

# Word List

## Unit 1

- beach** /bi:tʃ/ (n) = an area of sand by the sea **plaża**
- cave** /keɪv/ (n) = a big natural hole in the rocks or the ground **jaskinia**
- desert** /dezət/ (n) = a dry area of land with a lot of sand **pustynia**
- explore** /ɪk'splɔ:/ (v) = to go around a place to discover what is there **badać, eksplorować, poznawać**
- lake** /leɪk/ (n) = a big pond, a large area of water surrounded by land **jezioro**
- river** /rɪvə/ (n) = a long continuous flow of water **rzeka**
- steep** /sti:p/ (adj) = sharp **stromy**
- valley** /væli/ (n) = an area of low land between hills or mountains **dolina**

## Unit 1a

- antenna** /æn'tenə/ (n) = a receiver **antena**
- bank** /bæŋk/ (n) = a place where you keep your money **bank**
- circular** /sɜ:kjələ/ (adj) = round **okrągły, kolisty**
- definitely** /defɪnətli/ (adv) = certainly **niewątpliwie, zdecydowanie**
- design** /dɪ'zaɪn/ (v) = to draw **projektować**
- experiment** /ɪk'sperɪmənt/ (v) = to try **eksperymentować**
- inspiration** /ɪn'spə'reɪʃən/ (n) = an idea **inspiracja, natchnienie**
- lightning rod** /laɪtnɪŋ ˌrɒd/ (n) = a wire or bar that protects buildings from lightning **piorunochron**
- make up** /meɪk 'ʌp/ (phr v) = to be part of, to consist of **tworzyć, stanowić**
- stand** /stænd/ (v) = to rise **stać, znajdować się**
- surprise** /sə'praɪz/ (n) = astonishment **zaskoczenie, zdziwienie**
- trunk** /trʌŋk/ (n) = the long nose of an elephant **trąba; trzon**
- tusk** /tʌsk/ (n) = a long tooth of an elephant **kieł**

## Unit 1c

- boring** /bɔ:ɪŋ/ (adj) = uninteresting **nudny, monotony, nużący**
- city** /sɪti/ (n) = a large town **miasto**
- convenient** /kən'veɪniənt/ (adj) = suitable for sb's needs **wygodny, dogodny**
- countryside** /kʌn'trɪsaɪd/ (n) = a rural area **wieś**

- crowd of people** (phr) = a large number of people in the same place **tłum ludzi**
- difficult** /dɪfɪkəl/ (adj) = hard to do **trudny**
- entertainment** /entə'teɪnmənt/ (n) = amusement **rozrywka**
- exciting** /ɪk'saɪtɪŋ/ (adj) = thrilling **ekscytujący, fascynujący**
- facility** /fə'sɪləti/ (n) = convenience **udogodnienie**
- healthy** /helθi/ (adj) = in good physical condition **zdrowy, korzystny dla zdrowia**
- heavy traffic** (phr) = the problem of having too many cars on the road, which causes delays **duży ruch**
- lack** /læk/ (n) = need, deficiency **brak**
- mall** /mɔ:l/ (n) = a shopping centre **centrum handlowe**
- pollution** /pə'lju:ʃən/ (n) = environmental damage **zanieczyszczenie**
- public transport** /pʌblɪk 'trænspɔ:t/ (n) = buses, trains and other vehicles that take many people from one place to another **transport publiczny**
- relaxing** /rɪ'læksɪŋ/ (adj) = calming **relaksujący**
- scenery** /sɪ'nəri/ (n) = surroundings, landscape **krajobraz**
- stressful** /stresfəl/ (adj) = causing anxiety, nerve-racking **stresujący**

## Unit 1f

- adventure** /əd'ventʃə/ (n) = an event full of excitement, action and danger **przygoda**
- citizen** /sɪtɪzən/ (n) = a member of a state **obywatel**
- come across** /kʌm əkrɒs/ (phr v) = to discover by chance **napotkać, natrafić, natknąć się na**
- come to** /kʌm tu/ (phr v) = to reach (an amount) **dochodzić do, osiągać (kwotę)**
- come up with** /kʌm 'ʌp wɪð/ (phr v) = to suggest, create **wymyślić (coś)**
- connect** /kə'nekt/ (v) = to join **łączyć**
- imagination** /ɪmædʒɪ'neɪʃən/ (n) = fantasy **wyobraźnia**
- land** /lænd/ (v) = to get back to the ground after flying **lądować**
- local** /ləʊkəl/ (n) = a native, a person who lives in a particular place **miejscowy, tubylec**

- patrol** /pə'trəʊl/ (v) = to move around an area to make sure there is no trouble **patrować**
- population** /pɒpjə'leɪʃən/ (n) = all the people that live in a country or place **populacja**
- protect** /prə'tekt/ (v) = to keep safe from harm **chronić**
- resident** /rezɪdənt/ (n) = an inhabitant **mieszkaniec**
- secret** /sɪ:kri:t/ (n) = sth kept hidden **sekret, tajemnica**

