

BUZZWORDS

LESSON 1

The Age of rage

Road rage. Air rage. E-rage. We seem to live in the age of rage. But why are we in a rage? Why do we fly so easily into a rage? Because we've become the 'can't wait' generation. Because we want everything immediately. We want instant coffee, instant access and instant knowledge. And if we don't get it instantly – we become enraged!

We are impatient, true. We can't wait and we haven't got time. Our pace of life is fast, but... aren't we the victims of modern technology? The driver who sits in a traffic jam feels trapped. He can't go on and he can't get out. He's powerless and it drives him mad! A person who surfs the web suffers from sensory overload. He's bombarded with information, besieged by ads and confused by spam. And the person on the plane? Er... hm...he's probably dying for a fag.

age	- wiek, stulecie, epoka
rage	- wściekłość, szał
road rage	- wściekłość, w jaką popadają kierowcy
air rage	- wściekłość, w jaką popadają pasażerowie samolotów
e-rage	- wściekłość, w jaką popadają użytkownicy komputerów
generation	- pokolenie
immediately	- natychmiast, bezzwłocznie, od razu
instant	- błyskawiczny, natychmiastowy
access	- dostęp
knowledge	- wiedza
instantly	- błyskawicznie, natychmiast
enraged	- rozwścieczony, rozszalały
impatient	- niecierpliwy
pace of life	- tempo życia
fast	- szybki
victim	- ofiara
modern technology	- nowoczesna technologia
traffic jam	- korek uliczny
trapped	- osaczony, w potrzasku
to go on	- iść/jechać dalej
to get out	- wydostać się
powerless	- bezsilny
to drive somebody mad	- doprowadzać kogoś do szaleństwa
to surf	- surfować, żeglować
web	- 'globalna pajęczyna'
sensory overload	- przeładowanie (zmysłów) informacjami

sensory	- dotyczący zmysłów
bombarded	- bombardowany
besieged	- osaczony, oblężony
ads	- (= adverts = advertisements) reklamy
confused	- oszołomiony, skołowany, zdezorientowany
spam	- <i>tu</i> : internetowa 'mielonka', 'papka'
plane	- samolot
to die for	- (<i>przenośnie</i>) życie oddać za coś

objaśnienia:

W szal można wpaść na kilka sposobów. Oto one:

You can be in a rage.

You can be enraged.

You can become enraged.

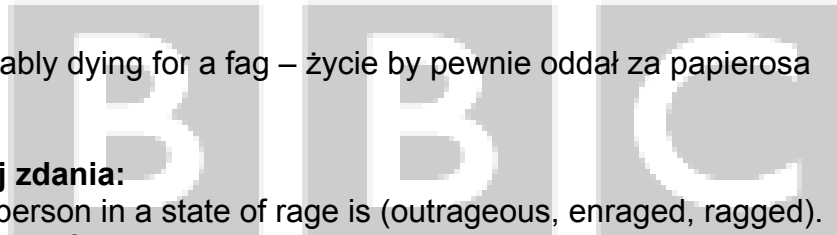
You can fly into a rage.

You can rage about something.

And you can drive somebody mad!

the 'can't wait' generation – niecierpliwe pokolenie, które nie ma czasu na nic czekać

he's probably dying for a fag – życie by pewnie oddał za papierosa



uzupełnij zdania:

1. A person in a state of rage is (outrageous, enraged, ragged).
2. Strong feelings or emotions can be described as (mild, enraging, raging).
3. If something is very popular and fashionable you can say that is all the (rage, raged, enraged).

odpowiedzi:

1. enraged
2. raging
3. rage

LESSON 2

Burnout

Burnout is a medical term used to diagnose chronic work-related stress. It occurs when the demands put on a person far exceed their ability to cope. So, if you complain of exhaustion, headaches, memory loss, increased alcohol consumption and inability to relate to other people – then you suffer from burnout.

Stressed at work? Feeling like you can't cope? Don't worry; beating burnout is not that difficult. Here are some tips. Work smarter, not harder. Take breaks. Don't work at 100 per cent, downshift to 60 per cent. Don't write huge 'to-do' lists. Pick a few tasks and tick them off. Don't isolate yourself – delegate. Keep a stress diary and hmmm... yes... if you feel you can't cope – talk to your boss. He'll help you.

burnout	- wypalenie się
work-related	- związany z pracą
to occur	- zdarzać się, wydarzać
demand	- wymaganie, żądanie
to exceed	- przekraczać
ability	- zdolność, umiejętność
to cope	- dawać sobie radę
to complain	- narzekać, ubolewać
exhaustion	- wyczerpanie
headache	- ból głowy
memory loss	- utrata pamięci
increased alcohol consumption	- zwiększone spożycie alkoholu
inability	- niezdolność
to relate	- odnosić się, nawiązywać kontakt, znajdować wspólny język
to suffer from	- cierpieć (na coś), chorować (na coś)
stressed	- zestresowany
to beat	- bić; <i>tu</i> : zwalczyć coś
tip	- rada, porada
smart	- zręczny, sprytny, cwany
to downshift	- 'włączyć mniejszy bieg', zmniejszyć ciężar pracy
'to do' list	- lista zadań do wykonania
to pick	- <i>tu</i> : wybrać
to tick off	- 'odfajkować', 'odhaczyć'

uzupełnij zdania:

1. The state of being exhausted, due to hard work and stress is called (burnt-out, burner, burnout).
2. When you change to a job or lifestyle with less money and less stress, you (downsize, downgrade, downshift).
3. If you have successfully overcome burnout, you can say that you have (struck, beaten, hit) it.

odpowiedzi:

1. burnout
2. downshift
3. beaten

LESSON 3

Excessorexia

If you're not happy with what you've got and want more than you have – you may be suffering from excessorexia. You want everything to be perfect and - in excess. You want to have a perfect body, an ideal home and a successful career. But if you pursue perfection all the time, you will lead a miserable life.

Images of unattainable perfection are surrounding us. In magazines, films and TV ads pictures of perfect lives are haunting us. Flawless faces, perfect families, lovely houses and great cars ...In fact, they're stressing us out. We are under pressure to look good, to smell good and to present a perfect image to the outside world. And if we can't? Well, we feel frustrated, inadequate and – terribly unhappy!

excessorexia	- (<i>neologizm</i>) uparte dążenie do perfekcji
to suffer from	- cierpieć (np. na jakąś dolegliwość)
in excess	- w nadmiarze, nadmiernie, zbyt
body	- sylwetka, ciało
successful	- pełen sukcesów, odnoszący sukcesy
career	- kariera
to pursue	- dążyć do, realizować
perfection	- perfekcja
to lead	- prowadzić
miserable	- marny, nędzny, nieszczęśliwy
image	- obraz, wizerunek, imaż
unattainable	- nieosiągalny
to surround	- otaczać
flawless	- nieskazitelny, bez skazy
to be stressed out	- być zestresowanym
to be under pressure	- być pod presją
to present	- prezentować
outside world	- świat zewnętrzny
frustrated	- sfrustrowany
inadequate	- nieadekwatny

objaśnienia:

to be happy with something = to be pleased with something

excess – nadwyżka, nadmiar, zbytek, *również*: eksces (wybryk)

excessive – nadmierny

in excess – w nadmiarze, nadmiernie, zbyt

uzupełnij zdania:

1. If something is greater than what seems reasonable, it is (successive, excessive, progressive).
2. If you try hard to achieve something, you (peruse, pursue, perfect) it.
3. If your English is perfect, it is (flawed, flawless, faultless).

odpowiedzi:

1. excessive
2. pursue
3. flawless

LESSON 4

Technophobia

Are you confused by hi-tech gizmos?

Do they drive you mad?

Do you know how a computer works?

Do you know how to work a computer?

You're not computer-literate...?

Are you afraid to ask for help?

OK. Here's my diagnosis: you suffer from technophobia. You are a technophobe.

According to a recent study, half of Britain's bosses feel threatened by the growing power of IT directors. Yes, yesterday's geek is now becoming a guru in the workplace. The more traditional bosses are seen by staff as out of touch with, and even afraid of, technology. Technophobic bosses are losing out to a younger, IT-friendly generation. Being IT-friendly is seen as a big promotion advantage. Especially if the company is already e-trading.

technophobia	- technofobia, strach przed nowoczesną technologią i sprzętem elektronicznym
confused	- oszołomiony, zdezorientowany
hi-tech	- nowoczesny, zaawansowany pod względem technologicznym
gizmo	- (<i>potocznie</i>) urządzenie, sprzęt, gadżet
to drive sb mad	- doprowadzać kogoś do szaleństwa
how a computer works	- jak działa komputer
how to work a computer	- jak się posługiwać, jak pracować na komputerze
computer-literate	- osoba, która umie posługiwać się komputerem
illiterate	- analfabeta
diagnosis	- diagnoza
technophobe	- osoba, która cierpi na technofobię

recent	- niedawny
study	- badania
boss	- szef, kierownik, dyrektor
to feel threatened	- czuć się zagrożonym
growing	- rosnący
power	- siła, potęga
IT	- (Information Technology) technologia informacyjna
geek	- maniak (<i>tu</i> : komputerowy)
workplace	- miejsce pracy
staff	- personel, pracownicy
out of touch with	- nie mający kontaktu z rzeczywistością, nie znający się na rzeczy
to lose out to	- przegrać na rzecz (kogoś innego)
IT-friendly	- przychylnie nastawiony do IT, 'za pan brat' z IT
generation	- pokolenie
promotion	- awans, promocja
advantage	- zaleta
e-trading	- działalność handlowa w internecie

uzupełnij zdania:

1. A person who is able to use computers well is computer-(illiterate, literate, educated).
2. Gismo is a small piece of equipment that does something in a (clever, gifted, bright) way.
3. A geek is perceived as a/an (interesting, boring, exciting) person.

odpowiedzi:

1. literate
2. clever
3. boring

LESSON 5

The fear of grime

Feel a bit dirty? Haven't had a wash for a couple of days? Don't worry – grime's good for you. It keeps your immune system busy and helps you build up resistance to germs. On the other hand – beware! Obsession with hygiene can make you seriously ill. By scrubbing yourself clean, you deny your immune system a chance to face the enemy!

