**1** Jump for joy

Glossary

# Page 5

* 1. **jump for joy** (expr) /dʒʌmp fə dʒɔɪ/

be extremely happy ● *Helen jumped for joy when she heard she got the scholarship.*

* + - skakać z radości

Reading **Pages 6–7**

* 1. **harmful** (adj) /ˈhɑːmfl/

causing damage or injury ● *Smoking has many harmful effects.* ➣ harm (v, n) ❖ szkodliwy

✎ Opp: harmless

* 1. **irritating** (adj) /ˈɪrɪteɪtɪŋ/

making you feel angry ● *I find it very irritating when people speak loudly on their mobile phones.* ➣ irritate (v), irritation (n), irritated (adj) ❖ irytujący

* 1. **upset** (v) /ʌpˈset/

make sb feel worried and/or angry ● *It upsets her when she thinks of her grandmother’s illness.* ➣ upset (adj) ❖ zdenerwowany

* 1. **take (sth) for granted** (expr) /ˈteɪk (ˈsʌmθɪŋ) fə

ˈgrɑːntɪd/

believe that sth is true without having any evidence ● *You can’t take it for granted that he will agree; you have to ask him first.*

* + - brać (coś) za pewnik
  1. **furious** (adj) /ˈfjʊəriəs/

very angry ● *He was furious with me because I was so late.* ❖ wściekły

* 1. **drive (sb) crazy** (expr) /draɪv (ˈsʌmbədi) ˈkreɪzi/ make sb very angry ● *My roommate never cleans up his mess and it’s driving me crazy.*
     + doprowadzać (kogoś) do szaleństwa
  2. **extremely** (adv) /ɪkˈstrimli/

very ● *She is extremely intelligent,*

*probably the most intelligent woman I know.*

➣ extreme (adj, n) ❖ niezwykle

* 1. **annoy** (v) /əˈnɔɪ/

make sb angry ● *It really annoys me when people interrupt me.* ➣ annoyance (n), annoyed (adj), annoying (adj) ❖ drażnić

* 1. **behaviour** (n) /bɪˈheɪvjə(r)/

the way that sb acts ● *He was punished for his terrible behaviour.* ➣ behave (v)

* + - zachowanie
  1. **sight** (n) /saɪt/

sth that you see ● *The flowers in the garden were a beautiful sight.* ❖ widok

* 1. **get stuck** (expr) /get stʌk/

be unable to move or continue ● *The electricity was cut off and we got stuck in the lift for an hour.* ❖ utknąć

* 1. **wonder** (v) /ˈwʌndə(r)/

ask yourself; want to know ● *My sister hasn’t called or texted me all day; I wonder where she is.* ❖ zastanawiać się

* 1. **noisily** (adv) /ˈnɔɪzəli/

loudly ● *I couldn’t concentrate because some children were playing noisily outside.*

➣ noise (n), noisy (adj) ❖ hałaśliwie

* 1. **awful** (adj) /ˈɔːfl/

very bad and unpleasant ● *He’s such an awful boss nobody in the office likes him.*

* + - straszny
  1. **packed** (adj) /pækt/

completely full ● *The bus was so packed that there wasn’t even any standing room.*

* + - zapakowany ✎ Syn: crowded
  1. **push your way** (expr) /pʊʃ jɔː weɪ/

push the people around you in order to get somewhere ● *I pushed my way onto the crowded train.* ❖ przepchać się

* 1. **distracted** (adj) /dɪˈstræktɪd/

confused because you are thinking of sth else

* *You seemed distracted in the meeting. Is everything OK?* ➣ distract (v), distraction (n)
  + - rozkojarzony
  1. **seriously** (adv) /ˈsɪəriəsli/

very or severely ● *He wasn’t seriously ill; he just had a cold.* ❖ poważnie

* 1. **closely** (adv) /ˈkləʊsli/

carefully, paying attention to details ● *He looked again more closely at what he had written.* ❖ dokładnie

* 1. **unpleasant** (adj) /ʌnˈpleznt/

not enjoyable ● *The exam results came as an unpleasant surprise; I was very disappointed.*

* + - nieprzyjemny ✎ Opp: pleasant
  1. **unpredictable** (adj) /ˌʌnprɪˈdɪktəbl/

likely to change unexpectedly ● *The weather was very unpredictable so we didn’t know what clothes to pack.* ➣ predict (v), prediction (n)

* + - nieobliczalny ✎ Opp: predictable
  1. **bother** (v) /ˈbɒðə(r)/

to make sb angry or upset ● *Don’t turn the TV off. It doesn’t bother me.* ➣ bother (n)

* + - zawracać głowę
  1. **delayed** (adj) /dɪˈleɪd/

happening later than expected ● *Our flight was delayed because of the weather conditions.*

