# ENGLISH REPETYTORIUM

# TEMATYCZNO-LEKSYKALNE

Press. Press. Pro dla młodzieży szkolnej, Christmas in Brit Easter, Easter, Eas St Valentine's Day. Thanksgiving Day, 7 Political system. Politic Geography. Geography. Friendship, Friendship, F Love. Love. Love. Love. Lo Books, Books, Books, Books, Computers. Computers. Com Drugs. Drugs. Drugs. Drugs. AIDŠ. AIDŠ. AIDŠ. AIDŠ. / Feminism. Feminism. Feminism. Happiness. Happiness. Happiness. Euthanasia. Euthanasia. Euthanasia. Smoking, Smoking, Smoking, Smoking

studentów i nie tylko...



# MAŁGORZATA CIEŚLAK

# **ENGLISH**

Repetytorium tematyczno - leksykalne 1

dla młodzieży szkolnej, studentów i nię tylko...



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# **PRZEDMOWA**

Książka, która leży przed Wami, została pomyślana jako pomoc dla uczniów szkół średnich, przygotowujących się do egzaminu maturalnego.

Jednak będzie ona przydatna nie tylko maturzystom, ale i wszystkim tym, którzy mają trudności z wypowiadaniem się w języku angielskim.

Zawiera ona różnorodne tematy (wraz ze słownictwem), z którymi spotykamy się w nauce języka angielskiego. Jest to rodzaj "ściągi", po którą sięga się chętnie, gdy brakuje pomysłu na napisanie jakiegoś prostego tekstu czy przygotowanie ustnej wypowiedzi.

Pisząc repetytorium, sięgałam do wielu źródeł i materiałów, aby zawrzeć w nim możliwie jak najwięcej słownictwa i informacji z różnych dziedzin. Mam nadzieję, że książka ta będzie pomocna nie tylko przed egzaminem...

Zapraszam do jej lektury także te osoby, które miały dłuższą przerwę w nauce języka angielskiego. Ułożony tematycznie materiał pozwoli Wam przypomnieć sobie słownictwo i zachęci do dalszej nauki, w której wielu sukcesów życzy

Autorka

# Uwagi dla korzystających z repetytorium

Opracowanie bloku tematycznego proponuję zacząć od zapoznania się z tekstem rozpoczynającym dany blok. Tekst ten jest tylko przykładem, jak może wyglądać wypowiedź, wypracowanie lub dialog na dany temat. Nie ma on absolutnie ograniczać uczącego się, lecz ma stanowić **impuls do tworzenia swoich własnych tekstów**. Pomocą w tym tworzeniu bedzie słownictwo zamieszczone pod tekstem.

<u>VOCABULARY A</u> jest zbiorem słów i zwrotów zawartych w tekście oraz pomaga w jego zrozumieniu.

**VOCABULARY B poszerza dany blok tematyczny**, pomaga przy wypowiadaniu się na dany temat. Za pomocą tego słownictwa podanego nie w kolejności alfabetycznej, ale na zasadzie skojarzeń, uczący się może formułować swoje własne wypowiedzi.

#### SPEAKING

Pod tekstem znajdują się pytania, które w niewielkim stopniu dotyczą tekstu, są natomiast **pomocą przy wypowiadaniu się na dany temat**, ujmują różne jego aspekty oraz kierują uwagę uczącego się na ewentualne tematy egzaminacyjne.

Pytania te są zbiorem najczęściej występujących w ostatnich latach zagadnień egzaminacyjnych. Pomagają one w przygotowaniu do egzaminu maturalnego z języka, jak i egzaminów wstępnych na wyższe uczelnie.

#### **SPEAKING PRACTICE**

Reakcje językowe są **jedną z ważniejszych części egzaminu z języka obcego**. Zebrane tu reakcje są dosyć reprezentatywne dla zamieszczonych w książce bloków tematycznych. Uczeń może tworzyć podobne, wykorzystując w nich przypomniane lub poznane w trakcie pracy z tekstem słownictwo.

#### MY NOTES

Z pewnością znajdziecie w zeszytach **inne słownictwo i zwroty**, które warto wykorzystać w danym temacie. Można je tu wpisać i w ten sposób doprowadzić do częstszego ich stosowania.

<u>Tematy</u> zebrane w niniejszym repetytorium są najczęściej spotykanymi tematami maturalnymi i egzaminacyjnymi na wyższe uczelnie.

Słownictwo, które zawierają, pozwoli efektywnie przygotować się do egzaminów.

Sposób podania oszczędza Wasz czas, który przed egzaminem jest szczególnie cenny. Jednocześnie dają one możliwość poznawania słownictwa na bieżąco, nie czekając na ostateczne sprawdzenie swoich wiadomości na egzaminie. W ten sposób mogą być wykorzystywane przez cały okres trwania nauki jezyka angielskiego.

#### Baza English Repetytorium (SM lub EK)

to dyskietka zawierająca słownictwo z niniejszego repetytorium, którą dodatkowo można zamówić w wydawnictwie WAGROS. Program SuperMemo lub program EduKom pozwalają uczyć się szybko i skutecznie zapamiętywać zdobytą wiedzę. Już po miesiącu odczuwa się efektywność tych programów. (Informacja na końcu ksiażki!)

Repetytorium tematyczno-leksykalne to podręcznik niezastąpiony przy powtórkach, a uzupełniony pracą z bazą English Repetytorium przyczyni się z pewnością do Twojego sukcesu na egzaminie z języka angielskiego.

# 1. MY EVERYDAY LIFE



# 1.1. Personal details

My name is Anna Malinowska. I come from Poland. I am 29 years old. I was born on February 8th 1967, in Wrocław.

I started my education at a local primary school and then I moved to a modern comprehensive school in another part of the city.

After leaving school when I was 18, I went to Wrocław University for five years to study French. At that time I used to go to France for my holidays to work as an au-pair. In 1990 I graduated from the university and got my M.A. with honours.

After completing my studies I worked as a teacher of French in secondary school. I got married when I was 26 and I have a two-year old son.

#### RRRRRR

#### VOCABULARY A

to come from - pochodzić z education - wykształcenie primary school - szkoła podstawowa comprehensive school - szkoła średnia to leave school - opuścić szkołę to go to university - iść na uniwersytet to graduate from ... - ukończyć ...

#### **VOCABULARY B**

to study - studiować to go to school - chodzić do szkoły to complete one's (primary, secondary) education ukończyć szkołe (podstawową, średnią) to defend one's M.A. thesis - obronić prace magisterska to graduate - ukończyć uniwersytet (studia) to have one's school certificate - mieć ukończoną a university graduate - absolwent uniwersytetu a university degree - dyplom ukończenia studiów to finish/complete a college of further education -

ukończyć studium pomaturalne to have a secondary school education - mieć średnie wykształcenie

to pass an exam - zdać egzamin

to get an M.A. with honours - otrzymać stopień magistra z wyróżnieniem M.A. - Master of Arts - magister nauk humanistycznych to complete one's studies - ukończyć studia secondary school - szkoła średnia to get married - ożenić się, wyjść za mąż

to finish a technical / vocational school - ukończyć szkołę techniczną / zawodową to take a course in - chodzić na kurs...

to complete / finish a course in ...- ukończyć kurs... certificate - świadectwo

 to employ - zatrudniać to go to work - iść do pracy to work as ... - pracować jako ... to work in a firm - pracować w firmie to start work - zacząć pracę to resign - zrezygnować z pracy

to be dismissed - być zwolnionym z pracy

· occupation, profession - zawód career - kariera zawodowa single - stanu wolnego married - żonaty, zamężna

#### SPEAKING

- 1. Introduce yourself and provide some biographical details.
- 2. Tell about your past life.
- 3. Tell about your mother's / father's background, education and career.

#### 

# 1.2. My family



My name is Peter Brown and I come from Bristol. At present I am studying law at the London University and that is why I do not see my family too often. My parents live in a detached house in the suburbs of Bristol. My mother is a teacher and my father is a business-man. My father is a very active person. The dull routine of everyday life does not suit him at all. He likes to lead a hectic life and he is always on the go. My mother, on the other hand, is a family woman. She takes good care of our family and she is fond of home-life. She is good-tempered and patient and I know that I can always rely on her.

My elder sister is already married. She has a five-year old daughter and a two-year old son. She does not go to work but stays at home and looks after the children. She often visits my parents and they spend a lot of time together.

I get on very well with my grandmother. My grandfather died a few years ago and since that time she has been a little bit lonely. Whenever I come to her, she treats me to delicious cake. She is a very nice and intelligent person. She tries to see the good in people and is always happy to help others with their problems. She likes speaking about the past and her stories are really fascinating. We often talk about politics, religion and music. Sometimes we go for walks with the niece and nephew. My gran loves the grandchildren very much and spoils them.

I wish I spent more time with my family. My mother often writes long letters to me. I know she misses me and she would be glad if I lived in Bristol. Unfortunately, this is not possible because I have to complete my studies first. And then? Well, I will probably get married and raise my own family. However, I have not decided yet if I will go back to Bristol.

#### \*\*\*\*\*

#### **VOCABULARY A**

to come from - pochodzić z to study law - studiować prawo

- detached house domek jednorodzinny in the suburbs - na przedmieściach
- , the dull routine nudna (utarta) rutyna everyday life - życie codzienne
- to suit odpowiadać (w sensie: lubić)
- , to lead a hectic life prowadzić intensywny tryb
- to be always on the go być stale czymś zajętym · treat somebody to częstować She is a family woman - jest oddana rodzinie
- σ to take good care of the family dbać, troszczyć sie o rodzine
- s to be fond of home-life lubić zvcie rodzinne

- · to be good-tempered być łagodnym, spokojnym patient - cierpliwa
- to rely on somebody polegać na kimś
- elder sister starsza siostra married - zameżna
- to look after the children opiekować sie dziećmi
- to get on well with somebody dobrze żyć z kimś grandmother - babcia
- lonely samotna
- cake ciasto
  - to see the good in people dopatrywać się dobra w ludziach

niece - siostrzenica nephew - siostrzeniec gran - babcia grandchildren - wnuki to spoil - psuć, rozpieszczać

to miss someone - tesknić za kimś unfortunately - niestety to complete one's studies - ukończyć studia to get married - ożenić sie . to raise one's own family - założyć własną rodzine

#### **VOCABULARY B**

mother / mummy, mum - mama / mamusia father / daddy / pop (US) - tata, ojciec / tatuś grandmother / gran - babcia / babunia grandfather / grandpa - dziadek / dziadziuś sister - siostra brother - brat wife - żona husband - maż to marry someone - poślubić kogoś marriage - małżeństwo family life - życie rodzinne parents - rodzice · to bring up children - wychowywać dzieci to grow up - dorastać

- \*numerous family rodzina wielodzietna
- upbringing wychowanie an only child - jedynak, jedynaczka
- twins bliźnięta

- ' half-brother brat przyrodni
- half-sister siostra przyrodnia
- foster-child dziecko przybrane
- · relatives krewni
- next of kin najbliższy krewny
- extended family dalsza rodzina
- father-in-law teść
- , mother-in-law teściowa
- brother-in-law szwagier
- , sister-in-law szwagierka
- son-in-law zięć
- / daughter-in-law synowa
- ancestors przodkowie
- . widow wdowa
- · widower wdowiec

divorce - rozwód to live in separation - żyć w separacji to get divorced - rozwieść się

RHHHHH

#### **SPEAKING**

- 1. Describe your family.
- 2. What do the members of your family like doing?
- 3. Do you spend much time with your family? Why? / Why not?
- 4. Do you have any grandparents? What are they like?



# 1.3. My friends (description)

My best friends, Ann and Eve, are completely different from each other. Ann is a very attractive girl. She has long frizzy hair and grey eyes with long eyelashes. She is tall and slim. I think she could be a model but when I tried to talk her into taking part in a beauty contest she said that it was not for her for the simple reason that she considers herself a highbrow. Eve, on the other hand, is pretty but not beautiful. Malicious people say that she is too plump but I think that she is of medium build. She has green eyes, turned up nose and auburn hair. Eve is not an intellectual, but she is very practical.

As far as Ann's personality is concerned, Ann is very dynamic and full of energy. She has admiring friends as well as bitter enemies. She is a non-stop talker. Sometimes she talks so much that she can even bore her listeners to death. She drones on about her pet subjects for hours without noticing that nobody is interested in her stories. Eve, in contrast, is rather phlegmatic and she must think twice before she does anything. She does not say much but each word has weight. She takes all things seriously and cares about other people's problems. Ann is different. She is an incurable optimist and tends to take everything lightly. Even when she is in trouble, she can always laugh at her problems.

Although my friends differ so considerably from each other, there is one characteristic they have in common: they are always reliable and have never let me down.

#### REEREE

#### **VOCABULARY A**

different - różne attractive - atrakcyjna • frizzy hair - kręcone włosy

grey - szare
- eyelashes - rzęsy
tall - wysoki
- slim - szczupły
- model - modelka

to talk sb into doing sth - namówić kogoś do...

\* beauty contest - konkurs piękności

f to consider - uważać
 b highbrow - intelektualistka

pretty - ładna

beautiful - piękna on the other hand - z drugiej strony

· malicious - złośliwy

, plump - pulchna

· of medium build - średniej budowy

· turned up nose - zadarty nos

auburn hair - kasztanowe włosy

 intellectual - intelektualista personality - osobowość dynamic - dynamiczny

- full of energy - energiczny

admiring friends - podziwiający przyjaciele
 bitter enemies - zaciekli wrogowie

- non-stop talker - gaduła

◆ to bore to death - zanudzić na śmierć

drone on about something for hours - rozprawiać o czymś godzinami

 pet subjects - ulubione tematy phlegmatic - flegmatyczny weight - waga

\* to take things lightly - traktować wszystko lekko

incurable optimist - niepoprawny optymista

- characteristic - cecha

in common - wspólna

reliable - odpowiedzialny

to let somebody down - zawieść kogoś

#### **VOCABULARY B**

#### APPEARANCE - wygląd

attractive - atrakcyjny elegant - elegancki well-dressed - dobrze ubrany

handsome - przystojny slender - smukły

tall - wysoki short - niski tiny - drobny

thin - chudy bony - kościsty athletic - atletycznie zbudowany

muscular - muskularny

strong - silny , stout - tęgi

stocky - krępy

, obese - otyly fat - gruby

ugly - brzydki

, plain - przeciętny

#### PERSONALITY - osobowość

#### NEGATIVE:

absent-minded - roztargniony

carefree - beztroskiclumsy - niezgrabny

conceited - zarozumiały

. cheeky - bezczelny

cowardly - tchórzliwy

mean - skąpy

nervous - nerwowy

secretive - skryty shy - nieśmiały

stubborn - uparty stupid - głupi

v tactless - nietaktowny

#### POSITIVE:

- ' accurate dokładny ambitious - ambitny
- · cheerful radosny
- clever -zdolny
- · courageous odważny
- diligent pilny
- eloquent elokwentny friendly - życzliwy generous - wielkoduszny

- genuine szczery
- good-natured dobroduszny honest - uczciwy intelligent - inteligentny
- modest skromny patient - cierpliwy polite - grzeczny
- responsible odpowiedzialny
- tactful taktowny tolerant - tolerancyjny

#### VERB PHRASES

to look healthy / young / old / well - wyglądać zdrowo / młodo / staro / dobrze

to take after somebody - być podobnym do kogoś
 She has got her mother's figure - ma figure po matce

REEREE

#### **SPEAKING**

1 - 1

- 1. Describe your best friend.
- 2. What qualities do you most admire in people?
- 3. What characteristics do you most annoy in people?

**HHHHHHHHHH** 

# 1.4. An ordinary day

I usually wake up at 7 o'clock except at the weekends. A few minutes later I am ready to get up. I quickly make the bed and go to the bathroom. I carefully brush my teeth, wash my face and comb my hair. Then I get dressed (changing my mind at least three times) and make my way to the kitchen. I usually have yoghurt, a cheese sandwich and a cup of tea for breakfast. I make it myself because my parents are always in a hurry in the morning. We leave the house together and I rush to a bus stop. I go to school by bus and this takes me more or less twenty minutes. I usually spend six hours at school and about 2 p.m. I get home. Hungry, I eat dinner and I rest for a while. Then I clean my room, wash up, hoover and empty the bin. However, sometimes I get behind with housework (especially when my boyfriend calls me up...)

At five o'clock my parents are back and we have an afternoon snack. This is the best part of the day. We all enjoy it very much. Later I begin doing my homework. If there is not much to do I listen to music, go shopping or visit my friend to chat.

In the evening I have supper and then I watch television with my parents. I like watching the news and interesting films. However, if I find a film boring, I go to my room and read a book. About 11 p.m. I have a shower and get ready for bed. A few minutes later I am in bed already and I fall asleep so as to get up again in the morning. This established routine is of course broken at the weekends and during my holidays.

REEREE

#### **VOCABULARY A**

to wake up - budzić się

except at the weekends - z wyjątkiem weekendów

to get up - wstawać

to make the bed - ścielić łóżko

to brush one's teeth - myć zeby

to wash - mvć

to comb one's hair - czesać włosy

to get dressed - ubierać sie

to be in a hurry - spieszyć się

to leave - opuszczać to rush - pędzić

to go by bus - jechać autobusem

to rest - odpoczywać

to wash up - zmywać

to hoover - odkurzać

to empty the bin - (wyrzucić śmieci)

opróżnić kosz na śmieci

to get behind with housework - nie nadażać z wykonaniem prac domowych afternoon snack - podwieczorek

to do one's homework - odrabiać lekcie to listen to music - słuchać muzyki to go shopping - iść na zakupy

to visit a friend - odwiedzić przyjaciela / / przyjaciółke

to chat - gawędzić, pogawędzić (pogadać)

supper - kolacja

to watch television - oglądać telewizję

the news - wiadomości

boring - nudny

to read a book - czytać książke to have a shower - wziać prvsznic

to get ready for bed - szykować się do spania

to fall asleep - zasypiać

established routine - ustalona (skostniała) rutyna

#### **VOCABULARY B**

to get out of bed - wstać z łóżka

to rinse one's face - przemyć twarz

to put on make up - malować się (robić makijaż)

to shave - golić się

to do exercises - gimnastykować się

to go jogging - iść pobiegać

to wait for a bus / train - czekać na autobus /pociag sometimes - czasami to get to school / work - dotrzeć do szkoły / pracy

to drive to work - jechać do pracy samochodem

to finish school - skończyć zajęcia w szkole

to cook dinner - gotować objad

to have lunch / dinner - jeść lunch / obiad

to do the housework - wykonywać prace domowe

to dust - ścierać kurz

to water flowers - podlewać kwiaty to listen to the radio - słuchać radia

to go for a walk - iść na spacer

to walk the dog - wyprowadzić psa

to have friends in - przyjmować przyjaciół

to go to bed - iść do łóżka

to fall into a routine - wpadać w rutynę

every day - codziennie

often - często

usually - zazwyczaj

rarely - rzadko

occasionally - okazjonalnie

never - nigdy

in the morning - rano

in the afternoon - po południu

in the evening - wieczorem

at night - w nocy

early - wcześnie

late - późno

later - później

then - potem

REEREE

#### **SPEAKING**

- 1. Describe your ordinary day.
- 2. What do you usually do in the morning / in the afternoon / in the evening?
- 3. Do you like your daily routine?

REFERENCE

# 1.5. Three generations under the same roof

I have a big family. We all live with our grandparents in a three-bedroom house. However, this is not so easy. Many conflicts occur within our family for the simple reason that three generations live under the same roof. Unfortunately, this situation is typical of Poland where many families have to live together because of the shortage of flats.

Both my parents work. My mother is a psychologist and she does not like housework very much. My father is an engineer and he spends most of his time at work. For many years my grandparents have cared for our family. Both my sisters got used to it a long time ago. Whenever they have problems, they go to our grandmother and they know that they can always count on her help.

My parents and grandparents quarrel very often. There are problems which cannot be solved easily. My mother, for example, does not want to obey the rules laid down by our grandmother. She has her own ideas about raising children or housekeeping. Unfortunately, our mother does not have too much time for us because she works a lot. My grandmother, on the other hand, is a very strong-minded and bossy woman. She thinks that she has the right to decide about everything in her own house. My mother objects to it and they often argue about such things as sharing the kitchen, helping around the house or spending money.

Similar problems exist in many families I know. Young people are not willing to obey blindly what is told to them. They would like to be treated as partners but at the same time they would like to rely on the elders for help and advice.

#### REEREE

#### **VOCABULARY A**

generation - pokolenie
under the same roof - pod jednym dachem
conflict - konflikt
to occur - pojawiać się, występować
shortage - brak
housework - prace domowe
to care for - dbać, troszczyć się
to get used to something - przyzwyczaić się do
czegoś
to count on - liczyć na

to quarrel - kłócić się to solve problems - rozwiązywać problemy to obey the rules - przestrzegać reguł to lay down - ustalić
raising children - wychowywanie dzieci
housekeeping - prowadzenie domu
strong-minded - zdecydowany
bossy - narzucający swoją wolę
to object to something - sprzeciwiać się czemuś
to argue - kłócić się
to share the kitchen - dzielić (z kimś) kuchnię
to help around the house - pomagać w domu
to spend money - wydawać pieniądze
to rely on somebody - polegać na kimś, liczyć na
kogoś
advice - rada

#### **SPEAKING**

- 1. Describe your family life.
- 2. What conflicts occur in your family?
- 3. How do you understand the term: the generation gap?
- 4. Do you think that it is a good idea to live with both parents and grandparents?
- 5. What role do your grandparents play in your family?



# 1.6. My plans for the future

I often think about my future. At present I go to secondary school but I finish it in a year's time. I am in the fourth form and that is why I have to study a lot so as to pass the examination for the secondary-school certificate. I would like to get good marks as I know that my future depends greatly on the results of this final exam. My mother says that I study too much and that I need a break but I reply that I will rest afterwards. First I have to graduate from school and then take the entrance examination to university.

I would like to study English. It has always been my dream to have a good command of this language. Besides, I would like to learn more about Englishmen, their culture, everyday life, habits and customs. I am going to work hard and attend classes and lectures regularly because I would like to be awarded a scholarship. When I am a fourth year student, I will write a thesis and get a master's degree. However, I want to stay at university and do postgraduate studies as it has always been my ambition to have a doctorate.

To make sense of my life, I see a satisfying job. It is not so important how much I will earn but my job must be sensible and enjoyable.

I do not know yet where I will live. I would like to have a flat of my own but I may be forced to live with my parents. I would also like to get married and have children some day. However, these are further plans. Now my professional career is the most important thing to

#### RRRRRR

#### **VOCABULARY A**

to think about the future - myśleć o przyszłości secondary school - szkoła średnia the fourth form - czwarta klasa to pass the examination - zdać egzamin the secondary-school certificate - świadectwo ukończenia szkoły średniej good marks - dobre stopnie to graduate from school - ukończyć szkołę to take the entrance examination - zdawać egzamin wstępny a good command - dobre opanowanie (języka) to attend classes - chodzić na zajęcia lectures - wykłady

to be awarded a scholarship - mieć przyznane stypendium to write a thesis - napisać pracę dyplomową master's degree - stopień naukowy magistra to do postgraduate studies - robić studia podyplomowe doctorate - doktorat satisfying job - satysfakcjonująca praca to earn - zarabiać sensible - sensowny enjoyable - przyjemny, sprawiający radość

to get married - wyjść za mąż (ożenić się)

professional career - kariera zawodowa (zawód)

further plans - dalsze plany

REERE

#### **SPEAKING**

- 1. What are your plans for the future?
- 2. Where would you like to work in the future?
- 3. Why do people learn?

**HHHHHHHHHHH** 

#### SPEAKING PRACTICE 1

- 1. Opowiedz w paru krótkich zdaniach swój życiorys.
- 2. Przeproś nauczyciela za spóźnienie na lekcję i podaj powód spóźnienia.
- 3. Opowiedz, jak wygląda poranek w twoim domu.
- 4. Poproś siostrę / brata o pomoc w różnych zajęciach domowych.
- 5. Opowiedz, co najbardziej lubią robić twoi dziadkowie i rodzice w niedzielne popołudnia.
- 6. Scharakteryzuj osobę, której nie lubisz! Podaj powody.
- 7. Zaproponuj koleżance wspólne spędzenie ciekawego popołudnia.
- 8. Podaj najważniejsze cechy charakteru twojego przyjaciela / twojej przyjaciółki.
- 9. Podaj trzy powody kłótni dzieci z rodzicami.
- 10. Jakie cechy powinni mieć idealni rodzice?
- 11. Jakie masz plany na najbliższą przyszłość?
- 12. Spytaj przyjaciela / przyjaciółkę, co by zrobił /a, gdyby nie zdał /a egzaminu wstępnego na wyższą uczelnię?

#### MY NOTES:

# 2. EDUCATION, JOB



# 2.1. My school

I go to secondary school. I am in the fourth form. My school offers four-year education. When I complete it, I will receive a secondary-school certificate. Then I will be able to study at university.

Our school is known for its high standard of teaching. We have to attend classes regularly and be very active. We often carry on discussions on various topics, take tests, write compositions, conduct experiments, prepare speeches and read a lot.

Our teachers are very capable but also demanding. They set high standards for the pupils and know their subjects backwards. Most of them have great vocation for teaching and they know how to involve the class in the lessons.

I like my school very much and I participate fully in the life of the school. I often take part in various competitions, theatricals and matches. Twice a week I attend an intensive course in French. I am active but also disciplined. I want to do well at school and get good marks because in the near future I will be taking the entrance examination to university and I am anxious to pass it. I cannot understand those school-fellows of mine who are not interested in studying, who play truant, miss classes and prefer to have a good time. They should know that if they fail their matriculation, they will have to repeat a year and will not have any chance to become students. If I were them, I would set to work immediately. I think that four-year schooling is not enough to call oneself a well-educated person.

#### REEREE

#### **VOCABULARY A**

secondary school - szkoła średnia fourth form - czwarta klasa to complete (education) - ukończyć (naukę) secondary-school certificate - świadectwo ukończenia szkoły średniej high standard of teaching - wysoki poziom nauczania to attend classes - chodzić na lekcie to be active - bvć aktywnym to carry on discussions - przeprowadzać dyskusje various topics - różne tematy to take tests - zdawać (pisać) testy to write compositions - pisać wypracowania to conduct experiments - przeprowadzać eksperymenty to prepare speeches - przygotowywać ustne wypowiedzi

a capable teacher - nauczyciel o dużych kwalifikacjach demanding - wymagający to set high standards - stawiać wysokie wymagania to know the subject backwards - doskonale znać przedmiot to have vocation for teaching - mieć powołanie do uczenia to involve the class in the lesson - zainteresować klase lekcia to participate - uczestniczyć competitions - konkursy theatricals - przedstawienia amatorskie matches - zawody, mecze an intensive course in French - intensywny kurs języka francuskiego

to do well at school - dobrze się uczyć to get good marks - dostawać dobre oceny to take the entrance examination - zdawać egzamin wstępny

l am anxious to pass it - zależy mi, aby go zdać school-fellows - koledzy szkolni to play truant - chodzić na wagary to miss classes - opuszczać lekcje to prefer - woleć to fail - oblać, nie zdać the matriculation - egzamin maturalny to repeat a year - powtarzać rok to set to work - zabrać się do pracy

#### **VOCABULARY B**

headmaster - dyrektor szkoły form teacher - wychowawca klasy schoolmate - kolega szkolny comprehensive school - szkoła ogólnokształcąca primary school - szkoła podstawowa public school - szkoła prywatna vocational school - szkoła zawodowa education - wykształcenie secondary education - wykształcenie średnie higher education - wykształcenie wyższe faculty - fakultet to get a promotion - dostać promocję

#### **PUPIL (STUDENT)**

studious - pilny clever - bystry, zdolny intelligent - inteligentny hard-working - pracowity average - przeciętny talented - utalentowany dull - tepy lazy - leniwy absent - nieobecny present - obecny to be good at - być dobrym w to be bad at - być słabym z to have good marks - mieć dobre oceny to have low marks - mieć słabe oceny to swot - wkuwać to copy - ściągać to pass an exam - zdać egzamin to fail an exam - oblać egzamin to cut classes - uciekać z lekcji to do homework - odrabiać lekcje oral exam - egzamin ustny written exam - egzamin pisemny

#### **TEACHER**

strict - surowy
lenient - pobłażliwy
experienced - doświadczony
demanding - wymagający
patient - cierpliwy
born teacher - urodzony nauczyciel
to be cut out for teaching - mieć zacięcie
pedagogiczne
to be a capable teacher - być nauczycielem o
dużych kwalifikacjach
to be firm with the class - trzymać klasę krótko
to be popular with the students - być lubianym
wśród studentów
to be a poor teacher - być kiepskim nauczyciele
a teacher of biology - nauczyciel biologii
a geography teacher - nauczyciel geografii

wsrod studentow
to be a poor teacher - być kiepskim nauczycielem
a teacher of biology - nauczyciel biologii
a geography teacher - nauczyciel geografii
a school-teacher - nauczyciel szkoły podstawowej
a university teacher - nauczyciel akademicki
lecturer - wykładowca
subject of a lesson - temat lekcji
subject (of study) - przedmiot

RHHHHH

#### **SPEAKING**

- 1. Describe your school.
- 2. Do you like your school? Why? / Why not?
- 3. Describe an ideal school.
- 4. What characteristics should a good pupil have?

REFERENCE



#### 2.2. Our teacher

For three years I have attended secondary school. Our form master is a teacher of English. He is a very patient, just and tolerant man. However, he is very severe to those pupils who do not want to study and dislikes those who are arrogant and conceited.

Our class master has a great talent for teaching and obtains very good teaching results. He is very popular with the students. He knows how to motivate them and how to arouse their enthusiasm. We all like him although he is rather demanding. He controls us regularly and we sometimes complain that we have to work too hard. However, we do not object because we know that a good knowledge of English may pay off well in the future.

Our teacher is keen on hiking. We are lucky that he is our class master as he often organizes excursions in which we readily take part. These frequent escapades have let us become close friends. Now we are a good team and other teachers praise our class and are lealous of our form master's success. We know that we owe this to him.

Our class master is a graduate of our school. Hence, he is very much attached to it and he displays a great deal of initiative. Thanks to him we have a debating club and an amateur theatre. For us he is an ideal teacher!

#### REEREE

#### **VOCABULARY A**

to attend - uczeszczać secondary school - szkoła średnia (class) form master - wychowawca a teacher of English - nauczyciel angielskiego patient - cierpliwy just - sprawiedliwy tolerant - tolerancyiny severe - surowy pupil - uczeń to study - uczyć sie arrogant - arogancki conceited - zarozumiały to obtain very good teaching results - uzyskiwać bardzo dobre rezultaty nauczania to motivate - motywować, zachęcać to arouse one's enthusiasm - pobudzić (czyjś)

to arouse one's enthusiasm - pobudzić (czyjś)
zapał
demanding - wymagający
to complain - skarżyć się
to work too hard - pracować zbyt cieżko

to object - sprzeciwiać sie to pay off - opłacić się future - przyszłość to be keen on - być milośnikiem czegoś hiking - piesze wycieczki excursion - wycieczka readily - chetnie escapade - eskapada a good team - zgrana grupa to praise - chwalić jealous - zazdrosny to owe - zawdzieczać graduate - absolwent to be attached to - być przywiązanym do to display - wykazać initiative - inicjatywa debating club - klub dyskusyjny amateur theatre - teatr amatorski ideal teacher - idealny nauczyciel

RRRRRR

#### **SPEAKING**

- 1. Describe your favourite teacher.
- 2. What characteristics should an ideal teacher have?
- 3. Do you like your class master? Why? / Why not?



# 2.3. Getting a job

Those students who want to find a job in Britain must look for it in the local papers or magazines in the "Situations Vacant" columns. These small ads are tremendously useful for the community as they usually offer a great variety of jobs. There are also Job Centres and private employment organisations which usually have a good selection of positions available including contracts, transfers and good prospects. However, their services are not free.

The most popular occupation is that of a shop-assistant. One can find a full or part-time job at the chemist's, in a coffee shop or supermarket. Many people are required to work as typists, clerks, secretaries or book-keepers in offices, companies and agencies. Employers often demand high qualifications from their workers. They want to have the right people in the right places and that is why they take the advice of an interviewer who helps choose the best candidates. The most required qualities are experience, aptitude, energy, initiative, talent and responsibility. In return, the employers offer good, sometimes negotiable salaries, good working conditions, longer holidays and additional leaves at bank holidays, discounts of various kinds, commissions, lunch vouchers, annual bonuses or travel schemes for commuters. They also promise good prospects and opportunities for promotion.

Many students in Britain take after-school jobs. They usually work part-time on weekends or after school at fast-food restaurants, they baby-sit for neighbours, hold delivery jobs or work in stores.

Many young people also volunteer to help take care of the elderly, the handicapped and hospital patients. Others help clean up the natural environment.

Before starting a job, it is sometimes necessary to take vocational courses that prepare students to perform specific jobs, such as that of a carpenter or a car mechanic.

The best thing is to apply for an interesting and satisfying job which matches both professional and personal interests. Only in that case is success guaranteed.

