

# Upper-intermediate Polish wordlist

## File 1

### Useful words and phrases

<b>absent-minded</b> <i>adj</i>	/ˌæbsənt ˈmaɪndɪd/	She's so <b>absent-minded</b> – she's always forgetting things.	<b>roztargniony</b>
<b>approach</b> <i>n</i>	/əˈprəʊtʃ/	The new <b>approach</b> to selecting candidates comes from Silicon Valley.	<b>podejście</b>
<b>arrogant</b> <i>adj</i>	/ˈærəɡənt/	People who sign their names in capital letters are often <b>arrogant</b> .	<b>arogancki</b>
<b>bizarre</b> <i>adj</i>	/ˈbɪˈzɑː/	They asked some <b>bizarre</b> questions in the job interview.	<b>dziwaczny</b>
<b>candidate</b> <i>n</i>	/ˈkændɪdət/	He wasn't impressed with the first <b>candidate</b> he interviewed.	<b>kandydat(ka)</b>
<b>context</b> <i>n</i>	/ˈkɒntekst/	Can you work out the meaning of this word from the <b>context</b> of the sentence?	<b>kontekst</b>
<b>cruel</b> <i>adj</i>	/ˈkruːəl/	Some interviewers can be extremely <b>cruel</b> to jobseekers.	<b>bezwzględny, okrutny</b>
<b>deadly</b> <i>adv</i>	/ˈdedli/	This problem is <b>deadly</b> serious.	<b>śmiertelnie</b>
<b>demanding</b> <i>adj</i>	/dɪˈmaːndɪŋ/	It was a very <b>demanding</b> job interview process.	<b>wymagający</b>
<b>despise</b> <i>v</i>	/dɪˈspaɪz/	Which living person do you most <b>despise</b> , and why?	<b>gardzić, pogardzać</b>
<b>drag</b> <i>v</i>	/dræg/	If you <b>drag</b> that chair across the floor it will make a loud noise.	<b>ciągnąć</b>
<b>easy-going</b> <i>adj</i>	/ˌiːziˈɡəʊɪŋ/	My husband is really <b>easy-going</b> and calm.	<b>wyrozumiały</b>
<b>essentially</b> <i>adv</i>	/ɪˈsenʃəli/	<b>Essentially</b> , we use this interview technique to find people who can handle stress.	<b>zasadniczo, w zasadzie</b>
<b>estate agent</b> <i>n</i>	/ɪsˈteɪt ˌeɪdʒənt/	The <b>estate agent</b> showed us around the house.	<b>agent(ka) nieruchomości</b>
<b>extreme</b> <i>adj</i>	/ɪkˈstriːm/	Bungee jumping is an <b>extreme</b> sport – not everyone would enjoy it.	<b>ekstremalny</b>
<b>good-tempered</b> <i>adj</i>	/ˌɡʊd ˈtempəd/	My mum is very <b>good-tempered</b> .	<b>łagodny</b>
<b>horizontal</b> <i>adj</i>	/ˌhɒrɪˈzɒntl/	He writes his signature in a straight line – it's <b>horizontal</b> .	<b>poziomy</b>
<b>I wonder</b>	/aɪ ˈwʌndə/	<b>I wonder</b> why he didn't come to the party.	<b>zastanawiam się</b>
<b>intonation</b> <i>n</i>	/ɪntəˈneɪʃn/	Use friendly <b>intonation</b> when you speak to new people.	<b>intonacja</b>
<b>laid-back</b> <i>adj</i>	/ˌleɪd ˈbæk/	I'm really <b>laid-back</b> – nothing bothers me usually.	<b>wyluzowany</b>
<b>legible</b> <i>adj</i>	/ˈledʒəbl/	Your signature is pretty <b>legible</b> .	<b>czytelny</b>
<b>narrow-minded</b> <i>adj</i>	/ˌnærəʊ ˈmaɪndɪd/	The people who live here are judgemental and <b>narrow-minded</b> .	<b>ograniczony, nietolerancyjny</b>
<b>odd</b> <i>adj</i>	/ɒd/	Your neighbour looks really <b>odd</b> .	<b>dziwny</b>
<b>open-minded</b> <i>adj</i>	/ˌəʊpən ˈmaɪndɪd/	Psychotherapists need to be <b>open-minded</b> .	<b>otwarty, pozbawiony uprzedzeń</b>
<b>pretty</b> <i>adv</i>	/ˈprɪti/	My sister is <b>pretty</b> bad-tempered.	<b>całkiem</b>
<b>rather</b> <i>adv</i>	/ˈrɑːðə/	My brother is <b>rather</b> lazy.	<b>raczej</b>
<b>react</b> <i>v</i>	/rɪˈækt/	<b>React</b> to your partner's answers.	<b>reagować</b>
<b>recruitment agency</b> <i>n</i>	/rɪˈkruːtmənt ˈeɪdʒənsi/	He works for a <b>recruitment agency</b> as a headhunter.	<b>agencja pośrednictwa pracy</b>
<b>rub</b> <i>v</i>	/rʌb/	You should <b>rub</b> some cream into your wasp sting.	<b>wetrzeć</b>
<b>specialist</b> <i>adj</i>	/ˈspeʃəlɪst/	He works for a <b>specialist</b> company that makes luxury chocolates.	<b>specjalista(tka)</b>
<b>stable</b> <i>adj</i>	/ˈsteɪbl/	Are you an emotionally <b>stable</b> person?	<b>zrównoważony</b>
<b>star</b> <i>v</i>	/stɑː/	He has <b>starred</b> in many successful films.	<b>grać (w filmie)</b>
<b>terraced</b> <i>adj</i>	/ˈterəst/	Our house is the middle one of three <b>terraced</b> houses.	<b>szeregowy</b>
<b>vegan</b> <i>n</i>	/ˈviːɡən/	A <b>vegan</b> doesn't eat meat, fish, or any animal products.	<b>weganin, weganka</b>
<b>wasp</b> <i>n</i>	/wɒsp/	I was stung by a <b>wasp</b> in a market when I was six.	<b>osa</b>
<b>weird</b> <i>adj</i>	/wɪəd/	It's really <b>weird</b> that there's no one at home at this time of day.	<b>niepokojący, dziwny</b>

## More words in File 1

astrology <i>n</i>	/ə'strɒlədʒi/
backyard <i>n</i>	/ˌbæk'ja:d/
box set <i>n</i>	/bɒks set/
car-jacking <i>n</i>	/ˈkɑ:dʒækɪŋ/
cheesy <i>adj</i>	/ˈtʃi:zi/
clairvoyant <i>n</i>	/kleə'vɔɪənt/
crush <i>v</i>	/krʌʃ/
dinosaur <i>n</i>	/ˈdamaɪsɔ:/
disheartened <i>adj</i>	/dɪs'ha:tnd/
Emmy <i>n</i>	/ˈemi/
evolve <i>v</i>	/i'vɒlv/
faith healer <i>n</i>	/feɪθ 'hi:lə/
flap <i>v</i>	/flæp/
flustered <i>adj</i>	/ˈflʌstəd/
fortune telling <i>n</i>	/ˈfɔ:tʃu:n 'telɪŋ/
go clubbing <i>v</i>	/gəʊ 'klʌbɪŋ/
graphology <i>n</i>	/græ'fɒlədʒi/
headhunter <i>n</i>	/ˈhedhʌntə/
jasmine <i>n</i>	/ˈdʒæzmɪn/
merely <i>adv</i>	/ˈmiəli/
mystified <i>adj</i>	/ˈmɪstɪfaɪd/
overuse <i>v</i>	/ˌəʊvə'ju:z/
paranormal <i>n</i>	/ˌpærə'nɔ:ml/
psychic <i>adj</i>	/ˈsaɪkɪk/
self-centred <i>adj</i>	/ˌself 'sentəd/
signature <i>n</i>	/ˈsɪɡnətʃə/
Silicon Valley <i>n</i>	/ˌsɪlɪkən 'væli/
spooky <i>adj</i>	/ˈspu:ki/
strong-willed <i>adj</i>	/strɒŋ wɪld/
tight-fisted <i>adj</i>	/ˌtaɪt 'fɪstɪd/
two-faced <i>adj</i>	/ˌtu: 'feɪst/
UFO <i>n</i>	/ˌju: ef 'əʊ/
whip <i>n</i>	/wɪp/

<i>Astrology</i> involves analysing the position of the sun, moon, and stars when someone is born.	
There's a vegetable garden in our <b>backyard</b> .	
I've got a <b>box set</b> of Mad Men series 1.	
<b>Car-jacking</b> is a common crime in this country.	
If something is <b>cheesy</b> it is emotional or romantic in an embarrassing way.	
My great-aunt was a <b>clairvoyant</b> and could predict the future.	
We're not trying to <b>crush</b> candidates with the interview process.	
Tyrannosaurus rex was the fiercest <b>dinosaur</b> .	
Don't get <b>disheartened</b> if you fail your driving test the first time.	
She won an <b>Emmy</b> Award for her role in Mad Men.	
As time goes on you will <b>evolve</b> as a person.	
She visited a <b>faith healer</b> to try and help her with her problems.	
<b>Flap</b> your arms and you will look like a chicken.	
He does well in interviews because he's not easily <b>flustered</b> .	
I don't believe in <b>fortune telling</b> .	
I love to <b>go clubbing</b> with my friends till the early morning.	
<b>Graphology</b> is when you analyse someone's personality based on their handwriting.	
A <b>headhunter</b> finds people with the necessary skills to work for a company.	
I grew up in Los Angeles and there was always <b>jasmine</b> growing.	
We need to separate the brilliant candidates from the <b>merely</b> very good.	
He was <b>mystified</b> by the strange noises.	
Which words or phrases do you most <b>overuse</b> ?	
What connection do the photos have with the <b>paranormal</b> ?	
Use your <b>psychic</b> instinct to predict the future.	
She always thinks about herself – she's so <b>self-centred</b> .	
What does your <b>signature</b> say about you?	
<b>Silicon Valley</b> in California is where many of the top technology corporations are based.	
I dreamt I saw a ghost last night – it was a really <b>spooky</b> dream.	
My son is <b>strong-willed</b> so it's difficult to stop him doing what he wants.	
My aunt is really <b>tight-fisted</b> – she never buys Christmas presents.	
My boss is so <b>two-faced</b> – he says one thing to me and another behind my back.	
I don't believe you really saw a <b>UFO</b> .	
He was carrying a <b>whip</b> in one hand.	

astrologia
podwórkó (za domem)
zestaw płyt
kradzież samochodu
tandetny
jasnowidz
miażdżyć
dinozaur
zniechęcony
nagroda Emmy
rozwijać się, ewoluować
uzdrowiciel(ka)
machać
podenerwowany
wróźbiarstwo
chodzić do nocnych klubów
grafologia
headhunter
jaśmin
zaledwie
zdumiony
nadużywać
paranormalny
parapsychiczny
egocentryczny
podpis
Dolina Krzemowa
przerażający
uparty
skąpy
dwulicowy
UFO
bicz

## File 2

### Vocabulary Banks

#### ILLNESSES AND INJURIES

ache <i>n</i>	/eɪk/
allergic reaction <i>n</i>	/ə'li: dʒɪk ri'ækʃn/

It's common to have an <b>ache</b> in your side if you have a kidney stone.
I had an <b>allergic reaction</b> to the medicine I was given.

ból
reakcja alergiczna

antibiotic <i>n</i>	/ˌæntɪbaɪˈɒtɪk/	The doctor gave me an <b>antibiotic</b> for my ear infection.	antybiotyki
antihistamine <i>n</i>	/ˌæntiˈhɪstəmiːn/	If you have an allergic reaction you should take an <b>antihistamine</b> .	lek antyhistaminowy
antiseptic cream <i>n</i>	/ˌæntiˈseptɪk kriːm/	She cleaned the cut with <b>antiseptic cream</b> .	krem antyseptyczny
be sick <i>v</i>	/bi sɪk/	I feel terrible – I think I'm going to <b>be sick</b> .	być chorym, wymiotować
bleed <i>v</i>	/bliːd/	A cut finger can sometimes <b>bleed</b> for a long time.	krwawić
blister <i>n</i>	/ˈblɪstə/	You will get a <b>blister</b> if you wear shoes that are too tight.	pęcherz
(high / low) blood pressure <i>n</i>	/ˈblaɪd prefə/	My grandmother has <b>high blood pressure</b> and takes medication for it.	(wysokie / niskie) ciśnienie (krwi)
burn <i>v</i>	/bɜːn/	Don't touch that pan – it will <b>burn</b> you.	oparzyć się
choke <i>v</i>	/tʃəʊk/	Be careful not to <b>choke</b> on that boiled sweet.	udławić się
cold <i>n</i>	/kəʊld/	I get at least one <b>cold</b> every winter.	przeziębienie
come round <i>v</i>	/kʌm raʊnd/	If you pour cold water on his face he might <b>come round</b> .	odzyskać przytomność
cough <i>n</i>	/kɒf/	He has a nasty <b>cough</b> that keeps him awake at night.	kaszel
cut <i>v</i>	/kʌt/	I <b>cut</b> my finger when I was chopping carrots.	zranić się
diarrhoea <i>n</i>	/daɪəˈrɪə/	I had <b>diarrhoea</b> last night and had to go to the toilet six times.	biegunka
dizzy <i>adj</i>	/ˈdɪzi/	If I don't eat enough I feel <b>dizzy</b> .	mieć zawroty głowy
earache <i>n</i>	/ˈɪərəɪk/	I have an <b>earache</b> and it's really painful.	ból ucha
faint <i>v</i>	/feɪnt/	I <b>faint</b> when I see blood.	zemdleć
flu <i>n</i>	/fluː/	My teacher has <b>flu</b> and hasn't been at school all week.	grypa
food poisoning <i>n</i>	/ˈfuːd pɔɪzənɪŋ/	I ate some mussels and they gave me <b>food poisoning</b> .	zatrucie pokarmowe
get over <i>v</i>	/get ˈəʊvə/	It often takes a long time to <b>get over</b> flu.	dochodzić do siebie
headache <i>n</i>	/ˈhedɪk/	If you have a <b>headache</b> take some paracetamol.	ból głowy
hurt <i>v</i>	/hɜːt/	Does your back <b>hurt</b> after driving so long?	boleć
ice <i>n</i>	/aɪs/	Put <b>ice</b> on a black eye to keep the swelling down.	lód
infection <i>n</i>	/ɪnˈfekʃn/	If you get an <b>infection</b> you will need to take antibiotics.	infekcja
lie down <i>v</i>	/ˌlaɪ ˈdaʊn/	Please <b>lie down</b> on the couch.	położyć się
lose consciousness <i>v</i>	/luːz ˈkɒŋʃənsəs/	Call an ambulance – I think he's going to <b>lose consciousness</b> .	stracić przytomność
painkiller <i>n</i>	/ˈpeɪnkɪlə/	After the operation you will need to take a <b>painkiller</b> for a few days.	środek przeciwbólowy
pass out <i>v</i>	/pɑːs aʊt/	I'm so tired I think I'm going to <b>pass out</b> .	zemdleć
plaster <i>n</i>	/ˈplɑːstə/	My mum put a <b>plaster</b> on my cut.	plaster
rash <i>n</i>	/ræʃ/	One of the symptoms of measles is a red <b>rash</b> .	wysypka
recover <i>v</i>	/rɪˈkʌvə/	How long does it normally take to <b>recover</b> from flu?	wyzdrowieć
sneeze <i>v</i>	/sniːz/	Cat hair makes me <b>sneeze</b> .	kichać
sore throat <i>n</i>	/sɔ θəreɪt/	I can't talk too long because I have a <b>sore throat</b> .	ból gardła
spill <i>v</i>	/spɪl/	Be careful with that medicine – don't <b>spill</b> it.	rozlewać
spin <i>v</i>	/spɪn/	I saw the room <b>spin</b> and then I fainted.	wirować
sprain <i>v</i>	/spreɪn/	I don't play tennis because I'm afraid I might <b>sprain</b> my wrist.	zwichnąć, skreślić
stitches <i>n pl</i>	/ˈstɪtʃɪz/	I needed <b>stitches</b> for the cut on my head.	szwy
stomach ache <i>n</i>	/ˈstʌmək eɪk/	I've eaten too much and now I've got <b>stomach ache</b> .	ból brzucha
sunburn <i>n</i>	/ˈsʌnbɜːn/	Don't stay out in the sun too long or you will get <b>sunburn</b> .	oparzenie słoneczne
swallow <i>v</i>	/ˈswɒləʊ/	Does it hurt when you <b>swallow</b> food?	przełykać
swell <i>v</i>	/swel/	This bee sting is starting to <b>swell</b> .	puchnąć
tablet <i>n</i>	/ˈtæblət/	Take one <b>tablet</b> before you go to sleep.	tabletki
temperature <i>n</i>	/ˈtemprətʃə/	I've got a high <b>temperature</b> and I feel feverish.	gorączka
throw up <i>v</i>	/θrəʊ ʌp/	A few minutes after drinking the liquid I had to run to the bathroom and <b>throw up</b> .	zwyymiotować
toothache <i>n</i>	/ˈtuːθeɪk/	If you have <b>toothache</b> you should go to see the dentist.	ból zęba

twist <i>v</i>	/twɪst/
unconscious <i>adj</i>	/ʌnˈkɒnʃəs/
vomit <i>v</i>	/ˈvɒmɪt/

Watch out – you don't want to **twist** your ankle.  
 She was **unconscious** so I phoned an ambulance.  
 Some people **vomit** when they travel by boat in rough seas.

skręcić (kostkę)  
 nieprzytomny  
 wymiotować

## CLOTHES AND FASHION

checked <i>adj</i>	/tʃekt/
cotton vest <i>n</i>	/ˈkɒtn vest/
denim waistcoat <i>n</i>	/ˈdenɪm ˈweɪs(t)kəʊt/
dress up <i>v</i>	/dres ʌp/
fashionable <i>adj</i>	/ˈfæʃnəbl/
fit <i>v</i>	/fɪt/
fur collar <i>n</i>	/fɜː ˈkɒlə/
get changed <i>v</i>	/get ˈtʃeɪndʒd/
get dressed <i>v</i>	/get drest/
get undressed <i>v</i>	/get ʌnˈdrest/
go with <i>v</i>	/gəʊ wɪð/
hang up <i>v</i>	/ˈhæŋ ʌp/
hooded <i>adj</i>	/ˈhʊdɪd/
lace top <i>n</i>	/leɪs tɒp/
leather sandals <i>n pl</i>	/ˈleðə ˈsændlɪz/
linen suit <i>n</i>	/ˈlɪnɪn suːt/
long sleeved <i>adj</i>	/lɒŋ sliːvd/
loose <i>adj</i>	/luːs/
lycra swimsuit <i>n</i>	/ˈlaɪkrə ˈswɪmsuːt/
match <i>v</i>	/mætʃ/

I wore a **checked** shirt to the party.  
 I always wear a **cotton vest** under my clothes in winter.  
 I saved up to buy a **denim waistcoat**.  
 I'm going to **dress up** tonight.  
 Long skirts are really **fashionable** this summer.  
 These jeans don't **fit** me.  
 I love that coat with the **fur collar**.  
 I need to **get changed**.  
 Get up and **get dressed**.  
 Hurry up and **get undressed**!  
 I don't think that skirt will **go with** this top.  
 Please **hang up** your coat.  
 Lots of teenagers like to wear **hooded** tops.  
 I wore a black **lace top** on our first date.  
 He wore brown **leather sandals** every day on his holiday.  
 He wore a beige **linen suit** at the wedding.  
 I wore a blue **long sleeved** shirt.  
 He was wearing a **loose** linen suit.  
 I bought myself a new **lycra swimsuit**.  
 Does this bag **match** my shoes?

w kratkę  
 bawełniany podkoszulek  
 dżinsowa kamizelka  
 wystroić się  
 modny  
 pasować (rozmiarem)  
 futrzany kołnierz  
 przebierać się  
 ubierać się  
 rozbierać się  
 pasować (do czegoś)  
 wieszać  
 z kapturem  
 koronkowy top  
 skórzane sandały  
 płócienny garnitur  
 z długim rękawem  
 luźny  
 kostium kąpielowy z lycry  
 pasować do czegoś (kolorem, fasonem)  
 staromodny  
 wzorzysty  
 gładki, bez wzoru  
 zaniedbany  
 jedwabny(a) szalik, apaszka  
 bez rękawów  
 elegancki  
 w kropki  
 w paski  
 styl  
 stylowy  
 zamszowe kozaki, botki  
 pasować (komuś), być do twarzy  
 obcisły  
 modny  
 welwetowa mucha  
 dekolt w serek  
 wełniany sweter rozpinany

old-fashioned <i>adj</i>	/əʊld ˈfæʃənd/
patterned <i>adj</i>	/ˈpætənd/
plain <i>adj</i>	/pleɪn/
scruffy <i>adj</i>	/ˈskrʌfi/
silk scarf <i>n</i>	/sɪlk skaːf/
sleeveless <i>adj</i>	/ˈsliːvləs/
smart <i>adj</i>	/smɑːt/
spotted <i>adj</i>	/ˈspɒtɪd/
striped <i>adj</i>	/straɪpt/
style <i>n</i>	/stɑɪl/
stylish <i>adj</i>	/ˈstɑɪlɪʃ/
suede boots <i>n pl</i>	/sweɪd buːts/
suit <i>v</i>	/suːt/
tight <i>adj</i>	/taɪt/
trendy <i>adj</i>	/ˈtrendi/
velvet bow tie <i>n</i>	/ˈvelvɪt bəʊ taɪ/
V-neck <i>adj</i>	/ˈviː nek/
wool(len) cardigan <i>n</i>	/ˈwʊlən ˈkɑːdɪɡən/

My grandfather always wears very **old-fashioned** clothes.  
 She wore a **patterned** skirt with flowers on.  
 I tried on a **plain** blue top.  
 My teenage brother always looks really **scruffy** and dirty.  
 That's a beautiful **silk scarf**.  
 I wore a **sleeveless** dress to the wedding.  
 You need to look **smart** when we go out for dinner tonight.  
 She wore a pink and white **spotted** dress to the party.  
 I wore a blue and white **striped** T-shirt on the beach.  
 Good dressers have their own **style**.  
 That's a really **stylish** dress.  
 I bought myself some lovely brown **suede boots**.  
 Those glasses really **suit** you.  
 She was wearing a **tight** lycra skirt.  
 She always looks really **trendy**.  
 There is a **velvet bow tie** in my wardrobe.  
 He always wears a **V-neck** jumper over his shirts.  
 My nan knitted me a blue **woollen cardigan**.

