

1 Jump for joy

Glossary

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- 1.1 **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

- 1.2 **harmful** (adj) /'hɑ:mfl/
causing damage or injury • *Smoking has many harmful effects.* > harm (v, n) ❖ szkodliwy
📎 Opp: harmless
- 1.3 **irritating** (adj) /'ɪrɪteɪɪŋ/
making you feel angry • *I find it very irritating when people speak loudly on their mobile phones.* > irritate (v), irritation (n), irritated (adj) ❖ irytujący
- 1.4 **upset** (v) /ʌp'set/
make sb feel worried and/or angry • *It upsets her when she thinks of her grandmother's illness.* > upset (adj) ❖ zdenerwowany
- 1.5 **take (sth) for granted** (expr) /'teɪk ('sʌmθɪŋ) fə 'grɑ:ntɪd/
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
- 1.6 **furious** (adj) /'fjʊəriəs/
very angry • *He was furious with me because I was so late.* ❖ wściekły
- 1.7 **drive (sb) crazy** (expr) /draɪv ('sʌmbədi) 'kreɪzi/
make sb very angry • *My roommate never cleans up his mess and it's driving me crazy.*
❖ doprowadzać (kogoś) do szaleństwa
- 1.8 **extremely** (adv) /ɪk'strɪmli/
very • *She is extremely intelligent, probably the most intelligent woman I know.*
> extreme (adj, n) ❖ niezwykle
- 1.9 **annoy** (v) /ə'noɪ/
make sb angry • *It really annoys me when people interrupt me.* > annoyance (n), annoyed (adj), annoying (adj) ❖ drażnić
- 1.10 **behaviour** (n) /bɪ'heɪvjə(r)/
the way that sb acts • *He was punished for his terrible behaviour.* > behave (v)
❖ zachowanie
- 1.11 **sight** (n) /saɪt/
sth that you see • *The flowers in the garden were a beautiful sight.* ❖ widok
- 1.12 **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
- 1.13 **wonder** (v) /'wʌndə(r)/
ask yourself; want to know • *My sister hasn't called or texted me all day; I wonder where she is.* ❖ zastanawiać się
- 1.14 **noisily** (adv) /'nɔɪzəli/
loudly • *I couldn't concentrate because some children were playing noisily outside.*
> noise (n), noisy (adj) ❖ hałaśliwie
- 1.15 **awful** (adj) /'ɔ:fl/
very bad and unpleasant • *He's such an awful boss nobody in the office likes him.*
❖ straszny
- 1.16 **packed** (adj) /pækt/
completely full • *The bus was so packed that there wasn't even any standing room.*
❖ zapakowany 📎 Syn: crowded
- 1.17 **push your way** (expr) /pʊʃ jɔ: weɪ/
push the people around you in order to get somewhere • *I pushed my way onto the crowded train.* ❖ przepchać się
- 1.18 **distracted** (adj) /dɪ'stræktɪd/
confused because you are thinking of sth else • *You seemed distracted in the meeting. Is everything OK?* > distract (v), distraction (n)
❖ rozkojarzony
- 1.19 **seriously** (adv) /'sɪəriəsli/
very or severely • *He wasn't seriously ill; he just had a cold.* ❖ poważnie
- 1.20 **closely** (adv) /'kləʊsli/
carefully, paying attention to details • *He looked again more closely at what he had written.* ❖ dokładnie
- 1.21 **unpleasant** (adj) /ʌn'pleznt/
not enjoyable • *The exam results came as an unpleasant surprise; I was very disappointed.*
❖ nieprzyjemny 📎 Opp: pleasant
- 1.22 **unpredictable** (adj) /ʌnprɪ'dɪktəbl/
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
- 1.23 **bother** (v) /'bɒðə(r)/
to make sb angry or upset • *Don't turn the TV off. It doesn't bother me.* > bother (n)
❖ zawracać głowę

