

8 My own time

Glossary

Page 89

8.1 free runner (n) /fri: 'rʌnə(r)/
sb who does a sport that involves running and jumping in the streets • *Free runners have lots of fun, but they can easily fall and get hurt doing their sport.* ❖ osoba uprawiająca freerunning

Reading Pages 90–91

- 8.2 eat out** (phr v) /i:t aʊt/
have a meal in a restaurant • *They like eating out at different restaurants.* ❖ zjeść poza domem, zjeść na mieście
- 8.3 darkness** (n) /'dɑ:kənəs/
the state of having no light • *Suddenly, the lights went out and the house was in darkness.* > dark (adj, n), darken (v) ❖ ciemność
- 8.4 nightmare** (n) /'naɪtmɛə(r)/
a bad dream that upsets you • *He had a nightmare about being in a terrible accident and was relieved that it was only a dream.* > nightmarish (adj) ❖ koszmar
- 8.5 caver** (n) /'keɪvə(r)/
sb who explores caves • *Cavers have to climb and swim in order to get to new caves which have never been explored.* > cave, caving (n) ❖ grotolaz
- 8.6 excitement** (n) /ɪk'saɪtmənt/
the state of feeling excited • *It's a great experience to share the excitement of a live performance with friends.* > excite (v), exciting, excited (adj) ❖ podekscytowanie
- 8.7 crawl** (v) /krɔ:l/
move along the ground on your hands and knees • *The nine-month-old baby crawled to her mother.* > crawl (n) ❖ czołgać się, raczkować
- 8.8 narrow** (adj) /'nærou/
measuring a small distance from one side to the other • *The street is narrow, so only one car can go along it at a time.* > narrowly (adv) ❖ wąski 📏 Opp: wide
- 8.9 tunnel** (n) /'tʌnl/
a long passage through rock • *The train entered a long tunnel to go through the mountain.* ❖ tunel

- 8.10 contain** (v) /kən'teɪn/
to have inside or as part of sth • *This box contains some very valuable jewellery. Look inside.* > container (n) ❖ zawierać
- 8.11 feature** (n) /'fi:tʃə(r)/
sth typical, important or interesting of a place or thing • *The house has some interesting features: a lovely kitchen, a fireplace in every room and a large attic.* ❖ cecha, element
- 8.12 formation** (n) /fɔ:'meɪʃn/
a particular shape or pattern • *Experts can tell how old an area is from the rock formations in caves and cliffs.* ❖ formacja, ukształtowanie
- 8.13 speleothem** (n) /'spi:li:əθɛm/
rock shapes made by water dripping through rock in a cave • *We saw amazing speleothems shaped like castles in the caves.* ❖ naciek jaskiniowy
- 8.14 structure** (n) /'strʌktʃə(r)/
sth that has been built • *The Eiffel Tower is quite old now, but it's still a magnificent structure.* ❖ budowla, konstrukcja
- 8.15 rainwater** (n) /'reɪnwɔ:tə(r)/
water that falls as rain • *During the storm, the streets flooded with rainwater.* ❖ deszczówka
- 8.16 stone** (n) /stəʊn/
a hard substance found in the ground • *The men threw stones at the lion to chase it away from their village.* > stony (adj) ❖ kamień
- 8.17 bat** (n) /bæt/
a small animal that has wings and flies at night • *After sunset, the bats were flying around the trees in the square.* ❖ nietoperz
- 8.18 spider** (n) /'spaɪdə(r)/
a small creature that has eight legs and makes a web to catch insects • *He watched the spider climbing up the wall.* ❖ pająk
- 8.19 caving** (n) /'keɪvɪŋ/
the sport of going into underground caves • *Have you ever been caving?* > cave, caver (n) ❖ alpinizm jaskiniowy
- 8.20 drinking water** (n) /'drɪŋkɪŋ wɔ:tə(r)/
water that is suitable for drinking safely • *In some countries, many people get ill because there's no clean drinking water.* ❖ woda pitna

