

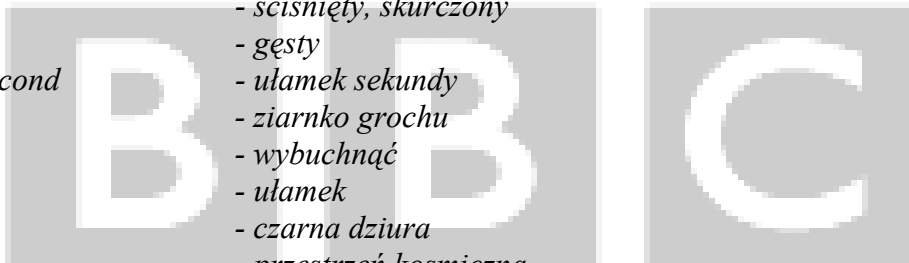
## English 2000

### LESSON 1 THE UNIVERSE

We're talking about the Big Bang theory and the origin of the universe. Scientists say that the universe started between 10 – 20 billion years ago with the Big Bang. At the time of the Big Bang the universe was squeezed into a hot, super-dense state. And then it exploded. They calculate that a tiny fraction of a second after the Big Bang the universe was no more than the size of a pea.

We've been talking about the origin of the universe. One theory to explain the origin of the universe is the Big Bang theory. This theory tells us that a big bang, the Big Bang, started the universe. We also talked about another cosmic mystery - black holes. And we looked at the gigantic explosion of stars known as a Super Nova.

<i>universe</i>	- <i>wszechświat</i>
<i>Big Bang</i>	- <i>Wielki Wybuch</i>
<i>origin</i>	- <i>początek</i>
<i>squeezed</i>	- <i>ściśnięty, skurczony</i>
<i>dense</i>	- <i>gęsty</i>
<i>split of a second</i>	- <i>ułamek sekundy</i>
<i>pea</i>	- <i>ziarnko grochu</i>
<i>to explode</i>	- <i>wybuchnąć</i>
<i>fraction</i>	- <i>ułamek</i>
<i>black hole</i>	- <i>czarna dziura</i>
<i>space</i>	- <i>przestrzeń kosmiczna</i>
<i>gravity</i>	- <i>grawitacja, siła przyciągania</i>
<i>to release</i>	- <i>uwalniać, wypuszczać</i>
<i>to outshine</i>	- <i>przyćmiewać</i>



### LESSON 2 SPACE TOURISM

The year is 2020 and this hotel has just been finished, a space hotel in orbit, some 450 km above the surface of the earth...

The dream is to build a space hotel where hundreds of guests could float around in a giant wheel above the earth. They would enjoy all the luxuries of any top class hotel, but with a view of the earth that would take some beating!

The 'Mayflower' is a serious attempt to get tourists into space. The passengers would experience weightlessness and view the planet from outside the atmosphere. Building hasn't started yet, but they're taking bookings.

So, unless you have fifty thousand dollars to spare, space travel isn't really an option and the idea of a space hotel is still only a dream. But don't worry - it may become a reality - for the next generation of tourists... not ours.

<i>space tourism</i>	- <i>kosmiczna turystyka</i>
<i>space travel</i>	- <i>podróże kosmiczne</i>
<i>dream</i>	- <i>marzenie</i>
<i>reality</i>	- <i>rzeczywistość</i>
<i>to float around</i>	- <i>unosić się</i>
<i>giant wheel</i>	- <i>olbrzymie koło</i>
<i>top class</i>	- <i>najwyższej klasy</i>
<i>luxurious</i>	- <i>luksusowy</i>
<i>it would take some beating</i>	- <i>tu: nie do pobicia</i>
<i>weightlessness</i>	- <i>stan nieważkości</i>
<i>booking</i>	- <i>rezerwacja</i>
<i>generation</i>	- <i>pokolenie</i>

### LESSON 3

#### ET, PHONE HOME, PLEASE

For more than a century the scientists have been pointing telescopes at the skies in an attempt to discover other forms of intelligent life. Now millions of people all over the world will have the chance to take part in a project to find other civilizations in the universe.

The SETI at home project – or the Search for Extra Terrestrial Intelligence – at home, means that anyone with an Internet connection and a simple computer program can take part in the search for ET. However, according to the experts, the chances of finding space aliens are pretty small. They're not predicting immediate contact.

The whole project is based on the premise that alien civilizations – if they exist – will let us know they're there.