- 1.24 delayed** (adj) /dɪ'leɪd/
happening later than expected • *Our flight was delayed because of the weather conditions.*
> delay (v) ❖ opóźniony 📖 Opp: punctual, on time
- 1.25 tolerable** (adj) /'tɒlərəbl/
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
- 1.26 context** (n) /'kɒntekst/
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
- 1.27 grow up** (phr v) /grəʊ ʌp/
develop from a child into an adult • *What do you want to be when you grow up?*
❖ dorastać
- 1.28 reliable** (adj) /rɪ'laɪəbl/
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
- 1.29 supply** (n) /sə'plaɪ/
an amount of sth that is available and people can use • *They have turned off the electricity supply in our building.* > supply (v)
❖ dostawa
- 1.30 public transport** (n) /pʌblɪk 'trænsɜ:t/
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
- 1.31 interruption** (n) /ɪntə'rʌpʃn/
the act of stopping sth for a short period of time • *I managed to work continuously, without interruption, for ten hours.* > interrupt (v)
❖ przerwanie
- 1.32 bug** (v) /bʌg/
annoy • *I don't know what he wants, but he's been bugging me all day.* > bug (n)
❖ narzykzać się
- 1.33 decade** (n) /'dekeɪd/
a period of ten years • *Our lives have changed a lot in the past decade.* ❖ dekada
- 1.34 research** (n) /rɪ'sɜ:tʃ/
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
- 1.35 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
- 1.36 receive** (v) /rɪ'si:v/
get or be given sth • *I received a phone call from your office.* > receipt (n), receiver (n)
❖ otrzymać
- 1.37 condition** (n) /kən'dɪʃn/
a disease or medical problem • *She suffers from a heart condition.* ❖ stan: schorzenie
- 1.38 misophonia** (n) /,mɪsə'fəʊniə/
a medical condition in which certain sounds cause a strong negative reaction • *People with misophonia often react negatively to everyday noises.* ❖ mizofonia
- 1.39 extreme** (adj) /ɪk'stri:m/
to a much greater degree than expected/usual
• *In extreme cases, the disease can cause very serious problems.* ❖ skrajny
- 1.40 emotional** (adj) /ɪ'məʊʃən/
related to feelings • *A child's emotional development is as important as their physical development.* > emotion (n) ❖ emocjonalny
- 1.41 respond** (v) /rɪ'spɒnd/
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
- 1.42 yawn** (v) /jɔ:n/
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
- 1.43 chew** (v) /tʃu:/
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
- 1.44 suffer** (v) /'sʌfə(r)/
experience pain • *Don't just suffer in silence. Let me know if there is a problem.* > suffering (n) ❖ cierpieć
- 1.45 benefit** (n) /'benɪfɪt/
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
- 1.46 prevent** (v) /prɪ'vent/
stop sb from doing sth or stop sth from happening • *I tried to prevent him from leaving, but he insisted.* > prevention (n)
❖ zapobiec
- 1.47 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
- 1.48 option** (n) /'ɒpʃn/
one of the choices that you have
• *She had no other option but to leave her job.*
❖ opcja

- 1.49 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)
- 1.50 locate** (v) /ləʊˈkeɪt/
find the position of sth • *I couldn't locate the source of the problem.* > location (n)
❖ znaleźć
- 1.51 purpose** (n) /ˈpɜːpəs/
the reason why you do sth • *The purpose of the project is to collect information about students' preferences.* ❖ cel
- 1.52 stressful** (adj) /ˈstresfl/
making you feel anxious or worried
• *Taking an exam is quite a stressful situation.*
> stress (v, n) ❖ stresujący
- 1.53 essential** (adj) /ɪˈsenʃl/
necessary or needed • *Water is essential for human beings; we can't live without it.*
❖ kluczowy
- 1.54 quality** (n) /ˈkwɒləti/
characteristic • *She has a lot of good qualities: she's intelligent, organised and punctual.*
❖ cecha
- 1.55 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

- 1.56 emotion** (n) /ɪˈmɒʃn/
a strong feeling • *I sometimes find it hard to express my emotions.* ❖ emocja
- 1.57 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
- 1.58 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
- 1.59 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
- 1.60 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
- 1.61 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
- 1.62 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
- 1.63 joy** (n) /dʒɔɪ/
a feeling of happiness • *Sharing happy moments with your family is one of life's greatest joys.* > joyful (adj) ❖ radość
- 1.64 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
- 1.65 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
- 1.66 agony** (n) /ˈæɡəni/
extreme pain or suffering • *He screamed in agony when the doctor touched his leg.*
❖ ból nie do zniesienia
- 1.67 be on the edge of my seat** (expr) /biː 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
- 1.68 get under my skin** (expr) /get ˈʌndə maɪ skɪn/
annoy • *That kid at school really gets under my skin.* ❖ zaleźć komuś za skórę
- 1.69 be lost for words** (expr) /biː 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
- 1.70 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
- 1.71 aggressive** (adj) /əˈɡresɪv/
angry and violent • *Every time someone criticizes him, he gets aggressive and shouts.*
> aggression (n) ❖ agresywny

