

Glossary

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- 1.1 railway** (n) /'reɪlweɪ/
the system of tracks that trains travel on
• *The children were playing with the trains on their model railway.* > railway (adj) ❖ kolej

Reading Pages 6–7

- 1.2 celebration** (n) /,sɛlɪ'breɪʃn/
an event in which people do sth special to show that sth is important • *The whole family got together for the New Year celebration.*
> celebrate (v) ❖ uroczystość, obchody
- 1.3 danger** (n) /'deɪndʒə(r)/
sth that might cause harm or damage
• *Elephants are in danger of becoming extinct.* > endanger (v), dangerous (adj)
❖ niebezpieczeństwo
- 1.4 happiness** (n) /'hæpɪnəs/
the state of feeling happy • *A look of happiness was on the child's face as she opened her birthday present.*
> happy (adj), happily (adv) ❖ szczęście
📖 Opp: unhappiness
- 1.5 power** (n) /'paʊə(r)/
energy; strength • *The power of the sun can be used to create electricity.* > empower, power (v), powerful (adj), powerfully (adv)
❖ siła, moc
- 1.6 sadness** (n) /'sædnəs/
the state of feeling sad • *Anna felt great sadness as she flew home after her wonderful holiday.* > sad (adj), sadly (adv), sadden (v)
❖ smutek
- 1.7 lavender** (n) /'lævəndə/
a plant with small purple flowers that smell nice
• *She uses lavender from the garden to keep the clothes in her wardrobe smelling nice.*
❖ lawenda
- 1.8 pure** (adj) /pjʊə(r)/
with nothing extra added • *This scarf is made from pure wool.* > purity (n) ❖ czysty
- 1.9 contrast** (v) /'kɒntrɑːst/
to have a clear difference from sth else
• *Living in our quiet village contrasts with life in the centre of London.* > contrast (n)
❖ kontrastować

- 1.10 frame** (n) /freɪm/
a strong structure that goes around sth, e.g. a door, window, picture, to hold it in position
• *The house has old wooden window frames which need painting.* > frame (v) ❖ rama
- 1.11 display** (n) /dɪ'spleɪ/
a show of sth happening • *We sat on the balcony and watched the fireworks display in the distance.* > display (v) ❖ pokaz, wystawa
- 1.12 aurora borealis** (n) /ə,'rɔːrə ,bɔːrɪ'eɪlɪs/
coloured light that appears sometimes in the sky in the most northern countries • *On our visit to northern Scotland, we stayed awake all night to watch the colourful aurora borealis in the sky.* ❖ zorza polarna 📖 Syn: the Northern Lights
- 1.13 impact** (n) /'ɪmpækt/
a strong effect or reaction • *Not eating properly when you are young can have an impact on your health when you get older.*
❖ wpływ
- 1.14 remind** (v) /rɪ'maɪnd/
to cause you to remember sth you had forgotten • *This painting reminds me of my grandparents' house.* > reminder (n)
❖ przypominać
- 1.15 cultural** (adj) /'kʌltʃərəl/
relating to the culture of one country, group, etc. • *Since tourism has increased on the island, there have been cultural changes in the local lifestyle.* > culture (n), culturally (adv)
❖ kulturowy
- 1.16 background** (n) /'bækgraʊnd/
a person's family and past experience of education, work, and living conditions
• *The writer came from a poor background, but managed to become successful.*
❖ pochodzenie
- 1.17 look** (n) /'lʊk/
an act of looking at sb/sth in order to find sth out • *Have another good look at your homework before you hand it in.* ❖ spojrzenie
- 1.18 primary colour** (n) /,praɪməri 'kʌlə(r)/
one of the three main colours: red, blue or yellow • *When you mix the primary colours, blue and yellow, you get green.* ❖ kolor podstawowy
- 1.19 sunshine** (n) /'sʌnʃaɪn/
the heat and light from the sun • *These plants will grow better if they get more sunshine.*
❖ słońce

