**3** Role models

Glossary

# Page 29

* 1. **role model** (n) /ˈrəʊl ˌmɒdl/

a person that you admire and try to copy

* + - *Sports stars often act as role models for young people.* ❖ wzór do naśladowania

Reading **Pages 30–31**

* 1. **potential** (n) /pəˈtenʃl/

sb’s ability to develop or succeed ● *I feel this job would allow me to achieve my full potential and show what I am capable of.* ➣ potentially (adv) ❖ potencjał

* 1. **mission** (n) /ˈmɪʃn/

an important job that you feel you must do

* + - *She made it her mission in life to help the homeless.* ❖ misja
  1. **impact** (n) /ˈɪmpækt/

a powerful effect ● *The new regulations had an impact on the way businesses worked.*

* wpływ
  1. **motivate** (v) /ˈməʊtɪveɪt/

make sb want to do sth ● *She managed to motivate her students to complete the project in two days.* ➣ motivation (n), motivated (adj)

* motywować
  1. **inspire** (v) /ɪnˈspaɪə(r)/

give sb the confidence to do sth ● *Her father inspired her to work harder.* ❖ inspirować

* 1. **criticise** (v) /ˈkrɪtɪsaɪz/

say what you think is wrong about sb/sth

* + - *All you do is criticise; you never say anything positive.* ➣ criticism (n) ❖ krytykować
  1. **point (sth) out** (phr v) /ˈpɔɪnt (ˈsʌmθɪŋ) aʊt/ draw attention to sth ● *The teacher pointed out the many spelling mistakes I had made.*
* wskazać (coś)
  1. **barrier** (n) /ˈbæriə(r)/

sth that prevents people from going somewhere or doing sth ● *The fact that he didn’t speak the language was a barrier*

*to communication with the local people.*

* bariera
  1. **expectation** (n) /ˌekspekˈteɪʃn/

a strong belief about how sb should behave or how sth should happen ● *She had to work really hard to live up to her parents’ expectations.* ➣ expect (v) ❖ oczekiwanie

* 1. **admire** (v) /ədˈmaɪə(r)/

respect and approve of sb ● *I really admire my sister for her courage.* ➣ admiration (n)

* podziwiać
  1. **guide** (n) /ɡaɪd/

sb/sth that shows you the way to do sth

* + - *I try not to let feelings be my guide; I make my decisions based on logic.* ➣ guidance (n), guide (v) ❖ przewodnik
  1. **trail** (n) /treɪl/

path through a forest or in the countryside

* + - *The trail along the river was covered with snow.* ❖ ślad
  1. **phenomenon** (n) /fəˈnɒmɪnən/

sb/sth that is extremely successful and well known ● *Usain Bolt has been a phenomenon in the world of athletics.* ❖ zjawisko

✎ Plural: phenomena or phenomenons

* 1. **remote** (adj) /rɪˈməʊt/

far away from where most people live

* + - *She lives in a remote village in the middle of the forest.* ❖ odległy
  1. **eldest** (adj) /ˈeldɪst/

the oldest of three or more people in a family

* + - *I have three younger brothers; I’m the eldest.*
* najstarszy

**LOOK!**

We use the adjectives *elder* and *eldest* to talk about the age of members from the same family.

*Have you met my* ***elder*** *sister? George is her* ***eldest*** *son.*

We don't use *than* after *elder*. We can use

*elder* only before a noun. With *than*, we use the comparative form *older* even if we are talking about members of the same family:

*Jane is my* ***elder*** *sister; she’s three years* ***older than*** *me.*

* 1. **fetch** (v) /fetʃ/

go, get and bring back sb/sth ● *Could you fetch my bag from the other room, please?*

* przynosić
  1. **crop** (n) /krɒp/

plants that are grown in large quantities especially as food ● *Many farmers spray their crops with chemicals to protect them from insects.* ❖ zboże

* 1. **afford** (v) /əˈfɔːd/

have the money or time to buy or do sth

* + - *I know you want a swimming pool, but we just can’t afford it.* ➣ affordable (adj)
* pozwolić sobie
  1. **excel** (adj) /ɪkˈsel/

be extremely good at sth ● *She always excelled in mathematics at school; she got top marks.* ➣ excellent (adj) ❖ wybitny