- 8.21 risk** (n) /rɪsk/
danger • *Don't put yourself at risk by going sailing in dangerous weather conditions.*
➤ risk (v), risky (adj) ❖ zagrożenie
- 8.22 trapped** (adj) /træpt/
not able to get out of or away from sth • *The climbers got trapped in the snow when trying to get back down the mountain.* ➤ trap (n, v)
❖ uwięziony
- 8.23 hypothermia** (n) /ˌhaɪpəˈθɜːmiə/
the state when your body gets so cold that it can't get warm again • *After falling into the cold lake, Daniel was suffering from hypothermia.* ❖ hipotermia
- 8.24 warm up** (phr v) /wɔːm ʌp/
to become warm after being cold • *I had a bowl of hot soup to warm up when I came home.* ❖ rozgrzewać
- 8.25 expert** (n) /ˈɛkspɜːt/
sb who has a lot of knowledge about sth • *My cousin is an expert on rock formations and is studying geology at university.* ❖ ekspert, specjalista
- 8.26 explore** (v) /ɪkˈsplɔː(r)/
to go around a place to learn things about it • *We parked the car and began to explore the forest.* ➤ explorer (n), exploration (n)
❖ badać, eksplorować
- 8.27 footprint** (n) /ˈfʊtprɪnt/
a mark in the ground left by a foot or shoe • *We left footprints in the snow when we walked across the garden.* ❖ ślad, odcisk
- 8.28 escape** (v) /ɪˈskeɪp/
get away from a place where you do not want to be • *How did the men escape from prison?*
➤ escape (n) ❖ uciekać
- 8.29 awful** (adj) /ˈɔːfl/
not nice; very bad • *That meal was awful! I'm not eating there again.* ❖ okropny
- 8.30 amazing** (adj) /əˈmeɪzɪŋ/
surprising; wonderful • *Your holiday photos are amazing. What a beautiful place.* ➤ amaze (v), amazed (adj) ❖ zdumiewający, cudowny
- 8.31 torch** (n) /tɔːtʃ/
a small light that is held in the hand and is powered by batteries • *He turned on his torch to see in the darkness.* ❖ latarka
- 8.32 pay back** (phr v) /peɪ bæk/
to give back money that you owe • *My friend bought our tickets and I paid her back at the end of the month.* ❖ spłacać
- 8.33 permit** (v) /pəˈmɪt/
to allow • *Children under 15 are not permitted to enter the cave alone.* ❖ pozwalać
- 8.34 hand** (v) /hænd/
to give sth to sb • *The woman in the ticket office handed me a map.* ❖ wręczać

Vocabulary Page 92

- 8.35 backpacking** (n) /ˈbækpækɪŋ/
a journey in which you carry everything you need in a backpack • *They went backpacking in Cornwall and stayed at a couple of campsites.* ❖ podróżowanie z plecakiem
- 8.36 drama** (n) /ˈdrɑːmə/
acting; plays • *Jane wants to study drama at the Royal Academy of Dramatic Art.*
➤ dramatic (adj), dramatically (adv)
❖ aktorstwo, sztuka
- 8.37 graphic design** (n) /ˈgræfɪk dɪˈzaɪn/
putting text and images together for advertisements, magazines or books • *The book's success will depend on its attractive graphic design.* ❖ projekt graficzny
- 8.38 sculpture** (n) /ˈskʌlptʃə(r)/
making works of art out of stone, wood, metal, etc; an object made out of stone, wood, clay, etc. • *There are many examples of ancient sculpture in museums in Greece.* ➤ sculpt (v), sculptor (n) ❖ rzeźba
- 8.39 squash** (n) /skwɒʃ/
an indoor sports game in which players hit a ball against a wall • *Tanya plays squash at the sport centre after work to keep fit.*
❖ squash
- 8.40 gallery** (n) /ˈgæləri/
a building in which the public can see works of art • *There is a great exhibition of modern sculpture at the art gallery.* ❖ galeria sztuki
- 8.41 leaflet** (n) /ˈliːflɪt/
a piece of paper or a few pages that advertise sth or give information about sth • *The local gym has handed out these leaflets which give details of prices and special offers.*
❖ ulotka
- 8.42 face to face** (phr) /feɪs tə feɪs/
very close to sb/sth so you can look at them • *I prefer to have lessons face to face in a classroom rather than doing them online.*
❖ bezpośredni, twarzą w twarz
- 8.43 adore** (v) /əˈdɔː(r)/
to like sth very much • *I adore dancing and I want to be a ballet dancer.* ❖ uwielbiać
- 8.44 can't stand** (phr) /kɑːnt stænd/
to dislike sb/sth very much • *Vasso can't stand the smell of garlic. It makes her feel sick.*
❖ nie móc znieść
- 8.45 record** (v) /rɪˈkɔːd/
to write down information or store sounds or video in a computer so that it can be seen or heard in the future • *The band are recording their new song in the studio now.* ➤ record (n)
❖ zapisywać, nagrywać

