

# 4 City living

## Glossary

### Reading Pages 42–43

- 4.1 rural** (adj) /'rʊərəl/  
in the countryside • *She lives in a small rural town in the south of France.* ❖ wiejski  
📖 Opp: urban
- 4.2 commercial** (adj) /kə'mɜːʃl/  
related to buying and selling • *Don't forget this is a commercial operation and our top priority is to make money.* > commerce (n)  
❖ reklama w telewizji
- 4.3 identical** (adj) /aɪ'dentɪkl/  
exactly the same • *His shirt is identical to mine – we bought them together.* ❖ identyczny
- 4.4 rapid** (adj) /'ræpɪd/  
fast • *The patient made a rapid recovery and was sent home in two days.* > rapidly (adv)  
❖ szybki
- 4.5 resident** (n) /'rezɪdənt/  
a person who has their home in a place  
• *Residents in the area are furious at the decision to build a new mall.* > residence (n), residential (adj) ❖ mieszkaniec
- 4.6 urban** (adj) /'zɜːbən/  
of a city or town • *Heavy traffic is mainly an urban problem.* ❖ miejski 📖 Opp: rural
- 4.7 block of flats** (n) /blɒk əv 'flæts/  
a large building divided into apartments  
• *There used to be a beautiful old house there, but now it's been replaced by a block of flats.*  
❖ blok mieszkalny
- 4.8 pace** (n) /peɪs/  
the speed at which sth happens • *She walked at a rapid pace across the street.*  
❖ tempo
- 4.9 shortage** (n) /'ʃɔːtɪdʒ/  
a situation where there isn't enough of sth needed • *Schools are suffering from a shortage of teachers.* > short (adj)  
❖ niedobór 📖 Syn: lack
- 4.10 entertainment** (n) /entə'teɪnmənt/  
films, music, shows, etc. that help people have fun • *Stars from the world of entertainment usually have thousands of followers on social media.* > entertain (v), entertaining (adj)  
❖ rozrywka
- 4.11 commute** (v) /kə'mjuːt/  
travel between work and home regularly  
• *He's prepared to commute long distances if necessary, as he has been jobless for a year.*  
> commute (n), commuter (n) ❖ dojeżdżać
- 4.12 outskirts** (n) /'aʊtskɜːts/  
the area around a town or city • *Factories are usually built on the outskirts of cities.*  
❖ peryferie
- 4.13 inhabitant** (n) /ɪn'hæbɪtənt/  
a person or animal that lives in a place  
• *Nowadays, the village has around 100 inhabitants.* ❖ mieszkaniec
- 4.14 historical** (adj) /hɪ'stɔːrɪkl/  
connected with the past or with the study of the past • *The library houses a large collection of historical documents.* > historic (adj), history (n)  
❖ historyczny
- 4.15 devote** (v) /dɪ'vəʊt/  
give time, attention or energy to sth • *I can only devote one hour a day to the project.*  
> devotion (n) ❖ poświęcać
- 4.16 walkable** (adj) /'wɔːkəbl/  
suitable for walking • *Cities aren't usually as walkable as smaller towns.* ❖ dobry do spacerów
- 4.17 pedestrian** (n) /pə'destriən/  
a person who is walking • *The bridge is designed for pedestrians only so no cars are allowed.* ❖ pieszy
- 4.18 housing** (n) /'haʊzɪŋ/  
buildings for people to live in • *The cost of housing in London is extremely high.*  
❖ mieszkania
- 4.19 linear** (adj) /'lɪniə(r)/  
continuing logically from one part to the next  
• *The story doesn't move in a linear fashion; it begins with the death of the hero.*  
❖ liniowy
- 4.20 approach** (n) /ə'prəʊtʃ/  
a way of doing sth or thinking about sth  
• *Since we haven't been able to come up with a solution, I thought we might consider a new approach to the problem.* > approach (v)  
❖ podejście
- 4.21 growth** (n) /grəʊθ/  
an increase in the size or the importance of sth  
• *The growth of the company led to many new employees being hired.* > grow (v) ❖ wzrost