# Useful words and phrases

<b>allow</b> <i>v</i>	/əˈlaʊ/	<i>They won't <b>allow</b> you to visit the hospital until the evening.</i>	<b>pozwalać</b>
<b>alternative remedy</b> <i>n</i>	/ɔːlˈtɜːnətɪv ˈremədi/	<i>I used an <b>alternative remedy</b> – a herbal barrier cream – to cure my hayfever.</i>	<b>medycyna alternatywna</b>
<b>ambulance</b> <i>n</i>	/ˈæmbjələns/	<i>An <b>ambulance</b> arrived to take the injured people to hospital.</i>	<b>karetka pogotowia</b>
<b>aspirin</b> <i>n</i>	/ˈæsprɪn/	<i>I take an <b>aspirin</b> every day.</i>	<b>aspiryna</b>
<b>bacteria</b> <i>n</i>	/bækˈtɪəriə/	<i>Lots of illnesses are caused by <b>bacteria</b>.</i>	<b>bakteria</b>
<b>blind</b> <i>adj</i>	/blaɪnd/	<i>My grandfather is <b>blind</b> now so he uses a white stick.</i>	<b>niewidomy</b>
<b>blood test</b> <i>n</i>	/ˈblʌd test/	<i>The doctor sent me for a <b>blood test</b> at the hospital.</i>	<b>badanie krwi</b>
<b>break down</b> <i>v</i>	/ˈbreɪk daʊn/	<i>I might <b>break down</b> and cry if you ask me about when my grandma died.</i>	<b>załamać się</b>
<b>cholesterol</b> <i>n</i>	/kəˈlestərɒl/	<i>The doctor did a test to find out my <b>cholesterol</b> level.</i>	<b>cholesterol</b>
<b>contact lenses</b> <i>n pl</i>	/ˈkɒntækt lenzɪz/	<i>I don't like wearing glasses so I wear <b>contact lenses</b>.</i>	<b>soczewki kontaktowe</b>
<b>damage</b> <i>v</i>	/ˈdæmɪdʒ/	<i>You'll <b>damage</b> your teeth if you try to open that bottle with them.</i>	<b>uszkadzać</b>
<b>deaf</b> <i>adj</i>	/def/	<i>Lots of old people become <b>deaf</b>.</i>	<b>głuchy</b>
<b>deal with</b> <i>v</i>	/diːl wɪð/	<i>Could you <b>deal with</b> the problems of old age?</i>	<b>poradzić sobie (z czymś)</b>
<b>diagnosis</b> <i>n</i>	/ˌdaɪəɡˈnəʊsɪs/	<i>The doctor gave me the wrong <b>diagnosis</b>.</i>	<b>diagnoza</b>
<b>false teeth</b> <i>n pl</i>	/fəːls tiːθ/	<i>My grandmother wears <b>false teeth</b>.</i>	<b>sztuczna szczęka</b>
<b>first aid</b> <i>n</i>	/ˌfɜːst ˈeɪd/	<i>Have you ever had to give <b>first aid</b> to anyone?</i>	<b>pierwsza pomoc</b>
<b>go through</b> <i>v</i>	/ɡəʊ θruː/	<i>Teenagers often <b>go through</b> a lot of difficult times.</i>	<b>przechodzić przez (coś)</b>
<b>grey wig</b> <i>n</i>	/ɡreɪ wɪɡ/	<i>I wore a <b>grey wig</b> to make myself look older.</i>	<b>siwa peruka</b>
<b>heart rate</b> <i>n</i>	/hɑːt reɪt/	<i>She told me that my <b>heart rate</b> was a bit fast.</i>	<b>tętno</b>
<b>hidden</b> <i>adj</i>	/ˈhɪdn/	<i><b>Hidden</b> cameras recorded how other people reacted to them.</i>	<b>ukryty</b>
<b>injection</b> <i>n</i>	/ɪnˈdʒekʃn/	<i>I had an <b>injection</b> to take the pain away.</i>	<b>zastrzyk</b>
<b>life-threatening</b> <i>adj</i>	/ˈlaɪf θreɪtnɪŋ/	<i>I convinced myself that I had a <b>life-threatening</b> illness.</i>	<b>zagrożający życiu</b>
<b>medical</b> <i>adj</i>	/ˈmedɪkl/	<i>Would you know what to do in a <b>medical</b> emergency?</i>	<b>medyczny</b>
<b>medicine</b> <i>n</i>	/ˈmedsn/	<i>You haven't taken your <b>medicine</b> yet.</i>	<b>lekarstwo</b>
<b>miracle cure</b> <i>n</i>	/ˈmɪrəkl kʃʊə/	<i>Some homeopathic remedies claim to be a <b>miracle cure</b>.</i>	<b>cudowne lekarstwo</b>
<b>mouth ulcer</b> <i>n</i>	/maʊθ ˈʌlsə/	<i>I have a painful <b>mouth ulcer</b> on the end of my tongue.</i>	<b>afta</b>
<b>operation</b> <i>n</i>	/ˌɒpəˈreɪʃn/	<i>Have you ever had an <b>operation</b>?</i>	<b>operacja</b>
<b>paracetamol</b> <i>n</i>	/ˌpærəˈsiːtəməʊl/	<i>I took some <b>paracetamol</b> to get rid of my headache.</i>	<b>paracetamol</b>
<b>pulse</b> <i>n</i>	/pʌls/	<i>Since my trip to hospital I've been obsessively checking my <b>pulse</b>.</i>	<b>puls</b>
<b>recommend</b> <i>v</i>	/ˌrekəˈmend/	<i>What kinds of websites does she <b>recommend</b>?</i>	<b>polecać</b>
<b>role</b> <i>n</i>	/rəʊl/	<i>Playing the <b>role</b> of an old person made me feel emotional.</i>	<b>rola (w filmie)</b>
<b>surgery</b> <i>n</i>	/ˈsɜːdʒəri/	<i>I was told that I needed heart <b>surgery</b>.</i>	<b>operacja</b>
<b>symptom</b> <i>n</i>	/ˈsɪmptəm/	<i>Fever is one <b>symptom</b> of flu.</i>	<b>objaw</b>
<b>treat</b> <i>v</i>	/triːt/	<i>What's the best way to <b>treat</b> a nosebleed?</i>	<b>leczyć</b>
<b>typical</b> <i>adj</i>	/ˈtɪpɪkl/	<i>A <b>typical</b> image of an old person is someone with a walking stick waiting at a bus stop.</i>	<b>typowy</b>
<b>under the weather</b>	/ˈʌndə ðə ˈweðə/	<i>A few weeks ago I was feeling <b>under the weather</b>.</i>	<b>czuć się kiepsko</b>
<b>virus</b> <i>n</i>	/ˈvaɪrəs/	<i>Colds are caused by a <b>virus</b>.</i>	<b>wirus</b>
<b>wound</b> <i>n</i>	/wuːnd/	<i>Wash the <b>wound</b> under running water.</i>	<b>rana</b>
<b>wrinkled</b> <i>adj</i>	/ˈrɪŋkld/	<i>That old lady has really <b>wrinkled</b> skin.</i>	<b>pomarszczony</b>
<b>X-ray</b> <i>n</i>	/ˈeks reɪ/	<i>He had an <b>X-ray</b> to see if he had broken his leg.</i>	<b>rentgen</b>

## More words in File 2

<b>A&amp;E (Accident and Emergency)</b> <i>n</i>	/eɪ ən i:/	<i>They sent me to <b>A&amp;E</b> for some tests.</i>	ostry dyżur
<b>actually</b> <i>adv</i>	/ˈæktʃuəli/	<i>So-called 'miracle cures' may <b>actually</b> do you harm.</i>	tak naprawdę, w rzeczywistości
<b>adventurous</b> <i>adj</i>	/ədˈventʃərəs/	<i>My mum is really <b>adventurous</b> and is always going on holiday to strange places.</i>	śmiały, lubiący przygody
<b>apart from</b>	/əˈpɑːt frəm/	<i><b>Apart from</b> the symptoms you described, do you feel well?</i>	pomijając (coś), oprócz czegoś
<b>assume</b> <i>v</i>	/əˈsjuːm/	<i>Many people <b>assume</b> that what they read on the internet is fact.</i>	zakładać, przypuszczać
<b>ban</b> <i>v</i>	/bæn/	<i>Do you think they will <b>ban</b> fur coats?</i>	zabraniać
<b>blazer</b> <i>n</i>	/ˈbleɪzə/	<i>He always wears a <b>blazer</b> over his shirt.</i>	marynarka, blezer
<b>chinos</b> <i>n pl</i>	/ˈtʃiːnəʊz/	<i>Those blue <b>chinos</b> look great on you.</i>	chinosy (spodnie)
<b>cloth</b> <i>n</i>	/klɒθ/	<i>Use a piece of clean <b>cloth</b> as a bandage.</i>	materiał, tkanina
<b>clumsy</b> <i>adj</i>	/ˈklʌmzi/	<i>I'm so <b>clumsy</b> – I'm always breaking things.</i>	niezdarny
<b>confession</b> <i>n</i>	/kənˈfeʃn/	<i>I have a <b>confession</b> to make – I've lost the handbag you gave me.</i>	wyznanie
<b>conform</b> <i>v</i>	/kənˈfɔːm/	<i>Do you know people in that age group who don't <b>conform</b> to stereotypes?</i>	podporządkowywać się, dostosowywać się
<b>consolation</b> <i>n</i>	/ˌkɒnsəˈleɪʃn/	<i>The only <b>consolation</b> for this condition is that I'm in good company.</i>	pocieszenie
<b>cover</b> <i>v</i>	/ˈkʌvə/	<i><b>Cover</b> the wound with a clean bandage.</i>	przykrywać
<b>create</b> <i>v</i>	/kriˈeɪt/	<i>Did you <b>create</b> this report using information from the internet?</i>	tworzyć, przygotowywać
<b>cyberchondriac</b> <i>n</i>	/ˌsaɪbəˈkɒndrɪæk/	<i>A <b>cyberchondriac</b> researches symptoms online.</i>	osoba nieustannie poszukująca w internecie informacji o chorobach i ich objawach
<b>develop</b> <i>v</i>	/dɪˈveləp/	<i>Wait for a few days and see how your symptoms <b>develop</b>.</i>	rozwijać się
<b>discriminate</b> <i>v</i>	/dɪˈskrɪmɪneɪt/	<i>The online information often doesn't <b>discriminate</b> between common and very rare conditions.</i>	rozróżniać
<b>documentary</b> <i>n</i>	/ˌdɒkjʊˈmentri/	<i>She appeared in a TV <b>documentary</b> about old people.</i>	film dokumentalny
<b>Dutch</b> <i>adj</i>	/dʌtʃ/	<i>I had a wonderful <b>Dutch</b> cheese when I was in Amsterdam.</i>	holenderski
<b>ECG machine</b> <i>n</i>	/ˌiː siː ˈdʒiː məˈʃiːn/	<i>What if the <b>ECG machine</b> was faulty?</i>	elektrokardiograf
<b>elderly</b> <i>adj</i>	/ˈeldəli/	<i><b>Elderly</b> people often feel lonely.</i>	starszy, w podeszłym wieku
<b>exist</b> <i>v</i>	/ɪɡˈzɪst/	<i>Does that condition really <b>exist</b>?</i>	istnieć
<b>fare</b> <i>n</i>	/feə/	<i>He tried to pay his bus <b>fare</b> with a £20 note.</i>	opłata za przejazd, bilet
<b>GP (general practitioner)</b> <i>n</i>	/ˌdʒiː ˈpiː/	<i>After days of intensive internet diagnosis, I finally went to see my <b>GP</b>.</i>	lekarz pierwszego kontaktu, lekarz rodzinny
<b>harm</b> <i>n</i>	/hɑːm/	<i>Some medicines bought online may do you <b>harm</b>.</i>	krzywda
<b>herbal</b> <i>adj</i>	/ˈhɜːbl/	<i>He's a strong believer in <b>herbal</b> medicine.</i>	ziołowy
<b>hypochondriac</b> <i>n</i>	/ˌhaɪpəˈkɒndrɪæk/	<i>My uncle always thinks he's ill – he's such a <b>hypochondriac</b>.</i>	hipochondryk
<b>ignorant</b> <i>adj</i>	/ˈɪɡnərənt/	<i>It made me realise how <b>ignorant</b> I was.</i>	ignorant
<b>ignore</b> <i>v</i>	/ɪɡˈnɔː/	<i>I'm going to <b>ignore</b> you because you are annoying me.</i>	ignorować
<b>impossible</b> <i>adj</i>	/ɪmˈpɒsəbl/	<i>It's <b>impossible</b> to cure this illness.</i>	niemożliwy
<b>involve</b> <i>v</i>	/ɪnˈvɒlv/	<i>Will the treatment <b>involve</b> an operation?</i>	wymagać
<b>lean</b> <i>v</i>	/liːn/	<i>Should I <b>lean</b> my head forwards or backwards if I have a nosebleed?</i>	przechylać
<b>monitor</b> <i>n</i>	/ˈmɒnɪtə/	<i>I'm going to buy a heart rate <b>monitor</b>.</i>	kardiomonитор
<b>painful</b> <i>adj</i>	/ˈpeɪnfl/	<i>This blister is really <b>painful</b>.</i>	bolesny
<b>pensioner</b> <i>n</i>	/ˈpenʃənə/	<i>One of my new friends is a <b>pensioner</b>.</i>	emeryt(tka)
<b>piercing</b> <i>n</i>	/ˈpiːsɪŋ/	<i>She has a <b>piercing</b> in her eyebrow.</i>	kolczyk
<b>pinch</b> <i>v</i>	/pɪntʃ/	<i><b>Pinch</b> the soft part of the nose.</i>	uciskać
<b>plastic</b> <i>adj</i>	/ˈplæstɪk/	<i>If you haven't got a bandage you can use a clean <b>plastic</b> bag.</i>	plastikowy
<b>preparation</b> <i>n</i>	/ˌprepeɪˈreɪʃn/	<i>The physical <b>preparation</b> for the role was very uncomfortable.</i>	przygotowanie
<b>press</b> <i>v</i>	/pres/	<i><b>Press</b> on the wound to stop the bleeding.</i>	ucisnąć



<b>rare</b> <i>adj</i>	/reə/	He's suffering from a very <b>rare</b> condition that is hard to treat.	<b>rzadki</b>
<b>refer</b> <i>v</i>	/rɪˈfɜː/	Do the first answers that come up on an internet search <b>refer</b> to the most common causes of a symptom?	<b>odnosić się (do czegoś)</b>
<b>related</b> <i>adj</i>	/rɪˈleɪtɪd/	A lot of website searches are <b>related</b> to health.	<b>związany (z czymś)</b>
<b>remove</b> <i>v</i>	/rɪˈmuːv/	Once something has been put up on the internet it's difficult to <b>remove</b> .	<b>usuwać</b>
<b>residential</b> <i>adj</i>	/ˌreziˈdenʃl/	My grandfather now lives in a <b>residential</b> home.	<b>dom opieki</b>
<b>reveal</b> <i>v</i>	/rɪˈviːl/	This study could <b>reveal</b> a serious problem.	<b>ujawniać</b>
<b>scare story</b> <i>n</i>	/skeəˈstɔːri/	Do you believe every <b>scare story</b> you read?	<b>przerażająca historia</b>
<b>scenario</b> <i>n</i>	/səˈnɑːriəʊ/	What's the worst-case <b>scenario</b> ?	<b>scenariusz</b>
<b>software</b> <i>n</i>	/ˈsɒftweɪ/	My brother has just started a new job with a <b>software</b> company.	<b>oprogramowanie</b>
<b>streaked</b> <i>adj</i>	/ˈstriːkt/	I think blue <b>streaked</b> hair looks great at any age.	<b>z pasemkami</b>
<b>sufficiently</b> <i>adv</i>	/səˈfɪʃntli/	Society doesn't <b>sufficiently</b> value the wisdom that elderly people have.	<b>wystarczająco</b>
<b>support</b> <i>v</i>	/səˈpɔːt/	Put something under your leg to <b>support</b> it.	<b>opierać</b>
<b>Swedish</b> <i>adj</i>	/ˈswiːdɪʃ/	The man was walking along the road with a tall, blonde <b>Swedish</b> woman.	<b>Szwed(ka)</b>
<b>synthetic</b> <i>adj</i>	/sɪnˈθetɪk/	They were given <b>synthetic</b> wrinkled skin.	<b>syntetyczny, sztuczny</b>
<b>tattoo</b> <i>n</i>	/təˈtuː/	I have a <b>tattoo</b> on my ankle.	<b>tatuaż</b>
<b>technical</b> <i>adj</i>	/ˈteknɪkl/	What's the <b>technical</b> term for a fast heart rate?	<b>techniczny</b>
<b>trade</b> <i>v</i>	/treɪd/	Would you like to <b>trade</b> places with an old person for a day?	<b>zamienić się miejscami</b>
<b>trick</b> <i>v</i>	/trɪk/	I'm going to <b>trick</b> you into thinking I'm an old man.	<b>oszukiwać, zwodzić</b>
<b>tumour</b> <i>n</i>	/ˈtjuːmə/	A brain <b>tumour</b> develops in fewer than one in 50,000 people.	<b>guz</b>
<b>unenthusiastic</b> <i>adj</i>	/ʌnɪnˌθjuːzɪˈæstɪk/	He was really <b>unenthusiastic</b> about going to the theatre.	<b>nastawiony niezbyt entuzjastycznie</b>
<b>user</b> <i>n</i>	/ˈjuːzə/	Are you a frequent <b>user</b> of the internet?	<b>użytkownik</b>
<b>vain</b> <i>adj</i>	/veɪn/	Fashion-conscious people are usually <b>vain</b> and selfish.	<b>próżny, pyszny</b>
<b>vulnerable</b> <i>adj</i>	/ˈvʌlnərəbl/	Old people living on their own can feel quite <b>vulnerable</b> .	<b>bezradny, bezbronny</b>
<b>wine</b> <i>n</i>	/waɪn/	This <b>wine</b> should improve with age.	<b>wino</b>
<b>wise</b> <i>adj</i>	/waɪz/	My grandfather is a <b>wise</b> man and gives really good advice.	<b>mądry</b>

## File 3

### Vocabulary Banks

#### AIR TRAVEL

<b>airport terminal</b> <i>n</i>	/ˈeəpɔːt ˈtɜːmɪnəl/	The taxi dropped us off at the <b>airport terminal</b> .	<b>terminal lotniczy</b>
<b>aisle</b> <i>n</i>	/aɪl/	The cabin crew started to run up and down the <b>aisle</b> .	<b>przejście</b>
<b>baggage drop off</b> <i>n</i>	/ˈbæɡɪdʒ ˈdrɒp ɒf/	Please take that bag to <b>baggage drop off</b> .	<b>odprawa bagażu</b>
<b>baggage reclaim</b> <i>n</i>	/ˈbæɡɪdʒ rɪˈkleɪm/	You need to go to <b>baggage reclaim</b> .	<b>odbiór bagażu</b>
<b>boarding pass</b> <i>n</i>	/ˈbɔːdɪŋ pɑːs/	Please show your <b>boarding pass</b> to the steward.	<b>karta pokładowa</b>
<b>cabin crew</b> <i>n</i>	/ˈkæbɪn kruː/	Can you call one of the <b>cabin crew</b> to help me with my hand luggage?	<b>obsługa kabiny pasażerskiej</b>
<b>check in</b> <i>v</i>	/tʃek ɪn/	You need to <b>check in</b> when you arrive at the airport.	<b>odprawić się, przejść odprawę biletową</b>
<b>check-in desk</b> <i>n</i>	/tʃek ɪn deɪsk/	Please go immediately to the <b>check-in desk</b> .	<b>stanowisko odprawy</b>
<b>collect</b> <i>v</i>	/kəˈlekt/	Please <b>collect</b> your luggage on arrival.	<b>odbierać</b>
<b>connecting flight</b> <i>n</i>	/kəˈnektɪŋ flaɪt/	When I get to Frankfurt I need to get a <b>connecting flight</b> to Berlin.	<b>lot z przesiadką</b>
<b>customs</b> <i>n</i>	/ˈkʌstəmz/	Show your passport at <b>customs</b> .	<b>odprawa celna</b>
<b>departures board</b> <i>n</i>	/dɪˈpɑːtʃəz bɔːd/	We looked at the <b>departures board</b> to find out about our flight.	<b>tablica odlotów</b>

<b>direct flight</b> <i>n</i>	/də'rekt flait/	Is there a <b>direct flight</b> from London to Bangkok?	lot bezpośredni
<b>domestic</b> <i>adj</i>	/də'mestɪk/	The <b>domestic</b> flight flew from London to Manchester.	krajowy
<b>drop off</b> <i>v</i>	/drɒp ɒf/	Can your mum <b>drop us off</b> at the airport tomorrow morning?	podrzucać kogoś, podwozić
<b>fill in</b> <i>v</i>	/fɪl ɪn/	Please <b>fill in</b> this immigration form before landing.	wypełniać
<b>gate</b> <i>n</i>	/geɪt/	How long will it take to walk to our <b>gate</b> ?	wyjscie, bramka
<b>get off</b> <i>v</i>	/get ɒf/	I'm always happy to <b>get off</b> the plane at the end of a flight.	wysiądać
<b>get on</b> <i>v</i>	/get ɒn/	When I <b>get on</b> the plane I always look for the emergency exits.	wsiądać
<b>hand luggage</b> <i>n</i>	/'hænd lʌdʒɪz/	You shouldn't have sharp items in your <b>hand luggage</b> .	bagaż podręczny
<b>international</b> <i>adj</i>	/,ɪntə'næʃnəl/	My job involves a lot of <b>international</b> travel.	międzynarodowy
<b>jet lag</b> <i>n</i>	/'dʒet læg/	My <b>jet lag</b> after the flight was worse than usual.	zmęczenie po podróży samo- -lotem przez różne strefy czasowe
<b>land</b> <i>v</i>	/lənd/	That plane will <b>land</b> in five minutes.	lądować
<b>liquid</b> <i>n</i>	/'lɪkwɪd/	If you want to take a <b>liquid</b> through security the volume must be less than 100ml.	plyn
<b>long-haul flight</b> <i>n</i>	/lɒŋ hɔ:l flait/	Have you ever been on a <b>long-haul flight</b> ?	lot dalekiego zasięgu
<b>object</b> <i>n</i>	/'ɒbdʒekt/	We took a sharp <b>object</b> from that lady's hand luggage.	przedmiot
<b>pick up</b> <i>v</i>	/pɪk ʌp/	Where can we <b>pick up</b> our luggage?	odbierać
<b>prohibited</b> <i>adj</i>	/prə'hibɪtɪd/	This penknife is a <b>prohibited</b> item.	zabroniony
<b>runway</b> <i>n</i>	/'rʌnweɪ/	The plane taxied along the <b>runway</b> .	pas startowy
<b>scan</b> <i>v</i>	/skæn/	They will <b>scan</b> your luggage at security.	skanować
<b>seat belt</b> <i>n</i>	/'si:t belt/	Put on your <b>seat belt</b> , please.	pas bezpieczeństwa
<b>security</b> <i>n</i>	/sɪ'kjʊərəti/	They opened my bag at <b>security</b> .	kontrola bezpieczeństwa
<b>sharp</b> <i>adj</i>	/ʃɑ:p/	This knife is a <b>sharp</b> object so you can't take it through security.	ostry
<b>take off</b> <i>v</i>	/teɪk ɒf/	We have to wait for another plane to leave the runway before we can <b>take off</b> .	startować (o samolocie)
<b>trip</b> <i>n</i>	/trɪp/	Have you ever arrived home from a <b>trip</b> and had a surprise?	podróż
<b>turbulence</b> <i>n</i>	/'tɜ:bjələns/	Is <b>turbulence</b> really dangerous?	turbulencje
<b>VIP lounge</b> <i>n</i>	/,vi: ai 'pi: laʊndʒ/	We waited in the <b>VIP lounge</b> .	pożyczalnia dla VIP-ów