## 1 CLIL

- check out** /tʃek 'aʊt/ (phr v) = to look at **sprawdzić; zobaczyć**
- cut down** /kʌt 'daʊn/ (phr v) = to reduce **ogranaczać, zmniejszać**
- drop off** /drɒp 'ɒf/ (phr v) = to take somewhere and leave **oddać, zanieść i zostawić**
- lifestyle** /'laɪfstɑɪl/ (n) = way of life **styl życia**
- litter** /'lɪtə/ (n) = rubbish **śmieci**
- pick up** /pɪk 'ʌp/ (phr v) = to collect **zbierać (np. śmieci)**
- plant** /plɑ:nt/ (v) = to put a tree in the ground so that it can grow **sadzić**
- raise awareness** (phr) = to do sth which informs people about a certain issue **uwrażliwiać, uczyć**
- work of art** /wɜ:k əv 'ɑ:t/ (n) = sth made by an artist **dzieło sztuki**

## Unit 2

- ancient** /eɪnʃənt/ (adj) = belonging to times long ago **starożytny**
- build** /bɪld/ (v) = to construct **budować**
- carve** /kɑ:v/ (v) = to shape a material to make a work of art **rzeźbić**
- concrete** /kɒŋkri:t/ (n) = a hard material used for building made of cement **beton**
- design** /dɪ'zaɪn/ (v) = to draw **projektować**
- landmark** /'lændmɑ:k/ (n) = a historical sight **charakterystyczny obiekt**
- lead** /li:d/ (v) = to show the way **prowadzić, wieść**
- marble** /'mɑ:bəl/ (n) = a kind of hard patterned rock **marmur**
- steel** /sti:l/ (n) = a strong metal used for making things **stal**
- store** /stɔ:/ (v) = to keep in a place for future use **przechowywać**
- weigh** /weɪ/ (v) = to measure how heavy sth is **ważać**

# Word List •

## Unit 2a

- ash** /æʃ/ (n) = the soft grey powder that is left after sth is burnt  
**popiół**
- avalanche** /ævələntʃ/ (n) = a large amount of snow or rock falling down a mountainside  
**lawina**
- buried** /berid/ (adj) = covered  
**przysypany, zakopany**
- carry off** /kæri 'ɒf/ (phr v) = to succeed in doing sth difficult  
**podjąć czemuś**
- carry on** /kæri 'ɒn/ (phr v) = to continue doing sth  
**robić coś dalej, kontynuować**
- carry out** /kæri 'aʊt/ (phr v) = to perform a task  
**wykonać, przeprowadzić**
- erupt** /ɪrʌpt/ (v) = (of a volcano) to explode  
**wybuchać**
- eyewitness** /'aɪwɪtnəs/ (n) = sb who saw an event happen and can describe it  
**naoczny świadek**
- flood** /flʌd/ (n) = a large amount of overflowing water  
**powódź**
- foot** /fʊt/ (n) = base  
**podnóże**
- hurricane** /hʌrɪkən/ (n) = a violent storm  
**huragan**
- lava** /lɑ:və/ (n) = melted rock which comes out of the earth when a volcano erupts  
**lawą**
- lightning** /laɪtnɪŋ/ (n) = a flash of light in the sky usually when it is raining  
**błyskawica**
- rock** /rɒk/ (n) = a big stone  
**skała, gład**
- shake** /ʃeɪk/ (v) = to tremble  
**trząść się, chwiać się**
- urgent** /'ɜ:dʒənt/ (adj) = needing immediate attention  
**pilny, niezwłoczny**
- volcanic eruption** /vɒl,kæni:k ɪrʌpʃən/ (n) = lava and gases bursting out of a volcano  
**wybuch wulkanu**

## Unit 2c

- amazed** /ə'meɪzd/ (adj) = surprised  
**zdumiony**
- angry** /æŋgri/ (adj) = irritated  
**zły, rozgniewany**
- anxious** /æŋkʃəs/ (adj) = nervous  
**zaniepokojony, nerwowy**
- blow up** /bləʊ 'ʌp/ (v) = to explode  
**wybuchać**
- car crash** /kɑ: kræʃ/ (n) = a car accident  
**wypadek samochodowy**
- casualty** /kæʒuəlti/ (n) = a victim  
**ofiara**
- collapse** /kə'læps/ (v) = to fall apart  
**zawalić się**

- crash** /kræʃ/ (v) = to collide with sth  
**zderzyć się (z)**
- exhausted** /ɪg'zɔ:stɪd/ (adj) = very tired  
**wyczerpany, wycieńczony**
- explosion** /ɪk'spləʊʒən/ (n) = a sudden violent burst of a bomb  
**eksplozja, wybuch**
- frightened** /fraɪnd/ (adj) = very scared  
**przestraszony**
- frustrated** /frʌ'streɪtɪd/ (adj) = annoyed, discouraged  
**sfrustrowany, wściekły**
- injure** /ɪndʒə/ (v) = to hurt  
**ranić**
- plane crash** /pleɪn kræʃ/ (n) = the act of an aeroplane hitting the ground  
**katastrofa lotnicza**
- (to be) relieved** /rɪ'li:vɪd/ (adj) = relaxed and happy because sth bad didn't happen  
**odetchnąć z ulgą**
- rescue** /reskjʊ/ (v) = to save  
**ocalić, ratować**
- reveal** /rɪ'vi:l/ (v) = to make sth known  
**ujawnić**
- shipwreck** /ʃɪprek/ (n) = the sinking of a ship  
**katastrofa morska**
- shocked** /ʃɒkt/ (adj) = appalled, startled  
**zszokowany**
- sink** /sɪŋk/ (v) = to go down below the surface of the sea  
**tonąć**
- terrified** /terə'faɪd/ (adj) = afraid  
**przeżony**
- train derailment** /treɪn di:'reɪlmənt/ (n) = the accident in which a train goes off the rails  
**wykolejenie się pociągu**
- worried** /'wʌrɪd/ (adj) = troubled  
**zmartwiony**