#### REEREE

#### **VOCABULARY A**

to find a job - znaleźć pracę local paper - lokalna gazeta magazine - czasopismo vacant - wolny, nie obsadzony small ads - ogłoszenia drobne variety - różnorodność selection - wybór available - dostepne, osiagalne contract - kontrakt transfer - przeniesienie good prospects - dobre perspektywy services - usługi occupation - zajęcie shop-assistant - ekspedientka full-time job - praca na cały etat typist - maszynistka clerk - urzędnik secretary - sekretarka book-keeper - ksiegowy office - biuro

qualifications - kwalifikacje interviewer - przeprowadzający rozmowy kwalifikacyjne candidate - kandydat experience - doświadczenie aptitude - uzdolnienie resource - zaradność responsibility - odpowiedzialność salary - pensja good working conditions - dobre warunki pracy leave - urlop discount - zniżka commission - pełnomocnictwo annual bonus - coroczna premia commuter - dojeżdżający opportunity - możliwość promotion - awans part-time - pół etatu to baby-sit - opiekować się dzieckiem

company - przedsiębiorstwo, spółka

delivery job - praca doręczyciela to volunteer - wykonywać na ochotnika the elderly - starzy ludzie the handicapped - upośledzeni vocational course - kurs zawodowy to perform a job - wykonywać pracę carpenter - stolarz interesting job - interesująca praca satisfying job - satysfakcjonująca praca to apply for - ubiegać się o to match - odpowiadać

#### **VOCABULARY B**

employer - pracodawca employee - pracownik professional experience - doświadczenie zawodowe

to be in the job - pracować w zawodzie to have long experience in work - być doświadczonym pracownikiem to do things quickly and efficiently - wykonywać prace szybko i solidnie

profession - zawód vocation - powołanie post - stanowisko a person of high standing - osoba na stanowisku trade - fach

REEREE

#### **SPEAKING**

- 1. What would you like to do in the future?
- 2. What jobs could you do in London?
- 3. What do employers do to make the jobs more attractive?

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# 2.4. A letter of application for a job

Before you take a job, you have to apply for it. The aim of your application is to get you an interview; the aim of the interview is to get you a job. The first thing to do is to write a curriculum vitae (CV) containing personal details (full name, address, phone number, date of birth, marital status); your work experience and the dates for each post held; your educational background: training and personal relevant details (foreign languages or interests). Together with your CV you should send a short letter of application. That covering letter should set out: the job you are applying for; where you saw it advertised; what your job experience and qualifications are; why you would like the job and when you are available for an interview.

Sender's address Date

Addressee's address

Salutation

Body of the letter

Letter ending Signature

#### A LETTER OF APPLICATION FOR A JOB

Ann Brown 27 Finsbury Park London N4 2 EL tel. 0608-01315

January 9th 1995

John Smith Spectro / UK / Ltd 25 East End Drive London WC 2

Dear Mr Smith,

I am writing to apply for the position of sales manager which was advertised in the Daily News, December 15<sup>th</sup> 1994.

Although I am presently studying at the University of Economics, I will graduate in a year's time and I will receive a degree in business administration.

I have experience in selling and organizing sales work because I have helped my parents in their shop for five years.

I speak French and German fluently and I will enjoy working in a French or German - speaking environment. I am ready to work hard for your company. The job you are offering matches both my personal and professional interests.

If you require any further information, please do not hesitate to contact me. I would be pleased to discuss my curriculum vitae with you in more detail. I look forward to hearing from you.

Yours sincerely,

Ann Brown

#### REEEEE

#### **VOCABULARY A**

to apply for a job - ubiegać się o pracę interview - rozmowa kwalifikacyjna curriculum vitae - życiorys personal details - dane osobiste marital status - stan cywilny to hold a post - być na stanowisku educational background - wykształcenie training - praktyka relevant - istotne foreign languages - języki obce interests - zainteresowania letter of application - podanie (np. o pracę) covering letter - list potwierdzający to advertise - ogłosić

job experience - doświadczenie zawodowe qualifications - kwalifikacje available - osiągalny, do dyspozycji sales manager - kierownik sprzedaży to graduate - ukończyć szkołę degree - stopień naukowy to work hard - pracować ciężko to match - odpowiadać personal interests - zainteresowania osobiste to require - wymagać further information - dalsze informacje to hesitate - wahać się to contact somebody - skontaktować się z kimś in detail - szczegółowo

#### SPEAKING

- 1. What should you do when you apply for a job?
- 2. How can you get a job in Poland?

# 2.5. The educational system in America

Education in the U.S. is decentralised and it is a matter for each state which has its own laws regulating it. Generally, all states require people to attend school, usually from seven to sixteen. Every child in the United States is guaranteed education till thirteen, regardless of race, religion, physical handicap or inability to speak English.

At the age of seven, children go to elementary schools and stay there until they are twelve. Elementary schools are also referred to as "grammar" or "grade" schools. They are usually public and co-educational. They offer such subjects as mathematics, reading, writing, spelling, arts, science, history, geography, music, art and physical education. In some cases a second language is taught in the upper elementary grades.

At the age of twelve pupils move to secondary schools. They usually spend six years there in two divisions. First they attend junior high school (from 12 to 14) and then senior high school (from 15 to 17). Most secondary schools provide instruction in such subjects as English, mathematics, science, social studies and physical education.

Upon graduation, young people are ready to go to college or to follow some vocational career. They may study at large universities or small colleges which are usually four-year undergraduate institutions. Each state has at least one state university which offers academic training. After four years' study, students get a Bachelor's Degree. However, before they receive it, they have to earn a certain number of "credits", usually between 120 to 140 per four years of study. One credit equals one hour of class per week. Credits are earned by attending lectures, lab classes and completing assignments and exams. If students decide to stay at university two years longer, they may receive a Master's Degree and after two or three additional years of specialization, they are granted a Doctor's Degree.

Universities are a collection of colleges, each dealing with a different field. Thus, a university may have a college of law, engineering, medicine, business, agriculture, and so on.

The most prestigious universities, often referred to as the "Ivy League" Universities, are: Yale, Princeton, University of Pennsylvania, Harvard, Dartmouth, Cornell, Columbia and Brown. Other important institutions of higher education are: MIT (Massachusetts Institute of Technology), University of Chicago, Stanford, Rice and the largest, University of California.

#### REEEEE

#### **VOCABULARY A**

decentralized - zdecentralizowany
laws - prawa
regulating - regulujące
to require - wymagać
to attend school - chodzić do szkoły
to guarantee - gwarantować
regardless of - bez względu na
race - rasa
physical handicap - ułomność fizyczna
inability - niezdolność
elementary / grammar / grade school - szkoła
podstawowa

co-educational - koedukacyjny spelling - ortografia, pisownia physical education - wychowanie fizyczne to move - przechodzić, przenosić się secondary school - szkoła średnia junior high school - niższa szkoła średnia senior high school - wyższa szkoła średnia vocational career - kariera zawodowa undergraduate (studies) - (studia) pierwszego stopnia academic training - nauczanie (szkolenie) akademickie

public - publiczne

Bachelor's Degree - stopień po ukończeniu

3-letnich studiów (licenciat)

to attend lectures - chodzić na wykłady

lab classes - laboratoria

to complete assignments - wykonać wyznaczone

Master's Degree - stopień magistra specialization - specializacja

Doctor's Degree - stopień (naukowy) doktora

collection - zbiór

to deal with - zajmować się

law - prawo

prestigious - prestiżowy

REEREE

zadania

#### SPEAKING

- 1. Discuss briefly the American educational system.
- 2. How is higher education organized?
- 3. Is the American system of education different from Polish one? Discuss the similarities and differences.

#### KKKKKKKKKKK

# 2.6. The British educational system

In Britain, education is decentralized. Apart from schools which are state supported and publicly maintained, there are also the so called "public schools" which are independent and which charge high fees for studying.

Education in Britain is obligatory between the ages of five and fifteen. At the age of five, children go to Infant School. At the age of seven they move to Junior School where they stay until they are eleven. At the age of eleven children take the so-called "eleven plus" examination, determining which type of secondary school they will attend. However, this early selection has been strongly criticized and that is why many comprehensive schools excluding this stressful examination have been set up.

There are three types of secondary schools in Britain. Children may go to grammar schools, secondary modern schools and secondary technical schools. Only about 25 percent of the pupils attend grammar schools. They provide education of an academic type and many students go on to university upon graduation. More children go to secondary modern schools which give a general but also more practical education.

Many pupils leave school at the age of fifteen, but others stay on until they are sixteen. Most grammar school children stay at school until the age of seventeen or eighteen. Upon leaving, pupils may take an examination for the General Certificate of Education (G.C.E.). It consists of two levels: 0-level (ordinary), usually taken at the age of 16, and A-level (advanced) taken at the age of eighteen or nineteen.

After completing secondary education, some young people go to colleges or universities. Universities offer two types of studies: undergraduate and postgraduate ones. At the age of twenty one, students usually get a Bachelor's Degree and at the age of twenty three - a Master's Degree.

The most famous universities in Britain are London University, Oxford and Cambridge.

REBEER

#### **VOCABULARY A**

decentralized - zdecentralizowany
state aided - wspomagane przez państwo
publicly maintained - utrzymywane publicznie
public schools - szkoły prywatne
independent - niezależne
to charge fees - pobierać opłaty
obligatory - obowiązkowe
Infant School - szkoła dla najmłodszych (rodzaj
przedszkola)

to determine - determinować to attend - uczęszczać selection - wybór, selekcja to exclude - wykluczyć stressful examination - egzamin wywołujący stres to set up - założyć secondary school - szkoła średnia (ogólna) grammar school - szkoła średnia
education of an academic type - wykształcenie
akademickie
to stay at school - zostać w szkole
G.C.E. - świadectwo ukończenia szkoły średniej
O-level - poziom zwykły
A-level - poziom zaawansowany
to complete - ukończyć
undergraduate studies - studia pierwszego stopnia
(3-letnie)
postgraduate studies - studia drugiego stopnia
(5-letnie)
Bachelor's Degree -stopień po ukończeniu
3-letnich studiów (licenciat)

Master's Degree -stopień magistra (po 5 latach

studiów)

REEREE

#### **SPEAKING**

- 1. Describe briefly the structure of British education.
- 2. Is the British educational system similar to Polish one? What are the differences?

#### REFERENCE

#### SPEAKING PRACTICE 2

- 1. Twoja koleżanka chce zmienić szkołę. Zachęć ją do podjęcia nauki w twojej szkole.
- Poinformuj kolegę o popołudniowych zajęciach w twojej szkole.
- Podaj cechy idealnego nauczyciela. Powiedz, czego nie lubisz u pedagogów.
- 4. Kim chciałbyś zostać w przyszłości?
- 5. Co jest dla ciebie najważniejsze w przyszłym zawodzie?
- Powiedz koledze z Anglii, do jakich szkół musisz uczęszczać, by zrealizować marzenia o swoim zawodzie.

#### MY NOTES:

# 3. LEISURE ACTIVITIES



#### 3.1. Leisure

On weekdays I do not have too much time for my hobbies. However, I cannot study all the time and I try to spend my leisure in the best possible way.

I am a good sportsman. I play ping-pong and I am a member of a table-tennis team in our school. Hence, I often take part in the training exercises and contests.

Moreover, twice a week I attend an advanced course in English. I am keen on speaking this language fluently and I am pleased when I can understand a film or a programme in English on TV.

In my school, pupils from the literary set often organize gatherings at which popular artists, journalists or authors talk about their life, professional careers, read extracts of their writings and give autographs. These meetings are very interesting and illuminating and I never miss them.

I also attend musical soirées in my school during which I have an opportunity to listen to good songs and poetry.

I usually stay at home in the evenings. I read magazines, watch television and help my mother in the housework. Sometimes I go with my elder brother to the cinema and once a month - to the theatre. Occasionally, I play chess with my father and I am very happy when I can win a game. Before I go to bed I listen to music and read a book. These are the most relaxing moments. I like falling asleep with the conviction that I did not waste my spare time.

#### \*\*\*\*\*

### VOCABULARY A leisure - czas wolny

on weekdays - w ciągu tygodnia
to play ping-pong - grać w ping-ponga
table-tennis team - drużyna tenisa stołowego
training exercises - treningi
contests - zawody
advanced course in English - kurs języka angielskiego dla zaawansowanych
to be keen on - chcieć czegoś gorąco
literary set - kółko literackie
gathering - spotkanie
journalist - dziennikarz
illuminating - pouczające

to miss - opuszczać, przegapić to attend - uczęszczać na musical soirée - wieczorek muzyczny opportunity - okazja to read magazines - czytać czasopisma housework - prace w domu to play chess - grać w szachy to win a game - wygrać relaxing - relaksujący, wypoczynkowy conviction - przekonanie to waste - marnować spare time - czas wolny

REEREE

#### **VOCABULARY B**

to be interested in art - interesować się sztuką to go to a museum / art gallery - iść do muzeum /

galerii sztuki

to be keen on something - być entuzjastą czegoś to play a musical instrument - grać na

instrumencie

to go to a concert - iść na koncert to listen to music - słuchać muzyki

to watch video films - oglądać filmy na wideo

to go to a disco - iść na dyskoteke

to go to the cinema / theatre - iść do kina / teatru

to go for a walk - iść na spacer

to collect postcards / stamps - zbierać widokówki / to kill time - zabijać czas

to play cards / chess - grać w karty / szachy

to play a sport - uprawiać sport to walk the dog - wyiść z psem

to have an evening out - spedzić czas poza domem

to invite friends - zaprosić przyjaciół to be a member of an amateur club - być

członkiem zespołu amatorskiego

to join a club - zapisać się do klubu

to knit - robić na drutach

to sew - szvć

to laze - leniuchować

znaczki to have time to spare - mieć wolny czas

\*\*\*\*\*\*

#### SPEAKING

- 1. How do you usually spend your leisure?
- 2. What do you like doing in your spare time?
- 3. What are your hobbies?

REFERENCE

# 3.2. At the weekend

Saturday is my favourite day. I am very busy during the week and I do not have much free time, so when the weekend comes I really like to relax and have a good time. In the morning I usually have to help my mother in the housework. I clean my room, water the flowers and then go shopping. When everything is ready, I can let loose and enjoy myself. I always do my homework on Friday so as to have more time to spare at the weekend.

On Saturday evening I usually visit my friends or invite them to my place. We sit over a cup of tea with some delicious cake and listen to music, carry on long discussions and sometimes dance. Once a month I go with my friends to the cinema, to the theatre or to a concert. I like having an evening out on Saturday. When I come back home, I usually watch television, do crossword puzzles or read magazines.

Sunday is a time for all the family. In the morning we go somewhere out of the city to get some fresh air. In the afternoon we often visit our grandparents and have a nice meal together. When the weather is good, we sit in the garden and have a barbecue. Then I take my dog for a walk or go jogging.

Sunday evening is quiet. It is time to get ready for Monday. I read a book or watch television for a while and I go to bed quite early. It is a pity that the weekend goes by so quickly.

REEREE

powietrza

#### **VOCABULARY A**

favourite day - ulubiony dzień busy - zajęty week - tydzień free time - wolny czas to relax - odpocząć to have a good time - dobrze się bawić housework - prace w domu to clean the room - posprzątać pokój to water flowers - podlać kwiaty to go shopping - iść na zakupy to let loose - rozluźnić się to enjoy oneself - dobrze się bawić to do homework - odrobić pracę domową to visit - odwiedzać

to invite - zapraszać carry on discussions - prowadzić dyskusje to have an evening out - spędzić wieczór poza domem to do crossword puzzles - rozwiązywać krzyżówki

to get some fresh air - zaczerpnąć świeżego

meal - posiłek
barbecue - rożen
to take a dog for a walk - wziąć psa na spacer
to go jogging - iść pobiegać
to get ready - przygotować się
to go to bed - iść spać
to go by - przemijać

#### **VOCABULARY B**

to go to church - iść do kościoła to wait for the guests - czekać na gości to bake cake - piec ciasto to entertain guests - zabawiać gości to be bored - nudzić się to give a party - wydać przyjęcie to get together with friends - spotkać się z przyjaciółmi

to have a rest - odpocząć to go to a disco - pójść na dyskotekę to laze about - leniuchować

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#### **SPEAKING**

- 1. How do you usually spend weekends?
- 2. What does your family do at weekends?
- 3. Do you like Sunday? Why? / Why not?

REFERENCE



# 3.3. A visit to the cinema

Every week I go with my friends to the movies. We usually attend the film show at 5 o'clock in the afternoon. To be sure that we shall get tickets, we book seats in advance. Then we meet in front of the cinema. Sometimes we quarrel which film we should choose. Boys like interesting criminal films or thrillers while girls prefer romantic or psychological ones. However, when there is a comedy on, everyone is pleased.

We usually choose the films of well-known directors in which popular actors play. In this way we may be sure that we shall not waste our time. We also try to see the films which have been given awards. Unfortunately, there are also many mediocre or poor productions in the repertoire of our cinemas.

Lately I have watched a very interesting and moving film entitled "Forrest Gump". The film was the screening of a novel written by Winston Groom. The title role was played by Tom Hanks, one of the best actors of our times who has won the Oscar prize for his acting.

"Forrest Gump" is a romantic and amusing story of a simple and not very intelligent young man whose life reflects, in a kaleidoscopic fashion, the ups and downs of America in the sixties and the seventies. The film also reveals that one does not have to be learned or clever to achieve fame and wealth and that optimism and cheerfulness are equally important in life.

The cinema was full. The film was superb. We were impressed and discussed it at length. I must say that I derive much pleasure from watching good films and I always find the time to go to the movies.

#### REEEEE

#### **VOCABULARY A**

to go to the movies - iść do kina to attend the film show - iść na seans filmowy to get the tickets - dostać bilety to book seats in advance - dokonywać rezerwacji to quarrel - kłócić się criminal film - film kryminalny thriller - film sensacyjny comedy - komedia to be pleased - być zadowolonym well-known directors - znani reżyserzy to waste one's time - tracić czas award - nagroda mediocre / poor film - przeciętny / zły film repertoire - repertuar moving - wzruszający screening - ekranizacja

title role - tytułowa rola
amusing story - zabawna opowieść
to reflect - odzwierciedlać
in kaleidoscopic fashion - jak w kalejdoskopie
ups and downs - wzloty i upadki
to reveal - odsłaniać
to be learned / clever - być wykształconym /
/ inteligentnym
to achieve fame and wealth - zdobyć sławę
i bogactwo

optimism - optymizm cheerfulness - pogoda ducha superb - świetny to be impressed - być pod wrażeniem to derive pleasure - czerpać przyjemność

#### VOCABULARY B

film festival - festiwal filmowy
premiere, first-night performance - premiera
film-fan - kinoman
producer - producent
director - reżyser
film star - gwiazda filmowa
cameraman - operator filmowy
role - rola
screen - ekran
screen star - gwiazda ekranu

performance - projekcja film award - nagroda filmowa film adaptation - adaptacja ekranowa colour film - film barwny black and white film - film czarno-biały silent film - film niemy cartoon film - film rysunkowy feature film - film fabularny documentary film - film dokumentalny

#### REEREE

#### **SPEAKING**

- 1. Do you like silent films? Why / Why not?
- 2. Would you call yourself a film-fan?
- 3. What films do you like?
- 4. Relate your favourite film.

#### xxxxxxxxxxxxxx

### 3.4. A visit to the theatre

A visit to the theatre is like a feast for me. Before I go to the theatre, I read about new performances in a newspaper. Then I decide on something interesting. Lately I have seen an absorbing production based on Arthur Miller's social drama "Death of a Salesman". This is a story of a disillusioned man whose dream of a brilliant career and success has never come true and who cannot understand what is blighting his professional and domestic life. When he finally loses his job and when his wife and sons leave him, he decides to commit suicide. The drama raises larger issues of success-worship and the over-valuation of popularity and material possession in American social life.

The play was performed by a group of students from drama school. I wanted to see the prémiere but all the tickets were sold out. I bought them only for the third night. Before the performance I met my friend outside the theatre and we went to the foyer. We took off our coats and left them in a cloak-room. Then we bought a program. When it turned out that our seats were in the gallery, we borrowed opera-glasses.

The performance was brilliant and well-cast. The actors played to a full house and they were long applauded. This was a great success!

When the curtain finally came down, we went to collect our coats. However, I could not find my coat number and we had to wait until all the people had picked up their clothes. Then we could leave the theatre. Unfortunately, it was too late to go to a theatre café and I went straight home.

tickets - bilety

#### REEREE

#### **VOCABULARY A**

a visit to the theatre - wizyta w teatrze feast - święto to go to the theatre - iść do teatru performance - przedstawienie in a newspaper - w gazecie to decide on something - zdecydować się na coś absorbing production - absorbująca inscenizacja teatralna

based on - oparta na
social drama - dramat społeczny
disillusioned man - rozczarowany człowiek
to blight - niweczyć, niszczyć
to commit suicide - popełnić samobójstwo
to raise an issue - podnieść kwestię
success-worship - uwielbienie sukcesu
over-valuation - przecenianie
social life - życie społeczne
the play was performed - sztuka była
wystawiona, zagrana
drama school - szkoła dramatyczna
prémiere - premiera

#### **VOCABULARY B**

drama - dramat comedy of manners - komedia obyczajowa

sold out - wyprzedane foyer - foyer, hol teatralny to take off one's coats - zdiać płaszcze cloak-room - szatnia seats - mieisca gallery - balkon opera-glasses - lornetka brilliant - znakomity well-cast - dobrze obsadzony to play to a full house - grać przed pełna widownia to be long applauded - być długo oklaskiwanym great succes - duzy sukces the curtain came down - kurtyna opadła to collect one's coats - odebrać plaszcze coat number - tu: numerek (w szatni) to pick up one's clothes - zabrać ubrania to leave the theatre - opuścić teatr theatre café - teatralna kawiarnia to go straight home - jechać prosto do domu

flop - niewypał sceniczny cast - obsada

#### LEISURE ACTIVITIES

stage - scena teatralna
to stage a play - wystawić sztukę
curtain - kurtyna
the curtain goes up - kurtyna idzie w górę
scenography - scenografia
director - reżyser
actor - aktor
part - rola
leading part - główna rola
to act - grać rolę
to star - wystąpić w głównej roli
costume - kostium

contemporary play - sztuka współczesna comedy - komedia puppet theatre - teatr lalki experimental theatre - teatr eksperymentalny light repertoire - lekki repertuar serious repertoire - poważny repertuar auditorium - widownia row - rząd pit - parter (w teatrze) to applaud - oklaskiwać to boo - wygwizdać theatre-goer - miłośnik teatru



**ЖЖЖЖЖЖЖЖЖЖЖ** 

# 3.5. Sport

Practising sports is a popular leisure activity. It is generally known that people who do physical exercises keep fit and healthy. Moreover, taking up a sport has also many psychological benefits. First, it relieves the stresses of everyday life and second, it helps individuals identify with a group and replace their loneliness with the security of belonging.

Sports play a very important part in the American lifestyle. The president himself jogs every morning, plays tennis and golf, and is a leading advocate of fitness. The present-day interest in physical education and great enthusiasm for diets, exercising and jogging, dates from the late sixties when Major Kenneth Gordon published his bestseller "Aerobics". Since that time the sporting way of life has been popularized by such cult figures like Jane Fonda, Victoria Principal or Sylvester Stallone.

The favourite American sports today are baseball, basketball, soccer and football. Jogging has also become very popular recently. The early morning joggers have their jogging shoes, their jogging suits, their jogging watches and even their jogging magazines! However, even if they practice jogging out of sheer snobbery, it is still good that they make an effort to be in good condition.

Unfortunately, many Americans prefer watching sports on television. Every year about 150 million people watch basketball matches. Tennis, ice-hockey and skating also attract millions of viewers. The great popularity of these sports itself bears some of the responsibility for turning America into a nation of spectators.

However, it is important to remember that only active participation in sports activities may ensure fitness and well-being.

#### RESERVE

#### **VOCABULARY A**

practising sports - uprawianie sportów leisure activity - zajęcie w czasie wolnym to do physical exercises - wykonywać ćwiczenia fizyczne

to keep fit and healthy - utrzymać sprawność i zdrowie

to take up a sport - zająć się sportem

psychological benefit - korzyść psychiczna to relieve stresses - łagodzić stresy to identify with a group - identyfikować się z grupą to replace - zastąpić loneliness - samotność sense of belonging - poczucie przynależności lifestyle - styl życia

to jog - biegać advocate - orędownik fitness - sprawność fizyczna physical education - wychowanie fizyczne enthusiasm - entuziazm diet - dieta aerobics - aerobik sporting way of life - sportowy sposób życia favourite sports - ulubione sporty baseball - baseball basketbali - koszykówka soccer / football - piłka nożna jogging - bieganie iogger - biegacz jogging suit - strói do biegania out of sheer snobbery - z czystego snobizmu

to make an effort - czynić wysiłek to be in good condition - być w dobrej kondycji watching sports on TV - ogladanie sportu w TV match - mecz tennis - tenis ice-hockey - hokei na lodzie skating - łyżwiarstwo to attract - przyciągać viewer - telewidz great popularity - wielka popularność to bear responsibility - ponosić odpowiedzialność nation of spectators - naród widzów active participation - aktywny udział sports activities - zajęcia sportowe ensure - zapewnić well-being - dobre samopoczucie

#### **VOCABULARY B**

sporting man - miłośnik sportów sportsman - sportowiec start - start finish - meta false start - falstart winner - zwyciezca champion - mistrz medallist - medalista success - sukces judge - sedzia referee - sedzia gier zespołowych score - wynik to lose - przegrać to win - wygrać trainer, coach - trener to train - trenować team - drużyna team member - gracz active - aktywny top - czołowy strong - silny fast - szybki first-division - pierwszoligowy a member of a sports club - członek klubu sportowego to practise sport - uprawiać sport

to practise sport - uprawiać sport amateur sports - sporty amatorskie professional sports - sporty zawodowe winter sports - sporty zimowe summer sports - sporty letnie olympic sports - sporty olimpijskie water sports - sporty wodne to be fond of sports - lubić sport

#### DISCIPLINES:

football - piłka nożna handball - piłka ręczna volleyball - siatkówka light athletics - lekkoatletyka long distance running - biegi długodystansowe short distance running - biegi krótkodystansowe hurdles - bieg przez płotki relay - sztafeta shot put - pchniecie kula discus throwing - rzut dyskiem javelin throwing - rzut oszczepem pole vault - skok o tyczce high jump - skok wzwyż long jump - skok w dal triple jump - trójskok judo - dżudo karate - karate boxing - boks wrestling - zapasy gymnastics - gimnastyka cycling - jazda na rowerze fencing - szermierka rowing - wioślarstwo surfing - surfing sailing - żeglarstwo swimming - pływanie riding - jazda konna horse-racing - wyścigi konne skiing - jazda na nartach car race - wyścig samochodowy

REEEEE

#### **SPEAKING**

- 1. Do you practise any sport?
- 2. Do you like watching sport on TV? Why? / Why not?
- 3. What are the advantages and disadvantages of being a professional sportsman?

#### KKKKKKKKKK

#### SPEAKING PRACTICE 3

- 1. Zaproponuj koleżance ciekawe zajęcia na wspólnie spędzane popołudnia.
- 2. Poinformuj zainteresowanego kolege o zajęciach pozalekcyjnych w twojej szkole.
- 3. Zaproponuj koledze pójście do kina na bardzo interesujący, nagrodzony niedawno film.
- 4. Zaproś koleżankę do teatru na sztukę bardzo znanego reżysera.
- 5. Zachęć koleżankę do chodzenia do kina / teatru.
- 6. Skrytykuj kolegę, który nie uprawia żadnego sportu.
- 7. Zachęć kolegę do wspólnego codziennego biegania.
- 8. Przekonaj przyjaciółkę, jak ważne jest uprawianie sportu.
- 9. Opowiedz, jakie sporty najchętniej uprawiasz latem / zimą.
- 10. Zaplanuj nadchodzący weekend. Co będziesz robić?

#### MY NOTES:

# 4. HOLIDAYS



# 4.1. Planning a journey

Once a year my family goes on holiday. A week before our planned journey my father starts organizing everything so as not to get nervous that something has been left undone. We always travel by train so my father goes to a railway station and asks for the most convenient train connections in the information centre. Then he books seats in a ticket office. We usually travel first class but the tickets are not very expensive because me and my brother are still at school and we travel half-fare. We all prefer travelling in the daytime if possible because we can admire beautiful scenery on the way.

While my father takes care of the tickets, my mother begins packing up. As usual, she has a lot of problems and dilemmas. She keeps asking us what we would like to wear during our holidays although she knows that we need only a few necessary things. However, she does not want to hear about it and packs as much as possible.

My father, on the other hand, is not interested in our things but in our safety. Therefore he insures us against accidents and additionally he insures our luggage against theft, which I think is a gross exaggeration. He also phones the rest-house to make sure that the reservation has been confirmed. My parents plan our summer holidays as early as in winter. First my father buys maps and travel-guides. Then they go to a travel agency and look over brochures and catalogues. We usually go to the mountains but this year we have talked our parents into spending two weeks at the seaside.

I also prepare for the journey. I do not need many things but I have to take my sunglasses, bathing-trunks, a few T-shirts, a jacket and a pair of trousers. My mother will see to the rest and make sure that I pack my underclothes, socks and so on. She really remembers about everything.

On the day of our journey we take a taxi and go to the railway station. At the station my father brings a luggage trolley and we put our heavy suitcases on it. Then we go to a platform. Our train is delayed so my mother goes to a waiting-room and reads a magazine until it is announced. Then she joins us and we get into the train. While my mother and brother are taking seats by the window, I help my father put our luggage on the rack. The station-master waves a green flag and the train sets off. That is how our journey starts.

#### \*\*\*\*\*

#### **VOCABULARY A**

to go on holiday - jechać na wakacje planned journey - planowana podróż to get nervous - denerwować się to leave something undone - nie dopilnować czegoś

to travel by train - podróżować pociągiem railway station - stacja kolejowa (dworzec) convenient - dogodne connections - połączenia to book seats - rezerwować miejsca

ticket office - kasa biletowa
to travel first class - podróżować pierwszą klasą
tickets - bilety
expensive - drogie
to travel half-fare - mieć 50% zniżki
in the daytime - w ciągu dnia
scenery - krajobrazy
to pack up - pakować walizki
dilemma - dylemat
to wear - wkładać, nosić

#### **HOLIDAYS**

although - chociaż necessary - konieczne, potrzebne, niezbedne

on the other hand - z drugiej strony safety - bezpieczeństwo

to insure against accident / theft - ubezpieczyć się

od wypadku / kradzieży

additionally - dodatkowo

gross exaggeration - gruba przesada

rest-house - dom wypoczynkowy

reservation - rezerwacja to confirm - potwierdzić

as early as - już

travel-guide - przewodnik

travel agency - biuro podróży to look over - przeglądać

to go to the mountains - jechać w góry

to talk somebody into ... - namówić kogoś do ...

to spend - spędzić

at the seaside - nad morzem

sun-glasses - okulary słoneczne

bathing-trunks - kapielówki

T-shirt - koszulka

iacket - kurtka

trousers - spodnie

to see to - dopilnować underclothes - bielizna

socks - skarpety

luggage trolley - wózek bagażowy heavy suitcases - ciężkie walizki

platform - peron

delayed - opóźniony

waiting-room - poczekalnia

to announce - ogłaszać

to get into - wsiadać do

to take one's seats - zajmować miejsca

luggage rack - półka na bagaż station-master - zawiadowca

to wave green flag - dać znak do odjazdu

to set off - ruszać

#### **VOCABULARY B**

to plan a journey - planować podróż to make a reservation - dokonać rezerwacji to set off on a journey - wyruszyć w podróż

#### TRAVELLING BY TRAIN

departure - odjazd (pociagu) arrival - przyjazd (pociągu) a ticket office - kasa biletowa

to queue for tickets - stać w kolejce po bilety

to buy a ticket - kupić bilet

to buy a reserved seat ticket - kupić miejscówke

to go to enquiries - iść do informacji a through train - pociag bezpośredni express train - pociag ekspresowy

fast train - pospieszny delay - opóźnienie delayed - opóźniony

overcrowded - przepełniony to arrive - przyjeżdzać

to depart / to leave - odjeżdżać to change - przesiadać się

destination - cel podróży sleeper - wagon sypialny

dining car - wagon restauracyjny

first class compartment - przedział pierwszej klasy non-smoker compartment - przedział dla

niepalacych

toilet - toaleta

to miss the train - spóźnić się na pociąg

station hall - hala dworca timetable - rozkład jazdy

arrivals and departures board - tablica przyjazdów

i odjazdów

left luggage - przechowalnia bagażu a ticket inspector - konduktor

#### TRAVELLING BY BOAT

harbour, port - port

sea voyage - podróż morska

boat trip - podróż łodzią /statkiem

to go on a cruise - udać sie w morska podróż

to sail - popłynać, pożeglować

steamer - parostatek

passenger liner - statek (liniowiec) pasażerski

passenger ferry - prom pasażerski life jacket - kamizelka ratunkowa

life belt - pas ratunkowy

life boat - łódź ratunkowa

deck - pokład

on deck - na pokładzie

to go on board - wejść na pokład

cabin - kabina

berth - kabina pasażerska

to lie at anchor - stanać na kotwicy to weigh anchor - podnieść kotwicę

to sail out - wypłynać

to make for the open sea - wypłynąć na morze

to (touch) land - przybijać do brzegu

# 4.2. In a travel agency

Woman: Good morning.