Polish, polish, polish ... Scrub and disinfect. Our sterile lifestyle is making us ill. By scrubbing your body and bleaching your kitchen you may be protecting yourself from bacteria, but you are also losing the natural resistance to germs. Your immune system starts panicking at the sight of the smallest bug and triggers off an allergic response.

So, stop scrubbing and polishing. Put the bleach away. Go out and play – and, better still – head outside for a dirty weekend!

fear	- strach, obawa
grime	- brud (wrośnięty, nawarstwiony)
wash	- <i>tu: (rzeczownik)</i> kąpiel, mycie się
immune system	- system immunologiczny, odpornościowy
resistance	- <i>tu:</i> odporność
germs	- zarazki, bakterie
beware!	- strzeż się!
ill	- chory
to scrub	- szorować
to deny a chance	- pozbawić szansy
to face the enemy	- stawić czoła wrogowi
to polish	- polerować
to disinfect	- dezynfekować
sterile	- sterylny
lifestyle	- styl życia
to bleach	- <i>tu:</i> wybielać (bielinką)
to protect (from)	- uchronić się (przed)
to lose	- tracić
to panic	- panikować
at the sight	- na widok
bug	- (<i>potocznie</i>) zarazek, bakteria
to trigger off	- wywołać (np. reakcję)
allergic response	- alergiczna reakcja
to put away	- odstawić, odłożyć
bleach	- bielinka

objaśnienia:

by scrubbing yourself clean... – szorując się do czysta...

head outside for a dirty weekend – wyjedź na 'brudny' - *w sensie* - romantyczny weekend.

uzupełnij zdania:

1. Ingrained dirt is called (grim, grin, grime).
2. A romantic weekend is often referred to colloquially as a (grimy, grubby, dirty) weekend.
3. If something is completely clean, and therefore attractive, it's often referred to as (squawky, squeaky, squashy) clean.

odpowiedzi:

1. grime

2. dirty
3. squeaky

LESSON 6

Text messaging

Here we go at last: you can talk to people without even opening your mouth. You just text them. You send them a text message, which is quick and simple. You don't have to wait around while their mobile is busy, switched off or out of signal range. You can play around with the language and hide behind the text. Tell me, what's better – telling your wife that you'll be coming home very late tonight – or – just texting her?

(And then switching off your mobile...)

In order to be quick and efficient, text messaging reduces communication to the smallest number of key-strokes possible. It uses soundalike words and numbers, acronyms and simplified spelling. In fact, words are intentionally misspelt and punctuation is almost non-existent. But text messaging is fun, IMHO.

LOL. J.

[from me 2 U. UR 2 good 2 be true]

text messaging	- wysyłanie SMS-ów
to text	- wysłać SMS
to wait around	- wyczekiwać, długo czekać
mobile	- telefon komórkowy
busy	- zajęty
switched off	- wyłączony
out of signal range	- poza zasięgiem sygnału, bez sygnału
to play around	- pobawić się, poeksperymentować
to hide	- chować
efficient	- wydajny
key-stroke	- <i>tu</i> : przyciśnięcie guziczka na tarczy komórki
soundalike	- podobnie brzmiący
acronym	- akronim
simplified	- uproszczony
spelling	- ortografia, pisownia
misspelt	- niepoprawnie napisany
punctuation	- interpunkcja
non-existent	- nieistniejący

objaśnienia:

IMHO – (akronim) **In My Humble Opinion** (moim skromnym zdaniem)
LOL – (akronim) **Lots of Love** (pозdrowienia) or **Laugh Out Loud** (śmiej się w głos)

uzupełnij zdania:

1. Sending written communication via a mobile is called text (massaging, messaging, messenger).
2. A person who looks very similar to another person is called a (soundalike, lookalike, likeable).
3. If something is not spelt correctly it is (un-, mis-, miss-) spelt.

odpowiedzi:

1. messaging
2. lookalike
3. mis

LESSON 7

Street cred

Street credibility – or street cred – is a way of behaving and dressing that is acceptable to young people, especially those who live in cities. Young people who have street cred are accepted and even admired by their peer group. They command the respect of other young people. They have status on the street. They are streetwise, they have plenty of street savvy, and – they're cool. They've got to be cool. Because you can't have street cred without being cool.

In order to have street cred you've got to wear or have things that are cool. You've got to wear cool clothes, designer labels preferably. And – you've got to have a mobile. You've got to be at the cutting edge of youth fashion. You mustn't slip. Be careful, a sad pair of trainers or an old-fashioned mobile can easily trash your street cred! And then you become a saddo.

street cred (= street credibility)	- <i>dosł:</i> wiarygodność na ulicy; chodzi o sposób zachowania i ubrania, który zapewnia młodemu człowiekowi akceptację grupy rówieśniczej
to behave	- zachowywać się
to dress	- ubierać się
acceptable	- akceptowany, akceptowalny, do zaakceptowania
to admire	- podziwiać
peer	- rówieśnik

peer group	- grupa rówieśnicza
to command respect	- wywoływać/budzić szacunek
streetwise	- obeznany z prawami ulicy, cwany
savvy	- zdrowy rozsądek, rozumienie
pressure	- presja, nacisk
peer pressure	- presja rówieśników
designer labels	- <i>tu</i> : ubranie znanych projektantów mody, 'markowe'
preferably	- najlepiej
trainers	- obuwie sportowe, adidas
at the cutting edge	- <i>dosł</i> : na ostrej krawędzi; w awangardzie
youth	- młodzież, młodzieżowy
fashion	- moda
to slip	- popełnić błąd, poślizgnąć się
sad	- <i>dosł</i> : smutny; w <i>slangu</i> – 'not cool'
old-fashioned	- staromodny, przestarzały
to trash	- <i>tu</i> : nadszarpnąć, 'zeszmacić'
saddo	- w <i>slangu</i> : osoba, która jest 'sad' (not cool)

uzupełnij zdania:

1. (Credulity, credibility, creditability) is the quality that makes people believe or trust you.
2. A person who is the same age or who has the same social status as you, is your (pear, pier, peer).
3. Clothes designed by famous people in the fashion industry and bearing their name or label are called (design, designed, designer) clothes.

odpowiedzi:

1. credibility
2. peer
3. designer

LESSON 8

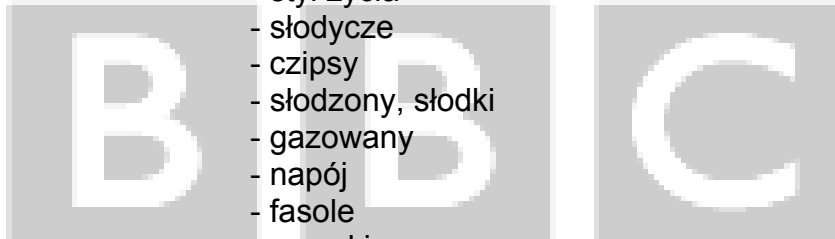
Junk food junkies

Apparently, we are getting fatter and fatter all the time. Why? Because we eat too much and do too little. We slouch around the house, watch TV or sit glued to computers for hours. We spend less and less time running around and playing with friends outside. We simply don't get enough exercise. In fact, we lead an increasingly sedentary lifestyle.

We may eat too much, but some of us simply eat the wrong food. Food that is bad for us. Junk food, like sweets; crisps, hamburgers (mmm... a big Mac!)Oh, and sugary fizzy drinks. We're junk food junkies. We don't eat food that is good for us,

like beans and peas and fruit and green leafy vegetables... Eat! In fact we don't even eat nowadays - we nibble and graze!

junk food	- niezdrowa żywność
junkie	- (potocznie) nałogowiec
apparently	- o ile wiadomo, jak się wydaje
fat	- otyły, gruby
to slouch (around)	- rozwalać się, wylegiwać
to watch TV	- oglądać telewizję
to be glued to	- być 'przyklejonym'/przykutym (np. do ekranu telewizora czy komputera)
to run around	- biegać, ganiać
exercise	- <i>tu</i> : ruch, ćwiczenia fizyczne
to lead	- prowadzić
increasingly	- coraz bardziej, w coraz większym stopniu
sedentary	- osiadły, siedzący
lifestyle	- styl życia
sweets	- słodycze
crisps	- czipsy
sugary	- słodzony, słodki
fizzy	- gazowany
drink	- napój
beans	- fasole
peas	- groszki
fruit	- owoce
leafy	- <i>tu</i> : o dużych liściach
vegetables	- warzywa, jarzyny
nibble	- skubać, podjadać
graze	- paść się; <i>tu</i> : podjadać zamiast jeść normalne posiłki



objaśnienia:

we're getting fatter and fatter – coraz bardziej tyjemy

we spend less and less time – coraz mniej spędzamy czasu

we eat too much and do too little – za dużo jemy i za mało się ruszamy

we don't get enough exercise – za mało mamy ruchu

the wrong food – nieodpowiednia żywność

food that is bad for you – niezdrowa żywność

uzupełnij zdania:

1. If you sit or move in a lazy way, often with your head and shoulders bent forward, you (couch, crouch, slouch).
2. If you take small bites of food, you (wriggle, giggle, nibble).
3. If you skip the main meals and nibble throughout the day, you (graze, browse, scrape).

odpowiedzi:

1. slouch
2. nibble
3. graze

LESSON 9

Health food junkies

Health food junkies are obsessed about healthy eating. They don't care how the food tastes, how it smells, how enjoyable it is. All they care about is, whether the food is good for you. They check the labels, assess the nutrient content and refer to textbooks. They don't love food as such; they love the idea of food. Healthy food, that is.