➣ delay (v) ❖ opóźniony ✎ Opp: punctual, on time

* 1. **tolerable** (adj) /ˈtɒlərəbl/

just satisfactory; not too good, not bad ● *The conditions in the public hospital are tolerable, but can definitely be improved.* ➣ tolerate (v), tolerance (n) ❖ znośny ✎ Opp: intolerable

* 1. **context** (n) /ˈkɒntekst/

the situation in which sth happens and which can explain it ● *To understand his behaviour, you have to examine it in the context of his family.* ➣ contextualise (v) ❖ kontekst

* 1. **grow up** (phr v) /ɡrəʊ ʌp/

develop from a child into an adult ● *What do you want to be when you grow up?*

* + - dorastać
  1. **reliable** (adj) /rɪˈlaɪəbl/

that can be trusted ● *She’s very reliable, so if she said she would do it you can be sure she will do it.* ➣ rely (v), reliability (n)

* + - niezawodny ✎ Opp: unreliable
  1. **supply** (n) /səˈplaɪ/

an amount of sth that is available and people can use ● *They have turned off the electricity supply in our building.* ➣ supply (v)

* + - dostawa
  1. **public transport** (n) /ˌpʌblɪk ˈtrænspɔːt/ the system of buses, trains, etc. that can be used by the public in a specific place
* *Unfortunately, there is no public transport in this village. You have to walk or use a private car.* ❖ transport publiczny
  1. **interruption** (n) /ˌɪntəˈrʌpʃn/

the act of stopping sth for a short period of time ● *I managed to work continuously, without interruption, for ten hours.* ➣ interrupt (v)

* + - przerwanie
  1. **bug** (v) /bʌɡ/

annoy ● *I don’t know what he wants, but he’s been bugging me all day.* ➣ bug (n)

* + - naprzykrzać się
  1. **decade** (n) /ˈdekeɪd/

a period of ten years ● *Our lives have changed a lot in the past decade.* ❖ dekada

* 1. **research** (n) /rɪˈsɜːtʃ/

the study of sth in order to discover new information ● *There has been a lot of research recently into people’s shopping habits.*

➣ research (v), researcher (n) ❖ badania

* 1. **brain** (n) /breɪn/

the organ inside your head that controls thoughts and feelings ● *The human brain is divided into two halves, the left and the right.*

* + - mózg
  1. **receive** (v) /rɪˈsiːv/

get or be given sth ● *I received a phone call from your office.* ➣ receipt (n), receiver (n)

* + - otrzymać
  1. **condition** (n) /kənˈdɪʃn/

a disease or medical problem ● *She suffers from a heart condition.* ❖ stan: schorzenie

* 1. **misophonia** (n) /ˌmɪsəˈfəʊniə/

a medical condition in which certain sounds cause a strong negative reaction ● *People with misophonia often react negatively to everyday noises.* ❖ mizofonia

* 1. **extreme** (adj) /ɪkˈstriːm/

to a much greater degree than expected/usual

* *In extreme cases, the disease can cause very serious problems.* ❖ skrajny
  1. **emotional** (adj) /ɪˈməʊʃənl/

related to feelings ● *A child’s emotional development is as important as their physical development.* ➣ emotion (n) ❖ emocjonalny

* 1. **respond** (v) /rɪˈspɒnd/

react to sth by saying or doing sth ● *I asked John where he’d been, but he didn’t respond.*

➣ response (n), responsive (adj)

* + - odpowiadać
  1. **yawn** (v) /jɔːn/

open your mouth wide and take in a lot of air, when you are tired or sleepy ● *I was so tired that I couldn’t stop yawning.* ➣ yawn (n)

* + - ziewać
  1. **chew** (v) /tʃuː/

bite food into small pieces with your teeth so that you can eat it ● *You should always chew your food thoroughly before you swallow it.*

* + - żuć
  1. **suffer** (v) /ˈsʌfə(r)/

experience pain ● *Don’t just suffer in silence. Let me know if there is a problem.* ➣ suffering

(n) ❖ cierpieć

* 1. **benefit** (n) /ˈbenɪfɪt/

a good effect of sth ● *One of the benefits of owning a pet is that it makes you feel happier.*

➣ benefit (v), beneficial (adj) ❖ korzyść

* 1. **prevent** (v) /prɪˈvent/

stop sb from doing sth or stop sth from happening ● *I tried to prevent him from leaving, but he insisted.* ➣ prevention (n)

* + - zapobiec
  1. **stem** (n) /stem/

the central part of sth, which other parts come from or to which other things can be added