## Adverbs and adverbial phrases

<b>anyway</b> <i>adv</i>	/'eniweɪ/	It's good that I was made redundant because I wanted to leave the company <b>anyway</b> .	i tak, mimo to
<b>apparently</b> <i>adv</i>	/ə'pærəntli/	<b>Apparently</b> this house is worth £200,000!	najwyraźniej
<b>at the end</b> <i>adv</i>	/æt ðə end/	<b>At the end</b> of the concert we all clapped.	na zakończenie
<b>at the moment</b>	/æt ðə 'məʊmənt/	What are you reading <b>at the moment</b> ?	w tej chwili
<b>basically</b> <i>adv</i>	/'beɪsɪkli/	<b>Basically</b> we don't have enough money to move.	w zasadzie, właściwie
<b>especially</b> <i>adv</i>	/'ɪspeʃəli/	I love ice-cream, <b>especially</b> vanilla-flavoured.	zwłaszcza, szczególnie
<b>even</b> <i>adv</i>	/'i:vən/	He always wears the latest fashions <b>even</b> if they don't suit him.	nawet (jeśli)
<b>eventually</b> <i>adv</i>	/'ɪventʃuəli/	It took a long time, but <b>eventually</b> I had enough to buy a house.	ostatecznie
<b>ever</b> <i>adv</i>	/'evə/	Have you <b>ever</b> been to Italy?	kiedyś
<b>gradually</b> <i>adv</i>	/'grædʒuəli/	Mark <b>gradually</b> began to realize that Lucy didn't love him anymore.	stopniowo
<b>hard</b> <i>adv</i>	/hɑ:d/	How <b>hard</b> does your father work?	ciężko
<b>hardly</b> <i>adv</i>	/'hɑ:dlɪ/	It's so foggy, I can <b>hardly</b> see anything.	ledwo, ledwie
<b>ideally</b> <i>adv</i>	/aɪ'di:əli/	<b>Ideally</b> we'd like to live near the sea, but it's not practical.	najlepiej by było
<b>in fact</b> <i>adv</i>	/ɪn fækt/	We thought they were friends, but <b>in fact</b> they hated each other.	właściwie, tak naprawdę
<b>in the end</b> <i>adv</i>	/ɪn ðə end/	I thought the job would be boring, but <b>in the end</b> I loved it.	ostatecznie
<b>late</b> <i>adv</i>	/leɪt/	The plane was <b>late</b> because of bad weather.	opóźniony



lately <i>adv</i>	/ˈleɪtli/
near <i>adv</i>	/nɪə/
nearly <i>adv</i>	/ˈnɪəli/
obviously <i>adv</i>	/ˈɒbvɪəsli/
specially <i>adv</i>	/ˈspeʃəli/
still <i>adv</i>	/stiːl/
yet <i>adv</i>	/jet/

I haven't heard from Mike **lately**.  
 Is there a bank **near** here?  
 I've **nearly** finished my book.  
 She's been promoted so **obviously** she'll get a pay rise.  
 I wrote a **specially** commissioned report for the government.  
 He's 35, but he **still** lives with his parents.  
 Have you found a job **yet**?

ostatnio  
 w pobliżu  
 prawie  
 oczywiście  
 specjalnie, na specjalne zamówienie  
 nadal, wciąż  
 już

## Useful words and phrases

aim <i>v</i>	/eɪm/
anonymous <i>adj</i>	/əˈnɒnɪməs/
approve <i>v</i>	/əˈpruːv/
bitterly <i>adv</i>	/ˈbɪtəli/
brave <i>adj</i>	/breɪv/
comic <i>n</i>	/ˈkɒmɪk/
contribute <i>v</i>	/kənˈtrɪbjʊːt/
control <i>v</i>	/kənˈtrəʊl/
corner <i>v</i>	/ˈkɔːnə/
difference <i>n</i>	/ˈdɪfrəns/
disappear <i>v</i>	/ˌdɪsəˈpiə/
error <i>n</i>	/ˈerə/
exit <i>n</i>	/ˈegzɪt, ˈeksɪt/
explode <i>v</i>	/ɪkˈspləʊd/
fasten <i>v</i>	/ˈfɑːsn/
fear <i>v</i>	/fiə/
frequently <i>adv</i>	/ˈfriːkwəntli/
generation <i>n</i>	/ˌdʒenəˈreɪʃn/
grab <i>v</i>	/græb/
hold <i>v</i>	/həʊld/
industry <i>n</i>	/ˈɪndəstri/
inflate <i>v</i>	/ɪnˈfleɪt/
instruction <i>n</i>	/ɪnˈstrʌkʃn/
journal <i>n</i>	/ˈdʒɜːnl/
keep <i>v</i>	/kiːp/
life jacket <i>n</i>	/laɪf ˈdʒækt/
pack <i>v</i>	/pæk/
quality <i>n</i>	/ˈkwɒləti/
report <i>v</i>	/rɪˈpɔːt/
request <i>v</i>	/rɪˈkwest/
sound <i>v</i>	/saʊnd/
straight away <i>adv</i>	/ˌstreɪtəˈwei/
such <i>predet</i>	/sʌtʃ/

Don't **aim** that gun at me!  
 The book is co-written by **anonymous** airline staff whose identities must remain secret.  
 Do you **approve** of your son going out to nightclubs?  
 They had been arguing **bitterly** the night before.  
 The **brave** pilot landed the plane on the river.  
 Can you buy a **comic** for my little nephew?  
 Fiftywordstories.com is a website to which people from all over the world **contribute** 50-word stories in English.  
 You need to **control** the amount of food you eat if you want to lose weight.  
 Did the thieves **corner** you before stealing your money?  
 Will a small yellow life jacket with a whistle make any **difference** if the plane crashes into the sea?  
 I was so embarrassed that I wanted to **disappear**.  
 A pre-recorded emergency announcement was activated in **error** on our flight from Miami to Heathrow.  
 They pushed towards the emergency **exit**.  
 I think the engine is going to **explode**!  
**Fasten** your seat belts, please.  
 Do you **fear** the worst when you feel turbulence on a plane?  
 Buses run **frequently** from here into town.  
 The older **generation** doesn't understand us.  
 I saw him **grab** that lady's bag.  
**Hold** my hand – I'm scared!  
 Another miracle, courtesy of the airline **industry**.  
 Don't **inflate** your life jacket too early.  
 He will give you an **instruction** and you must follow it.  
 I wrote an article for an academic **journal**.  
 It was nearly 4 a.m. and she could hardly **keep** her eyes open.  
 They tell you how to put your **life jacket** on.  
 You've been sacked so you need to **pack** your things.  
 The **quality** of the food in this restaurant is pretty low.  
 She went to the police to **report** that someone had stolen her bag.  
 Some of the people who **request** wheelchairs often don't need them.  
 Does it **sound** as if the plane's going to crash?  
 I'll let you know **straight away**.  
 There is often **such** a strong smell of roast bird that passengers on the plane think that chicken is being cooked.

celować  
 anonimowy  
 akceptować, aprobować  
 zawzięcie, zażarcie  
 śmiały  
 komiks  
 współtworzyć  
 kontrolować  
 osaczać  
 różnica  
 znikać  
 pomyłka, błąd  
 wyjście  
 wybuchać  
 zapinać  
 bać się  
 często  
 pokolenie  
 chwytać  
 trzymać  
 branża, przemysł  
 napompować, nadmuchać  
 instrukcja, wskazówki  
 czasopismo  
 utrzymywać  
 kamizelka ratunkowa  
 pakować  
 jakość  
 zgłaszać  
 żądać  
 brzmieć  
 od razu  
 taki, tak

suddenly <i>adv</i>	/ˈsʌdənli/
textbook <i>n</i>	/ˈtekstbʊk/
the press <i>n</i>	/ðə pres/
true <i>adj</i>	/truː/
unable <i>adj</i>	/ʌnˈeɪbl/
wheelchair <i>n</i>	/ˈwiːltʃeə/

We **suddenly** realized that we had left one of the suitcases in the taxi.

I can't find my maths **textbook** anywhere!

She was written about in **the press**.

The story can either be **true** or invented.

They were **unable** to escape the rising water inside the plane.

Why do some airport staff get annoyed with people who ask for a **wheelchair**?

nagle

podręcznik

prasa

prawdziwy

nie móc, nie być w stanie

wózek inwalidzki

## More words in File 3

activate <i>v</i>	/ˈæktɪveɪt/
audio <i>n</i>	/ˈɔːdiəʊ/
bend <i>v</i>	/bend/
bush <i>n</i>	/bʊʃ/
cliff <i>n</i>	/klɪf/
confrontation <i>n</i>	/ˌkɒnfɹənˈteɪʃn/
courtesy <i>n</i>	/ˈkɜːtəsi/
dislike <i>v</i>	/dɪsˈlaɪk/
escape <i>v</i>	/ɪˈskeɪp/
fairly <i>adv</i>	/ˈfeəli/
family-run <i>adj</i>	/ˈfæməli rʌn/
ferry <i>n</i>	/ˈferi/
frantic <i>adj</i>	/ˈfræntɪk/
guard <i>n</i>	/ɡɑːd/
gun <i>n</i>	/ɡʌn/
hooligan <i>n</i>	/ˈhuːlɪɡən/
impact <i>n</i>	/ˈɪmpækt/
intake <i>n</i>	/ˈɪnteɪk/
just on time	/dʒʌst ɒn taɪm/
laughable <i>adj</i>	/ˈlɑːfəbl/
loudspeaker <i>n</i>	/ˌləʊdˈspiːkə/
movie-goer <i>n</i>	/ˈmuːvɪɡəʊə/
nerves <i>n</i>	/nɜːvz/
parking lot <i>n</i>	/ˈpɑːkɪŋ lɒt/
porter <i>n</i>	/ˈpɔːtə/
Portuguese <i>adj</i>	/ˌpɔːtʃuˈɡiːz/
process <i>n</i>	/ˈprəʊses/
protect <i>v</i>	/prəˈtekt/
pudding <i>n</i>	/ˈpuːdɪŋ/
purse <i>n</i>	/pɜːs/
revenge <i>n</i>	/rɪˈvendʒ/
set out to do (something)	/set aʊt tə duː/
shadowed <i>adj</i>	/ˈʃædəʊd/
shooting range <i>n</i>	/ˈʃuːtɪŋ reɪndʒ/
shortage <i>n</i>	/ˈʃɔːtɪdʒ/

A pre-recorded emergency announcement was **activated** in error on our flight from Miami.

I like to buy stories on **audio** so I can listen to them in the car.

She watched him **bend** iron.

There was a **bush** between her and her car.

Don't walk too close to the edge of the **cliff**.

He prepared himself for **confrontation** as the door opened.

Another miracle, **courtesy** of the airline industry!

I really **dislike** her.

They were unable to **escape** the rising water inside the plane.

It was **fairly** busy in the town centre.

It was a small **family-run** company.

We took the **ferry** from England to France.

I've been **frantic** – you're late again!

Don't let your **guard** down.

I want you to teach me how to shoot a **gun**.

My cousin is a football **hooligan**.

This is the captain, brace for **impact**.

You need to control your **intake** of calories.

I got to my appointment **just on time**.

Most airline passengers think it is **laughable** that a small yellow life jacket will make any difference if the plane crashes.

A voice came out of the **loudspeaker**.

The shops were closed when the last **movie-goers** came out into the street.

Do you suffer from **nerves** when you're in an exam?

We left our car in the **parking lot**.

We had so much luggage we had to ask for a **porter**.

I thought Paolo was **Portuguese**, but actually he's Brazilian.

It's all part of the **process**.

Stan had been telling her to learn how to **protect** herself.

What are you going to have for **pudding**?

One minute I had \$50 in my **purse** and then I had nothing.

**Revenge** is sweet.

They wouldn't stop until they had done what they had **set out to do**.

She examined the look on his **shadowed** face.

Take me to a **shooting range** so I can practise.

There's a **shortage** of wheelchairs.

aktywować

nagranie, książka dźwiękowa

zginać

krzak

klif, urwisko

konfrontacja

uprzejmość

nie lubić

uciekać

dość, dosyć

rodzinny

prom

oszalały (z jakiegoś powodu), zrozpaczony

ochrona

pistolet, broń

chuligan

uderzenie, zderzenie

spożycie

dokładnie na czas, punktualnie

śmieszny

głośnik

kinoman

stres, zdenerowanie

parking

bagażowy

Portugalczyk, Portugalka

proces

broniec

pudding, deser

portmonetka

zemsta

zaplanować zrobienie czegoś, postanowić coś zrobić

ukryta w cieniu

strzelnica

brak

specifically <i>adv</i>	/spə'sɪfɪkli/	Do you read anything <b>specifically</b> to improve your English?	specjalnie
stab <i>v</i>	/stæb/	I'm scared someone is going to <b>stab</b> me in this pub.	dźgnąć (nożem)
suitcase <i>n</i>	/'su:tkeɪs/	This <b>suitcase</b> is really heavy.	walizka
tourist <i>n</i>	/'tɔ:rist/	He's wearing socks and sandals so he must be a <b>tourist</b> .	turysta, turystka
traumatic <i>adj</i>	/trɔ: 'mætɪk/	It was a very <b>traumatic</b> experience.	traumatyczny
trigger <i>n</i>	/'trɪgə/	He pulled the <b>trigger</b> on the gun.	spust
upgrade <i>v</i>	/'ʌpgreɪd/	We'd like to <b>upgrade</b> you to first class.	przenosić (do wyższej klasy)
witch <i>n</i>	/wɪtʃ/	Watch out – the old <b>witch</b> is here!	czarownica

## File 4

### Vocabulary Banks

#### WEATHER

below zero	/bɪ'ləʊ 'ziərəʊ/	The temperature is <b>below zero</b> . It's minus five.	poniżej zera
blizzard <i>n</i>	/'blɪzəd/	A <b>blizzard</b> is a snow storm with very strong winds.	zamieć śnieżna
boiling <i>adj</i>	/'bɔɪlɪŋ/	It's too hot today. It's <b>boiling</b> .	upalny
breeze <i>n</i>	/bri:z/	The <b>breeze</b> is really cooling me down.	wiaterek
bright <i>adj</i>	/braɪt/	The <b>bright</b> sunshine lit up the mountain.	jasny
changeable <i>adj</i>	/'tʃeɪndʒəbl/	The weather is very <b>changeable</b> in the UK.	zmienny
chilly <i>adj</i>	/'tʃɪli/	It's a bit <b>chilly</b> in here. Shall I put the heating on?	chłodny
clear <i>adj</i>	/kliə/	On a <b>clear</b> day you can see for miles.	bezchmurny
cool <i>adj</i>	/ku:l/	It's a bit <b>cool</b> for this time of year. It's normally hotter.	zimny
damp <i>adj</i>	/dæmp/	The clothes are <b>damp</b> . There must have been a bit of rain last night.	wilgotny
drizzle <i>n</i>	/'drɪzl/	It's only raining a little bit. Just a light <b>drizzle</b> .	mżawka
drought <i>n</i>	/draʊt/	A <b>drought</b> is a long, dry period when there is little or no rain.	susza
flash <i>n</i>	/flæʃ/	The <b>flash</b> of lightning could be seen for miles.	blysk
flood <i>n</i>	/flʌd/	A <b>flood</b> is when everything becomes covered with water.	powódź
forecast <i>n</i>	/'fɔ:kɑ:st/	The <b>forecast</b> next week is for snow.	prognoza
freezing <i>adj</i>	/'fri:zɪŋ/	It's <b>freezing</b> ! I'll have to scrape the ice from my car.	mroźny
get soaked <i>v</i>	/get səʊkt/	It poured with rain and I didn't have an umbrella. I <b>got soaked</b> .	przemoknąć
hail <i>n</i>	/heɪl/	<b>Hail</b> is small balls of ice that fall like rain.	grad
heatwave <i>n</i>	/'hi:twɛv/	A <b>heatwave</b> is a period of unusually hot weather.	fala upałów
heavy <i>adj</i>	/'hevi/	The rain was so <b>heavy</b> I had to stop driving.	silny
hill <i>n</i>	/hɪl/	The snow will be much heavier in the <b>hills</b> .	wzgórze
humid <i>adj</i>	/'hju:mɪd/	It's hot and there's a lot of moisture in the air. It feels <b>humid</b> .	wilgotny
hurricane <i>n</i>	/'hʌrɪkən/	A <b>hurricane</b> is a violent coastal storm with very strong winds.	huragan
icy <i>adj</i>	/'aɪsi/	I fell over on the <b>icy</b> path.	oblodzony
lightning <i>n</i>	/'laɪtnɪŋ/	<b>Lightning</b> is a flash of very bright light in the sky caused by electricity.	blyskawica
midday <i>n</i>	/'mɪd 'deɪ/	Rain will move into the area from <b>midday</b> .	południe
mild <i>adj</i>	/maɪld/	It's quite <b>mild</b> by September. The summer heat has gone.	łagodny
mist <i>n</i>	/mɪst/	The <b>mist</b> from the sea was so thick I couldn't see anything.	mgła
monsoon <i>n</i>	/'mɒn'su:n/	A <b>monsoon</b> is the season when it rains a lot in southern Asia.	monsun
occasional <i>adj</i>	/'ə'keɪʒənəl/	It will be mostly sunny with <b>occasional</b> periods of rain.	przelotny
occur <i>v</i>	/'ɒ'kɜ:/	How often do these hot periods <b>occur</b> ?	występować
period <i>n</i>	/'pɪəriəd/	It's been a really wet <b>period</b> this summer. How many weeks is it now?	okres

pleasant <i>adj</i>	/ˈpleznt/	It's quite <b>pleasant</b> . You won't need a jumper.	przyjemny
pouring (with rain) <i>v</i>	/pɔː(r)ɪŋ wɪð reɪn/	When we arrived in New York it was <b>pouring with rain</b> .	lać jak z cebra
scorching <i>adj</i>	/ˈskoːtʃɪŋ/	It's <b>scorching</b> ! I need to go inside to cool down.	skwarny
settled <i>adj</i>	/ˈsetld/	After a period of changeable weather it became much more <b>settled</b> .	stabilny
shower <i>n</i>	/ˈʃaʊə/	Let's wait a minute to see if it's just a short <b>shower</b> .	przelotny deszcz
smog <i>n</i>	/smɒɡ/	Los Angeles is famous for its thick <b>smog</b> .	smog
strong <i>adj</i>	/strɒŋ/	The <b>strong</b> wind blew over many trees.	silny
sunburnt <i>adj</i>	/ˈsʌnbɜːnt/	I wear suncream on hot days so I don't get <b>sunburnt</b> .	poparzony (od słońca)
sunny <i>adj</i>	/ˈsʌni/	You look really brown. Was it <b>sunny</b> on your holiday?	słoneczny
sweat <i>v</i>	/ˈswet/	I'm <b>sweating</b> . Can we turn the air conditioning on?	pocić się
thick <i>adj</i>	/θɪk/	The fog was so <b>thick</b> I couldn't see anything.	gęsty
thunder <i>n</i>	/ˈθʌndə/	<b>Thunder</b> is the loud noise that you hear during a storm.	grzmot
tornado <i>n</i>	/tɔːˈneɪdəʊ/	A <b>tornado</b> is a violent storm that can appear without warning.	tornado
warm <i>adj</i>	/wɔːm/	How <b>warm</b> is it outside? Do I need a jumper?	ciepły

## Useful words and phrases

a sense of (one's) own vulnerability	/ə sens ɒv wʌnz əʊn ˌvʌlnərəˈbɪləti/	We want to give them <b>a sense of their own vulnerability</b> , their human limitations, and the risks involved.	poczucie własnej słabości
admit <i>v</i>	/ədˈmɪt/	The participants are asked to introduce themselves and <b>admit</b> that they have a problem.	przyznawać
affect <i>v</i>	/əˈfekt/	Does the weather <b>affect</b> your mood?	oddziaływać (na coś)
alive <i>adj</i>	/əˈlaɪv/	I want to stay <b>alive</b> for as long as possible.	żywy
buzz <i>n</i>	/bʌz/	It's not the speed, it's the <b>buzz</b> you get when you go fast.	podniecenie, ekscytacja
climate change <i>n</i>	/ˈklaɪmət tʃeɪndʒ/	Pollution is leading to <b>climate change</b> .	zmiana klimatu
communicate <i>v</i>	/kəˈmjʊːnɪkeɪt/	When will we have learnt enough English to be able to <b>communicate</b> fluently?	komunikować się
edge <i>n</i>	/edʒ/	Imagine that you had a dream where you were standing on the <b>edge</b> of a precipice.	skraj
environment <i>n</i>	/ɪnˈvaɪrənmənt/	Earth Day is an annual day to increase awareness of the <b>environment</b> .	środowisko
environmentally-friendly <i>adj</i>	/ɪnˈvaɪrənˌmentəli ˈfrendli/	I only shop at places which stock <b>environmentally-friendly</b> products.	przyjazny dla środowiska
face <i>v</i>	/feɪs/	The lessons learned from <b>facing</b> the difficulties may be very valuable in everyday life.	stawiać czoła, mierzyć się z
get straight to the point	/get streɪt tə ðə pɔɪnt/	Let me <b>get straight to the point</b> . This is not good enough.	przejsć od razu do rzeczy
global warming <i>n</i>	/ˌɡləʊbl ˈwɔːmɪŋ/	Many people worry that <b>global warming</b> is affecting the climate.	globalne ocieplenie
habitual offender <i>n</i>	/həˈbɪtʃʊəl əˈfendə/	He's a <b>habitual offender</b> . He's been caught six times.	notoryczny przestępca
in advance	/ɪn ədˈvɑːns/	Have you ever travelled somewhere without having booked somewhere to stay <b>in advance</b> ?	z wyprzedzeniem, z góry
in case	/ɪn keɪs/	Take your umbrella <b>in case</b> it's raining when you leave work.	na wypadek
lead <i>v</i>	/liːd/	I'm going to <b>lead</b> the session today.	prowadzić
make sure <i>v</i>	/meɪk ʃʊː/	Please <b>make sure</b> the windows are closed before you leave the house.	upewniać się
mixture <i>n</i>	/ˈmɪkstʃə/	The <b>mixture</b> of speed and noise raises people's adrenaline.	mieszanka
negative <i>adj</i>	/ˈnegətɪv/	Everything has two sides to it – a positive one and a <b>negative</b> one.	negatywny
observe <i>v</i>	/əbˈzɜːv/	I like to <b>observe</b> people's reactions when I tell them my news.	obserwować
opportunity <i>n</i>	/ˌɒpəˈtjuːnəti/	There are many <b>opportunities</b> for people with university degrees.	możliwość
participant <i>n</i>	/ˌpɑːˈtɪsɪpənt/	At the beginning of the course the <b>participants</b> are asked to introduce themselves and admit that they have a problem.	uczestnik
potentially fatal consequences	/pəˈtenʃəli ˈfɜːtl ˌkɒnsɪkwənsɪz/	It's sensation-seeking, it's taking risks, looking for that buzz, but ignoring the <b>potentially fatal consequences</b> .	potencjalnie tragiczne konsekwencje
realistic <i>adj</i>	/ˌrɪəˈlɪstɪk/	They need to make a <b>realistic</b> assessment of the risks involved.	realistyczny

