**10** See the world

Glossary

Reading **Pages 114–115**

* 1. **tourism** (n) /ˈtʊərɪzəm/

the business of arranging and providing services, like accommodation, transport and entertainment, for people going on holiday

* + - *The island economy depends on income from tourism.* ➣ tour (n, v), tourist (n), touristic (adj) ❖ turystyka
  1. **accommodation** (n) /əkɒməˈdeɪʃn/

a place where you stay ● *Our holiday accommodation was a horrible room without a bathroom, so we weren’t happy.*

➣ accommodate (v) ❖ zakwaterowanie

* 1. **eco-hut** (n) /iːkəʊ hʌt/

a simple small shelter, built and functioning in a way that doesn’t damage the environment

* + - *The small group of eco-huts were built with locally-sourced recycled materials.*
* eko-chatka
  1. **youth hostel** (n) /juːθ ˈhɒstl/

a building where young people can stay cheaply for a holiday ● *When the rain got too heavy, the boys packed up their tents and went to stay in a youth hostel for the rest of the week.* ❖ schronisko młodzieżowe

* 1. **cabin** (n) /ˈkæbɪn/

a simple small house or shelter, often made of wood ● *They stayed in a log cabin in the mountains for the weekend.* ❖ chatka

* 1. **holiday home** (n) /ˈhɒlədeɪ həʊm/

a house or flat that sb has as well as their main home to use for holidays ● *We usually spend*

*a few weeks in summer at our holiday home in Cornwall.* ❖ domek letniskowy

* 1. **campsite** (n) /ˈkæmpsaɪt/

an enclosed place where you can camp

* + - *They put up their tent as soon as they found a suitable campsite.* ❖ biwak, obozowisko
  1. **pristine** (adj) /ˈprɪstiːn/

clean and pure, in a perfect condition

* + - *They drank from the pristine waters of the mountain spring.* ❖ nieskazitelny, dziewiczy
  1. **tropical** (adj) /ˈtrɒpɪkl/

in or from the areas not far from the equator

* + - *Would you like to spend a holiday on a tropical island?* ➣ Tropics (n pl), ❖ tropikalny
  1. **cloud forest** (n) /ˈklaʊd ˌfɒrɪst/

a thick tropical forest, constantly covered in low clouds ● *In the cloud forest in Costa Rica, we couldn’t see the other end of the bridge in the fog.* ❖ las mglisty

* 1. **for real** (expr) /ˈfə ˈriːəl/

in reality ● *I had never seen an elephant for real, so it was an amazing sight to see at the nature reserve.* ❖ na żywo

* 1. **cosmopolitan** (adj) /kɒzməˈpɒlɪtən/

with many people from different places and of different cultures ● *Many large European cities are cosmopolitan places with people from all over the world.* ❖ kosmopolityczny

* 1. **head** (v) /hed/

to go towards ● *We left the city and headed for the countryside to see the archaeological site.*

* kierować się
  1. **check into** (phr v) /ʧek ˈɪntuː/

to arrive at a hotel and collect your key

* + - *You can’t check in at the hotel before midday.* ➣ check-in (n) ❖ zameldować się

✎ Also: check in

* 1. **budget** (adj) /ˈbʌʤɪt/

low-priced ● *I found a cheap room at a budget hotel near the station.* ➣ budget (v, n)

* tani, w przystępnej cenie
  1. **downtown** (adj) /ˈdaʊntaʊn/ situated in the central part of a city
     + *They took a taxi to downtown Boston*.

➣ downtown (n, adv) ❖ śródmieście

* 1. **explore** (v) /ɪkˈsplɔː(r)/

to go around a place to learn things about it

* + - *We put up our tents and began to explore the island.* ➣ explorer, exploration (n)
* zwiedzać
  1. **loads (of)** (n) /ləʊdz (əv)/

a large amount (of) ● *We’ve got loads of time before the boat comes. Let’s go to the café.*

➣ load (v) ❖ mnóstwo

* 1. **trendy** (adj) /ˈtrendi/

fashionable ● *Her clothes are always trendy.*

➣ trend (n) ❖ modny

* 1. **plaza** (n) /ˈplɑːzə/

a public square, especially in a Spanish- speaking country ● *Local people and tourists can enjoy tapas at the caf*é*s in the town plaza.*