* *He cut the branches from the stem.* ❖ trzon
  1. **option** (n) /ˈɒpʃn/

one of the choices that you have

* *She had no other option but to leave her job.*
  + - opcja
  1. **correspond** (v) /ˌkɒrɪˈspɒnd/

match; be similar or equal to ● *The story he told does not correspond with my memory of the events.* ➣ correspondence (n)

* + - odpowiadać (czemuś)
  1. **locate** (v) /ləʊˈkeɪt/

find the position of sth ● *I couldn’t locate the source of the problem.* ➣ location (n)

* + - znaleźć
  1. **purpose** (n) /ˈpɜːpəs/

the reason why you do sth ● *The purpose of the project is to collect information about students’ preferences.* ❖ cel

* 1. **stressful** (adj) /ˈstresfl/

making you feel anxious or worried

* *Taking an exam is quite a stressful situation.*

➣ stress (v, n) ❖ stresujący

* 1. **essential** (adj) /ɪˈsenʃl/

necessary or needed ● *Water is essential for human beings; we can’t live without it.*

* + - kluczowy
  1. **quality** (n) /ˈkwɒləti/

characteristic ● *She has a lot of good qualities: she’s intelligent, organised and punctual.*

* + - cecha
  1. **cure** (v) /kjʊə(r)/

make sb who was ill healthy again ● *Doctors can cure most diseases nowadays.* ➣ cure (n)

* + - wyleczyć

**Adjectives that describe people**

annoying furious unpleasant distracted irritating unpredictable emotional reliable upset

Vocabulary **Page 8**

* 1. **emotion** (n) /ɪˈməʊʃn/

a strong feeling ● *I sometimes find it hard to express my emotions.* ❖ emocja

* 1. **amazement** (n) /əˈmeɪzmənt/

extreme surprise ● *To my amazement, my parents didn’t give me any presents for my birthday.* ➣ amaze (v), amazed (adj), amazing (adj) ❖ zdumienie

* 1. **anxiety** (n) /æŋˈzaɪəti/

worry or nervousness about sth that is happening or will happen ● *Most people*

*feel a lot of anxiety about exams.* ➣ anxious (adj)

* + - niepokój
  1. **despair** (n) /dɪˈspeə(r)/

the feeling that there is no hope and nothing will get better ● *He’s in despair because he’s lost all of his money.* ➣ despair (v), desperate (adj), desperately (adv) ❖ rozpacz

* 1. **embarrassment** (n) /ɪmˈbærəsmənt/

a feeling of shame and/or shyness ● *He blushed with embarrassment when his son called his teacher a cow.* ➣ embarrass (v), embarrassing (adj), embarrassed (adj)

* + - zakłopotanie
  1. **frustration** (n) /frʌsˈtreɪʃn/

the state of feeling bad because you cannot achieve what you want ● *Our team’s frustration was obvious when the other team scored again.* ➣ frustrated (adj), frustrating (adj)

* + - frustracja
  1. **guilt** (n) /ɡɪlt/

a feeling of unhappiness you get because you have done sth wrong ● *He suffered terrible feelings of guilt over leaving his family.*

➣ guilty (adj) ❖ wina

* 1. **joy** (n) /dʒɔɪ/

a feeling of happiness ● *Sharing happy moments with your family is one of life’s greatest joys.* ➣ joyful (adj) ❖ radość

* 1. **relief** (n) /rɪliːf/

a feeling of happiness because sth bad has not happened or has ended ● *It was such a relief to see that grandma was well again.*

➣ relieve (v), relieved (adj) ❖ ulga

* 1. **sympathy** (n) /ˈsɪmpəθi/

the understanding that you show when sb else is suffering ● *I have a lot of sympathy for him as his life is definitely not easy.* ➣ sympathise (v), sympathetic (adj) ❖ współczucie

* 1. **agony** (n) /ˈæɡəni/

extreme pain or suffering ● *He screamed in agony when the doctor touched his leg.*

* + - ból nie do zniesienia
  1. **be on the edge of my seat** (expr) /bi: ɒn ðiː edʒ əv maɪ siːt/

thrilled, very excited ● *I was on the edge of my seat at the end of the match when the score was still 1–1.* ❖ czekać na coś z niecierpliwością

* 1. **get under my skin** (expr) /get ˈʌndə maɪ skɪn/ annoy ● *That kid at school really gets under my skin.* ❖ zaleźć komuś za skórę
  2. **be lost for words** (expr) /bi: lɒst fə wɜːdz/ not know what to say ● *I was lost for words when I heard the bad news and couldn’t speak.* ❖ zabraknąć (komuś) słów
  3. **regret** (n) /rɪˈɡret/

a feeling of sadness about sth unpleasant you have to do or say ● *It is with great regret that we have to announce the death of a*

*great artist.* ➣ regret (v), regretful (adj)