<b>reason</b> <i>n</i>	/ˈriːzn/	The writer Sir John Mortimer saw a deeper <b>reason</b> for Britain's peculiar obsession with the weather.	przyczyna
<b>recycle</b> <i>v</i>	/ˈriːˈsaɪkl/	I <b>recycle</b> all my newspapers, bottles, and plastic salad boxes.	segregować (odpady)
<b>regret</b> <i>v</i>	/ˈrɪˈɡret/	I <b>regret</b> going to university. It didn't help me get a better job.	żałować
<b>regularly</b> <i>adv</i>	/ˈregjələli/	But if you <b>regularly</b> drive at 120mph (190kph) on a public road, sooner or later you're going to get caught.	regularnie
<b>release</b> <i>v</i>	/rɪˈliːs/	When you practise extreme sports your brain <b>releases</b> endorphins.	wyzwalać
<b>reusable</b> <i>adj</i>	/ˈriːˈjuːzəbl/	I own several <b>reusable</b> shopping bags made of recyclable materials.	wielokrotnego użytku
<b>rule</b> <i>v</i>	/ruːl/	The judge <b>ruled</b> that he had broken the law.	orzekać
<b>run out</b> <i>v</i>	/rʌn aʊt/	Other sources of energy will be needed as fossil fuels will <b>run out</b> .	wyczerpywać się
<b>soar</b> <i>v</i>	/sɔː/	Temperatures are set to <b>soar</b> to 30 degrees on Saturday.	gwałtownie wzrastać
<b>strategy</b> <i>n</i>	/ˈstrætədʒi/	In a world that's changing really quickly, the only <b>strategy</b> that is guaranteed to fail is not taking risks.	strategia
<b>sum up</b> <i>v</i>	/sʌm ʌp/	To <b>sum up</b> , extreme sports can have many health benefits.	podsumować
<b>take seriously</b>	/teɪk ˈsɪəriəsli/	We need to <b>take</b> the risks involved in driving very <b>seriously</b> .	traktować coś poważnie
<b>vehicle</b> <i>n</i>	/ˈviːəkl/	Motorcyclists make up just 1% of all the <b>vehicles</b> on the road.	pojazd
<b>warm spell</b> <i>n</i>	/wɔːm spel/	We need this <b>warm spell</b> after the rain we have had.	ocieplenie

## More words in File 4

<b>addiction</b> <i>n</i>	/əˈdɪkʃn/	People can suffer from <b>addiction</b> to many things, from smoking to speed.	uzależnienie, nałóg
<b>adrenaline</b> <i>n</i>	/əˈdrenəlɪn/	It's the <b>adrenaline</b> . It's the buzz you get when you go fast.	adrenalina
<b>affair</b> <i>n</i>	/əˈfeə/	We are friends, but I don't know much about their private <b>affairs</b> .	sprawa
<b>although</b> <i>conj</i>	/ɔːlˈðəʊ/	I think this is a family photo, <b>although</b> none of the family members are actually looking at the camera.	choć
<b>appliance</b> <i>n</i>	/əˈplaɪəns/	Always unplug electrical <b>appliances</b> (e.g. a hairdryer) as soon as you have stopped using them.	urządzenie
<b>battery</b> <i>n</i>	/ˈbætəri/	I throw dead <b>batteries</b> in the rubbish.	bateria
<b>bungee jump</b> <i>n</i>	/ˈbʌndʒɪ dʒʌmp/	When the rope broke from her <b>bungee jump</b> she landed in a river.	skok na bungee
<b>carbon footprint</b> <i>n</i>	/ˈkɑːbən ˈfʊtprɪnt/	My flights made my <b>carbon footprint</b> much bigger.	ślad węglowy
<b>chapter</b> <i>n</i>	/ˈtʃæptə/	She writes a <b>chapter</b> of her novel a week.	rozdział
<b>collision</b> <i>n</i>	/kəˈlɪʒn/	There was a <b>collision</b> between two cars but luckily no one was hurt.	kolizja
<b>curriculum</b> <i>n</i>	/kəˈrɪkjələm/	The teaching of handwriting will have disappeared from the school <b>curriculum</b> because students will only be writing on tablets or laptops.	program nauczania
<b>decorator</b> <i>n</i>	/ˈdekəreɪtə/	The <b>decorators</b> will have finished painting by Tuesday, so we can move back into the flat then.	malarz (pokoju)
<b>desalination</b> <i>n</i>	/diːˈsæliˈneɪʃn/	<b>Desalination</b> is when the salt is removed from sea water.	odsalanie
<b>disturb</b> <i>v</i>	/dɪˈstɜːb/	I'll have finished in an hour if you don't <b>disturb</b> me.	przeszkadzać
<b>double</b> <i>v</i>	/ˈdʌbl/	The manufacturing cost is set to <b>double</b> in the next ten years.	podwajać
<b>drown</b> <i>v</i>	/draʊn/	He <b>drowned</b> his cereal in milk.	zalać
<b>earnestly</b> <i>adv</i>	/ˈɜːnistli/	On television and in the newspapers, experts argued <b>earnestly</b> over what such extreme weather meant.	poważnie
<b>ecology</b> <i>n</i>	/iˈkɒlədʒi/	<b>Ecology</b> is the relationship between the plants, animals, and the environment in a particular area.	ekologia
<b>element</b> <i>n</i>	/ˈelɪmənt/	There is an <b>element</b> of addiction in this sort of behaviour.	element
<b>engrave</b> <i>v</i>	/ɪnˈɡreɪv/	My watch is <b>engraved</b> with my birthday.	wygrawerować
<b>equipment</b> <i>n</i>	/iˈkwɪpmənt/	You need a lot of <b>equipment</b> if you go camping.	sprzęt
<b>facilitate</b> <i>v</i>	/fəˈsɪlɪteɪt/	People use weather-talk to <b>facilitate</b> social interaction.	ułatwiać
<b>fence</b> <i>n</i>	/fens/	We often talk to our next-door neighbours over the <b>fence</b> in the garden.	ogrodzenie, płot
<b>fill</b> <i>v</i>	/fɪl/	I use a reusable water bottle which I <b>fill</b> with tap water.	wypełniać

furthermore <i>adv</i>	/ˈfɜːðəˈmɔː/	It is one of the cheapest available. <b>Furthermore</b> , it is one of the best.	ponadto
globe <i>n</i>	/ɡləʊb/	The weather varies greatly across the <b>globe</b> .	kula ziemiska, glob
guarantee <i>v</i>	/ˌɡærənˈtiː/	I can <b>guarantee</b> that you won't regret it.	gwarantować
helmet <i>n</i>	/ˈhelmt/	I always wear a <b>helmet</b> when riding my bike.	kask
idiot <i>n</i>	/ˈɪdiət/	I won't get in a car with him. He drives like an <b>idiot</b> .	idiota
in haste	/ɪn heɪst/	It is very important that decisions are not made <b>in haste</b> .	w pośpiechu
Indian summer <i>n</i>	/ˌɪndiən ˈsʌmə/	An <b>Indian summer</b> only occurs 'as a warm spell in autumn, especially in October and November'.	babie lato
interaction <i>n</i>	/ˌɪntərˈækʃn/	People use weather-talk to facilitate social <b>interaction</b> .	wzajemne relacje, interakcje
intoxicating <i>adj</i>	/ɪnˈtɒksɪkətɪŋ/	It is an <b>intoxicating</b> combination of high-powered engines, testosterone, and youth.	odurzający
intrinsically <i>adv</i>	/ɪnˈtrɪnzɪkli/	We talk about it a lot, but not because it is an <b>intrinsically</b> interesting topic.	sam w sobie, z natury rzeczy
lack <i>n</i>	/læk/	Many ski resorts will have closed because of a <b>lack</b> of winter snow.	brak, niedostatek
lock up <i>v</i>	/ˌlɒk ˈʌp/	Never leave a dog <b>locked up</b> in a car if it's hot.	zamykać
measure <i>n</i>	/ˈmeʒə/	They require a lot of equipment, safety <b>measures</b> , and well-trained and qualified instructors.	środek, sposób
no point	/nəʊ pɔɪnt/	There's <b>no point</b> phoning Sonia now. She won't be there.	nie ma sensu
organic <i>adj</i>	/ɔːˈɡæɪnɪk/	<b>Organic</b> fruit and vegetables haven't been treated with pesticides.	organiczny
oven <i>n</i>	/ˈʌvən/	Laura won't have arrived before dinner so I'll leave some food in the <b>oven</b> for her.	piekarnik
parachute jump <i>n</i>	/ˈpærəʃuːt dʒʌmp/	I did a <b>parachute jump</b> from a plane for charity.	skok ze spadochronem
peculiar <i>adj</i>	/pɪˈkjuːliə/	Britain has a <b>peculiar</b> obsession with the weather.	szczególny, dziwny
plenty <i>pron</i>	/ˈplenti/	If you are travelling somewhere, do you normally get to the station or airport with <b>plenty</b> of time or at the last minute?	mnóstwo, dużo
precipice <i>n</i>	/ˈpresəpɪs/	He dreamt he was standing on the edge of a <b>precipice</b> .	urwisko
reluctant <i>adj</i>	/rɪˈlʌktənt/	I am <b>reluctant</b> to talk about politics with my friends.	niechętny
resort <i>n</i>	/rɪˈzɔːt/	Many ski <b>resorts</b> will have closed because of a lack of winter snow.	ośrodek, kurort
rhythm <i>n</i>	/ˈrɪðəm/	I can't dance. I have no sense of <b>rhythm</b> .	rytm
sensation-seeking <i>v</i>	/senˈseɪfŋ ˈsiːkɪŋ/	It's <b>sensation-seeking</b> , it's taking risks, looking for that buzz, but ignoring the potentially fatal consequences.	poszukiwanie sensacji
severe <i>adj</i>	/sɪˈvɪə/	The accident caused <b>severe</b> damage to his spine.	poważny
sin <i>n</i>	/sɪn/	Earth Day is a day that invites people to think about their eco- <b>sins</b> .	grzech, przewinienie
solar panel <i>n</i>	/ˈsəʊlə ˈpænl/	Most people will have installed <b>solar panels</b> or wind turbines on their houses or blocks of flats to generate their own electricity.	panel słoneczny
statistic <i>n</i>	/stəˈtɪstɪk/	The <b>statistics</b> show that more people die on motorbikes than in cars.	statystyka
stock <i>v</i>	/stɒk/	I only shop at places which <b>stock</b> environmentally-friendly products.	oferować, sprzedawać
tempt <i>v</i>	/tempt/	Every year, more and more people are <b>tempted</b> by the idea of going on an adventure sports holiday, especially during the summer months.	kusić
testosterone <i>n</i>	/tesˈtɒstərɒn/	It is an intoxicating combination of high-powered engines, <b>testosterone</b> , and youth.	testosteron
the Met Office <i>n</i>	/ðə met ɒfɪs/	<b>The Met Office</b> provides the weather forecast for the UK.	serwis meteorologiczny
turbine <i>n</i>	/ˈtɜːbaɪn/	A wind <b>turbine</b> converts wind power into energy.	turbina
unlikely <i>adj</i>	/ʌnˈlaɪkli/	It's <b>unlikely</b> that schools will change much in the next few years.	mało prawdopodobny
urban <i>adj</i>	/ˈɜːbən/	I can't live in rural areas. I like living in <b>urban</b> places.	miejski



## File 5

### Vocabulary Banks

#### FEELINGS

<b>astonished</b> <i>adj</i>	/ə'stɒnɪʃt/	I was <b>astonished</b> when they lost. They always win.	<b>zaskoczony</b>
<b>bewildered</b> <i>adj</i>	/br'wɪldəd/	I was <b>bewildered</b> by the range of choices.	<b>oszołomiony</b>
<b>delighted</b> <i>adj</i>	/dr'lartɪd/	I was <b>delighted</b> with my high score.	<b>zachwycony</b>
<b>desperate</b> <i>adj</i>	/ˈdɛspərət/	I was <b>desperate</b> to get a job. I really needed the money.	<b>zdesperowany</b>
<b>devastated</b> <i>adj</i>	/ˈdɛvəstertɪd/	I was <b>devastated</b> when my grandad died.	<b>załamany</b>
<b>disappointed</b> <i>adj</i>	/dɪsə'pɔɪntɪd/	I was a bit <b>disappointed</b> you didn't come.	<b>rozczarowany</b>
<b>down</b> <i>adj</i>	/daʊn/	You look a bit <b>down</b> . What's the problem?	<b>przybity</b>
<b>gobsmacked</b> <i>adj</i>	/ˈɡɒbsmækt/	I was completely <b>gobsmacked</b> when I heard she was getting married!	<b>zatkąło (kogoś)</b>
<b>grateful</b> <i>adj</i>	/ˈɡreɪtfl/	I'm <b>grateful</b> for any help I get.	<b>wdzięczny</b>
<b>guilty</b> <i>adj</i>	/ˈɡɪlti/	I feel <b>guilty</b> when I eat too much.	<b>winny</b>
<b>gutted</b> <i>adj</i>	/ˈɡʌtɪd/	When they missed that last penalty I was absolutely <b>gutted</b> .	<b>głęboko rozczarowany</b>
<b>homesick</b> <i>adj</i>	/ˈhəʊmsɪk/	I miss home so much. I'm feeling <b>homesick</b> .	<b>tęsknić za domem</b>
<b>horrified</b> <i>adj</i>	/ˈhɒrɪfaɪd/	My mum was <b>horrified</b> with the mess in my room.	<b>przerażony</b>
<b>lonely</b> <i>adj</i>	/ˈləʊnli/	I feel <b>lonely</b> without you here.	<b>samotny</b>
<b>nervous</b> <i>adj</i>	/ˈnɜːvəs/	Exams make me <b>nervous</b> .	<b>nerwowy</b>
<b>offended</b> <i>adj</i>	/ə'fendɪd/	I feel really <b>offended</b> . My cousin didn't invite me to his wedding.	<b>urażony</b>
<b>overwhelmed</b> <i>adj</i>	/əʊvə'welmd/	I just don't know what to say. I'm <b>overwhelmed</b> with emotion.	<b>przytłoczony</b>
<b>proud</b> <i>adj</i>	/praʊd/	I'm so <b>proud</b> my daughter won the race.	<b>dumny</b>
<b>relieved</b> <i>adj</i>	/rɪ'liːvd/	I was <b>relieved</b> when I finally got a job.	<b>odczuwający ulgę</b>
<b>scared stiff</b> <i>adj</i>	/skeəd strɪf/	I'm <b>scared stiff</b> of heights.	<b>zdrętwiały ze strachu</b>
<b>shattered</b> <i>adj</i>	/ˈʃætəd/	I'm absolutely <b>shattered</b> . I just want to sit down and put my feet up.	<b>wykończony</b>
<b>shocked</b> <i>adj</i>	/ʃɒkt/	I was <b>shocked</b> by the sad news.	<b>zszokowany</b>
<b>sick of (hearing)</b>	/sɪk əv/	I'm <b>sick of</b> hearing you complain about my food. Why don't you learn to cook?	<b>mieć dość (słuchania czegoś)</b>
<b>stunned</b> <i>adj</i>	/stʌnd/	I was <b>stunned</b> by the proposal. I just wasn't expecting it.	<b>oszołomiony</b>
<b>thrilled</b> <i>adj</i>	/θrɪld/	I was <b>thrilled</b> when I heard I was going to become a grandparent.	<b>podekscytowany</b>

#### Useful words and phrases

<b>abandon</b> <i>v</i>	/ə'bəndən/	Eventually they decided to <b>abandon</b> the search for the village and just hike back to Apolo.	<b>porzucać</b>
<b>ability</b> <i>n</i>	/ə'bɪləti/	My <b>ability</b> to stay calm helps in my job.	<b>umiejętność</b>
<b>absolutely</b> <i>adv</i>	/ˈæbsəluːtli/	I find speaking in public <b>absolutely</b> terrifying. I hate doing it.	<b>całkowicie</b>
<b>alone</b> <i>adv</i>	/ə'ləʊn/	What would you do if you were hiking <b>alone</b> in the mountains and you got completely lost?	<b>sam, sama</b>
<b>anything</b> <i>pron</i>	/ˈeniθɪŋ/	Of course I've made mistakes, but I don't regret <b>anything</b> .	<b>nic</b>
<b>assess</b> <i>v</i>	/ə'ses/	They don't panic and they <b>assess</b> the situation clearly.	<b>oceniać</b>
<b>attempt</b> <i>n</i>	/ə'tempt/	It took me five <b>attempts</b> to get it right.	<b>próba</b>
<b>be bothered</b> <i>v</i>	/bi'boʊəd/	I wish people wouldn't leave supermarket trolleys in the car park just because they can't <b>be bothered</b> to take them back.	<b>przejmować się</b>
<b>briefing</b> <i>n</i>	/ˈbriːfɪŋ/	Pay attention to the flight attendant's safety <b>briefing</b> .	<b>instruktaż</b>
<b>bury</b> <i>v</i>	/ˈberi/	In traditional stories pirates always <b>bury</b> their treasure.	<b>zakopywać</b>
<b>case</b> <i>n</i>	/keɪs/	I wish my family would put DVDs back in their <b>cases</b> .	<b>pudełko</b>

<b>challenge</b> <i>n</i>	/ˈtʃælɪndʒ/	The key to survival is to divide the <b>challenges</b> into manageable tasks.	wyzwanie
<b>chance</b> <i>n</i>	/tʃɑːns/	The <b>chance</b> of winning the lottery is small.	szansa
<b>civilization</b> <i>n</i>	/ˌsɪvəlaɪˈzeɪʃn/	The four men set off from the town of Apolo and soon they had left <b>civilization</b> far behind.	cywilizacja
<b>count</b> <i>v</i>	/kaʊnt/	Memorize where the emergency exits are and <b>count</b> how many rows you are away from them.	liczyć
<b>destination</b> <i>n</i>	/ˌdestɪˈneɪʃn/	I'd keep walking and try to find my way to my <b>destination</b> .	cel podróży
<b>enter</b> <i>v</i>	/ˈentə/	Before they <b>entered</b> the jungle, the three friends made a promise that they would 'go in together and come out together'.	wchodzić
<b>excuse</b> <i>n</i>	/ɪkˈskjuːs/	Do you want me to phone and make an <b>excuse</b> ?	wymówka
<b>fact</b> <i>n</i>	/fækt/	I'm just completely bewildered by so many <b>facts</b> and figures.	fakt
<b>factor</b> <i>n</i>	/ˈfæktə/	Money was an important <b>factor</b> in my decision.	czynniki
<b>infuriate</b> <i>v</i>	/ɪnˈfjuəriət/	It really <b>infuriates</b> me when people drive too close behind me.	doprowadzać do szału
<b>intruder</b> <i>n</i>	/ɪnˈtruːdə/	What would you do if you woke up in the middle of the night and thought that you could hear an <b>intruder</b> in your home?	intruz
<b>major</b> <i>adj</i>	/ˈmeɪdʒə/	On average people have one <b>major</b> regret in life.	główny, ważny
<b>manage</b> <i>v</i>	/ˈmænɪdʒ/	I <b>managed</b> to give it up, which I'm proud of.	zdołać coś zrobić, uporać się z czymś
<b>manageable task</b> <i>n</i>	/ˈmænɪdʒəbl ˌtɑːsk/	The key to survival is to divide the challenges into <b>manageable tasks</b> .	zadanie możliwe do wykonania
<b>memorize</b> <i>v</i>	/ˈmeməraɪz/	I <b>memorize</b> a lot of information before any exam.	uczyć się na pamięć
<b>oversleep</b> <i>v</i>	/ˌəʊvəˈsliːp/	I wouldn't have been late if I hadn't <b>overslept</b> .	zaspać
<b>oxygen</b> <i>n</i>	/ˈɒksɪdʒən/	Plants produce <b>oxygen</b> for us to breathe.	tlen
<b>pay attention</b> <i>v</i>	/peɪ əˈtenʃn/	<b>Pay attention</b> and also read the safety information in the seat pocket.	zwracać uwagę
<b>pure</b> <i>adj</i>	/pjʊə/	I see them as <b>pure</b> mistakes – something to learn from.	czysty
<b>rate</b> <i>n</i>	/reɪt/	Research has shown that the survival <b>rate</b> in air crashes is 95.7%.	wskaźnik, współczynnik
<b>rational</b> <i>adj</i>	/ˈræʃnəl/	Try to keep calm and behave in a <b>rational</b> way.	racjonalny
<b>revolution</b> <i>n</i>	/ˌrevəˈluːʃn/	Many <b>revolutions</b> have changed the political systems of different countries.	rewolucja
<b>rumour</b> <i>n</i>	/ˈruːmə/	I wish people wouldn't start stupid <b>rumours</b> on Twitter that aren't true.	plotka
<b>self-control</b> <i>n</i>	/ˌself kənˈtrəʊl/	Well, that's your problem. You've got no <b>self-control</b> !	samokontrola
<b>species</b> <i>n</i>	/ˈspiːʃiːz/	The Amazonian rainforest is the home of more than half the plant and animal <b>species</b> known in the world.	gatunek, gatunki
<b>water</b> <i>v</i>	/ˈwɔːtə/	If you had <b>watered</b> the plants, they wouldn't have died.	podlewać

## More words in File 5

<b>avalanche</b> <i>n</i>	/ˈævələːnʃ/	An <b>avalanche</b> can be extremely dangerous for climbers.	lawina
<b>backpack</b> <i>v</i>	/ˈbækpæk/	In 1981 three friends went <b>backpacking</b> in a remote area of Bolivia.	wędrować z plecakiem
<b>Bolivia</b> <i>n</i>	/bəˈlɪviə/	<b>Bolivia</b> is in South America.	Boliwia
<b>cadet</b> <i>n</i>	/kəˈdet/	I was a <b>cadet</b> in the army in 2012.	kadet
<b>despair</b> <i>v</i>	/dɪˈspeə/	Apart from staying calm and not <b>despairing</b> , knowing the right thing to do in a crisis is also vital.	wpadać w rozpacz
<b>dwel</b> <i>v</i>	/dwel/	A recent survey has shown that we spend almost three-quarters of an hour every week <b>dwelling</b> on our regrets.	rozpamiętywać
<b>hysterical</b> <i>adj</i>	/hɪˈsterɪkl/	She was so excited she was <b>hysterical</b> .	histeryczny
<b>in the long run</b>	/ɪn ðə lɒŋ rʌn/	<b>In the long run</b> it was probably a good thing.	na dłuższą metę
<b>jungle</b> <i>n</i>	/ˈdʒʌŋɡl/	Four young men went into the <b>jungle</b> on the adventure of a lifetime.	dżungla
<b>lethal</b> <i>adj</i>	/ˈliːθl/	It is the home of more than half the plant and animal species known to man, many of which are <b>lethal</b> .	bardzo niebezpieczny, śmiertelny
<b>philosophy</b> <i>n</i>	/fəˈlɒsəfi/	I wish there was a song called 'Je regrette tout'. That would be my <b>philosophy</b> of life!	filozofia

property ladder <i>n</i>	/ˈprɒpəti ˈlædə/	Common regrets range from not getting on the <b>property ladder</b> sooner to not having had more relationships when they were younger.	drabina rynku nieruchomości kupowanie coraz droższych nieruchomości
rainforest <i>n</i>	/ˈreɪnfɔːrɪst/	The Amazonian <b>rainforest</b> is roughly the size of Europe or Australia.	las deszczowy
spirit <i>n</i>	/ˈspɪrɪt/	His <b>spirits</b> change from desperate to optimistic, and then to desperate again.	nastrój