Travel agent: Good morning. Can I help you?

Woman: Well, my husband has decided to go on a package holiday to New York and

we'd like some information.

Travel agent: Yes. What would you like to know?

Woman: First of all, what exactly does the price include?

Travel agent: Return fare to New York, accommodation, full board and some guided

sight-seeing tours.

Woman: It sounds pretty good. What kind of accommodation?

Travel agent: Well, we offer a room with bath in a luxury hotel or in a cheaper second class

hotel.

Woman: Oh, I see. We'd like to think about it.

Travel agent: Certainly. You can take these brochures home and talk it over with your

husband

Woman: Thank you. And when we decide to go...

Travel agent: When you finally decide on our offer you can pay one hundred dollars per

> person and we shall hold the reservation for you. But you'll have to make up your mind quickly because New York is one of the most popular destinations

and we may soon be fully booked.

Woman: I see. And what else must we do?

Travel agent: You have to pay the rest of the money two weeks before the journey.

Woman: Do we need a visa?

Travel agent: Yes, you do, but you'll have to apply to the American Consulate. We can help

you obtain it but then it will cost a little bit more.

Woman: I see.

Travel agent: You will also have to go to a bank to get traveller's cheques.

Woman: Is that all?

Travel agent: Yes, it is. In this guide you may find some useful information about the

climate so that you could take the right clothes.

Woman: Thank you very much.

Travel agent: With pleasure!

#### REREER

#### **VOCABULARY A**

tour - wycieczka

package holiday - wyjazd (wakacje) brochure - broszura

zorganizowany przez biuro podróży talk something over - omówić coś

What does the price include? - Co jest zawarte offer - oferta

> w cenie? per person - na osobe

return fare - opłata za bilet w obie strony to hold the reservation - trzymać rezerwacje

accommodation - zakwaterowanie to make up one's mind - zdecydować się full board - pełne wyżywienie destination - cel podróży

guided sight-seeing - zwiedzanie (miasta) to be fully booked - brak (nie mieć) wolnych miejsc z przewodnikiem

visa - wiza

to apply to - zwrócić sie do room with bath - pokój z łazienką

American Consulate - konsulat amerykański

climate - klimat

right clothes - odpowiednie ubrania

second class hotel - hotel drugiej klasy

luxury hotel - hotel luksusowy

#### **VOCABULARY B**

travel agency - biuro podróży
to plan a journey - planować podróż
to make a reservation - dokonywać rezerwacji
holiday vacation - wakacje
leave - urlop
to go on holiday - jechać na wakacje
to set off on a journey - wyruszyć w podróż
travel abroad - podróż zagraniczna
to go to the seaside - jechać nad morze
to go to the mountains - jechać w góry
to go camping - jechać pod namiot
by train - pociągiem

by bus - autobusem
by plane - samolotem
by car - samochodem
reasonable price - korzystna cena
package tour - wycieczka zorganizowana przez
biuro podróży
guided tour - wycieczka z przewodnikiem
all-day excursion - wycieczka całodniowa

long journey - długa podróż

short trip - krótka podróż holiday trip - wakacyjna podróż

\*\*\*\*\*\*

#### **SPEAKING**

- 1. What sort of information can you get in a travel agency?
- 2. How can you make a reservation for a package tour?

HHHHHHHHHHHH



# 4.3. My first journey abroad

I have always been dreaming of going to Britain for my holidays but I did not know anybody who could help me to arrange it. Fortunately, I managed to overcome this difficulty in getting an invitation from a student organization. However, I was more frightened than happy because I did not have any friends in England; nobody who could help me at least during the first days of my stay there. Therefore I desperately began looking for some contacts an eventually succeeded in getting a few helpful addresses and telephone numbers. Still, it was a very slim hope. At last the day of the departure I longed for so much came. When I arrive: at the airport, my flight was just being announced. That was the final call. I had my passpor checked and quickly got on the plane. During the flight I was still worried about my future When the plane eventually landed in London, I found myself at a noisy and crowded airport. had an impression that I was an unnecessary and unwelcomed quest. I went to see the Immigration Officer who asked me detailed questions about the purpose of my visit and the amount of money I was bringing. I had to show him my invitation and say how long I was going to stay in England. Finally, he stamped my passport and let me pass. After seeing the Immigration Officer I went through customs. The Customs Officer asked me some questions about my luggage and examined it roughly. Fortunately, I had nothing to declare. When a these formalities were over, I spent at least three hours in a departure lounge having no idea what to do. I felt lonely and desperate. I did not have enough money to stay in a hotel Besides, I did not know the city and I was afraid of moving anywhere. It seemed to me that if left the airport, I would be immediately lost, robbed or killed. What is more, I had a very heavy rucksack and that was another obstacle which prevented me from doing anything. Suddenly it struck me that I still had a few addresses and telephone numbers given to me by my friends in Poland. I decided to make use of them.

That was my last hope. I dialled the first number and... heard the words I was so afraid of: "No, we can't put you up, sorry!" I phoned again and again but without any positive result. I was simply unlucky!

Having no specific plans I dragged myself to the underground station. I decided to go to the Polish Cultural and Social Association in London and ask someone for help. When at last I reached my destination and found the building I was looking for, I went in and... the first person I met was my teacher of English! What a lucky coincidence! I could not believe my eyes. As soon as I had told him about my problems, he gave me a telephone number to a Polish girl who was just looking for someone to share a room with. I was happy beyond measure and from that moment I began to think that life was not so bad and London was the most beautiful and exciting city in the world. I was not a stranger any more.

#### RRRRRR

### **VOCABULARY A**

abroad - za granice to dream - marzyć to arrange - organizować fortunately - na szczęście to manage - zdołać to overcome a difficulty - pokonać trudności invitation - zaproszenie journey - podróż to look after - szukać helpful - pomocny slim hope - nikła nadzieja departure - wyiazd / odlot to long for - tesknić to arrive at the airport - przybyć na lotnisko to announce a flight - zapowiedzieć lot final call - ostatnie ogłoszenie lotu to check the passport - sprawdzić paszport to get on a plane - wsiadać do samolotu flight - lot noisy - hałaśliwy crowded - zatłoczony airport - lotnisko impression - wrażenie quest - gość

Immigration Officer - urzędnik imigracyjny detailed questions - szczegółowe pytania purpose - cel amount of money - ilość pieniędzy to stamp - podstemplować to go through customs - przejść przez odprawę celną

Customs Officer - celnik
luggage - bagaż
nothing to declare - nic do oclenia
formalities - formalności
departure lounge - poczekalnia
to seem - wydawać się
rucksack - plecak
to prevent - powstrzymywać
to make use of something - skorzystać z czegoś
to dial a number - wykręcić numer
to put someone up - ulokować kogoś,
przenocować

to drag oneself - wlec się destination - cel podróży to share a room - dzielić pokój stranger - obcy

### **VOCABULARY B**

#### AT THE BORDER

to cross the border - przekroczyć granicę journey abroad - podróż zagraniczna business trip - podróż służbowa Immigration office - urząd imigracyjny visa - wiza residence visa - wiza pobytowa transit visa - wiza tranzytowa passport control - kontrola paszportowa expiry date - data ważności valid - ważny

to expire - stracić ważność
to extend a visa - przedłużyć wizę
customs office - urząd celny
customs declaration - deklaracja celna
customs examination - rewizja celna
to search someone - poddać kontroli osobistej
permit - zezwolenie
form - formularz
document - dokument
personal belongings - rzeczy osobiste
to import goods from abroad - wwozić rzeczy

#### **HOLIDAYS**

to export - wywozić deposit - kaucja dutiable articles - artykuły podlegające ocleniu duty free goods - wolne od cła to smuggle - przemycać

to submit a document for inspection - przedłożyć dokument do sprawdzenia

to have something to declare - mieć coś do oclenia

to pay duty - płacić cło
to collect duty - pobierać cło
foreign currency - obca waluta
exchange rate - kurs wymiany walut
bureaux de change - biuro wymiany pieniędzy
to cash a cheque - zrealizować czek
embassy - ambasada
ambassador - ambasador
consulate - konsulat
registration card - karta meldunkowa

#### TRAVELLING BY PLANE

to go by plane - lecieć samolotem ticket counter - kasa biletowa reservation - rezerwacja to book a flight - zarezerwować lot terminal hall - hal dworca lotniczego arrival - przylot arrival board - tablica informująca o przylocie arrival hall - sala przylotów departure - odlot

departure board - tablica informująca o odlotach departure lounge - poczekalnia dla odlatujących departure time - godzina odlotu check-in desk - stanowisko do odpraw

to take off - odlatywać

to travel by air - podróżować samolotem

direct flight - lot bezpośredni charter flight - lot czarterowy

nonstop flight - lot bez zatrzymywania się boarding card - bilet wstępu na pokład

passenger - pasażer

passenger cabin - kabina pasażerska

pilot cabin - kabina pilota first class - pierwsza klasa

economy class - druga klasa tourist class - klasa turystyczna to fasten safety belts - zapiąć pasy

bezpieczeństwa

window seat - miejsce przy oknie to fly over - przelatywać nad stewardess - stewardesa meal - posiłek

to announce the delay of a flight - zapowiedzieć (ogłosić) opóźnienie przylotu

to land - ladować

luggage reclaim area - miejsce odbioru bagażu lost and found - biuro rzeczy znalezionych

REEEEE

### **SPEAKING**

- 1. Have you ever been abroad?
- 2. Do you remember your first journey abroad?
- 3. What fears do you have about travelling abroad?

REFERENCE



## 4.4. At a hotel

Whether you are on holiday or on business, you need a place to stay. All big cities in Britain have a large number of hotels, from the most expensive luxury class hotels to the cheapest youth hostels. The modestly-priced hostels usually offer bread and breakfast only (B&B). You pay for the room and breakfast. The most expensive hotels offer full board as well as numerous facilities. A private bathroom, colour TV, hairdryer, tea and coffee making facilities and telephone are standard. However, a room in such a hotel may cost even ten times as much as a room in a cheap guest house.

### Dialogue 4.4.1

Guest: Good morning.

Good morning, Sir. Receptionist:

Guest: I wonder if you have any vacancies. I'd like to book a single room.

Receptionist: For how long? Guest: Two or three days.

Receptionist: Yes, I can offer you room 406 on the third floor.

Guest: How much is it?

Receptionist: 25 pounds a night, service included.

Guest: With bath?

Receptionist: Yes, with a private bathroom and colour TV.

Guest: That's fine.

Receptionist: Could you sign the register, please?

Guest: All right.

Receptionist: Thank you. Here's your key, Sir.

Guest: Thank you very much.

### Dialogue 4.4.2

Guest: Good evening.

Receptionist: Good evening. Can I help you?

Guest: We want a room with a twin bed for three

Receptionist: Yes, I can give you one overlooking the sea but it's on the top floor.

Guest: It doesn't matter. What's the price? Receptionist: 30 pounds a night, including service.

Guest: Fair enough.

Receptionist:

Could you fill in the registration form?

Guest: Certainly.

Receptionist: Thank you. Now what time would you like breakfast?

Guest: Half past eight would be fine. Receptionist: All right. Here is your key, Sir.

Guest: Thank you.

### Dialogue 4.4.3

Guest: Excuse me, my name is Roberts. Paul Roberts. I made a reservation

vesterday.

Receptionist: Ah, yes, Mr Roberts. You booked a double room for three nights.

Guest: That's right.

Receptionist: Here's your key, Sir. Room six-one-seven.

Guest: Fine. Where is the lift?

Receptionist: It's on the right. Is that your luggage?

Guest: Yes, it is.

Receptionist: Porter, take these suitcases to room 617.

Guest: Thank you.

Receptionist: Thank you, Sir. Have a nice stay!

### An anecdote

A man from Poland arrives in a hotel in London. There is a notice on the door: "French, German and Polish spoken here". He begins his conversation with a receptionist in Polish. She doesn't understand a word! He tries again in French, German and at last he asks in English: "Who speaks all these languages here?" The receptionist answers: "Our guests, Sir, our guests".

### REEEE

### **VOCABULARY A**

luxury class hotel - luksusowy hotel youth hostel - schronisko młodzieżowe bed and breakfast - nocleg ze śniadaniem modest - skromny full board - pełne wyżywienie facilities - udogodnienia, sprzet hairdryer - suszarka do włosów guest house - pensionat (tani hotel) receptionist - recepcionista vacancies - wolne pokoje to book - zarezerwować single room - pokój jednoosobowy on the third floor - na trzecim piętrze service - obsługa bathroom - łazienka key - klucz

register - księga meldunkowa
twin bed - podwójne łóżko
overlooking sea - z widokiem na morze
top floor - górne piętro
It doesn't matter - Nic nie szkodzi
fair enough - dobrze
reservation - rezerwacja
double room - pokój dwuosobowy
lift - winda
luggage - bagaż
porter - portier
suitcases - walizki
Have a nice stay! - Miłego pobytu!
to arrive in - przybywać
notice - wywieszka

#### **VOCABULARY B**

no vacancies - brak wolnych miejsc accommodation - zakwaterowanie three-star hotel - hotel 3-gwiazdkowy cheap / expensive hotel - tani / drogi hotel reception desk - recepcia hotel manager - kierownik hotelu chief receptionist - szef recepcji visitor's book - ksiega meldunkowa registration card - karta meldunkowa name - imie surname - nazwisko marital status - stan cywilny single - wolny married - zameżna / żonaty address - adres nationality - narodowość signature - podpis passport - paszport hotel regulations - regulamin hotelowy foyer / reception hall - hol hotelowy dining room - jadalnia restaurant - restauracja waiter / waitress - kelner / kelnerka bar - bar barmaid / barman - barmanka / barman

snacks and beverages - przekąski i napoje room with a view - pokój z widokiem room with a shower - pokój z prysznicem room service - obsługa w pokoju chambermaid - pokojówka service charge - opłata za obsługę switchboard operator - telefonistka telephone bill - rachunek telefoniczny television room - świetlica conference facilities - sala konferencyjna departure - wymeldowanie

to arrive in a hotel - przybyć do hotelu
to confirm a booking - potwierdzić rezerwację
to cancel a booking - odwołać rezerwację
to check in - wprowadzić się (zameldować)
to check out - wyprowadzić się (wymeldować)
to fill in a form - wypełnić formularz
to stay at a hotel - przebywać w hotelu
to obey hotel regulations - przestrzegać
regulaminu hotelowego
to call the maid - wezwać pokojówkę
to pay the bill - zapłacić rachunek

### **SPEAKING**

- 1. Order a room for two nights for yourself.
- 2. Where would you like to stay during your holidays?

### **HHHHHHHHHHH**

## 4.5. My winter holidays

As early as autumn my parents were making plans for our winter holidays. My father insisted on going to the mountains but my mother was not sure if it was good for her health. However, she consulted her doctor and he assured her that two weeks in the mountains would undoubtedly be harmless and relaxing. That is how our parents decided on spending their winter holidays in Zakopane.

Zakopane is the centre of winter sports. The town is situated in a valley in the Tatra Mountains. In winter it attracts many tourists who may go on an excursion by cablecar to Kasprowy Wierch and admire the beautiful panorama of the Tatras; lie in the sun on Mount Gubałówka or go for a long walk in the Tatra National Park. For those who like hikes the Tatras are a real paradise.

For us winter holidays in Zakopane were an unforgettable experience. We lived in a house situated on a hill by the wood. From there we had a wonderful view of the surroundings. We could admire majestic mountains covered in white, powdery snow and evergreen spruce forests. Although it was very cold, I went skiing every day. My parents were not afraid of frost either. They put on heavy jackets, woollen caps, gloves and scarves and went for long walks. My younger brother had a lot of fun building a snowman, sleighing or skating. In the afternoon we often went to a café, drank tea or coffee, ate cakes and exchanged impressions. Sometimes my parents went dancing with their friends who also spent their winter holidays in Zakopane.

Next year we would also like to go to the mountains because we had a very good time there.

#### RHHHHH

### **VOCABULARY A**

as early as - już
in autumn - jesienią
to make plans - robić wakacyjne plany
winter holidays - wakacje zimowe
to go to the mountains - jechać w góry
to assure - zapewnić
harmless - nieszkodliwy
relaxing - wypoczynkowy
decide on - zdecydować się na
valley - dolina
to attract - przyciągać
tourist - turysta
excursion - wycieczka
to go by cablecar - jechać kolejka linowa

to admire beautiful panorama - podziwiać piękną panoramę

to lie in the sun - opalać się hike - piesza wycieczka real paradise - prawdziwy raj unforgettable experience - niezapomniane przeżycie

hill - wzgórze
by the wood - przy lesie
wonderful view - cudowny widok
surroundings - okolica
majestic - majestatyczne
covered in snow - pokryte śniegiem
evergreen spruce forests - wiecznie zielone
lasy świerkowe

### **HOLIDAYS**

cold - zimno
to go skiing - jeździć na nartach
frost - mróz
to put on - wkładać
heavy jacket - gruba kurtka
woollen caps / gloves / scarfs - wełniane czapki /
/ rekawiczki / szaliki

to sleigh - jeździć na sankach to skate - jeździć na łyżwach café - kawiarnia to exchange impressions - dzielić się wrażeniami to go dancing - iść na tańce to have a good time - dobrze się bawić

### **VOCABULARY B**

skiing - jazda na nartach skiing equipment - sprzęt narciarski skier - narciarz skiing instructor - instruktor narciarski ski cap - czapka narciarska ski boots - buty narciarskie ski trail - nartostrada take-off - skocznia ski-jumping - skoki narciarskie sledge - sanki sledging - sanna sledge run - tor saneczkowy to throw snowballs at somebody - rzucać (w kogoś) śnieżkami

skater - łyżwiarz skating-rink - lodowisko ski-lift - wyciąg linowy (narciarski) chair-lift - wyciąg krzesełkowy cable railway - kolejka linowa

REEREE

### **SPEAKING**

- 1. Describe your winter holidays.
- 2. Describe winter holidays in the mountains.
- 3. Plan your winter holidays in Zakopane. What will you be doing there?
- 4. Encourage your friend to go to Zakopane in winter.



## 4.6. Summer holidays in the mountains

In summer I would like to go with my friends to the Tatra Mountains. We are going to wander about the mountainous region of Zakopane. However, we are not only planning to go on long hikes but also climb as there are a lot of interesting climbing trails for mountaineers in the Tatras. Unfortunately, we are not experienced climbers and that is why we shall mainly be tramping through the woods and along the streams keeping to the well-marked routes.

We have already begun completing our climbing equipment and hiking maps. We will also have to take our rucksacks, hiking boots, warm pullovers and waterproofs to protect ourselves from rain and wind. If the weather is bad, we shall stay in a hostel or otherwise we might easily be lost in the mountains; especially when it is foggy and rainy. Anyway, we shall roam with a guide.

We are all nature lovers and while wandering we would like to clean up the rubbish left behind by thoughtless tourists. The whole area of the Tatras is a national park where both flora and fauna are preserved. You may still come across a marmot, chamois, brown bear or an eagle there.

The beauty of the mountain landscape and the communion with nature will undoubtedly make our holidays an unusual experience.

### **VOCABULARY A**

in summer - latem

to go to the Tatra Mountains - jechać w Tatry

to wander - wędrować

mountainous region - górzysta okolica to go on a hike - iść na pieszą wędrówkę

(wycieczkę)

to climb - wspinać się

trail - szlak, trasa

mountaineer - taternik, alpinista (także: góral)

to tramp - wędrować

through the woods - przez lasy

along the streams - wzdłuż strumieni

well-marked routes - dobrze oznakowane trasy (szlaki)

to complete - kompletować

climbing equipment - sprzet wspinaczkowy

hiking map - mapa z oznaczonymi szlakami

turystycznymi

rucksack - plecak

hiking boots - buty do wycieczek górskich

pullover - pulower

waterproof - płaszcz nieprzemakalny

hostel - schronisko

foggy - mglisto

rainy - deszczowo to roam - wędrować

guide - przewodnik

nature lover - miłośnik natury

rubbish - śmieci

tourist - turysta

to be preserved - być pod ochroną

to come across - natknąć się

marmot - świstak

chamois - kozica

brown bear - niedźwiedź brunatny (pospolity)

eagle - orzeł

mountain landscape - górski krajobraz

communion with nature - obcowanie z przyrodą

unusual experience - niezwykłe przeżycie

### **VOCABULARY B**

to climb a mountain - wchodzić na górę to descend a mountain / hill - schodzić z góry summit - szczyt

peak - wierzchołek

mountain range - łańcuch górski

brook - strumyk path - ścieżka

cliff - urwisko

ravine - wąwóz cave - jaskinia valley - dolina to rest - odpoczywać

to go straight - iść prosto

to turn left / right - skręcić w lewo / prawo

fork in the road - rozwidlenie dróg

to go around - obejść

#### REREER

### **SPEAKING**

- 1. Have you ever spent your summer holidays in the mountains? Describe it.
- 2. What can tourist do in the mountains?
- 3. Encourage your friend to go to the Tatras.

**HHHHHHHHHHH** 

## 4.7. At the seaside



A yearly vacation is important for everyone. There are many possibilities of having a good rest but summer holidays at the seaside are undeniably the most relaxing.

Last year I was with my family at the Baltic Sea. We were lucky because the weather was beautiful from beginning to end. We stayed in a modern rest-house facing the sea. Every day before breakfast we went to a beach and ran for about an hour or roamed along the coast. We also went swimming if the water was warm. Our mother usually did not keep us

company. She preferred to lie in the sun and get sunburnt. However, when she heard that it was dangerous for her health, she bought a straw hat, sunglasses and hid herself under a sunshade. My younger sister used to play beachball with other children on the beach. She also collected stones, shells and looked for amber. I often had to help her make mud pies and build sandcastles. My father would sit in a strand chair and read newspapers and books. One day we went on a boat trip but it was not very pleasant because it was too windy and the sea was rough. However, we enjoyed watching sunsets very much. We often went to a beach and admired the beauty of the sea.

After two weeks of relaxation we returned to town refreshed and content. To this day we all have wonderful memories.

Now we are planning to spend our next summer holidays at the seaside and we are looking forward to it.

### \*\*\*\*\*\*

to hide - ukryć się

### **VOCABULARY A**

yearly - corocznie vacation - urlop, wakacje to have a good rest - dobrze wypocząć undeniably - bezsprzecznie relaxing - odprężające, wypoczynkowe weather - pogoda from beginning to end - od poczatku do końca rest-house - dom wypoczynkowy facing the sea - wychodzacy na morze beach - plaża to roam - wedrować coast - wybrzeże to go swimming - iść popływać to keep sb. company - dotrzymywać towarzystwa to prefer - woleć to lie in the sun - leżeć na słońcu to get sunburnt - opalać sie dangerous - niebezpieczne straw hat - słomkowy kapelusz

sunshade - parasol to play beachball - grać w piłkę plażową to collect - zbierać stones - kamyki shells - muszelki amber - bursztyn mud pies - babki z piasku sandcastle - zamek z piasku strand chair - kosz (plażowy) to go on a boat trip - wybrać się na wycieczkę windy - wietrznie the sea was rough - morze bylo burzliwe / / niespokojne to watch sunsets - oglądać zachody słońca to admire - podziwiać memories - wspomnienia to look forward to something - cieszyć sie na coś

#### **VOCABULARY B**

sunglasses - okulary słoneczne

to go for a swim - iść popływać to dive - nurkować pebbly beach - kamienista plaża sandy beach - piaszczysta plaża hot sand - gorący piasek to lie on the beach - leżeć na plaży port - port harbour - przystań ship - statek boat - łódż shore - wybrzeże, brzeg dune - wydma sunrise - wschód słońca

lighthouse - latarnia morska promenade - promenada bathing suit - kostium kapielowy deckchair - leżak air-mattress - materac bath towel - ręcznik kapielowy surfboard - deska surfingowa NO BATHING - kapiel wzbroniona lifeguard - ratownik motor boat - łódź motorowa life-belt - koło ratunkowe storm - burza

### HHHHHH

### **SPEAKING**

- 1. Describe your holidays at the seaside.
- 2. Do you prefer to spend your holidays at the seaside or in the mountains? Why?
- 3. What can you do at the seaside when the weather is bad?

#### REFERENCE

## 4.8. At the lake



During my summer holidays I was camping with my friends at a lake. First I wanted to go abroad but when it turned out that I did not have enough money, I had to go to some god-forsaken hole. I was not pleased at all but that was better than staying at home. My friends were very excited about camping. A few days before the journey they got all the camping things ready. Fortunately, we had a car so we could stow everything in it. We took two tents, sleeping bags, a folding table and some chairs, air-mattresses, some fishing tackle, stove, pots and pans and many other useful things. We also took lots of food.

When we arrived at the place, we put up the tents and cooked supper on the primus stove. The first days were quite interesting. The sun was shining, we were lying on the beach or swimming in the lake. Sometimes we went fishing or played cards. In the evenings we lit the fire and roasted sausages. However, it was getting very boring. Every day the same routine.

One day we discovered something interesting. A group of young people put up their tents near by. Soon it turned out they took part in the international youth camp organised by Polish students. They came from different countries but they all spoke English. They gave us a warm reception and asked a lot of questions. I was glad that I could practise my English! We became friends and we spent almost two weeks together. During the day we used to paddle a canoe, sail or go on hikes in the countryside. In the evening we would sit by the fire and talk or sing songs far into the night. It was really very enjoyable and I was grieved when we had to take down our tents and go back home. However, I made friends with a girl from Denmark and I hope that we will meet again sometime.

#### RRRRRRR

#### **VOCABULARY A**

camping - kemping
on the lake - nad jeziorem
to go abroad - jechać za granicę
to turn out - okazać się
god-forsaken hole - dziura (zapadła)
excited - podnieceni
to stow - zapakować (upchać)
tent - namiot
sleeping bag - śpiwór
folding table / chair - składany stolik / krzesełka
air-mattress - materac dmuchany
fishing tackle - sprzęt do wędkowania
stove - piecyk
pots and pans - ogólnie: garnki

useful things - przydatne rzeczy
to arrive at a place - przybywać na miejsce
to put up a tent - rozbić namiot
to cook supper - ugotować (przyrządzić) kolację
to lie on the beach - leżeć na plaży
to swim in the lake - pływać w jeziorze
to go fishing - iść na ryby
to play cards - grać w karty
to light the fire - rozpalić ognisko
to roast sausages - piec kiełbaski
boring - nudne
the same routine - to samo
near by - w pobliżu

international youth camp - międzynarodowy obóz młodzieżowy to give sb a warm reception - przyjąć kogoś

to give so a warm reception - przyjąc kogos życzliwie

to paddle a canoe - pływać kajakiem to sail - żeglować to go on hikes - chodzić na piesze wycieczki countryside - okolica
to sit by the fire - siedzieć przy ognisku
it was enjoyable - podobało mi się
to be grieved - być przykro
to take down a tent - zwinąć namiot
to make friends with ... - zaprzyjaźnić się z ...
sometime - kiedyś

### **VOCABULARY B**

to go on the lake - jechać nad jezioro to sleep in a tent - spać w namiocie camp - obóz to pitch a camp - rozbić obóz tentpegs - śledzie (do namiotu) backpack - plecak bottle opener - otwieracz do butelek can opener - otwieracz do puszek penknife - scyzoryk bucket - wiadro some butane gas - gaz butan cooker - kocher song-book - śpiewnik

### **SPEAKING**

- 1. Have you ever been camping on the lake? Describe it.
- 2. What can you do on the lake?
- 3. What things do you need to take when you go camping?

\*\*\*\*\*\*\*\*\*\*\*\*



## 4.9. Holidays in the countryside

When I was young, I used to spend the summer on my grandparents' farm. I loved those days, so carefree and enjoyable. There were so many things to do and to see that I was never bored. I would get up at sunrise and go for a long walk around a meadow. I had a dog and together we wandered while the rest of the world was sleeping.

In the morning my grandmother fed the chickens and other farm animals and my grandfather turned out the cattle. Then together we went to a field to reap the harvest. We usually worked in the field until lunchtime but when it was too hot to work I picked currants, raspberries or fruit in the garden or went for a walk to a nearby forest and looked for birds' nests. Later in the afternoon I would often go swimming or fishing in the river. When I felt lazy, I was just lying in the sun and watching the birds and animals in the meadow. In the evening I had to help my grandmother feed the animals again and collect chickens' eggs. I even learned to milk the cows and I was very proud of myself. My grandparents had a barn behind the house and I often used to spend the night there. I took my sleeping-bag and a torch and slept in hay. That was an unforgettable experience. After such holidays I always returned to town refreshed and healthy.

Now I do not spend the summer in the country any longer. My grandparents have grown old and they are not strong enough to work in the fields and look after cows, pigs and hens. I visited them last year but it was not the same. The village has grown and developed. You can no longer see horses in the fields but modern agricultural machines. The forest I loved so much has been cut down for timber. Once a wonderful place to go on holiday, the village has become modernized and lost its natural beauty.

I miss the good old days and I feel sorry that time goes by so quickly.

### **VOCABULARY A**

in the countryside - na wsi farm - gospodarstwo rolne carefree - beztroskie enjoyable - przyjemne sunrise - wschód słońca meadow - łaka

to feed - karmić chickens - kurczaki

to turn out the cattle - wyprowadzać bydło

field - pole

to reap the harvest - zbierać z pola to pick currants / raspberries / fruit - zbierać porzeczki / maliny / owoce

garden - ogród nearby forest - pobliski las birds' nests - gniazda ptaków

to go swimming / fishing - iść popływać /łowić ryby

to collect the chickens' eggs - zebrać jaja to milk the cows - doić krowy

barn - stodoła sleeping-bag - śpiwór torch - latarka

hay - siano refreshed - wypoczęty to look after - opiekować się

pigs - świnie hens - kury village - wioska to grow - rozrosnać się to develop - rozwinać sie horse - koń

modern agricultural machines - nowoczesne maszyny rolnicze

forest - las to cut down - wyciąć timber - drzewo

natural beauty - naturalne piekno to miss - tesknić

**VOCABULARY B** 

farmhouse - zagroda, dom mieszkalny w gospodarstwie rolnym

farmer - rolnik, gospodarz villager - mieszkaniec wsi

peasant - chłop cart - fura harvest - żniwa haymaking - sianokosy straw - słoma rve - żvto wheat - pszenica

corn - kukurvdza

barley - jeczmień

fertilizer - nawóz to plough - orać

cowshed - zagroda dla krów

stable - stajnia pond - staw duck - kaczka goose - geś calf - ciele goat - koza sheep - owca

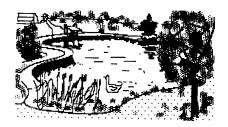
fresh air - świeże powietrze rural / rustic - wiejski

REEEEE

## **SPEAKING**

- Describe your summer holidays in the countryside.
- 2. Why do so many people like spending the summer in the country?
- 3. Describe an ordinary day on a farm.
- 4. Describe typical rural scenery.

REREEREERE



## 4.10. Holidays in the city

More and more people spend their holidays in the city. Many of them have no other choice as they do not have enough money to go somewhere. I also stay in the city during the summer but it does not mean that my holidays are boring and uninteresting. Quite the reverse; there are so many places to see and so many things to do that I do not even have time to complain.

I am very proud of my city. Poznań is one of the oldest and largest towns in Poland. It is situated on the Warta River in the north-west of Poland. Visitors to our city will certainly be impressed by the unique and precious historical monuments. One of them is the Gothic Cathedral on the Ostrów Tumski island. It is famous for the beautiful Golden Chapel and the tombs of the first Polish rulers. Another place of historical interest is the Old Market Square with the pearl of Renaissance architecture - the city Town Hall. The building has a beautiful facade, the arcades and the open loggia. In the fifties it was turned into the Historic Museum of Poznań. A special tourist attraction is the appearance of two little goats on the Town Hall's tower every noon. Most of the burghers' houses surrounding the Town Hall were built in the 16th century and then they were reconstructed after the second world war. One of the most valuable monuments of sacral architecture in Poznań is Parish Church - a very beautiful Baroque shrine. Other historically important buildings are Działyński Palace and Przemysław's Castle.

There are many more monuments in Poznań. They are even hard to quantify. However, the city does not only have its history but also its present. For many years the capital of the Great Poland region has been an important trade centre. The international Poznań fair attracts thousands of exhibitors and visitors.

Poznań is also an important cultural centre. For those who are interested in artistic events there are many cultural establishments. The city is famous for its Opera and Philharmonic Houses, Boys' Choir directed by Stuligrosz, two dramatic theatres and the Puppet and Actor Theatre, and the international violin competition. There are also many museums and art galleries here.

The city has numerous attractions which both inhabitants and tourists can enjoy. Among many others the following should be mentioned: two zoos, botanical garden and a palmhouse. For further entertainment there is a wide variety of cosy cafés scattered throughout the city, restaurants, night clubs, discotheques and cinemas. For those who like an active life there are good facilities for winter and water sports on Lake Malta, numerous sports clubs, swimming-pools and tennis courts.

My city is full of things of interest and everyone can find here something for himself. I always do. There is no place like it!