* + - żal
  1. **aggressive** (adj) /əˈɡresɪv/

angry and violent ● *Every time someone criticizes him, he gets aggressive and shouts.*

➣ aggression (n) ❖ agresywny

* 1. **calm** (adj) /kɑːm/

peaceful and without worry ● *I tried to keep calm and say nothing while he was shouting.*

➣ calmness (n) ❖ spokojny

* 1. **arrogant** (adj) /ˈærəɡənt/

behaving as if you were better and/or knew more than everyone else ● *I hope it won’t sound arrogant if I say I’m one of the best actors of my generation.* ➣ arrogance (n)

* + - arogancki
  1. **bad-tempered** (adj) /ˌbædˈtempəd/

that can easily become angry or annoyed

* *He’s very bad-tempered in the mornings, especially if he hasn’t had any coffee.*
  + - wybuchowy
  1. **loyal** (adj) /ˈlɔɪəl/

willing to support sb even at difficult times

* *Even when nobody wanted to speak to him, she remained his loyal friend.* ➣ loyalty (n)
  + - lojalny
  1. **mature** (adj) /məˈtʃʊə(r)/

behaving like an adult ● *I know she’s only 12, but you can definitely trust her; she’s very mature for her age.* ➣ maturity (n)

* + - dojrzały ✎ Opp: immature
  1. **mean** (adj) /mi:n/

unkind and unpleasant ● *It was a bit mean not to invite her best friend’s brother.*

* + - złośliwy
  1. **stubborn** (adj) /ˈstʌbən/

unwilling to listen to others or change what you think ● *She’s very stubborn and won’t listen to anything you say.* ➣ stubbornness (n)

* + - uparty ✎ Syn: obstinate
  1. **sensitive** (adj) /ˈsensɪtɪv/

easily upset ● *Be careful how you speak to him; he’s very sensitive to criticism.*

➣ sensitivity (n) ❖ wrażliwy

* 1. **childish** (adj) /ˈtʃaɪldɪʃ/

behaving like a child ● *Stop being so childish – you're a grown woman now!* ❖ dziecinny

**Personality adjectives**

aggressive anxious arrogant

bad-tempered calm

childish curious loyal mature

mean sensitive stubborn sympathetic

Grammar **Page 9**

* 1. **optimistic** (adj) /ˌɒptɪˈmɪstɪk/

believing that good things will happen in the future ● *I’m very optimistic about my chances of winning.* ➣ optimism (n) ❖ optymistyczny

* 1. **weigh** (v) /weɪ/

have a particular weight ● *I was shocked when I saw I weighed 100 kilos.* ➣ weight (n)

* + - ważyć
  1. **apologise** (v) /əˈpɒlədʒaɪz/

say you are sorry for sth wrong you have said or done ● *The student apologised for his lateness.* ➣ apology (n), apologetic (adj)

* + - przepraszać
  1. **commentary** (n) /ˈkɒməntri/

a live description of an event that is broadcast

* *The commentary on the football match was terrible.* ➣ comment (v, n) ❖ komentarz
  1. **plot** (n) /plɒt/

the story of a book, film, etc. ● *The plot is very simple: he falls in love and then out of love.*

* + - wątek
  1. **temporary** (adj) /ˈtemp(ə)rəri/

that doesn’t last for long ● *This is just a temporary solution until we can repair the staircase properly.* ❖ chwilowy

* 1. **drop off** (phr v) /drɒp ɒf/

start to sleep ● *I think I dropped off at some point. I don’t remember the end of the film.*

* + - zasnąć
  1. **take part (in)** (expr) /teɪk pɑːt (ɪn)/

be involved in an activity ● *I didn’t take part in the game, because I wasn’t feeling so well.*

* + - wziąć udział (w) ✎ Syn: participate
  1. **experiment** (n) /ɪkˈsperɪmənt/

a test you do to find out if sth is true or if sth works ● *They didn’t obtain very clear*

*results in their experiment.* ➣ experiment (v)

* + - eksperyment
  1. **MRI scanner** (n) /em ɑːr ˈaɪ ˌskænə(r)/

a machine that makes images of organs in your body ● *I listened to music while going through the MRI scanner.* ❖ skaner MRI

* 1. **measure** (v) /ˈmeʒə(r)/

discover the size or amount of sth ● *Let’s measure the shelves to see if they will fit.*

➣ measure (n), measurement (n)

* + - mierzyć
  1. **signal** (n) /ˈsɪɡnəl/

sth that gives information about sth else

* *Inability to sleep is a signal that something is wrong with your health.* ❖ sygnał
  1. **calculation** (n) /ˌkælkjəˈleɪʃn/

the process of using mathematics to find the size or amount of sth ● *She did a calculation of how much it would all cost.* ➣ calculate (v), incalculable (adj) ❖ obliczenie