## Unit 2f

- affect** /ə'fekt/ (v) = to influence  
**oddziaływać na, mieć wpływ na**
- blow** /bləʊ/ (v) = (of the wind) to move  
**wiać, powiewać**
- breeze** /brɪz/ (n) = a gentle wind  
**wietrzyk**
- compass** /'kʌmpəs/ (n) = an instrument that shows direction  
**kompas**
- destination** /,destɪ'neɪʃən/ (n) = a place to which sb is going  
**miejsce docelowe, cel podróży**
- direct** /dɪ'rekt/ (v) = to guide  
**kierować**
- disappear** /,dɪsə'piə/ (v) = to become impossible to find, to vanish  
**znikać**
- emit** /ɪ'mɪt/ (v) = to give off  
**wysyłać, emitować**
- experienced** /ɪk'spɪəriəns/ (adj) = knowledgeable  
**doświadczony**

- fascinate** /fæsɪneɪt/ (v) = to keep the interest of sb  
**fascynować**
- gentle** /dʒentl/ (adj) = calm  
**delikatny, łagodny**
- go missing** (phr) = to disappear  
**zaginąć**
- go according to plan** (phr) = to proceed as expected  
**iść zgodnie z planem**
- heatwave** /hi:tweɪv/ (n) = a very hot period of weather  
**fala upałów**
- lose contact with** (phr) = to fail to keep in communication with  
**stracić kontakt z**
- military** /'mɪlɪtəri/ (adj) = relating to the army  
**wojskowy**
- mythical** /'mɪθɪkəl/ (adj) = fictitious, not real  
**mityczny**
- pour down** /pɔ: 'daʊn/ (phr v) = to rain heavily  
**lać (o deszczu)**
- provide** /prə'vaɪd/ (v) = to give  
**dostarczać**
- shine** /ʃaɪn/ (v) = to glow  
**świecić**
- solve** /sɒlv/ (v) = to answer  
**rozwiązywać**
- thick fog** /θɪk 'fɒg/ (n) = heavy mist  
**gęsta mgła**
- training** /treɪnɪŋ/ (n) = practice  
**ćwiczenia, szkolenie**

## 2 CLIL

- achievement** /ə'tʃi:vmənt/ (n) = an accomplishment  
**osiągnięcie, dokonanie**
- admire** /əd'maɪə/ (v) = to think highly of  
**podziwiać, zachwycać się**
- concrete** /'kɒŋkri:t/ (n) = a hard material used for building made of cement  
**beton**
- cover** /'kʌvə/ (v) = to spread over a surface  
**obejmować, pokrywać**
- eternal** /ɪ'tɜ:nəl/ (adj) = living forever  
**wieczny**
- experience** /ɪk'spɪəriəns/ (v) = to be in a situation  
**doświadczać**
- glory** /glɔ:ri/ (n) = magnificence  
**światłość, piękno, chluba**
- huge** /hju:dʒ/ (adj) = enormous  
**ogromny**
- last** /lɑ:st/ (v) = to continue  
**trwać**
- lime** /laɪm/ (n) = a white building material containing calcium  
**wapno**
- millennium** /mɪ'lenɪəm/ (n) = one thousand years  
**tysiąclecie**
- realise** /rɪəlaɪz/ (v) = to become aware of, to understand  
**uświadamiać sobie**

# Word List

**route** /ru:t/ (n) = the road you follow to get from one place to another **droga**  
**set** /set/ (v) = to harden **związać (się), zaschnąć, krzepnąć**  
**survive** /sə'vaɪv/ (v) = to continue to live **przetrwąć**

## Unit 3

**coastal** /kəʊstl/ (adj) = by the sea **przybrzeżny**  
**common** /kɒmən/ (adj) = usual  **powszechny, typowy**  
**creature** /kri:tʃə/ (n) = an animal  **stworzenie, istota**  
**crops** /krɒps/ (pl n) = plants grown for food  **rośliny uprawne; plony**  
**dry up** /,draɪ 'ʌp/ (phr v) = (of rivers and lakes) to lose their water  **wysychać**  
**ice cap** /aɪs kæp/ (n) = a huge area of ice found in the North and South Poles  **pokrywa lodowa**  
**melt** /melt/ (v) = (of a solid) to become liquid because of heat  **topnieć**  
**polluted** /pə'lju:tɪd/ (adj) = dirty, contaminated  **zanieczyszczony, skażony**  
**rainforest** /reɪnfɒrɪst/ (n) = a tropical forest where it rains a lot  **tropikalny las deszczowy**  
**rise** /raɪz/ (v) = to increase  **podnosić się, rosnąć**  
**starve** /stɑ:v/ (v) = to die from hunger  **głodować, przymierać głodem**  
**wildlife** /'waɪldlaɪf/ (n) = animals and plants growing in natural conditions  **dzika przyroda, flora i fauna**

## Unit 3a

**behave** /br'heɪv/ (v) = to act  **zachowywać się, postępować**  
**collect** /kə'lekt/ (v) = to gather  **zbierać**  
**data** /deɪtə/ (n) = information  **dane**  
**dog trainer** /dɒg treɪnə/ (n) = a person whose job is to teach dogs how to behave  **trener/treser psów**  
**intelligent** /ɪn'telɪdʒənt/ (adj) = clever  **inteligentny**  
**landscape gardener** /'lændskeɪp ,gɑ:dnə/ (n) = a person whose job is to design gardens and outdoor areas  **projektant ogrodów, architekt krajobrazu**  
**look after** /lʊk ɑ:ftə/ (phr v) = to take care of  **zajmować się, opiekować się**

