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New
ENGLISH FILE

Upper-intermediate
Polish Wordlist



OXFORD

Upper-intermediate Polish wordlist

This Wordlist is organized File by File. It includes all the words in the Vocabulary Banks in the Student's Book and the MultiROM, all the words which are highlighted in the Student's Book, and all the words in the More Words to Learn sections of the Workbook.

1A More Words to Learn

badge	/bædʒ/	identyfikator	<i>He was wearing a badge with his name on it.</i>
chat (v)	/tʃæt/	gadać	<i>I chatted to other people while we waited.</i>
embarrassing	/ɪm'bræsɪŋ/	żenujący	<i>What has been your most embarrassing moment?</i>
eyebrows	/'aɪbrəʊz/	brwi	<i>He raised his eyebrows in surprise.</i>
funeral	/'fju:nərəl/	pogrzeb	<i>What song do you want to be played at your funeral?</i>
have a date	/,hæv ə 'deɪt/	mieć randkę	<i>Jane had a date on Friday – she went to a restaurant.</i>
partner	/'pɑ:tənə/	partner	<i>Speed-dating can help busy people to find a partner.</i>
raise	/reɪz/	podnosić	<i>He raised his eyebrows in surprise.</i>
trust	/trʌst/	ufać	<i>Don't trust the smile, trust the actions.</i>

More words in 1A

agony	/'ægəni/	agonia	<i>I had terrible toothache and I was in agony.</i>
amused	/ə'mju:zd/	rozbawiony	<i>The baby giggles when he's amused.</i>
assertive	/ə'sɜ:tɪv/	asertywny	<i>My boss is assertive, she has a strong personality.</i>
awkward	/'ɔ:kwəd/	niezręczny	<i>The atmosphere was awful – it was all very awkward.</i>
banker	/'bæŋkə/	bankier	<i>The men included a chef, a banker, and a novelist.</i>
bell	/bel/	dzwonek	<i>A bell rings when it's time for class to start.</i>
bubbly	/'bʌbli/	radosny	<i>At the speed-dating event she seemed really bubbly.</i>
complex (n)	/'kɒmpleks/	kompleks	<i>I'm an egotistical maniac with an inferiority complex.</i>
complicated	/'kɒmplɪkətɪd/	złożony	<i>Finding a partner is a complicated process.</i>
courtship	/'kɔ:tʃɪp/	zaloty, narzeczeństwo	<i>They married after a year of courtship.</i>
current	/'kʌrənt/	obecny	<i>She doesn't enjoy her current career.</i>
deafening	/'defəniŋ/	ogłuszający	<i>The music in the club was deafening.</i>
discotheque	/'diskəteɪk/	dyskoteka	<i>We went dancing at a local discotheque.</i>
double (v)	/'dʌbl/	podwajać się	<i>The company doubled profits last year.</i>
edit	/'edɪt/	edytować	<i>If you could edit your past, what would you change?</i>
egotistical	/'i:gə'tɪstɪkl/	egoistyczny	<i>I'm an egotistical maniac with an inferiority complex.</i>
eliminate	/'ɪlɪmɪneɪt/	eliminować, usuwać	<i>You can eliminate an option if it looks wrong.</i>
event	/'ɪvent/	impresa	<i>The organizers of the event suggested a list of topics.</i>
evolve	/'ɪvəlv/	rozwijać się	<i>It is a ritual which has evolved over the centuries.</i>
exchange	/'ɪks'tʃeɪndʒ/	wymieniać	<i>We exchanged telephone numbers.</i>
farewell	/feə'wel/	pożegnany	<i>The Commodores never did a farewell tour.</i>
frenzied	/'frenzɪd/	desperacki	<i>The shark was frenzied, attacking the surfer.</i>
fresh	/freʃ/	świeży	<i>He has food poisoning – those prawns weren't fresh.</i>
grimace	/'grɪməs/	grymas	<i>Her grimace showed she wasn't impressed.</i>
guilty	/'gɪltɪ/	winny	<i>Lionel feels guilty about not being there for his kids.</i>
guy	/gɑɪ/	facet	<i>I went on one date with a guy who teaches Maths.</i>
housekeeper	/'haʊski:pə/	osoba prowadząca dom, gospościa	<i>A housekeeper would improve the quality of my life.</i>
imaginative	/'ɪ mædʒɪnətɪv/	pomysłowy	<i>I tried to think of imaginative questions to ask.</i>
impression	/'ɪm'preʃn/	wrażenie	<i>I was worried I wouldn't give the right impression.</i>
inferiority	/'ɪn,fɪəri'ɒrəti/	niższości	<i>I'm an egotistical maniac with an inferiority complex.</i>
injection	/'ɪn'dʒekʃn/	zastrzyk	<i>I'd been to the dentist, and I'd had an injection.</i>
Labour	/'leɪbə/	siła robocza, tu: Pracy	<i>I work for the Labour party.</i>
management consultant	/'mænɪdʒmənt kən,sʌltənt/	doradca ds. zarządzania, doradca zarządu	<i>He's a management consultant in the City.</i>

maniac	/ˈmemiæk/	maniak	<i>I'm an egotistical maniac with an inferiority complex.</i>
match (n)	/mætʃ/	dobrana para	<i>They are a perfect match – they share interests.</i>
overuse (v)	/ˌəʊvəˈjuːz/	nadużywać	<i>What words or phrases do you most overuse?</i>
participants	/ˈpɑːtɪsɪpənts/	uczestnicy	<i>According to the participants, the meeting was good.</i>
pose	/pəʊz/	pozować, tu: podawać się za (kogos)	<i>Journalists posed as students to investigate the story.</i>
possession	/pəˈzeʃn/	własność, dobytek	<i>What's your most treasured possession?</i>
pre-prepared	/ˌpriːprɪˈpeəd/	wcześniej przygotowany	<i>Have a list of pre-prepared questions ready.</i>
pre-school (n)	/ˌpriːsku:l/	przedszkole	<i>I was terrified on my first day at pre-school.</i>
propose	/prəˈpəʊz/	oświadczać się	<i>I proposed in Paris, then we got married the next day!</i>
prospective	/prəˈspektɪv/	potencjalny	<i>She met some prospective partners speed-dating.</i>
publishes	/ˈpʌblɪʃɪz/	publikować	<i>Every week The Guardian publishes a short story.</i>
quick-fire	/ˈkwɪkfɑɪə/	krzyżowy ogień	<i>The politician was asked quick-fire questions.</i>
ritual	/ˈrɪtʃuəl/	rytuał	<i>The ritual has evolved over many years.</i>
scorecard	/ˈskɔːkɑːd/	arkusz odpowiedzi	<i>Put a tick in the 'yes' box on a scorecard.</i>
shift (n)	/ʃɪft/	zmiana	<i>I had the breakfast shift – I had to go in at five a.m.</i>
smoothly	/ˈsmuːðli/	gładko	<i>The conversation ran very smoothly.</i>
solo	/ˈsəʊləʊ/	solo	<i>Lionel Richie was successful as a solo singer.</i>
speed-dating	/ˈspiːd ˌdeɪtɪŋ/	błyskawiczna randka	<i>In recent years speed-dating has become popular.</i>
treasured	/ˈtreʒəd/	cenny	<i>What's your most treasured possession?</i>
trick	/trɪk/	sztuczki	<i>He plays tricks on his colleagues all the time.</i>
type	/taɪp/	typ	<i>I'm sorry, you're not my type.</i>
unknown	/ˌʌnˈnəʊn/	nieznany	<i>Guess the meaning of an unknown word from context.</i>
unmarried	/ˌʌnˈmæɪrɪd/	niezameżna, niezonatny	<i>My aunt is unmarried.</i>
watchful	/ˈwɒtʃfl/	uważny	<i>The supervisor has a watchful eye.</i>

1B Vocabulary Bank Personality

adventurous	/ədˈventʃərəs/	śmiały	<i>I'm not adventurous enough to try speed-dating!</i>
arrogant	/ˈærəɡənt/	arogancki	<i>It's very arrogant to think you're better than her.</i>
as hard as nails	/əz ˌhɑːd əz ˈneɪlz/	niewzruszony jak skała	<i>You can't upset Anna, she's as hard as nails.</i>
assertive	/əˈsɜːtɪv/	asertywny	<i>I wish I was more assertive, not so afraid to speak.</i>
bad-tempered	/ˌbædˈtempəd/	wybuchowy	<i>It isn't you he's angry with, he's just bad-tempered.</i>
calm	/kɑːm/	spokojny	<i>It's important to keep calm in an emergency.</i>
cheerful	/ˈtʃɪəfl/	radosny	<i>I love visiting my gran, she's always so cheerful.</i>
cold fish	/ˌkəʊld ˈfɪʃ/	zimny jak ryba	<i>Joe's a bit of a cold fish: he seems rather unfriendly.</i>
conscientious	/ˌkɒnʃiˈenʃəs/	skrupulatny	<i>She'll do a good job, she's very conscientious.</i>
easy-going	/ˌiːziˈɡəʊɪŋ/	łatwy w pożyciu	<i>She's quite easy-going – relaxed about most things.</i>
eccentric	/ɪkˈsentrɪk/	ekscentryczny	<i>I had an eccentric aunt who used to sing opera.</i>
forgetful	/fəˈɡetfl/	zapominalski	<i>Grandad can't help being forgetful, he's getting old.</i>
funny	/ˈfʌni/	zabawny	<i>He thinks he's funny, but no one else can see the joke.</i>
heart of gold	/ˌhɑːt əv ˈɡəʊld/	złote serce	<i>Janice has got a heart of gold, she helps everyone.</i>
immature	/ˌɪməˈtjʊə/	niedojrzały	<i>Grow up – stop being so immature.</i>
impulsive	/ɪmˈpʌlsɪv/	impulsywny	<i>You're too impulsive, you should think before you act.</i>
insecure	/ˌɪnsɪˈkjʊə/	niepewny siebie	<i>Hannah isn't a confident child, I think she's insecure.</i>
insincere	/ˌɪnsɪmˈsɪə/	nieszczery	<i>Don't believe what Greg says, he's totally insincere.</i>
loyal	/ˈlɔɪəl/	lojalny	<i>Jenny's very loyal, she never says anything unkind.</i>
moody	/ˈmuːdi/	humorzasty	<i>You're so moody – I never know what to expect.</i>
open-minded	/ˌəʊpənˈmaɪndɪd/	o szerokich horyzontach	<i>My dad accepts new ideas, he's quite open-minded.</i>
optimistic	/ˌɒptɪˈmɪstɪk/	optymistyczny	<i>I'm quite optimistic about moving to London.</i>
pain in the neck	/ˌpeɪn ɪn ðə ˈnek/	nie do wytrzymania	<i>She's a real pain in the neck – she's so difficult.</i>
pessimistic	/ˌpesɪˈmɪstɪk/	pesymistyczny	<i>I'm pessimistic. I always expect the worst.</i>
possessive	/pəˈzesɪv/	zaborczy	<i>Don't be so possessive, she needs a bit of freedom.</i>
reliable	/rɪˈlaɪəbl/	niezawodny	<i>Brian is very reliable; he does what he says.</i>
rely	/rɪˈlaɪ/	polegać	<i>I'm asking you because I know I can rely on you.</i>

reserved	/rɪ'zɜ:vɪd/	skryty
self-confident	/,self'kɒnfɪdənt/	pewny siebie
sensible	/'sensəbl/	rozsądny
sensitive	/'sensətɪv/	wrażliwy
stubborn	/'stʌbən/	uparty
vain	/veɪn/	próżny
well-balanced	/,wel'bælənst/	zrównoważony
wise	/waɪz/	mądry

She's not unfriendly, just a bit **reserved**, that's all.
 Being **self-confident** is a good thing.
 She's far too **sensible** to agree to that.
 Don't mention his results, he's feeling a bit **sensitive**.
 They're both **stubborn** as each other.
 Anna is so **vain**, she looks at herself in every mirror.
 It's important to be **well-balanced**.
 I need someone **wise** to advise me.

1B More Words to Learn

childhood	/'tʃaɪldhʊd/	dzieciństwo
deduce	/dɪ'dju:s/	wnioskować
handwriting	/'hændraɪtɪŋ/	charakter pismo
illegible	/ɪ'ledʒɪbl/	nieczytelny
initials	/ɪ'nɪʃlz/	inicjały
psychic	/'saɪkɪk/	medium, wróżka
secretive	/'si:kri:tɪv/	skryty
sign (v)	/saɪn/	podpisywać
signature	/'sɪgnətʃə/	podpis
trick	/'trɪk/	sztuczka, trik

I had a very happy **childhood**.
 A psychic can **deduce** a lot from your appearance.
 Clear **handwriting** is really important.
 His signature is **illegible**.
 My signature contains my surname and **initials**.
 The **psychic** says I'll become very rich.
 He's very **secretive**, he won't tell anyone.
 Some people actually **sign** in capital letters.
 Put your **signature** here, please.
 He uses all the **tricks** of the trade to make money.

More Words in 1B

ability	/ə'biləti/	zdolność
academic	/,ækə'demɪk/	akademicki
adapt	/ə'dæpt/	przystosowywać się
all-time	/'ɔ:ltaɪm/	wszech czasów, ponadczasowy
ambition	/æm'bɪʃn/	ambicja
angle	/'æŋɡl/	kąt
bad-mannered	/,bæd'mænəd/	źle wychowany
companion	/kəm'pæniən/	towarzysz
confirm	/kən'fɜ:m/	potwierdzać
conflict (n)	/'kɒnflɪkt/	konflikt
considerate	/kən'sɪdərət/	taktowny
creative	/kri'eɪtɪv/	kreatywny
descending	/dɪ'sendɪŋ/	opadający
dyslexic	/dɪs'leksɪk/	dyslektyczny
evidence	/'eɪvɪdəns/	dowód
faced (with)	/feɪsd/	skonfrontowany z
flattering	/'flætərɪŋ/	schlebiający
genuine	/'dʒenjuɪn/	autentyczny
graphology	/græf'ɒlədʒi/	grafologia
horizontal	/,hɒrɪ'zɒntl/	poziomy
identify	/aɪ'dentɪfaɪ/	identyfikować
imply	/ɪm'plaɪ/	sugerować, implikować
impressive	/ɪm'presɪv/	robiący wrażenie
inherit	/ɪn'herɪt/	dziedziczyć
investigate	/ɪn'vestɪɡeɪt/	przewodzić dochodzenie
judge (v)	/dʒʌdʒ/	osądzać
lack	/læk/	brak
lecture	/'lektʃə/	wykład
legible	/'ledʒɪbl/	czytelny
low	/ləʊ/	niski
major (adj)	/'meɪdʒə/	ważny, główny
method	/'meθəd/	metoda
objective (n)	/əb'dʒektɪv/	cel
overcome	/,əʊvə'kʌm/	przezwyciężyć

A self-confident person feels sure about their **ability**.
 He enjoys **academic** life – studying is his dream.
 You need to **adapt** your way of life.
 'Yesterday' is an **all-time** favourite
 His greatest **ambition** is to be a world-class pianist.
 The **angle** of a signature is significant.
 He's terribly **bad-mannered** – he never says please.
 The best **companion** is someone who doesn't speak.
 Statistics **confirm** that drinking is a serious problem.
 He doesn't argue, he tends to avoid **conflict**.
 I wish they were more **considerate**, they're so noisy.
 Fiona's very **creative**, her drawings are beautiful.
 Most signatures are horizontal, rising, or **descending**.
 She's not good with words – she's **dyslexic**.
 Rewriting **evidence** is a technique used by psychics.
 I have a tendency to give up when **faced** with stress.
 All these compliments are so **flattering**.
 That psychic isn't **genuine**, nothing she said was true.
 Do you think **graphology** is a serious science?
 There is a **horizontal** line across the page.
 Psychics often **'identify'** common medical problems.
 A legible signature **implies** that you have clear ideas.
 Coming up with a few names is always **impressive**.
 She **inherited** the skill from her grandmother.
 A detective **investigates** crimes.
 She is just very good at **judging** people's character.
 I **lack** self confidence – I need to practice more.
 I went to a **lecture** on Shakespeare.
 Her writing is very clear, it's so **legible**.
 Taxes are very **low** in Japan, around 5%.
 He lived to 100 without any **major** illnesses.
 His teaching **method** is very unusual.
 I have clear study **objectives**.
 Work hard, and **overcome** your money problems.

paranormal	/,pærə'nɔ:ml/	paranormalny	<i>I don't believe in ghosts or paranormal acts</i>
paraphrasing	/'p,rəfrɛɪzɪŋ/	parafrazowanie	<i>If you don't know the word, try paraphrasing.</i>
persona	/pə'səʊnə/	osobowość	<i>He's very protective of his private persona.</i>
powerful	/'paʊəfl/	silny	<i>The accident had a powerful effect on me.</i>
preferably	/'prefərəbli/	najlepiej	<i>I'd like to meet someone new, preferably my age.</i>
prominent	/'prɒmɪnənt/	czołowy, wybitny	<i>He was a prominent member of the local community.</i>
reflect	/rɪ'flekt/	odzwierciedlać	<i>Your signature reflects how you are as a person.</i>
represent	/,reprɪ'zent/	reprezentować	<i>The lion represents bravery.</i>
satisfied	/'sætɪsfaid/	zadowolony	<i>I'm satisfied with my life at the moment.</i>
scar	/skɑ:z/	blizna	<i>He has a scar from his operation.</i>
sceptical	/'skeptɪkl/	sceptyczny	<i>I'm sceptical about psychics' claims.</i>
self-esteem	/,self 'rɪ:sti:m/	poczucie własnej wartości	<i>She has low self-esteem, she needs some help.</i>
sincere	/sm'sɪə/	szczerzy	<i>I believe he's being sincere when he says he loves me.</i>
sociable	/'səʊʃəbl/	towarzyski	<i>If you are sociable, you have more friends.</i>
stable (adj)	/'steɪbl/	stabilny	<i>She's an emotionally stable person – not easily upset.</i>
statement	/'steɪtmənt/	oświadczenie	<i>The police released a statement after the robbery.</i>
strategy	/'strætədʒi/	strategia	<i>Sometimes waiting is the best strategy.</i>
surgery	/'sɜ:dʒəri/	zabieg chirurgiczny	<i>Plastic surgery repairs badly-damaged skin.</i>
technique	/tek'ni:k/	technika	<i>I studied some of the techniques used by psychics.</i>
temporary	/'tempərəri/	tymczasowy	<i>There was a temporary loss of sound.</i>
tempted	/'temptɪd/	kuszony	<i>I'm tempted to have plastic surgery.</i>
tendency	/'tendənsi/	tendencja	<i>He has a tendency to avoid answering questions.</i>
tricks of the trade	/,trɪks əv ðə 'treɪd/	tajniki zawodu	<i>The con-man used all the tricks of the trade.</i>
unambitious	/,ʌnæm'brɪʃəs/	nieambitny	<i>He won't succeed, he's totally unambitious.</i>
unsociable	/ʌn'səʊʃəbl/	nietowarzyski	<i>Don't be so unsociable, come with us to the pub.</i>

1C Vocabulary Bank **Illness and treatment**

A & E (Accident and Emergency)	/,eɪ ən(d) 'i:z/	ostry dyżur	<i>You'd better go to A & E for an X-ray.</i>
ache	/eɪk/	ból	<i>I've had stomach ache all day, and I've been sick.</i>
allergic	/ə'lɜ:dʒɪk/	alergiczny	<i>Tom's allergic to nuts, they make him really ill.</i>
ankle	/'æŋkl/	kostka (u nogi)	<i>Dave twisted his ankle playing football yesterday.</i>
antibiotic	/,æntɪbər'ɒtɪk/	antybiotyk	<i>The doctor gave me some antibiotics for my sore ear.</i>
asthma	/'æsmə/	astma	<i>My asthma gets worse when I do exercise.</i>
bandage	/'bændɪdʒ/	bandaż	<i>I don't need a bandage, it's only a small cut.</i>
be sick	/bi 'sɪk/	być chorym	<i>I feel awful, I think I'm going to be sick.</i>
bleed	/bli:d/	krwawić	<i>Press the cut firmly – it won't bleed so much.</i>
blister	/'blɪstə/	bąbel, pęcherz	<i>I've got a blister on my heel from my new shoes.</i>
bruise	/'bru:z/	siniak	<i>Look at this bruise on my leg where I fell off my bike!</i>
burn	/bɜ:n/	parzyć się	<i>She's burnt her hand on the oven.</i>
catch cold	/,kætʃ 'kəʊld/	przeziębiać się	<i>You'll catch cold if you go out without a coat.</i>
cough	/kɒf/	kaszel	<i>If you didn't smoke, you wouldn't cough so much.</i>
deep cut	/,di:p 'kʌt/	głębokie skaleczenie	<i>That's quite a deep cut, I think it will need stitches.</i>
diarrhoea	/,daɪə'rɪə/	biegunka	<i>He got diarrhoea when he had food poisoning.</i>
dizzy	/'dɪzi/	cierpiący na zawroty głowy	<i>I'm feeling dizzy, I think I ought to sit down.</i>
drug	/drʌg/	lek	<i>There's a new drug available to treat arthritis.</i>
earache	/'ɪərəɪk/	ból ucha	<i>My earache has affected my hearing.</i>
faint	/'feɪnt/	mdleć	<i>Two soldiers fainted because of the heat.</i>
feel sick	/,fi:l 'sɪk/	czuć się chorym	<i>I feel sick – are you sure that fish was fresh?</i>
flu	/flu:/	grypa	<i>Flu can be a very serious illness for old people.</i>
food poisoning	/'fu:d ,pɔɪzənɪŋ/	zatrucie pokarmowe	<i>She got food poisoning from eating chicken.</i>
GP	/,dʒi: 'pi:/	lekarz rodzinny	<i>If you think you have flu, go to your GP.</i>
headache	/'hedeɪk/	ból głowy	<i>A headache is the most common health problem.</i>
heart attack	/'hɑ:t ə,tæk/	zawał serca	<i>Stress can make you at risk of having a heart attack.</i>

high blood pressure	/,haɪ 'blʌd ,preʃə/	wysokie ciśnienie	High blood pressure can lead to having a stroke.
hurt (intransitive)	/hɜ:t/	boleć	I've got a really sore throat, it hurts when I swallow.
illness	/'ɪlnəs/	choroba	People suffer from more illnesses as they get older.
injection	/'ɪndʒekʃn/	zastrzyk	You can get an injection to protect you from flu.
injury	/'ɪndʒəri/	rana	He was taken to hospital, his injuries were serious.
medicine	/'medsn/	lekarstwo	Take this medicine once a day until you feel better.
needle	/'ni:dl/	igła	She refused the injection, she's terrified of needles .
operation	/,ɒpə'reɪʃn/	operacja	You'll need an operation to repair your knee.
pain (in his chest)	/'peɪn/	ból (w piersi)	You should always take a pain in the chest seriously.
painkiller	/'peɪnkɪlə/	środek przeciwbólowy	Take some painkillers and go to bed.
rash	/'ræʃ/	wysypka	She gets a red rash all over if she eats strawberries.
rest	/'rest/	odpoczynek	It's important to get plenty of rest when you're ill.
scan	/'skæn/	prześwietlenie	I had another scan today – they said the baby's well.
sneeze	/'sni:z/	kichać	Don't sneeze over me, I don't want to catch your cold!
sore throat	/,sɔ: 'θrəʊt/	ból gardła	I've got a really sore throat , it hurts when I swallow.
specialist	/'speʃəlist/	specjalista	My doctor is sending me to see a specialist .
sprained	/'spreɪnd/	zwichnąć	I haven't broken it, I've just sprained my ankle.
stitch	/'stɪtʃ/	szew	I went to hospital to have my stitches taken out.
stomach ache	/'stʌmək ,eɪk/	ból żołądka	I'm never eating fish again – I had stomach ache .
stroke	/'strəʊk/	udar, wylew do mózgu	He's had a stroke – his right side is paralyzed.
swollen	/'swɒləʊn/	spuchnięty	Her wrist looks very swollen – perhaps it's broken.
symptom	/'sɪmptəm/	symptom	Pains in the chest can be symptoms of a heart attack.
temperature	/'temprətʃə/	temperatura	He's got a temperature and his body aches.
treatment	/'tri:tmənt/	leczenie	The best treatment I can suggest is to drink water.
twist	/'twɪst/	skręcać	She twisted her ankle when she tripped over the cat.
unconscious	/'ʌn'kɒnʃəs/	nieprzytomny	He can't hear me – I think he's unconscious .
wound	/'wu:nd/	rana	I'll cover the wound with a bandage to keep it clean.
X-ray	/'eksreɪ/	rentgen	When they took an X-ray , they discovered a break.