* 1. **identify** (v) /aɪˈdentɪfaɪ/

recognise sb/sth and say who/what they are

* *The witness identified the suspect as Moira Lair.* ➣ identification (n) ❖ zidentyfikować
  1. **witness** (v) /ˈwɪtnəs/

see sth (especially a crime or accident) happen ● *The neighbours witnessed the attack.* ➣ witness (n) ❖ być świadkiem

* 1. **kidnapping** (n) /ˈkɪdnæpɪŋ/

the crime of taking sb away by force and then asking for money to let them free

* *The victim said he was going to try to forget the kidnapping and go on with his life.*

➣ kidnap (v), kidnapper (n) ❖ porwanie

Listening **Page 10**

* 1. **severe** (adj) /sɪˈvɪər/

very serious, unpleasant and worrying

* *The head teacher warned the students that their punishment would be very severe.*
  + - ciężki
  1. **mention** (v) /ˈmenʃn/

refer to sb/sth ● *Please don’t mention anything about our trip – they don’t know about it.*

➣ mention (n) ❖ wzmiankować

* 1. **water** (v) /ˈwɔːtə(r)/

pour water on plants to keep them healthy

* *Will you water the flowers in the garden while I’m away?* ❖ podlewać
  1. **load** (v) /ləʊd/

put things into a machine or car ● *You shouldn’t load different-coloured clothes into the washing machine.* ❖ ładować

* 1. **class** (n) /klɑːs/

lesson ● *My last class of the day is Mathematics.* ❖ lekcja

* 1. **concentration** (n) /ˌkɒnsənˈtreɪʃn/

the state of thinking carefully about what you are doing ● *Concentration on the day of the exam is as important as studying for it.*

➣ concentrate (v) ❖ koncentracja

* 1. **poor** (adj) /pɔː(r)/

bad, not of good quality ● *Andrew’s health is poor, but he’ll soon be out and about.*

* + - kiepski
  1. **academic** (adj) /ˌækəˈdemɪk/

related to education, schools, colleges and universities ● *The school is known for its high academic standards.* ❖ akademicki

* 1. **result** (n) /rɪˈzʌlt/

sth that happens because of sth else

* *To ensure good results, you should only use fresh ingredients*. ➣ result (v)
  + - wynik
  1. **fail** (v) /feɪl/

not succeed in what you are trying to do ● *If you fail your exam, you can resit it next year.*

➣ failure (n) ❖ zawieść ✎ Opp: succeed

* 1. **turn up** (phr v) /tɜːn ʌp/

arrive or appear somewhere ● *We had been waiting for two hours when she finally turned up at midnight.* ❖ zjawiać się

* 1. **cheer (sb) up** (phr v) /tʃɪə(r) (ˈsʌmbədi) ʌp/ make sb feel happier ● *I tried to cheer him up, but he just kept staring out of the window.*
     + rozweselić (kogoś)
  2. **lack** (n) /læk/

the state of not being enough or not being available ● *One of the biggest problems in the city centre is the lack of parking spaces.*

➣ lack (v) ❖ brak

* 1. **confidence** (n) /ˈkɒnfɪdəns/

the quality of having trust in your abilities, other people or the future ● *When they lost their fourth game in a row, the team’s confidence was shaken.* ➣ confide (v), confident (adj)

* + - pewność siebie
  1. **overhear** (v) /ˌəʊvəˈhɪə(r)/

hear what other people are saying without their knowledge ● *I overheard him saying that he didn’t like me at all.* ❖ podsłuchać

* 1. **ashamed** (adj) /əˈʃeɪmd/

guilty and embarrassed about sth you have done or about a quality of your personality

* *She was ashamed to admit that it was all her fault.* ➣ shame (v, n) ❖ zawstydzony
  1. **lonely** (adj) /ˈləʊnli/

unhappy because you are alone ● *He was far from home and was feeling very lonely.*

➣ loneliness (n) ❖ samotny

* 1. **household job** (n) /ˈhaʊsˌhəʊld dʒɒb/

a job (e.g. cleaning) that has to be done around the house ● *I hate doing household jobs, such as vacuuming and washing*

*the dishes.* ❖ praca domowa

✎ Syn: household chore

Speaking **Page 11**

* 1. **examiner** (n) /ɪɡˈzæmɪnə(r)/

sb who is responsible for asking you questions and marking you during a test ● *The examiner was very kind and professional, but I was still very nervous.* ➣ examine (v), examination (n)

* + - egzaminator
  1. **extend** (v) /ɪkˈstend/

make sth bigger or longer ● *She had to extend her working hours so as to finish the job in time.* ➣ extension (n) ❖ poszerzać/wydłużać