#### RHHHHH

### **VOCABULARY A**

choice - wybór
quite the reverse - przeciwnie
to complain - skarżyć się
proud - dumna
unique - unikalne
precious - cenne
historical monuments - zabytki historyczne
cathedral - katedra

island - wyspa chapel - kaplica tomb - grobowiec ruler - władca Old Market Square - Stary Rynek the pearl of the Renaissance architecture perła architektury renesansowej

mieisca

town hall - ratusz facade - fasada building - budynek arcades - arkady open loggia - otwarta loggia turn into - zamienić w tourist attraction - atrakcja turystyczna appearance - pojawianie (się) goat - kozioł (ek) burghers' houses - domy mieszczan (kamieniczki) surrounding - otaczające to reconstruct - zrekonstruować, odbudować second world war - druga wojna światowa valuable monument - cenny pomnik (zabytek) sacral architecture - architektura sakralna parish church - kościół parafialny Baroque shrine - barokowa światynia palace - pałac castle - zamek to quantify - wyliczyć history - historia the present - teraźniejszość Great Poland region - Wielkopolska trade centre - centrum handlowe fair - tarqi to attract - przyciągać exhibitor - wystawca visitor - odwiedzający

artistic events - wydarzenia artystyczne cultural establishments - instytucje kulturalne philharmonic - filharmonia boys' choir - chór chłopiecy dramatic theatre - teatr dramatyczny the Puppet and Actor Theatre - Teatr Lalki i Aktora international violin competition - miedzynarodowy konkurs skrzypcowy

museum - muzeum art gallery - galeria sztuki numerous - liczne inhabitants - mieszkańcy tourists - turyści botanical garden - ogród botaniczny palmhouse - palmiarnia entertainment - rozrywka variety - różnorodność cosy café - przytulna kawiarnia scattered - rozrzucone night club - klub nocny discotheque - dyskoteka cinema - kino good facilities - dobre warunki lake - iezioro sports club - klub sportowy swimming-pool - basen There is no place like it! - nie ma takiego drugiego

### **VOCABULARY B**

cultural centre - centrum kulturalne

voivodship - województwo district - dzielnica residential district - osiedle mieszkaniowe centre of the town - centrum miasta downtown - śródmieście square - plac street - ulica cross-road - skrzyżowanie avenue - aleja bridge - most fountain - fontanna railway station - stacia kolejowa bus stop - przystanek autobusowy post - poczta car park - parking

library - biblioteka shopping mall - centrum handlowe cemetery - cmentarz plant (factory) - fabryka fortress - forteca concert hall - sala koncertowa exhibition - wystawa statue - statua memorial - tablica pamiatkowa to ask the way - pytać o drogę to cross the street - przejść przez ulice on the left / right - po lewej / prawej stronie nearby - niedaleko sports events - wydarzenia kulturalne museum of history - muzeum historii

### **SPEAKING**

- Describe your city.
- Encourage a foreign visitor to see your city.
- 3. What attractions does the city offer?
- Describe the Old Market Square.



## 4.11. Camping

Camping holidays are very popular in our country. There are more than two hundred camping-sites in Poland. They are situated on lakes, rivers, in the mountains, on the sea, or in the vicinity of big cities. They are usually well equipped. Most of them have electricity, sanitation, baths and showers. They are divided into categories according to national standard. Therefore we can spend our holidays at a cheap camp or at a more expensive one.

While camping, we have to obey certain rules. First we have to register on arrival and submit our documents. When the registration formalities are over, we can put up our tent following the instructions of the camping administration. Moreover, we should keep all the camping devices clean and in order. Dogs cannot run about the camping ground. As a security measure, fires cannot be lit. We must also take into consideration other tourists and avoid making noise. We cannot, for example, turn on the wireless loud as this impedes the others. During the night hours we cannot entertain our guests and they have to leave the camping-ground.

If we plan to spend our holiday at a camp, we must take some necessary equipment for example some camping furniture or airmattresses. While camping, we may live in a tent or a caravan.

If we prepare ourselves well, we can have a very nice holiday.

### REEREE

#### **VOCABULARY A**

instructions - instrukcje camping holidays - wakacje na kempingu camping administration - administracja, zarząd camping-site - kemping kempingu on the lake - nad jeziorem lake - jezioro camping devices - urządzenia na kempingu on the river - nad rzeka river - rzeka to keep in clean / in order - utrzymywać in the mountains - w górach mountains - góry w czystości, porządku on the sea - nad morzem sea - morze to run about - biegać po in the vicinity - w pobliżu camping-ground - teren kempingowy big cities - duże miasta as a security measure - ze względów well equipped - dobrze wyposażone bezpieczeństwa electricity - elektryczność to light a fire - rozpalić ognisko sanitation- urzadzenia sanitarne to take into consideration - wziąć pod uwagę bath - łazienka tourist - turvsta shower - prysznic to avoid making noise - unikać robienia hałasu to divide - podzielić to turn on the wireless loud - nastawić głośno according to - według radio national standard - standard narodowy to impede - przeszkadzać cheap - tani night hours - godziny nocne expensive - drogi to entertain guests - podejmować gości to obey - przestrzegać to leave - opuścić rules - requiv some necessary equipment - potrzebne to register on arrival - zameldować się po wyposażenie przybyciu furniture - meble to submit one's documents - przedłożyć airmattresses - materace dmuchane dokumenty caravan / camper - przyczepa kempingowa registration formalities - formalności meldunkowe to prepare oneself - przygotować się to put up a tent - rozłożyć namiot

### **SPEAKING**

- 1. Have you ever been camping? Where?
- 2. Do you prefer camping to staying in a hotel? Why? / Why not?
- 3. What rules should tourists obey at a camping-site?

### 

### SPEAKING PRACTICE 4

- 1. Zachęć kolegę do wspólnego wyjazdu w Tatry.
- 2. Zaproponuj kolegom z klasy wycieczkę nad morze.
- 3. Jesteś w obcym mieście; spytaj, jakie zabytki są warte zwiedzenia.
- 4. Poinformuj kolegę, jakie formalności musi załatwić przed wyjazdem za granicę.
- 5. Spytaj na dworcu o pociąg, który jedzie bezpośrednio do Warszawy.
- 6. Spytaj przechodnia, gdzie na dworcu mieści się przechowalnia bagażu.
- Spytaj recepcjonistkę, czy ma tani jednoosobowy pokój z prysznicem.
   Potrzebujesz go na jeden nocleg.
- 8. Poskarż się recepcjoniście na pokój i niegrzeczną pokojówkę.
- 9. Zachęć kolegę do wyjazdu na obóz młodzieżowy nad jezioro.
- 10. Zaproponuj ciekawe spędzenie wieczoru w twoim mieście rodzinnym.
- 11. Opisz swoją pierwszą podróż zagraniczną.

### MY NOTES:

## 5. HEALTH

## 5.1. At a doctor's office

### Dialogue 5.1.1

Ann.

Good morning.

Doctor:

Good morning, Ann. How are you?

Ann:

Awful, doctor.

Doctor:

Oh, dear, what's the trouble?

Ann:

I'm not feeling well. I've got a sore throat, runny nose and my chest hurts.

Doctor:

How long have you been like this?

Ann:

Two or three days.

Doctor:

You look feverish. I'd better take your temperature. Now, breathe deeply.

Cough, please. I think you've got flu: there's a lot of it about.

Ann:

What should I do?

Doctor:

I'll prescribe an antibiotic. Take one teaspoon of this medicine three times a

day. And you must stay in bed for five days.

Ann:

Isn't it too long? I have to go to school!

Doctor:

Forget about it. You must take care of your health now. I want you to come and see me in a couple of days. Now, take this prescription to the chemist's

and then go straight to bed.

### Dialogue 5.1.2

Mrs Roberts:

Good morning.

Doctor:

Good morning, Mrs Roberts. What's the matter?

Mrs Roberts:

I feel terrible. I've got a pain in my stomach and I can't eat. I tried taking some

indigestion tablets, but they didn't help.

Doctor:

Have you been vomiting?

Mrs Roberts:

No. I haven't.

Doctor:

Doctor:

Doctor:

It's not food poisoning then. Please lie down over here. Does it hurt when I do

that?

Mrs Roberts:

Oh ves! It hurts a lot.

Mrs Roberts:

I think it's appendicitis. You will have to go to hospital, I am afraid.

To hospital? Is that necessary? Yes, but there is nothing to worry about.

Mrs Roberts:

Nothing to worry about? I am scared out of my wits!

Doctor:

Calm down, please. The sooner you have an operation, the better. I can assure you that you'll recover completely in a week's time. Now I'll call an

ambulance.

### Dialogue 5.1.3

Mr Brown: Good morning.

Good morning. What's wrong, Mr Brown? I see that something is troubling Doctor:

Mr Brown: Well, recently I've been suffering from palpitation. I'm feeling depressed and I

can't sleep.

Please undress to the waist. Doctor:

(the doctor examines the patient)

Is it a heart condition? Mr Brown:

No, I don't think so. You seem to be generally run down. Doctor:

Mr Brown: What do you advise?

You need a rest. Stay away from work for a few days and don't overdo things. Doctor:

Besides, you should do exercises and go for long walks.

Mr Brown: Thank you, doctor. Will you prescribe any tranquillizer?

Doctor: That's not necessary.

#### \*\*\*\*\*

#### **VOCABULARY A**

stomach - brzuch office, surgery (bryt.) - gabinet

indigestion tablets - tabletki na niestrawność awful - okropnie

What's the trouble? - Co ci dolega? food poisoning - zatrucie pokarmowe

to lie down - położyć się sore throat - ból gardła runny nose - katar

appendicitis - zapalenie wyrostka robaczkowego chest - klatka piersiowa to be scared out of one's wits - być przerażonym

to hurt - boleć to calm down - uspokoić się

the sooner... the better... - im wcześniej, tym lepiej to look feverish - wyglądać na rozgorączkowaną

to take one's temperature - zmierzyć temperature to recover - wyzdrowieć

to breathe deeply - oddychać gleboko to call - wezwać

an ambulance - pogotowie to cough - kaszleć

flu - grypa something is troubling you - coś cię martwi (niepokoi) there is a lot of it about - wszystko na to wskazuje

to suffer from - cierpieć na to prescribe - przepisać (na receptę)

antibiotic - antybiotyk palpitation - palpitacja, kołatanie serca

teaspoon - łyżeczka depressed - w depresii

medicine - lekarstwo Please undress to the waist - proszę rozebrać się

take care of one's health - zadbać o czyjeś zdrowie do pasa

a couple of days - pare dni to examine - badać

heart condition - choroba serca prescription - recepta the chemist's - apteka to be run down - być wyczerpanym

what's the matter? - Co sie dzieje? rest - odpoczynek to overdo things - przemeczać się (Co pani dolega?)

terrible - strasznie to do exercises - uprawiać ćwiczenia

tranquilizer - środek uspokajający



pain - ból

#### **VOCABULARY B**

to fall ill with - zachorować na

to pick up some sort of infection - podłapać jakaś

infekcję

to catch a cold - przeziębić się to go to a doctor - iść do lekarza

to call for a doctor - wezwać lekarza to register - zarejestrować sie

to wait in the infirmary - czekać w izbie chorych

to examine a patient - badać pacienta

to cure - leczyć

to write a prescription - wypisać receptę

to get a doctor's leave - dostać zwolnienie

to dose - dawkować lekarstwa

to inject - dawać zastrzyk

to take one's blood pressure - mierzyć ciśnienie

krwi

to apply first aid - udzielać pierwszej pomocy

to vaccinate - szczepić examination - badanie checkup - badanie ogólne blood test - badanie krwi urine test - badanie moczu

treatment - leczenie therapy - terapia symptom - symptom

bleeding - krwawienie chills (shivers) - dreszcze

fever - gorączka nausea - nudności headache - ból głowy earache - ból ucha

stomachache - ból brzucha

cramp - skurcz

ailment - dolegliwość

cut - skaleczenie

### nurse - pielęgniarka

head - głowa neck - szyja nape - kark

arm - ramię armpit - pacha hand - reka

finger - palec (u ręki)

leg - noga knee - kolano thigh - udo hip - biodro calf - lydka

toe - palec (u nogi) foot - stopa

back - plecy breast - pierś spine - kregosłup fracture - złamanie bite - ugryzienie sting - ukąszenie

burn - oparzenie

rash - wysypka

high / low blood pressure - wysokie / niskie ciśnienie krwi

allergy - alergia insomnia - bezsenność

disease - choroba

infectious disease - choroba zakaźna

epidemic - epidemia angina - angina asthma - astma

cancer - rak cold - przeziębienie

heart attack - atak serca influenza - grypa jaundice - żółtaczka

measles - odra mumps - świnka

pneumonia - zapalenie płuc scarlet fever - szkarlatyna sunstroke - porażenie słoneczne

tuberculosis - gruźlica

family doctor - lekarz rodzinny intern - internista cardiologist - kardiolog gynecologist - ginekolog laryngologist - laryngolog occulist - okulista psychiatrist - psychiatra

PARTS OF THE BODY

bone - kość rib - zebro lungs - płuca heart - serce

stomach - żołądek liver - wątroba kidney - nerka eye - oko ear - ucho cheek - policzek nose - nos

mouth - usta lip - warga tongue - język throat - gardło tonsils - migdałki

vein - żyła

### **SPEAKING**

- 1. Describe your visit to a doctor.
- 2. Have you ever been to hospital? Why?

### 



## 5.2. At the chemist's shop

Customer:

Good morning.

Chemist: Customer: Good morning. Can I help you? I want something for a cold. Have you got a prescription?

Chemist: Customer:

No, I haven't had time to go to a doctor. Could you give me a cough formula

without a prescription?

Chemist:

Certainly. Anything else?

Customer: Chemist: Well, can I have something for sore throat? These throat lozenges are very potent.

Customer: Chemist: I'll take them then. And vitamin C. Is that all?

Customer: Chemist: Yes, that's all. Five pounds, please. Here you are. Goodbye!

Customer: Chemist:

Goodbye.

#### \*\*\*\*\*\*\*\*\*\*\*

#### **VOCABULARY A**

chemist's shop - apteka chemist - aptekarz

Can I help you? - Czym mogę służyć?

cold - przeziębienie prescription - recepta cough formula - syrop na kaszel

sore throat - ból gardla

throat lozenges - tabletki (pastylki) od bólu gardła

potent - skuteczny vitamin - witamina

#### **VOCABULARY B**

pharmacy - apteka on prescription only - tylko na receptę to fill in a prescription - zrealizować receptę

antibiotic - antybiotyk aspirin - aspiryna

contraceptives - środki antykoncepcyjne

bandage - bandaż contraceptives - śr cotton wool - wata

disinfectant - środek odkażający

eyedrops - krople do oczu

first aid kit - apteczka pierwszej pomocy

gauze - gaza injection - zastrzyk

iodin - jodyna laxative - środek przeczyszczający

medicine - lekarstwo

needle - igła ointment - maść painkiller - środek przeciwbólowy pill - pigułka plaster - plaster sanitary napkins - podpaski

sleeping pills - tabletki nasenne sling - temblak dressing - opatrunek syringe - strzykawka

### RESER

### SPEAKING

1. What can help you when you fall ill with flu?

HHHHHHHHHHH

## 5.3. At a dentist's surgery

Dentist:

Good morning.

Patient: Dentist: Good morning, doctor.

Patient:

What's the problem? I've got terrible toothache. It hurts when I drink something hot and my gums

are very sore.

Dentist:

Sit down here, please and open your mouth. Which tooth?

Patient:

The one at the bottom.

Dentist:

This one?

Patient:

Yes.

Dentist:

Well, we have to extract it, I am afraid.

Patient:

But I don't want to have it out! Can't you fix it?

Dentist:

No, you have an abscess.

Patient:

But I am afraid, doctor.

Dentist:

Don't worry. It won't hurt. I will give you an analgesic injection.

#### 

### **VOCABULARY A**

toothache - ból zeba my gums are sore - bola mnie dziasła

open your mouth - proszę otworzyć usta

tooth - zab

at the bottom - z tyłu

to extract a tooth - wyrwać zab to fix (a tooth) - zaleczyć zab abscess - ropa pod zebem

to be afraid of - obawiać się (czegoś)

analgesic injection - zastrzyk uśmierzający ból

#### **VOCABULARY B**

filling - plomba broken tooth - złamany ząb loose tooth - ruszający się zab

swollen - spuchnięty

tartar - kamień nazębny denture - proteza

dental machine - wiertarka dentystyczna dentist's chair - fotel dentystyczny

### SPEAKING

- 1. Describe your visit to a dentist.
- 2. Why do people go to a dentist?

## 5.4. A healthy lifestyle

We often ask ourselves if our lifestyle is healthy. Whether we live long and happily very much depends on how we live and how we treat our bodies. Therefore, what is the best recipe to keep fit and healthy? It seems that the most important things to be in good condition are a good diet and vigorous exercise. We should also take into account our habits and indulgences. As far as diet is concerned, we should always give priority to simple whole food over richer and meatier fatty products. We should eat a lot of fruit and vegetables because they contain vitamins and minerals which are good for our health. We should avoid fat-building sweets, ice-cream, cookies or crisps and instead eat more whole-meal bread, low-fat cottage cheese and drink skimmed milk or yoghurt. If possible, we should eat regularly five times a day and our diet should not only be balanced but also varied. Those who wish to be slim do not necessarily have to starve. Lean meat and fresh fruit salads, for instance, may appease one's hunger but are less calorific than cakes or sweets.

What else is harmful to our health? Some people do not realize that their lifestyle has a great influence on their comfort. Technological progress has made our lives easier but at the same time we have become lazy. We drive to work, spend half a day sitting behind a desk, we watch television for hours and as a result we feel unfit. What can therefore be done about it? Generally, people who take regular exercise do not only feel better but also live longer! If we spend at least half an hour daily playing tennis, running, swimming or even walking we can achieve deep relaxation and at the same time protect ourselves from such serious medical problems as coronary disease, heart attack or circulatory disorders. Let us think of all these health benefits and start practising sports!

Another important thing for our health is sleep and rest. We should bear in mind that only relaxed people living without too much pressure and worry have a chance to keep healthy. However, that is not everything. Equally important is giving up such bad habits as drinking alcohol or smoking cigarettes. Some young people are of the opinion that smoking is a pleasure. They claim that cigarettes have many psychological benefits, for example they calm them down and make them feel better. What utter nonsense! It is scientifically proved that people who smoke one half to one packet of cigarettes daily die three years sooner than non-smokers. Besides, cigarettes cause serious diseases such as lung cancer, heart disease or bronchial troubles. Therefore, if we do not want to fall ill we should give up smoking altogether. We should become more health conscious and aware that we are basically responsible for our own well-being.

#### RHHHHH

#### **VOCABULARY A**

lifestyle - styl życia healthy - zdrowy to treat - traktować recipe - recepta, przepis

to keep fit and healthy - być w dobrej kondycji i zdrowiu

diet - dieta vigorous exercise - energiczne ćwiczenia (gimnastyka) to take into account - wziąć pod uwagę habits - przyzwyczajenia i nałogi indulgences - słabości to give priority - przedkładać whole food - zdrowa żywność rich - pożywny, tłusty meat - mięso fatty - tłuszczowe vitamins and minerals - witaminy i minerały

#### **HEALTH**

to avoid - unikać fatbuilding - budujące tłuszcz sweets - słodycze ice-cream - lody cookies - ciasteczka crisps - chipsy whole-meal bread - razowy chleb low-fat cottage cheese - chudy twarożek skimmed milk - odtłuszczone mleko balanced - zrównoważona varied - urozmaicona slim - szczupły to starve - głodować lean meat - chude mieso fresh fruit salads - surówki ze świeżych owoców to appease one's hunger - zaspokoić głód calorific - kaloryczne to be harmful to - szkodzić influence - wpływ comfort - dobre samopoczucie technological progress - rozwój techniki to feel unfit - czuć się niezdolnym do niczego to achieve - uzyskać

relaxation - odprężenie, relaks coronary disease - choroba wieńcowa heart attack - atak serca circulatory disorders - problemy z krążeniem sleep - sen rest - odpoczynek relaxed - wypoczety pressure - napiecie worry - zmartwienie to give up - zarzucić pleasure - przyjemność benefit - korzyść to calm down - uspokajać lung cancer - rak płuc heart disease - choroba serca bronchial troubles - kłopoty z oskrzelami to fall ill - zachorować altogether - całkowicie conscious - świadomy to be aware of ... - zdawać sobie sprawe z ... to be responsible for - być odpowiedzialnym za well-being - dobro, dobre samopoczucie

### \*\*\*\*\*\*

#### SPEAKING:

- 1. What does a "healthy lifestyle" mean?
- 2. Is your lifestyle healthy?
- 3. Are Polish people healthy? Why (not)?
- 4. What can be done to keep fit and healthy?

KKKKKKKKKK

## SPEAKING PRACTICE 5

- Spytaj kolegę, dlaczego tak źle wygląda.
- Jesteś chory na grypę. Poinformuj lekarza o swoich dolegliwościach.
- Masz mocno zepsuty ząb. Poproś dentystę, by próbował go jeszcze uratować, gdyż nie chcesz dać go wyrwać.
- Poproś pielęgniarkę o zmierzenie temperatury i ciśnienia krwi.
- 5. Poinformuj przez telefon o wypadku. Podaj ogólnie, co się stało ofiarom wypadku.
- Czy żyjesz zdrowo? Uzasadnij.

### MY NOTES:



## 6. SHOPPING. EATING OUT. SERVICES

## 6.1. Shopping

In England there is a wide variety of shops from huge shopping centres to popular department stores such as Marks and Spencer, Selfridges or Harrods, to small local shops.

Some people dislike doing the shopping in big stores. Although everything they buy there is carefully weighed out and wrapped up nicely, they feel anonymous. That is why they prefer to buy goods in small specialty shops which usually offer a wide assortment of articles of one kind. For instance, there are shops in which one can buy hats, umbrellas, toys, stationery, china, jewellery, records, flowers, cameras or electrical appliances.



Books, for example, can be bought in a bookshop, bread - in a bakery, meat - in a butcher's shop, milk and cheese - in a dairy, and so on. Many people like these shops because the atmosphere is friendly and the shop-assistants are polite and helpful.

However, doing the shopping in big MALLS is convenient for drivers. They are usually situated in the suburbs, far away from the city centre. They comprise the branches of well-known firms and department stores, many specialty shops, at least one supermarket, confectionery, fast food outlets and even a filling station. There is also a parking space for cars outside. In Britain it is possible to pay for goods by credit card but for food customers usually pay cash.

Shopping is a part of our everyday life. Some people love doing it and they are happy if they can pick up a bargain in the sales. Many department stores regularly organize clearance sales where high-quality goods can be bought even at half-price. However, many people get nervous when the shops are crowded or when they have to stand in long queues. They prefer to stay at home and choose articles from catalogues. It is a very popular way of shopping, the more so as the goods offered are sold at discount prices.

As far as consumer goods such as food products and especially fruit and vegetables are concerned, they can be bought cheapest at the open-air markets.

Most shops are open for the whole day but some close for lunchtime. However, on Sundays almost all shops are closed.

#### RHHHHH

#### **VOCABULARY A**

shopping - zakupy a wide variety - duża różnorodność

huge shopping centres - ogromne centra handlowe kind - rodzaj

department store - sklep wielobranżowy

(dom towarowy)

store - sklep

weighed out - odważone

wrapped up - zapakowane, owinięte

to prefer - woleć

to buy goods - kupować towary

specialty shops - sklepy specialistyczne

a wide assortment of articles - szeroki wybór towarów

hat - kapelusz

umbrella - parasol toys - zabawki

stationery - artykuły piśmiennicze

china - porcelana jewellery - bizuteria records - płyty

flowers - kwiaty

### SHOPPING, EATING OUT, SERVICES

camera - aparat fotograficzny

electrical appliances - urządzenia elektryczne

bookshop - księgarnia

bread - chleb bakery - piekarnia

meat - mieso

butcher's shop - sklep miesny

milk - mleko cheese - ser

dairy - sklep nabiałowy

shop-assistant - ekspedientka

polite - uprzejmy helpful - pomocny

MALL - centrum handlowe w Anglii

convenient - dogodne suburbs - przedmieścia far away from - daleko od to comprise - obejmować

branch - oddział

supermarket - duży sklep samoobsługowy

confectionery - ciastkarnia

fast food outlets - bary szybkiego żywienia

filling station - stacja benzynowa

parking space - parking

credit card - karta kredytowa to pav cash - płacić gotówką

to pick up a bargain in the sales - trafić na okazję

na wyprzedaży

clearance sale - wyprzedaż

high-quality goods - towary wysokiej jakości

at half-price - za pół ceny crowded - zatłoczony

to stand in a long queue - stać w długiej kolejce

the more so as - tym bardziej

articles - artykuły

catalogue - katalog

discount price - obniżona cena (niska) consumer goods - towary konsumpcyjne open-air market - rynek (targ uliczny)

#### **VOCABULARY B**

antique shop - antykwariat

delicatessen - delikatesy

drugstore - drogeria

newsagent - kiosk z gazetami flea-market - pchli targ

candy store - sklep ze słodyczami leather-goods store - sklep z artykułami skórzanymi

greengrocer - sklep warzywniczy stationer - sklep papierniczy grocery - sklep spożywczy

off-licence (shop) - monopolowy

florist - kwiaciarnia

furniture - meble

photo shop - sklep fotograficzny

haberdashery - galanteria

souvenir shop - sklep z upominkami

jeweller's shop - sklep jubilerski

shoe shop - sklep obuwniczy

chain store - sklep z sieci

cash desk - kasa sklepowa

shopping precinct - dzielnica handlowa

### SPEAKING

- 1. Do you prefer to do shopping in big stores or in small specialist shops? Why?
- 2. Who usually buys Christmas presents in your family and where?
- 3. Do you like shopping? Why? / Why not?

KKKKKKKKKKKK

## 6.2. In a ladies' clothes shop

Shop-assistant: Are you being served?

No. I am looking for a grey coat, size 40.

Shop-assistant: I'm afraid I can't help you at the moment. I can do the size, but not the colour.

I see. How about this beige one? Woman:

Is it size 40?



Shop-assistant: Yes. We have it on special offer. Would you like to try it on?

Woman: Yes, please. Shop-assistant: It fits perfectly.

Woman: Does it? What's it made of? Shop-assistant: It's made of pure wool.

Woman: I'll take it then. How much is it?

Shop-assistant: £75. Is there anything else you'd like to see?

Woman: No. thank you.

#### REEREE

a vest - kamizelka

#### **VOCABULARY A**

Are you being served? - Czy ktoś panią obsługuje? It fits perfectly - pasuje doskonale

lam looking for a coat - szukam płaszcza What's it made of? - Z czego jest zrobiony?

size 40 - rozmiar 40 pure wool - czysta wełna We have it on special offer - to nasza specjalna l'll take it - wezmę go

oferta How much is it? - Ile to kosztuje?

to try something on - przymierzyć

#### **VOCABULARY B**

Can I help you, madam? - Czym mogę pani

służyć? a shirt - koszula
I am just looking - Tylko się rozglądam a T-shirt - podkoszulka
I want something in brown - chcę coś w brązie
to serve a customer - obsługiwać klienta pyjamas - pidżama

| It doesn't fit - nie pasuje (rozmiarem) | a jacket - żakiet | a jacket - żakiet | a raincoat - płaszcz przeciwdeszczowy | too long / short - zbyt długie / krótkie | 新業業

It fits like a glove - pasuje jak ulał patterned - we wzorki l'll have it - wezmę to patterned - w krate

an evening dress - suknia wieczorowa silk - jedwabny a pair of jeans - dźinsy linen - Iniany trousers - spodnie leather - skórzany

trousers - spodnie leather - skorzany a dressing gown - szlafrok suede - zamszowy

### RHHHHH

### **SPEAKING**

- 1. What clothes do you usually wear in spring / summer / winter?
- 2. Which clothes do you buy alone and which with your friend or family?
- 3. Do you like buying clothes? Why? / Why not?

## 6.3. In a shoe shop

Shop-assistant: Can I help you, madam?

Customer: I'd like some sandals. Do you have anything in brown?

Shop-assistant: What size do you wear? Customer: I wear size 7, normally. Shop-assistant: Certainly. Do they fit?

Customer: No, they pinch my toes. Have you got a larger size?

Shop-assistant: Sorry, but they are sold out right now.

Look in again on Wednesday.

Customer: All right then. I will, thank you.

REEREE

### **VOCABULARY A**

Can I help you, madam? - Czym mogę pani to try (the shoes) on - przymierzyć (buty)

służyć? to fit - pasować

sandals - sandały they pinch my toes - uwierają mnie w palce

in brown - w brązowym kolorze larger size - większy rozmiar What size do you wear? - Jaki numer pani nosi? sold out - wyprzedane

VOCABULARY B

ladies' shoes - obuwie damskie high-heeled shoes - buty na wysokim obcasie men's shoes - obuwie meskie low-heeled shoes - buty na niskim obcasie

sports shoes - buty sportowe pumps - czółenka tennis shoes - tenisówki slippers - kapcie winter boots - obuwie zimowe heels - obcasy trainers - adidasy soles - podeszwy

waterproof boots - kalosze too small / too large - za małe / za duże

moccasins - mokasyny stylish - modne, eleganckie evening sandals - buty wieczorowe na wysokim obcasie comfortable - wygodne uncomfortable - niewygodne

**SPEAKING** 

1. What shoes do you wear in spring / summer / winter?

2. Do you like high-heeled shoes or do you prefer comfortable pumps?

## 6.4. In a post office

### Dialogue 6.4.1

Woman: Could you tell me how much the postage for a letter to Denmark is?

Clerk: Would you like to send this airmail, express or registered mail?

Woman: Airmail, please.
Clerk: That's 85p.
Woman: Here you are.

Clerk: Thank you.

### Dialogue 6.4.2

Man<sup>.</sup>

Good morning. Good morning.

Clerk: Man:

I'd like to send a telegram.

Clerk:

Certainly. Take this form, please.

Man:

How much is it per word?

Clerk:

5p.

Man:

Right.

### Dialogue 6.4.3

Woman:

I want to send a postcard to Belgium. What's the postage on it?

Post office clerk: 25p. Anything else?

Woman:

Yes. A 15p stamp and an envelope, please.

Post office clerk: Here you are. That comes to 45p.

### Dialogue 6.4.4

Operator:

Can I help you?

Woman:

I want to make a call to Bristol. Can I call direct?

Operator:

No. I have to put you through.

Give me the number, please.

\*\*\*

Sorry, but the line is engaged. Would you please try again later?

Woman: Operator:

Certainly.

REEREE

### **VOCABULARY A**

postage - opłata

to send a letter airmal / express / registered mail wysłać list pocztą lotniczą / ekspresem /

/ poleconym

to send a telegram - wysłać telegram

form - formularz

How much is it per word? - Ile kosztuje (za) słowo?

a postcard - kartka pocztowa

stamp - znaczek

envelope - koperta

to make a call to Bristol - zamówić rozmowe

do Bristolu

to call direct - dzwonić bezpośrednio

to put through - połaczyć

number - numer

the line is engaged - linia jest zajęta to try again later - spróbować później

operator - telefonistka

### **VOCABULARY B**

postal service - usługi pocztowe to go to the post office - iść na pocztę to fill in a form - wypełnić druk to address a letter - zaadresować list

to label a parcel - zaadresować post code - kod pocztowy express letter - list ekspresowy registered mail - przesyłka polecona

#### SHOPPING. EATING OUT. SERVICES

registered letter - list polecony airmail - poczta lotnicza surface mail - poczta zwykła letter box - skrzynka pocztowa telephone box - budka telefoniczna money order form - formularz przekazu

pienieżnego

remittance - przekaz

postal order - przekaz pocztowy insured mail - przesyłka wartościowa

to post (a letter) - wysłać (list) addressee - adresat

sender - nadawca postman - listonosz

to deliver mail - dostarczać poczte

#### REEREE

#### SPEAKING

- 1. What can people in a post office do?
- 2. Do you like writing letters? Why? / Why not?



### 6.5. In a restaurant

It is difficult to find a traditional English restaurant in Britain. English people usually spend their leisure time in pubs which are considered to be something of a national institution in the United Kingdom. For many people, a public house is a place where they can not only drink beer or eat traditional English dishes such as roast beef, kidney pie, Yorkshire pudding or toad-in-the-hole but also talk to friends, listen to music and even play such games as darts or billiards. However, in most cities in Britain there are numerous Indian, Chinese, French, Greek or Italian restaurants which offer good food at competitive prices and are very popular.

### Dialogue 6.5.1

Waiter: Good evening. May I help you?

Guest: Good evening. We booked a table for two yesterday.

Waiter: Your name, Sir? Guest: Brown, James Brown,

Oh, yes. Table number seven. This way, please. Waiter: Guest: May we sit here? We'd like a table in the corner.

Waiter: I'm sorry, Sir. This table is reserved.

Guest: All right then. Could we have the menu, please?

### Dialogue 6.5.2

Waiter: Can I take your order, please?

Guest I: Yes. We'd like sweet and sour pork and rice.

Waiter: Would you like anything to drink? Guest I: We'd like a bottle of red wine, please. Waiter:

How about dessert?