## File 6

### Useful words and phrases

alien <i>n</i>	/ˈeɪliən/	There are lots of films about <b>aliens</b> but no one really knows if they exist.	obcy, przybysz z kosmosu
attack <i>v</i>	/əˈtæk/	In movies aliens are often shown to <b>attack</b> humans.	atakować
ballet <i>n</i>	/ˈbæleɪ/	My favourite <b>ballet</b> is Swan Lake. I've seen it three times.	balet
bass guitar <i>n</i>	/ˈbeɪs ɡɪˈtɑː/	I think the <b>bass guitar</b> is one of the easiest string instruments to learn.	gitara basowa
be used to <i>v</i>	/biː juːst tə/	I'm <b>used to</b> sleeping with a duvet. I've never slept with blankets.	być przyzwyczajonym
cello <i>n</i>	/ˈtʃeləʊ/	I hate taking my <b>cello</b> to school. It's too big and heavy.	wiolonczela
choir <i>n</i>	/ˈkwaɪə/	I sing in the school <b>choir</b> .	chór
continue <i>v</i>	/kənˈtɪnjuː/	Let's <b>continue</b> work on this later.	kontynuować
decade <i>n</i>	/ˈdekeɪd/	Once you've tired of classical, you could start with music from the fifties and progress through each <b>decade</b> .	dekada
drums <i>n</i>	/drʌmz/	My son wants to play the <b>drums</b> but they are so loud!	perkusja
eat out <i>v</i>	/iːt aʊt/	Do you want to get a takeaway this evening? No, I'd prefer to <b>eat out</b> .	jeść w restauracji
exploit <i>v</i>	/ɪkˈsplɔɪt/	He <b>exploited</b> the opportunity and made a lot of money.	wykorzystywać
fall asleep <i>v</i>	/fɔːl əˈsliːp/	How long does it usually take you to <b>fall asleep</b> at night?	zasypiać
fast asleep <i>adj</i>	/fɑːst əˈsliːp/	I was <b>fast asleep</b> when a knock on the door woke me up.	mocno spać
film-maker <i>n</i>	/ˈfɪlm meɪkə/	Many famous <b>film-makers</b> work in Hollywood.	filmowiec
flute <i>n</i>	/fluːt/	You nearly always see girls and not boys playing the <b>flute</b> .	flet
get used to <i>v</i>	/get juːst tə/	I can't <b>get used to</b> working at night. I feel tired all the time.	przyzwyczaić się
head <i>v</i>	/hed/	When I'm with my friends we usually <b>head</b> to the park to relax.	kierować się
influence <i>v</i>	/ˈɪnfluəns/	Many new musicians are <b>influenced</b> by music they heard in their childhood.	wpływy
insomnia <i>n</i>	/ɪnˈsɒmniə/	Some people can't sleep because they suffer from <b>insomnia</b> .	bezsenność
keep you awake	/kiːp ju əˈweɪk/	If you drink coffee in the evening, it may <b>keep you awake</b> .	utrudniać zasypianie
midnight <i>n</i>	/ˈmɪdnaɪt/	I'm not used to staying up so late. I'm usually in bed by <b>midnight</b> .	północ
pillow <i>n</i>	/ˈpɪləʊ/	They get into bed and put their head on the <b>pillow</b> .	poduszka
post (online) <i>v</i>	/pəʊst/	I often <b>post</b> messages online about newspaper stories.	umieszczać (wpisy w internecie)
psychologist <i>n</i>	/saɪˈkɒlədʒɪst/	A <b>psychologist</b> studies the mind.	psycholog
saxophone <i>n</i>	/ˈsæksəfəʊn/	The <b>saxophone</b> is my favourite instrument in the jazz band.	saksofon
sheet <i>n</i>	/ʃiːts/	In bed people cover themselves with a blanket or a <b>sheet</b> .	prześcieradło
siesta <i>n</i>	/siˈesta/	Some people have a <b>siesta</b> after lunch.	sjesta
sleeping pills <i>n pl</i>	/ˈsliːpɪŋ pɪlz/	When I can't sleep I take <b>sleeping pills</b> .	tabletki nasenne
soprano <i>n</i>	/səˈprɑːnəʊ/	Many female opera singers are a <b>soprano</b> .	sopranistka
taste <i>n</i>	/teɪst/	My musical <b>taste</b> is very different from yours.	smak, gust
used to <i>v</i>	/ˈjuːst tu/	My parents <b>used to</b> make me tidy my room every morning.	ktoś zwykł coś robić
weep <i>v</i>	/wiːp/	Some people find music so moving that it makes them <b>weep</b> .	plakać

## More words in File 6

<b>among</b> <i>prep</i>	/ə'mʌŋ/	Sleepwalking is most common <b>among</b> young boys.	wśród
<b>ancestor</b> <i>n</i>	/ˈænsɛstə/	My <b>ancestors</b> are all from Suffolk.	przodek
<b>blanket</b> <i>n</i>	/ˈblæŋkɪt/	I like to take an extra <b>blanket</b> with me when I go travelling.	koc
<b>blinds</b> <i>n pl</i>	/blaɪnd/	Do you usually sleep with your bedroom completely dark, or with the curtains or <b>blinds</b> open?	żaluzje, rolety
<b>bouquet</b> <i>n</i>	/bu'keɪ/	I gave her a <b>bouquet</b> of flowers for Valentine's Day.	bukiet
<b>cacophony</b> <i>n</i>	/kə'kɒfəni/	A <b>cacophony</b> of sounds filled the room.	kakofonia
<b>cappuccino</b> <i>n</i>	/ˌkæpu'tʃi:nəʊ/	I prefer <b>cappuccino</b> to other types of coffee.	cappuccino
<b>chauffeur</b> <i>n</i>	/ˈʃəʊfə/	The company sent a <b>chauffeur</b> to pick them up.	kierowca, szofer
<b>chorus</b> <i>n</i>	/ˈkɔ:rəs/	The <b>chorus</b> is the most famous part of the song.	refren
<b>clack</b> <i>n</i>	/klæk/	The <b>clack</b> of my colleague's keyboard drives me crazy.	stukot
<b>concerto</b> <i>n</i>	/kən'tʃɜ:təʊ/	Mozart wrote a <b>concerto</b> when he was very young.	koncert
<b>consequently</b> <i>adv</i>	/ˈkɒnsɪkwəntli/	He can listen to just about anything ever composed. <b>Consequently</b> his experience may help us to understand more about musical taste.	w rezultacie
<b>country music</b> <i>n</i>	/ˈkʌntri mju:zɪk/	<b>Country music</b> is often associated with America.	muzyka country
<b>croissant</b> <i>n</i>	/ˈkrwæsɒ~/	<b>Croissants</b> are a really unhealthy breakfast.	croissant, rogalik francuski
<b>curtains</b> <i>n pl</i>	/ˈkɜ:tn/	I close the <b>curtains</b> on winter nights to keep the room warm.	kotary, zasłony
<b>dominate</b> <i>v</i>	/ˈdɒmɪneɪt/	I don't like people who try to <b>dominate</b> others.	dominować
<b>duvet</b> <i>n</i>	/ˈdu:veɪ/	I'm not used to sleeping with a <b>duvet</b> . I've always slept with blankets.	kółdra
<b>encore</b> <i>n</i>	/ˈɒŋkɔ:/	The crowd wanted more so they started shouting for an <b>encore</b> .	bis
<b>faithful</b> <i>adj</i>	/ˈfeɪθfl/	He was <b>faithful</b> to his wife and never cheated on her.	wierny
<b>field</b> <i>n</i>	/fi:ld/	English has 'borrowed' many words from other languages, for example in the <b>field</b> of music from Italian, Greek, and French.	dziedzina
<b>genre</b> <i>n</i>	/ˈʒɒnrə/	What <b>genre</b> of music do you like?	rodzaj, gatunek
<b>graffiti</b> <i>n</i>	/grə'fi:ti/	Some people think that <b>graffiti</b> is art.	graffiti
<b>hearing aid</b> <i>n</i>	/ˈhiəriŋ eɪd/	My grandad needs a <b>hearing aid</b> to hear.	aparat słuchowy
<b>hum</b> <i>n</i>	/hʌm/	The <b>hum</b> from the air-conditioning was really loud.	szum, buczenie
<b>log</b> <i>n</i>	/lɒg/	Are you a light sleeper or do you sleep like a <b>log</b> ?	kłoda
<b>lucid</b> <i>adj</i>	/ˈlu:sɪd/	In a <b>lucid</b> dream the person who is dreaming can sometimes change what is happening.	sen na jawie
<b>macchiato</b> <i>n</i>	/ˌmækɪ'ɑ:təʊ/	I like to drink <b>macchiato</b> because it's a bit lighter.	macchiato
<b>mezzo soprano</b> <i>n</i>	/metsəʊ sə'prɑ:nəʊ/	She is a <b>mezzo soprano</b> .	mezzosopran
<b>microphone</b> <i>n</i>	/ˈmaɪkrəfəʊn/	I need a <b>microphone</b> for people to hear me.	mikrofon
<b>nap</b> <i>n</i>	/næp/	When I'm tired I have a short <b>nap</b> during the day.	drzemka
<b>neurological disorder</b> <i>n</i>	/ˌnjʊərə'lɒdʒɪkl dɪs'ɔ:də/	Doctors diagnosed her as having a rare <b>neurological disorder</b> called Kleine-Levin Syndrome.	zaburzenia neurologiczne
<b>parallel</b> <i>adj</i>	/ˈpærəlel/	My house is <b>parallel</b> with a field.	równoległy
<b>postpone</b> <i>v</i>	/pə'spəʊn/	I <b>postponed</b> our meeting until next Sunday.	przełożyć (na później)
<b>profoundly</b> <i>adv</i>	/prə'faʊndli/	He was born <b>profoundly</b> deaf.	zupełnie, całkowicie
<b>recur</b> <i>v</i>	/rɪ'kɜ:/	My nightmare <b>recurs</b> nearly every night.	powracać, powtarzać się
<b>REM (rapid eye movement)</b> <i>n</i>	/ˌɑ:r i: 'em/	<b>REM</b> is an acronym for 'rapid eye movement'.	faza REM (szybkie ruchy gałek ocznych)
<b>restore</b> <i>v</i>	/rɪ'stɔ:/	Research has shown that short naps are very effective in <b>restoring</b> our energy levels and mood.	przywracać, odzyskiwać
<b>routine</b> <i>n</i>	/ru:'ti:n/	Have a regular <b>routine</b> – try to go to bed at roughly the same time every day.	rutyna, ustalony porządek
<b>score</b> <i>n</i>	/skɔ:/	Writers of film <b>scores</b> are experts at using music to create an atmosphere.	ocena
<b>seek</b> <i>v</i>	/si:k/	He decided to <b>seek</b> further help.	szukać

sleepwalker <i>n</i>	/ˈsliːpwɔːkə/	You should never wake up a <b>sleepwalker</b> .	lunatyk, lunaticzka
snore <i>v</i>	/snɔː/	Have you ever had to share a room with someone who <b>snores</b> ?	chrapać
sonata <i>n</i>	/səˈnɑːtə/	A <b>sonata</b> is usually played on just one instrument.	sonata
spinach <i>n</i>	/ˈspɪnɪdʒ/	<b>Spinach</b> is a vegetable many children don't like.	szpinak
suggestion <i>n</i>	/səˈdʒestʃən/	The <b>suggestions</b> for their holiday really helped.	sugestia
symphony <i>n</i>	/ˈsɪmfəni/	I love Beethoven's Ninth <b>Symphony</b> .	symfonia
syndrome <i>n</i>	/ˈsɪndrəʊm/	Doctors diagnosed her as having a rare neurological disorder called Kleine-Levin <b>Syndrome</b> .	syndrom
tire <i>v</i>	/ˈtaɪə/	Once you've <b>tired</b> of classical, you could start with music from the fifties and progress through each decade.	zmęczyć się
universe <i>n</i>	/ˈjuːnɪvɜːs/	The book opened his mind to a whole <b>universe</b> of ideas.	wszechświat
unwanted <i>adj</i>	/ˌʌnˈwɒntɪd/	All <b>unwanted</b> ideas were rejected.	niechciany
vast <i>adj</i>	/vɑːst/	The ship was <b>vast</b> with a capacity of over 2,000 passengers.	ogromny, olbrzymi
video game <i>n</i>	/ˈvɪdɪəʊ geɪm/	A university psychologist in Canada believes that people who play <b>video games</b> are more likely to be able to control their own dreams.	gra wideo
virtual <i>adj</i>	/ˈvɜːtʃuəl/	Gamers spend hours a day in a <b>virtual</b> reality and they are used to controlling their game environments.	wirtualny
wander <i>v</i>	/ˈwɒndə/	My parents heard me <b>wandering</b> downstairs in the middle of the night.	chodzić
whir <i>v</i>	/wɜː/	The computer <b>whirred</b> as it started up.	brzęczeć

## File 7

### Vocabulary Banks

#### VERBS OFTEN CONFUSED

advise <i>v</i>	/ədˈvaɪz/	My teachers are going to <b>advise</b> me what subjects to study next year.	poradzić
argue <i>v</i>	/ˈɑːɡjuː/	I often <b>argue</b> with my parents about doing housework.	kłócić się
avoid <i>v</i>	/əˈvɔɪd/	Jack always tries to <b>avoid</b> arguing with me.	unikać
beat <i>v</i>	/biːt/	Arsenal <b>beat</b> Manchester United 5–2.	pokonać, zwyciężyć
deny <i>v</i>	/dɪˈnaɪ/	Tom always <b>denies</b> that he has a problem.	zaprzeczać
discuss <i>v</i>	/dɪˈskʌs/	I need to <b>discuss</b> the problem with my boss.	omawiać, przedyskutować
expect <i>v</i>	/ɪkˈspekt/	I <b>expect</b> that Daniel will forget our anniversary. He always does.	oczekiwać, spodziewać się
hope <i>v</i>	/həʊp/	I <b>hope</b> that you can come on Friday. I haven't seen you for ages.	mieć nadzieję
lay (past laid) <i>v</i>	/leɪ/	I <b>laid</b> the baby on the bed and changed his nappy.	kłaść, położyć
lie (past lay) <i>v</i>	/laɪ/	Last night I came home, <b>lay</b> on the sofa, and went to sleep.	leżeć
look <i>v</i>	/lʊk/	Carol doesn't <b>look</b> very well. I think she's working too hard.	wyglądać, wydawać się
matter <i>v</i>	/ˈmætə/	It doesn't <b>matter</b> if we are five minutes late.	mieć znaczenie
mind <i>v</i>	/maɪnd/	My parents don't <b>mind</b> if I stay out late.	mieć coś przeciwko
notice <i>v</i>	/ˈnɒtɪs/	I didn't <b>notice</b> that Karen had changed her hair colour.	zauważyć
prevent <i>v</i>	/prɪˈvent/	My dad can't <b>prevent</b> me from seeing my friends.	powstrzymywać
raise <i>v</i>	/reɪz/	It's hard not to <b>raise</b> your voice when you are arguing with someone.	podnosić
realize <i>v</i>	/ˈrɪəlaɪz/	I didn't <b>realize</b> you were so unhappy.	zdawać sobie z czegoś sprawę
refuse <i>v</i>	/rɪˈfjuːz/	Tom always <b>refuses</b> to discuss the problem.	odmawiać
remember <i>v</i>	/rɪˈmembə/	<b>Remember</b> to turn off the lights before you go.	pamiętać
remind <i>v</i>	/rɪˈmaɪnd/	Can you <b>remind</b> me to call my mum later?	przypominać (o czymś)
rise <i>v</i>	/raɪz/	The cost of living is going to <b>rise</b> again this month.	wzrastać
rob <i>v</i>	/rɒb/	The men had been planning to <b>rob</b> the bank.	obrabować

seem <i>v</i>	/si:m/	I've spoken to her husband twice and he <b>seems</b> very nice.	wydawać się
steal <i>v</i>	/sti:l/	If you leave your bike unlocked, somebody might <b>steal</b> it.	kraść
wait <i>v</i>	/weit/	We'll have to <b>wait</b> half an hour for the next train.	czekać
warn <i>v</i>	/wɔ:n/	I think I should <b>warn</b> you that Liam doesn't always tell the truth.	ostrzegać
win <i>v</i>	/win/	Arsenal <b>won</b> the match 5–2.	wygrać, zwyciężyć
wish <i>v</i>	/wiʃ/	I <b>wish</b> I was a bit taller!	chcieć, życzyć sobie

## THE BODY

ankle <i>n</i>	/ˈæŋkl/	I sprained my <b>ankle</b> playing football.	kostka
bite your nails	/baɪt jɔ: neɪlz/	Do you <b>bite your nails</b> when you're nervous?	obgryzać paznokcie
blow your nose	/bləʊ jɔ: nəʊz/	Here's a tissue to <b>blow your nose</b> .	wycierać nos
bottom <i>n</i>	/ˈbɒtəm/	My bike saddle is uncomfortable and it hurts my <b>bottom</b> !	pupa
brain <i>n</i>	/breɪn/	Is it true we only use 25% of our <b>brain</b> ?	mózg
brush your hair / teeth	/brʌʃ jɔ: heə, ti:θ/	You need to <b>brush your hair</b> before I take you to dance class.	wyszczotkować włosy / zęby
calf <i>n</i>	/kɑ:f/	I pulled my <b>calf</b> muscle running.	łydka
chest <i>n</i>	/tʃest/	What size <b>chest</b> is your jacket?	klatka piersiowa
chew <i>v</i>	/tʃu:/	The steak was tough and difficult to <b>chew</b> .	żuć
comb your hair	/kəʊm jɔ: heə/	Are you going to <b>comb your hair</b> ? It looks a mess.	czesać włosy
elbow <i>n</i>	/ˈelbəʊ/	I don't know why I've got a lot of wrinkled skin on my <b>elbow</b> .	łokieć
fist <i>n</i>	/fɪst/	She hit me with her <b>fist</b> .	pięść
fold your arms	/fəʊld jɔ: ɑ:mz/	<b>Fold your arms</b> – it will keep you warmer.	założyć ręce na piersiach
frown <i>v</i>	/fraʊn/	The teacher <b>frowned</b> when she saw all the mistakes I had made.	marszczyć brwi
heart <i>n</i>	/hɑ:t/	My <b>heart</b> is beating so fast after that race.	serce
heel <i>n</i>	/hi:l/	Careful! You stood on my <b>heel</b> .	pięta
hips <i>n pl</i>	/hɪps/	My grandad has false <b>hips</b> .	biodra
hold someone's hand	/həʊld sʌmwʌnz hænd/	I'm going to <b>hold someone's hand</b> when I skate. I'm worried I'll fall over.	trzymać kogoś za rękę
hug <i>v</i>	/hʌg/	When we meet we always <b>hug</b> each other.	uściskać, przytulać
kidneys <i>n pl</i>	/ˈkɪdnɪz/	The <b>kidneys</b> help clean the blood.	nerki
kneel <i>v</i>	/ni:l/	Some women think a man should <b>kneel</b> down when he proposes marriage.	klęknąć
liver <i>n</i>	/ˈlɪvə/	Drinking too much alcohol is bad for your <b>liver</b> .	wątroba
lungs <i>n pl</i>	/lʌŋz/	I smoke 40 cigarettes a day. My <b>lungs</b> must be terrible.	płuca
nails <i>n pl</i>	/neɪlz/	Where did you get your <b>nails</b> done?	paznokcie
palms <i>n pl</i>	/pɑ:mz/	She tries to read people's <b>palms</b> .	dłonie
point <i>v</i>	/pɔɪnt/	If you don't know the word for something, just <b>point</b> at what you want.	wskazywać
raise your eyebrows	/reɪz jɔ: ˈaɪbrəʊz/	Don't <b>raise your eyebrows</b> at me.	unosić brwi, okazywać zdziwienie
scratch <i>v</i>	/skrætʃ/	Don't <b>scratch</b> the mosquito bite. You'll only make it worse.	drapać (się)
shake hands	/ʃeɪk hændz/	We normally <b>shake hands</b> when we meet people.	wymieniać uścisk dłoni
shake your head	/ʃeɪk jɔ: hed/	Nod if you agree or <b>shake your head</b> if you don't.	pokręcić głową
shrug your shoulders	/ʃrʌg jɔ: ˈʃəʊldəz/	Do you always <b>shrug your shoulders</b> when you don't know the answer?	wzruszać ramionami
stare <i>v</i>	/steə/	The painting was so strange I <b>stared</b> at it for a long time.	wpatrywać się
stretch <i>v</i>	/stretʃ/	She got out of bed, and yawned and <b>stretched</b> .	przeciągać (się)
suck your thumb	/sʌk jɔ: θʌm/	Did you <b>suck your thumb</b> when you were young?	ssać kciuk
thighs <i>n pl</i>	/θaɪz/	My <b>thighs</b> are too big for those trousers.	uda
touch your toes	/tʌtʃ jɔ: təʊz/	You know you're getting old when you can't <b>touch your toes</b> .	dotykać palców u stóp



waist <i>n</i>	/weɪst/
wave <i>v</i>	/weɪv/
wink <i>v</i>	/wɪŋk/
wrist <i>n</i>	/rɪst/
yawn <i>v</i>	/jɔːn/

What **waist** size are your trousers?

She **waved** goodbye sadly to her boyfriend as the train left the station.

He **winked** at me to show that he was only joking.

I can't play tennis. I've hurt my **wrist**.

