**8** My own time

Glossary

# Page 89

* 1. **free runner** (n) /friː ˈrʌnə(r)/

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.* ❖ osoba uprawiająca freerunning

Reading **Pages 90–91**

* 1. **eat out** (phr v) /iːt aʊt/

have a meal in a restaurant ● *They like eating out at different restaurants.* ❖ zjeść poza domem, zjeść na mieście

* 1. **darkness** (n) /ˈdɑːknəs/

the state of having no light ● *Suddenly, the lights went out and the house was in darkness.*

➣ dark (adj, n), darken (v) ❖ ciemność

* 1. **nightmare** (n) /ˈnaɪtmeə(r)/

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) ❖ koszmar

* 1. **caver** (n) /ˈkeɪvə(r)/

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)

* + - grotołaz
  1. **excitement** (n) /ɪkˈsaɪtmənt/

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) ❖ podekscytowanie

* 1. **crawl** (v) /krɔːl/

move along the ground on your hands and knees ● *The nine-month-old baby crawled to her mother.* ➣ crawl (n) ❖ czołgać się, raczkować

* 1. **narrow** (adj) /ˈnæroʊ/

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)

* + - wąski ✎ Opp: wide
  1. **tunnel** (n) /ˈtʌnl/

a long passage through rock ● *The train entered a long tunnel to go through the mountain.* ❖ tunel

* 1. **contain** (v) /kənˈteɪn/

to have inside or as part of sth ● *This box contains some very valuable jewellery. Look inside.* ➣ container (n) ❖ zawierać

* 1. **feature** (n) /ˈfiːtʃə(r)/

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.* ❖ cecha, element

* 1. **formation** (n) /fɔːˈmeɪʃn/

a particular shape or pattern ● *Experts can tell how old an area is from the rock formations in caves and cliffs.* ❖ formacja, ukształtowanie

* 1. **speleothem** (n) /ˈspiːliːəθɛm/

rock shapes made by water dripping through rock in a cave ● *We saw amazing speleothems shaped like castles in the caves.* ❖ naciek jaskiniowy

* 1. **structure** (n) /ˈstrʌktʃə(r)/

sth that has been built ● *The Eiffel Tower is quite old now, but it’s still a magnificent structure.* ❖ budowla, konstrukcja

* 1. **rainwater** (n) /ˈreɪnwɔːtə(r)/

water that falls as rain ● *During the storm, the streets flooded with rainwater.* ❖ deszczówka

* 1. **stone** (n) /stəʊn/

a hard substance found in the ground ● *The men threw stones at the lion to chase it away from their village.* ➣ stony (adj) ❖ kamień

* 1. **bat** (n) /bæt/

a small animal that has wings and flies at night

* *After sunset, the bats were flying around the trees in the square.* ❖ nietoperz
  1. **spider** (n) /ˈspaɪdə(r)/

a small creature that has eight legs and makes a web to catch insects ● *He watched the spider climbing up the wall.* ❖ pająk

* 1. **caving** (n) /ˈkeɪvɪŋ/

the sport of going into underground caves

* *Have you ever been caving?* ➣ cave, caver (n) ❖ alpinizm jaskiniowy
  1. **drinking water** (n) /ˈdrɪŋkɪŋ wɔːtə(r)/

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

* 1. **risk** (n) /rɪsk/

danger ● *Don’t put yourself at risk by going sailing in dangerous weather conditions.*

➣ risk (v), risky (adj) ❖ zagrożenie

* 1. **trapped** (adj) /træpt/

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)

* + - uwięziony
  1. **hypothermia** (n) /ˌhaɪpəˈθɜːmiə/

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.* ❖ hipotermia

* 1. **warm up** (phr v) /wɔːm ʌp/

to become warm after being cold ● *I had a bowl of hot soup to warm up when I came home.* ❖ rozgrzewać

* 1. **expert** (n) /ˈekspɜːt/

sb who has a lot of knowledge about sth ● *My cousin is an expert on rock formations and*