Guest I:

Let me see... Peaches and cream for me.

What about you, darling?

Guest II:

Custard and fruit would be nice, I think.

Waiter:

Is that all?

Guest I:

Yes, that's all

### Dialogue 6.5.3

Guest: Waiter:

Waiter, could we have the bill, please! Certainly. Eleven pounds fifty, please. Here you are. Keep the change, please.

Guest:

That was a very good meal. We enjoyed it, thank you.

Waiter:

Thank you very much.

### RHHHHH

### **VOCABULARY A**

leisure - czas wolny pub (=public house) - pub beer - piwo dishes - potrawy

roast beef - pieczeń wołowa kidney pie - zapiekanka z nerek

Yorkshire pudding - zapiekanka z tłuszczem

toad-in-the-hole - kiełbaski w cieście naleśnikowym

darts - rzucanie strzałkami do tarczy

billiards - bilard

to book a table - zarezerwować stolik

reserved - zarezerwowany Can I take your order, please? - Czy moge przyjać

zamówienie?

sweet and sour pork - wieprzowina w sosie słodko-kwaśnym

peaches and cream - brzoskwinie ze śmietana custard and fruit - owoce w kremie

bill - rachunek

to keep the change - zatrzymać reszte

meal - posiłek

#### **VOCABULARY B**

cuisine - kuchnia (sposób gotowania) coffee house (cafe) - kawiarnia pizza house - pizzeria fast food outlets - bary szybkiej obsługi to eat out - jeść poza domem to go to a restaurant - iść do restauracji to call the waiter - zawołać kelnera to recommend something - polecać coś service - obsługa tip - napiwek set menu - dania z karty starter - zimna zakaska

first course - pierwsze danie second course - drugie danie main course - danie główne appetizers - przystawki

salad - sałatka, surówka

snacks - przekaski

seasoning - przyprawa, przyprawianie

ADJECTIVES - przymiotniki cold / hot - zimny / ciepły (goracy) dietetic / fattening - dietetyczny / tuczący heavy / light - cieżkostrawny / lekki spicy / tasteless - ostry / bez smaku sweet / sour - słodki / kwaśny

SOUPS - zupy borsch - barszcz bouillon - bulion chicken soup - rosół z kurczaka onion soup - zupa cebulowa tomato soup - zupa pomidorowa vegetable soup - zupa jarzynowa yellow pea soup - zupa grochowa oxtail soup - zupa ogonowa cauliflower soup - zupa kalafiorowa clear soup - rzadka zupa thick soup - gesta zupa

### SHOPPING, EATING OUT, SERVICES

MEAT - mieso beef - wołowina mutton - baranina pork - wieprzowina veal - cielecina chops - kotlety dish of chopped meat and cabbage - bigos fried chicken - pieczony kurczak goulash - gulasz meatballs - klopsy meat pie - mieso zapiekane w cieście pork chops - kotlety wieprzowe roast beef - pieczeń wołowa spare-ribs - kotlety schabowe steak - stek veal cutlet - sznycel

boiled - gotowane fried - smażone grilled - z rusztu medium / well-done - lekko / dobrze wypieczone roasted - opiekane

FISH - ryby carp - karp caviar - kawior cod - dorsz crab - krab herring - śledź salmon - łosoś shrimps - krewetki trout - pstrag tuna - tuńczyk baked - pieczone fried - smażone smoked - wędzone

stewed - duszone

OTHERS - inne macaroni - makaron noodles - kluski potatoes - ziemniaki rice - ryż salad - surówka spaghetti - spaghetti VEGETABLES - jarzyny

beet-root - burak cabbage - kapusta carrot - marchew celery - seler cucumber - ogórek leek - por lettuce - sałata pepper - papryka spinach - szpinak tomato - pomidor turnip - rzepa

**BEVERAGES** - napoje aperitif - aperitif

beer - piwo a pint of beer - kufel piwa (0,5 litra)

coffee - kawa

a cup of coffee - filiżanka kawy

with milk / with cream / with sugar - z mlekiem / / ze śmietanką / z cukrem

hot chocolate - goraca czekolada iuice - sok fruit juice - sok owocowy orange juice - sok pomarańczowy lemonade - lemoniada liqueur - likier

mineral water - woda mineralna

tea - herbata wine - wino sweet - słodkie dry - wytrawne Cheers! - Na zdrowie!

**DESSERTS** - desery apple pie - szarlotka cheese-cake - sernik

fruit and cream - owoce w śmietanie

ice-cream - lody

vanilla / strawberry / chocolate - waniliowe / / truskawkowe / czekoladowe

layer cake - tort poppy-seed cake - makowiec

puff - ptyś

stewed fruit - kompot

\*\*\*\*\*\*\*\*\*\*\*\*

## 6.6. Talking on the telephone

### Dialogue 6.6.1

Man: Hello, operator. I want to make a personal call to Euston.

Operator: Number please.

Man: 13608.

Operator: Who are you calling?

Man: Extension 512.

Operator: What's your number, please?

Man: Epsom 85630.

Operator: Putting you through.

Man: Thank you.



Woman: Hallo. Could I speak to Mr Brown?

Secretary: Who's calling, please? Woman: My name is Anna Smith.

Secretary: Hang on a moment. I'll just see if he is in.

I am sorry, he is not available at the moment. Can I take a message?

Woman: No, thank you. I'll call back later.

Dialogue 6.6.3

Woman: Bedford 261255.

Susan: Hallo. This is Susan here. May I have a word with Joan?

Woman: Hold on, please. I'll find out if she's at home.

Joan! There's a phone call for you.

Joan: Hello, Who's there?

Susan: Hello, Joan. This is Susan.

Joan: Susan! Nice to hear from you. How are you? Everything all right?

Susan: Fine, thanks. Listen, Joan. I am calling to ask you if you would like to come to

a party.

Joan: When is that?

Susan: On Saturday evening at my place.

Well? What about that?

Joan: All right, I'll come.

Susan: Great. See you on Saturday then.

Joan: See you. Susan: Bye.

Joan: Bye. Thank you for the invitation.

\*\*\*\*\*\*

#### **VOCABULARY A**

operator - telefonistka personal call - rozmowa z przywołaniem

number - numer to call - dzwonić extention - wewnetrzny

to put (sb.) through - połączyć to hang on a moment - chwile poczekać he is not available - nie jest osiągalny Can I take a message? - Czy mam mu coś

przekazać?

to call back later - zadzwonić później to have a word with someone - chwile z kimś porozmawiać

to find out - sprawdzić, dowiedzieć sie phone call - telefon (rozmowa) Nice to hear from you - miło cię słyszeć

party - prywatka (impreza) at my place - u mnie (w domu) See you - do zobaczenia

### **VOCABULARY B**

business call - rozmowa służbowa local call - rozmowa miejscowa

collect call - rozmowa zamiejscowa, za która płaci

rozmówca

long-distance call - rozmowa zamiejscowa toll-free call - rozmowa bezpłatna

international call - rozmowa międzynarodowa dial-direct call - rozmowa bezpośrednia switchboard - centrala telefoniczna telephone book - książka telefoniczna

to dial a number - wykrecić numer to answer the phone - odebrać telefon to hold on - nie odkładać słuchawki

the number's engaged / busy - numer jest zajety

wrong number - pomyłka no answer - nikt nie odbiera to hang up - odwiesić słuchawkę dial tone - sygnał

area code - numer kierunkowy

\*\*\*\*\*

#### **SPEAKING**

- 1. How do you make a personal call?
- 2. Do you like talking on the telephone? Why / Why not?
- 3. Describe a long-distance call you have made.

## 6.7. At a Bank

Bank clerk:

Can I help you?

Customer:

I'd like to open a current account.

Bank clerk:

Have you got any I.D.?

Customer:

Yes.

Bank clerk:

Now, you have to fill in this form and sign it here.

Customer:

Bank clerk:

Is that all?

Yes, that's all. If you want to withdraw the money, you'll have to make out a

cheque. Will I get a cheque book?

Customer: Bank clerk:

Yes, you will get one in a week's time.

Customer:

And where can I cash a cheque? In this bank only?

TADEUSZ FABISIAK Kluczbork, ul. Ficka 13 tal 14-33

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Bank clerk: No, you can also cash it in any post office. Now, every month you'll get a bank

statement informing you about your balance, that is the amount of money in

your account.

Customer: I see.

Bank clerk: You can also arrange for the bank to pay your regular bills.

Customer: Good. Do I have to pay commission on services? Bank clerk: Yes, we charge our customers £5 a month.

Customer: I see. Could you tell me how much interest I would earn on a current

account?

Bank clerk: You would earn 18% interest yearly. Is there anything else you would like to

know?

Customer: No, thank you.

Bank clerk: Not at all!

REEEEE

### **VOCABULARY A**

current account - rachunek bieżący bank - bank to open a current account - otworzyć rachunek post office - poczta

bieżący bank statement - informacja o stanie konta

I.D. - dowód tożsamości (identyfikator) balance - saldo to fill in a form - wypełnić druk (formularz) amount of money - ilość pieniędzy (kwota)

to sign - podpisać regular bills - stale (miesięczne) opłaty

to withdraw money - wycofać (wypłacić) pieniądze to pay commission on services - pobierać opłatę to make out a cheque - wystawić czek za usługi

cheque book - książeczka czekowa to charge - tu: płacić opłatę manipulacyjną to cash a cheque - zrealizować czek to earn interest - przynosić procent / odsetki

#### **VOCABULARY B**

National Bank - Bank Narodowy banknote - banknot currency - waluta savings bank - kasa oszczędności foreign currency - dewizy

counter - kasa doszczędności to save money - oszczędzać pieniądze

payable over the counter - płatny przy kasie to change money - wymienić pieniądze exchange rate - kurs

cheque - czek exchange rate - kurs traveller's cheque - czek podróżny bureau de change - kantor wymiany walut

signature - podpis interest - odsetki

cash - gotówka to pay by cheque - płacić czekiem earnings - zarobki to pay cash - płacić gotówką

income - dochód to pay money into an account - wpłacić pieniądze

salary - pensja (miesięczna) na k wage - pensja (tygodniowa) bank account - rachunek bankowy

coin - moneta deposit account - lokata terminowa

credit card - karta kredytowa savings account - rachunek oszczędnościowy

### **SPEAKING**

1. How to open a current account?

2. What are the advantages of having a current account?

3. What services do banks offer?

**HHHHHHHHHHH** 

## 6.8. At the hairdresser's

Can I help you? Hairdresser:

I'd like to change my hair-do. I've always had long hair and I don't like it any Woman:

longer.

How do you want it, madam? Hairdresser:

Oh, I don't know exactly. Could you help me to decide on some re-style? Woman:

Well, there are a lot of possibilities. Look over this catalogue, please. Hairdresser:

Woman: It's so difficult to decide ...

What about this hair-do with bangs? Do you like it? Hairdresser:

Woman: No. not particularly. And this page-boy style? Hairdresser:

I don't like it either. I'd rather have my hair cut and waved. Woman:

Certainly. Do you want a permanent wave? Hairdresser:

Yes. I think so. I'd also like my hair dyed. Does Woman:

> auburn suit me? Yes, it's very nice.

Hairdresser: All right then. I've made up my mind. Woman:

AFTER AN HOUR

You look perfect. This hair-do suits you. Hairdresser:

Yes, I think so. That's fine. Thank you. How much do I owe you? Woman:

Hairdresser: £30, please.

Right. And this is for you. Woman:

Hairdresser: Thank you.

KKKKKK

i zakręcić włosy

### **VOCABULARY A**

to have one's hair cut and waved - ściąć hair-do - fryzura to change one's hair-do - zmienić fryzurę

permanent wave - trwała long hair - długie włosy

to have one's hair dyed - ufarbować włosy re-style - nowa fryzura (zmiana fryzury)

auburn - kasztan (kolor kasztanowy) possibility - możliwość to make up one's mind - zdecydować sie with bangs - z grzywka

to suit - pasować page-boy style - na pazia

How much do I owe you? - Ile jestem winna?

### **VOCABULARY B**

beard - broda plait - warkocz razor cut - strzyżenie brzytwą pony tail - koński ogon

to thin one's hair - wycieniować włosy bun / bob - kok to wash one's hair - umyć głowę curls / ringlets - loczki to spray one's hair - lakierować włosy waves - fale to set one's hair - uczesać (zrobić fryzurę) to trim - przyciać

moustache - wasy

KKKKKKKKKKK

## 6.9. At the watch-maker's

Good morning.

Watch-maker: Good morning. Can I help you, Sir?

My watch is broken. It stopped a few days ago.

Watch-maker: Could I please see your watch? Certainly. Can you repair it?

Watch-maker: I think so, yes. The spring is broken. We have to replace it.

When will it be ready? You see, I can't do without it. That's my Man:

favourite one. And besides, it's very annoying not to know what time it is.

Watch-maker: I see. Look in again tomorrow. It will be ready.

Thank you. Goodbye. Man:

Watch-maker: Goodbye.

#### REEREE

### **VOCABULARY A**

watch-maker - zegarmistrz

my watch is broken - zegarek mi się popsuł

to stop - zatrzymać się to repair - naprawić spring - sprężyna

to replace - wymienić

I can't do without it - nie moge sie bez niego obejść

favourite - ulubiony to look in - zajrzeć ready - gotowy

### **VOCABULARY B**

What time is it? - Która godzina? my watch is slow - zegarek mi się spóźnia my watch is fast - zegarek się spieszy

glass - szkielko strap - pasek clock - zegar

Man:

wall-clock - zegar ścienny chiming clock - zegar z kurantem sun-dial - zegar słoneczny

grandfather's clock - zegar kominkowy (szafkowy) a waterproof watch - zegarek wodoodporny to regulate a watch - wyregulować zegarek to wind up a watch - nakręcać zegarek

alarm-clock - budzik

to set an alarm-clock - nastawiać budzik

### REFERENCE

# 6.10. At the photographer's

Photographer: Can I help you?

I'd like to have two films developed. Man:

Photographer: Do you also want prints?

Yes, I want two prints of each negative but there's one problem. My camera

must be out of order. I can't take the film out!

Photographer: Let me see.

Man: Can you repair it?

Photographer: Well, the film must have jammed.

Oh no, you've simply forgotten to rewind it! It's all right now.

Man: Thank you.

### SHOPPING. EATING OUT. SERVICES

Photographer: Do you want your prints with a glossy or mat finish?

Man: Mat, please. And I'd also like to buy new colour film. Which one is good for

this camera?

Photographer: Well, it depends. Do you want a fast film or a fine-grain one?

Man: A daylight type, please. Photographer: If so, this one is good.

Man: All right. Could you put it into my camera?

Photographer: Yes, please. Give it to me.

Man: And when will the prints be ready?

Photographer: Come tomorrow, please.

Man: Okay. Do I pay now or later?

Photographer: When you collect them.

Man: All right. Goodbye.

Photographer: Goodbye!

REEREE

#### **VOCABULARY A**

to have a film developed - dać do wywołania film

prints - odbitki negative - negatyw

camera is out of order - aparat fotograficzny jest

zepsuty

est fast film - czuły film

to take the film out - wyjąć film

the film must have jammed - film musiał się zaciać

Can you repair it? - Czy może pan to naprawić?

to rewind the film - przewinąć film

glossy / mat finish - z połyskiem / matowe odbitki

to buy - kupować colour film - film kolorowy

fine-grain film - malo czuły film

a daylight type - film do zdjęć w świetle dziennym to put a film into a camera - włożyć film do aparatu

to pay - płacić

to collect prints - odebrać zdjęcia

#### **VOCABULARY B**

photographing - fotografowanie

photograph - fotografia to photograph - fotografować to take a photograph - robić zdjecia

slide - przezrocze

passport photograph - zdjęcie paszportowe family photograph - zdjęcie rodzinne the photos came out - zdjęcia wyszty

cassette film - film w kasecie

lens - obiektyw

exposure meter - światłomierz time releaser - samowyzwalacz electronic flash - lampa błyskowa

tripod - statyw

pocket instámatic camera - aparat automatyczny focus-free camera - aparat z automatycznym nastawianiem ostrości

Say cheese! - Proszę o uśmiech!

RHHHHHHHHHH

## 6.11. In a dry cleaner's

Woman: Can

Can I help you, madam?

Customer:

I want to have this dress dry-cleaned. There's a stubborn stain on it. Can you

get it out?

Woman:

Well, we shall try but first you'll have to rip away the buttons.

Customer:

Is it really necessary? There are so many of them...

Woman:

Yes, or otherwise I can't guarantee that they won't come off while cleaning.

Customer: All right then. When will my dross he ready? I want it as seen as a little

Customer: All right then. When will my dress be ready? I want it as soon as possible.

Woman: If you order express service, it will be ready in two days' time. You see, we

have to iron it afterwards.

Customer: All right. Won't it shrink?

Woman: No, I don't think so.
Customer: Certainly, Is that all?

Woman: Yes, that's all.

### REEREE

### **VOCABULARY A**

to have a dress dry-cleaned - oddać sukienkę do prania chemicznego

stubborn stain - uporczywa plama to get a stain out - usunąć plamę to rip away the buttons - odpruć guziki

to guarantee - gwarantować

express service - usługa ekspresowa

ready - gotowa to iron - wyprasować to shrink - skurczyć się to sign - podpisać

### **VOCABULARY B**

to go to the dry-cleaner's - iść do pralni chemicznej to soil - zabrudzić, usmarować (ziemią) clothes - ubranie to smear - poplamić, potocznie: zapaćkać

to stain - poplamić greasy/oily stain - tłusta plama

to blot - zaplamić atramentem to clean thoroughly - wyczyścić dokładnie

REREEREREER

## SPEAKING PRACTICE 6:

- 1. Zachęć kolegę do pójścia z tobą na zakupy do dużego nowego centrum handlowego.
- 2. Poinformuj gościa, gdzie i kiedy może zrobić w twoim mieście duże zakupy.
- 3. Powiedz, dlaczego lubisz robić zakupy w małych sklepach. A może nie lubisz?
- Spytaj sprzedawczynię, czy pomoże ci wybrać płaszcz w odpowiednim rozmiarze i kolorze.
- 5. Spytaj sprzedawcę o wygodne buty sportowe.
- Zamów w restauracji obiad dla 4 osób (wybierz menu).
- 7. Zareklamuj u kelnera podany obiad (prawie nic ci nie smakowało powiedz dlaczego).
- 3. Spytaj na poczcie o połączenie telefoniczne z Polską.
- ). Spytaj przy okienku pocztowym, kiedy list polecony dojdzie do adresata.
- 10. Zaproś przez telefon znajomego na przyjęcie.
- 11. Zamów w centrali rozmowę telefoniczną z Edynburgiem.
- 12. Poradź koledze, aby założył sobie konto w banku.
- Powiedz fryzjerowi, jak ma ciebie ostrzyc.
- 14. Powiedz zegarmistrzowi, że stanał ci zegarek i zleć naprawe.
- Daj do wywołania film i poproś o zrobienie odbitek.
- Oddaj do pralni chemicznej, w terminie ekspresowym, zabrudzony płaszcz. Dowiedz się, czy można usunąć tłuste plamy.

# 7. LIVING



## 7.1. In a small town

It is not so easy to live in a little town. Sometimes I hate it. People here are so nosy. I know almost all of them. We went to the same school together, our parents work in the same plants and we often meet in the same health center. If you want to express your own opinion in a small town, you must have more courage than in a big city. Everyone knows me here and everyone discusses my behaviour. When I graduate from my secondary school, I will move to some big city and I am not going to come back here.

Many people say that everything in our town is much better than in a city. They claim that the air is cleaner, it is not so noisy, there are no parking problems and ... it is impossible to get lost. However, the question arises why so many young people want to leave small towns and move to big cities. The answer is simple. First of all, there are many problems with education. The choice is rather limited: a few primary schools, one secondary school and two technical ones. If someone wants to study at university, he or she has to go to a big city. There are also great problems with finding a good and suitable job and the unemployment rate is really high. Moreover, there are only two cinemas which are considered to be the main cultural centres in our town. Besides, in case of serious medical disorders, people have to go to a big city to be hospitalized or to see a specialist.

As a matter of fact, shopping is no longer a problem in our town. There are more and more shops and the assortment of goods is much better than it used to be. Now we do not need to go someplace else to buy high quality goods. Something has changed and this is a sign that everything else may also change for the better.

### REEREE

### **VOCABULARY A**

little town - małe miasteczko
to hate - nienawidzić
nosy - wścibski
the same school - ta sama szkoła
in the same plants - w tych samych zakładach
to express one's own opinion - wyrazić własne
zdanie

to have more courage - mieć więcej odwagi in a big city - w dużym mieście to discuss something - dyskutować o czymś behaviour - zachowanie to move to a big city - przenieść się do dużego miasta

to come back - wrócić noisy - hałaśliwy to leave - opuszczać no parking problems - brak (nie ma) problemów z parkowaniem

education - wykształcenie
the choice is limited - wybór jest ograniczony
to find a job - znaleźć pracę
suitable - odpowiednia
unemployment rate - skala bezrobocia
cultural centre - centrum kulturalne
medical disorders - dolegliwości zdrowotne
to be hospitalized - być hospitalizowanym
specialist - specjalista
shopping - zakupy
assortment of goods - wybór towarów
high quality goods - wysokiej jakości towary
sign - znak
to change for the better - zmienić się na lepsze

### **SPEAKING**

- 1. What is the atmosphere of small towns?
- 2. Would you like to live in a little town? Why? / Why not?
- 3. Why do so many people in Poland move to big cities?

### REEEEEEEEEEE

# 7.2. In a big city



I was born in a big city and I have always lived here. i think that life in a big city is more comfortable and exciting than in the country or a small town.

First of all, cities offer better education and it is easier to find a good and interesting job. Hence, there are more opportunities to succeed in life. Moreover, there is a good selection of cinemas, theatres, galleries or restaurants where people may spend their leisure time. There is always something interesting to see or do and it is just impossible to be bored. The services in a big city are always better. There are a lot of good shops and department stores where shopping can be done easily and quickly.

Besides, there are many sports facilities such as swimming pools, tennis courts or gym halls where people may practice their favourite sports.

However, living in a big city has also some disadvantages. Most city-dwellers are forced to live in blocks of flats where they are quite anonymous. It often happens that they do not even know their neighbours and in an emergency they cannot count on their help. Many of them feel lonely as it is rather difficult to strike up a friendship or close acquaintanceship in a big city. Young people are in a better situation. They go to clubs, discos and they have more opportunities to meet someone.

Heavy traffic is another big problem. Fumes emitted directly into the atmosphere pollute the air so heavily that many city-dwellers suffer from serious medical disorders. Besides, the noise never stops and there are numerous car accidents almost every day. Furthermore, it is very difficult to find a parking place, especially in the centre.

In addition to all this, the crime rate in most cities is very high. Some people never go out in the evening because they are afraid of being robbed or abused. They also dread leaving their flats as there are frequent burglaries in big cities nowadays.

In spite of all these disadvantages, many inhabitants love their cities and cannot imagine themselves living in the country, even if it is cheaper and healthier. They just claim that life in a big city has a different quality and it is never dull.

### RRRRRR

### **VOCABULARY A**

big city - duże miasto comfortable - wygodny exciting - ekscytujące in the country - na wsi in a small town - w małym miasteczku to find a good and interesting job - znaleźć dobrą i interesującą pracę more opportunities - więcej możliwości

to succeed in life - odnieść sukces w życiu good selection - dobry wybór to spend one's leisure time - spędzać czas wolny to be bored - być znudzonym services - usługi shopping - zakupy sports facilities - tu: obiekty sportowe disadvantage - wada

### LIVING

city-dweller - mieszkaniec miasta block of flats - blok anonymous - anonimowy in an emergency - w sytuacji wyjątkowej (nagłej) to count on one's help - liczyć na czyjąś pomoc to strike up a friendship - zawrzeć przyjaźń acquaintanceship - znajomość more opportunities - więcej możliwości heavy traffic - duży ruch fumes - spaliny to pollute the air - zanieczyszczać powietrze to suffer from - cierpieć na medical disorders - kłopoty zdrowotne noise - hałas

car accidents - wypadki samochodowe parking place - miejsce do parkowania centre - centrum crime rate - wskaźnik przestępczości to be robbed - być okradzionym to be abused - być obrzuconym obelgami to dread leaving - bać się pozostawiania frequent burglaries - częste włamania inhabitant - mieszkaniec cheaper - tańsze healthier - zdrowsze different quality - inna jakość dull - nudne

### **VOCABULARY B**

city centre - centrum miasta skyscraper - drapacz chmur tower block - wieżowiec building - budynek office building - biurowiec detached house - dom jednorodzinny terraced house - szeregowiec villa - willa developed - rozwinięty historical - historyczny modern - nowoczesny picturesque - malowniczy polluted - zanieczyszczony crowded - zatłoczony destroyed - zniszczony district - dzielnica miasta suburbs - przedmieścia

square - plac the main street - główna ulica the Old Town - Stare Miasto avenue - aleja department store - dom towarowy shopping centre - centrum handlowe playground - plac zabaw underground - metro housing estate - osiedle mieszkaniowe railway station - dworzec kolejowy bus terminal - dworzec autobusowy city transport - komunikacja miejska to pollute the town - zanieczyszczać miasto to go out of the town - wyjechać z miasta to suffer from noise - cierpieć z powodu hałasu to expand the town - rozbudowywać miasto

REEEEE

### SPEAKING

- 1. What are the advantages of living in a big city?
- 2. Where will people in the year 2000 be living?
- 3. Where would you like to live: in a big city or in the country? Why?

**HHHHHHHHHHH** 

# 7.3. Living in the country



Living in the country in Poland has never been easy. Even today it is not very comfortable. Of course a lot has changed. People have built new houses, new roads and buildings. The difference between the city and the country is gradually disappearing. However, villages do not become cities. The rural character is preserved although the living conditions have been improved.

Nowadays the development in agriculture is quickly progressing. The new houses,

schools or culture clubs also indicate that something has changed for the better. Before the war, living in the country was quite different. On huge estates there were manor houses surrounded by primitive villagers' cottages. The peasants had to work hard in the fields and they were paid little money. Very often children had to work together with their parents and their education was totally neglected. In many villages there were no schools, electricity and gas. All this, of course, belongs to the past.

Now most people live in comfortable and well-equipped houses. The air and water are clean and they may grow fruit and vegetables. The main disadvantage, however, is the shortage of health centres, shops, cinemas and clubs. Many local libraries have been closed recently because of the lack of money. Another problem is unemployment. A lot of people who used to work on big state farms suddenly lost their jobs. Most of them do not have enough money to buy some land or to start their own business.

To solve these problems, wise political decisions should be taken. Only in this way living in the country could become easier and better.

### REEERE

### **VOCABULARY A**

living in the country - mieszkanie (życie) na wsi easy - łatwe comfortable - wygodne difference - różnica to disappear gradually - stopniowo zanikać village - wieś rural character - wiejski charakter living conditions - warunki życia to improve - polepszać development in agriculture - rozwój w rolnictwie to progress - postępować, rozwijać się to change for the better - zmienić (sie) na lepsze huge estate - ogromna posiadłość ziemska manor house - rezydencja wiejska (dworek) surrounded by - otoczone primitive villagers' cottages - prymitywne chaty wieśniaków

to work hard in the fields - pracować ciężko w polu

peasant - chłop
totally neglected - całkowicie zaniedbana
electricity - elektryczność
to belong to the past - należeć do przeszłości
well-equipped house - dobrze wyposażony dom
to grow fruit and vegetables - uprawiać owoce
i warzywa
the main disadvantage - główna wada
shortage - brak
health centre - ośrodek zdrowia
library - biblioteka

unemployment - bezrobocie state farms - państwowe gospodarstwa rolne to lose one's job - stracić pracę to buy some land - kupić trochę ziemi wise political decisions - madre decyzie polityczne

lack of money - brak pieniędzy

### **VOCABULARY B**

villager, countryman - mieszkaniec wsi farmer - rolnik, gospodarz farmstead - zagroda z zabudowaniami to cultivate the land - uprawiać ziemię to work hard - ciężko pracować to live peacefully - żyć spokojnie to grow - uprawiać harvest - żniwa crops - zbiory farm - gospodarstwo mixed farm - gospodarstwo mieszane poultry farm - gospodarstwo drobiarskie stock farm - gospodarstwo hodowlane

### **SPEAKING**

- 1. Would you like to live in the country? Why? / Why not?
- 2. Compare living in the country with living in a big city.
- 3. What are the advantages of living in a village?
- 4. What should be done to make country life easier?

# 7.4. My flat, my room

The house I live in has six floors. I live on the fifth floor. Fortunately, we have a lift so I do not have to go up the stairs.

Our flat has a long corridor from which one can go into all the rooms. The bathroom and the toilet are separate. The kitchen is spacious and comfortable. We have there a big table with some stools and very nice cupboards. Whenever guests visit us, they like to sit in our kitchen because it is very cosy.

Unfortunately, we do not have central heating and sometimes our flat is a little bit cold in winter.

My room is quite big. I have here a comfortable sofa and two armchairs. The furniture is rather old but in very good condition. Between the sofa and the armchairs there is a small round table on which I put my books and magazines. I try to keep it in order but it is not so easy. In the corner there is a big wardrobe full of my clothes. I also have an old commode with a few drawers where I put my underlinen and other oddities. By the window there is my desk at which I study every day. Besides, there are a lot of flowers, pictures, posters and a few bookshelves in my room. On the floor there is an oval woollen carpet. The window is curtainless because it looks on a small garden.

I like my room very much and I am happy that I do not have to share it with anyone.

### REEREE

### **VOCABULARY A**

six floors - sześć pięter

lift - winda to go up the stairs - wchodzić po schodach

long corridor - długi korytarz

to go into all the rooms - wejść do wszystkich

pokojów

bathroom - łazienka

toilet - toaleta

separate - oddzielnie kitchen - kuchnia

spacious - przestronna, obszerna

comfortable - wygodna, komfortowa

a big table - duży stół

stool - taboret

cupboards - szafki kuchenne

cosy - przytulny

central heating - centralne ogrzewanie

flat - mieszkanie sofa - sofa, kanapa

armchair - fotel

furniture - meble

in very good condition - w dobrym stanie

round table - okragły stół

to keep something in order - utrzymywać coś

w porzadku

in the corner - w rogu

wardrobe - szafa clothes - ubrania

commode - komoda

drawer - szuflada

underlinen - bielizna

oddities - drobiazgi

by the window - przy oknie

desk - biurko

poster - plakat

bookshelf - półka na książki

on the floor - na podłodze

oval woollen carpet - owalny weiniany dywan

curtainless - bez zasłonek

it looks on a small garden - wychodzi na mały

ogród

to share - dzielić

## **VOCABULARY B**

block of flats - blok mieszkalny semi-detached house - bliźniak detached house - dom wolnostojący two-storey house - dom pietrowy

ground floor - parter

floor - pietro

on the first floor - na pierwszym piętrze

attic - poddasze

cellar - piwnica
yard - podwórze
hall - przedpokój
dining room - jadalnia
bedroom, sleeping room - sypialnia
living room - salonik
children's room - pokój dziecięcy
study - gabinet
modern - nowoczesny
old-fashioned - staromodny
stylish - gustowny
with all conveniences - komfortowy
wall - ściana
ceiling - sufit

terrace - taras
porch - ganek
fireplace - kominek
bookcase - biblioteczka
chair - krzesło
coffee table - ława
light - światło
wallpaper - tapeta
bunk beds - łóżko piętrowe
dressing table - toaletka
to furnish - meblować
to decorate - malować, tapetować
to redecorate - odnawiać
to move house - przeprowadzić się

### жжжжж

### **SPEAKING**

balcony - balkon

- 1. Describe your flat / house.
- 2. Describe your room.
- 3. Where would you like to live if you had a lot of money?

REFERENCE

# 7.5. Finding a room

Dear Ann.

I've been staying in London for a month now but I still haven't found a flat of my own. I have to share a room with two other girls from Poland. It's terrible! They speak Polish all the time and I can't practise my English! Besides, there is very little privacy. The room is small and dirty because the girls leave things all over the place. What is more, the landlord complains that we make too much noise, especially in the evenings, and doesn't allow us to invite quests. There is no separate kitchen or bathroom and we have to ask for permission whenever we want to cook a meal or take a bath. Beside that, the room is underheated and I have to wear a jumper to keep myself warm. I am fed up with it all. I think I will have to look for another place to live in a newspaper or through a flat agency.

Have you heard of a nice and cheap bed-sitter? You know I can't pay much rent. Please write soon. I can't give you my telephone number for the simple reason that there is no telephone here!

Love,

Eve

### IN A FLAT AGENCY

Eve:

Good morning.

Woman:

Good morning. Can I help you?

Eve:

I am looking for a cheap single room.

Woman:

For yourself?

#### LIVING

Eve:

Yes.

Woman:

Let me see. I've got one in Acton Town.

Eve: Woman: How much is it? It's £30 a week Fine. Could I see it?

Eve: Woman:

Yes. That's the address and telephone number. Here you are.

Eve:

Thank you. Goodbye!

Woman:

Goodbye.

### **EVE IS PHONING ABOUT A ROOM**

Woman:

Hallo!

Eve:

Hallo! I am calling about the room. Could you tell me about it, please?

