

## Unit 8

### My own time

Page 89

**8.1 free runner** (n) /fri: 'rʌnə(r)/ - parkourista

sb who does a sport that involves running and jumping in the streets • *Free runners have lots of fun, but they can easily fall and get hurt doing their sport.* ❖

### Reading

Pages 90–91

**8.2 eat out** (phr v) /i:t aʊt/ - jíst mimo domov

have a meal in a restaurant • *They like eating out at different restaurants.* ❖

**8.3 darkness** (n) /'dɑ:kʌs/ - temnota; tma the state of having no light • *Suddenly, the lights went out and the house was in darkness.* ➤ dark (adj, n), darken (v) ❖

**8.4 nightmare** (n) /'naɪtmɛə(r)/ - noční můra

a bad dream that upsets you • *He had a nightmare about being in a terrible accident and was relieved that it was only a dream.* ➤ nightmarish (adj) ❖

**8.5 caver** (n) /'keɪvə(r)/ - jeskyňář sb who explores caves • *Cavers have to climb and swim in order to get to new caves which have never been explored.* ➤ cave, caving (n) ❖

**8.6 excitement** (n) /ɪk'saɪtmənt/ - nadšení; vzrušení the state of feeling excited • *It's a great experience to share the excitement of a live performance with friends.* ➤ excite (v), exciting, excited (adj) ❖

**8.7 crawl** (v) /krɔ:l/ - plazit se move along the ground on your hands and knees • *The nine-month-old baby crawled to her mother.* ➤ crawl (n) ❖

**8.8 narrow** (adj) /'nærəʊ/ - úzký measuring a small distance from one side to the other • *The street is narrow, so only*

*one car can go along it at a time.* ➤

narrowly (adv) ❖ ↘ Opp: wide

**8.9 tunnel** (n) /'tʌnl/ - tunel a long passage through rock • *The train entered a long tunnel to go through the mountain.* ❖

**8.10 contain** (v) /kən'teɪn/ - obsahovat to have inside or as part of sth • *This box contains some very valuable jewellery. Look inside.* ➤ container (n) ❖

**8.11 feature** (n) /'fi:tʃə(r)/ - prvek; znak sth typical, important or interesting of a place or thing • *The house has some interesting features: a lovely kitchen, a fireplace in every room and a large attic.* ❖

**8.12 formation** (n) /fɔ:'meɪʃn/ - útvar a particular shape or pattern • *Experts can tell how old an area is from the rock formations in caves and cliffs.* ❖

**8.13 speleothem** (n) /'spi:li:əθem/ - krápník rock shapes made by water dripping through rock in a cave • *We saw amazing speleothems shaped like castles in the caves.* ❖

**8.14 structure** (n) /'strʌktʃə(r)/ - stavba; konstrukce sth that has been built • *The Eiffel Tower is quite old now, but it's still a magnificent structure.* ❖

**8.15 rainwater** (n) /'reɪnwɔ:tə(r)/ - dešťová voda water that falls as rain • *During the storm, the streets flooded with rainwater.* ❖

**8.16 stone** (n) /stəʊn/ - kámen a hard substance found in the ground • *The men threw stones at the lion to chase it away from their village.* ➤ stony (adj) ❖

**8.17 bat** (n) /bæt/ - netopýr a small animal that has wings and flies at night • *After sunset, the bats were flying around the trees in the square.* ❖

**8.18 spider** (n) /'spaɪdə(r)/ - pavouk a small creature that has eight legs and makes a web to catch insects • *He*

*watched the spider climbing up the wall.*



**8.19 caving** (n) /'keɪvɪŋ/ - lezení do jeskyní  
the sport of going into underground caves

● *Have you ever been caving?* > cave,  
caver (n) ❖

**8.20 drinking water** (n) /'drɪŋkɪŋ wɔ:tə(r)/  
- pitná voda

water that is suitable for drinking safely ●  
*In some countries, many people get ill  
because there's no clean drinking water.* ❖

