

# 7 Time to relax

## Glossary

### Reading Pages 78–79

- 7.1 collect** (v) /kə'lekt/  
to find and keep things of a particular kind as a hobby • *My dad likes collecting stamps from different countries.* > collection, collector (n)  
❖ kolekcjonować
- 7.2 reading** (n) /'ri:diŋ/  
the activity of reading books as a hobby  
• *Sam's favourite hobby is reading, so he spends a lot of time at the library.* > read (v), reader (n) ❖ czytanie
- 7.3 blog** (n) /blɒg/  
a text on a website about events, opinions, etc. • *Have you read my new blog about the travels of Heracles?* > blog (v), blogger (n)  
❖ blog
- 7.4 snowboarding** (n) /'snəʊbɔ:dɪŋ/  
the sport of riding a board on snow down a hill  
• *Did you know that snowboarding is a sport in the Winter Olympics?* > snowboard (v, n), snowboarder (n) ❖ snowboarding
- 7.5 windsurfing** (n) /'wɪndzɜ:fɪŋ/  
the sport of standing on a board that has a sail to move across water with the power of the wind • *Lots of people go sailing or windsurfing on the lake at weekends.* > windsurf (v), windsurfer (n) ❖ windsurfing
- 7.6 card** (n) /kɑ:d/  
a piece of hard paper that has a picture on the front and sometimes has a message inside or on the back • *My uncle keeps all his birthday cards in this box.* ❖ kartka
- 7.7 comic book** (n) /'kɒmɪk bʊk/  
a magazine that tells stories with pictures, usually for children • *Do you like reading comic books like Superman or Wonder Woman?* > comic, comical (adj), comic (n)  
❖ komiks 📖 Syn: comic (UK English)
- 7.8 passion** (n) /'pæʃn/  
sth you love doing, like an activity or hobby  
• *Leo's always had a passion for football.* > passionate (adj) ❖ pasja
- 7.9 make a difference** (phr) /'meɪk ə 'dɪfrəns/  
to change sth in a way that makes it better  
• *The internet has made a difference to the way people communicate.* ❖ robić różnicę, mieć znaczenie
- 7.10 broken** (adj) /'brəʊkən/  
not working in the correct way; hurt or damaged • *I can't send a text with my phone because the screen is broken.* > break (v, n)  
❖ zepsuty, uszkodzony
- 7.11 radio** (n) /'reɪdiəʊ/  
a machine used for listening to or sending sounds, like music, news programmes or plays  
• *My mum listens to the news on the radio every morning.* ❖ radio
- 7.12 battery** (n) /'bætri/  
sth that you put in a machine or device to give it electricity to make it work • *The TV remote control isn't working because it needs new batteries.* ❖ bateria
- 7.13 provide** (v) /prə'vaɪd/  
give sth to sb to use • *The sports centre provides everything you need to play tennis.* > provider (n), provision (n) ❖ zapewniać, dostarczać
- 7.14 equipment** (n) /'ɪkwɪpmənt/  
the things you need to do something  
• *The school needs some new equipment, like computers and tablets.* > equip (v)  
❖ sprzęt
- 7.15 community** (n) /kə'mju:nəti/  
a group of people who live in one place  
• *Carol has lived here for years, so she knows nearly everyone in the community.*  
❖ społeczność
- 7.16 radio station** (n) /'reɪdiəʊ 'steɪʃn/  
a radio company and all the programmes it plays • *They play the same songs every day on this radio station, so it's a bit boring.*  
❖ stacja radiowa
- 7.17 DJ** (abbrev) /'di: dʒeɪ/  
short form of 'disc jockey'; sb who plays recorded music in a public place • *We asked the DJ to play our favourite Justin Bieber song.*  
❖ DJ
- 7.18 grow up** (phr v) /grəʊ ʌp/  
to become an adult • *James grew up on a farm, but now he's moved to the city.* > grown-up (adj, n) ❖ dorastać
- 7.19 street food** (n) /'stri:t fu:d/  
food you can buy from sellers on the street to eat right away • *You can buy a variety of street food, like hamburgers and popcorn, at the festival.* ❖ street food