If you spend too much time thinking about food – chill out. Don't be a health food junkie! Go and buy yourself a bar of chocolate or a hamburger sometimes. Bad food can be good for you from time to time, you know. So – go and get that chocolate. And eat it!

health food	- zdrowa żywność
junkie	- (<i>potocznie</i>) nałogowiec
to be obsessed about something	- mieć obsesję na jakimś punkcie
to taste	- smakować
to smell	- pachnieć, wąchać
enjoyable	- przyjemny
to check	- sprawdzać
label	- nalepka, etykieta
to assess	- oceniać
nutrient	- składnik odżywczy
content	- zawartość, skład
to refer to	- odwoływać się do, korzystać z
textbook	- podręcznik
idea	- idea, koncepcja
to chill out	- rozluźnić się, wyluzować
bar of chocolate	- tabliczka czekolady
from time to time	- od czasu do czasu

uzupełnij zdania:

1. 'Junk food' is also referred to as (convenient, convenience, conventional) food.
2. A person who is addicted to something is called a (junk, junket, junkie).
3. A piece of paper that is attached to an article and gives information about it is called a (label, libel, labial).

odpowiedzi:

1. convenience
2. junkie
3. label

LESSON 10**Gym junkies**

Want to be fit? Go and join the gym. Want to get rid of flab? Join the gym and exercise. Want to lose weight and be slim again? Work out! Get your body in shape. Working out and exercising will give you rippling muscles, bulging biceps and a set of stomach muscles to die for – a six-pack. It will make you slimmer, fitter and – happier. Yes, didn't you know? Working out induces a high. Apart from firmer muscles, you're bound to get a buzz from exercise.

So, you want to have a perfect body. Fine, but don't get obsessed with the gym. Don't agonize about your weight, shape and size. You'll become addicted to bodybuilding exercises. You'll become a gym junkie, a fitness fanatic working out for hours on end. Remember, compulsive exercising is not good for you – it can cause joint and back problems and put a strain on your heart. So – go to the gym, by all means – but don't become a gym junkie!

gym junkie	- osoba, która nałogowo trenuje w siłowni
fit	- w dobrej formie/kondycji
to join	- <i>tu</i> : zapisać się
gym	- siłownia
to get rid of	- pozbyć się
flab	- sflaczałe ciało
to exercise	- ćwiczyć, gimnastykować się
to lose weight	- schudnąć
slim	- szczupły
to work out	- trenować, ćwiczyć
in (good) shape	- w dobrej formie
rippling	- prężne
muscles	- mięśnie
bulging	- <i>tu</i> : potężne

biceps	- bicepsy
something to die for	- obiekt pożądania, za który oddałoby się życie (w przenośni)
six-pack	- sześć mięśni brzucha, utożsamianych z idealną męską sylwetką
workout	- ćwiczenia, gimnastyka, trening
to induce	- wywoływać, stymulować
'a high'	- haj
to get a buzz from	- być na 'haju'
to get obsessed with	- mieć obsesję na jakimś punkcie
to agonize about	- zadręczać się myślami o czymś
weight	- waga
shape	- kształt
size	- rozmiar, numer
addicted to	- nałogowo uzależniony od czegoś
bodybuilding	- kulturystyka
fitness fanatic	- kulturysta, fanatyk kondycji fizycznej
compulsive	- niekontrolowany i impulsywny, wpływający z nieodpartą potrzebą
joint	- staw
back	- plecy
to put a strain on	- nadwyrężyć coś
by all means	- jak najbardziej

uzupełnij zdania:

1. Soft, loose flesh on your body is (slob, slab, flab).
2. Stomach muscles that are very strong and clearly seen are called a (sixth-pack, sex-pack, six-pack).
3. If your behaviour is unstoppable and uncontrollable, it is (impulsive, compulsive, compulsory).

odpowiedzi:

1. flab
2. six-pack
3. compulsive

LESSON 11

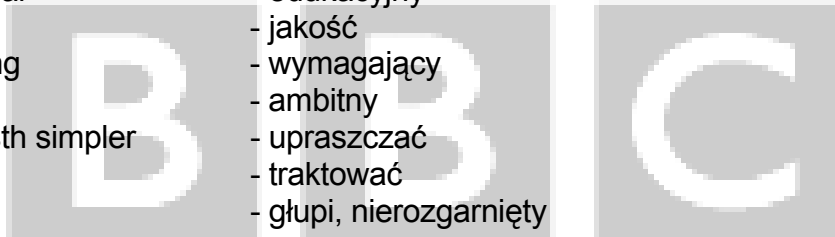
Dumbing down

The tabloids dumbed down a long time ago. Now the respectable papers and broadcasters are dumbing down, too. And so, instead of listening to the money programme, we're watching 'Who wants to be a millionaire'. Instead of watching a good TV drama, we're watching pathetic little dramas in the Big Brother house. Instead of watching an interesting documentary, we're watching tacky soaps.

Surely, you'd like to watch programmes which are less entertaining and more educational, wouldn't you?

Dumbing down also means that the quality of programmes has changed. It means that the programmes have become less demanding, less ambitious and less educational. The language has been made simpler and easier to understand. I think they're treating us as if we were dumb or something, don't you think?

dumbing down	- obniżanie poziomu, upraszczanie, 'ogłupianie', uprzystępnianie masowemu odbiorcy kosztem jakości intelektualnej
tabloids	- prasa popularna, brukowce
respectable	- szanowany
TV drama	- sztuka telewizyjna
pathetic	- żaloszny
documentary	- program dokumentalny
tacky	- szmirowaty
soap (opera)	- opera mydlana, telenowela
entertaining	- rozrywkowy
educational	- edukacyjny
quality	- jakość
demanding	- wymagający
ambitious	- ambitny
to make sth simpler	- upraszczać
to treat	- traktować
dumb	- głupi, nierozgarnięty



uzupełnij zdania:

1. (Dumbing, dumping, dummy) down is making something less educational in order to make it easier for people to understand.
2. If you are speechless because of shock or surprise, you are dumb (hit, beaten, struck).
3. If something is badly made and lacks taste, it is (tacky, wacky, sticky).

odpowiedzi:

1. dumbing
2. struck
3. tacky

LESSON 12
Voyeur TV

A voyeur is a person who gets pleasure from secretly watching other people in intimate situations. But - if you have ever watched Big Brother on TV, you are a voyeur, too! If you enjoy watching on TV the problems and private lives of others, you're into voyeurism, definitely. But don't worry – you're not the only one; there are millions of television voyeurs round the world nowadays, just like you.

Call it reality TV, or licensed voyeurism, but - does it make good television? Some say it's pure live entertainment. It celebrates everyday life of ordinary people. Others say that it exploits our most basic instincts; it's tacky and manipulative. Think what you want – one thing is certain – it's very popular.

voyeur	- osoba, która czerpie przyjemność z podglądania innych w intymnych sytuacjach
pleasure	- przyjemność
to watch	- oglądać
intimate	- intymny
to be into something	- wykazywać czymś zainteresowanie
reality TV	- reality TV, reality show
licensed	- licencjonowany
live entertainment	- rozrywka na żywo
to celebrate	- święcić, obchodzić
everyday life	- życie codzienne
ordinary people	- zwykli ludzie
to exploit	- wykorzystywać
basic instinct	- pierwotny instynkt
tacky	- tandetny, szmirowaty
manipulative	- manipulacyjny

uzupełnij zdania:

1. A person who gets pleasure from watching other people's private lives is called a (voyager, voyeur, viewer).
2. Something which is not ordinary is (un-, in-, extra-) ordinary.
3. If you watch a lot of voyeur TV, you are (onto, into, up to) it.

odpowiedzi:

1. voyeur
2. extra-
3. into

LESSON 13
Cinema therapy

Cinema therapy is the new, hot, must-have experience. It works like this. You feel worthless and miserable. You are rich enough to be able to do something about it immediately. So you go and see a therapist. Instead of discussing difficult and painful issues, he hands you over a tape of a fun movie. It's a win-win transaction – you get to watch a movie and the shrink gets your money.

The downside to cinema therapy is that it can work. You watch a movie and become a new person with all your traumas sorted. That's not good – for your therapist. Restored to good mental health his patient may soon figure out that it's cheaper to rent a video. Hmm... yes... The therapist may therefore find it desirable to proceed with the second stage of the treatment, in which the movies prescribed are real downers. An ideal would be a movie that makes his patient feel worthless and miserable, so that he can seek further treatment.

cinema	- kino; <i>tu</i> : filmowy
therapy	- terapia
hot	- 'gorący', modny, w modzie
must-have	- coś, co chce się koniecznie mieć; obiekt pożądania
to work	- <i>tu</i> : działać
worthless	- bezwartościowy
miserable	- nieszczęśliwy
rich enough	- wystarczająco bogaty
immediately	- zaraz
therapist	- terapeuta
painful	- bolesny
issues	- kwestie, sprawy, problemy
to hand over	- wręczyć
tape	- taśma (<i>tu</i> : wideo)
fun	- <i>tu</i> : fajny, zabawny
movie	- film
win-win transaction	- transakcja korzystna dla obu stron, w której każda strona 'wygrywa'
shrink	- (<i>potocznie</i>) psychiatra
downside	- wada
to sort (out)	- rozwiązać
to restore	- przywracać
mental health	- zdrowie psychiczne
to figure out	- pojąć, wykoncypować
to rent a video	- wypożyczyć wideo
desirable	- pożądany
to proceed with	- przystępować do robienia czegoś
treatment	- leczenie, kuracja
to prescribe	- przepisywać
downer	- <i>tu</i> : ponury i pesymistycznie nastrajający film

to seek

- szukać, poszukiwać

objaśnienia:

you **get** to watch a movie – (*AmE*) masz okazję obejrzeć film

rich enough to be able to do something about it – na tyle bogaty, żeby móc w tej sprawie coś zrobić

uzupełnij zdania:

1. The situation in which nobody wins is a (non-, no-, out-) win situation.
2. A doctor (proscribes, prescribes, describes) prescriptions.
3. If you go on doing something, you (proceed, precede, perceive) to do it.

odpowiedzi:

1. no-
2. prescribes
3. proceed

LESSON 14
Retail therapy



Are you fed up? Depressed? Or lonely? Do you suffer from a loss of confidence? Or have you had a bad hair day? Don't worry. Just get your credit card ready and head towards the shops. Any shop will do – from a tiny boutique to a big department store. Go and treat yourself – remember, retail therapy is a very effective form of treatment!