**8.21 risk** (n) /rɪsk/ - riziko; nebezpečí  
danger ● *Don't put yourself at risk by  
going sailing in dangerous weather  
conditions.* > risk (v), risky (adj) ❖

**8.22 trapped** (adj) /træpt/ - uvězněný  
not able to get out of or away from sth ●  
*The climbers got trapped in the snow  
when trying to get back down the  
mountain.* > trap (n, v) ❖

**8.23 hypothermia** (n) /,haɪpə'θɜ:mɪə/ -  
podchlazení  
the state when your body gets so cold that  
it can't get warm again ● *After falling into  
the cold lake, Daniel was suffering from  
hypothermia.* ❖

**8.24 warm up** (phr v) /wɔ:m ʌp/ - zahřát  
se  
to become warm after being cold ● *I had a  
bowl of hot soup to warm up when I came  
home.* ❖

**8.25 expert** (n) /'ekspɜ:t/ - odborník  
sb who has a lot of knowledge about sth ●  
*My cousin is an expert on rock formations  
and is studying geology at university.* ❖

**8.26 explore** (v) /ɪk'splɔ:(r)/ - prozkoumat  
to go around a place to learn things about  
it ● *We parked the car and began to  
explore the forest.* > explorer (n),  
exploration (n) ❖

**8.27 footprint** (n) /'fʊtprɪnt/ - stopa;  
šlépěj  
a mark in the ground left by a foot or shoe  
● *We left footprints in the snow when we  
walked across the garden.* ❖

**8.28 escape** (v) /ɪ'skeɪp/ - utéci; uniknout

get away from a place where you do not  
want to be ● *How did the men escape  
from prison?* > escape (n) ❖

**8.29 awful** (adj) /'ɔ:fl/ - příšerný  
not nice; very bad ● *That meal was awful!  
I'm not eating there again.* ❖

**8.30 amazing** (adj) /ə'meɪzɪŋ/ - úžasný  
surprising; wonderful ● *Your holiday  
photos are amazing. What a beautiful  
place.* > amaze (v), amazed (adj) ❖

**8.31 torch** (n) /tɔ:tʃ/ - baterka na svícení  
(UK); pochodň  
a small light that is held in the hand and is  
powered by batteries ● *He turned on his  
torch to see in the darkness.* ❖

**8.32 pay back** (phr v) /peɪ bæk/ - splatit  
to give back money that you owe  
● *My friend bought our tickets and I paid  
her back at the end of the month.* ❖

**8.33 permit** (v) /pə'mɪt/ - povolit  
to allow ● *Children under 15 are not  
permitted to enter the cave alone.* ❖

**8.34 hand** (v) /hænd/ - podat  
to give sth to sb ● *The woman in the ticket  
office handed me a map.* ❖

## Vocabulary

### Page 92

**8.35 backpacking** (n) /'bækpækɪŋ/ -  
trampování

a journey in which you carry everything  
you need in a backpack ● *They went  
backpacking in Cornwall and stayed at a  
couple of campsites.* ❖

**8.36 drama** (n) /'drɑ:mə/ - drama;  
divadelní umění  
acting; plays ● *Jane wants to study drama  
at the Royal Academy of Dramatic Art.*  
> dramatic (adj), dramatically (adv) ❖

**8.37 graphic design** (n) /'græfɪk dɪ'zaɪn/ -  
grafický návrh  
putting text and images together for  
advertisements, magazines or books ● *The  
book's success will depend on its attractive  
graphic design.* ❖

**8.38 sculpture** (n) /'skʌlptʃə(r)/ - socha

making works of art out of stone, wood, metal, etc; an object made out of stone, wood, clay, etc. • *There are many examples of ancient sculpture in museums in Greece.* ➤ sculpt (v), sculptor (n) ❖

**8.39 squash** (n) /skwɒʃ/ - squash  
an indoor sports game in which players hit a ball against a wall • *Tanya plays squash at the sport centre after work to keep fit.*