**marine biologist** /mə'ri:n baɪ'ɒlədʒɪst/ (n) = sb who studies sealife  **biolog morski**  
**memory** /meməri/ (n) = sth you remember  **wspomnienie**  
**nutritionist** /nju'triʃənɪst/ (n) = a specialist in healthy eating  **dietetyk**  
**pet** /pet/ (v) = to caress  **pieścić, głaskać**  
**recycling sorter** /ri:'saɪklɪŋ ,sɔ:tə/ (n) = a person whose job is to classify reusable material like plastic bottles, glass, etc  **sortowacz surowców wtórnych**  
**require** /rɪ'kwaɪə/ (v) = to demand  **wymagać**  
**safety procedures** (phr) = a safety system  **procedura bezpieczeństwa**  
**share** /ʃeə/ (v) = to tell other people about an idea, experience, etc  **dzielić się**  
**forest firefighter** /'fɒrɪst ,faɪəfaɪtə/ (n) = a person whose job is to put out fires in an uncultivated area  **strażak leśny**  
**zookeeper** /'zu:ki:pə/ (n) = a person whose job is to take care of animals in a zoo  **opiekun zwierząt w zoo**

## Unit 3c

**climate change** /'klaɪmət ,tʃeɪndʒ/ (n) = altering weather conditions  **zmiana klimatu**  
**deforestation** /di:'fɒrɪsteɪʃən/ (n) = the cutting down of trees  **wycinka lasu, wylesianie**  
**endangered species** /ɪn'deɪndʒəd 'spi:ʃi:z/ (n) = animals or plants that may soon become extinct  **gatunki zagrożone wyginięciem**  
**fur** /fɜ:/ (n) = thick hair on the body of some animals  **sierść**  
**habitat loss** /'hæbɪtæt lɒs/ (n) = the destruction of the natural environment  **utrata siedlisk**  
**illegal hunting** (phr) = chasing and killing animals against the law  **nielegalne polowanie**  
**illegal pet trade** (phr) = buying and selling animals against the law  **nielegalny handel zwierzętami**  
**pollution** /pə'lju:ʃən/ (n) = harm caused to the environment by chemicals  **zanieczyszczenie**  
**protect** /prə'tekt/ (v) = to keep sb or sth safe from harm  **chronić, ochraniać**

**stick** /stɪk/ (v) = to put  **wepchnąć, wpychać, wetknąć**

## Unit 3f

**accommodation** /ə,kɒmə'deɪʃən/ (n) = a place to stay  **zakwaterowanie**  
**ancestor** /'ænsəstə/ (n) = a member of my family who lived a long time ago  **przodek**  
**book** /bʊk/ (v) = to reserve  **zarezerwować**  
**brehtaking** /'breθ'teɪkɪŋ/ (adj) = spectacular, outstanding  **zapierający dech w piersiach**  
**entire** /ɪn'taɪə/ (adj) = whole  **cały**  
**fascinating** /'fæsɪneɪtɪŋ/ (adj) = very interesting  **fascynujący**  
**foot** /fʊt/ (n) = base  **podnóże**  
**include** /ɪn'klu:d/ (v) = to put in as part of a set  **zawierać, obejmować**  
**look after** /lʊk ɑ:ftə/ (phr v) = to take care of  **opiekować się**  
**look into** /lʊk ɪntə/ (phr v) = to examine, to investigate  **wejrzeć, przyrzeć się, zbadać**  
**look out** /lʊk 'aʊt/ (phr v) = to be careful  **uważać**  
**return** /rɪ'tɜ:n/ (v) = to go back  **wracać**  
**savannah** /sə'vænə/ (n) = tropical or subtropical grassland  **sawanna**  
**stay tuned** (phr) = to keep paying attention  **być na bieżąco**  
**warrior** /'wɒriə/ (n) = a soldier, a fighter  **wojownik**

## 3 CLIL

**admire** /əd'maɪə/ (v) = to marvel at sb or sth  **podziwiać, zachwycać się**  
**attract** /ə'trækt/ (v) = to get the attention or interest of sb  **przyciągać**  
**central** /sentrəl/ (adj) = main, in the middle  **centralny, środkowy**  
**contain** /kən'teɪn/ (v) = to include sth as a part of a whole  **zawierać**  
**convert** /kən'vɜ:t/ (v) = to change sth in order to use it for a different purpose  **zamieniać, przekształcać**  
**mineral** /mɪnərəl/ (n) = a substance coming from earth, nutrient  **minerał**  
**role** /rəʊl/ (n) = duty, purpose  **rola**  
**root** /ru:t/ (n) = the underground part of a plant that transfers water  **korzeń**  
**soil** /sɔɪl/ (n) = the top layer of earth  **gleba, ziemia**  
**steady** /'stedɪ/ (adj) = stable  **stabilny**

# Word List •

**substance** /ˈsʌbstəns/ (n) = a particular type of solid, liquid or gas

**substancja**

**underground** /ˌʌndəˈgraʊnd/ (adv) = below the surface **pod ziemią**

**upright** /ˈʌpraɪt/ (adj) = vertical  
 **pionowy**

## Unit 4

**capital city** /ˈkæpɪtəl ˈsɪti/ (n) = metropolis **stolica**

**convention** /kənˈvenʃən/ (n) = a large meeting of people who have a similar interest in sth **konwencja, zjazd, konferencja**