* 1. **call for** (phr v) /kɔ:l fɔ:(r)/

publicly ask for sth to happen ● *The government has called for the President to resign.* ❖ zaapelować o

* 1. **donation** (n) /dəʊˈneɪʃən/

money that you give to help a person or organisation ● *He made a donation towards the building of the new hospital.* ➣ donate (v)

* darowizna
  1. **compete** (v) /kəmˈpiːt/

take part in a race or competition ● *The two athletes competed for the gold medal.*

➣ competition (n), competitive (adj), competitor (n) ❖ rywalizować

* 1. **attempt** (v) /əˈtempt/

try to do sth ● *Don’t attempt to talk me into it. I’m not going to change my mind.* ➣ attempt

(n) ❖ próbować

* 1. **ultra-** (prefix) /ˈʌltrə/

extreme or extremely ● *She likes ultra-modern furniture, but I have more traditional taste.*

* ultra-
  1. **look up to** (phr v) /lʊk ʌp tə/

admire or respect very much ● *Most teenagers look up to pop stars.* ❖ szanować

* 1. **break the mould** (expr) /breɪk ðə məʊld/ do sth in a different way from what people traditionally expect ● *She has a fresh approach that completely breaks the mould.*
* wyjść poza schemat
  1. **right** (n) /raɪt/

the expectation to be treated fairly and to have the things that are necessary in life ● *In many cases, women still have to fight for their rights.*

* prawo
  1. **to sb’s surprise** (expr) /tə ˈsʌmbədiz səˈpraɪz/ in a way that sb didn’t expect ● *I thought he wouldn’t like my idea, but, to my surprise, he loved it.* ❖ ku zaskoczeniu kogoś
  2. **recover** (v) /rɪˈkʌvə(r)/

become well again after an injury or illness ● *It took him more than a week to recover from his injury.* ➣ recovery (n) ❖ wyzdrowieć

* 1. **surgery** (n) /ˈsɜːdʒəri/

medical operation that involves cutting open a person’s body ● *The doctor said I will probably need surgery on my left knee.* ❖ operacja

Vocabulary **Page 32**

* 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.* ❖ sprostać

* 1. **overcome** (v) /ˌəʊvəˈkʌm/

deal with (a problem) successfully ● *You need to overcome your fear of flying or you’ll never be able to travel far away.* ❖ przezwyciężać

* 1. **gossip** (n) /ˈɡɒsɪp/

conversation about other people’s private lives, usually unkind or untrue ● *I’ve heard the gossip about his new girlfriend, but I don’t believe any of it.* ➣ gossip (v) ❖ plotka

* 1. **rumour** (n) /ˈruːmə(r)/

a story or piece of news, good or bad, that quickly spreads from person to person ● *I heard a rumour that he was going to quit, but I know it’s not true.* ❖ plotka

* 1. **split up (with sb)** (phr v) /splɪt ʌp (wɪð

ˈsʌmbədi)/

end a relationship or a marriage with sb

* + - *He split up with his girlfriend last weekend.*
* rozstać się (z kimś)
  1. **disgrace** (n) /dɪsˈɡreɪs/

the loss of people’s respect because of unacceptable behaviour ● *He brought disgrace on his whole family when he was sent to prison.* ➣ disgrace (v) ❖ hańba

* 1. **scandal** (n) /ˈskændl/

an action that causes the public to feel shock

* + - *The accusations that the bank manager had stolen the money caused a scandal.*
* skandal
  1. **breakthrough** (n) /ˈbreɪkθruː/

an important discovery that helps solve a problem ● *The new drug is a major breakthrough in the fight against cancer.*

* przełom
  1. **comeback** (n) /ˈkʌmbæk/

the return to fame or power of sb who was famous or powerful in the past ● *The actor attempted a comeback with a new film after almost ten years.* ❖ powrót