## Vocabulary Page 80

- 7.20 stall** (n) /stɔ:l/  
an outdoor table or cart with things for sale  
• *I bought some fresh strawberries from a stall outside the train station.* ❖ stragan
- 7.21 win** (v) /wɪn/  
to be the first in a competition, match or race, etc.  
• *Which football team won the last World Cup?*  
➢ winner (n), winning (adj) ❖ wygrać
- 7.22 medal** (n) /'medl/  
a metal disc that you get for winning or doing well in a competition • *George got a silver medal when he finished second in the swimming race.* ❖ medal
- 7.23 the Asian Games** (n pl) /ði 'eɪzn geɪmz/  
an event with different sports competitions that takes place every four years for athletes from Asian countries • *The Chinese women's volleyball team won a gold medal at the Asian Games in 2018.* ❖ igrzyska azjatyckie
- 7.24 Braille** (n) /breɪl/  
a system of writing letters of the alphabet with raised marks on a page for blind people to read by touching them • *Jack learnt to read books in Braille because he can't see.*  
❖ alfabet Braille'a
- 7.25 cheap** (adj) /tʃi:p/  
not expensive; not costing a lot of money  
• *It's the best hotel in town and it isn't cheap.*  
➢ cheaply (adv) ❖ tani
- 7.26 company** (n) /'kʌmpəni/  
an organisation that makes and sells things or provides services • *Dad works in a factory that makes clothes for a famous company.*  
❖ firma, spółka 📎 Syn: business
- 7.27 try** (v) /'traɪ/  
to attempt to do sth to see if it's possible • *I tried to learn Japanese, but it was too difficult for me.* ➢ try, trial (n) ❖ próbować, starać się
- 7.28 make money** (phr) /meɪk 'mʌni/  
to get money from your job or by selling sth  
• *Steve makes money by selling his old clothes and other things on the internet.*  
❖ zarabiać pieniądze
- 7.29 device** (n) /dɪ'vaɪs/  
sth like a small machine that you use for a particular purpose • *We usually have to switch off our devices, like mobile phones, in the classroom.* ❖ urządzenie
- 7.30 business** (n) /'bɪznəs/  
an organisation or company that makes or sells things • *Irene has a business making clothes for children.* ❖ biznes, przedsiębiorstwo

- 7.31 board game** (n) /bɔ:d geɪm/  
any game that you play by moving pieces on a board (on a table, etc.) • *Sometimes I play board games like Monopoly™ with my family.*  
❖ gra planszowa
- 7.32 camping** (n) /'kæmpɪŋ/  
the activity of staying in a tent, usually for a short time • *This summer, we're going camping in a forest near a beach.*  
➢ camp (v), camp, camper (n)  
❖ biwakowanie
- 7.33 chess** (n) /tʃes/  
a game for two people played by moving specially shaped pieces on a board with black and white squares • *Alice plays chess as a hobby with her friends.* ❖ szachy
- 7.34 cycling** (n) /'saɪklɪŋ/  
the activity of riding a bike • *Tim goes cycling around the park on his new bike.*  
❖ jazda na rowerze, kolarstwo
- 7.35 drawing** (n) /'drɔ:ɪŋ/  
the activity of making pictures by using a pencil or pen • *Janet is good at drawing and painting pictures of birds.* ➢ draw (v) ❖ rysowanie
- 7.36 sporty** (adj) /'spɔ:ti/  
good at or liking sports • *I'm not a very sporty person, but I enjoy dancing.* ➢ sport (n)  
❖ wysportowany
- 7.37 tent** (n) /tent/  
a shelter held up by poles and ropes that you use for camping • *Ben put up his tent next to ours on the campsite.* ❖ namiot
- 7.38 piece** (n) /pi:s/  
a small specially shaped object that you move on a board to play a game, e.g. chess • *I have only two pieces left on the chess board, so I think you're winning.* ❖ pionek
- 7.39 sheet of paper** (n) /ʃi:t əv 'peɪpə(r)/  
a piece of paper for writing or drawing on  
• *I put some sheets of paper in the printer.*  
❖ kartka papieru

## Grammar Page 81

- 7.40 smartphone** (n) /'smɑ:tfəʊn/  
a mobile phone that has internet access and apps • *Carol often sends emails from her smartphone.* ❖ smartfon
- 7.41 helmet** (n) /'helmt/  
a hard hat that you wear on your head to protect it • *Put on your helmet before you start skateboarding.* ❖ kask