**especially** /ɪˈspeʃəli/ (adv) = in particular **zwłaszcza, szczególnie**

**hold** /həʊld/ (v) = to organise an event  
**organizować**

**to be held** (phr) = to take place  
**odbywać się**

**life-sized** /laɪf saɪzd/ (adj) = having the same size as in real life  
**naturalnej wielkości**

**organise** /ˈɔːɡənaɪz/ (v) = to arrange for sth to happen **organizować**

**prepare** /prɪˈpeə/ (v) = to cook; to make  
**przyrządzać, przygotowywać**

**transform** /trænsˈfɔːm/ (v) = to change  
**przemienić, przeobrazić**

**win** /wɪn/ (v) = to come first in a competition **wygrać, zdobyć**

## Unit 4a

**activity** /ækˈtɪvəti/ (n) = action  
**aktywność, ruchliwość**

**actual** /æktʃuəl/ (adj) = real  
**prawdziwy, rzeczywisty**

**amusing** /əˈmjuːzɪŋ/ (adj) = entertaining, funny **zabawny, dowcipny**

**case** /keɪs/ (n) = instance **przypadek, sytuacja**

**coastline** /kəʊstlaɪn/ (n) = a line that forms when the land meets the sea **linia brzegowa**

**cruel** /kruːəl/ (adj) = unkind **okrutny**

**distance** /ˈdɪstəns/ (n) = the space between two places **odległość**

**entirely** /ɪnˈtaɪəli/ (adv) = completely  
**całkowicie**

**exhibit** /ɪɡzɪbɪt/ (v) = to show to the public **wystawiać, eksponować**

**figure** /fɪɡə/ (n) = a physical structure  
**postać, figura**

**go on** /gəʊ ˈɒn/ (phr v) = to happen  
**dziać się**

**habit** /hæbɪt/ (n) = sth you do as a routine **nawyk, przyzwyczajenie**

**overnight** /ˌəʊvəˈnaɪt/ (adv) = during the night **na noc**

**powerful** /ˈpaʊəfəl/ (adj) = very effective, strong **potężny, silny, mocny**

**warning** /ˈwɔːnɪŋ/ (n) = notice, caution  
**ostrzeżenie**

**wasteful** /ˈweɪstfəl/ (adj) = careless  
**marnotrawny, nieekonomiczny**

## Unit 4c

**aisle** /aɪl/ (n) = a long, narrow gap between rows of seats **przejście (między siedzeniami)**

**backing singer** /ˈbækɪŋ ˌsɪŋə/ (n) = a supporting singer **wokalista wspierający**

**concert hall** /kɒnsət ˈhɔːl/ (n) = a building where concerts are held  
**sala koncertowa**

**curtain** /ˈkɜːtɪn/ (n) = a piece of cloth that hangs in front of a stage until the performance starts  
**kurtyna**

**lead singer** /liːd ˌsɪŋə/ (n) = the main singer **główny wokalista**

**row** /raʊ/ (n) = a line of seats in a theatre, cinema, etc **rzęd**

**royal box** /ˈrɔɪəl ˈbɒks/ (n) = the special seats in a theatre for the king and queen **łoża królewska, loża honorowa**

**stage** /steɪdʒ/ (n) = a raised platform where actors perform **scena**

**the stalls** /ðə ˈstɔːlz/ (pl n) = the seats in the main part of the theatre on the ground floor **miejsca na parterze**

## Unit 4f

**attend** /əˈtend/ (v) = to be present **być obecnym**

**bright** /braɪt/ (adj) = clever **światły, inteligentny**

**chance** /tʃɑːns/ (n) = an opportunity  
**okazja, szansa**

**convention** /kənˈvenʃən/ (n) = a large meeting of people who have a similar interest in sth **konwencja, zjazd, konferencja**