* 1. **follow in (sb’s) footsteps** (expr) /ˈfɒləʊ ɪn

(ˈsʌmbədi’s) ˈfʊtsteps/

do the same thing in your life as sb else (especially sb in your family) did before ● *She decided to follow in her mother’s footsteps and become a journalist.* ❖ podążać (czyimiś) śladami

* 1. **out of nowhere** (expr) /aʊt əv ˈnəʊwe(r)/ suddenly and surprisingly ● *As soon as I entered the room, a man appeared out of nowhere and asked how he could help me.*
* jak grom z jasnego nieba
  1. **seize the opportunity** (expr) /ˈsi:z ði ˌɒpəˈtʃuːnəti/ make use of a chance to do sth as soon as it appears ● *As soon as he saw I was available, he seized the opportunity to come and talk to me.* ❖ wykorzystać okazję
  2. **the secret of (sb’s) success** (expr) /ðə ˈsi:krət əv (ˈsʌmbədi’s) sʌˈkses/

the way in which sb has achieved success

* + - *The secret of Harry’s success is that he always made the right choices.* ❖ sekret (czyjegoś) sukcesu
  1. **open doors for (sb)** (expr) /ˈəʊpən dɔ:z fə

(ˈsʌmbədi)/

provide opportunities for sb to do sth ● *His marriage to the film director certainly opened doors for the young actor.* ❖ otworzyć (komuś) drzwi

* 1. **claim to fame** (expr) /kleɪm tə feɪm/

the reason why sb might say they are famous

* + - *My only claim to fame is that I went to school with the President’s daughter.* ❖ zasługa, powód do sławy
  1. **never get anywhere** (expr) /ˈnevə get

ˈeniweə(r)/

make no progress or have no success ● *She kept trying to get a part in a film but she never got anywhere*. ❖ stać w miejscu

* 1. **household name** (expr) /ˌhaʊshəʊld ˈneɪm/

a famous person that almost everyone knows

* + - *He never became a household name but he was definitely a very good actor.*
* znane nazwisko
  1. **ambitious** (adj) /æmˈbɪʃəs/

having a strong wish to be successful ● *I’m sure you’ll become a great film director one day. You’re so ambitious!* ➣ ambition (n)

* ambitny
  1. **determined** (adj) /dɪˈtɜːmɪnd/

with a strong desire to do what you plan even if there are difficulties ● *He was determined to find out the truth, no matter how long it took.*

➣ determine (v), determination (n)

* zdeterminowany
  1. **influence** (n) /ˈɪnfluəns/

have an effect on sb ● *Fashion didn’t have any influence over her – she had her own personal style.* ➣ influence (v), influencer (n), influential (adj) ❖ wpływ

* 1. **influencer** (n) / ˈɪnfluənsə(r)/

sb who is paid to show the products of a company on their own social media so as to influence people to buy them ● *A lot of companies use influencers to promote their products instead of traditional advertising.*

* influencer
  1. **influential** (adj) /ɪnfluˈenʃl/

having a lot of influence, able to make others behave in a particular way ● *She’s a very influential artist; a lot of younger artists follow her example.* ➣ influence (v, n), influencer (n)

* wpływowy
  1. **reality** (n) /riˈæləti/

the way things truly are ● *He looked very young, but in reality he was over fifty.* ➣ real (adj), realistic (adj) ❖ rzeczywistość

* 1. **realistic** (adj) /ˌrɪəˈlɪstɪk/

accepting what is actually possible to do in a specific situation ● *It isn’t realistic to expect to finish the job in just two days!* ➣ reality (n), real (adj) ❖ realistyczny

* 1. **sponsor** (n) /ˈspɒnsə(r)/

a person, organisation or company that agrees to give money to sb so that they complete

an activity ● *The main sponsor of the festival is the Ministry of Tourism.* ➣ sponsor (v), sponsorship (n) ❖ sponsor

* 1. **sponsorship** (n) /ˈspɒnsəʃɪp/

money that is given to a person or organisation so that they can complete an activity ● *The festival received 50,000 in sponsorship from banks.* ➣ sponsor (v, n) ❖ sponsoring

