**5** Have you seen the news?

 **Glossary**

# Page 53

* 1. **(the) press** (n) /(ðə) pres/

newspapers and magazines ● *The news of the flood was reported in the press.* ❖ prasa

* 1. **press conference** (n) /pres ˈkɒnfərəns/ interview with journalists ● *The actor announced at a press conference that she would do one last film.* ❖ konferencja prasowa

✎ Syn: news conference

* 1. **soundbite** (n) /ˈsaʊndbaɪt/

a short phrase or sentence, which is easily remembered, taken from a speech, especially by a politician, which makes a point and is repeated in the media ● *Most*

*politicians have speeches carefully written to include soundbites so their message will be remembered.* ❖ slogan

* 1. **memorable** (adj) /ˈmemrəbl/ which can be remembered easily;

unforgettable ● *The first time I sang in public was a memorable experience.* ➣ memory (n)

* + - pamiętny

Reading **Pages 54–55**

* 1. **(the) media** (n pl) /(ðə) ˈmiːdɪə/

all the ways of spreading news and entertainment, e.g. TV, radio, newspapers, internet sites ● *TV and radio used to be the most popular media till the internet took over.*

* + - media ✎ NB: singular: medium
	1. **disinformation** (n) /ˌdɪsˌɪnfəˈmeɪʃn/ false information about sth ● *The videos*

*online were carefully designed to spread disinformation denying the country’s social problems.* ❖ dezinformacja

* 1. **false** (n) /fɔːls/

not real or true ● *Check your facts carefully because there’s so much false information around on social media.* ❖ fałsz

* 1. **misleading** (adj) /ˌmɪsˈliːdɪŋ/

not true, but appearing to be ● *The advertisement gives the misleading impression that the sugary breakfast cereal is a healthy choice.* ➣ mislead (v) ❖ mylący ✎ Opp: factual

* 1. **spread** (v) /spred/

tell or be told to a large number of people

* *News of the celebrity couple’s separation spread quickly.* ➣ spread (n)
	+ - rozprzestrzeniać ✎ Also: spread the news, spread gossip/rumours
	1. **deliberately** (adv) /dɪˈlɪbərətli/

on purpose, not by chance ● *She deliberately switches off her phone at night so it won’t distract her from sleeping.* ➣ deliberate (adj)

* + - specjalnie, celowo
	1. **fiction** (n) /ˈfɪkʃn/

an untrue report or statement ● *The statement she made to the police was a complete fiction.*

➣ fictional (adj) ❖ fikcja ✎ Opp: fact

* 1. **crevasse** (n) /krəˈvæs/

deep crack in a rock or ice ● *The climber broke his arm when he fell into a crevasse on the mountain.* ❖ szczelina

* 1. **overtake** (v) /ˌəʊvəˈteɪk/

go past sb/sth moving in front of you because you are moving faster ● *She overtook*

*all the other cyclists and won the race.*

* + - wyprzedzać
	1. **instinct** (n) /ˈɪnstɪŋkt/

natural reaction without thinking ● *Following its instincts, the cat caught the bird and brought it into the house.* ➣ instinctive (adj) ❖ instynkt

* 1. **rational** (adj) /ˈræʃənl/

based on logic ● *Screaming loudly wasn’t a helpful or rational reaction to seeing the snake in the woods*. ➣ rationality (n), rationally (adv)

* + - racjonalny ✎ Opp: irrational
	1. **cognitive** (adj) /ˈkɒɡnətɪv/

connected with thinking and understanding

* *It’s fascinating to observe children’s cognitive development as they come to understand the world around them.* ❖ kognitywny
	1. **tend to** (v) /tend tuː/

often do a particular thing ● *People tend to waste a lot of time chatting on social media.*

➣ tendency (n) ❖ mieć tendencję do czegoś

* 1. **logically** (adv) /ˈlɒdʒɪkli/

in a way that is sensible and logical ● *It can be difficult to remain calm and think logically when you’re under too much pressure.* ➣ logic (n), logical (adj) ❖ logicznie ✎ Opp: illogically