- 4.22 residential** (adj) /ˌreziˈdenʃl/  
having mainly private houses, not offices or factories • *The house is in a beautiful residential area with a lot of green space.* ❖ mieszkalny
- 4.23 reduce** (v) /rɪˈdʒuːs/  
make or become smaller • *They have reduced the price of these shoes to just 20 euros.* > reduction (n) ❖ zmniejszyć 📖 Syn: decrease
- 4.24 get around** (phr v) /get əˈraʊnd/  
travel to different places • *We mainly used public transport to get around.* ❖ poruszać się
- 4.25 expand** (v) /ɪkˈspænd/  
make sth bigger • *They are planning to expand the airport.* > expansion (n) ❖ rozszerzać
- 4.26 modernist** (adj) /ˈmɒdənɪst/  
related to the modern art movement • *Modernist cinema can sometimes be difficult to understand.* ❖ modernistyczny
- 4.27 propose** (v) /prəˈpəʊz/  
suggest a plan for other people to think about • *The marketing manager proposed changing the name of the company.* > proposal (n) ❖ zaproponować
- 4.28 raise** (v) /reɪz/  
lift to a higher position • *Please raise your hand if you want to say something.* > raise (n) ❖ podnieść
- 4.29 spread** (v) /spred/  
reach or cover a wider area • *The virus spread quickly through physical contact.* > spread (n) ❖ rozprzestrzeniać się
- 4.30 claim** (v) /kleɪm/  
say that sth is true without being able to prove it • *He claimed he was very poor, but we didn't believe him.* > claim (n) ❖ twierdzić
- 4.31 end up** (phr v) /end ʌp/  
reach a particular place or situation after completing other activities • *After travelling around Europe for two months, we ended up in Prague.* ❖ skończyć
- 4.32 humanistic** (adj) /ˌhjuːməˈnɪstɪk/  
treating people with respect, making sure they are happy, safe and healthy • *The new director had a more humanistic approach to the treatment of prisoners.* ❖ humanistyczny
- 4.33 course** (n) /kɔːs/  
the direction in which sth moves • *We decided to change course as we weren't getting anywhere.* ❖ kierunek
- 4.34 commuter** (n) /kəmˈjuːtə(r)/  
sb who travels to and from work every day • *The train is always packed with commuters on weekday mornings.* ❖ dojeżdżający do pracy
- 4.35 continually** (adv) /kənˈtɪnjuəli/  
without a break • *It was difficult to make a decision as the situation was continually changing.* > continue (v) ❖ nieustannie 📖 Syn: continuously
- 4.36 uninviting** (adj) /ˌʌnɪnˈvaɪtɪŋ/  
not attractive or pleasant • *The hotel looked cold and uninviting; we definitely didn't want to stay there.* ❖ niezachęcający 📖 Opp: inviting
- 4.37 demand** (v) /dɪˈmɑːnd/  
ask for sth forcefully • *I've had enough. I demand to see the manager immediately.* > demand (n), demanding (adj) ❖ żądać
- 4.38 fence** (n) /fens/  
a barrier between two areas of land, usually made of wood or wire • *The house was surrounded by a beautiful old wooden fence.* ❖ ogrodzenie
- 4.39 gated community** (n) /ˌɡeɪtɪd kəˈmjʊːnəti/  
a group of houses surrounded by walls or fences that you need the residents' permission to enter • *The house is in a gated community, so you'll all be safe.* ❖ ogrodzona społeczność
- 4.40 unfenced** (adj) /ʌnˈfens/  
not surrounded by a fence • *The park is unfenced, so you can go and have a walk there any time you like.* ❖ nieogrodzony 📖 Opp: fenced
- 4.41 low-rise** (adj) /ˈləʊraɪz/  
not tall, with only a few floors • *I'd prefer to live in a low-rise building rather than a tower block.* ❖ niski budynek 📖 Opp: high-rise

### Words related to cities

block of flats	pollution
commute	population
commuter	resident
gated community	residential
housing	urban
outskirts	walkable
pedestrian	