* plac, rynek

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* 1. **architect** (n) /ˈɑːkɪtekt/

a person who designs buildings ● *The architect designed a beautiful modern home for us.* ➣ architecture (n), architectural (adj)

* architekt
  1. **reasonably-priced** (adj) /ˈriːzənəbli praɪst/

not expensive ● *This sofa is reasonably-priced at 300 euros.* ❖ w rozsądnej cenie

* 1. **stall** (n) /stɔːl/

a table with goods for sale in the street ● *The stalls were full of fresh fruit and vegetables for people to buy.* ❖ stragan

* 1. **jungle** (n) /ˈdʒʌŋɡl/

a forest, especially tropical, where plants and trees grow thickly and close together ● *The story of Mowgli is about a child who was lost in the jungle in India and was raised by animals.*

* dżungla
  1. **sustainable** (adj) /sʌsˈteɪnəbl/

which can keep an ecological balance by not overusing natural resources ● *Solar power is a sustainable form of energy as compared with fossil fuels, which are running out.* ➣ sustain (v), sustainability (n) ❖ zrównoważony

✎ Opp: unsustainable

# environmentally-friendly (adj)

/ɪnˌvaɪərəˈmentəli ˈfrendli/

not harmful to the environment

* + - *Environmentally-friendly material, made from recycled clothes, is now used by some clothing companies.* ❖ przyjazny środowisku
  1. **coral reef** (n) /ˈkɒrəl riːf/

a long narrow line of coral, rocks and other substances near the surface of the sea

* + - *You can swim here in the sea and look at the beautiful coral reef.* ❖ rafa koralowa
  1. **swamp** (n) /swɒmp/

a flat area of land that is very wet or has a lot of water where plants and/or trees grow

* + - *After the heavy rain, our garden was like a swamp!* ❖ bagno, mokradło
  1. **dry forest** (n) /ˈdraɪ ˌfɒrɪst/

a thick tropical forest which has very little rain

* + - *The dry forests of Madagascar are home to many rare species of animals, such as lemurs.*
* suchy las
  1. **tour guide** (n) /tʊə(r) ɡaɪd/

a person who takes tourists to interesting places and gives information about them

* + - *The tour guide on our safari warned us not to feed the animals.* ❖ przewodnik
  1. **canopy** (n) /ˈkænəpi/

the top layer of a forest, like a roof made of leaves and branches ● *Whoever wants to climb up the pyramid will have an amazing fiew of the rainforest canopy.* ❖ warstwa koron

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* 1. **rope** (n) /rəʊp/

very thick strong string ● *The climbers used ropes to pull themselves up the steep cliff.*

* sznur
  1. **misty** (adj) /ˈmɪsti/

with light fog ● *The boat disappeared in the distance across the misty lake.* ➣ mist (n)

* mglisty
  1. **haze** (adj) /heɪz/

air with small drops of water that makes it difficult to see through ● *A light haze covered the sea in the morning.* ➣ hazy (adj)

* zamglony
  1. **brightly** (adv) /ˈbraɪtli/

with a lot of light ● *The streets were decorated with brightly-coloured lights.* ➣ bright (adj), brighten (v), brightness (n) ❖ jasny, promienny

* 1. **toucan** (n) /ˈtuːkæn/

a tropical bird with colourful feathers and a large beak ● *Nora captured a shot of a toucan as it flew into its nest with a lizard in its mouth.*

* tukan
  1. **hummingbird** (n) /ˈhʌmɪŋbɜːd/

a very small bird that makes a sound when it flies in the same place by moving its wings fast

* + - *I recorded the sound of a tiny hummingbird as it flew above a flower.* ❖ koliber
  1. **orchid** (n) /ˈɔːkɪd/

a tropical flower ● *The air was filled with the scent of orchids.* ❖ orchidea

* 1. **terrifyingly** (adv) /ˈterɪfaɪɪŋli/

in a frightening way ● *The jungle was filled with terrifyingly loud sounds.* ➣ terrify (v), terrified, terrifying (adj) ❖ przerażająco

* 1. **go-to** (adj) /ˈɡəʊ tuː/

which many people want to go to, use or refer to for a particular purpose ● *Athens is a go-to destination for visitors to Greece.*