Go and shop until you drop. The benefits of retail therapy are enormous: an instant boost of energy, a surge of excitement and plenty of the feel-good factor. You don't feel fed up or depressed any more and your confidence is back. Are there any disadvantages? Oh, there's only one – a partial or total loss of money. Well, I suppose it's worth to remember that: 'Retail therapy can seriously damage your bank account'.

retail therapy
to be fed up
to suffer from
loss
confidence
bad hair day
credit card

- 'terapia detaliczna', chodzenie na zakupy
- mieć wszystkiego dosyć
- cierpieć/chorować na coś
- utrata, strata
- zaufanie, pewność siebie, wiara we własne siły
- dzień, w którym się nic nie układa, włącznie z włosami na głowie
- karta kredytowa

to head for department store treat yourself	- zmierzać/podążać prosto do/ w kierunku/ku - dom towarowy - zafunduj coś sobie; spraw sobie przyjemność/ frajdę
effective treatment	- skuteczny, efektywny - leczenie
to shop	- robić zakupy
to drop	- <i>tu</i> : paść (ze zmęczenia)
benefit	- korzyść
boost, surge	- przyływ, skok, nagły wzrost, 'zastrzyk'
feel-good factor	- współczynnik dobrego samopoczucia
disadvantage	- wada
to damage	- niszczyć, szkodzić, psuć, nadwyręzać
bank account	- konto bankowe

objaśnienia:

any shop will do – każdy sklep się do tego nadaje; każdy sklep jest dobry

to treat – to czasownik wieloznaczny. Może oznaczać 'traktować'

I don't like the way she treats me

leczyć

He's been treated for shock

stawiać coś komuś, fundować

I'll treat you to dinner

zafundować coś sobie, sprawić sobie przyjemność, frajdę

Treat yourself to an expensive holiday!



uzupełnij zdania:

1. The opposite of retail is (retain, retake, wholesale).
2. If you need to be treated in hospital, you need hospital (therapy, treatment, healing).
3. A day during which everything goes wrong is a bad (hairstyle, haircut, hair) day.

odpowiedzi:

1. wholesale
2. treatment
3. hair

LESSON 15

Mall walking

If you think that shopping has long been America's favourite sport, you are wrong – mall walking is the latest exercise craze. Here I am, in front of the Mall of America, the largest shopping mall in the States. I'm wearing shorts and a T-shirt and I've got my walking boots on. There are hundreds of people like me here – all raring to go. It's seven o'clock in the morning and we're waiting for the shops to open. Why? Because we're about to take part in the fastest growing fitness movement in the States! Mall walking!

Yes, as you trek up and down the floors of shops here, you have breathtaking views of GAP and MacDonald's in front of you. The air is clean and a rest room is never too far away. You won't catch a glimpse of green grass; true - but you won't get your shoes dirty either. Oh, and by the way, you can window shop, as you mall-walk.

mall walking (*AmE*)

shopping

exercise

craze

shopping mall (*AmE*)

to wear

walking boots

raring to go

fitness

to trek

breathtaking view

GAP

rest room (*AmE*)

to catch a glimpse

to get something dirty

window shopping

- piesze wędrówki po centrach handlowych

- zakupy

- ruch fizyczny, ćwiczenia fizyczne

- szal, moda na coś

- centrum handlowe

- nosić, być ubranym

- obuwie turystyczne, treningowe

- rwać się do akcji, nie mogący się doczekać

- sprawność, dobra kondycja fizyczna

- uprawiać piesze wędrówki

- widok zapierający dech w piersiach

- nazwa sieci sklepów odzieżowych

- toaleta, ubikacja

- ujrzeć coś przelotnie, na moment

- ubrudzić coś

- 'zakupy przez szybę', oglądanie towarów, wystawionych w witrynie

uzupełnij zdania:

1. If you do a lot of exercise, you are probably very (fit, fitted, fitting).
2. When you go window-shopping, you spend (a lot of, little, nothing).
3. Another word for 'craze' is (fat, fate, fad).

odpowiedzi:

1. fit
2. nothing
3. fad

LESSON 16

Lads

Here's how you recognize a lad. He drinks beer, lots of beer – and gets drunk. When he's drunk – he's loud. His room smells like a brewery and he never cleans it up. He doesn't Hoover and he doesn't wash up. He's carefree and he wants to have fun. Tough, arrogant and sex-mad – he's a bloke who wants to be seen as a macho man.

But – is he?

According to sociologists, a lad is not the macho man he would like to be, but a boy who never grows up. He's a boy who's afraid to grow up. He's afraid to face the responsibilities of a mature man. He doesn't want to face the challenges of a career or a family. In fact, he's probably a bit of a wimp.

lad	- chłopiec, chłopak; <i>tu</i> : mężczyzna, który nigdy nie dorósł, wieczny chłopiec, 'ladaco'
to get drunk	- upić się
loud	- głośny, hałaśliwy
to smell	- <i>tu</i> : śmierdzieć
brewery	- browar
to clean up	- posprzątać
to Hoover	- odkurzyć (odkurzaczem)
to wash up	- pozmywać (naczynia)
carefree	- beztroski
to have fun	- dobrze się bawić
tough	- twardy
arrogant	- arogancki
sex-mad	- oszalały na punkcie seksu
to grow up	- dorastać
to be afraid	- bać się
to face	- stawiać czoła
responsibility	- odpowiedzialność
mature	- dorosły
challenge	- wyzwanie
wimp	- mięczak

uzupełnij zdania:

1. Behaviour supposed to be typical of a young man is called (laden, laddish, ladie).
2. If you haven't got a care in the world, you're (careless, carefree, careful).
3. A person with a weak character or body can be referred to as a (pimp, wimp, limp).

odpowiedzi:

1. laddish
2. carefree
3. wimp

LESSON 17

Ladettes

Here's how you recognize a ladette. She's a career girl with a good income and an allergy to housework. She doesn't cook, she doesn't iron and she's forgotten how to use a Hoover! Her sink is full of washing up and her laundry is piled up high. What does she do then? Well, she slob in front of television and swills beer from a pint glass! Oh and, she hunts for men in packs...If she lands one – she drags him home to bed... before she drops him?! She just .. what?! ...she just wants to have fun!?

ladette	- 'lad' w żeńskim wydaniu
career girl	- dziewczyna z karierą (zawodową)
income	- dochód, pensja
allergy	- alergia
housework	- obowiązki domowe
to cook	- gotować
to iron	- prasować
to forget	- zapomnieć
to Hoover	- odkurzać (odkurzaczem)
sink	- zlew
washing up	- brudne naczynia do umycia
laundry	- rzeczy do prania
to pile up high	- piętrzyć się
to slob	- lenić się, obijać, wałkonić, uwalić
to swill	- pociągać głębokimi łykami
pint	- pół kwarty, kufel
to hunt	- polować
pack	- stado
to land	- <i>tu</i> : zdobyć
to drag	- ciągnąć, wlec
to drop	- rzucać
to have fun	- dobrze się bawić

uzupełnij zdania:

1. We talk about a pack of wolves and a (bunch, crowd, flock) of sheep.
2. Elephants stay in (swarms, herds, droves), though.
3. A person who is lazy and untidy, may be called a (slab, slob, slog).

odpowiedzi:

1. flock
2. herds

3. slob

LESSON 18 The New Man

He's caring and thoughtful. Sensitive and polite. He's in touch with his emotions and knows how to iron his pants. He drinks in moderation and helps around the house. He's quite prepared to change a nappy and has a go at a leaking tap. Deeply devoted to children, he never cheats on his wife. He treats a woman like a human being and looks sexy with a baby in his arms. He's not a prat or a lad. He's a mature man. He's a gentleman. He's a new man. He's a SNAG.

caring
thoughtful
sensitive
polite
in touch with emotions

to iron
pants
in moderation
to help round the house
to change a nappy
to have a go at sth
leaking tap
devoted
to cheat
to treat
human being
prat
lad
SNAG
snag

- opiekuńczy, troskliwy
- dbały, troskliwy, myślący
- czuły, wrażliwy
- uprzejmy
- uczuciowy, zdający sobie sprawę ze swoich
uczuć
- prasować
- (*BrE*) majtki, (*AmE*) spodnie
- umiarkowanie
- pomagać w domu
- zmienić pieluszkę
- spróbować coś zrobić
- ciekący kran
- oddany
- oszukiwać
- traktować
- istota ludzka
- głupek
- chłopiec, 'wieczny chłopczyk', ladaco
- Sensitive New Age Guy
- drobny problem, szkopał

uzupełnij zdania:

1. If you are not in touch with something or somebody, you are (beyond, away, out) of touch.
2. A small problem or difficulty is called a (snug, snag, snack).
3. If you make an attempt to do something, you have a (do, go, to) at it.

odpowiedzi:

1. out

2. snag
3. go

LESSON 19

Commitment phobia

More and more men suffer from commitment phobia. Not only do they not want to get married – they lack commitment. They refuse to commit themselves to a serious relationship. One night stands, casual affairs or flings are OK, but at the moment you mention ‘marriage’ or ‘commitment’ or even living together – they split. And you split up. Yes, they prefer to stay single, have casual relationships and keep their options open.