* 1. **psychologist** (n) /saɪˈkɒləʤɪst/

a scientist trained in the study of the mind and behaviour ● *He’s seeing a psychologist to overcome his fear of speaking in public.*

➣ psychology (n), psychological (adj)

* + - psycholog
	1. **logic** (n) /ˈlɒʤɪk/

a reasonable way of thinking ● *There's no logic in your decision to leave your job.* ➣ logical (adj), logically (adv) ❖ logika

* 1. **skim read** (expr) /skɪm riːd/

read sth quickly to get the general meaning

* *She skim reads the headlines to catch up with the news.* ❖ pobieżne czytanie
	1. **come to a decision** (expr) /kʌm tʊ ə dɪˈsɪʒn/ reach a decision; decide ● *Have you come to a decision about what career you’d like to follow?* ❖ dojrzeć do decyzji
	2. **unlimited** (adj) /ʌnˈlɪmɪtɪd/

without limits ● *Situated near the mountain streams, the village has an unlimited water supply.* ❖ nieograniczony ✎ Opp: limited

* 1. **distribute** (v) /dɪˈstrɪbjuːt/

share things among people ● *The restaurant had advertising leaflets distributed to attract more customers.* ➣ distribution (n) ❖ dystrybuować

* 1. **platform** (n) /ˈplætfɔːm/

a place for people to express their opinions and share information in public ● *He shared the photos on several social media platforms.*

* + - platforma
	1. **democratise** (v) /dɪˈmɒkrətaɪz/ make sth (e.g. country, group) more democratic i.e. controlled by elected

representatives ● *The French Revolution was intended to democratise the country, ending the rule of the royal family.* ➣ democracy (n), democratic (adj), democratically (adv)

* + - demokratyzować
	1. **implication** (n) /ˌɪmplɪˈkeɪʃn/

possible effects or results of sth ● *The construction of a new road will have implications for the residents on the outskirts of town.* ➣ implicate, imply (v) ❖ implikacja

* 1. **nutrition** (n) /njuːˈtrɪʃn/

the things in the food you eat that keep you healthy ● *Children need a proper diet that ensures good nutrition to grow well.*

➣ nutritious (adj) ❖ odżywianie

* 1. **reinforce** (v) /riːɪnˈfɔːs/

make sth stronger ● *The timing of the incident reinforced his belief that the fire had been started deliberately.* ➣ reinforced (adj), reinforcement (n) ❖ wzmacniać

* 1. **bias** (n) /ˈbaɪəs/

favouring one thing over another ● *The referee’s decision showed an unfair bias towards the home team.* ➣ biased (adj)

* + - uprzedzenie ✎ Syn: prejudice
	1. **intellectual** (adj) /ˌɪntəˈlektʃuəl/

related to the ability to think logically and understand ● *Children should be encouraged to develop both artistic and intellectual skills.*

➣ intellect (n) ❖ intelektualny

* 1. **persuasive** (adj) /pəˈsweɪsɪv/

able to talk sb into doing or believing sth ● *The estate agent was very persuasive, so we were convinced that the house was a bargain.*

➣ persuade (v), persuasion (n) ❖ perswazyjny

* 1. **psychological** (adj) /saɪkəˈlɒʤɪkl/

to do with your mind and thoughts ● *He has suffered from psychological problems since the accident.* ➣ psychologically (adv),

psychologist, psychology (n) ❖ psychologiczny

* 1. **misinformation** (n) /ˌmɪsˌɪnfəˈmeɪʃn/

wrong information about sth presented as fact

* *There is so much misinformation around about environmental issues.* ➣ misinform (v)
	+ - dezinformacja
	1. **likelihood** (n) /ˈlaɪklihʊd/

possibility ● *In all likelihood, driverless buses will soon be a common sight in our cities.*