* najlepszy, odpowiedni
  1. **consist (of)** (v) /kənˈsɪst (ɒv)/

to be formed from two or more things

* + - *This book consists of ten chapters and twenty illustrations.* ❖ składać się z
  1. **branch** (n) /brɑːnʧ/

a part of a tree ● *Look how many olives are growing on that branch!* ❖ gałąź

* 1. **droplet** (n) /ˈdrɒplət/

a small drop of liquid ● *After the rain, the grass was covered with droplets of water.*

* kropelka
  1. **variety** (n) /vəˈraɪəti/

a lot of different things of the same type

* + - *There’s a wide variety of plants and trees in the rainforest.* ➣ vary (v), varied (adj)
* różnorodność

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* 1. **fancy** (adj) /ˈfænsi/

expensive and fashionable ● *Mia took us to a fancy restaurant on her birthday.* ❖ luksusowy, wymyślny

* 1. **wildlife** (n) /ˈwaɪldlaɪf/

animals and plants that live naturally in an area

* + - *Water pollution in the lake is very bad for the wildlife, so the plants and animals are dying.*
* fauna i flora
  1. **harm** (v) /hɑːm/

to hurt; to damage ● *Eating too much junk food can harm your health and make you overweight.* ➣ harm (n), harmful (adj)

* szkodzić
  1. **sustainability** (adj) /sʌsˈteɪnəbɪləti/ the use of energy and things in an

environmentally-friendly way by not using up natural resources ● *The sustainability of wind turbines as a source of energy is uncertain.*

➣ sustain (v), sustainable (adj)

* zrównoważony rozwój

Vocabulary **Page 116**

* 1. **break** (n) /breɪk/

a short holiday ● *If you don’t like beach holidays, you could take a city break in Amsterdam.* ❖ krótki wyjazd

* 1. **excursion** (n) /ɪksˈkɜːʃn/

a short trip ● *We went on a school excursion to London for two days.* ❖ wycieczka, wyprawa

* 1. **road trip** (n) /ˈrəʊd trɪp/

a long-distance trip by car ● *We drove through several mountain villages on our road trip.*

* wycieczka samochodem
  1. **room service** (n) /ˈruːm sɜːvɪs/

a service provided at a hotel, where guests order food or drinks which are brought to their room ● *Our hotel breakfast was delivered by room service.* ❖ obsługa pokojowa

* 1. **resort** (n) /rɪˈzɔːt/

a place where many people go on holiday

* + - *Majorca is a very popular resort for young people.* ❖ resort
  1. **cruise** (n) /kruːz/

a journey by sea, sometimes with accommodation on a ship ● *The travel agent offered us tickets for a cruise on the River Seine.* ➣ cruise (v) ❖ rejs

* 1. **day trip** (n) /deɪ trɪp/

a short journey to a place and back on the same day ● *You can go on a day trip on a boat to some of the islands near the coast.*

* wycieczka jednodniowa

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* 1. **package tour** (n) /ˈpækɪʤ tʊə(r)/

an organised holiday that includes the cost of travel to different places, hotel, etc.

* + - *The cost of our package tour included the coach trips, hotel room and meals.*
* wycieczka zorganizowana
  1. **booking** (n) /ˈbʊkɪŋ/

an arrangement you make to use sth in the future, e.g. tickets, restaurant table, etc.

* + - *She made her hotel booking online a few months before the trip.* ➣ book (v)
* rezerwacja ✎ Syn: reservation
  1. **receptionist** (n) /rɪˈsepʃənɪst/

a person in a hotel, office, etc. who helps people when they arrive, answers the telephone, etc.

* + - *I asked the receptionist if I could have breakfast in my hotel room.* ➣ reception (n)
* recepcjonista
  1. **reservation** (n) /ˌrezəˈveɪʃn/

an arrangement you make to use sth in the future, e.g. tickets, restaurant table, etc.