## Vocabulary Page 44

- 4.42 profit** (n) /ˈprɒfɪt/  
money that you earn from a transaction or business after paying the costs • *She made a big profit when she sold her house.* > profit (v), profitable (adj) ❖ zysk
- 4.43 suburb** (n) /ˈsʌbɜːb/  
an area where people live that is outside the city centre • *They decided to move to the suburbs when they had their first child.* > suburban (adj) ❖ przedmieście
- 4.44 district** (n) /ˈdɪstrɪkt/  
an area of a town or country that has a particular purpose • *His shop is in the most fashionable shopping district.* ❖ dzielnica

- 4.45 industrial** (adj) /ɪnˈdʌstriəl/  
related to factories • *Industrial production has increased by 3% in the last six months.*  
➤ industry (n) ❖ przemysłowy
- 4.46 estate** (n) /ɪˈsteɪt/  
a group of houses or factories built according to a plan • *They bought a three-bedroom house on a new housing estate.*  
❖ osiedle
- 4.47 consist of** (phr v) /kənˈsɪst əv/  
made or formed of various things • *A first-aid kit consists of plasters, dressings, bandages, tweezers and gloves.* ❖ składać się z
- 4.48 bike lane** (n) /ˈbaɪk ˌleɪn/  
a part of the road that can only be used by people riding bicycles • *Cars and pedestrians are not supposed to be in the bike lane.*  
❖ droga rowerowa
- 4.49 pavement** (n) /ˈpeɪvmənt/  
a path on the side of the road that people can walk on • *You're not supposed to ride your bike on the pavement.* ❖ chodnik
- 4.50 crossroads** (n) /ˈkrɒsrəʊdz/  
a place where two roads meet and cross each other • *When we came to the crossroads, we didn't know which way to turn.*  
❖ skrzyżowanie ulic
- 4.51 roadworks** (n pl) /ˈrəʊdwɜːks/  
repair or building work on a road • *The traffic is moving really slowly because of the roadworks ahead.* ❖ roboty drogowe
- 4.52 junction** (n) /ˈdʒʌŋkʃn/  
the place where two or more roads or railways meet • *It's a small town but it's an important railway junction.* ❖ węzeł
- 4.53 pedestrian crossing** (n) /pəˈdestriən ˈkrɒsɪŋ/  
a place in a road where traffic must stop so that pedestrians can cross • *All cars ought to stop at pedestrian crossings, but they don't always do so.* ❖ przejście dla pieszych
- 4.54 pedestrian zone** (n) /pəˈdestriən ˈzəʊn/  
an area where no vehicles are allowed • *This is a pedestrian zone. You can't ride your bike here.* ❖ strefa dla pieszych
- 4.55 speed camera** (n) /ˈspiːd ˌkæmərə/  
a camera at the side of the road that takes pictures of cars that are going too fast • *Drivers are more careful when they know there is a speed camera on the road.*  
❖ fotoradar
- 4.56 speed limit** (n) /ˈspiːd ˌlɪmɪt/  
the fastest you are allowed to drive in a specific area • *You need to slow down – the speed limit here is only 30 miles per hour.*  
❖ ograniczenie prędkości
- 4.57 facilities** (n pl) /fəˈsɪlɪtɪz/  
buildings, equipment and services available for a particular purpose • *The hotel has special facilities for disabled people.* ❖ udogodnienia
- 4.58 venue** (n) /ˈvenjuː/  
the place where an event or meeting takes place • *The room provides an ideal venue for business meetings.* ❖ miejsce wydarzenia
- 4.59 urbanisation** (n) /ˌzːbənɪˈzeɪʃn/  
the process in which towns and cities are built where there was countryside before • *The early 20th century was a time of rapid urbanisation.* ❖ urbanizacja
- 4.60 goods** (n pl) /ɡʊdz/  
products • *We will send you the goods you ordered tomorrow morning.* ❖ dobra
- 4.61 boundary** (n) /ˈbaʊndəri/  
a line that marks the limit of sth • *The fence marks the boundary between our garden and theirs.* ❖ granica

### Getting around

bike lane	pedestrian crossing
crossroads	pedestrian zone
junction	roadworks
pavement	