* 1. **for the sake of** (expr) /ˈfə ðə seɪk əv/

in order to get or keep sth ● *She decided to quit smoking for the sake of her health.*

* przez wzgląd na
  1. **aim** (v) /eɪm/

plan, have as a purpose ● *I’m aiming to finish the job by Friday.* ❖ cel

* 1. **passion** (n) /ˈpæʃn/

an activity or hobby that you are extremely interested in ● *I like all sports, but my passion is rugby.* ➣ passionate (adj) ❖ pasja

* 1. **concrete** (adj) /kɒŋkriːt/

clear and certain ● *A general idea will not do; we have to be concrete and specific.*

* konkretny
  1. **in exchange** (phr) /ɪn ɪksˈtʃeɪndʒ/

in return ● *I can help you with your homework if you wash the dishes in exchange.*

* w zamian
  1. **follower** (n) /ˈfɒləʊə(r)/

sb that chooses to regularly see/receive sb else’s posts on social media ● *Some*

*celebrities have millions of followers on their social media* ❖ obserwujący

* 1. **build (sth) up** (phr v) /bɪld (ˈsʌmθɪŋ) ʌp/ make sth higher or stronger than before
     + *I do exercises every morning to build up my strength.* ❖ wzmacniać (coś)
  2. **keep going** (phr v) /ki:p gəʊɪŋ/

continue to do sth in spite of difficulties ● *I know it’s difficult but keep going and you will succeed in the end.* ❖ robić swoje

Grammar **Page 33**

* 1. **contestant** (n) /kənˈtestənt/

sb who takes part in a competition ● *The show features ten contestants from ten different countries.* ➣ contest (n) ❖ zawodnik

* 1. **announce** (v) /əˈnaʊns/

make sth known to the public ● *The presenter announced the winner of the competition*.

➣ announcement (n), announcer (n)

* ogłosić
  1. **single** (adj) /ˈsɪŋɡl/

one only ● *He told me every single detail of what had happened.* ❖ pojedynczy

* 1. **bench** (n) /bentʃ/

a long, hard seat for two or more people found in a public place ● *There was an old bench*

*in the park, but it’s been removed.* ❖ ławka

* 1. **autograph** (n) /ˈɔːtəɡrɑːf/

sb’s signature, usually a celebrity’s

* + - *The singer gave me his autograph.*
* autograf
  1. **run out** (phr v) /rʌn aʊt/

be finished completely so that none is left

* + - *The salt is running out; we have to get some.* ❖ skończyć się
  1. **escape** (v) /ɪˈskeɪp/

get away from a place where you were not allowed to leave ● *Three prisoners were caught while they were trying to escape.*

➣ escape (n) ❖ uciekać

* 1. **skydive** (v) /ˈskaɪdaɪv/

jump from an aircraft with a parachute

* + - *I skydive every weekend, so I’m not afraid of heights.* ➣ skydiving (n) ❖ skakać na spadochronie
  1. **volunteer** (v) /ˌvɒlənˈtɪə(r)/

offer to do sth that you don’t have to do

* + - *My friends and I volunteered to help clean up the beaches in our area.* ➣ voluntary (adj), volunteer (n), volunteering (n)
* być wolontariuszem
  1. **parachute** (n) /ˈpærəʃuːt/

a piece of equipment made of thin cloth that you open when you are dropped from an aircraft so that you can fall slowly and safely ● *She seemed to fall very fast at first but slowed down as soon as she opened her parachute.* ❖ spadochron

* 1. **key** (adj) /kiː/

very important ● *The key issue here is how much this will cost.* ❖ kluczowy

* 1. **capsule** (n) /ˈkæpsjuːl/

the part of a spacecraft where the astronauts travel ● *Conditions in a space capsule are cramped.* ❖ kapsuła

* 1. **spacecraft** (n) /ˈspeɪskrɑːft/

a vehicle that travels in space ● *NASA is planning to send another spacecraft to the moon.* ❖ statek kosmiczny

Listening **Page 34**

* 1. **hero** (n) /ˈhɪərəʊ/

a person you admire very much because they have done sth great ● *He fought bravely in the war and became a national hero.*