- 1.20 eye-catching** (adj) /'aɪ kætʃɪŋ/
which can attract attention because it looks bright, special or different in some way
• *He wore an eye-catching bright green shirt.*
❖ przyciągający wzrok, przyciągający uwagę
- 1.21 energetic** (adj) /,ɛnə'dʒetɪk/
lively and with a lot of energy • *I'm not going to the gym today as I don't feel very energetic.* > energy (n), energetically (adv)
❖ energiczny, pełen energii
- 1.22 enthusiastic** (adj) /ɪn,θju:zi'æstɪk/
excited and very interested about sth • *She was really enthusiastic about her trip to Peru.*
> enthusiasm (n), enthusiastically (adv)
❖ entuzjastyczny, pełen entuzjazmu
- 1.23 sunflower** (n) /'sʌnfloʊə(r)/
a tall plant with yellow flowers whose seeds can be eaten or made into oil for cooking
• *I love this painting of bright yellow sunflowers growing in a field.* ❖ słonecznik
- 1.24 beauty** (n) /'bjʊ:ti/
the quality of being beautiful • *His painting showed the beauty of the countryside.*
> beautiful (adj) ❖ piękno, uroda
- 1.25 caution** (v) /'kɔ:ʃn/
to tell someone about a danger or problem that they need to avoid • *The police put up signs to caution drivers about the floods.* > caution (n)
❖ przestrzegać
- 1.26 warn** (v) /wɔ:n/
to tell someone about a danger or problem that they need to avoid • *Her parents warned her not to walk home alone at night.* > warning (n)
❖ ostrzegać
- 1.27 on board** (expr) /ɒn bɔ:d/
in or on a vehicle, e.g. ship, train, plane • *The pilot waited on board the plane to welcome the passengers.* ❖ na pokładzie ☞ Syn: aboard
- 1.28 calm** (adj) /kɑ:m/
not in a panic; not very excited • *'Please don't panic and keep calm,' said the flight attendant to the passengers.* ❖ spokojny
- 1.29 represent** (v) /reprɪ'zent/
to symbolise • *Red represents anger in some cultures.* > representation (n)
❖ reprezentować
- 1.30 confidence** (n) /'kɒnfɪdəns/
a belief in your ability to do sth successfully
• *To be a successful athlete, you must have confidence in your abilities.* > confident (adj), confidently (adv) ❖ pewność
- 1.31 seriousness** (n) /'sɪəriəsənəs/
the state of being serious • *The news report showed the seriousness of the terrible storm.*
> serious (adj), seriously (adv) ❖ powaga
- 1.32 suggest** (v) /sə'dʒest/
to give sb an idea indirectly • *Wearing dark colours can suggest the idea of sadness.*
> suggestion (n) ❖ sugerować
- 1.33 trust** (v) /trʌst/
to believe that sb is good, honest, capable, etc.
• *Of course I trust Julie. She's my best friend.*
> trust (n), trustworthy, trusting (adj)
❖ ufać, wierzyć
- 1.34 stranger** (n) /'streɪndʒə(r)/
sb that you do not know • *My dad always told me not to accept anything from strangers.*
> strange (adj), strangely (adv) ❖ nieznamy
- 1.35 feel blue** (expr) /fi:l blu:/
to feel sad • *It had been raining all day, which made him feel blue as he couldn't go out.*
❖ być smutnym, być przygnębionym
- 1.36 depressed** (adj) /dɪ'prest/
very unhappy • *I felt depressed after the film because it had a sad ending.* > depress (v), depression (n), depressing (adj)
❖ przygnębiony, załamany
- 1.37 reduce** (v) /rɪ'dju:s/
to make less or smaller • *I am trying to reduce the amount of sugar I eat every day.*
> reduction (n) ❖ zmniejszać, redukować
- 1.38 hunger** (n) /'hʌŋgə(r)/
the feeling that you need to eat • *He ate some fruit to stop the feeling of hunger on his journey.* > hungry (adj), hungrily (adv) ❖ głód
- 1.39 rarely** (adv) /'reəli/
not often, seldom • *We rarely go to restaurants because they can be expensive.* > rare (adj)
❖ rzadko
- 1.40 loss** (n) /lɒs/
no longer having sth • *Renata was sad at the loss of her new mobile phone.* > lose (v), lost (adj) ❖ strata
- 1.41 advise** (v) /əd'vaɪz/
to tell sb what might be the best thing to do
• *The doctor advised me to eat more fresh fruit.* > advice (n) ❖ doradzać
- 1.42 trick** (v) /trɪk/
to make sb believe sth that is not true, usually to make them do sth • *The salesperson tricked Tim into buying the old car by saying it was in perfect condition.* > trick (n) ❖ oszukiwać, nabierać
- 1.43 nervous** (adj) /'nɜ:vəs/
anxious about sth • *He's nervous about giving a speech in front of the class.*
> nervously (adv), nervousness, nerve (n)
❖ zdenerwowany
- 1.44 aggressive** (adj) /ə'ɡresɪv/
angry and ready to attack • *This dog is aggressive, so don't go near it or it might hurt you.* > aggression (n) ❖ agresywny