- 8.46** **podcast** (n) /'pɒdkɑːst/
an audio file from the internet that you can play on a computer, smartphone, or other device
• *Our French teacher sometimes downloads podcasts from French radio stations for us to listen to in class.* ❖ podcast
- 8.47** **video clip** (n) /'vɪdiəʊ klɪp/
a short film or part of a film recorded on the internet • *We've made a video clip to go online with the band's new song.* ❖ klip wideo
- 8.48** **perform** (v) /pə'fɔːm/
to act, sing, play an instrument, etc. to entertain people • *The singer performed a few songs for the audience.* > performer, performance (n) ❖ występować
- 8.49** **photograph** (v) /'fəʊtəgrɑːf/
to take a photo of sb/sth • *Ian managed to photograph the birds in their nest across the lake.* > photograph, photography, photographer (n), photographic (adj)
❖ fotografować, robić zdjęcia
- 8.50** **ballet** (n) /'bæleɪ/
dancing that tells a story with music • *I love watching ballet. The dancers are so graceful.*
❖ balet
- 8.51** **poetry** (n) /'pəʊətri/
a kind of writing, arranged in lines, often with rhyming words at the end • *Shakespeare wrote poetry as well as plays.* > poet, poem (n), poetic (adj) ❖ poezja

Free-time activities

backpacking	drama	poetry
ballet	graphic design	sculpture
caving	podcast	video clip

Grammar Page 93

- 8.52** **abroad** (adv) /ə'brɔːd/
in or to a foreign country • *Helen has travelled all over her own country, but she has never been abroad.* ❖ za granicą
- 8.53** **certain** (adj) /'sɜːtən/
being sure about sth, having no doubt • *I'm certain you'll really enjoy squash. You're good at tennis so you should definitely try it.*
> certainty (n) ❖ pewny

Listening Page 94

- 8.54** **gym** (n) /dʒɪm/
a room for doing physical exercise • *The students are having a PE lesson in the gym.*
> gymnast, gymnastics (n) ❖ siłownia

Speaking Page 95

- 8.55** **interested (in)** (adj) /'ɪnrəstɪd (ɪn)/
having or showing an interest (in) • *I'm not interested in watching films in the cinema. I prefer the theatre.* > interest (n, v), interesting (adj) ❖ zainteresowany
- 8.56** **physical** (adj) /'fɪzɪkl/
connected with the body • *The marathon winner had great physical strength.*
> physically (adv) ❖ fizyczny
- 8.57** **creativity** (n) /kri'eɪ'tɪvəti/
ability to make sth new and imaginative
• *People who make the costumes for plays show a lot of creativity.* > create (v), creation (n), creative (adj) ❖ kreatywność
- 8.58** **to (what) extent** (phr) /tʊ (wɒt) ɪk'stent/
to what level; how much • *To what extent do you agree with your friend's opinion?*
❖ w jakim stopniu, na ile
- 8.59** **stressed** (adj) /strest/
worried; not relaxed • *I always get so stressed before going for an interview.* > stress (v, n), stressful (adj) ❖ zestresowany
- 8.60** **pretty** (adv) /'prɪti/
quite • *We were pretty tired after the long flight, so we had a rest in the hotel.*
❖ całkiem, dość