It's rude to **yawn** without covering your mouth.

pas, talia

machać (ręką)

puszczać do kogoś oczko

nadgarstek

ziewać

## Useful words and phrases

back up <i>v</i>	/'bæk ʌp/
background <i>n</i>	/'bækgraʊnd/
be supposed to <i>v</i>	/bi sə 'səʊzɪd tə/
Botox <i>n</i>	/'bɒtɒks/
can't have <i>v</i>	/kɑːnt əv/
capable <i>adj</i>	/'keɪpəbl/
change the subject	/tʃeɪndʒ ðə 'sabdʒekt/
cheek <i>n</i>	/tʃiːk/
chin <i>n</i>	/tʃɪn/
combine <i>v</i>	/kəm'baɪn/
complexity <i>n</i>	/kəm'pleksəti/
consider <i>v</i>	/kən'sɪdə/
estimate <i>v</i>	/'estɪmeɪt/
eyelashes <i>n pl</i>	/'aɪləʃɪz/
eyelids <i>n pl</i>	/'aɪlɪdz/
facial <i>adj</i>	/'feɪʃl/
foreground <i>n</i>	/'fɔːgraʊnd/
forehead <i>n</i>	/'fɔːhed/
human being <i>n</i>	/'hjuːmən 'biːɪŋ/
hurtful <i>adj</i>	/'hɜːtfl/
in floods of tears	/ɪn flʌdz ɒv tiəz/
look as if <i>v</i>	/lʊk eɪz ɪf/
look like <i>v</i>	/lʊk laɪk/
meaningful <i>adj</i>	/'miːnɪŋfl/
muscle <i>n</i>	/'mʌsl/
must have <i>v</i>	/mʌst əv/
performance <i>n</i>	/pə'fɔːməns/
postman <i>n</i>	/'pəʊstmən/
require <i>v</i>	/'rɪ'kwaɪə/
rest <i>v</i>	/rest/
should have <i>v</i>	/ʃəd əv/
significance <i>n</i>	/sɪɡ'nɪfɪkəns/
spot <i>v</i>	/spɒt/

I have all the evidence to **back up** my argument.

In the **background** there is a man playing golf.

In Papua New Guinea when a woman is arguing with her husband, he's **supposed to** reply to his wife's insults.

**Botox** should be banned for actors as steroids are for sportsmen.

I failed my piano exam. I **can't have** practised enough.

Women are **capable** of driving cars just as well as men.

I don't want to talk about this anymore. Let's **change the subject**.

His **cheeks** are really red after running.

He has got a small beard on his **chin**.

Many things **combine** to show how we feel about something.

Many things combine to present human experience in all its **complexity**.

He wasn't **considered** a major suspect in the murder case.

It's **estimated** that as much as 80% of our interaction with others is through non-verbal communication.

Her **eyelashes** are so long. Are they real?

She wears a lot of make-up on her **eyelids**.

**Facial** expressions show a lot about how we feel.

In the **foreground** we see the inside of a room with a glass door leading into a garden.

Most of my wrinkles are on my **forehead**.

**Human beings** argue about everything but are there any differences between the sexes in the way that we argue?

I'll say something **hurtful** to him and he'll say something back.

Is she okay? I saw her **in floods of tears**.

I think she **looks as if** she has just had some bad news.

I think she **looks like** a teenage student.

Through an understanding of non-verbal behaviour, you will achieve a deeper, more **meaningful** view of the world around you.

I'm too fat. I want more **muscle**.

You **must have** lost your phone.

I don't think his **performance** in this series was as good as in the last one.

As they were leaving the **postman** arrived with the mail.

To understand this, and then make a conscious decision that you will do it differently **requires** a lot of maturity.

In the photo there is a girl sitting at the table, **resting** her head on one hand.

I'm so tired. I **should have** gone to bed earlier.

Joe immediately understood the **significance** of the eyelid movement he had witnessed, and the man became the chief suspect.

Then there are the non-verbal signs that many have not learnt to **spot**.

popierać

tło, drugi plan

oczekiwać (od kogoś, że coś zrobi)

botoks

nie mogłem, nie mogłam

być zdolnym do czegoś

zmieniać temat

policzek

broda, podbródek

składać się na (coś)

złożoność

brać pod uwagę

szacować

rzęsy

powieki

(wyraz) twarzy

pierwszy plan

czoło

istota ludzka

przykry

zalaný łzami

wygląda jakby

wygląda jak

wnikliwy

mięsień

musiałeś(aś) (zgubić)

dzielo

listonosz

wymagać

opierać

powinienem był, powinna była

znaczenie

dostrzegać

technique <i>n</i>	/tek'ni:k/
would rather	/wəd 'rɑ:ðə/

What **technique** does he use to help convey the feeling of happiness?  
I **would rather** go to the cinema than to a club.

technika  
wolałbym, wolałabym

## More words in File 7

assertive <i>adj</i>	/ə'sɜ:tɪv/
cave <i>n</i>	/keɪv/
conflict <i>n</i>	/'kɒnflɪkt/
convey <i>v</i>	/kən'veɪ/
counsellor <i>n</i>	/'kaʊnsələ/
crouch <i>v</i>	/kraʊtʃ/
daydream <i>v</i>	/'deɪdri:m/
decipher <i>v</i>	/dɪ'saɪfə/
deduce <i>v</i>	/dɪ'dju:s/
e-book <i>n</i>	/i: bʊk/
frog <i>n</i>	/frɒg/
fury <i>n</i>	/'fjʊəri/
gender <i>n</i>	/'dʒendə/
gesture <i>n</i>	/'dʒestʃə/
ice pick <i>n</i>	/'aɪs pɪk/
lift <i>v</i>	/lɪft/
linguist <i>n</i>	/'lɪŋgwɪst/
loo <i>n</i>	/lu:/
machete <i>n</i>	/mə'ʃeti/
mediate <i>v</i>	/'mi:diət/
metro <i>n</i>	/'metrəʊ/
naturalistic <i>adj</i>	/'nætʃrə'lɪstɪk/
naughty <i>adj</i>	/'nɔ:ti/
non-verbal <i>adj</i>	/nɒn 'vɜ:bl/
out of tune	/aʊt ɒv tju:n/
perfume <i>n</i>	/'pɜ:fju:m/
press on <i>v</i>	/pres ɒn/
rose <i>n</i>	/rəʊz/
rotten <i>adj</i>	/'rɒtn/
sincere <i>adj</i>	/sɪn'sɪə/
soft <i>adj</i>	/sɒft/
speculate <i>v</i>	/'spekjuleɪt/
stuff <i>n</i>	/stʌf/
sugar cane <i>n</i>	/'ʃʊɡə keɪn/
thus <i>adv</i>	/ðʌs/
tirade <i>n</i>	/taɪ'reɪd/
topic <i>n</i>	/'tɒpɪk/
upbringing <i>n</i>	/'ʌpbɪŋɪŋ/

John Gray says that men are more **assertive** in arguments than women.  
There are some beautiful **caves** along the coast.  
**Conflict** is an important part of any relationship. It's healthy to argue.  
What two things does he say radio actors use to **convey** feelings?  
We argue too much. I think we need to see a **counsellor**.  
My back hurts from **crouching** down with the children.  
He often just looks out of the window and starts to **daydream**.  
It was difficult to **decipher** what he meant.  
I try to **deduce** many things based on evidence I have.  
I would rather read an **e-book** than a normal book.  
Have you ever tried **frogs'** legs? Apparently they taste like chicken.  
Her **fury** could be heard by everyone around her.  
Damian Whitworth investigates **gender** differences when couples argue.  
Physical **gestures** can be quite different from one culture to another.  
One of the weapons, the **ice pick**, had actually been used in the crime.  
Try to **lift** it off the page and make it sound natural.  
She's a skilled **linguist**. She understands so much about languages.  
Where's the men's **loo**?  
He cut his way through the tall plants with a **machete**.  
I often **mediate** between my parents when they argue.  
You shouldn't have gone by car. The **metro** is much faster.  
It's as **naturalistic** as you can make it sound – to lift it off the page, to make it sound as though you're not reading it.  
Maybe the boy has been **naughty** because it seems as if he's looking at the ground.  
It's estimated that as much as 80% of our interaction with others is through **non-verbal** communication.  
That guitar sounds completely **out of tune**.  
Your **perfume** smells like roses.  
Even though it was difficult he decided to **press on** with the marathon.  
He gave her a single red **rose** on their anniversary.  
That apple is **rotten**. You should throw it out.  
He sounded **sincere** when he apologized.  
Your new jacket feels very **soft**.  
I often **speculate** about changing the past.  
We see lots of stereotypical **stuff** when we are young.  
**Sugar cane** is one of the main crops in some countries.  
Body language gives away a lot about someone's feelings, **thus** it is important to understand it.  
She launched an angry **tirade** of insults and swear words.  
Men avoid talking about **topics** that may cause an argument.  
Our **upbringing** as children impacts on how we behave.

asertywny  
jaskinia  
konflikt  
wyrażać  
terapeuta, psycholog  
kucać  
śnieć na jawie  
rozszyfrować  
wynioskować  
książka elektroniczna  
żaba  
wściekłość, furia  
płeć  
gest  
szpikulec do łodu  
podnosić  
lingwista, lingwistka  
ubikacja  
maczeta  
pośredniczyć, występować jako mediator  
metro  
naturalistyczny  
niegrzeczny, niesforny  
niewerbalny  
rozstrojony  
perfumy  
kontynuować  
róża  
zgniły, zepsuty  
szczerzy  
miękki  
spekulować  
rzeczy, sprawy, kwestie  
trzcina cukrowa  
dlatego, tak więc  
tyrada  
temat, zagadnienie  
wychowanie

useless *adj* /'ju:sləs/  
withdraw *v* /wɪð'drə:/

I'm **useless** at arguing. My partner always wins.  
Men tend to **withdraw** from an argument and become silent.

bezradny  
wycofywać (się)

## File 8

### Vocabulary Banks

#### CRIME AND PUNISHMENT

accuse *v* /ə'kju:z/  
acquit *v* /ə'kwɪt/  
arrest *v* /ə'rest/  
blackmail *n* /'blækmeɪl/  
  
bribery *n* /'braɪbəri/  
burglary *n* /'bɜ:gləri/  
catch *v* /kætf/  
charge *v* /tʃɑ:dʒ/  
commit *v* /kə'mɪt/  
court *n* /kɔ:t/  
drug dealing *n* /drʌg 'di:ɪŋ/  
evidence *n* /'evɪdəns/  
fraud *n* /frɔ:d/  
guilty *adj* /'gɪlti/  
  
hacking *n* /hækɪŋ/  
hijacking *n* /'haɪdʒækɪŋ/  
investigate *v* /ɪn'vestɪgeɪt/  
  
judge *n* /dʒʌdʒ/  
jury *n* /'dʒʊəri/  
kidnapping *n* /'kɪdnæpɪŋ/  
  
manslaughter *n* /'mænslo:tə/  
  
mugging *n* /'mʌɡɪŋ/  
murder *n* /'mɜ:də/  
proof *n* /pru:f/  
punishment *n* /'pʌnɪʃmənt/  
question *v* /'kwɛstʃən/  
rape *n* /reɪp/  
robbery *n* /'rɒbəri/  
sentence *v* /'sentəns/  
smuggling *n* /'smʌɡlɪŋ/  
stalking *n* /'stɔ:kɪŋ/  
  
terrorism *n* /'terərɪzəm/  
theft *n* /θeft/

They were **accused** of armed robbery and car theft.  
He was **acquitted** and allowed to go free.  
They were **arrested** and taken to a police station.  
**Blackmail** is often committed when someone has some information another person wants kept secret.  
They got the contract by using **bribery**.  
The **burglary** was very upsetting for the people who lived there.  
Carl and Adam were **caught** driving to the airport in a stolen car.  
Finally they were **charged** with armed robbery.  
Carl and Adam **committed** a crime. They robbed a large supermarket.  
The defendants appeared in **court**.  
**Drug dealing** involves selling any illegal drug.  
The jury looked at and heard all the **evidence**.  
He committed **fraud** by using other people's identities.  
Carl was found **guilty**. His fingerprints were on the gun used in the robbery.  
**Hacking** into computer systems can enable people to steal private information.  
The **hijacking** of the plane forced the airport to close.  
The police **investigated** the crime.  
The **judge** decided what Carl's punishment should be.  
The **jury** looked at and heard all the evidence.  
**Kidnapping** often happens when a criminal tries to get money from a rich person.  
**Manslaughter** is killing someone by accident.  
**Mugging** is like robbery, but on the street.  
He went to prison for the **murder** of five people.  
There was no **proof** that Adam had committed the crime.  
The judge decided what Carl's **punishment** should be.  
The police **questioned** them for ten hours.  
**Rape** is often about power and control.  
**Robbery** usually is violent and involves a weapon.  
He **sentenced** him to ten years in prison.  
**Smuggling** involves taking illegal products from one country to another.  
**Stalking** can happen physically or on the internet.  
**Terrorism** is often political or religious.  
The **theft** was very stressful for the victim.

oskarżać  
uniewinniać  
aresztować  
szantaż  
  
łapówka  
włamanie  
złapać, schwycić kogoś  
oskarżać  
popelniać  
sąd  
handel narkotykami  
dowody  
oszustwo  
winny  
hakerstwo  
uprowadzenie (samolotu)  
prowadzić dochodzenie, śledztwo  
sędzia  
ława przysięgłych  
porwanie  
nieumyślne spowodowanie śmierci  
napad (na ulicy)  
morderstwo  
dowód  
kara  
przesłuchiwać  
gwałt  
napad, rabunek  
skazywać (kogoś na coś)  
przemyt  
prześladowanie (śledzenie, pogrozki)  
terroryzm  
kradzież

<b>vandalism</b> <i>n</i>	/ˈvændəlɪzəm/	Some people say graffiti is art; others say it is <b>vandalism</b> .	wandalizm
<b>verdict</b> <i>n</i>	/ˈvɜːdɪkt/	After two days the jury reached their <b>verdict</b> .	werdykt, wyrok
<b>witness</b> <i>n</i>	/ˈwɪtnəs/	The <b>witness</b> told the court what they had seen or knew.	świadek
<b>THE MEDIA</b>			
<b>accurate</b> <i>adj</i>	/ˈækjərət/	The film review was quite <b>accurate</b> . It said the plot was poor but the acting was good, which was true.	trafny, właściwy
<b>agony aunt</b> <i>n</i>	/ˈægəni ɑːnt/	An <b>agony aunt</b> writes in a newspaper or magazine giving advice to people in reply to their letters.	redaktorka rubryki porad osobistych
<b>axe</b> <i>v</i>	/æks/	Thousands of jobs <b>axed</b> by UK firms.	redukować (etaty)
<b>back</b> <i>v</i>	/bæk/	Prime minister <b>backs</b> his Chancellor in latest scandal.	popierać
<b>biased</b> <i>adj</i>	/ˈbaɪəst/	The news on Channel 12 is really <b>biased</b> . You can't believe anything you hear on it.	tendencyjny, stronniczy
<b>bid</b> <i>v</i>	/bɪd/	Astronaut <b>bids</b> to be first man on Mars.	dążyć do (czegoś)
<b>censored</b> <i>adj</i>	/ˈsensəd/	I think the report was <b>censored</b> . The newspaper wasn't allowed to publish all the details.	ocenzurowany
<b>clash</b> <i>v</i>	/klæʃ/	Ministers <b>clash</b> over new car tax proposal.	zetrzeć się, pokłócić
<b>commentator</b> <i>n</i>	/ˈkɒmentətə/	A <b>commentator</b> is a person who describes a sports event while it's happening on TV or radio.	komentator
<b>critic</b> <i>n</i>	/ˈkrɪtɪk/	A <b>critic</b> is a person who writes a review about the good / bad qualities of books, concerts, theatre, films, etc.	krytyk
<b>editor</b> <i>n</i>	/ˈedɪtə/	An <b>editor</b> is a person in charge of a newspaper or magazine, or part of one, and decides what should be in it.	redaktor, redaktor naczelny
<b>freelance journalist</b> <i>n</i>	/ˈfriːlɑːns ˈdʒɜːnəlɪst/	A <b>freelance journalist</b> is a person who writes articles for different papers and is not employed by any one paper.	niezależny dziennikarz, niezależna dziennikarka
<b>hit</b> <i>v</i>	/hɪt/	Stock market <b>hit</b> by oil fears.	uderzać w coś, narażać
<b>newsreader</b> <i>n</i>	/ˈnjuːzriːdər/	A <b>newsreader</b> is a person who reads the news on TV or radio.	prezenter, prezenterka wiadomości
<b>objective</b> <i>adj</i>	/əbˈdʒektɪv/	I think The Observer is the most <b>objective</b> . It bases its stories just on facts, not on feelings or beliefs.	obiektywny
<b>paparazzi</b> <i>n pl</i>	/pæpəˈrætsi/	The <b>paparazzi</b> are photographers who follow famous people around to get photos of them to sell to newspapers and magazines.	paparazzi
<b>presenter</b> <i>n</i>	/priˈzentər/	A <b>presenter</b> is a person who introduces the different sections of a radio or TV programme.	prezenter(ka)
<b>quit</b> <i>v</i>	/kwɪt/	United boss to <b>quit</b> after shock cup defeat.	odchodzić (ze stanowiska, z pracy)
<b>quiz</b> <i>v</i>	/kwɪz/	Police <b>quiz</b> witness in murder trial.	przesłuchiwać
<b>reporter</b> <i>n</i>	/rɪˈpɔːtər/	A <b>reporter</b> is a person who collects and reports news for newspapers, radio, or TV.	reporter(ka)
<b>row</b> <i>n</i>	/rəʊ/	Famous actress in restaurant bill <b>row</b> .	awanturować się
<b>sensational</b> <i>adj</i>	/senˈseɪʃənl/	The reporting in the paper was very <b>sensational</b> . It made the story seem more shocking than it really was.	sensacyjny, budzący sensację
<b>split</b> <i>v</i>	/splɪt/	Footballer and wife <b>split</b> over affair with cleaner.	rozstawać się
<b>tip</b> <i>v</i>	/tɪp/	Tarantino <b>tipped</b> to win best director.	typować
<b>vow</b> <i>v</i>	/vaʊ/	Bayern Munich boss <b>vows</b> to avenge defeat.	przysięgać
<b>wed</b> <i>v</i>	/wed/	Prince to <b>wed</b> 18-year-old TV soap star.	poślubić, wziąć ślub

## Useful words and phrases

<b>bomb</b> <i>n</i>	/bɒm/	Sommerville knows it's not if another <b>bomb</b> goes off, it's when.	bomba
<b>bonus</b> <i>n</i>	/ˈbəʊnəs/	The Chancellor has warned that the row about paying <b>bonuses</b> threatens to put jobs at risk.	premia
<b>brilliant</b> <i>adj</i>	/ˈbrɪliənt/	It's thrilling and <b>brilliant</b> and useful most of the time, but it's not a right to be able to use it.	znakomity
<b>campaign</b> <i>v</i>	/kæmˈpeɪn/	People <b>campaign</b> for things they believe in.	prowadzić kampanię

civil liberty <i>n</i>	/ˌsɪvl 'lɪbətɪ/	<i>Civil liberties</i> are important for people's freedom.	swobody obywatelskie
column <i>n</i>	/ˈkɒləm/	Geoff Lewis, 30, writes a weekly newspaper <b>column</b> on cooking.	kolumna, rubryka
disconnection <i>n</i>	/ˌdɪskə'nekʃn/	When the government proposed punishing illegal downloaders with internet <b>disconnection</b> , people campaigned against it.	odłączenie
electrician <i>n</i>	/ɪˌlek'trɪʃn/	I need an <b>electrician</b> to fit a new light.	elektryk
eye contact <i>n</i>	/aɪ 'kɒntækt/	If you see that people are watching you in a suspicious way, look straight back at them and make <b>eye contact</b> .	kontakt wzrokowy
fake <i>adj</i>	/feɪk/	Lots of people buy <b>fake</b> products because they are cheaper than a genuine product.	falszywy, podrabiany
finally <i>adv</i>	/ˈfaɪnəli/	<b>Finally</b> , I do not think that a fine is a suitable punishment for young people.	w końcu, wreszcie
firstly <i>adv</i>	/ˈfɜːstli/	<b>Firstly</b> , community service often persuades a young person not to re-offend.	po pierwsze
for instance	/fɔː 'ɪnstəns/	It takes more than luck. <b>For instance</b> , hard work is important.	na przykład
hand over <i>v</i>	/ˈhændəʊvə/	A woman in Florida <b>handed over</b> \$400 for an iPad which turned out to be fake.	zapłacić
horoscope <i>n</i>	/ˈhɒrəskəʊp/	I never read my <b>horoscope</b> . I think it's nonsense.	horoskop
in addition	/ɪn ə'dɪʃn/	<b>In addition</b> , in prisons many of the inmates take drugs and this is a terrible example for young offenders.	ponadto, dodatkowo
in conclusion	/ɪn kən'kluːʒn/	<b>In conclusion</b> , I believe that community service has important advantages.	na zakończenie
in most cases	/ɪn məʊst keɪsɪz/	<b>In most cases</b> working with sick children or old people makes young offenders realize that there are people who have more difficult lives than they do.	w większości przypadków
income <i>n</i>	/ˈɪnkam/	There can be big <b>income</b> differences between urban and rural areas.	dochód
insist on <i>v</i>	/ɪn'sɪst ɒn/	Jamie <b>insisted on</b> paying for the meal.	nalegać na, upierać się przy
introduction <i>n</i>	/ˌɪntrə'dʌkʃn/	An <b>introduction</b> is at the start of an essay or article.	wstęp, wprowadzenie
jail <i>n</i>	/dʒeɪl/	He is being held in Volusia County <b>jail</b> .	więzienie, areszt
justification <i>n</i>	/ˌdʒʌstɪfɪ'keɪʃn/	There are plenty of <b>justifications</b> for taking things for free on the internet.	uzasadnienie, usprawiedliwienie
menu <i>n</i>	/ˈmenjuː/	He later admitted having seen the dish on the <b>menu</b> at Andrew's pub.	karta dań
minor <i>adj</i>	/ˈmaɪnə/	Community service is the best punishment for young people who commit a <b>minor</b> offence.	drobny
nearby <i>adj</i>	/ˌnɪə'baɪ/	He bought them in a <b>nearby</b> town.	pobliski; obok, w pobliżu
official <i>adj</i>	/ə'fɪʃl/	Only get taxis that have an <b>official</b> number.	oficjalny
paragraph <i>n</i>	/ˈpærəgrɑːf/	A <b>paragraph</b> contains ideas related to one topic.	akapit
print <i>n</i>	/prɪnt/	You could see his paw <b>print</b> on the key of the phone.	ślady, odcisk
reach for <i>v</i>	/riːtʃ fɔː/	The first thing she <b>reaches for</b> is her BlackBerry.	sięgać po
recipe <i>n</i>	/ˈresəpi/	Can I have the <b>recipe</b> for this? It's delicious!	przepis
reverse <i>v</i>	/rɪ'vɜːs/	Labour have accused him of putting the economy into <b>reverse</b> .	odwrócić, odmienić (bieg jakichś wydarzeń)
secondly <i>adv</i>	/ˈsekəndli/	<b>Secondly</b> , spending time in prison results in young people meeting other criminals and learning more about the criminal world.	po drugie
shoplifter <i>n</i>	/ˈʃɒplɪftə/	A <b>shoplifter</b> is someone who steals something when he / she is in a shop.	złodziej sklepowy, złodziejka sklepową
skip <i>v</i>	/skɪp/	Don't <b>skip</b> breakfast. You'll be hungry later.	pomijać
so <i>adv</i>	/səʊ/	They do not usually have much money themselves, <b>so</b> it is often their parents who pay the fine for them.	więc
spare <i>adj</i>	/speə/	The police got in with the help of a neighbour, Paul Walker, who had a <b>spare</b> key.	zapasowy
summary <i>n</i>	/ˈsʌməri/	A good <b>summary</b> focuses only on the main points.	streszczenie
tap <i>v</i>	/tæp/	Well-manicured fingers <b>tap</b> keys, and she starts looking at her diary.	stukać (w coś)
wardrobe <i>n</i>	/ˈwɔːdrəʊb/	In her head Helen is already choosing the <b>wardrobe</b> she needs to wear.	garderoba, strój