- 7.42** **laugh out loud** (phr) /'lɑ:f aʊt laʊd/  
to find sb/sth very funny and laugh, making a noise • *This comic book made me laugh out loud. It's really funny!* > laugh-out-loud (adj)  
❖ uśmieć się 📖 Abbrev: LOL
- 7.43** **better** (adv) /'betə(r)/  
healthy again • *If you have a rest, you'll feel better.* ❖ lepiej

- 7.53** **performance** (n) /pə'fɔ:məns/  
sth that people do in front of others to entertain them, e.g. acting, dancing or singing • *We saw a great performance of a play by Aristophanes.* > perform (v), performer (n) ❖ występ
- 7.54** **next** (adj) /nekst/  
that comes after sth else • *Next year, Gina wants to go to Iceland.* > next (n, adv)  
❖ następny

## Listening Page 82

- 7.44** **competitive** (adj) /kəm'petətɪv/  
wanting very much to win or be more successful than other people • *Donna is very competitive. She's trying to win another gold medal.* > compete (v), competition (n), competitor (n) ❖ rywalizujący, ambitny
- 7.45** **absolutely** (adv) /'æbsəlu:tli/  
very much; completely • *'Did you like the film?' 'Absolutely! It was fantastic.'* > absolute (adj)  
❖ oczywiście, zdecydowanie
- 7.46** **you're right** (phr) /jɔ:(r) raɪt/  
your opinion is correct • *You're right about Max. He's very competitive.* ❖ masz rację

## Speaking Page 83

- 7.47** **stage** (n) /steɪdʒ/  
the part of a theatre where people perform • *Natalie was nervous about going on stage to sing.* ❖ scena
- 7.48** **take part in** (phr v) /teɪk pɑ:t ɪn/  
to join in and do sth; to be involved in • *We're taking part in the school sports day.* ❖ brać udział w
- 7.49** **exhibition** (n) /,eksɪ'bjʃn/  
a show of things for people to see, e.g. in a museum • *There was an exhibition of Van Gogh paintings in the museum.* > exhibit (v, n), exhibitor (n) ❖ wystawa
- 7.50** **public** (adj) /'pʌblɪk/  
for all people; not private • *My parents went to a public meeting about the new road.* > public (n) ❖ publiczny
- 7.51** **actor** (n) /'æktə(r)/  
a person who acts in a film or theatre play • *Who's the new actor who's going to play James Bond?* > act (v) ❖ aktor
- 7.52** **dancer** (n) /'dɑ:nsə(r)/  
a person who dances • *Margaret is a famous ballet dancer.* > dance (v), dancing (n)  
❖ tancerz

## Vocabulary Page 84

Types of music	Musical instruments
classical	drum
disco	guitar
hip hop	keyboard
opera	piano
pop	violin

- 7.55** **CD** (n, abbrev) /,si: 'di:z/  
a plastic disc with music, other sounds or written information that you can listen to or read on a device; short form of the words 'compact disc' • *My sister has all the Ed Sheeran CDs.* ❖ CD
- 7.56** **classical** (adj) /'klæsɪkl/  
a style of music that most people know from many years ago, usually with lots of instruments playing • *Sonia likes playing classical music on the piano.* > classic (n, adj)  
❖ klasyczna
- 7.57** **disco** (n) /'dɪskəʊ/  
a kind of pop music for people to dance to; a place or party where people dance to pop music • *We danced a lot to disco music at the party.* ❖ disco
- 7.58** **drum** (n) /drʌm/  
a musical instrument that is round and is empty inside, which you play by hitting with sticks or your hands • *I couldn't hear the TV because my brother was making so much noise on his drums.* > drum (v), drummer (n)  
❖ bęben
- 7.59** **hip hop** (n) /'hɪp hɒp/  
a kind of music with spoken words, a fast electronic beat and a modern dance style • *We're doing a hip hop dance for the school show.* ❖ hip hop
- 7.60** **keyboard** (n) /'ki:bɔ:d/  
a musical instrument like an electronic piano with keys that you press to make sounds like different instruments • *She didn't have enough money for a piano, so she bought a keyboard.* ❖ keyboard 📖 Syn: synthesiser