## Grammar Page 45

- 4.62 set off** (phr v) /set ɒf/  
begin a trip • *We're going to set off for the station in half an hour.* ❖ wyruszać
- 4.63 hopefully** (adv) /ˈhəʊpfəli/  
saying what you hope will happen • *Hopefully, we'll be there by six, but it depends on the traffic.* ❖ ufnie
- 4.64 evidence** (n) /ˈeɪdɪns/  
one or more facts that make you believe that sth is true • *What evidence do you have that he took the money?* ➤ evident (adj)  
❖ dowód
- 4.65 it's up to you** (expr) /ɪts ʌp tə juː/  
you can make the decision, it's your responsibility • *It's up to you. I'll do whatever you say.* ❖ to zależy od ciebie
- 4.66 skyscraper** (n) /ˈskaɪˌskreɪpə(r)/  
a very tall building • *The new skyscraper is going to be the tallest in the world.*  
❖ wieżowiec

# Listening Page 46

- 4.67 inland** (adv) /'ɪnlænd/  
away from the sea • *Seabirds sometimes come inland looking for food.* ❖ śródlądowy
- 4.68 dweller** (n) /'dwelə(r)/  
sb who lives in a particular place • *Most apartment dwellers cannot imagine what it's like to live in a house with a garden.* > dwell (v), dwelling (n) ❖ mieszkaniec
- 4.69 citizen** (n) /'sɪtɪzən/  
a person who has legal recognition as belonging to a particular country • *After living and working in the USA for ten years, I applied to become an American citizen.* > citizenship (n) ❖ obywatel

## LOOK!

The words *dweller*, *inhabitant* and *resident* refer to somebody who lives somewhere. However, their use differs. The word *citizen* also has a similar meaning.

- *dweller* is used to refer to the type of place where somebody lives, e.g. *a cave dweller*, *a city dweller*.
- *inhabitant* refers to a person living in an area or a country, e.g. *the island's inhabitants*, *the inhabitants of Australia*.
- *resident* refers to a person who lives in a particular country, town or building (permanently or temporarily): *The hotel restaurant is only open to residents. She is a United Kingdom resident although she has an Egyptian passport.*
- *citizen* refers to a person who is legally recognised as belonging to a particular country, and who may reside in that same country or a different one: *He's an American citizen, but he lives in Edinburgh.*

- 4.70 constant** (adj) /'kɒnstənt/  
happening all the time • *Her constant criticism has begun to annoy me.* ❖ nieustanny
- 4.71 noise pollution** (n) /'nɔɪz pəˌluːʃn/  
a high level of noise that is harmful and annoying • *Noise pollution is at its worst in inner city areas.* ❖ zanieczyszczenie hałasem
- 4.72 regulate** (v) /'regjələɪt/  
control how sth works • *The members of the European Union agreed to regulate their banks.* > regulation (n) ❖ uregulować
- 4.73 on a regular basis** (phr) /ɔn ə 'regjələ(r) 'beɪsɪs/  
often or repeatedly • *I suggest we meet on a regular basis from now on – how about every Tuesday?* ❖ regularnie