➣ likely (adj) ❖ prawdopodobieństwo

* 1. **source** (n) /sɔːs/

the place or thing which sth originates from

* *Living in poverty is a source of unhappiness for many people.* ❖ źrodło
	1. **regularly** (adv) /ˈreɡjələli/

at regular intervals ● *She goes jogging regularly* – *at least three times a week.*

➣ regular (adj) ❖ regularnie

* 1. **widely** (adv) /ˈwaɪdli/

a lot; to a large extent ● *Her books are now distributed widely in several languages.*

➣ wide (adj), widen (v), width (n)

* + - Szeroko
	1. **in depth** (expr) /ɪn depθ/

in detail ● *In the podcast, she explains her theory in depth.* ➣ deep (adj), deepen (v)

* + - dogłębnie
	1. **stand out** (phr v) /stænd aʊt/

be noticeable ● *This blogger stands out from the rest as he appears to back up his ideas with facts.* ❖ wyróżniać się

* 1. **put pressure on sb/sth** (expr) /pʊt ˈpreʃər ɒn ˈsʌmbədi/ˈsʌmθɪŋ/

force sb/sth to do sth ● *Local groups are putting pressure on the council to create safe play areas for children.* ➣ pressure, pressurise (v) ❖ wywierać na kimś presję

* 1. **guidance** (n) /ˈɡaɪdns/

help or advice ● *I found some videos giving guidance on how to fix the software error.*

➣ guide (n, v) ❖ doradztwo

Vocabulary **Page 56**

* 1. **journalism** (n) /ˈdʒɜːnəlɪzəm/

the work of identifying and writing new stories for the media ● *She studied journalism and made a successful career writing for*

*a major newspaper.* ➣ journalist (n)

* + - dziennikarstwo
	1. **human interest** (n) /ˌhjuːmən ˈɪntrəst/ information or a story that is interesting because it describes personal lives or feelings
* *The film was a human interest story about a man’s search for his natural mother.*
	+ - (historia) z życia wzięta
	1. **breaking news** (n) /ˈbreɪkɪŋ ˈnjuːz/ new information about an event that is

currently happening ● *The programme was interrupted to present breaking news about the earthquake.* ❖ wiadomość z ostatniej chwili

* 1. **current affairs** (n pl) /ˈkʌrənt əˈfeəz/ important political or other events that are happening now ● *It is important to keep informed about current affairs so you know what is happening in the world.* ❖ aktualne wydarzenia
	2. **political analysis** (n) /pəˈlɪtɪkl əˈnæləsɪs/

the study of what’s happening in government and political organisations ● *The news report gave a complete political analysis of the possible outcomes of the election.*

* + - analiza polityczna
	1. **inspection** (n) /ɪnˈspekʃn/

the act of checking sth closely, especially to see that rules are being followed ● *After the editor’s inspection, the magazine was*

*published online.* ➣ inspect (v), inspector (n)

* + - inspekcja
	1. **anonymous** (adj) /əˈnɒnɪməs/

unknown or not wishing to be known in public

* *The police have received information about the case from an anonymous caller.*

➣ anonymity (n) ❖ anonimowy

* 1. **press release** (n) /ˈpres rɪˈliːs/

a news update or short report ● *The government press release outlines their financial plans for the next year*.

* + - komunikat prasowy
	1. **assessment** (n) /əˈsesmənt/

a measure of the extent or quality of sth

* *The emergency services made an in-depth assessment of the storm damage.* ➣ assess

(v) ❖ ocena

* 1. **official** (adj) /əˈfɪʃl/

which is said or done with authority ● *The report came from an official government source.* ➣ official (n), officially (adv)

* + - oficjalny ✎ Opp: unofficial
	1. **broadcast** (v) /ˈbrɔːdkɑːst/

transmit a radio or TV programme ● *The news is broadcast every evening at 10 p.m.*

➣ broadcast, broadcaster (n) ❖ transmitować

* 1. **call in** (phr v) /kɔːl ɪn/

phone ● *A few listeners called in during the live TV programme to give information about the missing person.* ❖ zadzwonić do programu na żywo

