 4.290 **infuse** /ɪn'fju:z/ (v) = to fill sb or sth with a quality / *natchnąć, napełnić*
e.g. *The writer Graham Greene infused his novels with much subtle irony.*
Der.: infusion (n)
- 4.291 **befriend sb** /bɪ'frend/ (v) = to make friends with sb / *zaprzyjaźnić się (z kimś)*
e.g. *He had the peculiar habit of befriending people on trains.*
- 4.292 **aside** /ə'saɪd/ (adv) = leaving out of the discussion / *poza, oprócz*
e.g. *Aside from her full-time job, she also has a family to look after.*
- 4.293 **supervise** /'su:pəvaɪz/ (v) = to make sure that an activity is done correctly / *nadzorować*
e.g. *On our recent school day trip, we had the task of supervising fifty teenage children; we made sure they were all safe and didn't get into any trouble.*
Der.: supervisor (n), supervision (n)
- 4.294 **amnesty** /'æmnɪsti/ (n) = an official pardon given by the government / *amnestia*
e.g. *The government has granted an amnesty and released all political prisoners.*
- 4.295 **enshrine** /ɪn'ʃraɪn/ (v) = to protect by law / *chronić, uświęcić prawem*
e.g. *The principles of the French constitution are enshrined in the words: liberty, equality and fraternity.*
- 4.296 **integrity** /ɪn'tegriti/ (n) = firmness in moral principles / *prawość, uczciwość*
e.g. *His moral integrity brought him the respect of all who met him.*
- 4.297 **territory** /'terətri/ (n) = land controlled by a particular country or ruler / *terytorium*
e.g. *At the end of the Second World War, Germany's territory was significantly reduced.*
Der.: territorial (adj)
- 4.298 **creed** /kri:d/ (n) = religion / *religia, przekonania*
e.g. *The Olympic Games unite athletes of all races, nationalities and creeds.*
- 4.299 **eliminate** /ɪ'lɪmɪneɪt/ (v) = to remove sth completely / *wyeliminować*
e.g. *We aim to eliminate all kinds of discrimination from society.*
Der.: elimination (n)

Writing (pp. 88-92)

- 4.300 **compile** /kəm'paɪl/ (v) = to produce by collecting pieces of information / *kompilować, opracować*
e.g. *The publishers have compiled a selection of the author's short stories.*
Der.: compiler (n), compilation (n)
- 4.301 **principal** /'prɪnsɪpəl/ (n) = the person who is in charge of a college or school / *dyrektor szkoły, kolegium*
e.g. *Peter Greenbaum is the principal of St Mark's College.*
- 4.302 **unanimously** /ju:'nænɪməsli/ (adv) = as agreed on by everybody present / *jednogłośnie*
e.g. *We have unanimously agreed to bring about the changes put forward by members of this union.*
- 4.303 **controversial** /kɒntrə'vɜ:ʃəl/ (adj) = being the subject of intense public discussion, argument or disapproval / *kontrowersyjny*
e.g. *The chairman of the football club made the controversial decision to sack the team's popular manager.*
- 4.304 **chair** /tʃeə/ (v) = to be in charge of a meeting or debate / *przewodniczyć (spotkaniu)*
e.g. *We have asked Lady Redfern to kindly chair today's meeting.*
Der.: chairperson (n)
- 4.305 **policing** /pə'li:ɪŋ/ (n) = making sure that law and order are preserved / *utrzymywanie porządku*
e.g. *The local authority has recommended stricter policing in the Downside area.*
- 4.306 **lenient** /'li:niənt/ (adj) = not strict or severe / *łagodny, pobłażliwy, wyrozumiały*
e.g. *Our parents were fairly lenient towards us when we were children and let us play outside until quite late.*
Der.: leniency (n)

- 4.307 **twofold** /ˈtuːfəʊld/ (adj) = having two equally important parts / **podwójny, dwukrotny, mający dwie równie ważne strony**
e.g. *If you want to have more money, your actions should be **twofold**: cut down on your expenses and increase your incomes.*
- 4.308 **sustain** /səˈsteɪn/ (v) = to continue or maintain sth for a period of time / **podtrzymać, utrzymać**
e.g. *This firm has **sustained** growth of 5% per annum for the last five years.*
Der.: sustainable (adj), sustainability (n)
- 4.309 **wholeheartedly** /ˌhəʊlˈhɑːtidli/ (adv) = completely and enthusiastically / **całym sercem, całkowicie**
e.g. *I am **wholeheartedly** in favour of the idea of promoting Derek to the position of vice-chairman.*
- 4.310 **deter** /diˈtɜːr/ (v) = to discourage sb from sth / **odstraszać, odstręczać**
e.g. *I was **deterred** from going to work in that country because my wife and children would be unable to come with me.*
- 4.311 **forecast** /ˈfɔːkɑːst/ (v) = to say what one thinks will happen in the future / **prognozować, przepowiadać, przewidywać**
e.g. *We cannot **forecast** to you the action of Russia; it is a riddle wrapped in a mystery inside an enigma.*
Der.: forecast (n), forecaster (n)
- 4.312 **anticipate** /ænˈtɪsɪpeɪt/ (v) = to realise sth may happen in advance and prepare for it / **antycypować, spodziewać się, oczekiwać**
e.g. *The Halifax building society has **anticipated** steady growth in the housing market.*
Der.: anticipation (n), anticipatory (adj)
- 4.313 **imminent** /ˈɪmɪnənt/ (adj) = almost certain to happen very soon / **nieuchronny**
e.g. *The crowd is waiting for the **imminent** appearance of the Prince and Princess on the balcony.*
Der.: imminence (n)
- 4.314 **vital** /ˈvaɪtəl/ (adj) = necessary, very important / **konieczny, zasadniczy, podstawowy**
e.g. *It is **vital** that you do well in your A levels if you want to get into a good university.*
- 4.315 **avert** /əˈvɜːt/ (v) = to prevent sth from happening / **zapobiec, uchylać, odsuwać**
e.g. *The Cuban missile crisis of 1962 was **averted** and the world was saved from nuclear war.*
- 4.316 **input** /ˈɪnpʊt/ (n) = information or resources / **wkład (informacji, środków lub pracy)**
e.g. *Some of your **input** into the project has been extremely useful indeed.*
Opp.: output
- 4.317 **stray** /streɪ/ (adj) = (of an animal) that has wandered away from its home / **bezzański, zbłąkany, bezdomny**
e.g. *Many of the **stray dogs** are loveable and harmless creatures so you shouldn't be frightened of them.*

VOCABULARY EXERCISES

A Wybierz właściwe słowo lub zwrot.

- 1 The London of Hammersmith & Fulham is bordered to the south by a pretty expanse of the River Thames.
A location C country
B department D borough
- 2 It is illegal for under the age of 18 to marry without their parents' consent.
A juveniles C minors
B youths D youngsters
- 3 She on the pavement for a while as she waved goodbye to her friend.
A loitered C stayed
B lingered D lazed
- 4 Jack was with driving over the limit and given a fine of £500.
A accused C charged
B convicted D sentenced
- 5 Can you speak clearly please? I can't hear you when you like that.
A murmur C munch
B mime D mumble
- 6 His father is a consultant neurologist and an pillar of the community.
A upstanding C upright
B outstanding D outspoken
- 7 We have agreed to the suggestions put forward by the board of directors.
A completely C clearly
B absolutely D unanimously
- 8 We were from going to parts of the country where lawlessness and banditry had been reported.
A deterred C avoided
B deferred D averted
- 9 Meteorologists were unable to the violent storms that left the South East in tatters.
A forecast C foretell
B predict D foresee
- 10 This firm has a policy of taking our out to lunch on a regular basis for the business they provide us.
A customers C employees
B clients D passengers

B Uzupełnij tekst wyrazami utworzonymi od słów podanych w tej samej linijce po prawej stronie.

At the X County Court today, a second man was convicted of **0) dangerous** driving after a crash which killed a female cyclist, 23-year-old police constable, Sarah Jacobs. Witnesses told the court they saw the men racing their cars **1)** before the crash on 28th August last year. The **2)** pleaded guilty of the charges and can expect up to ten years' **3)**. The counsel for the **4)** had insisted on tough sentencing from the **5)**, saying that this type of "macho boy racing" was responsible for more and more **6)** on our roads each year. While he condemned the actions of the accused, the judge extended his **7)** to the families of all those involved and described it as a tragic accident in which many lives had been ruined by a few moments of **8)** madness.

DANGER

SHORT

DEFEND

PRISON

PROSECUTE

SET

DIE

SYMPATHISE

YOUTH

C Uzupełnij zdania podanymi słowami.

- boasting • pension • mugged • usher • mood • parole • scrapheap • obliged • humanitarian • infrastructure

- | | |
|---|--|
| <p>1 With the opening of the new Metro network, the city's has been markedly improved.</p> <p>2 My grandmother was visibly shaken after being by youths near her house.</p> <p>3 Inmates are let out on for good behaviour.</p> <p>4 It is a very good idea to take out a private so as not to face financial difficulties later in life.</p> <p>5 Many shipworkers were left on the after being dismissed from their jobs.</p> <p>6 After the recent crop failure, the country received aid to avoid a repeat of last year's famine.</p> | <p>7 He is far from modest – in fact, you always hear him about how clever he is and what a big house he's got.</p> <p>8 I used to work as an at the cinema – I must have seen that film a hundred times.</p> <p>9 We were to sack him after he repeatedly arrived late for work.</p> <p>10 I didn't get up to anything in particular at the weekend; I just wasn't in the</p> |
|---|--|

D Podkreśl właściwe słowo.

- | | |
|--|---|
| <p>1 He was arrested/abducted/imprisoned by the police for taking part in a bank robbery.</p> <p>2 The witnesses/jurors/magistrates were cross-examined by the counsel for the defence.</p> <p>3 We have asked Mr Graham Gardner to table/chair/head the meeting.</p> | <p>4 The publishers have created/conferred/compiled a selection of the author's work.</p> <p>5 We eliminate/intimidate/anticipate a slowdown in the sales of mobile phones now that the market has been saturated.</p> <p>6 I have always been a(n) monitor/advocate/fighter of political and religious freedom.</p> |
|--|---|

E Dopasuj do siebie zwroty z kolumny A i B. Utwórz właściwe kolokacje, a następnie uzupełnij nimi podane zdania.

A

- 1 get
- 2 enjoy
- 3 grant
- 4 voice
- 5 play
- 6 make

B

- a one's opinions
- b truant
- c downhearted
- d country pursuits
- e a killing
- f extra funding

- | | |
|---|---|
| <p>1 It is sometimes not diplomatic to on sensitive matters where someone's feelings may be hurt.</p> <p>2 People living in rural areas may no longer be able to such as fox-hunting if a ban comes into effect.</p> <p>3 The local authority has for schools in deprived parts of the Borough.</p> | <p>4 The youngsters decided to, but one of their teachers caught them at an amusement arcade and they were severely punished.</p> <p>5 You may if all your efforts come to nothing in the end.</p> <p>6 Having bought the house for only £40,000 in 1984, they when they sold it for £95,000 in 1989.</p> |
|---|---|

- F W większości linijek w tekście jest jeden błąd ortograficzny lub interpunkcyjny. Znajdź i popraw błąd, zapisując poprawkę w wyznaczonym miejscu po prawej stronie. Jeśli w danej linijce nie ma błędu, zaznacz ją znakiem (✓).

CCTV

Crime has reached epidemic proportions in our inner cities, to the point, where even adult males are afraid to venture out after dark on their own. Mugings and stabbings are commonplace in areas such as Dalston and Hackney, which have become virtual no-go areas. So, what are the police and local authoritys doing to crack down on inner city crime. CCTV cameras have been installed at likely crime spots, such as shoping centres and high streets, and camera evidence is being increasingly used in court to convict criminals. A resent case involving the abduction of an eight-year-old child by two older children, is one example of surveillance being used successfully. As a result, elderly people feel less vulnerable at shopping centres than going to their local corner shop. Increasingly, though even the smallest shops are instaling CCTV and are taking other measures to deter potential thieves and shoplifters. Valuable goods are situated behind a bullet-proof screen and many shops have an imergency button connecting them to their local police station. At night, at many retail outlets it is possible to buy goods only using a metal tray. For instance, at petrol stations, the money is placed in a metal compartment, then drawn back by the cashier and the change or purchases are then returned to the customer in their section of the compartment. This development has sadened many people, but it is a necessary one considering that inner city crime seems to be here to stay.

0	<i>point where</i>
00	<i>Muggings</i>
000	✓
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Self-Assessment Module

2

Vocabulary & Grammar (p. 93)

- SA2.1 **sour** /saʊə/ (adj) = having a sharp unpleasant taste like a lemon / *kwaśny*
e.g. *To make the sauce, thoroughly blend the **sour** cream, yoghurt, lemon juice and sugar in a mixing bowl.*
- SA2.2 **penknife** /'penaɪf/ (n) = a small knife with a blade that folds back into the handle / *scyzoryk, nóż składany*
e.g. *For my birthday I was given a **penknife** with an assortment of blades and neat gadgets.*
- SA2.3 **come in handy** = to be useful in a particular situation / *przydać się*
e.g. *This compass will definitely **come in handy** on our hiking holiday.*
- SA2.4 **burst** /bɜːst/ (v) = to start suddenly and become active / *wybuchnąć*
e.g. *As the children got up, the house **burst** into noisy life.*
- SA2.5 **condemn** /kən'dem/ (v) = to say that sth is bad and unacceptable / *potępiać*
e.g. *The police inspector **condemned** the violent behaviour of the crowd during last night's celebrations.*
Der.: condemnation (n)
- SA2.6 **be obliged to do sth** = to be forced to do sth by law, sense of duty, etc / *być zobowiązany do czegoś, musieć (coś zrobić)*
e.g. *As the storm became more severe, we **were obliged to** take shelter in an abandoned cottage.*

Use of English (p. 93)

- SA2.7 **exclusion** /ɪks'klu:ʒən/ (n) = preventing sb from entering a place or taking part in an activity / **wykluczenie, wyłączenie**
*e.g. This school carries out a policy of **exclusion** in cases when a child has been violent towards another child.*
Opp.: inclusion
- SA2.8 **treble** /'treɪəl/ (v) = to become three times greater / **potroić (się)**
*e.g. The number of cases of multiple sclerosis has **trebled** in a generation, new statistics show.*
- SA2.9 **sleep/live rough** (idm) = to sleep or live outdoors when one has no home and no money / **spać lub mieszkać pod gołym niebem**
*e.g. I found myself with no money in an unknown Arab city and had to **live rough** for a week.*
- SA2.10 **launch** /lɔ:ntʃ/ (v) = to start / **wypuścić, wystartować, rozpocząć**
*e.g. Marks & Spencer have **launched** a new range of men's toiletry products.*
- SA2.11 **reintegrate** /ri:'ɪntəgrət/ (v) = to make sb part of a group again / **ponownie zintegrować lub włączyć**
*e.g. Former inmates who are released into society have to be slowly **reintegrated** into their local communities.*
Der.: reintegration (n)

Reading (pp. 94-95)

- SA2.12 **intimidated** /ɪn'tɪmɪdeɪtɪd/ (adj) = frightened and lacking confidence / **zstraszony, zahukany, onieśmielony**
*e.g. Shirley felt rather **intimidated** working in a mostly male environment.*
Der.: intimidation (n)
- SA2.13 **abduction** /æb'dʌkʃən/ (n) = kidnapping / **uprowadzenie, porwanie**
*e.g. A man has been arrested and charged with the forceful **abduction** of millionaire Harry Grossman's son, Gary.*
Der.: abduct (v)
- SA2.14 **the Khmer Rouge** /ðə kmeə 'ru:ʒ/ (n) = **Czerwoni Khmerzy**
- SA2.15 **evangelical** /i:væŋ'dʒelɪkəl/ (adj) = enthusiastic / **entuzjastyczny**
*e.g. Raymond's admiration for the company's new product is positively **evangelical**.*

- SA2.16 **zeal** /zi:l/ (n) = enthusiasm / **entuzjizm, zapał, ferwor**
*e.g. Diana approached her charity work with a religious **zeal**.*
Der.: zealous /'zeələs/ (adj)
- SA2.17 **empower** /ɪm'pəʊə/ (v) = to give sb the means to achieve sth / **zainspirować, dać siłę do działania**
*e.g. Chris Stevens has been working for years to **empower** other disabled people to achieve their ambitions.*
Der.: empowerment (n)
- SA2.18 **grim** /grɪm/ (adj) = unpleasant, depressing and difficult to accept / **ponury**
*e.g. The police now face the **grim** task of identifying the bodies.*
- SA2.19 **infantry** /'ɪnfəntri/ (n) = foot soldiers / **piechota**
*e.g. One of my ancestors was an officer of the 52nd Oxfordshire Light **Infantry** Regiment that fought at Waterloo.*
- SA2.20 **inactivity** /ɪnæktɪvɪti/ (n) = not doing anything / **bezczywność, bierność**
*e.g. I work out at the gym in the evenings as my job involves a good deal of **inactivity**, sitting in front of a computer.*
- SA2.21 **pursue** /pə'sju:/ (v) = to follow / **dążyć do czegoś, kontynuować, wykonać, zajmować się czymś**
*e.g. Chris wisely decided to **pursue** a lucrative career as a stockbroker in the City.*
Der.: pursuit (n), pursuer (n)
- SA2.22 **Leicester** /'lestə/
- SA2.23 **enhancer** /ɪn'hɑ:nsə/ (n) = sb/sth that makes sth else better / **dosł. polepszacz; tu: osoba pozytywnie wpływająca na ludzi lub sytuację**
*e.g. Our manager is definitely a performance **enhancer**: everybody works more efficiently when he is around.*
- SA2.24 **dairy** /'deəri/ (adj) = having to do with foods that are made from milk / **nabiałowy, mleczarski**
*e.g. Vegans avoid eating meat, eggs and **dairy** products, such as milk and butter.*
Der.: dairy (n)
- SA2.25 **mine** /maɪn/ (n) = a bomb hidden in the ground / **mina**
*e.g. Sappers are those soldiers that have the task of clearing **mines** from battlefields.*
- SA2.26 **Cambodia** /kæm'bəʊdiə/ = **Kambodża**
Der.: Cambodian (adj)
- SA2.27 **clearance** /'kliərəns/ (n) = removal of things that are not wanted from an area / **oczyszczenie (terenu), usunięcie**
*e.g. Rubbish **clearance** takes place on a daily basis in central London.*

- SA2.28 **on the scrapheap** (idm) = no longer considered useful / *dosł. na złomowisku, na śmietniku; na marginesie społeczeństwa*
e.g. *Many former miners were left on the scrapheap after being made redundant during the 1980s.*
- SA2.29 **able-bodied** /,eɪbəl'bɒdɪd/ (adj) = physically strong and healthy / *sprawny fizycznie, silny i zdrowy*
e.g. *All able-bodied men should do army service.*
Opp.: disabled
- SA2.30 **integrated** /'ɪntɪɡreɪtɪd/ (adj) = functioning as a whole / *zintegrowany*
e.g. *Our town needs an integrated transport system of buses, trams and trains.*
- SA2.31 **downhearted** /,daʊn'hɑːtɪd/ (adj) = feeling sad or discouraged / *smutny i zniechęcony*
e.g. *There's no need to get downhearted – I'm sure you'll have better luck next time you apply for a job.*
Der.: downheartedness (n)
- SA2.32 **blow up** /'bləʊ 'ʌp/ (phr v) = to destroy in an explosion / *wysadzić*
e.g. *The Germans were unable to blow up the bridge at Remagen before the allies captured it.*
- SA2.33 **Mozambique** /,məʊzəm'bɪk/ = *Mozambik*
Der.: Mozambican/Mozambiquan (adj)

Listening (p. 95)

- SA2.34 **remote** /rɪ'məʊt/ (adj) = far away from places where people live and therefore difficult to get to / *odległy, daleki, odosobniony*
e.g. *People living in remote areas, such as the Scottish highlands, do not always have proper access to health and education facilities.*
Der.: remoteness (n), remotely (adv)
- SA2.35 **unhurt** /,ʌn'hɜːt/ (adj) = not hurt / *nie zraniony*
e.g. *I was relieved to be mainly unhurt in the accident, apart from a few cuts and bruises.*
- SA2.36 **be reunited** = to meet sb again after being separated for a long time / *spotkać się po latach i odnowić więź*
e.g. *After living in Australia for forty years, Doris Smith has finally been reunited with her sister Edith.*
Der.: reunion (n)

Speaking (p. 95)

- SA2.37 **mood** /muːd/ (n) = the way one is feeling at a particular time / *nastrój*
e.g. *Are you in the mood to come to the cinema later on?*

- SA2.38 **cater for sth** /'keɪtə fər/ (v) = to take into account / *brać pod uwagę*
e.g. *Many restaurants cater for the needs of vegetarians and vegans.*
Der.: caterer (n)

Writing (p. 96)

- SA2.39 **extra-curricular** /,ekstrə'kɪkjələ/ (adj) = not part of a student's school subjects or work / *wykraczający poza program szkolny*
e.g. *Some of the extra-curricular activities at this school are drama and music.*
- SA2.40 **pursuit** /pə'sjuːt/ (n) = free time activity / *zajęcie w wolnym czasie*
e.g. *Nigel enjoys country pursuits such as bird watching.*
- SA2.41 **come into line with sth/sb** (idm) = to behave in the same way as sth/sb else / *dostosować się, być zgodnym z czymś*
e.g. *Your attitude to work does not come into line with ours – you can't be late every day and then leave for home so early!*
- SA2.42 **combat** /'kɒmbæt/ (v) = to try to stop sth from happening / *zwalczać, tępić*
e.g. *The government proposed new measures to combat inflation.*
Der.: combat (n), combatant (n), combative (adj)
- SA2.43 **tide** /taɪd/ (n) = a large amount of sth unpleasant / *przyływ; fala*
e.g. *The dictator's internal policy resulted in a tide of social unrest.*
- SA2.44 **cost-effective** /,kɒstɪ'fektɪv/ (adj) = economical, saving a lot of money / *oszczędny, ekonomiczny*
e.g. *Installing double-glazing is a cost-effective way of cutting down on your heating bills.*
- SA2.45 **compulsory** /kəm'pʌlsəri/ (adj) = (of sth) that must be done / *obowiązkowy*
e.g. *Wearing a school uniform was compulsory at most schools a few years ago.*
Opp.: optional
- SA2.46 **envisage** /ɪn'vɪzɪdʒ/ (v) = to imagine, think / *wyobrażać sobie, przewidywać*
e.g. *I simply cannot envisage Daniel without his beard; he would look totally different!*
- SA2.47 **DIY** /,diː aɪ 'waɪ/ (n) = do it yourself / *„zrób to sam”, majsterkowanie*
e.g. *John's really into DIY; he built the kitchen extension all by himself.*

Lead-in (p. 99)

- 5.1 **hold a conversation** = to talk to sb, converse with sb / *rozmawiać z kimś*
e.g. *It is impossible to hold a conversation with all this noise going on.*
- 5.2 **manned** /mænd/ (adj) = with people on board / *z załogą na pokładzie, załogowy*
e.g. *NASA hope to send a manned spacecraft to Mars in the next ten years.*
- 5.3 **vaccine** /'væksɪn/ (n) = a substance that is injected to protect sb from a disease / *szczepionka*
e.g. *This vaccine will protect your children against tuberculosis.*
- 5.4 **hurricane-proof** /'hʌrɪkən,pruːf/ (adj) = protected from hurricanes (= extremely violent winds or storms) / *zabezpieczony przed huraganami lub odporny na nie*
e.g. *Buildings in the Pacific have to be hurricane-proof.*
- 5.5 **prudence** /'pruːdʒns/ (n) = care, planning to avoid a mistake / *rozwaga*
e.g. *He showed remarkable prudence in his investment strategy.*
Opp.: recklessness
- 5.6 **inconvenience** /,ɪnkən'vɪniəns/ (n) = problem, difficulty / *niedogodność, niewygoda, problem*
e.g. *The reduced bus service has caused great inconvenience to many commuters.*

Reading (pp. 100-101)

- 5.7 **artificial intelligence** /,ɑːtɪ'fɪʃl ɪn'telɪdʒəns/ (n) = a type of computing technology which is concerned with making machines work in an intelligent way / *sztuczna inteligencja*
e.g. *Scientists are still trying to perfect artificial intelligence.*
- 5.8 **outline** /'aʊtlɑːn/ (v) = to give the main ideas of sth / *przedstawić w zarysie*
e.g. *The manager outlined the company's new business plan in the meeting.*
Der.: outline (n)
- 5.9 **evocative** /i'vɒkətɪv/ (adj) = producing pleasant memories, emotions and responses / *wywołujący przyjemne wspomnienia, emocje i reakcje*
e.g. *The swaying palm trees were evocative of a Hawaiian island.*
- 5.10 **conjure up** /'kɒndʒər 'ʌp/ (phr v) = to bring to mind / *wywołać, wyczarować*
e.g. *For many people, the word "truant" conjures up images of uncontrollable children.*
- 5.11 **chatty** /'tʃæti/ (adj) = inclined to talk in a friendly way, talkative / *rozmowny*
e.g. *Susie is a very chatty girl; she hardly ever stops talking!*
- 5.12 **batty** /'bæti/ (adj) = slightly crazy / *lekko postrzelony*
e.g. *The batty old lady who lives next door often goes out in her nightgown.*
- 5.13 **code-breaking** /'kəʊd,breɪkɪŋ/ (n) = the act of decoding / *złamanie kodu lub szyfru*
e.g. *During World War II, Britain's code-breaking scientists tried to find out enemy secrets by working out the codes they used.*
- 5.14 **mimic** /'mɪmɪk/ (v) = to imitate, reproduce / *naśladować*
e.g. *Parrots can often mimic speech.*
Der.: mimicry (n)
- 5.15 **fool** /fuːl/ (v) = to trick, deceive / *oszukać, nabrać*
e.g. *He didn't fool me with his story; I could tell he was lying.*
- 5.16 **deadline** /'dedlaɪn/ (n) = a time or date by which sth must be finished / *ostateczny termin*
e.g. *The deadline for this project is next Monday, so we have plenty of time.*
- 5.17 **remotely** /rɪ'məʊtli/ (adv) = in the least / *dalece, w ogóle, wcale*
e.g. *Anne is not remotely interested in learning a musical instrument.*
- 5.18 **earn one's keep** = to earn one's living / *zarobić na życie*
e.g. *You should help around the house more to earn your keep.*
- 5.19 **misplaced** /,mɪs'pleɪst/ (adj) = directed towards the wrong thing or person / *źle ulokowany, źle wymierzony, błędnie skierowany*
e.g. *I think your anger is misplaced. It was Fred who broke the radio, not me.*
- 5.20 **feud** /fjuːd/ (n) = a dispute, an argument / *spór, kłótnia*
e.g. *There has been a feud between those two families for years.*
- 5.21 **grant-grabbing** /'grɑːnt,græbɪŋ/ (adj) = profitable / *zyskowny, korzystny, opłacalny*
e.g. *The creative team have come up with a grant-grabbing idea for a new product which is sure to be given funding.*

- 5.22 **camp** /kæmp/ (n) = a group of people that support a particular cause, idea or movement / **obóz, stronnictwo**
e.g. *The proposal for the new road didn't go down well in the environmentalist **camp**.*
- 5.23 **pragmatist** /'prægmətɪst/ (n) = a realist / **pragmatyk, realista**
e.g. *I'm a **pragmatist**, so I'm not interested in such an impractical solution.*
- 5.24 **means** /mi:nz/ (n) = a way / **środek, sposób**
e.g. *We must get this contract by any **means** possible.*
- 5.25 **scour** /skaʊə/ (v) = to search thoroughly / **przeszukać, przetrząsnąć**
e.g. *I've **scoured** the house for my necklace, but I can't find it anywhere.*
- 5.26 **heap** /hi:p/ (n) = a pile, stack / **stos, hałda**
e.g. *Don't just leave all your clothes in a **heap**; fold them and put them away.*
- 5.27 **immoral** /ɪ'mɔ:əl/ (adj) = ethically wrong / **niemoralny**
e.g. *I think that lying to get a job is **immoral**.*
Der.: immorality (n)
- 5.28 **wedded to sth** /'wedɪd/ (adj) = supporting strongly / **mocno zaangażowany lub popierający, przywiązany do jakiejś idei**
e.g. *Environmentalists are **wedded to** saving endangered species.*
- 5.29 **bring sth to life** = to make sth come true / **ożywić**
e.g. *He is such a good narrator that he **brought** the story **to life**.*
- 5.30 **cheeky-chappy** /'tʃi:ki'tʃæpi/ (adj) = funny / **zabawny**
e.g. *He made us all laugh with his **cheeky-chappy** behaviour.*
- 5.31 **get sb out of the door** (idm) = to promote, introduce to a new situation / **wypromować, pokazać światu**
e.g. *It was René Angelil who **got** Celine Dion **out of the door** and made her an international star.*
- 5.32 **neural network** /'njʊərəl 'netwɜ:k/ (n) = a type of artificial intelligence that attempts to imitate the way a human brain works / **sieć neuronowa**
e.g. ***Neural networks** play a very important role in artificial intelligence.*
- 5.33 **vet** /vet/ (v) = to examine, scrutinise / **zbadać, przeanalizować**
e.g. *All applicants for the position are **vetted** carefully by a board of interviewers.*
- 5.34 **ticketing system** /'tɪkɪtɪŋ 'sɪstəm/ (n) = the way of selling tickets / **system sprzedaży biletów**
e.g. *My local cinema has got a new computerised **ticketing system**.*
- 5.35 **mainstream** /'meɪnstri:m/ (n) = a set of beliefs accepted by most people / **główny nurt**
e.g. *As a radical, he remains outside the **mainstream** of politics.*
- 5.36 **pull off** /'pʊl 'ɒf/ (phr v) = to achieve / **osiągnąć, załatwić**
e.g. *He managed to **pull off** the business deal all on his own.*
- 5.37 **striking** /'straɪkɪŋ/ (adj) = remarkable / **uderzający**
e.g. *She bears a **striking** resemblance to a famous Hollywood actress.*
- 5.38 **odd prime** /'ɒd 'praɪm/ (n) = a whole number that is greater than 1 and can be divided exactly only by itself and the number 1 / **liczba pierwsza**
e.g. *Eight is the sum of two **odd primes**, namely five and three.*
- 5.39 **come to pass** = to happen / **zdarzyć się, zaistnieć**
e.g. *Many people believe that all of Nostradamus' predictions will **come to pass**.*
- 5.40 **exponent** /ɪks'pəʊnənt/ (n) = a representative / **przedstawiciel, reprezentant**
e.g. *In my opinion, the greatest **exponent** of jazz music was Duke Ellington.*
- 5.41 **hand over** /'hænd 'əʊvə/ (phr v) = to give / **przekazać**
e.g. *I wouldn't dare **hand over** this project to someone less experienced.*
- 5.42 **enable** /ɪn'eɪbl/ (v) = to make sth possible to sb / **umożliwić, dać możliwość**
e.g. *Computer technology has **enabled** scientists to make great progress in research.*
- 5.43 **dispute** /dɪ'spju:t/ (n) = an argument / **dysputa, spór, kłótnia**
e.g. *There was some **dispute** over who should be the new manager of the firm.*
Der.: dispute (v)

Language Focus (pp. 102-105)

- 5.44 **endoscopic surgery** /,endə'skɒpɪk 'sɜ:dʒəri/ (n) = a kind of surgery which requires only limited cutting of the skin / **operacja endoskopowa**
e.g. *Many operations these days can be done by **endoscopic surgery**.*
- 5.45 **telemedicine** /,telɪ'medsən/ (n) = the use of advanced telecommunication technologies for medical diagnosis and patient care / **telemedycyna**
e.g. *Patients in remote areas can use **telemedicine** to consult their doctors.*

- 5.46 **total up** /'təʊtəl 'ʌp/ (phr v) = to sum up /
podsumować, podliczyć
e.g. We waited while the hotel receptionist
totalled up our bill.
- 5.47 **assembly line** /ə'sembli 'laɪn/ (n) = a line of
machines and workers in a factory on which
a product moves along while it is being built
or produced / taśma produkcyjna
e.g. Working on an **assembly line**, putting together
parts of a product, is quite a menial job.
- 5.48 **space capsule** /'speɪs 'kæpsju:l/ (n) = a spacecraft /
kapsuła kosmiczna
e.g. It must be very exciting to travel in a **space
capsule** and visit other planets in our solar system.
- 5.49 **obsolete** /'ɒbsəli:t/ (adj) = outdated, old-fashioned /
przestarzały, niemodny
e.g. Record players have become **obsolete** now that
almost everyone listens to music on CD.
Opp.: modern
- 5.50 **crash** /kræʃ/ (v) = (of computers) to break down /
(o komputerze) mieć awarię dysku, „paść”
e.g. I lost a whole morning's work when my computer
crashed.
- 5.51 **terminal** /'tɜ:mɪnəl/ (n) = a visual display unit /
stanowisko komputerowe
e.g. Many office workers spend the whole day in front
of a computer **terminal**.
- 5.52 **hack** /hæk/ (v) = to break into a computer system /
włamać się do systemu komputerowego
e.g. Tony managed to **hack** into the school records
and change his grades.
- 5.53 **load** /ləʊd/ (v) = to put data into a computer
system so that it is ready to use / ładować,
wczytać, wgrać (na dysk)
e.g. I am trying to **load** this game onto my computer
so that I can play it.
- 5.54 **navigator** /'nævɪɡeɪtə/ (n) = a software application
that displays web pages / przeglądarka internetowa
e.g. Netscape **navigator** is a popular tool used for
searching the Internet.
- 5.55 **update** /'ʌp'det/ (v) = to make sth more modern /
unowocześnić
e.g. I am downloading brand new programs in order
to **update** my computer.
- 5.56 **web** /web/ (n) = the system of connected
documents on the Internet which can be
searched for information about a particular
subject / sieć WWW
e.g. You can spend hours following links
from site to site on the **web**.
- 5.57 **wallpaper** /'wɔ:lpeɪpə/ (n) = a graphic image that
serves as a background for a web page or for
a computer screen / tapeta
e.g. I have a picture of my family as the **wallpaper**
on my computer.
- 5.58 **wizard** /'wɪzəd/ (n) = an interactive help utility that
guides the user through a potentially complex
task / kreator, asystent
e.g. Whenever I introduce new software to my
computer, an installation **wizard** starts up
automatically.
- 5.59 **have access to sth** = to be permitted to see
or do sth / mieć dostęp do czegoś
e.g. Everyone in my office **has access to** the Internet,
so they can do research online.
- 5.60 **download files** = to copy data into a computer's
memory from the Internet or a larger computer /
ściągać pliki na dysk
e.g. He **downloaded files** from the Internet in order
to do his research.
- 5.61 **traffic congestion** /'træfɪk kən'dʒestʃən/ (n)
= a traffic jam / korek (na drodze)
e.g. The **traffic congestion** in the town centre
was so bad that I was half an hour late for work.
- 5.62 **urban sprawl** /'ɜ:bən 'sprɔ:l/ (n) = a large area
of land with buildings which have been added
at different times in an uncontrolled way /
rozległa i niechlujna zabudowa miejska
e.g. From an aerial view you can clearly see the full
extent of the **urban sprawl**, which now covers what
used to be pristine countryside.
- 5.63 **space junk** /'speɪs 'dʒʌŋk/ (n) = any man-made
debris that has been made during the years
of space exploration / zanieczyszczenie przestrzeni
kosmicznej
e.g. A large amount of **space junk** has been left
behind by the many space missions of the last fifty
years.
- 5.64 **plant** /plɑ:nt/ (n) = a factory and the machinery in it
used to produce or process sth / zakład, fabryka
e.g. This power **plant** produces one-third
of the country's electricity.
- 5.65 **final frontier** /'faɪnəl 'frʌntɪə/ (n) = space / przestrzeń
kosmiczna, kosmos
e.g. It must be great to work as an astronaut
and be able to visit the **final frontier**.
- 5.66 **debris** /'deɪbri/ (n) = pieces of unwanted material
spread around / gruzy, rumowisko, odpadki
e.g. There was a lot of **debris** washed up
by the tide after the shipwreck.

- 5.67 **unsightly** /ʌn'saɪtli/ (adj) = unattractive, ugly / **brzydki, nieestetyczny, szkaradny**
e.g. *The industrial area of the city is quite **unsightly**, with its grey buildings and smoky air.*
- 5.68 **lethal** /'li:θəl/ (adj) = deadly, fatal / **zabójczy, śmiertelny**
e.g. *These chemicals are **lethal**. Please lock them safely away.*
- 5.69 **ailment** /'eɪlmənt/ (n) = an illness, disease / **przypadłość, dolegliwość, choroba**
e.g. *Carl is a very sickly child; he is always suffering from some **ailment** or other.*
- 5.70 **wreak havoc** = to cause chaos or destruction / **szerzyć chaos, siać spustoszenie**
e.g. *The bad weather **wreaked havoc** with the shipping schedules.*
- 5.71 **epidemic** /,epɪ'demɪk/ (n) = a plague, an outbreak / **epidemia, plaga**
e.g. *This year has seen the worst flu **epidemic** in history.*

Nouns and verbs beginning with out

- 5.72 **outlet** /'aʊtlet/ (n) = a shop, store / **sklep, punkt sprzedaży**
e.g. *Sarah likes to buy clothes from her favourite fashion **outlet**.*
- 5.73 **outlook** /'aʊtlʊk/ (n) = a likely future situation / **widoki, perspektywy**
e.g. *She admitted that motherhood had changed her career **outlook** and made her less ambitious.*
- 5.74 **outing** /'aʊtɪŋ/ (n) = an excursion, trip / **wycieczka, wypad**
e.g. *The children are going on a school **outing** to the National History Museum today.*
- 5.75 **outset** /'aʊtset/ (n) = a beginning / **początek**
e.g. *I had doubts about this project at the **outset**, but now I have complete faith in it.*
- 5.76 **outrage** /'aʊtrədʒ/ (n) = anger, fury / **wściekłość, gniew**
e.g. *The decision to cut salaries was met with **outrage** from the workers.*
- 5.77 **outlay** /'aʊtlei/ (n) = an expenditure / **wydatek, nakład, inwestycja**
e.g. *Apart from the initial **outlay** of buying the machine, having a microwave has saved me a lot of money.*
- 5.78 **outdistance** /,aʊt'dɪstəns/ (v) = to outrun, leave behind / **prześcignąć, zostawić w tyle**
e.g. *Although we attended the same drama college, David has **outdistanced** me in the world of show*

- business and was recently offered the leading role in a Hollywood movie.*
- 5.79 **outdo** /,aʊt'du:/ (v) = to exceed, surpass / **prześcignąć, przewyższyć**
e.g. *Mary has really **outdone** herself; this meal is even better than ever.*
- 5.80 **outsmart** /,aʊt'smɑ:t/ (v) = to outwit, gain an advantage over sb / **przechytryć**
e.g. *He thought he could **outsmart** the police, but they caught him in the end.*
- 5.81 **outrun** /,aʊt'rʌn/ (v) = to go beyond, exceed / **wprzedzić**
e.g. *He is so fast, he can even **outrun** a moving car!*
- 5.82 **outgrow** /,aʊt'grəʊ/ (v) = to grow too large for sth / **wyrosnąć (z ubrania)**
e.g. *Julie has already **outgrown** the clothes I bought her last winter. I will have to buy her new ones.*
- 5.83 **outsell** /,aʊt'sel/ (v) = (of a product) to be sold in greater numbers than another / **sprzedać się w większej ilości niż inne produkty**
e.g. *Our company's products easily **outsell** those of our competitors; we sell three times as much as any other company.*

- 5.84 **strain** /streɪn/ (n) = a particular type / **szczep, rodzaj, typ**
e.g. *He is suffering from an unusual **strain** of flu, according to the doctor.*
- 5.85 **digital** /'dɪdʒɪtəl/ (adj) = transmitting information in the form of thousands of very small signals / **cyfrowy**
e.g. *New **digital** technology has improved audio-visual entertainment.*
- 5.86 **gadgetry** /'gædʒɪtri/ (n) = a group of small or unusual and useful objects / **gadżety**
e.g. *Before we had all this modern **gadgetry** like vacuum cleaners and dishwashers, household chores used to take much longer.*
- 5.87 **prominent** /'prɒmɪnənt/ (adj) = well-known, important / **prominentny, znany, ważny**
e.g. *Mr Stevens is a **prominent** member of local government and is very popular among people in the area.*
Der.: prominence (n)
- 5.88 **prototype** /'prəʊtətaɪp/ (n) = a sample, a trial product / **prototyp**
e.g. *The inventor finally completed the **prototype** of his new machine and took it to the patent office to register it.*

- 5.89 **conventional weapons** /kən'venʃənəl 'wepənz/ (n pl) = weapons that are not nuclear, chemical or biological (forbidden by international conventions) / **broń konwencjonalna**
e.g. Battles were a lot fairer when soldiers still used **conventional weapons**.
- 5.90 **scratching** /'skrætʃɪŋ/ (n) = a mark made by cutting or damaging a surface / **zadrapanie**
e.g. This new paint is resistant to **scratching**, so it is perfect for cars.
- 5.91 **immerse oneself in sth** = to become absorbed in sth / **zanurzyć się, zatopić się, zagłębić się**
e.g. Tara likes nothing more than to **immerse herself in a good book after a hard day at work**.
- 5.92 **ground-breaking** /'graʊnd,breɪkɪŋ/ (adj) = new and different from other things of its type, innovative / **przełomowy, innowacyjny**
e.g. Scientists are carrying out **ground-breaking** research into a cure for cancer.
- 5.93 **vibrate** /vaɪ'breɪt/ (v) = to shake, tremble / **wibrować**
e.g. We felt the ground begin to **vibrate** under our feet when the earthquake hit.
Der.: vibration (n)
- 5.94 **word processing package** = a computer program used for writing texts / **edytor tekstów**
e.g. Microsoft Word is the most popular **word processing package**.
- 5.95 **reflect** /rɪ'flekt/ (v) = to show the nature of sth / **odzwierciedlać, wyrażać**
e.g. Joseph Conrad's novels **reflect** his fascination with the sea.
Der.: reflection (n)
- 5.96 **convey** /kən'veɪ/ (v) = to express, show / **wyrażać, przekazywać, komunikować**
e.g. I sent her a bouquet of flowers to **convey** my deepest apologies.
- 5.97 **confine** /kən'faɪn/ (v) = to keep in an enclosed place, often by force / **ograniczyć, zamknąć**
e.g. Animals in zoos are often **confined** to cages which are too small for them.
Der.: confinement (n)
- 5.98 **reserve** /rɪ'zɜ:v/ (v) = to set aside for one's use / **rezerwować**
e.g. I would like to **reserve** a table for four for eight o'clock this evening, please.
Der.: reservation /,rezə'veɪʃən/ (n)
- 5.99 **vastly** /'vɑ:stli/ (adv) = greatly / **znacznie, bardzo, ogromnie**
e.g. The two boys told **vastly** different stories about who had started the fight.
- 5.100 **outdated** /,aʊt'deɪtɪd/ (adj) = old-fashioned / **przestarzały, anachroniczny**
e.g. Pleated shirts are rather **outdated**; I think you should wear something more fashionable.
Opp.: modern
- 5.101 **do sb good** = to do sth beneficial for sb / **dobrze komuś zrobić**
e.g. A walk on the beach will **do you good**; you need some fresh air.

Idioms

- 5.102 **break the mould** = to change the way sth has traditionally been done / **przełamać stereotypy, zmienić tradycyjny sposób postępowania**
e.g. This government has managed to **break the mould** of British politics and ensure that things will never be the same again.
- 5.103 **blind sb with science** = to talk in a complex or technical way / **zbić kogoś z tropu nadmiarem specjalistycznej terminologii**
e.g. I asked him to tell me about his discovery, but he **blinded me with science** and I didn't understand a word he said.
- 5.104 **move with the times** = to change one's way of living or working to make it modern / **iść z duchem czasu**
e.g. You can't delay buying a computer forever; you have to **move with the times**.
- 5.105 **be sb's guinea pig** = to be an object of sb's test or experiment / **być królikiem doświadczalnym**
e.g. You can **be my guinea pig** tonight; I'm trying out a new recipe and I want to know what you think.
- 5.106 **turn the clock back** = to return to an earlier period / **cofnąć czas**
e.g. If I could **turn the clock back**, I would never have said those things to Claire this morning.
- 5.107 **come down to earth** = to start dealing with the unpleasant or boring things that happen every day after a period of excitement and enjoyment / **zejść na ziemię**
e.g. After his excitement at winning the talent show, it was difficult for him to **come down to earth** and concentrate on his job again.
- 5.108 **reinvent the wheel** = to waste time trying to develop products or systems that one thinks are original when in fact they have already been done before / **tracić czas na coś, co już zostało zrobione, odkrywać Amerykę**
e.g. Why don't you stop trying to **reinvent the wheel** and think of a new product that people really need?

5.109 **it doesn't take a rocket scientist** = it doesn't require a lot of intelligence / **to nie wymaga wybitnej inteligencji, to żadna filozofia**
e.g. It doesn't take a rocket scientist to work out that the dinner has burnt; the kitchen is full of black smoke!

5.110 **stand the test of time** = to endure the difficulties of a long period of time successfully / **wytrzymać próbę czasu**
e.g. His business ideas have managed to stand the test of time and are still effective after nearly twenty years.

Fixed Phrases (with in)

5.111 **in the long run** = over a long period of time in the future / **na dłuższą metę**
e.g. I know you're angry with me now, but you'll thank me in the long run; this is for your own good!

5.112 **in light of** = as a consequence of (new information, proof, etc) / **w świetle (np. nowych informacji)**
e.g. In light of recent developments, we have decided to postpone our decision until we have time to think things over.

5.113 **in black and white** = in writing / **czarno na białym**
e.g. There's no questioning his decision to resign; it's right there in black and white.

5.114 **behind closed doors** = in private / **za zamkniętymi drzwiami**
e.g. They seem very happy together, but we can't know what goes on behind closed doors.

5.115 **bothersome** /'bɒðəsəm/ (adj) = troublesome, inconvenient / **kłopotliwy, przykry**
e.g. The children have been very bothersome today; they haven't given me a moment's peace.

Phrasal verbs

5.116 **send back** /'send 'bæk/ = to return sth to the company one bought it from because it is unsuitable or damaged / **odesłać z reklamacją, zwrócić**
e.g. The CD player we bought yesterday doesn't work; we will have to send it back.

5.117 **send for** /'send fə/ = to send sb a message asking them to come to see you / **posłać (po kogoś)**
e.g. Jane is very ill; I think we should send for the doctor.

5.118 **send on** /'send 'ɒn/ = to send sb's letters to their new address / **przesłać korespondencję na nowy adres**

e.g. Here is my new address; if any post arrives for me, could you please send it on?

5.119 **send out** /'send 'aʊt/ = to make sb go from one place to another with a message or parcel / **wysłać kogoś z wiadomością lub przesyłką**
e.g. I'm afraid all of our couriers have been sent out on deliveries. You will have to wait until someone is available.

5.120 **take on** /'teɪk 'ɒn/ = to accept a particular job or responsibility and begin to do what is needed / **przyjąć, podjąć się (np. obowiązków)**
e.g. Frank took on the role of manager when Harold suddenly resigned.

5.121 **take back** /'teɪk 'bæk/ = to admit that sth one said is wrong / **wycofać się z czegoś, co się powiedziało**
e.g. I take back what I said about you being a bad cook; this chicken is delicious!

5.122 **take up** /'teɪk 'ʌp/ = to start doing a particular hobby or activity / **zająć się czymś, zacząć coś robić**
e.g. I've decided to take up jogging in order to get fit.

5.123 **take in** /'teɪk 'ɪn/ = to understand / **zrozumieć, przyjąć do wiadomości**
e.g. The terrible news was hard for us to take in, but we will come to terms with it eventually.

5.124 **online** /,ɒn'laɪn/ = connected to the Internet / **w trybie on-line, w Internecie**
e.g. I do quite a lot of shopping online because it is easier than going to the shops.

5.125 **commuting** /kə'mju:tɪŋ/ (n) = travelling regularly between work and home / **dojeżdżanie do pracy**
e.g. Commuting to work can be tiring, but that's the price you pay for living outside the city.

5.126 **diagnosis** /,daɪə'gnəʊsɪs/ (n) = the discovery of what is wrong with sb's health / **diagnoza**
e.g. I don't know what's wrong with me yet; I am still waiting for the doctor to tell me his diagnosis.

5.127 **witness** /'wɪtnəs/ (v) = to see, observe an incident / **być naocznym świadkiem**
e.g. If anyone witnessed the crime, they should contact the police immediately.
 Der.: witness (n)

Listening & Speaking (pp. 106-107)

5.128 **locate** /ləʊ'keɪt/ (v) = to find, trace / **zlokalizować**
e.g. Despite an extensive search, the police have been unable to locate the missing jewels.
 Der.: location (n)

- 5.129 **set up** /'set 'ʌp/ (phr v) = to put sth in a stated place or position / **ustawić**
e.g. *Do you need some help in **setting up** your new computer or can you do it yourself?*
- 5.130 **flight simulator** /'flaɪt sɪmjʊ'leɪtə/ (n) = a machine on which people can practise operating an aircraft without having to fly / **symulator lotów**
e.g. *Trainee pilots have to spend hours in a **flight simulator** practising flying in different conditions.*
- 5.131 **hang on** /'hæŋ 'ɒn/ (phr v) = to wait for a while / **zaczekać chwilę**
e.g. ***Hang on!** Don't leave without showing me how to use this machine!*
- 5.132 **run sth by sb** (phr v) = to repeat / **powtórzyć coś komuś**
e.g. *Could you just **run** the proposal **by me** one more time so that I can note down the main points?*
- 5.133 **tuning up** /'tju:nɪŋ 'ʌp/ (n) = adjustment / **strojenie, regulacja**
e.g. *My car needs **tuning up**; I think I'll take it in to the garage in the morning.*
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- Reading (pp. 108-109)**
- 5.134 **giant** /dʒaɪənt/ (adj) = huge, enormous / **gigantyczny**
e.g. *Panasonic is a **giant** electronics company which supplies countries all over the world.*
Opp.: tiny
- 5.135 **leap** /li:p/ (n) = a jump into the air / **skok**
e.g. *The frog jumped back into the pond with one great **leap**.*
Der.: leap (v)
- 5.136 **mentally ill** = mentally defective / **chory psychicznie**
e.g. *Extreme emotional trauma can cause a person to become **mentally ill**.*
- 5.137 **capture sb's imagination** = to make sb interested in sth / **przemówić do wyobraźni**
e.g. *This storybook really **captured** Jenny's **imagination**; she hardly ever stops reading it!*
- 5.138 **set foot on/in** = to go to a place for the first time / **postawić stopę (po raz pierwszy)**
e.g. *Neil Armstrong was the first person ever to **set foot on** the moon.*
- 5.139 **on board** = on a vehicle / **na pokładzie**
e.g. *All planes have emergency life jackets and life rafts **on board**.*
- 5.140 **be credited with sth** = to be responsible for sth good / **mieć przypisane zasługi**
e.g. *Alexander Fleming is **credited with** the discovery of penicillin.*
- 5.141 **moonstruck** /'mu:nstrʌk/ (adj) = affected (as if) by the moon and therefore slightly crazy or full of admiration for sb or sth / **być zafascynowanym czymś lub kimś, szalonym na jakimś punkcie**
e.g. *We can't afford to travel round the world for six months in a year. If you think so, you must be **moonstruck**.*
- 5.142 **carve out sth** /'kɑ:v 'aʊt/ (phr v) = to work hard in order to have a successful career, a good reputation, etc / **zapracować, zasłużyć na coś**
e.g. *He managed to **carve out** a career at the Stock Exchange.*
- 5.143 **fade** /feɪd/ (v) = to disappear gradually / **zanikać, zacierać się, odchodzić w zapomnienie**
e.g. *Unfortunately, my childhood memories are quickly **fading**.*
- 5.144 **intriguing** /ɪn'trɪ:ɡɪŋ/ (adj) = fascinating, exciting / **intrygujący**
e.g. *I found the book you lent me most **intriguing**. In fact, it was so interesting that I read it twice!*
- 5.145 **collective imagination** /kə'lektɪv ɪ,mædʒɪ'neɪʃən/ (n) = imagination shared by every member of a group / **wyobrażenia zbiorowa**
e.g. *The Apollo space missions captured the **collective imagination** of the whole world.*
- 5.146 **grainy** /'ɡreɪnɪ/ (adj) = (of photographs) having many small dots and marks and therefore unclear / **ziarnisty, niewyraźny**
e.g. *They showed me their family album, with lots of old photographs **grainy** and yellowish.*
- 5.147 **indistinct** /,ɪndɪ'stɪŋkt/ (adj) = unclear, blurred / **niewyraźny, zamazany**
e.g. *The photo was **indistinct**, but I could almost make out Mark in the foreground.*
- 5.148 **in limbo** = in a state of uncertain waiting / **w zawieszeniu**
e.g. *I had my interview last week and now I am **in limbo** to see if I've got the job or not!*
- 5.149 **comrade** /'kɒmreɪd/ (n) = a companion / **towarzysz, kompan**
e.g. *Sam was relieved that so many of his **comrades** survived the war.*
- 5.150 **miss out on** /'mɪs 'aʊt ən/ (phr v) = to fail to use an opportunity to enjoy or benefit from sth / **stracić (okazję)**
e.g. *I **missed out on** Sally's party because I had to work late.*
- 5.151 **unfolding** /,ʌn'fəʊldɪŋ/ (adj) = developing / **rozwijający się, rozgrywający się**
e.g. *I love watching the news every day and seeing events **unfolding** around the world.*

- 5.152 **succession** /sək'seʃən/ (n) = sequence / **następstwo, kolejność, seria**
*e.g. The footballer scored three goals in **succession** and the crowd went wild!*
Der.: successive (adj)
- 5.153 **sun-drenched** /'sʌndrentʃt/ (adj) = full of sunlight, sunny / **skąpany w słońcu**
*e.g. I would love to be lying on a **sun-drenched** beach instead of standing here in the rain.*
- 5.154 **lunar** /'lu:nə/ (adj) = related to the moon / **księżycowy**
*e.g. There is going to be a **lunar** eclipse next month; we can watch the moon disappear!*
- 5.155 **unyielding** /ʌn'ji:ldɪŋ/ (adj) = unwilling to change, rigid / **niewzruszony, nieprzejednany, nieubłagany**
*e.g. The manager has been quite **unyielding** about the subject of flexible hours and refuses to agree to the proposal made by the staff.*
- 5.156 **mesmerised** /'mezməraɪzd/ (adj) = entranced, hypnotised / **oczarowany, zahipnotyzowany**
*e.g. She was **mesmerised** by the dancers and could not tear her eyes from the stage.*
- 5.157 **unprecedented** /ʌn'presɪdntɪd/ (adj) = unusual, not having happened before / **bezprecedensowy**
*e.g. Retrieving the MIR station from space will be an **unprecedented** mission.*
- 5.158 **link-up** /'lɪŋkʌp/ (n) = a connection / **połączenie**
*e.g. We have a satellite **link-up** with their company and can hold conferences with them without leaving the office.*
- 5.159 **plant** /plɑ:nt/ (v) = to place sth firmly in a particular place / **ustawić, umieścić**
*e.g. The climbers **planted** a flag on Mt Everest.*
- 5.160 **tranquility** /'træŋ'kwɪlɪti/ (n) = peace and quiet / **spokój**
*e.g. The **tranquility** of the country appealed to us so much that we bought a small cottage in Turnbridge.*
- 5.161 **cut off** /'kʌt 'ɒf/ (phr v) = to disrupt communication / **odciąć, przerwać**
*e.g. There's something wrong with the phone lines; I got **cut off** in the middle of my conversation.*
- 5.162 **transfixed** /træns'fɪkst/ (adj) = stunned, paralysed with amazement / **znieruchomały, sparaliżowany**
*e.g. We were **transfixed** with terror as we watched the late night horror film.*
- 5.163 **momentous** /məʊ'mentəs/ (adj) = significant, very important / **doniosły, ważny**
*e.g. The past century has been among the most **momentous** in world history with inventions such as the computer and events such as the moon landing.*
- 5.164 **bring home to sb** = to make sb understand sth clearly / **pomóc zrozumieć, uświadomić**
*e.g. I think that being suspended from school has **brought home to him** the seriousness of his behaviour.*
- 5.165 **malfunction** /'mæl'fʌŋkʃən/ (v) = to work improperly / **nieprawidłowo działać**
*e.g. My computer is **malfunctioning**; will you call the technician for me?*
- 5.166 **dock** /dɒk/ (v) = (of a space vehicle) to be attached to another one / **połączyć się na orbicie**
*e.g. The shuttle will **docked** with the international space station.*
- 5.167 **unthinkable** /ʌn'θɪŋkəbəl/ (adj) = so bad that one cannot think about it, unimaginable / **nie do pomyślenia**
*e.g. Losing my job would be absolutely **unthinkable**; I simply can't risk it.*
- 5.168 **fiercely** /'fɪəslɪ/ (adv) = intensely / **zażarcie, zawzięcie, zagorzale**
*e.g. I never dare to criticise him openly: he is **fiercely** proud.*
- 5.169 **retreat** /rɪ'tri:t/ (v) = to move away, withdraw / **wycofać się**
*e.g. When the bullies started walking towards Billy, he **retreated** quickly.*
Der.: retreat (n)
- 5.170 **overture** /'ɒvətʃʊə/ (n) = an introduction / **uwertura, wstęp**
*e.g. He keeps making unwelcome **overtures** of friendship, even though I've made it clear that I am not interested.*
- 5.171 **span** /spæn/ (v) = to last for the whole period of time / **trwać**
*e.g. Our family history **spans** four centuries.*
Der.: span (n)
- 5.172 **Gemini** /'dʒemɪnaɪ/ (n pl) = nazwa amerykańskiego programu kosmicznego i statków kosmicznych
- 5.173 **launch** /lɔ:ntʃ/ (v) = to send up into the air / **wystrzelić (w kosmos)**
*e.g. Hundreds of people gathered to watch the spacecraft being **launched**.*
Der.: launch (n)
- 5.174 **pioneer** /'paɪə'hɪə/ (n) = sb who leads the way for others into a new area of knowledge or invention / **pionier**
*e.g. Charles Babbage was an early **pioneer** of computer science; he invented the first successful automatic calculator.*
- 5.175 **shabbily** /'ʃæbɪli/ (adv) = here: cruelly, unfairly / **tu: niecznie, niegodziwie, nikczemnie**
*e.g. I think they treated you very **shabbily** by claiming your work was their own.*

- 5.176 **simultaneously** /ˌsɪməl'teɪniəsli/ (adv) = at the same time / **równocześnie**
e.g. She works very hard; sometimes she works on two projects **simultaneously**.
- 5.177 **exemplar** /ɪg'zemplɑːr/ (n) = a typical or good example of sth / **wzór, model, ideał, typowy lub dobry przykład**
e.g. The greatest **exemplar** of British playwrights is William Shakespeare.
- 5.178 **meet-and-greet** = social / **towarzyski**
e.g. The politician was exhausted after attending so many **meet-and-greet** events in an attempt to get to know his voters.
- 5.179 **itinerary** /aɪ'tɪnərəri/ (n) = a travel plan / **trasa podróży lub wycieczki, marszruta**
e.g. If you look at your **itinerary**, you will see that we are visiting the Royal Palace on Wednesday morning.
- 5.180 **take one's destiny in hand** = to take matters into one's hands / **wziąć swój los we własne ręce**
e.g. I decided to **take my destiny in hand** and go back to university in order to get a better job.
- 5.181 **glare** /gleə/ (n) = a bright unpleasant light / **oślepiające światło (np. jupiterów)**
e.g. The **glare** of the headlights blinded the cat crossing the road.
- 5.182 **manic depression** /'mænik dɪ'preʃən/ (n) = a mental illness causing someone to change from being extremely happy and excited to being extremely sad / **depresja maniakalna**
e.g. He suffers from **manic depression**; one minute he is laughing hysterically and the next he is in tears.
- 5.183 **think tank** /'θɪŋk ˌtæŋk/ (n) = a group of specialists brought together to develop ideas on a particular subject and to make suggestions for action / **grupa ekspertów**
e.g. We have chosen only the most intelligent and creative scientists to join our **think tank** in order to come up with the best solution.
- 5.184 **hitch** /hɪtʃ/ (n) = a difficulty, a delay / **trudność, przeszkoda, komplikacja, szkopuł**
e.g. We completed the task without a **hitch**; everything went perfectly.
- 5.185 **intensely** /ɪn'tensli/ (adv) = powerfully, strongly / **intensywnie**
e.g. I wish she would stop staring at me so **intensely**; it makes me nervous.
- 5.186 **rail** /reɪl/ (n) = a horizontal bar fixed in position / **poręcz**
e.g. No wonder people keep falling down these stairs; we need to get a **rail** for them to hold onto.
- 5.187 **glide** /ɡlaɪd/ (v) = to float, move effortlessly / **ślizgać się, sunąć, płynąć**
e.g. We watched the beautiful hostess **glide** through the room welcoming her guests.
- 5.188 **vastness** /'vɑːstnəs/ (n) = immensity, hugeness / **ogrom**
e.g. Flying over the desert, you will understand its **vastness**.
- 5.189 **drift** /drɪft/ (v) = to move slowly / **dryfować, odpływać**
e.g. Now that working from home is becoming more popular, people are beginning to **drift** away from the cities.
- 5.190 **make out** /'meɪk 'aʊt/ (phr v) = to see sth with difficulty / **rozpoznać, dostrzec**
e.g. The fog was so thick that we could barely **make out** where we had parked the car.
- 5.191 **fragile** /'frædʒaɪl/ (adj) = delicate / **kruchy, delikatny**
e.g. These china cups are very **fragile**, so I only use them on special occasions.
Der.: fragility (n)

English in Use (pp. 110-113)

- 5.192 **on-the-spot** = instantaneous / **natychmiastowy**
e.g. He made an **on-the-spot** decision to travel the world and he left straight away.
- 5.193 **cloud over** /'klaʊd 'əʊvə/ (phr v) = to become covered with clouds / **zachmurzyć się**
e.g. It was sunny this morning but it is starting to **cloud over** now; I think it may rain later.
- 5.194 **nervous breakdown** /'nɜːvəs 'breɪkdaʊn/ (n) = a period of mental illness which results in anxiety, difficulty in sleeping or thinking clearly and a feeling of great sadness / **załamanie nerwowe**
e.g. The pressure he was under at work led to a **nervous breakdown**, but he is almost back to his old self.
- 5.195 **intercom** /'ɪntəkɒm/ (n) = a telephone or radio communication system in an office, plane, etc / **interkom, domofon, głośnik**
e.g. The captain announced over the **intercom** that we were about to land.
- 5.196 **be bound to do sth** = to be forced to do sth by law, duty, etc / **mieć obowiązek coś zrobić**
e.g. You **are bound** by the contract **to work** for us forty hours per week.
- 5.197 **genetically modified** /dʒɪ'netɪkli 'mɒdɪfaɪd/ (adj) = having genes changed scientifically / **modyfikowany genetycznie**

- e.g. I am wary of **genetically modified** foods because we don't know how safe they are.
- 5.198 **crop** /krɒp/ (n) = a planting and harvest of grain, vegetables or fruit / **plon**
e.g. A farmer should sow his **crop** in spring, then reap it in autumn.
- 5.199 **resistant to sth** /rɪ'zɪstənt/ (adj) = not harmed by sth / **odporny, wytrzymały**
e.g. Using sun block makes your skin **resistant to** the sun's harmful rays.
Der.: resistance (n)
- 5.200 **pest** /pest/ (n) = a small animal or an insect that causes damage to food or crops / **szkodnik**
e.g. The flea is a small **pest** which lives on animals and feeds on their blood.
- 5.201 **pesticide** /'pestɪsaɪd/ (n) = insect killer / **pestycyd**
e.g. You should wash fruit and vegetables carefully to make sure there is no **pesticide** left on them.
- 5.202 **first and foremost** = more than anything else / **przede wszystkim**
e.g. **First and foremost**, we need to increase sales; that should be the company's priority.
- 5.203 **fenced-off** /'fensɪd'ɒf/ (adj) = surrounded by a fence / **ogrodzony**
e.g. We grow our own vegetables in a **fenced-off** part of the garden.
- 5.204 **unavoidably** /ʌnə'vɔɪdəbli/ (adv) = inescapably, inevitably / **niechybnie, nieuchronnie**
e.g. I'm afraid that Mr Smith has been **unavoidably** delayed, so he won't be able to attend this meeting.
- 5.205 **pollinate** /'pɒlɪneɪt/ (v) = to transfer the fine fertilising powder to a plant so that it can reproduce / **zapyłać**
e.g. Bees are essential as they **pollinate** flowers by taking pollen from one plant to another.
- 5.206 **untold** /ʌn'təʊld/ (adj) = so great in amount or level that it cannot be expressed in words / **niezliczony, niebywały, nieopisany**
e.g. He has **untold** wealth; it is impossible to be sure how rich he really is.
- 5.207 **overload** /'əʊvə'ləʊd/ (v) = to place too much work, weight, etc on sb or sth / **przeciążyć, przeladować**
e.g. It's not fair to **overload** Cathy with all the work; share it out among the rest of the staff.
- 5.208 **withstand** /wɪð'stænd/ (v) = to last in spite of sth, endure / **wytrzymać, znieść, stawić opór**
e.g. This building has been built to **withstand** earthquakes of up to 7.5 on the Richter scale.
- 5.209 **onslaught** /'ɒnslɔ:t/ (n) = a violent attack / **zaciekły szturm, atak, napaść**
e.g. The general ordered his army to make another **onslaught** on the enemy camp.
- 5.210 **pester** /'pestə/ (adj) = behaving in an annoying manner towards sb by asking about sth repeatedly / **napastliwy, molestujący, prześladowający**
e.g. Some parents find their children's **pester** power so difficult to deal with that they always give in to their demands.
Der.: pester (v)
- 5.211 **bluff** /blʌf/ (n) = make-believe, pretence / **blef**
e.g. His threat to resign was a **bluff**; there is no way he would really leave his job.
- 5.212 **disqualified** /dɪs'kwɒlɪfaɪd/ (adj) = unable to take part in a competition because one has done sth wrong / **zdyskwalifikowany**
e.g. The athlete was **disqualified** from the competition when he tested positive for drugs.
- 5.213 **anabolic drugs** /ænə'bɒlɪk 'drʌgz/ (n pl) = steroids used illegally by athletes competing in sports / **anaboliki**
e.g. The use of **anabolic drugs** can improve athletic performance.
- 5.214 **manual** /'mænjʊəl/ (n) = a handbook or guidebook on how to do sth / **podręcznik, instrukcja**
e.g. Why don't you read the instructions in the **manual** instead of trying to guess how the computer works?
- 5.215 **terminate** /'tɜ:mɪneɪt/ (v) = to end, stop / **zakończyć (się)**
e.g. I think we should **terminate** this discussion as it is clear that we are not going to reach a solution.
Der.: termination (n)
- 5.216 **inundate** /'ɪnʌdeɪt/ (v) = to cover with water, flood, overflow / **zalać**
e.g. The village was **inundated** when the river burst its banks.
Der.: inundation (n)
- 5.217 **rescue operation** /'reskjʊ :pə'reɪʃən/ (n) = the act of trying to save people in danger / **akcja ratunkowa**
e.g. The army has launched a **rescue operation** to save those trapped in the avalanche.
- 5.218 **dinghy** /'dɪŋgi/ (n) = a small rowboat / **szalupa, łódka, czółno**
e.g. The children are not allowed to go too far out to sea in their **dinghy** as it is such a lightweight boat.
- 5.219 **low-lying** /'ləʊlaɪŋ/ (adj) = (of land) being at or near the level of the sea / **nisko położony**
e.g. **Low-lying** areas are at an increased risk of flooding during bad weather.

- 5.220 **submerge** /səb'mɜ:dʒ/ (v) = to put beneath the surface of water / **zatopić, zanurzyć**
e.g. When the river burst its banks, the entire village was **submerged**.
- 5.221 **disrupt** /dis'rʌpt/ (v) = to interrupt, cause a break / **przerwać, zakłócać**
e.g. He manages to **disrupt** the whole class with his bad behaviour.
Der.: disruption (n)
- 5.222 **dislodge** /,dis'lɒdʒ/ (v) = to force sth from its present place / **usunąć, wyciągnąć, wyrwać**
e.g. I need to go to the dentist; I **dislodged** a filling when I was eating a toffee.
- 5.223 **claim** /kleɪm/ (n) = a demand for sth that one feels one has a right to / **żądanie, roszczenie**
e.g. The insurance company only paid her 60% of the **claim** because the amount she asked for was too high.
- 5.224 **ravage** /'rævɪdʒ/ (v) = to destroy / **pustoszyć, rujnować**
e.g. This area of the country has been **ravaged** by bad weather for two months.
- 5.225 **hinder** /'hɪndə/ (v) = to slow down the progress of sth, impede / **spowolnić, hamować**
e.g. Having Anne on the team will **hinder** our progress; she slows everybody down.
- 5.226 **rage** /reɪdʒ/ (v) = to happen in a strong or violent way / **szaleć, rozszaleć się, srożyć**
e.g. We stayed inside by the fire as the storm **raged** on throughout the night.
Der.: rage (n)
- 5.227 **safe and sound** = completely safe, without injury or damage / **cały i zdrowy**
e.g. Thankfully, no one was hurt in the accident; we are all **safe and sound**.
- 5.228 **bask** /bɑ:sk/ (v) = to sit and enjoy the heat or sun / **wygrzewać się, wylegiwać na słońcu**
e.g. She loves nothing more than to lie by the pool and **bask** in the sun all day.
- 5.229 **state-of-the-art** /,steɪtəvəɪ'ɑ:t/ (adj) = modern and using the most recent ideas and methods / **najnowszy, najnowocześniejszy**
e.g. Paul has just spent a fortune on a brand new, **state-of-the-art** sound system.
- 5.230 **pipe** /paɪp/ (v) = to send sounds or signals from one place to another / **nadawać, przesyłać**
e.g. Music is **piped** in all the outlets at the shopping centre.
- 5.231 **plasma wall screen** /'plæzmə wɔ:l 'skri:n/ (n) = a kind of television screen / **ekran plazmowy**
e.g. A **plasma wall screen** takes up very little space, but is also very expensive.
- 5.232 **reside** /rɪ'zaɪd/ (v) = to live / **mieszkać**
e.g. I no longer **reside** at that address; I moved out four months ago.
Der.: residence (n), resident (n)
- 5.233 **molecular** /mə'lekjʊlə/ (adj) = of the simplest unit of a chemical substance, usually a group of two or more atoms / **molekularny, cząsteczkowy**
e.g. Scientists can easily find out the **molecular** structure of any substance.
- 5.234 **multi-cell** /,mʌlti'sel/ (adj) = consisting of many small basic units / **wielokomórkowy**
e.g. Unlike the amoeba, which is a one-cell organism, humans, animals and plants are **multi-cell** ones.
- 5.235 **colony** /'kɒləni/ (n) = a group of (people, organisms, etc) / **kolonia, rój**
e.g. Many insects, such as ants, live in a large group called a **colony**.
- 5.236 **thrive** /θraɪv/ (v) = to grow strong and healthy / **dobrze się rozwijać, kwitnąć, prosperować**
e.g. The plants **thrive** in weather like this; they need plenty of rain with lots of sunny spells.
- 5.237 **cosmos** /'kɒzmɒs/ (n) = the universe / **kosmos, wszechświat**
e.g. It is hard to believe that human beings are the only intelligent life forms in the **cosmos**.
- 5.238 **biosphere** /'baɪəsfiə/ (n) = the part of the earth's environment where life exists / **biosfera**
e.g. The earth's **biosphere** ranges from about 10 km into the atmosphere to the deepest ocean floor.
- 5.239 **outpost** /'aʊtpəʊst/ (n) = any distant settlement / **placówka**
e.g. It must be quite lonely living in a remote mountain **outpost**.
- 5.240 **exceed** /ɪk'si:d/ (v) = to be more than what is expected / **przekroczyć, wykroczyć poza, przewyższyć**
e.g. Her work far **exceeded** my expectations; I was very pleasantly surprised.
Der.: excess (n), excessive (adj)

Writing (pp. 114-118)

- 5.241 **sophisticated** /sə'fɪstɪkətɪd/ (adj) = advanced, complex / **wyszukany, wymyślny, wyrafinowany**
e.g. Modern telephones are much more **sophisticated** than earlier models.
Opp.: primitive
- 5.242 **midget** /'mɪdʒɪt/ (adj) = tiny / **drobny, miniaturowy, mikroskopijny**
e.g. She has bought a new **midget** mobile phone, which is as small as a matchbox.