* + - *The restaurant is so popular that you can’t get in without making a reservation.*

➣ reserve (v) ❖ rezerwacja ✎ Syn: booking

* 1. **query** (n) /ˈkwɪəri/

a question asking for information about sth

* + - *The tour guide on the day trip answered all our queries about Delphi.* ➣ query (v)
* zapytanie
  1. **place an order** (expr) /ˈpleɪs ən ˈɔːdə(r)/ to order sth ● *She called the restaurant and placed an order for a takeaway.*
* złożyć zamówienie
  1. **stay** (n) /steɪ/

a visit to a place where you stay for a limited time ● *I hope you enjoy your stay in our town.*

➣ stay (v) ❖ pobyt

* 1. **reserve** (v) /rɪˈzɜːv/

to keep sth for a particular purpose or time

* + - *Those seats are reserved for visitors.*

➣ reservation (n) ❖ rezerwować

* 1. **tip** (v) /tɪp/

to give sb extra money to thank them for a service they have done for you ● *It’s considered polite to tip taxi drivers in New York.* ➣ tip (n) ❖ dawać napiwek

* 1. **unpack** (v) /ˌʌnˈpæk/

to take things out of a bag or box ● *When I got to my hotel room, I unpacked my suitcase and put on my swimsuit ready for the beach.*

* rozpakowywać ✎ Opp: pack
  1. **unfamiliar with** (adj) /ˌʌnfəˈmɪliə(r) wɪθ/ not knowing or having experience of sth
     + *As I was unfamiliar with the language, it was helpful to have a tour guide in Moscow.*
* nieobyty z
  1. **currency** (n) /ˈkʌrənsi/

the money used in a country ● *The currency used in Australia is the Australian dollar.*

* waluta

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* 1. **patiently** (adv) /ˈpeɪʃntli/

calmly, without getting annoyed ● *The receptionist listened patiently to our comments about the room.* ➣ patient (adj), patience (n)

* cierpliwie ✎ Opp: impatiently
  1. **turn** (v) /tɜːn/

to change into a different condition

* + - *The weather turned cold as the wind blew from the north.* ➣ turn (n) ❖ zamieniać
  1. **amusement park** (n) /əˈmjuːzmənt pɑːk/

a place where people can pay to go on rides to have fun ● *Have you tried a ride on the big wheel at the amusement park? It’s so exciting.*

* park rozrywki

Grammar **Page 117**

* 1. **beetle** (n) /ˈbiːtl/

an insect that folds its wings inside a hard covering on its back ● *The shiny green beetle flew down and landed on a flower.* ❖ żuk, chrząszcz

* 1. **paella** (n) /paɪˈelə/

a Spanish dish made with rice, chicken, fish and vegetables cooked together ● *The first meal I had in Madrid was a huge plate of delicious paella.* ❖ paella

* 1. **deal** (n) /diːl/

a low-priced offer ● *If we can find a good last- minute hotel deal, we’ll take a short city break.*

* okazja, oferta
  1. **tapas** (n) /ˈtæpəs/

a variety of Spanish foods in small dishes, usually served as snacks ● *We ate lunch on the plane to Spain, so we just had some tapas in the evening.* ❖ tapas

* 1. **palace** (n) /ˈpæləs/

a building that is the home of a king, queen or other important person ● *Were you impressed when you saw Buckingham Palace on your tour of London?* ❖ pałac, zamek

**Places to stay**

accommodation cabin

campsite eco-hut

holiday home palace

resort

youth hostel

Listening **Page 118**

* 1. **amazed** (adj) /əˈmeɪzd/

very surprised ● *He was amazed to see his old friend sitting next to him on the plane.*

➣ amaze (v), amazing (adj), amazement (n)

* zdumiony
  1. **amused** (adj) /əˈmjuːzd/

thinking that sth is funny ● *The teacher wasn’t the slightest bit amused when his students played a trick on him.* ➣ amuse (v), amusing (adj), amusement (n) ❖ rozbawiony

* 1. **annoyed** (adj) /əˈnɔɪd/

a little bit angry ● *I got annoyed at the neighbour’s car alarm, which kept me awake all night.* ➣ annoy (v), annoying (adj), annoyance (n) ❖ poirytowany

* 1. **anxious** (adj) /ˈæŋkʃəs/

nervous or worried ● *She felt anxious before her driving test*. ➣ anxiety (n), anxiously (adv)

* zdenerwowany
  1. **delighted** (adj) /dɪˈlaɪtɪd/

very pleased or happy ● *Tommy was delighted with his presents.* ➣ delight (n), delightful (adj) ❖ zachwycony, rozradowany