* 1. **circulation** (n) /sɜːkjʊˈleɪʃn/

the number of copies that each issue

of a newspaper or magazine sells ● *The magazine had a circulation of over 100,000.*

➣ circulate (v) ❖ obieg

* 1. **panel** (n) /ˈpænl/

a group of specialists who discuss opinions about sth ● *The discussion panel consisted of representatives from each political party.*

* + - panel
	1. **subscriber** (n) /səbˈskraɪbə(r)/

sb who supports or pays to receive information from a magazine, newspaper or online

service ● *Her YouTube channel has attracted thousands of subscribers.* ➣ subscribe (v)

* + - abonent
	1. **trustworthy** (adj) /ˈtrʌstwɜːði/

that can be trusted and depended on ● *I’d never tell Marcus any secrets as he isn’t trustworthy.* ➣ trust (v), trustworthiness (n)

* + - godny zaufania
	1. **activist** (n) /ˈæktɪvɪst/

a person who works towards social change, often collectively ● *A group of environmental activists prevented the loggers from destroying the forest.* ➣ activism (n), active (adj), actively (adv) ❖ aktywista

* 1. **electorate** (n) /ɪˈlektərət/

all the people who can vote in an election

* *The opposition’s campaign was aimed at attracting votes from the younger members of the electorate.* ➣ elect (v), election (n)
	+ - elektorat
	1. **manifesto** (n) /ˌmænɪˈfestəʊ/

the written aims of a group, especially a political party ● *The party’s election manifesto includes a promise to increase the minimum wage.* ❖ manifest

* 1. **councillor** (n) /ˈkaʊnsələ(r)/

a member of a council, the group elected to govern a local area ● *We’ve written to our local councillor about the traffic problem.*

* + - radny
	1. **diplomat** (n) /ˈdɪpləmæt/

a government representative who travels abroad to represent their country ● *The statement was made by a US diplomat in Saudi Arabia.* ➣ diplomacy (n), diplomatic (adj)

* + - dyplomata
	1. **proposed** (adj) /prəˈpəʊzd/

planned or suggested ● *The council held a press conference to present the plans for the proposed new bridge.* ➣ proposal (n), propose

(v) ❖ proponowany

* 1. **immigration** (n) /ˌɪmɪˈgreɪʃn/

the act of coming to live in a country from a different one ● *In the 1950s, there was a high level of immigration to Australia from Europe when people came in search of better lives.*

➣ immigrate (v), immigrant (n)

* + - imigracja
	1. **opposition** (n) /ˌɒpəˈzɪʃn/

resistance to a decision ● *The government faced opposition from environmental groups who didn’t want wind turbines to be built in a conservation area.* ❖ opozycja

* 1. **mislead** (v) /ˌmɪsˈliːd/

give sb incorrect information to make them believe sth that isn’t true ● *The voters were completely misled by the government’s false promises to cut taxes.* ➣ misleading (adj)

* + - wprowadzać w błąd
	1. **dictator** (n) /dɪkˈteɪtə(r)/

a leader who has absolute control of a country, often obtained by force ● *The country was ruled by a cruel dictator.* ➣ dictate (v), dictatorship (n) ❖ dyktator

* 1. **propaganda** (n) /ˌprɒpəˈɡændə/

one-sided arguments and promises used to win support for an idea or political party

* *The prime minister’s sudden interest in the environment is nothing but pre-election propaganda.* ❖ propaganda
	1. **constitution** (n) /ˌkɒnstɪˈtjuːʃn/

the system of laws and beliefs that controls a country or organisation ● *The president*

*proposed some changes to the constitution to suit his own political plans.* ❖ konstytucja

* 1. **referendum** (n) /ˌrefəˈrendəm/

a public vote on an important matter ● *The government refused to accept the result of the region’s referendum on independence.*

* + - referendum
	1. **anger** (v) /ˈæŋɡə(r)/

make sb angry ● *The politician’s statement angered everybody, even her own party members.* ➣ anger (n), angry (adj), angrily (adv)