➣ heroic (adj) ❖ bohater

* 1. **get into** (phr v) /get ˈɪntə/

become interested in sth ● *I first got into music when I was a child.* ❖ zainteresować się czymś

* 1. **kind of** (expr) /kaɪnd əv/

informal expression used to explain or talk about sth without being exact ● *I kind of said I was sorry and then I changed the subject.*

* jakby
  1. **fall in love** (expr) /fɔ:l ɪn lʌv/

start to love ● *I fell in love with opera when I first heard Maria Callas.* ❖ zakochać się

* 1. **brilliant** (adj) /ˈbrɪljənt/

extremely skilled or clever ● *That’s a brilliant idea! I agree completely!* ➣ brilliantly (adv)

* znakomity
  1. **look forward to** (phr v) /lʊk ˈfɔːwəd tə/ think with pleasure about sth that is going to happen ● *It’s been a difficult week and I’m really looking forward to the weekend.*
* nie móc się doczekać
  1. **flat** (adj) /flæt/

without emotion or excitement ● *After the excitement of the last few days, I’m feeling a little flat now.* ❖ obojętny

* 1. **scan** (v) /skæn/

look through (a text) in order to find information

* + - *I scanned the list quickly for my name but couldn’t find it.* ❖ skanować
  1. **extract** (n) /ˈekstrækt/

a short passage taken from a longer text

* + - *The magazine published an extract from his latest novel.* ➣ extract (v) ❖ wyciąg
  1. **shy** (adj) /ʃaɪ/

nervous and uncomfortable around people you don’t know ● *The little boy was very shy and just hid behind his mother.* ➣ shyness (n)

* nieśmiały
  1. **sense of humour** (n) /sens əv ˈhjuːmə(r)/ the ability to understand sth that is funny
     + *Adam’s got no sense of humour, so don’t play jokes on him.* ❖ poczucie humoru
  2. **work (sth) out** (phr v) /wɜ:k (ˈsʌmθɪŋ) aʊt/ find or calculate the answer to sth ● *You can take your time to work out the solution to the problem.* ❖ rozgryźć (coś)

Speaking **Page 35**

* 1. **similarity** (n) /ˌsɪmɪˈlærəti/

the fact that people, things, places, etc. look or are the same ● *There are some similarities between surfing and windsurfing.* ➣ similar (adj), similarly (adv) ❖ podobieństwo

* 1. **theme** (adj) /θiːm/

the main subject or topic ● *He gave a talk on the theme of violence in modern music.*

* motyw
  1. **follow-up** (adj) /ˈfɒləʊʌp/

done after a related activity ● *We can examine our options now and make final decisions in a follow-up meeting on Friday.* ❖ kontynuacja

* 1. **in contrast** (phr) /ɪn ˈkɒntrɑːst/

on the other hand ● *I hated his new song. My sister, in contrast, loved it.* ❖ w przeciwieństwie

* 1. **have in common** (expr) /hæv ɪn ˈkɒmən/ share sth with sb; have sth the same as sb else ● *The two men have a lot in common: they’re both young, married and work in banks.*
* mieć coś wspólnego
  1. **whereas** (conj) /weərˈæz/

but, while ● *The reviewer claimed the film was amazing, whereas I thought it was terrible.*

* natomiast

Grammar **Page 36**

* 1. **award** (n) /əˈwɔːd/

a prize (for example, money) that you are given for a special achievement ● *The winner will receive a cash award of 10,000 pounds.*

➣ award (v) ❖ nagroda

* 1. **exhausted** (adj) /ɪɡˈzɔːstɪd/

very tired ● *I’m too exhausted to do anything; I think I’ll just go to bed.* ➣ exhaust (v),

exhaustion (n), exhausting (adj) ❖ wyczerpany

* 1. **check-in desk** (n) /ˈtʃekɪn ˌdesk/

the place at the airport where you show your ticket and they tell you where to go and where to sit on the plane ● *I forgot to check in online, so I had to wait for half an hour at the check-in desk.* ❖ recepcja