<i>ET, phone home</i>	- <i>ET, zadzwoń do domu</i>
<i>the SETI project</i>	- <i>the Search for Extra Terrestrial Intelligence</i> <i>(poszukiwanie istot pozaziemskich)</i>
<i>to phone, to give sb a ring</i>	- <i>zadzwoić (do kogoś)</i>
<i>scientist</i>	- <i>naukowiec, uczonek</i>
<i>chance</i>	- <i>szansa</i>
<i>space alien</i>	- <i>istota pozaziemska</i>
<i>to predict</i>	- <i>przepowiadać</i>
<i>immediate contact</i>	- <i>natychmiastowy kontakt</i>
<i>discovery</i>	- <i>odkrycie</i>
<i>to base</i>	- <i>opierać</i>
<i>premise</i>	- <i>założenie</i>

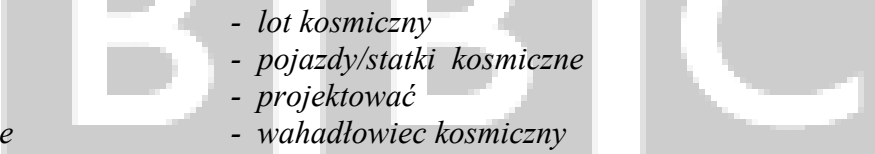
## LESSON 4 SPACE FLIGHT

The first rockets never returned to earth in one piece but now spacecraft are designed to be used for a hundred or more space flights. It's the age of the space shuttle.  
We live in the age of space flight.

There are at least 7,000 man-made objects orbiting the earth.  
We can communicate with fax machines, mobile phones and computers because orbiting the earth every day there are many telecommunication satellites.

With the help of the latest modern technology or, to use a modern phrase, with "state-of-the-art" technology - information only takes seconds to travel to a satellite and back to earth. Or, to use another modern phrase, we "bounce back" information.

We've been talking about space. Today there are many thousands of objects orbiting the earth, including telecommunication satellites. They bounce back information for our fax machines, computers and telephones. With modern, or "state-of-the-art" technology, space shuttles can now return safely to earth.



<i>space flight</i>	- <i>lot kosmiczny</i>
<i>spacecraft</i>	- <i>pojazdy/statki kosmiczne</i>
<i>to design</i>	- <i>projektować</i>
<i>space shuttle</i>	- <i>wahadłowiec kosmiczny</i>
<i>man-made</i>	- <i>stworzony przez człowieka</i>
<i>fax machine</i>	- <i>faks</i>
<i>mobile phone</i>	- <i>telefon komórkowy</i>
<i>modern technology</i>	- <i>najnowsza technologia</i>
<i>state-of-the-art</i>	- <i>najnowocześniejszy, najnowszy</i>
<i>to bounce back information</i>	- <i>przekazywać z powrotem, "odbijać" informacje</i>

## LESSON 5 ARE YOU READY FOR TAKE-OFF?

Nothing is safer than flying... it's one of those reassuring thoughts millions cling to, as their plane hurtles down the runway. Yet, as new research claims, nothing is further from truth. If the statistics are based on journeys taken, rather than miles travelled, a less rosy picture of air travel emerges. Deaths per 100 million passenger journeys are: 55 for aircraft, 4.5 for cars and 2.7 for trains. Only motorcycles at 100 deaths per 100 million journeys are a more dangerous form of transport than planes.

There's been a big increase in the number of near misses between airplanes.  
Our skies are becoming overcrowded. And pilots are ignoring set altitude levels.

<i>take-off</i>	- odlot, start
<i>safe</i>	- bezpieczny
<i>flying</i>	- loty samolotem
<i>reassuring thought</i>	- pocieszająca, uspokajająca myśl
<i>to cling to</i>	- ucześcić się, trzymać się kurczowo
<i>to hurtle</i>	- pędzić
<i>runway</i>	- pas startowy
<i>to claim</i>	- twierdzić
<i>journeys taken</i>	- odbyte podróże
<i>miles travelled</i>	- przebyte mile
<i>rosy picture</i>	- różowy (optymistyczny) obraz
<i>air travel</i>	- podróże samolotem
<i>passenger</i>	- pasażer
<i>aircraft</i>	- samolot
<i>form/means of transport</i>	- środek transportu
<i>air safety</i>	- bezpieczeństwo podróży samolotem
<i>near misses</i>	- katastrofy, do których nieomal nie doszło
<i>set altitude levels</i>	- ustalone wysokości lotu
<i>air traffic controllers</i>	- kontrolerzy ruchu powietrznego
<i>to survive</i>	- przeżyć, ująć z życiem
<i>impact</i>	- zderzenie, uderzenie
<i>toxic gases</i>	- toksyczne gazy

## LESSON 6 THE FEAR OF FLYING

The aircraft was at 17,000 feet when the windscreen blew out. The captain was nearly sucked out of the cockpit. But he survived - because two of the crew members clung to his legs...