More Words to Learn

breathe	/bri:ð/	oddychać	Breathe deeply so I can listen to your lungs.
cell	/sel/	komórka	'Good stress' can aid proteins that repair cells .
choke	/tʃəʊk/	krztusić się	Use the Heimlich manoeuvre if he's choking .
damage	/'dæmɪdʒ/	szkodzić	Experts agree that smoking damages your health.
long-term	/'lɒŋ ,tɜ:m/	długofalowy	Long-term stress is bad for your health.
panic	/'pænik/	panikować	Peter was choking – I began to panic .
sting (stung, stung)	/'stɪŋ/	żądlić	My son was stung by a wasp when he was five.
strengthen	/'streŋθn/	wzmacniać	'Good stress' can strengthen our natural defences.
stuck	/'stʌk/	utknąć	One of the tomatoes got stuck in Peter's throat.
swallow (v)	/'swɒləʊ/	połykać	I almost swallowed my tongue when I fell.

More words in 1C

achievement	/'etʃɪvmənt/	osiągnięcie	The award gave us a sense of achievement .
Alzheimer's	/'æltʃaɪməz/	choroba Alzheimera	Alzheimer's is a disease common among old people.
anti-ageing	/'ænti'eɪdʒɪŋ/	przeciw efektom starzeniu	Dr Marios Kyriazis is an anti-ageing expert.
antiseptic	/'ænti'septɪk/	antyseptyczny	If you have a cut, put some antiseptic cream on it.
appointment	/'əpɔɪntmənt/	umówiona wizyta	Did you make an appointment to see the doctor?
arthritis	/'ɑ:θ'raɪtɪs/	zapalenie stawów, artretyzm	A lot of old people suffer from arthritis .
beneficial	/'benɪ'fɪʃl/	korzystny	He claims 'good stress' is beneficial to our health.
burn	/'bɜ:n/	oparzenie	You should never break any blisters on a burn .
check-up	/'tʃekʌp/	badanie kontrolne	It's a good idea to get a check-up from your dentist.
cherry	/'tʃerɪ/	wiśnia, czereśnia	There was a cherry on the top of my dessert.
chronic	/'krɒnɪk/	chroniczny	Caring for someone with a chronic illness is hard.
claim	/'kleɪm/	twierdzić	Dr Kyriazis claims that 'good stress' is beneficial.

consciousness	/'kɒnʃəsnəs/	przytomność	<i>If you drink too much alcohol you can lose consciousness.</i>
couch	/kaʊtʃ/	kanapa	<i>I don't feel well – I'll just lie down on the couch.</i>
deadline	/'dedlaɪn/	ostateczny termin	<i>Working to a deadline is an example of 'good stress'.</i>
disease	/di'zi:z/	choroba	<i>Cholera is a deadly disease.</i>
exhausted	/ɪg'zɔ:stɪd/	wyczerpany	<i>I'm exhausted! I've just swum 40 lengths of the pool.</i>
glad	/glæd/	zadowolony	<i>I was glad I could help when the woman was choking.</i>
giggle	/'gɪɡl/	chichotać	<i>'Look at me, Mum,' giggled my three-year old son.</i>
gradually	/'grædʒuəli/	stopniowo	<i>His health is gradually improving.</i>
harmful	/'hɑ:mfl/	szkodliwy	<i>There are a lot of harmful chemicals in cigarettes.</i>
hug	/hʌɡ/	objęcie	<i>I just put my arm round the lady and gave her a hug.</i>
infection	/ɪn'fekʃn/	infekcja	<i>Clean the wound thoroughly to prevent infection.</i>
inwards	/'ɪnwədz/	do wewnątrz	<i>The sides of the well collapsed inwards.</i>
manoeuvre	/mə'nu:və/	manewr	<i>Use the Heimlich manoeuvre if she's choking.</i>
manual	/'mænjʊəl/	podręcznik	<i>Do you have an instruction manual for the PC?</i>
mechanism	/'mekənɪzəm/	mechanizm	<i>The body has a self-repair mechanism.</i>
member	/'membə/	członek	<i>There are five members in my family.</i>
moderate (adj)	/'mɒdərət/	umiarkowany	<i>You need to bake this at moderate heat.</i>
nosebleed	/'nəʊzblɪ:d/	krwotok z nosa	<i>To stop a nosebleed, sit down and pinch your nose.</i>
patient (n)	/'peɪʃnt/	pacjent	<i>The new hospital will have beds for 1,500 patients.</i>
pinch	/pɪntʃ/	ściskać, szczypać	<i>To stop a nosebleed, sit down and pinch your nose.</i>
plaster	/'plɑ:stə/	plaster	<i>Ouch! I cut my finger! Have you got a plaster?</i>
poisoning	/'pɔɪzənɪŋ/	zatrucie	<i>He has food poisoning – he ate some raw pork.</i>
pressure	/'preʃə/	ciśnienie	<i>Nosebleeds can be a symptom of high blood pressure.</i>
process (n)	/'prəʊses/	proces	<i>Studying language is a slow process.</i>
protein	/'prəʊti:n/	proteina	<i>Cells produce proteins which repair damage.</i>
puppy	/'pʌpi/	szczeniak	<i>We've had our dog since he was a puppy.</i>
reach	/ri:tʃ/	dojść, dojechać do (celu)	<i>I can't stop, I'm in a hurry to reach the airport.</i>
reaction	/ri'ækʃn/	reakcja	<i>He had an allergic reaction when he ate nuts.</i>
redecorating	/,ri:'dekəreɪtɪŋ/	odnawiać	<i>We're redecorating our bedroom this weekend.</i>
remain	/'ri:mem/	pozostawać	<i>A piece of steak remained stuck in her throat.</i>
response	/'rɪ'spɒns/	odpowiedź	<i>His response to the question was very rude.</i>
rush over	/rʌʃ ʊəvə/	pośpieszyć (np. z pomocą)	<i>I saw what was happening and rushed over to help.</i>
self-repair	/,self rɪ'peə/	samogojenie	<i>The self-repair mechanism of cells slows down.</i>
short-term (adj)	/'ʃɔ:t tɜ:m/	krótkoterminowy	<i>It's just a short-term solution, but a good one.</i>
staff	/stɑ:f/	zespół pracowników	<i>The ambulance staff told me exactly what to do.</i>
switch on	/swɪtʃ ɒn/	włączyć	<i>Switch on the light, it's dark in here.</i>
treat (badly)	/'tri:t/	traktować (źle)	<i>When we treat our body badly, we damage it.</i>
waist	/weɪst/	talia	<i>He put his arms round her waist.</i>
wasp	/wɒsp/	osa	<i>My son was stung by a wasp when he was five.</i>

File 2 Vocabulary Bank Clothes

bow	/bəʊ/	kokarda	<i>I'm not sure I like the big velvet bow on this dress.</i>
cardigan	/'kɑ:dɪɡən/	sweter rozpinany	<i>Take a cardigan with you, it might get cold.</i>
checked	/tʃekt/	w kratę	<i>Pete's wearing those awful checked trousers again.</i>
collar	/'kɒlə/	kołnierzyk	<i>It's a nice shirt, but the collar's too tight.</i>
cotton	/'kɒtn/	bawełniany	<i>Wearing cotton clothes is the best way to keep cool.</i>
denim	/'denɪm/	dżinsowy	<i>Denim cloth is very hard-wearing.</i>
dress up	/,dres 'ʌp/	ubierać się odświętnie	<i>Do we have to dress up for dinner, or can I wear jeans?</i>
dressed to kill	/,drest tə 'kɪl/	ubrany szafłowo	<i>Susi's dressed to kill tonight – she'll certainly be noticed!</i>
fit	/fɪt/	pasować	<i>I must be putting on weight, this shirt doesn't fit me.</i>
fits her like a glove	/,fɪts hə laɪk ə 'glʌv/	pasować jak ulał	<i>That suit fits her like a glove, she had it especially made.</i>
fur	/fɜ:z/	futrzaný	<i>I would never wear a fur coat – fur belongs on animals.</i>
get changed	/,get 'tʃeɪndʒd/	przebierać się	<i>I need to get changed into some clean clothes.</i>
get dressed	/,get 'drest/	ubierać się	<i>Hurry up and get dressed, or you'll miss the school bus.</i>

get undressed	/,get ʌn'drest/	rozebierać się	<i>The children got undressed and are ready for bed.</i>
hang up	/,hæŋ 'ʌp/	wieszać	<i>I wish you'd hang up your coat on the hook.</i>
hooded	/'hʊdɪd/	z kapturem	<i>You aren't allowed to wear hooded tops in some places.</i>
in your shoes	/ɪn 'jɔ: ʃu:z/	na twoim miejscu	<i>That sounds like a difficult situation. I wouldn't like to be in your shoes.</i>
leather	/'leðə/	skórzany	<i>I only wear leather shoes, plastic is uncomfortable.</i>
linen	/'lɪnɪn/	plócienny	<i>George has bought a really stylish linen suit.</i>
long sleeved	/'lɒŋ 'slɪ:vɪd/	z długim rękawem	<i>That's Henry over there, in the blue long-sleeved top.</i>
loose	/'lu:z/	luźny	<i>You should wear loose clothing when you go to the gym.</i>
lycra	/'laɪkrə/	lycra	<i>Serious cyclists wear lycra shorts.</i>
match	/'mætʃ/	pasować do	<i>Your bag matches your shoes – they're the same colour.</i>
material	/'mæ'tɪəriəl/	materiał	<i>Man-made materials are better quality than they were 20 years ago.</i>
nylon	/'naɪlɒn/	nylonowy	<i>I'm looking for a white nylon running vest.</i>
old-fashioned	/'əʊld 'fæʃnd/	staromodny	<i>That tie's very old-fashioned – it's too wide.</i>
pattern	/'pætɪn/	wzór	<i>I don't like the pattern on this carpet.</i>
patterned	/'pætnd/	wzorzysty	<i>Wear a patterned shirt with a plain tie.</i>
plain	/'pleɪn/	gładki jednolity	<i>Wear a patterned shirt with a plain tie.</i>
pull his socks up	/'pʊl hɪz 'sɒks ʌp/	zakasać rękawy	<i>He will have to pull his socks up if he wants to pass.</i>
rucksack	/'rʌksæk/	plecak	<i>Have you got a good rucksack to take camping?</i>
sandal	/'sændl/	sandał	<i>Don't forget to pack some sandals to wear on the beach.</i>
scarf	/'skɑ:f/	szalik	<i>It's very cold and windy, put a scarf round your neck.</i>
scruffy	/'skrʌfi/	niechlujny	<i>He looks really scruffy – his clothes are old and worn.</i>
silk	/'sɪlk/	jedwabny	<i>I love silk shirts, but I hate ironing them.</i>
sleeveless	/'sli:vləs/	bez rękawów	<i>Joanna looked gorgeous in a sleeveless linen dress.</i>
slipper	/'slɪpə/	kapeć	<i>I'm getting mum some new suede slippers.</i>
smart	/'smɑ:t/	elegancko	<i>Jeff always looks so smart in his army uniform!</i>
spotted	/'spɒtɪd/	w kropki	<i>Don't wear a spotted shirt with a striped jacket.</i>
stocking	/'stɒkɪŋ/	pończocha	<i>Not many people wear stockings these days.</i>
striped	/'straɪpt/	w paski	<i>Don't wear a spotted shirt with a striped jacket.</i>
style	/'stɑɪl/	styl	<i>The styles invented by the young are often outrageous.</i>
stylish	/'stɑɪlɪʃ/	stylowy	<i>George has bought a really stylish linen suit.</i>
suede	/'swɛɪd/	zamszowy	<i>I'm getting mum some new suede slippers.</i>
suit (n)	/'su:t/	garnitur	<i>Tom has bought a really expensive linen suit.</i>
suit (v)	/'su:t/	być do twarzy, pasować	<i>That skirt really suits you – you look great in it.</i>
swimsuit	/'swɪmsu:t/	kostium kąpielowy	<i>I realized I'd forgotten my swimsuit.</i>
tight	/'taɪt/	obcisły	<i>These shoes are a bit tight, I should have bought the bigger size.</i>
trendy	/'trendɪ/	modny, na topie	<i>She's very trendy – she always wears the latest fashions.</i>
velvet	/'velvɪt/	aksamitny	<i>I'm not sure I like the big velvet bow on the back.</i>
vest	/'vest/	kamizelka	<i>I'm looking for a white nylon running vest.</i>
V-neck	/'vi: ,nek/	z dekoltem w szpic	<i>Have you got a blue V-neck woollen jumper in a size 10?</i>
woollen	/'wʊlən/	welniany	<i>Have you got a blue V-neck woollen jumper in a size 10?</i>

2A More Words to Learn

burst out laughing	/'bɜ:st aʊt 'lɑ:fɪŋ/	wybuchać śmiechem	<i>We both looked at his clothes, and burst out laughing.</i>
characteristics	/'kærəktə'rɪstɪks/	cecha charakterystyczna	<i>Politeness is one of the characteristics of Englishness.</i>
costume	/'kɒstju:m/	strój	<i>Goths often wear black costumes.</i>
neurotic	/'njʊə'rɒtɪk/	neurotyczny	<i>She's quite neurotic – always worrying.</i>
research	/'ri:sə:tʃ/	badania naukowe	<i>In fact, the research showed we were wrong.</i>
slightly	/'slɑ:tlɪ/	niewiele, nieznacznie	<i>I found the article slightly boring.</i>
stereotype	/'steriətaɪp/	stereotyp	<i>In many countries there are jokes based on stereotypes.</i>
survey (n)	/'sɜ:veɪ/	sondaż	<i>A worldwide survey has cast doubt on the results.</i>

take (yourself) seriously	/,teɪk 'sɪəriəsli/	brać (siebie) na serio	<i>They always take themselves too seriously.</i>
tribe	/traɪb/	plemie	<i>A 'tribe' of young people share ideas.</i>

More words in 2A

achieve	/ə'tʃi:v/	osiągać	<i>We are very optimistic, we can achieve anything.</i>
afford	/ə'fɔ:d/	pozwalać sobie na coś	<i>I can't afford to buy those, they are too expensive.</i>
alike	/ə'laɪk/	podobny	<i>We're all much more alike than we think we are!</i>
anthropologist	/,ænθrə'pɒlədʒɪst/	antropolog	<i>The anthropologist spent years studying them.</i>
appreciate	/ə'pri:ʃieɪt/	doceniać	<i>I appreciate all your help.</i>
beige	/beɪʒ/	beżowy	<i>That idiot spilt red wine on my beige linen suit!</i>
cast doubt on	/,kɑ:st 'daʊt ɒn/	rzucić cień wątpliwości	<i>A worldwide survey has cast doubt on results.</i>
category	/'k,təgəri/	kategoria	<i>Which category does this CD go in – rock, or pop?</i>
ceremonial	/,serə'məʊniəl/	okolicznościowy	<i>They make excellent ceremonial costume.</i>
compliment (v)	/'kɒmplɪmənt/	prawić komplementy	<i>People often compliment us on our good manners.</i>
conspicuous	/kən'spɪkjʊəs/	rzucający się w oczy	<i>He wears highly conspicuous clothes – they're so bright.</i>
cope	/kəʊp/	radzić sobie	<i>Their business is unable to cope with the workload.</i>
current	/'kʌrənt/	obecny, bieżący	<i>What are the current fashions?</i>
distant	/'dɪstənt/	daleki, odległy	<i>He's very interested in the distant past.</i>
dysfunctional	/dɪs'fʌŋkʃənəl/	dysfunkcyjny, z zaburzeniami	<i>Their family has too many dysfunctional relationships.</i>
eccentric	/ɪk'sentɪk/	ekscentryczny	<i>My great uncle is very eccentric.</i>
elderly	/'eldəli/	ludzie starsi	<i>The elderly are best looked after in residential homes.</i>
emigration	/,emɪ'grɛɪʃn/	emigracja	<i>Historically there has always been a lot of emigration.</i>
establish	/ɪ'stæblɪʃ/	ustalać, ustanowić	<i>We used a survey to establish the data.</i>
generalize	/'dʒenərəlaɪz/	uogólniać	<i>It's difficult to generalize about young people.</i>
hard-working	/,hɑ:d 'wɜ:kɪŋ/	pracowity	<i>We are very hard-working – people here live to work.</i>
heritage	/'herɪtɪdʒ/	dziedzictwo	<i>We're very proud of our identity and cultural heritage.</i>
high-class	/,haɪ 'kla:s/	wysokiej klasy	<i>The tailor makes high-class men's suits.</i>
high-heeled	/,haɪ 'hi:lɪd/	na wysokich obcasach	<i>I want to get some high-heeled shoes.</i>
imitate	/'ɪmɪteɪt/	imitować	<i>Their styles are often imitated by designers.</i>
inability	/,ɪnə'biləti/	niezdolność	<i>Many people have an inability to learn languages.</i>
inaccurate	/ɪn'ækjərət/	niedokładny	<i>The information you gave was inaccurate.</i>
individualist	/,ɪndɪ'vɪdʒjuəlɪst/	indywidualista	<i>I think we are strong individualists – we want few rules.</i>
inherited	/ɪn'herɪtɪd/	odziedziczony	<i>I have inherited the typical optimism and drive.</i>
innovative	/'ɪnəvətɪv/	innowacyjny	<i>MP3 players are examples of 'innovative technology'.</i>
inventive	/ɪn'ventɪv/	pełen inwencji	<i>He's really inventive, he built a wind-up radio.</i>
linked	/lɪŋkt/	połączony, powiązany	<i>The companies are closely linked.</i>
macabre	/mə'kɑ:brə/	makabryczny	<i>The Goths wear macabre black costumes.</i>
marginalized	/'mɑ:dʒɪnəlaɪzɪd/	odsunięty na margines	<i>Some communities feel marginalized by society.</i>
materialistic	/wɪ',tɪəriə'lɪstɪk/	materialistyczny	<i>He's so materialistic, he's only interested in money.</i>
measure (n)	/'meɪʒə/	miara	<i>The measure of success for most people here is money.</i>
melancholy	/'melənkəli/	melancholia	<i>We do have a tendency to melancholy.</i>
multi-ethnic	/'mʌlti 'eθnɪk/	wieloetniczny	<i>London has a very multi-ethnic population.</i>
nostalgic	/nɒ'stældʒɪk/	nostalgiczny	<i>She's quite nostalgic – she often speaks about the past.</i>
outrageous	/aʊt'reɪdʒəs/	skandaliczny	<i>His dress sense is outrageous – I'm shocked by him.</i>
pale	/peɪl/	blady	<i>I got a pale grey suede jacket in the sale, it only cost £35.</i>
patriotic	/'pætri'ɒtɪk/	patriotyczny	<i>English people are very patriotic, especially during sporting events.</i>
range	/reɪndʒ/	zawierać się w przedziale	<i>Our prices range from £30 to £80 for a pair of jeans.</i>
(no) regard (for)	/'rɪ'gɑ:d/	nie zważając na	<i>He has no regard for peoples' opinions.</i>
reputation	/'repju'teɪʃn/	reputacja	<i>He has a reputation for dressing badly.</i>
reserved (adj)	/'rɪ'zɜ:vɪd/	skryty	<i>John is really reserved, he won't talk to strangers at all.</i>
(in many) respects	/'rɪ'spekts/	pod wieloma względami	<i>I think I'm typical in many respects, I like the same as everyone else.</i>

scenery	/'si:nəri/	sceneria, krajobraz	<i>The Highlands have some beautiful scenery.</i>
specific	/spə'sɪfɪk/	konkretny	<i>Can you be more specific about when you last saw him?</i>
street-fashion	/'stri:t ,fæʃn/	moda uliczna	<i>Street fashion is mostly influenced by urban music.</i>
tendency	/'tendənsi/	tendencja	<i>She has a tendency to talk too much.</i>
tolerant	/'tɒlərənt/	tolerancyjny	<i>I'm very tolerant and open-minded.</i>
unwillingness	/ʌn'wɪlɪŋnəs/	niechęć	<i>She shows an unwillingness to learn foreign languages!</i>
vampire	/'væmpaɪə/	wampir	<i>Dracula is the most famous fictional vampire</i>
vice versa	/,vaɪs 'vɜ:sə/	vice versa	<i>Do you think women pay more attention than men, or vice versa?</i>
weakness	/'wi:knəs/	słabość	<i>His main weakness is that he won't share information.</i>

2B More Words to Learn

be about to	/,bi: a'baʊt tə/	prawie (coś zrobić)	<i>I was totally convinced that we were about to die.</i>
cabin	/'kæbɪn/	kajuta	<i>During the turbulence, bags flew around the cabin.</i>
cling (clung)	/klɪŋ/	trzymać się kurczowo	<i>Passengers desperately cling to their seats.</i>
miracle	/'mɪrəkl/	cud	<i>It's a miracle that nobody was hurt.</i>
scream	/skri:m/	wrzęszczeć	<i>He screamed, 'We're going to crash!'</i>
shortage	/'ʃɔ:tɪdʒ/	brak	<i>There is always a shortage of wheelchairs.</i>
stagger	/'stægə/	zataczając się	<i>We all staggered off the plane in a state of shock.</i>
swan	/swɒn/	łabędź	<i>A swan can easily cause an accident to an aeroplane.</i>
turbulence	/'tɜ:bjələns/	turbulencja	<i>We were relaxing when the plane hit some turbulence.</i>
wheelchair	/'wi:l'tʃeə/	wózek inwalidzki	<i>There is always a shortage of wheelchairs for people.</i>