* 1. **take off** (phr v) /teɪk ɒf/

leave the ground and begin to fly ● *Hurry up! Our plane takes off in 20 minutes.*

* wystartować, odlecieć
  1. **sanctuary** (n) /ˈsæŋktʃʊəri/

a place where birds and animals can live and be protected ● *The small island has been a wildlife sanctuary since the 1970s.*

* sanktuarium
  1. **crash** (v) /kræʃ/

hit violently and cause damage ● *The car went out of control and crashed into the back of a bus.* ➣ crash (n) ❖ rozbić się

* 1. **bad** (adj) /bæd/

painful ● *He has a bad leg. He can’t climb all those stairs.* ❖ zły

* 1. **rescue** (v) /ˈreskjuː/

save from a dangerous situation ● *The lifeguard managed to rescue the young man from drowning.* ➣ rescue (n) ❖ ratować

* 1. **promote** (v) /prəˈməʊt/

encourage people to buy or support sth ● *They are promoting their new products through internet advertising.* ➣ promotion (n)

* promować
  1. **conservation** (n) /ˌkɒnsəˈveɪʃn/

the protection of the natural environment from harmful human activities ● *I love animals*

*and fully support this wildlife conservation programme.* ❖ ochrona

* 1. **turn out** (phr v) /tɜ:n aʊt/

prove to be ● *I thought he wasn’t very clever, but he turned out to be brilliant.* ❖ okazać się

* 1. **performer** (n) /pəˈfɔːmə(r)/

sb who entertains an audience ● *She’s not only a good singer, but also a brilliant performer.* ➣ perform (v), performance (n)

* wykonawca
  1. **tangled** (adj) /ˈtæŋɡld/

twisted together in an untidy way ● *My hair was a tangled mess when I woke up this morning.* ❖ zaplątany

* 1. **fishing line** (n) /ˈfɪʃɪŋ ˌlaɪn/

a piece of strong plastic string you use with a fishing rod to catch fish ● *You have to hold the fishing line firmly if you want to catch anything.*

* żyłka wędkarska

Use your English **Page 37**

* 1. **get away with** (phr v) /get əˈweɪ wɪð/

do sth wrong and avoid being punished or criticised ● *He thought he would get away with cheating in the exam but he was caught and punished.* ❖ uniknąć odpowiedzialności

* 1. **live up to** (phr v) /lɪv ʌp tə/

achieve what you or other people expect you will ● *He studied very hard in order to live*

*up to his parents’ expectations.* ❖ spełnić oczekiwania

* 1. **catch up on** (phr v) /kætʃ ʌp ɒn/

spend extra time doing sth which you didn’t complete when you should ● *I thing I’m going to stay in tonight to catch up on my reading.*

* nadrabiać zaległości
  1. **come up with** (phr v) /kʌm ʌp wɪð/

suggest or think of a plan or idea ● *She came up with a great idea for promoting the party.*

* wymyślić
  1. **deserve** (v) /dɪˈzɜːv/

rightly get sth because of the way you behave or act ● *I work very hard and I deserve all the money I get.* ❖ zasłużyć

* 1. **miss out on** (phr v) /mɪs aʊt ɒn/

fail to do sth useful or enjoyable ● *Of course I’m coming to the party. I wouldn’t want to miss out on all the fun.* ❖ przegapić

* 1. **look down on** (phr v) /lʊk daʊn ɒn/

feel or behave like you are better than sb else

* + - *He looks down on people who haven’t been to college.* ❖ patrzeć z góry
  1. **make up for** (phr v) /meɪk ʌp fə(r)/

do sth to correct sth that was wrong or was missing ● *We started late, so we need to work really fast to make up for lost time.*