Vocabulary Page 96

- 8.61** **come round** (phr v) /kʌm raʊnd/
to go to someone's house • *My neighbour often comes round to my place for a chat.*
❖ przychodzić w odwiedziny
- 8.62** **get along with** (phr v) /get ə'ləŋ wɪθ/
to have a good relationship with • *I get along with my brother and we often go out together.*
❖ być z kimś w dobrych stosunkach
- 8.63** **get together** (phr v) /'get təgeðə(r)/
to meet • *Our whole family often gets together at the weekend to have lunch.* > get-together (n) ❖ spotykać się
- 8.64** **hang out** (phr v) /hæŋ aʊt/
to spend time relaxing • *Most teenagers like to hang out with their friends at the weekend instead of staying at home.* ❖ spędzać czas
- 8.65** **join in** (phr v) /dʒɔɪn ɪn/
to become part of a group activity • *Mandy started dancing and soon everyone else joined in.* ❖ przyłączyć się
- 8.66** **take up** (phr v) /teɪk ʌp/
to start a sport or hobby • *Our cousins have taken up table tennis this year and they play twice a week.* ❖ podejmować, zainteresować się

- 8.67 jogging** (n) /'dʒɒɡɪŋ/
running as a hobby or sport • *Peter spends half an hour jogging in the park every day.*
> jog (v), jogger (n) ❖ jogging
- 8.68 challenging** (adj) /'tʃælɪndʒɪŋ/
difficult in an interesting way • *Being a teacher is a challenging job because it isn't easy to deal with children.* > challenge (n, v)
❖ trudny, stanowiący wyzwanie
- 8.69 crazy** (adj) /'kreɪzi/
not sensible • *I think people who do extreme sports are crazy. They could get killed.*
> crazily (adv), craziness (n) ❖ szalony
- 8.70 enjoyable** (adj) /ɪn'dʒɔɪəbl/
that you will enjoy • *The walk around the lake was an enjoyable experience.* > enjoy (v), enjoyment (n) ❖ przyjemny
- 8.71 frightening** (adj) /'fraɪtɪŋɪŋ/
making sb feel afraid • *The earthquake was a frightening experience.* > frightened (adj), frighten (v), fright (n) ❖ przerażający
- 8.72 horror film** (n) /'hɒrə(r) fɪlm/
a film that is made to be frightening • *I get scared if I watch horror films alone at night.*
❖ horror
- 8.73 give away** (phr v) /gɪv ə'weɪ/
to give sth to sb without expecting payment • *Andrea gave her old books away to a charity for poor children.* ❖ rozdawać

Phrasal verbs

come round	give away	pay back
eat out	hang out	take up
get along with	join in	warm up
get together	meet up	

Grammar Page 97

- 8.74 lack** (n) /læk/
not having any or enough • *We had to stop the trek and turn back because of lack of food and water.* > lack (v) ❖ brak
- 8.75 obligation** (n) /ɒblɪ'geɪʃn/
a duty • *Bill felt an obligation to help the old lady across the road as it would have been wrong not to.* > oblige (v), obligatory (adj)
❖ obowiązek
- 8.76 necessity** (n) /nə'sesəti/
a requirement • *There is a great necessity for international cooperation to resolve this situation.* > necessary (adj) ❖ konieczność, potrzeba
- 8.77 prohibition** (n) /,prəʊɪ'bɪʃn/
stopping sth from being done by law or because of a rule • *There is a prohibition on the use of cameras in this museum.*
> prohibit (v) ❖ zakaz, prohibicja
- 8.78 helper** (n) /'helpə(r)/
sb who helps sb else • *He works with a team of volunteer helpers at the homeless shelter.*
> help (n, v), helpful (adj) ❖ pomocnik
- 8.79 ankle** (n) /'æŋkl/
the joint connecting your foot to your leg
• *The little dog bit me on the ankle.* ❖ kostka
- 8.80 entry** (n) /'entri/
the act of going into a place • *You can't go in there. The sign says 'No entry'.* > enter (v), entrance (n) ❖ wejście