- 1.72** **calm** (adj) /kɑ:m/
peaceful and without worry • *I tried to keep calm and say nothing while he was shouting.*
➤ calmness (n) ❖ spokojny
- 1.73** **arrogant** (adj) /'ærəgənt/
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
- 1.74** **bad-tempered** (adj) /,bæd'tempəd/
that can easily become angry or annoyed • *He's very bad-tempered in the mornings, especially if he hasn't had any coffee.*
❖ wybuchowy
- 1.75** **loyal** (adj) /'lɔɪəl/
willing to support sb even at difficult times • *Even when nobody wanted to speak to him, she remained his loyal friend.* ➤ loyalty (n)
❖ lojalny
- 1.76** **mature** (adj) /mə'tʃʊə(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
- 1.77** **mean** (adj) /mi:n/
unkind and unpleasant • *It was a bit mean not to invite her best friend's brother.*
❖ złośliwy
- 1.78** **stubborn** (adj) /'stʌbən/
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
- 1.79** **sensitive** (adj) /'sensɪtɪv/
easily upset • *Be careful how you speak to him; he's very sensitive to criticism.*
➤ sensitivity (n) ❖ wrażliwy
- 1.80** **childish** (adj) /'tʃaɪldɪʃ/
behaving like a child • *Stop being so childish – you're a grown woman now!* ❖ dziecienny

Personality adjectives

aggressive	childish	mean
anxious	curious	sensitive
arrogant	loyal	stubborn
bad-tempered	mature	sympathetic
calm		

- 1.81** **optimistic** (adj) /,ɒptɪ'mɪstɪk/
believing that good things will happen in the future • *I'm very optimistic about my chances of winning.* ➤ optimism (n) ❖ optymistyczny
- 1.82** **weigh** (v) /weɪ/
have a particular weight • *I was shocked when I saw I weighed 100 kilos.* ➤ weight (n)
❖ ważyć
- 1.83** **apologise** (v) /ə'pɒlədʒaɪz/
say you are sorry for sth wrong you have said or done • *The student apologised for his lateness.* ➤ apology (n), apologetic (adj)
❖ przepraszać
- 1.84** **commentary** (n) /'kɒməntəri/
a live description of an event that is broadcast • *The commentary on the football match was terrible.* ➤ comment (v, n) ❖ komentarz
- 1.85** **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
- 1.86** **temporary** (adj) /'temp(ə)rəri/
that doesn't last for long • *This is just a temporary solution until we can repair the staircase properly.* ❖ chwilowy
- 1.87** **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
- 1.88** **take part (in)** (expr) /teɪk pɑ:t (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
- 1.89** **experiment** (n) /ɪk'spɛrɪmənt/
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
- 1.90** **MRI scanner** (n) /em aɪ 'aɪ ,skænə(r)/
a machine that makes images of organs in your body • *I listened to music while going through the MRI scanner.* ❖ skaner MRI
- 1.91** **measure** (v) /'meʒə(r)/
discover the size or amount of sth • *Let's measure the shelves to see if they will fit.*
➤ measure (n), measurement (n)
❖ mierzyć
- 1.92** **signal** (n) /'sɪgnəl/
sth that gives information about sth else • *Inability to sleep is a signal that something is wrong with your health.* ❖ sygnał
- 1.93** **calculation** (n) /,kælkjə'leɪʃn/
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

- 1.94 identify** (v) /aɪ'dentɪfaɪ/
recognise sb/sth and say who/what they are
● *The witness identified the suspect as Moira Lair.* > identification (n) ❖ zidentyfikować
- 1.95 witness** (v) /'wɪtnəs/
see sth (especially a crime or accident) happen ● *The neighbours witnessed the attack.* > witness (n) ❖ być świadkiem
- 1.96 kidnapping** (n) /'kɪdnæpɪŋ/
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