He’s got a great social life. A fantastic lifestyle. A career. A sports car. A wardrobe full of designer clothes. He goes on expensive holidays. He’s foot loose and fancy free. Tell me, why would he want you in his life – why? You’d cramp his style.

commitment
phobia

to get married

to lack

to refuse

to commit yourself to
relationship

one night stand

casual affair

fling

to mention

marriage

to split

to split up

to stay single

to keep your options open

social life

lifestyle

career

wardrobe

designer clothes

foot loose and fancy free

to cramp

- zaangażowanie

- fobia

- ożenić się, wyjść za mąż

- brakować

- odmawiać

- zaangażować się w coś

- związek

- miłość na jedną noc

- niezobowiązujący romans

- romans, krótka ‘przygoda’, ‘skok’

- wspominać, napomykać

- małżeństwo

- zwiewać, dać nogę

- rozejść się, rozstać się

- pozostawać w stanie wolnym

- mieć wolny wybór, otwarte opcje

- życie towarzyskie

- styl życia

- kariera zawodowa

- szafa

- ‘markowe’ ubranie

- (*idiom*) wolny jak ptak

- hamować, krępować, tłamsić, nie pozwalać
zabłysnąć

uzupełnij zdania:

1. If you lack dedication, you haven’t got (commit, committal, commitment).
2. A short sexual relationship is called a (sling, fling, cling).

3. If you don't want to make a decision in order to have a choice later, you (hold, keep, grasp) your options open.

odpowiedzi:

1. commitment
2. fling
3. keep

LESSON 20

Toyboys, bimbos, trophy wives

A 'toyboy' is an attractive young man who is kept as a lover by an older partner.

Are you a young attractive female? Yes? Good. A bit dumb? No? OK, OK, you're not a bimbo, but listen to this anyway. Any older, married, high-powered men out there? Yes! OK. Listen, a bimbo can cost you your career. In case you didn't know - they 'kiss and tell'. They will have a clandestine affair with you and then sell their story to the popular press. So, beware of killer bimbos, get a trophy wife instead.

Yes, if you can afford it – get a young, attractive, brand-new wife. Get a trophy wife. She'll get your money, true – but you'll get a boost to your ego and status as a man, whose power and sexual prowess are irresistible.

toyboy	- młody kochanek
attractive	- atrakcyjny
lover	- kochanek
a kept lover	- kochanek, którego się utrzymuje; 'utrzymanek'
bimbo	- młoda, ładna, niezbyt mądra panienka
female	- kobieta, <i>również</i> : płeć/rodzaj żeński
dumb	- niezbyt mądry, głupawy
married	- żonaty, zamężna
high-powered	- na wysokim stanowisku
to cost	- kosztować
'kiss and tell'	- sprzedać (prasie popularnej) opowieść o swoim potajemnym romansie
clandestine	- sekretny, potajemny
affair	- romans
story	- opowieść, historia
popular press	- prasa popularna
to beware	- strzec się
killer bimbo	- 'bimbo', która wie czego chce i z determinacją dąży do celu
trophy wife	- żona-trofeum

to afford	- móc sobie coś zafundować
brand-new	- nowiućka
boost	- (<i>przenośnie</i>) zastrzyk, bodziec
power	- siła, potęga
sexual prowess	- sprawność seksualna
irresistible	- nie do odparcia

uzupełnij zdania:

1. A clandestine affair is a (concealed, candid, secret) affair.
2. A great skill at doing something is called (prowess, powerless, power steering).
3. Something or somebody that you cannot resist is (in, ir, un)resistible.

odpowiedzi:

1. secret
2. prowess
3. ir

LESSON 21

Teenage angst

He's got an attitude. That look on his face. He suffers from mood swings. He treats you like a cop and he answers back. He listens to loud music and makes you stay up all night. He wants your money but won't let you into his life. He's rebellious, arrogant and selfish. And - he thinks he's got the right to behave like that. Why? Because he's a victim of a hormonal blizzard and he suffers from teenage angst.

teenage angst	- problemy i niepokoje wieku dorastania
teenage	- nastoletni
angst	- uczucie niepokoju, lęku, zaniepokojenie
attitude	- postawa, stosunek; <i>również</i> : zła postawa, zły stosunek, aroganckie zachowanie
look	- <i>tu</i> : wyraz twarzy
mood	- nastrój, humor
to suffer from	- cierpieć na coś
mood swings	- zmiany nastroju
cop	- gliniarz
to answer back	- pyskować
to stay up all night	- nie kłaść się całą noc
to let into	- wpuścić
rebellious	- buntowniczy, nieposłuszny
arrogant	- arogancki
selfish	- samolubny, egoistyczny
right	- <i>tu</i> : prawo
to behave	- zachowywać się

blizzard - zamieć (śnieżna)
hormonal blizzard - hormonalna zawierucha, burza hormonów

objaśnienia:

Wyraz 'attitude' oznacza postawę, stosunek do czegoś/kogoś, nastawienie. Ponadto, w pewnych kontekstach ma pejoratywne zabarwienie i oznacza złą czy też arogancką postawę lub stosunek, np.
a teenager with attitude = a teenager with bad attitude

uzupełnij zdania:

1. A feeling of anxiety can be described as (angst, anger, anxious).
2. The word 'attitude' is often used to describe (friendly, arrogant, pleasant) manner and behaviour.
3. If you suffer from changes of mood, you suffer from mood (sways, swings, roundabouts).

odpowiedzi:

1. angst
2. arrogant
3. swings

LESSON 22

Gap year – cons

Listen, all of you who want to take a gap year. Listen to the arguments against it. Taking a gap year may disrupt your education. You may lose the motivation for further learning. You may even drop out of further education. Do you really want to suffer from cerebral meltdown after a year of drug-fuelled backpacking experience? And be honest, isn't it just an excuse for some trendy loafing paid for by your daddy? Are you really mature enough to benefit from this experience? And what is this nonsense about 'finding yourself'? If you have to go to far-flung lands to 'find' yourself, the chances are you haven't got much of a self to begin with.

gap - szczelina, szpara, przerwa, przepaść
gap year - rok przerwy po ukończeniu szkoły średniej i przed rozpoczęciem studiów
arguments against (the cons) - argumenty przeciw
arguments for (the pros) - argumenty za
to disrupt - zakłócać
to lose - tracić
motivation - motywacja
further - dalszy
to drop out - tu: nie ukończyć/przerwać naukę w szkole lub na studiach

further education	- dalsze/wyższe studia
meltdown	- topnienie (rdzenia reaktora atomowego), <i>tu</i> : umysłu
cerebral meltdown	- (s)topnienie umysłu
drug-fuelled	- podsycany przez narkotyki
backpacking	- wędrówki z plecakiem
trendy	- modny
loafing	- obijanie się
daddy	- tatuś
mature	- dorosły
to benefit (from)	- odnieść korzyści z czegoś, skorzystać na czymś
experience	- doświadczenie
far-flung	- <i>tu</i> : daleki, odległy
self	- (swoje) ja

uzupełnij zdania:

1. A year between school and university when some students travel or work is called a (break, gap, pause) year.
2. A disastrous event is sometimes described as a (melt, meltdown, melting pot).
3. If you travel carrying your equipment and clothes with you in a rucksack, you go (backslapping, backpacking, backsliding).

odpowiedzi:

1. gap
2. meltdown
3. backpacking

LESSON 23

Gap year – pros

I wouldn't take any notice of all this GYB nonsense. You want to go out there and see the world, don't you? So, get out of your cocoon and bridge the gap between school and university. Taking a gap year will broaden your mind. It will give you a taste of independent life. Believe me, it's an enriching experience. You'll become more self-reliant, more mature and more aware of the world. And you'll have an opportunity to enjoy life, before you become another COB and start paying into your pension fund.

gap	- szczelina, szpara, przerwa, przepaść
gap year	- rok przerwy po ukończeniu szkoły średniej i przed rozpoczęciem studiów
arguments for (the pros)	- argumenty za
GYB	- a Gap Year Bore

bore	- nudziarz
to take notice	- zwracać uwagę
to broaden the mind	- poszerzać horyzonty
taste	- smak
independent	- niezależny
enriching	- wzbogacający
self-reliant	- samodzielny
aware	- świadomy
opportunity	- okazja, sposobność, możliwość
to enjoy life	- cieszyć się życiem
COB	- a Conformist Office Bore (biurowy nudziarz konformista)
pension fund	- fundusz emerytalny

uzupełnij zdania:

1. When you reduce the differences that exist between two different things or groups of people, you (bridge, viaduct, flyover) the gap.
2. If you are able to do things by yourself rather than depending on other people, you are self-(reliable, reliant, restrained).
3. When you retire, you get a (salary, payment, pension).

odpowiedzi:

1. bridge
2. reliant
3. pension



LESSON 24

Clubbing holidays

The waiting room is occupied by a number of pretty, well-spoken, middle class teenage girls. They're here to collect the morning-after-pill. Last night they got 'paralytic' and went to bed with a stranger. They can't remember whether they actually had sex, but – to be on the safe side – they want the pill, just in case.

They worry about unprotected sex and sexually transmitted diseases. They don't behave like that at home, no. But, faced with the chance to party all night, drink as much cheap booze as they like, and being away from home for the first time – they go wild.

clubbing holidays	- urlop, którego głównym celem jest zabawa w nocnych klubach i dyskotekach
waiting room	- poczekalnia
to occupy	- zajmować
well-spoken	- (o osobie) elokwentna i inteligentna, która umie dobrze się wysławić

middle-class	- z klas/warstw średnich
teenage girls	- nastolatki
to collect	- odebrać, wziąć
morning-after-pill	- pigułka w 'dzień po', pigułka antykoncepcyjna, zażywana w dzień po stosunku
to get 'paralytic'	- (<i>potocznie</i>) uchlać się
stranger	- osoba obca, nieznajoma
to remember	- pamiętać
to have sex	- mieć stosunek, kochać się
to be on the safe side	- zabezpieczyć się na wszelki wypadek
just in case	- w razie czego
to worry	- martwić się
unprotected sex	- seks bez zabezpieczeń
sexually transmitted diseases	- choroby przenoszone drogą płciową
to be faced with	- stanąć w obliczu
to party	- balować
booze	- (<i>potocznie</i>) alkohol
away from home	- z dala od domu
to go wild	- (za)szaleć

uzupełnij zdania:

1. When you spend time dancing and drinking in (bars, nightclubs, club houses) you go clubbing.
2. When you have sex without any form of contraception, you have (protected, protective, unprotected) sex.
3. Drinking alcohol in (small, medium, large) quantities is called boozing.

odpowiedzi:

1. nightclubs
2. unprotected
3. large

LESSON 25

Wigga

A wigga is an affluent young white male, who admires and absorbs certain aspects of black culture, which happen to have cooler music and sharper clothes. He adopts the slang of the black city. Wigga is attracted to hip hop and rap.