- 4.74 town planner** (n) /taʊn 'plænə(r)/  
a person whose job it is to plan how towns and cities are developed • *As a town planner, where do you recommend we should build the new hospital?* ❖ urbanista
- 4.75 mood swing** (n) /'muːd swɪŋ/  
a sudden change in the way you are feeling • *My constant mood swings worried me. One minute I was happy, the next I was in tears.* ❖ huśtawka nastrojów
- 4.76 sharply** (adv) /'ʃɑːpli/  
quickly and suddenly • *House prices have risen sharply in the last month.* ❖ ostro
- 4.77 homesick** (adj) /'həʊmsɪk/  
missing your home, family and friends • *After my first week in Madrid, I was feeling very homesick.* ❖ stęskniony za domem
- 4.78 would rather** (phr) /wʊd rɑːðə(r)/  
would prefer to • *I'd rather stay at home than go to the party with him.* ❖ wolalbym
- 4.79 hometown** (n) /'həʊmtaʊn/  
the town or city that you were born in • *After spending a few years abroad, I returned to my hometown last week.* ❖ rodzinne miasto
- 4.80 eliminate** (v) /'ɪlɪmɪneɪt/  
remove or get rid of sth • *I'm trying to eliminate sugar from my diet.* > elimination (n) ❖ wyeliminować
- 4.81 majority** (n) /mə'dʒɔrəti/  
the larger number or part of sth • *The majority of people don't pay much attention to their diet.* ❖ większość
- 4.82 standard of living** (n) /,stændəd əv 'lɪvɪŋ/  
the amount of money and level of comfort you have in your life • *Your standard of living doesn't only have to do with how much you get paid, but also how much free time you have.* ❖ standard życia
- 4.83 crime** (n) /kraɪm/  
activities that break the law • *It is the job of the police to prevent crime.* > criminal (adj, n) ❖ przestępstwo
- 4.84 affect** (v) /ə'fekt/  
have an influence on • *The disease mainly affects children.* ❖ wpłynąć
- 4.85 amygdala** (n) /ə'mɪgdələ/  
a part of the brain that affects how people feel fear and pleasure • *The damage to his amygdala meant that he could no longer feel anything.* ❖ ciało migdałowe
- 4.86 health-care worker** (n) /'helθ ,keə(r) 'wɜːkə(r)/  
a doctor, nurse or other person that works in the medical sector • *It is important to keep health-care workers safe if we want to be safe ourselves.* ❖ pracownik służby zdrowia

## Speaking Page 47

- 4.87 interact** (v) /ˌɪntəˈrækt/  
communicate, react to • *Teachers should be able to interact well with their students.*  
> interaction (n), interactive (adj)  
❖ oddziaływać
- 4.88 car-free** (adj) /kɑːfriː/  
without cars, where cars are not allowed  
• *The city centre has now been declared a car-free zone.* ❖ bez samochodu
- 4.89 entirely** (adv) /ɪnˈtaɪəli/  
completely • *I'm afraid I don't entirely agree with you.* ❖ całkowicie
- 4.90 convince** (v) /kənˈvɪns/  
make sb believe that sth is true • *I've given up trying to convince her; there's no way she'll change her mind.* ❖ przekonać

## Grammar Page 48

- 4.91 experience** (n, uncountable) /ɪkˈspɪəriəns/  
the knowledge that you get from doing sth for a long time • *The teacher had a lot of experience working with young children.*  
❖ doświadczenie
- 4.92 experience** (n, countable) /ɪkˈspɪəriəns/  
an event or activity that affects you • *Meeting my favourite author was an experience I'll never forget.* ❖ doświadczenie
- 4.93 space** (n, countable) /speɪs/  
an empty place or position • *There is just one parking space left.* ❖ miejsce
- 4.94 space** (n, uncountable) /speɪs/  
empty room that you can use • *I need to make some space in my closet for all these new clothes.* ❖ przestrzeń
- 4.95 competition** (n, uncountable) /ˌkɒmpəˈtɪʃn/  
circumstances in which everyone tries to be more successful than the others • *There's a lot of competition between the two phone companies.* ❖ konkurencja
- 4.96 without fail** (expr) /wɪðˈaʊt feɪl/  
always, with no exceptions • *She always hands in her homework assignments on time, without fail.* ❖ bezbłędnie
- 4.97 avenue** (n) /ˈævənjuː/  
a wide road with trees or buildings on both sides • *They drove silently along the wide avenue.* ❖ aleja
- 4.98 highway** (n) /ˈhaɪweɪ/  
a public road, especially one that connects two cities • *You can drive faster on the highway, but there is still a speed limit.*  
❖ autostrada