- 5.243 **technophile** /'teknəʊfaɪl/ (n) = sb who is interested in new developments in technology and admires them / **entuzjasta postępu technicznego**
e.g. *The idea of having a fully computerised home must be attractive to a **technophile**.*
Opp.: technophobe
- 5.244 **soak up** /'səʊk 'ʌp/ (phr v) = to take in, absorb / **wchłonać, nasiąknąć**
e.g. *We need some paper towels to **soak up** the spilt water.*
- 5.245 **logician** /lə'dʒɪʃən/ (n) = sb who studies or is skilled in logic / **logik**
e.g. *Mark studied logic at university and now he is a respected **logician**.*
- 5.246 **distinguished** /dɪs'tɪŋɡwɪʃt/ (adj) = famous for excellent achievement / **wybitny**
e.g. *He is a **distinguished** journalist who has won many awards for his excellent work.*
- 5.247 **quantum physics** /'kwɒntəm 'fɪzɪks/ (n) = the science of physics which studies the smallest unit or amount of energy / **fizyka kwantowa**
e.g. ***Quantum physics** tries to explain the behaviour of very small particles, such as electrons, protons and neutrons.*
- 5.248 **defence policy** /dɪ'fens 'pɒlsɪ/ (n) = measures taken to protect a country / **polityka obronna**
e.g. *The government has a very strong **defence policy** and believes that the protection of the country should be a top priority.*
- 5.249 **humility** /hju:'mɪlɪti/ (n) = modesty / **pokora**
e.g. *Although he is now very rich and successful, he still has a deep sense of **humility**.*
Opp.: arrogance
- 5.250 **principle** /'prɪnsɪpəl/ (n) = a standard such as a guide to behaviour, a rule / **zasada**
e.g. *Refusing to take something which belongs to someone else is a very good **principle**.*
- 5.251 **upbringing** /'ʌpbɪŋɪŋ/ (n) = a good or bad education given by parents and teachers to a young person growing up / **wychowanie**
e.g. *She had a very good **upbringing** and learnt how to behave properly in any situation.*
- 5.252 **prestigious** /pre'stɪdʒəs/ (adj) = prominent, esteemed / **prestiżowy**
e.g. *This is one of the most **prestigious** universities in the country and has an excellent reputation.*
- 5.253 **lucrative** /'lu:kreɪtɪv/ (adj) = profitable / **lukratywny, dochodowy**
e.g. *I have just closed a very **lucrative** business deal, so dinner is my treat!*

Pronunciation tips

5.254 **John von Neumann** /'dʒɒn fən 'nɔɪmən/5.255 **Nicolaus Copernicus** /,nɪkə'lɔɪəs kəp'pɜ:nɪkəs/5.256 **Louis Pasteur** /'lu:ɪ pæ'steɪ/5.257 **Blaise Pascal** /'bleɪz pæ'skæ/5.258 **Leonardo da Vinci** /,li:əʊ'nɑ:dəʊ də 'vɪntʃi/5.259 **Samuel Morse** /'sæmjʊəl 'mɔ:s/5.260 **Robert Fulton** /'rɒbət 'fʊltən/

5.261 **culminate** /'kʌlɪmeɪt/ (v) = to reach the highest point of an activity / **osiągnąć punkt kulminacyjny**
e.g. *Her successful acting career **culminated** in her being accepted by the Royal Shakespeare Company.*
Der.: culmination (n)

5.262 **painstaking** /'peɪnstəɪkɪŋ/ (adj) = thorough, meticulous / **pracowity, staranny**
e.g. *After carrying out a **painstaking** search through your files, I have found the missing documents.*

5.263 **refurbishment** /ri:'fɜ:bɪʃmənt/ (n) = redecoration, renovation / **odnowienie, remont**
e.g. *The restaurant is closed for **refurbishment**, but it will look great when the work is finished.*

5.264 **hydroelectric** /,haɪdrəʊ'lektrɪk/ (adj) = related to creating electricity from water power / **hydroelektryczny**
e.g. ***Hydroelectric** power is produced by flowing water.*

5.265 **mainframe computer** /'meɪnfreɪm kəm'pjʊ:tə/ (n) = a large powerful computer used by many users, a centre of network / **komputer typu mainframe**
e.g. ***Mainframe computers** are becoming obsolete; they are replaced by more modern ones.*

VOCABULARY EXERCISES

A Wybierz właściwe słowo lub zwrot.

- | | |
|---|---|
| <p>1 I was not convinced by the doctor's and asked for a second opinion.
 A ailment C strain
 B epidemic D diagnosis</p> | <p>6 He managed to into the company records and find out what each employee was paid.
 A hack C crash
 B load D update</p> |
| <p>2 She has got a very job these days, so she can afford life's luxuries.
 A prestigious C distinguished
 B lucrative D accomplished</p> | <p>7 We have decided to offer him a promotion his excellent performance this year.
 A in light of C in the long run
 B in limbo D in black and white</p> |
| <p>3 The people who live in my old house kindly agreed to any mail that arrives for me.
 A send back C send on
 B send for D send out on</p> | <p>8 He gazed at her and asked her to marry him.
 A shabbily C intensely
 B simultaneously D unavoidably</p> |
| <p>4 There's no point in buying the baby expensive clothes as he will soon them.
 A outsmart C outrun
 B outgrow D outdo</p> | <p>9 My computer screen keeps going blank; I think there must be a in the system.
 A wallpaper C virus
 B wizard D navigator</p> |
| <p>5 The lecturer gave us far too much information to; I wish I had taken a tape recorder with me.
 A take on C take up
 B take back D take in</p> | <p>10 There has been an of the flu virus in this area.
 A outrage C outlay
 B outbreak D outset</p> |

B Uzupełnij tekst wyrazami utworzonymi od słów podanych w tej samej linijce po prawej stronie.

Our favourite Italian restaurant is in an ideal **0) location**, right at the end of our street. This is perfect as it removes any **1)** from eating out; we don't need to take public transport or try to find a taxi. However, the restaurant was recently closed for **2)**, which caused some **3)** to our weekend routine – we are used to eating there most Saturday nights! As soon as it reopened, I made a **4)** for the following Saturday. The improvements that had been made were **5)**. The management had clearly employed very **6)** interior decorators. Whoever had designed the new décor was a true **7)**. They had created an atmosphere which was **8)** of a rustic Italian kitchen, with large, plain wooden tables and bunches of herbs hanging from the ceiling. The effect was amazing.

LOCATE
 INCONVENIENT

 REFURBISH
 DISRUPT
 RESERVE
 STRIKE
 ACCOMPLISH
 VISION
 EVOKE

C Uzupełnij zdania podanymi słowami.

• outline • deadline • mimic • debris • convey • obsolete • intriguing • hitch • fragile • reside

- 1 This china doll is very ; I don't think you should let the children play with it.
- 2 Volunteers worked to clear up the after the hurricane.
- 3 Can you tell me how many people currently at this address?
- 4 The manager called me into his office to my responsibilities in my new position.
- 5 This film is quite ; I think I'll stay up and watch the end.
- 6 Please allow me to my deepest sympathy to you and your family.
- 7 My sister has a great voice and she is able to all her favourite singers.
- 8 Even if I work all night, I won't be able to meet the
- 9 My first day at work went off without a, which was quite a relief!
- 10 The fax machine will probably become in the next few years.

D Podkreśl właściwe słowo.

- 1 We put all the shopping on the **assembly line/conveyor belt/ticketing system** and the sales assistant scanned the barcodes as each item went past.
- 2 My cousin spent a few minutes in a **space junk/space capsule/flight simulator** and now he wants to be a pilot.
- 3 I think that what he did was very **valid/heroic/drastic** and he should be given an award.
- 4 He decided to do the **unprecedented/unthinkable/untold** and quit his well-paid job.
- 5 Her suspicions were quite **manned/wedded/misplaced** as it was actually Sarah who took the file.
- 6 We will ask the waiter to **hand over/total up/hang on** the bill and we will each pay half.

E Dopasuj do siebie zwroty z kolumn A i B. Utwórz właściwe kolokacje, a następnie uzupełnij nimi podane zdania.

A

- 1 hold
- 2 earn
- 3 break
- 4 come
- 5 stand
- 6 turn
- 7 reinvent
- 8 once
- 9 blind sb
- 10 move

B

- a the mould
- b with science
- c with the times
- d a conversation
- e down to earth
- f the test of time
- g one's keep
- h back the clock
- i the wheel
- j in a blue moon

- 1 If I could, I would never have spoken rudely to my boss.
- 2 Ian's house is a mess; he only cleans it
- 3 I think that this magazine is really original and has managed to of British journalism.
- 4 Could you please stop interrupting us? We are trying to here.
- 5 When I asked him about his invention, he tried to, but even I could see that the machine wasn't going to work.
- 6 Frank refuses to; he still writes all his letters by hand.
- 7 It's time you started doing more to help around here; you are old enough to now.
- 8 After winning the talent contest, it took Sharon a while to and realise that she wasn't a star yet!
- 9 Their relationship has really; they have been together for ten years, now.
- 10 Sarah is always trying to instead of coming up with an original idea.

- F W większości linijek w tekście jest jedno zbędne słowo. Znajdź je i zapisz w wyznaczonym miejscu po prawej stronie. Jeśli w danej linijce nie ma zbędnego słowa, zaznacz ją znakiem (✓).

According to experienced teachers, children of these days are much less respectful and much less polite than children of a generation ago. The trouble is, unless children learn no respect for others, starting with adults, they can never learn respect for themselves. They begin to developing respect for others by developing it for their parents first. Children should have learn to show good manners towards their parents. This means that they should not be allowed to call out their parents (or, indeed, any adult) by their first names, to interrupt the adult conversations unless it is absolutely necessary, or to throw tantrums when they don't get their own way. When adults also speak, children should pay attention, and when adults issue instructions, children should follow them. It's as simple as that is. When your kids display proper manners at home or in public, give to them immediate positive feedback. Also, bear it in mind that children will make mistakes. Be patient and they will make progress. And remember, manners work both ways; if you want your children to be so polite to you, then you must behave in a mannerly way towards them, too.

0	of
00	✓
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6

A Job Well Done

Lead-in (p. 119)

- 6.1 **recognition** /ˌrɛkəɡ'nɪʃən/ (n) = an acceptance that sth is true, important or legal / **uznanie**
e.g. The efforts of Jimmy Carter to promote peace throughout the world won **recognition** when he was awarded the Nobel Peace Prize in 2002.

Reading (pp. 120-121)

- 6.2 **nasty** /'nɑ:sti/ (adj) = bad or very unpleasant / **wstrętny, okropny, wredny**
e.g. He had a **nasty** experience at the dentist when he was young, and the memories of this put him off dental surgeries for life.
Der.: nastiness (n), nastily (adv)
- 6.3 **mike** /maɪk/ (n) = a microphone / **mikrofon**
e.g. The singer adjusted the stand so the **mike** was level with his mouth.
- 6.4 **newsflash** /'nju:zflæʃ/ (n) = a brief news report on radio or television, giving the most recent information about an important or unexpected event / **wiadomość z ostatniej chwili**

e.g. The television programme was interrupted by a **newsflash** to announce the death of the Prime Minister.

- 6.5 **awkward** /'ɔ:kwəd/ (adj) = strange, difficult to deal with / **(o sytuacji) krępujący, kłopotliwy**
e.g. There was an **awkward** silence that both of them found difficult to deal with.
- 6.6 **overtime** /'ɒvətʌɪm/ (n) = extra time needed or expected in a job / **nadgodziny**
e.g. He was going on holiday so he worked **overtime** for about ten hours a week to earn some extra cash.
- 6.7 **adjust** /ə'dʒʌst/ (v) = to become more familiar with a new situation / **dostosować się, przyzwyczać, przystosować**
e.g. When he changed from the night shift to working days, it took his body clock a while to **adjust** to a different sleeping pattern.
Der.: adjustment (n)
- 6.8 **shift** /ʃɪft/ (n) = a period during which a particular group of people work / **zmiana**
e.g. He worked **shifts** at the factory, doing twelve-hour nights for a fortnight, then twelve-hour days for the rest of the month.

- 6.9 **ATC** /,eɪ ti: 'si/ (abbr) = air traffic control / kontrola ruchu lotniczego
e.g. *After five stressful years on the ATC tower, Alan had to change his job.*
- 6.10 **air traffic controller** /,eə træfɪk kən'trəʊlə/ (n) = sb who manages aircraft from the ground as they take off, fly and land / kontroler ruchu lotniczego
e.g. *Air traffic controllers have gone on strike and all flights have been cancelled.*
- 6.11 **dusk** /dʌsk/ (n) = the time of day when its not quite dark yet / zmierzch, zmrok
e.g. *Those animals that are active at night wake up at dusk.*
- 6.12 **dawn** /dɔ:n/ (n) = the time of day when the sun rises / świt, poranek
e.g. *In summer, farmers work in the fields from dawn to dusk.*
- 6.13 **take off** /'teɪk 'ɒf/ (phr v) = to leave the ground and begin to fly / (o samolocie) startować
e.g. *Our flight was delayed due to technical problems, but we eventually took off at 5.45.*
- 6.14 **wind shear** /'wɪnd ʃiə/ (n) = a sudden change in the direction or velocity of the wind / nagła zmiana kierunku lub siły wiatru
e.g. *Wind shear can make aeroplane rides bumpy.*
- 6.15 **blunder** /'blʌndə/ (n) = a big mistake, usually caused by lack of care or thought / gafa, pomyłka, niezręczność
e.g. *He made a serious blunder in his calculations, which will not easily be forgiven.*
- 6.16 **front** /frʌnt/ (v) = to present a TV programme or show / prowadzić program w telewizji
e.g. *Monica Richards fronted the Evening News and soon became very popular.*
- 6.17 **on/off the air** (idm) = broadcast or not broadcast on TV or radio / na antenie lub poza anteną, nadawany lub nie
e.g. *"Nobody watches your programme any longer, so we are taking it off the air now."*
- 6.18 **a blessing in disguise** (idm) = sth which has a good effect although at first it seemed that it would be bad or not lucky / szczęście w nieszczęściu
e.g. *The fact that he was fired proved to be a blessing in disguise because he found a better-paid job.*
- 6.19 **frantic** /'fræntɪk/ (adj) = frenzied, in a state of excitement or confusion / zwariowany, szalony
e.g. *Little Mary had been missing for an hour and her mother was becoming frantic.*
Der.: frantically (adv)
Opp.: calm
- 6.20 **bolt** /bɒlt/ (v) = to move very fast / pomknąć, czmychnąć
e.g. *A car frightened the horse which then bolted through the village.*
- 6.21 **clock off** /'klɒk 'ɒf/ (phr v) = to leave work, especially by recording the time one leaves on a special machine / wyjść z pracy (odbijając kartę w specjalnym zegarze)
e.g. *"It's six o'clock; time to clock off and go home," he said.*
Opp.: clock on, clock in
- 6.22 **stomach** /'stʌmək/ (v) = to be able to accept an unpleasant idea or watch sth unpleasant / ścierpieć, znieść
e.g. *She was unable to stomach horror films because they revolted her.*
- 6.23 **restructure** /,ri:'strʌktʃə/ (v) = to reorganise / zreorganizować, nadać czemuś nową strukturę
e.g. *The government is undertaking an ambitious project to restructure the education system.*
- 6.24 **kick off** /'kɪk 'ɒf/ (phr v) = to start / rozpocząć, zacząć
e.g. *The match between Manchester United and Real Madrid kicks off at 7.45.*
- 6.25 **high-performance** /,haɪpə'fɔ:məns/ (adj) = able to perform well / o wysokich parametrach technicznych
e.g. *Many people enjoy driving high-performance cars at very fast speeds.*
- 6.26 **U-turn** /'ju:tɜ:n/ (n) = a turn made by a vehicle in order to go back in the direction from which it has come / zawrócenie (pojazdu)
e.g. *The action of turning into oncoming traffic means that it can be dangerous for cars to perform U-turns on busy main roads.*
- 6.27 **blow sb away** /'bləʊ ə'weɪ/ (phr v) = to surprise sb in a pleasant way / zadziwić kogoś, powalić na kolana, przyjemnie zaskoczyć
e.g. *From the description we expected Simon to be a young bully, so it completely blew us away when a charming elderly gentleman turned up.*
- 6.28 **engage in conversation** = to take part in a conversation / wdać się w rozmowę
e.g. *He kept himself to himself and found it hard to engage in conversation with strangers.*
- 6.29 **fare** /feə/ (n) = a passenger in a taxi / pasażer taksówki
e.g. *It's easiest for taxi drivers to pick their fares at railway stations or airports.*
- 6.30 **unpleasantness** /ʌn'plezəntnəs/ (n) = rudeness / niezręczność, nieuprzejmość, nieprzyjemność

e.g. The manager had a reputation of arrogance because of the constant **unpleasantness** he displayed towards his fellow workers.

- 6.31 **have one (or two) too many** (idm) = to be slightly drunk / *trochę za dużo wypić*
e.g. Jim spoiled my birthday party: he **had one too many** and started telling us dirty jokes.

Language Focus (pp. 122-125)

- 6.32 **refuse collector** /ˈrefjuːs kəˈlektə/ (n) = a rubbish collector, a dustman / *śmieciarz, osoba zajmująca się wywozem śmieci*
e.g. Giving workers fancy job titles such as “**refuse collector**” instead of “dustman” boosts morale in the short term.

- 6.33 **talent scout** /ˈtælənt ˌskaʊt/ (n) = sb who looks for people who have the skills they want, esp in entertainment or sport / *łowca talentów*
e.g. The **talent scout** attended the football match in the hope of finding a prospective player for the club he represented.

- 6.34 **civil servant** /ˈsɪvəl ˈsɜːvənt/ (n) = sb who works for the government / *urzędnik państwowy*
e.g. He felt he could best serve his community by working for the government as a **civil servant**.

- 6.35 **blue-collar worker** /ˈbluːkɒlə ˈwɜːkə/ (n) = sb who does physical or unskilled work in a factory rather than office work / *pracownik fizyczny*
e.g. As technology has advanced, the number of **blue-collar workers** is steadily declining.

- 6.36 **white-collar worker** /ˈwaɪt.kɒlə ˈwɜːkə/ (n) = sb who works in offices, doing work that needs mental rather than physical effort / *pracownik umysłowy*
e.g. **White-collar workers** now work longer hours at their desks than ever before.

- 6.37 **fulfilling** /fʊlˈfɪlɪŋ/ (adj) = satisfying / *satysfakcjonujący, dający poczucie spełnienia*
e.g. My career as a teacher is so **fulfilling** that I always go home with a sense of satisfaction.

- 6.38 **arduous** /ˈɑːdʒjəs/ (adj) = difficult, tiring and needing a lot of effort / *żmudny, uciążliwy, mozolny*
e.g. It was a long and **arduous** journey that left him absolutely shattered.

- 6.39 **mind-numbing** /ˈmaɪnd.nʌmɪŋ/ (adj) = extremely boring / *niezwykle nudny, otepiający*
e.g. He was constantly bored; his job entailed the **mind-numbing** task of watching monitor screens all day long.

- 6.40 **hazardous** /ˈhæzədəs/ (adj) = dangerous / *niebezpieczny*

e.g. Petrol tankers normally display a sign at the rear warning that **hazardous** materials are on board.

Opp.: safe

- 6.41 **glamorous** /ˈglæməərəs/ (adj) = attractive in an exciting and special way / *czarujący, uroczy*
e.g. Jackie Onassis was a sophisticated and **glamorous** woman.

- 6.42 **mundane** /mʌnˈdeɪn/ (adj) = very ordinary and therefore not interesting / *przyziemny*
e.g. As the new boy in the office, he was given the **mundane** and rather tedious tasks.

- 6.43 **stimulating** /ˈstɪmjəleɪtɪŋ/ (adj) = inspiring, motivating / *stymulujący, inspirujący*
e.g. I found it a **stimulating** conversation that inspired me to greater things.

Opp.: dull

- 6.44 **work to rule** = to do only such work as is included in one's contract in order to protest against sth / *prowadzić strajk włoski*
e.g. “The office management did not want to accept our suggestions, so we decided to **work to rule**: from now on do not expect secretaries to do any cleaning!”

- 6.45 **go on the picket line** = to picket, to stand outside the entrance to a building and stop other people from entering it, in order to protest against sth / *pikietować*
e.g. The protesters **went on the picket line** and prevented the embassy staff from entering.

- 6.46 **perk** /pɜːk/ (n) = an advantage or benefit, such as money or goods, which one is given because of their job / *dotatkowe korzyści związane z pracą*
e.g. The promotion brought him additional **perks**, including a company car.

- 6.47 **apprentice** /əˈprentɪs/ (n) = sb who has agreed to work for a skilled person for a particular period of time and often for low payment, in order to learn that person's skills / *uczeń, praktykant*
e.g. At 16 he decided to leave school to become an **apprentice** electrician in order to learn the necessary skills for a career in the trade.

Der.: apprenticeship (n)

- 6.48 **recruit** /rɪˈkrʊt/ (n) = a new member (of an organisation, job, etc) / *rekrut; nowy pracownik*
e.g. He was a raw army **recruit**, about to undergo ten weeks of rigorous training.

Der.: recruitment (n)

- 6.49 **boardroom** /ˈbɔːdruːm/ (n) = a room where the people who control a company or organisation meet / *sala zebrań zarządu*
e.g. The directors met in the **boardroom** to decide the future of the company.

- 6.50 **cubicle** /'kju:bkɪl/ (n) = a small space that is separate from the rest of a room where you can be private when working / **boks, kącik**
e.g. *Most offices today are divided into **cubicles** where people can work in privacy.*
- 6.51 **flexi-time** /'fleksitaɪm/ (n) = a system of working in which people work a set number of hours within a fixed period of time, but can vary the time they start or finish work / **ruchomy czas pracy**
e.g. *Many working mothers prefer working **flexi-time** because they can tailor their hours to suit them and their children.*
- 6.52 **credentials** /krɪ'denʃɪz/ (n pl) = a proof of sb's abilities and experience / **referencje, listy uwierzytelniające**
e.g. *"I would hire him; his **credentials** are impeccable," the recruitment officer said to his manager.*
- 6.53 **reference** /'refərəns/ (n) = a letter that is written by sb who knows you, to describe you and say if you are suitable for a job or course / **referencje, list polecający**
e.g. *He was required to bring a **reference** from his previous employer to the job interview with him.*
- 6.54 **trade** /treɪd/ (n) = a job, especially one which needs special skills and involves working with your hands / **fach, rzemiosło, zawód**
e.g. *He was a plumber by **trade**, but supplemented his income by driving a taxi at night.*
- 6.55 **vocation** /vəʊ'keɪʃən/ (n) = a type of work that one feels they are suited to doing and to which one should give all their time and energy / **powołanie**
e.g. *He was a priest convinced of his **vocation** to provide spiritual guidance to his flock.*
- 6.56 **toil** /toɪl/ (v) = to work hard / **trudzić się, tyrać, harować**
e.g. *He **toiled** in the coal mine to provide for his family.*
Der.: toil (n)
- 6.57 **meet the deadline** (idm) = to do sth within specific time limits / **dotrzymać terminu**
e.g. *He had to **meet the deadline** for the project that the psychology lecturer had assigned him.*
- 6.58 **trade union** /,treɪd 'ju:njən/ (n) = an organisation that represents people who work in a particular industry, protects their rights and discusses their pay and working conditions with employers / **związek zawodowy**
e.g. *Former Prime Minister, Margaret Thatcher, will be remembered for crushing the **trade unions** in the 1980s.*
- 6.59 **raise** /reɪz/ (n) = (American English) a rise, an increase in the fixed amount of money one earns for doing a job / **podwyżka**
e.g. *He was ecstatic when his boss informed him he was getting a **raise**.*
- 6.60 **grant** /grɑ:nt/ (n) = a sum of money given by the government to a person or organisation for a special purpose / **stypendium lub dotacja na określony cel, grant**
e.g. *The British government is debating whether or not to reintroduce student **grants**.*
- 6.61 **depose** /dɪ'pəʊz/ (v) = to remove sb important from a powerful position / **pozbawić władzy**
e.g. *Former Romanian dictator, Nicolae Ceausescu, was **deposed** and executed in 1989.*
Der.: deposition /dɪ'pəʊzɪʃən/ (n)
- 6.62 **workmate** /'wɜ:kmeɪt/ (n) = sb who works in the same place as you / **kolega z pracy**
e.g. *My **workmates** and I socialise after work every Thursday.*
- 6.63 **workbench** /'wɜ:kbenʃ/ (n) = a strong table for doing practical jobs / **stół do pracy, stół warsztatowy**
e.g. *As his hobby was DIY, he bought a **workbench** for his shed.*
- 6.64 **job hunter** /'dʒɒb ˌhʌntər/ (n) = sb who is looking for a job / **osoba szukająca pracy**
e.g. *The current economic climate has resulted in too many **job hunters** seeking too few jobs.*
- 6.65 **workhorse** /'wɜ:khɔ:s/ (n) = sb who does a lot of work, especially of a type which is necessary but not interesting / **dosł. koń pociągowy; tu: osoba wykonująca niewdzięczną pracę w zespole**
e.g. *The captain was the **workhorse** of the team, constantly trying to break down the opposition's defence.*
- 6.66 **whiz(z)** /wɪz/ (n) = sb with a very high level of skill or knowledge in a particular subject / **ekspert, specjalista**
e.g. *He was a computer **whiz** at school, and now owns a successful software design company.*
- 6.67 **paper-shuffler** /'peɪpə ˌʃʌflər/ (n) = sb who is lazy and tries to work as little as possible / **osoba „przekładająca papierki” (leniwa i unikająca ciężkiej pracy)**
e.g. *He is a work-shy **paper-shuffler**; the company would be better-off without him.*
- 6.68 **stirrer** /'stɜ:rər/ (n) = sb who makes trouble for other people / **intrygant**
e.g. *"Watch out for him; he's a **stirrer** who likes causing trouble for people," she told her friend.*

- 6.69 **slave driver** /'sleɪv ˌdraɪvə/ (n) = sb who makes people work extremely hard / „poganiacz niewolników”, gnębiiciel
e.g. *Rosie's boss is a real **slave driver**; she works too hard and is permanently overtired.*

Idioms

- 6.70 **beaver away at sth** = to work hard for a long time / długo nad czymś harować
e.g. *He's always **beavering away at something** around the house, decorating something or other.*
- 6.71 **keep one's mind on the job** = to concentrate on what one is doing / skupić się na pracy
e.g. *If you're operating heavy machinery, it's advisable to **keep your mind on the job**.*
- 6.72 **make ends meet** = to have just enough money to pay for the things that one needs / wiązać koniec z końcem
e.g. *I'm going to have to take another job to **make ends meet**.*
- 6.73 **get sth off the ground** = to start a project, etc / rozpocząć pracę nad projektem, zabrać się do czegoś, uruchomić coś
e.g. *We're struggling financially to **get the project off the ground** as we are short of funds.*
- 6.74 **be sb's right-hand man** = to be a person who helps sb with their work / być czyjąś prawą ręką
e.g. *The White House Chief of Staff, Dick Cheney, is George W. Bush's **right-hand man**, and therefore the person he turns to for advice.*
- 6.75 **call the shots** = to be able to make the decisions which will influence a situation / kierować czymś, grać pierwsze skrzypce
e.g. *John is the manager, so he's the one who **calls the shots** and what he says must be done.*
- 6.76 **have time on one's hands** = to have nothing to do / nie mieć nic do roboty, mieć dużo wolnego czasu
e.g. *I need to take up a hobby; I **have too much time on my hands**.*
- 6.77 **keep one's nose to the grindstone** = to continue to work very hard without stopping / nie odrywać się od pracy, nie przestawać ciężko pracować
e.g. *He **keeps his nose to the grindstone**; he has to provide for his extensive family.*
- 6.78 **inside job** = a crime committed by sb against the organisation that they work for / przestępstwo przeciwko instytucji, w której dana osoba jest zatrudniona
e.g. *In the course of their investigation, the police discovered that the robbery was an **inside job**; it turned out that one of the cashiers was involved.*

- 6.79 **division** /dɪ'vɪʒən/ (n) = a separate part of a large organisation / dział, wydział
e.g. *The Military Police are a **division** of the British armed forces.*
- 6.80 **recruit** /rɪ'krut/ (v) = to hire / rekrutować, zatrudniać
e.g. *Microsoft is currently **recruiting** computer programmers because they are expanding into China.*
Der.: recruitment (n)
- 6.81 **on behalf of** = representing sb else / w imieniu
e.g. *"I will speak **on behalf of** my client," the lawyer told the police officer.*
- 6.82 **seek** /si:k/ (v) = to try to find or get sth / szukać
e.g. *He has been **seeking** work as an engineer unsuccessfully for the past six months.*
- 6.83 **assume responsibility for sth** = to be responsible for sth / wziąć na siebie odpowiedzialność (za coś)
e.g. *As the commanding officer, the general had to **assume responsibility** for the failure of the operation.*

Fixed Phrases (with on)

- 6.84 **on the verge of** = about to do sth / na skraju, na granicy
e.g. *Jim had had strenuous two months and was **on the verge of** a nervous breakdown.*
- 6.85 **on offer** = available / dostępny, w ofercie
e.g. *Refreshments and snacks are **on offer** in the cafeteria.*
- 6.86 **on the dole** = receiving unemployment benefit / na zasiłku
e.g. *Tom was out of work and **on the dole** for six months.*
- 6.87 **on the level** = honest / szczerzy
e.g. *Claire is a trustworthy person; she's always straight and **on the level**.*
- 6.88 **be put on hold** = to have to wait until the person one wants to talk to is free / czekać na połączenie lub rozmowę z daną osobą
e.g. *The problem with telephone banking is that when you call the bank, you are always **put on hold**.*
- 6.89 **on a roll** = having a successful or lucky period / na fali, w dobrym okresie
e.g. *David is **on a roll**; he's correctly predicted the winner of the last five races.*
- 6.90 **on and on** = continuously / ciągle, bezustannie
e.g. *I love my grandfather but he always goes **on and on** about the problems of the youth of today.*
- 6.91 **on and off** = intermittently / sporadycznie, z przerwami
e.g. *Their relationship had been **on and off** for the past year, constantly splitting up and getting back together.*

6.92 **on demand** = done or available whenever sb asks / *na żądanie*
e.g. *The aid agency committed itself to providing food and medical assistance **on demand** for refugees.*

6.93 **steelworks** /'sti:lwɜ:kz/ (n) = a factory where steel is made / *huta stali*
e.g. *Alice's father works long hours in the local **steelworks** which employs over a thousand people.*

6.94 **rate** /reɪt/ (n) = the speed at which sth happens or changes / *tempo, szybkość*
e.g. *The twentieth century saw an unprecedented **rate** of technological development.*

Phrasal verbs

6.95 **work off** /'wɜ:k 'ɒf/ = to eliminate / *wyeliminować, pozbyć się, spalić (kalorie)*
e.g. *"I'm going to the gym to **work off** all the excess food I ate over Christmas," she said.*

6.96 **work into** /'wɜ:k 'ɪntə/ = to manage to include / *dać radę coś włączyć (np. w plan zajęć lub dnia), znaleźć czas na coś*
e.g. *He promised her to try and **work** a meeting **into** his busy schedule.*

6.97 **get around** /'get ə'raʊnd/ = to overcome / *rozwiązać, przejść przez coś (np. problem)*
e.g. *No organisation has found a way to **get around** the problem of the widening gap between the rich and poor.*

6.98 **work sb up** /'wɜ:k 'ʌp/ = to upset sb / *zdenerwować, doprowadzić do wściekłości*
e.g. *She **worked** herself **up** over the workmen's blatant incompetence.*

6.99 **schedule** /'ʃedju:l/ (n) = a list of planned activities or things to be done showing the times or dates when they are intended to happen / *plan, harmonogram*
e.g. *The teaching **schedule** dictates that the coursebook must be completed two weeks before the end of the term.*

6.100 **incredibly** /ɪn'kredɪbli/ (adv) = extremely / *niezwykle, niewiarygodnie*
e.g. *She is an **incredibly** talented artist; people come from all over the world to see her paintings.*

Listening & Speaking (pp. 126-127)

6.101 **efficiency** /ɪ'fɪjənsi/ (n) = performing a task well and quickly / *skuteczność, wydajność, efektywność*
e.g. *Her **efficiency** in mathematics is such that*

she never makes any mistakes in her calculations.

Opp.: inefficiency

6.102 **briefing** /'brɪfɪŋ/ (n) = information that is given to sb just before they do sth, or a meeting where this happens / *odprawa*
e.g. *The police officer went to the morning **briefing** before going out on patrol.*

6.103 **letterhead** /'letəhed/ (n) = the top part of a piece of writing paper where the name and address of a person or business is printed / *nagłówek (listu lub papeterii firmowej)*
e.g. *Each person in the office has their own personal **letterhead** on their stationery.*

6.104 **appraisal** /ə'preɪzəl/ (n) = assessment, evaluation / *ocena, oszacowanie*
e.g. *In our company, job **appraisals** are performed by the management every six months.*

6.105 **assessor** /ə'sesə/ (n) = an evaluator / *ekspert, osoba przeprowadzająca ocenę*
e.g. *The marking of the exam papers calls for both internal and external **assessors**, which should result in a comprehensive evaluation.*

6.106 **badge** /bædʒ/ (n) = a small identifying piece of metal or paper that is pinned to one's clothing / *znak, odznaka, symbol, plakietka*
e.g. *The police are required to wear their **badges** on their uniforms at all times.*

6.107 **scheme** /ski:m/ (n) = an officially organised plan or system / *program*
e.g. *Increasing longevity and decreasing birth rates mean that pension **schemes** throughout the EU are in crisis.*

6.108 **in compliance with sth** = according to rules or requests made by people in authority / *zgodnie z regulaminem, przepisami itp.*
e.g. *All construction work must be done **in compliance with** safety regulations.*

6.109 **vocational** /və'skəʃjənəl/ (adj) = providing skills and education that prepare sb for a job / *zawodowy*
e.g. *Many schools are offering more **vocational** courses for pupils to prepare them for life beyond education.*

Reading (pp. 128-129)

6.110 **the public sector** /ðə 'pʌblɪk 'sektər/ (n) = the part of a country's economy that is controlled or financially supported by the government / *sektor publiczny, państwowy*
e.g. *Many jobs in **the public sector** will be lost when economic reforms are implemented later this month.*

- 6.111 **inflexible** /ɪnˈfleksɪbəl/ (adj) = fixed and unable or unwilling to change / **nieelastyczny, nieugięty, niewzruszony**
e.g. *The most common complaint against the housing market is that it is too **inflexible**, meaning that buyers don't have enough choice over payment plans.*
Der.: inflexibly (adv), inflexibility (n)
- 6.112 **rigid** /ˈrɪdʒɪd/ (adj) = stiff, fixed / **sztywny, twardy, nieugięty**
e.g. *The **rigid** tax system is urgently in need of reform because taxpayers find it difficult to get their finances in order by the April deadline.*
Opp.: flexible
- 6.113 **turnover** /ˈtɜːnəʊvər/ (n) = the rate at which employees leave and are replaced in a company / **fluktuacja kadr**
e.g. *There is a high **turnover** rate in the labour market as people go on to more lucrative careers.*
- 6.114 **housing benefit** /ˈhaʊzɪŋ ˈbenɪfɪt/ (n) = money paid by the government to help poor people to pay for part or all of their rent / **zasiłek mieszkaniowy**
e.g. *He was receiving **housing benefit** because he was unemployed and unable to pay his rent.*
- 6.115 **council benefit** /ˈkaʊnsəl ˈbenɪfɪt/ (n) = money paid by the local authority to help people with low income or other problems / **zasiłki wypłacane przez lokalne władze samorządowe osobom w trudnej sytuacji finansowej**
e.g. *As he was earning the minimum wage, he was entitled to **council benefit**.*
- 6.116 **take its toll on sb/sth** (idm) = to cause damage or suffering / **mieć tragiczne konsekwencje**
e.g. *The continued use of leaded fuel is **taking its toll on** the ozone layer.*
- 6.117 **prompt** /prɒmpt/ (v) = to make sb decide to say or do sth / **podpowiadać, podszeptywać, zachęcać**
e.g. *Johny is a clever boy but you have to continually **prompt** him to read and learn more.*
- 6.118 **core hours** /ˈkɔːr ˌaʊəz/ (n) = designated periods when employees must be present in the workplace / **wyznaczone godziny, w których pracownicy muszą być w pracy**
e.g. *The hours between 9 and 12 are our **core hours** when most deals with our clients are struck.*
- 6.119 **abolish** /əˈbɒlɪʃ/ (v) = to end an activity or custom officially / **znieść, obalić**
e.g. *Slavery was **abolished** in British Colonies in 1834 and was officially ended in the United States in 1865.*
Der.: abolition (n)
- 6.120 **morale** /məˈrɑːl/ (n) = the amount of confidence felt by a person or group of people, especially when in a dangerous or difficult situation / **morale**
e.g. ***Morale** is of vital importance in team sports.*
- 6.121 **backlog** /ˈbæklɒɡ/ (n) = a large number of things that one should have done and must do now / **nawał zaległych spraw**
e.g. *There is a huge **backlog** of cases at the High Court with hundreds of people awaiting trial.*
- 6.122 **backhanded** /ˈbækhændɪd/ (adj) = indirect or unintended / **pośredni; niezamierzony**
e.g. *I think that the overtime payment scheme is a **backhanded** way of making us work longer hours.*
- 6.123 **self-rostering** /ˌselfˈrɒstərɪŋ/ (n) = putting one's name on a list of jobs that have to be done in a particular time / **dzielenie się obowiązkami przez pracowników**
e.g. *Our boss gives us a lot of independence and relies on **self-rostering**.*
- 6.124 **ram the point home to sb** (idm) = to emphasise sth strongly and make others listen / **uzmysłować coś komuś**
e.g. *If they do not see the need for improvement, we'll have to **ram the point home to** them.*
- 6.125 **survey** /ˈsɜːveɪ/ (n) = a review, a study / **badanie, przegląd, ankieta**
e.g. *A recent **survey** of public opinion shows that people are dissatisfied with health services.*
- 6.126 **cynic** /ˈsɪnɪk/ (n) = sb who believes that people are only interested in themselves and are not good or sincere / **cynik**
e.g. *He is a complete **cynic** who always sees the worst in people.*
Der.: cynical (adj)
- 6.127 **ploy** /plɔɪ/ (n) = sth that is done in order to get an advantage, often dishonestly / **wybieg, sztuczka**
e.g. *The insurance scheme was a **ploy**; they were only interested in your money.*

English in Use (pp. 130-133)

- 6.128 **lottery** /ˈlɒtəri/ (n) = a game in which numbered tickets are sold to people who then have a chance of winning a prize if their number is chosen / **loteria**
e.g. *Many people dream of winning the **lottery** and living a life of luxury.*
- 6.129 **come into force** = to start existing and being used / **(np. o ustawie) wejść w życie**
e.g. *The new Public Disorder Bill **comes into force** next month.*

- 6.130 **gourmet** /'gʊəməɪ/ (adj) = related to fine food and drink / **wyśmienity, dla smakoszy**
e.g. Anton Edelmann is one of the top **gourmet** chefs in the world and has written several books including Taking Tea at the Savoy.
- 6.131 **unpick the safety net** (idm) = to become daring / **przestać działać zachowawczo**
e.g. John **unpicked the safety net**: he gave up his regular office job and became a carpenter.
- 6.132 **throw oneself from the ledge** (idm) = to dare to do sth innovative / **skoczyć na głęboką wodę**
e.g. He **threw himself from the ledge** and started his own business.
- 6.133 **thud** /θʌd/ (n) = the sound that is made when sth heavy falls or hits sth else / **łomot, głuchy odgłos**
e.g. Jonathan heard a heavy **thud** from the hall and went to investigate.
- 6.134 **franchise** /'fræntʃaɪz/ (n) = the right to sell a company's products in a particular area using the company's name / **koncesja na sprzedaż produktów określonej marki na wyznaczonym terenie, fransyza**
e.g. Philip was determined to open a **franchise** of the Subway restaurant chain.
- 6.135 **albeit** /,ɔɪl'bi:t/ (conj) = although / **choć, chociaż, aczkolwiek**
e.g. We will receive some financial help, **albeit** a temporary one.
- 6.136 **template** /'templət/ (n) = pattern, model / **szablon, wzorzec**
e.g. Although the novel was the **template** for the film, the director had to invent some storylines for dramatic effect.
- 6.137 **legitimate** /li'dʒɪtɪmət/ (adj) = legal / **uzasadniony, uprawniony, prawowity**
e.g. Prince Michael Stewart has a **legitimate** claim to the throne of Britain.
Opp.: illegitimate
- 6.138 **trademark** /'treɪdmɑːk/ (n) = a name or a symbol which is put on a product to show that it is made by a particular producer and which cannot be legally used by any other producer / **znak handlowy**
e.g. Companies protect their products through the use of **trademarks**.
- 6.139 **truffle** /'trʌfl̩/ (n) = a small round chocolate which is soft and creamy / **trufla**
e.g. A **truffle**, which is made with chocolate and cream, is an excellent after-dinner treat.
- 6.140 **dressing** /'dresɪŋ/ (n) = a thin sauce used with salads, usually made from oil or vinegar / **sos sałatkowy**
e.g. There's too much salt in this **dressing**, otherwise your salad is perfect.
- 6.141 **herb** /hɜːb/ (n) = a type of plant whose leaves are used in cooking to give flavour to particular dishes / **zioło**
e.g. **Herbs** are essential ingredients that should be kept in the kitchen of any aspiring chef.
- 6.142 **kitchenware** /'kɪtʃɪnwɛə/ (n) = plates, bowls, knives, forks, spoons, etc used in the kitchen / **sprzęt kuchenny**
e.g. A well-stocked kitchen should include an ample supply of **kitchenware**, like sharp knives and pots and pans.
- 6.143 **gift-wrapped** /'gɪftwræpt/ (adj) = wrapped in paper in order to be presented as a gift / **ozdobnie zapakowany**
e.g. He asked for the present to be **gift-wrapped**.
- 6.144 **start-up** /'stɑːtʌp/ (adj) = (of a fee, costs, etc) needed for starting a company, business, etc / **(o kosztach, wydatkach, finansach) na rozruch**
e.g. The bank gave Janet the **start-up** funds for her own business.
- 6.145 **sceptical** /'skeptɪkəl/ (adj) = doubting that sth is true or useful / **sceptyczny**
e.g. I have to admit that I'm rather **sceptical** of the benefits of the euro currency.
- 6.146 **dismissal** /dɪs'mɪsəl/ (n) = removing sb from their job / **wymówienie, zwolnienie**
e.g. The **dismissal** of the minister came as a surprise to everyone.
- 6.147 **catch-all** /'kætʃɔːl/ (adj) = general and intended to include everything / **ogólny, zawierający wszystko**
e.g. Package holiday is a **catch-all** term meaning that your flights, accommodation, meals and the like are included in the cost.
- 6.148 **make redundant** = to lay off / **zwolnić (z pracy)**
e.g. The company has been taken over by a rival firm and many workers will be **made redundant**.
- 6.149 **maternity** /mə'tɜːnɪti/ (n) = being or becoming a mother / **macierzyństwo**
e.g. Mary has just had a baby and is on **maternity** leave.
- 6.150 **assertion** /ə'sɜːʃən/ (n) = a claim, statement or declaration / **stwierdzenie, potwierdzenie**
e.g. A recent court case has provided the opportunity for the **assertion** of healthcare rights.
Der.: assertive (adj)
- 6.151 **statutory** /'stætʃətəri/ (adj) = decided or controlled by law / **ustawowy, regulaminowy**
e.g. Ministers have a **statutory** duty to report any additional income they receive.

- 6.152 **tribunal** /traɪ'bju:nəl/ (n) = a special court or group of people who are officially chosen to examine legal problems of a particular type / **trybunał, sąd**
e.g. A military **tribunal** has been convened to investigate claims of negligence among sentries at air bases.
- 6.153 **justifiable** /dʒʌstɪ'faɪəbəl/ (adj) = reasonable / **uzasadniony, słuszny**
e.g. The man asserted that his use of deadly force against the robber was **justifiable** under law.
Der.: justifiably (adv)
Opp.: unjustifiable
- 6.154 **consult** /kən'sʌlt/ (v) = to discuss sth with sb before one makes a decision / **konsultować**
e.g. The detective advised the suspect to **consult** his lawyer before answering any questions.
Der.: consultant (n), consultation (n)
- 6.155 **redeploy** /ri:di'plɔɪ/ (v) = to move employees to a different place or use them in a more effective way / **przenieść pracowników na nowe stanowiska lub lepiej wykorzystać ich pracę**
e.g. The UN is **redeploying** troops to trouble spots around the world.
Der.: redeployment (n)
- 6.156 **get the most out of sth** = to take full advantage of sth / **wykorzystać coś w całości, wycisnąć co się da**
e.g. My father advised me to **get the most out of** life and to do as much as I could to help those who are less fortunate.
- 6.157 **chairperson** /tʃeəpɜ:sən/ (n) = sb in charge of a meeting or organisation / **przewodniczący**
e.g. The **chairperson** invited the first speaker to take the floor.
- 6.158 **agenda** /ə'dʒendə/ (n) = a list of items to be discussed at a meeting / **porządek obrad, program zebrania**
e.g. We have three important problems on the **agenda** for today.
- 6.159 **turn up** /tɜ:n 'ʌp/ (phr v) = to appear / **pojawić się**
e.g. He **hadn't been at** a lesson for two weeks, so I was rather surprised that he **turned up** today.
- 6.160 **hand out** /hænd 'aʊt/ (phr v) = to give sth to each person in a group of people / **rozdać**
e.g. The teacher asked the pupil to **hand out** a photocopy to everybody in the class.
- 6.161 **handout** /hændaʊt/ (n) = a document given to people which contains information about a particular subject / **materiały na określony temat rozdawane np. uczestnikom spotkania lub zajęć**
e.g. "I have a **handout** to help you structure your essays," the teacher told her class.
- 6.162 **generate** /dʒenəreɪt/ (v) = to produce, to result in / **generować, powodować, przynosić**
e.g. The advertisement placed in the newspaper **generated** a lot of business by bringing in more customers.
- 6.163 **impartial** /ɪm'pɑ:ʃəl/ (adj) = fair, unbiased / **bezzstronny, sprawiedliwy**
e.g. It is very important that the judge and jury remain **impartial** throughout a court case.
Der.: impartiality (n)
- 6.164 **facilitator** /fə'sɪlɪteɪtə/ (n) = sb or sth that makes things possible or easier / **osoba lub czynnik ułatwiający coś**
e.g. The Red Cross is a **facilitator** of aid to the most needy in the world.
- 6.165 **structure** /'strʌktʃə/ (n) = the way in which the parts of a system or object are arranged or organised / **struktura**
e.g. The organisation of the company is based on a pyramid **structure**.
- 6.166 **commodity** /kəm'ɒdɪti/ (n) = a substance or product that can be traded, bought or sold / **towar**
e.g. The price of basic **commodities**, such as bread and fruit, rose sharply when the euro was introduced.
- 6.167 **chaos** /'keɪɒs/ (n) = a state of total confusion and lack of order / **chaos**
e.g. The electrical failure in the country plunged the eastern part into **chaos**.
- 6.168 **dispense** /dɪ'spens/ (v) = to give out things, especially products, services or amounts of money, to people / **rozdać, rozdzielać, wydawać**
e.g. The aid agency **dispensed** food to the famine-stricken country.
- 6.169 **alternate** /'ɔ:ltənət/ (v) = to happen or exist one after the other repeatedly / **występować na przemian, zmieniać się**
e.g. For the last few days, the weather's been **alternating** between sunshine and rain.
Der.: alternation (n), alternative (adj/n)
- 6.170 **stop-gap** /stɒpgæp/ (adj) = temporary / **tymczasowy**
e.g. Before we employ fully qualified staff, we can hire student volunteers as a **stopgap** solution.
- 6.171 **give the thumbs down** (idm) = to reject / **odrzuć**
e.g. John's proposal was **given the thumbs down** by his boss who disapproved of his ideas.
- 6.172 **resign oneself to sth** /rɪ'zain/ (v) = to accept sth unpleasant that cannot be changed or avoided / **poddać się z rezygnacją, pogodzić się z czymś**
e.g. He **resigned himself to** his fate, believing that whatever will happen cannot be prevented.

- 6.173 **glowing** /'gləʊɪŋ/ (adj) = enthusiastic / **entuzjastyczny**
e.g. Peter got a **glowing** report card from his teacher with favourable comments.
- 6.174 **glistening** /'glɪsənɪŋ/ (adj) = shiny / **blyszczący, połyskujący**
e.g. The diamond necklace was **glistening** in the moonlight.
- 6.175 **admittance** /æd'mɪtəns/ (n) = permission to enter a place / **wstęp, dostęp**
e.g. The sign above the door read "No **admittance** to persons under 18."
- 6.176 **decent** /'diːsənt/ (adj) = socially acceptable or good / **przyzwoity**
e.g. Jim is paid a **decent** salary that allows him to live fairly comfortably.
- 6.177 **would-be** /'wʊdbi/ (adj) = wanting or trying to be / **niedoszły, potencjalny**
e.g. Norman is a **would-be** film director, desperately trying to break into the industry.
-
- Writing (pp. 134-138)**
- 6.178 **comment on/about sth** /'kɒment/ (v) = to say or write sth that expresses one's opinion / **skomentować**
e.g. For their homework assignment, the students were asked to **comment on** the impact of current agriculture policies on third-world countries.
- 6.179 **conducive to sth** /kən'djuːsɪv/ (adj) = making things likely to happen / **sprzyjający czemuś**
e.g. Consuming caffeine late at night is not **conducive to** sleep.
- 6.180 **disciplinary** /'dɪsɪplɪnəri/ (adj) = resulting from particular rules or standards / **dyscyplinarny**
e.g. "**Disciplinary** action will be taken against anyone breaking the rules," the headmaster said.
- 6.181 **loyalty** /'lɔɪəlti/ (n) = devotion / **lojalność, oddanie, wierność**
e.g. The great thing about dogs is their **loyalty** to their owners.
- 6.182 **firm** /fɜːm/ (n) = a company / **firma**
e.g. The insurance **firm** was looking to merge with one of their rivals.
- 6.183 **lack** /læk/ (n) = absence of sth / **brak**
e.g. Greed for money and power has resulted in a **lack** of compassion in the world today.
- 6.184 **distracting** /dɪ'stræktɪŋ/ (adj) = turning sb's attention away from what they intended to do / **rozpraszający, przeszkadzający**
e.g. Noise can be **distracting** when you're trying to study for exams.
- 6.185 **switchboard** /'swɪtʃbɔːd/ (n) = a piece of equipment which is used to direct all the telephone calls made to and from a particular building or area / **centrala telefoniczna**
e.g. The **switchboard** operator connected the call as requested.
- 6.186 **jam** /dʒæm/ (v) = to block sth / **zablokować, zaklinować**
e.g. The poor quality paper **jammed** the printer so he had to have it repaired.
Der.: jam (n)
- 6.187 **significantly** /sɪg'nɪfɪkəntli/ (adv) = considerably / **znacząco**
e.g. "Your effort in the classroom has **significantly** improved," the teacher told the pupil.
- 6.188 **incur** /ɪn'kɜː/ (v) = to have to pay (costs) / **ponosić (koszty)**
e.g. The company **incurs** too high costs, so we must economise on heating and electricity.
- 6.189 **cutback** /'kʌtbæk/ (n) = a reduction in sth made in order to save money / **redukcja, cięcie (zwł. w ramach oszczędności)**
e.g. The memo stated that in order for the firm to save money, **cutbacks** would be made in the workforce.
- 6.190 **rectify** /'rektɪfaɪ/ (v) = to correct / **naprawić krzywdę, prostować, korygować**
e.g. The mistake was his fault so he attempted to **rectify** the situation.
Der.: rectification (n)
- 6.191 **export** /'eksɒt/ (n) = sending goods to another country in order to sell them there / **eksport**
e.g. **Export** businesses are doing well under the current economic climate.
- 6.192 **cabinet** /'kæbɪnɪt/ (n) = a piece of furniture with shelves, cupboards or drawers, which is used for storing things / **szafka, gablotka**
e.g. The businessman ordered a **cabinet** so that he could store his files.
- 6.193 **adjustable** /ə'dʒʌstəbəl/ (adj) = able to be changed to suit particular needs / **regulowany**
e.g. If you're going to work at a desk, get a chair with an **adjustable** back so you don't damage your posture.
- 6.194 **ergonomically** /,ɜːgə'nɒmɪkli/ (adv) = in such a way as to improve effectiveness in the working environment / **ergonomicznie**
e.g. The office was **ergonomically** designed to improve the workers' productivity.
- 6.195 **put up** /'pʊt 'ʌp/ (phr v) = to stick or fasten (to a wall) / **wywiesić, powiesić (na ścianie)**
e.g. The girl **put up** a poster of her favourite pop singer on her bedroom wall.

- 6.196 **relocate** /ˌriːləʊˈkeɪt/ (v) = to move to a new place / **przenieść się, przenieść, przestawić**
e.g. *The head office of the company **relocated** to the other side of the city where rental prices were cheaper.*
Der.: relocation (n)
- 6.197 **sprained** /spreɪnd/ (adj) = injured by a sudden movement / **skręcony, nadwreżony**
e.g. *Due to his **sprained** ankle, the athlete couldn't participate in the race.*
- 6.198 **hands-free** /ˈhændzfrɪ/ (adj) = (of a piece of equipment) that can be used without holding it in one's hand / **sprzęt nie wymagający trzymania w rękach**
e.g. ***Hands-free** devices for your mobile phone are useful whilst driving.*
- 6.199 **eradicate** /ɪˈrædɪkeɪt/ (v) = to destroy or get rid of sth completely / **wykorzeńić, zlikwidować**
e.g. *Smoking is a nasty habit and should be **eradicated**.*
Der.: eradication (n)
- 6.200 **degree** /diˈɡriː/ (n) = the qualification given to a student who has completed a course of study at a university / **tytuł lub stopień naukowy**
e.g. *The student was awarded his **degree** after four years of hard work.*
- 6.201 **trustworthy** /ˈtrʌstwɜːðɪ/ (adj) = reliable / **godny zaufania, solidny**
e.g. *He is such a **trustworthy** individual that he can be entrusted with any secret.*
Opp.: unreliable
- 6.202 **vacant** /ˈveɪkənt/ (adj) = not filled or occupied, available / **pusty, wakujący**
e.g. *"The position of head chef is **vacant**; do you want the job?" the manager asked.*
- 6.203 **CV (curriculum vitae)** /ˌsiː ˈviː/ (n) = a short written description of one's education, qualifications, previous employment and personal interests, sent to an employer when one is trying to get a job / **życiorys**
e.g. *He posted off his **CV** along with a letter of recommendation from his former employers.*
- 6.204 **have a bash at sth** (idm) = to try / **spróbować sił w jakiejś dziedzinie**
e.g. *"It's a difficult skill to master but **have a bash at it**," the instructor told his pupil.*
- 6.205 **sack** /sæk/ (v) = to dismiss / **zwolnić**
e.g. *He was **sacked** from his job for poor timekeeping.*
- 6.206 **turn down** /ˈtɜːn ˈdaʊn/ (phr v) = to reject / **odrzuć**
e.g. *He **turned down** the offer in the hope of getting a yet better deal.*
- 6.207 **owe sb one** = to be grateful to sb for sth / **być czymś dłużnikiem**
e.g. *"You saved my life back there; I **owe you one**," he said to his colleague.*
- 6.208 **exaggerate** /ɪɡˈzædʒəreɪt/ (v) = to make sth seem larger, more important, better or worse than it really is / **przesadzać, wyolbrzymiać**
e.g. *Many politicians appear to **exaggerate** their importance.*
Der.: exaggeration (n), exaggeratedly (adv)
- 6.209 **supplier** /səˈplaɪə/ (n) = a company, person, etc that provides things which people want or need, especially over a long period of time / **dostawca**
e.g. *A new **supplier** offered us a better deal, so now we get our goods for 15 per cent less.*
- 6.210 **feature** /ˈfi:tʃə/ (v) = to present / **prezentować**
e.g. *The film Heat **features** Al Pacino and Robert De Niro as a policeman and a thief respectively.*

VOCABULARY EXERCISES

A Wybierz właściwe słowo lub zwrot.

- 1 Janet's dog went missing but eventually of its own accord.
A turned up C put up
B handed out D turned down
- 2 The was delayed because not all the fans were in the stadium.
A take-off C lay-off
B trade-off D kick-off
- 3 As a young, he received the minimum wage for two years before becoming a fully qualified tradesman.
A assessor C apprentice
B facilitator D recruit
- 4 He enjoyed his job as a because he got to travel all round the country looking for gifted teenagers.
A chairperson C paper-shuffler
B refuse collector D talent scout
- 5 The meeting was scheduled for 2 pm in the
A cubicle C boardroom
B division D switchboard
- 6 Kelly was head of the teachers' for over twenty years.
A trade union C firm
B trademark D public sector
- 7 The company was the main of dairy products for the entire region.
A commodity C franchise
B supplier D steelworks
- 8 After the workout, Jim's face was with sweat.
A glowing C gourmet
B glamorous D glistening
- 9 John has a very view of people; he believes they always put themselves first.
A nasty C awkward
B cynical D sceptical
- 10 Whenever there was an argument, Sally could always be relied upon to remain
A impartial C trustworthy
B decent D assertive

B Uzupełnij tekst wyrazami utworzonymi od słów podanych w tej samej linii po prawej stronie.

The 2.4 km Forth Rail Bridge is one of the most famous landmarks in Scotland and one of the greatest **0)** *engineering* feats of the nineteenth century. Construction of a suspension bridge designed by Sir Thomas Bouch began in 1879. However, when the Tay Bridge designed by Bouch collapsed in a storm, killing many people, his plans were scrapped. In the aftermath of the disaster, the public were naturally **1)** about suspension bridges and therefore an **2)** design had to be found. Parliament demanded that certain conditions be met in order to overcome the **3)** of the public, and foremost amongst these was the amount of **4)** The new bridge had to "gain the confidence of the public and enjoy a reputation of being not only the biggest and strongest, but also the stiffest bridge in the world." In other words, nothing less than **5)** perfection would be acceptable. After fulfilling all the criteria, civil engineers John Fowler and Benjamin Baker, who were both later knighted in **6)** of their work, submitted a new design and construction on their bridge began in 1883. **7)**, the bridge was completed in only seven years using over 55,000 tonnes of steel, 586,000 square metres of paint, almost 200,000 tonnes of stone and concrete, over 21,000 tonnes of cement and between 6 and 7 million rivets. However, in the **8)** working environment, 57 men lost their lives, 106 received serious injuries and over 500 other accidents occurred. In 1890 the Prince of Wales formally opened the Forth Rail Bridge in a ceremony in which he drove home the last rivet.

ENGINEER

APPREHEND

ALTERNATE

SCEPTIC

RIGID

STRUCTURE

RECOGNISE

INCREDIBLE

HAZARD

C Uzupełnij zdania podanymi słowami.

- nasty • awkward • blunder • mundane • grant • lottery • dispense • relocate • export • exaggerated

- | | |
|--|---|
| <p>1 The general made a tactical that cost the lives of several men under his command.</p> <p>2 The cost of construction had been greatly; the final bill was considerably less than predicted.</p> <p>3 In some countries, pharmacists cannot any medicine that contains the drug codeine.</p> <p>4 John played the in the hope of becoming an instant millionaire.</p> <p>5 You can see that he has a really side to him by the cruel and demeaning comments he often makes to people.</p> | <p>6 businesses have been facing financial hardships recently due to a rise in tariffs.</p> <p>7 He wanted to impress his bosses so he tackled even the most tasks with enthusiasm.</p> <p>8 He felt a bit being in a room full of complete strangers.</p> <p>9 Due to an impending ecological disaster, the indigenous population of the island has to be</p> <p>10 After months of pleading, the scientist was finally awarded a research</p> |
|--|---|

D Podkreśl właściwe słowo.

- | | |
|---|---|
| <p>1 Reductions on all suits are on offer/on hold/on demand at the tailor's.</p> <p>2 I go to the gym in order to work off/work into/work up excess fat.</p> <p>3 My workmate/workbench/workhorse and I are going to the bowling alley after we clock off.</p> | <p>4 Due to the nature of their jobs, civil servants/blue-collar workers/white-collar workers must remain apolitical.</p> <p>5 Christina's boss was so impressed with her work that she received a substantial raise/grant/perk.</p> <p>6 Ben was jammed/sacked/adjusted for poor timekeeping.</p> |
|---|---|

E Dopasuj do siebie zwroty z kolumn A i B. Utwórz właściwe kolokacje, a następnie uzupełnij nimi podane zdania.

- | A | B |
|--|-----------------------|
| 1 <input type="checkbox"/> a blessing | a inside job |
| 2 <input type="checkbox"/> meet | b time on one's hands |
| 3 <input type="checkbox"/> keep one's mind | c the thumbs down |
| 4 <input type="checkbox"/> mean | d the deadline |
| 5 <input type="checkbox"/> make | e to the grindstone |
| 6 <input type="checkbox"/> get something off | f business |
| 7 <input type="checkbox"/> have | g in disguise |
| 8 <input type="checkbox"/> keep one's nose | h ends meet |
| 9 <input type="checkbox"/> be an | i on the job |
| 10 <input type="checkbox"/> give | j the ground |

- | | |
|---|--|
| <p>1 Police received an anonymous tip-off that the robbery</p> <p>2 It's going to be hard but provided we receive financial backing, we should be able to the business</p> <p>3 We'll have to spend much less for a few months if we're going to</p> <p>4 Bill's; he's got to finish his project by the end of the week.</p> <p>5 The problem with holidays is that unless you make plans, you often too much</p> | <p>6 The Prime Minister the minister's proposal</p> <p>7 The new boss definitely; he's restructuring the entire managerial system.</p> <p>8 If we don't, we'll lose the contract.</p> <p>9 The collapse of the trade conference may yet prove to be</p> <p>10 You should ignore what's going on around you and</p> |
|---|--|

F W większości linijek w tekście jest jeden błąd ortograficzny lub interpunkcyjny. Znajdź i popraw błąd, zapisując poprawkę w wyznaczonym miejscu po prawej stronie. Jeśli w danej linijce nie ma błędu, zaznacz ją znakiem (✓).

Off the north coast of Scotland, on the barren Orcadian island of Lamb Holm stands an astonishing work of art, known as the Italian Chapel. Its beuty is such that few can believe that Italian prisoners of war constructed it from a simple Nissen hut and scrap. 1,200 Italian POWs arrived in Orkney in January 1942 to work on the costruction of the Churchill Barriers. What was to emerge from their stay is an induring symbol of peace and reconciliation. During the long nights, prisoners thoughts would stray to their families in far-off Italy in the words of Bruno Volpi, "Only by thinking of something nobler more elevated, could we find inner peace and hope; so the tiny chapel came gradually into existence. Domenico Chiocchetti, an artist and sculptor, recruited craftsman from among the prisoners and work began. The painted interier resembles brickwork and a façade disguises the Nissen hut. The impressive altarpiece, painted by Chiocchetti, depicts the Madonna and Child surrounded by cherubs, with a scrole which reads "Queen of Peace, prey for us". Jesus holds an olive branch while a cherub is sheathing a sword both symbols of peace. Another cherub holds a shield bearing the heraldic badge of Moena, Chiocchettis hometown. When the POWs left Orkney, they left behind a small peace of Italy and a remarkable example of how faith can survive in the face of advercity.

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Self-Assessment Module

3

Vocabulary & Grammar (p. 139)

- SA3.1 **core** /kɔːr/ (v) = the central or main part of sth / rdzeń, sedno, istota
e.g. He had a talent for being able to get straight to the **core** of a problem.
- SA3.2 **devise** /di'vaɪz/ (v) = to conceive and design (an idea, plan, etc) / obmyślić, opracować
e.g. The marketing director **devised** a plan that would enable the company to increase its profits.
- SA3.3 **stifle** /'staɪfl/ (v) = to suppress, to prevent from happening / zdusić, stłamsić, stłumić
e.g. He tried to **stifle** a yawn, but was unable to do so because he was tired after a long hard day at work.
- SA3.4 **asset** /'æsət/ (n) = sb or sth that is considered useful or helps a person or organisation to be successful / kapitał, cenny nabytek
e.g. He's proving to be a useful **asset**; the company has been better-off since he joined.

- SA3.5 **adamant** /'ædəmənt/ (adj) = determined not to change one's mind about sth / twardy, nieugięty, bezkompromisowy
e.g. He is **adamant** that the plan will go ahead despite any shortcomings that have been pointed out to him.
- SA3.6 **crack** /kræk/ (v) = to break / złamać; załamać się
e.g. Working seventy hours a week to provide for his five children proved too much for him and he **cracked** under the pressure.
- SA3.7 **gross** /grɒs/ (adv) = in total, before deductions / brutto
e.g. David earns \$50,000 **gross**, but his wife earns much more.
Opp.: net
- SA3.8 **do sth on the offchance** (idm) = to do sth although there is little hope of success / podjąć działanie mimo nikłych szans powodzenia
e.g. He attended the party **on the offchance** that he would meet a VIP.

SA3.9 **drown** /draʊn/ (v) = to die because one went or was pushed under water and couldn't breathe / **utonać**
e.g. If you don't follow the rules when you are in or around a swimming pool, you could have an accident and perhaps even drown.

Use of English (p. 140)

- SA3.10 **ultimately** /'ʌltɪmətli/ (adv) = finally, after a long complicated series of events / **ostatecznie, w końcu, wreszcie**
e.g. Ultimately, it was the best course of action we could take.
- SA3.11 **pool** /pu:l/ (n) = a group of people available for work when needed / **pula, zasoby, rezerwy, zespół**
e.g. Software companies from California found yet another pool of computer specialists in India.
- SA3.12 **committee** /kə'mɪti/ (n) = a group of people who meet to make decisions or plans for a larger group or organisation that they represent / **komitet, komisja**
e.g. Most universities have a staff-student committee that hears suggestions, complaints and the like from students of a particular department.
- SA3.13 **ward** /wɔ:d/ (n) = a part of a hospital for people with similar medical conditions / **oddział szpitalny**
e.g. The children's ward at our local hospital is among the best in this country.

Reading (pp. 140-141)

- SA3.14 **prove oneself** = to show other people how good one is at doing sth / **sprawdzić się**
e.g. Jack had three months to prove himself in his new job.
- SA3.15 **flock** /flɒk/ (v) = to go somewhere in large numbers / **gromadzić się, napływać**
e.g. Hundreds of people flocked to the airport to catch a glimpse of the rock star.
- SA3.16 **audition** /ɔ:'dɪʃən/ (n) = a short performance by an actor, singer, dancer or musician so that a conductor or director can decide if sb is good enough to be in an orchestra, film or play / **przesłuchanie**
e.g. He attended the audition in the hope of getting the lead role in the play.
- SA3.17 **disheartening** /dɪs'hɑ:tənɪŋ/ (adj) = depressing, making one feel disappointed, less confident, less hopeful / **zniechęcający, deprymujący, przygnębiający**

e.g. It is disheartening to see so many people wasting their lives with drugs.

- SA3.18 **fake** /feɪk/ (adj) = not genuine, false / **sztuczny, fałszywy**
e.g. He spoke with a fake American accent, but everybody could hear he was British.
- SA3.19 **land sth** /lænd/ (v) = to get sth (especially a job) that many other people want to get / **załapać się**
e.g. Mike landed a managerial position: he was selected from among fifty candidates!
- SA3.20 **be marooned** = to be left in a place from where it is difficult to escape / **znaleźć się w odludnym miejscu lub w niesprzyjających okolicznościach**
e.g. After the ship went down, the sailors were marooned on a desert island.
- SA3.21 **wannabe** /'wɒnəbi/ (n) = sb who tries very hard to be like a famous person / **nieudolny naśladowca (np. znanej osoby)**
e.g. He was a wannabe Hollywood star but lacked the talent.
- SA3.22 **prerequisite** /pri:'rekwɪzɪt/ (n) = a precondition, sth that must happen or exist before another thing is possible / **warunek wstępny, przesłanka**
e.g. A prerequisite for working as a taxi driver is a clean driving licence.
- SA3.23 **guild** /gɪld/ (n) = an organisation of people who do the same job / **stowarzyszenie zawodowe, korporacja**
e.g. To become a professional actor, you have to join the Screen Actors' Guild.
- SA3.24 **voucher** /'vaʊtʃə/ (n) = here: a document confirming you worked on a film or TV project / **tu: dokument potwierdzający pracę w filmie lub telewizji**
e.g. It is necessary for young actors to collect vouchers so as to have evidence of their professional experience.
- SA3.25 **fabulous** /'fæbjʊləs/ (adj) = extremely good, great / **bajeczny, wspaniały**
e.g. "Have you seen Fiona's new dress? It's simply fabulous!"
- SA3.26 **joint** /dʒɔɪnt/ (n) = a cheap place when people meet to eat, drink or dance / **tani lokal**
e.g. "Let's have a quick lunch at the fish'n'chips joint round the corner."
- SA3.27 **B-movie** /'bi:mʊvi/ (n) = a film which is produced quickly and cheaply and is often considered to have little artistic value / **film klasy B**
e.g. B-movies are a cheap means of entertainment.
- SA3.28 **tenacious** /tɪ'neɪʃəs/ (adj) = determined not to give up easily / **wytrwały, nieustępliwy**
e.g. He was a very tenacious individual who never gave in to anything easily.