❖

**8.40 gallery** (n) /'gæləri/ - galerie  
a building in which the public can see works of art • *There is a great exhibition of modern sculpture at the art gallery.* ❖

**8.41 leaflet** (n) /'li:flɪt/ - leták  
a piece of paper or a few pages that advertise sth or give information about sth • *The local gym has handed out these leaflets which give details of prices and special offers.* ❖

**8.42 face to face** (phr) /feɪs tə feɪs/ - tvář v tvář; osobně  
very close to sb/sth so you can look at them • *I prefer to have lessons face to face in a classroom rather than doing them online.* ❖

**8.43 adore** (v) /ə'dɔ:(r)/ - zbožňovat  
to like sth very much • *I adore dancing and I want to be a ballet dancer.* ❖

**8.44 can't stand** (phr) /kɑ:nt stænd/ - nemoci vystát  
to dislike sb/sth very much • *Vasso can't stand the smell of garlic. Do you think she is a vampire?* ❖

**8.45 record** (v) /rɪ'kɔ:d/ - zapsat; nahrát  
to write down information or store sounds or video in a computer so that it can be seen or heard in the future • *The band are recording their new song in the studio now.* ➤ record (n) ❖

**8.46 podcast** (n) /'pɒdkɑ:st/ - podcast  
an audio file from the internet that you can play on a computer, smartphone, or other device • *Our French teacher sometimes downloads podcasts from French radio stations for us to*

*listen to in class.* ❖

**8.47 video clip** (n) /'vɪdiəʊ klɪp/ - videoklip  
a short film or part of a film recorded on the internet • *We've made a video clip to go online with the band's new song.* ❖

**8.48 perform** (v) /pə'fɔ:m/ - zahrát; vystoupit; předvést  
to act, sing, play an instrument, etc. to entertain people • *The singer performed a few songs for the audience.* ➤ performer, performance (n) ❖

**8.49 photograph** (v) /'fəʊtəgrɑ:f/ - vyfotit  
to take a photo of sb/sth • *Ian managed to photograph the birds in their nest across the lake.* ➤ photograph, photography, photographer (n), photographic (adj) ❖

**8.50 ballet** (n) /'bæleɪ/ - balet  
dancing that tells a story with music • *I love watching ballet. The dancers are so graceful.* ❖

**8.51 poetry** (n) /'pəʊətri/ - poezie  
a kind of writing, arranged in lines, often with rhyming words at the end • *Shakespeare wrote poetry as well as plays.* ➤ poet, poem (n), poetic (adj) ❖

## Grammar

### Page 93

**8.52 abroad** (adv) /ə'brɔ:d/ - do ciziny; v cizině

in or to a foreign country • *Helen has travelled all over her own country, but she has never been abroad.* ❖

**8.53 certain** (adj) /'sɜ:tən/ - jistý; určitý  
being sure about sth, having no doubt • *I'm certain you'll really enjoy squash. You're good at tennis so you should definitely try it.* ➤ certainty (n) ❖

## Listening

### Page 94

**8.54 gym** (n) /dʒɪm/ - tělocvična; posilovna

a room for doing physical exercise • *The*

students are having a PE lesson in the gym. > gymnast, gymnastics (n) ❖

## Speaking

### Page 95

**8.55 be interested (in)** (adj) /'ɪntrəstɪd (ɪn)/ - zájmat se (o)

having or showing an interest (in) • *I'm not interested in watching films in the cinema. I prefer the theatre.* > interest (n, v), interesting (adj) ❖

**8.56 physical** (adj) /'fɪzɪkl/ - tělesný  
connected with the body • *The marathon winner had great physical strength.*

> physically (adv) ❖

**8.57 creativity** (n) /kri'eɪ'tɪvəti/ - tvořivost  
ability to make sth new and imaginative  
• *People who make the costumes for plays show a lot of creativity.* > create (v), creation (n), creative (adj) ❖

**8.58 to what extent** (phr) /tʊ wɒt ɪk'stɛnt/ - do jaké míry  
to what level; how much • *To what extent do you agree with your friend's opinion?*  
❖