Some of the worst air disasters in the past decade, initially blamed on pilot error or terrorist attack, are now being attributed to faulty computers and flawed software. New research reveals that software faults contributed to at least 30 accidents in the past few years.

In one case, two pilots struggled with the controls as they tried to land their plane while their computer directed them away from the airport. The resulting crash claimed 264 lives. In another mid-air disaster, the computer is suspected of switching the engine into reverse, breaking up the plane and killing 223 passengers.

<i>fear</i>	- strach
<i>flying</i>	- loty samolotem
<i>windscreen</i>	- przednia szyba
<i>to blow out</i>	- tu: pęknąć, roztrzaskać się
<i>to suck out</i>	- wyssać
<i>cockpit</i>	- kabina pilota
<i>crew members</i>	- członkowie załogi
<i>to land</i>	- wylądować
<i>automatic pilot</i>	- automatyczny pilot

<i>faulty computer</i>	- źle funkcjonujący komputer
<i>flawed software</i>	- wadliwe oprogramowanie
<i>air disaster</i>	- katastrofa lotnicza
<i>pilot error</i>	- błąd pilota
<i>to blame</i>	- obwiniać
<i>to attribute</i>	- przypisywać, upatrywać przyczyny
<i>to reveal</i>	- ujawniać
<i>to contribute</i>	- przyczynić się, dokładać się
<i>controls</i>	- urządzenia kontrolne, tu: urządzenia sterownicze, stery
<i>crash</i>	- katastrofa lotnicza, zderzenie
<i>to claim lives</i>	- pochłaniać, pociągać za sobą ofiary śmiertelne
<i>mid-air disaster</i>	- zderzenie w powietrzu
<i>to switch engine into reverse</i>	- włączyć bieg wsteczny
<i>computer error</i>	- błąd komputerowy

## LESSON 7

### THE DANGERS OF DRIVING

Talking and driving is dangerous. It can cause accidents, because drivers can lose concentration.

Remember – do not talk on your mobile while you're driving. It's dangerous. You could lose concentration and cause an accident.

Too much information on the dashboard can cause sensory overload. When I suffer from sensory overload, I miss other important visual warnings, like traffic lights and other road signs. Like the 'STOP' sign.

We're in the car today and we are worried about talking too much, you know, losing concentration while you're driving. Talking on your mobile and all that...know what I mean? . We also heard about sensory overload caused by having too much information coming from the dashboard. All these indicators, gauges, switches, you know. This can cause accidents, because drivers miss visual signs on the road, like traffic lights and other road signs, and – the STOP signs, know what I mean?

<i>danger</i>	- niebezpieczeństwo
<i>driving</i>	- prowadzenie samochodu, jazda samochodem
<i>talking</i>	- rozmawianie
<i>bad visibility</i>	- zła widoczność
<i>slippery road</i>	- śliska szosa
<i>drinking and driving (drink driving)</i>	- jazda po pijanemu
<i>to cause an accident</i>	- spowodować wypadek
<i>to lose concentration</i>	- stracić koncentrację
<i>dashboard</i>	- deska rozdzielcza
<i>sensory overload</i>	- przeładowanie informacjami, nadmiar informacji
<i>top of the range</i>	- najlepszy w swojej klasie
<i>to miss visual warnings</i>	- nie zauważać znaków ostrzegawczych
<i>traffic lights</i>	- światła sygnalizacyjne

<i>road signs</i>	- znaki drogowe
<i>indicator</i>	- wskaźnik, kierunkowskaz, kontrolka
<i>gauge</i>	- wskaźnik, miernik
<i>switch</i>	- przełącznik

## LESSON 8 SATELLITE RECEIVERS IN YOUR CAR

Soon we'll be able to send information to you in your car. You'll receive digitally encoded signals from a satellite on a geo-synchronous orbit or geo-stationary orbit. You'll get traffic information and music. And if something goes wrong with your car, it will be detected by the manufacturer and repaired. Gap fillers – special relay stations will broadcast down tunnels and round mountains.