* + - rozzłościć
	1. **demand** (v) /dɪˈmɑːnd/

insist on ● *When the shop sent me a second faulty tablet, I returned it and demanded a refund.* ➣ demand (n), demanding (adj)

* + - żądać

Grammar **Page 57**

* 1. **protestor** (n) /prəˈtestə(r)/

sb who takes part in a public protest

* *Thousands of protestors took part in the demonstration.* ➣ protest (n, v) ❖ protestujący

✎ Also: protester ✎ Syn: demonstrator

* 1. **speech** (n) /spiːʧ/

a talk for a group of people to hear ● *We watched the prime minister make his speech about unemployment on TV.* ❖ przemowa

Listening **Page 58**

* 1. **conventional** (adj) /kənˈvenʃənəl/

normal, typical ● *News spreads faster online than it does with conventional newspapers.*

➣ conventionally (adv) ❖ konwencjonalny

✎ Opp: unconventional

* 1. **fanbase** (n) /ˈfæn beɪs/

the group of followers who admire a particular performer, writer or other celebrity ● *The band’s fanbase consists mainly of teenagers.*

* + - fani
	1. **generate** (v) /ˈʤenəreɪt/

produce ● *Do you think they will generate enough support to win the election?*

➣ generator, generation (n) ❖ generować

* 1. **engagement** (n) /ɪnˈɡeɪʤmənt/

involvement and interest in sth ● *The blog post aimed to generate engagement in the band’s new album.* ➣ engage (v), engaging (adj)

* + - zaangażowanie
	1. **tweet** (v) /twiːt/

send a message or image on the social media app, Twitter ● *Participants tweeted their photos directly from the demonstration.* ➣ tweet (n)

* + - tweetować
	1. **distract** (v) /dɪsˈtrækt/

prevent sb from concentrating on sth

* *I need to study in a place where nothing can distract me.* ➣ distraction (n) ❖ rozpraszać czyjąś uwagę

Speaking **Page 59**

* 1. **front page** (n) /ˌfrʌnt ˈpeɪdʒ/

the first page of a newspaper which gives the main news headlines ● *The story made the front page of most major newspapers.*

* + - pierwsza strona
	1. **gossip columnist** (n) /ˈgɒsɪp ˈkɒləmnɪst/

a journalist who writes about the private lives of celebrities ● *The news of their divorce was mentioned by a gossip columnist in a popular newspaper.* ❖ dziennikarz zajmujący się plotkami z życia gwiazd

* 1. **negotiate** (v) /nɪˈɡəʊʃieɪt/

discuss sth to reach an agreement or make a deal ● *A diplomat’s job involves negotiating with leaders of other countries.* ➣ negotiation, negotiator (n), negotiable (adj)

* + - negocjować

**People: individuals**

activist gossip columnist

councillor protestor

dictator psychologist

diplomat subscriber

Grammar **Page 60**

* 1. **publish** (v) /pʌblɪʃ/

to print sth in a newspaper, magazine or book, etc. ● *My article was published in the school magazine.* ➣ publisher (n) ❖ publikować

* 1. **column** (n) /ˈkɒləm/

a regular newspaper or magazine article on a particular subject or by a particular journalist

* *She writes a column on book reviews for a national newspaper.* ❖ rubryka
	1. **accuse** (v) /əˈkjuːz/

say sb has done sth wrong ● *The politician was accused of hiding information from the public before the election.* ❖ oskarżać

* 1. **elect** (v) /ɪˈlɛkt/

choose a person to represent a group or serve a particular role by voting. ● *Jamie was elected as our class president.* ➣ election, electorate

(n) ❖ wybierać

* 1. **lie** (v) /laɪ/

deliberately say sth which isn’t true ● *He lied to his manager and said he was ill to cover his absence from work.* ➣ lie, liar (n)

* + - kłamać
	1. **enquire** (v) /ɪnˈkwaɪə(r)/

ask ● *He enquired at the hotel reception about his missing key.* ➣ enquiry (n) ❖ pytać