- 1.45 flag** (n) /flæg/
a piece of cloth that has a specific pattern and colours to represent a country or as a signal
• *The ship had a blue and white flag to show that it was Greek.* ❖ flaga
- 1.46 immediately** (adv) /ɪ'mi:diətli/
straight away, without waiting • *When she saw the accident, she immediately called the police.* > immediate (adj) ❖ natychmiast, niezwłocznie
- 1.47 possibility** (n) /,pɒsə'bɪləti/
a chance that sth might happen • *There's a possibility of rain tonight, but it's not for sure.* > possible (adj), possibly (adv) ❖ możliwość
- 1.48 aware** (adj) /ə'weə(r)/
if you are aware of sth, you notice it or you know it exists • *Are you aware of the fact that films can cost millions of dollars to make?* > awareness (n) ❖ świadomy, powiadomiony
📖 Opp: unaware
- 1.49 appear** (v) /ə'piə(r)/
to seem • *From the sound of her voice, she appeared to be worried.* > appearance (n)
❖ wydawać się 📖 Opp: disappear
- 1.50 wealth** (n) /welθ/
riches • *The woman used her wealth to make the world a better place.* > wealthy (adj)
❖ majątek, bogactwo
- 1.51 famously** (adv) /'feɪməsli/
in a way that is well-known • *They played a song which was famously sung by David Bowie.* > famous (adj) ❖ słynnie, doskonale
- 1.52 ahead** (adv) /ə'hed/
into the future; in front • *The snow was so heavy that he couldn't see the road ahead.*
❖ naprzód
- 1.53 obvious** (adj) /'ɒbvɪəs/
clear to see or understand • *It was obvious that we were going in the wrong direction, so we turned back.* > obviously (adv)
❖ oczywisty
- 1.54 avoid** (v) /ə'vɔɪd/
to keep away from • *They went to the city by metro to avoid the busy roads.*
> avoidance (n) ❖ unikać
- 1.55 alert** (v) /ə'lɜ:t/
to tell sb about a danger • *The police stopped the cars to alert drivers to the danger of floods ahead.* > alert (adj), alertness (n) ❖ ostrzegać
- 1.56 congratulate** (v) /kən'grætʃəleɪt/
to express happiness to sb for their success at sth • *I congratulated Maria on passing her driving test.* > congratulations (n pl)
❖ gratulować
- 1.57 affect** (v) /ə'fekt/
to make sb/sth change in a particular way
• *His advice will not affect my decision.*
❖ wpływać, mieć wpływ

- 1.58 effect** (n) /ɪ'fekt/
a change sth has on sb/sth • *Do you think some colours have an effect on your mood?*
> effective (adj) ❖ efekt, wpływ

LOOK!

Affect vs effect

Προσέχετε τη διαφορά μεταξύ αυτών των λέξεων. Το **affect** είναι ρήμα, ενώ το **effect** είναι ουσιαστικό. *The weather can affect people's feelings negatively. The effect of the weather on people's feelings is sometimes negative.*

- 1.59 react** (v) /rɪ'ækt/
to behave in a particular way because of sth that has happened • *The tennis player reacted slowly and didn't manage to hit the ball.*
> reaction (n) ❖ reagować

Vocabulary Page 8

- 1.60 care** (n) /keə(r)/
giving attention and looking after sb/sth
• *Parents should give their children love and care.* > care (v), caring, careful, careless (adj)
❖ opieka
- 1.61 caring** (adj) /'keərɪŋ/
full of love and affection • *Susan is a caring person and likes babysitting the children.*
> care (v, n) ❖ troskliwy, opiekuńczy
- 1.62 confident** (adj) /'kɒnfɪdənt/
feeling sure • *She has a lot of experience and is confident that she can get the job.*
> confidence (n) ❖ pewny
- 1.63 embarrassed** (adj) /ɪm'bærəst/
feeling uncomfortable and worrying about what people think of you • *He was so embarrassed when he spilt coffee on his boss's laptop.*
> embarrass (v), embarrassment (n), embarrassing (adj) ❖ zawstydzony
- 1.64 embarrassment** (n) /ɪm'bærəsment/
the feeling of being embarrassed • *Emma's face went red with embarrassment when her mum read her diary.* > embarrassed, embarrassing (adj), embarrass (v) ❖ wstyd
- 1.65 enthusiasm** (n) /ɪn'θju:ziæzəm/
a strong feeling of excitement and interest
• *There is a lot of enthusiasm for the project and many students want to take part.*
> enthusiastic (adj), enthusiastically (adv)
❖ entuzjizm
- 1.66 imagination** (n) /ɪ,mædʒɪ'neɪʃn/
the ability to think of new and exciting ideas which are not obvious • *An artist needs to have a good imagination as well as talent.*
> imagine (v), imaginative, imaginary (adj), imaginatively (adv) ❖ wyobraźnia