* 1. **linking word** (n) /ˈlɪŋkɪŋ wɜ:d/

a word that connects two ideas or two sentences ● *You should try to use appropriate linking words in your writing.* ❖ spójnik

* 1. **range** (n) /reɪndʒ/

a number of different things that belong to the same type ● *There was a wide range of opinions about the topic in our class.*

* + - zakres
  1. **improve** (v) /ɪmˈpruːv/

make sth better ● *She read a lot of novels to improve her English.* ➣ improvement (n)

* + - ulepszać

Grammar **Page 12**

* 1. **chop** (v) /tʃɒp/

cut sth into pieces ● *You should chop the carrots into small pieces.* ❖ posiekać

* 1. **process** (n) /ˈprəʊses/

a series of actions that leads to a result

* *Learning a new language can be a long, complicated process.* ➣ process (v), processor (n) ❖ proces
  1. **neuroscience** (n) /ˌnjʊərəʊˈsaɪəns/

the scientific study of the brain and the nervous system ● *Neuroscience teaches us that our brains continue to change even when we are older.* ➣ neuroscientist (n)

* + - neurobiologia
  1. **recently** (adv) /ˈriːsəntli/

not long ago ● *Until recently, he was unemployed, but he’s now found a very good job.* ➣ recent (adj) ❖ niedawno

* 1. **lately** (adv) /ˈleɪtli/

not long ago ● *I haven’t been feeling very well lately; I think I should see a doctor.*

* + - ostatnio ✎ Syn: recently
  1. **author** (n) /ˈɔːθə(r)/

the writer of a book or article ● *She is the author of three very successful novels.*

➣ author (v) ❖ autor

* 1. **order** (v) /ˈɔːdə(r)/

ask for sth in a restaurant or shop ● *I ordered a hamburger and some salad.* ➣ order (n)

* + - zamawiać
  1. **beat** (v) /biːt/

do better than sb else and defeat them ● *Anna always beats me at chess; I don’t know why I keep playing.* ❖ pokonać (kogoś)

Use of English **Page 13**

* 1. **go off (sb)** (phr v) /ɡəʊ ɒf (ˈsʌmbədi)/

stop liking or being interested in sb ● *I went off Tara when I realised how mean she was.*

* + - odstawić (coś)
  1. **calm down** (phr v) /kɑːm daʊn/

stop feeling upset or angry ● *I was furious but I took a couple of deep breaths and tried to calm down.* ❖ uspokoić się

* 1. **chill out** (phr v) /tʃɪl aʊt/

relax without letting anything upset you

* *Chill out, Mum. We still have lots of time!*
  + - wyluzować się
  1. **hit it off (with sb)** (expr) /hɪt ɪt ɒf (wɪð

ˈsʌmbədi)/

become friends with sb immediately ● *When we met we hit it off immediately. Two years later, we’re still best friends.* ❖ przypaść sobie (z kimś) do gustu, polubić się

* 1. **fall out (with sb)** (phr v) /fɔːl aʊt (wɪð

ˈsʌmbədi)/

argue with sb and stop being friends with them

* *He fell out with his sister years ago and they haven’t spoken to each other since then.*
  + - pokłócić, poróżnić się (z kimś)
  1. **argument** (n) /ˈɑːɡjumənt/

an angry disagreement between people ● *I got into an argument with my friends over football.*

➣ argue (v) ❖ kłótnia

* 1. **get (sb) down** (phr v) /get (ˈsʌmbədi) daʊn/ make sb feel unhappy ● *His boss’s rude behaviour was starting to get him down.*
     + dołować (kogoś)
  2. **stand (sb) up** (phr v) /stænd (ˈsʌmbədi) ʌp/ not come to meet someone you had arranged to meet ● *I waited for over an hour, but she stood me up.* ❖ wystawić (kogoś)
  3. **lead** (v) /liːd/

go in a particular direction or cause a particular result ● *The clues led the detective to a small house outside the village.* ➣ leader (n)

* + - prowadzić do
  1. **responsible** (adj) /rɪˈspɒnsəbl/

having control over sth and the obligation to take care of it ● *Teachers are responsible for the students in their class.* ➣ responsibility (n)

* + - odpowiedzialny
  1. **focus** (v) /ˈfəʊkəs/

direct all your attention towards sth ● *I decided to focus on my work and forget about everything else.* ➣ focus (n) ❖ skupiać

* 1. **burst into tears** (expr) /bɜ:st ˈɪntə ˈtɪəz/ suddenly start to cry ● *The young child burst into tears when he lost the ball.* ❖ rozpłakać się ✎ Opp: burst out laughing
  2. **make sense** (expr) /meɪk sens/

be clear and easy to understand ● *What he says never makes any sense – I can never understand him.* ❖ mieć sens