**gamer** /ˈgeɪmə/ (n) = sb who plays computer games **gracz**

**gathering** /ˈɡæðərɪŋ/ (n) = a meeting  
**zgromadzenie, spotkanie**

**multi-genre** /ˌmʌlti ˈʒɒnɪə/ (adj) = including many types  
**wielogatunkowy**

**results** /rɪˈzʌltz/ (pl n) = the final product **rezultaty, efekty**

**separately** /seɪpəreɪli/ (adv) = independently, not together

**oddzielnie, osobno**

**workshop** /ˈwɜːkʃɒp/ (n) = a short seminar **warsztat (np. teatralny)**

## 4 CLIL

**ghostly** /ˈɡəʊstli/ (adj) = spooky, eerie  
**upiorny**

**haunt** /haʊnd/ (v) = (of a ghost) to often appear in a place  
**nawiedzać**

**hound** /haʊnd/ (n) = a kind of dog **pies gończy, ogar**

**investigate** /ɪnˈvestɪgeɪt/ (v) = to look into a crime or problem  
**prowadzić śledztwo (w sprawie)**

**legend** /ˈledʒənd/ (n) = a story from the distant past, a myth **legenda**

**mission** /ˈmɪʃən/ (n) = a special assignment **misja**

**peace-loving** /ˈpiːs ˌlʌvɪŋ/ (adj) = peaceful **spokojny, pokojowo nastawiony**

**to put sb at risk** (phr) = to put sb in danger **narazić/wystawić kogoś na niebezpieczeństwo**

**wicked** /ˈwɪkɪd/ (adj) = evil **nikczemny, podły**

## Unit 5

**backwards** /ˈbækwədz/ (adv) = in reverse **do tyłu**

**balance** /ˈbæləns/ (n) = the ability to remain steady when we are standing up **równowaga**

**bend** /bend/ (v) = to form a curve  
**zginać, wyginać się**

**bond** /bɒnd/ (v) = to develop a close emotional connection with sb  
**wiązać się, tworzyć silną więź**

**bounce around** /baʊns əˈraʊnd/ (v) = to jump up and down  
**podskakiwać**

**burn calories** (phr) = to lose weight by exercising **spalać kalorie**

**challenging** /ˈtʃælɪndʒɪŋ/ (adj) = demanding **trudny, stanowiący wyzwanie**

**combine** /kəmˈbaɪn/ (v) = to have two or more features or characteristics  
**łączyć**

**craze** /kreɪz/ (n) = a popular activity, a trend **szaleństwo, bzik**

**exercise equipment** (phr) = gear needed for exercising **sprzęt do ćwiczeń**

**fighting** /ˈfaɪtɪŋ/ (n) = a battle **walka, bójka**

# Word List

**force** /fɔːs/ (v) = to make sb do sth even if they don't want to  
**zmuszać**

**get fit** (phr) = to exercise in order to be in good physical condition  
**nabierać formy/ kondycji**

**improve** /ɪm'pruːv/ (v) = to make sth better  
**polepszać, udoskonalać**

**injured** /ɪndʒəd/ (adj) = hurt  
**ranny, kontuzjowany**

**involve** /ɪm'vɒlv/ (v) = to be part of an activity or situation  
**obejmować**

**kick** /kɪk/ (v) = to hit with the foot  
**kopać**

**martial art** /mɑːtʃəl 'ɑːt/ (n) = any fighting method that comes from the Far East, like karate and kung fu  
**sztuka walki**

**move** /muːv/ (n) = a movement  
**ruch**

**muscles** /mʌsəlz/ (n) = contracting tissue that produces movement  
**mięśnie**

**punch** /pʌntʃ/ (v) = to hit hard with the fist  
**uderzać pięścią**

**self-defence** /self dɪfens/ (n) = the act of protecting myself when attacked  
**samoobrona**

**spring** /sprɪŋ/ (n) = a piece of bent metal that can be suppressed and then released  
**sprężyna**

**strengthen** /streŋθən/ (v) = to make stronger  
**wzmacniać**

**stretch** /stretʃ/ (v) = to put your arms, legs, or body out straight and tighten your muscles  
**rozciągać, napinać**

**technique** /tekniːk/ (n) = a method  
**technika, metoda**

**tone muscles** (phr) = to strengthen muscles by exercising  
**wzmacniać/ modelować/ rzeźbić mięśnie**

**wacky** /wæki/ (adj) = crazy, funny  
**stuknięty, szurnięty**

**workout** /wɜːkaʊt/ (n) = a set of physical exercises  
**trening, ćwiczenia**

## Unit 5a

**compete** /kəm'piːt/ (v) = to take part in a competition  
**konkurować, rywalizować**

**enjoy** /ɪn'dʒɔɪ/ (v) = to take pleasure in sth  
**lubić (coś robić)**

**excellent** /eksələnt/ (adj) = superb  
**doskonały, znakomity**

**growing** /grəʊɪŋ/ (adj) = increasing over time  
**rosnący**

**huge** /hjuːdʒ/ (adj) = gigantic, enormous  
**ogromny, olbrzymi**

**individually** /ɪndə'vɪdʒuəli/ (adv) = separately, not together in a group  
**indywidualnie**

**live-streamed** (phr) = broadcast on the Internet at the time it happens  
**transmitowany na żywo w internecie**

**pitch** /pɪtʃ/ (n) = a large grassy field designed to play football  
**boisko**

**predict** /prɪ'dɪkt/ (v) = to expect sth will happen in the future  
**przewidywać**

**put off** /pʊt 'ɒf/ (phr v) = to arrange for sth to take place at a later time  
**odkładać, przekładać**

**put on** /pʊt 'ɒn/ (phr v) = to gain (weight); get dressed in (jeans, a shirt, etc)  
**przybierać (na wadze); wkładać, ubrać się**

**put up with** /pʊt 'ʌp wɪð/ (phr v) = to accept sth bad without complaining  
**znosić, tolerować**

**reflex** /rɪ'fleks/ (n) = an automatic quick reaction of the body to an unexpected situation  
**refleks, odruch**

**skilful** /skɪlfʊl/ (adj) = being good at sth especially after practice  
**wprawny**

**sponsorship deal** (phr) = an agreement between a company and an athlete that the company will support the athlete by giving him money in exchange for advertising  
**umowa sponsorska**

**talented** /tæləntɪd/ (adj) = gifted; having a natural ability to do sth  
**uzdolniony**

**tournament** /tʊənəmənt/ (n) = a sports competition  
**zawody, turniej**

**train** /treɪn/ (v) = to practise  
**trenować**

**turn up** /tɜːn 'ʌp/ (phr v) = to appear in a place  
**pojawić się**

## Unit 5c

a **cold** /kəʊld/ (n) = an infection that gives you a runny nose  
**przeziębienie**