- 1.67 imaginative** (adj) /ɪ'mædʒɪnətɪv/
having new and exciting ideas • *She is an imaginative author whose novels are brilliant.*
> imaginatively (adv), imagine (v), imagination (n), imaginary (adj) ❖ pomysłowy, obdarzony wyobraźnią
- 1.68 loneliness** (n) /'lɒnlɪnəs/
sadness because you are alone • *He felt great loneliness on his first week at college when he knew nobody.* > lonely (adj) ❖ samotność
- 1.69 lonely** (adj) /'lɒnli/
feeling sad about being alone or not knowing people • *Students might feel a bit lonely in their first weeks at university.* > loneliness (n)
❖ samotny
- 1.70 pride** (n) /praɪd/
the feeling of being pleased at sb's success • *He felt a sense of pride at seeing his paintings in the exhibition.* > proud (adj), proudly (adv) ❖ duma
- 1.71 proud** (adj) /praʊd/
pleased with yourself or sb else • *She felt proud of herself when she won the tennis tournament.*
> pride (n), proudly (adv) ❖ dumny
- 1.72 sense** (n) /sens/
the ability to make logical decisions • *She had the sense to realise that it was too dangerous to continue driving in the fog.*
❖ rozsądek
- 1.73 sensible** (adj) /'sensɪbl/
able to make good judgements • *It isn't sensible to go hiking in a snowstorm.*
> sensibly (adv), sense (n) ❖ rozsądny
📖 Opp: silly
- 1.74 stress** (n) /stres/
the feeling of being so worried or tired that you cannot relax • *The stress of looking for a job keeps him awake at night.* > stress (v), stressed, stressful (adj) ❖ stres
- 1.75 stressed** (adj) /strest/
so worried or tired that you cannot relax • *Most students get stressed before exams.*
> stress (v, n), stressful (adj) ❖ zestresowany
- 1.76 original** (adj) /ə'ɪdʒənəl/
existing or happening first • *The original owners of our house were a family who moved to Australia.* > originality (n) ❖ pierwotny, początkowy
- 1.77 rude** (adj) /ruːd/
not polite; showing no respect • *Shouting at your teacher was very rude. You should apologise to her.* > rudeness (n), rudely (adv)
❖ niegrzeczny 📖 Opp: polite
- 1.78 easy-going** (adj) /'iːzi-ɡəʊɪŋ/
not easily upset, annoyed or worried • *John will do whatever we want to do; he's very easy-going, you know.* ❖ na luzie, bezproblemowy
- 1.79 miserable** (adj) /'mɪzrəbl/
very unhappy • *What's wrong? You look so miserable.* > misery (n), miserably (adv)
❖ nieszczęśliwy, marny
- 1.80 close** (adj) /kləʊs/
when sb likes and gets on well with sb else • *They've been close friends since they were very young and they share all their secrets.*
❖ bliski
- 1.81 sibling** (n) /'sɪblɪŋ/
a brother or sister • *Barbara is the oldest of four children, so she helps look after her younger siblings.* ❖ rodzeństwo
- 1.82 relation** (n) /rɪ'leɪʃn/
how two people feel and behave towards each other • *My relations with my wife's family have got better since our son was born.* ❖ relacja
- 1.83 distant** (adj) /'dɪstənt/
related, but not closely • *I discovered that we have some distant family members in Canada. Their parents were my grandfather's cousins.*
> distance (n) ❖ daleki
- 1.84 stepbrother** (n) /'stepbrʌðə(r)/
the son of your stepmother (= the new wife of your father) or your stepfather (= the new husband of your mother) from a previous marriage • *After Mum and Dad's divorce, Dad got married to Serena who already has two sons. So now I have two stepbrothers.*
❖ przyrodni brat
- 1.85 brother-in-law** (n) /'brʌðər ɪn lɔː/
the brother of your husband or wife • *Bob's sister is married to Tom, so that's his brother-in-law.* ❖ szwagier
- 1.86 generous** (adj) /'dʒenərəs/
giving freely • *Harry is very generous and pays his workers well.* > generously (adv), generosity (n) ❖ hojny, szczodry 📖 Opp: mean
- 1.87 mother-in-law** (n) /'mʌðər ɪn lɔː/
the mother of your husband or wife • *Dan gets on quite well with his mother-in-law and he respects the way she brought up his wife.*
❖ teściowa
- 1.88 help out** (phr v) /help 'aʊt/
to help sb in a difficult situation • *At the weekend, I help out at the local animal shelter.* ❖ pomagać