Writing Pages 98–99

- 8.81 pastime** (n) /'pɑːstaɪm/
an activity you enjoy doing in your free time
• *Gaming is one of the most popular pastimes for young people.* ❖ rozrywka, hobby
- 8.82 Peru** (n) /pə'ru/
a country in South America • *The capital of Peru is Lima.* > Peruvian (n, adj) ❖ Peru
- 8.83 technique** (n) /tek'nɪk/
a particular way of doing sth, especially one which needs a special skill • *Engineers use a number of techniques to make buildings stronger because there are so many earthquakes in the region.* > technical (adj), technically (adv), technician (n) ❖ technika
- 8.84 windsurfing** (n) /'wɪndzɜːfɪŋ/
the activity of standing on a board that has a sail to move across water with the power of the wind • *Liana has windsurfing lessons at the weekends.* > windsurf (v), windsurfer (n)
❖ windsurfing
- 8.85 previous** (adj) /'priːviəs/
which happened before • *The weather was better than it had been the previous day, so they went for a walk.* > previously (adv)
❖ poprzedni
- 8.86 dislike** (v) /dɪs'laɪk/
to not like • *I strongly dislike listening to jazz.*
> dislike (n) ❖ nie lubić
- 8.87 keen (on)** (adj) /kiːn (ɒn)/
liking sb/sth very much; interested in sb/sth
• *My sister loves playing sports, but I'm not keen on them.* ❖ zainteresowany
- 8.88 advert** (n) /'ædvɜːt/
a notice or picture telling people about a product, job or service • *I love looking at the adverts in expensive fashion magazines even though I can't afford to buy the things in them.* > advertise (v) ❖ reklama 📄 Also: advertisement, ad
- 8.89 meet up** (phr v) /mi:t ʌp/
to meet sb, usually by arrangement • *Let's meet up after school on Friday.* > meetup (n)
❖ spotykać się

Sports

ice-skating
jogging

squash
windsurfing

Video Page 100

- 8.90** **buddy** (n) /'bʌdi/
a friend • *Dina got together with her old school buddies for the first time in years.*
❖ kumpel
- 8.91** **fascinating** (adj) /'fæsɪneɪtɪŋ/
very interesting • *I read a fascinating book about genealogy. I couldn't put it down.*
➢ fascinated (adj), fascinate (v), fascination (n) ❖ fascynujący
- 8.92** **basement** (n) /'beɪsmənt/
the part of a building with rooms below the ground floor • *We have a store room downstairs in the basement.* ❖ piwnica
- 8.93** **open** (adj) /'əʊpən/
honest and saying what you think • *Gina is always open with her parents about where she's going with her friends.* ➢ open (v), openness (n) ❖ otwarty
- 8.94** **smash** (v) /smæʃ/
to hit sth very hard • *Amal smashed the volleyball over the net.* ➢ smash (n)
❖ rozbijać

- 8.95** **trust** (v) /trʌst/
to believe that sb is good, honest, etc.
• *Of course I trust her. She's my best friend.*
➢ trust (n) ❖ ufać
- 8.96** **foster home** (n) /'fɒstə(r) həʊm/
a temporary home where a child is cared for by people who aren't his/her own parents • *When she was a baby, May lived in a foster home until she was adopted.* ➢ foster (v), foster (adj), fostering (n) ❖ rodzina zastępcza
- 8.97** **walk of life** (phr) /wɔ:k əv laɪf/
a person's job or place in society • *The free concert was attended by people from all walks of life, from shop workers to ship owners.*
❖ zawód, pozycja społeczna

Adjectives

amazing	fascinating	open
awful	frightening	physical
challenging	interested (in)	previous
crazy	keen (on)	stressed
enjoyable	narrow	