* 1. **convenient** (adj) /kənˈviːnɪənt/

useful because it saves you time or does not cause you problems ● *Modern appliances are convenient and make life much easier.*

➣ convenience (n) ❖ praktyczny, poręczny

✎ Opp: inconvenient

* 1. **zip-line** (n) /ˈzɪp laɪn/

a rope between two points high above the ground for people to slide along it for fun

* + - *The children had great fun riding down the zip-line in the adventure park.* ➣ zip-lining (n)
* kolejka tyrolska
  1. **concerned** (adj) /kənˈsɜːnd/

worried about sb/sth ● *Her parents are concerned because she is not doing well at school.* ➣ concern (v, n) ❖ zaniepokojony

* 1. **fed up** (adj) /ˌfed ˈʌp/

bored or tired of doing sth ● *After living in Morocco for years, he got fed up with the hot weather and moved back to the UK.*

* znudzony
  1. **humid** (adj) /ˈhjuːmɪd/

wet; damp ● *The atmosphere was hot and humid.* ➣ humidity (n) ❖ wilgotny

* 1. **run out (of)** (phr v) /rʌn aʊt (əv)/

to finish a supply of sth ● *We didn’t reach the top of the mountain because we ran out of time before dark.* ❖ skończyć się

Speaking **Page 119**

* 1. **air conditioning** (n) /eə kənˈdɪʃənɪŋ/

a system that cools the air in a building

* + - *It’s very hot today, so I’ll turn on the air conditioning.* ➣ air condition (n) ❖ klimatyzacja
  1. **eye contact** (n) /ˈaɪ ˈkɒntækt/

looking into sb’s eyes ● *Making eye contact*

*is important for communication.* ❖ kontakt wzrokowy

* 1. **holiday maker** (n) /ˈhɒlɪdeɪ ˌmeɪkə(r)/

a tourist ● *In the summer, the islands fill with holiday makers.* ❖ wczasowicz

Grammar **Page 120**

* 1. **wake-up call** (n) /ˈweɪk ʌp kɔːl/

a phone call that you ask sb to make to wake you up at a certain time ● *The ferry leaves at 8.15, so I’ve ordered a wake-up call for 6.45.*

* budzenie
  1. **satnav** (n) /ˈsætnæv/

a computer that uses information from satellites to show or tell a driver of a vehicle how to get to a place ● *You won’t get lost if you get a satnav for your car.* ❖ nawigacja satelitarna ✎ NB: *Satnav* is an abbreviation for *'satellite navigation'*.

* 1. **guide book** (n) /ˈɡaɪd bʊk/

a book with information about a place for visitors ● *This is a useful guide book for anyone travelling to Crete. It has loads of information about the sights.* ❖ przewodnik

Use your English **Page 121**

* 1. **permit** (v) /pəˈmɪt/

to allow ● *Students are not permitted to leave the room during the exam.* ➣ permission, permit (n) ❖ pozwalać

* 1. **permission** (n) /pəˈmɪʃn/

the act of saying that sb is allowed to do sth

* + - *Our teacher gave us permission to leave the room when we finished our test.*

➣ permit (v, n) ❖ pozwolenie

* 1. **surprisingly** (adv) /səˈpraɪzɪŋli/

in a way you didn’t expect ● *Surprisingly, the hotel was much better than the reviews we had read.* ➣ surprise (n, v), surprising, surprised (adj) ❖ nieoczekiwanie

* 1. **backpacking** (n) /ˈbækpækɪŋ/

travelling for pleasure and carrying a backpack

* + - *They went backpacking around Wales and stayed at youth hostels.* ➣ backpack (v), backpacker (n) ❖ podróżowanie z plecakiem
  1. **helpful** (adj) /ˈhelpfl/

useful ● *The guide gave us some helpful advice about where to eat out in the city.*

➣ helpfully (adv), help (n, v) ❖ pomocny

* 1. **ease** (n) /iːz/

lack of difficulty ● *The road was clearly shown on the map, so we found our way back with ease.* ➣ easy (adj), easily (adv), ease (v)

* łatwość
  1. **common sense** (n) /ˈkɒmən sens/

the ability to make sensible decisions ● *Please use your common sense and don’t go climbing in a storm.* ❖ zdrowy rozsądek