* 1. **switch (sth) on** (phr v) /swɪtʃ (ˈsʌmθɪŋ) ɒn/ make sth (e.g. a machine) start working
* *He switched on the light and got out of bed*.
  + - włączyć (coś) ✎ Opp: switch off
  1. **recall** (v) /rɪˈkɔːl/

remember sth so that you can describe it

* *The old man recalled the village as it had been 60 years ago.* ❖ przypominać (sobie)
  1. **figure (sth) out** (phr v) /ˈfɪɡə(r) (ˈsʌmθɪŋ) aʊt/ understand and solve ● *It took me hours to figure out how to edit images on the computer.*
     + domyślić się (czegoś)
  2. **conduct** (v) /kənˈdʌkt/

organise and do ● *They are conducting a survey to find out how people spend their free time.* ➣ conductor (n) ❖ przeprowadzić

* 1. **constantly** (adv) /ˈkɒnstəntli/

all the time or regularly ● *My parents constantly complain about the time I come home.* ➣ constant (adj) ❖ stale

✎ Syn: continually

* 1. **predict** (v) /prɪˈdɪkt/

say what will happen in the future, based on your current knowledge or experience

* *Scientists are still unable to predict with accuracy when earthquakes will occur.*

➣ prediction (n) ❖ przepowiadać

* 1. **chemical** (adj) /ˈkemɪkl/

related to reactions that involve changes in atoms ● *We learn a lot of chemical formulae in school.* ❖ chemiczny

* 1. **reward** (n) /rɪˈwɔːd/

sth you get in return for sth good that you have done ● *He received a reward for helping find the lost dog.* ➣ reward (v), rewarding (adj)

* + - nagroda
  1. **proof** (n) /pruːf/

a fact or information that shows that sth is true

* *Is there any proof that music can make us feel sad?* ➣ prove (v) ❖ dowód

✎ Syn: evidence

**Phrasal verbs**

calm down cheer sb up chill out drop off

fall out with sb figure sth out

go off sb grow up hit it off

stand sb up switch sth on turn up

Writing **Pages 14–15**

* 1. **tone** (n) /təʊn/

the general mood of sth ● *The tone of the article was very optimistic!* ❖ ton

* 1. **application** (n) /ˌæplɪkeɪʃn/

an official request for sth ● *You need to fill in this application form for a new passport.*

➣ apply (v), applicant (n) ❖ podanie

* 1. **formal** (adj) /ˈfɔːml/

official ● *We usually use more formal language when we write than when we speak.*

* + - formalny ✎ Opp: informal
  1. **direct** (adj) /daɪˈrekt/

straight, open ● *I like his open and direct manner. It makes me trust him more.*

* + - bezpośredni
  1. **take care** (expr) /teɪk keə(r)/

an expression used to say goodbye in a friendly way ● *Bye all and take care!* ❖ trzymać się

* 1. **contracted** (adj) /kənˈtræktɪd/

shortened, reduced ● *Contracted forms such as “I’d” should not normally be used in writing.*

➣ contraction (n) ❖ skrócony

* 1. **chatty** (adj) /ˈtʃæti/

friendly and informal ● *She had a very chatty style, which was easy to read.* ❖ gawędziarski

* 1. **abbreviation** (n) /əˌbriːviˈeɪʃn/

short form of a word or phrase ● *The abbreviation EU stands for European Union.*

➣ abbreviate (v) ❖ skrót

* 1. **appropriate** (adj) /əˈprəʊpriət/

suitable for a particular situation ● *The film is not appropriate for young children, as it contains a lot of violence.* ❖ właściwy

* 1. **recommend** (v) /ˌrekəˈmend/ suggest that sth should be done
* *I recommend that you discuss the matter with your doctor.* ➣ recommendation (n)
  + - polecić
  1. **grateful** (adj) /ˈɡreɪtfl/

showing or expressing thanks ● *I am very grateful for everything you have done for me!*

➣ gratefulness (n) ❖ wdzięczny

✎ Syn: thankful; Opp: ungrateful

* 1. **assistance** (n) /əˈsɪstəns/

help ● *Teachers are not allowed to give students assistance in exams.* ➣ assist (v), assistant (n) ❖ wsparcie

* 1. **hill** (n) /hɪl/

an area of land that is higher than the rest of the land ● *There is a small church on top of the hill*. ❖ wzgórze

* 1. **come along** (phr v) /kʌm əˈlɒŋ/

go somewhere with sb ● *I’m going to the library. Would you like to come along?*

* + - dołączyć
  1. **personally** (adv) /ˈpɜːsənəli/

an expression used to stress that you are giving your own opinion ● *Personally, I think vocabulary is more important than grammar.*