- 4.99 hand (sth) over** (phr v) /hænd ˈ(s)ʌmθɪŋ ˈəʊvə(r)/  
give sth to sb after you have been asked to do so • *The police officer asked me to hand over my driving licence.* ❖ przekazać (coś)
- 4.100 wheelchair** (n) /ˈwiːltʃeə(r)/  
a chair on wheels that people who cannot walk use • *It isn't always easy to get around if you're in a wheelchair.* ❖ wózek inwalidzki
- 4.101 motor-driven** (adj) /ˈməʊtə ˌdrɪvŋ/  
using fuel or electricity to move • *It's a motor-driven boat, which is why it has no sails.*  
❖ napędzany silnikiem
- 4.102 yell** (v) /jel/  
shout or make a loud noise because you are excited or angry • *There's no need to yell. I can hear you.* ❖ krzyczeć
- 4.103 make way for** (expr) /meɪk weɪ fə(r)/  
provide space for • *The people stepped back to make way for the actor's car.*  
❖ zwolnić drogę dla
- 4.104 human being** (n) /ˌhjuːmən ˈbiːɪŋ/  
a person • *The disease cannot be passed from animals to human beings.* ❖ istota ludzka

## Use your English Page 49

- 4.105 live on top of each other** (expr) /lɪv ɒn tɒp əv iːtʃ ʌðə(r)/  
live very close to each other • *In many modern cities, people have to live on top of each other, as housing is limited.* ❖ żyć jeden na drugim
- 4.106 resist the temptation** (expr) /rɪˈzɪst ðə tempˈteɪʃən/  
stop yourself from doing sth you like but shouldn't do • *I couldn't resist the temptation to eat some more chocolate cake.*  
❖ oprzeć się pokusie
- 4.107 have the best of both worlds** (expr) /hæv ðə best əv bəʊθ wɜːldz/  
enjoy the advantages of two very different things at the same time • *He lives in the country but also keeps an apartment in the city for weekends, so he has the best of both worlds.* ❖ mieć to, co najlepsze z obu światów
- 4.108 from all walks of life** (expr) /frəm ɔːl wɜːks əv laɪf/  
with different jobs or positions in society  
• *There are people from all walks of life in my dance class, from lawyers to builders and hairdressers.* ❖ ze wszystkich pozycji społecznych
- 4.109 on the increase** (phr) /ɒn ði ˈɪnkriːs/  
getting larger • *His book collection is always on the increase; he must have more than 10,000 books already.* ❖ wzrastający

- 4.110 take (sth) into consideration** (expr) /teɪk ('sʌmθɪŋ) ɪntə kən,sɪdə'reɪʃn/  
think about sth before making a decision • *I took all your views into consideration, but the final decision was mine.* ❖ wziąć (coś) pod uwagę
- 4.111 the talk of the town** (expr) /ðə tɔ:k əv ðə taʊn/  
what everyone is talking about • *When her new book came out, she became the talk of the town.* ❖ popularny temat
- 4.112 the urban jungle** (expr) /ði ˌzɜ:bən 'dʒʌŋɡl/  
city life (especially if you think it's unpleasant) • *With all the stress and the noise, I wouldn't survive in the urban jungle.* ❖ miejska dżungla
- 4.113 go to town** (expr) /gəʊ tə taʊn/  
do sth with energy and spending a lot on it • *She really went to town on her birthday party – it went on all night.* ❖ być rozrzutnym
- 4.114 all over the place** (expr) /ɔ:l əʊvə ðə pleɪs/  
not tidy or not well organised • *Your work is all over the place. I'm afraid you'll have to do it again.* ❖ wszędzie wokół
- 4.115 ghost town** (n) /'gəʊst ,taʊn/  
a town that used to be busy but now has few or no people • *The place looked like a ghost town with dark, empty streets.* ❖ miasto duchów
- 4.116 life in the fast lane** (expr) /'laɪf ɪn ðə 'fɑ:st ,leɪn/  
a busy and exciting way of life • *She used to enjoy life in the fast lane, but now she lives in a quiet village.* ❖ życie w szybkim tempie
- 4.117 private** (adj) /'praɪvət/  
only for one person or a few people • *You can't go in. It's a private room.* > privacy (n)  
❖ prywatny
- 4.118 density** (n) /'densɪti/  
the number of people or things in a place compared with the size of the place • *Traffic density has doubled in the last decade.*  
> dense (adj) ❖ gęstość
- 4.119 lead to** (phr v) /li:d tə/  
have a particular result • *The scandal led to a new government.* ❖ prowadzić do
- 4.120 rush** (v) /rʌʃ/  
go very quickly or be very quick • *Don't rush – we have plenty of time!* > rush (n)  
❖ śpieszyć się
- 4.121 peace and quiet** (expr) /pi:s ən kwɑɪət/  
a situation in which nothing disturbs you and you are not stressed • *I go to the library when I need some peace and quiet.* ❖ cisza i spokój
- 4.122 come across** (phr v) /kʌm əkrɒs/  
find or meet sb by chance • *We came across Mr Harry in the park.* ❖ natknąć się