## More words in File 8

<b>armed</b> <i>adj</i>	/ɑːmd/	There is nothing polite about <b>armed</b> robbery.	z bronią w ręku
<b>armoured</b> <i>adj</i>	/ˈɑːməd/	Sommerville climbs into a British <b>armoured</b> vehicle.	pancerny
<b>become entangled</b> <i>v</i>	/brɪˈkɑːm ɪnˈtæŋɡld/	He <b>became entangled</b> with the cord of the phone and was choking.	zaplątać się
<b>breed</b> <i>n</i>	/briːd/	Some <b>breeds</b> of dog are aggressive.	rasa
<b>cab</b> <i>n</i>	/kæb/	Never ever get into a <b>cab</b> that has another person in the front passenger seat.	taksówka
<b>convoy</b> <i>n</i>	/ˈkɒnvɔɪ/	The army <b>convoy</b> moves forward.	konwój
<b>dopey</b> <i>adj</i>	/ˈdɒpi/	In fact, he's really <b>dopey</b> – he just likes to chew socks most of the time.	głupkowaty
<b>everlasting</b> <i>adj</i>	/ˌevəˈlɑːstɪŋ/	Fans who don't pay their idols are like lovers who promise <b>everlasting</b> love but then sit and watch you as you drown.	wieczny, trwały
<b>idol</b> <i>n</i>	/ˈaɪdl/	Fans who don't pay their <b>idols</b> are like lovers who promise everlasting love but then sit and watch you as you drown.	idol
<b>incredible</b> <i>adj</i>	/ɪnˈkredəbl/	It was <b>incredible</b> . You could see his paw print on the key of the phone.	niezwykły, niewiarygodny
<b>inmate</b> <i>n</i>	/ˈɪnmeɪt/	In prisons many of the <b>inmates</b> take drugs.	więzień
<b>limousine</b> <i>n</i>	/ˌlɪməˈziːn/	A <b>limousine</b> sweeps along Wilshire Boulevard, Los Angeles.	limuzyna
<b>literally</b> <i>adv</i>	/ˈlɪtərəli/	You could see his paw print on the key of the phone. He <b>literally</b> saved his own life.	dosłownie
<b>luxury</b> <i>n</i>	/ˈlʌkʃəri/	We don't have a right to listen to the music we want for free. These things are treats, pleasures, <b>luxuries</b> .	luksus
<b>manicured</b> <i>adj</i>	/ˈmænikjʊəd/	Well- <b>manicured</b> fingers tap keys, and she starts looking at her diary.	wypielęgowane
<b>mask</b> <i>n</i>	/mɑːsk/	He wears a <b>mask</b> and washing-up gloves during robberies.	maska
<b>matchbox</b> <i>n</i>	/ˈmætʃbɒks/	She's got all her complex life locked up in that electronic <b>matchbox</b> .	matchbox, pudełko od zapalek
<b>mayonnaise</b> <i>n</i>	/ˌmeɪəˈneɪz/	<b>Mayonnaise</b> is a popular ingredient in sandwich fillings.	majonez
<b>monument</b> <i>n</i>	/ˈmɒnjumənt/	Nelson's Column is a famous <b>monument</b> in London.	pomnik
<b>necessity</b> <i>n</i>	/nəˈsesəti/	The internet isn't a <b>necessity</b> .	konieczność
<b>oppose</b> <i>v</i>	/əˈpəʊz/	I <b>oppose</b> the government's changes. They should be stopped.	sprzeciwiać się
<b>overprotective</b> <i>adj</i>	/ˌəʊvəprəˈtektɪv/	Sometimes the locals can be <b>overprotective</b> because they want you to see the best side of their town.	nadopiekuńczy
<b>paws</b> <i>n pl</i>	/pɔːz/	The dog touched the key with his <b>paws</b> .	łapy
<b>pickpocket</b> <i>n</i>	/ˈpɪkpɒkɪt/	A <b>pickpocket</b> is someone who steals from you in the street, usually without you noticing.	kieszonkowiec
<b>pose</b> <i>v</i>	/pəʊz/	They look up at Big Ben, and then they <b>pose</b> to have their photo taken.	pozować
<b>premature</b> <i>adj</i>	/ˈpreməʃə/	Dozens of Facebook groups deal with everything, from drugs to abandoned wives, to panic attacks and <b>premature</b> babies.	wcześnieak
<b>regulated</b> <i>adj</i>	/ˈregjuleɪtɪd/	If you do have to get a taxi in the street, make sure it looks like a <b>regulated</b> one.	licencjonowany
<b>reputable</b> <i>adj</i>	/ˈrepjətəbl/	The safest thing to do is to phone a <b>reputable</b> company every time you need a cab.	szanowany, z dobrą reputacją
<b>scroll</b> <i>v</i>	/skrɔːl/	<b>Scroll</b> down and it's at the bottom.	przewijać
<b>shrink</b> <i>v</i>	/ʃrɪŋk/	The music industry has <b>shrunk</b> 40% since 2000.	kurczyć się
<b>sideline</b> <i>v</i>	/ˈsaɪdlaɪn/	No one was paying her any attention. She was starting to feel <b>sidelined</b> .	być odsuniętym na bok, odstawionym na boczne tory
<b>squat</b> <i>v</i>	/skwɒt/	<b>Squatting</b> in an unoccupied house is illegal.	mieszkać na dziko
<b>sweep</b> <i>v</i>	/swiːp/	The car <b>sweeps</b> past people standing alongside the road.	mknać, pędzić
<b>tag</b> <i>n</i>	/tæg/	An Apple logo had been cut out in the middle, and a Best Buy price <b>tag</b> stuck on the back.	etykieta
<b>till</b> <i>n</i>	/tɪl/	The robber always says 'please' and 'thank you' when he orders shop staff to give him the money in the <b>till</b> .	kasa sklepową
<b>tramp</b> <i>n</i>	/træmp/	You don't have to look like a <b>tramp</b> , but you should try to look as if you aren't carrying much of value.	włóczęga



<b>treat</b> <i>n</i>	/tri:t/	We don't have a right to listen to the music we want for free. These things are <b>treats</b> , pleasures, luxuries.	przyjemność
<b>ultimately</b> <i>adv</i>	/'Altɪmətli/	Illegally downloading will <b>ultimately</b> harm the people who are committing the crime.	ostatecznie
<b>unanimously</b> <i>adv</i>	/ju'nænɪməsli/	Newspaper staff tried both dishes and <b>unanimously</b> declared Andrew's to be the winner.	jednogłośnie, jednomyślnie
<b>undistinguished</b> <i>adj</i>	/ˌʌndɪ'stɪŋgwɪʃt/	The <b>undistinguished</b> building would not be noticed by anyone.	przeciętny, niczym się niewyróżniający
<b>unoccupied</b> <i>adj</i>	/ˌʌn'ɒkjʊpaɪd/	The house is <b>unoccupied</b> . No one lives there.	niezamieszkały
<b>well off</b> <i>adj</i>	/wel ɒf/	His clothes look expensive. He must be <b>well off</b> .	dobrze sytuowany

## File 9

### Vocabulary Banks

#### BUSINESS

<b>become</b> <i>v</i>	/bɪ'kʌm/	You will <b>become</b> conscious again after an hour.	stać się
<b>branch</b> <i>n</i>	/brɑːntʃ/	A <b>branch</b> is an office or shop that is part of a larger organization.	oddział
<b>business</b> <i>n</i>	/'bɪznəs/	A <b>business</b> is an organization which produces or sells goods or provides a service.	biznes, firma
<b>the CEO (= chief executive officer)</b> <i>n</i>	/siː iː'əʊ/	<b>The CEO</b> is the head of a company.	dyrektor generalny
<b>chain</b> <i>n</i>	/tʃeɪn/	A <b>chain</b> is a group of shops, hotels, etc. owned by the same person or company.	sieć
<b>client</b> <i>n</i>	/'klaɪənt/	A <b>client</b> receives a service from a professional person.	klient(tka)
<b>close down</b> <i>v</i>	/kləʊz daʊn/	Many companies <b>close down</b> in a recession.	zamykać (firmę), upadać
<b>colleague</b> <i>n</i>	/'kɒliːg/	A <b>colleague</b> is a person who works with you.	kolega, koleżanka z pracy, współpracownik
<b>company</b> <i>n</i>	/'kʌmpəni/	What <b>company</b> do you work for?	firma, przedsiębiorstwo
<b>customer</b> <i>n</i>	/'kʌstəmə/	A <b>customer</b> is someone who buys goods or services.	klient, kupujący
<b>do a deal (= business agreement)</b>	/duː ə diːl/	I want to <b>do a deal</b> on a new car.	ubijać interes (= umowa biznesowa)
<b>do a job</b>	/duː ə dʒɒb/	<b>Do a job</b> well and you'll get promoted.	wykonać pracę
<b>do badly</b>	/duː 'bædli/	If you <b>do badly</b> will you lose your job?	nie radzić sobie (z czymś)
<b>do business (with)</b>	/duː 'bɪznəs/	Many companies <b>do business</b> in a variety of countries.	prowadzić interesy
<b>do market research</b>	/duː ˌmɑːkɪt rɪ'sɜːtʃ/	Many companies <b>do market research</b> to find out more about their customers.	przeprowadzać badania rynkowe
<b>do well</b>	/duː wel/	If I <b>do well</b> I might make more money.	dobrze sobie radzić, dobrze się spisywać
<b>drop</b> <i>v</i>	/drɒp/	Standards of living <b>drop</b> in a recession.	spadać, obniżać się
<b>employee</b> <i>n</i>	/em'plɔɪ'iː/	An <b>employee</b> is a person who works for somebody.	pracownik, osoba zatrudniona
<b>expand</b> <i>v</i>	/ɪk'spænd/	The company <b>expanded</b> to open shops in other countries.	rozwijać
<b>export</b> <i>v</i>	/ɪk'spɔːt/	They <b>export</b> the product around the world.	eksportować
<b>firm</b> <i>n</i>	/fɜːm/	<b>Firm</b> means the same as business.	firma, biznes
<b>grow</b> <i>v</i>	/grəʊ/	An economic boom is a time when a country's economy <b>grows</b> .	wzrastać, rosnąć
<b>head office</b> <i>n</i>	/hed 'ɒfɪs/	The <b>head office</b> is the main office of a company.	główna siedziba
<b>import</b> <i>v</i>	/ɪm'pɔːt/	Our country <b>imports</b> most of its oil.	importować
<b>improve</b> <i>v</i>	/ɪm'pruːv/	Standards of living <b>improve</b> in an economic boom.	poprawiać się, podnosić
<b>increase</b> <i>v</i>	/ɪn'kriːs/	I need to <b>increase</b> my income.	zwiększać
<b>launch</b> <i>v</i>	/ləʊntʃ/	Nowadays it is quite a risk to <b>launch</b> a new business.	uruchamiać, rozpoczynać

<b>make (someone) redundant</b>	/meɪk rɪˈdʌndənt/	When you <b>make</b> someone <b>redundant</b> it's important to manage it effectively.	zwalniać (kogoś) z pracy
<b>make a decision</b>	/meɪk ə dɪˈsɪʒn/	I have to <b>make a decision</b> before the end of the day.	podejmować decyzję
<b>make a loss</b>	/meɪk ə lɒs/	Most businesses <b>make a loss</b> in the first few years.	przynosić stratę
<b>make a profit</b>	/meɪk ə ˈprɒfɪt/	I think my business will <b>make a profit</b> this year.	przynosić zysk
<b>make money</b>	/meɪk ˈmʌni/	I need to <b>make money</b> quickly.	zarabiać pieniądze
<b>manager</b> <i>n</i>	/ˈmænɪdʒə/	The <b>manager</b> is the person in charge of part of an organization.	kierownik, menedżer
<b>manufacture</b> <i>v</i>	/ˈmænjʊˈfæktʃə/	China <b>manufactures</b> many products for the world.	produkować, wytwarzać
<b>market</b> <i>v</i>	/ˈmɑːkɪt/	Companies often use celebrities to help <b>market</b> their products.	wprowadzać (produkt) na rynek
<b>merge</b> <i>v</i>	/mɜːdʒ/	The two companies <b>merged</b> to create one large company.	połączyć się
<b>multinational</b> <i>n</i>	/ˈmʌltiˈnæʃnəl/	A <b>multinational</b> company has offices or factories in many countries.	międzynarodowy
<b>owner</b> <i>n</i>	/ˈəʊnə/	The <b>owner</b> is the person who owns a business.	właściciel(ka)
<b>produce</b> <i>v</i>	/prəˈdjuːs/	Saudi Arabia <b>produces</b> more oil than any other country.	produkować
<b>recession</b> <i>n</i>	/rɪˈseʃn/	In a <b>recession</b> many people worry about their jobs.	recesja
<b>set up</b> <i>v</i>	/set ʌp/	The company was <b>set up</b> in 1990.	zakładać
<b>staff</b> <i>n</i>	/staːf/	The <b>staff</b> is the group of people who work for an organization.	personel
<b>take over</b> <i>v</i>	/teɪk ˈəʊvə/	The Royal Bank of Scotland <b>took over</b> NatWest Bank in 2000.	przejmować
<b>unemployed</b> <i>adj</i>	/ʌnɪmˈplɔɪd/	There are more <b>unemployed</b> people in a recession.	bezrobotny

## WORD BUILDING

<b>absence</b> <i>n</i>	/ˈæbsəns/	Her <b>absence</b> was noted by the teacher.	nieobecność
<b>accommodation</b> <i>n</i>	/əˌkɒməˈdeɪʃn/	<b>Accommodation</b> for tourists can be very expensive in London, especially good hotels.	zakwaterowanie
<b>alcoholism</b> <i>n</i>	/ˈælkəhɒlɪzəm/	<b>Alcoholism</b> is a growing problem as drink becomes cheaper.	alkoholizm
<b>antisocial</b> <i>adj</i>	/ˌæntiˈsəʊʃl/	Vandalism, especially breaking public property, is very <b>antisocial</b> behaviour.	aspółeczny
<b>automated</b> <i>adj</i>	/ˈɔːtəmeɪtɪd/	The Tokyo subway is fully <b>automated</b> .	zautomatyzowany
<b>belief</b> <i>n</i>	/bɪˈliːf/	Let's not talk about religious <b>beliefs</b> .	wierzenie
<b>bilingual</b> <i>adj</i>	/ˌbaɪˈlɪŋɡwəl/	Montreal is probably the most <b>bilingual</b> city in the world – most inhabitants speak English and French.	dwujęzyczny
<b>brotherhood</b> <i>n</i>	/ˈbrʌðəhʊd/	<b>Brotherhood</b> is the friendship and understanding between people.	braterstwo
<b>bulletproof</b> <i>adj</i>	/ˈbʊlɪtpruːf/	The police usually wear <b>bulletproof</b> vests.	kuloodporny
<b>careful</b> <i>adj</i>	/ˈkeəfl/	Be <b>careful</b> how you drive!	ostrożny
<b>childhood</b> <i>n</i>	/ˈtʃaɪldhʊd/	I have many fond memories from my <b>childhood</b> .	dzieciństwo
<b>coldness</b> <i>n</i>	/ˈkəʊldnəs/	I was treated with such <b>coldness</b> that I never went back to that country.	chłód, oziębłość
<b>convenience</b> <i>n</i>	/kənˈviːniəns/	<b>Convenience</b> foods are popular with people who lead busy lives.	dania gotowe
<b>death</b> <i>n</i>	/deθ/	My uncle's <b>death</b> was difficult for me.	śmierć
<b>distance</b> <i>n</i>	/ˈdɪstəns/	The average <b>distance</b> that commuters in the UK travel to work is 8.5 miles.	dystans, odległość
<b>drinkable</b> <i>adj</i>	/ˈdrɪŋkəbl/	I don't think the tap water here is <b>drinkable</b> .	zdatny do picia
<b>entertainment</b> <i>n</i>	/ˌentəˈteɪnmənt/	New York has a huge range of <b>entertainment</b> , from Broadway shows to top sporting events.	rozrywka
<b>excitement</b> <i>n</i>	/ɪkˈsaɪtmənt/	The <b>excitement</b> at the end of the game was amazing.	podekscytowanie, emocje
<b>friendliness</b> <i>n</i>	/ˈfrendlɪnəs/	I love Rio because of the <b>friendliness</b> of the people.	życzliwość, przyjazna atmosfera
<b>government</b> <i>n</i>	/ˈɡʌvənmənt/	The country has elected a new <b>government</b> .	rząd, rządzący
<b>heat</b> <i>n</i>	/hiːt/	The <b>heat</b> was too much for me. I had to go inside.	upał, gorąco
<b>height</b> <i>n</i>	/haɪt/	The <b>height</b> of modern buildings keeps getting higher.	wysokość
<b>homeless</b> <i>adj</i>	/ˈhəʊmləs/	There are a lot of <b>homeless</b> people in this city.	bezdomny
<b>hopeless</b> <i>adj</i>	/ˈhəʊpləs/	The situation is <b>hopeless</b> .	beznadziejny

<b>hunger</b> <i>n</i>	/ˈhʌŋɡə/	<b>Hunger</b> is a problem in many poor countries.	<b>głód</b>
<b>ignorance</b> <i>n</i>	/ˈɪɡnərəns/	I'm surprised by his <b>ignorance</b> on the matter.	<b>ignorancja</b>
<b>improvement</b> <i>n</i>	/ɪmˈpruːvmənt/	The <b>improvement</b> in the system really helped the company.	<b>poprawa, udoskonalenie</b>
<b>intention</b> <i>n</i>	/ɪnˈtenʃn/	It is my <b>intention</b> to leave.	<b>zamiar, intencja</b>
<b>length</b> <i>n</i>	/leŋθ/	The <b>length</b> of an Olympic pool is 50 metres.	<b>długość</b>
<b>loss</b> <i>n</i>	/lɒs/	The financial <b>loss</b> was a problem for the company.	<b>strata</b>
<b>megacity</b> <i>n</i>	/ˈmegəsɪti/	Tokyo is one of the five <b>megacities</b> .	<b>metropolia</b>
<b>misunderstand</b> <i>v</i>	/ˌmɪsʌndəˈstænd/	I <b>misunderstood</b> the directions, and now I'm completely lost.	<b>źle zrozumieć</b>
<b>monorail</b> <i>n</i>	/ˈmɒnəʊreɪl/	If you want to avoid the traffic jams in Bangkok, get the <b>monorail</b> .	<b>kolej jednoszynowa</b>
<b>multicultural</b> <i>adj</i>	/ˌmʌltiˈkʌltʃərəl/	London is a very <b>multicultural</b> city, with people of many different races and religions.	<b>wielokulturowy</b>
<b>overcrowded</b> <i>adj</i>	/ˌəʊvəˈkraʊdɪd/	Mumbai is a very <b>overcrowded</b> city.	<b>zatłoczony, przełudniony</b>
<b>pollution</b> <i>n</i>	/pəˈluːʃn/	<b>Pollution</b> levels have risen in many cities.	<b>zanieczyszczenie</b>
<b>postgraduate</b> <i>adj</i>	/ˌpɒstˈɡrædʒuət/	He is doing a <b>postgraduate</b> degree in aeronautical engineering.	<b>podyplomowy</b>
<b>racism</b> <i>n</i>	/ˈreɪsɪzəm/	<b>Racism</b> is a bigger problem when unemployment is high.	<b>rasizm</b>
<b>reduction</b> <i>n</i>	/rɪˈdʌkʃn/	The <b>reduction</b> in price made it cheap.	<b>redukcja, obniżka</b>
<b>strength</b> <i>n</i>	/streŋθ/	The <b>strength</b> of his argument was very persuasive.	<b>siła</b>
<b>subway</b> <i>n</i>	/ˈsʌbweɪ/	The quickest way to get around New York is on the <b>subway</b> .	<b>metro</b>
<b>success</b> <i>n</i>	/səkˈses/	<b>Success</b> is more important to me than money.	<b>sukces</b>
<b>thought</b> <i>n</i>	/θɔːt/	What are your <b>thoughts</b> on the subject?	<b>myśl, przemyśleni</b>
<b>ugliness</b> <i>n</i>	/ˈʌɡlɪnəs/	The product didn't do well due to its <b>ugliness</b> .	<b>brzydota</b>
<b>unbreakable</b> <i>adj</i>	/ʌnˈbreɪkəbl/	Their new laptops are completely <b>unbreakable</b> .	<b>niezniszczalny</b>
<b>underdeveloped</b> <i>adj</i>	/ˌʌndəˈveləpt/	This part of the city is very poor and <b>underdeveloped</b> .	<b>niezagospodarowany, słabo rozwinięty</b>
<b>useful</b> <i>adj</i>	/ˈjuːsfl/	The instructions were very <b>useful</b> .	<b>przydatny</b>
<b>waterproof</b> <i>adj</i>	/ˈwɔːtəpruːf/	My watch is <b>waterproof</b> .	<b>wodoodporny</b>
<b>weakness</b> <i>n</i>	/ˈwiːknəs/	His one <b>weakness</b> was his arrogance.	<b>słabość, słaby punkt</b>