More words in 2B

abort	/ə'bɔ:t/	odwołać	<i>The pilot had to abort the take off.</i>
accelerate	/ək'seləreɪt/	przyspieszać	<i>There is a critical moment when the plane is accelerating.</i>
airline	/'eəlaɪn/	linia lotnicza	<i>There is a sensible drinking policy on all airlines.</i>
aisle	/aɪl/	nawa	<i>You can usually ask for a window or aisle seat.</i>
anecdote	/'ænikdəʊt/	anegdota	<i>He told me an anecdote about his time as a pilot.</i>
anonymous	/ə'nɒnɪməs/	anonimowy	<i>'Air Babylon' is written by an anonymous author.</i>
board	/bɔ:d/	pokład	<i>Have you ever had a problem with a passenger on board?</i>
chaos	/'keɪɒs/	chaos	<i>There was chaos at Heathrow.</i>
consequence	/'kɒnsɪkwəns/	konsekwencja	<i>We use 'so' / 'such'... ('that') to express consequence.</i>
controllers	/kən'trəʊləz/	dyspozytor	<i>It is important for controllers to have good English.</i>
convention	/kən'venʃn/	konwencja	<i>Most countries respect the convention and their pilots speak in English.</i>
co-pilot	/'kəʊ ,paɪlət/	drugi pilot	<i>It was the co-pilot who landed the aircraft.</i>
courtesy	/'kɜ:təsi/	uprzejmość, tu: na koszt, fundowany przez	<i>We received a free flight courtesy of British Airways.</i>
crew	/kru:/	załoga	<i>Most air crew enjoy their jobs.</i>
customs	/'kʌstəmz/	urząd celny	<i>The flight has landed, they'll go through customs soon.</i>
cut-price	/'kʌt 'praɪs/	przeceniony	<i>'Ryanair' and 'Easyjet' are two cut-price airlines.</i>
damage	/'dæmɪdʒ/	szkoda, uszkodzenie	<i>In some cases birds can do some damage to engines.</i>
declare	/dɪ'kleə/	zgłaszać do ocenia	<i>The official asked, 'Do you have anything to declare?'</i>
delay	/dɪ'leɪ/	opóźnienie	<i>There was such a long delay because of fog.</i>
departure	/dɪ'pɑ:tʃə/	odlot, odjazd	<i>Passengers leave from Departures.</i>
distinctly	/dɪs'tɪŋktli/	wyraźnie	<i>I distinctly remember having met you before.</i>
event	/'ɪvent/	wydarzenie	<i>Can you go through the events of the story again?</i>
exit	/'eksɪt/	wyjście	<i>It's worth listening to information about emergency exits.</i>
force	/'fɔ:s/	zmuszać	<i>The company had to force their pilots to speak in English.</i>
fumes	/'fju:mz/	opary	<i>If there's a fire there will be smoke and fumes.</i>
imposing	/'ɪm'pəʊzɪŋ/	olśniewająco	<i>He looked very imposing, nearly two metres tall.</i>
incapable	/'ɪn'keɪpəbl/	niezdolny	<i>I felt terrible – incapable of doing anything at all.</i>
incapacitated	/'ɪnkə'pæsɪtətɪd/	obezwładniony	<i>What would happen if they were both incapacitated?</i>
luggage	/'lʌgɪdʒ/	bagaż	<i>Some airports are notorious for losing luggage.</i>

major	/ˈmeɪdʒə/	ważny, główny	Birds are one of the major problems for any airport.
martial	/ˈmɑːʃl/	wojskowy	Steven Seagal is a martial arts expert.
nap	/næp/	drzemka	You're sleepy – have a nap .
navigation	/ˌnævɪˈgeɪʃn/	do nawigacji	Basic navigation equipment is very important.
notorious	/nəʊˈtɔːriəs/	notoryczny	Some airports are notorious for losing luggage.
poisoning	/ˈpɔɪzənɪŋ/	zatrucie	Once I got food poisoning on a flight.
policy	/ˈpɒləsi/	polityk	There is a sensible drinking policy on all airlines.
porter	/ˈpɔːtə/	bagażowy	We had such heavy cases that we had to ask for a porter .
reclaim	/rɪˈkleɪm/	odbiór	He went to baggage reclaim to pick up his luggage.
recover	/rɪˈkʌvə/	przychodzić do siebie	I slept so badly that it took me two days to recover .
seatbelt	/ˈsiːtbelt/	pas bezpieczeństwa	Airlines recommend wearing the seatbelt at all times.
simulator	/ˈsɪmjələtə/	symulator	Pilots have to practise on a simulator before flying.
simultaneous	/ˌsɪməˈteɪniəs/	symultaniczny, jednoczesny	Check-in staff communicate via simultaneous email.
snack	/snæk/	przekąska	A flight attendant brought us some hot snacks .
snore	/snɔː/	chrapać	He was snoring the whole journey.
sprint	/sprɪnt/	biec sprintem	I had to sprint to catch the train this morning.
surviving	/səˈvaɪvɪŋ/	przeżyć	The chances of surviving a crash are not high.
sword	/sɔːd/	miecz	He was carrying an enormous samurai sword .
terminal	/ˈtɜːmɪnəl/	terminal	Most big airports have several different terminals .
thunderstorm	/ˈθʌndəstɔːm/	burza z piorunami	The wind often changes direction during thunderstorms .
transatlantic	/ˌtrænzətˈlæntɪk/	transatlantyczny	The transatlantic flight takes over ten hours.
transferred	/trænsˈfɜːd/	przeniesiony	A lot of transferred luggage got left behind at Heathrow.
transported	/trænsˈpɔːtɪd/	przewożony	Passengers are transported to the plane by a bus.
type (v)	/taɪp/	pisać na maszynie	He took a really long time to type the letter.
typhoons	/taɪfuːnz/	tajfun	Thunderstorms and typhoons cause a lot of turbulence.
vital	/ˈvaɪtl/	ważny	It's vital for pilots and controllers to have good English.
warning	/ˈwɔːnɪŋ/	ostrzeżenie	There was no advance warning , so many people were hurt.
waste (n)	/weɪst/	strata	He thought that studying was a waste of time.
worth	/wɜːθ/	wart	Is it really worth passengers wearing seat belts?

2C More Words to Learn

beg	/beg/	błagać	She begged him to let her join him in New York.
bounce (v)	/baʊns/	huśtać, bujać	Mommy bounced him on her knee.
button	/ˈbʌtn/	guzik	He pressed the black button to start the machine.
frantic	/ˈfræntɪk/	oszalały z niepokoju	'Dad!' she shouted, 'I've been frantic . You're late again.'
hopeless at	/ˈhəʊpləs ət/	beznadziejny w (czymś)	I'm hopeless at organizing, I bought a book to help me.
housekeeper	/ˈhaʊski:pə/	gosposia	'Dinner at six,' the housekeeper told the maid.
poodle	/puːdl/	pudel	He bought a new dog, a poodle .
tear (tore, tore)	/teə/	drzeć, rozrywać	He showed her how to tear the paper and open the boxes.
trip over	/ˌtrɪp ˈəʊvə/	potykać się (o coś)	She tripped over the dog that was lying on the floor.
wrapped (up)	/ˌræpt ˈʌp/	owinać, zawijać	I wrapped up all the presents on Christmas Eve.

More words in 2C

anxiously	/ˈæŋkɪˈʃli/	z niepokojem, z niecierpliwością	She begged him anxiously to let her join him.
apart	/əˈpɑːt/	na kawałki	She tore the box apart as she quickly opened her present.
applaud	/əˈplɔːd/	oklaskiwać	At the end of the concert, everybody applauded .
babbling	/ˈbæblɪŋ/	gaworzyć	Jack was babbling baby talk and smiling his happy smile.
block	/blɒk/	klocek	He likes to build, he has lots and lots of wooden blocks .
bomb	/bɒm/	bomba	My house looks as if it's been hit by a bomb .
cracked	/krækt/	pękać	The windshield cracked and popped out.
demand	/dɪˈmɑːnd/	żądać	'How long has he been off?' Peter's mother demanded .
firm	/fɜːm/	mocno	Peter felt his mother's firm grip on his shoulder.

generation gap	/dʒenə'reɪʃn ,gæp/	różnica pokoleń	<i>It isn't easy to bridge the generation gap between us.</i>
gipsy	/'dʒɪpsɪ/	Cyganka	<i>The gipsy had warned her about this man.</i>
grab	/græb/	chwycić	<i>She grabbed Peter's arm and spun him around.</i>
gradually	/'grædʒuəli/	stopniowo	<i>He gradually began to realise that she didn't love him.</i>
hard	/hɑ:d/	ciężko	<i>He works very hard – at least ten hours a day.</i>
hardly	/hɑ:dlɪ/	zaledwie	<i>Her French isn't very good, she can hardly say anything.</i>
hose	/həʊz/	wąż, szlauch	<i>The fire engine had lights, a siren, and hoses.</i>
howl	/haʊl/	wyc	<i>Little Brother™ started to cry, and soon he was howling.</i>
hug	/hʌg/	uścisk	<i>Peter was so excited that he gave him a big hug.</i>
immediately	/'ɪmi:diətli/	natychmiast	<i>She recognized the writing on the envelope immediately.</i>
increasingly	/'ɪnkrɪ:sɪŋli/	narastająco, tu: coraz bardziej	<i>Since his wife's death his son had become increasingly difficult.</i>
incredibly	/'ɪnkredəbli/	niewiarygodnie	<i>Have you seen this incredibly good looking man?</i>
insect	/'ɪnsɛkt/	insekt	<i>Andrew swatted a few insects with his newspaper.</i>
instead	/'ɪnstɛd/	zamiast	<i>She didn't thank me. Instead, she gave Tony a gift.</i>
intention	/'ɪntenʃn/	intencja	<i>I had good intentions, but couldn't help.</i>
join	/dʒɔɪn/	łączyć	<i>She begged him to let her join him in New York.</i>
lap	/læp/	podolek	<i>Mommy picked up Joe and sat him in her lap.</i>
lifeless	/'laɪfləs/	bez życia	<i>Suddenly, Little Brother™ was limp on the floor – lifeless.</i>
limp	/'lɪmp/	bezwładny, wiotki	<i>Suddenly, Little Brother™ was limp on the floor – lifeless.</i>
material	/'mæ'tɪəriəl/	materiał	<i>What sort of material is your coat made from?</i>
package	/'pækɪdʒ/	paczka	<i>The postman delivered two packages this morning.</i>
pat	/pæt/	klepać	<i>He was patting the dog when it bit him.</i>
place (v)	/pleɪs/	umieszczać	<i>Peter placed the bricks carefully one on top of the other.</i>
pleasure	/'pleʒə/	przyjemność	<i>He's reading this book for pleasure, not for study.</i>
pop (v)	/pɒp/	przebijać	<i>He popped the balloon with a pin.</i>
revenge	/'rɪ'vendʒ/	zemsta	<i>'Revenge is sweet,' thought Jane as she cut up her husband's new suit.</i>
romance	/'rɒʊ'mæns/	romans	<i>Holiday romances rarely last very long.</i>
(in a) row	/'rɒʊ/	z rzędu	<i>Peter had wanted the toy for three Christmases in a row.</i>
scooped	/'sku:pt/	podnosić	<i>Mommy scooped up the doll and turned him on.</i>
servant	/'sɜ:vənt/	służący	<i>They have a housekeeper and three servants.</i>
siren	/'saɪrən/	syrena alarmowa	<i>The fire engine had lights, a siren, and hoses just like the real thing.</i>
spanking	/'spæŋkɪŋ/	lanie, klapsy	<i>He was given a spanking for breaking the toys.</i>
spin	/'spɪn/	obracać (się)	<i>She grabbed his arm and spun him around.</i>
stack (v)	/'stæk/	układać w stos	<i>The blocks I stacked up fell over.</i>
surface	/'sɜ:fɪs/	powierzchnia	<i>Put the TV on a flat surface, so it doesn't fall off.</i>
swat	/'swɒt/	pacnąć	<i>She swatted the mosquito that had been bothering us.</i>
threaten	/'θreɪtn/	grozić	<i>Peter threatened to turn the TV off.</i>
toddle	/'tɒdl/	dreptać	<i>Peter let the baby toddle over and knock down the tower.</i>
tottering	/'tɒtərɪŋ/	chwiejny	<i>Little Brother™ took tottering baby steps toward Peter.</i>
tremble	/'treɪmbl/	trząść się	<i>Little Brother™ trembled and screeched loudly.</i>
unbelievably	/'ʌnbə'li:vəbli/	niewiarygodnie	<i>She felt unbelievably happy as she stepped on board.</i>
wad (v)	/'wɒd/	związać w kulkę	<i>Peter wadded the paper into balls and threw them.</i>
windshield	/'wɪndʃi:ld/	przednia szyba	<i>The windshield cracked in the crash.</i>
wrinkle	/'rɪŋkl/	marszczyć (się)	<i>His face wrinkled up as if he were about to cry.</i>
yell	/'jel/	krzyknąć	<i>'I'll do it!' he yelled.</i>

Vocabulary Bank Crime and punishment

acquit	/'ə'kwɪt/	uniewinniać	<i>He was acquitted and allowed to go free.</i>
arrest	/'ə'rest/	aresztować	<i>They were arrested and taken to a police station.</i>
assassinate	/'ə'sæsɪneɪt/	dokonać zamachu	<i>President J F Kennedy was assassinated in 1963.</i>
assassination	/'ə'sæsɪ'neɪʃn/	zabójstwo	<i>The assassination of JFK shocked the world.</i>
blackmail (n)	/'blækmeɪl/	szantaż	<i>He was convicted of blackmail.</i>
blackmail (v)	/'blækmeɪl/	szantażować	<i>He was blackmailed into paying her to keep quiet.</i>

blackmailer	/ˈblækmeɪlə/	szantażysta	The blackmailer said he would go to the newspapers.
break in / burglary	/ˌbreɪk ˈɪn, ˈbɜːgl/	włamywać się	Someone broke in to our flat and stole my laptop.
bribe (n)	/braɪb/	łapówka	He was arrested for offering the policeman a bribe .
bribe (v)	/braɪb/	przekupywać	He tried to bribe me to keep quiet about the robbery.
bribery	/ˈbraɪbəri/	przekupstwo	The businessman was arrested on charges of bribery .
burglar	/ˈbɜːglə/	włamywacz	The burglar who broke into our flat was only sixteen.
burglary	/ˈbɜːgləri/	włamanie	The burglary had a terrible effect on my mother.
capital punishment	/ˌkæpɪtəl ˈpʌnɪʃmənt/	kara śmierci	Britain abolished capital punishment in 1965.
the death penalty	/ðə ˈdeθ ˌpenəlti/	kara śmierci	Several states in the US still apply the death penalty .
catch (a criminal)	/kætʃ/	złapać (przestępcę)	The burglar was caught as he tried to escape.
charge (v)	/tʃɑːdʒ/	tu: oskarżać (o)	Carl and Adam were charged with murder.
commit	/kəˈmɪt/	popęniać	There was no proof that he had committed the crime.
community service	/kəˌmjʊ:nəti ˈsɜːvɪs/	praca społeczna	He was sentenced to 100 hours of community service .
court	/kɔːt/	sąd	The mugger was charged and taken to court .
drug dealer	/ˈdrʌg ˌdiːlə/	handlarz narkotyków	Drug dealers often hang around the street corners.
drug dealing	/ˈdrʌg ˌdiːlɪŋ/	handel narkotykami	The police take drug dealing very seriously here.
fine (n)	/faɪn/	grzywna	Don't expect to get off with a fine if you're caught.
fraud	/frɔːd/	oszustwo	Three bank employees were found guilty of fraud .
guilty	/ˈɡɪlti/	winnie	Three bank employees were found guilty of fraud.
hijack	/ˈhaɪdʒæk/	porywać samolot	Two men tried to hijack the plane.
hijacker	/ˈhaɪdʒækə/	porywacz samolotu	The hijacker wanted the government to free prisoners.
hijacking	/ˈhaɪdʒækɪŋ/	porwanie samolotu	Hijacking is difficult because of increased security.
investigate	/ɪnˈvestɪɡert/	przewodzić dochodzenie	The police investigated the crime last year.
judge	/dʒʌdʒ/	sędzia	The judge sentenced the rapist to 15 years in prison.
jury	/ˈdʒʊəri/	ława przysięgłych	The kidnapper was found guilty by the jury .
kidnap	/ˈkɪdnæp/	porywać	A woman walked in and tried to kidnap a baby.
kidnapper	/ˈkɪdnæpə/	porywacz	The kidnapper was found guilty by the jury.
kidnapping	/ˈkɪdnæpɪŋ/	porwanie	We were warned that kidnapping was common here.
life sentence	/ˌlaɪf ˈsentəns/	dożywocie	The murderer was given a life sentence .
manslaughter	/ˈmænsləʊtə/	nieumyślne spowodowanie śmierci	When a killing is not intentional it is manslaughter .
mug	/mʌɡ/	napaść z bronią w ręku	Someone tried to mug my sister and steal her mobile.
mugger	/ˈmʌgə/	bandyta	The mugger was charged and taken to court.
mugging	/ˈmʌɡɪŋ/	napaść	Mugging can be a problem in the city centre.
murder (n)	/ˈmɜːdə/	morderstwo	We abolished capital punishment for murder in 1965.
murder (v)	/ˈmɜːdə/	mordować	She murdered her husband because he tried to leave.
murderer	/ˈmɜːdərə/	morderca	The murderer was given a life sentence.
not guilty	/ˌnɒt ˈɡɪlti/	niewinnie	He was accused of rape, found not guilty .
proof	/pruːf/	dowód	The police were sure he did it, but there wasn't proof .
evidence	/ˈeɪdɪəns/	dowód	The jury had to examine all the evidence .
punishment	/ˈpʌnɪʃmənt/	kara	People think that ten years isn't enough punishment .
question (v)	/ˈkwɛstʃən/	pytać, indagować	The police questioned him for hours.
rape (n)	/reɪp/	gwałt	He was accused of rape , but he denied the charge.
rape (v)	/reɪp/	gwałcić	The girl said she had been raped by a stranger.
rapist	/ˈreɪpɪst/	gwałciciel	The judge sentenced the rapist to 15 years in prison.
rob	/rɒb/	kraść	The gang robbed the post office last year.
robber	/ˈrɒbə/	rabuś	The two robbers were wearing masks.
robbery	/ˈrɒbəri/	napad rabunkowy	There's been a robbery at the bank.
sell drugs	/ˌsel ˈdrʌgz/	sprzedawać narkotyki	Selling drugs is a more serious offence.
sentence	/ˈsentəns/	wyrok	The burglar was given a sentence of 2 years.
set off bombs	/ˌset ɒf ˈbɒmz/	podkładać bomby	Animal rights campaigners set off bombs at the lab.
six months in prison	/ˌsɪks mʌnθs ɪn ˈprɪzn/	sześć miesięcy więzienia	The judge sentenced her to six months in prison .
smuggle	/ˈsmʌɡl/	przemycać	He was caught trying to smuggle drugs into the UK.

smuggler	/'smʌglə/	przemytnik	Drug smugglers sometimes swallow packages.
smuggling	/'smʌɡlɪŋ/	przemyt	Smuggling diamonds is a highly-organised crime.
steal	/sti:l/	kraść	Someone stole my bag while I was in the restaurant.
terrorism	/'terərɪzəm/	terroryzm	He was convicted of terrorism , and sent to jail.
terrorist	/'terərɪst/	terrorysta	Terrorists have blown up the headquarters of bank.
theft	/θeft/	kradzież	Theft from shops is called shoplifting.
thief	/θi:f/	złodziej	The security guard saw the thief steal the jacket.
vandal	/'vændəl/	wandal	Some young vandals damaged several cars.
vandalism	/'vændəlɪzəm/	wandalizm	I think that graffiti is a form of vandalism .
vandalize	/'vændələɪz/	demolować	The school was vandalized and all its windows broken.
verdict	/'vɜ:dɪkt/	werdykt, wyrok	The jury are going to deliver their verdict tomorrow.
witnesses	/'wɪtnəsɪz/	świadek	There were no witnesses to the attack.

3A More Words to Learn

antique	/æn'ti:k/	antyk	She collects antiques from Asia.
burglar alarm	/'bɜ:glə(r) ə,lɑ:m/	system antywłamaniowy	We installed a burglar alarm after the break-in.
humiliation	/hju:,mɪli'eɪʃn/	poniżenie	He suffered the humiliation of cleaning the sewers.
in a trance	/,ɪn ə 'trɑ:ns/	w transie	People were just standing as if they were in a trance .
interrogate	/'ɪntərəgeɪt/	przesłuchiwać	She has spent five days being interrogated by police.
justice	/'dʒʌstɪs/	sprawiedliwość	Making a vandal repaint a wall is 'creative justice '.
kitten	/'kɪtn/	kociak	The kittens were only a few days old.
magician	/'mæ'dʒɪʃn/	magik	The magicians often perform at charity events.
tough	/'tʌf/	surowy	She comes from a tough family background.
victim	/'vɪktɪm/	ofiara	Victims of crime often need emotional support.

More words in 3A

abandon	/ə'bændən/	porzucić	She was arrested for abandoning some kittens.
anthem	/'ænθəm/	hymn	He sang the anthem of his favourite football team.
approach	/ə'prəʊtʃ/	podejście, postawa	He attributes his approach to his family background.
attributes	/ə'trɪbjuts/	przypisywać coś czemuś	He attributes his approach to his family background.
bark	/bɑ:k/	szczekać	Their dogs bark incessantly and bother everyone.
beat	/bi:t/	bić	You can beat the burglars by installing an alarm.
belongings	/'bɪ'lɒŋɪŋz/	dobytek, rzeczy osobiste	Be careful with their belongings .
bother	/'bɒðə/	niepokoić	Their dogs bark incessantly and bother everyone.
brand	/'brænd/	marka, znak firmawy	His unique brand of 'creative justice' is very famous.
cashier	/'kæʃɪə/	kasjer	He made cashiers hand over all the money.
chronological	/,krɒnə'lɒdʒɪkl/	chronologiczny	The information is not given in a chronological order.
clarify	/'klærəfaɪ/	wyjaśnić	Re-read the article to clarify the information.
clerk	/'kɪɑ:k/	urzędnik	Bank clerks have been told to be aware of robbers.
conventional	/'kɒn'venʃənəl/	konwencjonalny	He's not very conventional in his dress sense.
courthouse	/'kɔ:θaʊs/	budynek sądu	The judge works in a courthouse .
courtroom	/'kɔ:trʊm/	sala sądowa	The courtroom was full of journalists.
cramped	/'kræmpt/	ciasny	My office is really cramped .
custody	/'kʌstədi/	nadzór	A judge ordered the prisoner to be held in custody .
detail	/'deɪteɪl/	szczegóły	I read the newspaper article for more detail .
dispute (v)	/'dɪ'spjʊ:t/	kłócić się	Two neighbours were disputing about their land.
duty	/'dju:ti/	dyżur	Officers on duty at the stadium arrested the thief.
fulfil	/'fʊl'fɪl/	spełniać	Fulfilling the contract was extremely difficult.
graffiti	/'græ'fɪti/	graffiti	I think that graffiti is a form of vandalism.
hypnotic	/'hɪp'nɒtɪk/	hipnotyczny	He put people into a hypnotic trance.
incessantly	/'ɪn'sesəntli/	nieprzerwanie	Their dogs bark incessantly and bother everyone.
infect	/'ɪnfekt/	zarazić	A computer virus can infect thousands of PCs.
inspire	/'ɪn'spaɪə/	inspirować	His tough family background inspired him.
interrogate	/'ɪntərəgeɪt/	przesłuchiwać	He was interrogated by police in prison in Argentina.

jail	/dʒeɪl/	więzienie	<i>She could choose between jail and a fine.</i>
loaded	/'ləʊdɪd/	naładowany	<i>A man was carrying a loaded gun in the street.</i>
mortuary	/'mɔ:tʃəri/	kostnica	<i>He went to the mortuary to view dead bodies.</i>
offender	/ə'fendə/	sprawca	<i>Offenders have to choose between jail and an alternative.</i>
presidency	/'prezɪdənsi/	prezesa	<i>This year he won the presidency of the law society.</i>
prestigious	/pre'stɪdʒəs/	prestżowy	<i>I didn't go to a prestigious law firm.</i>
reoffend	/,ri:ə'fend/	ponownie popełnić wykroczenie	<i>John reoffended, and was sent to jail again.</i>
ruling	/'ru:lɪŋ/	wyrok	<i>His ruling was considered very harsh.</i>
serve	/sɜ:v/	odbywać (karę)	<i>He was elected to serve another six years.</i>
skilfully	/'skɪlfəli/	zręcznie	<i>He picked pockets so skilfully – he was a professional.</i>
speeding	/'spi:ɪŋ/	przekroczenie dozwolonej prędkości	<i>I was caught speeding, and had to pay a fine.</i>
spot	/spɒt/	miejsce	<i>An arsonist set fire to a local beauty spot.</i>
supplies	/sə'plaɪz/	dostarczać	<i>I'm the director of a company which supplies paper.</i>
teller	/'telə/	kasjer w okienku bankowym	<i>The bank tellers have gone on strike.</i>
tube	/tju:b/	metro	<i>The London Underground is also called 'the Tube'.</i>
tyre	/'taɪə/	opon	<i>Teenagers let down tyres on school buses.</i>
valuables	/'væljuəblz/	kosztowności	<i>What is the best place to hide your valuables?</i>
virus	/'vaɪrəs/	wirus	<i>A computer virus can infect thousands of PCs.</i>
warn	/wɔ:n/	ostrzegać	<i>We were warned there was going to be a storm.</i>
wood	/wʊd/	las	<i>I spent three hours lost in the woods.</i>