* 1. **translate** (v) /trænzˈleɪt/

to change writing or speech into another language ● *Can you translate this letter into Spanish?* ➣ translation, translator (n)

* tłumaczyć, przekładać
  1. **translation** (n) /trænzˈleɪʃn/

words that have been changed from one language into another ● *The book contains English translations of Italian poetry.*

➣ translate (v), translator (n) ❖ tłumaczenie

* 1. **sandstorm** (n) /ˈsændstɔːm/

a desert storm in which strong winds blow sand into the air ● *The sandstorm prevented them from going any further across the Sahara Desert.* ❖ burza piaskowa

* 1. **depart** (v) /dɪˈpɑːt/

leave ● *The train departs at nine and arrives in London two hours later.* ➣ departure (n)

* odjeżdżać, odlatywać
  1. **departure** (n) /dɪˈpɑːtʃə(r)/

leaving a place at a particular time

* + - *All the flight departures from Zurich were late because of bad weather.* ➣ depart (v)
* odlot, odjazd
  1. **board** (v) /bɔːd/

to get on a plane, boat, etc. to start travelling

* + - *The passengers waited for three hours to board the plane that arrived late.* ➣ boarding (adj, n) ❖ wsiadać, wchodzić na pokład
  1. **boarding pass** (n) /ˈbɔːdɪŋ pɑːs/

a card that you show to board a plane

* + - *I printed out our boarding passes from the internet so that we didn’t waste time at the airport.* ❖ karta pokładowa
  1. **architecture** (n) /ˈɑːkɪtektʃə(r)/

buildings and other structures ● *The Ariana Museum in Geneva is a beautiful example of 19th century architecture.* ➣ architect (n)

* architektura
  1. **highlands** (n pl) /ˈhaɪləndz/

an area of land that has a lot of high mountains

* + - *They went climbing in the rocky highlands of the Andes in Bolivia.* ➣ highland (adj), highlander (n) ❖ obszar górski
  1. **mountainous** (adj) /ˈmaʊntənəs/

with a lot of mountains ● *The Scottish Highlands are a famous mountainous area which attracts many climbers from around the world.* ➣ mountain, mountaineer, mountaineering (n) ❖ górzysty

* 1. **region** (n) /ˈriːdʒən/

area ● *He knows every mountain path in this region*. ➣ regional (adj) ❖ region, obszar

* 1. **bumpy** (adj) /ˈbʌmpi/

a bumpy journey is uncomfortable because the car or plane moves up and down because of bad road or weather conditions ● *It’s a bumpy road because it is full of holes.* ➣ bump (v, n)

* wyboisty
  1. **landing** (n) /ˈlændɪŋ/

the act of bringing an aircraft down to the ground ● *It was a smooth flight all the way to Vienna, but the landing was a bit scary due to the snowstorm.* ➣ land (v) ❖ lądowanie

* 1. **drop off** (phr v) /drɒp ɒf/

to take sb somewhere by car and leave them there ● *Can you drop me off at the station?*

* podrzucać
  1. **get around** (phr v) /get əˈraʊnd/

to move from place to place ● *The tourists get around the island on scooters.* ❖ poruszać się

* 1. **get away** (phr v) /get əˈweɪ/

to escape ● *The actor rushed to his car to get away from the fans at the airport.* ❖ zbiec, wydostać się

* 1. **get on** (phr v) /get ɒn/

to board a plane, train, etc. ● *They got on the plane last.* ❖ wsiadać ✎ Opp: get off

* 1. **put up** (phr v) /pʊt ʌp/

to put sth together or build sth ● *We put up the tent and got inside.* ❖ postawić, budować

* 1. **see off** (phr v) /siː ɒf/

to say or wave goodbye to sb leaving from an airport, station, etc. ● *Her parents saw her off at the station when she left for Amsterdam.*

* żegnać
  1. **set off** (phr v) /set ɒf/

to start a journey ● *Let’s set off early so we don’t get stuck in traffic.* ❖ wyruszać

* 1. **escape** (v) /ɪˈskeɪp/

to get away from a place where you do not want to be ● *They were lucky to escape from the avalanche alive.* ➣ escape (n)