- 7.61 MP3 player** (n) /,em pi: 'θri: pleɪə(r)/  
an electronic device with which you can listen to digital music files • *John often listens to music on his MP3 player on the school bus.*  
❖ odtwarzacz MP3
- 7.62 opera** (n) /'ɒpərə/  
a kind of play by performers who sing the words with an orchestra playing music • *My grandma saw Maria Callas performing at the opera.* ❖ opera
- 7.63 pop** (n, adj) /pɒp/  
a type of music that has simple words and beats to sing and dance to • *Georgina loves dancing to her favourite pop songs.* ❖ pop
- 7.64 violin** (n) /,vaɪə'lɪn/  
a stringed musical instrument that you hold on your shoulder to play • *Marinos began to play a beautiful tune on his violin.* > violinist (n)  
❖ skrzypce
- 7.65 way** (n) /weɪ/  
how sth happens; the manner that sth happens • *Listening to the radio is a good way to hear music when you're travelling.* ❖ sposób
- 7.66 beginning** (n) /brɪ'ɡɪnɪŋ/  
the start of sth • *At the beginning of the story, Harry goes to a new school.* > begin (v), beginner (n) ❖ początek
- 7.67 fix** (v) /fɪks/  
to repair sth that is broken; to make sth work better • *My computer isn't working. Can you fix it for me?* ❖ naprawiać
- 7.68 quickly** (adv) /'kwɪkli/  
fast • *The actors left the theatre quickly after the performance.* > quick (adj) ❖ szybko
- 7.69 live** (adv) /laɪv/  
in person, not from a recording • *I've got tickets for the concert to see the band live.* > live (adj) ❖ na żywo
- 7.70 personally** (adv) /'pɜːsənəli/  
from your own opinion • *Personally, I don't like hip hop very much.* > personal (adj)  
❖ osobiście
- 7.71 be into** (phr v) /bi 'ɪntə/  
to enjoy (sth) • *My dad's really into rock music from the 1970s.* ❖ interesować się
- 7.72 completely** (adv) /kəm'pli:tli/  
in all ways possible; including everything • *The band sounded completely different when we saw them live.* > complete (adj) ❖ całkowicie
- 7.73 involved** (adj) /ɪn'vɒlvd/  
doing sth; taking part in sth • *Our teacher is involved in planning the school sports competition.* > involve (v), involvement (n)  
❖ zaangażowany
- 7.74 crazy** (adj) /'kreɪzi/  
enthusiastic or excited about sth • *I'm not crazy about gaming because I can't sleep well if I play at night.* ❖ zbzikowany
- 7.75 keen** (adj) /ki:n/  
interested in sth • *Jim is very keen on football and he goes to watch matches every Saturday.*  
❖ zainteresowany, entuzjastyczny
- 7.76 fit** (adj) /fɪt/  
strong and healthy because you do regular exercise • *Dad runs in the park every morning, so he's quite fit.* > fitness (n) ❖ w dobrej formie  
✎ Opp: unfit
- 7.77 storyteller** (n) /'stɔːrɪtelə(r)/  
sb who writes stories or tells them to other people • *The children listened carefully to the storyteller on the radio.* > storytelling (n)  
❖ autor opowiadań, gawędziarz
- 7.78 Iceland** (n) /'aɪslənd/  
a country in Europe > Icelandic (adj, n)  
❖ Islandia
- 7.79 musician** (n) /mjuːzɪʃn/  
sb who plays, sings or writes music, especially as a job • *It was so exciting when the musicians came on stage and began playing their instruments.* > music (n), musical (adj, n)  
❖ muzyk
- 7.80 songwriter** (n) /'sɒŋraɪtə(r)/  
sb who writes the music and words for new songs • *Ed Sheeran became a songwriter when he was a high-school student.* > songwriting (n) ❖ autor piosenek
- 7.81 album** (n) /'ælbəm/  
a collection of pieces of music • *I've just bought Franz Ferdinand's new album. It has some great songs.* ❖ album
- 7.82 record** (v) /rɪ'kɔːd/  
to store music, other sounds or images to listen to or see them again • *During the concert, Terry recorded the band's songs on his smartphone.* > recorded (adj), record, recording (n) ❖ nagrywać
- 7.83 solo** (adj) /'səʊləʊ/  
done alone by only one person • *Steve was worried about doing his first solo performance in front of so many people.* > solo (adv, n)  
❖ solo
- 7.84 tour** (n) /tʊə(r)/  
a series of performances in different places by a musician or band • *Mum and Dad went to see Sting in concert on his European tour.* > tour (v) ❖ trasa koncertowa
- 7.85 dreamy** (adj) /'dri:mi/  
relaxing and making you think of nice things • *The dreamy sounds of Vivaldi's music filled the room.* > dream (v, n), dreamer (n)  
❖ marzycielski, rozmarzony
- 7.86 image** (n) /'ɪmɪdʒ/  
a picture of sb/sth that you think of • *This music makes me think of images of summer.*  
❖ obraz