Vocabulary Bank weather

below zero	/bɪ,ləʊ 'ziərəʊ/	poniżej zera	<i>The temperature will be below zero tomorrow.</i>
blizzard	/'blɪzəd/	śnieżyca	<i>The strong winds and snow created a real blizzard.</i>
breeze	/brɪz/	bryza	<i>It's not too windy, there's just a pleasant breeze.</i>
bright	/braɪt/	jasny	<i>Tomorrow will be sunny and bright, although cold.</i>
changeable	/'tʃeɪndʒəbl/	zmienny	<i>The weather will be changeable – wet and sunny.</i>
chilly	/'tʃɪli/	chłodny	<i>It's a bit chilly, so take a coat with you.</i>
clear	/klɪə/	jasny, czysty	<i>On a clear day you can see the coast of Wales.</i>
cool	/ku:l/	zimny	<i>Our house is cool in summer, due to the stone walls.</i>
damp	/dæmp/	wilgotny	<i>It's a bit damp outside, although it isn't raining.</i>
drizzle	/'drɪzl/	siąpić, mżyć	<i>It's still drizzling a bit, so take your umbrella.</i>
drought	/draʊt/	susza	<i>There were terrible droughts in Africa again last year.</i>
flood	/flʌd/	powódź	<i>The flood left hundreds of farms under water.</i>
freezing	/'frɪzɪŋ/	mroźny, lodowaty	<i>The Antarctic is always below freezing.</i>
gale-force	/'geɪlfɔ:s/	wichura	<i>The ship was battered by gale-force winds.</i>
get soaked	/,get 'səʊkt/	przemoknąć	<i>You'll get soaked if you go out in this heavy rain!</i>
get sunburnt	/,get 'sʌnbɜ:nt/	opalić się	<i>Put on some suncream, don't get sunburnt.</i>
hailstorm	/'heɪlstɔ:m/	burza gradowa	<i>The cars were damaged by ice during the hailstorm.</i>
heatwave	/'hi:tweɪv/	fala upałów	<i>We're in a heatwave, it's been hot for weeks.</i>
heavy	/'hevi/	ciężki	<i>In Scotland there will be strong winds and heavy rain.</i>
humid	/'hju:mɪd/	wilgotny	<i>It's very humid today, there's no air at all.</i>
hurricane	/'hʌrɪkən/	huragan	<i>A hurricane has caused widespread destruction.</i>
icy	/'aɪsi/	pokryty lodem	<i>Driving will be dangerous as the roads will be icy.</i>
lightning	/'laɪtnɪŋ/	błyskawica	<i>Look at the lightning – I love thunderstorms.</i>
melt	/melt/	topnieć	<i>The snow was melting minutes after it fell.</i>
mild	/maɪld/	łagodny	<i>Winters are usually quite mild in England.</i>
monsoon	/,mɒn'su:n/	monsun	<i>There is usually a monsoon after the long dry season.</i>
pouring (with rain)	/'pɔ:ɪŋ/	leje jak z cebra	<i>It's pouring with rain outside, let's wait until it stops.</i>
scorching	/'skɔ:tʃɪŋ/	skwierczący	<i>Yet another scorching, sunny day – 42 degrees.</i>
settled	/'setld/	ustabilizowany	<i>The weather will become more settled on Friday.</i>
shiver	/'ʃɪvə/	drżeć	<i>You're shivering, do you want to borrow my jacket?</i>
shower	/'ʃaʊə/	przelotne opady	<i>They are expecting some snow showers.</i>
slippery	/'slɪpəri/	śliski	<i>Be careful! The pavement's very slippery.</i>

strong	/strɒŋ/	silny	<i>These strong winds are damaging the trees.</i>
sunny	/'sʌni/	słoneczny	<i>Tomorrow will be sunny and bright.</i>
sweating	/'swetɪŋ/	pocić się	<i>He was sweating heavily because of the heat.</i>
thick	/θɪk/	gruby	<i>There will be thick fog in the hills and near the coast.</i>
thunder	/'θʌndə/	grzmot	<i>I don't mind the lightning, but I'm afraid of thunder.</i>
warm	/wɔ:m/	ciepły	<i>It isn't warm enough to turn the central heating off.</i>
wet	/wet/	mokry	<i>It's going to be wet, with rain for most of the day.</i>
windy	/'windi/	wietrzny	<i>It's not too windy outside, there's a pleasant breeze.</i>

3B More Words to Learn

canal	/kə'næl/	kanal	<i>The canals were full of rubbish and old bikes.</i>
chaos	/'keɪɒs/	chaos	<i>The snow caused chaos for people going to work.</i>
climate change	/'klaɪmət tʃeɪndʒ/	zmiana klimatu	<i>Climate change is an issue we can't avoid.</i>
CO ² emissions	/,si: əʊ tu: r'mɪʃnz/	emisje CO ²	<i>We have to reduce CO² emissions as soon as possible.</i>
crazy	/'kreɪzi/	szalony	<i>There were crazy people dancing on the roof.</i>
fan (n)	/fæn/	wentylator	<i>There was a large fan to cool everyone down.</i>
organic (food)	/ɔ:'gæɪnɪk/	organiczny	<i>I buy organic food, which has been grown locally.</i>
recycle (v)	/,ri:'saɪkl/	segregować	<i>We regularly recycle paper, glass, and plastic</i>
rubbish bin	/'rʌbɪʃ 'bɪn/	kosz na śmieci	<i>The street was full of overflowing rubbish bins.</i>
sea level	/'si: levl/	poziom morza	<i>Sea levels may rise if we carry on polluting.</i>

More words in 3B

absorb	/əb'zɔ:b/	pochłaniać	<i>24 trees can absorb a household's emissions of CO².</i>
air-conditioning	/'eə kəndɪʃnɪŋ/	klimatyzacja	<i>I don't understand the need for air-conditioning.</i>
appliance	/ə'plaɪəns/	urządzenie	<i>Don't keep your electrical appliances on standby.</i>
block	/blɒk/	blok	<i>She lives in a block of flats.</i>
brake	/'breɪk/	hamowac	<i>When you brake, the car's battery is charged.</i>
bridesmaid	/'braɪdzmeɪd/	druhá	<i>Sarah was invited to be a bridesmaid at the wedding.</i>
budget	/'bʌdʒɪt/	budżet	<i>'Titanic' was a really high budget movie.</i>
bulb	/'bʌlb/	żarówka	<i>Use only energy-saving light bulbs.</i>
bulletins	/'bʊlətɪnz/	biuletyn informacyjny	<i>I stayed up all night watching the TV bulletins.</i>
coastal	/'kəʊstl/	nadbrzeżny	<i>The number of serious coastal storms will double.</i>
combat	/'kɒmbæt/	zwalczać	<i>Their leader is trying to combat climate change.</i>
compensate	/'kɒmpənsert/	rekompensować	<i>We have to compensate for our CO² emissions.</i>
dilemma	/'dɪlemə/	dylemat	<i>So now she had a terrible dilemma. To fly or not?</i>
displace	/'dɪs'pleɪs/	przemieszczać	<i>The floods displaced hundreds of millions of people.</i>
dozen	/'dʌzn/	tuzin	<i>Two or three dozen trees were planted in the field.</i>
environmental	/'m,vaɪrən'mentl/	środowiskowy	<i>Try to support an environmental organization.</i>
epic	/'epɪk/	heroiczny, epicki	<i>The epic journey took her nearly two months.</i>
equipped	/'ɪkwɪpt/	wyposażony	<i>The pub is equipped with a large fan during summer.</i>
extinct	/'ɪk'stɪŋkt/	wymarły	<i>Many species will have become extinct by 2010.</i>
footprint	/'fʊtprɪnt/	śląd (stopy)	<i>His carbon footprint is huge – he's always flying.</i>
glaciers	/'glæsiəz/	lodowce	<i>Many glaciers will have melted completely.</i>
grab	/'græb/	chwytać	<i>I had to grab hold of her so I wouldn't be blown over.</i>
habitable	/'hæbɪtəbl/	mieszkalny	<i>Low-lying islands will no longer be habitable.</i>
horizon	/'hɔ:raɪzn/	horyzont	<i>There are storm clouds on the horizon.</i>
household	/'haʊshəʊld/	gospodarstwo domowe	<i>They create too much household waste.</i>
hybrid	/'haɪbrɪd/	z napędem hybrydowym	<i>A hybrid car has a normal and electric motor.</i>
ice-cold	/'aɪs'kəʊld/	mocno schłodzony	<i>I really enjoy ice-cold beer.</i>
impassable	/'ɪm'pɑ:səbl/	nie do przejścia	<i>I tried various routes but every road was impassable.</i>
lack	/'læk/	brak	<i>The ski resorts closed down due to lack of snow.</i>
lifestyle	/'laɪfstɑɪl/	styl życia	<i>Barbara decided to make big changes to her lifestyle.</i>
load	/'ləʊd/	ładunek	<i>A whole load of trucks were stuck in the snow.</i>
looters	/'lu:təz/	szabrownicy	<i>I was afraid of looters breaking in and stealing things.</i>

low-lying	/,ləʊ'laɪnɪŋ/	nizinny	Low-lying islands like the Maldives are in danger.
mess	/mes/	bałagan, nieporządek	Havana was in a dreadful mess after the hurricane.
moderate	/'mɒdərət/	umiarkowany	Half the world will be having moderate droughts.
overflow (v)	/,əʊvə'fləʊ/	wylać się, przelewać się	There was a real danger that the river would overflow .
perverse	/pə'vɜ:s/	perwersyjny	I had a kind of perverse desire to be the last to leave.
polar	/'pəʊlə/	polarny	The extinction of polar bears is expected soon.
resort	/'rɪ'zɔ:t/	kurort	50% of the world's ski resorts will close down.
rising	/'raɪzɪŋ/	podnoszący się	We stayed to watch the water level rising .
route	/'ru:t/	droga, trasa	I tried various routes but the roads were blocked.
slush	/slʌʃ/	breja	The snow turned to slush as the temperature rose.
soil	/sɔɪl/	gleba, ziemia	Hurricane force winds ripped trees out of the wet soil .
solar	/'səʊlə/	słoneczny (np. energia)	We will all be using solar power to heat our houses.
species	/'spi:si:s/	gatunek	Many animal species will become extinct.
standby	/'stændbaɪ/	w gotowości	Don't keep your TV on standby .
stare	/steə/	gapić się	Some people were standing there staring in a trance.
stuck	/stʌk/	utknąć	Many of the trucks were stuck in the snow.
thaw	/θɔ:z/	rozmarzać	Even if it thaws tomorrow, the damage is done.
trance	/tra:ns/	trans	He was completely shocked – in a trance .
tsunamis	/tsu:'nɑ:mɪz/	tsunami	The number of tsunamis will have doubled.
unbearably	/ʌn'beərəbli/	nieznośnie	It was unbearably cold – the electricity was cut off.
visualize	/'vɪʒʊəlaɪz/	wyobrażać sobie	No one could possibly have visualized the damage.
wade	/'weɪd/	brnąć	He was wading into the water to see how deep it was.
yard	/'jɑ:d/	podwórko	We made a snowman in the yard .

3C More Words to Learn

according to	/ə'kɔ:dɪŋ tə/	według	According to the statistics it will get hotter.
catastrophe	/kə'tæstrəfi/	katastrofa	Death from heart disease is a catastrophe .
drown	/draʊn/	tonąć	Every year, children are drowned in pools.
hazard	/'hæzəd/	ryzyko, zagrożenie	The hazards of flying aren't very high.
instead	/ɪn'sted/	zamiast	Instead of flying, she decided to travel over land!
playground	/'pleɪgraʊnd/	plac zabaw	Visitors to the playground must provide ID.
scare (v)	/skeə/	odstraszać	Risks that scare people and risks that kill are different.
sue (v)	/su:/	skarżyć (kogoś o coś)	Parents of an injured child might sue the school.
threat (n)	/θret/	groźba, zagrożenie	Terrorism is less of a threat than heart disease.
whereas	/'weə'ræz/	podczas gdy	I can't amend the design, whereas I can rewrite.

More words in 3C

assessing	/ə'sesɪŋ/	ocenie	Generally people are bad at assessing risk.
baby-buggies	/'beɪbi ˌbʌgɪz/	wózki spacerowe, spacerówki	The wheels of baby-buggies are cleaned daily.
cautious	/'kɔ:ʃəs/	ostrożny	Women are more careful and cautious drivers.
childhood	/'tʃaɪldhʊd/	dzieciństwo	Childhood should be a time of fun.
cholesterol	/kə'lestərɒl/	cholesterol	Our daily lives are full of dangers.
consultant	/kən'sʌltənt/	konsultant, specjalista	Peter Sandman is a risk consultant .
decisive	/dɪ'saɪsɪv/	zdecydowany	Are you a decisive person? Decide now!
dread	/dred/	strach	'The dread factor' describes our fear.
element	/'eləmənt/	element	Parents want to remove every element of risk.
eliminating	/ɪ'lɪmɪnɪŋ/	eliminowanie	Schools have become obsessed with eliminating risk.
equation	/ɪ'kwɪʃn/	równanie	Sandman uses the following equation : for most people risk = hazard (or danger) + outrage (or horror).
external	/ɪks'tɜ:nl/	zewnętrzny	I am at the mercy of myriad external factors.
factor	/'fæktə/	czynnik	I am at the mercy of myriad external factors .
fatal	/'feɪtl/	śmiertelny	Most fatal accidents happen on country roads.
fatty	/'fæti/	tuczący	Too much fatty food can cause heart disease.
first-time	/'fɜ:st taɪm/	po raz pierwszy	First-time visitors must provide proof of ID.
guaranteed	/'gærən'ti:d/	gwarantowany	Parents are guaranteed total peace of mind.
hairdryer	/'heədraɪə/	suszarka do włosów	Always unplug your hairdryer after using it.

harmful	/ˈhɑ:mfl/	szkodliwy	It is cleaned daily to remove any harmful objects.
infected	/ɪnˈfektɪd/	zarażony	We can't tell if our meat is infected .
inflatable	/ɪnˈfleɪtəbl/	nadmuchiwany	Most of the bigger toys are inflatable .
kit	/kɪt/	zestaw	Keep a first aid kit in your house.
land	/ˈlænd/	lądownać	They'll call us as soon as they've landed .
log	/lɒg/	kłoda	They can climb trees and walk on logs .
long-term	/ˈlɒŋ,tɜ:m/	długofalowy, długoterminowy	People are more scared of short-term dangers than long-term ones.
mounted	/ˈmaʊntɪd/	zamontowany	Security cameras are mounted on the ceiling.
myth	/mɪθ/	mit	There are a lot of myths about health risks.
non-fatal	/ˌnɒnˈfeɪtl/	nie prowadzący do śmierci	He had a non-fatal accident last Friday.
outrage	/ˈaʊtreɪdʒ/	oburzenie	When hazard is low and outrage high, people overreact.
overreact	/ˌəʊvəriˈækt/	reagować za mocno, zbyt emocjonalnie	When hazard is low and outrage high, people overreact .
pedestrian	/pəˈdestriən/	pieszy	It is riskier to be a pedestrian than to drive.
playground	/ˈpleɪgraʊnd/	plac zabaw	I took my son to the playground .
potentially	/pəˈtenʃəli/	potencjalnie	Potentially harmful substances have been removed.
priority	/praɪˈɒrəti/	prioritytet	This place puts absolute priority on safety.
properly	/ˈprɒpəli/	właściwie, odpowiednio	Don't cycle at night unless your lights work properly .
rare	/reə/	rzadki	Mad cow disease is extremely rare , but it terrifies us.
reduce	/rɪˈdju:s/	obniżyć, zmniejszać	Most of the bigger toys are inflatable to reduce risks.
risk	/rɪsk/	ryzyko	Generally people are bad at assessing risk .
roughly	/ˈrʌfli/	około	By day a driver's visibility is roughly 500 metres.
sandpit	/ˈsændpɪt/	piaskownica	The sandpit contains sterilized sand.
severe	/sɪˈviə/	surowy, ostry	Do you think punishments should be more severe ?
statistics	/stəˈtɪstɪks/	statystyka	According to the statistics , you would be wrong.
sterilized	/ˈsterəlaɪzd/	wysterylizowany	The sandpit contains sterilized sand.
strict	/strikt/	surowy, wymagający	Jamie loves meat but his wife is a strict vegetarian.
supervising	/ˈsu:pəvaɪzɪŋ/	nadzór	Should children go swimming without an adult supervising ?
survey (n)	/ˈsɜ:veɪ/	sondaż	According to a recent survey , people eat badly.
tend	/tend/	mieć tendencję	People tend to be scared of short-term dangers.
terrorism	/ˈterərɪzəm/	terroryzm	Terrorism is less of a threat than heart disease.
threat	/θret/	groźba, zagrożenie	Terrorism is less of a threat than heart disease.
underreact	/ˌʌndəriˈækt/	reagować zbyt słabo	When hazard is high but the terror is low, people underreact .
unique	/juːˈni:k/	jedyny w swoim rodzaju, wyjątkowy	You are not unique – most people are bad at it.
unplug	/ˌʌnˈplʌg/	wyłączać	Always unplug your hairdryer.
vegetarian	/ˌvedʒəˈteəriən/	wegetarianin	Jamie loves meat but his wife is a strict vegetarian .
visibility	/ˌvɪzəˈbɪləti/	widoczność	By day a driver's visibility is roughly 500 metres.
within	/wɪˈðɪn/	w promieniu	Most fatal accidents happen within 40km of home.

4A Personality Vocabulary Bank

astonished	/əˈstɒnɪʃt/	zdumiony	I was absolutely astonished when I won the award.
confused	/kənˈfju:zd/	zmieszany	Most people are stunned and confused by disasters.
couldn't believe my eyes	/ˌkʊdnt bɪˌli:v maɪ ˈaɪz/	nie móc oczom uwierzyć	I couldn't believe my eyes – she looked ten years younger.
delighted	/dɪˈlaɪtɪd/	zadowolony	We were delighted when our daughter graduated.
desperate	/ˈdespəreɪt/	zrozpaczony	Kevin was feeling desperate – he had become lost.
devastated	/ˈdevəsteɪtɪd/	załamany	They were absolutely devastated when their son died.
disappointed	/ˌdɪsəˈpɔɪntɪd/	rozczarowany	James was disappointed when he didn't get a new bike.
down in the dumps	/ˌdaʊn ɪn ðə ˈdʌmps/	przygnębiony	You look a bit down in the dumps . Are you OK?
exhausted	/ɪgˈzɔ:stɪd/	wyczerpany	After three days without sleep I was exhausted .

fed up	/fed 'ʌp/	znudzony	Kevin got fed up with Marcus because he was complaining.
furious	/'fjʊəriəs/	wściekły	I was furious with their poor decision.
glad	/glæd/	zadowolony	I'm glad we went to the party, I really enjoyed it.
grateful	/'greɪtfl/	wdzięczny	I'll always be grateful to Matt for helping me.
homesick	/'həʊmsɪk/	stęskniony za domem	I was homesick the whole time I was living abroad.
lonely	/'ləʊnli/	samotny	I think Joanna's a bit lonely in London.
nervous	/'nɜ:vəs/	zdenewowany	I get very nervous before an exam.
offended	/ə'fendɪd/	obrażony	Julia was very offended when you didn't invite her.
over the moon	/,əʊvə ðə 'mu:n/	nie posiadać się ze szczęścia	He finally passed his driving test! He's over the moon!
overwhelmed	/,əʊvə'welmd/	głęboko poruszony	Mum was completely overwhelmed when Dad died.
relieved	/'ri:li:vɪd/	odczuwający ulgę	I was relieved to find I hadn't lost my passport after all!
scared stiff	/'skeəd 'stɪf/	zdrętwiały ze strachu	When I saw the burglar I was scared stiff .
shocked	/'ʃɒkt/	zszokowany	When a disaster happens most people are so shocked .
sick and tired	/'sɪk ən 'taɪəd/	mieć po dziurki w nosie	I'm sick and tired of telling you to do your homework.
stunned	/'stʌnd/	ośniony, zaszokowany	Most people are stunned and confused when in disasters.
terrified	/'terəfaɪd/	przeżaszony	Yossi tried to sleep but he felt terrified .
thrilled	/θrɪld/	podekscytowany	Susie was thrilled to be chosen to star in the school play.
upset	/'ʌp'set/	zmartwiony	She was very upset when she heard about the accident.
worn out	/'wɔ:n 'aʊt/	wyczerpany	I'm completely worn out , I just want to sit down.

More words to learn

catch fire	/'kætʃ 'faɪə/	zapalać się	They got out just before the plane caught fire .
collide with	/kə'laɪd wɪð/	zderzać się z	A Pan Am 747 collided with a Dutch KLM 747.
evacuation	/'i,vækju'eɪʃn/	ewakuacja	Panicking people were obstructing the evacuation .
explosion	/'ɪk'spləʊʒn/	eksplozja	She heard an explosion and felt the building move.
jungle	/'dʒʌŋgl/	dżungla	The two friends were now separated in the jungle .
paralysed	/'pærələɪzd/	sparaliżowany	Other passengers froze, their minds paralyzed .
raft	/'rɑ:ft/	płynąć tratwą	He decided that he would raft down the river.
react	/'ri:ækt/	reagować	She doesn't react well to stress.
shake	/'ʃeɪk/	trząść	The building shook during the earthquake.
survivor	/'sʌ'vaɪvə/	ocalały	One of the survivors of the crash was a small boy.

More words in 4A

abandon	/'ə'bændən/	porzucić	We had to abandon the search for the village.
backpacking	/'bækpækɪŋ/	wędrówka z plecakiem	We went backpacking in a remote area of Bolivia.
bee	/'bi:/	pszczoła	Suddenly he heard the sound of a bee buzzing in his ear.
branch	/'brɑ:ntʃ/	gałąź	He woke up because he heard a branch breaking.
buzzing	/'bʌzɪŋ/	bzyczenie	Suddenly he heard the sound of a bee buzzing in his ear.
canoe	/'kə'nu:/	kajak	Kevin was rescued by two Bolivian hunters in a canoe .
canyon	/'kænjən/	kanion	The two friends were now separated by a canyon .
category	/'kætəgəri/	kategoria	There are three categories of people.
collision	/'kɒ'lɪʒn/	zderzenie, kolizja	60 seconds after the collision the plane exploded.
command	/'kɒ'mɑ:nd/	rozkaz, polecenie	Years later, she still thinks about that command .
cope	/'kəʊp/	radzić sobie	How would you cope if the unthinkable happened?
crisis	/'kraɪsɪs/	kryzys	In a crisis many people 'freeze'.
decisive	/'dɪ'saɪsɪv/	zdecydowany	A normally decisive person may not act at all.
dense	/'dens/	gęsty	The forest was too dense to see through.
diagram	/'daɪəgræm/	diagram, wykres	He had studied the 747's safety diagram .
downriver	/'daʊn'ri:və/	w dolnym biegu rzeki	He came up to the surface several kilometres downriver .
drill	/'drɪl/	ćwiczenia	I thought it was probably a fire drill .
drown	/'draʊn/	topić się	But Yossi didn't drown . He came up to the surface.
entire	/'ɪn'taɪə/	całkowity	Most people go their entire lives without a disaster.
flash	/'flæʃ/	błyskowy	He woke up and turned on his flash light.
float	/'fləʊt/	dryfować	He found their backpack floating in the river.

hike	/haɪk/	wędrować, iść na wycieczkę	We went on a long hike in the mountains.
hunter	/'hʌntə/	myśliwy, łowca	Kevin was rescued by two Bolivian hunters in a canoe.
hysterical	/'hɪstərɪkl/	histeryczny	Some people panic and become hysterical in a crisis.
infected	/'ɪnfektɪd/	zarażony	His feet became infected and were hurting.
jaguar	/'dʒæɡjuə/	jaguar	Jaguars are South American big-cats.
lack	/læk/	brak	He was weak from lack of food and sleep.
lethal	/'li:θl/	śmiertelny	Many of these plants are lethal if you eat them.
lifetime	/'laɪftaɪm/	życie	They went into the jungle on the adventure of a lifetime .
lobby	/'lɒbi/	hall	Find the quickest way down to the hotel lobby.
log	/lɒɡ/	kłoda	He held onto a log and let himself float down the river.
mosquito	/'mɒ'ski:təʊ/	komar	He thought a bee had got inside his mosquito net.
obstruct	/'ɒb'strʌkt/	utrudniać	People were obstructing the evacuation.
rainforest	/'reɪnfɔ:st/	las deszczowy	The Amazonian rainforest is roughly the size of Europe.
rapids	/'ræpɪdz/	bystrzyna	The river got faster and soon they were in rapids .
remain	/'ri:meɪn/	pozostawać	About 10% to 15% of people remain calm.
remote	/'ri:məʊt/	odległy	The three friends went backpacking in a remote area .
repellent	/'ri:pelənt/	odstraszający, odpychający	Wear plenty of insect repellent ; there are mosquitoes.
roughly	/'rʌfli/	około	The Amazonian rainforest is roughly the size of Europe.
species	/'spi:ʃi:z/	gatunek	It is home to 50% of species known to man.
spirits	/'spɪrɪts/	humor	Yossi's spirits changed from desperate to optimistic.
spray (n)	/spreɪ/	spray	A spray of water chased off the cat.
stare	/steə/	gapić się	There was a jaguar staring at him.
starving	/'stɑ:vɪŋ/	głodujący	After five days alone, Yossi was exhausted and starving .
strike	/'straɪk/	uderzać	Disasters can strike any time anywhere.
surface	/'sɜ:fɪs/	powierzchnia	Yossi came up to the surface several kilometres away.
sweep away	/'swi:p ə'veɪ/	zamiatąć	Yossi was swept away by the rapids.
trail	/'treɪl/	szlak	Suddenly he found a footprint on the trail .
trance	/'trɑ:ns/	trans	I felt as if I was in a trance .
unthinkable	/'ʌn'θɪŋkəbl/	nie do pomyślenia	How would you cope if the unthinkable happened?
vast	/'vɑ:st/	ogromny	The vast majority of people do very little.
vice versa	/'vaɪs 'vɜ:sə/	vice versa odwrotnie	A normally decisive person may not act at all quickly in a crisis and vice versa .