But what are the roots of white teenagers' fascination with black culture? Is it a genuine attempt to cross racial boundaries, or is it looking for a new, cooler identity? Is it a genuine affiliation to another culture or a desire of nerdy white boys to feel well hard, get rid of hang-ups and to up their cred.

wigga (= white nigger) - biały zafascynowany kulturą czarnych

affluent	- zamożny, dobrze sytuowany
male	- mężczyzna
to admire	- podziwiać
to absorb	- przyswajać, absorbować
black culture	- kultura czarnych
sharper	- <i>tu</i> : tyle co 'cooler', bardziej imponujący
to adopt	- przyswoić sobie, przyjąć
hip hop	- muzyka hip hopowa
rap	- muzyka rapowa, rap
roots	- korzenie, (<i>przenośnie</i>) źródła
genuine	- prawdziwy, szczery
attempt	- próba
to cross racial boundaries	- przekroczyć rasowe bariery
identity	- tożsamość
affiliation	- afiliacja, przywiązanie
desire	- chęć, pragnienie
nerdy	- fajtlapowaty (<i>not cool</i>)
hard	- twardy, mocny
well hard	- (<i>slang</i>) = really hard
to get rid of	- pozbyć się
hang-ups	- kompleksy
to up their cred(ibility)	- wzmocnić swoją wiarygodność (jako osoby 'cool')

objaśnienia:

wigga - to rymujący się skrót od 'white nigger', czyli biały 'Murzyn'
nigger – to pogardliwe określenie czarnego (ale termin 'wigga' implikuje pozytywny stosunek do czarnych i ich kultury)

a black or a black man – to określenie czarnego bez zabarwień emocjonalnych

well hard = really hard

w slangu wyraz 'really' zastępowany jest często wyrazem 'well'

uzupełnij zdania:

1. A type of modern music with a fast strong rhythm and words which are (spoken, sung, whispered) is called rap.
2. A person who is perceived as (fashionable, unfashionable, cool) can be described as nerdy.
3. An affluent person is a (well-, worse-, good-) to-do person.

odpowiedzi:

1. spoken
2. unfashionable
3. well-

LESSON 26

Flexi-living

You could have opted for flexitime at work years ago, but now you're faced with flexi-living. What's that? It's going to the supermarket at midnight to do your weekly shopping. It's checking your bank account on the internet at three o'clock in the morning and doing a bit of e-trading at dawn. It's when your time of work merges with the time of rest, the day blends with the night ... and you haven't even noticed it.

Yes, nowadays everything is 'all-night'. All-night shopping, all-night discoing, all-night television. Staying up all night is bad for you. In the morning you feel tired, confused and stressed out. So, stop being so flexible. Go to bed and switch off the lights!

flexitime	- ruchome godziny pracy
to opt for sth	- zdecydować się na coś, wybrać coś
to be faced with sth	- być w obliczu czegoś, mieć do czynienia z
midnight	- północ
weekly shopping	- cotygodniowe zakupy
to check	- sprawdzać
bank account	- konto bankowe
e-trading	- transakcje internetowe
at dawn	- o świcie
work	- praca
rest	- wypoczynek
to merge	- łączyć się, zlewać, scalać
to blend	- mieszać się, miksować, wtapiać
to notice	- zauważać
nowadays	- obecnie
all-night	- całonocny
discoing (=clubbing)	- zabawa w dyskotekach, nocnych klubach
to stay up	- nie kłaść się spać
tired	- zmęczony
confused	- dezorientowany
stressed out	- zestresowany
flexible	- giętki, elastyczny
go to bed	- iść do łóżka, iść spać
switch off the lights!	- zgaś światło!

uzupełnij zdania:

1. If you are (incapable, unable, able) to adapt to new conditions or situations, you are flexible.
2. Flexible working hours are often described colloquially as (adaptable, flexi, elastic) time.
3. Something which can be bent easily without breaking is (flexible, inflexible, stiff).

odpowiedzi:

1. able
2. flexi
3. flexible

LESSON 27

Generation zest

Are you getting on a bit? Don't worry. When you reach your sixties and seventies you will have the time of your life. Work, mortgage and school fees will be a thing of the past. And you will have, in abundance, the one thing that younger people want, but cannot buy: time to enjoy life.

According to research, older people are having a ball. The overall life satisfaction resembles a U-shaped curve. Teenagers are at the top of the chart, but the joy of life swiftly plummets by 18, flattens out in the twenties, dips in the thirties and forties – and then begins to rise again in the mid-fifties. By the time you reach 70, your contentment with life will reach its peak. You will have a real zest for life.

generation	- pokolenie
zest	- radość, entuzjizm
to be getting on a bit	- starzeć się
to reach	- (o wieku) osiągać, dochodzić
mortgage	- pożyczka hipoteczna
school fees	- opłata za szkołę, czesne
a thing of the past	- coś, co należy już do przeszłości
in abundance	- w nadmiarze
to enjoy life	- cieszyć się życiem
research	- badania
overall	- ogólny, generalny
life satisfaction	- zadowolenie z życia
to resemble	- przypominać
U-shaped	- w kształcie litery U
curve	- krzywa
teenager	- nastolatek
chart	- diagram, wykres
joy of life	- radość życia
swiftly	- szybko

to plummet	- spadać, opadać
to flatten out	- wyrównywać się
to dip	- spadać, opadać
to rise	- rosnąć, wzrastać, podnosić się
mid-fifties	- połowa lat pięćdziesiątych
by the time	- do czasu
contentment	- zadowolenie
peak	- szczyt
zest for life	- radość życia

objaśnienia:

the time of your life – to najlepszy okres/moment twojego życia

they are having a ball – świetnie się bawią

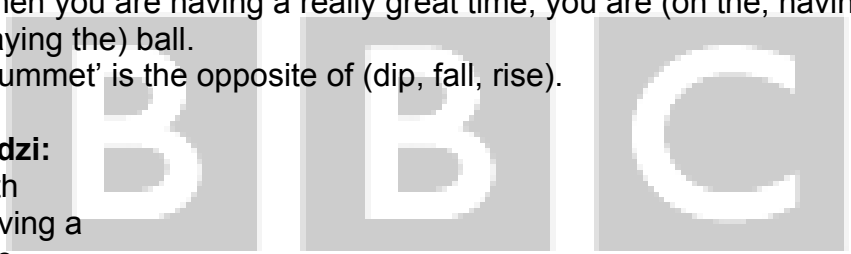
the twenties, the thirties, the forties etc. – to lata dwudzieste, trzydzieste, czterdzieste itd.

uzupełnij zdania:

1. When you do something with joy, enthusiasm and excitement, you do it (with, without, within) zest.
2. When you are having a really great time, you are (on the, having a, playing the) ball.
3. 'Plummet' is the opposite of (dip, fall, rise).

odpowiedzi:

1. with
2. having a
3. rise



LESSON 28
Generation X

Far from being inert slackers, higher-educated Generation Xers are defining a new work ethic, based on balance and fulfilment. Today's graduates want to achieve balance between work and play. They want more than success - they want to enjoy life. They want clear career prospects, but they also want more leisure time. They're making new demands on their employers: they want jobs that fit in with their outside interests, career breaks and flexible, family-friendly working hours.

generation	- pokolenie
slacker	- (<i>potocznie</i>) obibok
(generation) Xer	- osoba należąca do pokolenia X
work ethic	- etyka pracy, etyka zawodowa
balance	- równowaga
fulfilment	- spełnienie, zaspokojenie (potrzeb, marzeń)

graduate	- absolwent
career prospects	- perspektywy zawodowe
leisure time	- wolny czas, na wypoczynek
to make demands on	- stawiać żądania
employer	- pracodawca
job	- praca
to fit in with	- dopasować się do czegoś
outside interests	- <i>tu</i> : zainteresowania niezwiązane z pracą
career break	- dłuższa przerwa w pracy (np. na wyjazd, urlop naukowy)
flexible hours	- ruchome godziny pracy
family-friendly	- <i>tu</i> : uwzględniający potrzeby rodziny

objaśnienia:

generation X – *tu*: pokolenie młodych wykształconych ludzi, w wieku 25-35 lat; szukających nowych wartości życia

generation Xer – osoba, która należy to tego pokolenia

uzupełnij zdania:

1. A person who is lazy and avoids work is a (slacker, smacker, stacker).
2. If you feel happy and satisfied that you are doing something useful with your life, you are (full, fulfilled, fulfilling).
3. A job that promises you a good career has good career (perspectives, prospective, prospects).

odpowiedzi:

1. slacker
2. fulfilled
3. prospects

LESSON 29

Downshifters

Yesterday's fast-trackers are becoming today's downshifters. Having achieved success, they are questioning the quality of their lives. They become downshifters. They shun their fast-track careers for a lifestyle of simplicity. They leave their stressful and well-paid jobs for jobs with less money and less stress. They want to spend more time with their family and friends and have a more meaningful and happy life.

downshifter	- osoba, która rezygnuje z dobrze płatnej i stresującej pracy na rzecz pracy mniej płatnej i mniej
-------------	--

	odpowiedzialnej, ale za to mniej stresującej
to shift	- przesuwać się
fast-tracker	- osoba, która robi szybką karierę zawodową
track	- tor, bieżnia
to achieve	- osiągać
to question	- kwestionować
quality	- jakość
to shun	- stronić, unikać
fast-track career	- kariera, która daje możliwości szybkiego awansu
lifestyle	- styl życia
simplicity	- prostota
to leave	- opuścić, odejść, zostawić
stressful	- stresujący
well-paid	- dobrze płatny
meaningful	- mający głębszy sens

uzupełnij zdania:

1. When you change to a less well-paid and less stressful job, you (downturn, downsize, downshift).
2. If you have achieved a high position in your job very quickly, you are a fast-(trucker, tracker, runner).
3. If you move from one position to another, you (shaft, shift, shuffle).

odpowiedzi:

1. downshift
2. tracker
3. shift

LESSON 30
Eco-warriors

An eco-warrior feels passionate about the environment. He promotes the issues of ecological importance. He campaigns for the protection of our environment. He organises protests against pollution, destruction of rainforests, road building and tree felling. He can even harm people or organisations responsible for environmental damage. He is prepared to fight for his convictions – that's why he's a warrior.

