

Glossary

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- 7.1 rainbow** (n) /'reɪnbəʊ/
a semi-circular band of different colours that sometimes appears in the sky when the sun shines through rain • *The photo caught the beautiful colours of the rainbow above the hills.* ❖ tęcza
- 7.2 form** (v) /fɔ:m/
to start to exist • *The rocks were formed millions of years ago from the bodies of tiny organisms in the sea.* > form, formation (n) ❖ tworzyć się

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- 7.3 disaster** (n) /dɪ'zɑ:stə(r)/
a sudden event or accident which causes great damage or suffering • *Thousands of people died in the earthquake. It was a disaster.* > disastrous (adj) ❖ katastrofa
- 7.4 avalanche** (n) /'ævələ:ntʃ/
lots of snow which falls down the side of a mountain • *The village was buried by an avalanche which came down from the mountain.* ❖ lawina
- 7.5 cause** (v) /kɔ:z/
make sth happen • *The storm caused a lot of serious problems.* > cause (n) ❖ powodować
- 7.6 damage** (n) /'dæmɪdʒ/
harm • *Some fishermen cause damage to the coral reef and kill many creatures that live there.* > damage (v) ❖ szkoda
- 7.7 flood** (n) /flʌd/
a large amount of water covering an area that is usually dry • *It rained for days and there were terrible floods.* > flood (v) ❖ powódź
- 7.8 hurricane** (n) /'hʌrɪkən/
a storm with very strong fast winds • *The hurricane called Katrina destroyed many parts of the city of New Orleans.* ❖ huragan
- 7.9 wildfire** (n) /'waɪldfaɪə(r)/
a fire that starts and spreads very quickly and cannot be controlled • *The wildfire burnt thousands of trees.* ❖ pożar, ogień
- 7.10 shake** (v) /ʃeɪk/
to make small movements you cannot stop • *After waiting at the bus stop for an hour, he was shaking from the cold.* > shake (n) ❖ wstrząsać

- 7.11 canyon** (n) /'kænjən/
a long narrow valley with steep sides • *The most famous canyon in the world must be the Grand Canyon in the USA.* ❖ kanion
- 7.12 landslide** (n) /'lændslaɪd/
when rocks and earth fall down off the side of a mountain • *The rain caused a landslide and rocks blocked the road for weeks.* ❖ osuwisko
- 7.13 tidal current** (n) /'taɪdl 'klʌrənt/
a strong flow of the sea that moves away from or towards the coast • *The boat was pulled out to sea in the tidal current.* ❖ prąd pływowy
- 7.14 tsunami** (n) /tsu:'nɑ:mi/
a very large wave from the sea, often caused by an earthquake • *When the tsunami struck, the seaside homes were covered by water.* ❖ tsunami
- 7.15 steam** (n) /sti:m/
vapour from hot water • *Don't burn your hands on the steam coming from that hot saucepan.* ❖ para wodna
- 7.16 tide** (n) /taɪd/
the current that causes the rise and fall of the sea level twice a day • *The beach ball was pulled out to sea by the tide.* > tidal (adj) ❖ pływ, przyptyw, odpływ
- 7.17 wave** (n) /weɪv/
a large mass of water flowing, e.g. in the sea • *Suddenly, a big wave came and covered the beach.* > wavy (adj) ❖ fala
- 7.18 valley** (n) /'væli/
an area of land between hills • *Our hotel was in the valley, so it was a difficult walk up the hill the next day.* ❖ dolina
- 7.19 stream** (n) /stri:m/
a small river • *You can see the fish in the stream because it isn't deep.* ❖ strumień
- 7.20 constantly** (n) /'kɒnstəntli/
again and again, without stopping • *He waited for his interview, constantly looking at his watch.* > constant (adj) ❖ ciągle
- 7.21 strike** (v) /straɪk/
to happen suddenly and cause a person or place to suffer • *The earthquake struck the island at 3.17 a.m.* ❖ uderzać