4B More Words to Learn

behaviour	/'beɪ'hævɪə/	zachowanie	Reward good behaviour and ignore the bad.
ignore	/'ɪɡ'nɔ:/	ignorować	Reward good behaviour and ignore the bad.
lose your temper	/'lʊ:z jə 'tempə/	stracić panowanie	He didn't lose his temper but carried on searching.
mat	/'mæt/	mata	They train birds to land on mats on the ground.
nag (v)	/'næg/	męczyć, „suszyć głowę”	But the nagging and shouting just made him worse.
pile (n)	/'paɪl/	stos	Slowly but surely, the piles of clothes on the floor became smaller.
provoke	/'prə'veʊk/	prowokować	If a behaviour provokes no response, it disappears.
reward (v)	/'ri:wɔ:d/	nagradzać	Reward good behaviour and ignore the bad.
technique	/'tek'ni:k/	technika	I learned a great technique from a trainer.
tense (adj)	/'tens/	spięty	He's so tense and irritable.

More words in 4B

admit	/'æd'mɪt/	przyznawać	If you're the person who is in the wrong, just admit it!
advice	/'æd'vaɪs/	rada	My second piece of advice is simple.
agreement	/'ægri:mənt/	ugoda	We were able to reach an agreement .
apply	/'æ'plai/	stosować	Amy applied the techniques she learnt from the animal trainers to her husband.
approximation	/'æprɒksɪ'meɪʃn/	przybliżenie	These are ' approximations ' – rewarding small steps.
basket	/'bɑ:skɪt/	koszyk	I started thanking my husband if he threw a dirty shirt into the dirty clothes basket .

blankly	/'blæŋkli/	obojętnie	<i>She was just looking at me blankly.</i>
brace	/breɪs/	aparat ortodontyczny	<i>My new dental brace was uncomfortable.</i>
campaign	/kæm'peɪn/	kampania	<i>There is a new safety campaign to prevent accidents.</i>
chimp	/tʃɪmp/	szympan	<i>Chimps have DNA similar to humans.</i>
chopping	/'tʃɒpɪŋ/	siekanie	<i>I like chopping herbs, they smell nice.</i>
complaining	/kəm'pleɪnɪŋ/	narzekać	<i>I began complaining how uncomfortable I was.</i>
conflict (n)	/'kɒnflɪkt/	konflikt	<i>Dealing with conflict is an important part of any relationship.</i>
constructive	/kən'strʌktɪv/	konstruktywny	<i>Don't be sensitive. I'm making constructive criticism.</i>
crane	/kreɪn/	żuraw	<i>African cranes are large birds.</i>
cure	/kjʊə/	wyleczyć, leczyć	<i>I wanted to cure him of those things he does.</i>
dealing	/'di:lɪŋ/	tu: zajmowanie się, radzenie sobie z	<i>Dealing with conflict is an important part of life.</i>
dental	/'dentl/	stomatologiczny, dentystyczny	<i>My new dental brace was uncomfortable.</i>
exaggerate	/ɪg'zædʒəreɪt/	przesadzać	<i>Don't exaggerate to make things sound worse than they really are.</i>
fairly	/'feəli/	sprawiedliwie	<i>Learn how to argue cleanly and fairly.</i>
fascinated	/'fæsnertɪd/	zafascynowany	<i>I listened, fascinated, to the discussion.</i>
flip	/flɪp/	podskakiwać, podrzucić	<i>They taught dolphins to flip in the air.</i>
fuel (v)	/'fjuəl/	paliwo	<i>The idea is that any response fuels behaviour.</i>
habit	/'hæbɪt/	zwyczaj	<i>He has so many annoying habits.</i>
herb	/hɜ:b/	zioło	<i>I like chopping herbs – especially basil.</i>
incompatible	/'ɪnkəm'pætəbl/	niekompatybilny	<i>The system was incompatible with ours.</i>
irritable	/'ɪrɪtəbl/	poirytowany	<i>He's so tense and irritable these days.</i>
irritate	/'ɪrɪteɪt/	irytować	<i>His music really irritates me.</i>
issue	/'ɪʃu:/	kwestia	<i>There are other issues to discuss.</i>
lock	/lɒk/	zamknąć na klucz	<i>Please remember to lock the door before you go out.</i>
lovable	/'lʌəbl/	uroczy	<i>He's stubborn but lovable.</i>
mediate	/'mi:diət/	prowadzić mediacje	<i>Use another person to mediate for you.</i>
reinforcing	/'ri:ɪn'fɔ:siŋ/	wzmocnienie	<i>The technique is called 'least reinforcing syndrome'.</i>
rushing	/'rʌʃɪŋ/	pośpiech	<i>He was rushing round the house looking for his keys.</i>
sack	/sæk/	zwalniać	<i>If the boss finds out, he'll sack him.</i>
skate	/skeɪt/	jeździć na łyżwach	<i>We used to skate on the lake in winter.</i>
syndrome	/'sɪndrəʊm/	syndrom	<i>The technique is called 'least reinforcing syndrome'.</i>
temper	/'tempə/	tu: panowanie nad sobą, humor	<i>Raising your voice will make the other person lose their temper.</i>

4C The body Vocabulary Bank

ankle	/'æŋkl/	kostka (u nogi)	<i>I tripped over the cat and twisted my ankle.</i>
arm	/ɑ:m/	ramię	<i>Arms folded tightly is a gesture of defensiveness.</i>
bite	/baɪt/	gryźć	<i>I'm trying to stop biting my nails.</i>
blow	/bləʊ/	dmuchać	<i>I think I'm getting a cold, I keep blowing my nose.</i>
brain	/breɪn/	umysł, mózg	<i>The brain is a complex organ.</i>
broke his heart	/'brəʊk hɪz 'hɑ:t/	złamać serce	<i>When Miriam left David, she broke his heart.</i>
brush	/'brʌʃ/	szczotkować	<i>I try to brush my teeth after every meal.</i>
butterflies in my stomach	/'bʌtəflaɪz ɪn maɪ 'stʌmək/	mieć trepeć	<i>I always get butterflies in my stomach before an exam.</i>
calf (pl calves)	/kɑ:f, kɑ:vz/	łydka	<i>Wayne damaged a muscle in his calf when training.</i>
chest	/'tʃest/	klatka piersiowa	<i>He's a tall man with a broad chest.</i>
chew	/'tʃu:/	rzucić	<i>The steak was tough and difficult to chew.</i>
clap	/'klæp/	klaskać	<i>Everyone clapped their hands when the plane landed.</i>
comb	/'kəʊm/	czesać grzebieniem	<i>Aren't you going to comb your hair before you go out?</i>
elbow	/'elbəʊ/	łokieć	<i>It's bad manners to put your elbows on the table.</i>
eyebrow	/'aɪbrəʊ/	brew	<i>She raised her eyebrows and we immediately stopped.</i>

finger	/ˈfɪŋɡə/	palec u ręki
fold	/fəʊld/	składać
frowned	/fraʊnd/	marszczyć brwi
get cold feet	/get ˈcəʊld ˈfi:t/	mieć miękkie nogi
get it off my chest	/ˌget ɪt ˌɒf maɪ ˈtʃɛst/	zrzucić coś z serca
give me a hand	/ˌgɪv mi ə ˈhænd/	pomagać komuś
hair	/heə/	włosy
hand	/hænd/	ręka
head	/hed/	głowa
heart	/hɑ:t/	serce
heel	/hi:l/	pięta
hip	/hɪp/	biodro
hold	/həʊld/	trzymać
hug	/hʌɡ/	ściskać, obejmować
I can't get it out of my head	/aɪ ˌkɑ:nt get ɪt ˌaʊt əv maɪ ˈhed/	nie móc wybić sobie tego/czegoś z głowy
kidney	/ˈkɪdni/	nerka
kneel down	/ˌni:l ˈdaʊn/	klękać
learn by heart	/ˌlɜ:n baɪ ˈhɑ:t/	uczyć się na pamięć
liver	/ˈlɪvə/	wątroba
lung	/lʌŋ/	płuć
nail	/neɪl/	paznokciec
nod	/nɒd/	skinąć głową
nose	/nəʊz/	nos
on the tip of my tongue	/ɒn ðə ˈtɪp əv maɪ ˈtʌŋ/	mieć coś na końcu języka
palm	/pɑ:m/	dłoń
point (v)	/pɔɪnt/	wskazywać
pulling my leg	/ˌpʊlɪŋ maɪ ˈleg/	żartować sobie z kogoś
put your foot in it	/ˌpʊt jə ˈfʊt ɪn ɪt/	wścibiać nos
raise	/reɪz/	podnosić
scratch	/skrætʃ/	drapać
shake	/ʃeɪk/	potrząsać
shoulders	/ˈʃəʊldəz/	ramiona
shrug	/ʃrʌɡ/	wzruszać ramionami
stared	/steəd/	gapić się
stretched	/stretʃt/	przeciągnąć się
teeth	/ti:θ/	zęby
thigh	/θaɪ/	udo
waist	/weɪst/	talia, pas
waved	/weɪvd/	machać
winked	/wɪŋkt/	mrugnąć okiem
wrist	/rɪst/	nadgarstek
yawned	/jəʊnd/	ziewać

Speakers who point their **finger** a lot are annoying.
His arms are **folded** tightly over his chest.
The teacher **frowned** when she saw all the mistakes.
I'm not sure. I'm starting to **get cold feet**.
I need to tell somebody about it and **get it off my chest**.

Could you **give me a hand** with my homework?
Aren't you going to comb your **hair** before you go out?
All the passengers clapped their **hands**.
A lot of our body heat is lost through our **head**.
You need to learn the irregular past tenses by **heart**.
I've got blisters on both my **heels**.
He's going to hospital to have one of his **hips** replaced.
Hold your hand out.
When we met we were so happy we **hugged** each other.
I can't get that song out of my head – stop whistling it.

Your **kidneys** extract waste material from your blood.
Did he **kneel down** when he proposed marriage?
You need to **learn** the irregular past tenses **by heart**.
Your **liver** helps to regulate blood sugar levels.
Clean mountain air is good for my **lungs**.
I'm trying to stop biting my **nails**.
If you agree, just **nod** your head.
I keep sneezing and blowing my **nose**.
His name is **on the tip of my tongue**.

She can read your **palms**.
Don't **point** your finger at me!
I believed him, I didn't know he was just **pulling my leg**.
You **put your foot in it** when you asked about his ex-wife.
My mother only had to **raise** her eyebrows.
Don't **scratch** the bite. You'll only make it worse.
Shake hands with the person next to you.
She just shrugged her **shoulders** and told me it was my problem.
She just **shrugged** her shoulders and told me to go.
I **stared** at it for a long time.
She got out of bed, and yawned and **stretched**.
I try to brush my **teeth** after every meal.
The largest muscles in your body are in your **thighs**.
These new trousers are a bit tight around the **waist**.
She **waved** goodbye to her boyfriend as the train left.
He **winked** at me to show that he was only joking.
She fell with her hand outstretched and broke her **wrist**.
She got out of bed, and **yawned** and stretched.

More words to learn

bitter	/ˈbɪtə/	gorzki	I find coffee too bitter without sugar.
body language	/ˈbɒdi ˌlæŋɡwɪdʒ/	język ciała	Our body language can reveal a lot about how we feel.
fidget	/ˈfɪdʒɪt/	wiercić się, tu: bawić się rękoma	Fidgeting with our hands shows nervousness.
gesture	/ˈdʒɛstʃə/	gest	His gestures often occur unconsciously.
rough	/rʌf/	szorstki	A cat's tongue feels very rough when it licks your hand.
rub (v)	/rʌb/	trzeć	Rubbing their eyes can be a signal that a person is lying.

smooth	/smu:ð/	gładki	Your hair looks lovely, and it feels soft and smooth .
sour	/'saʊə/	kwaśny	I love the sour taste of lemons.
stroke (v)	/strəʊk/	gładzić	If he strokes his chin, he's probably thinking about something.
tap (v)	/tæp/	stukać	Tapping the table with one's fingers shows nervousness.

More words in 4C

addict	/'ædɪkt/	uzależniony	If you are a gambling addict , you'll end up deep in debt.
applause	/ə'pləʊz/	aplauz	There was a round of applause for Vanessa.
blindfold	/'blaɪndfəʊld/	okiennica	They took off the blindfolds so we could see.
cabbage	/'kæbɪdʒ/	kapusta	I used to hate cabbage when I was a child.
cigar	/sɪ'gɑːz/	cygaro	I don't mind the smell of cigar smoke.
clapsed	/klɑːspt/	spleciony	She had her hands clapsed behind her head.
defensiveness	/dɪ'fensɪvnəs/	obrona	It's a real gesture of defensiveness .
deliberate (adj)	/dɪ'lɪbərət/	celowy	Hand and arm gestures are sometimes deliberate .
distant	/'dɪstənt/	odległy	Well, it may be thunder, but it sounds very distant .
doubt	/daʊt/	wątpić	I doubt if you'll have wrinkles before you're forty.
doze	/dəʊz/	drzemka	I wasn't really asleep, I just had a momentary doze .
edition	/'ɪdɪʃn/	wydanie, edycja	And welcome to tonight's edition of Use your senses.
embarrassment	/ɪm'bærəsmənt/	wstyd, zażenowanie	He caused so much embarrassment .
extended	/'ɪk'stendɪd/	wyciągnięty	Arms extended , he walked forward.
foreground	/'fɔːgraʊnd/	pierwszy plan	The woman in the foreground looks frightened.
foul (n)	/faʊl/	faul	The defender just committed a foul .
frantic	/'fræntɪk/	oszalały z niepokoju	Mum was frantic with worry when Jennie was late.
gallop	/'gæləp/	galopować	They thought it sounded like horses galloping .
genius	/'dʒiːniəs/	geniusz	He's a computer genius , he hacked into the system.
hide	/haɪd/	ukrywać	He is hiding something – I can tell.
hole	/həʊl/	dziura	It's got two tiny little holes in the middle.
honesty	/'ɒnəsti/	uczciwość	He lies all the time, I'd question his honesty .
index (adj)	/'ɪndeks/	wskazujący	You usually point with your index finger.
indicate	/'ɪndɪkeɪt/	wskazywać	Stress indicates important words.
insecure	/'ɪnsɪ'kjʊə/	niepewnie	She feels a bit insecure , she needs support.
lap	/læp/	okrążenie	He was in the lead right up until the final lap .
leaning against	/'liːnɪŋ/	opierający się o	A police officer was leaning against my car door.
licence	/'laɪsns/	licencja	He wanted to see my licence .
lift (n)	/lɪft/	winda	This gesture is often seen among strangers in lifts .
lobes	/ləʊbz/	małżowina uszna	He kept scratching his ear lobes .
lock (n)	/lɒk/	pukiel	She sometimes plays with a lock of hair.
loose	/luːs/	luźny	You've lost weight, those jeans are too loose now.
marble	/'mɑːbl/	marmurowy	Did you see that wonderful marble statue of the King?
marking	/'mɑːkɪŋz/	oznaczenie, znak	It doesn't seem to have any unusual markings .
massacre (v)	/'mæsəkə/	masakrować	No one can massacre a good song like my brother.
metallic	/'mɛtəlɪk/	metaliczny	Yes, it definitely feels metallic .
momentary	/'mɒməntəri/	chwilowy	I wasn't really asleep, I just had a momentary doze.
nasty	/'nɑːsti/	paskudny	That's a nasty burn, I think you should see a doctor.
nervousness	/'nɜːvəsənəs/	nerwowość	Fidgeting with our hands shows nervousness .
obsessed	/əb'sest/	mieć obsesję	She's obsessed with him, she always talks about him.
occur	/ə'kɜː/	zdarzać się	Earthquakes don't occur frequently.
openness	/'əʊpənəs/	otwartość	What I like about Amy is her openness and honesty.
positioned	/'pə'zɪʃnd/	ustawić	The way your hands are positioned can show emotions.
protruding	/'prə'truːdɪŋ/	wystający	His thumbs were protruding from his pockets.
receipt	/'rɪ'siːt/	paragon	That's \$40. Would you like a receipt ?
superiority	/'suː,prɪəri'bræti/	poczucie wyższości	He has a sense of superiority .
texture	/'tekstʃə/	konsystencja	The texture isn't quite like chicken – it tastes quite light.
tuck	/tʌk/	tu: zakładać za uszy	You need to tuck in the sheets.
twist	/'twɪst/	skręcać	You can easily twist you ankle when doing sport.
unfaithful	/ʌn'feɪθfl/	niewierny	If my husband was unfaithful I would leave him.

5A Vocabulary Bank Music

bass	/beɪs/	bas	<i>A bass is a man who sings with a low-pitched voice.</i>
bass guitar	/ˌbeɪs ɡɪ'tɑː/	gitara basowa	<i>Andy plays bass guitar in a band.</i>
beat	/bi:t/	rytm, uderzenie	<i>It's hard to dance to music if there isn't a strong beat.</i>
blowing his own trumpet	/ˌbləʊɪŋ hɪz əʊn 'trʌmpɪt/	chwalić się	<i>He's always blowing his own trumpet.</i>
catchy	/'kætʃi/	wpadający w ucho	<i>This song's got a really catchy tune.</i>
cello	/'tʃeləʊ/	wiolonczela	<i>I love playing the cello, but it's difficult to transport.</i>
choir	/'kwaɪə/	chór	<i>My daughter sings in the school choir.</i>
composer	/kəm'pəʊzə/	kompozytor	<i>I enjoy writing songs – I'd like to have been a composer.</i>
conductor	/kən'dʌktə/	dyrygent	<i>Who's the conductor of the orchestra you play in?</i>
DJ (disc jockey)	/'di: dʒeɪ/	DJ	<i>A club is only as good as its DJ.</i>
drums	/drʌmz/	bęben	<i>There aren't many women who play the drums.</i>
face the music	/ˌfeɪs ðə 'mju:zɪk/	wypić piwo, które się nawarzyło	<i>The others ran away, leaving him to face the music.</i>
good ear for music	/ɡʊd ˌɪə fə 'mju:zɪk/	mieć dobry słuch muzyczny	<i>He has a good ear for music – he can sing anything.</i>
incomprehensible	/ˌɪnkəmprɪ'hensəbl/	niezrozumiały	<i>This song has incomprehensible lyrics.</i>
keyboard	/'ki:bɔ:d/	keyboard	<i>We've got a keyboard, but it's not as good as a piano.</i>
lead singer	/ˌli:d 'sɪŋə/	główny wokalista	<i>Who's the lead singer of the Arctic Monkeys?</i>
monotonous	/mə'nɒtənəs/	monotonny	<i>This music is very monotonous and boring.</i>
moving	/'mu:vɪŋ/	wzruszający	<i>I find some of Beethoven's music very moving.</i>
music to my ears	/ˌmju:zɪk tə maɪ ˈiəz/	być muzyką dla uszu	<i>This is music to my ears – it was exactly what I wanted to hear.</i>
orchestra	/'ɔ:kɪstrə/	orkiestra	<i>Who's the conductor of the orchestra you play in?</i>
organ	/'ɔ:gən/	organy	<i>I can play the piano, but playing the organ is a bit more difficult.</i>
out of tune	/ˌaʊt əv 'tju:n/	falszować	<i>I'd join a choir if I didn't always sing out of tune!</i>
piano	/pi'ænəʊ/	piano	<i>We've got a keyboard at home, but it's not as good as a piano.</i>
rapper	/'ræpə/	raper	<i>He's a rapper – he performs urban-freestyle.</i>
saxophone	/'sæksəfəʊn/	saksofon	<i>I play the saxophone in a jazz quartet.</i>
singer-songwriter	/ˌsɪŋə'sɒŋraɪtə/	piosenkarz i autor tekstów	<i>Amy Winehouse is a singer-songwriter.</i>
soloist	/'səʊləʊɪst/	solista	<i>Our choir usually employs a professional soloist.</i>
soprano	/sə'prɑ:nəʊ/	sopran	<i>I used to be a soprano, but I can't sing the high notes now.</i>
tenor	/'tenə/	tenor	<i>Luciano Pavarotti was one of The Three Tenors.</i>
trumpet	/'trʌmpɪt/	trąbka	<i>The trumpet is quite a difficult instrument to play well.</i>
tune	/tju:n/	melodia	<i>This song's got a really catchy tune.</i>
violin	/ævaɪə'li:n/	skrzypce	<i>The best violins were made in 17th century Italy.</i>

More Words To Learn

affect	/ə'fekt/	wpływać na	<i>There are many ways music can affect the way we feel.</i>
commit suicide	/kə'mɪt 'su:ɪsaɪd/	popęłnić samobójstwo	<i>Depressed people sometimes commit suicide.</i>
compared with	/kəm'peəd wɪð/	w porównaniu z	<i>Compared with other music fans, opera lovers are older.</i>
complex (adj)	/'kɒmpleks/	złożony	<i>Try to avoid making your life unnecessarily complex.</i>
conventional	/kən'venʃənəl/	konwencjonalny	<i>Fans of pop music tend to be quite conventional.</i>
curious	/'kjʊəriəs/	ciekawy	<i>Fans of gangsta rap tend to be curious about the world.</i>
exploit (vb)	/ɪk'splɔɪt/	wykorzystywać	<i>The people who exploit this most write film soundtracks.</i>
(high) pitched (adj)	/pɪtʃt/	na wysokich tonach	<i>Faster, higher-pitched music usually sounds happy.</i>
lecture	/'lektʃə/	wykład	<i>Take notes when you listen to the lecture.</i>
tend to	/'tend tə/	mieć tendencję	<i>Fans of pop music tend to be quite conventional.</i>