Sometimes environmental campaigners are referred to as tree-huggers. Tree-huggers believe strongly in preserving our forests. They try to prevent tree felling by hugging trees in defiance of approaching bulldozers.

eco-warrior	- bojownik na rzecz ochrony środowiska
to feel passionate about	- podchodzić do czegoś z pasją i entuzjazmem

environment	- środowisko
to promote	- propagować, lansować, nadawać rozgłosu
issue	- kwestia, sprawa
ecological	- ekologiczny
importance	- znaczenie, waga
to campaign for	- prowadzić kampanię na rzecz
protection	- ochrona
to organise	- organizować
protest	- protest
pollution	- zanieczyszczenie
destruction	- zniszczenie
rainforests	- lasy tropikalne
road building	- budowa dróg
tree felling	- ścinanie drzew
to harm	- wyrządzać szkodę/krzywdę
responsible for	- odpowiedzialny za
damage	- szkoda, zniszczenie
to fight for	- walczyć o coś
conviction	- przekonanie
campaigner	- osoba prowadząca kampanię
tree-hugger	- osoba, która protestuje przeciwko ścinaniu drzew (obejmując je na znak protestu)
to preserve	- zachowywać, konserwować
to prevent	- zapobiegać
to hug	- ściskać, przytulać, obejmować
in defiance	- wbrew czemuś/komuś, na znak buntu, rzucając wyzwanie
approaching	- zbliżający się, nadchodzący
bulldozer	- buldożer

uzupełnij zdania:

1. A fighter is also called a (warrior, worrier, warlord).
2. Cutting trees is called tree (felling, falling, failing).
3. When you put your arms round somebody, you (hug, hub, rub) them.

odpowiedzi:

1. warrior
2. felling
3. hug

LESSON 31

Hyper-parenting

Welcome to the world of hyper-parenting. It's the most competitive sport among ambitious middle-class parents. They want their babies to be

special. Super-intelligent. They want them to stand out from the rest of the crowd. So what do they do? They program them like a computer. They sign them up for music lessons and they take them to reading classes. They brain train them with CDs and videos like 'Music for the unborn child', 'Baby Mozart', and 'Baby Einstein', of course... By the way, they seem to forget that Einstein was a lousy student...

hyper-parenting	- nazbyt gorliwe wypełnianie obowiązków rodzicielskich
to welcome	- witać
competitive	- konkurencyjny, oparty na rywalizacji
ambitious	- ambitny
middle-class	- warstwy średnie
parents	- rodzice
to stand out (from)	- wyróżniać się
crowd	- tłum
to program	- programować
to sign up	- zapisywać
brain	- mózg
to train	- szkolić, trenować
CD (Compact Disc)	- płyta kompaktowa
unborn child	- nienarodzone dziecko
by the way	- á propos, nawiasem mówiąc
to seem	- wydawać się
to forget	- zapominać
lousy	- <i>tu</i> : zły, słaby (student)

uzupełnij zdania:

1. (Hype, hyper, hyphen) in front of a noun or an adjective means that something is exaggerated and more than normal.
2. The process of caring for one's child or children is called (parentage, parental, parenting).
3. A lousy student is a (loud, bad, dirty) student.

odpowiedzi:

1. hyper
2. parenting
3. poor

LESSON 32

Yummy mummy

A yummy mummy knows how to look after herself. She's an immaculate being with a perfect figure, tight-fitting clothes and a full-time nanny. An earth mother or plain mumsy on the other hand has no time for herself. She's not interested in

post-natal maintenance. She's a frump who lives in saggy leggings and old sweatshirts. She never lets go of her offspring. To her a nanny is a recipe for 'emotional scarring'.

yummy	- smaczny, pyszny, (o osobie) atrakcyjny
mummy	- mamusia
earth mother	- matka ziemia
to look after yourself	- dbać o siebie
immaculate	- nieskazitelny
being	- istota
tight-fitting	- przylegający, opinający, obcisły
full-time	- na pełen etat
nanny	- niańka
plain	- nieładny, pospolity
mumsy	- 'mamuśka'
on the other hand	- z drugiej strony
post-natal	- poporodowy, pourodzeniowy
maintenance	- <i>tu</i> : dbałość o siebie
frump	- czupiradło
saggy	- obwisły, rozciągnięty
leggings	- legginsy, getry
sweatshirt	- bluza
to let go	- puścić
offspring	- 'latorość', potomstwo
emotional scarring	- uraz psychiczny

uzupełnij zdania:

1. If something is yummy it is (delicious, delighted, delicate).
2. Tights are (loose, tight, strong)-fitting.
3. The act of keeping something in good condition is called (maintenance, maintain, alimony).

odpowiedzi:

1. delicious
2. tight
3. maintenance

LESSON 33

Dependency culture

Dependency culture is a way of life characterised by reliance on state benefits. Some people argue that the provision of benefits is an essential part of the welfare state. Others say that such provision is damaging to those who receive

benefits, because it undermines their self-reliance and increases their reliance on state support. They become dependent on benefits. They become part of dependency culture.

dependency culture	- uzależnienie od systemu opieki społecznej
reliance	- poleganie na czymś, uzależnienie od czegoś
state	- państwo, państwowy
benefit	- zasiłek
essential	- zasadniczy
welfare state	- państwo opiekuńcze
provision	- dostarczanie, zaopatrywanie; <i>tu</i> : świadczenie
damaging	- szkodliwy
to receive	- otrzymywać
to undermine	- podważać, podkopywać
self-reliance	- samodzielność, niezależność, poleganie na własnych siłach
to increase	- zwiększać
state support	- pomoc państwa
dependent (on)	- uzależniony (od)
to become part of sth	- być częścią czegoś

uzupełnij zdania:

1. The state of relying on something or being addicted to something is called (dependent, dependency, independence).
2. If you rely on yourself rather than on other people, you are self- (dependent, reliant, restraint).
3. Money provided by the state for people who need financial help is called (benefit, benefice, beneficiary).

odpowiedzi:

1. dependency
2. reliant
3. benefit

LESSON 34

Tough love

Parents and social workers who practice 'tough love' believe that true concern is best expressed by setting standards and enforcing rules rather than by showing indulgence towards young people who take drugs. Practising 'tough love' means forbidding drugs in the house, chaperoning parties and establishing curfews. Tough love shows care and concern by encouraging people to give up bad habits, take responsibility for themselves and seek self-help.

tough love	- 'twarda miłość', miłość bez pobjażania
to restrict	- ograniczać
state	- państwo, państwowy
benefit	- zasiłek
effort	- wysiłek
to combat	- zwalczać
dependency culture	- uzależnienie od systemu opieki społecznej
social worker	- pracownik socjalny
to practise	- praktykować, uprawiać
concern	- zaniepokojenie
to express	- wyrażać
to set standards	- wyznaczać normy, standardy
to enforce	- wprowadzać w życie, egzekwować
rule	- przepis, reguła, <i>tu</i> : reguła postępowania
to show	- okazywać
indulgence	- pobłażliwość, pobjażanie
to take drugs	- zażywać narkotyki
to forbid	- zabraniać
to chaperon	- <i>tu</i> : nadzorować
to establish	- ustanawiać
curfew	- godzina policyjna, <i>tu</i> : godzina powrotu do domu
concern	- zaniepokojenie, troska
to encourage	- zachęcać
to give up	- rzucać (np. picie, palenie)
bad habit	- zły zwyczaj, uzależnienie, nałóg
to take responsibility for oneself	- brać odpowiedzialność za siebie
to seek	- szukać
self-help	- samopomoc

uzupełnij zdania:

1. If you are strict and firm with people, you are (tough, though, trough) with them.
2. When you make sure that people obey a particular rule or law, you (force, enforce, enact) it.
3. When you pamper somebody by letting them do or have whatever they want, you (indulge, divulge, bulge) them.

odpowiedzi:

1. tough
2. enforce
3. indulge

LESSON 35

Been there, done that

Been there, done that. What does it mean? It means that you have travelled to many places and done everything of interest there. It also means that you are a seasoned traveller, who has become slightly blasé about his travels. A world-weary jaded tourist who has relentlessly visited places of interest and bought souvenirs everywhere, including T-shirts. Been there, done that, got the T-shirt.

to travel	- podróżować
seasoned	- wytrawny, doświadczony
traveller	- podróżnik
slightly	- nieco
blasé	- zblazowany
world-weary	- znużony światem
jaded	- znudzony
relentlessly	- bezustannie
places of interest	- ciekawe miejsca
souvenirs	- pamiątki
T-shirt	- koszulka T-shirt

uzupełnij zdania:

1. An experienced traveller is a (seasonal, seasoned, seasoning) traveller.
2. If you are weary, you are (worried, tired, aware).
3. If you do something continually, you do it (mindlessly, relentlessly, ruthlessly).