- 7.87 path** (n) /pɑːθ/  
a narrow track where people can walk  
• *We walked up the path right to the top of Ben Nevis.* ❖ ścieżka

### Expressing likes

be (really) into sth  
crazy (about sth)

involved (in sth)  
keen (on sth)

### Equipment

album	comic book	sheet of paper
battery	device	smartphone
card	helmet	tent
CD	MP3 player	
(chess) piece	radio	

- 7.96 skate park** (n) /'skeɪt pɑːk/  
an area where people go skating and skateboarding • *Jerry spends his free time at the skate park with his friends after school.*  
❖ skatepark

- 7.97 pro** (n) /prəʊ/  
(short form of 'professional') sb who is really good at sth; sb who does sth, e.g. a sport, as a job • *I didn't know you could play the guitar so well. You're a real pro!* > professional (adj, n)  
❖ zawodowiec, profesjonalista

### Useful expressions

absolutely	make a difference
be against	make money
be in favour of	personally
laugh out loud	you're right

## Grammar Page 85

- 7.88 throw** (v) /θrəʊ/  
to make sth move from your hand through the air • *If I throw a ball, my dog will bring it back.*  
> throw (n) ❖ rzucić

### People

actor	public
community	singer
dancer	songwriter
musician	storyteller
pro	

## Writing Pages 86–87

- 7.89 convinced** (adj) /kən'vɪnst/  
sure that sth is true • *My parents weren't convinced that playing the drums at home was a good idea.* > convince (v), convincing (adj)  
❖ przekonany
- 7.90 strongly** (adv) /'strɒŋli/  
very much; certainly • *My dad strongly disagreed with my suggestion to go to the music festival.* > strong (adj), strength (n)  
❖ stanowczo, dobitnie
- 7.91 term** (n) /tɜːm/  
a period of time that is part of the school year  
• *We're having a school concert at the end of the term.* ❖ semestr
- 7.92 sound** (n) /saʊnd/  
sth that you can hear • *I like the words of this song, but I hate the sound of the singer's voice.* > sound (v) ❖ dźwięk
- 7.93 in favour of** (phr) /ɪn 'feɪvə(r) əv/  
in agreement with • *I'm not in favour of the government's decision to build a new road around the town.* ❖ być za kimś/czymś
- 7.94 against** (prep) /ə'geɪnst/  
in disagreement with • *Mark is against the idea of a camping holiday. He prefers to stay at a hotel.* ❖ przeciwny
- 7.95 session** (n) /'seʃn/  
a period of time set for an activity • *I've just had a two-hour swimming session, so I'm very tired.* ❖ sesja

### Places

exhibition	skate park
Iceland	stage
path	stall
radio station	

## Live well, study well

### Page 88

- 7.98 tai chi** (n) /,taɪ tʃiː/  
a kind of exercise in which you make very slow movements • *Rick goes to tai chi classes to relax his mind after work.* ❖ tai chi
- 7.99 focus (on)** (v) /'fəʊkəs (ɒn)/  
to give all your attention (to sth) • *I can't go out much this week because I need to focus on studying for my exams.* > focussed (adj), focus (n) ❖ skupiać się na
- 7.100 breathing** (n) /'briːðɪŋ/  
the process of taking air into your body through your nose or mouth, and then letting it out  
• *It was so quiet that the only sound I heard was my own breathing.* > breathe (v), breath (n)  
❖ oddychanie
- 7.101 stretching** (n) /stretʃɪŋ/  
the action of making your arms and legs straight and reaching as far as they can to exercise them, or to relax them after doing a sport  
• *If you do some stretching after running, your legs won't hurt the next day.* > stretch (v, n)  
❖ rozciąganie