*is studying geology at university.* ❖ ekspert, specjalista

* 1. **explore** (v) /ɪkˈsplɔː(r)/

to go around a place to learn things about it

* *We parked the car and began to explore the forest.* ➣ explorer (n), exploration (n)
  + - badać, eksplorować
  1. **footprint** (n) /ˈfʊtprɪnt/

a mark in the ground left by a foot or shoe

* *We left footprints in the snow when we walked across the garden.* ❖ ślad, odcisk
  1. **escape** (v) /ɪˈskeɪp/

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

➣ escape (n) ❖ uciekać

* 1. **awful** (adj) /ˈɔːfl/

not nice; very bad ● *That meal was awful! I’m not eating there again*. ❖ okropny

* 1. **amazing** (adj) /əˈmeɪzɪŋ/

surprising; wonderful ● *Your holiday photos are amazing. What a beautiful place.* ➣ amaze (v), amazed (adj) ❖ zdumiewający, cudowny

* 1. **torch** (n) /tɔːʧ/

a small light that is held in the hand and is powered by batteries ● *He turned on his torch to see in the darkness.* ❖ latarka

* 1. **pay back** (phr v) /peɪ bæk/

to give back money that you owe

* *My friend bought our tickets and Ι paid her back at the end of the month.* ❖ spłacać
  1. **permit** (v) /pəˈmɪt/

to allow ● *Children under 15 are not permitted to enter the cave alone.* ❖ pozwalać

* 1. **hand** (v) /hænd/

to give sth to sb ● *The woman in the ticket office handed me a map.* ❖ wręczać

Vocabulary **Page 92**

* 1. **backpacking** (n) /ˈbækpækɪŋ/

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

* 1. **drama** (n) /ˈdrɑːmə/

acting; plays ● *Jane wants to study drama at the Royal Academy of Dramatic Art.*

➣ dramatic (adj), dramatically (adv)

* + - aktorstwo, sztuka
  1. **graphic design** (n) /ˈgræfɪk dɪˈzaɪn/ putting text and images together for

advertisements, magazines or books ● *The book’s success will depend on its attractive graphic design.* ❖ projekt graficzny

* 1. **sculpture** (n) /ˈskʌlpʧə(r)/

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) ❖ rzeźba

* 1. **squash** (n) /skwɒʃ/

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.*

* + - squash
  1. **gallery** (n) /ˈɡæləri/

a building in which the public can see works of art ● *There is a great exhibition of modern sculpture at the art gallery.* ❖ galeria sztuki

* 1. **leaflet** (n) /ˈliːflɪt/

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.*

* + - ulotka
  1. **face to face** (phr) /feɪs tə feɪs/

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.*
  + - bezpośredni, twarzą w twarz
  1. **adore** (v) /əˈdɔː(r)/

to like sth very much ● *I adore dancing and I want to be a ballet dancer.* ❖ uwielbiać

* 1. **can’t stand** (phr) /kɑːnt stænd/

to dislike sb/sth very much ● *Vasso can’t stand the smell of garlic. It makes her feel sick.*

* + - nie móc znieść
  1. **record** (v) /rɪˈkɔːd/

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)

* + - zapisywać, nagrywać
  1. **podcast** (n) /ˈpɒdkɑːst/

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.* ❖ podcast
  1. **video clip** (n) /ˈvɪdiəʊ klɪp/

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.* ❖ klip wideo

* 1. **perform** (v) /pəˈfɔːm/

to act, sing, play an instrument, etc. to entertain people ● *The singer performed a few songs for the audience.* ➣ performer, performance (n) ❖ występować

* 1. **photograph** (v) /ˈfəʊtəɡrɑːf/

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)

* + - fotografować, robić zdjęcia
  1. **ballet** (n) /ˈbæleɪ/

dancing that tells a story with music ● *I love watching ballet. The dancers are so graceful.*