- 7.22 coast** (n) /kəʊst/
the land next to or near the sea • *We walked along the coast and saw some sea gulls.*
> coastal (adj) ❖ wybrzeże
- 7.23 creature** (n) /'kri:tʃə/
an animal; a living thing • *There are lots of strange creatures that live in the ocean.*
> create (v), creator (n) ❖ stworzenie
- 7.24 food chain** (n) /'fu:d tʃeɪn/
the system of living things in which each one eats the next one in the series • *Insects, eaten by birds and many small animals, are an important part of the food chain.* ❖ łańcuch pokarmowy
- 7.25 in turn** (expr) /ɪn tɜ:n/
as a result • *The streets were flooded and, in turn, there was a power cut.* ❖ z kolei
- 7.26 ecosystem** (n) /'i:kəʊsɪstəm/
all the plants and animals that live in the same place and their relationship • *The ecosystem of the area has been destroyed by careless farming.* ❖ ekosystem
- 7.27 habitat** (n) /'hæbɪtæt/
the environment where an animal or plant lives or grows • *The tropics are the natural habitat of parrots.* ❖ otoczenie, środowisko
- 7.28 marine** (adj) /mə'ri:n/
of the sea • *She studies marine life in the Mediterranean Sea.* ❖ morski
- 7.29 sperm whale** (n) /'spɜ:m weɪl/
a large whale that people kill for its fat and oil • *Sperm whales are an endangered species due to overfishing.* ❖ kaszalot
- 7.30 adapt** (v) /ə'dæpt/
to change to suit a situation • *It isn't always easy to adapt to life in a foreign country.*
> adaptation (n) ❖ przystosować
- 7.31 surface** (n) /'sɜ:fɪs/
the top or outside part of sth • *You must wash kitchen surfaces well before you prepare food on them.* ❖ powierzchnia
- 7.32 mammal** (n) /'mæml/
an animal that gives birth to young animals, not eggs, and can feed them with its natural milk • *Dolphins and whales are mammals, not fish.* ❖ ssak
- 7.33 breathe** (v) /bri:ð/
to take air into your lungs and send it out again through your nose or mouth • *The smoke from the fire made it difficult to breathe.* > breath (n) ❖ oddychać
- 7.34 document** (v) /'dɒkjument/
to record sth in writing or as an image • *They documented the results of their research in the report.* > document, documentary (n) ❖ dokumentować

Vocabulary Page 80

- 7.35 drought** (n) /draʊt/
a long time without enough rain
• *A lot of plants and animals died in the drought.* ❖ susza
- 7.36 typhoon** (n) /taɪfu:n/
a tropical storm with extremely strong winds
• *The roof of the house was blown off in the typhoon.* ❖ tajfun
- 7.37 aid worker** (n) /eɪd 'wɜ:kə(r)/
sb who works for an organisation that helps people in difficult situations • *Aid workers arrived to help the families left homeless after the earthquake.* ❖ pracownik pomocy społecznej
- 7.38 collapse** (v) /kə'læps/
fall down • *The block of flats collapsed in the earthquake.* > collapse (v, n) ❖ zawalić się
- 7.39 trap** (v) /træp/
to keep sb in a dangerous place that they want to get out of but can't • *The people of the village were trapped in their homes by the heavy snow and couldn't get out to buy food.*
> trap (n) ❖ więzić
- 7.40 survivor** (n) /sə'vaɪvə(r)/
sb who is still alive after an event or situation that could have killed them • *It was a terrible accident. There were no survivors.* > survive (v), survival (n) ❖ ocalały
- 7.41 volunteer** (n) /vɒlən'tiə/
sb who works willingly and without payment
• *Many people were volunteers for the Olympic Games.* > volunteer (v), voluntary (adj) ❖ wolontariusz
- 7.42 structure** (n) /'strʌktʃə(r)/
sth that has been built • *The Eiffel Tower is one of the most interesting structures we've seen.* ❖ budowla
- 7.43 supplies** (n pl) /sə'plaɪz/
things such as food, medicine, etc. that you need to live or in order to do a particular activity • *They keep their food and other supplies over there.* > supply (v) ❖ zapasy
- 7.44 crisis** (n) /'kraɪsɪs/
an emergency or really bad situation
• *Countries should work together to help each other in times of crisis.* ❖ kryzys
- 7.45 real-time** (adj) /rɪəl 'taɪm/
live at the time sth actually happens
• *The website gave a real-time news report from the scene of the flood.* > real time (n)
❖ w czasie rzeczywistym