* wynagradzać
  1. **draw attention to** (expr) /drɔ: əˈtenʃən tə/ make people notice sth ● *She was very quiet, as she didn’t want to draw attention to herself.*
* zwrócić uwagę na
  1. **lead the way** (expr) /liːd ðə weɪ/

make more progress than others in sth

* + - *This new company is already leading the way in space travel.* ❖ być liderem
  1. **lose your passion for** (expr) /lʊz jɔ: ˈpæʃən fə(r)/ stop being interested in sth that you liked very much ● *The teacher criticised me so much that I soon lost my passion for music.*
* stracić pasję do
  1. **see the funny side** (expr) /si: ðə ˈfʌni saɪd/ appreciate the pleasant or funny aspects of an unpleasant situation ● *Fortunately, the teacher saw the funny side of what we had done and didn’t punish us.* ❖ dostrzegać zabawną stronę
  2. **set a good example** (expr) /set ə gʊd ɪɡˈzɑːmpl/

behave in a way that other people should copy

* + - *You should be setting a good example for your younger sister instead of behaving like a spoilt child yourself.* ❖ stanowić dobry przykład
  1. **come over** (phr v) /kʌm ˈəʊvə(r)/

visit sb in their home ● *My parents are coming over for dinner tonight.* ❖ odwiedzić

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

go in a particular direction ● *I think it’s time for us to head back home.* ❖ kierować się

**Phrasal verbs**

build up get into

call for live up to

catch up on look down on

come over look for come up with look up to get away with make up for

miss out on point out split up take off turn out work out

Writing **Pages 38–39**

* 1. **convention** (n) /kənˈvenʃən/

a commonly accepted way of doing sth

* + - *For most people, it is not easy to break with social conventions.* ➣ conventional (adj)
* konwencja
  1. **prompt** (n) /prɒmpt/

words that tell you what you should write or talk about ● *You can start talking when she gives you the prompt.* ❖ komunikat, sygnał

* 1. **fiction** (n) /ˈfɪkʃən/

a story about imaginary characters and events, not real ones ● *This is a work of fiction, none of the people described are real.* ➣ fictional (adj) ❖ fikcja

* 1. **in advance** (phr) /ɪn ədˈvɑːns/

before a specific time or thing ● *I’d like to thank you in advance. Your help really means a lot to me.* ❖ z góry

* 1. **leap** (v) /liːp/

jump very high, a long way or very quickly

* + - *As soon as I stood up, the cat leaped onto my chair.* ➣ leap (n) ❖ skoczyć
  1. **submit** (v) /səbˈmɪt/

send a document to an organisation so that they can make a decision ● *I submitted my job application last week and am now hoping to be invited for an interview.* ➣ submission (n)

* przesłać
  1. **congratulate** (v) /kənˈɡrætʃəleɪt/ express your approval or pleasure for sb’s achievement ● *All his friends called*

*to congratulate him on passing his exam.*

➣ congratulations (n pl) ❖ pogratulować

* 1. **can’t believe my ears** (expr) /kænt bɪˈliːv maɪ ɪərz/

be so surprised by sth you hear that you think you are imagining it ● *Alex couldn’t believe his ears when Wendy asked him to marry her.*

* nie móc uwierzyć własnym uszom
  1. **desperately** (adv) /ˈdespərətli/

extremely ● *He desperately tried to become a model, but he never managed to achieve his ambition.* ❖ desperacko

* 1. **bitterly** (adv) /ˈbɪtəli/

extremely and unpleasantly ● *I was bitterly disappointed when I didn’t get the job.*

* gorzko
  1. **flash** (n) /flæʃ/

a sudden bright light that immediately disappears ● *Suddenly, there was a flash of lightning so we all headed indoors.*

* błysk
  1. **beam** (n) /biːm/

a line of light coming from a bright object

* + - *I could barely see the trail in the beam of my torch.* ❖ promień
  1. **at long last** (expr) /æt lɒŋ la:st/

finally, after waiting for a long time ● *It had been months since I wrote to him. At long last, he replied.* ❖ nareszcie

* 1. **not in my wildest dreams** (expr) /nɒt ɪn maɪ

ˈwaɪldɪst dri:mz/

not even in your imagination ● *I never thought we’d win, not even in my wildest dreams.*