Woman:

Well, it's quite big and well furnished.

Eve:

Are there any cooking facilities?

Woman:

Yes, of course. There is a separate kitchen and a bathroom.

Eve:

Is the room warm?

Woman:

The central heating works very well.

Eve: Woman: And how much is the rent?

Eve:

It's £30 a week, payable in advance. Could I have a look at the room now? Yes, you may come and see it now.

Woman: Eve:

All right then. See you in ten or fifteen minutes.

### REEEEE

### **VOCABULARY A**

to stay - przebywać a flat - mieszkanie

to share - dzielić, mieszkać z kimś

dirty - brudny

to leave things all over the place - rozrzucać

wszędzie rzeczy

landlord - gospodarz to complain - skarżyć się

noise - hałas

to invite guests - zapraszać gości separate kitchen - osobna kuchnia

bathroom - łazienka permission - pozwolenie

to cook a meal - ugotować jedzenie

to take a bath - wziąć kapiel underheated - niedogrzany

iumper - sweter

to be fed up with something - mieć czegoś dosyć

flat agency - agencja mieszkaniowa

cheap - tani

bedsitter - mieszkanie jednopokojowe

rent - czynsz

single room - pokój jednoosobowy £30 a week - 30 funtów na tydzień

furnished - umeblowany

cooking facilities - sprzet kuchenny central heating - centralne ogrzewanie payable in advance - płatne z góry

### **VOCABULARY B**

to be homeless - być bezdomnym accommodation - zakwaterowanie accommodation to let - (pokoje) do wynajecja bed and breakfast - pokój ze śniadaniem boarding house - pensionat

student hostel - schronisko młodzieżowe self-contained flat - mieszkanie z kuchnią

i łazienka

vacancy - wolny pokój own room - własny pokój unfurnished - nie umeblowany comfortable - wygodny terms - warunki

deposit - depozyt

notice period - okres wypowiedzenia

facilities - udogodnienia

toilet (water closet) - WC running water - bieżąca woda per month - miesięcznie per week - tygodniowo

landlady - gospodyni landlord - gospodarz lodger (roomer) - lokator tenant - najemca

## **SPEAKING**

- 1. How to find a room in London?
- 2. What are the advantages and disadvantages of living with a roommate?
- 3. What are the advantages and disadvantages of living alone?

### жжжжжжжжжж

## SPEAKING PRACTICE 7

- 1. Zachęć kolegę do wyjazdu do twoich krewnych mieszkających w małym miasteczku.
- Zaproponuj ludziom ze wsi przeprowadzkę do dużego miasta. Powiedz o zaletach dużego miasta.
- 3. Skrytykuj życie w małym miasteczku.
- 4. Powiedz, że jesteś niezadowolony z życia w dużym mieście. Podaj powody.
- 5. Zaproponuj koleżance, która właśnie zdała maturę, pracę na wsi. Powiedz o zaletach wsi.
- 6. Podaj najbardziej charakterystyczne cechy urządzenia twojego mieszkania.
- 7. Podaj przyczyny, dla których ludzie wolą mieszkać w nowym budownictwie.
- 8. Spytaj gospodarza mieszkania, czy ma wygodny i niedrogi pokój do wynajęcia.
- 9. Wynajmujesz komuś mieszkanie. Podaj zasady, które ta osoba musi przestrzegać.
- 10. Powiedz, jak najłatwiej można znaleźć mieszkanie lub pokój do wynajęcia.

### MY NOTES:

# 8. ENVIRONMENT



## 8.1. Our contaminated world

Cleaning up the world's environment is undoubtedly one of the major problems facing all the people inhabiting our planet. For many decades this issue has been neglected by many countries and the result is that it is more and more difficult to find any unpolluted place on Earth. Bearing that in mind, it seems obvious that the struggle against contamination and the need to protect the environment have become the most urgent of tasks because air, water and soil are slowly becoming unsuitable to sustain life.

As far as water is concerned, the prognosis is really gloomy. Sewage dumped directly into rivers or the sea has polluted the water so heavily that many countries, for example China, do not have enough safe drinking water. What is more, in some parts of the world, for instance in Peru, people are at the mercy of contractors who sell the precious liquid for money! This tragic situation is a result of population growth and above all industrial development which have contributed to the depletion and pollution of the world's water supply, raising the risk of starvation and epidemic. Equally dangerous are very frequent tanker leaks as oil spills make the water in many regions unfit for any use. Whatever the consequences for people, the pollution of water has an even greater effect on other living things. Fish, birds and countless other creatures are poisoned and ecosystems are disrupted. This, in turn, results in the serious violation of the ecological balance.

As far as the contamination of soil is concerned, again mainly industry and agriculture are to blame. One source of pollution are acid rains caused by chemical substances dissolved in rain, which results in polluting water and ruining crops. Another problem is mismanaged farming techniques, for instance the world-wide continuation of irrigation and the misuse or abuse of fertilizers and pesticides which are gradually destroying the fertile upper layer of soil. Deforestation is equally dangerous. It brings about floods and soil erosion during rainy seasons. At the same time the thoughtless and uncontrolled exploitation of forests for timber results in species extinction.

However, it seems that the most dangerous problem for the world is the pollution of the atmosphere. Air is contaminated mainly by exhaust gases emitted directly into the atmosphere. From year to year man increasingly contributes to the so called "greenhouse effect" by additional emissions of sulphur, carbon dioxide from burning coal, natural gases and derivative products of oil as well as from burning forests. This short-sighted policy has resulted in the rapid change of the world's climate (the effect of "global warming") due to the depletion of ozone layer in the atmosphere, the consequences of which may well be disastrous. There is a danger that many places on the planet may be flooded while others will suffer from droughts. Numerous species of animals and plants will become extinct. Instead there may be ideal conditions for the development of noxious insects and bacteria. They, in turn, may become a source of dangerous infections which may decimate the world's population. Increasing ultra-violet radiation will bring about the escalation of tumorous

illnesses. Polluted air will also be responsible for frequent births of retarded children. Furthermore, the natural division between seasons may be disturbed and the warming up of the climate could possibly contribute to the melting of huge icebergs which are of great importance as stabilizers for the planet. This, in turn, may lead to the geological destruction of all the continents.

All these catastrophic ecological possibilities are even hard to quantify. Constantly developing technology and industry seem to be stronger than the instinct of self-preservation. To decrease the risk of self-destruction it seems necessary to take some forceful steps to clean up the world's environment or otherwise man has little chance to survive.

### REEREE

### **VOCABULARY A**

crops - plony

to contaminate - zanieczyścić, skazić fertilizers - nawozy to clean up - zrobić porządek, wyczyścić, sprzątać pesticides - pestycydy, środki owadobójcze environment - środowisko upper layer - górna warstwa to face - stanać w obliczu deforestation - wycinanie lasów to inhabit - zamieszkiwać to bring about - powodować, wywołać issue - kwestia, sprawa flood - powódź to neglect - zaniedbywać soil-erosion - erozia gleby unpolluted - czyste, nie zanieczyszczone exploitation of forests - eksploatacja lasów contamination - zatrucie timber - drewno to protect - chronić species extinction - wymieranie gatunków urgent - pilny drought - susza task - zadanie exhaust gases - spaliny soil - gleba to emit - emitować unsuitable - nie nadaiacy sie greenhouse effect - efekt cieplarniany to sustain life - podtrzymywać życie emission - emisia gloomy - ponury carbon dioxide - dwutlenek wegla sewage - ścieki sulphur - siarka to dump - wyrzucać to burn - spalać to pollute - zanieczyścić coal - wegiel contractor - dostawca derivative products - substancie pochodne population growth - wzrost zaludnienia oil - nafta, ropa naftowa precious liquid - cenny płyn short-sighted policy - krótkowzroczna polityka depletion - uszczuplenie, wyczerpywanie ozone layers - warstwy ozonowe water supply - zasoby wodne global warming - globalne ocieplenie starvation - głód species - gatunki epidemic - epidemia noxious - szkodliwe tanker leaks - przecieki z tankowców to decimate - zdziesiatkować oil spills - wycieki ropy population - ludność unfit for use - niezdatny do użycia ultra-violet radiation - promieniowanie countless - niezliczone ultrafioletowe creatures - istoty escalation - eskalacia to poison - zatruwać tumorous illnesses - choroby nowotworowe to disrupt - niszczyć retarded - opóźnione (tu: w rozwoju) violation of ecological balance - naruszenie równo- to melt - topnieć wagi ekologicznej ice-berg - góra lodowa acid rains - kwaśne deszcze stabilizer - stabilizator to dissolve - rozpuszczać się to quantify - wyliczyć

mismanaged - chybione, źle kierowane farming techniques - metody uprawiania ziemi misuse - złe użycie, nadużycie self-destruction - samobójstwo forceful steps - stanowcze kroki to survive - przetrwać

self-preservation - samozachowawczy

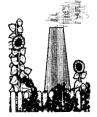
### **VOCABULARY B**

natural habitat - środowisko naturalne natural resources - bogactwa naturalne ozone hole - dziura ozonowa degradation of the ozone layer - degradacja warstwy ozonowej endangered species - zagrożone gatunki

### KKKKKK

## **SPEAKING**

- 1. Discuss the major environmental problems in the world.
- 2. Why is the contamination of air, water and soil dangerous for the world?
- 3. Name some sources of environmental pollution.



# 8.2. Some ecological threats in Poland

We all enjoy the sun, the freshness of air and the cleanliness of water. However, these can no longer be taken for granted in our country. For decades the problem of environmental protection has been completely forgotten. Financial pressures and industrial and agricultural needs have taken precedence over ecological concerns. This short-sighted policy has resulted in disastrous consequences. Poland is one of the most heavily polluted countries in Europe nowadays. The contamination of rivers, lakes and the sea has become the common condition. The water is viewed as a dumping place where sewage and industrial waste can be washed away and hopefully disappear. As a result, swimming is forbidden in many places at the seaside and in many rivers and lakes. In fact, 90% of Polish rivers are so badly polluted that the water is not only unfit for bathing or drinking but even for washing or cooling systems in factories! What is more, people living by a river or the sea are far more likely to develop various sicknesses and skin infections. The pollution of water has also contributed to the destruction of the wildlife habitat in many regions and resulted in the extinction or decimation of numerous species.

Still, it seems that the greatest environmental problem in Poland is the pollution of the atmosphere. Heavy smog which hangs over such industrial areas as Silesia, Łódź or Cracow is a result of an unforeseeing communist policy which totally disregarded ecology. The consequences are dire. Chronically polluted air is first of all responsible for the health crisis in our country. Poland has one of the lowest life-expectancy rates in Europe. The inhabitants of the most polluted Polish cities are susceptible to such serious medical problems as respiratory illnesses, infectious diseases, anaemia, developmental disturbances, congenital diseases, miscarriages, mental retardation and many others which are even hard to quantify. In no other European country have there been so many cases of cancer for the last few years.

In view of this tragic evidence it is high time the Polish government began to notice the connection between ecological issues and the welfare of Polish people and immediately undertake energetic measures to counteract the degradation of the environment as failing to protect it is ultimately more costly than preserving it. After all we all breathe the air and drink the water. This is our environment.

### **VOCABULARY A**

environmental protection - ochrona środowiska financial pressure - presje finansowe (przymus) to take precedence - mieć pierwszeństwo przed czymś, być ważniejszym od czegoś short-sighted policy - krótkowzroczna polityka disastrous - katastrofalne, zgubne polluted - zanieczyszczone contamination - skażenie common condition - powszechne zjawisko dumping place - wysypisko śmieci sewage - ścieki industrial waste - odpady przemysłowe cooling systems - systemy chłodzenia skin - skóra wildlife habitat - środowisko naturalne extinction - wymarcie decimation - zdziesiątkowanie

species - gatunki smog - smog unforeseeing - krótkowzroczna to disregard - lekceważyć, ignorować dire - straszne life-expectancy rate - przeciętna długość życia susceptible to - podatny na respiratory illnesses - choroby oddechowe infectious diseases - choroby zakaźne anaemia - anemia developmental disturbance - zakłócenia rozwojowe mental retardation - opóźnienie umysłowe congenital diseases - wady wrodzone miscarriages - poronienia cancer - rak welfare - dobro, pomyślność

to counteract - przeciwdziałać

## **SPEAKING**

- 1. Discuss the greatest environmental problems in Poland.
- 2. What are the consequences of air pollution?

**HHHHHHHHHHH** 

# 8.3. Environmentally friendly

Whenever we go for a walk through the streets of a big city we notice at once how dirty they are. Litter, scraps of paper, cans, bottles and plastic containers are scattered almost everywhere. According to a rough estimate, an ordinary European produces about 300 kilograms of litter yearly. It is generally believed that the only way we can increase human wealth is by producing more and consuming more. However, if we do not want to turn our environment into a garbage heap in the process, we should change our way of thinking and stop being so wasteful. We can no longer afford to throw away non-disposable containers or packages or soon there will be no meadow, no beach, no lake, no space free from the debris of man.

Therefore what can we, ordinary citizens, do for the environment? Even if we do not consider ourselves ecofreaks or do not particularly like the idea of taking part in ecological campaigns or protests, we can still try to be more "environmentally friendly" in our everyday life. One thing we might do for the environment is buying only ecologically safe products made from or wrapped in recycled or biodegradable material, and boycotting others. Another possibility is returning cans and bottles to a store or putting them into specially designed containers. At last we may save newspapers and return them to a recycling center. Whatever we do, we should always bear in mind that even the slightest effort to reduce litter is meaningful. If we are indifferent, our desire for a cleaner environment may never be fulfilled.

\*\*\*\*

### **VOCABULARY A**

environmentally friendly - przyjazny dla środowiska lane - zaułek, dróżka

litter - śmieci

scraps of paper - skrawki papieru

cans - puszki

bottles - butelki

plastic containers - plastikowe pojemniki

to scatter - rozrzucić

rough estimate - przybliżone oszacowanie

garbage heap - stos śmieci wasteful - rozrzutny, marnotrawny

to cast away - wyrzucać (precz)

non-disposable - nie ulegające degradacji

meadow - łąka beach - plaża lake - jezioro

debris - śmieci citizen - obywatel

ecofreak - fanatyk ekologii

ecological campaign - kampania ekologiczna ecologically safe - bezpieczne (nieszkodliwe)

dla środowiska

recycled - przetworzone

degradable - ulegające degradacji

container - pojemnik

recycling center - skup surowców wtórnych

effort - wysiłek

meaningful - ważny, znaczący

indifferent - obojetny

REEREE

## **SPEAKING**

- 1. What can be done to clean up the environment?
- 2. What can you do for the environment?
- 3. What do you do for the environment?
- 4. Discuss the major ecological problems in Poland / in the world.

**ЖЖЖЖЖЖЖЖЖЖ** 

MY NOTES:

# 9. MASS MEDIA



# 9.1. Television (advantages)

The twentieth century has made television a very popular form of entertainment. Nowadays no one can imagine life without this useful invention. Television has emerged as the major source from which people get the news and watching it has become a kind of a social ritual.

Television is a very powerful force. First of all, it is the most important source of information about what is happening in every corner of the world. It keeps us informed about wars, significant political or cultural events, catastrophes, accidents and crimes.

Moreover, television provides entertainment of every kind. Thanks to it we can listen to good music, watch interesting films, comedies, cartoons, shows or sports programmes.

TV not only adds colour to our life but has also enormous educational possibilities. It broadens the mind, increases our knowledge about the world, people, their culture, traditions and so on. Moreover, it offers numerous courses, for instance in foreign languages, cooking or gardening.

Watching television is comfortable and cheap. Whenever we are tired or bored, we can always turn on the set, find our favourite programme and relax.

### KKKKKK

### **VOCABULARY A**

entertainment - rozrywka
useful invention - użyteczny wynalazek
to emerge - wyłonić się
major source - główne źródło
the news - wiadomości
ritual - rytuał
powerful force - potężna siła
corner - zakątek
political event - wydarzenie polityczne
to provide entertainment - dostarczać rozrywki
to watch - oglądać
cartoon - film animowany
to add colour to one's life - ubarwiać życie

educational possibilities - możliwości edukacyjne to broaden the mind - rozszerzać horyzonty knowledge about the world - wiedza o świecie course - kurs foreign languages - języki obce cooking - gotowanie gardening - uprawa roślin comfortable - wygodne cheap - tanie tired - zmęczony bored - znudzony to turn on the set - włączać odbiornik favourite programme - ulubiony program

### **SPEAKING**

- 1. What are the advantages of television?
- 2. Is television important in your life?
- 3. What are your favourite programmes?

# 9.2. Televison (disadvantages)

Many people say that television is chewing-gum for the eyes. Indeed, we often watch television because we have nothing better to do. A typical person spends about four hours daily in front of a TV set. However, we do not often realize that television can do us harm.

First of all, it stops people from talking. Many families set up their activities and lifestyles around a TV program schedule. They do not communicate their feelings, do not exchange impressions or views but have their eyes glued to the TV instead. In this way the strong relationships in the family are weakening.

Apart from that television has a very negative impact on children who are exposed to silly cartoons or violent detective stories. Not only do they waste their time by watching programs which do not teach them anything, but they are also getting tired of this. Moreover, they are easily influenced by trashy commercials and tempted by junk food, candy or expensive toys.

It is true that watching television is comfortable but the more we watch, the more passive we become. Instead of going out for a walk or to jog, we prefer to sit in our armchairs and shatter our health.

Television is like a drug. Those viewers who are already addicted, forget about everything else. They do not read books, do not entertain their friends, do not go to sporting events or to the theatre but just turn on the set and turn off the brain. They flip through the channels offered by cable TV to find their favourite show or a recent Hollywood movie and watch until it is time to go to bed. What is really astounding, they seem to be perfectly satisfied with this passive enjoyment.

It is often said that television is a unifying force in the world. However, is it good or bad? With so many people watching the same programmes, the same shows, the same news, the same entertainment and the same advertising, the whole world becomes nothing else but a global village.

### \*\*\*\*\*

### **VOCABULARY A**

chewing-gum - guma do żucia
to watch television - oglądać telewizję
to spend - spędzać
TV set - odbiornik telewizyjny
to do harm - wyrządzać krzywdę
to stop people from talking - powstrzymywać ludzi
od rozmawiania
to set up activities - organizować zajęcia
lifestyle - styl życia
TV program schedule - rozkład programu TV
to communicate feelings - mówić o uczuciach

(dzielić się uczuciami)
to exchange impressions - dzielić się wrażeniami
to have eyes glued to the TV - wlepiać oczy w TV
strong relationships - silne związki
to weaken - słabnąć
negative impact - negatywny wpływ

to be exposed - być narażonym na silly cartoons - głupie filmy animowane violent detective stories - brutalne filmy kryminalne

to waste one's time - marnować czas

to get tired - zmęczyć się

to be influenced by... - być pod wpływem (czegoś)

trashy commercials - tandetne reklamy

to be tempted - być kuszonym

junk food - niskiej jakości jedzenie

candy - cukierki

expensive toys - drogie zabawki

passive - bierny

to jog - pobiegać

to shatter one's health - niszczyć (sobie) zdrowie

drug - narkotyk

viewer - telewidz

to be addicted - być ofiarą nałogu to turn on the set - włączyć odbiornik

to turn off the brain - wyłączyć mózg

to flip through the channels - zmieniać (szybko) kanały

cable TV - telewizja kablowa

movie - film astounding - zdumiewające to be satisfied - być zadowolonym passive enjoyment - bierna rozrywka unifying force - łącząca siła the same programmes - te same programy

show - show, widowisko news - wiadomości entertainment - rozrywka advertising - reklama village - wioska

### **VOCABULARY B**

television set - telewizor
television - telewizja
to watch television - oglądać telewizję
satellite TV - telewizja satelitarna
to turn on - włączyć
to turn off - wyłączyć
to switch on - przełączać
to announce - zapowiedzieć
topical - aktualny
interesting - interesujący
boring - nudny
popular - popularny

film - film documentary - film dokumentalny nature film - film przyrodniczy thriller - film sensacyjny serial - serial audition - audycja interview - wywiad discussion - dyskusja weather forecast - prognoza pogody sports programme - program sportowy soap opera - opera mydlana TV announcer - spiker telewizyjny

RHHHHH

### **SPEAKING**

- 1. Why do people like watching television?
- 2. Why can watching television be harmful?
- 3. Do you think that television has more advantages or disadvantages?

REREEREERE

## 9.3. Press

Apart from television, the press is the most important source of information nowadays. A lot of people read newspapers every day. Those who do not do it regularly, usually buy weeklies to enjoy reading on Saturday or Sunday. Many readers claim that they prefer papers to television for the simple reason that they have more time to concentrate on the news.

More and more press in Poland is in the hands of private businessmen. It is being financed by sales and returns from advertising. The variety of magazines is really wide. Among others there are professional, educational, light, sports, women's or children's magazines.

Everyone wants to be well informed about what is happening in the world. Many news agencies have their foreign correspondents in almost all parts of the world. The journalists have to select the information and cover the most important events. The news is then spread by agencies and published in papers.

With so many newspapers and magazines we often ponder on the freedom of the press. This is one of the basic rights which guarantees the freedom of the printed word. However, the press does not possess complete freedom. If the journalists are not honest and reliable, they may be brought to trial for spreading misinformation, transgressing the law,

invasion of one's privacy or libel - any false or malicious writing that exposes a person to public ridicule or injures his reputation. There are also limits on what reporters may do in order to get a story.

In short, the press should always be professional, responsible, careful and ethical but it is often confronted by the conflict between the right to know and the right to privacy and fair treatment, a conflict which sometimes cannot be easily resolved.

### REEREE

### **VOCABULARY A**

apart from - poza, oprócz the press - prasa

source of information - źródło informacji to read newspapers - czytać gazety

weekly - tygodnik reader - czytelnik to claim - twierdzić

to concentrate on - skoncentrować się na private businessman - prywatny przedsiębiorca

to be financed - być finansowanym

sales - sprzedaż

returns from advertising - wpływy z reklamy

variety - różnorodność magazine - czasopismo professional - profesjonalny educational - edukacyjny light - rozrywkowy sports - sportowy

women's / children's magazine - czasopismo dla kobiet / dzieci

to be well informed - być dobrze poinformowanym

to happen - wydarzyć się news agency - agencja prasowa

foreign correspondent - korespondent zagraniczny

journalist - dziennikarz

to select the information - wybierać informacje to cover events - relacjonować wydarzenia

to spread the news - rozpowszechniać wiadomości

to publish - publikować, wydawać to ponder on - zastanawiać się nad the freedom of the press - wolność prasy

basic right - podstawowe prawo to guarantee - gwarantować printed word - drukowane słowo to possess - posiadać

honest - uczciwy

reliable - odpowiedzialny

to bring to trial - postawić przed sądem misinformation - fałszywe informacje to transgress the law - złamać prawo

invasion of one's privacy - naruszenie prywatności

libel - paszkwil malicious - złośliwie

public ridicule - publiczne ośmieszenie to injure one's reputation - naruszyć czyjąś godność

limit - granica reporter - reporter

fair treatment - uczciwe traktowanie

to resolve - rozwiązać

### **VOCABULARY B**

publishing house - wydawnictwo publisher - wydawca editor - redaktor morning press - prasa poranna

evening press - prasa wieczorna popular press - prasa popularna local paper - lokalna gazeta

daily - dziennik monthly - miesięcznik quarterly - kwartalnik headlines - nagłówki page - strona column - kolumna title - tytuł circulation - nakład to print - drukować

to subscribe - prenumerować

## **SPEAKING**

- 1. Do you prefer reading newspapers or magazines to watching television? Why? Why not?
- 2. How often do you buy magazines?
- 3. Is there the freedom of press in Poland? What is your opinion about it?

## **SPEAKING PRACTICE 9**

- 1. Zaproponuj koledze, żeby obejrzał dzisiaj w telewizji interesujący film dokumentalny.
- Skrytykuj koleżankę, która całymi dniami siedzi przed telewizorem. Powiedz jej, że oglądanie telewizji przez wiele godzin dziennie jest szkodliwe.
- Dowiedz się, czy mógłbyś obejrzeć u znajomych w najbliższą sobotę interesujący program sportowy, ponieważ nie masz w domu telewizji satelitarnej.
- 4. Oglądasz kryminał w domu. Przychodzą goście. Spytaj, czy byliby zainteresowani wspólnym obejrzeniem filmu, gdyż jesteś ciekawy, kto jest mordercą.
- 5. Zaproponuj koleżance przeczytanie ciekawego artykułu w wieczornym wydaniu gazety.
- Spytaj kolegów, czy czytali już wywiad z bardzo znanym sportowcem w dzisiejszym wydaniu gazety sportowej.
- Zaproponuj koledze, by kupował i czytał twoją ulubioną gazetę, ponieważ można w niej znaleźć bardzo interesujące artykuły.

### MY NOTES:

# 10. TRADITIONAL HOLIDAYS



## 10.1. Christmas in Britain

Christmas is the most popular family holiday in Britain. On 24 December usually all preparations for Christmas are complete. Christmas greeting cards are exchanged, a Christmas tree is decorated and presents are purchased. In many work places the annual parties are held and shops and banks close earlier. Late in the evening some people go to church to attend the so called "midnight mass". Children do not forget about hanging up old socks at the heads of their beds as they believe that Santa Claus who arrives in a sledge drawn by reindeer visits each child's house and leaves wonderful presents.

Christmas Eve is followed by Christmas Day (25 December) which is the most important day of Christmas. Early in the morning children wake up and open their presents. At midday the whole family gathers at the Christmas table. Christmas dinner traditionally consists of roast turkey, mince pies and rich Christmas pudding decorated with holly and containing delicacies, dried fruit and spices. Everyone eats one's fill and children have much fun pulling "crackers" (cardboard tubes containing small presents, printed jokes and paper hats). When two people pull a cracker, it explodes and throws out its contents. Then everyone puts on a paper hat and jokes are read. On this day the Queen delivers an annual oration on television.

26 December, following Christmas Day, is called Boxing Day. It is celebrated as a bank holiday. On this day people give presents of money to paperboys or dustmen. They visit their friends or arrange parties. This is the last non-working day and the last day of the Christmas celebration. However, the Christmas season continues until the twelfth day after Christmas Day (6 January).

### \*\*\*\*\*\*

### **VOCABULARY A**

holiday - święto preparations - przygotowania complete - ukończone Christmas greeting cards - świąteczne kartki

Christmas greeting cards - swiąteczne kartki z życzeniami

Christmas tree - choinka to purchase - kupić annual parties - doroczne przyjęcia to hold - tu: odbywać się to attend - wziąć udział midnight mass - msza o północy old socks - skarpety na prezenty Santa Claus - Święty Mikołaj sledge - sanie (am. - sleigh)
reindeer - renifer
presents - prezenty
at midday - w południe
to gather - gromadzić się, zbierać
Christmas dinner - świąteczny obiad
roast turkey - pieczeń z indyka
mince pies - okrągłe babeczki z suszonymi
owocami, bakaliami itp.
rich Christmas pudding - suty świąteczny pudding
delicacies - bakalie
dried fruit - suszone owoce
spices - przyprawy

zamkniete

holly - ostrokrzew (krzew z czerwonymi owocami; tradycyjne przybranie świąteczne w Anglii) to eat one's fill - najeść się do syta crackers - walce papierowe z niespodzianką i ogniem bengalskim, które wybuchają gdy dwie osoby ciągną je w przeciwne strony

cardboard tubes - tekturowe tuby printed jokes - wydrukowane żarty paper hats - papierowe kapelusiki to put on - wkładać to deliver an annual oration - wygłosić doroczne uroczyste przemówienie Boxing Day - nazwa pochodzi od dawnego zwyczaju dawania "świątecznych pudełek" (prezentów), tak zwanych Christmas Boxes, służącym i dostawcom bank holiday - oficjalne święto państwowe, gdy wszystkie banki, sklepy i biura są

paperboys - roznosiciele gazet dustmen - śmieciarze to arrange a party - wydać przyjęcie celebration - świętowanie Christmas season - okres świąteczny

### **VOCABULARY B**

Father Christmas - Święty Mikołaj
Merry Christmas! - Wesołych Świąt!
Best Wishes for Christmas! - Najlepsze życzenia świąteczne!
I wish you a merry Christmas and a happy New Year! - Życzę ci (wam) wesołych Świąt i szczęśliwego
Nowego Roku!
Seasons greetings and best wishes for Christmas and the New Year! - Świąteczne pozdrowienia
i najlepsze życzenia świąteczne i noworoczne!
Lots of good wishes for Christmas to you! - Wiele dobrych życzeń na Święta!

REEREE

## **SPEAKING**

- 1. What do you know of Christmas in Britain?
- 2. Do you know any Christmas customs in Britain?

REFERENCE



# 10.2. Christmas in Poland

Everyone loves Christmas. It is the favourite and most eagerly awaited holiday in the year. This is a unique time when people try to be kind, friendly and generous to one another. They seem to forget all their problems, quarrels and just enjoy being together. Christmas is preceded by many days of preparation. Streets are lit by coloured lamps; shops are full of people buying presents, choosing Christmas cards; Christmas trees are set up in every home and decorated with sparkling tinsel, candles, chains, toys and trinkets. The atmosphere of excitement and expectation can be felt almost everywhere. The day preceding Christmas Eve is a unique one. It is believed that everything that might happen on it might influence the whole year to come. Much attention, for instance, is paid to the person who first enters the house and if it is a man, he ensures welfare to all members of the family. Some people say that if you ask for food on that day, you will be hungry throughout the year. The moment everyone waits for is Christmas Eve. When the first star appears in the sky, people take seats at the Christmas table. They do not forget about leaving an empty place for an unexpected guest. The table is covered with white tablecloth and hay is spread on it.

Another custom is the number of dishes. Traditionally there should be twelve of them and they must all be tasted. The most popular dishes are red borsch, pies or sour cabbage with mushrooms, fish (usually carp) and poppy-seed cake. Before the family starts eating, all its members share the holy wafer. There is also a custom of giving presents and everyone may find something nice under the Christmas tree. At midnight many people go to church to attend a special mass during which Christmas carols are sung. This night is miraculous because it is believed that animals can speak with human voices. The first day of Christmas, 25 December, is usually spent at home. Work is forbidden. It is believed that washing hands with silver coins in the morning may bring money. On that day carol-singers dressed as an angel, a devil, King Herod or Death visit people's houses. They sing carols and play various scenes from the Bible. The second day of Christmas is spent in a different way. People pay and receive visits, spend much time at the table talking or singing carols. From that day the Carnival begins.

Christmas for Polish people is not only the yearly celebration of the birth of Jesus Christ but also the most familiar, traditional and joyful time of happiness and reconciliation. The birth of Jesus Christ is regarded as a kind of symbol which heralds the days of peace and love.

### \*\*\*\*\*

### **VOCABULARY A**

favourite - ulubione eagerly awaited - oczekiwane z niecierpliwością (upragnione)

kind - miły, uprzejmy generous - wielkoduszny to precede - poprzedzać days of preparation - dni przygotowań Christmas cards - kartki świateczne Christmas tree - choinka to set up - ustawiać to decorate - ubierać (ozdabiać) sparkling tinsel - błyszczące świecidełka candles - świeczki chains - łańcuchy tovs - zabawki trinkets - ozdoby na choinke excitement - podniecenie expectation - oczekiwanie to influence - mieć wpływ welfare - dobrobyt Christmas Eve - Wigilia the first star - pierwsza gwiazda

empty plate - pusty talerz unexpected guest - nieoczekiwany gość tablecloth - obrus hav - siano custom - zwyczai dishes - potrawy to taste - próbować red borsch - czerwony barszcz pies with mushrooms - pierogi z grzybami sour cabbage - kiszona kapusta poppy-seed cake - makowiec to share the holy wafer - dzielić się opłatkiem mass - msza carols - koledy silver coins - srebrne monety carol-singers - kolednicy dressed as - przebrani za to pay and receive visits - składać wizyty i przyjmować gości the carnival - karnawał the yearly celebration - doroczny obchód (święta)

\*\*\*\*\*\*

### **SPEAKING**

- 1. Do you like Christmas? Why? Why not?
- 2. How do Polish people celebrate Christmas?
- 3. Do you know any Christmas customs in Poland?

KKKKKKKKKKK



## 10.3. Easter in Britain

Easter is preceded by forty days of Lent. Shrove Tuesday is the last day before the period of fasting which starts on Ash Wednesday. Traditionally, it is the time of enjoyment and eating pancakes, hence it is often called Pancake Day. Ash Wednesday is a very solemn day when ash is sprinkled on the heads of members of the congregation. The Sunday before Easter is called Palm Sunday. On this day small crosses made of palm are given to the worshippers. This is the beginning of Holy Week.

A very interesting custom is maintained on Thursday, known as Maundy Thursday, when the sovereign gives some elderly people presents of Maundy money (coins which are specially minted for that occasion). The number of coins equals the sovereign's age in years and the presentation usually takes place in a selected cathedral city.

Maundy Thursday is followed by Good Friday. It is celebrated as a bank holiday. People do not go to work on that day and eat the so called hot cross buns containing currants and marked with a cross (this symbol reminds one of the crucifixion of Christ).