Natural disasters

crisis	hurricane	tsunami
drought	landslide	typhoon
flood	tornado	wildfire

Grammar Page 81

- 7.46 feel like** (phr) /fi:l laik/
to want to or be in the mood to do sth
• *I didn't feel like going out in the cold, so I decided to stay in for the day.* ❖ mieć chęć

Listening Page 82

- 7.47 safety** (n) /'seɪfti/
being safe from danger • *The rescue team carried the injured climber to safety.* > safe (adj), safely (adv) ❖ bezpieczeństwo
- 7.48 put out** (phr v) /pʊt aʊt/
to stop sth from burning • *It took them two days to put the wildfire out.* ❖ ugasić
- 7.49 safely** (adv) /'seɪfli/
without being hurt or damaged • *Although it was snowing heavily, she managed to drive home safely.* > safe (adj), safety (n)
❖ bezpiecznie
- 7.50 twig** (n) /twɪɡ/
a very small branch of a tree • *The little bird sat on a tiny twig on top of the tree.* ❖ gałązka
- 7.51 log** (n) /lɒɡ/
a thick piece of wood that is cut from a tree
• *I put another log on the fire to warm up the room.* ❖ polano
- 7.52 rainforest** (n) /'reɪnfɔːrɪst/
a thick forest in the tropics • *Half the Amazon rainforest could be lost in a few years because people are destroying the trees.* ❖ las deszczowy
- 7.53 clear** (v) /klɪər/
to make sth clean and tidy • *If we clear the beach of rubbish, it will be a safer place for sea turtles.* ❖ sprzątać, usuwać
- 7.54 eucalyptus** (n) /ju:kəlɪptəs/
a type of tall tree with strong smelling leaves
• *Eucalyptus trees are native to Australia, where koalas eat their leaves.* ❖ eukaliptus
- 7.55 seed** (n) /si:d/
the small hard part inside a plant or fruit that new plants can grow from • *The farmer was planting seeds in his field to grow cabbages.*
❖ nasienie, ziarno

- 7.56 release** (v) /rɪ'liːs/
to let a substance move freely • *The body releases adrenaline when a person is scared.*
> release (n) ❖ uwolnić
- 7.57 sloth** (n) /sləʊθ/
an animal that lives in trees in Central or South America and moves really slowly • *The sloth climbed very slowly and carefully along the branch of the tree.* ❖ leniwiec
- 7.58 sunlight** (n) /'sʌnlɑːt/
the light from the sun • *The sunlight shone through the bedroom window and woke me up.*
> sunlit (adj) ❖ światło słoneczne

Environment and living things

creature	mammal	sunlight
ecosystem	marine	tidal current
eucalyptus	rainforest	tide
food chain	seed	twig
habitat	sloth	
log	sperm whale	

Speaking Page 83

- 7.59 rescue** (v) /'reskjuz/
to save sb/sth from a dangerous situation
• *The sailors were rescued from their sinking ship by helicopter.* > rescue, rescuer (n)
❖ ratować
- 7.60 rescuer** (n) /'reskjʊə(r)/
a person who saves sb from a dangerous situation • *He thanked his rescuers for saving his life.* > rescue (v, n) ❖ ratownik

Grammar Page 84

- 7.61 frequently** (adv) /'fri:kwəntli/
often • *The mountain road is frequently blocked with snow in winter.* > frequent (adj), frequency (n) ❖ często

Use your English Page 85

- 7.62 take a rain check** (expr) /teɪk ə 'reɪn tʃek/
to put something off until a later date • *I've just broken my arm, so I'll have to take a rain check on our tennis match.* ❖ przesunąć coś w czasie
- 7.63 have (my) head in the clouds** (expr) /hæv (maɪ) hed ɪn ðə klaʊdz/
not be concentrating; be unrealistic • *She is not very sensible or practical. She has her head in the clouds.* ❖ bujać w obłokach