Feelings: nouns

care	loneliness	seriousness
confidence	loss	stress
embarrassment	pride	support
happiness	sadness	<u>togetherness</u>
hunger	sense	

Grammar Page 9

- 1.89 powder** (n) /'paʊdə(r)/
a dust-like substance • *Flour is a powder used in baking bread and cakes.* ❖ proszek
- 1.90 clue** (n) /kluː/
sth that helps you to solve a mystery
• *The detective who was investigating the disappearance of the old lady found a clue in her diary.* ❖ wskazówka
- 1.91 lead** (v) /liːd/
to show the way (to a place) • *The narrow path led to the top of the hill.* ❖ prowadzić
- 1.92 water level** (n) /'wɔːtə levl/
the height that the surface of water reaches above the ground • *As the rain flooded the streets, the water level rose to 1.5 metres.* ❖ poziom wody
- 1.93 rise** (v) /raɪz/
to become higher or greater in amount or number • *The sun came up and the temperature rose to 30°C.* > rise (n)
❖ wzrastać, podnosić się
- 1.94 plot** (n) /plɒt/
the events in the story of a book, film or play
• *The plot in this film is about a father looking for his lost daughter.* ❖ fabuła
- 1.95 commentary** (n) /'kɒməntəri/
a spoken description of an event while it is happening • *We couldn't go to the match, so we listened to the commentary of it on the radio.* > comment (n, v), commentator (n)
❖ komentarz
- 1.96 continually** (adv) /kən'tɪnjuəli/
all the time; repeatedly • *She couldn't sleep because of her neighbours continually playing loud music at night.* > continue (v), continual (n)
❖ nieprzerwanie
- 1.97 behaviour** (n) /bɪ'heɪvjə(r)/
the way a person or animal does things
• *The biologist is studying the gorilla's behaviour.* > behave (v) ❖ zachowanie
- 1.98 right now** (adv) /raɪt naʊ/
exactly at this moment • *I'm too busy to talk on the phone right now, so I'll call you later.*
❖ teraz, w tej chwili
- 1.99 public transport** (n) /'pʌblɪk 'trænspɔːt/
all the ways for people to travel in a country/city that the government provides, e.g. bus, metro
• *It's sensible to use public transport instead of cars, but the buses and metro are so crowded.*
❖ transport publiczny
- 1.100 outgoing** (adj) /'aʊt'gəʊɪŋ/
sociable; open and friendly towards other people • *My sister is more outgoing than I am; she loves leading group activities, but I'm quite shy.* ❖ towarzyski

- 1.101 excuse me** (expr) /'ɪk'skjuːz miː/
used to get sb's attention to say sth
• *Excuse me, do you have this T-shirt in blue?*
❖ przepraszam

Listening Page 10

- 1.102 jigsaw puzzle** (n) /'dʒɪɡzɔː 'pʌzl/
a picture on thin cardboard that is cut into small shapes for you to put together • *On rainy days, I enjoy playing board games with friends or doing a jigsaw puzzle alone.* ❖ układanka, puzzle
- 1.103 birth** (n) /bɜːθ/
the time when sb/sth is born; the act of being born • *Shakespeare's place of birth was a town called Stratford.* ❖ urodzenie
📖 Also: date of birth
- 1.104 adventurous** (adj) /əd'ventʃərəs/
who enjoys trying new things or taking risks
• *George isn't adventurous enough to go camping. He's afraid of insects!*
> adventure (n) ❖ śmiały, żądny przygód
- 1.105 expedition** (n) /ekspə'dɪʃn/
a long, carefully organised journey to a dangerous or unfamiliar place • *They made preparations for their expedition to Antarctica.*
❖ wyprawa
- 1.106 develop** (v) /dɪ'veləp/
improve • *Our friendship has developed over the years and now we're best friends.*
> development (n), developed (adj) ❖ rozwijać
- 1.107 society** (n) /sə'saɪəti/
an organisation for people with the same interest
• *Our local dramatic society is putting on a play next week.* ❖ stowarzyszenie, klub 📖 Syn: club