- SA3.29 **break up** /'breɪk 'ʌp/ (phr v) = (of a relationship, etc) to end / **zerwać; rozstać się; (o związku) rozpaść się**
e.g. *After a stormy six months together, the couple decided to call it a day and **break up**.*
- SA3.30 **minefield** /'maɪnfi:ld/ (n) = here: a situation where there are a lot of hidden dangers or problems, so people need to behave with care / **dosł. pole minowe; tu: niebezpieczna sytuacja**
e.g. *Race issues are a **minefield** for politicians so they try to stay clear of them.*
- SA3.31 **clipped** /klipt/ (adj) = neatly cut / **skrócone, przycięte**
e.g. *She was a well-educated and articulate young Englishwoman who spoke with neatly **clipped** vowels.*
- SA3.32 **give it a shot** (idm) = to try to do it / **spróbować**
e.g. *I know windsurfing is difficult but I'll **give it a shot**.*
- SA3.33 **film extra** /'fɪlm 'ekstrə/ (n) = sb who plays unimportant parts in a film / **statysta**
e.g. *The standard rate of pay for a **film extra** is \$50 a day.*
- SA3.34 **bleak** /bli:k/ (adj) = hopeless and discouraging / **niewesoły, przygnębiający**
e.g. *When Stewart's mother died, the future looked **bleak** to him.*

Fit for Life

7

Lead-in (p. 145)

- 7.1 **diagnose** /'daɪəgnəʊz/ (v) = to identify an illness / **zdiagnozować**
e.g. *Doctors had no trouble **diagnosing** Carl's illness and it wasn't long before he was completely cured.*
Der: diagnosis (n)
- 7.2 **alternative medicine** /ɔ:l'tɜ:nətɪv 'medsən/ (n) = treatment without using drugs but medicines from plants, massage, etc / **medycyna alternatywna**
e.g. *Nowadays, aromatherapy is a popular form of **alternative medicine**.*
- 7.3 **indigestion** /,ɪndɪ'dʒestʃən/ (n) = pain in the stomach caused by difficulties in digesting food / **niestrawność**
e.g. *Eating too much pastry gives Sarah **indigestion**, so she tries to avoid it whenever possible.*
- 7.4 **acupuncture** /'ækjʊpʌŋktʃər/ (n) = treatment by sticking small needles into one's body / **akupunktura**
e.g. *The family doctor recommended that Brian try **acupuncture** as a treatment for pain relief.*
- 7.5 **frustrated** /frʌ'st্রেɪtɪd/ (adj) = discontented, not satisfied / **sfrustrowany**
e.g. *The patient felt **frustrated** when she was told that her doctor couldn't see her for a week.*
- 7.6 **gloomy** /'glu:mi/ (adj) = depressed / **ponury, przygnębiony**

e.g. *During her long illness, Mary felt **gloomy** about being confined to the house for so long.*

- 7.7 **sovereign** /'sɒvrɪn/ (adj) = supreme / **nadrzędny, najważniejszy; doskonały**
e.g. *Fitness enthusiasts swear by exercise as a **sovereign** remedy for overall well-being.*
- 7.8 **invigorator** /ɪn'vɪgəreɪtər/ (n) = sth that makes sb feel fresher, healthier and more energetic / **pokrzepienie, orzeźwienie**
e.g. *Yoga is said to be an excellent **invigorator** of both body and mind.*

Reading (pp. 146-147)

- 7.9 **quote** /kwəʊt/ (v) = to mention, to allude to / **cytować, przytaczać**
e.g. *Newscasters on most of the major TV channels **quoted** the minister's speech on health reform last night.*
Der: quotation (n)
- 7.10 **utter** /ʌtər/ (v) = to say / **powiedzieć**
e.g. *When the doctor reprimanded Tina for forgetting to take her medicine, she didn't **utter** a word.*
Der: utterance (n)
- 7.11 **fundamental** /fʌndə'mentəl/ (adj) = basic / **fundamentalny, podstawowy**
e.g. *The doctor's **fundamental** concern was that his patient received the best possible treatment.*

- 7.12 **antibiotics** /,æntɪbaɪ'ɒtɪks/ (n) = medical drugs used to kill bacteria and treat infections / *antybiotyki*
e.g. *Tim's ear infection was so severe that his doctor prescribed a five-day course of antibiotics.*
- 7.13 **vein** /veɪn/ (n) = a thin tube in one's body through which the blood flows towards the heart / *żyła*
e.g. *It was difficult for the nurse to find a suitable vein in which to inject the drug.*
- 7.14 **circulation of the blood** = the movement of the blood through the body / *krążenie krwi*
e.g. *Anyone who has poor circulation of the blood should seek medical advice before flying.*
- 7.15 **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. *After years of suffering from a heart complaint, Tom needed to have a heart valve replaced.*
- 7.16 **smallpox** /'smɔ:lpɒks/ (n) = a serious infectious disease which causes spots that leave deep marks on the skin / *ospa*
e.g. *The first symptoms of smallpox include fever, head and body pains and sometimes vomiting.*
- 7.17 **contemporary** /kən'tempərəri/ (n) = sb who lives at the same time as sb else / *współczesny, rówieśnik*
e.g. *A contemporary of Alexander Fleming, Ernest Duchesne, is said to have first discovered the antibiotic properties of penicillin in 1896.*
- 7.18 **preventive medicine** /prɪ'ventɪv 'mɛdsən/ (n) = medicine which prevents a disease / *medycyna zapobiegawcza*
e.g. *Preventive medicine is valuable because it reduces the risk of becoming sick and having to suffer the consequences of more serious illnesses.*
- 7.19 **contradict** /,kɒntrə'dɪkt/ (v) = to oppose / *zaprzeczać, przeczyć*
e.g. *The majority of Darwin's peers contradicted his theory of evolution, believing it to be totally misleading.*
Der: contradiction (n), contradictory (adj)
- 7.20 **eureka** /jʊə'ri:kə/
- 7.21 **penicillin** /penə'sɪlɪn/
- 7.22 **aspirin** /'æsprɪn/
- 7.23 **lysozyme** /'laɪzəʊzɪm/
- 7.24 **William Harvey** /'wɪljəm 'hɑ:vɪ/
- 7.25 **Hieronymus Fabricius** /haɪə'rɒnɪməs fə'briʃəs/
- 7.26 **Edward Jenner** /'edwəd 'dʒɛnər/
- 7.27 **Alexander Fleming** /æ'lɪg'zɑ:ndə 'flɛmɪŋ/
- 7.28 **Ernest Duchesne** /'ɜ:nɪst djuʃ'jeɪn/
- 7.29 **Hippocrates** /hɪ'pɒkrətɪz/
- 7.30 **Felix Hoffman** /'fɪlɪks 'hɒfmən/
- 7.31 **undertake** /,ʌndə'teɪk/ (v) = to agree or promise to do sth / *podjąć (zadanie)*
e.g. *Wendy promised to undertake the task of looking after her ailing father.*
- 7.32 **dispel** /dɪ'spel/ (v) = to make a feeling or belief disappear / *rozwiać (np. obawy, wątpliwości)*
e.g. *The government is trying to dispel the idea that the National Health Service is in decline.*
- 7.33 **propel** /prə'pel/ (v) = to cause sth to move in a particular direction / *napędzać, poruszać, pchać*
e.g. *The heart is an organ in your chest that propels blood around your body.*
- 7.34 **artery** /'ɑ:təri/ (n) = a tube in one's body that carries blood from the heart to the rest of the body / *tętnica*
e.g. *The man had a painful ulcer on his leg that was caused by a blocked artery.*
- 7.35 **circulatory system** /,sɜ:kjʊ'leɪtəri 'sɪstəm/ (n) = the circulation of the blood in the body / *układ krążenia*
e.g. *William Harvey made medical history with his theory that the heart was at the centre of the circulatory system.*
- 7.36 **puzzled** /'pʌzld/ (adj) = confused / *zaintrygowany, zaskoczony*
e.g. *Doctors were puzzled by the woman's strange symptoms and suggested that she undergo various tests.*
- 7.37 **riddle** /'rɪdl/ (n) = a puzzle that people have been unsuccessfully trying to understand / *zagadka*
e.g. *It was months before the doctor solved the riddle of Tim's constant backache.*
- 7.38 **motion** /'mɒʃən/ (n) = movement / *ruch*
e.g. *Don't stand so close while the machine is in motion.*
- 7.39 **entitled** /ɪn'taɪtld/ (adj) = having a given title / *zatytułowany*
e.g. *He received a copy of a medical journal entitled Life and Science.*
- 7.40 **debunk** /dɪ'bʌŋk/ (v) = to show that sth is less important or not as good as it has been made to appear / *odbrzązować, zdemaskować*
e.g. *The decline of conditions in hospitals has debunked the idea of free, high-quality health care.*
- 7.41 **misconception** /,mɪskən'sepʃən/ (n) = an idea that is not correct, a fallacy / *błąd myślowy, błędne przekonanie*

Pronunciation tips

- e.g. People were under the **misconception** that the earth was flat until Copernicus suggested otherwise.
- 7.42 **liver** /'lɪvə/ (n) = a large organ in the body which processes and cleans the blood / **wątroba**
e.g. Roger will undergo a **liver** transplant as soon as a suitable donor is found.
- 7.43 **footing** /'fʊtɪŋ/ (n) = the basis on which sth is established or organised / **stopa, pozycja**
e.g. This year, with the higher sales volume, our company is on a new financial **footing**.
- 7.44 **deadly** /'dedli/ (adj) = lethal / **śmiercionośny, zabójczy**
e.g. **Deadly** fumes overcame many workers during a recent chemical plant explosion.
- 7.45 **intrigue** /ɪn'tri:g/ (v) = to fascinate / **intrygować**
e.g. The theory of human evolution has **intrigued** scientists for many decades.
- 7.46 **country-lore** /'kʌntri,lɔ:'/ (n) = local, traditional knowledge concerning a particular subject, usually transmitted orally / **mądrość ludowa, opowieści związane z danym tematem lub miejscem**
e.g. The **country-lore** says these forests are inhabited by unfriendly trolls.
- 7.47 **cowpox** /'kəʊpɒks/ (n) = a disease of cattle / **krowianka, ospa krowia**
e.g. **Cowpox** produces immunity to a more serious infectious disease known as smallpox.
- 7.48 **contract** /kən'trækt/ (v) = to get an illness / **nabawić się choroby, zarazić się**
e.g. The woman sued the hospital after **contracting** an illness from a blood transfusion.
- 7.49 **dairymaid** /'deərimeɪd/ (n) = a woman who works in a place where milk products are made / **mleczarka, dojarka**
e.g. Milking cows was once a **dairymaid's** job but now it's done by modern machinery.
- 7.50 **rash** /ræʃ/ (n) = an area of red spots on the skin / **wysypka**
e.g. The doctor explained that the **rash** on Julie's body was an allergic reaction to something she'd eaten.
- 7.51 **scratch** /skrætʃ/ (v) = to rub one's fingernails against the skin / **drapać (się)**
e.g. The young boy's mother warned him not to **scratch** the spots on his face for fear they became infected.
- 7.52 **scalpel** /'skælpəl/ (n) = a knife with a short thin sharp blade used by surgeons during operations / **skalpel**
e.g. The surgeon used a **scalpel** to make an incision in the patient's chest.
- 7.53 **undoubtedly** /ʌn'daʊtɪdli/ (adv) = without doubt / **niewątpliwie, bezsprzecznie**
e.g. The latest statistics on infectious diseases are **undoubtedly** alarming, especially in countries without proper sanitation.
- 7.54 **universally** /,ju:nɪ'vɜ:səli/ (adv) = by everyone or in every case / **generalnie, ogólnie, powszechnie**
e.g. The new drug will treat thousands of infected people, but unfortunately it is not **universally** available.
- 7.55 **bacterial** /bæk'tɪəriəl/ (adj) = connected with or caused by bacteria / **bakteryjny**
e.g. Cholera is a **bacterial** infection caused by drinking contaminated water or by eating contaminated food.
- 7.56 **cell** /sel/ (n) = the smallest basic unit of a plant or animal / **komórka**
e.g. All animals and plants are made up of millions of **cells**.
Der: cellular (adj)
- 7.57 **dissolve** /dɪ'zɒlv/ (v) = to mix with liquid and disappear / **rozpuścić (się)**
e.g. She prefers to take soluble aspirin when she has a headache because it can be **dissolved** in water.
- 7.58 **dead end** (idm) = sth that does not lead to further developments / **ślepy zaułek**
e.g. His research came to a **dead end** when he learnt that the government had withdrawn further funding.
- 7.59 **efficacious** /,efɪ'keɪʃəs/ (adj) = effective / **skuteczny, efektywny**
e.g. The latest drug on the market for treating hay fever is said to be highly **efficacious** and relieves people of their distressing symptoms in no time.
- 7.60 **nonpathogenic** /,nɒnpəθə'dʒenɪk/ (adj) = (of any virus or bacteria) which does not cause disease / **nie chorobotwórczy, nie patogenny**
e.g. There are two types of bacteria: one causes disease while the other is **nonpathogenic**.
- 7.61 **disintegrate** /dɪs'ɪntɪɡreɪt/ (v) = to fall to pieces / **rozpaść się, zdezintegrować**
e.g. The rescue plane **disintegrated** into a thousand pieces after crashing into the snow-covered mountain.
Der: disintegration (n)
- 7.62 **mould** /məʊld/ (n) = a fine soft substance like fur that forms on stale food or on objects left in warm wet air / **pleśń**
e.g. On returning from holiday, David was horrified when he saw a piece of cheese on the kitchen table that was covered in **mould**.
- 7.63 **hypothesize** /haɪ'pɒθɪsaɪz/ (v) = to speculate / **spekulować, wysuwać hipotezy**
e.g. The medical team **hypothesized** that the man's condition could have resulted from a childhood illness.

- 7.64 **receive credit for sth** = to be praised for sth / zdobyć uznanie
e.g. The rescue party **received credit for** saving the life of two young skiers who had been buried in the snow for more than twelve hours.
- 7.65 **fungus** /'fʌŋgəs/ (n) = any of various types of organisms which obtain their food from decaying material or other living things / grzyb
e.g. Certain types of **fungus**, such as mushrooms, are edible while others are extremely poisonous.
- 7.66 **bark** /bɑ:k/ (n) = tough material that covers the outside of a tree / kora
e.g. While on an excursion in the country, the young couple carved their initials in the **bark** of a tree.
- 7.67 **willow tree** /'wɪləʊ tri:/ (n) = a kind of tree with long branches and long narrow leaves that grows near water / wierzba
e.g. As the girls relaxed by the side of the river, the long flowing branches of the **willow tree** shaded them from the midday sun.
- 7.68 **synthesize** /'sɪnθɪsaɪz/ (v) = to manufacture, produce / wytwarzać, produkować
e.g. Vitamins are chemical compounds that cannot be **synthesized** by the human body.
- 7.69 **salicylic acid** /,sælə'sɪlɪk 'æsɪd/ (n) = a kind of acid / kwas salicylowy
e.g. **Salicylic acid**, more commonly known as aspirin, is used to treat aches and pains.
- 7.70 **prostaglandin** /,prɒstə'glændɪn/ (n) = a kind of enzyme / prostaglandyna
e.g. **Prostaglandins** are derivatives of fatty acids that are produced in most tissues of the body.
- 7.71 **enzyme** /'enzam/ (n) = a chemical substance found in living creatures which produces changes in other substances without being changed itself / enzym
e.g. **Enzymes** accelerate and control all biochemical processes in the body.
- 7.72 **blood vessel** /'blʌd vesəl/ (n) = a narrow tube through which the blood flows / naczynie krwionośne
e.g. The driver whose car was wrecked in the accident was so angry that he burst a **blood vessel** in his nose.
- 7.73 **dilation** /daɪ'leɪʃən/ (n) = becoming wider / rozszerzenie
e.g. The doctor put some drops in the patient's eyes to measure the **dilation** of her pupils.
- 7.74 **stroke** /strɒk/ (n) = a sudden illness in the brain that is caused when a blood vessel bursts or becomes blocked / udar

e.g. He is said to have died of a **stroke** after a blood vessel ruptured in his brain.

- 7.75 **heart attack** /'hɑ:t ə,tæk/ (n) = a sudden illness in which the heart beats irregularly causing great pain and sometimes death / zawał serca
e.g. One of Bob's colleagues was rushed to hospital after suffering a massive **heart attack**.

Language Focus (pp. 148-151)

- 7.76 **cornea** /'kɔ:niə/ (n) = the transparent skin covering the outside of the eye / rogówka
e.g. The **cornea** in the man's left eye was so badly damaged that he needed a transplant.
- 7.77 **pupil** /'pjʊ:pɪl/ (n) = the small round black hole in the centre of the eye / źrenica
e.g. Cats' **pupils** expand enormously, which is why they can see well in the dark.
- 7.78 **eardrum** /'iədɾʌm/ (n) = the thin piece of tightly stretched skin inside the ear which vibrates when sound waves reach it / bębenek
e.g. Suzie's ear infection was so bad that her **eardrum** actually burst.
- 7.79 **ear lobe** /'iə ləʊb/ (n) = the soft part at the bottom of the ear / płatek ucha
e.g. Richard had one of his **ear lobes** pierced because he wanted to wear a diamond earring.
- 7.80 **airway** /'eəweɪ/ (n) = the passage from the nose and mouth down to the lungs through which air enters and leaves the body / drogi oddechowe
e.g. The patient almost died after accidentally swallowing something that caused a blockage in his **airway**.
- 7.81 **skull** /skʌl/ (n) = the bony part of the head which encloses the brain / czaszka
e.g. The X-rays showed that the woman had a fractured **skull** and several broken bones.
- 7.82 **incisor** /ɪn'saɪzə/ (n) = a tooth at the front of the mouth which is used for biting into food / siekacz
e.g. Little Stewart fell on the pavement and broke one of his **incisors**.
- 7.83 **collarbone** /'kɒləbɔ:n/ (n) = the bone which runs from the throat to the shoulder / obojczyk
e.g. James was in agony after breaking his **collarbone** while playing rugby.
- 7.84 **spine** /spain/ (n) = the row of bones down the back / kręgosłup
e.g. Curvature of the **spine** is often the result of sleeping on a soft mattress.

- 7.85 **breastbone** /ˈbrɛstbəʊn/ (n) = the long bone which goes from the throat to the bottom of the ribs and to which the ribs are attached / **mostek**
e.g. A symptom of indigestion is a sharp pain under the **breastbone**.
- 7.86 **ribcage** /ˈrɪbkɛɪdʒ/ (n) = the structure of ribs around the chest / **klatka piersiowa**
e.g. The biology teacher explained to the young students that the **ribcage** protects the heart and other vital organs.
- 7.87 **kneecap** /ˈni:kæp/ (n) = the bone at the front of the knee / **rzepka**
e.g. Skateboarders are advised to wear pads on their legs to protect their **kneecaps** from injury.
- 7.88 **shin** /ʃɪn/ (n) = the front part of the leg between the knee and the ankle / **goleń**
e.g. After falling off her bike, Dora's **shins** and elbows were so badly scraped that her mother took her to hospital.
- 7.89 **whoeze** /wi:z/ (v) = to breathe with difficulty and make a whistling noise / **mieć świszczący oddech**
e.g. The elderly gentleman must have problems with his chest because he coughs and **whoezes** the whole time.
- 7.90 **yawn** /jɔ:n/ (v) = to open the mouth very wide and breathe in more air than usual / **ziewać**
e.g. It's only manners to cover your mouth when you **yawn**.
- 7.91 **throb** /θrɒb/ (v) = to feel a series of strong and painful beats in a part of the body / **pulsować, tętnić**
e.g. Halfway through the meeting she had a **throbbing** headache, so she asked to be excused and went home.
- 7.92 **blink** /blɪŋk/ (v) = to close the eyes and open them quickly / **mrugnąć**
e.g. I thought Catherine was about to cry, but she **blinked** a few times and then gave me a half-hearted smile.
- 7.93 **swallow** /ˈswɒləʊ/ (v) = to cause food to go from the mouth down into the stomach / **połknąć**
e.g. When I was ill, I had to **swallow** about five tablets three times a day.
- 7.94 **bruise** /bru:z/ (v) = to develop or make a purple mark on the skin as a result of an injury / **posiniaczyć; zsinieć**
e.g. The boy's eye was badly **bruised** so his mother put an ice pack over it to stop the swelling.
- 7.95 **digest** /daɪˈdʒest/ (v) = to change food in the stomach in such a way that it can be used by the body / **trawić**
e.g. Rich food is hard to **digest** so it's better to avoid eating it late at night.
Der: digestion (n), digestive (adj)
- 7.96 **blurred vision** /ˈblɜ:d ˈvɪʒən/ (n) = a condition in which sb cannot see things clearly / **widzenie niewyraźne, nieostre**
e.g. Because the workman was suffering from **blurred vision**, he was advised not to drive or operate any heavy machinery.
- 7.97 **hoarseness** /ˈhɔ:snəs/ (n) = having a voice which sounds rough and unclear / **chrypka**
e.g. The **hoarseness** in his voice is due to smoking too many cigarettes.
- 7.98 **hazy** /ˈheɪzi/ (adj) = that cannot be seen clearly / **zamglony, mętny, niejasny**
e.g. Everything in the room seemed **hazy** to her just before she collapsed on the floor.
Opp: clear
- 7.99 **blotch** /blɒtʃ/ (n) = a mark on the skin, usually not regular in shape / **krosta, plama na skórze**
e.g. Tim loves strawberries but unfortunately they bring him out in red **blotches** all over his body.
- 7.100 **ophthalmologist** /ˌɒfθəˈlɒlədʒɪst/ (n) = a doctor who specialises in problems and diseases affecting the eyes / **okulista, oftalmolog**
e.g. The **ophthalmologist** suggested laser treatment to correct his patient's myopia.
- 7.101 **cardiologist** /ˌkɑ:diˈɒlədʒɪst/ (n) = a doctor who specialises in the heart and its diseases / **kardiolog**
e.g. South African **cardiologist** Christian Bernard carried out the first heart transplant operation.
- 7.102 **dermatologist** /ˌdɜ:məˈtɒlədʒɪst/ (n) = a doctor who specialises in the study of the skin and its diseases / **dermatolog**
e.g. The **dermatologist** recommended a new drug to treat the teenager's skin complaint.
- 7.103 **orthopaedic surgeon** /ˌɔ:θəˈpi:di:k ˌsɜ:dʒən/ (n) = a doctor who specialises in injuries and diseases affecting bones and muscles / **chirurg ortopeda**
e.g. After months of suffering with a bad back, I eventually made an appointment to see an **orthopaedic surgeon**.
- 7.104 **ENT (ear, nose and throat) specialist** /ˌi: en ˈti: ˌspeʃəlɪst/ (n) = a doctor who specialises in diseases affecting the ear, nose and throat / **laryngolog**
e.g. The child had trouble breathing through the nose, so the doctor referred him to an **ENT specialist**.

- 7.105 **arthritis** /ɑ:θ'raɪtɪs/ (n) = a medical condition in which the joints in one's body are swollen and painful / **zapalenie stawu lub stawów**
e.g. *The elderly lady needed a walking frame to get about as she was crippled with **arthritis**.*
- 7.106 **pulled muscle** /'pʊld 'mʌsəl/ (n) = a muscle that has been injured / **naciągnięty, nadwerżony mięsień**
e.g. *A **pulled muscle** in her neck prevented her from working on her computer.*
- 7.107 **eczema** /'eksɪmə/ (n) = a skin disease which makes the skin itchy, sore and rough / **wyprysk, egzema**
e.g. *A new wonder drug on the market has brought relief to thousands of people suffering from **eczema**.*
- 7.108 **concussion** /kən'kʌʃən/ (n) = loss of consciousness or feeling sick after a blow to one's head / **wstrząśnienie mózgu**
e.g. *The boy was rushed to hospital with **concussion** after falling off his horse during a polo match.*
- 7.109 **fatigue** /fə'ti:g/ (n) = a feeling of extreme physical and mental tiredness, exhaustion / **wyczerpanie**
e.g. *The climbers struggled on for days before the cold and **fatigue** finally forced them to turn back.*
- 7.110 **bone fracture** /'bəʊn ,fræktʃə/ (n) = a slight crack or break in a bone / **złamanie, pęknięcie kości**
e.g. *David's leg was set in plaster after he suffered a **bone fracture** during an accident.*
- 7.111 **appendicitis** /ə'pendɪ'saɪtɪs/ (n) = an illness in which the appendix is infected and painful / **zapalenie wyrostka robaczkowego**
e.g. *Kelly was said to be suffering from acute **appendicitis** after complaining that her abdomen was swollen and painful.*
- 7.112 **homeopathy** /,həʊmɪ'ɒpəθi/ (n) = a way of treating an illness in which the patient is given small amounts of a drug that produces symptoms of the illness in healthy people / **homeopatia**
e.g. *There is said to be more than 100,000 doctors practising **homeopathy** around the world today.*
- 7.113 **sling** /slɪŋ/ (n) = a piece of cloth which supports one's broken or injured arm and is tied around the neck / **temblak**
e.g. *After the woman injured her arm, it was in a **sling** for quite a few weeks.*
- 7.114 **cast** /kɑ:st/ (n) = a case made of plaster that covers a broken bone / **gips**
e.g. *Frank's leg is in a **cast**, he broke it again!*
- 7.115 **stopwatch** /'stɒpwɒtʃ/ (n) = a watch with buttons which sb presses at the beginning and end of an event to measure how long it lasts / **stoper**
e.g. *According to the sports trainer's **stopwatch**, the athlete had set a new world record.*
- 7.116 **referee** /,refə'ri:/ (n) = the official who controls a sports event such as a football or basketball game / **sędzia sportowy**
e.g. *The **referee** gave the footballer a red card and sent him off the pitch.*
- 7.117 **shuttlecock** /'ʃʌtəlkɒk/ (n) = the small object that sb hits over the net in a game of badminton / **lotka**
e.g. *Sam packed his racket and **shuttlecocks** in his sport's bag and set off for the badminton tournament.*
- 7.118 **puck** /pʌk/ (n) = the small rubber disc in a game of ice hockey / **krążek hokejowy**
e.g. *The ice hockey player slammed the **puck** into the back of the net to score the winning goal.*
- 7.119 **commentator** /'kɒmentətər/ (n) = a broadcaster who gives a radio or television commentary of an event / **komentator**
e.g. *The sports **commentator** claimed that it was the most exciting match of the season.*
- 7.120 **tarmac** /'tɑ:mæk/ (n) = a material used for making road surfaces / **asfalt**
e.g. *One of the racing drivers skidded on the wet **tarmac** before crashing into the barrier.*
- 7.121 **sprain** /sprɛɪn/ (n) = injury caused to a joint / **uraz stawu, skręcenie**
e.g. *The footballer was suffering from a painful ankle **sprain** and was carried off the pitch.*
- 7.122 **shinguard** /'ʃɪŋɑ:d/ (n) = a pad for the protection of the lower leg / **nagolennik**
e.g. *Hockey players wear **shinguards** to protect their legs from injury.*
- 7.123 **archery** /'ɑ:tʃəri/ (n) = a sport in which the contestant shoots arrows at a target using a bow / **łucznictwo**
e.g. *Bob borrowed someone's bow and arrow at the **archery** festival and managed to score a bull's eye on his very first shot.*
- 7.124 **snooker** /'snu:kər/ (n) = a game with coloured balls played on a large table by hitting the balls with a long stick / **snooker**
e.g. *Peter has a games room in his house and invited me for a game of **snooker**.*
- 7.125 **rowing** /'rəʊɪŋ/ (n) = a sport in which people or teams race against each other in boats with oars / **wioślarstwo**
e.g. *During one of the most popular **rowing** events in England, one of rowers dropped his oar and his team was disqualified.*
- 7.126 **go-kart racing** /'gəʊkɑ:t ,reɪsɪŋ/ (n) = the sport of racing in a very small motor vehicle with four wheels / **wyścigi gokartów**

- e.g. *The boy and his father went **go-kart racing** last weekend and they really enjoyed the speed and competition.*
- 7.127 **wrestling** /ˈreslɪŋ/ (n) = a sport in which two people wrestle and try to throw each other to the ground / **zapasy**
e.g. *Mike won a bronze medal in the **wrestling** competition after pinning his opponent to the floor.*
- 7.128 **synchronised swimming** /ˈsɪŋkrənəɪzd ˌswɪmɪŋ/ (n) = a sport in which two or more people perform complicated and carefully planned movements in water in time to music / **plywanie artystyczne lub synchroniczne**
e.g. *The **synchronised swimming** team were in and out of the pool all day long, practising for their upcoming display.*
- 7.129 **angling** /ˈæŋɡlɪŋ/ (n) = the activity or sport of fishing with a fishing rod / **wędkarstwo**
e.g. *My father's favourite pastime is **angling** even though he rarely catches any fish.*
- 7.130 **squash** /skwɒʃ/ (n) = a game in which two players hit a small rubber ball against the walls of a court using rackets / **squash**
e.g. *When the boys finished their game of **squash**, they were exhausted.*
- 7.131 **softball** /ˈsɒftbɔːl/ (n) = a game similar to baseball but played with a larger softer ball / **softball, odmiana baseballu**
e.g. *Because the boys have broken so many windows playing ball games, their mother forbids them to play anything but **softball**.*
- 7.132 **track** /træk/ (n) = an oval-shaped piece of ground used for races / **tor wyścigowy**
e.g. *The spectators cheered loudly as the final runner rounded the **track** and staggered towards the finishing line.*
- 7.133 **pitch** /pɪtʃ/ (n) = an area of ground used for playing a game such as football, cricket or hockey / **boisko**
e.g. *The cricket match was postponed because the **pitch** was too wet after a recent storm.*
- 7.134 **ring** /rɪŋ/ (n) = an enclosed place where a wrestling or a boxing match takes place / **ring**
e.g. *The reporters clambered into the **ring** as soon as the boxing match was over, hoping to interview the new heavyweight champion of the world.*
- 7.135 **rink** /rɪŋk/ (n) = a large area covered with ice for ice skating, or with concrete for roller skating / **lodowisko lub tor do jazdy na wrotkach**
e.g. *Every Saturday morning, Jill has a private skating lesson at the local ice-skating **rink** in town.*
- 7.136 **court** /kɔːt/ (n) = the area in which a game such as tennis, basketball, badminton or squash is played / **kort (np. tenisowy) lub boisko (np. do badmintonu, koszykówki)**
e.g. *One of the tennis players was ordered off **court** after insulting the umpire.*
- 7.137 **invigorating** /ɪnˈvɪɡəreɪtɪŋ/ (adj) = refreshing, revitalising / **krzepiący, orzeźwiający**
e.g. *Bob likes to take an **invigorating** shower before work.*
- 7.138 **stamina** /ˈstæmɪnə/ (n) = the physical or mental energy needed to do a tiring activity for a long time / **wytrzymałość**
e.g. *The marathon runner wasn't sure if he had enough **stamina** to finish the race.*
- 7.139 **excruciating** /ɪksˈkruːʃɪeɪtɪŋ/ (adj) = unbearable, painful / **(o bólu) nie do zniesienia, rozdzierający**
e.g. *After twisting his ankle, the athlete was in **excruciating** pain and collapsed to the ground.*
- 7.140 **nagging** /ˈnæɡɪŋ/ (adj) = irritating / **dokuczliwy**
e.g. *The swimmer tried to ignore the **nagging** pain in his neck until the race was over.*
- 7.141 **internal** /ɪnˈtɜːnəl/ (adj) = inner / **wewnętrzny**
e.g. *Although the stunt artist had very few visible injuries, he was found to be suffering from **internal** bleeding which almost killed him.*
Opp: external
- 7.142 **contagious** /kənˈteɪdʒəs/ (adj) = infectious, transmittable / **zaraźliwy, zakaźny**
e.g. *The **contagious** diseases unit of the hospital was off-limits to everyone except authorised personnel.*
- 7.143 **outpatient treatment** /ˈaʊtpeɪʃənt ˌtrɪtmənt/ (n) = treatment given to a patient who is not going to stay in hospital / **leczenie ambulatoryjne**
e.g. *Her injury wasn't serious enough to be admitted to hospital, but she had to attend the **outpatient treatment** centre almost every other day.*
- 7.144 **rigorous** /ˈrɪɡərəs/ (adj) = exact, thorough / **surowy, rygorystyczny; dokładny**
e.g. *The woman had to undergo a series of **rigorous** tests before the heart transplant surgery could go ahead.*
- 7.145 **baffle** /ˈbæfəl/ (v) = to confuse, to puzzle / **wprawić w zakłopotanie, zmieszać, zbić z tropu**
e.g. *Even after months of medical tests, the child's illness continued to **baffle** her doctors.*
- 7.146 **meningitis** /ˌmenɪnˈdʒaɪtɪs/ (n) = a serious infectious illness which affects the brain and spinal cord / **zapalenie opon mózgowych**
e.g. *The common symptoms of **meningitis** are fever, severe headache and stiffness in the neck.*

- 7.147 **pneumonia** /nju:'mæʊniə/ (n) = a serious disease which affects the lungs / **zapalenie płuc**
e.g. *Harry's persistent cough and breathing difficulties were finally diagnosed as a serious bout of pneumonia.*
- 7.148 **stomach bug** /'stʌmək bʌg/ (n) = a disease caused by a bug in the stomach / **wirus żołądka**
e.g. *On a recent trip to Spain the girls caught a stomach bug that ruined their holiday.*
- 7.149 **hepatitis** /,hepə'taɪtɪs/ (n) = a serious disease which affects the liver / **zapalenie wątroby**
e.g. *Hepatitis can be cured if treatment starts very soon after infection.*
- 7.150 **mental breakdown** /,mentəl 'breɪkdəʊn/ (n) = a situation in which sb becomes very depressed / **załamanie psychiczne**
e.g. *After the death of her husband, Mandy suffered from acute depression and her family were afraid she was on the verge of a mental breakdown.*
- 7.151 **whooping cough** /'hu:pɪŋ kɒf/ (n) = a serious infectious disease which causes a cough followed by a gasp for breath / **krztusiec, koklusz**
e.g. *The child was coughing and gasping for breath while suffering from whooping cough.*

Idioms

- 7.152 **be over the hill** = to be old and no longer fit or able to work / **być starym i niezdatnym do pracy**
e.g. *Employers often consider job applicants to be over the hill once they reach 35-40 years of age.*
- 7.153 **be given a clean bill of health** = to receive a doctor's statement that one is completely fit and healthy / **być w pełni sił, otrzymać zapewnienie lekarza, że jest się w pełni zdrowym**
e.g. *After months of hospital tests and treatment, Fred was finally given a clean bill of health.*
- 7.154 **be black and blue** = to be badly bruised / **być posiniaczonym, mieć sińce na całym ciele**
e.g. *Fortunately Tom didn't break any bones in the accident, although he was black and blue from head to toe.*
- 7.155 **be fit as a fiddle** = to be very fit and healthy / **być zdrowym jak ryba**
e.g. *The man had hardly ever had a day's illness in his life and at 80 he was fit as a fiddle.*
- 7.156 **have butterflies in one's stomach** = to feel nervous and excited about sth / **denerwować się, mieć tremę**
e.g. *I had butterflies in my stomach as I was waiting to go on stage for my very first live performance.*
- 7.157 **kick up one's heels** = to enjoy oneself a lot / **doskonale się bawić**

- e.g. *Jonathan really kicked up his heels at the annual dancing festival and hardly sat down all night.*
- 7.158 **scare the life out of sb** = to frighten sb a great deal / **śmiertelnie kogoś przestraszyć**
e.g. *The doctor scared the life out of me when he said that I needed to see a specialist.*
- 7.159 **be of sound mind and body** = to be in good physical and mental health / **być zdrowym na ciele i umyśle**
e.g. *My grandmother is of sound mind and body despite recently celebrating her 90th birthday.*
- 7.160 **have nerves of steel** = to be calm, not easily upset / **mieć stalowe nerwy**
e.g. *Workmen who construct high-rise flats must have nerves of steel to undertake such a job.*
- 7.161 **keep a stiff upper lip** = not to show one's emotions / **ukrywać emocje, mieć kamienną twarz**
e.g. *Although he tried to assure everyone that he was fine, his attempt at keeping a stiff upper lip failed when he saw how upset his family were.*

- 7.162 **pro (=professional)** /prəʊ/ (n) = sb who does a particular thing to earn money rather than as a hobby / **zawodowiec, profesjonalista**
e.g. *During the golf tournament, he played alongside some of the top pros from Europe and America.*
Opp: amateur

Fixed Phrases (with under)

- 7.163 **under the circumstances** = considering the conditions affecting the situation / **w tych okolicznościach, w tych warunkach**
e.g. *Under the circumstances, Mary was extremely lucky to have survived such a terrible accident.*
- 7.164 **under suspicion of sth** = suspected of having done sth wrong / **podejrzany, pozostający w kręgu podejrzeń**
e.g. *The police finally caught up with the two men who were under suspicion of burglary.*
- 7.165 **under normal conditions** = considering the normal factors that affect a situation / **w normalnych warunkach**
e.g. *Under normal conditions, the long journey wouldn't have bothered him, but the bad weather was making driving almost impossible.*
- 7.166 **under pressure** = stressed / **pod presją, pod naciskiem**
e.g. *The local government is under pressure from various environmental groups to clean up the town's polluted river.*

7.167 **under age** = not old enough / poniżej określonej granicy wieku, nieletni
e.g. Because she is **under age**, she isn't allowed to vote in the forthcoming general elections.

7.168 **slogan** /'sləʊgən/ (n) = a short phrase easy to remember / slogan, hasło
e.g. Nowadays, manufacturers often use catchy **slogans** to advertise their products.

7.169 **close to sb's heart** = of deep interest and concern to sb / bliski sercu
e.g. The idea of building a fully equipped medical centre in the village was **close to his heart**, so he was thrilled when they finally approved his plans.

7.170 **see eye to eye with sb** (idm) = to agree with sb, have the same opinions and views / zgadzać się z kimś, mieć te same poglądy
e.g. The teenager didn't always **see eye to eye with her parents**, but she knew they loved her dearly.

7.171 **literally** /'lɪtərəli/ (adv) = factually, exactly / dosłownie
e.g. As I ran home in the storm, the wind was so strong that it **literally** lifted me off my feet.

7.172 **convert** /kən'vɜ:t/ (v) = to change sth into a different form / przekształcić, przeobrazić, zmienić
e.g. The couple planned to **convert** the loft into a playroom for their children.

7.173 **alter** /'ɔ:ltə/ (v) = to change / zmienić
e.g. The doctor **altered** the patient's prescription when he saw that the tablets weren't doing her much good.
Der: alteration (n)

7.174 **disguise** /dis'gaɪz/ (v) = to wear unusual clothes so as not to be recognised / przebrać się za kogoś
e.g. The thief **disguised** himself as a woman by wearing a blond wig and a long dress, but his masculine voice gave him away.

7.175 **critical** /'krɪtɪkəl/ (adj) = crucial, serious / istotny, przełomowy, krytyczny
e.g. The motorist sustained multiple injuries in the accident and is said to be in **critical** condition.

Phrasal verbs

7.176 **clear out** /'kliə 'aʊt/ = to throw away things that are no longer needed / wysprzątać, pozbyć się niepotrzebnych rzeczy
e.g. When Simon left home for medical school, it was a perfect opportunity for his mother to **clear out** his room.

7.177 **clear up** /'kliə 'ʌp/ = (of a disease) to go away / (o chorobie) minąć
e.g. The teenager's spots on her forehead finally **cleared up** after a course of antibiotics.

7.178 **clear away** /'kliə ə'weɪ/ = to put away things that have been used (esp. for eating and cooking) / posprzątać, usunąć, wynieść
e.g. Mum asked the children to **clear away** the pots and pans after dinner.

7.179 **hold out** /'həʊld 'aʊt/ = to hold sth so that sb can take it / podać, podstawić
e.g. The child **held out** his plate for a second helping of his favourite chocolate pudding.

7.180 **hold up** /'həʊld 'ʌp/ = to go into a bank, shop, etc with a gun and demand money / obrabować, dokonać napadu z bronią
e.g. A customer overcame a thief as he attempted to **hold up** one of the town's busiest supermarkets.

7.181 **hold back** /'həʊld 'bæk/ = to restrain / powstrzymać
e.g. The patient couldn't **hold back** her tears of joy when the doctor gave her the good news.

7.182 **hold off** /'həʊld 'ɒf/ = to delay / opóźnić
e.g. The doctor tried to **hold off** the operation for as long as possible, in the hope that the patient's condition would stabilise.

7.183 **locker** /'lɒkə/ (n) = a small cupboard with a lock (in a station, school, sports club, etc) where sb can put personal possessions / schowek, szafka
e.g. Tina got soaked coming home from work because she forgot to take her umbrella from her **locker**.

7.184 **baton** /'bætn/ (n) = a small light stick used in a relay race and passed from one runner to another / pałeczka sztafetowa
e.g. You have to be careful while handing over the **baton** so as not to drop it.

7.185 **grab** /græb/ (v) = to take sth or pick it up suddenly and roughly, to snatch / chwycić, porwać, złapać
e.g. When the children saw the snow in the garden, they **grabbed** their jackets and ran out to play.

7.186 **take a nap** = to have a short sleep / zdrzemnąć się
e.g. Jill watches her favourite soap opera every afternoon while her baby daughter **takes a nap**.

Listening & Speaking (pp. 152-153)

7.187 **medical advisor** /,medɪkəl æd'vaɪzə/ (n) = an expert who gives advice on medical matters / konsultant medyczny
e.g. After listening to a **medical advisor** talking about fitness and health, Lynne made up her mind to join a gym.

- 7.188 **negate** /ni'geɪt/ (v) = to cause sth to lose its effect or value / **negować, zaprzeczyć; zniweczyć, zniszczyć**
e.g. *Costly expenses **negated** increases in the company's profits and the management feared they would be forced to close down.*
Der: negation (n)
- 7.189 **heliskiing** /'helɪskiɪŋ/ (n) = jumping from a helicopter on a pair of skis / **heliskiing, wyskakiwanie z helikoptera z przypiętymi nartami**
e.g. *Bob admitted that **heliskiing** was a bit scary, especially when you're about to jump out of the helicopter onto the snow covered mountain slopes below.*
- 7.190 **avalanche** /'ævələntʃ/ (n) = a large mass of snow that falls down the side of a mountain / **lawina**
e.g. *Two teenage snowboarders are said to be alive and well after yesterday's **avalanche** claimed the lives of three skiers.*
- 7.191 **steep** /sti:p/ (adj) = rising or falling sharply, not gradually / **stromy**
e.g. *The slope was so **steep** that the climbers used donkeys to carry their provisions.*
- 7.192 **subjectively** /səb'dʒektɪvli/ (adv) = personally / **subiektywnie**
e.g. *In spite of what most people believe, **subjectively** speaking I find that he exaggerates a lot.*
Opp: objectively
- 7.193 **assess** /ə'ses/ (v) = to evaluate / **ocenić, oszacować**
e.g. *The candidates for the job are subject to a variety of rigorous tests to **assess** their potential as managers.*
Der: assessment (n)
- 7.194 **groundskeeper** /'graʊndzki:pə/ (n) = sb who looks after a park or sports ground / **dozorca**
e.g. *The **groundskeeper** of the local football ground was amazed when he saw how much damage the fans had caused.*
- 7.195 **fund-raiser** /'fʌndreɪzə/ (n) = sb who collects an amount of money for a particular purpose / **osoba zbierająca fundusze**
e.g. *My mother is a keen **fund-raiser** for a variety of worthy causes and is always looking for volunteers to help her.*
- 7.196 **operating theatre** /'ɒpəreɪtɪŋ θiətə/ (n) = a room in a hospital used for medical operations / **sala operacyjna**
e.g. *Only authorised medical staff can enter the **operating theatre**.*

Reading (pp. 154-155)

- 7.197 **fierce** /'fiəs/ (adj) = violent, brutal / **zażarty, ostry, brutalny**
e.g. *After a **fierce** clash between the police and the football hooligans, over a hundred people were arrested.*
- 7.198 **alopecia** /,ælə'pi:ʃə/ (n) = loss of hair, baldness / **alopecia, łysienie**
e.g. *The doctor assured Sam that his **alopecia** was only temporary.*
- 7.199 **disorder** /dɪs'ɔ:də/ (n) = illness / **zaburzenie, choroba**
e.g. *The patient needed psychiatric treatment as he was suffering from a mental **disorder**.*
- 7.200 **distinctive** /dɪ'stɪŋktɪv/ (adj) = having a special quality which makes sb/sth different from others / **charakterystyczny, wyróżniający**
e.g. *One of the actor's most **distinctive** features is the deep cleft in his chin.*
- 7.201 **vote** /vəʊt/ (v) = to indicate one's choice officially in a meeting or election / **głosować**
e.g. *The footballer was **voted** best sportsman of the season for the second consecutive year.*
- 7.202 **diligent** /'dɪlɪdʒənt/ (adj) = hardworking / **pilny, pracowity**
e.g. *We weren't surprised when Ron was promoted; he is surely the most **diligent** worker in the company.*
- 7.203 **financial consultant** /faɪ'nænʃl kən'sʌltənt/ (n) = an expert who gives advice on financial matters / **doradca finansowy**
e.g. *The couple sought the advice of a **financial consultant** before going into business on their own.*
- 7.204 **kinship** /'kɪnʃɪp/ (n) = relation, affinity / **braterstwo, pokrewieństwo**
e.g. *The athlete felt a strong sense of **kinship** towards his fellow team members.*
- 7.205 **weary** /'wɛəri/ (adj) = tired / **zmęczony**
e.g. *The **weary** traveller regretted not having made a hotel reservation in advance.*
- 7.206 **commit an error** = to make a mistake / **popętnić błąd**
e.g. *The player was heavily fined for **committing an error** that led to the team's defeat.*
- 7.207 **waver over** /'weɪvə 'əʊvə/ (phr v) = to hesitate and be unable to make a decision / **wahać się**
e.g. *We need a more decisive manager as John **wavers over** any decision.*
- 7.208 **deliberately** /dɪ'lɪbərətli/ (adv) = on purpose / **celowo, naumyślnie**
e.g. *Their star player was sent off the pitch after **deliberately** fouling one of his opponents.*

- 7.209 **relegation** /,reli'geɪʃən/ (n) = moving to a less important position / **przeniesienie na mniej ważne stanowisko, relegacja, degradacja**
e.g. The team knew they had to win the forthcoming match; otherwise they faced **relegation** to the Second Division.
- 7.210 **recurring** /rɪ'kɜːrɪŋ/ (adj) = happening more than once / **nawracający, powracający**
e.g. His **recurring** leg injury kept him from playing in the most important match of the season.
- 7.211 **inclination** /,ɪnklɪ'neɪʃən/ (n) = tendency / **skłonność, tendencja**
e.g. The football manager's success lies in his **inclination** to spot potential talent.
- 7.212 **clinch** /kɪntʃ/ (v) = to achieve or win sth / **zdobyć; przypieczętować**
e.g. The team **clinched** the First Division title when Saunders scored the winning goal.
- 7.213 **ultimate** /'ʌltɪmət/ (adj) = final / **końcowy, ostateczny**
e.g. To be chosen to play football for his country one day is the player's **ultimate** aim.
- 7.214 **affable** /'æfəbəl/ (adj) = easygoing / **życzliwy, przyjazny**
e.g. Everyone agreed that George was an extremely **affable** man who was never too busy to lend a helping hand.
- 7.215 **principled** /'prɪnsɪpəl/ (adj) = moral / **moralny, z zasadami**
e.g. The coach took a **principled** stand when one of his players was accused of fouling, and argued that he didn't deserve to be disqualified.
- 7.216 **unapproachable** /,ʌnə'prəʊtʃəbəl/ (adj) = unfriendly, not easy to talk to / **nieprzystępny**
e.g. Dan thought the new colleague seemed rather **unapproachable** at first, but once he got to know him better, he decided that he was actually quite sociable.
- 7.220 **morsel** /'mɔːsəl/ (n) = a bit, a piece / **kęs, kawałek**
e.g. The guests were amazed when their hostess began feeding her pet poodles **morsels** of chicken from her plate.
- 7.221 **swell** /swel/ (v) = to become larger and rounder than normal / **puchnąć**
e.g. The child had an allergic reaction to certain foods that caused her face to **swell** to almost twice its size.
- 7.222 **anaphylaxis** /,ænəfɪ'læksɪs/ (n) = a kind of allergy / **anafilaksja**
e.g. The doctor explained that the child was suffering from **anaphylaxis**, a severe allergic reaction to something that she had eaten.
- 7.223 **jab** /dʒæb/ (n) = an injection of sth into one's blood to prevent illness / **zastrzyk, szczepionka**
e.g. The students were told that they needed to have painful anti-malaria **jabs** before travelling to Africa.
- 7.224 **adrenaline** /ə'drenəlɪn/ (n) = a substance which one's body produces when they are scared, angry or excited / **adrenalina**
e.g. Richard admitted that bungee jumping gave him the greatest **adrenaline** rush of his life.
- 7.225 **respiratory system** /rɪ'spɪrətəri 'sɪstəm/ (n) = the system of breathing / **układ oddechowy**
e.g. The child was given a course of antibiotics to fight off a virus that attacked her **respiratory system** and caused her breathing problems.
- 7.226 **administer** /æd'mɪnɪstə/ (v) = to give drugs, medicine, etc / **podawać (leki)**
e.g. The nurse was given the job of **administering** drugs to the elderly patients.
- 7.227 **yearn for sth** /jɜːn/ (v) = to want sth very much / **tęsknić za czymś, bardzo czegoś chcieć**
e.g. The tired housewife **yearned for** a life of wealth and luxury.
- 7.228 **distinguish** /dɪ'stɪŋwɪʃ/ (v) = to recognise the difference between two things / **rozróżnić**
e.g. Because Harry is colour-blind, he finds it almost impossible to **distinguish** between green and red.
- 7.229 **prejudiced** /'preɪdʒudɪst/ (adj) = having dislike or distrust of a person, group, custom, etc that is based on fear or false information / **uprzedzony**
e.g. The supervisor was sacked for making **prejudiced** remarks against some of the Asian workers.
- 7.230 **rebel** /rɪ'bel/ (v) = to fight against / **buntować się**
e.g. The British workforce **rebelled** against the government's decision to increase taxation by going on strike.
Der: rebellion (n), rebellious (adj)

English in Use (pp. 156-159)

- 7.217 **waive** /weɪv/ (v) = not to demand any longer / **odstąpić od czegoś, uchylić wymagania**
e.g. The leisure centre agreed to **waive** its admission fees for students and senior citizens.
- 7.218 **hygiene** /'haɪdʒɪn/ (n) = the practice of keeping oneself and their surroundings clean, esp in order to prevent illness / **higiena**
e.g. The restaurant owner was very strict about **hygiene**, especially in the kitchen and restroom area.
- 7.219 **smoked salmon** /'sməʊkt 'sæmən/ (n) = the flesh of a salmon which is smoked and eaten raw / **łosoś wędzony**

- 7.231 **blindfold** /'blaɪndfəʊld/ (adj) = having a strip of cloth tied over one's eyes / **z zawiązanymi oczami**
e.g. The kidnapped businessman was taken **blindfold** to a secret place.
- 7.232 **simultaneous** /ˌsɪməl'teɪniəs/ (adj) = happening or existing at the same time / **równoczesny**
e.g. The army had to repel the enemy's **simultaneous** attacks from the east and west.
- 7.233 **draw** /drɔː/ (n) = the result of a game in which neither side wins / **remis**
e.g. The fans, eager for victory, were dissatisfied when the final match ended in a **draw**.
- 7.234 **neurotic** /njʊə'rɒtɪk/ (adj) = frightened or worried about unimportant things / **nerwicowy, neurotyczny**
e.g. The pop star was almost **neurotic** about being seen in public and often went out in disguise.
- 7.235 **wander** /'wɒndə/ (v) = to walk around / **włóczyć się, wędrować**
e.g. I love to **wander** around the shops at Christmas time and admire the festive displays.
- 7.236 **unpretentious** /ˌʌnpri'tenʃəs/ (adj) = simple in appearance rather than luxurious / **bezpretensjonalny, skromny**
e.g. Even though he was a millionaire, British comedian Benny Hill led an **unpretentious** lifestyle.
- 7.237 **give sb a glance** = to have a quick look at sb / **rzucić na kogoś okiem, spojrzeć przelotnie**
e.g. Nobody **gave** Madonna **a glance** as she was walking along the street in shabby clothes.
- 7.238 **conceal** /kən'siːl/ (v) = to keep sth/sb from being seen / **ukryć**
e.g. The actress tried to **conceal** her identity by registering at the hotel under an assumed name.
- 7.239 **accumulation** /əˌkjuːmjə'teɪʃən/ (n) = a large number or amount of sth put together / **mnóstwo; nagromadzenie; zasób**
e.g. Thanks to the **accumulation** of evidence, the police identified the robber.
- 7.240 **fantasise** /'fæntəsəɪz/ (v) = to imagine that sth is happening although it is unlikely to happen / **fantazjować**
e.g. Young Jamie often **fantasises** that he will be spotted by a talent scout and signed up to play Premier League baseball.
- 7.241 **feature** /'fi:tʃə/ (n) = part of one's face / **cecha, rys (twarzy)**
e.g. One of the model's most charming **features** is her sparkling smile.
- 7.242 **aspect** /'æspekt/ (n) = part of the character or nature of sth / **aspekt**
e.g. David was asked to examine the proposal from every **aspect** before making a decision.
- 7.243 **attempt** /ə'tempt/ (n) = effort / **próba, wysiłek**
e.g. Robin made an **attempt** to beat the world record, but he just didn't have the strength to pull it off.
- 7.244 **top** /tɒp/ (v) = to be at the highest level, to be first / **być na szczycie, wejść na szczyt**
e.g. It is the only time a French singer has **topped** the British music chart for six consecutive weeks.
- 7.245 **crown** /kraʊn/ (v) = to award a royal title / **ukoronować**
e.g. Elizabeth was **crowned** Queen in Westminster Abbey.
- 7.246 **peak** /piːk/ (v) = to reach the highest level, the top / **osiągnąć maksimum, wejść na szczyt**
e.g. His football career **peaked** during the 1990s, at which time he was said to be the most highly paid player in the world.
- 7.247 **pact** /pækt/ (n) = formal agreement / **pakt, porozumienie**
e.g. The two boys made a **pact** never to tell a living soul what they had seen on that fatal night.
- 7.248 **highlights** /'haɪlaɪts/ (n pl) = the most interesting parts of an event, activity or period of time / **najważniejsze, najistotniejsze momenty**
e.g. One of the **highlights** of his career was in 2001 when he was awarded the title of Best Actor of the Year.
- 7.249 **tournament** /'tʊənmənt/ (n) = a sports competition / **turniej**
e.g. One of the youngest competitors in the chess **tournament** was a six-year-old schoolboy.
- 7.250 **registration** /ˌredʒɪ'streɪʃən/ (n) = recording (a name on a list) / **rejestrowanie, wpisanie (się) na listę**
e.g. The students were reminded that Friday 16th was the final day of **registration** for the art course.
- 7.251 **sponsorship** /'spɒnsəʃɪp/ (n) = financial support given by an individual or an organisation / **sponsorowanie, finansowanie**
e.g. The athlete was thrilled when he was offered **sponsorship** from a famous clothing manufacturer.
- 7.252 **donate** /dəʊ'neɪt/ (v) = to give, to provide / **przeznaczyć, ofiarować**
e.g. The villagers **donated** around £5,000 to help build a new health centre.
Der: donation (n), donor (n)

Writing (pp. 160-164)

- 7.253 **whirlpool spa** /'wɜːlpuːl ,spɑː/ (n) = Jacuzzi / jacuzzi
e.g. The ultra-modern health club offered members a great many facilities, including a **whirlpool spa**.
- 7.254 **query** /'kwɪəri/ (n) = inquiry / pytanie, prośba o informację
e.g. The estate agent suggested I take his business card in case I had any **queries** concerning the property.
- 7.255 **gorgeous** /'gɔːdʒəs/ (adj) = stunning, magnificent / wspaniały, cudowny, przepiękny
e.g. On a recent trip to London, we stayed in a **gorgeous** 5-star hotel overlooking Hyde Park.
- 7.256 **indebted** /ɪn'detɪd/ (adj) = obliged, grateful / zobowiązany, wdzięczny
e.g. I was deeply **indebted** to Ann for her help during my illness, so I sent her a bouquet of flowers to show my appreciation.
- 7.257 **succinct** /sək'sɪŋkt/ (adj) = brief and clear / jasny i zwięzły
e.g. Try to be as **succinct** as possible when answering the questions in your test.
- 7.258 **bulk** /bʌlk/ (n) = mass, size / masa, ogrom; duże rozmiary; większość
e.g. The housewife managed to finish the **bulk** of her spring-cleaning before the visitors finally arrived for the weekend.
- 7.259 **contravention** /kɒntrə'veɪʃən/ (n) = violation / naruszenie przepisów
e.g. By accepting the bribe, she was in **contravention** of company policy and was dismissed from her job immediately.
- 7.260 **expulsion** /ɪks'pʌljən/ (n) = exclusion, removal / wydalenie, wyrzucenie
e.g. His hatred of authority finally led to his **expulsion** from the armed forces.
- 7.261 **chairman** /'tʃeəmən/ (n) = the person in charge of a committee, organisation or company / prezes, przewodniczący
e.g. The **chairman** of the local health spa is looking for new ways of attracting more business.
- 7.262 **step up** /'step 'ʌp/ (phr v) = to increase, intensify / zwiększyć, nasilić
e.g. The company is hoping to **step up** production, which will eventually lead to more job opportunities.
- 7.263 **purchase** /'pɜːtʃəs/ (v) = to buy / nabywać, kupować
e.g. Jason took out a bank loan in order to **purchase** a new van for his catering business.
- 7.264 **apparatus** /,æpə'reɪtəs/ (n) = equipment, machinery / sprzęt, urządzenie, aparat, aparatura
e.g. One of the girls had to be rescued from the burning building by a fireman wearing breathing **apparatus**.
- 7.265 **reinforce** /,rɪn'fɔːs/ (v) = to strengthen / wzmocnić
e.g. The government was doing everything in its power to **reinforce** relations between the two countries, as this would facilitate trade between them.
Der: reinforcement (n)
- 7.266 **supervision** /,sʊpə'vɪʒən/ (n) = care and control / nadzór, opieka
e.g. The students were under close **supervision** to make sure everyone knew exactly what they were expected to do.
- 7.267 **abseiling** /'æbsaɪlɪŋ/ (n) = the sport of going down a very steep slope by holding on to a rope which is fastened to the top of the slope / abseiling, sport lub technika wspinaczkowa polegająca na opuszczaniu się na linie z urwistej skały
e.g. The first time the boy went **abseiling** down the steep slope, he was afraid that the rope would snap.
- 7.268 **hang-gliding** /'hæŋɡlaɪdɪŋ/ (n) = the sport of flying while hanging from a frame covered in cloth / lotniarstwo
e.g. Because of strong winds, the **hang-gliding** competition was cancelled.
- 7.269 **paragliding** /'pærəɡlaɪdɪŋ/ (n) = the sport of jumping out of an aircraft with a special parachute that allows sb to travel a long horizontal distance before they land / paralotniarstwo
e.g. During a **paragliding** session, Jack jumped out of the plane successfully but he landed badly and broke his shoulder.
- 2.270 **orienteering** /,ɔːriən'tɪərɪŋ/ (n) = a sport in which sb has to find their way to somewhere on foot as quickly as possible by using a map and a compass / bieg na orientację
e.g. The students who were taking part in the **orienteering** exercise had to reach their destination in less than an hour.
- 2.271 **rugged** /'rʌɡɪd/ (adj) = uneven and covered with rocks / nierówny, wyboisty
e.g. After walking for miles across the **rugged** countryside, the hiker felt as though his feet were covered in blisters.
- 2.272 **refectory** /rɪ'fektəri/ (n) = canteen / stołówka
e.g. We usually eat our meals in the university **refectory** where the food is cheap and quite tasty.

- 2.273 **fully-stocked** /ˈfʊliˈstɒkt/ (adj) = having a full supply of goods available / **dobrze zaopatrzony**
e.g. Our freezer at home is always **fully-stocked** because my mother doesn't have time to go shopping every day.
- 2.274 **like-minded** /ˌlaɪkˈmaɪndɪd/ (adj) = having similar opinions, ideas, attitudes or interests / **podobnie myślący**
e.g. Joining a local youth club will give you the chance to meet other **like-minded** teenagers.
- 2.275 **amenities** /əˈmɪnɪtɪz/ (n pl) = facilities / **udogodnienia, wyposażenie, dodatkowe atrakcje**
e.g. The shopping centre **amenities** include free parking, a children's supervised play area and home delivery service.
- 2.276 **leaky** /ˈliki/ (adj) = having faults which allow liquids and gases to pass through / **nieszczelny, przeciekający**
e.g. When the rain started dripping through the **leaky** roof of our holiday cottage, we knew it was time to go home.
- 2.277 **adequate** /ˈædɪkwət/ (adj) = sufficient / **wystarczający**
e.g. The compensation she received after the crash was **adequate** enough to buy a small second-hand car.
Opp: inadequate
- 2.278 **rough it** (idm) = to live for a short time in uncomfortable conditions / **„koczować”, mieszkać przez jakiś czas w prymitywnych warunkach**
e.g. "We can **rough it** for a week or so and sleep at a youth hostel, I don't mind."
- 2.279 **communal** /ˈkɒmjʊnəl/ (adj) = shared, common / **wspólny**
e.g. At weekends, the hotel often has live entertainment in the **communal** lounge.

VOCABULARY EXERCISES

A Wybierz właściwe słowo lub zwrot.

- The patient's disorder was quickly but treating it would take much longer.
A eradicated C diagnosed
B contradicted D converted
- The woman was suffering from a highly disease so she was kept in isolation.
A contagious C infected
B catching D deadly
- One of the boxers was badly cut around the eye so the stopped the fight.
A judge C referee
B umpire D arbiter
- Sheila made an appointment with her doctor as she'd had a pain in her side for days.
A nagging C distressing
B fierce D critical
- The tennis star walked off the and refused to continue the game.
A pitch C rink
B track D court
- My husband and I just can't on the issue of private medical insurance.
A turn a blind eye C bat an eyelid
B see eye to eye D cast our eyes
- Bob missed the last train so he put his luggage in a and set out to find a hotel for the night.
A closet C cupboard
B locker D dresser
- Angry demonstrators shouted in protest against the government.
A mottos C slogans
B jingles D phrases
- Tina found herself out of breath as she climbed the flight of stairs.
A sheer C abrupt
B high D steep
- From a very early age children are able to right from wrong.
A distinguish C decide
B judge D separate

B Uzupełnij tekst wyrazami utworzonymi od słów podanych w tej samej linijce po prawej stronie.

There are many 0) *infectious* diseases which continue to be of concern to world health officials. While authorities are hoping to see the 1) of illnesses such as malaria and tetanus in the near future, even they realise that they face a daunting challenge. This is especially true for countries where there is 2) health care and a lack of preventive medicine. Officials admit that, the world over, more than 800 million people live in 3) conditions where poor sanitation and unsafe water supplies increase their vulnerability to disease. These developing countries are 4) in need of help and assistance from other nations and charities. Luckily, those countries which are in a position to do so, make generous 5) that go a long way towards combating 6) poverty and disease. Many developing countries are also 7) to pharmaceutical companies which graciously provide 8), free of charge, during outbreaks of diseases such as meningitis and polio.

INFECTION
ERADICATE

ADEQUATE

HYGIENE

DOUBT

DONATE
COMMUNITY
DEBT
VACCINATION

C Uzupełnij zdania podanymi słowami.

• bruise • vote • adrenaline • wander • gloomy • refectory • contract • arthritis • highlights • conceal

- | | |
|--|---|
| <p>1 Julie found it hard to her disappointment when she wasn't given a part in the school play.</p> <p>2 The elderly lady suffered from and was confined to a wheelchair most of the time.</p> <p>3 The on the boy's cheek was black and blue and badly swollen.</p> <p>4 David was in a mood when they told him he would need to spend a few days in hospital.</p> <p>5 On her first day at the new job, she was asked to sign a of employment.</p> <p>6 Because he had some time to kill, Mike thought he would around the car showroom for a while.</p> | <p>7 The workers took a(n) on whether to come out on strike or not.</p> <p>8 We never eat in the college because the food is absolutely disgusting.</p> <p>9 The of today's sporting events can be seen on BBC 1 after the evening news.</p> <p>10 Extreme sports, such as bungee jumping and hang-gliding, are said to give you a powerful rush.</p> |
|--|---|

D Podkreśl właściwe słowo.

- | | |
|---|--|
| <p>1 You need a great deal of power/force/stamina to take part in a cross-country marathon.</p> <p>2 The questions asked by the lawyer only seemed to baffle/daze/boggle the witness even more.</p> <p>3 The young boy managed to wrench/grab/trap his mother's hand as she reached out to help him.</p> | <p>4 The salesman managed to assure/seal/clinch a lucrative job with an international company.</p> <p>5 Even though he broke the camera consciously/deliberately/knowingly, he refused to apologise.</p> <p>6 James made very little try/attempt/endeavour to conceal the fact that he hated his job.</p> |
|---|--|

E Dopasuj do siebie zwroty z kolumn A i B. Utwórz właściwe kolokacje, a następnie uzupełnij nimi podane zdania.

A	B
1 <input type="text"/> be given	a stiff upper lip
2 <input type="text"/> kick up	b out of sb
3 <input type="text"/> be over	c in one's stomach
4 <input type="text"/> have butterflies	d a clean bill of health
5 <input type="text"/> keep a	e one's heels
6 <input type="text"/> scare the life	f the hill

- | | |
|---|---|
| <p>1 It when I turned the corner and saw a fire engine outside my house.</p> <p>2 As I waited in line to meet the president, I the whole time.</p> <p>3 The students at their high school graduation party.</p> | <p>4 Kim managed to even though she was devastated by the news.</p> <p>5 Most fashion models are said to by the age of thirty.</p> <p>6 The old man following a thorough check-up at the city hospital.</p> |
|---|---|

F W większości linijek w tekście jest jedno zbędne słowo. Znajdź je i zapisz w wyznaczonym miejscu po prawej stronie. Jeśli w danej linijce nie ma zbędnego słowa, zaznacz ją znakiem (✓).

The cold and flu season is upon us once again. The summer is over and colder temperatures of autumn mean that some more children are confined indoors for most of the day. Undoubtedly, this will increase the number of cases of the common cold and the number of people likely to suffer from bouts of the influenza. Both of these ailments are respiratory infections caused by a virus. Although they have some of similar symptoms, their outcomes can often be very much different. If the illness is incorrectly diagnosed, potentially life-threatening complications, such as pneumonia, then may be overlooked. Realising what the differences between the two will ensure a quicker recovery for both cold and flu sufferers. It was once believed that in the cold weather brought on the cold virus, but research has proven that this theory incorrect. In fact, more people catch colds during cold weather because they spend more time inside and spread out the virus more easily. The two most frequent ways of catching a cold virus is by their hand-to-hand contact with someone who already he has a cold or by touching objects that they have handled. The second mode of transmission is by inhaling airborne particles only from an infected person after they have coughed or sneezed.

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Lead-in (p. 165)

- 8.1 **enslave** /ɪn'sleɪv/ (v) = to control and keep sb forcefully, to make a slave of sb / **zniewolić**
e.g. She felt **enslaved** by her husband as he was always telling her what to do.
Der.: enslavement (n), enslaved (adj)

Reading (pp.166-167)

- 8.2 **perseverance** /ˌpɜːsɪ'vɪərəns/ (n) = continued effort and determination / **wytrwałość**
e.g. It took a lot of **perseverance** but, after several attempts, she finally managed to complete her novel.
- 8.3 **fresher** /'freʃər/ (n) = a student at a British university who has just started his/her first term / **świeżo upieczony student**
e.g. I felt extremely vulnerable as a **fresher**, but soon I found new friends who helped me to adapt to university life.
- 8.4 **outcast** /'aʊtkɑːst/ (n) = sb who has no place in society and is unaccepted / **wyrzutek (społeczeństwa)**
e.g. He felt like an **outcast** when he lost his job because many of his friends stopped calling him.
- 8.5 **scribble** /'skɪbəl/ (v) = to write or draw sth quickly or carelessly / **bazgrać, gryzmolić**
e.g. I just had time to **scribble** John a quick note before leaving.
- 8.6 **be mystified** = to be confused by sth very strange or impossible to explain / **być zadziwionym**
e.g. Sally was **mystified** by the letter as she couldn't work out who had sent it.
- 8.7 **have a feel for sth** = to be naturally good at doing sth / **mieć wrodzone zdolności do czegoś**
e.g. David **has a feel for** music; he can play several instruments even though he has never had any music lessons.
- 8.8 **pitch sth at sb** /pɪtʃ/ (v) = to target sth at sb, aim sth at sb / **przeznaczyć dla kogoś, kierować do kogoś**
e.g. She **itches** her books **at** young professional women by writing about experiences they can identify with.
- 8.9 **second-guess** /ˌsekənd'ges/ (v) = to try to guess in advance what sb will do / **spróbować przewidzieć czyjeś zamiary**
e.g. He tried to **second-guess** his boss by thinking about what he was most likely to do.
- 8.10 **plagiarism** /'plɛdʒərɪzəm/ (n) = the illegal use of sb's idea or a part of their work / **plagiat**
e.g. Tom was accused of **plagiarism** after he copied an article from the Internet and handed it in to his teacher.
- 8.11 **pull down** /'pʊl 'daʊn/ (phr v) = to demolish, to knock down / **zburzyć**
e.g. They are planning to **pull down** the old cinema and build a supermarket on the site.
- 8.12 **iconoclastic** /aɪˌkɒnə'klæstɪk/ (adj) = here: opposed to generally accepted beliefs and traditions / **obrazoburczy**
e.g. His essay was rather **iconoclastic** as it presented several original ideas which went against traditional theories.
- 8.13 **rake over** /'reɪk 'əʊvər/ (phr v) = to talk or think about sth repeatedly when it would be better to forget about it / **roztarzać, rozpamiętywać, rozgrzebywać stare sprawy**
e.g. My father wanted to know exactly what had happened but I refused to **rake over** the past.
- 8.14 **drag** /dræg/ (v) = to pull / **ciągnąć, wlec, tachać**
e.g. This chair is too heavy to carry; we will have to **drag** it over to the table.
- 8.15 **flick through** /'flɪk 'θruː/ (phr v) = to look quickly at the pages of a magazine, book, etc / **przekartkować**
e.g. I usually **flick through** a magazine while I am in the doctor's waiting room.
- 8.16 **discard** /dɪs'kɑːd/ (v) = to reject / **odrzuć**
e.g. Because Ron's ideas seemed unrealistic to the board of directors, they were completely **discarded**.
- 8.17 **condense** /kən'dens/ (v) = to reduce the length of a speech or piece of writing / **skrócić**
e.g. When you send a text message, you have to **condense** your news into a short, abbreviated sentence.
Der.: condensed (adj), condensation (n)
- 8.18 **spontaneous** /spɒn'teɪniəs/ (adj) = impulsive / **spontaniczny**
e.g. I wish he could be more **spontaneous** sometimes, but he always likes to have a plan and stick to it.
Der.: spontaneity /spɒntə'neɪti/ (n)
- 8.19 **strike a balance** (idm) = to find a compromise between two things / **znaleźć złoty środek**
e.g. You should **strike** the right **balance** between work and rest, you look so tired!

- 8.20 **critically** /'kɪtɪkəli/ (adv) = analytically / *krytycznie, badawczo*
e.g. *The director watched the performance **critically** and made notes of all the parts which needed improvement.*
- 8.21 **bewildered** /bɪ'wɪldəd/ (adj) = confused, puzzled / *oszołomiony, zdezorientowany*
e.g. *I was totally **bewildered** by his polite behaviour; he is normally so rude.*
- 8.22 **pluck out** /'plʌk 'aʊt/ (phr v) = to remove / *usunąć, wyrwać*
e.g. *Jenny spends hours **plucking out** her eyebrows, then she draws them back on with a pencil!*
-
- Language Focus (pp.168-171)**
- 8.23 **innovative** /'ɪnəʊvətɪv/ (adj) = ground-breaking, pioneering / *innowacyjny, nowatorski*
e.g. *The computer is one of the most **innovative** products of the last century and has changed the way we live and work.*
- 8.24 **assessment** /ə'sesmənt/ (n) = evaluation / *ocena, oszacowanie*
e.g. *This is a book of tests for the **assessment** of children's progress in mathematics.*
- 8.25 **finals** /'faɪnəlz/ (n pl) = tests taken at the end of a school year or college course / *egzaminy końcowe*
e.g. *He studied hard for his **finals** because they were his last chance to improve his grades.*
- 8.26 **clergy** /'klɜ:dʒi/ (n) = priests / *kler*
e.g. *Frank has always been religious, so it came as no surprise when he decided to join the **clergy**.*
- 8.27 **seminary** /'seminəri/ (n) = a college for training people to become priests / *seminarium duchowne*
e.g. *John spent three years training at the **seminary** before he became a priest.*
- 8.28 **inevitable** /ɪn'evɪtəbəl/ (adj) = (of sth) that cannot be avoided or prevented / *nieuchronny*
e.g. *You lay in the sun for six hours; it was **inevitable** that you would get sunburnt!*
- 8.29 **tutorial** /tju:'tɔ:riəl/ (n) = a period of study with a tutor involving one student or a small group / *seminarium, zajęcia w niewielkiej grupie*
e.g. *I found that **tutorial** very helpful; it's good to have a chance to discuss ideas with my tutor.*
- 8.30 **assignment** /ə'saɪnmənt/ (n) = a piece of work given to a student as part of their studies / *zadanie, projekt*
e.g. *I can't go out tonight; I have to finish writing this two-thousand-word **assignment** before tomorrow.*
- 8.31 **compass** /'kʌmpəs/ (n) = a device for finding direction with a freely moving needle that always points to the magnetic north / *kompas*
e.g. *If you are going hiking, you should take a **compass** in case you get lost.*
- 8.32 **easel** /'i:zəl/ (n) = a wooden frame with three legs that holds a picture which an artist is painting or drawing / *sztaluga*
e.g. *The artist looked thoughtfully at the picture on his **easel**, then picked up his brush and started to paint.*
- 8.33 **abacus** /'æbəkəs/ (n) = a square or rectangular frame holding an arrangement of small balls on metal rods or wires, which is used for counting, adding and subtracting / *liczydło*
e.g. *Before the calculator was invented, complicated sums could be done on an **abacus**.*
- 8.34 **prop** /prɒp/ (n) = an object used by the actors performing in a play or film / *rekwizyt*
e.g. *Don't remove this doll from the theatre; it is a **prop** in tonight's play!*
- 8.35 **test tube** /'test tju:b/ (n) = a small glass tube with one closed rounded end, which is used in scientific experiments / *probówka*
e.g. *The children poured the two different chemicals into the glass **test tube** and waited to see what would happen.*
- 8.36 **reference book** /'refərəns bʊk/ (n) = a book of facts, such as a dictionary or an encyclopaedia, which one uses to find particular information / *słownik lub encyklopedia, książka, w której szukamy informacji na określony temat*
e.g. *This encyclopaedia is an excellent **reference book**; you can find all kinds of information in it.*
- 8.37 **musical score** /'mju:zɪkəl 'skɔ:ʃ/ (n) = a piece of written music with the parts for all the instruments and voices arranged on separate lines / *nuty, zapis utworu muzycznego*
e.g. *This is the original handwritten **musical score** of Mozart's last work, worth millions of pounds.*
- 8.38 **glass slide** /'glɑ:s slɑɪd/ (n) = a small piece of glass on which a scientist puts sth in order to look at it through a microscope / *szkiełko mikroskopowe*
e.g. *The doctor put the skin cells onto a **glass slide** and examined them through a microscope.*
- 8.39 **cramming** /'kræmɪŋ/ (n) = learning many things in a short time, in preparation for an exam / *wkuwanie do egzaminu*
e.g. ***Cramming** is not a good way to study; you can't remember your notes if you read them all at the last minute.*

- 8.40 **editing** /'editɪŋ/ (n) = reorganising and correcting a written text / **redakcja tekstu**
e.g. *She was not happy with the **editing** of her novel as she did not like the changes which had been made.*
- 8.41 **proof-reading** /'pru:frɪdɪŋ/ (n) = checking and marking mistakes in a piece of work / **korekta**
e.g. *I have finished writing the report but it needs **proof-reading**; could you check it carefully for any mistakes?*
- 8.42 **archaic** /ɑ:'keɪk/ (adj) = ancient, very old / **archaiczny, bardzo stary, przestarzały**
e.g. *This law is **archaic** and really should be abolished in this day and age.*
Der.: archaically (adv), archaism (n)
Opp.: modern
- 8.43 **substantial** /səb'stænʃəl/ (adj) = considerable / **znaczący, pokaźny**
e.g. *The educational reform has a **substantial** number of supporters in the parliament.*
- 8.44 **bigoted** /'bɪgətɪd/ (adj) = showing strong, unreasonable beliefs and unwilling to change them / **bigoteryjny; pełen uprzedzeń; zacořany; skostniały**
e.g. *He is extremely **bigoted**; he still thinks that a woman's place is in the home.*
- 8.45 **kindergarten** /'kɪndəgɑ:tən/ (n) = a nursery school / **przedszkole**
e.g. *Sending children to **kindergarten** allows them to get used to mixing with other children before they start school.*
- 8.46 **opinionated** /ə'pɪnjonətɪd/ (adj) = dogmatic, intolerant / **nietolerancyjny, zadufany w sobie, nieznoszący sprzeciwu**
e.g. *It's impossible to talk to someone as **opinionated** as him; he refuses to accept that he may be wrong.*
- 8.47 **severe** /sɪ'vɪə/ (adj) = harsh / **surowy**
e.g. *Being expelled from school is the most **severe** punishment the education system can impose.*
Der.: severity /sɪ'verətɪ/ (n)
Opp.: lenient
- 8.48 **sheltered** /'ʃeltəd/ (adj) = protected / **osłonięty, chroniony**
e.g. *He has been **sheltered** by his parents all his life and has never had to deal with any problems on his own.*
- 8.49 **post-graduate** /,pəʊst'grædʒuət/ (adj) = involved in a programme of study after a bachelor's degree / **poddyplomowy**
e.g. *When Daniel finished his degree, he decided to do a **post-graduate** course to further his studies.*
- 8.50 **accelerated** /æk'seləreɪtɪd/ (adj) = speedy / **przyspieszony**
e.g. *I've already told my boss that I speak French, so I'm going to have to take an **accelerated** course and learn as fast as I can!*
Der.: acceleration (n)
- 8.51 **guarantee** /,gærən'ti/ (v) = to assure, to promise / **gwarantować**
e.g. *I can **guarantee** that if Harry continues to work so well, he will pass his exams with top marks.*
- 8.52 **expel** /ɪks'pel/ (v) = to force out, to banish / **usunąć, wydalic**
e.g. *The school was forced to **expel** the two naughty boys in order to set an example to the rest of the students.*
Der.: expulsion (n)
- 8.53 **suspend** /sə'spend/ (v) = to prevent sb from holding a particular job or function for a period of time / **zawiesić**
e.g. *If you continue to be absent from all weekly meetings, you will be **suspended** from the union.*
Der.: suspension (n)

Idioms

- 8.54 **the teacher's pet** = a student in a class who is liked best by the teacher and therefore treated better than the other students / **pupilek nauczyciela**
e.g. *Claire is **the teacher's pet**; her teacher seems to think she can do nothing wrong.*
- 8.55 **mind one's p's and q's** = to be polite / **być grzecznym, ważyć słowa**
e.g. *Now I need you to behave politely, so **mind your p's and q's**.*
- 8.56 **learn sth by heart** = to know or learn sth so that one can remember it perfectly / **nauczyć się na pamięć**
e.g. *The teacher told us to **learn** this poem **by heart** for tomorrow's lesson, but I can't remember any of it.*
- 8.57 **as easy as one, two, three** = extremely easy / **bardzo łatwy**
e.g. *It won't take you long to get used to doing this task; it's **as easy as one, two, three**.*
- 8.58 **be of the old school** = to have traditional ideas about how to do sth and not accept new ways of doing it / **być staroświeckim**
e.g. *The headmaster here **is of the old school** and not very open to new ideas about education.*
- 8.59 **know sth like the back of one's hand** = to know sth very well / **znać coś jak własną kieszeń**
e.g. *Don't worry, we won't get lost; I **know** this area **like the back of my hand**.*

8.60 **pass with flying colours** = to pass an examination with a very high score / **zdać śpiewająco**
e.g. He has studied hard for the exam, so he should **pass with flying colours**.