The central day of Easter is Easter Sunday, the Christian feast of the Resurrection of Jesus. On this day Christians follow the old tradition of eating Easter eggs. Many families gather together at dinner and organize egg hunts. Children have a lot of fun looking for dyed eggs hidden in the house or in the yard. Except for chocolate eggs, rabbits and chicks for children, presents are not given on Easter. People usually confine themselves to sending Easter cards to their friends and family.

The day after Easter is known as Easter Monday. It is the last day of Easter celebration and it is regarded as the beginning of the summer tourist season.

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### **VOCABULARY A**

Easter - Wielkanoc Lent-Post (the Lenten Fast - Wielki Post) Shrove Tuesday - tłusty wtorek pancake - naleśnik fasting - post Ash Wednesday - Popielec solemn - poważny (uroczysty) to sprinkle ash - posypywać popiołem members of the congregation - wierni Palm Sunday- Niedziela Palmowa crosses made of palm - krzyże zrobione z palmy worshipper - wierny Holy Week - Wlelki Tydzień custom - zwyczaj Maundy Thursday - Wielki Czwartek (dzień rozdawania jałmużny ze skarbu królewskiego to mint - bić (monety) coin - moneta cathedral city - miasto katedralne (z katedra)

Good Friday - Wielki Piątek

bank holiday - oficjalne święto państwowe

currants - rodzynki to mark - oznaczyć cross - krzyż crucifixion - ukrzyżowanie Christian feast - chrześcijańskie święto the Resurrection - Zmartwychwstanie old tradition - stara tradycja Easter eggs - wielkanocne jajka egg hunt - poszukiwanie jajek dyed eggs - malowane jajka yard - podwórko chocolate eggs - czekoladowe jajka rabbits - króliczki chicks - kurczaki presents - prezenty confine oneself to - ograniczyć się do Easter Monday - drugi dzień Świąt Wielkanocy celebration - obchód (święto)

summer tourist season - letni sezon turystyczny

hot cross buns - bułeczki jedzone na goraco

(opiekane) z masłem

### **SPEAKING**

- 1. How is Easter celebrated in Britain?
- 2. How do Polish people celebrate Easter?
- 3. Are British Easter customs similar to Polish ones?

## 10.4. St Valentine's Day

February 14 is known as St Valentine's Day. It is mainly observed by young people who on that day give symbolic gifts to people they love. They also send special greeting cards called Valentines. The contents of Valentines are usually poems or declarations of love, such as: "Roses are red, violets are blue, grass is green and I love you". It is also commonplace to give the beloved flowers or candy on that day.

Some people complain that this is a "commercial" holiday. Despite the criticism, the young seem to enjoy it very much.

St Valentine's Day is also becoming more and more popular in Poland. Its followers claim that it adds colour to their everyday lives.

### RRRRRR

### **VOCABULARY A**

St Valentine's Day - dzień św. Walentego znany jako Dzień Zakochanych

to observe - obchodzić (święto) symbolic gifts - symboliczne prezenty greeting cards - kartki z życzeniami, pozdrowieniami

contents - treść declaration of love - wyznanie miłości commonplace - powszechne the beloved - ukochani candy - słodycze commercial holiday - święto mające charakter komercyjny

followers - zwolennicy to claim - twierdzić to add colour to one's life - ubarwić (czyjeś) życie

### **SPEAKING**

- 1. What do you think about St Valentine's Day?
- 2. Why is St Valentine's Day becoming popular in Poland?

KKKKKKKKKKKK

# 10.5. Thanksgiving Day

Thanksgiving has a special significance to American people. It is one of the most important holidays

which might be considered uniquely American. Its origin goes back to the first half of the 17<sup>th</sup> century. In the year 1620, a ship named Mayflower brought over a hundred English men and women to the coast of North America. They were all members of a religious sect of Puritans. They had to leave England because they wanted to reform the Church of England and became very unpopular. In fact, most of them were persecuted.



When these first Pilgrims landed in America, they founded a colony called Plymouth. However, half of them did not survive the severe winter. The others did not die only because the native Indians agreed to help them and taught them how to plant corn. In October 1621 the Pilgrims held a feast to celebrate the good harvest and to thank God for his blessings. The main dish was roast turkey. The Pilgrims called that day Thanksqiving Day.

Now the holiday is observed on the fourth Thursday of November. Americans celebrate it in a family circle. They gather together at the table and enjoy a traditional dinner of roast turkey. Young people who study or live far away usually come home for the Thanksgiving feast. Some Americans go to church on that day to thank God for his generosity. Thanksgiving Day is regarded as a special one for the needy, who receive gifts of food from charitable organizations and churches. Many families also invite those people who cannot come back to their own homes for that day to have dinner with them.

Apart from Christmas, Thanksgiving is the most significant traditional day of family reunion in the United States.

### REEREE

### **VOCABULARY A**

Thanksgiving Day - Dzień Dziękczynienia to consider - uważać uniquely American - wybitnie amerykańskie origin - początek (źródło) coast - wybrzeże members - członkowie religious sect - sekta religiina Puritans - purytanie to reform - zreformować to persecute - prześladować Pilgrims - pielarzymi to found a colony - założyć kolonie severe winter - sroga (surowa) zima to plant corn - uprawiać kukurydze to hold a feast - urządzić uczte to celebrate - świętować, uczcić good harvest - dobre zbiory

blessing - błogosławieństwo
dish - danie
roast turkey - pieczony indyk
holiday - święto
to observe - obchodzić
family circle - grono rodzinne
to gather - zbierać się
traditional dinner - tradycyjny obiad
feast - uczta
generosity - łaskawość
to regard - uważać (za)
the needy - potrzebujący
charitable organizations - organizacje
charytatywne

to invite - zapraszac significant - znaczący family reunion - zjazd rodzinny

### **SPEAKING**

- 1. How do Americans celebrate Thanksgiving?
- 2. What is the meaning of this holiday?
- 3. Is there any similar holiday in Poland?

**ЖЖЖЖЖЖЖЖЖЖ**Ж

## SPEAKING PRACTICE 10

- Opowiedz, jak obchodzi się święta Bożego Narodzenia w Wielkiej Brytanii.
- 2. Zaproś na Wigilię twoich znajomych z Anglii. Powiedz im w paru zdaniach, jak się obchodzi święta Bożego Narodzenia w Polsce.
- 3. Opowiedz krótko o zwyczajach wielkanocnych w Wielkiej Brytanii.

### TRADITIONAL HOLIDAYS

- Opowiedz znajomym z zagranicy, jakie święta ludowe obchodzone są w Polsce.
   Jakie jest znaczenie Dnia Dziękczynienia dla Amerykanów?
   Czy uważasz, że Dzień Zakochanych jest potrzebny?
   Jakie święta lubisz najbardziej i dlaczego?

RHHHHH

## MY NOTES:

# 11. POLITICS



# 11.1. Political system in the United States

The United States of America is a federal republic consisting of 50 states. Each of these states has its own government which is called "the state government". The rules for the structure of the federal government are outlined in the American Constitution proclaimed in 1787 in Philadelphia. The government is divided into three branches, each of which can check and balance the others.

The Executive Branch is headed by the President who, together with the Vice President, is elected every four years. The president has many responsibilities. He suggests bills to Congress, serves as Commander-in-Chief of the military, shapes foreign policy and appoints many officials (for example federal judges or ambassadors). He also appoints the members of the Cabinet, who function as the directors of the Departments of State, Defense, Justice, Commerce... etc. Only a person who is at least 35 years old and is a natural-born citizen of the United States may be elected President.

The second branch of the American political system is the Legislative Branch. The main legislative body is Congress which consists of two houses: the Senate and the House of Representatives. As far as the House of Representatives is concerned, it has 435 members elected to represent the citizens of each state. They are responsible for making and passing laws. However, both houses must first approve a bill for it to become law. Still, the President has the right to veto it and it must be again approved by two-thirds of the members of the Senate and the House of Representatives.

The Judicial Branch consists of the Supreme Court (the highest court in the country), Federal District Courts and 11 Federal Courts of Appeal. Federal courts consider cases concerning federal law. Their decisions may be appealed to the Courts of Appeal and finally, to the Supreme Court. If the Supreme Court states that the law violates the Constitution, then it becomes void. The American Constitution has been amended 26 times. The first 10 Amendments are called the Bill of Rights and guarantee the freedom of speech, religion and assembly, the security of one's home etc. Other amendments abolish slavery, give equal rights and opportunities to everyone regardless of race or religion and give the right to vote to women.

### REEEEE

### **VOCABULARY A**

a federal republic - republika federacyjna government - rząd the state government - rząd państwowy, ogólnopaństwowy the federal government - rząd federalny (stanowy) outlined - nakreślone proclaimed - proklamowana branches - dziedziny (gałęzie) to check and balance - sprawdzać i równoważyć sie

#### POLITICS

Executive Branch - władza wykonawcza headed by - pod przewodnictwem responsibilities - obowiązki bills - ustawy Commander-in-Chief - głównodowodzący to shape foreign policy - kształtować politykę zagraniczna to appoint officials - mianować urzędników federal judge - sedzia federalny the members of the Cabinet - członkowie Gabinetu freedom of assembly - prawo do zgromadzeń

Department of Defence, Justice, Commerce -Ministerstwo Obrony, Sprawiedliwości, Handlu to abolish slavery - znieść niewolnictwo natural-born citizen - obywatel urodzony w USA Legislative Branch - ustawodawstwo the Senate - senat

the House of Representatives - Izba Reprezentan- race - rasa

law - prawo

to veto - zawetować to approve - uznawać Judicial Branch - Sadownictwo Supreme Court - Sad Najwyższy Federal Courts of Appeal - sady apelacyine void - nieważna / unieważniona amended - poprawiona (amendments - poprawki do konstytucji) Bill of Rights - Karta Praw

security - bezpieczeństwo equal rights and opportunities - równe prawa i możliwości

regardless of - bez względu na

tów to vote - głosować

### **VOCABULARY B**

**VERB PHRASES** to go into politics - zająć się polityka to appoint - mianować to take office - objąć urząd to come into power - dojść do władzy to be in power - być u władzy to hold office - sprawować urząd to form a cabinet - formować gabinet (rząd) to reign - panować to rule - rzadzić to introduce a bill - wprowadzić ustawę to reject a bill - odrzucić ustawe to veto - zawetować to lose an election - przegrać wybory to abdicate - abdykować to tax - opodatkować

NOUNS AND NOUN PHRASES constitutional monarchy - monarchia konst/tucyina

capitalism - kapitalizm

democracy - demokracja dictatorship - dyktatura empire - cesarstwo republic - republika totalitarianism - totalitaryzm fascism - faszyzm commonwealth - wspólnota państw constitution - konstytuc a referendum - referendum general election - wybory powszechne by-election - wybory dodatkowe

electorate - elektorat constituency - okreg wyborczy electoral roll - lista wyborcza poll - urna wyborcza presidential election - wybory prezydenckie head of state - głowa państwa president - prezydent vice president - wiceprezydent deputy prime minister - wicepremier statesman - mąż stanu speaker - mówca mayor - burmistrz governor - gubernator political party - partia polityczna majority - większość minority - mniejszość lobby - grupa nacisku opposition - opozycja takeover - przejęcie władzy coalition - koalicja policy - polityka (taktyka) finance policy - polityka finansowa fiscal policy - polityka skarbowa privatization - prywatyzacja reform - reforma budget - budżet deficit - deficyt administration - administracja assembly - zgromadzenie embassy - ambasada consulate - konsulat council - rada

## **SPEAKING**

- 1. Discuss the political system in the United States.
- 2. Discuss the executive /legislative/ judicial branch of the American government.

### REFERENCE

# 11.2. Political system in Britain

Britain is a parliamentary democracy in which the country is governed by the representatives of the people. Democracy guarantees the equality of citizens' rights and freedom in all aspects of public and private life. Britain is also a monarchy. The queen is the official head of state, the head of the legal system, the commander-in-chief of all armed forces and the head of the Church of England. The queen participates in the summoning of Parliament. Her official approval (so-called royal assent) is needed before any bill (the draft of an Act of Parliament) becomes law. The making of laws is done by Parliament consisting of the House of Commons, the House of Lords and the sovereign (at present Queen Elizabeth). The speaker presides over the House of Commons which is the lower house of the British Parliament, consisting of 650 elected Members of Parliament. Elections must be held every five years maximum. The House of Lords is the upper house of the British Parliament, consisting of about 1.200 non-elected members (Lords Spiritual and Lords Temporal). Most peers (members of the House of Lords) have the right to sit in the House of Lords because of their aristocratic origin. Their titles are hereditary. There are also some life peers who were given a title as a reward for their achievements. The House of Lords is presided over by the Lord Chancellor. The executive branch is represented by the Prime Minister who is the head of the government. He presides over the Cabinet (a group of ministers chosen by the Prime Minister). The Cabinet is responsible for all Government decisions. Usually, the Prime Minister is the leader of the Party which has the majority in the lower house. The major political party that is opposed to the government is called "the opposition" and its members sit opposite the government front benches. The most important parties in England nowadays are the Conservative Party, Liberal Party and Labour Party.

Local government in Britain has almost the same structure as the central government. It is elected for districts such as towns or counties (fifty territorial divisions of England). Councillors representing local authorities deal with such problems as education, police, health or housing and perform a useful service to the local community.

### REEREE

### **VOCABULARY A**

parliamentary democracy - demokracja parlamentarna the country is governed - kraj jest rządzony representatives - przedstawiciele equality of citizens' rights - równość praw obywateli

monarchy - monarchia aspects - aspekty

the official head of state - oficjalna głowa państwa

the legal system - system prawny
the commander-in-chief - dowódca, naczelny wódz
armed forces - siły zbrojne
the summoning of Parliament - zwołanie
parlamentu

official approval - oficjalna zgoda royal assent - "królewska zgoda"

bill - ustawa

### **POLITICS**

the draft of an Act of Parliament - projekt ustawy parlamentarnej

law - prawo

the sovereign - monarcha, władca the Speaker presides over... - marszałek przewodniczy ...

the House of Commons - Izba Gmin the House of Lords - Izba Lordów elected members of Parliament - wybrani członkowie parlamentu

Lords Spiritual - przedstawiciele kościoła (arcybiskupi, biskupi)

Lords Temporal - świeccy członkowie Izby Lordów peers - utytułowani przedstawiciele arystokracji lub osoby nobilitowane

origin - pochodzenie hereditary - dziedziczny

life peer - osoba, która uzyskała tytuł za wybitne osiągnięcia

the Lord (High) Chancellor - najwyższy sędzia (minister sprawiedliwości)

the executive branch - władza wykonawcza the Cabinet - gabinet (rząd) the leader of the party - przywódca partij

the majority - większość

lower house - niższa izba

government front benches - przednie rzędy siedzeń w Izbie Gmin przeznaczone dla ministrów panującego rządu

elections - wybory
polling stations - punkty wyborcze
to vote for candidates - głosować na kandydatów
ballot paper - kartka do głosowania
local government - władza lokalna
districts - obwody, rejony
counties - hrabstwa, okręgi administracyjne

territorial divisions - podziały terytorialne councillors - radni

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### **SPEAKING**

- 1. Discuss the political system in Britain.
- 2. Which system (British or American) would you choose and why?
- 3. What are the advantages and disadvantages of both systems?

## SPEAKING PRACTICE 11

- 1. Omów system polityczny Wielkiej Brytanii.
- 2. Omów system polityczny Stanów Zjednoczonych.
- 3. Jakie są różnice pomiędzy amerykańskim i brytyjskim systemem politycznym?

### MY NOTES:

12. GEOGRAPHY



# 12.1. The geography of Great Britain

The United Kingdom of Great Britain and Northern Ireland is situated in the West of Europe. It consists of England, Scotland, Wales, Ulster (the north-east part of Ireland) and many small islands such as the Isle of Wight, the Isle of Man and the Shetlands, the Orkneys and the Hebrides in the North. It covers 2,448 thousand square kilometres and its current population is about 60 million. The capital of UK is London. The south-west part of the country is rather low-lying while the rest is dominated by the old mountains such as the Pennines in England, the Cambrian Mountains in Wales and the Grampians and the Caledonian Mountains in Scotland.

The climate of Great Britain is moderate. Winters are mild, summers are cool and the weather is rainy and changeable dependent on the influence of the Atlantic Ocean.

The most important rivers are the Severn and the Thames. The British Isles are washed by the Atlantic Ocean, the North Sea, the Straits of Dover, the English Channel and the Irish Sea. The main ports are London, Liverpool and Southampton.

The country is well developed and industrialized. The major interests are the mining industry, metallurgy, shipbuilding, car industry, textile industry and electrotechnics. Agriculture is less developed. It is based on cattle-breeding, sheep-farming, fisheries and the cultivation of barley, wheat and sugar-beets.

England is the largest and most important region, possessing the centre of government and administration in London. Its south-east part (the so called Chalk Country), is called "the meadow of England" because of beautiful gardens, flowers, orchards and fertile fields. The Midlands are more industrialised. The so called Black Country within Stoke-on-Trent, Birmingham and Nottingham abounds with coal, iron ore and granite.

England is rather flat but Scotland to the North is more differentiated. It is a land of mountains, wild moorlands, valleys, plains, lakes, ancient castles and numerous islands off the coast. The capital of Scotland is Edinburgh. It is the cultural centre of Scotland and the most heavily populated city in Scotland while Glasgow is its industrial centre. The country is geographically divided into the Highlands in the North and the Lowlands in the South. Scotland is famous for its beautiful Lake District.

Wales is the smallest land of the United Kingdom. It is situated on the south-west coast of Great Britain. It has considerable variety. South Wales is an industrial area. It is rocky and full of mines. North Wales, on the other hand, is mountainous and picturesque. The capital of Wales is Cardiff, an important industrial centre and port.

RHHHHH

### **VOCABULARY A**

is situated... - jest położona... island - wyspa

current - obecny

population - ludność, populacja

capital - stolica low-lying - równina mountains - góry climate - klimat

moderate - umiarkowany

moderate - umiarkowany mild - łagodny cool - chłodny weather - pogoda changeable - zmienna influence - wpływ river - rzeka

developed - rozwinięty

industrialized - uprzemysłowiony interest - gałaź przemysłu

mining - górnictwo metallurgy - hutnictwo

shipbuilding - przemysł stoczniowy textile industry - przemysł odzieżowy

cattle-breeding - hodowla bydła sheep-farming - hodowla owiec

fishery - rybołówstwo

cultivation - uprawa barley - jęczmień wheat - pszenica

sugar-beet - burak cukrowy

meadow - łąka orchard - sad

fertile fields - żyzne pola

to abound with - obfitować

coal - węgiel iron - żelazo granite - granit flat - płaska

differentiated - urozmaicona wild moorland - dzikie bagno

valley - dolina plain - równina lake - jezioro

ancient castle - starożytny zamek

divided - podzielony variety - różnorodność industrial - przemysłowy

rocky - skalisty mine - kopalnia

mountainous - górzysty picturesque - malowniczy

### RHHHHH

## **SPEAKING**

- 1. Discuss briefly the geography of the United Kingdom.
- 2. Where would you like to live: in England, Wales or Scotland? Why?

### 

# 12.2. An outline of American geography

The area of the United States covers 9,372 thousand square kilometres. Its population is about 240 million. Washington, D.C. with the White House is the capital of the Uniteds States and the major cultural and political centre. The U.S. is a country of great diversity. It consists of 50 states and stretches 4,500 km from east to west and 3,500 km from north to south. It offers almost every variety of climate and physical contrasts. To understand some of its differences, it can be divided into 6 regions: the Northeast, the Central Basin, the Southeast, the Great Plains, the Mountains and Deserts and the West Coast Valleys. The new states, Alaska and Hawaii, must be viewed separately.

The Northeast is the major industrial area with several big cities such as New York - the largest city and the main financial and commercial centre in the country, Boston - an important sea port, Detroit - the centre of the motor industry and Chicago - the second largest city in the US and a very important railway center. The Northeast is famous for its

lakes - Superior, Michigan, Huron, Erie and Ontario.

The Central Basin is a prairie land. The states of Ohio, Indiana, Illinois, Iowa and Nebraska are known as The Corn Belt. This is a very important agricultural area, "the farmers' paradise", where corn is grown and cattle is bred. The fields there are fertile and summers are long, hot and rainy. Three big rivers traverse the region of the Central Basin - the Mississippi, Ohio and Missouri.

The Southeast across the Appalachian Mountains is known as the cotton kingdom. Agriculture in this region is very well developed and not only cotton but also tobacco, soya, beans, sugar cane and rice are planted from Virginia to Texas. Separate from the rest of the Southeast, Florida stretches out to the Atlantic Ocean. It is a very popular holiday area where tropical fruits and vegetables grow all the year round.

The Great Plains is a very dry land of prairies where rainfall drops below 50 centimetres a year. This is a hard country. Summers are scorching and winters are freezing. In the days of the Old Wild West Indians, cattlemen, cowboys and farmers used to fight each other for the land there. Today there are a lot of huge farms on the plains where various crops are planted. There are very few towns in the region and the biggest city is Denver.

The region of Mountains and Deserts is a vast desert land between the Rocky Mountains in the east and the Sierra Nevadas in the west. It is famous for its wild and unspoilt national parks - Yellowstone, Wyoming and Death Valley. The major city is Los Angeles - the world's largest metropolitan area and the centre of the film industry (Hollywood).

The last region in the west, known as the Coast Valleys, is fertile and densely populated. It stretches along the Pacific Coast, from San Francisco to Seattle. Today it is one of the richest farm areas in the U.S. The climate is mild, the soil is fertile and there are ideal conditions for orchards, dairies and wheat there.

Alaska, America's largest state, is a land of icebergs and polar bears. It has great ranges of mountains and few roads. Because it is so far north, the winters are long and summers are short. Alaska is rich in natural resources and mining is the major industry.

Hawaii, the fiftieth state of America, is in sharp contrast to Alaska. It consists of a string of sun-drenched islands in the Pacific Ocean and it is famous for its two active volcanoes, pineapple plantations and Waikiki Beach.

Although it is difficult to gain an idea of the United States as a whole, it is its diversity that makes this country unique and beautiful.

### RHHHHH

lake - jezioro

### **VOCABULARY A**

area - obszar
to cover - zajmować
population - ludność
diversity - różnorodność
climate - klimat
basin - dorzecze
plain - równina
mountains - góry
deserts - pustynie
valleys - doliny
industrial - przemysłowy
commercial - handlowy
motor industry - przemysł samochodowy

prairie - preria
Corn Belt - pas kukurydziany
agricultural - rolniczy
paradise - raj
to grow - uprawiać
to breed cattle - hodować bydło
fields are fertile - pola są żyzne
to traverse - przecinać
cotton - bawełna
tobacco - tytoń
bean - fasola
sugar cane - trzcina cukrowa



### **GEOGRAPHY**

rainfall - opady deszczu scorching - upalny freezing - mroźny crops - zbiory densely populated - gęsto zaludniony mild - łagodny orchard - sad dairy - gospodarstwo mleczne wheat - pszenica iceberg - góra lodowa range - łańcuch natural resources - bogactwa naturalne sun-drenched - słoneczne volcanoe - wulkan plantation - plantacja

## **SPEAKING**

- 1. How can you divide the area of the United States?
- 2. In which region would you like to live and why?
- 3. Describe briefly the geography of the United States.

**ЖЖЖЖЖЖЖЖЖЖЖ** 

## MY NOTES:

# 13. THE WORLD OF FEELINGS

# 13.1. Friendship

It's good to know that you've got a friend when people can be so cold...

They'll hurt you and they'll desert you

And take your soul if you let them...



### Carole King

Songs, poems and proverbs about friendship are common and can be found in all languages. It is so because friendship has a great value in our life. Everyone would like to have a bosom friend; someone trusted, loyal, sincere and faithful. Friends do not have to be the same age. It sometimes happens that mothers are the greatest friends of their daughters and grandparents are the best friends of their grandchildren. It is good to have a friend in the family.

Some people consider animals as their friends. Everyone knows, for example, that dogs make good pets. They have been our faithful companions for centuries. It has been scientifically proved that animals have a great therapeutic effect on people who are ill; if they have an animal to care for, they will get better more quickly.

"A friend in need is a friend indeed" - according to this old saying a good friend should always help us in difficulties, cheer us up and raise our spirits when we are down, troubled or when nothing is going right. That is what friends are for...

However, friendship must be cherished to become stronger and stronger, it must be "planted like a seed". We should never let our friends down when they count on us or otherwise we may destroy our close relationship with them.

It is more and more difficult to make a friendship nowadays, especially in big cities where people are anonymous and where we sometimes do not know who lives next door. However, if we feel lonely, we can always look around and try to strike up a friendship with someone who also longs for it...

### REEREE

### **VOCABULARY A**

to hurt - zranić to desert - opuścić soul - dusza proverb - przysłowie common - powszechne

great value - wielka wartość bosom friend - serdeczny przyjaciel trusted - godny zaufania loyal - lojalny sincere - szczery pet - czworonożny przyjaciel, zwierzę domowe companion - towarzysz therapeutic effect - efekt terapeutyczny A friend in need is a friend indeed - prawdziwych przyjaciół poznaje się w biedzie old saying - stare powiedzenie to cheer someone up - rozweselić kogoś to raise one's spirits - podnieść kogoś na duchu troubled - zmartwiony

to cherish - pielęgnować
to plant - hodować, uprawiać
seed - ziarenko
to let sb down - zawieść kogoś
to count on somebody - liczyć na kogoś
close relationship - bliski związek
to make a friendship - zaprzyjaźnić się
anonymous - anonimowy
to strike up a friendship - zawrzeć przyjaźń
to long for - pragnąć

### **SPEAKING**

faithful - wierny

- 1. Describe your best friend.
- 2. What qualities should a good friend possess?
- 3. Is it difficult to make a friendship? Why? / Why not?

**ЖЖЖЖЖЖЖЖЖЖЖ** 



## 13.2. Love

We often ask ourselves what love is and although sometimes we cannot give a satisfactory answer, we all agree that life without love would be impossible. Love gives us almost everything we need: the feeling of safety, joy, happiness and the sense of belonging. It is not only our best friend but also our greatest teacher. It teaches us devotion, fondness, responsibility, tolerance, loyalty and flexibility.

"Would you believe in a love at first sight? I'm certain that it happens all the time" - sang the Beatles. However, some experienced people say that they do not believe in love at first sight. They claim that it is not possible to fall in love with someone you do not know. They are very often right. As the old saying goes, beauty is only skin-deep and other qualities, not outward appearance, show the true nature of a person. A pleasing appearance is sometimes misleading and deceitful and it makes people feel disappointed and disillusioned. Hence, love should not be based on mutual attraction only, but first of all on close acquaintanceship.

Although falling in love is not a privilege of youth, it is young people who go through it most frequently. The first love is a mixture of folly and curiosity, tears and laughter. It usually does not last long and is nothing but a sort of disease - you cannot eat, you cannot sleep and cannot think sensibly. The first stage of love, claims an American psychologist, lasts about three months. During this time people in love do only two things: either they are inseparable or they endlessly think of each other. They swear eternal love and are convinced that their feeling will last forever. When it vanishes, however, they are ready to fall in love again.

REEEEE



satisfactory - satysfakcjonująca, zadowalająca safety - bezpieczeństwo

joy - radość

belonging - przynależność devotion - poświecenie

fondness - czułość

responsibility - odpowiedzialność

loyalty - wierność flexibility - gietkość

love at first sight - miłość od pierwszego

weirzenia

skin-deep - powierzchowna

quality - cecha

outward appearance - wyglad zewnetrzny

true nature - prawdziwa natura misleading - myląca, zwodnicza

deceitful - fałszywa

RHHHHH

disappointed - rozczarowany disillusioned - pozbawiony złudzeń attraction - przyciąganie, powab

close acquaintanceship - bliska znajomość

to go through - doświadczać

folly - szaleństwo

curiosity - ciekawość

tears - Izy

laughter - śmiech

disease - choroba

sensibly - rozsadnie

inseparable - nierozłączni

endlessly - bezustannie to last forever - trwać zawsze

to vanish - zniknać

to fall in love - zakochać się

## **SPEAKING**

- 1. Is love necessary in our lives?
- 2. Do you believe in love at first sight?
- 3. Describe your first love. Were you happy then?

RHHHHH

# 13.3. Happiness

Happiness is the most beautiful of all feelings.

Scientists claim that there are four types of happiness: euphoria, solicitude, excitement and ecstasy and we need to experience all these feelings (at least from time to time) to be really happy.

It is commonly believed that happy people live longer. If so, we should always try to be in a good mood and look on the bright side of everything. Some people regard themselves as unhappy only because they cannot be enthusiastic about small things. Hence, we should not wait for some unusual events which may never happen but try to enjoy our everyday life.

Everyone needs something different to be happy. Very often men need a good car or stereo equipment while women are happy when they can buy new clothes or redecorate a flat. Usually couples are happier than people who live alone. They are also healthier and can cope with their problems more easily.

To be happy, people say, one must be lucky, healthy, have money, an understanding and loving partner and an interesting, satisfying job. Sometimes it is not possible to have everything but we should at least try to follow a wise piece of advice: "Don't worry, be happy!"

\*\*\*\*

euphoria - euforia solicitude - troskliwość excitement - podniecenie ecstasy - ekstaza to be in good mood - być w dobrym nastroju to look on the bright side - patrzeć optymistycznie to regard oneself as - uważać się za hence - stąd unusual event - niezwykłe wydarzenie

equipment - sprzęt
to redecorate a flat - urządzić na nowo mieszkanie
to cope with a problem - poradzić sobie
z problemem
to be lucky - mieć szczęście
healthy - zdrowy
satisfying job - satysfakcjonująca praca
to follow - stosować się

a piece of advice - rada

## **SPEAKING**

- 1. Do you think that you are happy? Why? / Why not?
- 2. What makes people happy?
- 3. Would you be really happy if you won a fortune?

**HHHHHHHHHHH** 



## 13.4. Tiredness and well-being

Tiredness is a general weakening of the endurance of a person's system due to physical or emotional strain. The state of fatigue may be caused by many factors. The most obvious one is overwork often coupled with stress. Usually students studying for some difficult exams, bosses engaged in serious business, workers exhausted after a hard day in a factory, women trying to be equally efficient at home and work are most exposed to tiredness. There are, of course, many other, more complex causes, for example the world-weariness often occurring with old age, tiredness resulting from boredom at work, unhappiness or undertaking too difficult tasks requiring much effort and responsibility. The inevitable effect is chronic, emotional weariness.

There are many symptoms of constant fatigue, the most characteristic of which are: complete unwillingness to be active, to perform normal routine tasks and finding them beyond one's strength, lack of energy to enjoy life, headaches, lassitude after the slightest effort, insomnia, and so on.

If people feel tired for much of the time, are down in spirits, low in energy, they should probably change their lifestyle. The first principle is to get enough breaks and holidays and the second, to divide work and hand some duties over to others. If it is a job that bores them to death and drains their energy, they should change it or make their leisure time for them. Often a warm, fragrant bath with special oils has a great therapeutic effect but the most important is, undoubtedly, a good and healthy diet.

The conclusion may be drawn that the eternal truth about the inseparability of mind, body and spirit is still timely. We should take care in equal degree for each of them to avoid chronic fatigue and to keep health and vitality to the end of our life.

REEREE

tiredness - zmęczenie

well-being - dobre samopoczucie

weakening - osłabienie

endurance - wytrzymałość system - organizm (ludzki)

strain - napięcie, wysiłek

fatigue - zmęczenie

factor - czynnik

exhausted - wyczerpany

efficient - wydajne

world-weariness - zmęczenie światem

to occur - pojawiać się

boredom - nuda

to undertake - podejmować

effort - wysiłek

inevitable - nieuchronny

symptom - objaw

unwillingness - niechęć

to perform - wykonywać

strength - siła

headache - ból głowy

lassitude - zmęczenie, znużenie

insomnia - bezsenność

down in spirits - przygnębiony

break - przerwa

hand duties over - przekazać obowiązki

to bore - nudzić

to drain energy - wyczerpywać energię

leisure time - czas wolny fragrant bath - wonna kapiel

therapeutic effect - efekt terapeutyczny

healthy diet - zdrowa dieta conclusion - wniosek

eternal truth - odwieczna prawda inseparability - nierozłączność

to avoid - uniknać

REEREE

## **SPEAKING**

- 1. What are the main causes of tiredness?
- 2. What are the symptoms of chronic fatigue?
- 3. What can be done to feel better?

## MY NOTES:

## 14. ADDITIONAL TOPICS



## 14.1. Books in our lives

It seems that books have always been in our lives. For centuries they have represented and reflected human culture and constituted an integral part of human life.

The history of books goes back to about four thousand years before our century. Initially, books were hand-written on special boards made of clay, wood and ivory. The second stage was making use of papyrus and, subsequently, parchment. Then there was the era of wood-engraved books. The first half of the 15th century saw the invention of printing and since that time books have become very popular and accessible.

Nowadays, books are indispensable in everyone's life. They broaden the mind and they are an important source of information and knowledge about the world. They perform a useful service to people, teaching and entertaining them. Furthermore, they communicate the feelings, experiences and provide important evidence of human thought. They also record past events and make history more vivid and alive. Finally, they preserve cultural bonds and this is probably the most significant of their advantages.