**accident** /æksɪdənt/ (n) = a situation in which sb is injured or sth is damaged  
**wypadek**

**chew** /tʃuː/ (v) = to crush food with the teeth  
**żuć**

**earache** /ɪəreɪk/ (n) = a pain in the ear  
**ból ucha**

**fever/temperature** /fiːvə/temprətʃə/ (n) = a condition in which the body has a high temperature  
**gorączka/temperatura**

**black eye** (phr) = an injury around the eye after a hit that leaves a purple mark  
**podbite oko**

**get a bruise** (phr) = to get an injury which appears as a purple mark on the body  
**obić się, posiniaczyć**

**get some rest** (phr) = to relax  
**odsapnąć, trochę odpocząć**

**headache** /hed'eɪk/ (n) = a pain in the head  
**ból głowy**

**injury** /ɪndʒəri/ (n) = damage to a person's body caused by an accident  
**uraz, kontuzja, rana**

**shiver** /ʃɪvə/ (v) = to shake slightly  
**drżeć, trząść się**

**sneeze** /sniːz/ (v) = to let air come out of the nose usually because of a cold  
**kichać**

**sore throat** /sɔː 'θrəʊt/ (n) = a pain in the throat  
**ból gardła**

**sprain one's wrist** (phr) = to injure the joint connecting the hand with the arm by turning it  
**skręcić rękę w nadgarSKU**

**stomach ache** /stʌmək eɪk/ (n) = a pain in the stomach  
**ból żołądka**

**swallow** /swɒləʊ/ (v) = to take sth into the body through the mouth  
**połykać, przełykać**

**the flu** /ðə fluː/ (n) = an illness which causes fever  
**grypa**

**toothache** /tuːθeɪk/ (n) = a pain in the tooth  
**ból zęba**

**twist my ankle** (phr) = to hurt the joint connecting the foot with the leg by turning it  
**skręcić kostkę**

## Unit 5f

**addicted (to)** /ə'dɪktɪd tə/ (adj) = unable to stop doing sth  
**uzależniony (od)**

**break** /breɪk/ (n) = a stop for a rest  
**przerwa**

**limit** /lɪmɪt/ (v) = to reduce  
**ograniczać**

**make progress** (phr) = to get better at sth  
**robić postępy**

**familiar** /fə'mɪliə/ (adj) = possible to recognise because it is well-known to me  
**znajomy, znany**

**experience** /ɪk'spiəriəns/ (v) = to feel  
**doświadczać, doznawać, zaznawać**

**panic** /ˈpænik/ (v) = to feel great fear about sth **panikować, wpadać w popłoch**

**peer pressure** /ˈpiə ˈpreʃə/ (n) = the feeling that you have to do the same thing with other members of a group in order to be liked **presja grupy rówieśniczej**

**pick on** /pɪk ɒn/ (phr v) = to behave in a cruel way towards sb **szykanować, czepiać się, uwziąć się na**

**race** /reɪs/ (n) = people who share the same origin, appearance, nationality, religion or language **rasa**

**real** /riəl/ (adj) = true **prawdziwy**

**social media** /ˌsəʊʃəl ˈmi:diə/ (n) = websites where people share information, upload pictures, videos and communicate with other people **media społecznościowe**

**solution** /səˈlu:ʃən/ (n) = an answer to a problem **rozwiązanie**

**suffer** /sʌfə/ (v) = to experience sth bad, unpleasant **cierpieć**

**survive** /səˈvaɪv/ (v) = to continue to exist **przetrwąć, przeżyć**

**tough** /tʌf/ (adj) = difficult, hard **ciężki, trudny**

**victim** /ˈvɪktɪm/ (n) = sb who suffers harm, injury, loss, etc **ofiarą**

**waste time** (phr) = to spend time doing unimportant things **marnować czas**

## 5 CLIL

**calcium** /ˈkælsɪəm/ (n) = a nutrient found in milk, cheese, etc which is good for the teeth and bones **wapń**

**carb** /ˈkɑ:b/ (n) = (informal) a carbohydrate (**potocznie**) **węglowodan**

**carbohydrate** /ˈkɑ:bəʊˈhaɪdreɪt/ (n) = a substance found in bread, rice, sugar, etc that gives energy to the body **węglowodan**