8.61 **make the grade** = to succeed in sth because one's skills are good enough / **poradzić sobie dzięki właściwym kwalifikacjom**
e.g. He doesn't have enough experience to **make the grade**, so he didn't get the job.

8.62 **multiplication table** /,mʌltɪplɪ'keɪʃən ˌteɪbəl/ (n) = a list that shows the results of multiplying one number by a set of other numbers, used especially by children at school / **tabliczka mnożenia**
e.g. Jane spent hours studying her **multiplication table**, trying to remember all the sums on it.

8.63 **jeer at sb** /dʒɪə/ (v) = to laugh or shout insults at sb / **drwić, wyśmiewać, szydzić**
e.g. The boys **jeered at** the new teacher when he told them to be quiet because they could see that their laughter was upsetting him.

8.64 **chant** /tʃɑːnt/ (n) = a word or group of words repeated over and over again / **powtarzane monotonnie słowa**
e.g. In front of the ministry, a group of protesters repeated their **chant**: "Resign! Resign!"

Fixed Phrases (with by)

8.65 **by and large** = generally speaking / **ogólnie rzecz biorąc**
e.g. **By and large**, British schools offer a sound education to children of all abilities.

8.66 **by and by** = eventually / **wreszcie, w końcu**
e.g. Don't keep asking him to come inside. Give him time to calm down and he'll come in **by and by**.

8.67 **fall by the wayside** = to come to nothing / **spełznąć na niczym**
e.g. All her plans to open her own business **fell by the wayside** when she started a family.

8.68 **by chance** = incidentally / **przez przypadek**
e.g. They lost contact when they left school, but they met **by chance** several years later and their friendship was as strong as ever.

8.69 **by the way** = coincidentally / **przy okazji, a propos**
e.g. **By the way**, have you seen my new jacket anywhere?

8.70 **by the book** = exactly as one is instructed / **dokładnie, według instrukcji**
e.g. He does his job **by the book**; he follows every instruction to the letter.

8.71 **by law** = legally / **zgodnie z prawem**
e.g. Children under sixteen are required **by law** to attend school.

8.72 **by word of mouth** = through various conversations / **(podawać informację) z ust do ust, (znać coś) ze słyszenia**
e.g. We didn't have to advertise the new restaurant; its fame spread **by word of mouth**.

8.73 **coincidentally** /kəʊˌɪnɪ'sɪdəntəl/ (adv) = in the same place or at the same time / **przypadkowo, na skutek zbiegu okoliczności**
e.g. **Coincidentally**, I and Monica flew to Berlin on the same plane.

8.74 **smoke detector** /,sməʊk dɪ'tektə/ (n) = a device that makes a loud noise when smoke appears to tell people that there is a fire / **wykrywacz dymu**
e.g. Just in case, she always sets the **smoke detector** on before leaving the house.

8.75 **sprinkler system** /'sprɪŋklə ˌsɪstəm/ (n) = a piece of equipment for scattering water onto fires to put them out / **automatyczny system gaszenia pożaru**
e.g. The **sprinkler system** is set to go off automatically with any sign of smoke.

Phrasal verbs

8.76 **drag down** /'dræɡ ˈdaʊn/ = to make sb unable to succeed or to make sb behave badly by setting a wrong example / **ciągnąć w dół, obniżać poziom**
e.g. His teachers say that his work is suffering because he mixes with naughty children who **drag him down**.

8.77 **keep to** /'ki:p tə/ = to adhere to sth / **trzymać się czegoś, przestrzegać**
e.g. Slow down – you really should try to **keep to** the speed limit, you know.

8.78 **keep up with** /'ki:p ˈwɪð/ = to stay level with / **dotrzymać kroku**
e.g. No matter how hard he ran, he couldn't **keep up with** the others who raced ahead.

8.79 **drag out** /'dræɡ ˈaʊt/ = to manage to obtain / **wyciągnąć (od kogoś informację)**
e.g. She didn't want to tell me what she had been doing, but I managed to **drag it out** of her.

8.80 **keep back** /'ki:p ˈbæk/ = to reserve / **zachować na później**
e.g. Grate all of the cheese, but **keep some back** to use for the topping later.

8.81 **drag in** /'dræɡ ˈɪn/ = to mention sth irrelevant / **wtrącić coś nie na temat**

e.g. Of course, she managed to **drag in** her engagement although it had nothing to do with the conversation.

- 8.82 **drag on** /'dræg 'ɒn/ = to continue unnecessarily / **przeciągać się, ciągnąć się bez potrzeby**
e.g. Sorry I'm late; the meeting **dragged on** much later than I expected.

- 8.83 **keep on** /'ki:p 'ɒn/ = to continue to employ / **trzymać na etacie, nie zwalniać**
e.g. Eric's work is of a very low standard; I can't think why the company **keeps him on**.

- 8.84 **arrogant** /'ærəgənt/ (adj) = proud and rude / **arogancki, zadufany**
e.g. That man is so **arrogant**, he really thinks he is something special.

Der.: arrogance (n)

Opp.: humble, modest

- 8.85 **resemble** /rɪ'zembəl/ (v) = to be similar to / **przypominać**
e.g. I don't think the twins **resemble** their mother very much, but they are the spitting image of their father.

Der.: resemblance (n)

Opp.: differ

- 8.86 **bear resemblance to** = to look like / **być podobnym do**
e.g. Have you ever noticed that Sam **bears** a striking **resemblance to** Brad Pitt? They could be brothers!

Listening and Speaking (pp.172-173)

- 8.87 **A-level** /'eɪ,levəl/ (n) = a British exam in a particular subject, taken in the final year of school at the age of 18 / **w Wielkiej Brytanii egzamin końcowy z danego przedmiotu w szkole średniej**
e.g. I worked hard at school towards my **A-levels**.
- 8.88 **shortage** /'ʃɔ:tɪdʒ/ (n) = lack / **niedobór, brak**
e.g. The school may have to close down due to a **shortage** of funding; we simply can't afford to stay open.
- 8.89 **HND** /,eɪtʃ ən 'di:/ (abbr) = in Britain, Higher National Diploma, especially in technical or scientific subjects / **w Wielkiej Brytanii dyplom zawodowy uzyskiwany po dwu- lub trzyletnich studiach**
e.g. Instead of going to university, Jane decided to do an **HND** course in Hotel Management at her local college.
- 8.90 **be having sb on** (idm) = to play a trick on sb / **nabierać kogoś**
e.g. You didn't believe him, did you? Couldn't you see that he **was having you on**?

- 8.91 **transcript** /'trænskɪpt/ (n) = an official record of a student's work that shows the courses taken and the marks obtained / **wykaz ocen studenta**
e.g. Upon graduation, I received my diploma and student's **transcript**.

Reading (pp.174-175)

- 8.92 **coax sb into doing sth** /kəʊks/ (v) = to persuade / **nakłonić, zachęcić**
e.g. The stray kitten was very shy but, with patience, I was able to **coax it into** drinking some milk.
- 8.93 **bribe** /braɪb/ (v) = to try to make sb do sth for you by giving them money, presents or sth else that they want / **przekupić**
e.g. I **bribed** my little sister to stay in her room all night by giving her some sweets.
Der.: bribe (n), bribery (n)
- 8.94 **remedial** /rɪ'mɪdiəl/ (adj) = intended to help those students or pupils who have problems with learning / **dokształcający, dodatkowy**
e.g. Paul has problems with reading, so he is taking **remedial** classes to help him catch up.
- 8.95 **oxymoron** /,ɒksɪ'mɔ:rən/ (n) = two words used together which have, or seem to have, opposite meanings / **oksymoron**
e.g. Critics joked that "British fashion" was rather an **oxymoron**, as the people of that country have not previously been known for their sense of style.
- 8.96 **blazon** /'bleɪzən/ (v) = to make news or information widely known or to make sure it is easily noticeable / **rozgłaszać; tu: wydrukować dużymi literami**
e.g. News of the pop star's wedding was **blazoned** over the front page of all the tabloid papers.
- 8.97 **euphemism** /'ju:fəmɪzəm/ (n) = a word or phrase used to avoid saying an unpleasant or offensive word / **eufemizm**
e.g. The term "pass away" is a **euphemism** for "die".
Der.: euphemistic (adj), euphemistically (adv)
- 8.98 **singlemindedness** /,sɪŋgəl'maɪndɪdnəs/ (n) = steadiness, determination to achieve sth / **determinacja, wytrwałość w dążeniu do celu**
e.g. The reason he is such a successful athlete is his **singlemindedness** about training.
- 8.99 **unacknowledged** /,ʌnæk'nɒlɪdʒd/ (adj) = not recognised, subconscious / **podświadomy, nieuświadomiony**
e.g. If you have **unacknowledged** fears or worries, this can lead to bad dreams.

- 8.100 **submission** /səb'mɪʃən/ (n) = accepting one's defeat and the need to obey sb / **uległość, poddanie się, posłuszeństwo**
e.g. *The army surrounded the city, hoping to starve the people into **submission**.*
Der.: submissive (adj)
- 8.101 **secrete** /sɪ'kri:t/ (v) = to hide / **ukryć**
e.g. *The shoplifter **secreted** stolen goods about his person and attempted to leave the store.*
- 8.102 **contraband** /'kɒntrəbænd/ (n) = goods which are brought into or taken out of a country secretly and illegally / **kontrabanda**
e.g. *Why did you buy those smuggled cigarettes; don't you know that it is illegal to buy **contraband** goods?*
- 8.103 **prize** /praɪz/ (v) = to separate by force / **rozdzielić siłą**
e.g. *We didn't have a bottle opener with us, so we used a key to **prize** off the lid.*
- 8.104 **coerce** /kəʊ'ɜ:s/ (v) = to force sb to do sth / **zmusić**
e.g. *The prisoner insisted that the police had used force to **coerce** him to make a confession.*
Der.: coercion (n), coercive (adj)
- 8.105 **meddle** /'medl/ (v) = to try to change or have an influence on things which are not one's responsibility / **wtrącać się (do cudzych spraw)**
e.g. *The argument was between Katie and Lee; it's not up to you to **meddle** in their business.*
- 8.106 **stigmatised** /'stɪgmətəɪzd/ (adj) = treated unfairly because one is disapproved of / **napiętnowany**
e.g. *When Peter first started school, he was **stigmatised** because of his speech problem, but the other children soon learned that he was no different from them.*
- 8.107 **paramount** /'pærəmaʊnt/ (adj) = more important than anything else / **główny, najważniejszy**
e.g. *I believe that teaching children to read should be **paramount** in schools, as they cannot progress in life if they cannot read.*
- 8.108 **drill sb into sth** = to teach sb a skill by way of repetition / **wyuczyć kogoś, wpoić coś komuś**
e.g. *The teacher tried to **drill** the children **into** learning their sums by saying them over and over again.*
- 8.109 **compel** /kəm'pəl/ (v) = to force sb to do sth / **zmusić, przymusić**
e.g. *The new law **compels** all cyclists to wear a protective helmet.*
Der.: compulsive (adj), compulsory (adj), compulsion (n)
- 8.110 **voracious** /və'reɪʃəs/ (adj) = avid, very eager for sth / **żarłoczny, nienasycony**
e.g. *Steve is a **voracious** reader; you will often see him with his nose in a book.*
- 8.111 **peek** /pi:k/ (v) = to look, especially for a short time or while trying to avoid being seen / **zerknąć**
e.g. *She quickly **peeked** round the door to see if there was anyone in the room.*
- 8.112 **assuage** /ə'sweɪdʒ/ (v) = to make unpleasant feelings less strong / **uśmierzyć, złagodzić**
e.g. *To **assuage** Tom's disappointment at missing the party, his mother let him watch his favourite film on video.*
- 8.113 **exuberant** /ɪg'zju:bərənt/ (adj) = very energetic / **żywiłowy, pełen energii, entuzjastyczny**
e.g. *Robin is a very **exuberant** child; he is always running around and playing energetic games.*
Der.: exuberance (n)
- 8.114 **deal a blow to sb/sth** (idm) = to be shocking or harmful to sb/sth / **być dużym ciosem (wymierzonym w kogoś lub coś)**
e.g. *Being rejected from his chosen university **dealt a huge blow** to Henry's confidence and it took him a long time to recover.*
- 8.115 **exert** /ɪg'zɜ:t/ (v) = to use (influence, pressure, etc) in a strong or determined way / **wywrzeć (wpływ, nacisk, itp.)**
e.g. ***Exerting** pressure on children to study can have the opposite effect and make them rebel against learning.*
- 8.116 **unabashedly** /,ʌnə'bæʃɪdli/ (adv) = without worry about possible criticism or embarrassment / **nie pesząc się, bez zawstydzenia, bezwstydnie**
e.g. *He was **unabashedly** honest about the mistake he had made and did not seem embarrassed at all.*
- 8.117 **lug** /lʌg/ (v) = to carry or pull sth with effort / **taszczyć, wlec, targać**
e.g. *The problem with not having a car is that you have to **lug** all the shopping home from the supermarket on foot.*
- 8.118 **stance** /stæns/ (n) = the way of thinking about sth, especially when expressed in public / **(oficjalne) stanowisko w jakiejś sprawie**
e.g. *The government has agreed to reconsider its **stance** on adopting the euro; it is hoped that they will decide to be more flexible.*
- 8.119 **perverse** /pə'veɜ:s/ (adj) = deliberately opposing the acceptable way of behaviour / **przewrotny, przekorny**
e.g. *Jamie can be so **perverse** at times; he only decided to come to the theatre because I wanted him to stay at home.*
- 8.120 **heresy** /'herəsi/ (n) = an opinion or belief that is against the official or popular opinion / **herezja**
e.g. *It is a **heresy** to say that women should not vote!*

English in Use (pp.176-179)

- 8.121 **MP** /,em 'pi:/ (n) = Member of Parliament / poseł, deputowany
e.g. If you have a problem with the services in your area, you should talk to your local **MP** as he or she is your representative in the Parliament.
- 8.122 **Damascus** /də'mæskəs/ (n) = **Damaszek**
- 8.123 **paperweight** /'peɪpəweɪt/ (n) = a small heavy object that is put on top of loose papers to keep them in place / przycisk do papieru
e.g. I bought this silver **paperweight** in an antique shop.
- 8.124 **be shipwrecked** = to have an accident in which a ship is destroyed or sunk at sea / być rozbitkiem, uczestniczyć w katastrofie statku
e.g. When Robinson Crusoe **was shipwrecked**, he spent years living on a desert island until he was rescued.
- 8.125 **neurobiology** /,njʊərəʊbɪə'lɒdʒi/ (n) = a branch of biology that examines the neurological system / neurobiologia
e.g. Mr Brown is a professor of **neurobiology** and knows all about the nervous system.
- 8.126 **navigate** /'nævɪgeɪt/ (v) = to find a direction across, along or over an area of water or land / pilotować, odnajdywać drogę
e.g. It will be hard to **navigate** a safe route to the island as it is surrounded by large rocks.
Der.: navigation (n)
- 8.127 **polish** /'pɒlɪʃ/ (n) = a cream or other substance that one uses to clean sth and make it shine / pasta do czyszczenia lub polerowania
e.g. You can't clean the furniture just by wiping it; you need to use **polish** to make it really shine.
- 8.128 **flower arrangement** /'flaʊər ə,rɛndʒmənt/ (n) = a composition of flowers / kompozycja kwiatowa
e.g. The table was set with the best silver and there was a beautiful **flower arrangement** in the centre.
- 8.129 **discipline** /'dɪsɪplɪn/ (n) = a particular area of study, especially a subject studied at a college or university / dyscyplina (naukowa)
e.g. History is still a very popular **discipline** and is studied by thousands of students at universities across the country.
- 8.130 **static** /'stætɪk/ (adj) = not changing for a long time / statyczny, stały, niezmienny, trwały
e.g. Her grades have remained **static** for the last three years; she always gets straight **As**.
Der.: statically (adv)
- 8.131 **inventory** /'ɪnvəntri/ (n) = a detailed list / spis, inwentarz
e.g. Before I moved in, the landlord made an **inventory** of all the furniture in the flat to make sure that none of his property was damaged or removed.
- 8.132 **chorology** /kə'rɒlədʒi/ (n) = the study of the causal relations between geographical phenomena occurring within a particular region / chorologia, nauka o związkach pomiędzy zjawiskami geograficznymi na danym obszarze
e.g. As part of his research on African rivers and deserts, the geographer spent most of his time focusing on **chorology**.
- 8.133 **scrabble** /'skræbəl/ (n) = a game played on a board covered in squares in which players win points by creating words from letters with different values and connecting these words with ones already on the board / gra w scrabble
e.g. Lizzie loves playing **scrabble**; she knows a lot of unusual words, so she usually wins.
- 8.134 **fertile** /'fɜːtaɪl/ (adj) = productive / żyzny, urodzajny
e.g. We are lucky to have such **fertile** land on this farm because we have great crops every year.
Der.: fertility /fɜː'tɪləti/ (n)
- 8.135 **cultivate** /'kʌltɪveɪt/ (v) = to prepare land and grow crops on it / kultywować, uprawiać
e.g. Jane has **cultivated** a small vegetable garden of her own and grows most of her own food.
Der.: cultivation (n)
- 8.136 **irrigate** /'ɪrɪgeɪt/ (v) = to supply land with water so that crops and plants will grow / irygować, nawadniać
e.g. We are able to use the water from the nearby lake to **irrigate** our land, so our crops do very well.
Der.: irrigation (n)
- 8.137 **child prodigy** /tʃɪld 'prɒdɪdʒi/ (n) = a young child who has great abilities / mały geniusz, cudowne dziecko
e.g. Bill is a **child prodigy**; he is only seven but he speaks two foreign languages fluently and plays the piano and violin very well.
- 8.138 **debatable** /dɪ'beɪtəbəl/ (adj) = not clear, not certain / sporny
e.g. Whether or not he was actually guilty of the theft is **debatable**; no one seems to be able to agree on that point.
- 8.139 **grant access to sth** = to give permission to use sth / udostępnić
e.g. All students are **granted access** to the computer room where they can make use of the latest technological equipment.

- 8.140 **upon arrival** = when one arrives / *tuż po przybyciu*
e.g. *He was greeted by the mayor upon arrival and made to feel very welcome.*
- 8.141 **prescribed** /pri'skraɪbd/ (adj) = suggested / *zalecany*
e.g. *This book is on the list of prescribed reading matter for my university course; I don't have to read it, but I think I ought to.*
- 8.142 **bear in mind** = to remember a piece of information when making decisions or thinking about a matter / *mieć coś na uwadze, pamiętać*
e.g. *You can go to the party if you like, but bear in mind that you have a busy day tomorrow, so you should get some rest.*

Writing (pp.180-184)

- 8.143 **hyperbole** /haɪ'pɜːbəl/ (n) = a way of speaking or writing that makes sb or sth appear bigger, better, more, etc than they are / *hiperbola, przesadnia*
e.g. *The hyperbole on the poster said the band were the greatest rock musicians in the world, though in truth they were fairly average.*
- 8.144 **Georgian** /dʒɔːdʒən/ (adj) = (of architecture and furniture) coming from the time of the British kings George I-IV (1714-1830) / *georgiański (np. styl, meble)*
e.g. *When John was promoted to manager, he could afford to buy a fine Georgian house.*
- 8.145 **at sb's disposal** = available to be used by sb / *do czyjejs dyspozycji*
e.g. *My car is at your disposal for the duration of your visit; feel free to use it any time you like.*
- 8.146 **roomy** /ruːmi/ (adj) = spacious, large / *przestronny*
e.g. *This is a very roomy apartment; it's much more spacious than my old flat.*
- 8.147 **brehtaking** /'breθteɪkɪŋ/ (adj) = extremely exciting, beautiful or surprising / *zapierający dech w piersiach*
e.g. *We had a breathtaking view of the mountains from our hotel room.*

Idioms

- 8.148 **a stone's throw** = very close / *o rzut kamieniem*
e.g. *I am lucky enough to live a stone's throw from the office; it only takes me two minutes to get to work in the morning.*
- 8.149 **put one's heart and soul into sth** = to put one's efforts into sth / *włożyć w coś całe serce i duszę*
e.g. *Poor Sarah! She put her heart and soul into that audition; it's such a shame that she didn't get the part after all her efforts.*

- 8.150 **get one's foot in the door** = to have access / *uzyskać gdzieś dostęp, dostać się gdzieś*
e.g. *Once you get your foot in the door of a profession, you can work your way up to the top.*
- 8.151 **stand on one's own two feet** = to be able to live independently / *stać na własnych nogach*
e.g. *It's time you stood on your own two feet and stopped depending on your parents.*
- 8.152 **pull out all the stops** = to make a lot of effort to do sth well / *dołożyć wszelkich starań*
e.g. *Tara had really pulled out all the stops to make the party a success; she must have worked really hard.*
- 8.153 **pick sb's brains** = to ask for information or advice from sb who knows more about a subject / *zasięgnąć rady lub informacji u kogoś z większym doświadczeniem*
e.g. *Can I pick your brains for a minute? I want to ask you a question about the music industry.*
- 8.154 **a matter of course** = sth happening without people thinking about whether they want it or not / *rzecz oczywista, naturalna*
e.g. *All new pupils at the school are given an assessment test as a matter of course.*
- 8.155 **teach sb a lesson** = to punish sb so that they will not behave badly again / *dać komuś nauczkę*
e.g. *When Tim lied to his parents, they banned him from watching TV for a week to teach him a lesson.*
- 8.156 **put all the eggs in one basket** = to risk losing everything by putting all one's efforts or money into one plan / *postawić wszystko na jedną kartę*
e.g. *Rachel insisted on investing all her money in one company, even though I told her not to put all her eggs in one basket.*
- 8.157 **comforts** /'kɒmfəts/ (n pl) = objects that make one's life easier / *wygody*
e.g. *Jill isn't very keen on camping as she likes to have the comforts of home around her.*
- 8.158 **homesick** /'həʊmsɪk/ (adj) = unhappy because of being away from home for a long period / *stęskniony za domem lub krajem*
e.g. *Harriet felt rather homesick when she first went to study abroad, but she soon got used to the new way of life.*
Der.: homesickness (n)
- 8.159 **self-sufficiency** /ˌselfsə'fɪʃnsi/ (n) = ability to provide everything one needs for oneself without the help of others / *samowystarczalność*
e.g. *Leaving home at a young age gives people the chance to learn self-sufficiency instead of depending on their parents.*

- 8.160 **rapidly** /'ræpɪdli/ (adv) = fast, quickly / **gwałtownie, szybko**
*e.g. He only started his business two years ago, but it expanded **rapidly** and he is already making huge profits.*
Opp.: slowly
- 8.161 **encompass** /ɪn'kʌmpəs/ (v) = to include / **zawierać, obejmować**
*e.g. Claire is a great pianist; her repertoire **encompasses** everything from Beethoven to the Beatles.*
- 8.162 **nostalgic** /nɒ'stældʒɪk/ (adj) = feeling slightly sad about things that happened in the past / **nostalgiczny; odczuwający tęsknotę, nostalgię za czymś**
*e.g. The older I get, the more **nostalgic** I feel about the past; I miss the people and places I used to know.*
Der.: nostalgically (adv)
- 8.163 **fruitful** /'fruːtfl/ (adj) = successful / **owocny, udany**
*e.g. This morning's meeting was quite **fruitful** as many important decisions were made.*
Opp.: fruitless
- 8.164 **welfare** /'welfeə/ (n) = a system which allows the government of a country to provide social services to people who need them / **opieka społeczna**
*e.g. The job paid so little that I would have been better off on **welfare** benefits for the unemployed.*
- 8.165 **up and running** = ready to operate / **gotowy do działania lub pracy**
*e.g. After a few technical problems, the new computer is now **up and running**.*
- 8.166 **detention** /dɪ'tenʃən/ (n) = the punishment of being kept at school for some time after the classes are over / **(w szkole) „koza”, zatrzymanie po lekcjach za karę**
*e.g. Ben misbehaved at school, so his teacher finally gave him a **detention**.*
- 8.167 **brush up on** /'brʌʃ 'ʌp ən/ (phr v) = to improve, refresh (one's skills) / **odświeżyć wiadomości lub przypomnieć sobie nabyte wcześniej umiejętności**
*e.g. I am taking some evening classes to **brush up on** my French before I go to Paris, as I hardly remember anything I learnt at school.*

VOCABULARY EXERCISES

A Wybierz właściwe słowo lub zwrot.

- 1 Companies are prohibited from firing staff without good reason.
 A by chance C by law
 B by the way D by the book
- 2 Tony had to take extra classes in order to his school work.
 A keep to C keep back
 B keep up with D keep on
- 3 I have been asked to a list of all those who are willing to work overtime this week.
 A compile C condemn
 B condense D compel
- 4 I hope the meeting doesn't for too long; I have an appointment at four o'clock.
 A drag down C drag in
 B drag out D drag on
- 5 Julie has been working on her homework all evening; she really makes an effort with her studies.
 A assessment C tutorial
 B assignment D finals
- 6 Carl has been given a pay increase, so he is able to afford a new car.
 A severe C spontaneous
 B substantial D sheltered
- 7 I really must my tennis skills before the match on Saturday.
 A flick through C brush up on
 B pluck out D pull down
- 8 I have told him time and time again not to the younger children, but he just doesn't listen.
 A coax C coerce
 B bribe D bully
- 9 I can't stand the way Robert thinks he is better than everyone else; he is so
 A arrogant C voracious
 B exuberant D opinionated
- 10 I don't know why you asked Sam to the journey; he's always getting lost.
 A irrigate C navigate
 B cultivate D secrete

B Uzupełnij tekst wyrazami utworzonymi od słów podanych w tej samej linii po prawej stronie.

Mark's problems at school all began when he handed in an 0) *assignment* to one of his tutors which, apparently, bore a striking 1) to an article in one of the school's textbooks. A group of teachers examined the essay 2) and decided that Mark was guilty of 3) Mark was very upset and said that this was an unfair 4) He claimed that he had never seen the article, let alone copied it. Well, whether or not he was telling the truth is 5) , but in the end the teachers decided that the 6) of the crime meant that Mark had to be punished. Mark was afraid that this would mean 7) and that he would have to find a new school, but, luckily, the teachers decided that a week's 8) would be punishment enough.

- ASSIGN
- RESEMBLE
- CRITICAL
- PLAGIARISE
- ASSESS
- DEBATE
- SEVERE
- EXPEL
- SUSPEND

C Uzupełnij zdania podanymi słowami.

- perseverance • discard • spontaneous • inevitable • compass • immense • shortage • gratifying
- meddle • famine

- | | |
|--|---|
| <p>1 To be successful in any field usually requires</p> <p>2 It was that he would fail his exams as he had hardly studied at all.</p> <p>3 Without a, it was impossible to tell which way we should be going.</p> <p>4 She is so nosy, she is always trying to in other people's affairs.</p> <p>5 It was extremely to see Kate get her degree, especially as I had helped her with her studies throughout her course.</p> | <p>6 Richer countries should do more to help the victims of in third-world countries.</p> <p>7 Even though he was rich and successful, he did not his working class roots and always remembered where he came from.</p> <p>8 There is a of staff at this school, which means that classes are much larger than they should be.</p> <p>9 Why don't we do something, like throwing a party tonight!</p> <p>10 It is hard for us to understand how the universe really is, because our brains cannot conceive of such great distances.</p> |
|--|---|

D Podkreśl właściwe słowo.

- | | |
|--|--|
| <p>1 All homes should be fitted with a smoke detector/sprinkler system/multiplication table to ensure that people have an early warning in the event of a fire.</p> <p>2 Only minor changes should be made at the editing/proof-reading/cramming stage as you should only be checking for typing errors.</p> <p>3 We can't guarantee/assuage/encompass that the operation will be successful, but there is a 95 percent chance that it will work.</p> | <p>4 The term "let someone go" is often used as a(n) oxymoron/euphemism/contraband for firing someone.</p> <p>5 I can't stand talking to bigoted/opinionated/arrogant people who never listen to my point of view.</p> <p>6 Steve has such a voracious/wretched/perverse appetite; he never stops eating!</p> |
|--|--|

E Dopasuj do siebie zwroty z kolumn A i B. Utwórz właściwe kolokacje, a następnie uzupełnij nimi podane zdania.

A	B
1 <input type="text"/> fall	a the grade
2 <input type="text"/> mind	b something by heart
3 <input type="text"/> know	c one's heart and soul into something
4 <input type="text"/> make	d one's foot in the door
5 <input type="text"/> learn	e by the wayside
6 <input type="text"/> pass	f somebody a lesson
7 <input type="text"/> get	g somebody 's brains
8 <input type="text"/> pick	h with flying colours
9 <input type="text"/> put	i something like the back of one's hand
10 <input type="text"/> teach	j one's p's and q's

- | | |
|---|--|
| <p>1 He was sure he had failed his exam, so he was delighted to find that he had</p> <p>2 Can you help me to memorise this passage? I have to for tomorrow's lesson.</p> <p>3 Without a degree, it can be hard to of any business these days.</p> <p>4 I can't believe the teacher didn't like my essay; I into writing it.</p> <p>5 Now, you need to make a good impression on your new teachers, so</p> | <p>6 Stanley knows all about history, so why don't you ... instead of asking me all these questions?</p> <p>7 There's no way Gary will get lost; he the woods</p> <p>8 Ben didn't get a promotion. Even though he works hard, he just doesn't</p> <p>9 The naughty children were suspended from school in the hope that it would</p> <p>10 All our travel arrangements when the airline company went bankrupt.</p> |
|---|--|

F W większości linijek w tekście jest jeden błąd ortograficzny lub interpunkcyjny. Znajdź i popraw błąd, zapisując poprawkę w wyznaczonym miejscu po prawej stronie. Jeśli w danej linijce nie ma błędu, zaznacz ją znakiem (✓).

If your working day is so busy that you bearyl have time to grab lunch, how on earth are you supposed to find time to fit in a workout. It's much easier than you think. If done efficiently, a mid-day workout only needs to take about 40 minutes. And when youre finished, you'll arrive back at your desk feeling fresh and energised. All you have to do is manage your time. Make exercise a natural part of your daily routine. Allow time for it each day and don't let other activitys steal from your exercise time. You can combine exercise with your daily schedule. If you're often stuck in meetings persuade your colleagues into walking meetings, or even meetings held in the gym. The change could do your company the world of good, as a new enviroment can stimulate new ideas If this idea won't work for you, why not go for a walk in your lunch break? After all, this is the easiest and cheapest form of exercise, as you've already got all the equippment you need! Buy your lunch at a shop further away from your office than usual, or take a different root every day to keep yourself interested. you could even head to the nearest park and do a brief workout on the grass. Whatever you decide to do, remember that you dont have to end up sweating and gasping for air. Take it easy. You only need to do around twenty minutes exercise a day to keep your heart and body in great shape.

0	<i>barely</i>
00	<i>workout?</i>
000	✓
1
2
3
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10
11
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13
14
15

Vocabulary & Grammar (p. 185)

- SA4.1 **uppermost** /ˈʌpəməʊst/ (adj) = the most important / *najważniejszy*
e.g. *Winning this match should be **uppermost** in our minds at the moment; nothing else matters right now.*
- SA4.2 **submerge oneself** /səb'mɜːdʒ/ (v) = to give all the attention to an activity and not think about anything else / *zagłębić się, zatopić w czymś*
e.g. *Clare loves to **submerge herself** in a book every evening and forget all about her busy day at work.*
- SA4.3 **be immersed** = to become completely involved in sth that one is doing / *być pogrążonym w czymś*
e.g. *It's no use trying to talk to Chris; he's **immersed** in his computer game and won't listen.*
- SA4.4 **plaster** /'plɑːstə/ (n) = a smooth paste made of sand, lime and water which goes hard when it dries / *gips, tynk*
e.g. *We will have to give the walls a coat of **plaster** before we can paint them because they are so uneven.*
- SA4.5 **piercing** /'piəriŋ/ (adj) = (of a sound) high-pitched, sharp and clear in an unpleasant way / *przejmujący, przeraźliwy, przeszywający*
e.g. *Tom gave a long **piercing** whistle and his dog came running towards him.*
- SA4.6 **tuition** /'tjuːʃən/ (n) = being taught about a subject / *nauczanie, (dodatkowe) zajęcia, korepetycje*
e.g. *Helen is having extra **tuition** in maths because she finds it a difficult subject and needs a bit of help.*

Use of English (p. 185)

- SA4.7 **meditation** /medi'teɪʃən/ (n) = the act of remaining in a silent and calm state for a period of time, as part of a religious training, or so that one is more able to deal with the problems of everyday life / *medytacja*
e.g. ***Meditation** is good for you as it is healthy to clear your mind and relax for a short time every day.*
- SA4.8 **mindfulness** /'maɪndfʊlnəs/ (n) = thinking about sth and considering it when taking action, awareness / *rozwaga, troska*
e.g. *Doing this task requires **mindfulness**, as it is important to think about it carefully and avoid making any mistakes.*

Reading (pp. 186-187)

- SA4.9 **brainpower** /'breɪnpaʊə/ (n) = intelligence / *inteligencja, umiejętność rozumowania*
e.g. *Scientists claim that eating fish can improve your **brainpower** and help you to think.*
- SA4.10 **edict** /'iːdɪkt/ (n) = here: an authoritative statement / *tu: stanowcze stwierdzenie*
e.g. *The new **edict** of the boss is that all staff must wear smart clothes to work.*
- SA4.11 **neural** /'njuːərəl/ (adj) = relating to the nervous system / *nerwowy*
e.g. *The brain interprets colour, shape and movement by using different **neural** pathways to process the information taken in by the eyes.*
- SA4.12 **nurture** /'nɜːtʃə/ (v) = to care for a child / *wychowywać dziecko, dbać, troszczyć się o nie*
e.g. *Children depend on their parents to **nurture** and protect them while they are small.*
- SA4.13 **medic** /'medɪk/ (n) = a doctor or medical student / *lekarz lub student medycyny*
e.g. *You really don't look very well; I think you should see a **medic** as soon as possible.*
- SA4.14 **orphanage** /'ɔːfənɪdʒ/ (n) = a place where orphans live and are looked after / *sierociniec*
e.g. *When her parents died, Sarah spent two years in the **orphanage** before a kind couple adopted her.*
- SA4.15 **trauma** /'trɔːmə/ (n) = a very severe shock or very upsetting experience which may cause psychological damage / *trauma, uraz*
e.g. *After the **trauma** of the car accident, she had counselling sessions in order to deal with her feelings of shock.*
Der.: traumatic (adj), traumatise (v)
- SA4.16 **frontal** /'frʌntəl/ (adj) = (of brain parts) situated near the forehead / *czołowy*
e.g. *My grandfather's health problems result from the injury in the **frontal** area of the brain.*
- SA4.17 **temporal** /'tempərəl/ (adj) = (of brain parts) near the sides of the head / *skroniowy*
e.g. *He received a blow to the side of his head which damaged the **temporal** lobe of his brain.*
- SA4.18 **regulate** /'regjʊleɪt/ (v) = to control an activity or process / *regulować, normować*
e.g. *There are three judges who will **regulate** the competition and make sure it is carried out fairly.*
Der.: regulation (n)

- SA4.19 **rear** /rɪə/ (v) = to bring up, to look after / *wychować, opiekować się*
e.g. Lizzie **reared** her brother's two children from when they were babies, and she treated them as if they were her own.
- SA4.20 **abnormality** /,æbnɔ:'mæltɪ/ (n) = an unusual feature in sb's behaviour / *anomalia, nieprawidłowość*
e.g. Tim has difficulty expressing his emotions; doctors say this **abnormality** was caused by neglect in his early childhood.
- SA4.21 **stimulation** /,stɪmjə'leɪʃn/ (n) = encouragement to begin or develop further / *stymulacja, pobudzenie, bodziec*
e.g. My job gives me the mental **stimulation** I need; it is often very challenging.
- SA4.22 **synapse** /'sainæps/ (n) = one of the points in the nervous system at which a signal passes from one nerve cell to another / *synapsa, połączenie nerwowe*
e.g. Alcohol is known to destroy **synapses** in the brain.
- SA4.23 **neuron** /'njʊərɒn/ (n) = a cell which is part of the nervous system / *neuron, komórka nerwowa*
e.g. **Neurons** send messages to and from the brain by means of electrical impulses.
- SA4.24 **adverse** /'ædvɜ:s/ (adj) = unfavourable / *przeciwny, niesprzyjający, niepomyślny*
e.g. The manager's resignation had an **adverse** effect on the company as sales decreased after he left.
Der.: adversity /əd'vɜ:səti/ (n)
- SA4.25 **infancy** /'ɪnfənsɪ/ (n) = very early childhood / *niemowlęstwo, dzieciństwo*
e.g. Children are totally dependent on their parents during **infancy**.
- SA4.26 **wiring** /'waɪərɪŋ/ (n) = the network of neurons which send messages to and from the brain / *dosł. okablowanie; tu: sieć połączeń nerwowych*
e.g. If the **wiring** in a person's brain is faulty, this can lead to mental problems.
- SA4.27 **varying** /'veəriŋ/ (adj) = different from each other in size, amount or degree / *różnorodny, urozmaicony*
e.g. No two cups in her kitchen were the same; they were all of **varying** sizes and colours.
- SA4.28 **pace** /peɪs/ (n) = the speed at which sth happens or is done / *tempo*
e.g. Life in the country moves at a slower **pace** than in the city; people are not in such a rush all the time.
- SA4.29 **neglect** /nɪ'glekt/ (n) = lack of attention / *zaniedbanie*
e.g. The children were suffering from **neglect** as their parents were never at home to care for them.
Der.: neglect (v), neglectful (adj), negligence (n)
- SA4.30 **cataract** /'kætərækt/ (n) = a layer over sb's eye that prevents them from seeing properly / *katarakta, zaćma*
e.g. Mrs Green has just had a **cataract** removed from her eye and her vision has improved enormously.
- SA4.31 **cortex** /'kɔ:teks/ (n) = the outer layer of the brain or of another organ / *kora (np. mózgowia)*
e.g. The surgeon successfully removed the lump found on the patient's cerebral **cortex**.
- SA4.32 **empathetic** /,empə'tetɪk/ (adj) = able to share another person's feelings or emotions / *empatyczny, wrażliwy na sprawy innych*
e.g. Sarah is a very **empathetic** listener; she can always understand how others are feeling.
- SA4.33 **abstract** /'æbstrækt/ (adj) = based on general ideas rather than on real things or events / *abstrakcyjny*
e.g. James does not like **abstract** paintings; he prefers pictures to be realistic and show objects clearly.
- SA4.34 **consistently** /kən'sɪstəntli/ (adv) = continually, again and again / *ciągle, konsekwentnie*
e.g. Lisa is **consistently** late; she never arrives on time.
- SA4.35 **cognitive** /'kɒgnɪtv/ (adj) = relating to the mental process involved in knowing, learning and understanding things / *poznawczy*
e.g. As children get older, their **cognitive** processes improve and they are able to learn and understand things more easily.
- SA4.36 **attachment** /ə'tætʃmənt/ (n) = being fond of or loyal to sb / *przywiązanie*
e.g. Davey has developed a strong **attachment** to his nanny and he gets upset whenever she is not there.
- SA4.37 **bombardment** /,bɒm'bɑ:dmənt/ (n) = a strong and continuous bombing attack / *bombardowanie*
e.g. The citizens found safety in underground bomb shelters during the **bombardment** of the city.
- SA4.38 **be hostage to sth** = to be restricted in one's actions by things that one cannot control / *być zakładnikiem czegoś*
e.g. I would love to buy a new car but I am afraid I am **hostage to** my salary, so I simply can't afford to!
- SA4.39 **impulse** /'ɪmpʌls/ (n) = a sudden desire to do sth / *impuls, odruch*
e.g. When I saw this shirt, I had an **impulse** to buy it; I just knew I had to have it!
Der.: impulsive (adj), impulsiveness (n)
- SA4.40 **hypersensitive** /,haɪpə'sensɪtv/ (adj) = easily annoyed or offended / *nadwrażliwy, przewrażliwiony*
e.g. Don't feel too bad about upsetting Jenny; she is **hypersensitive** and cries at the slightest thing.

- SA4.41 **disturbance** /di'stɜ:bəns/ (n) = a state in which sb's body or mind is not working in the normal way / **zakłócenie, zaburzenie**
*e.g. The doctor told her that she had a heart rhythm **disturbance** and that her heart was not beating normally.*
- SA4.42 **cardiovascular** /,kɑ:diəʊ'væskjələ/ (adj) = relating to the heart and blood vessels / **sercowo-naczyniowy**
*e.g. People who smoke are at risk of **cardiovascular** disease, as smoking can damage the heart.*
- SA4.43 **intervention** /,ɪntə'veɪʃən/ (n) = getting involved in a situation and trying to change it / **interwencja**
*e.g. Many people do not approve of the United States' **intervention** into other countries' affairs.*
- SA4.44 **grey matter** /'greɪ mə'tɜ:/ (n) = (informal) intelligence / **szare komórki, inteligencja**
*e.g. Come on, Sally, use your **grey matter**; the question isn't that hard to answer.*
- SA4.45 **malleable** /'mæliəbəl/ (adj) = able to be changed easily / **plastyczny; tu: podatny na zmianę i wpływy**
*e.g. Silver is the most **malleable** of all metals and easy to bend into different shapes.*
- SA4.46 **conduct** /kən'dʌkt/ (v) = to organise and carry out / **przeprowadzić**
*e.g. Scientists have **conducted** many experiments to find out the effects of genetically modified foods.*
- SA4.47 **reverse** /rɪ'vɜ:s/ (v) = to change sth to its opposite / **odwrócić, odmienić**
*e.g. The manager decided to **reverse** the wrong decision before it was too late.*
Der.: reversible (adj)

Listening (p. 187)

- SA4.48 **dementia** /di'menʃə/ (n) = a serious illness of the mind, involving loss of intellectual capacity / **demencja**
*e.g. Several elderly people suffer from **dementia**, as the mind becomes more prone to disease with age.*

Writing (p. 188)

- SA4.49 **flier** /'flaɪə/ (n) = a small sheet of paper advertising a product or event / **ulotka reklamowa**
*e.g. Students often earn money distributing **fliers** to people in the streets.*
- SA4.50 **scholar** /'skɒlə/ (n) = sb who studies an academic subject and knows a lot about it / **uczony, naukowiec**
*e.g. Gary is a dedicated **scholar**; he has been studying history for years and knows almost everything there is to know about past events.*
Der.: scholarly (adj)
- SA4.51 **ethical** /'eθɪkəl/ (adj) = morally right or acceptable / **etyczny**
*e.g. I don't think it is **ethical** to use products which damage the environment.*
Der.: ethically (adv)

Lead-in (p. 191)

- 9.1 **image** /'ɪmɪdʒ/ (n) = the way sb appears to other people / *wizerunek*
e.g. His public **image** is that of a very confident outgoing person but when you meet him in private, he is quite shy and sensitive.
- 9.2 **illustrator** /'ɪləstreɪtə/ (n) = an artist who draws pictures and diagrams for books and magazines / *ilustrator, rysownik*
e.g. We have some very good writers working for this magazine and the **illustrators** draw really funny cartoons.
- 9.3 **image-consultant** /'ɪmɪdʒkən,sʌltənt/ (n) = sb who gives expert advice to people on how to improve their image / *doradca ds. wizerunku*
e.g. We have hired a firm of **image-consultants** to help us improve our public image after the recent financial scandal.
- 9.4 **deceptive** /di'septɪv/ (adj) = misleading / *zwodniczy, złudny, kłamliwy, iluzoryczny*
e.g. My neighbour goes to work by bus every day and looks very poor but appearances are **deceptive** – he's actually quite a rich man.
- 9.5 **beauty is in the eye of the beholder** (proverb) = the perception of beauty is a very personal and subjective thing / *ładne jest to, co się komu podoba*
e.g. My brother thinks that Karen is very pretty, but I suppose **beauty is in the eye of the beholder**.
- 9.6 **gullible** /'gʌlɪbəl/ (adj) = being easily tricked into believing sth / *łatwowierny, naiwny*
e.g. That man said he was related to the Queen and Tracey was so **gullible** that she believed him!

Reading (pp. 192-193)

- 9.7 **eccentric** /ɪk'sentɪk/ (adj) = having habits or opinions which are strange or different from those of most people / *ekscentryczny*
e.g. Giles has got some rather **eccentric** habits such as walking to the shops wearing his pyjamas.
Der.: eccentricity (n), eccentric (n)
- 9.8 **loyal** /'lɔəl/ (adj) = faithful / *lojalny*
e.g. I have always been a **loyal** employee at this firm and I would never do anything to harm its reputation.
Der.: loyalty (n)
Opp.: disloyal
- 9.9 **bold** /bəʊld/ (adj) = brave / *śmiały, odważny*
e.g. She is not shy at all; in fact it was very **bold** of her to tell the boss exactly what she thought about the new project.
- 9.10 **restrained** /rɪ'streɪnd/ (adj) = (of clothes) simple and not too bright-coloured, tasteful / *(o ubraniu) dyskretny, stonowany, elegancki*
e.g. I think it is best to wear **restrained**, conservative colours, such as blue or grey, when attending an interview – never wear loud colours, such as bright green, for instance.
- 9.11 **oddy** /'ɒdɪ/ (n) = a strange thing or person / *dziwadło, dziwactwo, osobliwość*
e.g. With his long hair and wild appearance, my Physics teacher was a bit of an **oddy** at a school where everybody else was conservatively dressed.
- 9.12 **dominated** /'dɒmɪneɪtɪd/ (adj) = strongly influenced / *zdominowany*
e.g. In the 1980s, British politics was **dominated** by the powerful figure of Margaret Thatcher.
- 9.13 **tactics** /'tæktɪks/ (n pl) = methods / *taktyka*
e.g. He used some highly skilful **tactics** to gain influence, such as befriending powerful journalists and politicians.
- 9.14 **flight of fancy** = an idea or statement that is very imaginative but complicated, silly or impractical / *wymysł, wytwór wyobraźni*
e.g. She is usually a realistic person but in her occasional **flights of fancy**, she imagines herself to be a princess living in a palace.
- 9.15 **inhabit** /ɪn'hæbɪt/ (v) = to live in a place / *zamieszkiwać*
e.g. It seems that fashion designers **inhabit** an imaginary world in which everybody is tall, slim and beautiful.
Der.: inhabitant (n)
- 9.16 **eternal** /'etɜ:nəl/ (adj) = everlasting / *wieczny*
e.g. That woman never seems to get older – has she discovered the secret of **eternal** youth?
- 9.17 **display** /dɪs'pleɪ/ (n) = a show / *pokaz, wystawa, ekspozycja*
e.g. The Chelsea flower show is a wonderfully colourful **display** that attracts visitors from around the world.
- 9.18 **deliberate** /dɪ'lɪbərət/ (adj) = intentional, done on purpose / *celowy, rozmyslny*
e.g. I don't believe he did that accidentally; it was a **deliberate** attempt to break the other player's leg.

- 9.19 **restraint** /rɪ'streɪnt/ (n) = calm and controlled behaviour / **powściągliwość, wstrzemięźliwość**
e.g. Police constables have to show a lot of **restraint** when dealing with violent members of the public.
- 9.20 **regime** /rei'ʒi:m/ (n) = the way sth is organised or run on a regular basis / **reżim, (narzucony) system**
e.g. There has been a much needed **regime** change in that country with the introduction of a democratic government and the restoration of law and order.
- 9.21 **imperative** /ɪm'pɛrətɪv/ (adj) = vital, extremely important / **niezbędny, konieczny**
e.g. It is **imperative** that you get to your job interview on time if you want to be considered for the post.
- 9.22 **yen for sth** /jen/ (n) = craving, desire / **pragnienie, ochota na coś**
e.g. I am considering leaving Britain to go travelling around the world; I have always had a strong **yen for** visiting foreign countries.
- 9.23 **the rag trade** = (informal) the business of designing, making and selling clothes / **przemysł odzieżowy**
e.g. What I like most about working in **the rag trade** is that women's fashions are always changing and you have to be creative all the time.
- 9.24 **outmanoeuvre** /ˌaʊtmə'nu:və/ (v) = to gain an advantage over sb in a particular situation by behaving in a clever and skilful way / **wymanewrować, przechytryć**
e.g. If we want to stay ahead in this business, then we have to **outmanoeuvre** our competition by always coming up with fresh, new ideas.
- 9.25 **wayward** /'weɪwəd/ (adj) = unmanageable, hard to control / **samowolny, kapryśny, nieobliczalny**
e.g. The Duke's **wayward** son is always getting into trouble with the police; he was recently arrested for drinking and driving.
- 9.26 **collective** /kə'lektɪv/ (n) = a business which is run, and often owned, by a group of people / **spółdzielnia produkcyjna**
e.g. The business is a **collective**, so all the employees have an interest in making success out of it.
- 9.27 **amputate** /'æmpjʊteɪt/ (v) = to cut all or part of sb's arm or leg off in an operation because it is diseased or badly damaged / **amputować**
e.g. After the car crash, his leg was so badly injured that it was **amputated**.
Der.: amputation (n)
- 9.28 **consultant** /kən'sʌltənt/ (n) = sb who gives expert advice to a person or organisation on a particular subject / **konsultant, doradca**
e.g. Our marketing **consultants** have advised us to aim at the youth market in order to maximise profits.
Der.: consultancy (n)
- 9.29 **come full circle** (idm) = to return to the initial situation after a long series of events / **zatonąć pełne koło, wrócić do punktu wyjścia**
e.g. Mark used to work for me, then I was under him for a while at an advertising agency and now he's back working for me at my new firm; it looks like things have **come full circle**.
- 9.30 **by any measure** = however you look at sth / **niezależnie od punktu widzenia**
e.g. Without doubt, David Beckham is the best free kick taker in the world **by any measure**.
- 9.31 **recession** /rɪ'seɪʃən/ (n) = a period when the economy of a country is doing badly / **recesja**
e.g. During the recent economic **recession**, many people were forced to cut down on their spending and others lost their jobs.
- 9.32 **tacky** /'tæki/ (adj) = of poor quality or in bad taste / **tandetny**
e.g. He's got really **tacky** dress sense; he always wears loud colours such as orange and bright red, and ties with Disney characters on them.
- 9.33 **trite** /traɪt/ (adj) = dull and boring because of repetition / **banalny, szablonowy, trywialny, oklepany**
e.g. These soap operas on the television are really **trite**; they always contain the same old boring storylines and wooden characters.
- 9.34 **go downhill** (idm) = to become worse or less successful, deteriorate / **staczać się**
e.g. Since his wife died, he's **gone** completely **downhill** and spends all day watching television and feeling sorry for himself.
- 9.35 **enamoured of sth** /ɪn'æməd/ (adj) = fond of sth / **zakochany, zauroczony czymś**
e.g. We have become quite **enamoured** of the idea of buying a pretty cottage in the countryside where we can retire.
- 9.36 **sit-in** /'sɪtɪn/ (n) = a kind of protest in which people refuse to leave a public place / **strajk okupacyjny**
e.g. The students carried out a **sit-in** at the university to protest against the proposed education cuts.
- 9.37 **ego** /'i:gəʊ/ (n) = the sense of one's own worth / **ego**
e.g. In order to survive as a politician, one has to have a thick skin and a strong **ego**.
- 9.38 **fortuitously** /fɔ:'tju:ɪtəsli/ (adv) = luckily / **szczęśliwie, szczęśliwym trafem**
e.g. After being made redundant, I somewhat **fortuitously** found another job – otherwise I don't know what I would have done!

- 9.39 **mess about with** /'mes ə'baʊt wið/ (phr v) = to do sth for pleasure without any particular purpose or without achieving anything / **bawić się czymś**
e.g. *When I want to create a new recipe, I love **messing about with** lots of different ingredients and see if I can come up with something tasty and original.*
- 9.40 **durability** /,djʊərə'bɪləti/ (n) = lasting for a long time without breaking or getting weaker / **trwałość, wytrzymałość**
e.g. *The tyres on Formula 1 racing cars have to have a great deal of **durability**.*
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- Language Focus (pp. 194-197)**
- 9.41 **stripy** /'straɪpi/ (adj) = with stripes / **w paski**
e.g. *She likes wearing **stripy** T-shirts and trendy sweatpants.*
- 9.42 **tank-top** /'tæŋktɒp/ (n) = a knitted or cotton piece of clothing with no sleeves, collar or buttons / **sweterek bez rękawów**
e.g. ***Tank-tops** are great for wearing in the summer and show off nice slender arms.*
- 9.43 **charcoal** /'tʃɑ:kəʊl/ (adj) = a colour close to black / **(o kolorze) grafitowy, niemal czarny**
e.g. *I want to buy those **charcoal** coloured jeans which will go really well with my black tank-top.*
- 9.44 **dungarees** /,dʌŋgə'ri:z/ (n pl) = a one-piece garment consisting of trousers, a piece of cloth which covers the chest and straps which go over the shoulders / **spodnie ogrodnicze**
e.g. *When I was younger, I had some blue denim **dungarees** and I still wear them as they never go out of fashion.*
- 9.45 **chores** /tʃɔ:z/ (n pl) = housework / **prace domowe**
e.g. *This weekend we'll have to do some household **chores**; you mop the floors and I'll wash the clothes.*
- 9.46 **outgoing** /'aʊtɡəʊɪŋ/ (adj) = very friendly and sociable, extrovert / **otwarty, towarzyski**
e.g. *My friend Chris is a very friendly and **outgoing** person as he enjoys meeting new people.*
- 9.47 **sophisticated** /sə'fɪstɪkətɪd/ (adj) = knowing about social matters e.g. culture, fashion, etc / **obyty, wyrafinowany**
e.g. *Nigella is a highly **sophisticated** young lady who likes nothing better than spending the evening at the opera or ballet and dining out at fine restaurants.*
Der.: sophistication (n)
- 9.48 **charismatic** /,kærɪz'mætɪk/ (adj) = (of a person) attracting and inspiring people / **charyzmatyczny**
e.g. *He is a **charismatic** managing director who has inspired his firm to achieve record financial profits and has gained the respect and recognition of all who meet him.*
- 9.49 **approachable** /ə'prəʊtʃəbəl/ (adj) = friendly and easy to talk to / **przystępny**
e.g. *You shouldn't be apprehensive about talking to the boss; Mr Goddard is a really friendly and **approachable** man who likes chatting to his staff.*
Opp.: unapproachable
- 9.50 **unassuming** /,ʌnəsju:mɪŋ/ (adj) = quiet and not trying to appear important / **skromny, bezpretensjonalny**
e.g. *Even though he has a quiet and **unassuming** manner, you shouldn't underestimate his quality as a highly talented member of the staff.*
- 9.51 **untrustworthy** /,ʌn'trʌstwɜ:ði/ (adj) = unreliable / **niegodny zaufania**
e.g. *We were forced to sack him as he was an **untrustworthy** employee; he had been stealing money from the till for some time.*
- 9.52 **introverted** /'ɪntrəvɜ:tɪd/ (adj) = quiet and shy, finding it difficult to talk to other people / **introwertyczny**
e.g. *She is quite a shy and **introverted** girl, so it will be difficult to persuade her to go to that party.*
Opp.: extroverted
- 9.53 **ill-disciplined** /ɪl'dɪsɪplɪnd/ (adj) = not having enough discipline / **niezdyscyplinowany**
e.g. *The army does not tolerate **ill-disciplined** behaviour among soldiers of any rank.*
- 9.54 **impish** /'ɪmpɪʃ/ (adj) = rather disrespectful or naughty in a playful way / **psotny, figlarny**
e.g. *Those children are **impish** creatures; I wonder what naughty scheme they are planning now.*
- 9.55 **coarse** /kɔ:s/ (adj) = talking and behaving in a rude and offensive way, vulgar / **ordynarny, grubiański, prostacki**
e.g. *His behaviour is rather **coarse**, I wouldn't call him a gentleman.*
- 9.56 **stuffy** /'stʌfi/ (adj) = formal and old-fashioned / **oficjalny i staroświecki**
e.g. *It was rather **stuffy** of the neighbours to complain about the volume of the music; it wasn't even very loud!*
- 9.57 **hair trimmer** /'heə trɪmər/ (n) = a machine that cuts off small amounts of hair in order to make it look neater and tidier, mostly used by men / **maszynka do włosów**
e.g. *I didn't want to go to the barber's so I cut my hair using a **hair trimmer**.*

- 9.58 **nail file** /'neɪ faɪl/ (n) = a small strip of rough metal or card that one rubs across the end of the nails to shorten them or shape them / **pilniczek do paznokci**
e.g. *She doesn't want to ruin her beautiful nails, so she uses a **nail file** instead of scissors to keep them looking nice.*
- 9.59 **blusher** /'blʌʃə/ (n) = a coloured substance that women put on their cheeks / **róż do policzków**
e.g. *If you apply a certain amount of **blusher**, it will give your cheeks a lovely glow.*
- 9.60 **moisturiser** /'mɔɪstʃəraɪzə/ (n) = a cream that one puts on their skin to make it feel softer and smoother / **krem nawilżający**
e.g. *My skin gets quite dry in the summer, so I apply lots of **moisturiser** to keep it soft and smooth.*
- 9.61 **polish remover** /'pɒlɪʃ rɪ,mu:və/ (n) = a substance that removes nail polish / **zmywacz do paznokci**
e.g. *You'll have to borrow my nail **polish remover** before you go to that interview – you can't go there wearing that bright red nail polish.*
- 9.62 **tweezers** /'twi:zəz/ (n pl) = a small tool that one uses for picking up small objects or pulling out hair / **pinceta**
e.g. *Mary uses **tweezers** to pluck her eyebrows and make them look beautiful.*
- 9.63 **sideburns** /'saɪdbɜ:nz/ (n pl) = two strips of hair growing down man's either cheek / **baczi**
e.g. *He looks like a fisherman or sailor with his beard and sideburns, together with his ruddy complexion.*
- 9.64 **bow tie** /'bəʊ taɪ/ (n) = a tie in the form of a bow, worn by men on formal occasions / **muszka**
e.g. *Some of the professors at university wear **bow-ties** – I think the reason is that they can't be bothered to tie a normal tie properly!*
- 9.65 **ball gown** /'bɔ:l gaʊn/ (n) = a long dress that women wear to formal dances / **suknia balowa**
e.g. *At the May ball, she wore a lovely silver **gown** and patent black shoes.*
- 9.66 **stiletto** /stɪ'letəʊz/ (n pl) = ladies' shoes that have high, very narrow heels / **szpilki (buty)**
e.g. *Mary was wearing a tight red dress and black **stiletto**s, which made her look even taller than she was.*
- 9.67 **wellingtons** /'welɪŋtənz/ (n pl) = long rubber boots which one wears to keep their feet dry / **kalosze do kolan, wysokie gumowe buty**
e.g. *If you are going to take the dogs for a walk, please wear your **wellingtons** so that your shoes don't get muddy.*
- 9.68 **cuff** /kʌf/ (n) = part of a shirt or dress at the end of the sleeve, thicker than the rest of the sleeve / **mankiet**
e.g. *When you wear a suit, part of the shirt **cuff** should be exposed at the wrist.*
- 9.69 **shoelace** /'ʃu:leɪs/ (n) = a long narrow piece of material like a piece of string that is used to fasten shoes, a shoestring / **sznurówka**
e.g. *I learnt to tie my **shoelaces** at an early age, as I attended a school where black lace-up shoes and uniforms were compulsory.*
- 9.70 **razor** /'reɪzə/ (n) = a tool that people use for shaving / **żyletka**
e.g. *I have always used a **razor** and shaving foam to get a really clean shave – electric razors just don't give you the same results.*
- 9.71 **foundation** /'faʊn'deɪʃən/ (n) = a skin-coloured cream that is put on the face before the rest of the make-up / **podkład pod makijaż**
e.g. *Women with good complexions don't need to wear **foundation**; however, it's nice to have your skin looking perfect.*
- 9.72 **drum one's fingers** = to tap one's fingers on a surface regularly, making a continuous beating sound / **bębnić palcami (np. po stole)**
e.g. *While I was trying to work out the answer, I sat at my desk **drumming my fingers** on the table.*
- 9.73 **wrinkle one's nose** = to tighten the muscles in one's face so that the skin on one's nose folds / **marszczyć nos**
e.g. *I love it when she **wrinkles her nose** like that; it makes her look really sweet and innocent.*
- 9.74 **purse one's lips** = to move one's lips into a small rounded shape or draw them in, usually because one disapproves of sth or when one is thinking / **zaciśnąć usta, zasznurować wargi**
e.g. *My aunt used to **purse her lips** when she was cross about something.*
- 9.75 **clench one's fists** = to curl one's fingers up tightly, usually because of anger / **zaciśnąć dłonie w pięści**
e.g. *He **clenched his fists** and punched his opponent who fell to the ground.*
- 9.76 **nod one's head** = to move one's head downwards and upwards to show that one is answering "yes" to a question, or to show agreement, understanding or approval / **skinąć głową**
e.g. *The teacher asked the children if they had understood the question and all the students **noded** their heads.*
Opp.: shake one's head

- 9.77 **fidget** /'fɪdʒɪt/ (v) = to keep moving one's hands or feet slightly or changing one's position slightly because of being nervous, bored or excited / **wiercić się**
e.g. *Please will you stop **fidgeting**, children!
Can't you sit still for one minute?*
- 9.78 **assent** /ə'sent/ (n) = agreement / **zgoda, akceptacja**
e.g. *The board of directors expressed their **assent** to the proposals put forward to them.*
Der.: assent (v)
- 9.79 **dress code** /'dres kɒd/ (n) = the rules about what kind of clothes people are allowed to wear in a place / **zasady dotyczące ubioru**
e.g. *At many nightclubs there is a strict **dress code**; for instance, no jeans or trainers are allowed.*
- 9.80 **cosmetic surgery** /kɒz,metɪk 'sɜ:dʒəri/ (n) = surgery done to make a person look more attractive / **operacja plastyczna**
e.g. *Many celebrities have undergone so much **cosmetic surgery** that their appearance has been completely altered.*
- 9.81 **tailored** /'teɪləd/ (adj) = (of clothes) fitting well and closely / **przylegający do ciała, dopasowany**
e.g. *He is a smartly dressed young man and wears **tailored** suits and designer clothes.*
- 9.82 **well-defined** /,welɪd'faɪnd/ (adj) = clear, precise / **wyraźny i precyzyjny, ściśle określony**
e.g. *There are some **well-defined** rules to observe at this firm, such as a no-smoking policy.*
- 9.83 **costume drama** /'kɒstju:m ,drɑ:mə/ (n) = a film set in the past in which the actors wear the type of clothes worn in that period / **film kostiumowy**
e.g. *One of my favourite **costume dramas** was Dickens' Nicholas Nickleby, in which all the actors wear period clothing from the 19th century.*
- 9.84 **slapstick comedy** /'slæpstɪk ,kɒmədi/ (n) = a simple type of comedy in which the actors behave in a rough and foolish way / **komedія sytuacyjna**
e.g. *I have always thought that **slapstick comedy** was rather childish – all those silly actors running around slapping pancakes into each other's faces.*
- 9.85 **spoof** /spu:f/ (n) = a television programme or film that seems to be about a serious matter but is actually a joke / (o filmie lub programie) **parodia**
e.g. ***Spoof** films such as Scary Movie are really funny in their parody of other films such as Scream.*
- 9.86 **epic** /'epɪk/ (n) = a long film whose story extends over a long period of time and tells of great events / **film o doniosłych wydarzeniach, epepeja filmowa**
e.g. *Great **epics** such as Gone with the Wind and Spartacus, which run for more than three hours each, are things of the past now.*
- 9.87 **film noir** /,fɪlm 'nwa:r/ (n) = a type of film which shows the world as a dangerous or depressing place where many people suffer, esp. because of the greed or cruelty of others / **film noir, nurt pesymistycznego kina lat 40. XX w.**
e.g. *Build my Gallows High is one of the best **films noir** ever made and contains all the right ingredients of that genre.*
- 9.88 **adaptation** /,ædæp'teɪʃən/ (n) = a film or a television programme based on a book or a play / **adaptacja**
e.g. *There is a wonderful new film **adaptation** of Charles Dickens' David Copperfield out at cinemas from December 1st.*
- 9.89 **corny** /'kɔ:nɪ/ (adj) = not original, too often used to be interesting / **stary, oklepany**
e.g. *It was a terribly boring party, with Uncle Joe telling us his **corny** jokes again.*
- 9.90 **screenwriter** /'skri:nraɪtə/ (n) = a person who writes the script of a film, scriptwriter / **scenarzysta**
e.g. *The screenplay for Doctor Zhivago was written by the great late **screenwriter** Robert Bolt.*
- 9.91 **editor** /'edɪtə/ (n) = sb who prepares a film or a radio or television programme by selecting some of what has been filmed or recorded and putting it in a particular order / **montażysta**
e.g. *The film **editor** has to put the film together by cutting out the parts he doesn't need and selecting the parts that he wants included in the film.*
- 9.92 **double** /'dʌbəl/ (n) = an actor who replaces a star usually in dangerous scenes / **dubler**
e.g. *For their stunt scenes, most actors use a stunt **double** so that they don't get injured.*
- 9.93 **gainful** /'geɪnfəl/ (adj) = (of employment) which gives money / **dobrze płatny**
e.g. *It's time you got some **gainful** employment and left home instead of living off your parents.*
- 9.94 **validly** /'vælɪdli/ (adv) = in a way that is legally or officially accepted / **we właściwy, prawomocny sposób**
e.g. *You have to have your passport stamped **validly** in order to enter certain countries.*
- 9.95 **in its own right** = in itself, because of its own value / **jako taki, sam w sobie**
e.g. *The Gucci label is famous **in its own right** for making high quality clothes for fashionable men and women.*

- 9.96 **decline** /di'klaɪn/ (v) = to become less in quantity, importance or strength / **zmniejszyć się, osłabić**
e.g. *The steel and coal mining industries **declined** drastically in the 1980s and many workers were made unemployed as a result.*
- 9.97 **common sense** /,kɒmən 'sens/ (n) = one's natural ability to make good judgements and behave in a practical and sensible way / **zdrowy rozsądek**
e.g. *He may be an intelligent person but he lacks basic **common sense**; for instance, the other day he left the house without bothering to lock the window.*

Idioms

- 9.98 **smack one's lips** = to show that one is excited about sth and wants it to happen soon / **cieszyć się na coś, obliczać się na myśl o czymś**
e.g. *I **smacked my lips** at the exciting prospect of watching the European Cup Final between Real Madrid and Manchester United.*
- 9.99 **keep up appearances** = to pretend that everything is going well although it is not / **zachowywać pozory**
e.g. *After he was made redundant, he couldn't face telling his wife for months, so he left the house every morning as usual just to **keep up appearances**.*
- 9.100 **bite one's tongue** = to avoid saying sth one wanted to say because it would be wrong or inappropriate / **ugryźć się w język**
e.g. *When she asked me whether I liked her new wallpaper, I had to **bite my tongue** as I thought it looked awful.*
- 9.101 **have sb's ear** = to be able to influence sb by giving advice or information / **mieć na kogoś wpływ**
e.g. *Jeff Thompson has quite an influential position at this firm; after all, he's **got the manager's ear**: the boss certainly listens to his ideas and suggestions.*
- 9.102 **sink one's teeth into sth** = to become deeply involved with sth / **zagłębić się w coś**
e.g. *I'm looking forward to **sinking my teeth into** my new job; it's going to be an exciting new challenge.*
- 9.103 **money comes out of sb's ears** = sb is very rich / (o osobie) **ma forsy jak lodu**
e.g. *Steve is very well-off – in fact **money comes out of his ears!***
- 9.104 **pull a face** = to show one's dislike or disgust by putting an exaggerated expression on one's face / **zrobić minę**
e.g. *I remember when the teacher turned her back, some of the naughty boys in the class **pulled a face** at her – it was rude but funny at the time.*

Fixed Phrases (with down)

- 9.105 **down-and-out** = sb without money or means of support / **kloszard**
e.g. *After he lost his job, he started drinking and gambling heavily – eventually he lost everything and became a **down-and-out**.*
- 9.106 **down in the mouth** = unhappy and depressed / **nieszczęśliwy i przygnębiony**
e.g. *I've been a bit **down in the mouth** recently – perhaps it's due to this horrible weather.*
- 9.107 **ups and downs** = good and bad times / **wzloty i upadki**
e.g. *I've had my **ups and downs** in life just like everybody else; recently things have been looking up as I've found a great new job.*
- 9.108 **down the drain** = (of time, money or work) lost, wasted / (o czasie, pieniądzu lub wysiłku) **stracony, zmarnowany**
e.g. *All that money Jim spent years working for has gone **down the drain**; now he's got nothing.*
- 9.109 **down-to-earth** = practical, realistic / **praktyczny, twarzo stąpający po ziemi**
e.g. *Jane is a practical and **down-to-earth** girl; you should ask her for some sensible advice.*
- 9.110 **hand-me-downs** = things, esp. clothes, which have been used before and which are given to sb else to use / **rzeczy używane**
e.g. *When I was a child, my parents didn't have much money so I had to wear my elder brother's **hand-me-downs** instead of wearing brand new clothes.*
- 9.111 **down payment** = a deposit / **depozyt**
e.g. *I put a **down payment** of £5,000 on the car and I'll pay off the rest in instalments.*
- 9.112 **down-at-heel** = (of a person, thing or place) in a bad condition, uncared for, shabby / (o osobie, rzeczy lub miejscu) **zaniedbany, w złym stanie**
e.g. *I bumped into an old school friend at the supermarket recently and thought he looked a bit shabby and **down-at-heel** – I think he must be unemployed or something.*

Phrasal verbs

- 9.113 **go up** /'gəʊ 'ʌp/ = (of a price, amount or level) to increase, rise / **rosnąć**
e.g. *The price of fresh fruit and vegetables has **gone up** by 20% compared to last year.*
- 9.114 **go under** /'gəʊ 'ʌndə/ = (of a business or a project) to fail / (o przedsiębiorstwie lub projekcie) **upaść**
e.g. *Simon's business **went under** a few months ago because of too much debt to cope with.*

- 9.115 **go on** /'gəʊ 'ɒn/ = to continue / *kontynuować*
e.g. Anyway, sorry for interrupting you;
do **go on** with what you were saying before.
- 9.116 **go over** /'gəʊ 'əʊvə/ = to examine, discuss
or think about sth carefully / *omówić, zbadać,*
przemyśleć
e.g. I think we should **go over** those plans in greater
detail at our next board meeting.
- 9.117 **pick out** /'pɪk 'aʊt/ = to choose, select / *wybrać*
e.g. If you like, we can go to the shops and you can
pick out a nice dress to wear at Rachel's birthday
party.
- 9.118 **pick on** /'pɪk ɒn/ = to treat sb unkindly
or repeatedly, criticise sb / *dokuczać komuś,*
czepiać się kogoś
e.g. At school, he was a small intelligent boy who
studied hard and some of the other boys used to **pick**
on him; they made his life miserable.
- 9.119 **pick up** /'pɪk 'ʌp/ = to collect / *odebrać (kogoś skądś)*
e.g. I can't meet you later because I promised to **pick**
up Tim from the airport.
- 9.120 **pick at** /'pɪk ət/ = to nibble, to eat small amounts
of food / *jeść bez apetytu*
e.g. When he went out to dinner, Sarah looked bored
and distracted and she wasn't interested in her food
at all; she just **picked at** it.
- 9.121 **be taken aback** /bi 'teɪkən ə'bæk/ (phr v) =
to be surprised or shocked by sth /
być zdziwionym lub zszokowanym
e.g. I **was** rather **taken aback** when I heard the news
that Roger and Sandra were getting divorced;
I thought they were such a happy couple.
- 9.122 **come off it** /'kʌm 'ɒf ɪt/ (phr v) = (informal) to stop
talking about sth that is wrong or stupid /
dać sobie spokój z jakimś tematem
e.g. **Come off it!** He's not nearly good enough to play
for the school team!
- 9.125 **coordinate with sth** /kəʊ'ɔ:dɪneɪt/ (v) = to match,
look nice together / *pasować do czegoś*
e.g. This colour **coordinates with** white, grey
and black.
- 9.126 **hideous** /'hɪdiəs/ (adj) = monstrous, horrible /
obrzydliwy, okropny
e.g. I thought Harriet's new dress was **hideous**
but I couldn't tell her, so I told her it looked nice.
- 9.127 **cumbersome** /'kʌmbəsəm/ (adj) = very complicated
and inefficient / *niewygodny, nieporęczny*
e.g. Those old mobile phones were so big and
cumbersome – isn't it amazing how small and handy
they've become in only a few years?
- 9.128 **reluctant** /rɪ'lʌktənt/ (adj) = unwilling to do sth,
hesitant / *niechętny*
e.g. I am **reluctant** to go to that party as I know my
ex-girlfriend will be there with her new boyfriend.
Der.: reluctance (n)
- 9.129 **implausible** /ɪm'plɔ:zɪbəl/ (adj) = unlikely to be true /
niewiarygodny
e.g. He told me that he had played professional
football; however, I thought it a little **implausible**
since he was short and very fat.
- 9.130 **vanity** /'væntɪ/ (n) = excessive pride in one's
appearance or abilities / *próżność*
e.g. She has placed full-length mirrors all around
the house, which proves her excessive **vanity**.