odpowiedzi:

1. seasoned
2. tired
3. relentlessly

LESSON 36

Economy class syndrome

Flying economy class is cheap, but it's got its price. Sitting there, squashed like a sardine, with no legroom to speak of and your knees touching your chest is simply not good for you. In fact, it's quite dangerous, especially on long-distance flights. You may develop thrombosis – a serious condition caused by a blood clot forming in a blood vessel or in the heart. You may have paid a low price for your flight, but the danger is that you may collapse on arrival. So, remember -stretch your fingers and wiggle your toes. Oh, and drink plenty of mineral water.

economy class	- klasa turystyczna
to fly	- latać, latać samolotem
squashed like a sardine	- ściśnięty jak sardynka
legroom	- miejsce na nogi

no legroom to speak of	- <i>chodzi o to, że mało jest tego miejsca na nogi (tak mało, że nie ma o czym mówić)</i>
knee	- kolano
chest	- klatka piersiowa
long-distance flight	- daleki/długi lot
thrombosis	- tromboza, zakrzepica
condition	- stan
blood clot	- skrzep krwi
blood vessel	- naczynie krwionośne
heart	- serce
low	- niski
price	- cena
flight	- lot
to collapse	- upaść, zasłabnąć
on arrival	- po przylocie
to stretch	- zginać i rozprostowywać, rozciągać
finger	- palec
to wiggle	- kręcić, wiercić, ruszać
toe	- palec u nogi

uzupełnij zdania:

1. When you fly second class, you fly (economical, economy, economics) class.
2. When you fall down and become unconscious, you (fail, collapse, breakdown).
3. When you move from side to side or up and down, you (wig, wiggly, wiggle).

odpowiedzi:

1. economy
2. collapse
3. wiggle

LESSON 37

Feeding frenzy

In the natural world the phrase 'feeding frenzy' describes a group of creatures eating as much as they can in the shortest possible time. Let's imagine a group of sharks attacking its prey. A wild scene ensues. The hapless victim is torn apart alive and gobbled up by the predators in a frenzy of eating.

In the world of the media 'feeding frenzy' is used to denote furious media attention directed at a hapless victim, usually a politician or a celebrity, who is – figuratively speaking, also torn apart alive.

Hilary Clinton:

We're right in the middle of a rather vigorous feeding frenzy right now and people are saying all kinds of things and putting out rumour and innuendo.

feeding frenzy	- szal pożerania, wielkie żarcie, <i>tu</i> : nagonka mediów
to feed	- żywić się, karmić
frenzy	- szal, szaleństwo
creature	- stworzenie; <i>tu</i> : zwierzę
in the shortest possible time	- w jak najkrótszym możliwie okresie czasu
shark	- rekin
prey	- zdobycz, ofiara
wild	- dziki
scene	- scena
to ensue	- następować
hapless	- nieszczęsny
victim	- ofiara
to tear apart alive	- rozerwać/rozszarpać żywcem na kawałki
to gobble up/down	- pożerać
predator	- drapieżnik
to denote	- oznaczać
furious	- wściekły, rozszalały
media attention	- zainteresowanie mediów (czymś/kimś)
politician	- polityk
celebrity	- sławna osoba
figuratively speaking	- mówiąc przenośnie
vigorous	- żywotny, energiczny, <i>tu</i> : natarczywy, uporczywy
to put out	- <i>tu</i> : rozpuszczać, rozsiewać
rumour	- pogłoski, plotki
innuendo	- insynuacje

uzupełnij zdania:

1. Frenzy is a state of (high, medium, low) excitement.
2. Predators look for (pray, prey, prayer).
3. Rumour is akin to (tremor, quake, gossip).

odpowiedzi:

1. high
2. prey
3. gossip

LESSON 38

Photo op

A photo op is an opportunity for the media to take photographs of politicians, celebrities or other important people. Needless to say, this nearly always means that the situation will be controlled in such a way that the subjects of the photographs always appear in the best possible light! They grin and shake hands and look very pleased with themselves.

BBC correspondent:

'Photo op' is short for photo opportunity: the chance to take pictures of the summit participants as they get out of their cars or shake hands with their host or take their seat at the conference table. You've seen the kind of pictures I mean - they're always the same.

photo opportunity (photo op)	- oficjalna okazja do robienia zdjęć politykom i sławnym osobom
opportunity	- okazja, szansa
media	- środki przekazu, media
to take photographs	- robić zdjęcia
celebrity	- sławna osoba, osobistość
subject	- przedmiot, podmiot, temat
to appear	- pojawiać się, ukazywać
to grin	- uśmiechać się
to shake hands (with sb)	- ucisnąć czyjąś dłoń, podać komuś rękę
to look pleased with oneself	- wyglądać na zadowolonego z siebie
chance	- okazja, szansa
summit participant	- uczestnik spotkania na szczycie
to get out of	- tu: wysiąść z
host	- gospodarz
to take a seat	- usiąść
conference table	- stół konferencyjny
kind	- rodzaj, gatunek

objaśnienia:

needless to say – rzecz jasna

to appear in the best possible light – prezentować się w jak najlepszym świetle

'photo op' is short for photo opportunity – 'photo op' to skrót od 'photo opportunity'

you've seen the kind of pictures I mean – widzieliście ten rodzaj zdjęć, jaki mam na myśli/o którym mówię

uzupełnij zdania:

1. An official occasion for the photographers to take pictures of famous people is called a photo (chance, opportunity, possibility).
2. When you grin you look (happy, serious, grim).

3. An official meeting between heads of states or leaders of governments is called a (peak, summit, climax).

odpowiedzi:

1. opportunity
2. happy
3. summit

LESSON 39

Leak and scoop

A scoop happens when a newspaper or a news agency manages to report an important story before any of its competitors. It's very difficult to get a scoop in the modern media world when so many journalists are chasing the same story. However, when they do succeed in getting a scoop, you will often see it announced proudly in the newspaper as an exclusive story.

Piers Morgan:

A leak is a leak. We didn't publish the material, so it is not a traditional leak. In this case we felt the mere fact that we had been given it, was sensational enough and we handed it back, because we couldn't guarantee what would happen if we published.

leak	- przeciek
scoop	- sensacyjna wiadomość, uzyskana i opublikowana wcześniej niż w innych, konkurencyjnych mediach
to happen	- zdarzać się, wydarzać
newspaper	- gazeta
news agency	- agencja prasowa
to report	- donosić, relacjonować, podawać
story	- <i>tu</i> : doniesienie, artykuł
competitor	- konkurent, rywal
journalist	- dziennikarz
to chase	- gonić za, uganiać się
however	- jednak, jednakże
to succeed	- udać się, powieść się, odnieść sukces
to announce	- ogłaszać
proudly	- dumnie
exclusive	- wyłączny
to publish	- publikować, wydawać
traditional	- tradycyjny
in this case	- w tym wypadku
to feel	- czuć
mere	- zwykły
to hand back	- oddać, zwrócić

to guarantee - gwarantować, zapewnić

objaśnienia:

the modern media world – współczesny świat mediów

the mere fact that... - sam fakt, że...

was sensational enough – był wystarczająco sensacyjny

uzupełnij zdania:

1. A deliberate act of giving secret information to the media is called a (leak, leak, leap).
2. An important or sensational story that is printed exclusively in one newspaper before others know about it is called a (spoof, scoop, scoot).
3. A journalist feels lucky if he manages to (obtain, guarantee, get) a scoop.

odpowiedzi:

1. leak
2. scoop
3. get

LESSON 40
Spin doctors

A spin doctor briefs the media on behalf of government and politicians. As well as giving the media the facts, a spin doctor also tries to make sure that those facts are presented in a favourable way. For example, if the income tax has increased by 1%, a spin doctor might try to present this in a positive way, by saying: The government now has more money to spend on public services.

A spin doctor is a political pundit employed by the government to give favourable interpretation to political developments.

BBC interview:

We will be judged by the public and not by what spin doctors say to journalists in the back of a pub, but on the basis of what we do for the health service, for the education service, for the economy and people's prospects for jobs.

spin doctor	- specjaliści od politycznego marketingu, osoby, których zadaniem jest przedstawiać wydarzenia polityczne w korzystnym dla rządu świetle
to brief	- informować
media	- media, środki przekazu
on behalf	- w imieniu
government	- rząd
politician	- polityk

to make sure	- upewniać się, zapewniać, gwarantować
to present in a favourable way	- prezentować w korzystnym świetle
income tax	- podatek dochodowy
to increase	- rosnąć, wzrastać
to spend	- wydawać
public services	- usługi publiczne
pundit	- ekspert, autorytet
to employ	- zatrudniać
political developments	- wydarzenia polityczne
to judge	- oceniać
the public	- społeczeństwo
journalist	- dziennikarz
in the back of the pub	- gdzieś w tyle pubu
on the basis of	- na podstawie
health service	- służba zdrowia
education service	- <i>tu</i> : oświata, system edukacji
economy	- gospodarka
prospect	- perspektywa
job	- praca, zatrudnienie

objaśnienia:

Czasownik **to spin** oznacza między innymi: kręcić, prząść

Wyrażenie **to spin a yarn** – (przy czym *yarn* to *przędza*, ale też *opowieść*) oznacza: opowiadać niestworzone historie.

W słowniku politycznym **spin doctors** ma pejoratywne znaczenie i oznacza osoby, których zadaniem jest przedstawiać wydarzenia polityczne w korzystnym dla rządu świetle.

Sam **spin** oznacza taką nadmiernie korzystną, a przez to nie zawsze zgodną z prawdą interpretację.

uzupełnij zdania:

1. When you move turn around quickly or make (bread, tread, thread), you spin.
2. When you spin a (yard, yarn, yam), you tell a long story that is not true.
3. A spin doctor is a person who presents information to the public in the most (favour, favourable, favourite) way.

odpowiedzi:

1. thread
2. yarn
3. favourable

B B C