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- 4.123 engage** (v) /ɪn'geɪdʒ/  
attract sb's interest • *The speaker engaged the audience fully.* > engagement (n)  
❖ angażować
- 4.124 relevant** (adj) /'reləvənt/  
connected with people's own experience and therefore useful • *Although it was written in 1900, the novel is still relevant today.*  
> relevance (n) ❖ istotny
- 4.125 element** (n) /'elɪmənt/  
a necessary part of sth • *Humour is one of the key elements of a good lecture.*  
❖ element
- 4.126 rhetorical question** (n) /rɪ,tɔrɪkl 'kwɛstʃn/  
a question which you ask to make a point, without expecting an answer • *No need to answer. It was only a rhetorical question.*  
❖ pytanie retoryczne
- 4.127 form** (v) /fɔ:m/  
give shape to sth • *I formed the impression that you didn't like what he said.* > form (n)  
❖ formować
- 4.128 persuasive** (adj) /pə'sweɪsɪv/  
making you want to believe or do sth • *His argument was very persuasive so we had to agree.* > persuade (v), persuasion (n)  
❖ przekonujący
- 4.129 impersonal** (adj) /ɪm'pɜ:sənəl/  
not referring to specific people • *I tried to keep my criticism impersonal as I didn't want him to feel bad.* ❖ bezosobowy 🗉 Opp: personal
- 4.130 get through** (phr v) /get θru:/  
manage to do or complete • *Let's hurry up, because we have a lot of work to get through.*  
❖ przejść, mieć za sobą
- 4.131 make the most of** (expr) /meɪk də məʊst əv/  
use or enjoy sth as much as you can • *We've only got a day in Paris, so let's make the most of it and try and see all the sights.*  
❖ w pełni wykorzystać
- 4.132 to be honest** (expr) /tə bi: 'ɒnɪst/  
to tell the truth • *I didn't really like her new song. To be honest, I hated it!* > honesty (n)  
❖ szczerze
- 4.133 adventurous** (adj) /əd'ventʃərəs/  
willing to try new and perhaps difficult things • *I decided to be adventurous and tried a completely new approach.* > adventure (n)  
❖ ryzykowny

### Verb collocations

be located in	live on top of each other
go to town	make way for
have the best of both worlds	resist the temptation
	take sth into consideration

- 4.134 travel pass** (n) /'trævəl pɑ:s/  
a ticket that allows you to travel in a particular area for a period of time • *If you are under 21, you can get a weekly travel pass for only five euros.* ❖ przepustka
- 4.135 investment** (n) /ɪn'vestmənt/  
the act of spending money so that you can get benefits in the future • *It's an expensive course, but considering the opportunities that I will have when I complete it, it's a good investment.* > invest (v), investor (n) ❖ inwestycja
- 4.136 open up** (phr v) /'əʊpən ʌp/  
make sth available • *Internet advertising will open up new markets for our products.* ❖ otworzyć
- 4.137 above all** (expr) /ə'bvʌv ɔ:l/  
most importantly • *Above all, I'd like to emphasise the importance of humour.* ❖ ponad wszystko
- 4.138 socialise** (v) /'səʊʃjəlaɪz/  
spend time with friends • *I work so hard I have no time to socialise; I haven't seen my friends for two months.* > social (adj) ❖ socjalizować się
- 4.139 outline** (n) /'aʊtlaɪn/  
the main facts, without any details • *She gave us a brief outline of what had happened.* > outline (v) ❖ zarys
- 4.140 support** (v) /sə'pɔ:t/  
help show that sth is true • *The evidence does not really support your claims.* > support (n), supportive (adj) ❖ wspierać
- 4.141 lively** (adj) /'laɪvli/  
interesting and exciting • *We had a very lively discussion which I thoroughly enjoyed.* ❖ żywy
- 4.142 picture** (v) /'pɪktʃə(r)/  
imagine • *Can you picture yourself growing old?* ❖ wyobrażać