- 1.106 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
- 1.107 turn up** (phr v) /tʊːn ʌp/
arrive or appear somewhere ● *We had been waiting for two hours when she finally turned up at midnight.* ❖ zjawiać się
- 1.108 cheer (sb) up** (phr v) /tʃɪə(r) ('sʌmbədi) ʌp/
make sb feel happier ● *I tried to cheer him up, but he just kept staring out of the window.*
❖ rozweselić (kogoś)
- 1.109 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
- 1.110 confidence** (n) /'kɒnfɪdəns/
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
- 1.111 overhear** (v) /,əʊvə'hɪə(r)/
hear what other people are saying without their knowledge ● *I overheard him saying that he didn't like me at all.* ❖ podsłuchać
- 1.112 ashamed** (adj) /ə'ʃeɪmd/
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
- 1.113 lonely** (adj) /'ləʊnli/
unhappy because you are alone ● *He was far from home and was feeling very lonely.*
> loneliness (n) ❖ samotny
- 1.114 household job** (n) /'haʊs'həʊld 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

Listening Page 10

- 1.97 severe** (adj) /sɪ'vɪər/
very serious, unpleasant and worrying
● *The head teacher warned the students that their punishment would be very severe.*
❖ ciężki
- 1.98 mention** (v) /'menʃn/
refer to sb/sth ● *Please don't mention anything about our trip – they don't know about it.*
> mention (n) ❖ wzmiankować
- 1.99 water** (v) /'wɔːtə(r)/
pour water on plants to keep them healthy
● *Will you water the flowers in the garden while I'm away?* ❖ podlewać
- 1.100 load** (v) /ləʊd/
put things into a machine or car ● *You shouldn't load different-coloured clothes into the washing machine.* ❖ ładować
- 1.101 class** (n) /klaːs/
lesson ● *My last class of the day is Mathematics.* ❖ lekcja
- 1.102 concentration** (n) /,kɒnsən'treɪʃn/
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
- 1.103 poor** (adj) /pɔː(r)/
bad, not of good quality ● *Andrew's health is poor, but he'll soon be out and about.*
❖ kiepski
- 1.104 academic** (adj) /,ækə'demɪk/
related to education, schools, colleges and universities ● *The school is known for its high academic standards.* ❖ akademicki
- 1.105 result** (n) /rɪ'zʌlt/
sth that happens because of sth else
● *To ensure good results, you should only use fresh ingredients.* > result (v)
❖ wynik

Speaking Page 11

- 1.115 examiner** (n) /ɪg'zæmɪnə(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
- 1.116 extend** (v) /ɪk'stend/
make sth bigger or longer ● *She had to extend her working hours so as to finish the job in time.* > extension (n) ❖ poszerzać/wydłużać

- 1.117 linking word** (n) /'lɪŋkɪŋ wɜːd/
a word that connects two ideas or two sentences • *You should try to use appropriate linking words in your writing.* ❖ spojnik
- 1.118 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
- 1.119 improve** (v) /ɪm'pruːv/
make sth better • *She read a lot of novels to improve her English.* > improvement (n)
❖ ulepszać

Grammar Page 12

- 1.120 chop** (v) /tʃɒp/
cut sth into pieces • *You should chop the carrots into small pieces.* ❖ posiekać
- 1.121 process** (n) /'prəʊses/
a series of actions that leads to a result
• *Learning a new language can be a long, complicated process.* > process (v), processor (n) ❖ proces
- 1.122 neuroscience** (n) /,njʊərəʊ'saɪəns/
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
- 1.123 recently** (adv) /'riːsəntli/
not long ago • *Until recently, he was unemployed, but he's now found a very good job.* > recent (adj) ❖ niedawno
- 1.124 lately** (adv) /'leɪtli/
not long ago • *I haven't been feeling very well lately; I think I should see a doctor.*
❖ ostatnio 📖 Syn: recently
- 1.125 author** (n) /'ɔːθə(r)/
the writer of a book or article • *She is the author of three very successful novels.*
> author (v) ❖ autor
- 1.126 order** (v) /'ɔːdə(r)/
ask for sth in a restaurant or shop • *I ordered a hamburger and some salad.* > order (n)
❖ zamawiać
- 1.127 beat** (v) /bi:t/
do better than sb else and defeat them • *Anna always beats me at chess; I don't know why I keep playing.* ❖ pokonać (kogoś)