More Words in 5A

above-average	/əˈbʌv ˈævərɪdʒ/	ponadprzeciętny	Doctors typically have above-average intelligence.
according to	/əˈkɔːdɪŋ/	zgodnie z	According to psychologists music is a popular topic.
accurate	/ˈækjərət/	dokładny	The report provided remarkably accurate predictions.
album	/ˈælbəm/	album	I like Coldplay's latest album .
beat	/bi:t/	rytm, uderzenie	It's hard to dance to music if there isn't a strong beat .
blame (v)	/bleɪm/	obwiniać	A spokesman blamed the manufacturers for the mistake.
candle	/ˈkændl/	świeca	We light candles to make the room relaxing.
characteristic	/ˌkærəktɪˈrɪstɪk/	cecha charakterystyczna	It has the characteristics of a good wine.
charismatic	/ækærɪzˈmætɪk/	charyzmatyczny	Psychiatrists are typically quite charismatic .
chorus	/ˈkɔːrəs/	refren	This song has a very catchy chorus .
circumstance	/ˈsɜːkəmstəns/	okoliczność	I can't remember the circumstances I first heard it.
clue	/kluː/	wskazówka	Personality clues are conveyed in the music's tempo.
conveyed	/kənˈveɪd/	przenoszony	Personality clues are conveyed in the music's tempo.
cult	/kʌlt/	kultowy	Soft Machine was a cult group in the early seventies.
deny	/dɪˈnaɪ/	zaprzeczać	He denied stealing the woman's handbag.
discipline	/ˈdɪsɪplɪn/	dyscyplina	Family and discipline are important life values.
energetic	/ˌenəˈdʒetɪk/	energiczny	Energetic and rhythmic music attracts talkative people.
expand	/ɪkˈspænd/	rozszerzać (się)	After the lecture you may want to expand your notes.
express	/ɪkˈspres/	wyrażać	She often expresses her thoughts impulsively.
folk	/fəʊk/	folklorystyczny	Folk music was very popular in the 1960s.
funk	/fʌŋk/	funky	Funk music was popular in the 1970s.
genre	/ˈʒɒnrə/	rodzaje sztuki	Dance music is a very broad genre .
hip hop	/ˈhɪp hɒp/	hip hop	People who like hip hop see themselves as attractive.
impulsively	/ɪmˈpʌlsɪvli/	impulsywnie	She would often express herself impulsively .
intellectual	/ˌɪntəˈlektʃuəl/	intelektualista	Someone who is intellectual might enjoy jazz.
intense	/ɪnˈtens/	głęboki, intensywny	Fans of intense music are usually physically active.
intensify	/ɪnˈtensɪfaɪ/	wzmocniać, intensyfikować	Music can intensify the emotion that we're feeling.
lifestyle	/ˈlaɪfstaɪl/	styl życia	Musical preferences can reveal a lot about lifestyle .
melody	/ˈmelədi/	melodia	That soundtrack has some beautiful melodies .
perform	/pəˈfɔːm/	przedstawiać, grać przedstawienie	Have you ever performed in front of a lot of people?
plug in	/plʌg ɪn/	włączyć do kontaktu	Can you plug in the iron for me, please?
raise	/reɪz/	podnosić	When people are angry they raise their voices or shout.
rap	/ræp/	rap	Eminem is the most successful white rap artist.
rebellious	/rɪˈbeljəs/	buntowniczy	Fans of gangsta rap tend to be rebellious .
recognition	/ˌrekəɡˈnɪʃn/	uznanie	Social recognition is very important to teenagers.
reflective	/rɪˈfleksɪv/	refleksyjny	My mum likes peaceful, reflective music.
regarding	/rɪˈɡɑːdɪŋ/	odnośnie	Regarding lifestyle, fans of rap tend to be liberal.
remarkably	/rɪˈmɑːkəbli/	niesamowicie	It provided remarkably accurate results.
reveal	/rɪˈviːl/	odsłaniać, ujawniać	Choices can reveal information about people's lifestyle.
rhythmic	/ˈrɪðmɪk/	rytmiczny	Salsa is extremely rhythmic music.
scene	/siːn/	scena	They can make the scene scary just by the soundtrack.
score	/skɔː/	nuty, partytura	Film score writers are experts at creating atmosphere.
sophisticated	/səˈfɪstɪkətɪd/	wyszukany	Fans of this kind of music tend to be quite sophisticated .
soul	/səʊl/	soul	James Brown was a famous soul singer.
symphony	/ˈsɪmfəni/	symfonia	The London Symphony orchestra played here.
tempo	/ˈtempəʊ/	tempo	I enjoy music with a fast tempo .
thrilling	/ˈθrɪlɪŋ/	ekscytujący	We had a thrilling experience snowboarding.
upbeat	/ˈʌpbɪt/	optymistyczny, entuzjastyczny	I like upbeat , positive stories.
values	/ˈvæljuːz/	wartości	Family and discipline are important life values .
vary	/ˈveəri/	różnić się	Music choice can vary according to mood.
visually	/ˈvɪʒuəli/	wzrokowo	A visually emotionless scene can be altered by music.

5B More Words to Learn

crane	/kreɪn/	żuraw	<i>The girl was brought down from the crane on a ladder.</i>
crawl	/krɔ:l/	czołgać się	<i>He crawled along the 21-metre arm of the crane.</i>
debt	/det/	dług	<i>Nowadays many people live in a state of 'sleep debt'.</i>
deprived	/dɪ'praɪvd/	pozbawiony	<i>Doctors are often chronically sleep deprived.</i>
fire brigade	/'faɪə brɪ'geɪd/	straż pożarna	<i>The police and fire brigade arrived on the scene at 1.30.</i>
lack (of)	/læk/	brak (czegoś)	<i>Lack of sleep can seriously impair doctors' abilities.</i>
ladder	/'lædə/	drabina	<i>The girl was brought down from the crane on a ladder.</i>
sleepwalk	/'sli:pwɔ:k/	lunatykować	<i>It wasn't the first time that she had sleepwalked.</i>
stay in touch	/steɪ m 'tʌtʃ/	być w kontakcie	<i>Mobile phones and email allow us to stay in touch.</i>
tempt	/tempt/	kusić	<i>TV and the internet tempt us away from our beds.</i>

More words in 5B

ability	/ə'biləti/	zdolność	<i>Lack of sleep can seriously impair your ability to work.</i>
admire	/əd'maɪə/	podziwiać	<i>We admire people who function on very little sleep.</i>
apparent	/ə'pærənt/	oczywisty	<i>For no apparent reason, he killed his mother-in-law.</i>
artificially	/'ɑ:tɪ'fɪʃəli/	sztucznie	<i>Most people are woken up artificially by an alarm clock.</i>
asleep	/ə'sli:p/	tu: zasnąć	<i>How long does it usually take you to fall asleep at night?</i>
available	/ə'veɪləbl/	dostępny	<i>We are a society where services must be available all hours.</i>
awake	/ə'weɪk/	rozbudzony, obudzony	<i>During the day caffeine helps to keep us awake.</i>
behavioural	/br'heɪvjərəl/	behawiorystyczny	<i>Behavioural biologists study sleep-patterns.</i>
blanket	/'blæŋkɪt/	koc	<i>Do you sleep with a duvet or blankets?</i>
brief	/'bri:f/	krótki	<i>Sleepwalking can be very brief – a few minutes.</i>
catastrophic	/'kætə'strɒfɪk/	katastroficzny	<i>They made a series of mistakes with catastrophic results.</i>
chronic	/'krɒnɪk/	chroniczny	<i>A chronic lack of sleep makes us irritable and unhappy.</i>
consume	/kən'sju:m/	konsumować	<i>75% of people habitually consume caffeine.</i>
contribute	/kən'trɪbjət/	przyczynić się	<i>Tiredness contributed to the accident.</i>
crisis	/'kraɪsɪs/	kryzys	<i>There has been a crisis in funding education.</i>
daylight	/'deɪlaɪt/	światło dzienne	<i>There was little daylight in the office.</i>
deal	/di:l/	zajmować się czymś	<i>A summit meeting was called to deal with the crisis.</i>
deprivation	/'deprɪ'veɪʃn/	pozbawienie	<i>Coffee can mask the symptoms of sleep deprivation.</i>
determined	/dɪ'tɜ:mɪnd/	determinowany, określany przez	<i>Sleep is mainly determined by our working hours.</i>
duty	/'dju:ti/	dyżur	<i>Doctors on night duty are often sleep deprived.</i>
duvet	/'du:vet/	kołdra	<i>Do you sleep with a duvet or blankets?</i>
function	/'fʌŋkʃn/	funkcjonować	<i>We admire people who function on very little sleep.</i>
habitually	/hə'brɪtʃuəli/	zwyczajowo	<i>75% of people habitually consume caffeine.</i>
harness	/'hɑ:nɪs/	uprząż	<i>He carefully wrapped the girl in a safety harness.</i>
impair	/ɪm'peə/	upośledzać	<i>Lack of sleep can seriously impair reactions.</i>
implication	/'ɪmplɪ'keɪʃn/	konsekwencja	<i>A chronic lack of sleep has serious implications.</i>
incident	/'ɪnsɪdənt/	wypadek, wydarzenie	<i>She will probably have no memory of the incident.</i>
insomnia	/'ɪn'sɒmniə/	bezsenność	<i>He can't sleep because he suffers from insomnia.</i>
intending	/'ɪn'tendɪŋ/	mający zamiar, zamierzający	<i>They were worried she was intending to commit suicide.</i>
ironic	/'aɪ'rɒnɪk/	ironiczny	<i>It is ironic that we admired such a dishonest man.</i>
jet-lagged	/'dʒetlægd/	zmęczony po długiej podróży samolotem	<i>When you cross time zones you can become jet-lagged.</i>
judgement	/'dʒʌdʒmənt/	osąd	<i>Lack of sleep can seriously impair your judgement.</i>
log	/lɒg/	kłoda	<i>I sleep like a log for eight hours every night.</i>
mask	/mɑ:sk/	maskować	<i>Drinking caffeine can mask the symptoms.</i>
myth	/mɪθ/	mit	<i>Another of the myths is that he's a millionaire.</i>
nap	/næp/	drzemka	<i>Short naps are very effective in restoring energy levels.</i>
nightmare	/'naɪtmɛə/	koszmar	<i>Do you often have nightmares or recurring dreams?</i>
nuclear	/'nju:kliə/	nuklearny	<i>Chernobyl was the worst nuclear accident in history.</i>

oversleep	/ˌəʊvə'sli:p/	zaspać	<i>My alarm clock didn't go off and I overslept.</i>
owing	/'əʊɪŋ/	należny, dłużny	<i>I ended up owing myself 25-30 hours of sleep.</i>
passer-by	/ˌpɑ:sə'baɪ/	przechodzień	<i>A passer-by saw the girl when he was out walking.</i>
pillow	/'pɪləʊ/	poduszka	<i>I like to sleep with two pillows.</i>
priority	/praɪ'brəti/	priorytet	<i>You should give sleep a high priority in your life.</i>
recurring	/rɪ'kɜ:rɪŋ/	nawracający	<i>Do you often have nightmares or recurring dreams?</i>
restoring	/rɪ'stɔ:rɪŋ/	ożywczy	<i>Naps are very effective in restoring our energy levels.</i>
routine	/ru:'ti:n/	rutyna, nawyk	<i>Have a regular routine – go to bed at the same time every day.</i>
security guard	/sɪ'kjʊərəti ˌgɑ:d/	strażnik	<i>There was a security guard but he didn't see her.</i>
siesta	/si'estə/	siesta	<i>Some people have a siesta after lunch.</i>
site	/saɪt/	działka	<i>He was walking past a building site.</i>
spot	/'spɒt/	zauważać	<i>He spotted the 15-year-old girl lying on the crane.</i>
summit	/'sʌmɪt/	szczyt	<i>A world summit meeting was discussing the environment.</i>
tempt	/tempt/	kusić	<i>Many things tempt us away from our beds.</i>
wrap	/ræp/	owijać	<i>He carefully wrapped the girl in a safety harness.</i>
yawn	/jɔ:n/	ziewać	<i>I can't stop yawning, I think I'll go to bed.</i>
(time) zone	/zəʊn/	strefa, zona	<i>When you cross a time zone you can become jet-lagged.</i>

5C Vocabulary Bank The media

accurate	/'ækjʊrət/	dokładny	<i>The film review was quite accurate.</i>
advertisement	/əd'vɜ:tɪsmənt/	reklama	<i>I never read the advertisements in the paper.</i>
axed	/æks/	redukować	<i>Thousands of jobs have been axed in the north.</i>
back (v)	/bæks/	popierać	<i>The Prime Minister is backing his Chancellor.</i>
biased	/'baɪəst/	stronniczy, nieobiektywny	<i>Jim thinks the news on Channel 5 is really biased.</i>
cartoon	/kɑ:'tu:n/	kreskówka	<i>Have you seen the funny cartoon in today's paper?</i>
censored	/'sensəd/	poddany cenzurze	<i>They couldn't publish all the details, the report was censored.</i>
commentator	/'kɒmentətə/	komentator	<i>I'd like to be a sports commentator on TV.</i>
critic	/'krɪtɪk/	krytyk	<i>In fact, most restaurant critics have a weight problem.</i>
crossword	/'krɒswɜ:d/	krzyżówka	<i>I always do the newspaper crossword when I go to bed.</i>
editor	/'editə/	redaktor, edytor	<i>Editors can cut bits from your review without you knowing.</i>
freelance journalist	/ˌfri:lɑ:ns 'dʒɜ:nəlɪst/	dziennikarz piszący na zlecenie wielu gazet	<i>As a freelance journalist, I can write for who I like.</i>
front page	/ˌfrʌnt 'peɪdʒ/	pierwsza strona	<i>The most important news story goes on the front page.</i>
hit (v)	/hɪt/	uderzać	<i>The stock market has been hit by fears of a new oil crisis.</i>
horoscope	/'hɒrəskəʊp/	horoskop	<i>My horoscope says that today will be a lucky day for me.</i>
newsreader	/'nju:zrɪ:də/	czytelnik	<i>You have to speak very clearly to be a newsreader.</i>
objective	/əb'dʒektɪv/	cel	<i>I think the Observer is the most objective Sunday paper.</i>
paparazzi	/'pæpə'rætsɪ/	paparazzi	<i>The biggest celebrities are pursued by the paparazzi.</i>
presenter	/'prezɪntə/	prezenter	<i>Connie is the presenter of a children's TV series.</i>
press photographer	/'pres fə'tɒgrəfə/	fotograf prasowy	<i>There's usually a press photographer at Heathrow.</i>
quiz (v)	/kwɪz/	wypytywać	<i>Police are hoping to quiz another witness.</i>
quit	/kwɪt/	rezygnować	<i>The United boss says he'll quit after his team's defeat.</i>
reporter	/'rɪ'pɔ:tə/	dziennikarz	<i>Every reporter wants to get their story on the front page.</i>
review	/'rɪ'vjʊ:/	recenzja	<i>He wrote a review of my recent play.</i>
row	/raʊ/	kłótnia	<i>She was involved in a row over a bill in a restaurant.</i>
sensational	/sen'seɪʃənl/	sensacyjny	<i>The report was sensational, they made it sound shocking.</i>
small ads	/'smɔ:l 'ædz/	ogłoszenia drobne	<i>I sold my bike through the small ads in the paper.</i>
tipped	/tɪpt/	wytypowany	<i>Quentin Tarantino has been tipped to win an award.</i>
weather forecast	/'weðə ˌfɔ:kɑ:st/	prognoza pogody	<i>The weather forecast was good, so we might go out.</i>
wed	/wed/	poślubić	<i>Look at this: Prince to wed 18-year-old star!</i>

5C More words to learn

bound to	/'baʊnd tə/	z pewnością (tak się stanie), musi (się tak stać)	Some balls are bound to go over the wall.
celebrity	/sə'lebrəti/	gwiazda	The biggest celebrities are pursued by the paparazzi.
debate	/dɪ'beɪt/	debata	We're going to have a debate about reality TV.
down side	/'daʊnsaɪd/	wada, minus	One of the main down sides is the unpredictability.
make a living	/,meɪk ə 'lɪvɪŋ/	zarabiać na życie	There are much harder ways to make a living than this.
performance	/pə'fɔ:məns/	przedstawienie, wykonanie	He thought the performance was worth a prize.
shed	/ʃed/	szopa	He locked the equipment inside his shed .
shoot	/ʃu:t/	strzelać	'Their strikers should learn to shoot better,' said Vose.
spectacular	/spek'tækjələ/	widowiskowy	I have seen the most spectacular moments in sport.
spokesman	/'spəʊksmən/	rzecznik	A spokesman blamed the manufacturers.

More words in 5C

accept	/ək'sept/	akceptować	They have to accept media interest in their lives.
accuse	/ə'kju:z/	oskarżać	Banks was accused of stealing her car.
admit	/əd'mɪt/	przyznawać (się)	He admitted taking the car without her permission.
advise	/ədvaɪz/	radzić	His lawyer advised him not to say anything.
apologize	/ə'pɒlədʒaɪz/	przepraszać	'I'll have to apologize a lot when I see her,' he said.
assure	/ə'ʃʊə/	zapewniać	I can assure you this job isn't much fun.
blamed	/bleɪmd/	winić	A spokesman blamed the manufacturers.
claim (n)	/kleɪm/	twierdzenie	You should make a claim against them in court.
coach	/kəʊtʃ/	trener	Gary Ford is the coach of the football team.
constant	/'kɒnstənt/	stały, ciągły	I'm fed up with the constant travelling.
convince	/kən'vɪns/	przekonywać	The negotiators tried to convince him not to jump.
deny	/dɪ'naɪ/	zaprzeczać	Barker denied being in the bank during the robbery.
device	/dɪ'vaɪs/	urządzenie	A siren is a device which makes a loud noise as a signal.
doorstep	/dɔ:step/	próg	A suitcase with his things in it was on the doorstep .
exquisite	/ɪk'skwɪzɪt/	wyrafinowany	I get the chance to eat the most wonderful, exquisite food.
extent	/ɪk'stɛnt/	zakres, stopień	To some extent I agree with her.
gossip (n)	/'gɒsɪp/	plotka	We love to read all the celebrity gossip in the paper.
insist	/ɪn'sɪst/	nalegać	He insisted on driving me home.
lawn	/lɔ:n/	trawnik	The kids are playing football on the lawn outside.
misspelling	/'mɪs'spelɪŋ/	błąd ortograficzny	Local officials have apologized for misspelling the word.
negotiator	/'nɪ'gəʊʃɪeɪtə/	negocjator	The negotiators tried to convince him not to jump.
partly	/'pɑ:tlɪ/	częściowo	They choose the job partly because it's dangerous.
persuade	/'pɜ:sweɪd/	nakłaniać	They persuaded the girl to come down from the roof.
posh	/'pɒʃ/	wytworny	Everyone loves a free meal in a posh restaurant.
refuse (v)	/'rɪ'fju:z/	odmawiać	He refused to give back their balls.
remind	/'rɪ'maɪnd/	przypominać	Can you remind me to buy some milk when we go out.
sudoku	/'sʊ'dəʊku:/	sudoku	I can't do sudoku puzzles, they drive me mad.
sue	/'su:/	pozywać (w sądzie)	A football team have threatened to sue a neighbour.
suggest	/'sʌ'dʒest/	sugerować	Dad suggested going to a restaurant for lunch.
talent	/'tælənt/	talent	It looked as if I'd never noticed this great new talent .
threaten	/'θreɪn/	grozić, zagrażać	They have threatened to sue him.
tool	/'tu:l/	narzędzie	I keep all my garden tools in the shed.
unknown	/'ʌn'nəʊn/	nieznany	It's a new species, previously unknown to science.
unpredictability	/'ʌnpri,dɪktə'biləti/	nieprzewidywalnie	One of the main down sides is the unpredictability .
unrepentant	/'ʌnrɪ'pentənt/	nieokazujący skruchy	But Vose is unrepentant . 'They should shoot better.'
weird	/'wiəd/	dziwny	The job has very weird hours.

6A More Words to Learn

ancient	/'eɪnfənt/	starożytny	<i>It is the capital of an ancient state of Central Europe.</i>
astronaut	/'æstrənɔ:t/	astronauta	<i>Before becoming an astronaut, he was a sailor.</i>
beforehand	/bɪ'fɔ:hænd/	przedtem	<i>I didn't say anything beforehand – it was a surprise.</i>
global	/'glɒʊbl/	światowy, globalny	<i>A global audience of 500 million people were watching.</i>
mankind	/mæn'kaɪnd/	ludzkość	<i>'One small step for a man, one giant leap for mankind.'</i>
properly	/'prɒpəli/	właściwie, odpowiednio	<i>Make sure the equipment you need is working properly.</i>
punctual	/'pʌŋktʃuəl/	punktualny	<i>Always be punctual: start and finish on time.</i>
quote	/kwəʊt/	cytat	<i>It was the perfect quote for such a momentous occasion.</i>
spacecraft	/'speɪskrɑ:ft/	statek kosmiczny	<i>The spacecraft landed on the Moon on July 20th 1969.</i>
speech	/spi:tʃ/	mowa, przemowa	<i>In a speech made in 1963 King spoke of his 'dream'.</i>

More words in 6A

abdicate	/'æbdɪkeɪt/	abdykować	<i>King Edward VIII was the only British king to abdicate.</i>
admire	/əd'maɪə/	podziwiać	<i>I really admire those scientists who discovered the cure.</i>
aeronautical	/'eərə'no:tɪkl/	lotniczy	<i>Armstrong studied aeronautical engineering.</i>
amusing	/ə'mju:zɪŋ/	zabawny	<i>The audience didn't find my jokes amusing.</i>
analysis	/ə'næləsɪs/	analiza	<i>A computer expert used hi-tech sound analysis techniques.</i>
announce	/ə'naʊns/	ogłaszać	<i>He announced his decision to abdicate.</i>
appropriate	/ə'prəʊpriət/	odpowiedni	<i>Your jokes may not be appropriate.</i>
assassinate	/ə'sæsmeɪt/	zabić	<i>Martin Luther King was assassinated in 1968.</i>
auditorium	/'ɔ:di'tɔ:riəm/	audytorium	<i>I'd seen the auditorium before and it was a nice room.</i>
autograph	/'ɔ:təgrɑ:f/	autograf	<i>Since 1994 Armstrong has refused to give autographs.</i>
barber	/'bɑ:bə/	golarz, fryzjer męski	<i>In 2005 he was involved in a lawsuit with an ex-barber.</i>
boundary	/'baʊndri/	granica	<i>The iron curtain described the boundary between East and the West.</i>
broadcast	/'brɔ:dkɑ:st/	nadawać w programie	<i>The word was inaudible when broadcast to the world.</i>
burden	/'bɜ:dn/	ciężar	<i>I have found it impossible to carry the heavy burden.</i>
capsule	/'kæpsju:l/	kapsuła	<i>He stepped from the capsule and spoke to the world.</i>
civil rights	/'sɪvl 'raɪts/	prawa obywatelskie	<i>He was a leader of the American civil rights movement.</i>
comic	/'kɒmɪk/	komiks	<i>His hobby is collecting comics.</i>
constitutionally	/'kɒnstɪ 'tju:ʃənəli/	zgodnie z konstytucją	<i>It was not constitutionally possible for him to speak.</i>
decade	/'dekeɪd/	dekada	<i>After almost four decades, he has been vindicated.</i>
delete	/dɪ'li:t/	skreślać	<i>I managed to delete the whole presentation.</i>
descend	/dɪ'send/	obniżyć się	<i>'An iron curtain has descended across the continent.'</i>
discharge (a duty)	/dɪs'tʃɑ:dʒ/	wywiązywać się	<i>'I have found it impossible to...discharge my duties.'</i>
distracting	/dɪs'træktɪŋ/	rozpraszający	<i>If something distracting happens, keep concentrating.</i>
divorcee	/dɪ'vɔ:'si:/	rozwódka	<i>Edward married an American divorcee, Wallis Simpson.</i>
equally	/'i:kwəli/	równo	<i>King wanted people to be treated equally.</i>
equipment	/'i:kwɪpmənt/	sprzęt	<i>Make sure the equipment you need is working properly.</i>
establish	/'ɪstæblɪʃ/	ustanawiać	<i>The government sent soldiers in to try to establish order.</i>
float	/fləʊt/	dryfować	<i>Astronauts float in space because there is no gravity.</i>
footprint	/'fʊtprɪnt/	śląd	<i>Neil Armstrong made the first footprint on the moon.</i>
guy	/gaɪ/	facet	<i>'Neil is a modest guy but I think it means a lot to him.'</i>
halfway	/'hɑ:fweɪ/	w połowie	<i>I was halfway through my talk when we had a break.</i>
humanity	/hju:'mænəti/	ludzkość	<i>Global warming is a threat to humanity.</i>
ideologically	/'aɪdiə'lɒdʒɪkli/	ideologicznie	<i>The 'iron curtain' ideologically divided Europe.</i>
improvise	/'ɪmprəvaɪz/	impro wizować	<i>I had to improvise from what I could remember.</i>
inaudible	/ɪn'ɔ:drɪbl/	niesłyszalny	<i>He said it so quietly that it was inaudible.</i>
intend	/ɪn'tend/	zamierzać	<i>I intended it as a surprise so I didn't say anything.</i>
lawsuit	/'lɔ:su:t/	proces sądowy	<i>He was involved in a lawsuit – suing his boss.</i>
leap	/li:p/	skok	<i>'One small step for a man, one giant leap for mankind.'</i>
lunar	/'lu:nə/	księżycowy	<i>He made the first human footprint on the lunar surface.</i>

memorable	/'memərəbl/	pamiętny	<i>They are some of the most memorable words in history.</i>
momentous	/mə'mentəs/	doniosły	<i>It was the perfect quote for such a momentous occasion.</i>
NASA	/'næsə/	NASA	<i>NASA are considering a mission to Mars.</i>
navy	/'nəvi/	marynarka wojenna	<i>He was a sailor in the US navy.</i>
obey	/ə'beɪ/	przestrzegać	<i>If you don't obey the law, you risk going to prison.</i>
obligation	/'ɒblɪ'geɪʃn/	zobowiązanie	<i>We have an obligation to look after old people.</i>
profusely	/'prə'fju:slɪ/	wylewnie	<i>I just apologized profusely for my mistake.</i>
projector	/'prə'dʒektə/	projektor	<i>The projector was faulty; the screen was too dark.</i>
relieve	/'ri:li:v/	odczuwać ulgę	<i>I was relieved that she phoned to say where she was.</i>
restore	/'ri:stɔ:/	odnawiać	<i>The army were called in to restore law and order.</i>
slide	/'slaɪd/	slajd	<i>People complained that they couldn't see the slides.</i>
spacecraft	/'speɪskrɑ:ft/	statek kosmiczny	<i>Apollo 11 was the first spacecraft on the Moon.</i>
sphere	/'sfɪə/	sfera	<i>'All these famous cities...are in the Soviet sphere.'</i>
stroll	/'strəʊl/	przechadzać się	<i>I was strolling along by the river at lunchtime.</i>
surface	/'sɜ:fɪs/	powierzchnia	<i>He made the first footprint on the lunar surface.</i>
technique	/'tek'ni:k/	technika	<i>A computer expert used hi-tech sound analysis techniques.</i>
throne	/'θrəʊn/	tron	<i>Edward gave up the throne in order to marry a divorcee</i>
touch	/'tʌtʃ/	dotykać	<i>I started touching keys on my laptop.</i>
vindicate	/'vɪndɪkeɪt/	oczyszczać z zarzutów	<i>The spaceman has been vindicated.</i>
withhold	/'wɪð'həʊld/	wstrzymywać	<i>'I have never wanted to withhold anything'</i>