- 7.64** **be in hot water** (expr) /bi: ɪn hɒt 'wɔ:tə/ to be in big trouble • *She was in hot water after she crashed her dad's car.* ❖ mieć kłopoty
- 7.65** **storm clouds (are) gathering** (expr) /stɔ:m klaʊdz (ɑ:(r)) 'gæðərɪŋ/ there's trouble on the way • *Storm clouds were gathering over the company when sales dropped dramatically last year.* ❖ czarne chmury zgromadziły się nad kimś/czymś
- 7.66** **be down to earth** (expr) /bi: daʊn tu: ɜ:θ/ be practical and sensible • *If you want sensible advice, ask Kate. She's very down to earth.* ❖ rzeczowy, przyziemny
- 7.67** **steal someone's thunder** (expr) /sti:l 'sʌmwʌns 'θʌndə(r)/ to take the attention and praise from sb by doing or saying what they planned to do or say first • *I just told my sister that you're getting married. Sorry I stole your thunder!* ❖ zabrać za kogoś laury
- 7.68** **get wind of** (expr) /'get wɪnd ɒv/ to find out about sth private or secret • *If Georgia gets wind of the party plans, it will spoil the surprise. So please keep quiet about it!* ❖ podejrzewać, zwietrzyć coś
- 7.69** **the calm before the storm** (expr) /ðə kɑ:m bɪfɔ: ðə stɔ:m/ there's trouble on the way • *I just felt a small earthquake, but I'm afraid it's just the calm before the storm and we're about to have a bigger one.* ❖ cisza przed burzą
- 7.70** **tornado** (n) /tɔ:'neɪdəʊ/ an extremely violent storm consisting of air that spins and causes destruction • *The tornado destroyed all the houses in the street.* ❖ tornado
- 7.71** **flame** (n) /fleɪm/ bright burning gas that you see when sth is on fire • *The flames in the fireplace burned orange and blue.* ❖ płomień
- 7.72** **skyscraper** (n) /'skɑ:skreɪpə(r)/ a very tall building with many floors • *I couldn't believe the size of the skyscrapers in Dubai. All the modern buildings were huge.* ❖ wieżowiec, drapacz chmur

Expressions

be down to earth	steal someone's thunder
be in hot water	storm clouds are
get wind of	gathering
have (my) head in the clouds	take (my) breath away
out and about	take a rain check
	the calm before the storm

Writing Pages 86–87

- 7.73** **sequence** (n) /'si:kwəns/ a logical order of things one after the other • *This radio station plays the songs in the same sequence every day, so it's a bit boring.* ❖ sekwencja, kolejność
- 7.74** **meanwhile** (adv) /mi:nwaɪl/ while sth else is happening; in the time between two things happening • *Jack was in his room studying. Meanwhile, I was preparing dinner.* ❖ tymczasem, w międzyczasie
- 7.75** **go out** (phr v) /gəʊ aʊt/ stop shining or burning • *The lights went out during the earthquake.* ❖ gasnąć
- 7.76** **uncomfortable** (adj) /ʌn'kʌmfɪtəbl/ not letting you feel physically relaxed • *The hotel bed was so uncomfortable that I couldn't sleep.* ❖ niewygodny ☞ Opp: comfortable
- 7.77** **sunrise** (n) /'sʌnraɪz/ the start of the day when the sun rises in the sky • *The farmer got up at sunrise every day to work in the fields.* ❖ wschód słońca ☞ Opp: sunset
- 7.78** **turquoise** (adj) /'tɜ:kwoʊz/ blue-green coloured • *She dived into the deep turquoise sea.* > turquoise (n) ❖ turkusowy
- 7.79** **crater** (n) /'kreɪtə(r)/ the wide hole at the top of a volcano • *Hot lava and gas began to rise from inside the crater of the volcano as it erupted.* ❖ krater
- 7.80** **ray** (n) /reɪ/ a thin line of light • *We took a photo of the sun's rays breaking through the clouds.* ❖ promień
- 7.81** **peak** (n) /pi:k/ the top of a mountain • *You can't see the peak of that mountain from here as it is always covered by clouds.* ❖ szczyt
- 7.82** **take (my) breath away** (expr) /teɪk (maɪ) breθ ə'weɪ/ to be very beautiful or surprising • *The gorgeous view took my breath away.* ❖ zapierający dech w piersiach
- 7.83** **admire** (v) /əd'maɪə(r)/ to look at sb/sth and think it is attractive • *I really admire her; she is so talented and creative.* > admiration (n), admirable (adj) ❖ podziwiać
- 7.84** **charming** (adj) /'tʃɑ:mɪŋ/ attractive • *The charming traditional song was beautifully played.* > charm (v, n) ❖ uroczy
- 7.85** **gorgeous** (adj) /'gɔ:dʒəs/ very attractive and beautiful • *You look gorgeous in that red dress.* ❖ cudowny