Reading (pp. 200-201)

Listening & Speaking (pp. 198-199)

- 9.123 **grungy** /'grʌŋdʒɪ/ (adj) = untidy and unpleasant /
niechlujny, zaniedbany
e.g. When I was a student at university, I must admit
I was quite **grungy** but now that I've got an office job,
I wear much more formal clothes and I've cut my hair
short.
- 9.124 **complement** /'kɒmplɪmənt/ (v) = to combine well
with sth and make its good qualities more
noticeable / *podkreślać, pasować do czegoś*
e.g. I must say, Vanessa, that dress of yours
complements your eyes and complexion beautifully!
- 9.131 **sceptic** /'skeptɪk/ (n) = sb who has doubts about
things other people believe / *sceptyk*
e.g. John's such a **sceptic** – he thinks David and Tracy
will get divorced within a year.
- 9.132 **manor** /'mænər/ (n) = a large private house in the
country which also includes land and smaller
buildings around it / *dwór, włości*
e.g. A friend of mine made a fortune on the stock
market and he's thinking of buying an Elizabethan
manor in the countryside.
- 9.133 **deceased** /dɪ'si:st/ (adj) = dead / *zmarły*
e.g. My **deceased** husband generously provided
for me in his will and I shall be able to continue
the life I am accustomed to.
- 9.134 **soundstage** /'saʊndsteɪdʒ/ (n) = a stage or set
which is suitable for recording sound,
esp for films / *scena, studio (nagrań)*
e.g. Real houses are not usually used for the filming
of motion pictures, so a suitable **soundstage** is set
up instead.

- 9.135 **hoaxer** /'həʊksəʃ/ (n) = sb who tells a lie intended as a joke / **kawalarz, dowcipniś**
e.g. *The emergency services receive many calls from **hoaxers**, who are usually kids phoning up about a fire or accident that hasn't taken place.*
- 9.136 **there is more to sth than meets the eye**
= sth is not as simple as it seems to be / **coś jest bardziej skomplikowane niż się wydaje**
e.g. *I think **there's more to Geoff's intelligence than meets the eye**; he's actually a very clever man indeed.*
- 9.137 **spook** /spuk/ (n) = ghost / **duch, zjawa**
e.g. *I have never seen any **spooks** in my life but if I did, I would be scared out of my wits!*
Der.: spooky (adj)
- 9.138 **poltergeist** /'pɒltəgeɪst/ (n) = a ghost or supernatural force which is believed to move furniture or throw objects around / **hałaśliwy i złośliwy duch, duch stukający**
e.g. *Our next door neighbours said their house was haunted by a **poltergeist** that moved furniture around!*
- 9.139 **snapshot** /'snæpʃɒt/ (n) = a photograph that is taken quickly and casually / **pośpiesznie zrobione zdjęcie, migawka**
e.g. *Here, let's have a look at those holiday **snapshots** of you on the beach in Santorini.*
- 9.140 **paranormal** /'pærə'nɔ:məl/ (adj) = supernatural, that cannot be explained by scientific laws / **paranormalny, nadprzyrodzony**
e.g. *Some **paranormal** activity has been reported at that house, although it seems highly unlikely to me as I don't believe in ghosts.*
- 9.141 **alleged** /ə'ledʒd/ (adj) = that has been stated but not proved to be true / **rzekomy, domniemany**
e.g. *A list of the **alleged** World War Two criminals was handed to the court.*
- 9.142 **reportedly** /rɪ'pɔ:tɪdli/ (adv) = without having been proved, apparently, allegedly / **rzekomo, podobno**
e.g. ***Reportedly**, the defendant murdered his wife and buried the body in the back garden.*
- 9.143 **undetected** /ˌʌndɪ'tektɪd/ (adj) = which cannot be seen or found / **nie wykryty**
e.g. *Many crimes, such as burglary or theft, go **undetected** by the police or are never reported.*
- 9.144 **engraver** /ɪn'greɪvəʃ/ (n) = sb who cuts designs on metal, glass or wood / **rytownik, grawer**
e.g. *My jeweller is also a highly skilled **engraver** who initialled my wedding ring beautifully.*
- 9.145 **dabble in sth** /'dæbəl/ (v) = to be busy with sth but not in a serious way / **bawić się czymś, parać się czymś, zajmować niezbyt serio**
e.g. *He **dabbles in** the stock market from time to time although I don't think he's bought any lucrative stocks lately.*
- 9.146 **ethereal** /'θɪəriəl/ (adj) = not of the real world / **eteryczny, zwiewny, nieziemski**
e.g. *With her long hair and marble white skin, she has the **ethereal** beauty of a ghost lady.*
- 9.147 **duplicate** /'dju:plikeɪt/ (v) = to make a copy of sth / **powielać, kopiować, robić duplikat**
e.g. *If you lose your driving licence, you'll have to have a new one **duplicate**.*
Der.: duplicate (n/adj), duplication (n)
- 9.148 **exorbitant** /ɪg'zɔ:bitənt/ (adj) = (of a price or fee) excessive / **(o cenie) wygórowany, horrendalny**
e.g. *I can't afford the **exorbitant** prices at this shop, so let's go somewhere cheaper.*
- 9.149 **doctor** /'dɒktəʃ/ (v) = to change sth in order to deceive people / **sfalszować, podrobić**
e.g. *These certificates have been **doctored**; I'm sure they're not authentic.*
- 9.150 **trickery** /'trɪkəri/ (n) = the use of dishonest methods in order to achieve sth / **oszustwo, szalbierstwo**
e.g. *The con man used **trickery** and deception to enter the homes of old people and rob them of their cash and jewellery.*
- 9.151 **fanfare** /'fænfəʃ/ (n) = much discussion, celebration or publicity / **dośł. fanfary; tu: aplauz, pompa**
e.g. *The new university library was opened with great **fanfare**.*
- 9.152 **crumble** /'krʌmbəl/ (v) = to fall apart, to come to an end / **rozpaść się, kruszyć się**
e.g. *The Western Roman Empire **crumbled** in the 5th century AD when the Goths sacked and burnt Rome to the ground.*
- 9.153 **spectre** /'spektəʃ/ (n) = a ghost / **duch, zjawa**
e.g. *This is a house of **spectres**: ghosts are said to have been haunting it for generations.*
- 9.154 **townsfolk** /'taʊnzfəʊk/ (n) = the people of a town or city, townspeople / **mieszkańcy miast(a)**
e.g. *All the **townsfolk** gathered around to hear the mayor's speech.*
- 9.155 **surface** /'sɜ:fɪs/ (v) = to appear, become known / **ujrzeć światło dzienne, pojawić się**
e.g. *Fresh evidence has **surfaced** about the true identity of Jack the Ripper.*
- 9.156 **pasted-in** /'peɪstɪd'ɪn/ (adj) = not appearing real or genuine, as if awkwardly added / **wklejony, dodany**
e.g. *The child's album contained a series of **pasted-in** cartoon strips and postcards.*

- 9.157 **compelling** /kəm'pɛlɪŋ/ (adj) = convincing and attractive / **przekonujący, nieodparty, zniewalający**
e.g. Stephen King's recent novel is absolutely **compelling**.
- 9.158 **irrefutable** /,ɪrɪ'fju:təbəl/ (adj) = indisputable / **niezbity, niezaprzeczalny**
e.g. The prosecution lawyer produced **irrefutable** evidence to prove that the defendant was guilty of murder.
- 9.159 **debunker** /,di:'bʌŋkər/ (n) = sb who shows that a widely held belief is not true / **demaskator**
e.g. Charles Darwin was a famous **debunker** of previously held biological theories.
- 9.160 **disingenuous** /,dɪsɪn'dʒɛnjuəs/ (adj) = slightly dishonest and insincere / **obłudny, dwulicowy**
e.g. It was **disingenuous** of the boss to claim he had nothing to do with the sackings.
- 9.161 **cargo tank** /'kɑ:gəʊ 'tæŋk/ (n) = a place in a ship for carrying goods / **ładownia**
e.g. Containers are stored in the **cargo tank** of modern container ships.
- 9.162 **trail** /treɪl/ (v) = to follow secretly / **podążać za kimś, śledzić**
e.g. The police have been **trailing** the suspects of an armed robbery for several hours.
- 9.163 **intact** /ɪn'tækt/ (adj) = in one piece, not damaged or changed / **niezniszczony, nienaruszony, w idealnym stanie**
e.g. After the earthquake, only some of the houses in the city centre were left **intact**.
- 9.164 **dissipate** /'dɪsɪpət/ (v) = to disappear gradually / **zanikać stopniowo, rozptynąć się**
e.g. The heat of the day gradually **dissipated** with the setting sun, and the night was cool and fresh.
- 9.165 **approximate** /ə'prɒksɪmət/ (v) = to resemble, look similar to sth else / **przypominać coś, być zbliżonym do czegoś (np. kształtem)**
e.g. The shape of a rugby ball **approximates** that of an American football, but it is not exactly the same.
Der.: approximate (adj), approximation (n)
- 9.166 **demise** /dɪ'maɪz/ (n) = end, death / **koniec, śmierć, zgon**
e.g. His **demise** came at the age of 57, after a long battle against lung cancer.
- 9.167 **tightly-knit** /'taɪtli,nɪt/ (adj) = (of people) very close to each other / **blisko związany, zżyty**
e.g. I used to live in a **tightly-knit** rural community where everybody helped each other.
- 9.168 **suggestible** /sə'dʒɛstɪbəl/ (adj) = easily influenced by other people / **podatny na sugestię**
e.g. Our daughter is a highly **suggestible** young woman and we don't want her to be surrounded by people putting the wrong ideas into her head.
- 9.169 **delusion** /dɪ'lu:ʒən/ (n) = a state of believing things that are not true / **złudzenie, błędne wyobrażenie**
e.g. She has **delusions** of grandeur; she goes around pretending she is a member of the royal family!
- 9.170 **cardboard cutout** /'kɑ:dbɔ:d 'kʌtəʊt/ (n) = a shape that has been cut from thick card / **szablon z tektury**
e.g. We made some nice **cardboard cutouts** of different farm animals at school and painted them different colours.
- 9.171 **on (the) set** = at the location where a play is performed or a movie filmed / **na planie**
e.g. All the actors must be **on the set** by 9 a.m.
- 9.172 **prank** /præŋk/ (n) = a childish trick / **psota, figiel, psikus**
e.g. Gerald played a student **prank** on Justin by messing up his room and hiding his clothes.

English in Use (pp. 202-205)

- 9.173 **ground** /graʊnd/ (v) = to punish a child by forbidding them to go out and enjoy themselves for a period of time / **„dać szlaban” na wychodzenie z domu**
e.g. My parents have **grounded** me for a week for coming home late last night.
- 9.174 **reckon** /'rekən/ (v) = to think / **myśleć, uważać**
e.g. I **reckon** that she looks about thirty although she could be older.
- 9.175 **overturn** /,əʊvə'tɜ:n/ (v) = to change completely, reverse, turn upside down / **przewrócić do góry nogami**
e.g. Little Mike **overturned** a chair and was badly hurt.
- 9.176 **subject matter** /'sʌbdʒekt mətə/ (n) = the main subject / **treść, temat, problematyka**
e.g. The film contains violence and human suffering, a **subject matter** I consider unsuitable for my children.
- 9.177 **distorted** /dɪs'tɔ:tɪd/ (adj) = whose form or appearance has been changed so that it is not clear / **zniekształcony**
e.g. Many of the figures in the painting have **distorted** features, so you have to imagine what they really look like.
- 9.178 **prolific** /prə'lɪfɪk/ (adj) = productive / **plodny, produktywny**
e.g. Barbara Cartland was one of the most **prolific** writers of the 20th century and wrote over 200 romantic novels.

- 9.179 **fundamentally** /ˌfʌndə'mentəli/ (adv) = essentially / **zasadniczo**
*e.g. We possess **fundamentally** opposing points of view, so it's going to be difficult to come to a compromise.*
- 9.180 **the decorative** /ðə 'dekəreɪtɪv/ (n) = the ornamental aspect of a work of art / **aspekt dekoracyjny, zdobniczy**
*e.g. In his paintings, he concentrates on **the decorative** and does not engage the viewer psychologically.*
- 9.181 **shy away from** /'ʃaɪ ə'weɪ frəm/ (phr v) = to avoid sth because one is afraid or not confident enough / **cofać się przed zrobieniem czegoś, nie decydować się na coś**
*e.g. I think we should **shy away from** that project since it looks too risky and we might lose a lot of money.*
- 9.182 **printmaking** /'prɪntmeɪkɪŋ/ (n) = an artistic technique which consists in printing a series of pictures from a specially prepared surface made of stone, wood or metal / **dowolny rodzaj techniki artystycznej polegającej na robieniu odbitek**
*e.g. **Printmaking** is an artistic technique that is practised by artists and printers alike.*
- 9.183 **intermittent** /ˌɪntə'mɪtənt/ (adj) = happening occasionally rather than continuously / **sporadyczny, okresowy**
*e.g. There was **intermittent** tapping sound coming from the room next door and I found it hard to concentrate on my work.*
- 9.184 **exude** /ɪg'zjuːd/ (v) = to show that one has a quality or feeling / **promieniować, emanować czymś**
*e.g. She **exudes** charm and confidence like no other woman I have ever known.*
- 9.185 **hold sway** = to have great power or influence over a particular place or activity / **rządzić, panować**
*e.g. The Roman Empire **held sway** over much of the known world for hundreds of years, until its downfall in the fifth century AD.*
- 9.186 **eavesdrop on sth** /'iːvzdrɒp/ (v) = to listen secretly to what other people are saying / **podśluchiwać**
*e.g. I caught my mother **eavesdropping** on my telephone conversation.*
- 9.187 **preoccupation** /ˌpriːɒkjə'peɪʃən/ (n) = the state of mind in which one thinks about sth all the time, obsession / **zaabsorbowanie, zainteresowanie**
*e.g. He's had this **preoccupation** with his weight recently and is keen to lose at least a few pounds.*
- 9.188 **intake** /'ɪnteɪk/ (n) = the amount that one eats or drinks / **spożywana ilość (pokarmu)**
*e.g. You should cut down on your **intake** of junk food if you want to stay slim and healthy.*
- 9.189 **insecurity** /ˌɪnsɪ'kjʊərəti/ (n) = lack of confidence / **brak pewności siebie**
*e.g. Ron never wants to speak French; I suppose it's the **insecurity** about his accent.*
- 9.190 **perceive** /pə'siːv/ (v) = to see, notice or have a particular view of sb or sth / **postrzegać**
*e.g. Gordon **perceives** things in a different way than Jeremy, so it's not surprising they don't get on well together.*
Der.: perception /pə'sepʃən/ (n)
- 9.191 **eventual** /ɪ'ventʃʊəl/ (adj) = happening at the end of a process or period of time, ultimate / **ostateczny, końcowy**
*e.g. The **eventual** outcome was never in doubt as Chelsea was the better team and won by 4-0.*
- 9.192 **prospective** /prə'spektɪv/ (adj) = wanting or likely to be the thing mentioned, would-be / **potencjalny, ewentualny, przyszły**
*e.g. The **prospective** employees will be interviewed in due course and selected on their individual merits.*
- 9.193 **panel** /'pænəl/ (n) = a small group of people who are chosen to do sth, e.g. to discuss sth in public or to make a decision / **panel, zespół, komisja, jury**
*e.g. On the **panel** of judges for this year's Booker Prize competition are the writers Salman Rushdie, Lady Antonia Frazer and Penelope Lively.*
- 9.194 **vetting** /'vetɪŋ/ (adj) = related to careful examination / **związany z kontrolą, weryfikacją**
*e.g. Candidates applying for this post have to undergo strict **vetting** procedures.*
- 9.195 **catwalk** /'kætɹwɔːk/ (n) = a narrow platform that models walk along at a fashion show to display clothes / **wybieg (dla modelek)**
*e.g. The models walked down the **catwalk** wearing all the latest designs by some well-known fashion designers.*
- 9.196 **make-over** /'meɪkəʊvər/ (n) = the process of improving the appearance of a person or a place / **zmiana wyglądu osoby lub miejsca**
*e.g. Manufacturers of cosmetics sometimes offer free **make-over** sessions in shopping centres to attract new buyers.*
- 9.197 **whittle sth down** /'wɪtl̩əl 'daʊn/ (phr v) = to make a group gradually smaller / **stopniowo zmniejszać, dokonywać selekcji**
*e.g. At this year's talent show, thousands of young hopefuls will be **whittled down** to a pop group of five members.*

- 9.198 **put sb through their paces** (idm) = to get sb to show how well they can do sth / **sprawdzić stopień opanowania jakiejś umiejętności**
e.g. *The young dancers were **put through their paces** by a professional ballet teacher.*
- 9.199 **treaty** /'trɪti/ (n) = a written agreement between countries / **traktat**
e.g. *The **Treaty** of Versailles signed after the First World War severely crippled Germany's military power.*
- 9.200 **settlement** /'setl̩mənt/ (n) = an official agreement between two parties who were involved in a conflict or argument / **ugoda**
e.g. *A **settlement** of 5% has been reached between employers and unions in the long pay dispute.*
- 9.201 **lid** /lɪd/ (n) = the top of a box or other container which can be removed or raised / **wieko, pokrywka**
e.g. *The **lid** is too tightly screwed on the jar, please unscrew it for me.*
- 9.202 **run-down on sth** /'rʌndaʊn/ (n) = an explanation or description of sth / **krótki opis**
e.g. *Before you buy one of my novels, I can give you a brief **run-down on** each.*
- 9.203 **newsreel** /'nju:zri:l/ (n) = a short film of national or international news events / **kronika filmowa**
e.g. *Some of those old black and white **newsreels** are quite fascinating in their depiction of life more than fifty years ago.*
- 9.204 **OAP** /,əʊ ɛɪ 'pi:/ (abbr) = an old-age pensioner / **emeryt**
e.g. *Children, students and **OAPs** are entitled to a 10% discount on the admission price.*
- 9.205 **cine** /'sɪni/ (adj) = connected with films / **filmowy**
e.g. *You are an expert on movies, why don't you join our **cine** club?*
- 9.206 **sign-interpreted** /'saɪnɪntɜ:pɪtɪd/ (adj) = with translation into sign language so that deaf people can understand / **(o programie lub filmie) dla niesłyszących**
e.g. *These days, many news programmes are **sign-interpreted** for the benefit of deaf people.*
- 9.207 **submerged** /səb'mɜ:dʒd/ (adj) = below water surface / **zatopiony**
e.g. *The **submerged** warships were brought to the surface of the sea and turned into scrap metal.*
- 9.208 **on end** = continuously, without stopping / **bez końca**
e.g. *The prisoners were kept locked up in their cells for hours **on end**, without being allowed to go outside and stretch their legs.*
- 9.209 **hoax** /həʊks/ (n) = a trick in which sb tells people a lie intended as a joke / **(głupi) kawał**
e.g. *The building had to be evacuated because of a bomb **hoax**.*
- 9.210 **whisk away** /'wɪsk ə'weɪ/ (phr v) = to take sb or sth somewhere quickly / **porwać (kogoś gdzieś)**
e.g. *Immediately after the wedding, a limousine **whisked** the happy couple **away** on their honeymoon.*
- 9.211 **extraterrestrial** /,ɛkstrətə'restriəl/ (adj) = connected with life existing on other planets / **poziemi**
e.g. *So far no conclusive evidence for the existence of **extraterrestrial** life has been found.*
- 9.212 **gore** /gɔ:'/ (n) = blood from a wound / **(zakrzepła) krew z rany**
e.g. *I am really not keen on all that **gore**, so I don't think I'll be coming with you to watch that horror film.*
- 9.213 **quaint** /kwɛɪnt/ (adj) = attractive because it is unusual and rather old-fashioned / **ciekawy, oryginalny**
e.g. *Those pretty villages with their traditional houses are so **quaint**!*
- 9.214 **imposing** /ɪm'pəʊzɪŋ/ (adj) = impressive / **okazaly, imponujący**
e.g. *The new opera house is an **imposing** building.*
- 9.215 **send shivers down sb's spine** = to make sb feel excited or scared / **sprawić, że dreszcze chodzą po plecach**
e.g. *The thought of spending even one night by myself in that big old house **sends shivers down my spine**.*
- 9.216 **get into the spirit of sth** = to take part in sth in an enthusiastic way / **wczuć się (w atmosferę)**
e.g. *I want everybody to **get into the spirit of** Christmas and enjoy themselves at our office party!*
- 9.217 **make sb's hair stand on end** = to shock or frighten sb / **sprawić, że włosy stają dęba**
e.g. *I heard a strange sound from the room next door which **made my hair stand on end**, as I knew for certain that the house was empty.*
- 9.218 **frozen to the spot** = unable to move because of fear or surprise / **zamarły z przerażenia**
e.g. *There was a sound of footsteps on the stairs and the door creaked open – everybody in the room was **frozen to the spot**.*
- 9.219 **give way** = to collapse / **załamać się (np. pod ciężarem)**
e.g. *The chair **gave way** under his weight and crashed to the floor.*
- 9.220 **shake like a leaf/jelly** (idm) = to shake with fear, be very scared / **trząść się jak liść, jak osika**
e.g. *I have always been afraid of heights, so when we visited the flat on the top floor and went out onto the balcony, I **shook like a leaf**.*

Writing (pp. 206-210)

- 9.207 **submerged** /səb'mɜ:dʒd/ (adj) = below water surface / **zatopiony**
e.g. *The **submerged** warships were brought to the surface of the sea and turned into scrap metal.*
- 9.208 **on end** = continuously, without stopping / **bez końca**
e.g. *The prisoners were kept locked up in their cells for hours **on end**, without being allowed to go outside and stretch their legs.*

VOCABULARY EXERCISES

A Wybierz właściwe słowo lub zwrot.

- He wears expensive business shirts with white collars and
 A laces C sideburns
 B cuffs D stilettos
- Being a cultured and young woman, her tastes extend to French poetry, fine cuisine and art appreciation.
 A eccentric C unpretentious
 B introverted D sophisticated
- One of her favourite is *Thelma and Louise*, in which two women drive across America and are liberated from their dull lives back at home.
 A road movies C costume dramas
 B films noir D slapstick comedies
- My wife and I have always on the things that really matter, such as where to send our children to school.
 A kept up appearances C seen eye to eye
 B smacked our lips D pulled a face
- I think you should applying for a job in that country; there is little to do outside work and your family and friends won't be able to visit often.
 A shy away from C hold sway for
 B get into the spirit of D dabble in
- His taste in clothes is appropriately for someone with a nine-to-five job.
 A confirmed C restrained
 B reluctant D talented
- Kevin was looking generally scruffy and down(-) when I last saw him – he needs to make a bit more effort with his appearance, otherwise he'll never get a job.
 A in the mouth C and-out
 B to-earth D at-heel
- He was lucky not to have his leg after his motorbike accident.
 A amputated C approximated
 B dissipated D declined
- The jury decided that some of the prosecution witnesses' evidence had been and the defendant was found not guilty on all counts.
 A irrefutable C deliberate
 B implausible D compelling
- He has worked on this newspaper for a number of years as a cartoon
 A writer C printer
 B editor D illustrator

B Uzupełnij tekst wyrazami utworzonymi od słów podanych w tej samej linii po prawej stronie.

Even though the rag trade is known for its 0) *outrageous* designs, mainstream British fashion is more restrained and 1) What one sees on the catwalk isn't what one sees down the High Street, where more 2) is in evidence. After all, it is 3) difficult for ordinary women to wear clothes designed for tall sleek amazons. Moreover, real clothes have to be worn and any amount of 4) would be caused if women wore some of the catwalk 5) just to go down their local supermarket. Having said that, fashions, particularly for young women, have become quite risqué in recent years with body piercing becoming 6) and navels being exposed. Like everything, however, fashion goes in circles and today's fashion victims will 7) become tomorrow's 8) mothers and wives. "If only that were true!" I can hear mothers of teenage daughters wishing.

OUTRAGE
 PRETEND
 RESTRAIN
 ENORMOUS
 EMBARRASS
 CREATE
 TREND
 DOUBT
 CONSERVE

C Uzupełnij zdania podanymi słowami.

• gullible • tacky • reckon • intact • vanity • rarity • coarse • prank • decline • grungy

- 1 Out of sheer, he believed every woman he met was in love with him.
- 2 He is a typical university student with his long hair and scruffy clothes that look like they haven't been washed for ages.
- 3 We played some pretty naughty on our Biology teacher, such as putting chewing gum on his chair.
- 4 Those young friends of yours have such manners; they didn't even say "hello" when my mother came into the room!
- 5 You're so – did you really believe that Jim Benson's dad used to play for Manchester United?
- 6 After being cleared of embezzling the money, the managing director's reputation has remained largely
- 7 The neighbours have got such taste with their pink wallpaper and matching curtains – Mrs Sugar has even dyed her hair pink!
- 8 When my grandfather was young, all men used to wear hats; these days the wearing of hats has become somewhat of a
- 9 Which team do you is going to win the Premiership title this year?
- 10 With the huge population increases in the big cities, the number of people living in rural areas has significantly over the last forty years.

D Podkreśl właściwe słowo.

- 1 At the **Treaty/Settlement/accord** of Utrecht (1713), Spain ceded Gibraltar to Great Britain forever.
- 2 We usually do our household **tasks/chores/jobs** at the weekend, as we both work full-time.
- 3 As a result of the ravages of war and emigration, the population of Europe significantly **dissipated / duplicated / declined** between 1939 and 1945 to recover again in the 1960s.
- 4 Sally is a lovely, **stuffy/impish/outgoing** young lady; I'm sure she'll make loads of friends at university.
- 5 You shouldn't judge Richard by his looks – after all, appearances can be **distorted/deceptive/deliberate**.
- 6 There is a wonderful effect at dusk with the sunlight giving the island a pink glow and an almost **eternal/paranormal/ethereal** beauty.

E Dopasuj do siebie zwroty z kolumn A i B. Utwórz właściwe kolokacje, a następnie uzupełnij nimi podane zdania.

A	B
1 <input type="checkbox"/> drum one's	a lips
2 <input type="checkbox"/> shrug one's	b head
3 <input type="checkbox"/> wrinkle one's	c fingers
4 <input type="checkbox"/> purse one's	d fists
5 <input type="checkbox"/> clench one's	e shoulders
6 <input type="checkbox"/> nod one's	f nose

- 1 Our Chemistry teacher used to on his desk impatiently, waiting for an answer.
- 2 Our young daughter in bewildered amusement at some of granddad's jokes, most of which she can't understand.
- 3 I find it a bit annoying the way in which some people constantly while you're talking to them.
- 4 Teenagers have this habit of as a way of showing cool indifference.
- 5 He and was about to hit the other boy when a teacher came along and broke up the argument.
- 6 My grandmother always when she is upset about something or other.

F W większości linijek w tekście jest jedno zbędne słowo. Znajdź je i zapisz w wyznaczonym miejscu po prawej stronie. Jeśli w danej linijce nie ma zbędnego słowa, zaznacz ją znakiem (✓).

The Wellington boot had first made its appearance in 1817. At this time, fashion for ladies and gentlemen was undergoing major changes as wigs, makeup and the effeminate and outrageous fashions of the 18th century were made way for a more than austere style in the 19th century. Men started to wearing trousers as they discarded their somewhat foppish breeches. This, however, led to a problem regarding comfortable and practical footwear, as the previously fashionable Hessian boot was worn with the breeches was styled with a curved top and metallic braid, unsuitable for wearing under trousers. To this end, Arthur Wellesley, the first Duke of Wellington, instructed his shoemaker how to modify the pretentious 18th century boot. The result, which was designed in soft calfskin, had the trim been removed and was cut close around the leg. The boot was called after the Wellington and the name has stuck ever since. It was designed to be worn by officers on the battlefield but could also be worn in polite society. Wellingtons have quickly caught on with fashionable gentlemen eager to emulate a national hero, and with the Pax Britannica they were no longer needed for the battlefield. They were remained in fashion throughout the 1840s. In the 1850s they became higher and in the 1860s ankle boots superseded both versions. However, boots were being still worn for country pursuits such as hunting and visits around one's country estate. Today's leather hunting boots are, in fact, a so closer descendant of the original Wellington than the rubber boots are worn by farmers, as well as high society folk going for a weekend in the country – the much so-called "green wellie brigade". The great man must be tossing in his grave at the very thought.

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10

Shop Around

Lead-in (p. 211)

10.1 **instalment** /ɪn'stɔ:lmənt/ (n) = a small amount of money one pays at specific times instead of paying the whole sum at once / **rata**
e.g. I couldn't afford to pay for my car all at once, so I pay an **instalment** every month instead.

10.2 **market research** /'mɑ:kit ,rɪs:tʃ/ (n) = the collecting and studying of information about what people want, need and buy / **badania rynku**
e.g. The company carried out **market research** to find out how popular their new product would be before they decided to produce it.

10.3 **décor** /'deɪkɔ:'/ (n) = the style of furnishing and decoration of a house / **wystrój**
e.g. The **décor** in the flat was simple; plain white walls and bare wooden floors.

10.4 **reduced to clear** = sold at a reduced price so that the shop can get rid of it / **oferowany na wyprzedaży po niskich cenach**
e.g. These shirts were very cheap because they were **reduced to clear**; I think the shop wanted to get rid of all their old stock.

10.5 **haggle over sth** /'hægəl/ (v) = to argue about the cost of sth before reaching an agreement and buying it / **targować się**
e.g. At street markets, people often **haggle over** a price in order to get an item more cheaply.

10.6 **commerce** /'kɒmɜ:s/ (n) = activities and procedures involved in buying and selling things / **handel**
e.g. He was presented with an award for his achievements in industry and **commerce**.
Der.: commercial (adj)

Reading (pp. 212-213)

- 10.7 **lay an egg** = (of birds) to produce an egg /
znieść jajko
e.g. He keeps a chicken in his garden; it **lays an egg**
every morning for his breakfast.
- 10.8 **scrambled eggs** /ˌskræmbəld 'egz/ (n pl)
= eggs mixed (with salt and butter) and heated
in a pan / jajecznicza
e.g. For breakfast, I prefer **scrambled eggs**
to baked beans and sausages.
- 10.9 **smoked** /sməʊkt/ (adj) = (of meat or fish) having
been hung over burning wood so that smoke
preserves it and gives it a special flavour /
wędzony
e.g. I love **smoked** salmon, but it is too expensive
to eat every day.
- 10.10 **hit the spot** (idm) = to be exactly what it should
be / być strzałem w dziesiątkę
e.g. That cup of coffee really **hit the spot**; it was
exactly what I needed to wake me up.
- 10.11 **outdoorsy** /aʊt'dɔ:zi/ (adj) = characteristic of or
suitable to the outdoors / (o odzieży) wierzchni,
do noszenia na dworze
e.g. I hate heavy, **outdoorsy** clothes but unfortunately
one needs them in a cold climate.
- 10.12 **go off the boil** (idm) = to lose enthusiasm /
stracić ochotę na coś
e.g. The kids were excited about getting a new
computer, but it took them so long to set it up
that they **went off the boil**.
- 10.13 **ditch** /dɪtʃ/ (v) = to get rid of / wyrzucić
e.g. I really wish you would **ditch** those old sports
shoes and buy a new pair.
- 10.14 **cashback** /ˈkæʃbæk/ (n) = a small amount of money
which a shop gives you when you pay for sth
with your bank card, and which is taken
immediately from your bank account / wypłata
drobnej sumy gotówką przy dokonywaniu płatności
kartą kredytową
e.g. When I paid for my groceries at the supermarket
with my bank card, the cashier asked me if I wanted
any **cashback**.
- 10.15 **cashpoint** /ˈkæʃpɔɪnt/ (n) = a machine which allows
people to get money from their bank account
using a special card / bankomat
e.g. Can we stop at the **cashpoint**? I need to get some
money out of my account.
- 10.16 **cost sb dearly** = to result in excessive costs /
słono kosztować
e.g. Shopping at your local store instead of at a large
supermarket can **cost you dearly**, as prices are much
higher.
- 10.17 **pop in** /ˈpɒp 'ɪn/ (phr v) = to go somewhere
for a very short time / wpaść gdzieś, wstąpić
na chwilę
e.g. I think I'll **pop in** and see Jill on my way home.
- 10.18 **front heavy** = (of a shop) having an overcrowded
display in the front / (o sklepie) z przeładowaną
wystawą
e.g. That shop on the corner is a bit **front heavy**;
they must have all their products in the front window!
- 10.19 **branch** /brɑːntʃ/ (n) = an office or shop belonging
to a business or organisation / oddział, filia
e.g. Did you go to the High Street **branch** of NewQuest
bank, or to the one near the bus station?
- 10.20 **square footage** /ˌskwɛə 'fʊtɪdʒ/ (n) = surface
measurement in square feet / powierzchnia
mierzona w stopach kwadratowych
e.g. The rent on the premises is calculated
per **square footage**.
- 10.21 **staffing** /ˈstɑːfɪŋ/ (n) = the number of workers
employed to work in a particular organisation
or building / zespół pracowników, personel, kadra
e.g. We are only a small company, so our **staffing**
requirements are not very high.
- 10.22 **council rates** /ˈkaʊnsəl ˌreɪts/ (n pl) = an amount
of money that a shop is charged by local
authorities / podatki nakładane przez samorząd
e.g. We pay our **council rates** in order to have
our rubbish collected and our streets lit.
- 10.23 **fabric softener** /ˈfæbrɪk ˈsɒfənə/ (n) = a substance
which one adds to water when washing clothes
in order to make them feel softer /
płyn do zmiękczenia tkanin
e.g. This new **fabric softener** makes the clothes
feel soft and smell fresh.
- 10.24 **teabag** /ˈtiːbæg/ (n) = a small paper bag with
tea leaves in it / torebka herbaty ekspresowej
e.g. Put the **teabag** in a cup and pour boiling water
to make a nice cup of tea.
- 10.25 **premium price** /ˈpriːmiəm ˌpraɪs/ (n) = a price higher
than normal / wysoka cena
e.g. Elegant furs can be bought at **premium prices**
only.
- 10.26 **policy** /ˈpɒlɪsi/ (n) = a set of ideas or plans used as
a basis for making decisions in business, politics
or economics / polityka (np. płacowa)
e.g. Recent developments may force the government
to change its education **policy** in order to win votes
in the next election.

- 10.27 **overheads** /'əʊvəhedz/ (n pl) = the regular and essential expenses of a business / **koszty stałe** (np. czynsz, opłaty za prąd, itp.)
e.g. *I'm afraid the company is going to have to close down; we are not even making enough profit to cover our overheads.*
- 10.28 **pricing policy** /'praɪsɪŋ ˌpɒlɪsi/ (n) = a set of plans used in deciding how much to charge for sth / **polityka cenowa**
e.g. *The store's pricing policy is to charge less than any other supermarket.*
- 10.29 **format** /'fɔ:mæt/ (n) = here: the type of shop / **tu: rodzaj, wielkość sklepu**
e.g. *Our chain of stores offers different prices depending on the shop format.*
- 10.30 **resource** /rɪ'zɔ:s/ (v) = to provide with money or equipment / **wyposażyć, zapewnić środki**
e.g. *How much will it cost to resource the store for one year?*
- 10.31 **cost structure** /'kɒst ˌstrʌktʃə/ (n) = all the expenses falling into different categories / **struktura kosztów**
e.g. *The cost structure of supermarkets is different than that of small groceries.*
- 10.32 **nip in** /'nɪp ɪn/ (phr v) = to go somewhere nearby for a short time / **pójść gdzieś na chwilę, wyskoczyć na moment**
e.g. *I'm just going to nip in to the shop for a minute to buy a newspaper.*
- 10.33 **contain** /kən'teɪn/ (v) = to keep under control / **ograniczać**
e.g. *The company can't hire new workers – we have to contain the costs of labour this year.*
- 10.34 **draw up** /'drɔ: ʼʌp/ (phr v) = to prepare or write out / **sporządzić**
e.g. *My lawyer will draw up the contract so that it is ready to be signed by tomorrow.*
- 10.35 **from scratch** (idm) = without any previous preparation or knowledge / **od nowa, od początku**
e.g. *When I went to study in Spain, I had to learn Spanish from scratch.*
- 10.36 **supplement** /'sʌplɪmənt/ (v) = to add sth / **uzupełniać**
e.g. *Tim needs some extra money, so he supplements his income by working evenings in a restaurant.*
Der.: supplement (n), supplementary (adj)
- 10.37 **supermarket's own-brand** = (of packaged goods) having the supermarket's name on / **produkty firmowe supermarketu**
e.g. *I buy supermarket's own-brand products whenever I can, as they are cheap.*
- 10.38 **resent sth** /rɪ'zent/ (v) = to feel angry and bitter about sth / **być niezadowolonym z czegoś**
e.g. *He resented having to help me, but I really could not do it myself.*
Der.: resentful (adj), resentment (n)
- 10.39 **treat** /tɹi:t/ (n) = sth special which one enjoys / **przyjemność, niespodzianka**
e.g. *I decided to take the children to the funfair as a treat; they had a wonderful time.*
- 10.40 **advent** /'ædvənt/ (n) = coming into existence, appearance / **nadejście czegoś, nastanie**
e.g. *The advent of the mobile phone means that people can keep in touch wherever they are.*
- 10.41 **breed** /brɪd/ (n) = a particular type of sth / **rodzaj, typ**
e.g. *Gorbachev represented a new breed of Russian politicians.*
- 10.42 **saunter** /'sɔ:ntə/ (v) = to walk in a slow casual way, stroll / **przechadzać się, spacerować**
e.g. *He sauntered slowly along the river, watching the sun setting over the water.*
- 10.43 **pay over the odds** (idm) = to pay more than the usual price / **przeplacić**
e.g. *Mandy paid over the odds for her new handbag – and it's not even made of leather!*
- 10.44 **accessibility** /æksɪ'sə'bɪləti/ (n) = (of a place) being easy to reach / **dostępność; łatwy dostęp lub dojazd**
e.g. *I use this supermarket because of its accessibility; it's just round the corner.*
- 10.45 **undercut** /ʌndə'kʌt/ (v) = to sell products cheaper than sb else / **sprzedawać po niższych cenach niż konkurencja**
e.g. *This supermarket does its best to undercut all the other stores, so products are usually cheaper here.*
- 10.46 **core** /kɔ:ɹ/ (adj) = basic / **podstawowy**
e.g. *The company employs several temporary employees besides its core staff.*
- 10.47 **hike up** /'haɪk ʼʌp/ (phr v) = to increase prices suddenly / **nagle podnieść ceny**
e.g. *The downtown stores have started to hike up their prices in order to make more money.*
- 10.48 **wastage** /'weɪstɪdʒ/ (n) = losing or destroying sth because of carelessness / **marnowanie, marnotrawstwo**
e.g. *We have an enormous amount of food wastage every month; we throw away too much food.*
- 10.49 **rot** /rɒt/ (v) = (of food) to go bad / **(o żywności) psuć się, gnić**
e.g. *The apples I bought last week are starting to rot; I'd better throw them in the bin.*
Der.: rotten (adj)

- 10.50 **lurk** /lɜ:k/ (v) = to hide / **kryć się, czaić się**
e.g. *My little sister is afraid of the dark; she is sure that there are monsters **lurking** there.*
- 10.51 **crisper** /'krɪspə/ (n) = the bottom section of a fridge where one puts vegetables and fruit / **pojemnik na warzywa i owoce w dolnej części lodówki**
e.g. *There is some lettuce in the **crisper**; can you get it out for me?*
- 10.52 **agony** /'æɡəni/ (n) = great physical or mental pain / **ból, cierpienie, męka**
e.g. *She waited in **agony** for her children to come back home from their escapade.*
- 10.53 **slog around** /'slɒɡ ə'raʊnd/ (phr v) = to make a long and tiring walk / **łazić (np. po sklepach)**
e.g. *I hate **slogging around** the shops looking for the perfect outfit; it makes me really tired.*
- 10.54 **bitter** /'bɪtə/ (adj) = disappointed and angry / **zgorzkniały**
e.g. *He was rather **bitter** after he had lost his job, but he is feeling a lot more positive now.*
Der.: bitterness (n)
- 10.55 **summarise** /'sʌmərəɪz/ (v) = to give a short report of sth with only its main points / **podsumować, streścić**
e.g. *He likes talking a lot without saying much; I think I could **summarise** his lecture in three sentences.*
Der.: summary (n)
- 10.56 **mall** /mɔ:l/ (n) = a very large enclosed shopping area / **centrum handlowe**
e.g. *I love going to the **mall**; it's great to find so many shops under one roof.*
- 10.57 **sense of community** = the feeling of sharing things and belonging to a group / **poczucie przynależności do grupy, wspólnoty**
e.g. *It's nice to live in a village because you have a true **sense of community** when you know all your neighbours.*
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- 10.58 **shopping therapy** /'ʃɒpɪŋ ,θerəpi/ (n) = doing shopping in order to feel better / **zakupy dla poprawy humoru**
e.g. *I was feeling a bit fed up so I tried **shopping therapy**; I bought lots of new clothes and now I feel much better.*
- 10.59 **upmarket boutique** /,ʌpmɑ:kɪt bu:'tɪk/ (n) = a shop that sells clothes, shoes or jewellery which are of good quality and very expensive / **luksusowy butik**
e.g. *I would love to buy clothes from an **upmarket boutique**, but I simply can't afford to.*
- 10.60 **car boot sale** /'kɑ: bu:t ,seɪl/ (n) = an outdoor sale at which people sell unwanted things from the back of their car / **giełda**
e.g. *We should clear out all our junk, load it into the car and take it to a **car boot sale** to get rid of it all.*
- 10.61 **second-hand shop** /'sekəndhænd ,ʃɒp/ (n) = a shop which sells used items / **sklep z rzeczami używanymi**
e.g. *I bought this jacket in a **second-hand shop**, but it looks as good as new, doesn't it?*
- 10.62 **antique emporium** /æn,tɪk ɛm'pɔ:riəm/ (n) = a large shop which sells items that are old, beautiful and rare / **sklep z antykami, desa**
e.g. *When I took my granny shopping, she looked at all the old furniture in the **antique emporium** for hours!*
- 10.63 **millinery shop** /'mɪlɪnəri ,ʃɒp/ (n) = a shop which sells women's hats / **sklep z kapeluszymi**
e.g. *I need a hat for the wedding; I think I'll go to that new **millinery shop** in town.*
- 10.64 **delicatessen** /,delɪkə'tesən/ (n) = a shop which sells high quality foods imported from other countries / **delikatesy**
e.g. *I bought some delicious French cheese at the **delicatessen**.*
- 10.65 **quilt** /kwɪlt/ (n) = a thin cover filled with feathers or other warm material / **koldra**
e.g. *The nights are getting cold; I think I'll put an extra **quilt** on the bed to keep me warm.*
- 10.66 **respective** /rɪ'spektɪv/ (adj) = relating to the individual people or things that have just been mentioned / **poszczególony, odpowiedni, odnoszący się do czegoś**
e.g. *Helen and Jane are doing very well at their **respective** schools; Helen is at primary school and Jane is at secondary school.*
- 10.67 **vintage** /'vɪntɪdʒ/ (adj) = the best and most typical of a kind, classic / **klasyczny, najlepszy w swoim rodzaju, stary i stylowy**
e.g. *This TV show is the very best of **vintage** comedy; I could watch it again and again.*
- 10.68 **rug** /rʌɡ/ (n) = a small carpet / **chodnik, dywanik**
e.g. *The dog was lying on an old woollen **rug** on the floor in front of a roaring fire.*
- 10.69 **hand-knitted** /'hænd,nɪtɪd/ (adj) = made of wool with the use of knitting needles / **robiony na drutach**
e.g. *This jumper is **hand-knitted**, which is why it is so expensive.*

- 10.70 **nail** /neɪl/ (n) = a thin piece of metal with one flat and one pointed end / **tu: gwózdź**
e.g. He was trying to hang a picture on the wall when he hit his thumb with the hammer instead of the **nail**.
- 10.71 **commercial** /kə'mɜːʃəl/ (n) = an advertisement on the radio or TV / **reklama w radiu lub telewizji**
e.g. I never watch **commercials** and simply switch off the TV during commercial breaks.
- 10.72 **hoarding** /'hɔːdɪŋ/ (n) = a large board on the side of a road or building used for putting up posters and advertisements / **billboard, duża tablica reklamowa**
e.g. A **hoarding** advertising a new shampoo caught my eye as I was driving down the road.
- 10.73 **neon sign** /'niːn ˌsaɪn/ (n) = a sign made from glass tubes filled with neon gas which produce a bright electric light / **neon**
e.g. You can't miss the restaurant; it has a **neon sign** outside with its name in bright pink!
- 10.74 **jingle** /'dʒɪŋɡəl/ (n) = a short simple tune with words which is used to advertise a product on TV or radio / **telewizyjna lub radiowa reklama muzyczna**
e.g. That commercial has such a catchy **jingle**; if I hear it I can't stop singing it all day.
- 10.75 **full-page spread** /'fʊlpeɪdʒ ˈspred/ (n) = a whole page in a newspaper or magazine which is used for advertisement / **ogłoszenie lub reklama na całą stronę w gazecie**
e.g. There is a **full-page spread** in today's paper advertising John's business; he must be doing well.
- 10.76 **petition** /pə'tɪʃən/ (n) = a document signed by a lot of people which asks the authorities to do sth / **petycja**
e.g. The students all signed the **petition** asking the government to increase student grants.
Der.: petitioner (n)
- 10.77 **erect** /'rekt/ (v) = to build, set up / **wznieść, zbudować**
e.g. This building was **erected** in 1910, so it is nearly a hundred years old.
- 10.78 **freshly-squeezed** /'frefliˌskwiːzd/ (adj) = (of juice) that has just been pressed out of a fruit or vegetable for immediate consumption / **(o soku) świeżo wyciśnięty**
e.g. I love to start the day with a glass of **freshly-squeezed** orange juice; I even have a machine to squeeze it for me!
- 10.79 **efficacy** /'efɪkəsi/ (n) = effectiveness of sth / **skuteczność, efektywność**
e.g. As a doctor, I can guarantee the **efficacy** of a healthy diet; you will feel better in no time if you eat properly.
- 10.80 **irreplaceable** /,ɪr'pleɪsəbəl/ (adj) = that cannot be replaced if lost or destroyed / **niezastąpiony**
e.g. Oh no! I hope I haven't lost my mother's necklace; it's **irreplaceable** because it was handmade over fifty years ago.
- 10.81 **substandard** /,sʌb'stændəd/ (adj) = being below a required standard / **poniżej normy**
e.g. I'm afraid this work is **substandard**; it's nowhere near as good as the work you usually do.
- 10.82 **overspend** /'ɒsvəspend/ (v) = to spend more money than one can afford to / **zbyt dużo wydawać**
e.g. I really shouldn't go shopping; I always **overspend** and end up with no money for the rest of the month.
Opp.: underspend
- 10.83 **loaded** /'ləʊdɪd/ (adj) = having a characteristic or quality to a great degree / **pełen, naładowany, przesycony**
e.g. "Dieting again?" he asked her in a voice **loaded** with sarcasm as she took her third slice of cake.
- 10.84 **legible** /'ledʒɪbəl/ (adj) = clear enough to read / **czytelny**
e.g. I wish she would type her letters so that I could read them more easily; her handwriting is barely **legible**.
Der.: legibility (n)
Opp.: illegible
- 10.85 **flea market** /fliː mɑːkɪt/ (n) = an outdoor market which sells cheap used goods and very old furniture / **pchli targ**
e.g. You can buy all sorts of things at a **flea market**, from old books to used furniture.
- 10.86 **celebrity endorsement** /sɪ'lebrɪti ɪn'dɔːsmənt/ (n) = an advertisement in which a famous person shows support for a product / **reklama, w której produkt reklamuje ktoś znany**
e.g. I think people are silly to buy a product just because it has a **celebrity endorsement**; do they really think that the celebrities use the products?
- 10.87 **government endorsement** /'gʌvənmənt ɪn'dɔːsmənt/ (n) = a statement made by the government to show their support for sb or sth / **poparcie rządu**
e.g. His company has received a **government endorsement**; he is delighted to have the approval of the leaders of the country.
- 10.88 **aggressive marketing** /ə'ɡresɪv ˈmɑːkɪtɪŋ/ (n) = the selling of a product or service using direct marketing techniques in order to be more successful than others / **agresywny marketing**
e.g. We will be using **aggressive marketing** to ensure that this product sells well.

- 10.89 **effective marketing** /ɪ'fektɪv 'mɑ:kɪtɪŋ/ (n)
= a marketing technique that achieves its goals /
skuteczny marketing
e.g. Thanks to **effective marketing**, our product
has achieved record sales this month.
- 10.90 **subliminal message** /sʌb'ɪlɪmɪnəl 'mesɪdʒ/ (n)
= a message or influence that affects sb's
mind without their being aware of it /
przekaz podprogowy, działający na podświadomość
e.g. Kate tried to improve herself by playing
a **subliminal message** tape designed to boost
her confidence while she was asleep.
- 10.91 **coded message** /kəʊdɪd 'mesɪdʒ/ (n) = a message
that has words or symbols which represent
other words, so that it remains secret /
wiadomość zaszyfrowana
e.g. Gary clearly doesn't want me to read his note
to Steve; he has written a **coded message** so that
I can't understand it.
- 10.92 **religious icon** /rɪ'lɪdʒəs 'aɪkɒn/ (n) = a religious
picture of Christ or a saint, painted or carved /
święty obraz, wizerunek
e.g. The church was full of **religious icons** showing
different saints.
- 10.93 **money laundering** /'mʌni 'lɔ:ndəɪɪŋ/ (n) = hiding
the origin of illegally obtained money
and transferring it to legal businesses /
pranie brudnych pieniędzy
e.g. He denied **money laundering** even though
the police knew he had earned a fortune on drugs
and invested it in several companies.
- 10.94 **shopping spree** /'ʃɒpɪŋ 'spri:/ (n) = going to shops
and buying very many things at a time /
szal zakupów, wielkie zakupy
e.g. I'm in the mood to go on a **shopping spree**;
it's ages since I bought myself new things.
- 10.95 **cash flow** /'kæʃ 'fləʊ/ (n) = the movement of money
in and out of a business / **przepływ gotówki**
e.g. The company has run into **cash flow** problems
and will have to close down; we simply don't
have enough money coming in.
- 10.96 **advertising campaign** /'ædvətaɪzɪŋ kæm'peɪn/ (n)
= a series of planned activities to encourage
people to buy or use a product / **kampania
reklamowa**
e.g. This is a very effective **advertising campaign** as it
has encouraged many people to buy our product.
- 10.97 **true to life** = seeming real / **realistyczny**
e.g. The film was very **true to life**; it was easy
to believe in the characters and events.
- 10.98 **high ranking official** /haɪ ræŋkɪŋ ə'fɪʃl/ (n) = sb
who has an important position in a particular
organisation / **wysoki rangą urzędnik**
e.g. It is always headline news when a **high ranking
official** is accused of criminal behaviour.
- 10.99 **organised crime** /'ɔ:gənaɪzd 'kraɪm/ (n) = criminal
activities which involve many people that are
organised and controlled by a small group /
przestępczość zorganizowana
e.g. **Organised crime** is a problem in many big cities
where small groups control most of the criminal
activity.
- 10.100 **revere** /rɪ'vɪə/ (v) = to respect and admire sb
greatly / **darzyć czcią, szacunkiem**
e.g. People still **revere** Shakespeare as the greatest
English playwright of all time.
Der.: reverence /'revərəns/ (n)
- 10.101 **make cutbacks** = to make reductions / **robić cięcia**
e.g. I'm afraid the company will have to **make
cutbacks** to survive; this may mean lower salaries
and fewer employees.
- 10.102 **do the bookkeeping** = to keep an accurate record
of the money spent and received by a business /
prowadzić księgowość
e.g. If we didn't have Sarah to **do the bookkeeping**,
we wouldn't know how much money we spend
or receive each month.
- 10.103 **launch a campaign** = to begin a series of planned
activities / **rozpocząć kampanię**
e.g. The company has **launched a campaign**
to improve staff training.
- 10.104 **make a fortune** = to make a very large sum
of money / **zbić majątek, zdobyć fortunę**
e.g. If we sold all this equipment, we could **make
a fortune**; it must be worth thousands of pounds.
- 10.105 **launch a product** = to make a product available
to the public / **wypuścić produkt na rynek**
e.g. We're hoping to **launch a product** next year
that will be popular with people of all ages.

Idioms

- 10.106 **cost an arm and a leg** = to be very expensive /
słono kosztować
e.g. How did he afford that new car on his salary?
It must have **cost an arm and a leg**.
- 10.107 **tighten one's belt** = to manage without some
things because one has less money to spend /
zaciśkać pasa
e.g. Now that I am only working part time, I will have
to **tighten my belt** as I do not have as much money
to spend as I used to.

- 10.108 **earn one's bread and butter** = to earn one's money by doing a job / **zarabiać na chleb**
e.g. *I'm studying to be a nurse, but I **earn my bread and butter** by working in a restaurant in the evenings.*
- 10.109 **save for a rainy day** = to save money for bad times in the future / **oszczędzać na czarną godzinę**
e.g. *It is always a good idea to **save for a rainy day**; you never know when you will need money.*
- 10.110 **keep one's head above water** = to avoid getting into difficulties / **utrzymywać się na powierzchni, nie popadać w kłopoty**
e.g. *His job doesn't pay very well; he **earns just enough to keep his head above water**.*
- 10.111 **be sb's meal ticket** = to provide sb with money or a lifestyle which they would not otherwise have / **zapewnić komuś dostatek**
e.g. *He doesn't really love her; he just stays with her because she is rich, so she is **his meal ticket**.*
- 10.112 **have a nest egg** = to have a sum of money that one has saved for a particular purpose / **mieć oszczędności na określony cel**
e.g. *I **have a nest egg** in the bank to buy a house one day.*
- 10.113 **go from rags to riches** = to become very rich quickly after one has been quite poor / **zrobić karierę od pucybuta do milionera**
e.g. *When he started his own business, it was very successful; he **went from rags to riches** in months!*
- 10.114 **demote** /dɪ'məʊt/ (v) = to give sb a less important position or a lower rank than the one they already have / **zdegradować**
e.g. *I know the boss was angry with me for losing those clients, but I didn't expect him to **demote** me to a lower position.*
Der.: demotion (n)
Opp.: promote
- 10.115 **penniless** /'penɪləs/ (adj) = hardly having any money / **bez grosza**
e.g. *Jess never has any money to spend; she is a **penniless** student.*
- 10.116 **carry the world on one's shoulders** = to take the responsibility for everything / **dźwigać cały świat na własnych barkach**
e.g. *You really shouldn't worry about everything; there's no need to **carry the world on your shoulders**.*
- 10.117 **carry sth too far** = to continue doing sth beyond reasonable limits / **posunąć się w czymś za daleko**
e.g. *When he first started teasing me it was funny, but now he's **carried** the joke **too far** and he's upsetting me.*
- 10.118 **cash and carry** = a large shop where one buys goods in large quantities and at lower prices, pays for them in cash and provides one's own transport to take them away / **hurtownia, w której płaci się gotówką i samemu odbiera towar**
e.g. *I buy most of the goods for my shop at the **cash and carry**, as you can buy large amounts of goods very cheaply there.*
- 10.119 **carry a lot of weight with sb** = to be respected and able to influence other people / **mieć duży wpływ na kogoś**
e.g. *I advise you to be very polite to Mrs Davis; she **carries a lot of weight with** the manager, you know.*
- 10.120 **carry a motion** = to discuss and vote on a proposal / **przeprowadzić wniosek**
e.g. *The voters **carried a motion** to ban smoking in public places.*
- 10.121 **carry an illness** = to be infected with an illness and possibly pass it on to others / **być nosicielem choroby**
e.g. *You should not send Tim to school with measles; he may be feeling better but he is still **carrying** the illness and may infect the other children.*
- 10.122 **overdo** /'əʊvə'du:/ (v) = to behave in an exaggerated or extreme way / **przesadzić**
e.g. *You really shouldn't exercise so much; you will wear yourself out if you **overdo** it.*
- 10.123 **cabinet** /'kæbɪnɪt/ (n) = a group of the most important ministers in a government who meet regularly to discuss and make decisions / **rada ministrów**
e.g. *The members of the **cabinet** are meeting today to discuss the new law.*
- 10.124 **infect** /ɪn'fekt/ (v) = to cause sb/sth to have an illness or disease / **zarazić, zakazić, zainfekować**
e.g. *If you go to work when you are ill, you may **infect** your colleagues.*
Der.: infection (n), infectious (adj)
- 10.125 **mortgage** /'mɔ:ɡɪdʒ/ (n) = a loan of money from a bank taken to buy a house / **kredyt na dom**
e.g. *He got a **mortgage** in order to buy the house of his dreams, so now he has to make payments every month.*

Phrasal verbs

- 10.126 **call off** /'kɔ:l 'ɒf/ = to cancel / **odwołać**
e.g. The manager decided to **call off** the meeting as he had too much other work to do.
- 10.127 **call upon** /'kɔ:l ə'pɒn/ = to say publicly that one wants people to do sth / **apelować do kogoś**
e.g. The police have **called upon** members of the public to report any suspicious people in the area.
- 10.128 **draw sb in on** /'drɔ: 'ɪn ɒn/ = to cause sb to get involved in sth that one is already involved with / **wciągnąć, wtajemniczyć w coś**
e.g. I think we should **draw David in on** the plan; he is great at coming up with new ideas and I'm sure he'd love to take part.
- 10.129 **draw on** /'drɔ: ɒn/ = to make use of sb's skill or experience / **polegać (np. na czymś doświadczeniu)**
e.g. I had to **draw on** my experience as a writer to come up with a story for the magazine.
- 10.130 **draw out** /'drɔ: 'aʊt/ = to make sth last longer than usual / **przeciągnąć**
e.g. He managed to **draw out** the meeting until half past six, so I missed my train.
- 10.131 **call in on** /'kɔ:l 'ɪn ɒn/ = to make a short visit / **wpaść, wstąpić z wizytą**
e.g. I must **call in on** Sue to see if she is feeling better.
- 10.132 **call for** /'kɔ:l fə:/ = to require / **wymagać**
e.g. This job **calls for** determination and creativity; if you have those qualities, then you should be fine.
- 10.133 **get-rich-quick scheme** = a plan whereby one gets very wealthy in a short period of time and without much work / **plan dojścia do dużych pieniędzy w krótkim czasie i niewielkim nakładem pracy**
e.g. Gary has come up with another **get-rich-quick scheme**; I wish he would get a real job instead of thinking up these crazy ideas of how to make money.
- 10.134 **catchy** /'kætʃi/ (adj) = (of a tune, name, etc) attractive and easy to remember / **wpadający w ucho**
e.g. This is a really **catchy** tune; I can't get it out of my head once I hear it.
- 10.135 **lasting impression** /'lɑ:stɪŋ ɪm'preʃn/ (n) = a continuous effect that sth has on sb / **trwałe wrażenie**
e.g. You really made a **lasting impression** on Frank at the party; he hasn't stopped talking about you since!
- 10.136 **deed** /di:d/ (n) = a document that states the terms of an agreement concerning the ownership of land or property / **dokument, akt prawny, umowa pisemna**
e.g. We met yesterday to sign the **deed** and now the business is over!
- 10.137 **savings** /'seɪvɪŋz/ (n pl) = the money one has saved in a bank / **oszczędności**
e.g. I ran out of money before pay day so I had to spend some of my **savings**; I will try to replace the money this month.
- 10.138 **defect** /'dɪfekt/ (n) = a fault or imperfection / **defekt**
e.g. This computer has a **defect** which causes it to keep crashing; I would like to exchange it for another one.
- 10.139 **steering** /'stiəriŋ/ (n) = the mechanical parts which make it possible to control a vehicle / **układ kierowniczy**
e.g. There is something wrong with the **steering** in my car; I am having trouble controlling the direction it goes in.
- 10.140 **ringing tone** /'rɪŋɪŋ ,təʊn/ (n) = a sound made by a telephone or mobile phone that lets one know sb is calling / **dzwonek telefonu, melodyjka**
e.g. I've changed the **ringing tone** on my mobile so that it plays my favourite song when someone calls me.
- 10.141 **exemplify** /ɪg'zemplɪfaɪ/ (v) = to be a typical example of sth / **być przykładem, ilustrować**
e.g. This painting **exemplifies** Turner's wonderful use of light in his artwork.
Der.: exemplification (n)
- 10.142 **cutting-edge** /'kʌtɪŋ,edʒ/ (adj) = the most advanced in a particular field / **najnowszy, najbardziej zaawansowany**
e.g. He always has to buy the **cutting-edge** products; he can't stand not being up to date!
- 10.143 **shipping** /'ʃɪpɪŋ/ (n) = the transport of goods as a business / **spedycja, transport towarów**
e.g. This company offers free **shipping** on all orders over £50, which could reduce our transport costs.
- 10.144 **redeem** /rɪ'di:m/ (v) = to exchange a piece of paper representing a particular sum of money for goods of the same value / **wykupić, zrealizować (np. bon)**
e.g. You have to **redeem** this voucher before the end of the month or it will no longer be valid.
- 10.145 **gift certificate** /'gɪft sə,tɪfɪkət/ (n) = a piece of paper or ticket, often presented as a gift, that can be used instead of money to pay for sth / **bon towarowy (wręczany jako prezent)**
e.g. My aunt usually gives me a **gift certificate** instead of a present, so that I can choose whatever I like.

- 10.146 **hotline** /'hɒtlaɪn/ (n) = a telephone line that the public can use to contact an organisation to obtain information about sth / **gorąca linia**
e.g. For further information about flooding, call the 24-hour flood **hotline** on 800 2451855.
- 10.147 **expiry date** /ɪk'spaɪəri ,dæt/ (n) = a specific time until which food, medicine or drinks can be used / **data ważności**
e.g. You shouldn't eat this cheese; it has gone past its **expiry date**.
- 10.148 **confirm** /kən'fɜ:m/ (v) = to show or say that sth is true / **potwierdzić**
e.g. Could you call the restaurant to **confirm** the booking we made for tonight at eight o'clock?
Der.: confirmation (n)
- 10.149 **refund** /'rɪfʌnd/ (n) = a sum of money which is returned to sb because they have returned goods to a shop or paid too much for sth / **zwrot pieniędzy**
e.g. The TV I bought was faulty, so I took it back to the shop and demanded a full **refund**.
Der.: refundable (adj)

Listening & Speaking (pp. 218-219)

- 10.150 **trainee** /treɪ'ni:/ (n) = sb employed at a low level in a job in order to learn the skills needed for that job / **praktykant, stażysta**
e.g. All **trainees** spend a few weeks observing qualified staff before they are given any responsibilities of their own.
- 10.151 **accessories** /æk'sesərɪz/ (n pl) = items such as belts or scarves which one wears or carries but are not part of their main clothing / **dodatki do odzieży**
e.g. Sandra always looks smart in suits with matching **accessories**; she must have dozens of bags, belts and scarves.
- 10.152 **toiletries** /'tɔɪlətrɪz/ (n pl) = things one uses when washing or taking care of their body (creams, toothpaste, soaps, etc) / **przybory toaletowe**
e.g. I never pack **toiletries** when I travel; you can buy shampoo and soap in any country, after all.
- 10.153 **gadget** /'gædʒɪt/ (n) = a small machine or device which does sth useful / **gadżet**
e.g. I suggest we buy Carl a **gadget** for his birthday; he loves little machines and devices.
Der.: gadgetry (n)
- 10.154 **hobby shopping** /'hɒbi ,ʃɒpɪŋ/ (n) = doing shopping as a hobby because one enjoys it / **zakupy dla przyjemności**

- e.g. Claire has gone into town; she doesn't really need to buy anything but she loves **hobby shopping**.
- 10.155 **masculine** /'mæskjʊlɪn/ (adj) = having qualities that are typical of men / **męski**
e.g. Sam loves playing rugby; all that rough behaviour and running about on a muddy field makes him feel **masculine**.
Der.: masculinity (n)
Opp.: feminine
- 10.156 **innate** /ɪ'neɪt/ (adj) = (of a quality, ability, etc) that one is born with / **wrodzony**
e.g. Babies are born with the **innate** ability to develop speech.
Der.: innately (adv)
- 10.157 **downtown** /'daʊntaʊn/ (adv/n) = (in or towards) the centre of a large town or city / **(do/w) centrum dużego miasta**
e.g. I live on the outskirts of the city but I go **downtown** at least once a week; I love the bustle of the city centre.