6B Vocabulary Towns and cities

beggar	/'begəz/	żebrak	<i>A beggar approached them and asked for money.</i>
bridge	/'brɪdʒ/	most	<i>I had my photo taken on Westminster Bridge.</i>
cable car	/'keɪbl ,kɑ:z/	kolejka górską	<i>We took the cable car up to the top of the mountain.</i>
cathedral	/'kæ'thɪdrəl/	katedra	<i>You must visit the cathedral when you go to Durham.</i>
(city / town) centre	/'sentə/	centrum (miasta)	<i>The station is quite near the town centre.</i>
chapel	/'tʃæpl/	kaplica	<i>Even small villages often have their own chapel.</i>
concert hall	/'kɒnsət ,hɔ:l/	sala koncertowa	<i>I'm surprised that Oxford hasn't got a good concert hall.</i>
cosmopolitan	/'kɒzmə'pɒlɪtən/	kosmopolityczny	<i>London is a very cosmopolitan city.</i>
cycle lane	/'saɪkl ,leɪn/	droga rowerowa	<i>There's a cycle lane from here to the town centre.</i>
district	/'dɪstrɪkt/	dzielnica	<i>Our offices are in the financial district of London.</i>
football stadium	/'fʊtbɔ:l ,steɪdɪəm/	stadion piłkarski	<i>Arsenal moved to a new football stadium in 2006.</i>
harbour	/'hɑ:bə/	port	<i>The Pilgrim Fathers sailed from Plymouth harbour.</i>
hill	/'hɪl/	wzgórze	<i>I always have to get off and push my bike up the hill.</i>
historic	/'hɪstɒrɪk/	zabytkowy, historyczny	<i>Prague is a very historic city with many old buildings.</i>
homeless people	/'həʊmləs ,pi:pl/	bezdomni	<i>Many homeless people sleep in the streets of London.</i>
industrial	/'ɪndə'striəl/	przemysłowy	<i>It's a very industrial city, there are a lot of factories.</i>
landmarks	/'lændmɑ:kz/	punkt orientacyjny, charakterystyczny	<i>My favourite landmark is St Paul's Cathedral.</i>
law courts	/'lɔ: ,kɔ:ts/	sąd (budynek)	<i>The Law Courts on the Strand is a magnificent building.</i>
mosque	/'mɒsk/	meczet	<i>They've nearly finished building the new mosque.</i>
neighbourhood	/'neɪbəhʊd/	sąsiedztwo	<i>Our neighbourhood is very quiet during the week.</i>
outskirts	/'aʊtska:ts/	przedmieścia	<i>There's a large supermarket on the outskirts of the town.</i>
overcrowding	/'əʊvə'kraʊdɪŋ/	przepełnienie	<i>In some parts of the city there is a lot of overcrowding.</i>
pedestrian street	/'pɛ'destrɪən ,stri:t/	ulica tylko dla pieszych	<i>There's a pedestrian street in the city centre.</i>
place of worship	/'pleɪs əv 'wɜ:ʃɪp/	miejsce modłów	<i>You'll find a list of places of worship in the library.</i>
polluted	/'pɒ'lju:tɪd/	zanieczyszczony	<i>This city is terribly polluted – the air is full of fumes.</i>
pollution	/'pɒ'lju:ʃn/	zanieczyszczenie	<i>There is too much pollution, caused by cars.</i>
poverty	/'pɒvəti/	ubóstwo, bieda	<i>The government are committed to ending child poverty.</i>
provincial	/'prə'vɪnʃl/	provincialny	<i>I think my city is very provincial.</i>
run down	/'rʌn 'daʊn/	zniszczony	<i>This area of the city is quite run down.</i>

sights	/saɪts/	zabytki	<i>If I'm short of time, what three sights should I see?</i>
skyscraper	/'skaɪ,skreɪpə/	drapacz chmur	<i>They were overwhelmed by the height of the skyscrapers.</i>
slums	/slʌmz/	slumsy	<i>There are slums areas where the houses are in bad condition.</i>
square	/skweə/	plac	<i>I'll meet you in the café in the town square.</i>
statue	/'stætjuː/	statua, rzeźba	<i>We went to the top of the Statue of Liberty in New York.</i>
suburb	/'sʌbɜːb/	przedmieście	<i>They live in a house in the suburbs, just outside the city.</i>
synagogue	/'sɪnəgɒɡ/	synagoga	<i>I just met Miriam on her way to the synagogue.</i>
taxi rank	/'tæksi ˌræŋk/	postój taksówek	<i>There's a taxi rank outside the railway station.</i>
temple	/'tempəl/	świątynia	<i>Our school is used as a temple by the local Sikhs.</i>
the old town	/ði ˈəʊld ˌtaʊn/	Stare Miasto	<i>Did you visit the old town when you went to Stockholm?</i>
tower	/'taʊə/	wieża	<i>I didn't climb to the top of the tower.</i>
town hall	/'taʊn ˈhɔːl/	ratusz	<i>You can get information from the town hall.</i>
traffic jam	/'træfɪk ˌdʒæm/	korek uliczny	<i>Traffic jams are a problem in most major cities.</i>
transport (n)	/'trænspɔːt/	transport	<i>If they improved public transport, I wouldn't drive.</i>
underground (n)	/'ʌndəgraʊnd/	metro	<i>We can get the underground to the city centre.</i>
vandalism	/'vændəlɪzəm/	chuligaństwo, akt wandalizmu	<i>Vandalism is often a problem in some inner-city areas.</i>
vibrant	/'vaɪbrənt/	pelen życia	<i>Buenos Aires is a vibrant city – it's full of life and energy.</i>

More words to learn in 6B

convenience	/kən'veɪniəns/	udogodnienie	<i>They reject conveniences like electricity and telephones.</i>
adolescent	/'ædə'lesnt/	nastolatek	<i>The vast majority of adolescents are well-behaved.</i>
ashamed	/ə'seɪmd/	zawstydzony	<i>I am ashamed to say I have never been to London.</i>
dawn	/dɔːn/	świt	<i>In winter the best place to be at dawn is in bed.</i>
(happy/sad) ending	/'endɪŋ/	(szczęśliwe, smutne) zakończenie	<i>I haven't seen the film yet, don't tell me the ending.</i>
ocean	/'əʊʃn/	ocean	<i>We went down to the ocean to see the waves.</i>
share	/ʃeə/	dzielić (coś z kimś)	<i>I didn't realise I'd be sharing a house with her.</i>
simple	/'sɪmpl/	prosty	<i>Will they return to the simple life they've always lived?</i>
sunset	/'sʌnset/	zachód słońca	<i>Where can you go to watch the sunset in London?</i>
the vast majority	/ðə ˌvɑːst mə'dʒɔːrəti/	ogromna większość	<i>The vast majority of adolescents are well-behaved.</i>

6B

accommodation	/ə,kɒmə'deɪʃn/	zakwaterowanie	<i>Where can I find cheap accommodation in Prague?</i>
achievement	/ə'tʃiːvmənt/	osiągnięcie	<i>The achievements of our age are considerable.</i>
approach	/ə'prəʊtʃ/	postawa, podejście	<i>A beggar approached them and asked for money.</i>
bagel	/'beɪɡl/	rogalik	<i>I love the all-night bagel shop on Brick Lane.</i>
beggar	/'begə/	żebrak	<i>A beggar approached them and asked for money.</i>
board	/bɔːd/	deska	<i>We painted the boards so they looked nice.</i>
capable	/'keɪpəbl/	zdolny (do czegoś)	<i>People were capable of incredible things.</i>
commune (n)	/'kɒmjʊːn/	komuna, gmina	<i>There is a large Italian commune in Buenos Aires.</i>
community	/'kɒmjʊːnəti/	społeczność	<i>Our school is used as a temple by their community.</i>
congestion	/kən'dʒestʃən/	zatłoczenie, ścisk	<i>There's a lot of traffic congestion, especially at rush hour.</i>
custom	/'kʌstəm/	zwyczaj	<i>Are there any local customs I should be aware of?</i>
darkness	/'dɑːknəs/	ciemność	<i>I couldn't see in the darkness, and I twisted my ankle.</i>
double-decker	/'dʌbl'dekə/	autobus piętrowy	<i>The best way to see the sights is from a double-decker bus.</i>
drinkable	/'drɪŋkəbl/	zdatny do picia	<i>Is the local tap water drinkable?</i>
elevator	/'eləvətə/	winda	<i>They love riding on elevators.</i>
enclosed	/'ɪn'kləʊzd/	ogrodzony	<i>Many residential squares have enclosed gardens.</i>
entertaining	/'entə'teɪnɪŋ/	zabawny	<i>The programme about the Amish was entertaining.</i>
exhibit (n)	/'ɪɡ'zɪbɪt/	wystawiać	<i>I saw a wonderful exhibit at the National Gallery.</i>
faith	/'feɪθ/	wiara	<i>There are strict rules in their faith.</i>
feed	/'fiːd/	karmić	<i>I have memories of feeding the squirrels in Hyde Park.</i>

freeways	/'fri:weɪ/	autostrada	We were amazed by the cars on the five lane 'freeways' .
grocery	/'grəʊsəri/	sklep warzywny	Even a trip to a grocery store is an adventure.
haggle	/'hægl/	targować się	Is there anywhere where I should haggle before I buy?
hidden-away	/,hɪdn ə'weɪ/	ukryty w oddali	It is so hidden-away that many people miss it.
hire	/'haɪə/	wynajmować	Can I hire a bicycle? Is it a good city for cycling?
homelessness	/'həʊmləsnəs/	bezdomność	Homelessness is a problem in many big cities.
humble	/'hʌmbl/	pokorny	I feel humble about the achievements of our own age.
isolation	/,aɪsə'leɪʃn/	izolacja	For 300 years this community has lived in isolation .
lifestyle	/'laɪfstɑɪl/	styl życia	The Amish lifestyle is very simple.
luggage	/'lʌgɪdʒ/	bagaż	It's best not to take too much luggage on a weekend trip.
nightingale	/'naɪtɪŋgeɪl/	słowik	At night you can often hear nightingales singing.
outdoors	/,aʊt'dɔːz/	na dworze	The best thing to do outdoors is walk in the parks.
overcrowded	/,əʊvə'kraʊdɪd/	nadmiernie zatłoczony	The trains are often overcrowded and uncomfortable.
overwhelmed	/,əʊvə'welmd/	przytłoczony	The two girls are overwhelmed by the height of the skyscrapers.
parliament	/'pɑːləmənt/	parlament	The Houses of Parliament are in Westminster.
pavement	/'peɪvmənt/	chodnik	We ate dinner at a pavement café.
performance	/'pɜːfməns/	przedstawienie	A famous violinist is giving a performance tonight.
period	/'pɪəriəd/	okres	It's the period when Amish teenagers explore society.
pleasantly	/'plezəntli/	przyjemnie	I found it a pleasantly entertaining film.
queuing	/'kjuːɪŋ/	stanie w kolejkach	I love queuing on the pavement outside for a bagel.
reject (v)	/'rɪ'dʒekt/	odrzucać	They reject conveniences like electricity.
remain	/'rɪ'meɪn/	pozostawać	Will they choose to remain 'Amish in the City'?
renew	/'rɪ'njuː/	odnowiać	I'll need to get my passport renewed soon.
reviewer	/'rɪ'vjuːə/	krytyk	The reviewer thinks that the Amish learned a lot.
salmon	/'sæməŋ/	łosoś	I love salmon and cream cheese bagels.
scenery	/'siːnəri/	sceneria, krajobraz	Scotland has some of the most beautiful scenery .
scorching	/'skɔːtʃɪŋ/	skwiercący	On a scorching hot day visit the beach.
sight	/saɪt/	zabytek	The best way to see the sights of Edinburgh is by bus.
sightseeing	/'saɪtsiːɪŋ/	zwiedzanie	If I'm short of time, what sightseeing should I do?
society	/sə'saɪəti/	społeczeństwo	Amish teenagers sometimes explore modern society .
spot	/spɒt/	miejsce	The London Eye would be a good spot to see the sights.
squirrel	/'skwɪrəl/	wiewórka	I have memories of feeding the squirrels in Hyde Park.
store	/stɔː/	sklep	Even a trip to a grocery store is an adventure.
thrill	/θrɪl/	dreszcz emocji	It's always a thrill to discover a new place.
tolerate	/'tɒləreɪt/	tolerować	During 'Rumspringa' the Amish tolerate bad behaviour.
violence	/'vaɪələns/	przemoc	Violence is a problem in some inner-city areas.

6C More Words to Learn

bizarre	/'bɪːzɑː/	dziwaczny	Newton often did the most bizarre experiments.
blind (adj)	/'blaɪnd/	ślepy	A 'blind spot' is an area which cannot be seen.
desert (n)	/'dezət/	pustynia	While driving in the Tanami desert they crashed.
genius	/'dʒiːniəs/	geniusz	Sir Isaac Newton was a genius .
illusion	/'ɪluːʒn/	iluzja	This illusion works because of our 'blind spots'.
in search of	/ɪn 'sɜːtʃ əv/	w poszukiwaniu czegoś	He made risks in search of the truth.
lens	/lenz/	soczewki	Newton investigated how lenses transmit light.
substance	/'sʌbstəns/	substancja	Scheele tasted a little of every substance he worked with.
toxic	/'tɒksɪk/	toksyczny	He was found surrounded by a large number of toxic chemicals
vanish	/'vænɪʃ/	znikać	Harry Houdini once made an elephant vanish .

More Words in 6C

aboard	/'ə'bɔːd/	na pokładzie	Some of his ashes were aboard the Lunar Prospector.
absorb	/'æb'zɔːb/	pochłaniać	If something absorbs colours, it appears black.
ashes	/'æʃɪz/	popioły	Some of his ashes were sent to the moon.
atom	/'ætəm/	atom	Everything is made up of atoms .
beneficial	/'benə'fɪʃl/	korzystny	Most people thought that it was beneficial .

biologist	/bar'plədʒɪst/	biolog	A biologist studies living things, like animals and plants.
biology	/bar'plədʒi/	biologia	I was very bad at biology at school.
blue-eyed	/,blu:'aɪd/	niebieskooki	If blue-eyed parents have children, they too have blue eyes.
carriage	/'kærɪdʒ/	powóz, wagon	Pierre Curie was run over by a carriage .
cell	/sel/	komórka	All living things have cells .
chemicals	/'kemɪklz/	środek chemiczny	He had sampled a large number of toxic chemicals .
chemist	/'kemɪst/	chemik	Chemist Karl Scheele was the first person to manufacture phosphorus.
chlorine	/'klɔ:rɪn/	chlor	He in fact discovered chlorine .
clinical	/'klɪnɪkl/	kliniczny	People can volunteer to be guinea pigs in clinical trials.
comet	/'kɒmɪt/	kometa	Eugene Shoemaker did research into comets .
crater	/'kreɪtə/	krater	He spent a large part of his life investigating craters .
cyanide	/'saɪnəɪd/	cyjanek	He had probably drunk cyanide .
darkened	/'dɑ:kænd/	zaciemniony	Lie down in a darkened room for a while.
deadly	/'dedli/	śmiertelny	Nobody realized what a deadly substance it was.
develop	/dɪ'veləp/	rozwijać	Isaac Newton developed the notion of gravity.
digit	/'dɪdʒɪt/	cyfra	There are two odd digits in the number 39.
displace	/dɪs'pleɪs/	przemieszczony, tu: wyparty	Archimedes calculated how much water it displaced .
element	/'eləmənt/	pierwiastek	Scheele discovered eight more elements .
gene	/dʒi:n/	gen	A geneticist studies the genes that control what a person is.
geneticist	/dʒə'netɪsɪst/	genetyk	A geneticist studies the genes that control what a person is.
gorilla	/gə'rɪlə/	goryl	A woman dressed as a gorilla walked past.
grant	/grɑ:nt/	udzielać, tu: udzieleno komuś czegoś	Shoemaker was granted a special honour after his death.
guinea pig	/'gɪni ,pɪg/	świnka morska, tu: królik doświadczalny	People can volunteer to be guinea pigs in clinical trials.
honour	/'ɒnə/	honor	Shoemaker was granted a special honour after his death.
invertebrate	/ɪn'vɜ:tɪbrət/	bezkregowiec	Both insects and spiders are invertebrates .
lead	/led/	ołowiany	Marie Curie's laboratory books are kept in lead boxes.
leukaemia	/lu:'ki:mɪə/	białaczka	Marie Curie died of leukaemia in 1934.
mercury	/'mɜ:kjəri/	rtęć	Mercury is used in thermometers.
miraculously	/mɪ'rækjələsli/	cudownie	Miraculously , no long-lasting damage was done.
notion	/'nəʊʃn/	pojęcie	Isaac Newton developed the notion of gravity.
ostrich	/'ɒstrɪtʃ/	struś	Do ostriches really put their head in the sand?
oxygen	/'ɒksɪdʒən/	tlen	When we breathe out, how much of that air is oxygen ?
pharmaceutical	/'fɑ:mə'sju:tɪkl/	farmaceutyczny	Pharmaceutical companies try to develop new drugs.
phosphorus	/'fɒsfərəs/	fosfor	Scheele helped us to manufacture phosphorus .
physicist	/'fɪzɪsɪst/	fizyk	Isaac Newton was a famous physicist .
physics	/'fɪzɪks/	fizyka	Physics is the study of natural forces.
protective	/prə'tektɪv/	ochronny	You have to wear protective clothing.
radiation	/'reɪdɪ'eɪʃn/	promieniowanie	Marie Curie experienced radiation sickness.
radioactive	/'reɪdɪəʊ'æktɪv/	radioaktywny, promieniotwórczy	In the 1920s some hotels offered 'radioactive waters'.
scatter	/'skætə/	rozpraszać	His ashes were scattered on the moon.
science	/'saɪəns/	nauka	I had to give a talk to some students at the science department.
scientific	/'saɪən'tɪfɪk/	naukowy	What do you think is the most important scientific discovery of recent years?
scientist	/'saɪəntɪst/	naukowiec	Newton was a seventeenth century scientist .
sickness	/'sɪknəs/	choroba	Marie Curie experienced radiation sickness .
spectrum	/'spektrəm/	widmo, spektrum	A rainbow is all the colours of the spectrum .
spot	/spɒt/	miejsce	A 'blind spot ' is a small area which can't be seen.
stick	/stɪk/	przyklejać się	Post-it notes stick to things, but not too much.
structure	/'strʌktʃə/	struktura	A chemist studies the structure of substances.
surround	/sə'raʊnd/	otaczać	He was surrounded by a large number of chemicals.

theory	/ˈθəri/	teoria	Isaac Newton's experiments proved his theory .
therapeutic	/ˌθerəˈpijuːtɪk/	terapeutyczny	They advertised 'the therapeutic effect' of the waters.
throughout	/θruːˈaʊt/	przez (cały okres)	Throughout history, scientists have taken risks.
transmit	/trænsˈmɪt/	przesyłać, transmitować	Newton investigated how lenses transmit light.
vanish	/ˈvæniʃ/	znikać	Harry Houdini made an elephant vanish .
vision	/ˈvɪʒn/	widoczność	He stared at the sun, which affected his vision .
volunteer	/ˌvɒləntɪˈtɪə/	ochotnik	People can volunteer to be guinea pigs in clinical trials.
voucher	/ˈvaʊtʃə/	bon, kupon, voucher	She gave me a voucher to buy another book.
worth	/wɜːθ/	warty (czegoś)	His book is full of tips – it's really worth reading.

7A More Words to Learn

challenge	/ˈtʃæləndʒ/	wyzwanie	I wish I had always said yes to challenges .
drive (someone) mad	/ˌdraɪv ˈmæd/	doprowadzać do szału	It drives me mad when people wear sunglasses indoors.
gentle	/ˈdʒentl/	łagodny	I wish I had been more gentle with people.
gets on my nerves	/ˌɡets ɒn maɪ ˈnɜːvz/	działać na nerwy, denerwować	It really gets on my nerves when people shout on mobiles.
gorgeous	/ˈɡɔːdʒəs/	wyborny, fantastyczny	Bardot was gorgeous when she was younger.
loads of	/ˈləʊdz əv/	dużo	I was starring on TV and making loads of money.
make up (your) mind	/ˌmeɪk ʌp jə ˈmaɪnd/	zdecydować się	I can't make up my mind what to wear.
trolley	/ˈtrɒli/	wózek na zakupy	My supermarket trolley had a broken wheel.
waste (n)	/weɪst/	marnotrawstwo	He throws so much food out – what a waste !
witty	/ˈwɪti/	dowcipny	I used to think I had to be intelligent and witty .