* nie w moich najdzikszych wyobrażeniach
  1. **out of the blue** (expr) /aʊt əv ðə blu:/ suddenly and unexpectedly ● *I hadn’t seen him in years and then, out of the blue, he turned up on my doorstep.* ❖ niespodziewanie
  2. **to make matters worse** (expr) /tə meɪk mætəz wɜ:s/

to make the situation even more difficult

* + - *His behaviour was terrible and, to make matters worse, he refused to apologise.*
* na domiar złego
  1. **stunned** (adj) /stʌnd/

shocked and surprised ● *When she told me the terrible news, I was so stunned that I couldn’t speak.* ❖ oszołomiony

* 1. **meanwhile** (adv) /ˈmiːnwaɪl/

at the same time as sth else is happening ● *I’ll pack the suitcases. Meanwhile, you can wash the dishes.* ❖ w międzyczasie

* 1. **warning** (n) /ˈwɔːnɪŋ/

a statement or sign that tells you sth bad may happen unless you try to avoid it ● *It’s his fault. I gave him a word of warning, but he decided to ignore it.* ❖ ostrzeżenie

**Expressions**

a household name open doors for sb claim to fame out of nowhere

draw attention to out of the blue

follow in sb’s footsteps the secret of sb’s success for the sake of see the funny side

keep going seize the opportunity never get anywhere set a good example not in my wildest dreams to make matters worse

Live well, study well

# Page 40

* 1. **management** (n) /ˈmænɪdʒmənt/

the way you organise sth so as to get good results ● *Good management of time and money is important in business.* ➣ manage (v), manager (n) ❖ zarządzanie

* 1. **procrastination** (n) /prəˌkræstɪˈneɪʃn/

the act of not doing sth that must be done now and leaving it for later ● *After days of*

*procrastination, she finally decided to complete the report.* ➣ procrastinate (v) ❖ kunktatorstwo

* 1. **feed** (n) /fiːd/

a web page that changes often and automatically to show the latest information

* + - *You can check your Twitter feed on your phone or on your computer.* ❖ aktualności
  1. **challenge** (n) /ˈtʃælɪndʒ/

an invitation to complete a task or beat sb in a game ● *I’ve just reached level 7 and*

*completed today’s challenge.* ➣ challenge (v)

* wyzwanie
  1. **urgently** (adv) /ˈɜːdʒəntli/

in a way that needs immediate attention

* + - *Vaccines against the new virus are urgently needed.* ➣ urgent (adj) ❖ pilnie
  1. **sort** (v) /sɔːt/

separate a number of things into groups ● *The students were sorted into three groups: more advanced, average and less advanced.*

* sortować
  1. **according to** (prep) /əˈkɔːdɪŋ ˌtə/

in a way that agrees with sth ● *I organised the books on the shelf according to their topic.*

* według
  1. **waste** (n) /weɪst/

an unnecessary or wrong use of sth ● *You don’t need a new phone – it would be a waste of money.* ➣ waste (v) ❖ marnotrawstwo

* 1. **guilty** (adj) /ˈɡɪlti/

feeling bad about sth you did or sth you didn’t do ● *She felt guilty about not going to his party.*

➣ guilt (n) ❖ winny

* 1. **put (sth) off** (phr v) /pʊt (ˈsʌmθɪŋ) ɒf/

delay sth until a later time ● *They have put off the meeting for a week; it will take place next Tuesday.* ❖ odłożyć (coś)

* 1. **report back** (phr v) /rɪˈpɔːt bæk/

present information that you have been asked to find out ● *See how much you can find out about the new plan and report back next week.*

* zreferować
  1. **cut down on** (phr v) /kʌt daʊn ɒn/

use less of sth or do sth less than before ● *I’m trying to cut down on coffee so I only have one cup a day now.* ❖ ograniczyć

* 1. **mean (to do sth)** (v) /mi:n (tə du: ˈsʌmθɪŋ)/ intend to do sth ● *I didn’t mean to be rude. I’m sorry.* ❖ chcieć (coś zrobić)
  2. **get round to** (phr v) /get raʊnd tə/

find the time to do sth that you wanted or needed to do for a long time ● *A week later, I finally got round to answering his email.*

* zabrać się do