* + - balet
  1. **poetry** (n) /ˈpəʊətri/

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) ❖ poezja

**Free-time activities**

backpacking drama poetry ballet graphic design sculpture

caving podcast video clip

Grammar **Page 93**

* 1. **abroad** (adv) /əˈbrɔːd/

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

* 1. **certain** (adj) /ˈsɜːtən/

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) ❖ pewny

Listening **Page 94**

* 1. **gym** (n) /dʒɪm/

a room for doing physical exercise ● *The students are having a PE lesson in the gym.*

➣ gymnast, gymnastics (n) ❖ siłownia

Speaking **Page 95**

* 1. **interested (in)** (adj) /ˈɪntrəstɪd (ɪn)/

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) ❖ zainteresowany

* 1. **physical** (adj) /ˈfɪzɪkl/

connected with the body ● *The marathon winner had great physical strength.*

➣ physically (adv) ❖ fizyczny

* 1. **creativity** (n) /krɪeɪˈtɪvəti/

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) ❖ kreatywność
  1. **to (what) extent** (phr) /tʊ (wɒt) ɪkˈstent/ to what level; how much ● *To what extent do you agree with your friend’s opinion?*
     + w jakim stopniu, na ile
  2. **stressed** (adj) /strest/

worried; not relaxed ● *I always get so stressed before going for an interview.* ➣ stress (v, n), stressful (adj) ❖ zestresowany

* 1. **pretty** (adv) /ˈprɪti/

quite ● *We were pretty tired after the long flight, so we had a rest in the hotel.*

* + - całkiem, dość

Vocabulary **Page 96**

* 1. **come round** (phr v) /kʌm raʊnd/

to go to someone’s house ● *My neighbour often comes round to my place for a chat.*

* + - przychodzić w odwiedziny
  1. **get along with** (phr v) /get əˈlɒŋ wɪθ/

to have a good relationship with ● *I get along with my brother and we often go out together.*

* + - być z kimś w dobrych stosunkach
  1. **get together** (phr v) /ˈget təgeðə(r)/

to meet ● *Our whole family often gets together at the weekend to have lunch*. ➣ get-together

(n) ❖ spotykać się

* 1. **hang out** (phr v) /hæŋ aʊt/

to spend time relaxing ● *Most teenagers like to hang out with their friends at the weekend instead of staying at home.* ❖ spędzać czas

* 1. **join in** (phr v) /dʒɔɪn ɪn/

to become part of a group activity ● *Mandy started dancing and soon everyone else joined in.* ❖ przyłączać się

* 1. **take up** (phr v) /teɪk ʌp/

to start a sport or hobby ● *Our cousins have taken up table tennis this year and they play twice a week.* ❖ podejmować, zainteresować się

* 1. **jogging** (n) /ˈdʒɒɡɪŋ/

running as a hobby or sport ● *Peter spends half an hour jogging in the park every day.*

➣ jog (v), jogger (n) ❖ jogging

* 1. **challenging** (adj) /ˈtʃælɪndʒɪŋ/

difficult in an interesting way ● *Being a teacher is a challenging job because it isn’t easy to deal with children.* ➣ challenge (n, v)

* + - trudny, stanowiący wyzwanie
  1. **crazy** (adj) /ˈkreɪzi/

not sensible ● *I think people who do extreme sports are crazy. They could get killed.*

➣ crazily (adv), craziness (n) ❖ szalony

* 1. **enjoyable** (adj) /ɪnˈdʒɔɪəbl/

that you will enjoy ● *The walk around the lake was an enjoyable experience.* ➣ enjoy (v), enjoyment (n) ❖ przyjemny

* 1. **frightening** (adj) /ˈfraɪtnɪŋ/

making sb feel afraid ● *The earthquake was a frightening experience.* ➣ frightened (adj), frighten (v), fright (n) ❖ przerażający

* 1. **horror film** (n) /ˈhɒrə(r) fɪlm/

a film that is made to be frightening ● *I get scared if I watch horror films alone at night.*

* + - horror
  1. **give away** (phr v) /ɡɪv əˈweɪ/

to give sth to sb without expecting payment

* *Andrea gave her old books away to a charity for poor children.* ❖ rozdawać

**Phrasal verbs**

come round eat out

get along with get together

give away hang out join in meet up

pay back take up warm up

Grammar **Page 97**

* 1. **lack** (n) /læk/

not having any or enough ● *We had to stop the trek and turn back because of lack of food and water.* ➣ lack (v) ❖ brak