- 1.128 go off (sb)** (phr v) /gəʊ ɒf ('sʌmbədi)/
stop liking or being interested in sb • *I went off Tara when I realised how mean she was.*
❖ odstawić (coś)
- 1.129 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
- 1.130 chill out** (phr v) /tʃɪl aʊt/
relax without letting anything upset you
• *Chill out, Mum. We still have lots of time!*
❖ wyluzować się
- 1.131 hit it off (with sb)** (expr) /hɪt ɪt ɒf (wɪð 'sʌmbədi)/
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
- 1.132 fall out (with sb)** (phr v) /fɔːl aʊt (wɪð 'sʌmbədi)/
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)
- 1.133 argument** (n) /'ɑːɡjʊmənt/
an angry disagreement between people • *I got into an argument with my friends over football.*
> argue (v) ❖ kłótnia
- 1.134 get (sb) down** (phr v) /get ('sʌmbədi) daʊn/
make sb feel unhappy • *His boss's rude behaviour was starting to get him down.*
❖ dołować (kogoś)
- 1.135 stand (sb) up** (phr v) /stænd ('sʌmbədi) ʌp/
not come to meet someone you had arranged to meet • *I waited for over an hour, but she stood me up.* ❖ wystawić (kogoś)
- 1.136 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
- 1.137 responsible** (adj) /rɪ'spɒnsəbl/
having control over sth and the obligation to take care of it • *Teachers are responsible for the students in their class.* > responsibility (n)
❖ odpowiedzialny
- 1.138 focus** (v) /'fəʊkəs/
direct all your attention towards sth • *I decided to focus on my work and forget about everything else.* > focus (n) ❖ skupiać
- 1.139 burst into tears** (expr) /bɜːst 'ɪntə 'tɪəz/
suddenly start to cry • *The young child burst into tears when he lost the ball.* ❖ rozplakać się 📖 Opp: burst out laughing

- 1.140 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
- 1.141 switch (sth) on** (phr v) /swɪtʃ ('sʌmθɪŋ) ɒn/
make sth (e.g. a machine) start working
• *He switched on the light and got out of bed.*
❖ włączyć (coś) 📖 Opp: switch off
- 1.142 recall** (v) /rɪ'kɔ:l/
remember sth so that you can describe it
• *The old man recalled the village as it had been 60 years ago.* ❖ przypominać (sobie)
- 1.143 figure (sth) out** (phr v) /'fɪgə(r) ('sʌmθɪŋ) aʊt/
understand and solve • *It took me hours to figure out how to edit images on the computer.*
❖ domyślić się (czegoś)
- 1.144 conduct** (v) /kən'dʌkt/
organise and do • *They are conducting a survey to find out how people spend their free time.* > conductor (n) ❖ przeprowadzić
- 1.145 constantly** (adv) /'kɒnstəntli/
all the time or regularly • *My parents constantly complain about the time I come home.* > constant (adj) ❖ stale
📖 Syn: continually
- 1.146 predict** (v) /prɪ'dɪkt/
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
- 1.147 chemical** (adj) /'kemɪkl/
related to reactions that involve changes in atoms • *We learn a lot of chemical formulae in school.* ❖ chemiczny
- 1.148 reward** (n) /rɪ'wɔ:d/
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
- 1.149 proof** (n) /pru:f/
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	go off sb
cheer sb up	grow up
chill out	hit it off
drop off	stand sb up
fall out with sb	switch sth on
figure sth out	turn up