* uciekać
  1. **wave** (v) /weɪv/

to raise your arm and move your hand to say hello or goodbye to sb ● *As they sailed away, many of the ship’s passengers waved to the people standing at the harbour.* ➣ wave (n)

* machać
  1. **assemble** (v) /əˈsembl/

to put together ● *Please help me assemble this cupboard as the instructions don’t make sense.* ➣ assembly (n) ❖ składać

* 1. **regular** (adj) /ˈreɡjələ(r)/

done often ● *Although she doesn’t see her grandparents often, they make regular phone calls to catch up.* ➣ regularly (adv) ❖ regularny

* 1. **street food** (n) /ˈstriːt ˌfuːd/

food cooked and sold by people outside to eat immediately ● *Hot roasted corn is my favourite street food.* ❖ street food

* 1. **heat** (n) /hiːt/

the quality of being hot ● *I sat under the beach umbrella to avoid the heat of the sun.* ➣ heat (v), hot (adj) ❖ gorąco, upał

* 1. **plantation** (n) /plɑːnˈteɪʃn/

a large area of land where a particular type of crop is grown ● *Sri Lanka is known for its tea plantations.* ❖ plantacja

* 1. **camper** (n) /ˈkæmpə(r)/

sb who is living in a tent, usually for a holiday

* + - *The campers put up their tents quickly, and then cooked their food on a barbecue.* ➣ camp (v), camping (n) ❖ obozowicz
  1. **trail** (n) /treɪl/

a path through the countryside ● *The trail led to the lake.* ❖ szlak, ścieżka

* 1. **get on** (phr v) /get ɒn/

to manage ● *How are you getting on at your new school?* ❖ dawać sobie radę

**Phrasal verbs**

check in / check into drop off

get around get away get on (x2)

put up

run out (of) see off

set off

Writing **Pages 122–123**

* 1. **filthy** (adj) /ˈfɪlθi/

very dirty ● *Take your muddy boots off before you come into the house. They’re filthy!* ➣ filth

(n) ❖ brudny

* 1. **second-class** (adj) /ˈsekənd klɑːs/

not new ● *You can buy second-hand clothes here at cheap prices.* ❖ drugiej kategorii

* 1. **non-stop** (adj) /nɒn-stɒp/

continuous ● *The whole holiday was a non- stop party!* ❖ nieprzerwanie

* 1. **picturesque** (adj) /pɪkʧəˈresk/

beautiful to look at ● *The picturesque islands in the Mediterranean are great places to take photos.* ❖ malowniczy

* 1. **once-in-a-lifetime** (adj) /wʌns ɪn ə ˈlaɪftaɪm/ very special because it probably won’t happen again (chance, experience, etc.) ● *They went on a once-in-a-lifetime cruise in the Caribbean.*
* zdarzający się raz w życiu
  1. **breathtaking** (adj) /ˈbreθteɪkɪŋ/

very exciting or impressive ● *The view from our room was breathtaking!* ❖ zapierający dech w piersiach

* 1. **idyllic** (adj) /ɪˈdɪlɪk/

extremely, beautiful, pleasant and peaceful

* + - *The idyllic beach was the perfect place to relax.* ❖ idylliczny
  1. **scenery** (n) /ˈsiːnəri/

the natural features of a part of a country, such as mountains, forests, etc. ● *The scenery around the red rocks of Utah is utterly breathtaking.* ❖ sceneria

* 1. **abroad** (adv) /əˈbrɔːd/

in or to another country ● *I’ve never been abroad, but I’d like to travel to other countries when I can afford it.* ❖ za granicą

* 1. **(be) in for (a surprise)** (expr) /(biː) ɪn fər

(ə səˈpraɪz)/

to be about to get a surprise or shock ● *If you think there’s no nightlife on the island, you’re in for a surprise.* ❖ szykować się na niespodziankę

* 1. **well** (adv) /wel/

very much; used to emphasise some adjectives ● *The Louvre Museum is well worth a visit.* ❖ bardzo

* 1. **miss** (v) /mɪs/

not to do, experience or see sth ● *The awesome scenery around Lake Carrezza is not to be missed.* ❖ przegapić, przeoczyć

* 1. **officially** (adv) /əˈfɪʃəli/

formally ● *The new bridge was officially opened in 2004.* ➣ official (adj) ❖ oficjalnie