**8.59 stressed** (adj) /strest/ - vystresovaný  
worried; not relaxed • *I always get so stressed before going for an interview.* > stress (v, n), stressful (adj) ❖

**8.60 pretty** (adv) /'prɪti/ - docela  
quite • *We were pretty tired after the long flight, so we had a rest in the hotel.* ❖

## Vocabulary

### Page 96

**8.61 come round** (phr v) /kʌm raʊnd/ - zaskočit  
to go to someone's house • *My neighbour often comes round to my place for a chat.*  
❖

**8.62 get along with** (phr v) /get ə'lonŋ wɪθ/ - vycházet s  
to have a good relationship with • *I get along with my brother and we often go out together.* ❖

**8.63 get together** (phr v) /'get təgeðə(r)/ - setkávat se  
to meet • *Our whole family often gets together at the weekend to have lunch.* > get-together (n) ❖

**8.64 hang out** (phr v) /hæŋ aʊt/ - potloukat se; poflakovat se  
to spend time relaxing • *Most teenagers like to hang out with their friends at the weekend instead of staying at home.* ❖

**8.65 join in** (phr v) /dʒɔɪn ɪn/ - připojit se  
to become part of a group activity • *Mandy started dancing and soon everyone else joined in.* ❖

**8.66 take up** (phr v) /teɪk ʌp/ - začít dělat  
to start a sport or hobby • *Our cousins have taken up table tennis this year and they play twice a week.* ❖

**8.67 jogging** (n) /'dʒɒŋɪŋ/ - běhání  
running as a hobby or sport • *Peter spends half an hour jogging in the park every day.*  
> jog (v), jogger (n) ❖

**8.68 challenging** (adj) /'tʃælɪndʒɪŋ/ - náročný  
difficult in an interesting way • *Being a teacher is a challenging job because it isn't easy to deal with children.* > challenge (n, v) ❖

**8.69 crazy** (adj) /'kreɪzi/ - šílený  
not sensible • *I think people who do extreme sports are crazy. They could get killed.* > crazily (adv), craziness (n) ❖

**8.70 enjoyable** (adj) /ɪn'dʒɔɪəbl/ - příjemný  
that you will enjoy • *The walk around the lake was an enjoyable experience.* > enjoy (v), enjoyment (n) ❖

**8.71 frightening** (adj) /'fraɪtnɪŋ/ - děsivý  
making sb feel afraid • *The earthquake was a frightening experience.* > frightened (adj), frighten (v), fright (n) ❖

**8.72 horror film** (n) /'hɒrə(r) fɪlm/ - horor  
a film that is made to be frightening • *I get scared if I watch horror films alone at night.* ❖

**8.73 give away** (phr v) /gɪv ə'weɪ/ - darovat  
to give sth to sb without expecting payment • *Andrea gave her old books away to a charity for poor children.* ❖

## Grammar

### Page 97

**8.74 lack** (n) /læk/ - nedostatek  
not having any or enough • *We had to stop the trek and turn back because of lack of food and water.* ➤ lack (v) ❖

**8.75 obligation** (n) /ɒblɪ'geɪʃn/ - povinnost  
a duty • *Bill felt an obligation to help the old lady across the road as it would have been wrong not to.* ➤ oblige (v), obligatory (adj) ❖

**8.76 necessity** (n) /nə'sesəti/ - nutnost  
a requirement • *There is a great necessity for international cooperation to resolve this situation.* ➤ necessary (adj) ❖

**8.77 prohibition** (n) /,prəʊ'biʃn/ - zákaz  
stopping sth from being done by law or because of a rule • *There is a prohibition on the use of cameras in this museum.* ➤ prohibit (v) ❖

**8.78 helper** (n) /'helpə(r)/ - pomocník  
sb who helps sb else • *He works with a team of volunteer helpers at the homeless shelter.* ➤ help (n, v), helpful (adj) ❖