More Words in 7A

advantage	/ədˈvɑːntɪdʒ/	zaleta, korzyść	We took advantage of the extra hours of daylight.
afford	/əˈfɔːd/	pozwalać (sobie na coś)	He wants to buy a car, but he can't afford it.
appreciate	/əˈpriːʃiətiə/	doceniać	I looked great but I didn't appreciate it – what a waste!
apprenticeship	/əˈprentɪsʃɪp/	praktyka, termin	After his apprenticeship he'll become an engineer.
bare	/beə/	goły, nagi	I just did the bare minimum – I read what I had to.
burnt	/bɜːnt/	spalony	I stayed under the sun lamp for too long and I got burnt .
courage	/ˈkʌrɪdʒ/	odwaga	I regret not having had the courage to chat him up.
delighted	/dɪˈlaɪtɪd/	zachwycony	I was delighted to meet her, she was a delightful person.
delightful	/dɪˈlaɪtfl/	zachwycający	I was delighted to meet her, she was a delightful person.
depressed	/dɪˈprest/	dołować	I've been feeling a bit depressed lately.
depressing	/dɪˈpresɪŋ/	w depresji, w dołku	I find these grey days so depressing .
earning	/ˈɜːnɪŋ/	zarabiać	I was earning a good salary at the bank.
embarrassed	/ɪmˈbærəst/	zażenowany	I felt embarrassed , and used to hide my face.
embarrassing	/ɪmˈbærəsɪŋ/	żenujący	I made an embarrassing mistake at work today.
equipment	/ɪˈkwɪpmənt/	sprzęt	The dentist needed lots of equipment .
essay	/ˈeseɪ/	wypracowanie	I left all my essays until the last minute.
exhausting	/ɪɡˈzɔːstɪŋ/	wyczerpujący	What an exhausting day! I need to relax.
extravagant	/ɪkˈstrævəɡənt/	ekstrawagancki	John is so extravagant ; he never saves money.
extremely	/ɪkˈstriːmli/	niezmiernie	We were extremely impressed by your CV.
fame	/feɪm/	sława	It's possible to enjoy the good things about fame .
fancy	/ˈfænsi/	lubić	I really fancied him – he was very good looking.
fault	/fɔːlt/	błąd, wina	Well, it's not my fault . You've got no self control!
frustrate	/frʌˈstreɪt/	frustrować	I get very frustrated when I speak French badly.
fulfilling	/fʊlˈfɪlɪŋ/	satisfakcjonujący	My professional life could have been more fulfilling .
gel	/dʒel/	żel	There's no bath gel left, we need to buy some more.
hazard	/ˈhæzəd/	ryzyko	Put your hazard lights on if you are parking here.
ignorance	/ˈɪɡnərəns/	ignorancja	Paula talks about her ignorance of the best way to treat people.
impressed	/ɪmˈprest/	pod wrażeniem	We were extremely impressed by your CV.
impressive	/ɪmˈpresɪv/	robiący wrażenie	Your CV was extremely impressive .

indoors	/ɪnˈdɔːz/	wewnątrz	Why are you wearing sunglasses indoors ?
insecurity	/,ɪnsɪˈkjʊərəti/	brak pewności siebie	Paula talks about her insecurity about her appearance.
lecture	/'lektʃə/	wykład	I only went to the compulsory lectures .
misjudge	/mɪs'dʒʌdʒ/	źle oceniać	She often misjudged other people.
offended	/ə'fendɪd/	obrażony	I was really offended by what you said.
offensive	/ə'fensɪv/	obraźliwy	What you said was really offensive .
pale	/peɪl/	blady	I was a bit pale so I decided to go to a suntan studio.
pavement	/'peɪvmənt/	chodnik	It drives me mad when cyclists ride on the pavement .
pound	/'paʊnd/	funt	I wish I had a pound for every time I've done that.
properly	/'prɒpəli/	odpowiednio	I wish I had learned how to listen to people properly .
scared	/skeəd/	przestraszony	I was scared during the film.
scary	/'skeəri/	przerażający	The film was very scary .
skimpy	/'skɪmpɪ/	kusy, skąpy	The top and skirt I wore were really skimpy .
star	/stɑː /	gwiazda	Paula Wilcox starred on TV when she was 19.
starring	/'stɑːrɪŋ/	występować (w filmie)	When I was 19 I was starring in a popular series.
tan	/tæn/	opalenizna	I wanted to get a nice tan really quickly.
terrify	/'terɪfaɪ/	przerażać	We were terrified when the plane lost height.
thrill	/θrɪl/	dreszcz emocji	It was a thrilling match, England won 3-2.
tire	/'taɪə/	męczyć	The journey had been very tiring .
treat	/tri:t/	traktować	You should treat other people with respect.
unbelievable	/,ʌnbɪ'li:bəbl/	niewiarygodny	The end of the film was totally unbelievable .
unique	/'juː'nɪ:k/	jedyny w swoim rodzaju, wyjątkowy	I had a unique opportunity to read lots of novels.

7B Vocabulary Bank Business and advertising

advertisement (or advert; ad)	/əd'vɜːtɪsmənt/	ogłoszenie, reklama	The advertisement made the product sound great.
branch	/'brɑːntʃ/	oddział	There's a branch of that supermarket in town.
business	/'bɪznəs/	biznes, interes	It started as a small family business .
chain	/tʃeɪn/	sieć, łańcuch	They sell to a well-known supermarket chain .
client	/'klaɪənt/	klient	Most of our clients are independent clothes shops.
cold calling	/,kəʊld 'kɔːlɪŋ/	akwizycja przez telefon	I don't think cold calling is a good way to advertise.
colleague	/'kɒliːg/	kolega z pracy	I really enjoy working with my colleagues .
commercial	/kə'mɜːʃl/	reklama telewizyjna	I always switch off when the commercials come on.
company	/'kʌmpəni/	firma, spółka	Within a few years, Feldman was delivering to 140 companies .
customer	/'kʌstəmə/	klient	We export to customers all over the world.
do a deal (= business agreement)	/,duː ə 'di:l/	ubić interes	We did a deal with a supplier in Hong Kong.
do business (with)	/,duː 'bɪznəs/	robić interesy z	We do business with many Asian companies.
employee	/'ɪm'plɔɪiː/	pracownik	When employees heard the news they were angry.
employer	/'ɪm'plɔɪə/	pracodawca	An employer employs other people.
expand	/'ɪk'spænd/	rozwijać się	Our company is expanding into new markets.
export (v)	/'ɪk'spɔːt/	eksportować	We export to customers all over the world.
firm (n)	/fɜːm/	firma	I work for a well-known firm of accountants.
head of department	/'hed əv dɪ'pɑːtmənt/	kierownik działu	He's the head of department in Purchasing.
head office	/'hed 'ɒfɪs/	centrala	The records are held in our head office in London.
import (v)	/'ɪm'pɔːt/	importować	Most of our materials are imported from the far east.
junk mail	/'dʒʌŋk 'meɪl/	przesyłki reklamowe	I throw all my junk mail straight into the bin.
launch (a new product)	/'lɔːntʃ/	wypuścić na rynek (nowy produkt)	We're launching the new designs next year.
logo	/'lɒgəʊ/	logo	Everyone knows the McDonald's logo .
make a decision	/,meɪk ə dɪ'sɪʒn/	zdecydować	We need to make a decision about this soon.
make a loss	/,meɪk ə 'lɒs/	odnotować straty	We made a loss in the first year, but we're doing OK.
make a profit	/,meɪk ə 'prɒfɪt/	osiągnąć zysk	We should be making a profit by next year.

make money	/,meɪk 'mʌni/	zarabiać	<i>You'll never make money unless you work hard.</i>
make (somebody)	/,meɪk	zwolnić kogoś	<i>James has just been made redundant.</i>
redundant (= sack somebody because he/she isn't needed any more)	rɪ'dʌndənt/	(w wyniku redukcji)	
manager	/'mænɪdʒə/	kierownik	<i>I'll ask my manager if I can have Friday off work.</i>
manufacture	/,mænjʊ'fæktʃə/	produkować	<i>The Mini car is manufactured in Oxford.</i>
market (v)	/'mɑ:kɪt/	wprowadzać na rynek	<i>The product is marketed by Pfizer.</i>
market leader	/'mɑ:kɪt 'li:də/	lider na rynku	<i>They're the market leaders in women's clothing.</i>
market research	/'mɑ:kɪt rɪ'sɜ:tʃ/	badania rynku	<i>We did a lot of market research before starting up.</i>
MD (= managing director)	/'em 'di:/	dyrektor wykonawczy	<i>The MD wants to discuss sales at the team meeting.</i>
merge (with another company)	/mɜ:dʒ/	dokonać fuzji	<i>We've decided to merge our business with a rival's.</i>
multinational	/,mʌltɪ'næʃnəl/	wielonarodowy	<i>It's a big multinational, with offices in six countries.</i>
owner	/'əʊnə/	właściciel	<i>I'm not the owner of the business, I'm just the manager.</i>
set up (a company)	/'set 'ʌp/	założyć (spółkę)	<i>We set up the business in 2006.</i>
slogan	/'sləʊgən/	hasło, slogan	<i>We need to think of a good advertising slogan.</i>
staff	/'stɑ:f/	zespół, członkowie zespołu	<i>They employ 450 staff at their Madrid branch.</i>
take over (another company)	/'teɪk 'əʊvə/	przejąć (inną spółkę)	<i>They've been taken over by a German company.</i>

More Words to Learn

analyse	/'ænləɪz/	analizować	<i>He took a job in Washington, analysing expenditure.</i>
available	/'əveɪləbl/	dostępny	<i>After the sale, there won't be any more available.</i>
bagel	/'beɪgl/	rogalik	<i>Bagels are a traditional Jewish bread.</i>
brand	/'brænd/	marka	<i>This lemonade tastes better than any other brand.</i>
(to be) fooled	/'fu:ld/	dać się zwieść	<i>Don't be fooled – even if everybody is doing it.</i>
guy	/'gaɪ/	facet	<i>He's the guy who brings in the beers each week.</i>
leftovers (n pl)	/'leftəʊvəz/	resztki	<i>He would return after lunch to pick up the leftovers.</i>
scarce	/'skeəs/	niewystarczający	<i>But no manufactured products are ever scarce.</i>
subscribe	/'sʌb'skraɪb/	prenumerować	<i>Get a free camera when you subscribe to our magazine.</i>
workout (n)	/'wɜ:kəʊt/	trening	<i>These produce the same effect as a two-hour workout.</i>

More words in 7B

abbreviation	/ə'brɪ:vi'eɪʃn/	skrót	<i>You can also use the abbreviation 'ad' for advert.</i>
administrative	/əd'mɪnɪstrətɪv/	administracyjny	<i>Our secretary is an administrative employee.</i>
affect	/ə'fekt/	wpływać na	<i>Your mood affects how honest you are.</i>
agricultural	/'ægrɪ'kʌltʃərəl/	rolniczy	<i>As an agricultural economist, he wanted to tackle world hunger.</i>
analyst	/'ænlɪst/	analityk	<i>Feldman enjoyed his work as a research analyst.</i>
attribute	/ə'trɪbjʊ:t/	przypisywać coś czemuś	<i>He attributed the underpayment to oversight, not fraud.</i>
authority	/ɔ:'θɒrəti/	autorytet, władza	<i>The bigger the authority, the more powerful the message.</i>
bombard	/'bɒm'bɑ:d/	bombardować	<i>That company will bombard you with direct advertising.</i>
brochure	/'brəʊʃə/	broszura	<i>They sent me a free brochure with lots of offers.</i>
campaign	/'kæm'peɪn/	kampania	<i>In spite of a huge campaign, sales haven't improved.</i>
circumstances	/'sɜ:kəmstənsɪz/	okoliczności	<i>In what circumstances did people tend to steal more?</i>
data	/'deɪtə/	dane	<i>So what does the bagel data tell us?</i>
deliver	/'dɪ'lɪvə/	dostarczać	<i>Feldman was delivering 8,400 bagels a week.</i>
demand	/'dɪ'mɑ:nd/	żądać	<i>The demand for organic produce has grown enormously.</i>
demonstrate	/'demənstreɪt/	demonstrować	<i>Can you demonstrate what the robot can do?</i>
dishonest	/'dɪs'ɒnɪst/	nieuczciwy	<i>Downloading music without paying is dishonest.</i>
download	/'daʊn'ləʊd/	ściągać (pliki)	<i>Downloading music without paying is dishonest.</i>
dozen	/'dɒzn/	tuzin	<i>Eventually he was bringing in 15 dozen bagels a week.</i>

edition	/ɪ'dɪʃn/	edycja	<i>They said it was a limited edition DVD.</i>
engaged	/ɪn'geɪdʒd/	zaangażowany, zajęty	<i>He earned good money, but he wasn't fully engaged.</i>
executive	/ɪg'zɛkjətɪv/	kierowniczy	<i>The executive floor is at the top of the building.</i>
exist	/ɪg'zɪst/	istnieć	<i>Do the authorities mentioned really exist?</i>
expenditure	/ɪk'spendɪtʃə/	wydatki	<i>He took a job analysing expenditures.</i>
factor	/'fæktə/	czynnik	<i>The weather is a really important factor.</i>
fake	/feɪk/	podróbka	<i>He said it was real, but it's a fake.</i>
guaranteed	/'gærən'ti:d/	gwarantowany	<i>It is guaranteed to work within two months.</i>
gym-toned	/'dʒɪm,təʊnd/	wysportowany	<i>The person in the advert is a gym-toned model!</i>
hunger	/'hʌŋgə/	głód	<i>There was a campaign to tackle world hunger.</i>
ingredient	/ɪn'grɪ:diənt/	składnik	<i>Its special secret ingredient gets to work immediately.</i>
institute	/'ɪnstɪtju:t/	instytut	<i>His research institute was closed in the '90s.</i>
investment	/ɪn'vestmənt/	inwestycja	<i>It is the best investment I have ever made.</i>
leaflet	/'li:flət/	ulotka	<i>I picked up a leaflet about mobile phones in the store.</i>
measure	/'meʒə/	miara, mierzyć	<i>By measuring income, he was able to assess honesty.</i>
miracle	/'mɪrəkl/	cud	<i>It's a miracle cure for people like me.</i>
muscle	/'mʌsl/	mięsień	<i>Simon has muscles to die for!</i>
navy	/'neɪvi/	marynarka wojenna	<i>He took a job with the US Navy.</i>
neighbouring	/'neɪbərɪŋ/	sąsiadujący	<i>People from neighbouring areas visit our market.</i>
nutritionist	/nju:'trɪʃənɪst/	dietetyk	<i>They are recommended by dog nutritionists.</i>
oversight	/'əʊvəsəɪt/	przeoczenie	<i>He attributed the underpayment to oversight, not fraud.</i>
penny	/'peni/	pens	<i>They reduced tax by a penny in the pound.</i>
pirate	/'paɪrət/	piracki	<i>Have you ever bought a pirate DVD?</i>
pop-up	/'pɒpʌp/	wyskakujące	<i>Website pop-ups drive me mad.</i>
proportion	/prə'pɔ:ʃn/	proporcja	<i>The proportion of people who paid was very high.</i>
refund (v)	/rɪ'fʌnd/	refundować, zwracać pieniądze	<i>Can you refund me the cost of my ticket?</i>
refund (n)	/'rɪfʌnd/	zwrot pieniędzy	<i>Sorry, we don't give refunds, but you can exchange it.</i>
response	/rɪ'spɒns/	odpowiedź	<i>We had a good response to our advertising campaign.</i>
rise	/raɪz/	wzrost w czymś	<i>There has been a rise in people using public transport.</i>
sack	/'sæk/	wymówienie (z pracy)	<i>John's just got the sack, they're closing his branch down.</i>
senior-level	/'si:niə,levl/	wyższego stopnia (przysługujący starszemu stopniem)	<i>He held senior-level jobs and earned good money.</i>
serrated	/sə'reɪtɪd/	ząbkowany	<i>Use a serrated knife to cut the loaf.</i>
sponsorship	/'spɒnsəʃɪp/	sponsorski	<i>Our team have a sponsorship deal with a local company.</i>
standard	/'stændəd/	standard	<i>The Advertising Standards Council checks accuracy.</i>
stock	/stɒk/	zapas	<i>Limited stocks – offer closes on March 31st!</i>
supply	/sə'plai/	dostawa	<i>Only £500 for a three months' supply.</i>
tackle	/'tækəl/	wziąć się za coś, stawić czoło	<i>He wanted to tackle the problem immediately.</i>
Thanksgiving	/'θæŋks'grɪvɪŋ/	Dziękczynienie	<i>Christmas and Thanksgiving are traditional holidays.</i>
underpayment	/'ʌndə'peɪmənt/	niedopłata	<i>He attributed the underpayment to oversight, not fraud.</i>
unintentionally	/'ʌnɪn'tenʃənəli/	niechcący	<i>He unintentionally designed an economic experiment.</i>
vast	/'vɑ:st/	ogromny	<i>Some people do steal, but the vast majority are honest.</i>
weapons	/'wepnz/	broń	<i>He took a job in analysing weapons.</i>
within	/'wɪ'dɪn/	w ciągu	<i>Within a few years, Feldman was delivering 8,400 bagels.</i>

7C More Words to Learn

cab	/kæb/	taksówka	<i>We can take a cab to the station.</i>
capture	/'kæptʃə/	chwytać	<i>He avoided capture by throwing off his capes.</i>
cloak	/kləʊk/	peleryna	<i>The stranger was wearing a long black cloak.</i>
flee	/fli:z/	uciekać	<i>The refugees were fleeing a military dictatorship.</i>
genuine	/'dʒenju:n/	oryginalny	<i>Is this a genuine Van Gogh?</i>
leave a tip	/'li:v ə 'tɪp/	zostawić napiwek	<i>Don't forget to leave a tip when you pay the bill.</i>
on the spot	/'ɒn ðə 'spɒt/	na miejscu	<i>The clerk broke the tile on the spot.</i>

plastic surgery	/ˌplæstɪk ˈsɜːdʒəri/	operacja plastyczna	I'm having plastic surgery on my nose.
slang	/slæŋ/	slang	It's better not to use slang when you're in class.
tile	/taɪl/	plytka ceramiczna	The clerk broke the tile on the spot.

More Words in 7C

acronym	/ˈækronɪm/	akronim	Some people think that 'tip' is an acronym .
addict	/ˈædɪkt/	uzależniony	Her brother's a drug addict .
algebra	/ˈældʒɪbrə/	algebra, matematyka	I was very good at algebra at school.
antisocial	/ˌæntɪˈsəʊʃl/	aspołeczny	Come with us, don't be antisocial !
apply	/əˈplaɪ/	składać wniosek	She applied for a job with a company in London.
autobiography	/ˌɔːtəbaɪˈɒɡrəfi/	autobiografia	He's writing his autobiography , and he's only 21!
autograph	/ˌɔːtəɡrɑːf/	autograf	I've got Madonna's autograph .
biannual	/baɪˈænjuəl/	ukazujący się dwa razy w roku	We publish a biannual report.
bilingual	/baɪˈlɪŋɡwəl/	dwujęzyczny	Jane is bilingual , she speaks French and Dutch.
bounce	/baʊns/	odbijać się	The first carriages bounced up and down a lot.
cape	/keɪp/	peleryna	The ancient Romans wore long capes .
carriage	/ˈkærɪdʒ/	powóz	The first carriages bounced up and down a lot.
clerk	/kɪɑːk/	urzędnik	The clerk broke the tile on the spot.
cloth	/klɒθ/	materiał	Genoa was the first city to make denim cloth .
colonist	/ˈkɒlənɪst/	koloniści	Colonists in New England mixed tomatoes into the sauce.
credit	/ˈkredɪt/	kredytowy	These tiles were imprinted with the owner's credit limit.
desirable	/dɪˈzaɪərəbl/	pożądany	These men were extremely desirable marriage partners.
exclaim	/ɪkˈskeɪm/	wykrzykiwać	The man then exclaimed , 'These fruit are poisonous'.
ex-husband	/ˌeksˈhʌzband/	były mąż	I get on quite well with my ex-husband .
former	/ˈfɔːmə/	poprzedni	She's a former dancer, she used to be very good.
gain	/geɪn/	uzyskać	Tennis has gained popularity in England.
goat	/ɡəʊt/	koza	There were goats on the hillside.
graffiti	/grəˈfiːti/	graffiti	The walls are covered in graffiti .
grain	/ɡreɪn/	ziarno	Muesli is a mixture of grains , nuts and dried fruits.
hillside	/ˈhɪlsaɪd/	zobocze pagórka	There was a lot of snow on the hillside .
hooligan	/ˈhuːlɪɡən/	chuligan	Two young hooligans vandalised my car.
impressionist	/ɪmˈpreʃənɪst/	impresjonista	I like Monet best of all the Impressionists .
intensely	/ɪnˈtensli/	intensywnie	He stared at her intensely as she crossed the room.
ketchup	/ˈketʃʌp/	keczup	The sauce became known as 'tomato ketchup '.
macho	/ˈmætʃəʊ/	macho	Dan's not my type, he's a bit too macho for me.
marital	/ˈmærɪtl/	małżeński	'Husband' originally had nothing to do with marital status.
marital status	/ˈsteɪtəs/	stan, status	Could you tell me your marital status ?
microscopic	/ˌmaɪkrəˈskɒpɪk/	mikroskopijny	The police found microscopic particles of glass.
mispronounce	/ˌmɪsprəˈnaʊns/	źle wymawiać, przejeżdżać się	Are there any English words you mispronounce ?
misspell	/ˌmɪsˈspel/	pisać z błędem	'Accommodation' is a word which people often misspell .
mixture	/ˈmɪkstʃə/	mieszanka	Muesli is a mixture of grains, nuts and dried fruits.
monosyllable	/ˌmɒnəsɪləbl/	monosylaba	Her new boyfriend only speaks in monosyllables .
muesli	/ˈmjuzli/	musli, płatki zbożowe	Muesli is a mixture of grains, nuts and dried fruits.
multitasking	/ˌmʌltɪˈtɑːskɪŋ/	wielozadaniowość	Women are better at multitasking than men.
newborn	/ˈnjuːbɔːn/	nowo narodzony	The newborn child cried out loudly.
originate	/əˈrɪdʒɪneɪt/	powstawać	No one is sure where this word originated .
overpaid	/ˌəʊvəˈpeɪd/	przepłacony	Are there any professions which you think are overpaid ?
overworked	/ˌəʊvəˈwɜːkt/	przepracowany	I think I'm overworked and underpaid.
placed	/pleɪst/	umieszczony	The word 'genuine' originally meant ' placed on the knees'.
porcelain	/ˈpɔːsəlɪn/	porcelanowy	Post-Renaissance banks issued small, porcelain tiles.
postgraduate	/ˌpəʊstˈɡrædʒuət/	student studiów podyplomowych	Mark is a postgraduate student at Dundee University.

post-Renaissance	/ˌpəʊstrɪˈneɪns/	porenesansowy	<i>He's a famous post-Renaissance artist.</i>
preconceived	/ˌpriːkənˈsiːvd/	przyjęty, założony z góry	<i>Try not to have any preconceived ideas.</i>
pre-cooked	/ˌpriːˈkʊkt/	gotowy do podgrzania	<i>How often do you buy pre-cooked meals?</i>
prefix	/ˈpriːfiks/	przedrostek	<i>One way of making new words is by adding a prefix.</i>
promptness	/ˈprɒmptnəs/	szybkość, pośpiech	<i>People often pay extra to ensure promptness of delivery.</i>
renamed	/ˌriːˈneɪmd/	przechrzcić	<i>They renamed the sauce 'ketchup'.</i>
reward	/rɪˈwɔːd/	nagroda	<i>He was given a bonus to reward him for his performance.</i>
rewind	/ˌriːˈwaɪnd/	przewijać	<i>Let's rewind the tape and listen again.</i>
semi-final	/ˌsemiˈfaɪnl/	półfinał	<i>United have reached the semi-final of the Cup.</i>
slave	/sleɪv/	niewolnik	<i>This was the Latin name for a slave.</i>
spice	/ˈspaɪs/	przyprawa	<i>The sauce was made from fish and spices.</i>
subtitles	/ˈsʌbtartlz/	napisy (na filmie)	<i>Do you prefer watching films with subtitles?</i>
suffix	/ˈsʌfiks/	przyrostek	<i>A suffix at the end of a word changes the grammar.</i>
sum	/sʌm/	suma	<i>The word was slang meaning to pass on a sum of money.</i>
tanned	/tænd/	opalony	<i>You look very tanned after your holiday!</i>
tempting	/ˈtemptɪŋ/	kuszący	<i>This tree was full of beautiful, tempting oranges.</i>
terrorize	/ˈterəraɪz/	terroryzować	<i>This town used to be terrorized by gangs.</i>
underpaid	/ˌʌndəˈpeɪd/	źle opłacany	<i>I think I'm overworked and underpaid.</i>
underworld	/ˌʌndəwɜːld/	świat przestępczy	<i>The word was underworld slang.</i>
Viking	/ˈvaɪkɪŋ/	wiking	<i>Old Norse was the language spoken by the Vikings.</i>

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