Reading (pp. 220-221)

- 10.158 **wit** /wɪt/ (n) = the ability to use words or ideas in an amusing, clever and imaginative way / **dowcip, inteligencja, polot**
e.g. Chris has a very sharp **wit**; he always says clever things that make everyone laugh.
Der.: witty (adj)
- 10.159 **worldly-wise** /'wɜ:ldli,waɪz/ (adj) = experienced and knowledgeable about the practical and social aspects of life / **mający doświadczenie życiowe**
e.g. Kate may be clever but she is not very **worldly-wise**; she has very little experience of life.
- 10.160 **young generation** /'jʌŋ ,dʒenə'reɪʃən/ (n) = all the people in a group or country who are of a similar young age / **młode pokolenie**
e.g. The **young generation** has grown up with computers, so they see them as part of their lives.
- 10.161 **subtle** /'sʌtəl/ (adj) = not immediately obvious or noticeable / **subtelny, delikatny**
e.g. Perfume should be **subtle** so that people can barely smell it.
Der.: subtly (adv), subtlety (n)
- 10.162 **overpriced** /'əʊvə,praɪst/ (adj) = costing more than it should / **zbyt drogi**
e.g. I think that restaurant is **overpriced**; you certainly don't get what you pay for there.
Opp.: underpriced

- 10.163 **confidence** /'kɒnfɪdəns/ (n) = the feeling that one can trust sb or rely on sth / **pewność, ufność**
e.g. *I'm afraid I don't have much **confidence** in Sam's plan; it's sure to go wrong.*
- 10.164 **media-savvy** /'mi:diə,sævi/ (adj) = having a good knowledge and understanding of the media / **obeznany z mediami**
e.g. *Young people, these days, are fairly **media-savvy** as they grow up with TV and magazines playing a major role in their lives.*
- 10.165 **could hardly be further from the truth** = could not be more wrong / **być bardzo dalekim od prawdy**
e.g. *Ben thinks that I am not interested in his new business, but that **could hardly be further from the truth**; I'd love to hear all about it.*
- 10.166 **wouldn't be seen dead in sth** = to extremely dislike a piece of clothing / **W życiu nie włożyłbym/ włożyłabym tego na siebie!**
e.g. *This dress is awful; I **wouldn't be seen dead in it**.*
- 10.167 **achingly** /'eɪkɪŋli/ (adv) = extremely / **bardzo, strasznie**
e.g. *This is such an **achingly** beautiful jacket; I wish I could afford it.*
- 10.168 **literate** /'lɪtərət/ (adj) = having a good knowledge and understanding of sth / **obeznany, zaznajomiony**
e.g. *Most companies expect their staff to be PC **literate**.*
Der.: literacy (n)
Opp.: illiterate
- 10.169 **commission** /kə'mɪʃən/ (v) = to formally arrange for sb to do a piece of work / **zlecić**
e.g. *The King decided to **commission** an artist to paint his portrait.*
- 10.170 **arouse** /ə'raʊz/ (v) = to cause sb to experience a feeling or instinct strongly / **wzbudzić, pobudzić**
e.g. *The teacher used colourful flashcards to **arouse** the interest of her students.*
Der.: arousal (n)
- 10.171 **stimulate** /'stɪmjəleɪt/ (v) = to encourage sth to begin or develop further / **stymulować, pobudzać**
e.g. *We watched a short film about crime in class in order to **stimulate** discussion about criminal activities.*
Der.: stimulation (n)
- 10.172 **thirtysomething** /θɜ:ti'slʌmθɪŋ/ (n) = sb who is over thirty years old / **osoba po trzydziestce**
e.g. *Bridget Jones's Diary is a humorous novel which reflects the worries of **thirtysomethings**.*
- 10.173 **commercially-naive** /kə,mɜ:ʃəlɪnaɪ'ɪv/ (adj) = unaware of the business of buying and selling products / **nie obeznany z prawami handlu**
e.g. *People of older generations grew up as **commercially-naive** kids, as adverts were not common in those days.*
- 10.174 **bombard** /,bɒm'bɑ:d/ (v) = to continuously show or say sth / **bombardować (np. wiadomościami)**
e.g. *The lawyer began to **bombard** the witness with questions which he couldn't answer.*
Der.: bombardment (n)
- 10.175 **thoroughbred** /'θʌrəbrɛd/ (adj) = of outstanding quality / **dosł. rasowy; tu: w pełnym tego słowa znaczeniu**
e.g. *Children are **thoroughbred** consumers; they start to consume products from the day they are born.*
- 10.176 **panellist** /'pænelɪst/ (n) = sb who is a member of a panel and speaks in public on a television or radio programme / **uczestnik dyskusji panelowej**
e.g. *I have been invited to be a **panellist** on a discussion programme on TV!*
- 10.177 **focus group** /'fəʊkəs ,gru:p/ (n) = a specially selected group of people who represent the public in a survey / **grupa respondentów**
e.g. *We chose the children of a local secondary school to be the **focus group** for our research into youth activities in the area.*
- 10.178 **embody** /ɪm'bɒdi/ (v) = to symbolise an idea or quality / **ucieleśniać, uosabiać**
e.g. *Red roses **embody** the essence of romance, as they symbolise love and passion.*
Der.: embodiment (n)
- 10.179 **tracking study** /'trækɪŋ ,stʌdi/ (n) = a detailed investigation carried out in order to find more information about a subject / **badania prowadzone w celu zebrania informacji na określony temat**
e.g. *The company carried out a **tracking study** to find out what their customers thought of their services.*
- 10.180 **peak** /pi:k/ (n) = the most fully developed point of a process / **szczyt**
e.g. *Alan is at the **peak** of his career; he can't get any higher than he is now!*
- 10.181 **decipher** /dɪ'saɪfər/ (v) = to work out what the message is about / **rozszyfrować**
e.g. *Her handwriting is absolutely terrible; I can hardly **decipher** a word of this letter.*
- 10.182 **planner** /'plænər/ (n) = sb whose job is to make decisions about what is going to be done in the future / **planista**
e.g. *Bob works as a **planner** at an advertising agency; he decides what action the company should take in the future.*
- 10.183 **flex** /fleks/ (v) = to move one's muscles in order to exercise them / **napinać i rozprostowywać (mięśnie)**
e.g. *Carrie does a few exercises every morning to **flex** her muscles before she starts the day.*
Der.: flexible (adj), flexibility (n)

- 10.184 **gratification** /ˌgrætɪfɪˈkeɪʃən/ (n) = pleasure, satisfaction / **przyjemność, zadowolenie**
e.g. *Children these days are used to instant gratification; they can satisfy their every wish immediately.*
- 10.185 **noodle** /ˈnuːdəl/ (n) = a long thin strip of pasta / **makaron**
e.g. *We ordered some food from a Chinese takeaway; I had chicken with noodles.*
- 10.186 **vending machine** /ˈvendɪŋ məːʃɪn/ (n) = a coin-operated machine from which you can buy drinks, cigarettes, etc / **automat (np. z napojami)**
e.g. *I felt so thirsty walking through town that I bought a coke from a vending machine.*
- 10.187 **one-dimensional** /ˌwʌndaɪˈmenʃənəl/ (adj) = flat, with no depth; not varied / **jednowymiarowy; jednostajny**
e.g. *I think the accountant's job is boring and one-dimensional; it's only figures and sums.*
- 10.188 **be delivered sth on a plate** (idm) = to get sth without having to make an effort / **mieć coś podane na talerzu**
e.g. *He was delivered his job on a plate; he didn't even have to attend an interview.*
- 10.189 **vicariously** /vɪˈkæəriəsli/ (adv) = experiencing sth through the actions of others rather than by doing it oneself / **za pośrednictwem kogoś lub czegoś, żyjąc życiem innych**
e.g. *Many parents live vicariously through their children's successes instead of making an effort to improve their own lives.*
- 10.190 **lean back** = requiring very little involvement / **nie wymagający wysiłku, zaangażowania**
e.g. *His job is rather lean back; he doesn't have to do very much work.*
- 10.191 **digest** /daɪˈdʒest/ (v) = to think about sth carefully so that one can understand it / **przetrawić (np. w myślach)**
e.g. *Well, we've taken in a lot of information in this meeting, so let's take a break to digest it.*
Der.: digestion (n), digestive (adj), digestible (adj)
- 10.192 **decode** /dɪˈkəʊd/ (v) = to manage to understand sth / **rozszyfrować, zrozumieć**
e.g. *I found it hard to decode all the hidden meaning in the play, but I enjoyed the performance anyway.*
- 10.193 **shift** /ʃɪft/ (n) = change / **zmiana**
e.g. *He experienced a shift of opinion when he heard my argument; I'm glad I was able to change his mind.*

English in Use (pp. 222-225)

- 10.194 **crack down on** /ˈkræk ˈdaʊn ɒn/ (phr v)
= to become stricter in making people obey rules or laws / **rozprawić się z czymś**
e.g. *The police are cracking down on crime in the area by taking on more staff and patrolling the streets at all times.*
- 10.195 **throw new light on sth** (idm) = to make sth easier to understand because more information is known about it / **rzucić nowe światło na coś**
e.g. *I hope this information will throw new light on the project for you; it should be easier to understand now.*
- 10.196 **define** /dɪˈfaɪn/ (v) = to explain the meaning / **zdefiniować**
e.g. *The dictionary defines a gadget as a small machine or device which does something useful.*
Der.: definition (n), definable (adj)
- 10.197 **inflation** /ɪnˈfleɪʃən/ (n) = the general increase in the prices of goods and services in a country / **inflacja**
e.g. *As a result of high inflation, the costs of living are rising all the time.*
- 10.198 **college leaver** /ˈkɒlɪdʒ ˌli:vər/ (n) = sb who has finished a college course / **absolwent szkoły wyższej**
e.g. *It can be hard for college leavers to find work as most companies want to employ people who have experience in the job.*
- 10.199 **muck** /mʌk/ (n) = dirt / **brud**
e.g. *Don't come in here with all that muck on your shoes; I've just cleaned the floors!*
Der.: mucky (adj)
- 10.200 **gazumping** /gəˈzʌmpɪŋ/ (n) = selling a property to sb who offers to pay a higher price after the property owner has agreed to sell it to sb else / **sprzedż nieruchomości po wyższej cenie nowemu nabywcy, mimo że wcześniej znaleziono nabywcę za niższą cenę**
e.g. *All property seekers fear gazumping as it can ruin all your plans and be very disappointing.*
- 10.201 **option** /ˈɒpʃən/ (n) = choice / **opcja, wybór**
e.g. *I'm afraid that after your recent behaviour, I have no option but to ask you to resign from the company.*
Der.: optional (adj)
- 10.202 **scrap** /skræp/ (v) = to cancel, get rid of / **odwołać, zerwać (umowę)**
e.g. *We decided to scrap our plans to go camping at the weekend when we heard that the weather was going to be bad.*

- 10.203 **frown on** /'fraʊn 'ɒn/ (phr v) = to disapprove of sth / **patrzeć na coś z niechęcią, nie pochwałać**
e.g. Most managers **frown on** staff who take time off to attend to personal business.
- 10.204 **leave sb in the lurch** = to go away and stop helping sb at a very difficult time / **zostawić kogoś na lodzie**
e.g. Jill had promised to help me arrange the party, but she **left me in the lurch** when her friend invited her to dinner.
- 10.205 **surveyor** /sɜ:'veɪə/ (n) = sb who examines buildings and their condition or records the details of a piece of land / **geodeta**
e.g. The **surveyor** discovered that the house had several defects.
- 10.206 **legally binding** = (of an agreement) that must be carried out / **prawnie wiążący**
e.g. This contract is **legally binding**, so read it carefully before you sign it.
- 10.207 **structural survey** /'strʌktʃərəl ,sɜ:'veɪ/ (n) = an investigation that is done on the structure of a building / **ekspertyza budowlana**
e.g. You should always have a **structural survey** carried out before you buy a property, to make sure that the building is safe and not in need of repair.
- 10.208 **legal expenses** /'li:gəl ɪk,spensɪz/ (n pl) = amounts of money one spends on lawyers' fees and other related expenses / **koszty prawne**
e.g. If you win the court case, the accused will have to pay all your **legal expenses**.
- 10.209 **ward off** /'wɔ:d 'ɒf/ (phr v) = to protect or defend oneself against danger, harm, illness etc / **nie dopuszczać, zapobiec, ustrzec się przed czymś**
e.g. She carries a personal alarm when she goes out at night, to **ward off** any attackers.
- 10.210 **exclusivity agreement** /,ɛksklu'sɪvɪti ə'grɪmənt/ (n) = a decision made by two or more people that a transaction will be effected only between them, without any external party / **umowa na wyłączność**
e.g. The buyers insisted that we draw up an **exclusivity agreement** stating that the house was to be sold to them and no one else.
- 10.211 **curb** /kɜ:b/ (v) = to control and keep sth within limits / **okiełznać, poskromić, ukrócić**
e.g. Many shops employ store detectives in an attempt to **curb** shoplifting.
- 10.212 **in disgrace** = (of a person) disapproved of because of some wrongful action in the past / **w niełasce**
e.g. Don't let the dog come into the house; he is **in disgrace** because he chewed my best shoes.
- 10.213 **ineffective** /,ɪnɪ'fektɪv/ (adj) = having no effect on a process or situation / **nieefektywny, nieskuteczny**
e.g. Simply giving children information is an **ineffective** way of teaching; you have to help them to use the information you give them.
Der.: ineffectiveness (n)
- 10.214 **spiralling** /'spɪərəʊɪŋ/ (adj) = increasing / **rosnący, zwiększający się**
e.g. **Spiralling** unemployment is the result of many companies closing down or making staff cuts.
- 10.215 **squarely** /'skweəli/ (adv) = directly / **bezpośrednio**
e.g. The responsibility for the accident rests **squarely** on the truck driver.
- 10.216 **creditor** /'kredɪtə/ (n) = sb that one owes money to / **wierzyciel**
e.g. My **creditors** are putting pressure on me to pay them back, but I just don't have the money.
Opp.: debtor
- 10.217 **spending binge** /'spendɪŋ ,bɪndʒ/ (n) = spending too much money at a time / **wydanie zbyt dużej ilości pieniędzy na raz**
e.g. I wish I hadn't gone on that **spending binge**; I spent an entire month's wages in one afternoon!
- 10.218 **e-commerce** /'i:,kɒmɜ:s/ (n) = the buying, selling and ordering of goods and services using the Internet / **handel za pośrednictwem Internetu**
e.g. **E-commerce** is growing in popularity now that people are more comfortable with shopping on the Internet.
- 10.219 **unauthorised** /,ʌn'ɔ:θəraɪzd/ (adj) = without official permission / **nielegalny, bezprawny, bez upoważnienia, bez zezwolenia**
e.g. He was sacked for making **unauthorised** use of company funds.
- 10.220 **executive** /ɪg'zekjʊtɪv/ (n) = sb employed by a business at a senior level / **kierownik**
e.g. Her husband is an advertising **executive** and plays a very important role in the company.
Der.: executive (adj)
- 10.221 **avid** /'ævɪd/ (adj) = eager and enthusiastic / **zachłanny, zapalony**
e.g. Sally is an **avid** reader and reads at least two books every week.
- 10.222 **leak** /li:k/ (v) = to be revealed and become known to the public / **wyjść na jaw, dostać się do publicznej wiadomości**
e.g. You must be careful to use a secure site when shopping online so that your credit card details do not **leak** to other companies.
Der.: leak (n)

- 10.223 **hammock** /'hæmək/ (n) = a piece of strong cloth or net hung between two supports and used as a bed / **hamak**
e.g. *Toby loves to tie his **hammock** to two trees and relax in it in the summer.*
- 10.224 **bogus** /'bəʊgəs/ (adj) = not genuine, fake / **podrobiony, fałszywy**
e.g. *They made a **bogus** insurance claim to try and get some money from the insurance company.*
- 10.225 **moral** /'mɔrəl/ (n) = a message, sth you learn from a story / **morał**
e.g. *The **moral** of the story is that you should never tell lies because you will be found out one day.*
- 10.226 **compromise** /'kɒmprəmaɪz/ (v) = here: to reveal / **tu: ujawnić**
e.g. *These photographs taken by a private detective will **compromise** your character.*
- 10.227 **virtually** /'vɜ:tʃuəli/ (adv) = almost / **niemal, prawie**
e.g. *Her husband rarely helps around the house, so she does **virtually** all of the housework herself.*
- 10.228 **applicable** /'æplɪkəbəl/ (adj) = relevant, that can be used in a situation / **odpowiedni, mający zastosowanie**
e.g. *I'm afraid the usual rules are not **applicable** in this case; we will have to handle things differently this time.*
Opp.: inapplicable
- 10.229 **apparent** /ə'pærənt/ (adj) = clear, obvious / **wyraźny, jasny, oczywisty**
e.g. *It has been **apparent** for some time that John is not happy in his job; he is always late and rarely makes an effort to do good work anymore.*
- 10.230 **comforting** /'kɒmfətɪŋ/ (adj) = making sb feel less worried or unhappy / **podnoszący na duchu, pocieszający, poprawiający samopoczucie**
e.g. *When I feel unhappy, I find it **comforting** to play with my dog; she always calms me down.*
- 10.231 **shop till you drop** = to shop until one is exhausted / **robić zakupy do upadłego**
e.g. *You deserve to treat yourself to some new clothes; why don't you go to town and **shop till you drop**?*
- 10.232 **retail** /'ri:teɪl/ (n) = selling goods directly to the public / **handel detaliczny**
e.g. *In a **retail** outlet, the customer picks the items off a shelf and pays a cashier.*
Der.: retailer (n)
Opp.: wholesale
- 10.233 **manic** /'mænik/ (adj) = having an extremely strong desire for sth, obsessed with sth / **maniakalny; zwariowany (na jakimś punkcie)**
e.g. *My husband is a **manic** gardener: he will be mowing the lawn twice a week!*
Der.: manically (adv)
- 10.234 **compulsive** /kəm'pʌlsɪv/ (adj) = forced to do sth by an obsession / **uzależniony od czegoś; nałogowy**
e.g. *Susie is a **compulsive** shopper; she buys things on the spur of the moment without thinking about it.*
- 10.235 **shopaholic** /,ʃɒpə'hɒlɪk/ (n) = sb who enjoys going shopping and buying things and can't stop doing it / **osoba uzależniona od zakupów**
e.g. *Paula is a **shopaholic**; she can't get through the day without spending money on something.*
- 10.236 **depress** /dɪ'pres/ (v) = to make sb feel sad and disappointed / **przygnębić, wpędzić w depresję**
e.g. *That film was so sad; it really **depresses** me when films don't have a happy ending.*
Der.: depression (n)
- 10.237 **suicide** /'su:saɪd/ (n) = the act of killing oneself on purpose / **samobójstwo**
e.g. *Her attempt at **suicide** was really just a cry for help, not a serious effort to end her life.*
Der.: suicidal (adj)
- 10.238 **omniomania** /,ɒmniə's'meɪniə/ (n) = shopping addiction / **uzależnienie od zakupów**
e.g. *Shopaholism is also known as **omniomania**.*
- 10.239 **psychiatry** /saɪ'kaɪətri/ (n) = the study and treatment of mental illnesses / **psychiatria**
e.g. *Liz decided to study **psychiatry** because she wanted to help people who are mentally ill.*
Der.: psychiatrist (n), psychiatric (adj)
- 10.240 **reach epidemic proportions** = to increase or spread rapidly / **osiągnąć rozmiary epidemii**
e.g. *The problem of truancy has **reached epidemic proportions**, with children missing more and more school days every year.*
- 10.241 **stigma** /'stɪgmə/ (n) = a mark of shame / **piętno**
e.g. *There used to be a **stigma** attached to left-handed people many years ago, as they were considered to be disabled.*
Der.: stigmatise (v)
- 10.242 **mask** /mɑ:sk/ (v) = to cover up, conceal / **zamaskować, zakryć**
e.g. *He tells silly jokes to **mask** the fact that he is really very shy.*
Opp.: unmask
- 10.243 **shoddy** /'ʃɒdi/ (adj) = made carelessly or badly / **tandetny, liche**
e.g. *Don't buy anything from that shop on the corner; their goods are really **shoddy**.*

10.244 **dubious** /'dju:biəs/ (adj) = not being completely honest or reliable / **wątpliwy, budzący wątpliwości**
e.g. *The referee's decisions during the game were rather **dubious**; I think he wanted our team to lose.*

Writing (pp. 226-234)

10.245 **controversy** /'kɒntɹəvɜ:si/ (n) = public discussion about sth that many people disagree with / **kontrowersja, spór**
e.g. *The plans to build a new road through the village have caused a great deal of **controversy** amongst the local people.*

Der.: controversial /,kɒntɹə'vɜ:ʃəl/ (adj)

10.246 **how dare you** = used when one is shocked and angry about sth that sb has done / **jak śmiesz/śmiałeś (coś zrobić)**
e.g. ***How dare you** use my car without asking me first! I can't believe you would do something like that!*

10.247 **literary** /'litərəri/ (adj) = relating to the writing, study or appreciation of literature / **literacki**
e.g. *She is the **literary** editor of a newspaper; she reviews four books every week.*

10.248 **feature** /'fi:tʃə/ (n) = an article in a newspaper or a TV programme / **artykuł prasowy lub audycja telewizyjna**
e.g. *We are preparing a special **feature** on handicapped children for next week's issue.*

10.249 **proposed** /prə'pəʊzd/ (adj) = formally suggested / **zapropnowany**
e.g. *I'm afraid I do not agree with the **proposed** changes to the syllabus, as I think they are unnecessary.*

10.250 **syllabus** /'sɪləbəs/ (n) = the subjects studied in a particular course at a college or university / **program nauczania**
e.g. *An ideal school **syllabus** includes a range of subjects so that children learn about a variety of topics.*

10.251 **banking** /'bæŋkɪŋ/ (n) = the business activity of banks / **bankowość**
e.g. *Tony has always dreamt of a career in **banking**, and now he is the manager of the local branch of NewQuest bank.*

10.252 **relevant** /'reləvənt/ (adj) = important or significant in a situation / **istotny, ważny, znaczący**
e.g. *I don't think that your views on politics are **relevant** to this discussion; we are talking about fashion, after all.*
Der.: relevance (n)
Opp.: irrelevant

10.253 **lick** /lɪk/ (n) = the act of passing the tongue over sth / **polizanie, liźnięcie**
e.g. *That ice cream looks delicious; can I have a **lick** of it, please?*

10.254 **track** /træk/ (n) = a song or piece of music on a CD, record or cassette / **utwór**
e.g. *This is my favourite **track** on the CD; do you mind if I play it again?*

10.255 **blues-influenced** /'blu:z,ɪnfluənst/ (adj) = affected by the slow melancholic music played in the southern U.S. / **z wpływami bluesa**
e.g. *The music on this album is definitely **blues-influenced**; you can hear the typical blues guitar and harmonica.*

10.256 **meditative** /'medɪtətɪv/ (adj) = related to the act of thinking very deeply about sth / **medytacyjny, kontemplacyjny, zamyślony**
e.g. *After a busy day at the office, I like to enjoy a few moments of **meditative** silence in order to relax.*

10.257 **raw** /rɔ:/ (adj) = having strong basic feelings which are not weakened or affected by other influences / **surowy, żywy**
e.g. *She was not ready to talk about what she had been through, as her emotions were still too **raw**.*
Der.: rawness (n)

10.258 **unreleased** /,ʌnrɪ'li:st/ (adj) = not heard before by the public / **niepublikowany**
e.g. *The band's Greatest Hits album contains two previously **unreleased** tracks.*

10.259 **weak** /wi:k/ (adj) = not successful / **słaby**
e.g. *I thought that his last novel was rather **weak**; I certainly didn't enjoy it as much as his other books.*

10.260 **go straight to the source** = to go back to the point of origin / **iść do źródła (np. informacji)**
e.g. *If you don't believe me, why don't you **go straight to the source** and ask Mary? After all, she's the one who told me what happened.*

10.261 **be in the public eye** = to be famous / **być na świecie, być sławnym**
e.g. *Some celebrities complain about being **in the public eye** because they say they have no privacy.*

10.262 **splendour** /'splendə/ (n) = the beautiful and impressive appearance of sth / **splendor, świetność, przepych**
e.g. *I will never forget the **splendour** of his home; it was like a fairy tale castle.*

10.263 **medieval** /medi'i:vəl/ (adj) = relating to the Middle Ages (between 476 AD and about 1500 AD) / **średniowieczny**
e.g. *Life was hard in **medieval** times as many people died of diseases.*

- 10.264 **vivid** /ˈvɪvɪd/ (adj) = very bright / **jaskrawy, ostry**
*e.g. She always dresses in such **vivid** colours, you certainly notice when she walks into the room!*
Der.: vividness (n)
Opp.: dull
- 10.265 **exaggerated** /ɪgˈzædʒəreɪtɪd/ (adj) = made to seem larger, better or worse than sth really is / **przesadzony, wyolbrzymiony**
*e.g. The actor made such **exaggerated** movements with his arms that we couldn't stop laughing whenever he came onto the stage.*
- 10.266 **brushstroke** /ˈbrʌʃstrəʊk/ (n) = the mark made by a brush / **śląd pędzla, pociągnięcie pędzla**
*e.g. You have to keep your **brushstrokes** smooth when painting a wall in order to get an even colour.*
- 10.267 **pound** /paʊnd/ (v) = to be played loudly / **(o muzyce) dudnić, huczeć**
*e.g. Teenagers' parents often complain about the music **pounding** from their children's rooms.*
- 10.268 **bar** /bɑːr/ (n) = one of the short sections into which a piece of music is divided / **takt**
*e.g. She sang the opening **bars** of her favourite song while cooking.*
- 10.269 **zoom in on** /ˈzuːm ˈɪn/ (phr v) = to give a close-up picture of sth / **zrobić zbliżenie lub najazd (kamery)**
*e.g. As the camera **zoomed in on** the two actors, they gazed lovingly into each other's eyes.*
Opp.: zoom out
- 10.270 **masterful** /ˈmɑːstəfəl/ (adj) = showing great skill / **mistrzowski**
*e.g. His paintings show a **masterful** use of colour; he knows exactly how to create the right tone.*
- 10.271 **landscape** /ˈlændskeɪp/ (n) = (of paintings) a scene in the countryside / **pejzaż**
*e.g. Turner painted beautiful **landscapes** of places he knew and loved.*
- 10.272 **chord** /kɔːd/ (n) = a number of musical notes played or sung at the same time / **akord**
*e.g. I enjoyed the concert from the moment the pianist played the first **chord**.*
- 10.273 **fade in** /ˈfeɪd ˈɪn/ (phr v) = to slowly become more noticeable / **stać się widzialnym lub słyszalnym**
*e.g. As the couple kissed on the screen, romantic music began to **fade in** and I felt tears come to my eyes.*
Opp.: fade out
- 10.274 **backdrop** /ˈbækdrɒp/ (n) = background of a scene / **tło**
*e.g. The English countryside provided the perfect **backdrop** for this film; it was a very well-chosen location.*
- 10.275 **appealing** /əˈpiːlɪŋ/ (adj) = pleasant and attractive / **pociągający**
*e.g. I find his sense of humour very **appealing**; I do like people who make me laugh.*
Opp.: unappealing
- 10.276 **acclaim** /əˈkleɪm/ (n) = public praise / **uznanie (np. publiczności)**
*e.g. Leonardo Di Caprio received critical **acclaim** for his performance in Titanic; many people praised his acting skills when they saw the film.*
- 10.277 **first-hand** /ˈfɜːst,hænd/ (adv) = directly from the original source / **z pierwszej ręki**
*e.g. I heard about Mike's new job **first-hand**; he told me himself.*
- 10.278 **component** /kəmˈpəʊnənt/ (n) = any part of which sth is made / **element składowy**
*e.g. A hard disk is an important **component** of a computer; it could not function without one.*
- 10.279 **lighting effects** /ˈlaɪtɪŋ ɪˈfekts/ (n pl) = (in film, theatre, etc) the specially created impressions made by the use of different lights / **efekty świetlne, gra świateł**
*e.g. I loved the **lighting effects** in last night's film; they created some great impressions and atmospheres.*
- 10.280 **one can't beat the feeling of sth** = one can't make sb feel better than sth / **nie ma nic lepszego niż**
*e.g. If you want to relax after a hard day, you **can't beat the feeling** of sinking into a hot bubble bath.*
- 10.281 **amateur** /ˈæmətəʳ/ (adj) = doing sth as a hobby, not as a job / **amatorski**
*e.g. Paul is only an **amateur** musician; his real job is working in an advertising company.*
Der.: amateur (n), amateurish (adj)
Opp.: professional
- 10.282 **in the vicinity** = nearby / **w pobliżu, w sąsiedztwie**
*e.g. There is a lovely restaurant **in the vicinity**; we could walk there from here if you like.*
- 10.283 **brass band** /ˈbrɑːs ˌbænd/ (n) = a group of musicians who play musical instruments such as trumpets and horns / **orkiestra dęta**
*e.g. The street parade was led by a **brass band** who played lively music.*
- 10.284 **put on** /ˈpʊt ˈɒn/ (phr v) = to arrange for a show, competition, etc to take place / **wystawić (sztukę), zorganizować (wystawę, koncert)**
*e.g. Our gallery **puts on** a new exhibition every few months.*
- 10.285 **foyer** /ˈfɔɪə/ (n) = a large area where people meet or wait just inside the main doors of a cinema, theatre or hotel / **foyer, hol**

- e.g. *You don't have to come up to my hotel room; I will meet you downstairs in the foyer.*
- 10.286 **folklore** /'fɒklɔːr/ (n) = the traditional stories, customs and habits of a community or nation / folklor
e.g. *There is a grain of truth in all folklore and legend; after all, stories have to start somewhere.*
- 10.287 **focal point** /'fəʊkəl ˌpɔɪnt/ (n) = sth that people concentrate on or pay most attention to / główny element przyciągający uwagę
e.g. *The painting on the wall provided a focal point in the otherwise bare room; I couldn't help looking at it all the time.*
- 10.288 **thriving** /'θraɪvɪŋ/ (adj) = growing and developing well, prosperous / dobrze prosperujący, kwitnący
e.g. *He invested in a thriving company and made a lot of money.*
- 10.289 **rapid** /'ræpɪd/ (adj) = happening very quickly / szybki, gwałtowny, raptowny
e.g. *She made a rapid recovery from the operation and was soon back to her old self again.*
Der.: rapidity (n)
- 10.290 **subject sb to sth** /səb'dʒekt/ (v) = to make sb experience sth unpleasant / poddać kogoś czemuś, narazić kogoś na coś
e.g. *The team were subjected to a strict training routine and were soon exhausted from the hard work.*
- 10.291 **subtitle** /'sʌbtʔaɪtəl/ (v) = to give a printed translation of a foreign film shown at the bottom of the screen / dodać napisy (tłumaczenie filmu)
e.g. *The film was in French but it had been subtitled in English, so I was able to follow the story quite easily.*
- 10.292 **dub** /dʌb/ (v) = to replace the soundtrack of a film in a foreign language with another in which actors give the translation / dubbingować
e.g. *It annoys me when a film is dubbed and the soundtrack does not match the actors' lip movements.*
- 10.293 **buoyant** /'bɔɪənt/ (adj) = successful / prężny, dobrze rozwijający się
e.g. *At the moment, this country has a very buoyant economy and most people are quite well off.*
Der.: buoyancy (n)
- 10.294 **influx** /'ɪnflʌks/ (n) = a lot of people, money or things arriving somewhere / napływ (np. ludności)
e.g. *The resort is almost ready for the influx of tourists who will arrive in the summer months.*
- 10.295 **stage** /steɪdʒ/ (v) = to organise and present a performance of a play or other show / inscenizować, wystawiać na scenie
e.g. *The school is getting ready to stage its annual concert; the children are practising for the first night.*
- 10.296 **fringe theatre** /,frɪndʒ 'θi:tə/ (n) = unusual plays by unconventional writers or theatre where such plays are performed / teatr alternatywny
e.g. *I much prefer fringe theatre to West End productions; it is far more exciting and adventurous.*
- 10.297 **lingua franca** /'lɪŋgwə 'fræŋkə/ (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. *Paolo didn't speak French and Jean-Paul didn't speak Italian, so English was their lingua franca.*
- 10.298 **entry** /'entri/ (n) = a piece of work for a competition, book, etc / hasło słownikowe lub tekst napisany na konkurs
e.g. *I have finished my entry for the story competition; will you read it and tell me what you think?*
- 10.299 **token** /'təʊkən/ (n) = a piece of paper that can be exchanged for goods of a certain value / bon
e.g. *I got a £20 book token as a birthday present from my aunt.*
- 10.300 **die out** /'daɪ 'aʊt/ (phr v) = to become less and less common and eventually disappear completely / wymierać
e.g. *Scientists are still not sure exactly how the dinosaurs died out.*
- 10.301 **pepper sth with sth** /'pepə 'wɪð/ (phr v) = to include large numbers of sth in sth / naszpikować, nafaszerować czymś (np. tekst)
e.g. *He likes to show off his superior education by peppering his speech with Latin phrases.*
- 10.302 **cable company** /'keɪbəl ˌkʌmpəni/ (n) = a company with television systems which send signals along underground wires rather than by radio waves / dostawca telewizji kablowej
e.g. *I don't think it is right for cable companies to charge people extra to view sports events when they have already paid to receive cable TV.*
- 10.303 **solid foundation** /'sɒlɪd ˌfaʊn'deɪʃən/ (n) = a strong basis / solidne podstawy
e.g. *This course is designed to give children a solid foundation in the English language.*
- 10.304 **suspense** /sə'spens/ (n) = the state of excitement or anxiety about sth that is going to happen soon / niepewność, zawieszenie, napięcie
e.g. *That film had a really exciting plot; it kept us in suspense right until the end.*
Der.: suspenseful (adj)
- 10.305 **settlement** /'setl̩mənt/ (n) = a place where people have come to live and have built homes / osada
e.g. *This village is actually just a tiny settlement of about forty houses.*

- 10.306 **leave one's mark on sth** (idm) = to have a lasting effect on sth / *odcisnąć ślad*
e.g. Many people dream of doing something great, such as writing a book, in order to **leave their mark on the world**.
- 10.307 **spring up** /'sprɪŋ 'ʌp/ (phr v) = to appear suddenly / *wyskoczyć, nagle się pojawić*
e.g. New shopping centres **spring up on the outskirts of our city**.
- 10.308 **relic** /'reɪlɪk/ (n) = sth made or used a long time ago and kept for its historical significance / *relikt przeszłości, zabytek*
e.g. There are many ancient **relics on display in the museum**.
- 10.309 **craftspeople** /'krɑ:ftspi:pəl/ (n pl) = skilled people who make beautiful things by hand / *rękodzielnicy, rzemieślnicy*
e.g. These pretty baskets were made by local **craftspeople**.
- 10.310 **stately home** /'steɪtli 'həʊm/ (n) = a very large old house that people can pay to visit / *zabytkowa posiadłość, którą można zwiedzać*
e.g. The children were excited about going on a school trip to a local **stately home**.
- 10.311 **countless** /'kaʊntləs/ (adj) = that cannot be counted, innumerable / *niezliczony*
e.g. I told you **countless times not to play with Dad's penknife**.
- 10.312 **be spoiled for choice** (idm) = to have so many possibilities to choose from that it is difficult to choose / *mieć zbyt duży wybór*
e.g. There were so many beautiful dresses in the shop that I **was spoiled for choice and couldn't decide which one to buy**.
- 10.313 **bullet point** /'bʊlɪt 'pɔɪnt/ (n) = a large round printed mark which draws the reader's attention to a particular item / *znak graficzny w kształcie dużej czarnej kropki, przyciągający uwagę czytelnika do istotnej informacji, stosowany w wyliczeniach*
e.g. The main facts were listed under **bullet points in order to make the report easier to understand**.

VOCABULARY EXERCISES

A Wybierz właściwe słowo lub zwrot.

- I bought this coat at a(n); it's hardly been worn.
A second-hand shop C millinery shop
B antique emporium D upmarket boutique
- Human beings are born with the ability to walk.
A ineffective C innate
B inevitable D irreplaceable
- I my diet with vitamin tablets in order to get all the nutrients I need.
A summarise C subject
B supplement D subtitle
- Will you and see me for a minute on your way to work? I want to give you something.
A pop in C hike up
B zoom in D ward off
- You shouldn't watch sad films; you know they only you.
A define C demote
B decode D depress
- When I went to take some money out of the, the machine swallowed my card.
A cash flow C cashpoint
B cashback D cash and carry
- I think we will have to the dinner party as none of our guests can come.
A call off C call in on
B call upon D call for
- If you feel an to help me, you could tidy up the living room.
A instalment C influx
B inflation D inclination
- The lawyer is going to a new contract for us both to sign and then the house will be ours.
A draw out C draw up
B draw on D draw in on
- I wish I hadn't heard that catchy on the radio; now I can't stop singing it!
A slogan C flier
B jingle D hoarding

B Uzupełnij tekst wyrazami utworzonymi od słów podanych w tej samej linii po prawej stronie.

If the 0) *definition* of the word "shopaholic" is "someone who can't stop shopping", then it is definitely 1) in the case of Paula. She goes shopping whenever she has the 2), which seems to be every day. She lives in the city centre and blames the 3) of the shops for her tendency to 4) She says that she does it because she can't bear looking 5) When she sees, for example, an 6) beautiful dress, she can't resist buying it because she knows it will look great on her. I suspect that she shops because she finds it 7), and that her habit is the symptom of 8) She finds happiness briefly with each purchase, but it doesn't last. I have suggested that she get some form of 9) for the problem, maybe even from a 10), but she simply refuses to listen.

DEFINE
APPLY
INCLINE
ACCESS
SPEND
APPEAL
ACHE

COMFORT
DEPRESS
TREAT
PSYCHIATRY

C Uzupełnij zdania podanymi słowami.

• summarise • misjudge • legible • defect • inevitable • reassure • agony • branch • wit • attitude

- | | |
|--|--|
| <p>1 He has a very relaxed towards money; he doesn't seem to care whether he has any or not.</p> <p>2 I got this shirt cheap because the salesperson said it had a, but I can't see anything wrong with it.</p> <p>3 People often Sue because she seems very aggressive but when they get to know her, they see how kind she can be.</p> <p>4 You must write your essay neatly; the teacher won't be able to mark it if it isn't</p> <p>5 The boss asked me to read the report and it in just a few sentences.</p> <p>6 He never did any work and he was rude to the other staff; it was that he would lose his job sooner or later.</p> | <p>7 Poor Stuart is in; he's just shut his finger in the car door.</p> <p>8 Simon has a very quick; he always has something funny to say about anything that happens.</p> <p>9 Robert is worried that his performance in the play wasn't very good; will you him he was wonderful?</p> <p>10 I bought this jumper for you in London but if you don't like it, you can exchange it at any of the store.</p> |
|--|--|

D Podkreśl właściwe słowo.

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|--|--|
| <p>1 Most people have to take out a premium/policy/mortgage in order to buy a house, as few people can afford to pay thousands of pounds all at once.</p> <p>2 I always start the day by drinking a glass of scrambled/smoked/freshly-squeezed grapefruit juice.</p> <p>3 I resource/resent/revere the way he always leaves the washing-up for me to do; it would be nice if he did it himself sometimes.</p> | <p>4 The market research/pricing policy/cost structure we carried out shows that people would buy more electrical equipment if prices were lower.</p> <p>5 It wasn't my fault I crashed the car; I think there is something wrong with the shipping/steering/banking.</p> <p>6 What a brilliant mystery story! The writer kept me in suspense/splendour/stigma right up to the last page.</p> |
|--|--|

E Dopasuj do siebie zwroty z kolumn A i B. Utwórz właściwe kolokacje, a następnie uzupełnij nimi podane zdania.

A	B
1 <input type="text"/> cost	a the boil
2 <input type="text"/> tighten	b one's bread and butter
3 <input type="text"/> have	c the world on one's shoulders
4 <input type="text"/> go off	d an arm and a leg
5 <input type="text"/> be	e a nest egg
6 <input type="text"/> go	f one's belt
7 <input type="text"/> save	g from rags to riches
8 <input type="text"/> earn	h one's meal ticket
9 <input type="text"/> make	i for a rainy day
10 <input type="text"/> carry	j ends meet

- | | |
|---|---|
| <p>1 I can't afford to buy a car; they!</p> <p>2 My new job pays less than my old one, so I have had to a little and stop spending money on luxuries.</p> <p>3 My parents always told me that I should in the bank, just in case anything went wrong and I needed money.</p> <p>4 He started with nothing and now he owns a successful company; so you see, people really can</p> <p>5 I try to put a bit of money in a savings account every month because I think it's a good idea to</p> | <p>6 It's been hard since Tom lost his job, but we are just about managing to</p> <p>7 He always looks so worried; it's as if he's</p> <p>8 He was very enthusiastic about the job at first, but he seems to have recently.</p> <p>9 She wants to be an actress one day, but for now she by working in a shop.</p> <p>10 Why on earth would he leave such a wealthy and successful woman? It's obvious that she</p> |
|---|---|

F W większości linijek w tekście jest jeden błąd ortograficzny lub interpunkcyjny. Znajdź i popraw błąd, zapisując poprawkę w wyznaczonym miejscu po prawej stronie. Jeśli w danej linijce nie ma błędu, zaznacz ją znakiem (✓).

If you are thinking of getting a pet there are several things you need to consider. Before you decide witch type of pet to buy, you need to think about your lifestyle and how a pet would fit into your daily routine. For example, if you are out at work all day, or keep irregular ours, a cat is a better choice than a dog, as cats are more independent and dont mind being left alone. If you have a family you should choose a pet that will reflect there personalities. If you have noisy children, for instance, you will need to make sure that you're pet is not timid. If you are going to get a dog, be sure to find out how big it will be when it's fully grown. Whatever pet you choose, think about how much it will cost to keep. Bare in mind costs such as boarding kennels, veterinary bills feeding and grooming. Training your pet is another problem. It may be a good idea too adopt an older animal, which may already be trained. Do you or any of your family have allergies. You may like to know that dogs are usually less likely to cause a reaction than cats. The breed off cat or dog can also make a difference to some allergies. Whatever pet you choose, however it is important to remember to make an appointment to talk to your vet about the essential vaccinations and general care that the knew addition to your family will need. After all, a helthy pet is a happy pet.

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| 0 | <i>pet, there</i> |
| 00 | <i>which</i> |
| 000 | ✓ |
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| 16 | |

Vocabulary & Grammar (p. 235)

- SA5.1 **hunch** /hʌntʃ/ (n) = a certainty that sth is correct or true even though one does not have any proof / **przecucie**
e.g. *I can't prove anything, of course, but I have a **hunch** that James is lying about where he was last night.*
- SA5.2 **stunt** /stʌnt/ (n) = an exciting action in a film, dangerous and usually performed by sb skilled / **wyczyn kaskaderski**
e.g. *The actor who performed all the **stunts** in the film must be a very brave man.*
- SA5.3 **VAT** /ˌvi: eɪ 'ti/ (abbr) = value added tax / **podatek od wartości dodanej, VAT**
e.g. *If you buy items in the duty free shop at the airport, you do not pay **VAT** on them.*
- SA5.4 **blurred** /blɜːd/ (adj) = unclear / **niewyraźny, rozmyty**
e.g. *My vision is very **blurred** without my glasses; just wait a minute while I put them on and I will be able to read the letter properly.*
- SA5.5 **muddy** /'mʌdi/ (adj) = covered with or containing mud / **śluzisty, zabłocony**
e.g. *The children ran across my nice clean floor with **muddy** boots on; now I have to clean it all over again.*
- SA5.6 **mitten** /'mitən/ (n) = a type of glove with a single part for all the fingers and a separate part for the thumb / **rękawiczka z jednym palcem**
e.g. *I can't find my other **mitten**; will you help me to find it?*
- SA5.7 **unfairly** /ˌʌn'feəli/ (adv) = unjustly / **niesprawiedliwie**
e.g. *Mark was **unfairly** dismissed from his job; his boss gave him no explanation at all.*
- SA5.8 **reassure** /ˌri:ə'ʃʊə/ (v) = to comfort sb and stop them from worrying / **pocieszyć, uspokoić**
e.g. *Tony was very nervous about taking his driving test; I had to **reassure** him that he is a good driver and that he would be fine.*
Der.: reassuring (adj), reassurance (n)

Use of English (p. 235)

- SA5.9 **nightmare** /'naɪtməʊ/ (n) = a very upsetting or frightening dream or situation / **koszmar**
e.g. *I woke up screaming in the middle of the night after a terrible **nightmare**; I dreamt that I was being chased by wolves!*
Der.: nightmarish (adj)

- SA5.10 **throw a tantrum** = to become angry in a childish way / **wpaść w złość**
e.g. *When I told little Johnny that we couldn't go to the park, he **threw a tantrum** and screamed and shouted at me.*
- SA5.11 **grief** /grɪf/ (n) = sadness, misery / **żal, zmartwienie**
e.g. *When a loved one dies, it is natural to feel a lot of **grief** for a very long time.*
- SA5.12 **checkout** /'tʃekəʊt/ (n) = the place in a supermarket where you pay for the things you are buying / **kasa**
e.g. *What I hate about shopping is that you have to wait for so long at the **checkout**.*
- SA5.13 **plus point** /'plʌs ˌpɔɪnt/ (n) = an advantage / **zaleta**
e.g. *The fact that my new job is only a minute's walk from my house is another **plus point**.*
- SA5.14 **superfluous** /su:'pɜːfluəs/ (adj) = extra, unnecessary / **zbędny, zbyteczny**
e.g. *I felt rather **superfluous** at the party; no one seemed to notice that I was there.*
Der.: superfluity (n)

Reading (pp. 236-237)

- SA5.15 **illegality** /ˌɪlɪ'gæləti/ (n) = not being allowed by the law / **nielegalność**
e.g. *Although his actions were unpleasant, there is no evidence of the **illegality** of his behaviour.*
- SA5.16 **mural** /'mjʊərəl/ (n) = a large picture that has been painted on a wall / **fresk, malowidło ściennie**
e.g. *The children are busy painting a **mural** of a woodland scene on the classroom wall.*
- SA5.17 **aesthetic** /ˌɪs'tetɪk/ (adj) = artistic, visually pleasing / **estetyczny**
e.g. *I bought the painting for its **aesthetic** value, not because it is by a famous artist.*
Der.: aesthetics (n), aesthetically (adv)
- SA5.18 **scribble** /'skɪbəl/ (n) = careless drawing / **bazgroły**
e.g. *Wendy keeps everything her daughter draws; she even puts the messiest **scribble** in a special folder!*
- SA5.19 **limerick** /'lɪməɪk/ (n) = a humorous poem with five lines / **limeryk**
e.g. *The teacher asked the students to write a **limerick** about their friend for their homework.*
- SA5.20 **obscene** /əb'siːn/ (adj) = offensive, shocking / **obsceniczny, nieprzyzwoity**
e.g. *This film contains **obscene** language, so it is not suitable for children to watch.*
Der.: obscenity /əb'senətɪ/ (n)

- SA5.21 **incoherence** /ˌɪnkəʊˈhɪərəns/ (n) = unclear expression / **niespójny sposób formułowania myśli**
e.g. I could tell from her **incoherence** that something was wrong; she was so upset that she could hardly speak.
- SA5.22 **flair** /fleɪr/ (n) = a natural ability to do sth well / **talent**
e.g. Jake has a natural **flair** for music; by the time he was six he could play the piano beautifully.
- SA5.23 **enhancement** /ɪnˈhɑːnsmənt/ (n) = improvement of quality / **wzmocnienie (pozytywnej cechy)**
e.g. Clare bought some houseplants and colourful ornaments as an **enhancement** to her new flat; they've made the place look much more attractive.
- SA5.24 **pictorial** /pɪkˈtɔːriəl/ (adj) = shown in the form of a picture or photograph / **obrazkowy**
e.g. This book is a **pictorial** history of my favourite football team.
- SA5.25 **solely** /ˈsəʊli/ (adv) = exclusively / **wyłącznie**
e.g. Pam and I will arrange the music for the party but the food will be left **solely** to Helen; she says she doesn't want any help.
- SA5.26 **crew** /kruː/ (n) = a group of people with special skills, working together / **załoga, ekipa**
e.g. The ambulance **crew** took the ill man to hospital.
- SA5.27 **conclusively** /kənˈkluːsɪvli/ (adv) = without any doubt / **stanowczo, definitywnie**
e.g. Well, after his terrible performance at the audition, I think we can say **conclusively** that Harry will not be getting a part in the play.
- SA5.28 **beautify** /ˈbjʊːtɪfaɪ/ (v) = to improve the appearance of sb or sth / **upiększyć**
e.g. I can't go to the party with no make-up on; give me a moment to **beautify** myself and then we'll go.
Der.: beautification (n)
- SA5.29 **eyesore** /ˈaɪsɔːr/ (n) = an ugly building or place / **ohyda, paskudztwo, brzydactwo**
e.g. I wish they hadn't built that ugly factory so near my house; it's such an **eyesore** that I hate looking at it.
- SA5.30 **vacant lot** /ˈveɪkənt ˌlɒt/ (n) = a piece of land in a city that is not being used / **niezabudowana parcela**
e.g. We are looking for a **vacant lot** in this district to build a new hotel.
- SA5.31 **ascribe sth to sb** /əˈskraɪb/ (v) = to consider that sb or sth has a particular quality / **przypisać coś komuś**
e.g. When we are young children, we always **ascribe** wisdom **to** our parents; we assume that they must know everything because they are grown-ups.
- SA5.32 **latter** /ˈlætər/ (n) = the second of two people or things previously mentioned / **ten wymieniony jako drugi**
e.g. I interviewed two people, Gary and Hannah. I think the **latter** would be more suited to the job as she had more experience.
Opp.: former
- SA5.33 **disregard** /ˌdɪsrɪˈɡɑːd/ (v) = to ignore / **ignorować, lekceważyć**
e.g. He chose to **disregard** his busy colleagues by talking all day and ruining their concentration.
Der.: disregard (n)
- SA5.34 **unsolicited** /ˌʌnsəˈlɪsɪtɪd/ (adj) = unwanted / **nieproszony, niechciany, nie zamawiany**
e.g. I wish she wouldn't insist on giving me **unsolicited** advice; if I wanted her help, I would ask for it.
- SA5.35 **force sth on sb** /ˈfɔːs ˈɒn/ (phr v) = to make sb accept sth even though they do not want it / **przymuszać kogoś do czegoś, narzucać się z czymś**
e.g. You should not **force** drinks **on** him; you know he has to drive home.
- SA5.36 **counter** /ˈkaʊntər/ (v) = to reply by giving a contrary opinion / **ripostować, przedstawić kontrargument**
e.g. My arguments can't be **countered**, so let's stop this discussion.
- SA5.37 **apprehend** /æˈpriːhɛnd/ (v) = to understand / **zrozumieć, pojąć**
e.g. I don't know how he could have failed to **apprehend** that he had upset me; after all, I was almost in tears.
- SA5.38 **formulate** /ˈfɔːmjʊleɪt/ (v) = to express in particular words / **formułować**
e.g. He has always found it easy to **formulate** his ideas and present them to other people.
Der.: formulation (n)

Listening (p. 237)

- SA5.39 **stronghold** /ˈstrɒŋhəʊld/ (n) = a place where a particular belief or attitude is common / **bastion**
e.g. The western part of north Wales is a **stronghold** of the Welsh language.
- SA5.40 **idealisation** /aɪˌdɪːəlaɪˈzeɪʃən/ (n) = thinking of sb or sth as being perfect / **idealizowanie**
e.g. Her **idealisation** of her youth is not a very accurate reflection of how things actually were.

Speaking (p. 238)

- SA5.41 **denote** /dɪˈnəʊt/ (v) = to indicate / **oznaczать coś, wskazywać na coś**
e.g. His red eyes **denoted** tiredness, but he insisted on working until the project was finished.

A

- a blessing in disguise (6.18)
 a fair bit (3.207)
 a far cry from (1.218)
 a fly on the wall (4.242)
 a matter of course (8.154)
 a stone's throw (8.148)
 abacus (8.33)
 abduction (SA2.13)
 able-bodied (SA2.29)
 abnormality (SA4.20)
 abolish (6.118)
 about sb's person (4.216)
 abseiling (7.267)
 absent-minded (3.65)
 absorb (1.231)
 abstract (SA4.33)
 accelerated (8.50)
 accessibility (10.44)
 accessories (10.151)
 acclaim (10.276)
 accomplish (1.215)
 accomplished (2.260)
 accumulation (7.239)
 achingly (10.167)
 acknowledge (3.177)
 acquaintance (1.80)
 acquire (1.76)
 acquit (4.236)
 act (4.32)
 action-packed (2.232)
 activist (4.282)
 acupuncture (7.4)
 adamant (SA3.5)
 adaptation (9.88)
 addictive (4.220)
 address (4.268)
 adequate (7.277)
 adjust (6.7)
 adjustable (6.192)
 admin (1.237)
 administer (7.226)
 admittance (6.174)
 adolescent (3.203)
 adrenaline (7.224)
 advent (10.40)
 adverse (SA4.24)
 advertising campaign (10.96)
 advocate (4.285)
 aesthetic (SA5.17)
 affable (7.214)
 affluent (1.192)
 aftermath (4.116)
 agenda (6.157)
 aggressive marketing (10.88)
 agony (10.52)
 agreeable (2.89)
 aid (3.167)
 ailment (5.69)
 air traffic controller (6.10)
 airway (7.80)
 albeit (6.134)
 alert (1.155)
 A-level (8.87)
 alleged (9.141)
 alleviate (1.180)
 alopecia (7.198)
 alter (7.173)
 alternate (6.168)
 alternative medicine (7.2)
 amateur (10.281)
 amateurish (2.239)
 amenities (7.275)
 amnesty (4.294)
 amputate (9.27)
 anabolic drugs (5.213)
 anaphylaxis (7.222)
 anchor (3.183)
 and vice versa (1.217)
 angle (3.262)
 angling (7.129)
 anniversary (1.62)
 anonymity (4.16)
 antibiotics (7.12)
 anticipate (4.312)
 anticipation (SA1.29)
 anti-depressant (1.168)
 antique emporium (10.62)
 apathy (1.170)
 appalling (2.241)
 apparatus (7.264)
 apparent (10.229)
 appealing (10.275)
 appendicitis (7.111)
 applicable (10.228)
 appraisal (6.103)
 apprehend (4.266)
 apprehend (SA5.37)
 apprehensive (3.150)
 apprentice (6.47)
 approachable (9.49)
 approximate (9.165)
 archaic (8.42)
 archery (7.123)
 arduous (6.38)
 arguably (2.11)
 aroma (SA1.27)
 arouse (10.170)
 array (SA1.7)
 arrogant (8.84)
 artery (7.34)
 arthritis (7.105)
 articulate (4.230)
 artificial intelligence (5.7)
 as easy as one, two three (8.57)
 ascribe sth to sb (SA5.31)
 aside (4.292)
 aspect (7.242)
 aspirin (7.22)
 assault (4.147)
 assembly line (5.47)
 assent (9.78)
 assertion (6.149)
 assertive (1.36)
 assess (7.193)
 assessment (8.24)
 assessor (6.104)
 asset (SA3.4)
 assignment (8.30)
 associate (4.257)
 assuage (8.112)
 assume responsibility for sth (6.83)
 assumption (3.170)
 assurance (SA1.9)
 astounding (2.238)
 at a glance (2.130)
 at a loose end (2.131)
 at a standstill (2.129)
 ATC (6.9)
 at large (2.21)
 at odds with sb (2.128)
 at sb's disposal (8.145)
 attachment (SA4.36)
 attain (1.229)
 attempt (7.243)
 attitude (3.21)
 attribute (3.113)
 audible (2.86)
 audition (SA3.16)
 avalanche (7.190)
 avert (4.315)
 avid (10.221)
 avidly (2.16)
 await (SA1.20)
 awkward (6.5)
 backing (1.84)
 backlog (6.120)
 backpacking (2.1)
 bacterial (7.55)
 badge (6.105)
 baffle (7.145)
 baffling (4.241)
 bald tyre (4.205)
 ball gown (9.65)
 banking (10.251)
 bankrupt (1.149)
 bankruptcy (3.144)
 banter (2.184)
 bar (10.268)
 bare (3.213)
 barely (3.176)
 bark (7.66)
 barrenness (2.50)
 barrier (1.54)
 barrister (4.90)
 bask (5.228)
 baton (7.184)
 batty (5.12)
 be a feather in one's cap (1.140)
 be a wet blanket (3.123)
 be at a loss (2.127)
 be black and blue (7.154)
 be bound to do sth (5.196)
 be carried away (1.122)
 be credited with sth (5.140)
 be delivered sth on a plate (10.188)
 be down in the dumps (3.125)
 be enraged (4.161)
 be fit as a fiddle (7.155)
 be full of beans (3.124)
 be given a clean bill of health (7.153)
 be grounded in/on sth (2.36)
 be having sb on (8.90)
 be hostage to sth (SA4.38)
 be immersed (SA4.3)
 be in contention for sth (1.14)
 be in seventh heaven (1.139)
 be in the public eye (10.261)
 be inclined to do sth (2.145)
 be marooned (SA3.20)

B

- bachelor (3.64)
 backdrop (10.274)
 backhanded (6.121)

- be mystified (8.6)
 be obliged to do sth (SA2.6)
 be of sound mind and body (7.159)
 be of the old school (8.58)
 be on cloud nine (3.119)
 be on the verge of (1.102)
 be over the hill (7.152)
 be put on hold (6.88)
 be reunited (SA2.36)
 be saddled with sth (1.101)
 be sb's guinea pig (5.105)
 be sb's meal ticket (10.111)
 be sb's right-hand man (6.74)
 be shipwrecked (8.124)
 be spoiled for choice (10.312)
 be taken aback (9.121)
 be the new one on the block (1.238)
 be up in arms (4.283)
 be up sb's street (3.206)
 be up to sth/doing sth (2.99)
 be/have/need a shoulder to cry on (3.118)
 beam (1.161)
 beam (1.193)
 beaming (3.58)
 bear in mind (8.142)
 bear resemblance to (8.86)
 bearer (1.150)
 bearing on sth (3.232)
 beautify (SA5.28)
 beauty is in the eye of the beholder (9.5)
 beaver away at sth (6.70)
 befriend sb (4.291)
 behind closed doors (5.114)
 beneficial (3.169)
 benefit from sth (3.20)
 benign (2.152)
 bereavement (3.52)
 bewildered (8.21)
 biased towards/against sth (3.161)
 big wheel (2.77)
 bigoted (8.44)
 bill (4.59)
 biosphere (5.238)
 bit (2.73)
 bite one's tongue (9.100)
 bitter (10.54)
 bitterness (3.49)
 bladed article (4.218)
 blame sb for sth (3.22)
 blast (1.175)
 blazon (8.96)
 bleak (SA3.34)
 blind sb with science (5.103)
 blindfold (7.231)
 blink (7.92)
 blissfully happy (2.259)
 blistering (2.190)
 blithely (4.270)
 block out a thought (1.1)
 blockbuster (2.56)
 blood pressure (3.162)
 blood relative (3.71)
 blood vessel (7.72)
 blotch (7.99)
 blow sb away (6.27)
 blow up (SA2.32)
 blue-collar worker (6.35)
 blues-influenced (10.255)
 bluff (5.211)
 blunder (6.15)
 blunt (2.177)
 blurred (SA5.4)
 blurred vision (7.96)
 blusher (9.59)
 B-movie (SA3.27)
 board (1.66)
 boardroom (6.49)
 boast about sth (4.138)
 bob-sledding (1.137)
 bogus (10.224)
 bold (9.9)
 bolt (6.20)
 bombard (10.174)
 bombardment (SA4.37)
 bond (3.53)
 bone fracture (7.110)
 boo (3.244)
 boom (4.37)
 boost (1.38)
 boost (3.44)
 borough (4.34)
 bothersome (5.115)
 bound (2.180)
 bow tie (9.64)
 box office hit (2.57)
 boyish (2.10)
 brainpower (SA4.9)
 brainy (3.231)
 branch (10.19)
 brandish (4.217)
 brass band (10.283)
 brawler (4.226)
 break out of (4.119)
 break the mould (5.102)
 break up (SA3.29)
 breaking point (4.274)
 breakthrough (1.74)
 breastbone (7.85)
 breathtaking (8.147)
 breed (10.41)
 brew (4.284)
 bribe (8.93)
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 carry on (1.124)
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 carry over (1.126)
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- immerse oneself in sth (5.91)
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 impish (9.54)
 implausible (9.129)
 implement (2.221)
 imply (1.178)
 impose (4.100)
 imposing (9.214)
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 in absentia (4.229)
 in anticipation (1.251)
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 in compliance with (6.107)
 in depth (3.160)
 in disgrace (10.212)
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 in limbo (5.148)
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- infancy (SA4.25)
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 ingrained (2.14)
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 inhabit (9.15)
 inherit (2.45)
 inmate (4.102)
 innate (10.156)
 inner city (4.140)
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 integrity (4.296)
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 introverted (9.52)
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 inundate (5.216)
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- invasive (4.64)
 inventory (8.131)
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 invigorator (7.8)
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 irrefutable (9.158)
 irreplaceable (10.80)
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- jab (7.223)
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 jeer at sb (8.63)
 Jenner, Edward (7.26)
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 job hunter (6.64)
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- K**
- keep an eye on sth/sb (4.15)
 keep a stiff upper lip (7.161)
 keep at sth (1.30)
 keep back (8.80)
 keep on (8.83)
 keep on top of things (1.142)
 keep one's fingers crossed (for sb) (1.234)
 keep one's head above water (10.110)
 keep one's mind on the job (6.71)
 keep one's nose to the grindstone (6.77)
 keep (close) tabs on sb (4.57)
 keep to (8.77)
- keep up appearances (9.99)
 keep up with (8.78)
 keep up with the Joneses (1.143)
 kickoff (3.239)
 kick off (6.24)
 kick up one's heels (7.157)
 kill two birds with one stone (4.131)
 kindergarten (8.45)
 kinship (7.204)
 kitchenware (6.141)
 kneecap (7.87)
 knock out (3.257)
 know sth like the back of one's hand (8.59)
- L**
- labour (1.148)
 lack (6.182)
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 landscape (10.271)
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 latter (SA5.32)
 launch (SA2.10)
 launch (5.173)
 launch a campaign (10.103)
 launch a product (10.105)
 lawn (1.210)
 lay an egg (10.7)
 lay off (4.6)
 layman (4.250)
 leading (4.111)
 leak (10.222)
 leaky (7.276)
 lean back (10.190)
 leap (5.135)
 learn sth by heart (8.56)
 leave one's mark on sth (10.306)
 leave sb in the lurch (10.204)
 legacy (3.217)
 legal advisor (4.148)
 legal aid (4.84)
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 legitimate (6.136)
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 Leonardo da Vinci (5.258)
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 light-hearted (3.264)
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 like-minded (7.274)
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 limerick (SA5.19)
 linger (4.192)
 lingua franca (10.297)
 link-up (5.158)
 literal (2.112)
 literally (7.171)
 literary (10.247)
 literate (10.168)
 litter (4.76)
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 live up to expectations
 (2.246)
 liver (7.42)
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 loaded (10.83)
 local authorities (4.11)
 locate (5.128)
 locker (7.183)
 lodge (2.47)
 log on (4.52)
 logician (5.245)
 loiter (4.79)
 longingly (3.24)
 look on the bright side
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 loom (1.232)
 lose sight of sth (1.57)
 lot (1.174)
 lottery (6.127)
 low (1.18)
 low-lying (5.219)
 loyal (9.8)
 loyalty (6.180)
 lucrative (5.253)
 lug (8.117)
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 lunar (5.154)
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 make/take a stand
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 make cutbacks (10.101)
 make ends meet (6.72)
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 end (9.217)
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 make redundant (6.147)
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 manic (10.233)
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 manned (5.2)
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 marriage counsellor (3.96)
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 mask (10.242)
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 Mozambique (SA2.33)
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 navigate (8.126)
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 on demand (6.92)
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 on end (9.208)
 on offer (6.85)
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 on target (1.116)
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 on the fringes of society (4.129)
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 outcast (8.4)
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 outdated (5.100)
 outdistance (5.78)
 outdo (5.79)
 outdoorsy (10.11)
 outgoing (9.46)
 outgrow (5.82)
 outing (5.74)
 outlay (5.77)
 outlet (5.72)
 outline (5.8)
 outlook (5.73)
 outmanoeuvre (9.24)
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 outpost (5.239)
 outrage (5.76)
 outrageously (1.227)
 outrun (5.81)
 outsell (5.83)
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 outsmart (5.80)
 outstanding (2.243)
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overemphasise (3.227)
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 overload (5.207)
 overpriced (10.162)
 overrated (2.5)
 override (3.234)
 overseas (4.115)
 overspend (10.82)
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 overture (5.170)
 overturn (9.175)
 overworked (1.255)
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 oxymoron (8.95)

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 pacify (1.230)
 package holiday (2.3)
 pact (7.247)
 painstaking (5.262)
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 panel (9.193)
 panellist (10.176)
 paper-shuffler (6.67)
 paperweight (8.123)
 paragliding (7.269)
 paramount (8.107)
 paranormal (9.140)
 park ranger (2.161)
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 Pascal, Blaise (5.257)
 pass a law (4.123)
 pass with flying colours (8.60)
 pasted-in (9.156)
 Pasteur, Louis (5.256)
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 peak (7.246)
 peak (10.180)
 peek (8.111)
 peep (3.259)
 peer (3.226)
 penicillin (7.21)
 penknife (SA2.2)
 penniless (10.115)
 pensioner (1.153)
 pepper sth with sth (10.301)

perceive (9.190)
 perfectionist (3.41)
 perk (6.46)
 perk up (1.165)
 permutation (1.50)
 perplexing (3.32)
 perseverance (8.2)
 persevere with sth (2.254)
 persistence (1.90)
 persona (3.191)
 personal pension (4.276)
 persuasion (1.5)
 perverse (8.119)
 pest (5.200)
 pester (5.210)
 pesticide (5.201)
 petition (10.76)
 petty theft (4.189)
 phasing out (4.113)
 philanthropist (4.163)
 physique (3.60)
 pick at (9.120)
 pick on (9.118)
 pick sb's brains (8.153)
 pick out (9.117)
 pick up (9.119)
 pictorial (SA5.24)
 picturesque (3.247)
 pier (2.64)
 piercing (SA4.5)
 pilgrimage (2.58)
 pillar of the community (4.253)
 pinch (3.186)
 pioneer (5.174)
 pipe (5.230)
 pitch (7.133)
 pitch sth at sb (8.8)
 plagiarism (8.10)
 planner (10.182)
 plant (5.64)
 plant (5.159)
 plasma wall screen (5.231)
 plaster (SA4.4)
 plateau (2.171)
 play truant (4.166)
 plc (4.44)
 plead (4.126)
 plead with sb (2.207)
 ploy (6.126)
 pluck out (8.22)
 plug away at sth (1.23)
 plus point (SA5.13)
 pneumonia (7.147)
 policing (4.305)

- policy (10.26)
 polish (8.127)
 polish remover (9.61)
 pollinate (5.205)
 poltergeist (9.138)
 pony-trekking (2.4)
 pool (SA3.11)
 pop in (10.17)
 portray (2.247)
 pose a question (3.12)
 post-graduate (8.49)
 potential (1.15)
 pound (10.267)
 poverty (4.167)
 pragmatist (5.23)
 pram (3.25)
 prank (9.172)
 precise (1.105)
 pre-determined (4.26)
 prefect (2.63)
 prejudice (3.224)
 prejudiced (7.229)
 premises (1.235)
 premium price (10.25)
 preoccupation (9.187)
 prerequisite (SA3.22)
 prescribed (8.141)
 pressing (4.10)
 prestigious (5.252)
 pre-teen (3.202)
 prevail (4.141)
 prevent sb from doing sth (1.20)
 preventive medicine (7.18)
 pricing policy (10.28)
 primitive (3.30)
 principal (4.301)
 principle (5.250)
 principled (7.215)
 printmaking (9.182)
 prior (4.99)
 prise (8.103)
 pristine (2.107)
 privilege (1.181)
 pro (= professional) (7.162)
 proactive (1.35)
 probable (4.37)
 probation (4.94)
 probation officer (4.88)
 processing (1.104)
 professional prospects (3.78)
 profitable (1.77)
 profound (2.245)
 progressive (3.111)
 prolific (9.178)
- prominent (5.87)
 prompt (6.116)
 prone to sth (3.93)
 proof-reading (8.41)
 prop (8.34)
 propel (7.33)
 propose (3.110)
 proposed (10.249)
 proprietor (SA1.21)
 prosaic (1.201)
 prosecutor (4.86)
 prospect (3.237)
 prospective (9.192)
 prosperity (1.81)
 prostaglandin (7.70)
 prototype (5.88)
 protracted (3.85)
 prowess (3.229)
 protrude (2.164)
 prove oneself (SA3.14)
 proximity (2.224)
 prudence (5.5)
 psychiatry (10.239)
 public gallery (4.188)
 publicity (3.251)
 puck (7.118)
 pull a face (9.104)
 pull down (8.11)
 pull off (5.36)
 pull out all the stops (8.152)
 pull sb up (4.212)
 pulled muscle (7.106)
 punch the air (3.184)
 pupil (7.77)
 purchase (7.263)
 purse one's lips (9.74)
 pursue (SA2.21)
 pursue a goal (1.8)
 pursuit (SA2.40)
 push beyond one's limits (1.10)
 put all the eggs in one basket (8.156)
 put aside (2.140)
 put in a (good) word for sb (3.209)
 put off (2.136)
 put on (10.284)
 put one's heart and soul into sth (8.149)
 put sb down (2.138)
 put sb through sth (2.137)
 put sb through their paces (9.198)
 put sth back (2.141)
- put sth into perspective (1.29)
 put up (2.135)
 put up (6.194)
 put up with (2.139)
 puzzled (7.36)
 puzzling (3.55)
- Q**
- quaint (9.213)
 qualify (1.250)
 quandary (2.38)
 quantum physics (5.247)
 quarrelsome (3.6)
 query (7.254)
 quilt (10.65)
 quote (7.9)
- R**
- race against the clock (4.157)
 rage (4.146)
 rage (5.226)
 rail (5.186)
 raise (6.59)
 rake over (8.13)
 ram the point home to sb (6.123)
 randomly (3.173)
 rapid (10.289)
 rapidly (8.160)
 rapport (3.204)
 rarity (4.118)
 rash (7.50)
 rate (6.94)
 raucous (2.87)
 ravage (5.224)
 ravenous for sth (2.28)
 raw (10.257)
 razor (9.70)
 reach a verdict (4.127)
 reach epidemic proportions (10.240)
 read between the lines (2.126)
 read sb like a book (2.118)
 realm (2.32)
 rear (SA4.19)
 reassure (SA5.8)
 rebel (7.230)
 recall (3.42)
 receive credit for sth (7.64)
 recession (9.31)
 reckless (3.68)
- reckon (9.174)
 recognition (6.1)
 recreational (2.218)
 recruit (6.48)
 recruit (6.80)
 rectify (6.189)
 recuperate (2.199)
 recurring (7.210)
 redeem (10.144)
 redeploy (6.154)
 reduced to clear (10.4)
 re-enact (3.193)
 re-establish contact (3.54)
 re-evaluate (3.158)
 refectory (7.272)
 referee (7.116)
 reference (6.53)
 reference book (8.36)
 reflect (5.95)
 reflexes (2.205)
 refund (10.149)
 refurbishment (5.263)
 refuse collector (6.32)
 regime (9.20)
 register (3.198)
 registration (7.250)
 regulate (SA4.18)
 regulation (4.30)
 rehearse (3.189)
 reinforce (7.265)
 reintegrate (SA2.11)
 reinvent the wheel (5.108)
 reiteration (1.248)
 relative by marriage (3.72)
 relegation (7.209)
 relevant (10.252)
 relic (10.308)
 relieve (2.214)
 religious icon (10.92)
 relocate (6.195)
 reluctant (9.128)
 remainder (4.48)
 remand (4.244)
 remedial (8.94)
 remote (SA2.34)
 remotely (5.17)
 remuneration (3.205)
 rendition (2.54)
 renowned (4.162)
 repel (2.30)
 reportedly (9.142)
 reprimand (3.211)
 rescue operation (5.217)
 resemble (8.85)
 resent sth (10.38)

- resentment (3.50)
 reserve (5.98)
 reside (5.232)
 residence (1.189)
 resign (1.99)
 resign oneself to sth (6.171)
 resilience (1.89)
 resistance (1.134)
 resistant to sth (5.199)
 resolution (1.69)
 resolve (2.195)
 resource (10.30)
 respective (10.66)
 respiratory system (7.225)
 rested (3.3)
 restore (4.237)
 restrained (9.10)
 restraint (9.19)
 restrict (4.103)
 restructure (6.23)
 retail (10.232)
 retain (4.43)
 retirement (1.61)
 retrain (4.9)
 retreat (5.169)
 retrieve (2.215)
 revere (10.100)
 reverse (SA4.47)
 revive (3.136)
 revocation (4.93)
 rhetorical question (3.236)
 ribcage (7.86)
 riddle (7.37)
 ride on (1.35)
 right (4.104)
 rigid (6.111)
 rigorous (7.144)
 rim (2.194)
 ring (7.134)
 ringing tone (10.140)
 rink (7.135)
 ripe old age (4.272)
 riveting (2.235)
 rivulet (2.158)
 roadhog (4.227)
 roar (2.96)
 rob Peter to pay Paul (4.135)
 robe (4.248)
 roller coaster (2.76)
 roomy (8.146)
 rot (10.49)
 rough it (7.278)
 roundabout (4.231)
 round-the-clock (3.269)
- rousing (2.53)
 rowing (7.125)
 rub sb up the wrong way (1.144)
 rug (10.68)
 rugged (7.271)
 rule (3.178)
 ruling (2.220)
 run sth by sb (5.132)
 run through (1.49)
 run-down on sth (9.202)
 ruthlessness (1.92)
- S**
- sack (6.204)
 saddle (2.71)
 safe and sound (5.227)
 salicylic acid (7.69)
 salute (1.72)
 sandblasted (2.198)
 saunter (10.42)
 save for a rainy day (10.109)
 savings (10.137)
 sb's cup of tea (2.84)
 scalpel (7.52)
 scan (4.38)
 scarcity (4.117)
 scare (3.271)
 scare the life out of sb (7.158)
 scented (SA1.30)
 sceptic (9.131)
 sceptical (6.144)
 scepticism (1.167)
 schedule (6.99)
 scheme (6.106)
 scholar (SA4.50)
 scope (2.24)
 scour (5.25)
 scrabble (8.133)
 scrambled eggs (10.8)
 scrap (10.202)
 scratch (7.51)
 scratching (5.90)
 screen (4.286)
 screenwriter (9.90)
 scribble (8.5)
 scribble (SA5.18)
 script (2.251)
 scrub (2.150)
 scuffle (4.67)
 second-guess (8.9)
 second-hand shop (10.61)
 secrete (8.101)
- see eye to eye with sb (7.170)
 seek (6.82)
 seize (1.93)
 self-appointed (3.99)
 self-assurance (1.55)
 self-belief (1.44)
 self-confessed (3.106)
 self-denying (3.100)
 self-destructive (3.104)
 self-disciplined (3.103)
 self-indulgent (3.105)
 self-obsessed (3.101)
 self-righteous (3.102)
 self-rostering (6.122)
 self-sufficiency (8.159)
 self-worth (3.228)
 seminary (8.27)
 send back (5.116)
 send for (5.117)
 send on (5.118)
 send out (5.119)
 send shivers down sb's spine (9.215)
 sensation (3.181)
 sense of belonging (3.19)
 sense of community (10.57)
 sensitise sb to sth (4.175)
 sentence sb to sth (4.101)
 serenade (SA1.26)
 serve sb with a legal document (4.125)
 set a goal (1.7)
 set foot on/in (5.138)
 set in (2.143)
 set off (2.144)
 set sb back (2.142)
 set up (5.129)
 settlement (9.200)
 settlement (10.305)
 severe (8.47)
 shabbily (5.175)
 shake like a leaf/jelly (9.220)
 shallow (2.233)
 shanty town (2.98)
 sharpen (1.233)
 shelter (4.4)
 sheltered (8.48)
 shift (6.8)
 shift (10.193)
 shin (7.88)
 shinguard (7.122)
 shipping (10.143)
 shoddy (10.243)
 shoelace (9.69)
- shop till you drop (10.231)
 shopaholic (10.235)
 shoplifting (4.180)
 shopping spree (10.94)
 shopping therapy (10.58)
 shortage (8.88)
 shortfall (4.280)
 shriek (3.196)
 shrink (1.190)
 shrug (4.198)
 shuffle (4.200)
 shuttlecock (7.117)
 shy away from (9.181)
 sibling (1.152)
 Sicily (SA1.24)
 sideburns (9.63)
 siege (2.216)
 sigh (4.201)
 significantly (6.178)
 sign-interpreted (9.206)
 simultaneous (7.232)
 simultaneously (5.176)
 sincere (1.64)
 singlemindedness (8.98)
 sink one's teeth into sth (9.102)
 sit-in (9.36)
 skull (7.81)
 sky-diving (SA1.17)
 slander (4.78)
 slapstick comedy (9.84)
 slash (4.262)
 slave driver (6.69)
 sleep/live rough (SA2.9)
 sling (7.113)
 slip of the tongue (3.129)
 slippery (SA1.3)
 slithery (SA1.4)
 slog around (10.53)
 slogan (7.168)
 smack one's lips (9.98)
 smallpox (7.16)
 smirk (1.163)
 smoke detector (8.74)
 smoked (10.9)
 smoked salmon (7.219)
 smoulder (SA1.5)
 snap out of sth/it (SA1.19)
 snapshot (9.139)
 snooker (7.124)
 snorkelling (2.102)
 soak up (5.244)
 soap (4.224)
 social background (1.82)
 socialise (3.267)