**8.79 ankle** (n) /'æŋkl/ - kotník  
the joint connecting your foot to your leg  
• *The little dog bit me on the ankle; a typical ankle-biter.* ❖

**8.80 entry** (n) /'entri/ - vstup  
the act of going into a place • *You can't go in there. The sign says 'No entry'.* ➤ enter (v), entrance (n) ❖

## Writing

### Pages 98–99

**8.81 pastime** (n) /'pa:staɪm/ - koníček;  
zábava

an activity you enjoy doing in your free time • *Gaming is one of the most popular pastimes for young people.* ❖

**8.82 Peru** (n) /pə'ru/ - Peru  
a country in South America • *The capital of Peru is Lima.* ➤ Peruvian (n, adj) ❖

**8.83 technique** (n) /tek'ni:k/ - metoda;  
dovednost

a particular way of doing sth, especially one which needs a special skill • *Engineers use a number of techniques to make buildings stronger because there are so many earthquakes in the region.* ➤ technical (adj), technically (adv), technician (n) ❖

**8.84 windsurfing** (n) /'wɪndʊ:ʃɪŋ/ - windsurfing

the activity of standing on a board that has a sail to move across water with the power of the wind • *Liana has windsurfing lessons at the weekends.* ➤ windsurf (v), windsurfer (n) ❖

**8.85 previous** (adj) /'pri:vɪəs/ - předchozí  
which happened before • *The weather was better than it had been the previous day, so they went for a walk.* ➤ previously (adv) ❖

**8.86 dislike** (v) /dɪs'laɪk/ - nemít rád  
to not like • *I strongly dislike listening to jazz.* ➤ dislike (n) ❖

**8.87 keen (on)** (adj) /ki:n (ɒn)/ - nadšený;  
zapálený (UK)

liking sb/sth very much; interested in sb/sth • *My sister loves playing sports, but I'm not keen on them.* ❖

**8.88 advert** (n) /'ædvɜ:t/ - inzerát;  
reklama

a notice or picture telling people about a product, job or service • *I love looking at the adverts in expensive fashion magazines even though I can't afford to buy the things in them.* ➤ advertise (v) ❖

✎ Also: advertisement, ad

**8.89 meet up** (phr v) /mi:t ʌp/ - setkat se;  
dát si sraz

to meet sb, usually by arrangement • *Let's*

*meet up after school on Friday.* ➤ meetup  
(n) ❖

## Video

Page 100

**8.90 buddy** (n) /'bʌdi/ - kámoš (US)  
a friend • *Dina got together with her old school buddies for the first time in years.*

❖

**8.91 fascinating** (adj) /'fæsɪneɪtɪŋ/ -  
úchvatný  
very interesting • *I read a fascinating book about genealogy. I couldn't put it down.*  
➤ fascinated (adj), fascinate (v),  
fascination (n) ❖

**8.92 basement** (n) /'beɪsmənt/ - suterén  
the part of a building with rooms below the ground floor • *We have a store room downstairs in the basement.* ❖

**8.93 open** (adj) /'əʊpən/ - otevřený;  
upřímný  
honest and saying what you think • *Gina is always open with her parents about where she's going with her friends.* ➤  
open (v), openness (n) ❖

**8.94 smash** (v) /smæʃ/ - napálit; třísknout  
to hit sth very hard • *Amal smashed the volleyball over the net.* ➤ smash (n) ❖

**8.95 trust** (v) /trʌst/ - důvěřovat  
to believe that sb is good, honest, etc.  
• *Of course I trust her. She's my best friend.* ➤ trust (n) ❖

**8.96 foster home** (n) /'fɒstə(r) həʊm/ -  
pěstounský domov  
a temporary home where a child is cared for by people who aren't his/her own parents • *When she was a baby, May lived in a foster home until she was adopted.* ➤  
foster (v), foster (adj), fostering (n) ❖

**8.97 walk of life** (phr) /wɔ:k əv laɪf/ -  
společenské postavení; profese  
a person's job or place in society • *The free concert was attended by people from all walks of life, from shop workers to ship owners.* ❖