Speaking Page 11

- 1.108 be mad about** (expr) /biː mæd' ə'baʊt/
to like or enjoy very much • *I don't understand why my friends are mad about sushi. I hate it!*
❖ przepadać za
- 1.109 fan** (n) /fæn/
sb who likes a particular activity, person or team • *The fans cheered loudly when the band went on stage.* ❖ fan
- 1.110 retire** (v) /rɪ'taɪə/
to stop working because you have reached a certain age • *Grandpa retired at 65 and he now relaxes at home.* > retirement (n)
❖ przejść na emeryturę
- 1.111 talkative** (adj) /'tɔːkətɪv/
sb who likes to talk a lot • *Terry is tired, so he's very quiet and not as talkative as usual today.* ❖ gadatliwy

- 1.112 by heart** (expr) /baɪ ha:t/
from memory • *I learnt this poem by heart when I was in primary school.* ❖ na pamięć
- 1.113 though** (adv) /ðəʊ/
however • *I get on well with Mike. I haven't known him long, though.* ❖ jednak
- 1.114 range** (n) /reɪndʒ/
a number of different things of the same kind
• *The shop has a wide range of souvenirs to choose from.* ❖ asortyment, gama
- 1.115 pretty** (adv) /'prɪti/
quite • *We were pretty tired after the long walk.* ❖ całkiem, dość

Grammar Page 12

- 1.116 high street** (n) /'haɪ stri:t/
the main street in a town, where most of the shops, businesses, etc. are • *Have you been to that new restaurant on the high street?*
❖ główna ulica
- 1.117 childhood** (n) /'tʃaɪldhʊd/
the period of sb's life when they are a child
• *He spent his childhood in the country, but when he was 16 his family moved to London.*
➢ child (n), childish (adj) ❖ dzieciństwo
- 1.118 unattended** (adj) /,ʌnə'tendɪd/
an object left somewhere without being supervised • *There are signs everywhere at the airport warning you not to leave your bags unattended.* ❖ bez dozoru

Use your English Page 13

- 1.119 hang out** (phr v) /hæŋ aʊt/
to spend a lot of time somewhere or with sb
• *Ken hangs out with his friends at the mall every Saturday.* ❖ spędzać czas
- 1.120 have a lot in common** (expr) /hæv ə lɒt ɪn 'kɒmən/
to have the same interests as sb; be like sb in a certain way • *Eva has a lot in common with her sister.* ❖ mieć z kimś wiele wspólnego
- 1.121 get on sb's nerves** (expr) /get ɒn 'sʌmbədɪz nɜ:vz/
to annoy sb • *Steve plays his guitar badly all the time and it really gets on my nerves.*
❖ denerwować kogoś
- 1.122 keep in touch with** (expr) /ki:p ɪn tʌtʃ wɪð/
to talk or write to sb • *Billie moved to Canada, but he keeps in touch with his friends by email.*
❖ utrzymywać z kimś kontakt
- 1.123 be dying to/for** (expr) /bi: 'daɪɪŋ tu:/fɔ:/
to really want to do sth • *I'm dying to paint my room orange, but my mum won't let me.*
❖ chcieć czegoś bardzo