* 1. **go viral** (expr) /gəʊ ˈvaɪrəl/

spread rapidly over the internet ● *News of the fire went viral within minutes on Twitter.*

* + - stać się bardzo popularnym, robić furorę
	1. **threaten** (v) /ˈθretn/

say you will cause harm or damage to sb/

sth if you don’t get what you want ● *The boss threatened to fire her if she made any more mistakes at work.* ➣ threat (n), threatening (adj) ❖ zastraszać

* 1. **admit** (v) /ədˈmɪt/

agree that you did sth bad or that sth bad is true ● *The meteorologist admitted that they had not forecast the weather correctly.*

* + - przyznawać

**People: groups**

electorate fanbase opposition

panel the press union

Use your English **Page 61**

* 1. **break the (bad) news** (expr) /breɪk ðə (bæd)

njuːz/

be the first to tell sb about sth (bad) that has happened ● *I didn’t want to be the one to break the bad news to him about the accident.*

* + - przekazywać (złe) wieści
	1. **old news** (expr) /ˌəʊld njuːz/ information that people have already

heard about ● *By the time I met up with Harry for lunch, his trip to Bali was already old news.*

* + - stare wieści
	1. **that’s news to me** (expr) /ðæts njuːz tʊ miː/ that’s sth I didn’t know ● *That’s news to me that they’re getting a divorce. I didn’t even know they were married!* ❖ to dla mnie nowa wiadomość
	2. **welcome news** (expr) /ˈwelkʌm njuːz/ news you are happy to receive ● *The announcement of his promotion came as welcome news.* ❖ radosne wieści
	3. **union** (n) /ˈjuːniən/

a formal organisation of workers to protect their rights and improve working conditions

* *The transport workers’ union has objected to the proposed change in working hours.*
	+ - związek zawodowy
	1. **crash-land** (v) /ˈkræʃ lænd/

make an emergency landing ● *The plane had run out of fuel, so the pilot crash-landed in a field.* ❖ lądować awaryjnie

* 1. **postpone** (v) /pəʊsˈpəʊn/

delay until a later date ● *The chat show has been postponed to six thirty because of the emergency news broadcast.* ❖ przekładać na później ✎ Syn: put off

* 1. **make sense** (phr) /meɪk sens/

be logical or a good thing to do ● *Diane didn’t enjoy that film because the ending didn’t make sense.* ❖ mieć sens

* 1. **come up with** (phr v) /kʌm ʌp wɪð/ think of ● *The Romans came up with the*

*brilliant idea of building roads straight across England.* ❖ wpaść na pomysł

* 1. **get (sth) across** (phr v) /get (ˈsʌmθɪŋ) əˈkrɔs/ make sth understood ● *He’s a little shy, which makes it hard for him to get his ideas across.*
		+ komunikować
	2. **have a word (with)** (phr v) /hæv ə wɜːd (wɪθ)/ discuss sth with sb ● *Mandy had a word with her son’s teacher to discuss his progress.*
		+ porozmawiać z kimś
	3. **call for** (phr v) /kɔːl fɔː/

require ● *Dealing with immigration issues calls for action from governments worldwide.*

* + - wymagać czegoś
	1. **clear up sth** (phr v) /klɪər ʌp ˈsʌmθɪŋ/

deal with a problem or explain sth ● *She spoke to her employees to clear up any doubts about the future of the company.* ❖ wyjaśnić coś

* 1. **briefly** (adv) /ˈbriːfli/

for a short time ● *We only discussed the matter briefly* ➣ brief (adj) ❖ pokrótce

* 1. **misunderstanding** (n) /ˌmɪsʌndəˈstændɪŋ/

a situation where sb does not understand sth correctly ● *Through some misunderstanding, the parcel was delivered to the wrong address.*