Books are helpful in a wide variety of situations. They do not only inform but also protect people from boredom. Whenever we are ill or when we have to spend long hours on a train or bus, books seem to be irreplaceable. We may also take them on our holidays and enjoy the pleasure of getting involved in them while lying on a beach and sunbathing. Sometimes during lonely evenings when there is nobody to talk to, books become a partner of conversation. Furthermore, they may be helpful when one has a serious problem and looks for a possible solution or wants consolation. Books are also a way out for those who want to escape from the real world into fiction and forget about their everyday problems and stresses.

There are many kinds of books that satisfy every age and taste. The first group is colourful books for children, fairy-tales, stories, comics and so on. The second large group is books for grown-ups. They may be roughly divided into scientific books and works of fiction. The aim of scientific books, such as encyclopaedias, lexicons, guides or professional books is to inform while works of fiction, such as novels, detective stories, adventure books, sagas, diaries and so on serve to entertain. The great variety of books means that everyone may find something interesting.

Some people say that books are our greatest friends. They are right. Books have served us for centuries and they have never let us down.

\*\*\*\*\*

evidence - świadectwo

human culture - ludzka kultura

to constitute - stanowić

integral part - integralna część

century - wiek

hand-written - pisane ręcznie

board - tabliczka

clay - glina wood - drzewo

ivory - kość słoniowa

ivory - kość słoniowa papyrus - papirus

parchment - pergamin

wood-engraving - rytownictwo w drzewie (drzeworyt)

invention of printing - wynalazek druku

accessible - dostępne indispensable - nieodzowne

to broaden the mind - poszerzać horyzonty

source - źródło knowledge - wiedza

to perform a useful service - spełniać pożyteczną

rola

to entertain - bawić

to communicate the feelings - przekazywać

uczucia

experience - doświadczenie human thought - ludzka myśl

to record past events - zapisywać przeszłe

wydarzenia (rejestrować)

vivid - żywy

to preserve cultural bonds - podtrzymywać więzi

kulturalne to let somet

significant - ważny, istotny

advantage - zaleta variety - różnorodność to protect - chronić boredom - nuda

irreplaceable - niezastąpiony lonely evenings - samotne wieczory serious problem - poważny problem

solution - rozwiązanie consolation - pociecha way out - wyjście to escape - uciec

real world - rzeczywisty świat

colourful - kolorowe fairy-tales - bajki stories - opowiadania comics - komiksy grown-ups - dorośli roughly - z grubsza to divide - podzielić

scientific books - książki naukowe works of fiction - beletrystyka encyclopaedia - encyklopedia

lexicon - leksykon guide - przewodnik

professional books - książki specjalistyczne, zawodowe

novel - powieść

detective story - kryminał

adventure books - ksiażki przygodowe

saga - saga diary - pamietnik

to let somebody down - zawieść kogoś

### **VOCABULARY B**

literature - literatura

contemporary literature - literatura współczesna

non-fiction - literatura faktu

poetry - poezja

edition - edycja, wydanie bestseller - bestseller copy - egzemplarz dictionary - słownik handbook - podręcznik

historical novel - powieść historyczna

tale - opowieść

short story - krótkie opowiadanie

novella - nowela

children's book - książka dla dzieci

artbook - książka o sztuce thriller - dreszczowiec melodrama - melodramat biography - biografia

cookery book - książka kucharska paperback - wydanie kieszonkowe

paperback - wydanie k volume - tom illustration - ilustracja jacket - obwoluta page - strona title - tytuł contents - spis treści

introduction - wstęp author - autor playwright - dramaturg

critic - krytyk poet - poeta

censorship - cenzura

reader - czytelnik book-worm - mól książkowy reading room - czytelnia library - biblioteka catalogue - katalog library card - karta biblioteczna bookshop - księgarnia

### REEREE

## **SPEAKING**

- 1. Do you like reading books? Why? / Why not?
- 2. What kinds of books are your favourite ones?
- 3. Do you prefer reading to watching television? Why? / Why not?

REFERENCE



## 14.2. Computers

Computers seem to be indispensable in our lives. Since they were invented in 1948, they have revolutionized they way millions of people work, study, conduct business transactions or carry out research.

Computers are having an enormous impact on science and technology. Complicated mathematical calculations can be performed in minutes. Also data gathering, testing and analysis have been improved by computer use. Computers have many applications in factories where they are used for controlling and analysing many industrial processes. However, not only are they used to manufacture certain products, but they are incorporated into the products, such as cars, trains, ships, weapons, cash registers or machine tools.

Computers are also being increasingly used in medicine. They are very helpful in medical diagnosis, patient monitoring and general hospital administration. In the banking and finance systems they have replaced paper for nearly all accounting. Such areas as architecture, engineering or machinery are also increasingly dependent on computer design. Moreover, computers are revolutionizing such fields as advertising or marketing of new products.

There is a widespread impact of computers in education. Educational institutions use them for various purposes. First of all, they perform administrative functions, such as data recording or book-keeping. Second, they play an important role in teaching. More and more secondary schools offer classes in computer science to educate young people how to use them. This trend is increasing as we are all on the brink of computerized future and an understanding of computers is especially important to the young generation. Everyone will probably agree that the future of modern society depends greatly on computerization.

#### REEERE

#### **VOCABULARY A**

indispensable - nieodzowne to invent - wynaleźć to revolutionize - zrewolucjonizować to conduct business transactions - prowadzić interesy to carry out research - wykonywać badania impact - wpływ science - nauka mathematical calculations - matematyczne obliczenia to perform - wykonać data gathering - zbieranie danych application - zastosowanie industrial process - proces przemysłowy to manufacture - wytwarzać to be incorporated - być włączonym weapon - broń cash register - kasa (np. w sklepie) tool - narzędzie diagnosis - diagnoza patient monitoring - kontrolowanie pacjenta accounting - rachunkowość to be dependent on - być zależnym od

advertising - reklama
widespread - rozpowszechniony
various purposes - różne cele
administrative functions - funkcje administracyjne
data recording - wpisywanie danych
book-keeping - księgowość
increasing - wzrastający
to be on the brink - być na krawędzi
computerized future - skomputeryzowana
przyszłość
young generation - młode pokolenie
modern society - nowoczesne społeczeństwo
computerization - komputeryzacja

## \*\*\*\*\*\*

## **SPEAKING**

- 1. In which walks of life are computers prevalent?
- 2. What are the benefits of computerization?
- 3. Is it good that more and more people are being replaced by computerized robots?

### REFERENCE

## 14.3. Road accidents

We cannot imagine the world today without a car. The motor vehicle has become one of the most powerful forces in modern society. Its increased use has numerous benefits. First of all, humans enjoy greater freedom of movement and greater speed of travel than ever before. However, the price in terms of lives to be paid for these conveniences is extraordinarily high.

Every year thousands of people are killed and hundreds of thousands are seriously injured in car accidents. Without doubt the most terrifying fact is that a very high proportion of these victims are children and teenagers.

As a result of modern technological development young people constantly have to adapt to new situations at school, at home and on the roads where they are subject to greater risks than ever before. The number of children involved in fatal and serious accidents is rapidly increasing and the magnitude of this problem is even hard to grasp. In fact, the traffic accident in modern society has replaced disease or malnutrition and has become the biggest threat to young life.

According to various estimates, the costs of road accidents are inordinately high. However, human tragedy can never be meaningfully represented by accurate calculations. What makes this continuous waste of human life even more shocking is the fact that so many road tragedies could be prevented.

Analysis shows that human error is the major factor in a road accident. While engineering improvements in cars help make it safer, it is education that offers the surest method of reducing the incidence of human errors. Society must acknowledge that responsible safety in traffic depends on learned behaviour.

How can therefore drivers and pedestrians contribute to the improvement of road safety? One reasonable thing drivers can do is to try to drive safely and abide by traffic regulations. They cannot, for example, ignore crossings, red lights or other safety aids even if they consider it safe to do so. Pedestrians, on the other hand, cannot make their observations and decisions only as they approach the curb. Moreover, children should be subject to some form of safety education as survival in modern traffic conditions demands a mass of knowledge and a variety of skills which are frequently tragically taken for granted. We must all remember that if young road users are well prepared for life in modern traffic, the number of tragic accidents on the roads would be considerably lower.

#### REEREE

## **VOCABULARY A**

powerful - potężny, silny force - potęga modern society - nowoczesne społeczeństwo increased use - zwiększone wykorzystanie freedom of movement - wolność poruszania się speed of travel - prędkość podróżowania conveniences - udogodnienia seriously injured - poważnie ranni terrifying fact - przerażający fakt technological development - rozwój technologiczny incidence - zakres, zasieg to adapt - przystosować się to be subject to - być narażonym na fatal accident - wypadek śmiertelny magnitude - wielkość to grasp - uchwycić to replace - zastapić disease - choroba malnutrition - niedożywienie threat - zagrożenie

estimate - oszacowanie inordinately high - nadmiernie wysoki accurate calculations - dokładne rachuby, wyliczenia

to prevent - zapobiec

human error - ludzki błąd major factor - główny czynnik improvement - poprawa, postep safer - bezpieczniejszy to acknowledge - uznać behaviour - zachowanie pedestrian - pieszy to abide by - przestrzegać traffic regulations - przepisy ruchu drogowego to ignore - ignorować crossing - skrzyżowanie to approach the curb - zbliżać się do krawężnika survival - przeżycie

REEREE

## **SPEAKING**

- 1. What are the benefits of having a car?
- 2. Why are there so many road accidents nowadays?
- 3. How can drivers and pedestrians contribute to the improvement of road safety?

KKKKKKKKKK

## 14.4. Smoking



Many young people in Poland smoke cigarettes. They are all convinced that smoking has a lot of benefits. They say that it helps them relieve the stresses of everyday life and they reach for a cigarette whenever they are nervous, worried or depressed. They also regard smoking as a useful form of relaxation which is especially enjoyable after a meal, with a

glass of wine or with a cup of coffee. They even claim that thanks to cigarettes they do not feel shy and their social contacts are made easier.

However, it is not possible to smoke and enjoy it without danger. Young people do not often realize that cigarettes are the main cause of lung cancer which kills hundreds of thousands of people every year. Moreover, cigarettes are also responsible for chronic bronchitis with its terrible cough, phlegm and frequent chest illnesses. Smoking also increases considerably the risk of heart disease and people who smoke are more likely to die of a heart attack.

Still, many smokers are of the opinion that cigarettes are good for their nerves, stimulating, relaxing and therefore they are not ready to give up the habit. They claim that they do not smoke much and, besides, they feel perfectly well. It is true, but according to a medical research many people who have lung cancer, for instance, feel fit and enjoy a healthy life until a few months before they die and when it is too late to do anything. On average, an ordinary cigarette smoker dies five and a half years earlier than a non-smoker.

However, it is never too late to stop smoking. The risk of illness and dying from the results of smoking steadily decreases after smokers give up the habit. Almost immediately they also lose their smoker's cough, their breathing improves and they generally feel much fitter. Moreover, their clothes no longer smell of stale smoke and their fingers are not stained.

"Fine, many people say, but how can I stop?" There are of course many ways of giving up smoking. Unfortunately, good intentions are not enough. It seems that the most important is strong will and determination. At least we are all entitled to breathe air that is not polluted.

#### REEREE

#### **VOCABULARY A**

cigarettes - papierosy
to be convinced - być przekonanym
benefits - korzyści
to relieve - ulżyć, odciążyć
stress - stres
to reach for - sięgać po
depressed - przygnębiony
meal - posiłek
shy - nieśmiały
danger - niebezpieczeństwo
main cause - główna przyczyna
lung cancer - rak płuc
chronic bronchitis - chroniczny bronchit
terrible cough - straszny kaszel

heart disease - choroba serca
to give up - rzucić
habit - nałóg, przyzwyczajenie
to claim - twierdzić
to decrease - zmniejszać się
to improve - poprawić się
fitter - zdrowszy
stale smoke - nieświeży zapach
stained - poplamione
strong will - silna wola
determination - zdecydowanie
to be entitled to - być uprawnionym do
to breathe air - oddychać powietrzem
polluted - zanieczyszczone

## **SPEAKING**

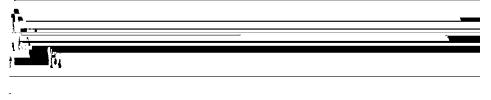
- 1. Why do people smoke cigarettes?
- 2. Why is smoking dangerous?
- 3. What actions could be undertaken to counteract smoking?

## 14.5. Drugs

Drugs can mean everything from cigarettes and alcohol to heroin, cannabis, amphetamines, LSD and cocaine. They are dangerous for many reasons. They lead to depression, unconsciousness or even death. There is also a danger of addiction after regular use. Drugs can cause confusion and frightening hallucinations, unbalanced emotions, serious medical disorders and physical deterioration. They can infect the system leading to sores, jaundice, blood poisoning and even AIDS disease.

Many teenagers turn to drugs such as sleeping tablets, tranquilizers or anti-depressants to help relax and cope with the stress and problems of their life. They experience many pressures at school, from parents, friends, they are bored, frustrated or frightened. They think that taking drugs is the best way-out. However, they do not realize how dangerous and deceitful it is.

Many signs indicate that a boy or girl is taking drugs, for example, sudden changes of mood, irritability, aggression, loss of appetite, loss of interest in hobbies or friends, sleedlessness furtive behaviour unusual smells stains or marks on the body or clothes



Parents who spot that their children are in danger, should not act hastily and point out the dangers of drugs in a caring and protective way. They should talk to a doctor, other parents, teachers, and they should at first help to cope with the problem rather than feel hurt and react angrily. If they are too bossy, they may push their children into drug-taking and addiction.

## RHHHHH

#### **VOCABULARY A**

system - organizm

drugs - narkotyki
cigarettes - papierosy
cannabis - konopie indyjskie
amphetamine - amfetamina
cocaine - kokaina
depression - depresja
unconsciousness - nieprzytomność
death - śmierć
addiction - nałóg
confusion - pomieszanie
frightening hallucinations - przerażające
halucynacje
unbalanced emotions - niezrównoważone emocje,
odczucia
medical disorders - dolegliwości zdrowotne

physical deterioration - fizyczne wyczerpanie

sore - rana, owrzodzenie iaundice - żółtaczka blood poisoning - zakażenie krwi disease - choroba tranquilizer - środek uspokajający anti-depressant - lek antydepresviny to cope with - poradzić sobie pressure - nacisk bored - znudzony frustrated - sfrustrowany way-out - wyjście deceitful - podstepny changes of mood - zmiany nastroju irritability - drażliwość, nerwowość loss of appetite - utrata apetytu sleeplessness - bezsenność

## 14.6. AIDS

AIDS (Acquired Immune Deficiency Syndrome) is a recent extremely dangerous terminal disease. People ill with AIDS lose their physical immunity, which in most cases leads to death. A catastrophic epidemic of AIDS is sweeping around the globe killing hundreds of thousands of men, women and children every year. With no effective treatment available anywhere in the world, and no prospect of a vaccine, people are simply powerless to stop the spread of this disease.

The situation of people ill with AIDS is really tragic. They are not only the victims of the HIV virus but also the victims of a society which is very often not tolerant enough to accept them. Hence, coping with the virus is very difficult. Many of them live under constant threat of death. They realize that there is no chance of recovery for them and they are afraid of dying a slow, painful death. At the same time they often lose their jobs, family, home and physical beauty. They are usually isolated from the society and friends who try to avoid them or even break off their relationships with them.

How do they cope then? Some people struggle and refuse to be victims. They somehow believe that it depends on their power of will how long they will live and how. They take a long look at their previous life and do their best to change it for the better. They often try to find an understanding partner or a group of friends, keep a special healthy diet cutting out alcohol, sweets, eating a lot of vitamins and doing mind and body exercises. They talk about their problems, go to special support meetings and try to work out a positive mental attitude towards the illness. However, there are also people who either keep it secret that they are ill or give up and cut themselves off from the world. They feel depressed and want to be left on their own.

Why are we so afraid of AIDS? First of all, many people believe that they may be easily infected. However, this is not true. The HIV virus perishes outside the human's system and that is why it is not possible to get infected by touch, kiss, utensils or bath-tub. Still, accidental sexual contacts and the use of unsterilized medical equipment are often responsible for the contagion.

How can we struggle against the new plague? It seems that the introduction of control projects and radical prevention all over the world is the only way-out. People should be educated about the risk of AIDS, or otherwise we may never be able to combat the epidemic.

#### RRRRRR

### **VOCABULARY A**

terminal disease - choroba śmiertelna
physical immunity - fizyczna odporność
to lead to death - prowadzić do śmierci
to sweep around the globe - ogarniać świat
effective treatment - efektywne leczenie
available - dostępny
prospect - perspektywa
vaccine - szczepionka
to be powerless - nie być zdolnym, nie być
w stanie

spread - rozprzestrzenianie się

victims - ofiary

society - społeczeństwo
constant threat - nieustanna groźba
recovery - poprawa zdrowia
painful death - bolesna śmierć
to be isolated - być odizolowanym
to avoid - unikać
to break off relationship with sb. - zerwać stosunki
z kimś

to cope - radzić sobie to struggle - walczyć to refuse - odmawiać power of will - siła woli

#### ADDITIONAL TOPICS

to keep a healthy diet - utrzymywać zdrową dietę mind - umysł body - ciało support - poparcie, podpora to work out - wypracować mental attitude - duchowe podejście illness - choroba to give up - zarzucić to cut oneself off - odciąć się to feel depressed - czuć się przygnębionym to be infected - być zarażonym to perish - zniknąć, wyginąć to get infected - zarazić się

touch - dotyk
kiss - pocałunek
utensils - naczynia
bath-tub - wanna
sexual contact - kontakt seksualny
unsterilized medical equipment - niewysterylizowany sprzęt medyczny
contagion - zakażenie, zarażenie się
radical prevention - zdecydowana profilaktyka,
zapobieganie
way-out - wyjście
to combat - zwalczyć

REEEEE

epidemic - epidemia

## SPEAKING

- 1. What is your view on AIDS?
- 2. How do you feel AIDS is contracted?
- 3. What do you think should be done with AIDS victims?

REFERENCE

## 14.7. Euthanasia

The problem of euthanasia raises a great deal of controversy. Some people claim that it is inherently wrong while others strongly support the idea. Both views should be taken into account when considering the possibility of making it legal.

The supporters of euthanasia say that it can cause more good than harm to the patient, the family, and to the whole of society. It can be argued that everyone should be given the right to decide about his or her life and death. For many terminally ill patients euthanasia is the only chance to relieve suffering and severe pain. Some people hate to live in a permanent vegetative state without any human dignity. When viewed from this perspective, euthanasia is not a deliberate act of killing, but rather an act of mercy and, therefore, should be allowed. However, the problem becomes even more complicated in the case of those who cannot express their consent, for example profoundly retarded children, senile or comatose patients. Does anyone have the right to decide about their life and death? This question is left unanswered.

Some people argue that those patients who have absolutely no chances of recovery should be put to death because they are a tremendous financial burden on the whole of society. They claim that the money spent on sustaining their lives should rather be spent on those who have more chances for improvement. However, such argumentation is inhumane.

The opponents of euthanasia are of the opinion that it is everyone's natural right to continue living. Therefore, making euthanasia legal would promote a lack of respect for human life. They also claim that although modern medicine is undeniably progressing, it does not possess complete knowledge. In some cases a decision about discontinuing a person's life may be wrong and overhasty as it often happens that the patients who seemingly have no chance of recovery miraculously survive.

Another argument against euthanasia is ethical in nature. Many doctors face a conflict between the duty to sustain life and the obligation to relieve suffering. However, suffering is a natural part of everyone's life and when viewed from this perspective, doctors who agree to inflict death may be simply called murderers. Therefore, should a decision about euthanasia be made through law? It possibly would make it easier for a doctor, a patient himself and his family. However, is it moral?

When we take into consideration the great value of life, the irreversibility of death and the imperfection of medicine, we may probably conclude that legal euthanasia may cause more harm than good but the final decision belongs to us.

#### REEEEE

#### VOCABULARY A

to raise controversy - budzić kontrowersje to claim - twierdzić terminally ill - śmiertelnie chory patient - pacjent to relieve - ulżyć suffering - cierpienie severe pain - ostry ból permanent - ciągły vegetative state - stan wegetacyjny human dignity - ludzka godność deliberate - umyślny act of killing - akt zabijania act of mercy - akt litości (litościwy uczynek) consent - zgoda profoundly - głęboko

retarded - upośledzony senile - starczy comatose patient - pacjent w stanie śpiączki recovery - powrót do zdrowia to sustain - podtrzymywać improvement - polepszenie opponent - przeciwnik to promote - promować lack of respect - brak szacunku to progress - rozwijać to discontinue - przerwać overhasty - pospieszna to survive - przetrwać to inflict death - uśmiercić irreversibility - nieodwracalność

### SPEAKING

- 1. If a relative or friend dear to you were in a permanent vegetative state, or undergoing incredible pain and suffering, what would you do?
- 2. Do you think that a doctor who performs euthanasia should be considered a murderer and prosecuted?
- 3. Do you think it is just for someone who is alive and healthy to pass judgement on a person who is confronted with dying?

### REFERENCE

## 14.8. Capital punishment

There is a national debate whether capital punishment should be abolished in our country. This topical issue has divided Polish society into two opposing groups. As far as my opinion is concerned, I am totally against the death penalty for several reasons.

The first reason is that every man dies naturally sooner or later and that is why it is absurd to employ death as a punishment. From a logical point of view it is not, in fact, any

punishment since death is a natural consequence of birth, it is a law to which all human beings are submitted. The only thing that matters here is time.

From the ethical point of view capital punishment is inhumane. It is so because a judge, an executioner and all the other people directly or indirectly involved in bringing about a verdict often have doubts as to whether they did the right thing and this weighs on their conscience to the end of their lives. Sometimes they suffer even more than the criminals and it should not be so. Why should man take part in such a cruel practice as depriving someone of his life? So many people die every day of cancer, AIDS, or heart attacks, so many are killed in accidents that we should not add to the list of the dead by inflicting capital punishment.

What is more, it has not been proved that the death penalty intensifies the disinclination to commit crimes and, therefore, it cannot be regarded as a major deterrent. In fact, capital punishment has never protected anyone.

Another key issue is whether the death penalty is appropriate for the crime committed. In my opinion a criminal should rather expiate his deed by working very hard to the end of his life. Sometimes a life-sentence is a harsher punishment than death. History also knows hundreds of cases of criminals who changed for the better and we can only feel sorry for those condemned to death who were not given any chance to improve.

It is easy to say: "He richly deserves his punishment". Society seems to be very severe on criminals. However, people do not always realize that they are themselves to blame because on one hand they cannot eliminate such social injustices which lead to crime as overcrowding, penury or broken homes and on the other hand they are too liberal in treating criminals as heroes and glorifying them in the mass media.

Another argument for abolishing the death penalty comes from the fact that such practices as hanging or electric chairs seem to be barbaric in the enlightened and civilized twentieth century.

Finally, human life is of outstanding value and no man has the right to deprive another man of this value.

### REEREE

### **VOCABULARY A**

debate - debata to abolish - znieść death penalty - kara śmierci

to employ death - stosować kare śmierci

punishment - kara

to be submitted - być poddanym (czemuś)

judge - sędzia executioner - kat

to bring about a verdict - doprowadzić do wyroku

doubt - wątpliwość conscience - sumienie

cruel practice - okrutna praktyka

to deprive sb. of his life - pozbawić kogoś życia

cancer - rak heart attack - zawał accident - wypadek to intensify - wzmacniać

disinclination - niechęć (do zrobienia czegoś)

to commit crime - popełnić przestępstwo, zbrodnię

deterrent - środek odstraszający key issue - kluczowa kwestia to expiate - okupić deed - uczynek

life-sentence - dożywocie

to condemn do death - skazać na śmierć

to improve - poprawić się

to realize - zdawać sobie sprawę

to blame - winić

to eliminate - wyeliminować

social injustice - niesprawiedliwość społeczna

overcrowding - przeludnienie

penury - bieda

broken home - rozbity dom

liberal - liberalny criminal - przestępca hero - bohater to glorify - gloryfikować

electric chair - krzesło elektryczne

barbaric - barbarzyńskie enlightened - oświecony to deprive - pozbawić

## **SPEAKING**

- 1. Do you think that capital punishment discourages criminals? How? / How not?
- 2. Do you think that mass murderers and serial killers deserve to die? Why? / Why not?
- 3. Do you think that the families of victims killed by criminals would be satisfied with a life-sentence rather than a death sentence?
- 4. If Hitler or Stalin were brought to justice in Poland, should they have been condemned to death?

REREEREERE

## 14.9. Feminism

The movement towards greater freedom for women has brought many positive results. In many countries women have been given the same rights as men and thanks to these rights both sexes can now enjoy equal opportunities in almost every field, such as education, professional work, politics, family life and so on. At last women have gained the independence they deserve and have ceased to be treated as inferior creatures.

As for education, the situation in this field has improved considerably. In the past men treated women as silly and intellectually underdeveloped creatures not able to think clearly. The stupidity and narrow-mindedness of women was taken for granted and that is why they were denied any access to real knowledge. All privileges, like studying at the university, for example, were reserved for men. But for the Liberation Movement, women would still be sitting at home playing the piano, cooking or embroidering handkerchiefs for their husbands and the world would have never heard of such wise women as Maria Skłodowska-Curie who contributed immensely to the development of science or such great female writers as Virginia Woolf or the Brontë sisters, for example.

Giving women equal educational opportunities also meant giving them the right to choose any profession they wanted. This, in turn, made them materially independent of their husbands and at last they could earn their own money. Nowadays, women are as good as men in almost every job and sometimes even better. They have proved that they are not only able to be housewives doing shopping and cleaning the house but also astronauts, lawyers, managers and even powerful politicians as the examples of Margaret Thatcher or Indhira Gandhi show.

The achievements in the fields of education and professional work were, of course, of great weight but not so important as the change in women's position in the family. Only educated and materially independent woman could become a real partner of her husband and cease to be his servant or household slave. In the past, a woman was treated as private property first, by her parents who decided for her whom she should marry and second, by her husband who often treated her as an investment and an object without any rights. Man was a master and a ruler at home and his wife was dependent on his will. Therefore, she had to be a good mother, cook and submissive slave. Thanks to the emancipation of women the above model has become an anachronism.

Nowadays, a woman herself decides about her own life. She always has a choice as to whether to live alone, get married or even divorce her husband, she can also rear children as well as work professionally. At the same time she proves that even having more duties and less physical strength than a man, she is still able to be a successful mother, housewife and career-woman.

movement - ruch greater freedom - większa wolność sex - płeć equal opportunities - równe szanse / prawa field - pole to gain independence - zdobyć niezależność to deserve - zasługiwać (na coś) to cease - przestać inferior creature - istota niższego rzędu underdeveloped - niedorozwinięty stupidity - glupota narrow-mindedness - ograniczenie to take for granted - brać coś za pewnik to deny access to - odmówić dostępu do privilege - przywilej to embroider - wyszywać to contribute - przyczynić się development - rozwói science - nauka profession - zawód

materially independent - materialnie niezależna housewife - gospodyni domowa to prove - udowodnić to do shopping - robić zakupy lawyer - prawnik family - rodzina servant - służaca household slave - niewolnica domowa private property - prywatna własność to marry - poślubić kogoś investment - inwestycja object - przedmiot master - pan ruler - władca submissive - uległa to divorce - rozwieść się to rear children - wychowywać dzieci physical strength - siła fizyczna career-woman - kobieta czynna zawodowo

#### \*\*\*\*\*

## **SPEAKING**

- 1. Do you think that women are capable of doing all jobs that men do?
- 2. Do you think that women should be allowed in the military? Why? / Why not?
- 3. How do you feel that men are responding to the strengthened role of women in society?
- 4. Do you think men and women are able to get along well together considering the strengthened role of women?

**HHHHHHHHHHH** 

## 14.10. Advertising

Advertising can be defined as a service to the community. Perhaps it would be interesting to examine the nature of advertising and discuss its kinds, techniques or effects it may have.

Advertising is a way of persuading and encouraging people to buy certain products. It may also be seem as a kind of guide in the mass markets and as an important way of selling goods. Its purpose is not only to attract customers and sell goods but also to inform people about the new products and remind them of the existence of the old ones.

Advertisements appear on television and radio where they are announced in the breaks between programmes; they are printed in papers; hung in shop-windows or underground subways in the form of posters, and so on.

There are many different techniques used in advertising. First, there is the repetition technique which makes the advertised product remain deep in a customer's mind. The second technique is called the "before and after" technique. It operates on contrasts and

usually shows a certain product before using it and then pointing out its wonderful effects, for example, a dirty shirt becomes as white as snow after using an advertised powder or soap. The third technique is psychologically motivated and appeals to basic human instincts, such as vanity, fear, or greed. Thanks to this technique people buy consumer goods or insurance, fashionable clothes and cosmetics, they eat more than necessary, imitate famous actors and singers and try to "keep up with the Joneses". Advertising often makes use of slogans and catch-phrases for its purposes.

People have different attitudes to advertising. Some claim that it is necessary and useful because it creates mass markets for products and, therefore, goods are cheap; it informs people about household goods, jobs available, births, marriages in newspapers; it makes life more cheerful and streets more colourful. On the other hand, people have many objections to advertising. They call it the "unproductive industry" on which vast sums of money are spent and which creates the demand for things that people do not need. Moreover, many advertisements are in poor taste; they are imposed on audiences often interrupting good television programmes. Besides, they give enormous profits to companies and it is the consumer who pays for it. Some people think that certain restrictions should be imposed on advertised products which are harmful to health, for example cigarettes or alcohol. They believe that good quality goods do not need to be advertised.

Having looked at some aspects of advertising - its kinds, techniques, effects it has, its advantages and disadvantages one may now see that in spite of a few objections, it performs a useful service to the community and is an integral part of modern life.

#### REEREE

### **VOCABULARY A**

service - usługa community - społeczność to persuade - przekonywać to encourage - zachęcać guide - przewodnik market - rynek to sell goods - sprzedawać towary purpose - cel to attract - przyciagać customers - klienci products - produkty to remind - przypominać advertisement - reklama poster - plakat technique - technika to operate on contrasts - operować kontrastami to point out - wskazać effect - efekt, rezultat powder - proszek

soap - mydło
to appeal - przemawiać do (uczuć)
instinct - instynkt
vanity - próżność
fear - strach
greed - chciwość

consumer goods - towary konsumpcyjne insurance - ubezpieczenie to imitate - naśladować to keep up with the Joneses - dotrzymywać kroku innym slogan - slogan

catch-phrase - frazes attitude - podejście goods - towary cheap - tanie

available - dostępne, osiągalne objection - zastrzeżenie

unproductive industry - nieproduktywny przemysł

poor taste - zły gust demand - popyt profit - zysk consumer - konsumer

consumer - konsument restriction - restrykcja to impose - narzucić harmful - szkodliwe

good quality goods - towary wysokiej jakości

advantage - zaleta disadvantage - wada

integral part - nieodłączna część

## **SPEAKING**

- 1. Is advertising necessary at all?
- 2. Do you like advertisements presented on TV?
- 3. Do advertisements encourage you to buy certain products?
- 4. Would you call advertising unproductive industry?
- 5. Do you think that advertisements distort the truth?

## SPEAKING PRACTICE 14

- 1. Opowiedz koledze, jaka jest twoja ulubiona książka i dlaczego.
- 2. Dlaczego komputery są tak ważne w dzisiejszym świecie? Uzasadnij.
- 3. Opisz wypadek, którego byłeś świadkiem i opowiedz krótko, co się stało ofiarom wypadku.
- 4. Czy uważasz, że samochód to dobry wynalazek?
- Czy jesteś za czy przeciw paleniu papierosów w miejscach publicznych? Uzasadnii.
- 6. Czy sądzisz, że powinno się karać za posiadanie narkotyków? Dlaczego? / Dlaczego nie?
- 7. Czy chorzy na AIDS powinni żyć wśród zdrowych ludzi czy w odosobnionych miejscach? Jaki jest twój pogląd na ten temat?
- 8. Czy ludzie nieuleczalnie chorzy powinni mieć prawo do eutanazji?
- 9. Czy uważasz, że eutanazja jest równoznaczna z samobójstwem?
- 10. Czy jesteś za czy przeciw karze śmierci? Dlaczego?
- 11. Jaka jest pozycja kobiet we współczesnym świecie?
- 12. Jaki jest twój pogląd na równouprawnienie mężczyzn i kobiet?
- 13. "Reklama dźwignią handlu" czy zgadzasz się z tym stwierdzeniem?
- 14. W jaki sposób reklama wpływa na twoje codzienne zakupy?
- 15. Powiedz, która reklama telewizyjna najbardziej ci się podoba. Dlaczego?

**HERRERERER** 

### MY NOTES:

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niezawodna pomoc dla maturzystów i zdających egzamin wstępny na wyższe uczelnie

przykładowe teksty do nauki oraz powtarzania podstawowych bloków tematycznych

> pomoc dla nauczycieli w przygotowywaniu zajęć

> > słownik tematyczny

słownictwo zawarte w książce jest umieszczone na dyskietce, którą można zamówić w wydawnictwie

zbiór pytań i reakcji językowych spotykanych na egzaminach

Computers. Computers.