- softball (7.131)
 software (4.22)
 solely (SA5.25)
 solicitor (4.89)
 solid (1.209)
 solid foundation (10.303)
 solitary (3.238)
 solitude (2.51)
 soothing (2.106)
 sophisticated (5.241)
 sophisticated (9.47)
 soundstage (9.134)
 sour (SA2.1)
 sovereign (7.7)
 space capsule (5.48)
 space junk (5.63)
 span (5.171)
 sparkling (2.110)
 spectre (9.153)
 speculate on/about sth (3.164)
 spending binge (10.217)
 spendthrift (3.69)
 sphygmomanometer (4.260)
 spice (SA1.28)
 spine (7.84)
 spine-tingling (2.227)
 spiralling (10.214)
 splendour (10.262)
 sponsorship (7.251)
 spontaneous (8.18)
 spoof (9.85)
 spook (9.137)
 spouse (3.83)
 sprain (7.121)
 sprained (6.196)
 spring up (10.307)
 sprinkler system (8.75)
 spur (1.19)
 squabble (3.17)
 squad (SA1.8)
 square footage (10.20)
 squarely (10.215)
 squash (7.130)
 squat (4.190)
 stab (4.258)
 stable (3.38)
 staffing (10.21)
 stage (10.295)
 staggering (2.237)
 stall (4.210)
 stamina (7.138)
 stance (8.118)
 stand by (3.141)
 stand for (3.139)
 stand in for (3.138)
 stand on one's own two feet (8.151)
 stand out (3.142)
 stand the test of time (5.110)
 stark (1.172)
 startling (2.156)
 start-up (6.143)
 stash (2.18)
 state pension (4.277)
 stately home (10.310)
 state-of-the-art (5.229)
 state-run (4.164)
 static (8.130)
 statute (4.214)
 statutory (6.150)
 steal the show (1.145)
 steelworks (6.93)
 steep (7.191)
 steering (10.139)
 stem from sth (2.41)
 step up (7.262)
 stepmother (3.76)
 stern (2.25)
 stern-looking (4.247)
 stick together (3.117)
 sticky (SA1.2)
 stifle (SA3.3)
 stigma (10.241)
 stigmatised (8.106)
 stilettos (9.66)
 stimulate (10.171)
 stimulating (6.43)
 stimulation (SA4.21)
 stingy (1.179)
 stirrer (6.68)
 stirring (2.230)
 stirrup (2.72)
 stock type (4.225)
 stomach (6.22)
 stomach bug (7.148)
 stomach-churning (1.220)
 stoop (2.157)
 stop-gap (6.169)
 stopwatch (7.115)
 stragglers (2.186)
 strain (5.84)
 strains of music (SA1.25)
 stray (4.317)
 strenuous (2.100)
 strike a balance (8.19)
 striking (5.37)
 stripy (9.41)
 strive for sth (1.71)
 stroke (7.74)
 stroll (3.249)
 stronghold (SA5.39)
 structural survey (10.207)
 structure (6.164)
 stuffy (9.56)
 stunning (2.236)
 stunt (SA5.2)
 subject sb to sth (10.290)
 subject matter (9.176)
 subjectively (7.192)
 subliminal message (10.90)
 submerge (5.220)
 submerge oneself (SA4.2)
 submerged (9.207)
 submission (8.100)
 submissive (3.4)
 submit (3.153)
 subsidise (4.279)
 substandard (10.81)
 substantial (8.43)
 subtitle (10.291)
 subtle (10.161)
 succession (5.152)
 succinct (7.257)
 succumb to sth (2.260)
 suggestible (9.168)
 suicide (10.237)
 summarise (10.55)
 sun-drenched (5.153)
 suntan (2.116)
 superficial (3.114)
 superfluous (SA5.14)
 supermarket's own-brand (10.37)
 supervise (4.293)
 supervision (7.266)
 supplement (10.36)
 supplier (6.208)
 supremely (3.180)
 surface (9.155)
 surpass (1.58)
 surveillance (4.20)
 survey (6.124)
 surveyor (10.205)
 suspend (8.53)
 suspense (10.304)
 sustain (4.308)
 swallow (7.93)
 swathe (2.188)
 sway (2.167)
 swear (4.153)
 sweep (2.43)
 sweep sb off their feet (3.122)
 sweetener (3.10)
 swell (7.221)
 swing (3.112)
 switchboard (6.184)
 syllabus (10.250)
 synapse (SA4.22)
 synchronised swimming (7.128)
 synthesize (7.68)
- T**
- tackle (1.33)
 tacky (9.32)
 tactics (9.13)
 tailored (9.81)
 take a nap (7.186)
 take back (5.121)
 take in (5.123)
 take issue with (1.239)
 take its toll on sb/sth (6.115)
 take off (6.13)
 take on (5.120)
 take one's destiny in hand (5.180)
 take one's skinny dip (2.173)
 take the initiative (3.266)
 take the law into one's own hands (4.130)
 take up (5.122)
 talent scout (6.33)
 tandem jump (SA1.18)
 tank-top (9.42)
 tap into sth (3.179)
 tarmac (7.120)
 tarn (2.172)
 tax disc (4.206)
 taxpayer (1.254)
 teabag (10.24)
 teach sb a lesson (8.155)
 team spirit (1.6)
 technophile (5.243)
 telemedicine (5.45)
 temperate (2.108)
 template (6.135)
 temporal (SA4.17)
 tempted (2.193)
 tenacious (SA3.28)
 tension (1.34)
 terminal (5.51)
 terminate (5.215)
 terrain (2.60)
 territory (4.297)
 test tube (8.35)
 the decorative (9.180)

- the House of Lords (4.61)
 the Khmer Rouge (SA2.14)
 the law of the jungle (4.134)
 the masses (3.221)
 the public sector (6.109)
 the rag trade (9.23)
 the teacher's pet (8.54)
 the world is one's oyster
 (1.223)
 there is more to sth than
 meets the eye (9.136)
 thigh (3.185)
 think tank (5.183)
 third-age (4.170)
 thirtysomething (10.172)
 thoroughbred (10.175)
 thought-provoking (2.231)
 thrive (5.236)
 thriving (10.288)
 throb (7.91)
 through thick and thin
 (3.214)
 throw a tantrum (SA5.10)
 throw new light on sth
 (10.195)
 throw oneself from the
 ledge (6.131)
 throw oneself on the mercy
 of the court (4.132)
 thud (6.132)
 ticketing system (5.34)
 tide (SA2.43)
 tie the knot (3.88)
 tighten one's belt (10.107)
 tightly-knit (9.167)
 timekeeping (3.210)
 timid (3.152)
 to put it mildly (3.39)
 toil (6.56)
 toiletries (10.152)
 token (10.229)
 top (7.244)
 topography (4.54)
 total up (5.46)
 touch of remorse (3.131)
 tough (1.109)
 tournament (7.249)
 townfolk (9.154)
 trace (4.25)
 trace of concern (3.133)
 track (4.29)
 track (7.132)
 track (10.254)
 tracking study (10.179)
 trade (6.54)
- trade union (6.58)
 trademark (6.137)
 traffic cone (4.255)
 traffic congestion (5.61)
 trafficmaster (4.23)
 trail (9.162)
 trainee (10.150)
 trait (3.172)
 tranquility (5.160)
 transcript (8.91)
 transfer (1.48)
 transfixed (5.162)
 transition (SA1.10)
 transmit (4.47)
 trauma (SA4.15)
 traverse (2.210)
 trawl (4.63)
 tread lightly (2.42)
 treat (3.1)
 treat (10.39)
 treaty (9.199)
 treble (SA2.8)
 trek (2.59)
 trespass on sth (4.83)
 tribunal (6.151)
 tribute (3.220)
 trickery (9.150)
 trigger off (3.188)
 trip over sth (2.168)
 tripod (2.70)
 trite (9.33)
 trophy (1.136)
 truancy (4.5)
 true to life (10.97)
 truffle (6.138)
 trunk road (4.45)
 trustworthy (6.200)
 tuck away (2.132)
 tuition (3.200)
 tuition (SA4.6)
 tuning up (5.133)
 turbulence (2.213)
 turn down (6.205)
 turn the clock back (5.106)
 turn up (6.158)
 turnover (6.112)
 tutor (2.46)
 tutorial (8.29)
 tweezers (9.62)
 twitch (4.28)
 twofold (4.307)
- U**
- ultimate (4.222)
 ultimate (7.213)
- ultimately (SA3.10)
 umpire (2.67)
 unabashedly (8.116)
 unacceptable (1.200)
 unacknowledged (8.99)
 unanimously (4.302)
 unapproachable (7.216)
 unassuming (9.50)
 unauthorised (10.219)
 unavoidable (1.199)
 unavoidably (5.204)
 uncharted (2.101)
 unconditional (3.15)
 undemanding (2.93)
 under age (7.167)
 under normal conditions
 (7.165)
 under pressure (7.166)
 under suspicion of sth
 (7.164)
 under the circumstances
 (7.163)
 undercut (10.45)
 underestimate (1.52)
 underfunded (1.241)
 underrated (2.228)
 understandably (1.194)
 undertake (7.31)
 undetected (9.143)
 undoubtedly (7.53)
 unedited (4.223)
 unfaithfully (2.264)
 unfairly (SA5.7)
 unfolding (5.151)
 unhurt (SA2.35)
 unintentionally (4.77)
 universally (7.54)
 unkempt (1.97)
 unparalleled (2.7)
 unpick the safety net (6.130)
 unpleasantness (6.30)
 unprecedented (5.157)
 unpretentious (7.236)
 unreleased (10.258)
 unreservedly (2.256)
 unsettling (3.268)
 unsightly (5.67)
 unsolicited (SA5.34)
 unthinkable (5.167)
 untold (5.206)
 untrustworthy (9.51)
 unyielding (5.155)
 up and running (8.165)
 upbeat (3.175)
 upbringing (5.251)
- upcoming (1.135)
 update (5.55)
 upmarket boutique (10.59)
 upon arrival (8.140)
 uppermost (SA4.1)
 ups and downs (9.107)
 urban sprawl (5.62)
 urge (1.103)
 urge (3.31)
 uselessness (SA1.12)
 usher (4.195)
 utter (7.10)
 U-turn (6.26)
- V**
- vacancy (1.121)
 vacant (6.201)
 vacant lot (SA5.30)
 vaccine (5.3)
 vacuum (3.27)
 vagrant (4.142)
 valid (4.36)
 validly (9.94)
 valve (7.15)
 vandalism (4.75)
 vanity (9.130)
 varying (SA4.27)
 vast (1.157)
 vastly (5.99)
 vastness (5.188)
 VAT (SA5.3)
 vein (7.13)
 vending machine (10.186)
 venue (2.223)
 vet (5.33)
 vetting (9.194)
 vibrate (5.93)
 vicariously (10.189)
 vice-president (1.67)
 victory (1.73)
 vintage (10.67)
 violation (4.173)
 virtual (4.27)
 virtually (10.227)
 vista (2.196)
 visualisation (1.47)
 vital (4.314)
 vivid (10.264)
 vocation (SA1.15)
 vocation (6.55)
 vocational (6.108)
 voice (4.172)
 voice one's concern about
 (1.240)
 void (2.163)

voracious (8.110)
 vote (7.201)
 vouch for sb (3.208)
 voucher (SA3.24)
 vulnerable (3.95)

W

wade through sth (2.204)
 waive (7.217)
 wake up to sth (1.186)
 walking trail (2.153)
 wallpaper (5.57)
 wander (7.235)
 wannabe (SA3.21)
 ward (SA3.13)
 ward off (10.209)
 warfare (3.223)
 wastage (10.48)
 water slide (2.78)
 waver over (7.207)
 wayward (9.25)
 weak (10.259)
 wear away (1.128)
 wear down (1.129)
 wear off (1.130)
 wear on (1.131)
 wear out (1.132)

wear through (1.133)
 weary (7.205)
 web (5.56)
 wedded to sth (5.28)
 welfare (3.43)
 welfare (8.164)
 well-defined (9.82)
 well-heeled (1.224)
 wellingtons (9.67)
 well-rounded education
 (1.85)
 well-stocked (2.48)
 wetsuit (2.103)
 wheeze (7.89)
 whirlpool spa (7.253)
 whisk (2.80)
 whisk away (9.210)
 whistle (3.242)
 white-collar worker (6.36)
 whittle sth down (9.197)
 whiz(z) (6.66)
 wholeheartedly (4.309)
 whooping cough (7.151)
 widespread (1.244)
 wig (4.249)
 wilderness (2.187)
 will (1.26)

willow tree (7.67)
 win against all odds (4.160)
 wind shear (6.14)
 winding (2.111)
 windswept (2.149)
 wiring (SA4.26)
 wit (10.158)
 with intent (4.80)
 without due care (4.203)
 withstand (5.208)
 witness (4.85)
 witness (5.127)
 wizard (5.58)
 wombat (2.169)
 wooden (2.240)
 word processing package
 (5.94)
 work into (6.96)
 work off (6.95)
 work one's fingers to the
 bone (1.147)
 work one's way up to the
 top (1.146)
 work sb up (6.98)
 work to rule (6.44)
 workaholism (3.40)
 workbench (6.63)

workhorse (6.65)
 workload (1.40)
 workmate (6.62)
 worldly-wise (10.159)
 would-be (6.176)
 wouldn't be seen dead in
 sth (10.166)
 wreak havoc (5.70)
 wrestling (7.127)
 wretched (1.173)
 wrinkle one's nose (9.73)

Y

yarn (2.6)
 yawn (7.90)
 yearn for sth (7.227)
 yearning (2.211)
 yen for sth (9.22)
 yippee (4.228)
 young generation (10.160)
 youthful (3.149)

Z

zeal (SA2.16)
 zipped compartment (2.133)
 zoom in on (10.269)

Upstream Advanced

Key to Companion

Unit 1 Something to Shout About (pp. 18 – 20)

A 1 C 3 D 5 A 7 A 9 D
2 B 4 C 6 B 8 D 10 B

B 1 pensioner 6 accomplishment
2 complimentary 7 contribution
3 influential 8 sincerely
4 effectively 9 privileged
5 inspiration 10 understandably

C 1 sibling 6 gratitude
2 fire 7 trophy
3 anniversary 8 budget
4 stingy 9 labour
5 resign 10 boost

D 1 distraction 4 imply
2 persuasion 5 consistent
3 vacancy 6 smirk

E 1 i 3 h 5 f 7 a 9 g
2 c 4 e 6 b 8 j 10 d

- 1 has her head in the clouds
- 2 worked his way up to the top
- 3 stole the show
- 4 is working/works her fingers to the bone
- 5 is in seventh heaven
- 6 keep up with the Joneses
- 7 rub me up the wrong way
- 8 be a feather in his cap
- 9 has the world at her feet
- 10 keep on top of things

F 1 do 6 ✓ 11 ✓ 16 when
2 on 7 ✓ 12 still 17 a
3 ✓ 8 most 13 ✓
4 he 9 up 14 from
5 so 10 the 15 ✓

Unit 2 Escape Artists (pp. 33 – 35)

A 1 C 3 A 5 C 7 B 9 C
2 D 4 B 6 A 8 D 10 B

B 1 diversity 5 profoundly
2 astounding 6 barrenness
3 avidly 7 tempted
4 unparalleled 8 staggering

C 1 ravenous 6 gruelling
2 absurd 7 slippery
3 pristine 8 incessant
4 boyish 9 savage
5 humourless 10 postpone

D 1 package 4 whisk
2 dean 5 disconcerting
3 desolate 6 contrived

E 1 c 3 d 5 e 7 a 9 h
2 i 4 g 6 j 8 b 10 f

- 1 reading between the lines
- 2 read someone like a book
- 3 off the beaten track
- 4 on the edge of my seat
- 5 face the music
- 6 on a shoestring budget
- 7 paint the town red
- 8 on top of the world
- 9 once in a blue moon
- 10 over the moon

F 1 bestow 9 changing, for
2 ✓ 10 believed
3 Crimean 11 Cross. The
4 to 12 recipients
5 irrespective 13 Queen
6 esteemed 14 ✓
7 ✓ 15 stoicism
8 role 16 fastened

Unit 3 People Power (pp. 50 – 52)

A 1 A 3 D 5 C 7 C 9 B
2 C 4 B 6 B 8 D 10 A

B 1 unconditional 5 instinctive
2 perfectionist 6 resentment
3 stability 7 unsettling
4 interaction 8 conscientious

C 1 dismal 6 innumerable
2 prejudice 7 extrovert
3 descent 8 socialise
4 party 9 peep
5 publicity 10 angle

D 1 doting 5 tribute
2 ease 6 stroll
3 superficial 7 dominate
4 acknowledge

- E** 1 e 3 f 5 c
2 d 4 b 6 a

- 1 look on the bright side
2 is full of beans
3 hit rock bottom
4 had a whale of a time
5 was down in the dumps
6 is a wet blanket

- F** 1 ✓ 7 more 12 ✓
2 as 8 ✓ 13 them
3 ✓ 9 ✓ 14 for
4 being 10 else 15 far
5 as 11 up 16 much
6 all

Unit 4 Growing Concerns (pp. 69 – 71)

- A** 1 D 3 B 5 D 7 D 9 A
2 C 4 C 6 A 8 A 10 B

- B** 1 shortly 5 outset
2 defendant 6 deaths
3 imprisonment 7 sympathy
4 prosecution 8 youthful

- C** 1 infrastructure 6 humanitarian
2 mugged 7 boasting
3 parole 8 usher
4 pension 9 obliged
5 scrapheap 10 mood

- D** 1 arrested 4 compiled
2 witnesses 5 anticipate
3 chair 6 advocate

- E** 1 c 3 f 5 b
2 d 4 a 6 e

- 1 voice one's opinions
2 enjoy country pursuits
3 granted extra funding
4 play truant
5 get downhearted
6 made a killing

- F** 1 authorities 7 though, even 12 ✓
2 crime? 8 installing 13 purchases
3 shopping 9 ✓ 14 saddened
4 recent 10 emergency 15 seems
5 surveillance 11 outlets, it 16 ✓
6 ✓

Unit 5 Our Changing World (pp. 86 – 88)

- A** 1 D 3 C 5 D 7 A 9 C
2 B 4 B 6 A 8 C 10 B

- B** 1 inconvenience 5 striking
2 refurbishment 6 accomplished
3 disruption 7 visionary
4 reservation 8 evocative

- C** 1 fragile 6 convey
2 debris 7 mimic
3 reside 8 deadline
4 outline 9 hitch
5 intriguing 10 obsolete

- D** 1 conveyor belt 4 unthinkable
2 flight simulator 5 misplaced
3 heroic 6 total up

- E** 1 d 3 a 5 f 7 i 9 b
2 g 4 e 6 h 8 j 10 c

- 1 turn back the clock
2 once in a blue moon
3 break the mould
4 hold a conversation
5 blind me with science
6 move with the times
7 earn your keep
8 come down to earth
9 stood the test of time
10 reinvent the wheel

- F** 1 no 6 the 11 to
2 to 7 ✓ 12 it
3 ✓ 8 also 13 ✓
4 have 9 ✓ 14 so
5 out 10 is 15 ✓

Unit 6 A Job Well Done (pp. 99 – 101)

- A** 1 A 3 C 5 C 7 B 9 B
2 D 4 D 6 A 8 D 10 A

- B** 1 apprehensive 5 structural
2 alternative 6 recognition
3 scepticism 7 Incredibly
4 rigidity 8 hazardous

- C** 1 blunder 6 Export
2 exaggerated 7 mundane
3 dispense 8 awkward
4 lottery 9 relocated
5 nasty 10 grant

- D** 1 on offer 4 civil servants
2 work off 5 raise
3 workmate 6 sacked

- E** 1 g 3 i 5 h 7 b 9 a
2 d 4 f 6 j 8 e 10 c

- 1 was an inside job
2 get ... off the ground
3 make ends meet
4 keeping his nose to the grindstone
5 have ... time on your hands
6 gave ... the thumbs down
7 means business
8 meet the deadline
9 a blessing in disguise
10 keep your mind on the job

- F** 1 ✓ 10 interior
2 construction 11 ✓
3 enduring 12 scroll
4 prisoners' 13 pray
5 Italy. In 14 sword, both
6 nobler, more 15 Chiocchetti's
7 ✓ 16 piece
8 existence". 17 adversity
9 craftsmen

Unit 7 Fit for Life (pp. 116 – 118)

- A** 1 C 3 C 5 D 7 B 9 D
2 A 4 A 6 B 8 C 10 A

- B** 1 eradication 5 donations
2 inadequate 6 communal
3 unhygienic 7 indebted
4 undoubtedly 8 vaccines

- C** 1 conceal 6 wander
2 arthritis 7 vote
3 bruise 8 refectory
4 gloomy 9 highlights
5 contract 10 adrenaline

- D** 1 stamina 4 clinch
2 baffle 5 deliberately
3 grab 6 attempt

- E** 1 d 3 f 5 a
2 e 4 c 6 b

- 1 scared the life out of me
2 had butterflies in my stomach
3 kicked up their heels
4 keep a stiff upper lip
5 be over the hill
6 was given a clean bill of health

- F** 1 will 7 then 13 out
2 ✓ 8 what 14 their
3 the 9 ✓ 15 he
4 ✓ 10 in 16 ✓
5 of 11 this 17 only
6 much 12 ✓

Unit 8 Live and Learn (pp. 127 – 129)

- A** 1 C 3 A 5 B 7 C 9 A
2 B 4 D 6 B 8 D 10 C

- B** 1 resemblance 5 debatable
2 critically 6 severity
3 plagiarism 7 expulsion
4 assessment 8 suspension

- C** 1 perseverance 6 famine
2 inevitable 7 discard
3 compass 8 shortage
4 meddle 9 spontaneous
5 gratifying 10 immense

- D** 1 smoke detector 4 euphemism
2 proof-reading 5 opinionated
3 guarantee 6 voracious

- E** 1 e 3 i 5 b 7 d 9 c
2 j 4 a 6 h 8 g 10 f

- 1 passed with flying colours
2 learn it by heart
3 get your foot in the door
4 put my heart and soul
5 mind your p's and q's
6 pick his brains
7 knows ... like the back of his hand
8 make the grade
9 teach them a lesson
10 fell by the wayside

- F** 1 you're 9 easiest
 2 ✓ 10 equipment
 3 activities 11 route
 4 ✓ 12 ✓
 5 meetings, persuade 13 don't
 6 ✓ 14 minutes'
 7 ideas. If 15 ✓
 8 ✓

Unit 9 The Image Business (pp. 144 – 146)

- A** 1 B 3 A 5 A 7 D 9 B
 2 D 4 C 6 C 8 A 10 D

- B** 1 unpretentious 5 creations
 2 restraint 6 trendy
 3 enormously 7 undoubtedly
 4 embarrassment 8 conservative

- C** 1 vanity 6 intact
 2 grungy 7 tacky
 3 pranks 8 rarity
 4 coarse 9 reckon
 5 gullible 10 declined

- D** 1 Treaty 4 outgoing
 2 chores 5 deceptive
 3 declined 6 ethereal

- E** 1 c 3 f 5 d
 2 e 4 a 6 b

- 1 drum his fingers
 2 wrinkles her nose
 3 nod their heads
 4 shrugging their shoulders
 5 clenched his fists
 6 purses her lips

- F** 1 were 7 how 13 were
 2 to 8 been 14 ✓
 3 ✓ 9 after 15 being
 4 was 10 ✓ 16 so
 5 the 11 have 17 are
 6 ✓ 12 ✓ 18 much

Unit 10 Shop Around (pp. 163 – 165)

- A** 1 A 3 B 5 D 7 A 9 C
 2 C 4 A 6 C 8 D 10 B

- B** 1 applicable 6 achingly
 2 inclination 7 comforting
 3 accessibility 8 depression
 4 overspend 9 treatment
 5 unappealing 10 psychiatrist

- C** 1 attitude 6 inevitable
 2 defect 7 agony
 3 misjudge 8 wit
 4 legible 9 reassure
 5 summarise 10 branch

- D** 1 mortgage 4 market research
 2 freshly-squeezed 5 steering
 3 resent 6 suspense

- E** 1 d 3 e 5 h 7 i 9 j
 2 f 4 a 6 g 8 b 10 c

- 1 cost an arm and a leg
 2 tighten my belt
 3 have a nest egg
 4 go from rags to riches
 5 save for a rainy day
 6 make ends meet
 7 carrying the world on his shoulders
 8 gone off the boil
 9 earns her bread and butter
 10 was his meal ticket

- F** 1 hours 9 to
 2 don't 10 ✓
 3 family, you 11 allergies?
 4 their 12 of
 5 your 13 however, it
 6 ✓ 14 ✓
 7 Bear 15 new
 8 bills, feeding 16 healthy

Upstream Advanced

Workbook Glossary

Unit 1 Something to Shout About (pp. 4-13)

- W1.1 **turbulence** (n) = an uneven and violent movement in air, liquid or gas / **turbulencja**
- W1.2 **burst with pride** = to exhibit an intense feeling of pride / **pękać z dumy**
- W1.3 **touched** (adj) = moved emotionally / **wzruszony**
- W1.4 **break into** (phr v) = to begin to do sth (suddenly) / **zacząć coś robić (niespodziewanie)**
- W1.5 **spontaneous** (adj) = impulsive, unplanned / **spontaniczny**
- W1.6 **applause** (n) = the noise made by clapping one's hands to show approval / **aplauz**
- W1.7 **amused** (adj) = wanting to laugh or smile / **rozbawiony**
- W1.8 **at ease** = feeling relaxed and not nervous / **zrelaksowany**
- W1.9 **frustrated** (adj) = upset or angered by sth / **sfrustrowany**
- W1.10 **tearful** (adj) = showing signs of crying / **zaplakany**
- W1.11 **displeased** (adj) = annoyed or angered about sth / **niezadowolony**
- W1.12 **disillusioned** (adj) = disappointed with sth that did not meet one's expectations / **pozbawiony złudzeń, zawiedziony**
- W1.13 **bitter** (adj) = feeling angry about a disappointing experience / **rozgoryczony**
- W1.14 **juggling act** (n) = an entertainment act in which a performer throws things into the air / **zonglerka**
- W1.15 **execute** (v) = to perform, to carry out / **przeprowadzić, wykonać**
- W1.16 **drill** (n) = a repetitive exercise / **musztra, ćwiczenie polegające na dużej ilości powtórzeń**
- W1.17 **flatmate** (n) = a person one shares a flat with / **współlokator(ka)**
- W1.18 **inspired** (adj) = compelled to do sth new or unusual / **natchniony, zainspirowany**
- W1.19 **prospect** (n) = possibility of occurrence / **możliwość, perspektywa**
- W1.20 **unfazed** (adj) = not shocked, surprised or frightened / **niespieszony, niezrażony**
- W1.21 **contented** (adj) = pleased, satisfied / **zadowolony**
- W1.22 **niggling** (adj) = persistent and annoying / **irytujący, natrętny**
- W1.23 **superior** (n) = sb of higher rank or status / **przełożony, zwierzchnik**
- W1.24 **lucrative** (adj) = profitable / **lukratywny, dochodowy**
- W1.25 **war-torn** (adj) = ruined by war / **spustoszony przez wojnę**
- W1.26 **undeterred** (adj) = dedicated to do or continue doing sth in spite of difficulties / **niezniechęcony, zdeterminowany**
- W1.27 **at a disadvantage** = in a difficult or inconvenient position / **w niekorzystnej sytuacji**
- W1.28 **assertive** (adj) = stating one's needs and opinions clearly / **asertywny**
- W1.29 **firm** (adj) = decisive and determined / **stanowczy**
- W1.30 **take sb/sth by storm** (idm) = to be extremely successful / **zdożyć coś szturmem, podbić, zawojować**
- W1.31 **grand slam** (n) = a major tournament in tennis / **turniej Wielkiego Szlema**
- W1.32 **break the back of sth** (idm) = to solve the most difficult part of a task / **rozwiązać najtrudniejszą część zadania**
- W1.33 **work wonders** = to be very effective / **działać cuda**
- W1.34 **electric drill** (n) = an electric tool used for making holes / **wiertarka elektryczna**
- W1.35 **burn the candle at both ends** (idm) = to work to the point of exhaustion, early in the morning and late at night / **pracować do upadłego, od świtu do późna w nocy**
- W1.36 **leave no stone unturned** (idm) = to try everything possible in order to achieve what one wants / **poruszyć niebo i ziemię, aby osiągnąć zamierzony cel**
- W1.37 **martial arts** (n pl) = fighting sports that come from the Far East, such as kung fu and karate / **sztuki walki**
- W1.38 **conductor** (n) = a person who directs an orchestra or choir / **dyrygent**
- W1.39 **master** (n) = a teacher of an art / **mistrz**
- W1.40 **commander** (n) = an officer in charge of a military operation / **dowódca**
- W1.41 **skipper** (n) = a captain of a ship or boat / **kapitan**
- W1.42 **fall behind with** (phr v) = not to keep up with the pace of sth / **mieć zaległości**
- W1.43 **reunite** (v) = to meet together after a long separation / **spotkać się po latach, odnowić więź**
- W1.44 **subscriber** (n) = sb who makes regular payments to receive a service / **osoba wnosząca stałe opłaty za daną usługę, abonent**
- W1.45 **generate** (v) = to produce, to create / **generować, tworzyć**
- W1.46 **endowed with** (adj) = provided with some positive natural quality or ability / **obdarzony (np. talentem)**
- W1.47 **there is no accounting for** = there is no explanation for / **nie ma wytłumaczenia dla**
- W1.48 **hereditary** (adj) = passed on to a child from its parents before it is born / **dziedziczny**
- W1.49 **hinder** (v) = to obstruct, to prevent / **hamować, utrudniać**
- W1.50 **child prodigy** (n) = a child who has a great natural ability, e.g. for music, sports, mathematics, etc / **mały geniusz, cudowne dziecko**

- W1.51 **unclaimed** (adj) = not claimed by anyone as belonging to them / *nieodebrany*
- W1.52 **competency/competence** (n) = the ability to do sth well or effectively / *kwalifikacja, umiejętność*
- W1.53 **clean-cut** (adj) = looking neat and pleasant / *schludny*
- W1.54 **greed** (n) = the desire to have more of sth, such as food or money, than is necessary / *chciwość*
- W1.55 **exception** (n) = a particular thing, person or situation that is not included in a general statement / *wyjątek*
- W1.56 **exploit** (v) = to treat sb unfairly by making them work hard for little money / *wykorzystywać, wyciskać*
- W1.57 **be up for grabs** (idm) = be available to anyone who is interested / *być do wzięcia*
- W1.58 **run contrary to sth** = to be opposed to / *być sprzecznym z czymś*
- W1.59 **loaded** (adj) = (informal) very rich / *bardzo bogaty, „nadziany”*
- W1.60 **affluent** (adj) = prosperous, wealthy / *zamożny*
- W1.61 **loot** (n) = stolen money or goods / *łup*
- W1.62 **mortality rate** (n) = the number of deaths per place or in a given period / *śmiertelność*
- W1.63 **insinuation** (n) = an indirect statement, usually suggesting sth unpleasant / *insynuacja*
- W1.64 **ensuing** (adj) = occurring as a result of a certain event / *zaistniały, wynikły*
- W1.65 **maintain** (v) = to support, to claim / *utrzymywać*
- W1.66 **mow the lawn** = to cut the grass / *kosić trawnik*
- W1.67 **notch** (n) = a level on a scale of measurement / *stopień na skali*
- W1.68 **content** (adj) = pleased, satisfied / *zadowolony, rad*
- W1.69 **replete with** (adj) = full of / *pełen*
- W1.70 **purportedly** (adv) = supposedly / *rzekomo, hipotetycznie*
- W1.71 **bonus** (n) = extra money added to an employee's salary, usually as a reward for good performance / *premia, dodatek*
- W1.72 **discount** (v) = to consider sth not relevant or important, to disregard / *pominąć, odrzucić*
- W1.73 **arise** (v) = to happen, to occur / *powstawać, pojawiać się*
- W1.74 **tantamount to** (adj) = equivalent to / *równoznaczny z*
- W1.75 **self-deception** (n) = allowing oneself to believe sth that is not true / *oszukiwanie samego siebie*
- W1.76 **partyware** (n) = (not in regular use) things required for a party such as cups, balloons, decorations, etc / *rzeczy potrzebne na przyjęciu (np. odpowiednie nakrycia, ozdoby)*
- W1.77 **rebuff** (v) = to refuse to accept an offer or suggestion in an unpleasant manner / *odrzucić, odmówić*
- W1.78 **in haste** = in a hurry / *w pośpiechu*
- W1.79 **let sb sleep on it** (idm) = to let sb think about it / *dać się komuś z czymś przespać, dać coś komuś przemyśleć*
- W1.80 **make up one's mind** (idm) = to decide on sth / *zdecydować, postanowić*
- W1.81 **drop out of** (phr v) = to leave school or university without finishing your studies / *rzucić (np. szkołę, studia)*
- W1.82 **feature** (v) = here: publish in a newspaper / *tu: zamieścić w gazecie*
- W1.83 **drop sb a (quick) line** (idm) = to write a short letter or other message to sb / *napisać do kogoś krótki list, przesać krótką wiadomość*
- W1.84 **objection** (n) = not agreeing with sth / *zarzut, sprzeciw*
- W1.85 **refund** (n) = money paid to sb on returning a damaged product, which should be equal to the purchase price / *zwrot pieniędzy*
- W1.86 **football pools** (n pl) = a form of gambling where people try to win money by guessing the results of football matches / *zakłady piłkarskie*
- W1.87 **be bound to** (v) = to be certain or very likely to happen / *musi się wydarzyć, na pewno tak się stanie*
- W1.88 **furious** (adj) = extremely angry / *wściekły*
- W1.89 **be entitled to sth** = to have the right to receive sth / *mieć prawo do czegoś*
- W1.90 **compensation** (n) = money given by sb responsible for sb else's loss or suffering / *odszkodowanie, rekompensata*
- W1.91 **bonnet** (n) = the metal cover over the engine at the front of a car / *maska samochodu*
- W1.92 **bolt** (n) = a flat metal pin used to fasten things together / *śruba, bolec*
- W1.93 **debit** (v) = to deduct money from a bank account / *obciążyć rachunek daną sumą*

Unit 2 Escape Artists (pp. 14-23)

- W2.1 **blistering heat** (n) = very intense heat / *spiekota, nieźnośny upał*
- W2.2 **picturesque** (adj) = pretty-looking, esp in an unusual or old-fashioned way / *malowniczy*
- W2.3 **tranquil** (adj) = calm and peaceful / *niezmącony, spokojny*
- W2.4 **bleak** (adj) = empty, unattractive / *smętny, ponury*
- W2.5 **desolate** (adj) = deserted / *opustoszały*
- W2.6 **spire** (n) = a tall pointed structure on top of a building / *iglica*
- W2.7 **barren** (adj) = dry and bare, infertile / *jałowy, nieurodzajny*
- W2.8 **lofty** (adj) = (especially of a building) very high and impressive / *wyniosły, strzelisty*

- W2.9 **sand dune** (n) = a hill made of sand near the sea or in the desert / *wydma*
- W2.10 **leafy** (adj) = pleasant with lots of trees and plants / *zielony, zadrzewiony*
- W2.11 **towering** (adj) = (especially of a building) very tall or large in an impressive way / *górujący*
- W2.12 **bustling** (adj) = busy, lively / *ruchliwy, tętniący życiem*
- W2.13 **serene** (adj) = calm and quiet / *pogodny, spokojny*
- W2.14 **noise pollution** (n) = loud unpleasant sounds which disturb people and are considered unhealthy for them / *nadmierny hałas*
- W2.15 **crystal-clear** (adj) = absolutely clear and transparent / *kryształowo czysty, przejrzysty*
- W2.16 **lush vegetation** (n) = a lot of plants, trees and flowers growing together / *bujna roślinność*
- W2.17 **secluded** (adj) = private and quiet / *zaczyszny, ustronny, odosobniony*
- W2.18 **luggage handler** (n) = sb who carries or deals with luggage / *bagażowy, tragarz*
- W2.19 **exchange bureau** (n) = a place where you can exchange one currency for another / *kantor wymiany walut*
- W2.20 **sleeping compartment** (n) = a section of a train containing beds for passengers to sleep in / *kuszetka, przedział sypialny*
- W2.21 **duty-free goods** (n pl) = products that can be exported or imported without paying taxes on them / *towary bezcłowe*
- W2.22 **carousel** (n) = a moving belt from which passengers can collect their luggage / *taśmociąg bagażowy*
- W2.23 **boarding pass/boarding card** (n) = a card which a passenger must have when boarding a plane or a boat / *karta pokładowa*
- W2.24 **junction** (n) = a place where roads or railway lines join / *skrzyżowanie, węzeł kolejowy*
- W2.25 **upper deck** (n) = the highest part of a boat / *górną pokład*
- W2.26 **(cabin) cruiser** (n) = a motor boat with passenger accommodation, used for leisure trips / *łódź motorowa z kabinami*
- W2.27 **rough crossing** (n) = a journey across a sea, river or lake during very windy or stormy weather / *ciężka przeprawa lub podróż*
- W2.28 **stop-over** (n) = a short stay in a place on the way to one's final destination / *postój*
- W2.29 **port of call** (n) = a place where a ship stops during a journey / *port pośredni*
- W2.30 **(there is) no room to swing a cat** (idm) = (of a room, flat, etc) very small, not big enough / *nie ma miejsca, żeby się obrócić*
- W2.31 **as the crow flies** (idm) = (of distances) measured in a straight line / *w linii prostej*
- W2.32 **in the middle of nowhere** (idm) = (of a place) far away from other houses and people / *na odludziu, na pustkowiu*
- W2.33 **a place in the sun** (idm) = a pleasant (or sunny) place where one feels one belongs to / *własne miejsce na ziemi*
- W2.34 **a home from home** (idm) = a place where one feels just like at home / *drugi dom*
- W2.35 **all at sea** (idm) = confused, not sure what to do / *niepewny, zagubiony*
- W2.36 **go off the rails** (idm) = to start behaving in a shocking and uncontrollable way / *zwariować*
- W2.37 **the sky is the limit** (idm) = there is no limit to what one can achieve / *możliwości są nieograniczone*
- W2.38 **move mountains** (idm) = to achieve one's aims, however impossible they are / *przenieść góry*
- W2.39 **cuisine** (n) = a style of cooking that is characteristic of a country, region or a certain place / *kuchnia charakterystyczna dla jakiegoś państwa, regionu lub pewnego miejsca*
- W2.40 **mainland** (n) = the main part of a country or continent / *ląd stały, kontynent*
- W2.41 **release date** (n) = the expected date when sth will be put on the market / *data wypuszczenia na rynek lub premiery*
- W2.42 **storyline** (n) = the story in a film, book or play and the way in which it develops / *historia, fabuła*
- W2.43 **supporting** (adj) = (of a role) less important than the leading one / *drugoplanowy*
- W2.44 **awkward** (adj) = difficult, uncooperative / *kłopotliwy, trudny w obejściu*
- W2.45 **bio-diverse** (adj) = with a wide variety of plant and animal species / *zamieszkały przez wiele gatunków zwierząt i roślin*
- W2.46 **backdrop** (n) = a scene in the background / *tło*
- W2.47 **myriad** (adj) = having a very large number or variety of sth / *niezliczony*
- W2.48 **indigenous** (adj) = native / *tubylczy, rodzimy, miejscowy*
- W2.49 **majesty** (n) = beauty and impressiveness / *majestatyczność*
- W2.50 **coral reef** (n) = a long narrow piece of coral and other substances, the top of which is either just above or below the surface of the sea / *rafa koralowa*
- W2.51 **haven** (n) = a place where people or animals feel safe, protected and peaceful / *bezpieczna przystań, schronienie*
- W2.52 **snorkel** (v) = to swim under the water using a mask and a tube for breathing / *plywać z rurką i maską*

- W2.53 **mingle with** (v) = to move around a group of animals or people / *obracać się, przebywać pośród*
- W2.54 **tortoise** (n) = a very slow moving animal with a thick hard shell into which it can pull its head and legs for protection / *żółw*
- W2.55 **lava lizard** (n) = a type of lizard / *gatunek jaszczurki zamieszkującej archipeląg wysp Galapagos*
- W2.56 **relic** (n) = an object from an earlier period which has survived into the present / *relikt*
- W2.57 **exuberant** (adj) = very energetic / *żywiłowy, radosny*
- W2.58 **fiesta** (n) = a public celebration or party / *fiesta*
- W2.59 **in the midst** = in the middle / *w środku, pośród*
- W2.60 **harried** (adj) = here: stressful / *tu: stresujący*
- W2.61 **embracing** (adj) = here: soothing, relaxing / *tu: kojący, relaksujący*
- W2.62 **fragrant** (adj) = with a pleasant sweet smell / *pachnący, wonny*
- W2.63 **retreat into** (v) = to go to a quiet safe place / *wycofać się w zaciszne miejsce, schronić się*
- W2.64 **sanctuary** (n) = a safe protected place / *rezerwat, azyl*
- W2.65 **indulgent** (adj) = giving pleasure / *przyjemny*
- W2.66 **soothing** (adj) = calming, relaxing / *kojący, łagodzący*
- W2.67 **shed** (v) = to get rid of sth / *zrzucić, pozbyć się czegoś*
- W2.68 **detritus** (n) = rubbish / *pozostałości, odpadki*
- W2.69 **ritual** (n) = ceremony / *rytuał*
- W2.70 **lull** (v) = to make sb feel calm or sleepy / *uciszyć, ukoić*
- W2.71 **sap** (v) = to weaken / *osłabić, nadwzględ*
- W2.72 **posh** (adj) = elegant and expensive / *szykowny, ekskluzywny*
- W2.73 **cypress tree** (n) = a type of tree / *cyprys*
- W2.74 **whirlpool** (n) = a pool that is specially designed so that the water moves round and round / *basen z masażem wodnym*
- W2.75 **fictitious** (adj) = imaginary, invented / *fikcyjny, wymyślony*
- W2.76 **genre** (n) = a particular type of an art form / *gatunek literacki lub filmowy*
- W2.77 **affiliation with** (n) = a close or official connection with sth / *przynależność do, związek z*
- W2.78 **innovative** (adj) = new and original / *nowatorski, oryginalny*
- W2.79 **alto** (adj) = with a range of musical notes of medium pitch / *altowy*
- W2.80 **a tall order** (idm) = an unreasonable demand or challenge / *wygórowane żądanie, trudne wyzwanie*
- W2.81 **outlive** (v) = to live longer than sb / *przeżyć kogoś*
- W2.82 **forge** (v) = to create, to produce / *tworzyć*
- W2.83 **impeccable** (adj) = flawless, perfect / *idealny, nieskazitelny*
- W2.84 **combo** (n) = a small group of musicians who play jazz / *mały zespół jazzowy*
- W2.85 **fallow** (adj) = inactive / *leżący odłogiem, nieuprawiany*
- W2.86 **notable** (adj) = remarkable, extraordinary / *znakomity, godny uwagi*
- W2.87 **come under the spell of sb/sth** (idm) = to be strongly influenced by sb or sth because of a fascinating or attractive quality they have / *być oczarowanym*
- W2.88 **abundance** (n) = a very large amount / *obfitość*
- W2.89 **fray** (v) = here: to deteriorate / *tu: pogorszyć się*
- W2.90 **re-emerge** (v) = to be seen again / *ponownie się pojawić, powrócić*
- W2.91 **reconstructed** (adj) = with new energy / *znów pełen siły i energii*
- W2.92 **infinitely** (adv) = very much / *bardzo, dalece, nieskończenie*
- W2.93 **impassioned** (adj) = inspired and passionate / *pełen pasji, namiętności*
- W2.94 **ostensibly** (adv) = supposedly / *pozornie, rzekomo*
- W2.95 **quintet** (n) = a group of five singers or musicians singing or playing together / *kwintet*
- W2.96 **bebop** (n) = a type of jazz music / *bebop*
- W2.97 **abruptly** (adv) = suddenly / *nagle, gwałtownie*
- W2.98 **leap off** (v) = to jump off sth / *zeskoczyć*
- W2.99 **nonet** (n) = a group of nine singers or musicians singing or playing together / *nonet*
- W2.100 **amidst** (prep) = in the middle of, among / *między*
- W2.101 **yield** (v) = here: to create, to produce / *tu: przynieść, zrodzić*
- W2.102 **overall** (adj) = general / *ogólny*
- W2.103 **fusion** (n) = a kind of music that is a mixture of different styles / *rodzaj muzyki czerpiącej z różnych stylów muzycznych, muzyka fusion*
- W2.104 **spin-off** (n) = a continuation or a copy of sth original / *kontynuacja, naśladowanie*
- W2.105 **transcend** (v) = to go beyond, to exceed / *przekroczyć, prześcignąć*
- W2.106 **amass** (v) = to accumulate / *gromadzić*
- W2.107 **unrivalled** (adj) = better than anything else of the same kind, unmatched / *niezrównany*
- W2.108 **testament to sth** (n) = a proof of sth / *dowód na coś, świadectwo czegoś*
- W2.109 **groundbreaking** (adj) = very new and different from other things / *przełomowy*
- W2.110 **scat** (n) = a type of jazz singing in which the singer tries to imitate the sounds of instruments / *scat (skat)*
- W2.111 **trite** (adj) = lacking in originality / *wyświechtany, banalny, oklepany*

- W2.112 **vehicle** (n) = sth that one uses to achieve a particular purpose / *środek, pretekst do pokazania czegoś* (np. sztuki muzycznej, śpiewaczki)
- W2.113 **transition** (n) = change / *zmiana, przemiana*
- W2.114 **stunning** (adj) = impressive / *oszałamiający, niesamowity*
- W2.115 **drift** (v) = to move from one situation or place to another without purpose / *poddać się biegowi wypadków; tu: zmieniać wytwórnie płytowe*
- W2.116 **(record) label** (n) = a company that produces and sells records / *wytwórnia płytowa*
- W2.117 **contemporary** (adj) = modern / *współczesny*
- W2.118 **erode** (v) = to destroy / *zniszczyć, źle wpłynąć na coś*
- W2.119 **consecutive** (adj) = coming one after the other without interruption / *kolejny, nieprzerwany*
- W2.120 **dominate** (v) = to be the most distinguished or important person / *dominować*
- W2.121 **up-and-coming** (adj) = likely to become successful in the future / *obietujący, dobrze się zapowiadający*
- W2.122 **bid** (n) = an attempt to obtain sth / *próba zdobycia czegoś*
- W2.123 **endure** (v) = to survive / *przetrwąć*
- W2.124 **digital sampling** (n) = a type of music in which pieces of music from different sources are put together by means of digital equipment / *sampling*
- W2.125 **epitomize** (v) = to be a perfect example of sth / *symbolizować*
- W2.126 **fidelity** (n) = loyalty, devotion / *wierność*
- W2.127 **imbue** (v) = to fill with an idea, feeling or quality / *nasyć czymś*
- W2.128 **anticipate** (v) = to expect / *oczekiwać*
- W2.129 **purification** (n) = the act of removing any harmful, dirty or unwanted substances from sth / *oczyszczanie*
- W2.130 **depict** (v) = to show / *przedstawić*
- W2.131 **reservation** (n) = not being sure that sth is good or right / *zastrzeżenie*
- W2.132 **clarification** (n) = detailed explanation / *(dodatkowe) wyjaśnienie*
- W2.133 **justification** (n) = a good reason, explanation / *uzasadnienie*
- W2.134 **run sb through sth** (phr v) = to repeat sth to ensure that it has been understood / *powtórzyć coś komuś*
- W2.135 **drive at** (phr v) = to imply / *zmierzać do czegoś, sugerować*
- W2.136 **elaborate** (v) = to explain in more detail / *omówić, opisać szczegółowo*
- W2.137 **spacious** (adj) = with a lot of space, roomy / *przestronny*
- W2.138 **a hush descends** = it suddenly becomes quiet and peaceful / *zalega cisza*
- W2.139 **take the podium** = to walk onto a small platform on which sb stands in order to conduct an orchestra or give a lecture / *wejść na podium, na podwyższenie*
- W2.140 **stall** (n) = a small shop or a stand in a market from which you can buy goods / *stoisko*
- W2.141 **sideshow** (n) = a less significant event that is related to a larger, more important one / *impreza towarzysząca (większemu wydarzeniu)*
- W2.142 **music download service** (n) = a service allowing to download music files from the Internet / *usługa pozwalająca na ściąganie plików muzycznych z Internetu*
- W2.143 **durability** (n) = the ability to last a long time / *wytrzymałość*
- W2.144 **be worlds apart** (idm) = to be completely different / *całkowicie się różnić*
- W2.145 **in stark contrast** = very different in an obvious way / *bardzo różny, zupełnie inny*
- W2.146 **all-round** (adj) = here: appealing to everybody's tastes and interests / *tu: uniwersalny, dla wszystkich*
- W2.147 **hard-put** (adj) = in great difficulty or at a loss / *w trudnej sytuacji*
- W2.148 **get value for money** = to get a good-quality product or service, worth the money one paid / *dostać towar wart swej ceny*

Unit 3 People Power (pp. 24-33)

- W3.1 **confidante** (n) = a woman whom one trusts and shares their secrets and problems with / *powiernica*
- W3.2 **overcome** (v) = to successfully deal with a problem and control it / *poradzić sobie (z problemem)*
- W3.3 **lend a sympathetic ear** (idm) = to listen to sb's problems in a sympathetic and patient way / *wysłuchać kogoś ze współczuciem*
- W3.4 **unconditional love** (n) = a feeling of affection towards sb of whom one expects nothing in return / *bezwarunkowa miłość*
- W3.5 **grow apart (from sb)** (phr v) = to stop liking sb, to be no longer friends / *oddalić się od kogoś*
- W3.6 **sb's pride and joy** (idm) = a person or thing that is very important to sb and makes them feel very happy / *czyjaś duma i radość*
- W3.7 **sibling rivalry** (n) = competition between brothers and sisters / *rywalizacja między rodzeństwem*
- W3.8 **fraternal** (adj) = referring to strong feelings of friendship between people / *braterski*
- W3.9 **sacrifice** (n) = the act of giving up sth important or valuable in order to help sb / *poświęcenie*
- W3.10 **altruism** (n) = unselfish concern for other people's happiness and welfare / *altruizm*

- W3.11 **egotistic** (adj) = too much preoccupied with one's own interests and needs / **egotystyczny**
- W3.12 **indiscreet** (adj) = revealing things to others which should be kept private or secret / **niedyskretny**
- W3.13 **aloof** (adj) = unapproachable, unfriendly / **powściągliwy, z dystansem**
- W3.14 **self-effacing** (adj) = modest / **skromny**
- W3.15 **buoyant** (adj) = cheerful, happy / **optymistyczny, pogodny**
- W3.16 **cordial** (adj) = friendly / **serdeczny**
- W3.17 **fervent** (adj) = showing very strong feelings about sth, enthusiastic / **entuzjastyczny, zapalony**
- W3.18 **meek** (adj) = modest, gentle and quiet / **potulny, pokorny**
- W3.19 **regimented** (adj) = controlled, highly disciplined / **kontrolowany, poddany dyscyplinie**
- W3.20 **blithe** (adj) = indifferent, unconcerned / **beztroski**
- W3.21 **unforthcoming** (adj) = unwilling to give information when asked / **niewylewny, powściągliwy**
- W3.22 **amicable** (adj) = friendly / **przyjacielski**
- W3.23 **blunt** (adj) = outspoken, rude / **bezceremonialny, dosadny**
- W3.24 **brusque** (adj) = abrupt, impolite / **obcesowy, opryskliwy**
- W3.25 **forthright** (adj) = direct and honest / **bezpośredni, szczerzy**
- W3.26 **ungainly** (adj) = moving awkwardly / **niezgrabny**
- W3.27 **nimble** (adj) = being able to move around lightly and quickly / **zwinny, gibki**
- W3.28 **inept** (adj) = clumsy / **niezdarny**
- W3.29 **rash** (adj) = careless / **pochopny, nieuwważny**
- W3.30 **serene** (adj) = calm and peaceful / **pogodny, spokojny**
- W3.31 **edgy** (adj) = nervous, especially about the future / **zdeenerwowany, niespokojny**
- W3.32 **jittery** (adj) = nervous, jumpy / **roztrzęsiony**
- W3.33 **introverted** (adj) = shy and quiet / **introwertyczny**
- W3.34 **scatty** (adj) = silly and forgetful / **roztrzepany**
- W3.35 **erratic** (adj) = unpredictable / **nieprzewidywalny**
- W3.36 **composed** (adj) = calm and relaxed / **spokojny, opanowany**
- W3.37 **sluggish** (adj) = very slow / **powolny, opieszały, ślamazarny**
- W3.38 **proofreader** (n) = sb who reads a book, article, etc before it is published in order to find and mark mistakes / **korektor**
- W3.39 **liaise with sb** (v) = to work closely with sb in order to exchange information / **kontaktować się, współpracować**
- W3.40 **kin** (n) = relatives, family / **krewni, rodzina, ród**
- W3.41 **cohort** (n) = a friend, supporter, associate / **przyjaciel, współnik, poplecznik**
- W3.42 **escort** (n) = a companion, chaperone / **osoba towarzysząca, osoba do towarzystwa**
- W3.43 **spouse** (n) = husband or wife / **małżonek lub małżonka**
- W3.44 **protracted** (adj) = extended, lengthy / **przedłużony**
- W3.45 **bind** (v) = to fasten, to tie / **wiązać**
- W3.46 **hitch** (v) = to connect, to join / **zawiazać**
- W3.47 **parenthood** (n) = being a parent / **rodzicielstwo**
- W3.48 **parentage** (n) = the identity and origin of sb's parents / **pochodzenie**
- W3.49 **parental** (adj) = relating to one or both parents of a particular child / **rodzicielski**
- W3.50 **perennial** (adj) = constant, continual / **trwały, wieczny**
- W3.51 **foster** (v) = to promote development / **promować, popierać**
- W3.52 **breakage** (n) = the act of breaking sth / **łamanie**
- W3.53 **breach** (n) = the breaking of an agreement, a law or a promise / **naruszenie, pogwałcenie, złamanie**
- W3.54 **rift** (n) = a serious quarrel or disagreement between countries or people that stops them from having a good relationship / **rozłam, przepaść, konflikt**
- W3.55 **self-esteem** (n) = feeling satisfied with one's abilities or character / **poczucie własnej wartości**
- W3.56 **varnish** (n) = an oily liquid which is painted onto wood or other material to give it a hard clear shiny surface / **lakier**
- W3.57 **confined** (adj) = restricted / **ograniczony, zamknięty**
- W3.58 **enhance** (v) = to improve the value, quality or attractiveness of sth / **poprawić, zwiększyć (np. wartość)**
- W3.59 **arsenal** (n) = a large collection of weapons / **arsenał**
- W3.60 **equalise** (v) = to give everyone the same rights or opportunities, to make equal / **zrównać, wyrównać (np. szanse)**
- W3.61 **gender** (n) = being male or female / **pleć**
- W3.62 **consciousness** (n) = awareness / **świadomość**
- W3.63 **caretaker** (n) = sb who is responsible for looking after another person / **opiekun**
- W3.64 **notion** (n) = an idea or belief about sth / **myśl, przekonanie, pojęcie**
- W3.65 **breadwinner** (n) = the person who supports the family / **żywiciel rodziny**
- W3.66 **masculinity** (n) = being male / **męskość**
- W3.67 **shield** (n) = protection / **ochrona**
- W3.68 **sweat** (n) = the salty colourless liquid that comes through the skin when one is hot, perspiration / **pot**
- W3.69 **moisturise** (v) = to prevent one's skin from being dry by putting some cream on it / **nawilżać**
- W3.70 **domestic** (adj) = concerning the running of a home and family / **domowy**
- W3.71 **dead silence** (n) = complete silence / **głucha cisza**
- W3.72 **derogative** (adj) = insulting / **obraźliwy**

- W3.73 **denote** (v) = to signify, to indicate / **oznaczać**
- W3.74 **praise** (n) = approval of sb's achievements or qualities / **pochwała**
- W3.75 **clim the corporate ladder** = to progress in the business world / **piąć się po drabinie sukcesu**
- W3.76 **general contractor** (n) = sb who does work for other people or organisations / **główny wykonawca**
- W3.77 **cost-effective** (adj) = making or saving a lot of money in relation to what is spent / **opłacalny, oszczędny**
- W3.78 **interject** (v) = to interrupt while another person is speaking / **przerwać, wpaść w słowo**
- W3.79 **pang** (n) = a sudden strong feeling of pain or sadness / **nagle uczucie smutku lub bólu**
- W3.80 **strike up a conversation** = to begin a conversation / **nawiązać z kimś rozmowę**
- W3.81 **findings** (n pl) = information discovered through research / **wyniki**
- W3.82 **coronary heart disease** (n) = a disease of the heart / **choroba wieńcowa serca**
- W3.83 **fill-in work** (n) = a non-permanent job / **praca tymczasowa**
- W3.84 **hard numbers** (n pl) = actual facts and figures / **statystyka, wiarygodne dane**
- W3.85 **emasculated** (adj) = (of a man) having lost his male qualities / **zniewieściały**
- W3.86 **be all roses** (idm) = to be easy or pleasant / **sprawić przyjemność, nie stanowić trudności**
- W3.87 **trade-off** (n) = exchanging all or part of one thing for another, a compromise / **zamiana czegoś na coś innego, kompromis**
- W3.88 **in retrospect** = looking back on an event or situation that has happened in the past / **z perspektywy czasu**
- W3.89 **with hindsight** = understanding and realising sth about an event after it has happened / **po fakcie, z perspektywy czasu**
- W3.90 **crucial** (adj) = extremely important / **niezwykle istotny**
- W3.91 **vital** (adj) = absolutely necessary / **konieczny, niezbędny**
- W3.92 **atrocious** (adj) = horrible, terrible / **okropny, okrutny**
- W3.93 **stocky** (adj) = broad, solid and often short / **krępy, zwalisty**
- W3.94 **quaint** (adj) = picturesque / **malowniczy, uroczy**
- W3.95 **microscopic** (adj) = very small / **mikroskopijny**
- W3.96 **petite** (adj) = (of a woman) small, delicate / **(o kobiecie) drobnitka**
- W3.97 **adorable** (adj) = lovable / **przeuroczy, cudowny**
- W3.98 **minuscule** (adj) = tiny / **małeńki**
- W3.99 **diminutive** (adj) = very small / **drobny**
- W3.100 **stroll** (v) = to walk in a slow, relaxed way / **przechadzać się, spacerować**
- W3.101 **squint** (v) = to look at sth with the eyes partly closed / **mrużyć oczy**
- W3.102 **trudge** (v) = to walk slowly and with heavy steps / **brnąć, wlec się**
- W3.103 **yell** (v) = to shout, usually when one is angry or excited / **krzyczeć, wrzeszczeć**
- W3.104 **limp** (v) = to walk with difficulty / **kuleć, utykać**
- W3.105 **shriek** (v) = to make a short and very loud cry / **wrzasać przenikliwie**
- W3.106 **bellow** (v) = to shout angrily in a loud, deep voice / **huknąć, krzyknąć**
- W3.107 **scrutinise** (v) = to examine sth very carefully / **zbadać**
- W3.108 **criminal record** (n) = a police record of a person who has committed crimes / **kryminalna przeszłość, uprzednia karalność**
- W3.109 **reluctant** (adj) = unwilling, hesitant / **niechętny**

Unit 4 Growing Concerns (pp. 34-43)

- W4.1 **policing equipment** (n) = equipment used for a particular purpose by the police / **sprzęt policyjny**
- W4.2 **embezzlement** (n) = the crime of taking money from an organisation or company and using it illegally / **sprzeniewierzenie, defraudacja**
- W4.3 **crook** (n) = a dishonest person / **oszust, łotrzyk**
- W4.4 **handcuffs** (n pl) = two metal rings that are joined together and locked around a criminal's wrists / **kajdanki**
- W4.5 **felony** (n) = a very serious crime / **zbrodnia, poważne przestępstwo**
- W4.6 **surveillance system** (n) = equipment used for watching people / **system inwigilacji, nadzoru**
- W4.7 **gang** (n) = a group of young people or a well-organised group of criminals who go around together and deliberately cause trouble / **gang, banda**
- W4.8 **inmate** (n) = sb who is kept in a prison / **więzień**
- W4.9 **homicide** (n) = the illegal killing of a person / **zabójstwo, mord**
- W4.10 **intruder** (n) = sb who illegally enters a place / **intruz**
- W4.11 **perpetrator** (n) = sb who has committed a crime / **sprawca, przestępca**
- W4.12 **riot** (n) = violent behaviour of a crowd of people in a public place / **zamieszki**
- W4.13 **tear bomb** (n) = a bomb which is filled with a special gas that, when exploded, causes one's eyes to sting and fill with tears / **bomba z gazem łzawiącym**
- W4.14 **heat-seeking device** (n) = a device that can detect warmth or heat, e.g. of a living person / **czujnik ciepła**
- W4.15 **truncheon** (n) = a short thick stick that is carried as a weapon by a policeman / **pałka policyjna**

- W4.16 **misdemeanour** (n) = a minor crime / **wykroczenie**
- W4.17 **presumption of innocence** = treating sb accused of a crime as innocent until evidence definitely proves otherwise / **domniemanie niewinności**
- W4.18 **confirm** (v) = to state that a belief or opinion is true or correct / **potwierdzić**
- W4.19 **accuse** (v) = to say that sb is guilty of sth / **oskarżyć**
- W4.20 **allege** (v) = to state sth as a fact but without proof / **twierdzić, uważać**
- W4.21 **blame** (v) = to say or think that sb did sth wrong / **winić**
- W4.22 **supervision** (n) = the act of managing people, activities or places / **nadzór, kierownictwo**
- W4.23 **custody** (n) = a period of imprisonment until trial / **areszt**
- W4.24 **bail** (n) = the amount of money that an arrested person puts forward to guarantee their attendance at their court trial / **kaucja**
- W4.25 **bond** (n) = money that a government or company borrows from investors / **obligacja**
- W4.26 **exclude** (v) = to leave out, to omit / **wyłączyć, pominąć**
- W4.27 **absolve** (v) = to state that sb is not to blame / **uwolnić od zarzutów, rozgrzeszyć**
- W4.28 **acquit sb of sth** (v) = to formally declare sb not guilty of a crime in a court / **uniewinnić, uwolnić od zarzutów**
- W4.29 **confirmation** (n) = proof that sth is true / **potwierdzenie**
- W4.30 **suspended sentence** (n) = a sentence given to a criminal which will be served if the criminal commits another crime within a specified period of time / **wyrok w zawieszaniu**
- W4.31 **shelved** (adj) = postponed until a later date / **przełożony, odroczone**
- W4.32 **inaccurately** (adv) = not correctly / **nieprecyzyjnie**
- W4.33 **wrongly convicted** = found guilty of a crime that one hasn't committed / **niesprawiedliwie skazany**
- W4.34 **inexactly** (adv) = not exactly / **niedokładnie**
- W4.35 **convict** (v) = to find sb guilty of a crime in a court / **skazać**
- W4.36 **appeal against sth** (v) = to formally ask sb in authority to change a decision / **złożyć apelację, odwołać się (np. od decyzji)**
- W4.37 **entreat** (v) = to ask sb very politely and seriously to do sth / **prosić, błagać**
- W4.38 **solicit** (v) = to ask sb for money, help, support or information / **prosić o pomoc lub informację**
- W4.39 **assassination** (n) = the act of murdering sb for political reasons / **zamach, morderstwo (na tle politycznym)**
- W4.40 **supreme court** (n) = the highest court of law in a country or state / **Sąd Najwyższy**
- W4.41 **release** (n) = the act of setting sb free, usually when they have been in prison for some time / **zwolnienie, wypuszczenie (z więzienia)**
- W4.42 **liberation** (n) = freeing a person from the control of sb else / **wyzwolenie, wypuszczenie na wolność**
- W4.43 **armed robbery** (n) = the crime of stealing money from a bank, shop, etc by using force / **rabunek z bronią w ręku**
- W4.44 **burglary** (n) = entering a building by force and stealing things / **włamanie**
- W4.45 **theft** (n) = the crime of stealing / **kradzież**
- W4.46 **mugging** (n) = attacking and robbing sb in a public place / **napad i kradzież w miejscu publicznym**
- W4.47 **perjury** (n) = the act of lying in a court of law / **krzywoprzysięstwo**
- W4.48 **contempt of court** = the criminal offence of disobeying an instruction from a judge or a court of law / **obraza sądu, niezastowanie się do nakazu sądu**
- W4.49 **suborn** (v) = to bribe sb to do sth illegal / **przekupić**
- W4.50 **witness** (n) = sb who appears in a court of law to say what they know about a crime or other event / **świadek**
- W4.51 **traffic code** (n) = rules guiding the traffic on the roads / **kodeks drogowy**
- W4.52 **violation** (n) = breaking an agreement, promise or law / **naruszenie, złamanie, pogwałcenie**
- W4.53 **stand** (n) = an attitude towards a particular issue / **stanowisko**
- W4.54 **jury** (n) = a group of people who have been chosen by the public to listen to the facts about a crime and decide if the person accused is guilty or innocent / **ława przysięgłych**
- W4.55 **well-off** (adj) = rich, wealthy / **zamożny**
- W4.56 **fatal** (adj) = deadly / **śmiertelny, zabójczy**
- W4.57 **take the matter to court** = to start a legal case / **wnieść sprawę do sądu**
- W4.58 **deportation** (n) = sending sb who is not a citizen of a given country out of that country after they have committed a crime / **deportacja**
- W4.59 **proceedings** (n pl) = legal actions taken against sb / **postępowanie sądowe**
- W4.60 **claim** (n) = a demand for sth that one thinks they have the right to / **roszczenie**
- W4.61 **tie** (n) = the connection one has with a person or a place / **związek, więź**
- W4.62 **fiscal** (adj) = relating to government money or public money, especially taxes / **podatkowy, fiskalny**

- W4.63 **controversial** (adj) = likely to cause argument / kontrowersyjny
- W4.64 **liability** (n) = responsibility / odpowiedzialność
- W4.65 **rule** (v) = (of a court of law) to decide / orzec, zarządzić
- W4.66 **detain** (v) = to keep sb in a place under sb else's control / zatrzymać
- W4.67 **string** (n) = a series of events that happen one after the other / szereg, pasmo
- W4.68 **settlement** (n) = an agreement to end a conflict or dispute without going to a court of law / ugoda
- W4.69 **mismanagement** (n) = managing sth badly / złe zarządzanie, nieumiejętne kierowanie
- W4.70 **out-of-court** (adj) = happening without formal court proceedings / pozasądowy
- W4.71 **undisclosed** (adj) = not revealed to the public / nieujawniony
- W4.72 **ruling** (n) = an official decision made by a judge or court / orzeczenie
- W4.73 **interrogator** (n) = a person who questions sb thoroughly for a long time in order to get information from them / przesłuchujący
- W4.74 **detainee** (n) = sb who is held prisoner by a government because of his or her political views or activities / zatrzymany, więzień
- W4.75 **stun** (v) = to completely shock or surprise sb / zaskoczyć, zszokować
- W4.76 **spark** (v) = to start, to set off / sprowokować, wywołać
- W4.77 **over the counter** = (of medicines) not needing a prescription / sprzedawany bez recepty
- W4.78 **over the top** = very extreme and exaggerated / przesadzony
- W4.79 **out of the way** = far away from a city / daleko od miasta, z dala od uartego szlaku
- W4.80 **lease** (n) = a legal agreement by which the owner of a house rents it out to sb / wynajem, dzierżawa
- W4.81 **brunette** (n) = a female with dark brown hair / szatynka
- W4.82 **censorship** (n) = the act of removing parts of a book, speech, play, etc which are considered offensive or inappropriate / cenzura
- W4.83 **district judge** (n) = a judge who travels from district to district / sędzia sądu stanowego lub miejskiego
- W4.84 **motion** (n) = a proposal which is voted on during an official meeting / wniosek
- W4.85 **unanimous** (adj) = accepted by everybody present / jednogłośny, zgodny
- W4.86 **file a lawsuit against sb** = to start a case in a court of law / wnieść przeciw komuś sprawę do sądu
- W4.87 **restrict** (v) = to put a limit on sth in order to reduce it or prevent its becoming too great / ograniczyć
- W4.88 **stigma** (n) = a bad reputation / piętno
- W4.89 **livelihood** (n) = a job or other source of income that gives one the money and things that one needs / utrzymanie, środki do życia
- W4.90 **steady** (adj) = stable, continuous / stały
- W4.91 **shelter** (n) = accommodation / schronienie
- W4.92 **nightmare** (n) = a very frightening dream / koszmar nocny
- W4.93 **obliging** (adj) = willing and eager to help / uczynny, koleżeński
- W4.94 **accumulate** (v) = to get more and more of sth over a period of time / zebrać, zgromadzić
- W4.95 **proverbial** (adj) = typical or well-known by many people / przysłowiowy
- W4.96 **shattered** (adj) = broken, smashed / roztrzaskany
- W4.97 **tap** (n) = a device that controls the flow of liquid from a pipe or container / kurek
- W4.98 **catalytic converter** (n) = a car device used for reducing exhaust fumes / katalizator
- W4.99 **unleaded fuel** (n) = a kind of petrol that does not contain lead (Pb) / paliwo bezołowiowe
- W4.100 **discard** (v) = to get rid of sth / pozbyć się czegoś, wyrzucić
- W4.101 **upgrade** (n) = improvement / unowocześnienie, ulepszenie
- W4.102 **threatened with extinction** = dying out, disappearing / zagrożony wymarciem
- W4.103 **displacement** (n) = the removal of sth from its original place / przemieszczenie
- W4.104 **unprecedented** (adj) = never having happened before / bezprecedensowy
- W4.105 **diversity** (n) = a range of many different elements / różnorodność
- W4.106 **linguist** (n) = sb who studies or teaches how language works / językoznawca
- W4.107 **assimilation** (n) = integration / asymilacja
- W4.108 **genocide** (n) = the deliberate murder of a whole community or race / ludobójstwo
- W4.109 **trauma** (n) = a very severe shock or upsetting experience / trauma, uraz
- W4.110 **idiosyncratic** (adj) = unusual, peculiar, unique about sb or sth / specyficzny, indywidualny
- W4.111 **self-conscious** (adj) = embarrassed about what other people think / nieśmiały, skrępowany
- W4.112 **semilingualism** (n) = not being proficient in either of two or more languages / brak opanowania jakiegokolwiek języka w stopniu właściwym jego rodzimym użytkownikom
- W4.113 **thence** (adv) = from one state or condition to another / stąd, skutkiem tego