- 1.124 be a natural (at)** (expr) /bi: ə 'nætʃrəl (æt)/
be good at sth without having to try hard
• *He's a natural at swimming and spends all his summer in the sea.* ❖ być w czymś dobrym
- 1.125 fall out with** (phr v) /fɔ:l aʊt wɪð/
to argue and stop being friends (with) • *Steven fell out with his friends when he discovered they had told him lies.* ❖ pokłócić się z
- 1.126 see red** (expr) /si: red/
to get angry • *Katy saw red and started shouting angrily.* ❖ zezłościć się
- 1.127 give sb the green light** (expr) /gɪv 'sʌmbədi ðə gri:n laɪt/
to give sb permission to do sth
• *When the doctor gives you the green light, you can start doing sports again.* ❖ dać komuś pozwolenie
- 1.128 black and white** (expr) /blæk ənd waɪt/
clear and simple • *This is a difficult problem to solve. It's not just black and white.*
❖ czarno-biały
- 1.129 straightforward** (adj) /,streɪt'fɔ:wəd/
easy to understand and simple • *Can you give me a straightforward explanation of what this text means?* ❖ prosty
- 1.130 as good as gold** (expr) /əz gʊd əz gəʊld/
behaving very well • *The children were as good as gold at dinner time and ate their meal quietly.* ❖ być bardzo grzecznym
- 1.131 naughty** (adj) /'nɔ:ti/
behaving badly • *Tina has been very naughty. She's hidden her brother's tablet.*
❖ niegrzeczny, niesforny
- 1.132 well-behaved** (adj) /,wel bɪ'heɪvd/
behaving well • *The fans were all well-behaved at the basketball game.* ❖ ułożony, grzeczny
- 1.133 show your true colours** (expr) /ʃəʊ jə(r) tru: 'kɒləz/
to show your true character • *Ben showed his true colours when he won \$20,000 in the lottery.* ❖ pokazać swoje prawdziwe oblicze
- 1.134 personality** (n) /pɜ:sə'næləti/
character • *She has a very calm and generous personality.* ➢ person (n), personal (adj)
❖ charakter, osobowość
- 1.135 sense of humour** (expr) /sens əv 'hju:mə(r)/
the ability to see the funny side of things
• *My brother has no sense of humour. He never thinks my tricks are funny!* ❖ poczucie humoru
- 1.136 unkind** (adj) /,ʌn'kaɪnd/
slightly cruel • *Why did you take your little brother's toy away? It was unkind of you.*
➢ unkindly (adv), unkindness (n) ❖ niemiły
📎 Opp: kind

1.137 spare time (expr) /ˌspeə 'taɪm/
free time • *I love to go hiking and kayaking in my spare time.* ❖ czas wolny

Expressions and phrasal verbs

as good as gold	have a lot in common
be a natural at	help out
be dying to	keep in touch with
be mad about	keep your word
black and white	see red
fall out with	sense of humour
feel blue	show your true colours
get on my nerves	spare time
give the green light	take care
hang out	

Writing Pages 14–15

1.138 similarity (n) /sɪmə'lærəti/
If there is a similarity between things or people, they are almost the same. • *There's such a similarity between these two people that they must be twins.* > similar (adj) ❖ podobieństwo

1.139 graphic novel (n) /ˌgræfɪk 'nɒvl/
a book with the story told in pictures, like a comic • *The graphic novel was about a serious issue, but showed it in an amusing way through pictures and dialogue.*
❖ powieść graficzna

1.140 take care (expr) /teɪk keə(r)/
used to say goodbye informally • *He ended his email with 'See you soon. Take care!'*
❖ trzymaj się

Live well, study well

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1.141 value (v) /væljuː/
to think that sb/sth is important • *I've always valued my mother's advice.* > value (n), valuable (adj) ❖ cenić

1.142 accept (v) /ək'sept/
to agree to sth as it is; to say 'yes' to an invitation or offer • *If you move to another country, you have to accept that the culture may be different to yours.* > acceptance (n), acceptable (adj) ❖ zgadzać się, akceptować

1.143 understanding (adj) /ˌʌndə'stændɪŋ/
showing that you understand sb's situation and will offer to help or forgive sb • *The police officer was kind and understanding when our car was stolen.* > understand (v), understanding (n) ❖ wyrozumiały

1.144 judge (v) /dʒʌdʒ/
to decide what you think of sb/sth from what you know • *We shouldn't judge a person's character from the clothes they wear.*
> judge (n) ❖ oceniać, osądzać

1.145 keep your word (expr) /kiːp jɔː wɜːd/
to do what you told sb you would do • *Ken kept his word and gave me back the money he'd borrowed as soon as he got paid.*
❖ dotrzymywać słowa

1.146 respect (v) /rɪ'spekt/
to show you understand that sb/sth is important and make sure you do not do anything against them • *You should respect other people's wishes.* > respect (n)
❖ szanować

1.147 listener (n) /'lɪsənə(r)/
sb who listens • *If you want to stay friends with him, try to be a better listener and don't just talk about yourself all the time.* > listen (v)
❖ słuchacz

1.148 treat (v) /tri:t/
to behave to sb in a particular way • *He treats his dog well, and cooks chicken and steak for its meals.* > treat, treatment (n) ❖ traktować

1.149 feedback (n) /'fiːdbæk/
comments or information about how good or useful sth is • *So far, we've had positive feedback from our customers.* ❖ informacja zwrotna

1.150 togetherness (n) /tə'geðənəs/
the feeling of being with people you get on well with • *During the camping weekend, the group developed a true sense of togetherness.*
> together (adv) ❖ więź