### Phrasal verbs

come across	hand over
end up	lead to
get around	open up
get through	set off
get to	

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- 4.143 particle** (n) /'pɑ:tkl/  
an extremely small piece of sth • *Dust particles are everywhere but you can't always see them.* ❖ cząstka
- 4.144 app** (n) /æp/  
an application, a program that you can use on a phone, tablet or computer • *I've downloaded an app that organises my emails.* ❖ aplikacja

- 4.145 route** (n) /ru:t/  
a way that you can follow to go from one place to another • *Which is the quickest route to the museum?* ❖ trasa
- 4.146 concentration** (n) /,kɒnsən'treɪʃn/  
the amount of sth that you find in a place • *They are measuring the concentration of dust in the atmosphere.* > concentrate (v) ❖ stężenie
- 4.147 dose** (n) /dəʊs/  
a measured amount of sth • *Do not exceed the recommended dose.* ❖ dawka
- 4.148 lung** (n) /lʌŋ/  
one of the two organs in your chest that help you breathe • *Take a deep breath and fill your lungs with the fresh air of the forest.* ❖ płuco
- 4.149 monitor** (n) /'mɒnɪtə(r)/  
a machine that watches and records sth • *If the heart rate drops, the monitor will sound an alarm.* ❖ monitor
- 4.150 exhaust** (n) /ɪg'zɔ:st/  
the gas that comes out of a vehicle or a machine • *The exhaust from the old bus in front of us smelled terrible.* ❖ wydechowy
- 4.151 emission** (n) /i'mɪʃn/  
the gas (or light or heat) that is produced • *Electric cars do not produce any dangerous emissions.* > emit (v) ❖ emisja
- 4.152 respiration** (n) /,respɪ'reɪʃn/  
breathing • *The patient's respiration is slow and difficult.* ❖ oddychanie
- 4.153 rate** (n) /reɪt/  
the speed at which sth happens • *If we keep going at this slow rate, it will take hours to finish the work.* ❖ tempo
- 4.154 heart rate** (n) /'hɑ:t ,reɪt/  
the number of times your heart beats in a minute • *It is normal for your heart rate to increase during exercise.* ❖ tętno
- 4.155 blood pressure** (n) /'blʌd ,preʃə(r)/  
the force with which blood travels in the body • *He suffers from high blood pressure and has to take pills to control it.* ❖ ciśnienie krwi
- 4.156 GPS** (n) /,dʒɪ:'pi:es/  
(Global Positioning System) a system that can show exactly where you are • *Your mobile phone uses GPS to show your position on an online map.* ❖ GPS
- 4.157 device** (n) /dɪ'vaɪs/  
an object or small machine that is designed for a particular purpose • *You can use any device to visit the site, but it looks best on a computer.* ❖ urządzenie

- 4.158 bloodstream** (n) /'blʌdstri:m/  
the blood moving through your body • *The test showed there was poison in his bloodstream.*  
❖ krwiobieg
- 4.159 cardiovascular** (adj) /,kɑ:diəʊ'væskjələ(r)/  
related to the heart and the blood vessels  
(= the tubes through which the blood travels)  
• *Smoking can cause cardiovascular disease.*  
❖ sercowo-naczyniowy
- 4.160 minimise** (v) /'mɪnɪmaɪz/  
reduce sth as much as possible • *They are trying to minimise their costs as the company is having trouble.* > minimal (adj)  
❖ zminimalizować
- 4.161 expose** (v) /ɪk'spəʊz/  
put sb/sth in a dangerous situation • *Drive carefully and don't expose yourself to unnecessary risks.* > exposure (n)  
❖ narażać