* 1. **let-down** (n) /ˈletˌdaʊn/

a disappointment ● *The resort was a let-down. In fact, it was terrible.* ➣ let down (phr v)

* rozczarowanie, zawód
  1. **roller-coaster** (n) /ˈrəʊləˌkəʊstə(r)/

a track with very steep slopes, which people ride on in a small train at amusement parks

* + - *Maria got really scared on the roller-coaster because she hates going on such fast rides.*
* kolejka górska
  1. **catchy** (adj) /ˈkæʧi/

nice and easy to remember ● *You need a catchy tune for the advert so people will remember it.* ❖ wpadający w ucho, chwytliwy

* 1. **overpriced** (adj) /əʊvəˈpraɪst/

more expensive than sth is worth ● *Some of the cafés in the centre are overpriced and you’ll pay a lot for a soft drink.* ➣ overprice (v)

* zbyt drogi, w zawyżonej cenie

# live up to (my) expectations (expr)

/lɪv ʌp tʊ (maɪ) ekspekˈteɪʃnz/

to be as good as sb hopes ● *I thought the film would be funny, but it didn’t live up to my expectations; it was silly.* ❖ spełniać (moje) oczekiwania ✎ Syn: meet my expectations

**Adjectives**

amazed helpful

amused humid

annoyed idyllic

anxious lively

breathtaking non-stop

bumpy once-in-a-lifetime

classic picturesque

concerned pristine

convenient reasonably-priced

delighted regular

environmentally-friendly second-class fatal sustainable

fed up trendy

filthy tropical

Video **Page 124**

* 1. **kayaker** (n) /ˈkaɪˌæk ə(r)/

sb who is travelling by kayak ● *A group of kayakers passed our boat on the river.*

➣ kayak (n, v), kayaking (n) ❖ kajakarz

* 1. **helmet** (n) /ˈhelmɪt/

a hard hat that protects your head

* + - *In Formula 1 racing, the drivers wear helmets to protect their heads.* ❖ kask
  1. **kayak** (n) /ˈkaɪˌæk/

a light narrow boat that you sit in and move it with paddles ● *She paddled her kayak across the lake against the current.* ➣ kayak (n, v), kayaking, kayaker (n) ❖ kajak

* 1. **paddle** (n) /ˈpædl/

a pole with a flat end that you use to row a boat ● *Tom’s raft got out of control when he dropped a paddle in the river.* ➣ paddle (v),

* wiosło
  1. **rapids** (n pl) /ˈræpɪdz/

a part of a river where the water flows fast over rocks ● *He fell into the river when he tried to go down the rapids in his kayak.* ➣ rapid (adj)

* bystrza
  1. **strap** (n) /stræp/

a long narrow piece of strong material

* + - *We tied the kayaks onto the top of the car with long straps.* ➣ strap (v) ❖ pasek
  1. **lively** (adj) /ˈlaɪvli/

full of energy; interesting and exciting

* + - *The lively young goats ran across the field after their mother.* ❖ pełen życia
  1. **fatal** (adj) /ˈfeɪtl/

causing death ● *He never looked after his health and, at the age of 50, he died of a fatal illness.* ➣ fatality (n), fatally (adv) ❖ śmiertelny

* 1. **headwaters** (n pl) /ˈhedwɔːtəz/

small streams where they join and form the start of a river ● *We carried our kayaks down past the headwaters until the river was wide enough to paddle on.* ❖ górne dopływy rzeki

* 1. **classic** (adj) /ˈklæsɪk/

typical; ordinary ● *He made the classic mistake of putting up his tent in the sun. It got too hot too early.* ➣ classic (n) ❖ klasyczny

* 1. **glacier** (n) /ˈglæsɪə(r)/

a large mass of ice formed by snow on mountains that moves very slowly down a valley ● *We stepped carefully onto the glacier as the ice was dangerous.* ❖ lodowiec

* 1. **portage** (v) /ˈpɔːtɪdʒ/

to carry a boat between two rivers or parts of a river ● *They had to portage their boats for a few metres between the canal and the river.* ➣ portage (n) ❖ transportować łódź lądem

**Geographical features**

cloud forest coral reef dry forest

glacier headwaters jungle

rapids swamp