- 7.86** **race** (v) /reɪs/
to move quickly • *I raced home from school to tell my mum the good news.* > race (n)
❖ ścigać się
- 7.87** **stunning** (adj) /'stʌnɪŋ/
extremely beautiful • *The stunning photos of the Pyramids really impressed them.* > stun (v) ❖ olśniewający
- 7.88** **wander** (v) /'wɒndə(r)/
walk around slowly, with no special plan • *The lost boy was found wandering the streets.*
❖ przechadzać się, wędrować, błąkać się
- 7.89** **harbour** (n) /'hɑːbə(r)/
an area on the coast where ships can stop for people to get on and off • *The children waved to the people on the boat as it sailed out of the harbour.* ❖ port
- 7.90** **vivid** (adj) /'vɪvɪd/
producing very clear images in the mind
• *Grandma tells vivid stories of her childhood as if it was only yesterday.* > vividness (n)
❖ obrazowy, żywy
- 7.91** **glance** (v) /glɑːns/
look at sb/sth quickly • *I saw a red car go by when I glanced at the street.* > glance (n)
❖ zerkać
- 7.92** **dash** (v) /dæʃ/
to run fast • *He dashed down the street to catch the bus which was coming.* > dash (n)
❖ popędzić

Geographical features

canyon	peak	valley
coast	stream	
crater	surface	

Live well, study well

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- 7.93** **out and about** (expr) /'aʊt ənd ə'baʊt/
active and travelling around • *It will be good to get out and about again when the weather improves.* ❖ poza domem
- 7.94** **medical condition** (n) /'medɪkəl kən'dɪʃən/
a problem with your health • *Stephen Hawking suffered from a serious medical condition.*
❖ schorzenie
- 7.95** **lock** (v) /lɒk/
to close with a key or password, etc.
• *I couldn't send a text message because the phone card was locked.* > lock (n), locker (n)
❖ zablokować, zamykać na klucz
- 7.96** **torch** (n) /tɔːtʃ/
a small light powered by batteries • *He turned on his torch in the dark cave so he could see the rock formations.* ❖ latarka
- 7.97** **back-up** (adj) /bæk ʌp/
extra; spare • *Luckily, I had made a back-up copy of my work before my computer crashed.*
> back-up (n), back up (phr v) ❖ zapasowy
- 7.98** **battery pack** (n) /'bætri pæk/
a set of batteries • *Remember to charge the battery packs for your camera before the trip.*
❖ akumulator
- 7.99** **first aid** (n) /fɜːst eɪd/
first medical help given to sb who is hurt
• *Trainers in a gym have to know first aid so they can help anyone who gets hurt.*
❖ pierwsza pomoc
- 7.100** **life-long** (adj) /laɪf-lɒŋ/
lasting as long as a person or animal lives
• *Bird-watching was a life-long hobby; he began as a little boy and continued until he was very old.* ❖ na całe życie
- 7.101** **investment** (n) /ɪn'vestmənt/
money, effort and support given to sth
• *House prices are low at the moment, so buying a flat could be a good investment.*
> invest (v), investor (n) ❖ inwestycja
- 7.102** **trip** (v) /trɪp/
to fall or almost fall over when your foot catches against sth • *She tripped on a tree root and fell on the forest path.* ❖ potknąć się
- 7.103** **break down** (phr v) /breɪk daʊn/
to stop working • *Oh, no! My car's broken down again!* ❖ popsuć się
- 7.104** **in case of** (expr) /ɪn keɪs əv/
if (a particular thing) happens • *In case of snow, make sure you have warm waterproof clothes and boots.* ❖ w przypadku
- 7.105** **inform** (v) /ɪn'fɔːm/
tell sb sth • *Our teacher informed our parents of our exam marks.* > information (n)
❖ powiadamiać
- 7.106** **essential** (adj) /ɪ'senʃl/
completely necessary • *Some experience of hiking is essential for this walk.* ❖ niezbędny