➣ misunderstand (v) ❖ nieporozumienie

* 1. **depressing** (adj) /dɪˈpresɪŋ/

which makes you feel very unhappy ● *The story was so depressing because it had a sad ending.* ➣ depress (v), depression (n), depressed (adj) ❖ dołujący

* 1. **poverty** (n) /ˈpɒvəti/

the state of being very poor ● *Jenny is cycling around the world to raise money to fight child poverty.* ➣ poor (adj), the poor (n pl)

* + - ubóstwo

**Expressions with news**

break the (bad) news that’s news to me breaking news welcome news old news

**Expressions and phrasal verbs**

call for get (sth) across

call in go viral

clear up sth have a word (with)

come to a decision make sense

come up with stand out

Writing **Pages 62–63**

* 1. **updated** (adj) /ˌʌpˈdeɪtɪd/

revised to the latest version ● *Unfortunately, the updated app doesn’t work on my phone.*

➣ update (n, v) ❖ zaktualizowany

* 1. **consciously** (adv) /ˈkɒnʃəsli/ intentionally; with full awareness ● *Did you consciously decide to tell him or was it a slip?* ➣ consciousness (n), conscious (adj) ❖ świadomie ✎ Opp: unconsciously, subconsciously
	2. **undoubtedly** (adv) /ʌnˈdaʊtɪdli/

without a doubt ● *He undoubtedly had good reasons for refusing the job offer.* ➣ undoubted (adj) ❖ niewątpliwie ✎ Syn: definitely

* 1. **integral** (adj) /ˈɪntɪɡrəl/

essential; which can’t be removed ● *Emails and instant messaging have become integral parts of everyday communication.*

➣ integrate (v) ❖ integralny

* 1. **consumption** (n) /kənˈsʌmpʃn/

using, eating or drinking sth ● *We must cut down on our consumption of the earth’s resources.* ➣ consume (v), consumer, consumerism (n) ❖ konsumpcja

* 1. **effective** (adj) /ɪˈfektɪv/

which achieves what is intended ● *Video chats are a fast and effective form of communication.*

➣ effectiveness (n), effectively (adv)

* + - skuteczny ✎ Opp: ineffective
	1. **isolated** (adj) /ˈaɪsəleɪtɪd/

not seeing or being in touch with other people

* *Working online from home can cause people to feel isolated from the real world.* ➣ isolate (v), isolation (n) ❖ odizolowany
	1. **mental** (adj) /ˈmentl/

relating to the mind and thinking ● *Socialising with friends is important for our mental health.*

➣ mentality (n) ❖ mentalny

* 1. **alarming** (adj) /əˈlɑːmɪŋ/

frightening or worrying ● *There has been an alarming increase in unemployment in recent years.* ➣ alarm (n, v), alarmingly (adv)

* + - alarmujący

Live well, study well

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* 1. **nerves** (n pl) /nɜːvz/

feeling of stress and worry ● *He always suffers from nerves in job interviews.* ➣ nervous (adj), nervously (adv) ❖ nerwy

* 1. **assignment** (n) /əˈsaɪnmənt/

a piece of work that sb is given to do, often

as part of their studies ● *I managed to hand in my class assignment on time.* ❖ obowiązek, powierzona praca

* 1. **recap** (v) /ˈriːkæp/

repeat or summarise ● *Let me recap the main points of our discussion before we make a decision.* ❖ podsumować

* 1. **alternatively** (adv) /ɔːlˈtɜːnətɪvli/

as a second possibility ● *We could write to our councillor about the problem. Alternatively, we could go to the press.* ➣ alternative (adj)

* + - alternatywnie
	1. **eye contact** (n) /aɪ ˈkɒntækt/

**Compound nouns**

current affairs eye contact fanbase

front page gossip columnist

human interest political analysis press conference press release soundbite

looking directly at sb’s eyes ● *I’m sure he was lying from the way he avoided eye contact.*

* + - kontakt wzrokowy
	1. **sip** (n) /sɪp/

a very small amount of a drink ● *He stopped regularly to take sips of water on his long walk.*

➣ sip (v) ❖ łyk