Writing Pages 14–15

- 1.150 tone** (n) /təʊn/
the general mood of sth • *The tone of the article was very optimistic!* ❖ ton
- 1.151 application** (n) /,æplɪkeɪʃn/
an official request for sth • *You need to fill in this application form for a new passport.*
> apply (v), applicant (n) ❖ podanie
- 1.152 formal** (adj) /'fɔ:ml/
official • *We usually use more formal language when we write than when we speak.*
❖ formalny 📖 Opp: informal
- 1.153 direct** (adj) /daɪ'rekt/
straight, open • *I like his open and direct manner. It makes me trust him more.*
❖ bezpośredni
- 1.154 take care** (expr) /teɪk keə(r)/
an expression used to say goodbye in a friendly way • *Bye all and take care!* ❖ trzymać się
- 1.155 contracted** (adj) /kən'træktɪd/
shortened, reduced • *Contracted forms such as "I'd" should not normally be used in writing.*
> contraction (n) ❖ skrócony
- 1.156 chatty** (adj) /'tʃæti/
friendly and informal • *She had a very chatty style, which was easy to read.* ❖ gawędziarski
- 1.157 abbreviation** (n) /ə,bri:vɪ'eɪʃn/
short form of a word or phrase • *The abbreviation EU stands for European Union.*
> abbreviate (v) ❖ skrót
- 1.158 appropriate** (adj) /ə'prəʊpriət/
suitable for a particular situation • *The film is not appropriate for young children, as it contains a lot of violence.* ❖ właściwy
- 1.159 recommend** (v) /,rekə'mend/
suggest that sth should be done
• *I recommend that you discuss the matter with your doctor.* > recommendation (n)
❖ polecić
- 1.160 grateful** (adj) /'ɡreɪtfl/
showing or expressing thanks • *I am very grateful for everything you have done for me!*
> gratefulness (n) ❖ wdzięczny
📖 Syn: thankful; Opp: ungrateful
- 1.161 assistance** (n) /ə'sɪstəns/
help • *Teachers are not allowed to give students assistance in exams.* > assist (v), assistant (n) ❖ wsparcie
- 1.162 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
- 1.163 come along** (phr v) /kʌm ə'lɒŋ/
go somewhere with sb • *I'm going to the library. Would you like to come along?*
❖ dołączyć

- 1.164 personally** (adv) /'pɜːsənəli/
an expression used to stress that you are giving your own opinion • *Personally, I think vocabulary is more important than grammar.*
❖ osobiście
- 1.165 intend** (v) /ɪn'tend/
have as a plan • *I intend to study at least three hours a day.* > intention (n) ❖ zamierzać
- 1.166 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
- 1.167 congratulations** (n) /kən,grætʃə'leɪʃənz/
an expression that shows how pleased you are about sb else's success • *Congratulations on passing your final exams!* > congratulate (v)
❖ gratulacje
- 1.168 sign off** (phr v) /saɪn ɒf/
end a conversation, letter or email • *I'm going to sign off now as I have a class in five minutes.* ❖ skończyć
- 1.169 all the best** (expr) /ɔːl 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
- 1.170 incredibly** (adv) /ɪn'kredəbli/
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
- 1.171 reflection** (n) /rɪ'fleksjən/
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.*

*His behaviour was **irritating**.*

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

*He has an **annoying** voice.*

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

*It was a **distracting** noise.*

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

*She had some **amazing** news.*

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

*The situation was **embarrassing**.*

*I was **embarrassed** about the situation.*

- 1.172 mental** (adj) /'mentl/
related to the mind • *Many people suffer from mental illness at some point in their lives.*
> mentally (adv) ❖ psychiczny
- 1.173 resilience** (n) /rɪ'zɪljəns/
the ability to be happy again after sth bad has happened • *His resilience helped him find a new job.* > resilient (adj) ❖ wytrzymałość
- 1.174 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
- 1.175 positivity** (n) /,pɒzə'tɪvəti/
hope and confidence • *Positivity is necessary when making plans.* ❖ pozytywne nastawienie
- 1.176 ignore** (v) /ɪ'ɡnɔː(r)/
deliberately refuse to pay attention
• *I tried to explain to him, but he ignored me.*
> ignorance (n), ignorant (adj) ❖ ignorować
- 1.177 pick yourself up** (expr) /pɪk jə'self 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
- 1.178 keep going** (expr) /ki:p ɡəʊɪŋ/
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
- 1.179 analyse** (v) /'ænləaɪz/
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
- 1.180 network** (n) /'netwɜːk/
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
- 1.181 reward** (v) /rɪ'wɔːd/
give sth in exchange for sth good that sb has done • *Her efforts were rewarded with the first prize.* > reward (n), rewarding (adj)
❖ nagradzać
- 1.182 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
- 1.183 treat** (v) /tri:t/
behave in a particular way towards sb • *The teacher treated all her students in the same way.* > treatment (n) ❖ traktować
- 1.184 issue** (n) /'ɪʃjuː/
a problem or worry that you have • *We had some technical issues with the new software.*
❖ kwestia