## Useful words and phrases

<b>advert</b> (advertisement / ad) <i>n</i>	/ˈædvɜːt, ədˈvɜːtɪsmənt, æd/	Can you think of a recent <b>advert</b> which made you not want to ever buy the product?	<b>reklama</b>
<b>airbrush</b> <i>v</i>	/ˈeəbrʌʃ/	A model was so heavily <b>airbrushed</b> that her waist appeared to be smaller than her head.	<b>retuszować</b>
<b>antisocial</b> <i>n</i>	/ˌæntɪˈsəʊʃl/	It's not dangerous where I live but there is a lot of <b>antisocial</b> behaviour.	<b>aspołeczny</b>
<b>belongings</b> <i>n pl</i>	/bɪˈlɒŋɪŋz/	I packed all my <b>belongings</b> and left.	<b>rzeczy osobiste, dobytek</b>
<b>block</b> <i>v</i>	/blɒk/	The manager <b>blocked</b> his suggestion because he didn't like it.	<b>odrzucać</b>
<b>brand</b> <i>n</i>	/brænd/	What <b>brand</b> of cigarettes do you prefer?	<b>marka</b>
<b>celebrity endorser</b> <i>n</i>	/ˌseɪləbrəti ɪnˈdɔːsə/	A <b>celebrity endorser</b> can help increase the sales of a product.	<b>rekommendacja znanej osoby</b>
<b>commercial</b> <i>n</i>	/kəˈmɜːʃl/	TV and radio <b>commercials</b> cannot make false claims about a product.	<b>reklama</b>
<b>consist of</b> <i>v</i>	/kənˈsɪst ɒv/	The company <b>consists of</b> four main departments.	<b>składać się z</b>
<b>despite</b> <i>prep</i>	/dɪˈspaɪt/	He's decided to carry on working <b>despite</b> being 65.	<b>pomimo (czegoś)</b>
<b>even though</b>	/ˈiːvn ðəʊ/	<b>Even though</b> the product is expensive, many people will still buy one.	<b>nawet jeśli, mimo że</b>
<b>for</b> <i>prep</i>	/fɔː/	It was probably produced <b>for</b> young men.	<b>dla</b>
<b>gift</b> <i>n</i>	/ɡɪft/	Small free <b>gifts</b> are often given with big purchases.	<b>prezent, podarunek</b>
<b>however</b> <i>adv</i>	/haʊˈevə/	I'm going to buy it <b>however</b> expensive it is!	<b>jakkolwiek, niezależnie od czegoś</b>
<b>image</b> <i>n</i>	/ˈɪmɪdʒ/	Experts warned of the negative effect these kinds of <b>images</b> might have.	<b>obraz, wizerunek</b>
<b>in order to</b>	/ɪn ˈɔːdə tə/	The photo has been airbrushed <b>in order to</b> make her skin look perfect.	<b>aby, w celu</b>

<b>in spite of</b>	/ɪn spaɪt ɒv/	<b>In spite of</b> a huge marketing campaign, the product was not successful.	<b>pomimo</b> (czegoś)
<b>ingredient</b> <i>n</i>	/ɪnˈɡriːdiənt/	The product's <b>ingredients</b> are on the label.	<b>składnik</b>
<b>must-have</b> <i>n</i>	/məst hæv/	Everyone wants one of those products. It's a <b>must-have</b> .	<b>coś, co każdy powinien mieć (coś niezbędne, modne)</b>
<b>neighbourhood</b> <i>n</i>	/ˈneɪbəhʊd/	New York has some very dangerous <b>neighbourhoods</b> .	<b>śsiedztwo</b>
<b>ordinary</b> <i>adj</i>	/ˈɔːdnri/	During the week these men have <b>ordinary</b> jobs and they're model citizens.	<b>zwykły</b>
<b>poverty</b> <i>n</i>	/ˈpɒvəti/	<b>Poverty</b> can be a problem in a city that is growing quickly.	<b>bieda, ubóstwo</b>
<b>progress</b> <i>v</i>	/ˈprɒˈɡres/	The business is going digital to <b>progress</b> further.	<b>rozwijać się</b>
<b>reasonable</b> <i>adj</i>	/ˈriːznəbl/	Many <b>reasonable</b> -looking restaurants have very expensive wine lists.	<b>przyswoity</b>
<b>relatively</b> <i>adv</i>	/ˈrelətɪvli/	There is also <b>relatively</b> low unemployment compared to other big cities in the world.	<b>relatywnie</b>
<b>satisfactory</b> <i>adj</i>	/ˌsætɪsˈfæktəri/	Our accommodation isn't <b>satisfactory</b> .	<b>zadowolający, satysfakcjonujący</b>
<b>so as to</b>	/səʊ əz tə/	I went to the bank <b>so as to</b> talk to my bank manager	<b>tak aby, po to by</b>
<b>so that</b>	/səʊ ðæt/	Dark colours are used <b>so that</b> it makes the product look cool.	<b>żeby, po to aby</b>
<b>statement</b> <i>n</i>	/ˈstetmənt/	This ruling eventually made it illegal for celebrities to make false <b>statements</b> of fact in advertisements.	<b>twierdzenie, oświadczenie</b>
<b>status</b> <i>n</i>	/ˈstetəs/	Even though Paul Feldman had high <b>status</b> and earned a good salary, he was bored with his job.	<b>status, pozycja (społeczna)</b>
<b>sue</b> <i>v</i>	/suː/	Lauren threatened to <b>sue</b> a blogger who was the first person to publish and comment on the image online.	<b>pozywać</b>
<b>trouble</b> <i>n</i>	/ˈtrʌbl/	I got in a lot of <b>trouble</b> at school.	<b>problem, kłopot</b>
<b>whatever</b> <i>det, pron</i>	/wʌtˈevə/	<b>Whatever</b> I give her, it's always the wrong thing.	<b>cokolwiek</b>
<b>wherever</b> <i>adv</i>	/weəˈevə/	Please sit <b>wherever</b> you like.	<b>gdziekolwiek</b>
<b>whichever</b> <i>det, pron</i>	/wɪtʃˈevə/	I'll go by bus or train, <b>whichever</b> is cheaper.	<b>w zależności od tego, który (co)</b>
<b>whoever</b> <i>pron</i>	/huːˈevə/	There is a prize for <b>whoever</b> can answer the question first.	<b>ktokolwiek</b>

## More words in File 9

<b>agricultural</b> <i>adj</i>	/ˌæɡrɪˈkʌltʃərəl/	What <b>agricultural</b> products are produced in your country?	<b>rolniczy</b>
<b>bagel</b> <i>n</i>	/ˈbeɪɡl/	My daughter likes <b>bagels</b> for breakfast.	<b>bajgiel</b>
<b>battle</b> <i>n</i>	/ˈbætl/	So began an epic legal <b>battle</b> which the FTC ultimately lost.	<b>bitwa, bój</b>
<b>construct</b> <i>v</i>	/kənˈstrʌkt/	There are even driving schools <b>constructed</b> on top of buildings.	<b>budować, tworzyć</b>
<b>contrast</b> <i>n</i>	/ˈkɒntrəːst/	As a complete <b>contrast</b> to Tokyo, Marr takes us to Mexico City, a colourful and vibrant city of about 20 million people.	<b>przeciwieństwo</b>
<b>divide</b> <i>n</i>	/dɪˈvaɪd/	There is a huge social <b>divide</b> . On one hillside we see massive, luxurious houses and on the next hill, slums.	<b>podział (społeczny)</b>
<b>entire</b> <i>adj</i>	/ɪnˈtaɪə/	By the end of the century three-quarters of the <b>entire</b> planet will be urban.	<b>cały</b>
<b>harbour</b> <i>n</i>	/ˈhɑːbə/	They went down to the <b>harbour</b> to see if they had fresh fish.	<b>port, przystań</b>
<b>helicopter</b> <i>n</i>	/ˈhelɪkɒptə/	As Marr flew over Tokyo in a <b>helicopter</b> he saw football pitches and playgrounds on top of buildings.	<b>helikopter</b>
<b>incident</b> <i>n</i>	/ˈɪnsɪdənt/	The <b>incident</b> made him leave his job.	<b>incydent, wydarzenie</b>
<b>intact</b> <i>adj</i>	/ɪnˈtækt/	These walls are amazing – they're completely <b>intact</b> even after the war.	<b>nietknięty</b>
<b>Islamic</b> <i>adj</i>	/ɪzˈlæmɪk/	The Museum of <b>Islamic</b> Art has a whole lot of pieces from Muslim times.	<b>islamski</b>
<b>leftovers</b> <i>n pl</i>	/ˈleftəʊvəz/	I usually eat the <b>leftovers</b> from dinner for lunch the next day.	<b>resztki, pozostałości</b>
<b>massive</b> <i>adj</i>	/ˈmæsɪv/	On one hillside we see <b>massive</b> , luxurious houses and on the next hill, slums.	<b>ogromny, rozległy</b>
<b>Muslim</b> <i>adj</i>	/ˈmuzlɪm/	A mosque is where <b>Muslim</b> people go to worship.	<b>muzułmański</b>
<b>policy</b> <i>n</i>	/ˈpɒləsi/	The manager called a meeting so as to explain the new <b>policy</b> .	<b>polityka, zasady</b>
<b>proportion</b> <i>n</i>	/prəˈpɔːʃn/	The biggest <b>proportion</b> of people eat cereal for breakfast.	<b>odsetek</b>

refund <i>n</i>	/ˈriːfʌnd/	Sorry, we don't give <b>refunds</b> . You can't get your money back.	zwrot pieniędzy
reinforced <i>adj</i>	/ˈriːnˈfɔːs/	There are boutiques which sell tops that look normal but are in fact bulletproof, made of <b>reinforced</b> Kevlar.	wzmocniony
slum <i>n</i>	/slʌm/	Millions of people live in <b>slums</b> without basic facilities.	slumsy
subscription <i>n</i>	/səbˈskɹɪpʃn/	I have a <b>subscription</b> to the magazine.	subskrypcja
unintentionally <i>adv</i>	/ˌʌnɪnˈtenʃənəli/	I'm sorry I offended you. I did it <b>unintentionally</b> .	niechcący, nieumyślnie
unthinkable <i>adj</i>	/ˌʌnˈθɪŋkəbl/	The idea of late trains is almost <b>unthinkable</b> .	nie do pomyślenia, nieprawdopodobny
vibrant <i>adj</i>	/ˈvaɪbrənt/	Mexico City is a colourful and <b>vibrant</b> city where people live their lives in the street.	tętniący życiem

## File 10

### Useful words and phrases

acceptable <i>adj</i>	/əkˈseptəbl/	Do you think it is <b>acceptable</b> for animals to be used in experiments?	akceptowalny
acid <i>n</i>	/ˈæsɪd/	A diamond can be destroyed by either intense heat or <b>acid</b> .	kwasy
air <i>n</i>	/eə/	When we breathe out, some of that <b>air</b> is oxygen.	powietrze
anaesthetic <i>n</i>	/ˌænəsˈθetɪk/	I was given an <b>anaesthetic</b> before my operation.	środek znieczulający
beforehand <i>adv</i>	/bɪˈfɔːhænd/	I intended it as a surprise so I didn't say anything <b>beforehand</b> .	zawczasu, wcześniej
biologist <i>n</i>	/baɪˈɒlədʒɪst/	A <b>biologist</b> studies the structure of living organisms.	biolog
bits and pieces	/bɪts ən piːsɪz/	I didn't buy much, just a few <b>bits and pieces</b> .	drobiazgi
blood transfusion <i>n</i>	/ˈblʌd trænˈfjuːʒn/	After she lost a lot of blood the doctors performed a <b>blood transfusion</b> .	transfuzja krwi
clinical trial <i>n</i>	/ˈklɪnɪkl ˈtraɪəl/	People can volunteer to be guinea pigs in <b>clinical trials</b> .	badanie kliniczne
disabled <i>adj</i>	/dɪsˈeɪblɪd/	He contracted polio at the age of 51 which left him <b>disabled</b> .	niepełnosprawny
discovery <i>n</i>	/dɪˈskʌvəri/	Archimedes made an important <b>discovery</b> in his bath.	odkrycie
donor <i>n</i>	/ˈdəʊnə/	Hospitals need <b>donors</b> to give blood for operations.	dawca
gas <i>n</i>	/ɡæs/	Helium <b>gas</b> can be found in both liquid and solid form.	gaz
geneticist <i>n</i>	/dʒəˈnetɪsɪst/	A <b>geneticist</b> is a scientist who studies genetics.	genetyk
give and take	/ɡɪv ən teɪk/	Every relationship needs a bit of <b>give and take</b> .	kompromis, ustępstwo
ideal <i>n</i>	/aɪˈdiːəl/	I have cherished the <b>ideal</b> of a democratic and free society.	ideał
imprison <i>v</i>	/ɪmˈprɪzn/	Several suffragettes had been <b>imprisoned</b> for attacking policeman.	uwięzić, wsadzić do więzienia
inhale <i>v</i>	/ɪnˈheɪl/	To prove its safety he <b>inhaled</b> its vapour for a minute.	wdychanie
issue <i>n</i>	/ˈɪʃuː/	It's important to know about sensitive local <b>issues</b> .	problem
laboratory <i>n</i>	/ləˈbɒrətɹi/	Scientists carry out experiments in a <b>laboratory</b> .	laboratorium
law and order	/ləːr ən ɔːdə/	The army were called in to restore <b>law and order</b> .	ład i porządek publiczny
leap <i>n</i>	/liːp/	That's one small step for a man, one giant <b>leap</b> for mankind.	sus, skok
malaria <i>n</i>	/məˈleəriə/	He got <b>malaria</b> after he was bitten by a mosquito.	malaria
mankind <i>n</i>	/mænˈkaɪnd/	Shamanism is the oldest healing method of <b>mankind</b> .	ludzkość
now and again	/naʊ ən əˈɡeɪn/	I've been having headaches <b>now and again</b> .	co jakiś (pewien) czas
nuclear <i>adj</i>	/ˈnjuːkliə/	<b>Nuclear</b> power is one of the main sources of energy in some countries.	nuklearny, jądrowy
physicist <i>n</i>	/ˈfɪzɪsɪst/	A <b>physicist</b> is a scientist who studies physics.	fizyk
polio <i>n</i>	/ˈpəʊliə/	He contracted <b>polio</b> at the age of 51 which left him disabled.	polio, choroba Heinego-Medina
radiation <i>n</i>	/ˌreɪdiˈeɪʃn/	Nuclear power is associated with exposure to <b>radiation</b> .	promieniowanie
rope <i>n</i>	/rəʊp/	His invention caused his death when he was strangled by the <b>ropes</b> .	sznur, lina
safe and sound	/seɪf ən saʊnd/	Despite flying through a storm we arrived <b>safe and sound</b> .	cały i zdrowy
sick and tired	/sɪk ən ˈtaɪəd/	I'm <b>sick and tired</b> of hearing you complain.	mieć czegoś po dziurki w nosie

<b>side effect</b> <i>n</i>	/ˈsaɪd ɪfekt/	Scientists have to do lots of research into the possible <b>side effects</b> of new drugs.	<b>efekt uboczny</b>
<b>solid</b> <i>adj</i>	/ˈsɒlɪd/	Helium gas can be found in both liquid and <b>solid</b> form.	<b>w stanie stałym</b>
<b>strangle</b> <i>v</i>	/ˈstræŋɡl/	His invention caused his death when he was <b>strangled</b> by the ropes.	<b>udusić się, zostać uduszonym</b>
<b>tuberculosis</b> <i>n</i>	/tjuːˌbɜːkjuːˈləʊsɪs/	<b>Tuberculosis</b> is a serious infectious disease that affects the lungs.	<b>gruźlica</b>
<b>ups and downs</b>	/ʌps ən daʊnz/	We've had our <b>ups and downs</b> , but now we get on really well.	<b>wzloty i upadki</b>
<b>wait and see</b>	/weɪt ən siː/	You'll have to <b>wait and see</b> what's for lunch.	<b>począekać i zobaczyć</b>

## More words in File 10

<b>activist</b> <i>n</i>	/ˈæktɪvɪst/	Nelson Mandela spent 27 years in jail for being an <b>activist</b> in the fight against apartheid.	<b>aktywista, aktywistka</b>
<b>additive</b> <i>n</i>	/ˈædətɪv/	There were several deaths from lead poisoning at the factory where the <b>additive</b> was produced.	<b>dodatek</b>
<b>all</b> <i>det</i>	/ɔːl/	<b>All</b> fruit contains sugar.	<b>wszystkie</b>
<b>all (of) the</b> <i>pron</i>	/ɔːl ðə/	I work hard <b>all of the</b> week.	<b>cały</b>
<b>any</b> <i>det, pron</i>	/ˈeni/	Come <b>any</b> weekend!	<b>któryś, jakiś</b>
<b>apartheid</b> <i>n</i>	/əˈpɑːteɪt/	<b>Apartheid</b> in South Africa gave white people more rights than others.	<b>apartheid</b>
<b>astronaut</b> <i>n</i>	/ˈæstrənɔːt/	Before Neil Armstrong became an <b>astronaut</b> he worked for the navy.	<b>astronauta</b>
<b>autograph</b> <i>n</i>	/ˈɔːtəɡrɑːf/	Many people collect <b>autographs</b> of famous people.	<b>autograf</b>
<b>barber</b> <i>n</i>	/ˈbɑːbə/	I get my hair cut by the same <b>barber</b> as my brother.	<b>fryzjer męski</b>
<b>bumpy</b> <i>adj</i>	/ˈbʌmpi/	He had a <b>bumpy</b> start to his career and was fired from many jobs.	<b>wyboisty, trudny</b>
<b>cosmetics</b> <i>n pl</i>	/kɒzˈmetɪks/	Does it make a difference if the experiments are for medical research or for <b>cosmetics</b> testing?	<b>kosmetyki</b>
<b>council</b> <i>n</i>	/ˈkaʊnsəl/	People are complaining because the <b>council</b> have refused to build a new hospital.	<b>samorząd, rada</b>
<b>defend</b> <i>v</i>	/dɪˈfend/	We shall <b>defend</b> our island, whatever the cost may be.	<b>bronić (się), walczyć</b>
<b>democratic</b> <i>adj</i>	/ˌdeməˈkrætɪk/	I have cherished the ideal of a <b>democratic</b> and free society in which all persons live together in harmony.	<b>demokratyczny</b>
<b>desert</b> <i>n</i>	/ˈdezət/	Two passengers made the pilot land in the <b>desert</b> .	<b>pustynia</b>
<b>diamond</b> <i>n</i>	/ˈdaɪəmənd/	A <b>diamond</b> can be destroyed by either intense heat or acid.	<b>diament</b>
<b>distracting</b> <i>adj</i>	/dɪˈstræktɪŋ/	There were too many <b>distracting</b> graphics. I couldn't concentrate.	<b>rozpraszający</b>
<b>either</b> <i>det, pron</i>	/ˈaɪðə/	Marie Curie wanted to study <b>either</b> physics or mathematics.	<b>albo...albo</b>
<b>electron</b> <i>n</i>	/ɪˈlektɹɒn/	In direct current, the <b>electrons</b> move only in one direction.	<b>elektron</b>
<b>every</b> <i>det</i>	/ˈevri/	<b>Every</b> door was closed.	<b>wszystkie, każde</b>
<b>everybody</b> <i>pron</i>	/ˈevrɪbɒdi/	<b>Everybody</b> arrived on time.	<b>wszyscy</b>
<b>everything</b> <i>pron</i>	/ˈevrɪθɪŋ/	<b>Everything</b> is expensive.	<b>wszystko</b>
<b>exquisitely</b> <i>adv</i>	/ɪkˈskwɪzɪtli/	We live in a society <b>exquisitely</b> dependent on science and technology.	<b>całkowicie, wyjątkowo</b>
<b>flow</b> <i>v</i>	/fləʊ/	The River Danube <b>flows</b> into the Black Sea.	<b>wpadać</b>
<b>harmony</b> <i>n</i>	/ˈhɑːməni/	I have cherished the ideal of a democratic and free society in which all persons live together in <b>harmony</b> .	<b>harmonia, zgoda</b>
<b>intolerable</b> <i>adj</i>	/ɪnˈtɒlərəbl/	It is only people who feel an <b>intolerable</b> sense of oppression who would adopt a means of that kind.	<b>nieznośny, nie do zniesienia</b>
<b>invalid</b> <i>n</i>	/ɪnˈvəlɪd/	The accident left him an <b>invalid</b> for the last two decades of his life.	<b>inwalida</b>
<b>invasion</b> <i>n</i>	/ɪnˈveɪʒn/	A German <b>invasion</b> of Britain was expected at any moment in 1940.	<b>inwazja</b>
<b>lawsuit</b> <i>n</i>	/ˈlɔːsuːt/	He filed a <b>lawsuit</b> against his record company.	<b>sprawa, proces (sądowy)</b>
<b>lead</b> <i>n</i>	/led/	<b>Lead</b> was added to petrol to make car engines less noisy.	<b>ołów</b>
<b>lightning</b> <i>n</i>	/ˈlaɪtnɪŋ/	The tree was hit by <b>lightning</b> in the storm.	<b>błyskawica, piorun</b>
<b>means</b> <i>n pl</i>	/miːnz/	He tries to get what he wants by any <b>means</b> .	<b>sposoby</b>
<b>most of</b> <i>pron</i>	/məʊst ɒv/	She's right <b>most of</b> the time.	<b>większość (z)</b>



<b>myth</b> <i>n</i>	/mɪθ/	<i>Do you know any other things that some people think are scientific facts, but are really <b>myths</b>?</i>	<b>mit</b>
<b>navy</b> <i>n</i>	/ˈneɪvi/	<i>Many countries have an army, air force, and <b>navy</b>.</i>	<b>marynarka wojenna</b>
<b>neither</b> <i>det, pron</i>	/ˈneɪðə/	<i><b>Neither</b> Pierre nor Marie were aware of the dangers of radiation.</i>	<b>ani – ani, żadne (z nich)</b>
<b>nitrogen</b> <i>n</i>	/ˈnaɪtrədʒən/	<i>During this time he also permanently damaged his eyes in a <b>nitrogen</b> trichloride explosion.</i>	<b>azot</b>
<b>none</b> <i>pron</i>	/nʌn/	<i>Is there any food? No, <b>none</b>.</i>	<b>nic, żadne</b>
<b>obstacle</b> <i>n</i>	/ˈɒbstəkl/	<i>We will never give up, no matter what <b>obstacles</b> stand in our way.</i>	<b>przeszkoda</b>
<b>railing</b> <i>n</i>	/ˈreɪlɪŋ/	<i>They were imprisoned for chaining themselves to <b>railings</b> outside the Prime Minister's house in London.</i>	<b>ogrodzenie</b>
<b>resist</b> <i>v</i>	/rɪˈzɪst/	<i>However long it takes, we will <b>resist</b> the enemy and we will never give up.</i>	<b>sprzeciwiać się, stawiać opór</b>
<b>stamina</b> <i>n</i>	/ˈstæmɪnə/	<i>My brother has neither the energy nor the <b>stamina</b> to run a marathon.</i>	<b>wytrzymałość</b>
<b>suffragette</b> <i>n</i>	/ˌsʌfrəˈdʒet/	<i>Emmeline Pankhurst was the leader of the <b>suffragette</b> movement in 1913.</i>	<b>sufrażystka</b>
<b>surrender</b> <i>v</i>	/səˈrendə/	<i>We shall fight in the fields and in the streets, we shall fight in the hills; we shall never <b>surrender</b>.</i>	<b>poddawać się, kapitulować</b>
<b>toxic</b> <i>adj</i>	/ˈtɒksɪk/	<i><b>Toxic</b> substances cause damage to the environment.</i>	<b>toksyczny</b>
<b>vapour</b> <i>n</i>	/ˈveɪpə/	<i>He inhaled its <b>vapour</b> for a minute.</i>	<b>opary, wyziewy</b>
<b>various</b> <i>adj</i>	/ˈveəriəs/	<i>He had <b>various</b> jobs before becoming a chemist.</i>	<b>różny</b>
<b>volcano</b> <i>n</i>	/vɒlˈkeɪnəʊ/	<i>Mount Vesuvius is a <b>volcano</b> in south west Italy.</i>	<b>wulkan</b>