* + - osobiście
  1. **intend** (v) /ɪnˈtend/

have as a plan ● *I intend to study at least three hours a day.* ➣ intention (n) ❖ zamierzać

* 1. **give up on** (phr v) /gɪv ʌp ɒn/

lose hope in sb/sth, stop believing in sb/sth

* *Her parents gave up on her when she failed her exams for the fourth time.* ❖ zrezygnować
  1. **congratulations** (n) /kənˌɡrætʃəˈleɪʃənz/

an expression that shows how pleased you are about sb else’s success ● *Congratulations on passing your final exams!* ➣ congratulate (v)

* + - gratulacje
  1. **sign off** (phr v) /sɑɪn ɒf/

end a conversation, letter or email ● *I’m going to sign off now as I have a class in five minutes.* ❖ skończyć

* 1. **all the best** (expr) /ɔ:l ðə best/

an expression used to say goodbye or to wish sb success and happiness ● *Good bye now and all the best to your mother!* ❖ wszystkiego najlepszego

* 1. **incredibly** (adv) /ɪnˈkredəbli/ extremely, so much that it is difficult to

believe ● *I was incredibly late and even if I ran, I would still miss the bus.* ➣ incredible (adj)

* + - niewiarygodnie ✎ Syn: unbelievably
  1. **reflection** (n) /rɪˈflekʃn/

serious and careful thought ● *After much reflection, he made the decision to quit his job.*

➣ reflect (v) ❖ refleksja

**LOOK!**

Remember that adjectives ending in *-ing* describe sth/sb that causes sth, whereas adjectives ending in

*-ed* describe sb's state or feeling.

*It was* ***surprising*** *to see Emma push her way onto the train.*

*I was* ***surprised*** *to see Emma push her way onto the train.*

Live well, study well

# Page 16

* 1. **mental** (adj) /ˈmentl/

related to the mind ● *Many people suffer*

*from mental illness at some point in their lives.*

➣ mentally (adv) ❖ psychiczny

* 1. **resilience** (n) /rɪˈzɪljəns/

the ability to be happy again after sth bad has happened ● *His resilience helped him find a new job.* ➣ resilient (adj) ❖ wytrzymałość

* 1. **cope** (v) /kəʊp/

deal successfully with sth difficult ● *I don’t know how you manage to cope with two jobs and a young child.* ❖ radzić sobie

* 1. **positivity** (n) /ˌpɒzəˈtɪvəti/

hope and confidence ● *Positivity is necessary when making plans.* ❖ pozytywne nastawienie

* 1. **ignore** (v) /ɪˈɡnɔː(r)/

deliberately refuse to pay attention

* *I tried to explain to him, but he ignored me.*

➣ ignorance (n), ignorant (adj) ❖ ignorować

* 1. **pick yourself up** (expr) /pɪk jəˈself ʌp/ try to make your life better after a difficult

period ● *Instead of being sorry for what had happened, she picked herself up and started over again.* ❖ stanąć na nogi

* 1. **keep going** (expr) /ki:p gəʊɪŋ/

continue to live normally in a difficult situation

* *It’s important to keep going, even if you don’t see the point.* ❖ iść dalej, robić swoje
  1. **analyse** (v) /ˈænəlaɪz/

examine sth in detail so as to understand or explain it ● *I need to analyse the data before*

*I make a decision.* ➣ analysis (n) ❖ analizować

* 1. **network** (n) /ˈnetwɜːk/

a group of people that have the same interests

* *She has built a network of personal friends that can help her with her new company.*

➣ network (v) ❖ sieć

* 1. **reward** (v) /rɪˈwɔːd/

give sth in exchange for sth good that sb has done ● *Her efforts were rewarded with the first prize.* ➣ reward (n), rewarding (adj)

*His behaviour was*

## *irritating*.

*He has an* ***annoying***

*voice.*

*It was a* ***distracting***

*noise.*

*She had some* ***amazing***

*news.*

*The situation was*

## *embarrassing.*

*I was* ***irritated*** *at his behaviour.*

*I get* ***annoyed*** *when I hear his voice.*

*I was* ***distracted*** *by the noise.*

*I was* ***amazed*** *to hear the news.*

*I was* ***embarrassed***

*about the situation.*

* nagradzać
  1. **look on the bright side** (expr) /lʊk ɒn ðə braɪt saɪd/

find sth good in a bad situation ● *I tried to look on the bright side, thinking that at least I had a job.* ❖ dostrzegać jasne strony

* 1. **treat** (v) /triːt/

behave in a particular way towards sb ● *The teacher treated all her students in the same way.* ➣ treatment (n) ❖ traktować

* 1. **issue** (n) /ˈɪsjuː/

a problem or worry that you have ● *We had some technical issues with the new software.*

* + - kwestia