**digestive system** /daɪˈdʒestɪv ˈsɪstɪm/ (n) = the organs in the body that break down food **układ pokarmowy**

**fuel** /fju:əl/ (n) = a substance that gives energy **paliwo**

**function** /ˈfʌŋkʃən/ (n) = the purpose or use of sth **funkcja, zadanie**

**glucose** /ˈɡlu:kəʊs/ (n) = natural sugar found in plants and fruit **glukoza**

**joint** /dʒɔɪnt/ (n) = the part of the body where two bones are connected **staw**

**mineral** /ˈmɪnərəl/ (n) = a chemical substance that the body needs to stay healthy **minerał**

**nutrient** /ˈnju:triənt/ (n) = a substance needed in order to live **składnik pokarmowy**

**play a role in sth** (phr) = to help towards achieving a successful result **odgrywać rolę w czymś**

**protein** /ˈprəʊti:n/ (n) = an organic compound essential for the body to grow and be healthy **białko**

**repair** /rɪˈpeə/ (v) = to fix sth **naprawiać, reperować**

**role** /rəʊl/ (n) = a part **rola**

**source** /sɔ:s/ (n) = the place where you can get sth **źródło**

**well-being** /ˌwel ˈbi:ɪŋ/ (n) = health **pomyślność; dobry stan zdrowia, dobre samopoczucie**

## Unit 6

**bend** /bend/ (v) = to curve **zginać się, wyginać się**

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

**deliver** /dɪˈlɪvə/ (v) = to take sth to sb's house **dostarczać; dowozić**

**driverless** /ˈdraɪvələs/ (adj) = without a driver **bez kierowcy; zdalny**

**flexible** /ˈfleksəbəl/ (adj) = bendy, elastic **elastyczny, giętki**

**guest** /gest/ (n) = a visitor **gość**

**gym equipment** (phr) = gear needed for exercising in a gym **sprzęt do ćwiczeń**

**interact** /ˌɪntərˈækt/ (v) = to communicate **komunikować się, wejść w interakcję**

**land** /lænd/ (v) = (of a plane, drone, etc) to touch the ground **lądować**

**passenger** /ˈpæsəndʒə/ (n) = a person travelling on a bus, train, etc **pasażer**

**transport** /ˈtrænspɔ:t/ (v) = to carry people or goods **transportować, przewozić**

**virtual reality** /ˌvɜ:tʃuəl riˈælɪti/ (n) = a computer-produced environment that represents real life **wirtualna rzeczywistość**

**welcome** /ˈwelkəm/ (v) = to smile and say hello to people when they arrive **witać**

## Unit 6a

**access** /ˈækses/ (v) = to enter **uzyskiwać dostęp (do czegoś)**

**assist** /əˈsɪst/ (v) = to help **pomagać, towarzyszyć**

**development** /dɪˈveləpmənt/ (n) = the process of becoming better, advancement **rozwój**

**friendly** /ˈfrendli/ (adj) = pleasant and kind to others **przyjazny, życzliwy**

**interview** /ˌɪntəˈvju:/ (v) = to ask sb questions **przeprowadzić wywiad (z kimś)**

**inventor** /ɪnˈventə/ (n) = sb who creates sth new **wynalazca, twórca**

**laboratory** /ləˈbɒrətəri/ (n) = a place or building where experiments are carried out **laboratorium**

**minor** /ˈmaɪnə/ (adj) = small, not important **drobny, pomniejszy**

**permanent** /ˈpɜ:mənənt/ (adj) = lasting for a long time or forever **trwały, stały**

**point** /pɔɪnt/ (v) = to show **wskazać**

**real-life environment** (phr) = a place as it is in real life **rzeczywiste środowisko/warunki**

**stressful** /ˈstresfəl/ (adj) = making you feel tense and anxious **stresujący**

**valuable** /ˈvæljuəbəl/ (adj) = of great importance **cenny**

## Unit 6c

**accept a friend request** (phr) = to agree to add a person as a friend on social media **przyjąć zaproszenie do grona znajomych**

**chat online** (phr) = to talk with others on the Internet **czatować online**

**download** /ˌdaʊnˈləʊd/ (v) = to copy programs or data into a computer's memory **pobierać, ściągać (np. dane) z internetu**

**face-to-face** /feɪs tə feɪs/ (adv) = in person, directly **twarzą w twarz**

**hack into** /hæk ɪntə/ (v) = to enter a person's computer system illegally **włamać się do (w odniesieniu do systemu komputerowego)**

**post a comment** (phr) = to publish a message on social media sites **zamieścić komentarz (na portalu)**

**update profile** (phr) = to make my personal information on social media more current **aktualizować profil**

# • Word List

## Unit 6f

- disgust** /dɪs'gʌst/ (n) = a strong dislike  
zniesmaczenie, obrzydzenie,  
wstręt
- emotional response** (phr) = a  
reaction to a person's feelings  
emocjonalna odpowiedź/reakcja
- give feedback** (phr) = to tell sb if and  
how much they have improved  
dawać informację zwrotną
- interesting** /'ɪntərəstɪŋ/ (adj) =  
attracting our attention ciekawy,  
interesujący
- keen (on)** /ki:n ɒn/ (adj) =  
enthusiastic zainteresowany,  
zapalony (do)
- replace** /rɪ'pleɪs/ (v) = to put one  
thing or person in the place of  
another zastępować, wyręczać
- shortage** /ʃɔ:tɪdʒ/ (n) = a lack of sth  
niedobór, brak
- useful** /'ju:sfəl/ (adj) = practical  
użyteczny
- weird** /wiəd/ (adj) = strange dziwny,  
dziwaczny

## 6 CLIL

- disability** /dɪsə'bɪləti/ (n) = a physical  
or mental inability kalectwo,  
niepełnosprawność
- frustrated** /frʌ'streɪtɪd/ (adj) =  
annoyed, discouraged  
sfrustrowany
- independent** /,ɪndɪ'pendənt/ (adj) =  
autonomous, self-supported  
niezależny, samodzielny
- infected** /ɪn'fektɪd/ (adj) = full of  
bacteria zakażony, zainfekowany
- raised dot** (phr) = a small round mark  
used for punctuation or used for  
a writing system for blind people  
wypukły punkt (w alfabecie  
Braille'a)
- represent** /,reprɪ'zent/ (v) = to stand as  
a symbol for sth przedstawiać,  
reprezentować
- workshop** /wɜ:kʃɒp/ (n) = a room  
where people make things using  
tools and machines warsztat,  
pracownia
- worldwide** /,wɜ:ld'waɪd/ (adv) = all  
over the world na całym świecie