- 7.102 position** (n) /pə'zɪʃn/  
the way that sb's body is when lying, sitting or standing • *A good mattress will help you to sleep in a comfortable position.* ❖ pozycja
- 7.103 balance** (n) /'bæləns/  
being able to keep control of your body in a position standing or sitting up without falling • *Kiki lost her balance and fell on a rock when she was walking up the mountain.* > balance (v), balanced (adj) ❖ równowaga
- 7.104 slow down** (phr v) /sləʊ daʊn/  
to stop doing so many activities and relax; to do sth more slowly • *Dina takes a walk in the park at lunchtime to slow down and rest from her busy job.* ❖ zwolnić tempo
- 7.105 strength** (n) /streŋθ/  
how strong sb/sth is • *After her illness, Liz got her strength back with a few minutes exercise every day.* > strengthen (v), strong (adj) ❖ siła
- 7.106 speed** (n) /spi:d/  
how fast sb/sth moves • *Mary walks at a speed of six kilometres per hour around the park.* > speed (v), speedy (adj) ❖ tempo, prędkość
- 7.107 push (yourself)** (v) /pʊʃ (jɔ:'self)/  
to make yourself do more or try harder • *Marios was very tired, but he pushed himself to finish the marathon.* > push (n) ❖ zmuszać się, wymagać więcej
- 7.108 spin** (n) /spɪn/  
a kind of exercise that involves cycling fast on an indoor exercise bike • *I enjoy cycling, so I practise spin at the gym.* > spin (v) ❖ spinning 📖 Syn: spinning
- 7.109 high-intensity interval training (HIIT)** (n) /haɪ ɪn'tensətɪ ɪntəvl ˌtreɪnɪŋ (,eɪtʃ aɪ aɪ 'ti:)/  
a way of exercising that involves doing sth very fast for a short time, resting, doing more exercise, then resting again • *High-intensity interval training is a great way to build your strength in a short time at the gym.* ❖ trening interwałowy o wysokiej intensywności (HIIT)
- 7.110 rest** (n) /rest/  
a period when you relax; a break • *It's important to get enough rest and sleep as well as exercise to stay healthy.* > rest (v) ❖ odpoczynek
- 7.111 in total** (phr) /ɪn 'təʊtl/  
all together; including everything • *We've walked 16 kilometres in total today.* > total (adj, v, n) ❖ łącznie

- 7.112 beat** (v) /bi:t/  
to make a regular movement or sound, like a rhythm • *The doctor listened to the child's heart beating.* > beat (n) ❖ uderzać, bębnić
- 7.113 benefit** (n) /'benɪft/  
an advantage • *One benefit of swimming is that you don't need any equipment.* > benefit (v), beneficial (adj) ❖ korzyść
- 7.114 physical** (adj) /'fɪzɪkl/  
related to the body • *Going to spin classes will help build your physical strength.* > physically (adv) ❖ fizyczny
- 7.115 mental** (adj) /'mentl/  
related to the mind or process of thinking • *Grandpa likes doing puzzles like crosswords for mental exercise.* > mentally (adv) ❖ umysłowy
- 7.116 stressed** (adj) /strest/  
worried; not relaxed • *I always get stressed about taking exams.* > stress (v, n), stressful (adj) ❖ zestresowany
- 7.117 ability** (n) /ə'bɪləti/  
being able to do sth • *Simon has the ability to play the piano and sing.* > able (adj) ❖ umiejętność, zdolność 📖 Opp: inability
- 7.118 endorphin** (n) /en'dɔ:ʃɪn/  
a kind of chemical that the brain produces which makes you relax or stop feeling pain • *When we laugh, we feel good because laughing makes our brains produce endorphins.* ❖ endorfina

### Activities

blog	reading
board game	snowboarding
camping	spin
chess	stretching
collecting	tai chi
cycling	windsurfing
drawing	
high-intensity interval training (HIIT)	

### Verbs

beat	relax
fix	slow down
focus (on)	take part in
grow up	throw
provide	try
push (yourself)	win