* 1. **obligation** (n) /ɒblɪˈgeɪʃn/

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)

* + - obowiązek
  1. **necessity** (n) /nəˈsesəti/

a requirement ● *There is a great necessity for international cooperation to resolve this situation.* ➣ necessary (adj) ❖ konieczność, potrzeba

* 1. **prohibition** (n) /ˌprəʊɪˈbɪʃn/

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) ❖ zakaz, prohibicja

* 1. **helper** (n) /ˈhelpə(r)/

sb who helps sb else ● *He works with a team of volunteer helpers at the homeless shelter.*

➣ help (n, v), helpful (adj) ❖ pomocnik

* 1. **ankle** (n) /ˈæŋkl/

the joint connecting your foot to your leg

* *The little dog bit me on the ankle.* ❖ kostka
  1. **entry** (n) /ˈentri/

the act of going into a place ● *You can’t go in there. The sign says ‘No entry’.* ➣ enter (v), entrance (n) ❖ wejście

Writing **Pages 98–99**

* 1. **pastime** (n) /ˈpɑːstaɪm/

an activity you enjoy doing in your free time

* *Gaming is one of the most popular pastimes for young people.* ❖ rozrywka, hobby
  1. **Peru** (n) /pəˈru/

a country in South America ● *The capital of Peru is Lima.* ➣ Peruvian (n, adj) ❖ Peru

* 1. **technique** (n) /tekˈniːk/

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) ❖ technika

* 1. **windsurfing** (n) /ˈwɪndsɜːfɪŋ/

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)

* + - windsurfing
  1. **previous** (adj) /ˈpriːviəs/

which happened before ● *The weather was better than it had been the previous day, so they went for a walk.* ➣ previously (adv)

* + - poprzedni
  1. **dislike** (v) /dɪsˈlaɪk/

to not like ● *I strongly dislike listening to jazz.*

➣ dislike (n) ❖ nie lubić

* 1. **keen (on)** (adj) /kiːn (ɒn)/

liking sb/sth very much; interested in sb/sth

* *My sister loves playing sports, but I’m not keen on them.* ❖ zainteresowany
  1. **advert** (n) /ˈædvɜːt/

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) ❖ reklama ✎ Also: advertisement, ad

* 1. **meet up** (phr v) /miːt ʌp/

to meet sb, usually by arrangement ● *Let’s meet up after school on Friday.* ➣ meetup (n)

* + - spotykać się

**Sports**

ice-skating jogging

squash windsurfing

Video **Page 100**

* 1. **buddy** (n) /ˈbʌdi/

a friend ● *Dina got together with her old school buddies for the first time in years.*

* + - kumpel
  1. **fascinating** (adj) /ˈfæsɪneɪtɪŋ/

very interesting ● *I read a fascinating book about genealogy. I couldn’t put it down.*

➣ fascinated (adj), fascinate (v), fascination

(n) ❖ fascynujący

* 1. **basement** (n) /ˈbeɪsmənt/

the part of a building with rooms below the ground floor ● *We have a store room downstairs in the basement.* ❖ piwnica

* 1. **open** (adj) /ˈəʊpən/

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) ❖ otwarty

* 1. **smash** (v) /smæʃ/

to hit sth very hard ● *Amal smashed the volleyball over the net.* ➣ smash (n)

* + - rozbijać
  1. **trust** (v) /trʌst/

to believe that sb is good, honest, etc.

* *Of course I trust her. She’s my best friend.*

➣ trust (n) ❖ ufać

* 1. **foster home** (n) /ˈfɒstə(r) həʊm/

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) ❖ rodzina zastępcza

* 1. **walk of life** (phr) /wɔːk əv laɪf/

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.*

* + - zawód, pozycja społeczna

**Adjectives**

amazing awful challenging crazy enjoyable

fascinating frightening interested (in) keen (on) narrow

open physical previous stressed