1.151 quality time (n) /'kwɒləti taɪm/
time you spend with sb when you can give them your complete attention • *Stella feels she'd like to work fewer hours to spend more quality time with her family.* ❖ czas spędzony z bliskimi

1.152 support (n) /sə'pɔːt/
help given to sb by being kind to them during a difficult time • *When I feel down, I can always rely on support from my friends.* > support (v), supportive (adj) ❖ wsparcie

1.153 encouragement (n) /ɪn'kʌrɪdʒmənt/
the act of doing sth that encourages sb • *With her friend's encouragement, Ellie applied for a better job.* > encourage (v) ❖ zachęta

1.154 willing (adj) /'wɪlɪŋ/
open to doing sth • *He's always willing to help his friends when they need it most.*
> willingly (adv), willingness (n) ❖ skłonny, chętny

- 1.155 compromise** (v) /'kɒmpɹəmaɪz/
to come to an agreement by leaving out some of the things you want • *Fred wasn't keen on my idea to sleep in a tent, so we decided to compromise and stay in a caravan on a campsite.* > compromise (n) ❖ pójść na kompromis
- 1.156 responsibility** (n) /rɪˌspɒnsəˈbɪlɪti/
sth that sb has to do as a job or duty
• *When Eddie's parents are at work, it's his responsibility to prepare dinner.* > responsible (adj) ❖ obowiązek, odpowiedzialność
- 1.157 admit** (v) /əd'mɪt/
to agree that you did sth bad or that sth bad is true • *The teacher admitted that he had given us the wrong test.* ❖ przyznawać
- 1.158 growth** (n) /grəʊθ/
the process of developing • *The teenage years are an important stage of a person's emotional growth.* > grow (v) ❖ rozwój
- 1.159 additional** (adj) /ə'dɪʃnəl/
extra; more • *The leaflet gave basic details about the castle, so I downloaded additional information about it from the internet.* > addition (n), additionally (adv) ❖ dodatkowy
- 1.160 potential** (adj) /pə'tenʃl/
possible • *Destroying the Amazon rainforest is a potential disaster for the whole world.* > potential (n) ❖ potencjalny
- 1.161 challenging** (adj) /'tʃæləndʒɪŋ/
difficult in an interesting way • *This computer game is very challenging, but I'm not going to give up.* > challenge (v, n) ❖ stanowiący wyzwanie, trudny
- 1.162 point of view** (expr) /pɔɪnt əv vjuː/
an opinion • *You can express your point of view after he finishes his presentation.* ❖ punkt widzenia
- 1.163 reasoning** (n) /'riːzənɪŋ/
the process of working things out and forming opinions logically • *I still disagree with his decision although I understood his reasoning.* > reason (n, v), reasonable (adj) ❖ rozumowanie, argumentacja
- 1.164 challenge** (v) /'tʃæləndʒ/
to question sb's opinions • *He challenged her view that it's healthy to be a vegan.* > challenge (n), challenging (adj) ❖ poddać w wątpliwość
- 1.165 offensive** (adj) /ə'fensɪv/
rude and making sb feel upset • *John felt annoyed when someone posted an offensive comment about him online.* > offend (v), offence, offender (n) ❖ obraźliwy
- 1.166 contract** (n) /'kɒntrækt/
a written agreement • *Before signing the contract to rent the house, she read it carefully to check the details.* > contractor (n) ❖ umowa

- 1.167 accidentally** (adv) /,æksɪ'dentəli/
by mistake; without intending to • *He accidentally sent the email to the wrong person.* > accident (n), accidental (adj) ❖ przypadkowo, nieumyślnie
- 1.168 exchange** (v) /ɪks'tʃeɪndʒ/
to replace one thing with another • *After work, they often meet at a café to exchange thoughts about their day.* > exchange (n) ❖ wymieniać
- 1.169 currently** (adv) /'kʌrəntli/
at the moment; now • *The restaurant is currently closed for repairs and will open again next month.* > current (adj) ❖ obecnie
- 1.170 speech** (n) /spi:tʃ/
a formal talk • *The president will make a speech on TV tonight.* > speak (v), speaker (n) ❖ przemowa

Adjective endings

-ic energetic enthusiastic	-ing caring challenging easy-going eye-catching outgoing understanding willing	-ed ashamed depressed embarrassed stressed unattended well-behaved
-ous adventurous generous nervous	-ly lonely	-ble miserable sensible
-al additional cultural original		
-ive aggressive imaginative offensive supportive talkative		

Relationships: verbs

accept	compromise	respect
admit	congratulate	trust
challenge	judge	value