- W4.114 **encapsulate** (v) = to show or express the most important facts about sth / **zawierać najistotniejsze informacje**
- W4.115 **curse** (n) = sth that causes trouble and unhappiness / **przekleństwo**
- W4.116 **blessing** (n) = sth good that one is grateful for / **błogosławieństwo**
- W4.117 **ancestor** (n) = sb belonging to one's family and who lived a long time ago / **przodek**
- W4.118 **unbearable** (adj) = very unpleasant, painful or upsetting / **nieznośny, nie do wytrzymania**
- W4.119 **heritage** (n) = qualities, traditions or languages of a particular society that have continued over many years and have been passed on from one generation to another / **dziedzictwo**
- W4.120 **trouble spot** (n) = a place where violence and war happen regularly / **punkt zapalny**
- W4.121 **stay put** = to stay in a place and not leave / **zostać na miejscu**
- W4.122 **give way to sth** = to surrender to sth / **poddać się**
- W4.123 **mourn** (v) = to be very sad because sth or sb died / **opłakiwać kogoś, być w żałobie**
- W4.124 **stand for** (phr v) = to represent an idea / **oznaczać, stanowić**
- W4.125 **staggering** (adj) = very surprising / **zadziwiający**
- W4.126 **eminently** (adv) = highly, very / **wybitnie**
- W4.127 **modicum** (n) = a small amount of sth / **odrobina**
- W4.128 **yielding** (adj) = giving way to the wishes of others / **uległy, zgodny**
- W4.129 **charity** (n) = an organisation trying to help people who need support, such as the disabled or the poor / **organizacja charytatywna**
- W4.130 **foster parent** (n) = a person who officially takes a child into their family for a period of time, without becoming the child's legal parent / **rodzic zastępczy**
- W4.131 **infant mortality** (n) = the number of babies who die / **śmiertelność wśród niemowląt**
- W4.132 **medical relief** (n) = medicines and medical help that are provided for people in need / **pomoc medyczna**
- W4.133 **child trafficker** (n) = sb who trades in kidnapped children / **handlarz dziećmi**
- W4.134 **raise money** = to collect money, usually for the poor or other disadvantaged people / **zebrać pieniądze**
- W4.135 **be pressed for time** = not to have enough time / **mieć mało czasu**
- W4.136 **hide/bury one's head in the sand** (idm) = to refuse to face unpleasant facts or problems / **chować głowę w piasek**
- W4.137 **pushy** (adj) = forceful / **naciskający, wywierający presję**
- W4.138 **emission** (n) = the release of sth, such as gas, radiation, etc into the atmosphere / **emisja**
- W4.139 **eradicate** (v) = to eliminate / **wyeliminować, wyplenić**
- W4.140 **incorporate** (v) = to include / **włączyć**
- W4.141 **substantial** (adj) = large in amount or degree / **znaczny, pokaźny**
- W4.142 **plight** (n) = a difficult, unpleasant situation / **trudna sytuacja**
- W4.143 **stray** (adj) = (of pets) lost, abandoned / **bezpański**
- W4.144 **endangered species** (n) = a group of animals which may soon no longer exist as they are often killed by huntsmen, or for other reasons / **gatunek zagrożony wymarciem**

Unit 5 Our Changing World (pp. 44-53)

- W5.1 **ignition** (n) = the electrical system in a car where the driver turns the key and starts the engine / **zapłon**
- W5.2 **expansion port** (n) = a place on a computer where another piece of equipment can be attached / **złącze systemowe**
- W5.3 **clutch** (n) = the pedal in a car that the driver presses before changing gear / **sprzęgło**
- W5.4 **tail wing** (n) = the back wing of an aeroplane which is horizontal, long and thin / **statecznik poziomy**
- W5.5 **hard drive** (n) = the main computer storage device / **twardy dysk**
- W5.6 **brake** (n) = a device in a vehicle that makes it stop or go slower / **hamulec**
- W5.7 **central processor unit** (n) = the computer tower / **procesor centralny**
- W5.8 **jet engine** (n) = an aircraft engine from which air is pushed out in order for the aircraft to move forward / **silnik odrzutowy**
- W5.9 **landing gear** (n) = the wheels of an aircraft and their supporting structure / **podwozie samolotu**
- W5.10 **graphics card** (n) = a card that is installed into a computer in order to create graphics / **karta graficzna**
- W5.11 **steering wheel** (n) = the wheel in a car which the driver holds while driving / **kierownica**
- W5.12 **gearstick** (n) = the device in a car which the driver uses to change gears / **dźwignia zmiany biegów**
- W5.13 **fuselage** (n) = the main body of an aeroplane / **kadłub samolotu**
- W5.14 **accelerator** (n) = the pedal in a vehicle which the driver presses in order to make the vehicle go faster / **pedał gazu**
- W5.15 **data** (n pl) = information / **dane**
- W5.16 **components** (n pl) = several parts which sth consists of / **elementy składowe, części**

- W5.17 **incoming** (adj) = (of a message or phone call) that is received / **przychodzący**
- W5.18 **internal** (adj) = existing or happening inside a particular person, object or place / **wewnętrzny**
- W5.19 **additional** (adj) = extra / **dodatkowy**
- W5.20 **hardware** (n) = the machines making up a computer system / **sprzęt komputerowy**
- W5.21 **high-speed** (adj) = extremely fast / **o dużej szybkości**
- W5.22 **outgoing** (adj) = leaving or being sent somewhere / **wychodzący**
- W5.23 **establish** (v) = to set up, to create / **ustalić, ustanowić**
- W5.24 **convert** (v) = to change sth into another form / **konwertować (pliki, dane)**
- W5.25 **store** (v) = to put or keep sth aside for use in the future / **przechowywać, zapamiętywać (dane)**
- W5.26 **silicon** (n) = an element that is used to make parts of computers / **krzem**
- W5.27 **floppy** (n) = a small flat disc used for storing data which you can read if you insert it into a computer / **dyskietka**
- W5.28 **chip** (n) = a very small piece of silicon with electronic circuits on it / **układ scalony**
- W5.29 **drive** (n) = a device for inserting discs to a computer or storing information / **stacja dysków**
- W5.30 **mat** (n) = a small piece of cloth, plastic or card for the computer mouse, a mouse pad / **podkładka pod myszkę**
- W5.31 **itemized** (adj) = being divided into individual specific things / **z wyszczególnionymi pozycjami**
- W5.32 **charger** (n) = a device used for passing an electrical current through a battery to make it more powerful or last longer / **ładowarka**
- W5.33 **on-board** (adj) = built-in / **wbudowany**
- W5.34 **trajectory** (n) = the path a moving object follows after it has been thrown or fired into the air / **trajektoria**
- W5.35 **put a spanner in the works** (idm) = to stop an idea, plan or activity from being successful / **wszystko zepsuć**
- W5.36 **tighten the screws on sb** (idm) = to put a lot of pressure on sb / **przycisnąć kogoś**
- W5.37 **go at sth hammer and tongs** (idm) = to do sth energetically and with a lot of enthusiasm / **robić coś z werwą i zapamię**
- W5.38 **volatile** (adj) = likely to change suddenly and unexpectedly / **zmienny, nieprzewidywalny**
- W5.39 **add fuel to the fire** (idm) = to do sth which makes sb even more upset or makes the situation worse / **dolewać oliwy do ognia**
- W5.40 **leave sb to their own devices** (idm) = to leave sb on their own, without any help / **pozostawić kogoś samemu sobie**
- W5.41 **to the best of my knowledge** (idm) = as far as I know / **o ile mi wiadomo**
- W5.42 **delegate** (n) = a representative / **delegat, przedstawiciel**
- W5.43 **under the microscope** (idm) = analysed carefully / **pod lupą**
- W5.44 **push the right buttons** (idm) = to influence sb in order to cause a certain reaction (in them) / **umieć wpłynąć na kogoś, uderzyć w słaby punkt**
- W5.45 **panel** (n) = a board or surface which contains switches and controls to operate a machine or a piece of equipment / **panel, pulpit sterowniczy**
- W5.46 **plaque** (n) = a flat piece of metal or stone with an inscription on it / **plyta, tablica pamiątkowa**
- W5.47 **gadget** (n) = a small machine or device that does sth useful / **gadżet**
- W5.48 **application** (n) = a piece of software designed to carry out a particular task / **program użytkowy**
- W5.49 **appliance** (n) = a machine or piece of equipment, often electrical, that one uses to do a job, such as cleaning or cooking / **przyrząd, urządzenie**
- W5.50 **apparatus** (n) = equipment, such as tools and machines, which is used to do a particular job or activity / **aparat**
- W5.51 **adjustment** (n) = a small change that is made to sth, such as a machine, or a way of doing sth / **regulacja, dostrojenie**
- W5.52 **setting** (n) = one of the positions to which the controls of a device can be adjusted / **ustawienie**
- W5.53 **standings** (n pl) = a list of competitors with their positions during an event / **lista zawodników wraz z ich pozycjami**
- W5.54 **impact** (n) = effect, repercussion / **wpływ**
- W5.55 **enthuse about/over sth/sb** (v) = to speak in an enthusiastic way / **mówić z entuzjazmem, zachwycać się**
- W5.56 **incredulity** (n) = not believing sth because it is very surprising or shocking / **niedowierzenie**
- W5.57 **simulate** (v) = to create or do sth that looks real but is not real / **symulować, udawać**
- W5.58 **noctilucent clouds** (n pl) = clouds that can only be seen at night / **świecące nocne obłoki**
- W5.59 **altitude** (n) = the height above sea level / **wysokość (nad poziomem morza)**
- W5.60 **launch** (v) = to send sth into the air or into space / **wystrzelić (w kosmos lub powietrze)**
- W5.61 **water-laden** (adj) = full of water / **zawierający dużo wody**

- W5.62 **exhaust** (n) = waste gases that come from vehicles, factories, etc / *spaliny*
- W5.63 **plume** (n) = a large quantity of dust, smoke or fire that rises into the air in a column / *słup, smuga (dymu lub pyłu)*
- W5.64 **perceptible** (adj) = being seen, heard or noticed / *uchwytny, dostrzegalny, wyczuwalny*
- W5.65 **sensor** (n) = an instrument that reacts to certain physical conditions or impressions such as heat or light / *czujnik*
- W5.66 **scan** (v) = to examine by sending radar beams / *przeszukiwać (radarem)*
- W5.67 **fingerprint** (n) = the pattern of lines on the end of sb's finger / *odcisk palca*
- W5.68 **spatial** (adj) = relating to space / *dosł. przestrzenny; tu: stereofoniczny*
- W5.69 **smug** (adj) = self-satisfied / *zadowolony z siebie*
- W5.70 **swivel** (v) = to turn around a central point / *obracać się*
- W5.71 **churlish** (adj) = bad-tempered, impolite / *grubiański, gburowaty*
- W5.72 **innovation** (n) = a new idea, method or thing / *innowacja*
- W5.73 **idle** (adj) = done for no particular reason / *jałowy, próżny*
- W5.74 **whim** (n) = a wish to suddenly do or have sth / *zachcianka, kaprys*
- W5.75 **sliding door** (n) = a door that moves across an opening / *drzwi rozsuwane*
- W5.76 **priority** (n) = being more important than anything else / *priorytet, sprawa najważniejsza*
- W5.77 **malfunction** (v) = to fail to work properly / *nieprawidłowo działać*
- W5.78 **alien** (adj) = strange and distant, difficult to comprehend / *obcy, nieprzyjazny*
- W5.79 **techie** (n) = sb who is enthusiastic about or expert at new technology, especially computers / *entuzjasta postępu technicznego, ekspert w dziedzinie przemysłu komputerowego*
- W5.80 **failing** (n) = a fault or damage / *wada*
- W5.81 **privy to sth** (adj) = aware of sth, usually a secret / *wtajemniczony w coś*
- W5.82 **ambivalent** (adj) = uncertain / *ambiwalentny*
- W5.83 **inconceivable** (adj) = impossible to believe / *nie do pomyślenia, niewyobrażalny*
- W5.84 **nasty** (adj) = unpleasant, offensive / *wstrętny, złośliwy*
- W5.85 **intern** (n) = an advanced student or a recent graduate who is being given practical training under supervision / *stażysta*
- W5.86 **think tank** (n) = a group of specialists brought together in order to develop ideas and make suggestions on a particular subject / *zespół doradców*
- W5.87 **sail** (v) = to move fairly quickly / *mknać, poszybować*
- W5.88 **yearn** (v) = to want sth very much / *pragnąć czegoś*
- W5.89 **freeze** (v) = (of a computer) to stop working / *(o komputerze) zawiesić się*
- W5.90 **blackout** (n) = a break in power supply / *przerwa w dostawie energii elektrycznej*
- W5.91 **toil over sth** (v) = to work very hard doing unpleasant or tiring tasks / *trudzić się nad czymś*
- W5.92 **impending** (adj) = (esp. of sth bad) going to happen very soon / *nieuchronnie zbliżający się*
- W5.93 **woes** (n pl) = problems, misfortunes / *zmartwienia, nieszczęścia*
- W5.94 **ally** (n) = sb or sth that gives help and support / *sprzymierzeniec, sojusznik*
- W5.95 **scapegoat** (n) = sb who is blamed for sth bad that has happened although it may not be their fault / *koziół ofiarny*
- W5.96 **hostility** (n) = unfriendly or aggressive behaviour towards people or ideas / *wrogość*
- W5.97 **recurring** (adj) = appearing more than once / *powracający, nawracający*
- W5.98 **cower** (v) = to bend forward and downward because one is very frightened / *kulić się ze strachu*
- W5.99 **stutter (out)** (v) = to speak or say sth with difficulty / *wyjąkać, wydusić coś z siebie*
- W5.100 **indignant** (adj) = shocked and angry / *oburzony*
- W5.101 **marvel at sth** (v) = to express great surprise or wonder / *dziwić się czemuś*
- W5.102 **ineptitude** (n) = a complete lack of skill / *nieporadność, nieudolność*
- W5.103 **abusive** (adj) = violent / *agresywny*
- W5.104 **disgruntled** (adj) = dissatisfied / *niezadowolony*
- W5.105 **ascribe** (v) = to say or consider that sth is caused by sth else, to attribute / *przypisywać*
- W5.106 **trait** (n) = a particular quality or characteristic that sb or sth has / *cecha, rys*
- W5.107 **come into play** = to begin to exist and have an effect on sth / *mieć na coś wpływ, wchodzić w grę*
- W5.108 **intimidated** (adj) = frightened, not sure about what one's doing / *zastraszony, onieśmielony*
- W5.109 **overwhelming** (adj) = having a very powerful effect / *przytłaczający, zadziwiający*
- W5.110 **take up a generous slice of sth** (idm) = to account for a bigger part of sth / *odpowiadać za lub zajmować większą część czegoś*
- W5.111 **cynical** (adj) = indifferent to other people's needs / *cyniczny*
- W5.112 **unveiling** (n) = introducing sth new / *odślonięcie, wprowadzenie czegoś nowego*

- W5.113 **wreak chaos** = to cause a great amount of disorder or damage / *siać spustoszenie*
- W5.114 **pain in the neck** (idm) = sth that is very annoying / *coś niezwykle irytującego, sól w oku*
- W5.115 **mental hop** (n) = a quick decision / *szybka decyzja*
- W5.116 **warranted** (adj) = justified / *uzasadniony*
- W5.117 **sth wrought a change** = (used only in the past and past participle) sth caused a change / *coś spowodowało zmianę*
- W5.118 **tremendous** (adj) = huge, enormous / *ogromny, kolosalny*
- W5.119 **mutual** (adj) = shared, common / *wspólny*
- W5.120 **stir up** (phr v) = here: to cause a particular situation or mood, usually a bad one / *(dosłownie i w przenośni) zamieszać*
- W5.121 **potent** (adj) = very effective and powerful / *potężny, mocny*
- W5.122 **brew** (n) = a mixture of several things / *mieszanka*
- W5.123 **fuel** (v) = to make sth worse or more intense / *podsycać, napędzać*
- W5.124 **constitute** (v) = to be regarded as being sth / *stanowić*
- W5.125 **low flow** (adj) = with a low pressure / *o niskim ciśnieniu*
- W5.126 **evaluate** (v) = to make a judgement about sb or sth / *ocenić*
- W5.127 **likelihood** (n) = probability / *prawdopodobieństwo*
- W5.128 **palmtop computer** (n) = a small computer than can be held in the hand / *palmtop, bardzo mały komputer*
- W5.129 **solar-powered** (adj) = powered by the sun's energy / *napędzany energią słoneczną*
- W5.130 **far-fetched** (adj) = unbelievable, unrealistic / *naciągany, nierealistyczny*
- W5.131 **shrewd** (adj) = clever and cunning / *przebiegły, sprytny*
- W5.132 **outstanding** (adj) = remarkable and impressive / *wybitny*
- W5.133 **disused** (adj) = no longer used / *nieużywany*
- W5.134 **humble** (adj) = modest / *skromny, prosty*
- W5.135 **heyday** (n) = a time in sb's life when they are most powerful, successful or popular / *szczyt, pełnia, najlepszy okres*
- W5.136 **make a comeback** = to become fashionable again / *stać się na nowo popularnym*
- W5.137 **painstaking** (adj) = requiring extreme care and trouble / *wymagający wysiłku*
- W5.138 **artefact** (n) = a man-made ornament, tool or other object that is historically or culturally interesting / *artefakt, przedmiot kultury materialnej*
- W5.139 **moor** (n) = an area of open and usually high land with poor soil, covered mainly with grass / *wrzosowisko, torfowisko*
- W5.140 **foothills** (n pl) = the lower hills around the base of a mountain / *pogórze*
- W5.141 **upsurge** (n) = a sudden large increase in sth / *nagły wzrost, gwałtowny przyływ*
- W5.142 **reafforestation** (n) = replanting trees / *ponowne zalesianie*
- W5.143 **perspective** (n) = a particular way of thinking about sth / *punkt widzenia*
- W5.144 **be spoilt for choice** (idm) = to have too many choices / *mieć zbyt wiele możliwości do wyboru*
- W5.145 **forthcoming** (adj) = upcoming, expected / *nadchodzący*

Unit 6 A Job Well Done (pp. 54-63)

- W6.1 **deal in (a product)** (phr v) = to do business buying or selling a product / *handlować czymś*
- W6.2 **switchboard** (n) = a central panel in an office where telephone calls are connected / *centrala telefoniczna*
- W6.3 **network administrator** (n) = a supervisor in charge of technology within a company / *administrator sieci*
- W6.4 **safety consultant** (n) = sb who gives advice on safety procedures / *doradca ds. bezpieczeństwa*
- W6.5 **make the best of a bad job** (idm) = to do your best in difficult circumstances / *robić dobrą minę do złej gry*
- W6.6 **just the job** (idm) = just the thing necessary / *o to właśnie chodziło*
- W6.7 **have one's work cut out** (idm) = to have trouble doing sth quite difficult / *mieć pełne ręce roboty*
- W6.8 **a bad workman always blames his tools** (idm) = an unskilled person will always blame the external conditions of their work / *złej tanecznicy zawadza rąbek u spódnicy*
- W6.9 **elbow grease** (idm) = here: thorough cleaning / *tu: generalne porządki*
- W6.10 **dumper** (n) = a large container in which rubbish is put / *pojemnik na śmieci*
- W6.11 **by the sweat of one's brow** (idm) = only by one's diligent work and effort / *dzięki swojej własnej pracy*
- W6.12 **new blood** (idm) = new employees in a company or other organisation who present fresh ideas / *„nowa krew”*
- W6.13 **severance pay** (n) = a sum of money that a company gives to its employees when it has to stop employing them / *odprawa pieniężna*
- W6.14 **thirty-somethings** (n pl) = those who are between the age of thirty and thirty-nine / *osoby po trzydziestce*
- W6.15 **the outskirts** (n pl) = the parts of a city which are located very far away from the centre / *peryferia*

- W6.16 **be on the verge of** = to be going to do sth very soon / *być na skraju*
- W6.17 **dole** (n) = money that is given by the government to people who are unemployed / *zasilek dla bezrobotnych*
- W6.18 **welfare** (n) = money that is paid by the government to people who are sick or poor / *zasilek z opieki społecznej*
- W6.19 **enlist** (v) = to join the armed forces / *zaciągnąć się do armii*
- W6.20 **stack** (v) = to pile up / *gromadzić, układać w stos*
- W6.21 **entrepreneur** (n) = sb who sets up businesses or concludes business deals / *przedsiębiorca*
- W6.22 **stroke** (n) = a serious illness of the brain / *udar*
- W6.23 **primer** (n) = a book containing basic facts about a subject / *podręcznik dla początkujących*
- W6.24 **profound** (adj) = of great intellectual depth / *głęboki, dogłębny*
- W6.25 **meticulous** (adj) = doing things with great attention to detail / *skrupulatny, pedantyczny*
- W6.26 **haul** (v) = to move sth that is very heavy or difficult to move / *targać, wlec, ciągnąć*
- W6.27 **odds** (n pl) = the probability that sth will happen / *szanse, prawdopodobieństwo, że coś się wydarzy*
- W6.28 **stakes** (n pl) = the things that can be gained or lost in a contest / *pula, nagroda*
- W6.29 **faulty** (adj) = damaged, broken / *wadliwy*
- W6.30 **flawed** (adj) = blemished, imperfect / *uszkodzony, z defektem*
- W6.31 **recount** (v) = to tell or describe a story or an event / *opowiedzieć, zrelacjonować*
- W6.32 **dub** (v) = to give sb or sth a particular name / *nazwać, określić mianem*
- W6.33 **insight into sth** (n) = an accurate and deep understanding of a complex situation or problem / *wgląd w coś*
- W6.34 **gauge** (n) = a device that measures the amount or quantity of sth and shows the amount measured / *wskaźnik, miernik, czujnik*
- W6.35 **challenging** (adj) = demanding / *stanowiący wyzwanie*
- W6.36 **acquire** (v) = to get, to obtain sth / *zdożyć*
- W6.37 **refs (=references)** (n pl) = letters which describe a candidate's character and abilities / *referencje, rekomendacja*
- W6.38 **rise through the ranks** = to progress in one's profession / *awansować, robić karierę*
- W6.39 **computer whiz(z)** (n) = an expert in computers / *spec od komputerów*
- W6.40 **charisma** (n) = the ability to attract, influence and inspire people / *charyzma*
- W6.41 **foresight** (n) = the ability to see what is likely to happen in the future and take appropriate action / *umiejętność przewidywania, przezorność, dalekowzroczność*
- W6.42 **debunk** (v) = to show that sth is false or not as good as people think it is / *obnażyć, zdemaskować*
- W6.43 **misconception** (n) = a popular but false idea / *błędne przekonanie lub pojęcie*
- W6.44 **initiative** (n) = the ability to do sth before being told to do it / *inicjatywa*
- W6.45 **misinterpret** (v) = to misunderstand / *błędnie zinterpretować, źle zrozumieć*
- W6.46 **unpredictable** (adj) = unreliable / *nieprzewidywalny*
- W6.47 **turbulent** (adj) = unsettled / *niespokojny, burzliwy*
- W6.48 **mystical** (adj) = supernatural / *nadprzyrodzony*
- W6.49 **distinctive** (adj) = different and easily recognisable / *wyróżniający się, wyraźny, odrębny*
- W6.50 **underled** (adj) = not having enough leadership / *źle prowadzony, cierpiący na brak lidera*
- W6.51 **capacity** (n) = ability / *zdolność*
- W6.52 **nurturing** (n) = support and encouragement / *wsparcie i zachęta*
- W6.53 **groom** (v) = to prepare sb for a special job by teaching them the skills they will need / *przygotowywać kogoś do objęcia stanowiska*
- W6.54 **emergence** (n) = the process or event of sth coming into existence / *wyłonienie się, powstanie*
- W6.55 **deregulation** (n) = the removal of controls and restrictions in a particular area of business or trade / *zniesienie kontroli*
- W6.56 **shift** (n) = a change in sth / *zmiana*
- W6.57 **budget** (v) = to organise one's finances / *gospodarować, planować wydatki*
- W6.58 **allocate** (v) = to give sth for a particular purpose / *przeznaczyć, przydzielić*
- W6.59 **delegate responsibility** = to pass on responsibilities or duties / *przydziałek obowiązki podwładnym*
- W6.60 **implementation** (n) = putting sth into practice / *wdrażanie*
- W6.61 **align** (v) = to place a person in a suitable position / *przydzielić odpowiednie stanowisko, obsadzić na odpowiednim stanowisku*
- W6.62 **deviation** (n) = doing sth different from what has been planned / *odstąpienie, odejście (od planu)*
- W6.63 **obstacle** (n) = anything that makes it difficult for sb to do sth / *przeszkoda*
- W6.64 **untapped** (adj) = that has not yet been used / *nieużywany, niewykorzystywany*
- W6.65 **cultivate** (v) = to develop an attitude, image or skill and make it stronger and better / *kultywować, pielęgnować*

- W6.66 **hurdle** (n) = an obstacle, a problem / *przeszkoda, problem*
- W6.67 **get the wrong end of the stick** (idm) = to completely misunderstand sth / *opacznie coś zrozumieć*
- W6.68 **bark up the wrong tree** (idm) = to follow the wrong course of action / *obrać zły kierunek działania*
- W6.69 **absenteeism** (n) = the fact or habit of frequently being away from work or school, usually without a good reason / *absencja, częsta nieobecność*
- W6.70 **open-plan office** (n) = an office where there are no walls dividing it into smaller areas / *biuro bez ścianek działowych*
- W6.71 **warehouse** (n) = a building where goods are stored for sale / *magazyn, skład*
- W6.72 **redundancy** (n) = dismissal / *zwolnienie z pracy*
- W6.73 **relocate** (v) = to move sth to a different place / *przenieść*
- W6.74 **turnover** (n) = the value of goods and services sold during a particular period of time / *obrót*
- W6.75 **capitalise on** (phr v) = to take advantage of a situation for one's greater profit / *zbić na czymś kapitał, wykorzystać sytuację*
- W6.76 **proven** (adj) = confirmed, proved / *udowodniony, potwierdzony*

Unit 7 Fit for Life (pp. 64-73)

- W7.1 **scuba diving** (n) = diving underwater with breathing apparatus and other equipment / *nurkowanie z akwalungiem*
- W7.2 **paragliding** (n) = the activity or sport of jumping from a hill while wearing a special parachute / *paralotniarstwo*
- W7.3 **wetsuit** (n) = a suit worn for diving and other water sports that keeps the wearer warm / *strój piankowy (do nurkowania)*
- W7.4 **harness** (n) = a set of straps that holds a person and equipment in place during certain sporting activities / *uprząż*
- W7.5 **thermal jacket** (n) = a special jacket that is worn to keep one warm under cold conditions / *zatrzymująca ciepło kurtka*
- W7.6 **flippers** (n pl) = rubber shoes with extended feet for swimming quickly in water / *pletwy*
- W7.7 **buggy** (n) = a vehicle with thick tyres for taking players around a golf course / *wózek do jazdy po polu golfowym*
- W7.8 **club** (n) = a stick for playing golf / *kij golfowy*
- W7.9 **stopwatch** (n) = a watch for timing athletes' performances in a race / *stoper*
- W7.10 **bat** (n) = a broad piece of wood with a long handle used to play cricket and baseball / *kij basebalowy lub do gry w krykieta*
- W7.11 **altimeter** (n) = an instrument for measuring height off the ground / *wysokościomierz*
- W7.12 **bumpy** (adj) = (of a surface) with many pits and holes / *wyboisty, nierówny*
- W7.13 **referee** (n) = the official in charge of a football match or other sports events / *sędzia, np. piłkarski*
- W7.14 **league** (n) = a group of teams that make up the football association / *liga piłkarska*
- W7.15 **posture** (n) = the way sb holds himself as he sits, stands or walks / *pozycja, postawa*
- W7.16 **exertion** (n) = the effort one puts into physical or mental exercise / *wysiłek, trud*
- W7.17 **digestion** (n) = the breaking down of food into nutrients by the stomach / *trawienie*
- W7.18 **dehydration** (n) = the loss of water from the body / *odwodnienie*
- W7.19 **itch** (n) = an uncomfortable feeling that makes one want to scratch the skin / *swędzenie*
- W7.20 **anti-histamine cream** (n) = a cream that is used to treat allergies / *krem antyhistaminowy*
- W7.21 **irritation** (n) = (of skin or body organ) being sore and painful / *podrażnienie*
- W7.22 **accelerated** (adj) = speeded up / *przyspieszony*
- W7.23 **dilated** (adj) = (of blood vessels or pupils of eyes) bigger than usual / *rozszerzony*
- W7.24 **vessel** (v) = a thin tube through which blood or other liquid is carried / *naczynie (krwionośne)*
- W7.25 **blood-thinning** (adj) = making blood not as thick as usual / *rozrzedzający krew*
- W7.26 **hazard** (n) = danger or risk / *niebezpieczeństwo*
- W7.27 **botched** (adj) = carried out unsuccessfully due to unprofessional methods / *nieudany, niepomyślny*
- W7.28 **inhale** (v) = to take air into the lungs / *wdychać*
- W7.29 **soar** (v) = to rise, to increase / *rosnąć, wznosić się*
- W7.30 **smack** (v) = to hit a child as a punishment / *dać klapsa*
- W7.31 **batter** (v) = to hit sb with great force / *poturbować, maltretować*
- W7.32 **bump** (v) = to hit part of the body on sth by accident / *uderzyć się w coś przez przypadek*
- W7.33 **bruise** (n) = a purple mark on the skin where one has been hit / *siniak*
- W7.34 **bubble** (n) = a round shape created when air or other gas enters liquid / *bąbel*
- W7.35 **scratch** (n) = a surface cut on the skin / *zadrapanie*

- W7.36 **blister** (n) = a skin bubble that appears when the skin is burnt or rubbed / **pęcherz na skórze**
- W7.37 **bloodshot** (adj) = (of eyes) appearing red due to irritation, tiredness or smoke / **przekrwiony**
- W7.38 **bloody** (adj) = covered in blood / **zakrwawiony**
- W7.39 **bleed** (v) = to lose blood from the body as a result of an injury or illness / **krwawić**
- W7.40 **have a stomach upset** = to have an ill stomach, feel sick or have diarrhoea / **mieć rozstrój żołądka**
- W7.41 **distress** (n) = sth which makes one feel upset or emotionally hurt / **stres, stresująca sytuacja**
- W7.42 **imbalance** (n) = there being too much of certain constituents and too little of others in one's diet / **brak równowagi (np. w diecie)**
- W7.43 **booming** (adj) = (of a loud and authoritative voice) deep and masculine / **(o głosie) grzmiący, dudniący**
- W7.44 **wounding** (adj) = hurting sb's feelings / **raniący uczucia**
- W7.45 **shooting pain** (n) = a strong sudden pain that is very quick / **nagły, ostry, przesywający ból**
- W7.46 **cortisone** (n) = a hormone used to cure certain illnesses / **kortyzon**
- W7.47 **cold sore** (n) = red spots on sb's lips when they have a cold / **opryszczka, „zimno”**
- W7.48 **graze** (n) = superficial damage to the skin caused by sliding on a hard surface / **otarcie skóry**
- W7.49 **gums** (n pl) = pink structures of skin and nerves inside the mouth in which teeth are held in place / **dziąsła**
- W7.50 **cornea** (n) = the transparent skin covering the outside of the eye / **rogówka**
- W7.51 **eyelash** (n) = one of the long hairs on the eyelid that provide protection for the eyes / **rzęsa**
- W7.52 **eyelid** (n) = the piece of skin that covers the eye and provides protection / **powieka**
- W7.53 **lozenge** (n) = a pastille for relieving a sore throat / **pastylka do ssania (od bólu gardła)**
- W7.54 **biceps** (n) = the muscle at the front of the upper arm that is used to raise the lower arm / **biceps**
- W7.55 **spine** (n) = the long column of bones down the back of the body / **kręgosłup**
- W7.56 **ointment** (n) = a smooth thick substance used for healing a cut or wound / **maść**
- W7.57 **rib** (n) = one of the bones in the upper body that protect major organs / **żebro**
- W7.58 **wound** (n) = a deep cut in the skin resulting in loss of blood / **rana**
- W7.59 **lesion** (n) = the general word for a wound or injury to the body / **uszkodzenie ciała, zmiana chorobowa, uraz**
- W7.60 **ulcer** (n) = a sore area on or inside the body that may bleed and be very painful / **wrzód**
- W7.61 **thorax** (n) = the part of the body joining the neck and the waist, confined within the ribs / **klatka piersiowa**
- W7.62 **tendon** (n) = one of the strong cords that attach muscles to bones / **ścięgno**
- W7.63 **drip** (n) = a piece of equipment that passes medicine, liquid food, etc to a patient's vein / **kroplówka**
- W7.64 **hip** (n) = the part of the body that connects the waist and the leg / **biodro**
- W7.65 **giggle** (v) = to laugh in a childish way / **chichotać**
- W7.66 **wheeze** (v) = to breathe with difficulty making a whistling sound / **mieć świszczący oddech**
- W7.67 **shattered** (adj) = extremely tired / **wykończony**
- W7.68 **a rule of thumb** = a way of doing sth that relies on one's practical experience / **zasada zgodna ze zdrowym rozsądkiem**
- W7.69 **gradual** (adj) = at a slow rate / **stopniowy**
- W7.70 **oxytocin** (n) = a kind of hormone / **oksytocyna**
- W7.71 **detriment** (n) = harm, damage / **szkoda, krzywda, uszczerbek**
- W7.72 **insomnia** (n) = the inability to sleep / **bezsennność**
- W7.73 **insomniac** (n) = sb who suffers from insomnia / **osoba cierpiąca na bezsennność**
- W7.74 **wrench** (n) = a violent pull / **szarpnięcie**
- W7.75 **oblivion** (n) = the state of unconsciousness that we are in when we sleep / **zapomnienie, nicość**
- W7.76 **over-indulging** (n) = eating excessively / **nadmierne dogadanie sobie, przejadanie się**
- W7.77 **stimulant** (n) = a chemical substance that keeps one awake / **środek pobudzający**
- W7.78 **mode** (n) = the state one is in at a particular time / **stan**
- W7.79 **anxiety disorder** (n) = a condition that causes slight depression and worry / **zaburzenia lękowe**
- W7.80 **supress** (v) = to prevent sth from existing or developing / **powstrzymywać**
- W7.81 **closure** (n) = the temporary closing of a business / **zamknięcie**
- W7.82 **display** (v) = to show announcements and notices on a notice board / **wywieszać (informacje i ogłoszenia)**
- W7.83 **dip** (n) = a swim / **kąpiel, pływanie**
- W7.84 **leap** (n) = a long jump that an athlete makes in athletics / **długi skok, sus**
- W7.85 **feat** (n) = a great achievement / **wyczyn, duże osiągnięcie**
- W7.86 **underestimate** (v) = to place a lower value on sth or sb than they really have / **nie doceniać**

- W7.87 **glory** (n) = the praise and honour that the winning athlete or team receives in sporting events / **chwala**
- W7.88 **gasp** (v) = to be short of breath, having undergone a heavy physical activity / **z trudem łapać powietrze, sapać ze zmęczenia**
- W7.89 **collapse** (n) = the fainting or falling down when one is completely exhausted / **omdlenie, utrata przytomności**
- W7.90 **pacemaker** (n) = the runner who sets a fast pace at the start of a race / **osoba nadająca tempo**
- W7.91 **surge** (v) = to make a final sprint or dash at the end of a race / **przyspieszać na ostatnich metrach**
- W7.92 **immortal** (n) = sb who will be remembered for a very long time / **nieśmiertelny**
- W7.93 **disapproving** (adj) = showing dislike or dissatisfaction / **niechętny, przeciwny czemuś**
- W7.94 **gaze** (n) = a steady look / **dłuższe spojrzenie**
- W7.95 **feud** (n) = a long drawn-out fight or personal struggle / **długi spór, zatarg**
- W7.96 **peak** (n) = the height of sb's fame or career / **szczyt (np. sławy lub kariery)**
- W7.97 **mute** (adj) = unable to speak / **niemy**
- W7.98 **quivering** (adj) = shaking / **drżący**
- W7.99 **rattle** (n) = a baby toy that makes a loud noise when shaken / **grzechotka**
- W7.100 **awed** (adj) = made to feel wonder and respect for sb / **onieśmielony, zadziwiony**
- W7.101 **shambling** (adj) = clumsy, large and awkward / **niezdarny**
- W7.102 **laced with** (adj) = filled with / **wypełniony**
- W7.103 **pioneer** (n) = one of the first people to be involved in an activity or venture / **pionier**
- W7.104 **pursuit** (n) = the attempt to achieve a certain goal / **dążenie**
- W7.105 **grail** (n) = here: one's goal or aim / **tu: cel**
- W7.106 **relegate** (v) = (in football) to move a team down a division / **przenieść drużynę do niższej ligi**
- W7.107 **last hurrah** (n) = a team's last moment of triumph and glory / **ostatni moment chwały**
- W7.108 **grin** (v) = to smile broadly / **uśmiechać się szeroko**
- W7.109 **gesture** (v) = to make a signal with one's hands and/or body / **gestykulować**
- W7.110 **mock** (adj) = pretending to be serious / **udawany**
- W7.111 **exhilarated** (adj) = highly excited / **bardzo podekscytowany i radosny**
- W7.112 **brisk** (adj) = quick and energetic / **zwawy, dziarski**
- W7.113 **thrash a record** = to beat a record with ease / **pobić rekord z łatwością**
- W7.114 **obscure** (adj) = unknown or little heard of / **nieznany, mało znany**
- W7.115 **pant** (v) = to breathe heavily after physical exertion / **dyszeć**
- W7.116 **declining** (adj) = becoming weaker / **pogarszający się**
- W7.117 **outlook** (n) = the way of looking at life / **pogląd, podejście**
- W7.118 **stabilise** (v) = to be unlikely to change / **ustabilizować się**
- W7.119 **undermine** (v) = to deliberately weaken / **podkopać, osłabić**
- W7.120 **vial** (n) = a very small bottle for medicine or perfume / **fiolka**
- W7.121 **dress** (v) = to clean and put bandage on a wound / **opatrzyć ranę**
- W7.122 **affected** (adj) = injured or harmed / **tu: podrażniony**
- W7.123 **rash** (n) = a dry red infected area of the skin that is itchy / **wysypka**
- W7.124 **rack** (n) = a piece of equipment used for holding plates in place when they're being dried or washed in a dishwasher / **suszarka, koszyk na talerze w zmywarce do naczyń**
- W7.125 **detergent** (n) = liquid or powder for cleaning dishes or clothes / **detergent, płyn do mycia lub prania**
- W7.126 **retaining clip** (n) = a small object used for holding sth in place or in the correct position / **zacisk zabezpieczający**
- W7.127 **ext. (= extension)** (n) = a telephone line connected to the switchboard of a company / **numer wewnętrzny**
- W7.128 **NB (= nota bene)** (abbr) = note well / **notabene**
- W7.129 **ASAP** (abbr) = as soon as possible / **jak najszybciej**
- W7.130 **footwear** (n) = shoes, boots, etc / **obuwie**
- W7.131 **waterproof** (adj) = not letting water through / **przeciwdeszczowy**
- W7.132 **screening** (n) = the showing of a film at a cinema or private club / **projekcja, seans**
- W7.133 **recipient** (n) = sb who receives a letter or other item / **odbiorca, adresat**
- W7.134 **scheduled** (adj) = arranged, planned / **zaplanowany, ustalony**
- W7.135 **remedy** (n) = a cure for a minor illness such as a cold or influenza / **lekarstwo**
- W7.136 **ailment** (n) = an illness / **dolegliwość, przypadłość**

Unit 8 Live and Learn (pp. 74-83)

- W8.1 **science lab (laboratory)** (n) = a building or a room, especially at schools and universities, where experiments are carried out / **laboratorium**

- W8.2 **assignment** (n) = a piece of usually written work, such as an essay, given to students at school or university / **zadanie, praca pisemna**
- W8.3 **lecture theatre** (n) = a big room with rows of seats where students listen to lectures / **aula**
- W8.4 **lounge** (n) = a public room where people can relax while waiting for sth / **hol, poczekalnia**
- W8.5 **check-out** (n) = the place in a library from which one can get books they ordered / **miejsce wydawania książek**
- W8.6 **archive** (n) = a collection of historical documents and records / **archiwum**
- W8.7 **tutorial** (n) = a small group session with a professor / **seminarium**
- W8.8 **lecture** (n) = a talk by a professor at a university / **wykład**
- W8.9 **assessment** (n) = a periodic progress report of a student's work / **ocena postępów w nauce**
- W8.10 **brush up on** (phr v) = to relearn sth that has been partly forgotten / **odświeżyć wiadomości**
- W8.11 **dissertation** (n) = a lengthy piece of written work, esp. one written at university / **dysertacja, rozprawa**
- W8.12 **tract** (n) = a pamphlet / **traktat, rozprawa**
- W8.13 **critique** (n) = a written examination and assessment of sb's ideas / **esej krytyczny**
- W8.14 **discourse** (n) = a lengthy piece of writing, usually philosophical or academic, that teaches and explains / **rozprawa**
- W8.15 **apprentice** (n) = a young person who is learning the skills of a trade such as carpenter, electrician, plumber, etc / **praktykant, terminator**
- W8.16 **undergraduate student** (n) = a student who hasn't yet obtained a degree / **student na studiach licencjackich**
- W8.17 **postgraduate student** (n) = a student who already obtained a degree and studies for a further qualification such as a master's / **student podyplomowy (magistrant lub doktorant)**
- W8.18 **scholar** (n) = sb who knows a lot about a certain subject / **uczony, badacz**
- W8.19 **hall of residence** (n) = a building at a university in which students live / **akademik**
- W8.20 **habitation** (n) = the place in which people live / **miejsce zamieszkania, domostwo**
- W8.21 **concierge** (n) = the person who looks after a building and checks the people entering and leaving / **portier**
- W8.22 **doorkeeper** (n) = a uniformed person who stands at the front of a hotel or similar establishment and helps people enter and leave / **portier**
- W8.23 **housekeeper** (n) = a person who is employed to look after the residence of wealthy people and see to its smooth and orderly running / **administrator, gospodarz**
- W8.24 **janitor** (n) = (American English) a doorkeeper / **dozorca, portier**
- W8.25 **alliance** (n) = a group of people or countries that have come together and decided on mutual military or political aims / **sojusz**
- W8.26 **association** (n) = an official group of people that work together in order to achieve certain goals / **związek, stowarzyszenie**
- W8.27 **hallway** (n) = a long passage inside a building off which doors lead into rooms / **korytarz**
- W8.28 **remedial** (adj) = intending to help sb improve their work / **dokształcający, dodatkowy (np. zajęcia lub korepetycje)**
- W8.29 **underlying** (adj) = basic / **leżący u podstaw, podstawowy**
- W8.30 **wording** (n) = the words used in a piece of writing / **sformułowanie**
- W8.31 **governess** (n) = an educated woman employed by a family to live with them and educate their children / **guwernantka**
- W8.32 **mural** (n) = a wall painting / **fresk, malowidło ścienne**
- W8.33 **drag** (v) = to seem to last a long time / **ciągnąć się, wlec się**
- W8.34 **residue** (n) = what is left after most of the substance has gone / **pozostałość, resztki, osad**
- W8.35 **exceed** (v) = to surpass the required or legal limit / **przekraczać**
- W8.36 **retraining** (n) = acquiring new skills and qualifications / **przekwalifikowanie**
- W8.37 **foundation year** (n) = a preparatory year at a university / **rok wstępny**
- W8.38 **orchid** (n) = an exotic plant / **orchidea**
- W8.39 **bully** (v) = to use one's strength to frighten sb / **zstraszyć**
- W8.40 **stimulating** (adj) = arousing one's emotions or interest in a subject / **stymulujący, inspirujący**
- W8.41 **be at the frontline** = to have to face a difficult situation / **być na linii ataku, zmierzyć się z sytuacją**
- W8.42 **porridge** (n) = a breakfast cereal made by cooking oats with milk and water, served with sugar and cream / **owsianka**
- W8.43 **peanut butter** (n) = sandwich spread made with peanuts / **masło orzechowe**
- W8.44 **sluggish** (adj) = doing things slowly, in a lazy manner / **ospały, niemrawy**
- W8.45 **incredibly** (adv) = unbelievably / **niewiarygodnie, niesamowicie**

- W8.46 **sb's ears perk up** = sb pays close attention to what is being said / *nastawiać uszu*
- W8.47 **tendency** (n) = the characteristic which makes sb behave in a certain way / *tendencja, skłonność*
- W8.48 **bolster** (v) = to strengthen / *wzmacniać*
- W8.49 **raffle** (n) = a small-scale local lottery in which small prizes are given and the rest is donated to charity / *loteria*
- W8.50 **stallholder** (n) = sb who sells goods from a stand at a market / *straganiarz*
- W8.51 **banqueting room** (n) = a very large room in which formal dinners are held / *sala bankietowa*
- W8.52 **retailer** (n) = sb who sells goods to the public / *sprzedawca detaliczny*
- W8.53 **hands-on experience** (n) = the kind of experience one gets by actually performing tasks / *doświadczenie zdobyte w praktyce, podczas pracy*
- W8.54 **accessibility** (n) = the ease with which sb or a place can be approached / *dostępność*
- W8.55 **inclusiveness** (n) = involving everybody or everything / *obejmowanie, zawieranie (wszystkiego lub wszystkich)*
- W8.56 **cultural shift** (n) = the way in which certain trends in the culture of a society change over a period of time / *zmiany kulturowe*
- W8.57 **coat of arms** (n) = a special design or emblem on a shield that is a family's or organisation's symbol / *herb*
- W8.58 **shake-up** (n) = major changes in the functioning of a firm or other organisation / *wielka zmiana, reorganizacja*
- W8.59 **underway** (adj) = in progress / *w toku*
- W8.60 **snobbery** (n) = looking down on and rejecting others because of differences in attitudes, interests, etc / *snobizm*
- W8.61 **bung** (v) = to put an object in a place in a careless way / *rzucić niedbale*
- W8.62 **curator** (n) = the person in charge of a museum / *kustosz*
- W8.63 **explicit** (adj) = shown or explained in a clear way / *jasny, klarowny*
- W8.64 **refurbishment** (n) = the act of painting and redecorating the interior of a building / *remont*
- W8.65 **cater for** (v) = to meet the needs and requirements of a person or a group of people / *brać pod uwagę czyjeś potrzeby*
- W8.66 **godsend** (n) = a piece of good luck which helps one get out of a difficult situation / *ratunek, wybawienie*
- W8.67 **breathe a sigh of relief** = to audibly let out breath in an expression of thanks for a situation that could have turned out worse / *odetchnąć z ulgą*
- W8.68 **gifted** (adj) = having a special talent or ability / *utalentowany*
- W8.69 **bust a gut** (idm) = to try very hard in order to achieve a desired result / *wychodzić z siebie, żeby coś osiągnąć*
- W8.70 **enclose** (v) = to put sth inside a thing and cover it completely / *zamknąć, otoczyć, zawrzeć*
- W8.71 **since time immemorial** (idm) = happening for a very long time / *od niepamiętnych czasów*
- W8.72 **at the crack of dawn** = at the first light of the day, very early in the morning / *o świcie*
- W8.73 **first and foremost** = above all / *przede wszystkim*
- W8.74 **lever** (v) = to move sth in a particular direction by using a lot of effort / *podnieść, przesunąć*
- W8.75 **depress** (v) = to press down / *przycisnąć, nacisnąć*
- W8.76 **knob** (n) = a round handle on a door for opening and closing; a round switch / *gałka*
- W8.77 **switch** (n) = a small device for turning lights and other electrical appliances on and off / *przełącznik, włącznik*
- W8.78 **plug** (n) = an electrical connector inserted into a wall socket that allows electrical appliances to work / *wtyczka*
- W8.79 **indicator** (n) = a device on a machine showing speed, pressure, etc / *wskaźnik*
- W8.80 **insert** (v) = to put an object inside another one / *włożyć*
- W8.81 **buzzer** (n) = a device that makes a long sound to attract sb's attention / *brzęczyk*
- W8.82 **beep** (n) = a noise that, for instance, mobile telephones make when a text message has been received / *sygnał (np. nadejścia SMS-a)*
- W8.83 **fasten** (v) = to tie (e.g. a seatbelt) / *zapinać*
- W8.84 **set** (v) = to put in a certain position / *ustawiać*
- W8.85 **adjust** (v) = to slightly change the setting or position / *regulować*
- W8.86 **alter** (v) = to change / *zmieniać*
- W8.87 **rotate** (v) = to move in a circular motion / *obracać się, wirować*
- W8.88 **unclip** (v) = to unfasten something that has clips / *rozpiąć coś*
- W8.89 **wind** (v) = to turn the lever of a device in order for it to work / *nakręcić*
- W8.90 **tighten** (v) = to make sth tighter / *zacieśnić*
- W8.91 **grip** (v) = to hold sth firmly / *chwycić coś mocno*
- W8.92 **release** (v) = to move a device so that it stops holding sth / *zwołnić (np. sprzęgło)*
- W8.93 **bear left** = to turn left / *skręcić w lewo*

Unit 9 The Image Business (pp. 84-93)

<p>W9.1 scathing (adj) = deeply critical of sb's actions, ideas or attitudes / <i>zjadliwy, złośliwy</i></p> <p>W9.2 star-studded (adj) = including many famous actors or other performers / <i>z gwiazdorską obsadą</i></p> <p>W9.3 demented (adj) = mentally disturbed, insane / <i>obłąkany</i></p> <p>W9.4 homicidal (adj) = having the tendency to kill people / <i>niebezpieczny dla otoczenia</i></p> <p>W9.5 utter (adj) = total and absolute, often in a negative sense / <i>kompletny, zupełny (często w negatywnym sensie)</i></p> <p>W9.6 drivel (n) = nonsense / <i>nonsens, bzdura</i></p> <p>W9.7 vibrant (adj) = (of colours) very bright and clear / <i>intensywny, jaskrawy</i></p> <p>W9.8 predecessor (n) = here: sb who had your job before you / <i>poprzednik</i></p> <p>W9.9 chilly (adj) = rather cold and unfriendly / <i>chłodny</i></p> <p>W9.10 bleak (adj) = bad and unlikely to improve / <i>fatalny, marny</i></p> <p>W9.11 inhospitable (adj) = unwelcoming / <i>niegościnnie</i></p> <p>W9.12 amiable (adj) = friendly and sociable / <i>przyjacielski, sympatyczny</i></p> <p>W9.13 corny (adj) = expressing attitudes that are unoriginal and sentimental or nostalgic / <i>oklepany</i></p> <p>W9.14 musty (adj) = smelling old and damp / <i>zatechły</i></p> <p>W9.15 withered (adj) = dried up / <i>zwiędły</i></p> <p>W9.16 fusty (adj) = musty or old-fashioned / <i>stęchły; staroświecki</i></p> <p>W9.17 fixed (adj) = stable and permanent / <i>stały, niezmienny</i></p> <p>W9.18 dated (adj) = old-fashioned / <i>przestarzały</i></p> <p>W9.19 established (adj) = (of opinions and ideas) firmly held by many people / <i>ugruntowany</i></p> <p>W9.20 gripping (adj) = attracting and holding sb's attention / <i>przyciągający uwagę</i></p> <p>W9.21 grasping (adj) = wanting to get and keep as much money as possible / <i>zachłanny, chciwy</i></p> <p>W9.22 be in stitches (idm) = to keep laughing / <i>pękać ze śmiechu</i></p> <p>W9.23 hilarious (adj) = very funny / <i>prześmieszny</i></p> <p>W9.24 unruly (adj) = badly behaved and difficult to control / <i>niesforny</i></p> <p>W9.25 blustery (adj) = (of weather) windy and rainy / <i>(o pogodzie) deszczowy i wietrzny</i></p> <p>W9.26 insightful (adj) = able to understand people and situations / <i>mający wgląd w ludzi lub sytuacje</i></p> <p>W9.27 poignant (adj) = causing sadness or feelings of regret / <i>wzruszający, wywołujący uczucie smutku lub żalu</i></p>	<p>W9.28 piteous (adj) = pitiful / <i>żałosny, nędzny</i></p> <p>W9.29 pathetic (adj) = weak and helpless, pitiful / <i>żałosny</i></p> <p>W9.30 subject matter (n) = the theme that is dealt with in a book, film, etc / <i>temat, treść</i></p> <p>W9.31 pretentious (adj) = pretending to be important or significant / <i>pretensjonalny</i></p> <p>W9.32 precautious (adj) = careful / <i>ostrożny</i></p> <p>W9.33 pre-emptive (adj) = acting before one's competitor or enemy does / <i>uprzedzający działania przeciwnika</i></p> <p>W9.34 preclusive (adj) = preventing sth from taking place / <i>wykluczający, zapobiegający</i></p> <p>W9.35 soapy (adj) = trying to gain advantage by being overly kind to people in power / <i>lizusowski</i></p> <p>W9.36 sloppy (adj) = doing sth in a careless manner / <i>niechlujny, niestaranny</i></p> <p>W9.37 soppy (adj) = foolishly sentimental / <i>łzawy</i></p> <p>W9.38 slippery (adj) = smooth or oily and therefore difficult to walk on or hold / <i>śliski</i></p> <p>W9.39 solicitor (n) = a lawyer that represents his client in a lower court of law / <i>adwokat występujący jedynie w niższych sądach</i></p> <p>W9.40 deem (v) = to consider / <i>uważać</i></p> <p>W9.41 charcoal (adj) = non-shiny grey-black / <i>grafitowy</i></p> <p>W9.42 neckwear (n) = ties and scarves worn around the neck / <i>szaliki, apaszk i krawaty</i></p> <p>W9.43 creased (adj) = crumpled, not ironed / <i>pomięty, niewyprasowany</i></p> <p>W9.44 clean-shaven (adj) = having had a nice smooth shave / <i>gładko ogolony</i></p> <p>W9.45 GP (abbr) = a general practitioner, a family or community doctor to whom patients are first referred / <i>lekarz rodzinny</i></p> <p>W9.46 tunnel vision (n) = the inability to see all aspects of a problem / <i>ograniczone horyzonty myślowe</i></p> <p>W9.47 put in an appearance = to pay a quick visit / <i>wpaść na chwilę</i></p> <p>W9.48 implicitly (adv) = completely, absolutely / <i>bezw warunkowo</i></p> <p>W9.49 be the spitting image of sb (idm) = to look exactly the same as another person / <i>być podobnym jak dwie krople wody</i></p> <p>W9.50 mannerism (n) = sb's gestures or way of speaking / <i>maniera</i></p> <p>W9.51 it slipped out = I revealed a secret unintentionally / <i>wyrwało mi się</i></p> <p>W9.52 camcorder (n) = a hand-held video camera / <i>przenośna kamera wideo</i></p> <p>W9.53 stem cell (n) = the cell from which other cells are produced / <i>komórka macierzysta</i></p> <p>W9.54 conviction (n) = a strongly held belief / <i>przekonanie</i></p>
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- W9.55 **enhance** (v) = to increase or improve the quality of sth / **zwiększyć, poprawić** (np. jakość)
- W9.56 **brace(s)** (n/n pl) = a metal device worn inside the mouth to make the teeth grow straight / **ortodontyczny aparat korekcyjny**
- W9.57 **spurt** (n) = a sudden rush of energy or growth / **zryw, gwałtowny wzrost**
- W9.58 **undergo** (v) = to go through sth, to experience sth / **przejsić, przeżyć coś**
- W9.59 **probe** (v) = to search thoroughly in order to uncover facts or the truth / **zbadać, wysondować, wgłębić się**
- W9.60 **tailor-made** (adj) = made especially for a particular person or purpose / **dostosowany do czyichś wymagań lub potrzeb**
- W9.61 **aspire** (v) = to aim for certain goals and achievements / **aspirować**
- W9.62 **discredit** (v) = to make sth lose people's trust / **dyskredytować**
- W9.63 **reliable** (adj) = trustworthy / **godny zaufania, niezawodny**
- W9.64 **instrumental in sth** (adj) = helping a process to be carried out successfully / **odgrywający zasadniczą rolę** (np. w jakimś procesie)
- W9.65 **surpass** (v) = to exceed, to become more important / **prześcignąć, przewyższyć**
- W9.66 **injustice** (n) = lack of fairness, inequality / **niesprawiedliwość**
- W9.67 **torment** (v) = to cause sb to suffer / **dręczyć, męczyć**
- W9.68 **assault** (n) = attack / **atak, napaść**
- W9.69 **half-tone** (n) = a black-and-white printing in which it is possible to produce the different shades of grey / **chemigrafia, siatkowa technika druku**
- W9.70 **core** (adj) = the most important / **najważniejszy**
- W9.71 **usurp** (v) = to take over the power of sth or sb else / **uzurpować, sięgnąć po władzę**
- W9.72 **adage** (n) = a popular saying / **przysłowie, powiedzenie**
- W9.73 **utter** (v) = to remark or say sth / **powiedzieć**
- W9.74 **satirist** (n) = a writer or performer who reveals and criticises the weaknesses of people and society / **satyryk**
- W9.75 **erode** (v) = to gradually destroy / **stopniowo niszczyć, podkopywać** (np. zaufanie)
- W9.76 **refute** (v) = to deny sth, to reject sth / **odeprzeć, obalić** (np. zarzuty, argumenty)
- W9.77 **fad** (n) = a temporary fashion or craze / **chwilowa moda**
- W9.78 **well-nigh** (adv) = nearby, almost / **prawie, nieomal**
- W9.79 **on one's last legs** (idm) = very weak, about to die or stop functioning, in a bad condition / **tu: w zaniku**
- W9.80 **snapshot** (n) = an informal photo / **migawka, pośpiesznie zrobione zdjęcie**
- W9.81 **peter out** (phr v) = to gradually come to an end / **zaniknąć, wyczerpać się**
- W9.82 **ethos** (n) = the set of ideas and attitudes that a person or a group of people possess / **etos**
- W9.83 **make-believe** (n) = sth which is based on fantasy rather than fact / **udawanie, fikcja**
- W9.84 **all-pervasive** (adj) = invading and spreading through the whole of sth, especially in a negative way / **przenikający wszystko**
- W9.85 **manipulative** (adj) = controlling and using others for particular purposes / **manipulujący**
- W9.86 **trigger** (v) = to cause sth to happen by setting off a series of events / **wywołać, spowodować**
- W9.87 **insatiable** (adj) = that cannot be satisfied / **nienasycony**
- W9.88 **quasi-celebrity** (n) = sb who seems to be a famous person but in fact is only slightly popular / **pseudo-gwiazda**
- W9.89 **massive** (adj) = huge, very big / **masywny, ogromny**
- W9.90 **dexterity** (n) = skilfulness, proficiency / **sprawność, zwinność, zręczność**
- W9.91 **glum** (adj) = depressed, sad / **smutny, przygnębiony**
- W9.92 **profligacy of the Internet** = taking full advantage of the Internet resources (for good or bad ends) / **korzystanie z możliwości, jakie daje Internet** (w dobrych lub złych zamiarach)
- W9.93 **expend on sth** (v) = to use up one's time or resources / **wykorzystać na coś czas i środki**
- W9.94 **string quartet** (n) = a group of four people playing classical music on string instruments such as the violin, viola and cello / **kwartet smyczkowy**
- W9.95 **pithy** (adj) = short, direct and full of meaning / **zwięzły, treściwy**
- W9.96 **spooky** (adj) = scary, frightening / **prerażający, przeraźliwy**
- W9.97 **dart** (v) = to move quickly, to rush / **rzucić się** (np. do ucieczki)
- W9.98 **clap of thunder** = a loud sound heard during a storm / **uderzenie pioruna, grzmot**
- W9.99 **pull over** (phr v) = to come to a halt at the side of the road / **zjechać na bok**
- W9.100 **ripped** (adj) = torn / **podarty**
- W9.101 **feminine** (adj) = having a female style or characteristics / **kobięcy**
- W9.102 **dreadlocks** (n pl) = a type of hairstyle with the hair divided into a number of tight strips like pieces of rope / **dredy**
- W9.103 **horrendously** (adv) = awfully, terribly / **strasznie, okropnie**

- W9.104 **inflammation** (n) = a redness or swelling of a part of the body due to injury or illness / **zapalenie**
- W9.105 **deflection** (n) = the change in direction of a moving object / **skręcenie, odchylenie, zmiana kierunku**
- W9.106 **extract** (v) = to remove an object or item from sth / **wyciągnąć**
- W9.107 **withdraw** (v) = to take out money from a bank account / **wypłacić pieniądze z konta**

Unit 10 Shop Around (pp. 94-103)

- W10.1 **teller** (n) = the cashier at a bank / **kasjer w banku**
- W10.2 **aide** (n) = an assistant to sb in politics or the army / **adiutant**
- W10.3 **bounce a cheque** = (of a bank) not to accept a cheque when there is not enough money in the issuer's account / **nie przyjąć czeku ze względu na brak pieniędzy na koncie wystawcy**
- W10.4 **hop** (v) = to jump up and down or backwards and forwards on one or both legs / **skakać na jednej nodze lub obu nogach**
- W10.5 **placement** (n) = the act of putting sb or sth in a particular place / **umieszczenie, ulokowanie**
- W10.6 **windbag** (n) = sb who talks a great deal in a boring way / **gadula, nudziarz**
- W10.7 **windpipe** (n) = the tube through which air enters and is expelled from the lungs / **tchawica**
- W10.8 **windbreak** (n) = an obstacle put in a certain position to provide shelter from the wind / **osłona od wiatru**
- W10.9 **windfall** (n) = a large amount of money won or earned unexpectedly at one time / **nieoczekiwany zysk lub zarobek**
- W10.10 **overdraft** (n) = a facility provided by a bank that allows customers to take out more money than there is in their account / **debet**
- W10.11 **outpass** (n) = passing beyond sth or exceeding in progress / **prześcignięcie, przekraczanie**
- W10.12 **overpass** (n) = a road that passes over another road / **wiadukt**
- W10.13 **redraft** (n) = the act of rewriting documents or official papers / **ponowne sporządzenie**
- W10.14 **maternity wear** (n) = clothes that women wear during latter stages of pregnancy for comfort and practicality / **ubrania dla kobiet w ciąży**
- W10.15 **stationery** (n) = materials such as paper, pens, etc which are used for writing / **materiały piśmiennicze**
- W10.16 **household appliances** (n pl) = electrical devices or machines used at home for cooking, cleaning, etc / **sprzęt gospodarstwa domowego**

- W10.17 **real estate** (n) = (the business of selling and buying) land and buildings / **nieruchomości lub pośrednictwo w handlu nieruchomościami**
- W10.18 **put your money where your mouth is** (idm) = to prove that you are thinking about sth seriously by doing what you talk about doing / **nie poprzestawać na słowach**
- W10.19 **money makes the world go round** (idm) = money rules the way people live and makes people influential / **pieniądze rządzą światem**
- W10.20 **not for love (n) or money** (idm) = sth is impossible to obtain or be done / **za nic w świecie**
- W10.21 **put money on sth** (idm) = to fully believe that one is right about sth / **mieć absolutną pewność**
- W10.22 **money talks** (idm) = people who have a lot of money are also very influential / **pieniądze otwierają wszystkie drzwi**
- W10.23 **get one's money worth** (idm) = to get a lot in return for the money spent on sth / **wydatek się opłacił**
- W10.24 **have money to burn** (idm) = to have so much money that one can spend it all the time / **mieć forsy jak lodu**
- W10.25 **investment** (n) = the placing of one's money into shares, property, etc hoping it will increase its value / **inwestycja**
- W10.26 **rags to riches story** (idm) = a success story of a poor person becoming rich, usually in business and trading / **kariera od pucybuta do milionera**
- W10.27 **monthly instalment** (n) = a monthly payment for certain items such as household goods or cars / **miesięczna rata**
- W10.28 **interest** (n) = the extra amount of money that one earns on a bank deposit or shares; also the extra amount of money that one pays for money owed / **odsetki**
- W10.29 **fiercely** (adv) = strongly, highly / **zażarcie, mocno**
- W10.30 **homeware** (n) = items we use in our homes / **artykuły gospodarstwa domowego**
- W10.31 **flea market** (n) = an outdoor market in which one can find second-hand goods and very old furniture / **pchli targ**
- W10.32 **shopping mall** (n) = a large enclosed shopping centre consisting of shops, fast food restaurants and cafeterias / **centrum handlowe**
- W10.33 **glitzy** (adj) = glamorous in a cheap and showy way / **powierzchniowo atrakcyjny, tandetny**
- W10.34 **frontispiece** (n) = a picture at the beginning of a book, opposite the page with the title / **frontysepis, strona poprzedzająca kartę tytułową książki**
- W10.35 **evolve** (v) = to develop in a certain way over time / **ewoluować**

- W10.36 **devolve** (v) = to transfer power or responsibility to a less powerful group of people / **zrzucić z siebie (obowiązek), przekazywać komuś**
- W10.37 **anchor tenant** (n) = the most important shop in a mall that attracts most customers / **najważniejszy sklep w centrum handlowym, przyciągający najwięcej klientów**
- W10.38 **tug** (v) = to pull sth using quick jerky movements / **szarpać, ciągnąć**
- W10.39 **rudiments** (n pl) = the most essential things about sth / **podstawy**
- W10.40 **run the gauntlet** (idm) = to endure a lot of criticism or attacks, especially when one walks through a corridor filled with people / **znosić krytykę i ataki**
- W10.41 **gleam** (n) = the bright shine of a light or object / **blask, lśnienie**
- W10.42 **beam** (n) = a narrow ray of light / **wiązka**
- W10.43 **spotlight** (n) = a type of light with a concentrated beam / **reflektor**
- W10.44 **artfully** (adv) = skilfully and slightly deceptively / **zręcznie, pomysłowo**
- W10.45 **accentuate** (v) = to make sth more noticeable / **zaakcentować, podkreślić**
- W10.46 **hiss** (n) = a noise like that a snake makes / **syk**
- W10.47 **public address system** (n) = loudspeakers by which the general public can be informed / **system głośników, urządzenia nagłaśniające**
- W10.48 **peep** (v) = to have a quick secretive look at sth / **zerknąć, podejrzeć**
- W10.49 **purr** (v) = to make a noise like that of a contented cat or smoothly running engine / **mrużyć**
- W10.50 **pipe** (v) = to broadcast background music especially at shopping malls / **nadawać (muzykę) przez głośniki**
- W10.51 **page** (v) = to give sb a message over a speaker in a public place / **weszać kogoś przez głośnik**
- W10.52 **blaze** (v) = to burn strongly, to shine very brightly / **palić się, jasno i mocno świecić**
- W10.53 **bang** (v) = to make a loud sound like that of an explosion / **walnąć, huknąć**
- W10.54 **blare** (v) = (of music) to make a loud unpleasant noise / **(o muzyce) dudnić, trąbić**
- W10.55 **hip** (adj) = very modern / **bardzo nowoczesny, namodniejszy**
- W10.56 **impregnate** (v) = to spread a substance through sth / **impregnować, nasycić, nasączyć czymś**
- W10.57 **garment** (n) = an item of clothing / **część garderoby**
- W10.58 **raw materials** (n pl) = materials in their natural state before they are used in industries / **surowce**
- W10.59 **fibre** (n) = a thin thread of natural or artificial material that is often made into fabric / **włókno**
- W10.60 **ecofleece** (n) = a recycled artificial fabric / **ekologiczna tkanina syntetyczna**
- W10.61 **farm** (v) = to cultivate crops / **uprawiać**
- W10.62 **bio-dynamically** (adv) = produced in such a way that the environment is not harmed / **ekologicznie**
- W10.63 **fertiliser** (n) = a chemical used to promote quicker crop and plant growth / **nawóz**
- W10.64 **herbicide** (n) = a chemical used to kill plant life that interferes with the growing of crops / **środek chwastobójczy**
- W10.65 **growth regulator** (n) = a chemical used in farming that controls the growth of certain crops / **regulator wzrostu**
- W10.66 **defoliant** (n) = a chemical that is used on plants and trees to make their leaves fall off / **defoliant, środek powodujący opadanie liści**
- W10.67 **carcinogenic** (adj) = likely to cause cancer / **rakotwórczy**
- W10.68 **bleaching** (adj) = whitening / **wybielający**
- W10.69 **dye** (n) = a chemical agent that is used to change the colour of a material / **farba, barwnik**
- W10.70 **crease resistant** (adj) = (of cloth) that does not allow lines to form when it is folded / **niemnący**
- W10.71 **moth** (n) = an insect which feeds on wool, fur, etc / **mól**
- W10.72 **repellent** (n) = a chemical used for keeping insects away / **środek odstrasżający**
- W10.73 **shrink** (v) = (of clothes) to become smaller when washed / **skurczyć się, zbiec się**
- W10.74 **filtrate** (v) = to enter a new environment gradually / **przenikać stopniowo**
- W10.75 **dustbowl** (n) = a region of infertile soil (usually ruined by intensive farming) / **obszar półpustynny (zniszczony intensywnymi uprawami)**
- W10.76 **devoid of** (adj) = totally without / **pozbawiony**
- W10.77 **nutrient** (n) = food substance vital for growth and life / **substancja odżywcza, odżywka**
- W10.78 **recede** (v) = to go back / **cofać się**
- W10.79 **hols** (n pl) = short for "holidays" / **wakacje**
- W10.80 **browser** (n) = the software on a computer that enables you to search the Internet / **przeglądarka**
- W10.81 **legal claim** (n) = a consumer's demand for his rights / **roszczenie**
- W10.82 **password** (n) = a private word used to access computer files / **hasło**
- W10.83 **refurbish** (v) = to completely renew the interior / **wyremontować, zmienić wystrój**
- W10.84 **host** (v) = to put on and provide the facilities for an event / **być gospodarzem (np. imprezy)**
- W10.85 **precedent** (n) = an action or event that has happened before / **precedens**

- W10.86 **unconventional** (adj) = not following the norm / niekonwencjonalny
- W10.87 **catchment area** (n) = the area around a school, shopping centre, etc where students or customers live / bezpośrednie otoczenie, np. szkoły lub centrum handlowego, zamieszkałe przez potencjalnych uczniów, klientów, itp.
- W10.88 **at the forefront** = in a strong position / na mocnej pozycji
- W10.89 **rejuvenate** (v) = to make livelier and more exciting / odmłodzić, odnowić
- W10.90 **suit all tastes** = to appeal to everyone / odpowiadać wszystkim gustom
- W10.91 **span** (v) = to cover an area / obejmować (np. obszar), rozpościerać się
- W10.92 **equivalent** (n) = the same amount or number / odpowiednik, jednakowa ilość lub liczba
- W10.93 **prestigious** (adj) = having a reputation for good quality / prestiżowy
- W10.94 **a host of sth** = a large number of sth / rzesza, duża liczba
- W10.95 **abound in sth** (v) = to be rich in sth / obfitować w coś
- W10.96 **interactive** (adj) = (of a play area) where learning is made fun as children can participate in a variety of activities / interaktywny
- W10.97 **sprawling** (adj) = spreading over a wide area / rozległy, obejmujący duże tereny
- W10.98 **renowned** (adj) = famous, well-known / znany, słynny
- W10.99 **feedback** (n) = here: information provided by customers on the quality of the service / tu: uwagi i komentarze klientów
- W10.100 **complimentary** (adj) = free of charge / darmowy
- W10.101 **stroller** (n) = a baby carriage / wózek spacerowy
- W10.102 **wheelchair** (n) = a chair with wheels for disabled people to move around in / wózek inwalidzki
- W10.103 **sunlit** (adj) = lit by the sun / oświetlony słońcem
- W10.104 **criss-cross** (v) = to walk back and forth across a place / chodzić tam i z powrotem
- W10.105 **ample** (adj) = more than enough / wystarczający
- W10.106 **distinctive** (adj) = easily recognisable / wyraźny, wyróżniający się
- W10.107 **walkway** (n) = a passage in a shopping centre for customers to walk along / przejście, pasaż
- W10.108 **scatter** (v) = to spread all over an area / rozrzucić, rozproszyć
- W10.109 **tempt** (v) = to attract / kusić
- W10.110 **delicacy** (v) = very nice food that is often rare and expensive / delikates, przysmak
- W10.111 **haute couture** (n) = high quality fashion clothes / haute couture, ekskluzywna moda, luksusowa konfekcja
- W10.112 **compulsion** (n) = a strong uncontrollable urge / wewnętrzny przymus
- W10.113 **eye-opening** (adj) = surprising and revealing / otwierający oczy na coś, pouczający
- W10.114 **windscreen wiper** (n) = a device that removes rain from a vehicle's glass window / wycieraczka na przedniej szybie
- W10.115 **beetle** (n) = a classic model of Volkswagen car designed in the 1930s / Volkswagen garbus
- W10.116 **browse** (v) = to casually look around for items in a shop / przeglądać, oglądać rzeczy w sklepie
- W10.117 **do the trick** (idm) = to have the expected result / sprawdzić się, zadziałać
- W10.118 **crash** (v) = (of computers) to turn itself off, to stop working / mieć awarię dysku
- W10.119 **burglar alarm** (n) = an electrical device to ward off potential burglars / alarm przeciwwłamaniowy
- W10.120 **policy** (n) = an overall plan as a basis for making decisions / polityka
- W10.121 **chain store** (n) = one of several similar shops owned by the same person or company / sklep należący do sieci handlowej
- W10.122 **outline** (v) = to explain a plan or idea in a general way / przedstawić w zarysie
- W10.123 **straightforward** (adj) = clear and easy to understand / bezpośredni
- W10.124 **valid** (adj) = that can be used and accepted by people in authority / obowiązujący, ważny
- W10.125 **credit note** (n) = a piece of paper given by a shop when a customer returns goods, which enables him to get items of the same value without paying / nota kredytowa
- W10.126 **input** (n) = the information that goes into a particular project / wkład
- W10.127 **disgraceful** (adj) = very bad, shameful / haniebny, brzydki
- W10.128 **rotten** (adj) = awful, terrible / ohydny, okropny
- W10.129 **salutation** (n) = the way of greeting sb in a letter / zwrot grzecznościowy rozpoczynający list
- W10.130 **irrelevance** (n) = sth that is not connected with what is being discussed / rzecz nieistotna, bez znaczenia w danej sytuacji