<i>satellite receiver</i>	- odbiornik satelitarny
<i>digitally encoded</i>	- zakodowany elektronicznie
<i>geo-synchronous</i>	- geo-synchroniczny
<i>geo-stationary</i>	- geo-stacjonarny
<i>to go wrong</i>	- zepsuć się
<i>relay station</i>	- stacja przekaźnikowa

## LESSON 9 THE INTERNET



In the past computers were as big as a room. Today you can put them in your lap, if you have a laptop, that is.

A PC – your personal computer, and your personal friend.

For some children working on a PC is like using a pen and paper. They have grown up with the computer. They can now study and do their homework with the help of a PC and the Internet. There's no need for books - just log on to the Internet and access the libraries of the world!

But some people can spend hours and hours a day surfing the net. It's a new leisure activity, but also a new addiction. A special website has been set up to help children and adults who can't stop surfing the net. So – beware of the W W W!

<i>lap</i>	- podolek, tu: kolana
<i>laptop</i>	- komputer przenośny
<i>PC</i>	- Personal Computer - komputer osobisty
<i>to log on</i>	- wlogować się
<i>to access</i>	- wejść do, mieć dostęp do
<i>surfing the net</i>	- serfować po internecie
<i>leisure activity</i>	- sposób spędzania wolnego czasu
<i>addiction</i>	- nałóg
<i>website</i>	- strona internetu
<i>WWW</i>	- World Wide Web – komputerowa sieć internetu

## LESSON 10 THE LONELY SURFER

There's a report on the psychological effects of surfing the Internet. These effects are: depression and loneliness. The report suggests that an interactive medium, like the computer, is no more healthy than the more passive medium – the idiot box. At least people watch television with somebody. But if you're surfing the net, you spend less time with your friends and family.

It was perhaps the ultimate experiment in modern living. Could four very different people meet all their needs for food, clothing and entertainment just by shopping on the Internet? Their only contact with the outside world was via the Internet. They all emerged from their one hundred hours of solitude fit and well, clutching the items they had successfully purchased electronically.

<i>lonely surfer</i>	- samotny internauta
<i>psychological effects</i>	- skutki psychologiczne
<i>surfing the net</i>	- serfowanie po internecie
<i>depression</i>	- depresja
<i>loneliness</i>	- samotność
<i>interactive</i>	- interaktywny, podlegający wspólnemu oddziaływaniu
<i>passive</i>	- bierny, pasywny
<i>the idiot box</i>	- (pogardliwie) telewizor
<i>ultimate</i>	- szczytowy, krańcowy
<i>modern living</i>	- współczesny styl życia
<i>to meet the needs</i>	- zaspokajać potrzeby
<i>clothing</i>	- ubranie, odzież
<i>entertainment</i>	- rozrywka
<i>to emerge</i>	- wyłonić się
<i>solitude</i>	- samotność
<i>fit and well</i>	- cali i zdrowi, w dobrej kondycji
<i>to clutch</i>	- trzymać kurczowo
<i>to purchase</i>	- zakupić

## LESSON 11 THE INTERNET (THE WORLD WIDE WEB)

The Internet is the world's largest computer network. It uses the telephone system to link together hundreds of millions of computers all over the world.

If you've been asleep for the past five years, one of the things that may be puzzling you today is all this talk about the Internet, e-mail and the world wide web. Suddenly, all important companies have web sites and use e-mail for much of their daily communication. These technologies are revolutionizing the way businesses work, just as telephones and computers have in the past.

You can shop around on the Internet. Soon you'll be able to compare many more prices than ever before and discover the best price for every product much more easily.

You can shop around on the Internet, that's great. But, who do you complain to, if you're cheated by a company on the other side of the world? And how can you be sure that the products you find on the net are legal in your own country?

<i>computer network</i>	- sieć komputerowa
<i>to link</i>	- łączyć
<i>to puzzle</i>	- dziwić, intrygować
<i>e-mail</i>	- poczta elektroniczna
<i>to revolutionize</i>	- rewolucjonizować
<i>to shop around</i>	- szukać okazji, najniższej ceny
<i>to compare prices</i>	- porównywać ceny
<i>to complain</i>	- składać skargę, reklamację, narzekać
<i>to be cheated</i>	- być oszukanym

## LESSON 12 ROBOTS

Robots are already replacing us.

They take over mundane human jobs in car factories... assembling parts... and in Hollywood, too!

Yes, some of the most advanced robots in the world today are employed in Hollywood to provide special effects in movies such as the Star Wars.

When we think about future employment we often imagine that machines will take over human jobs in factories and other places where the work seems to be mainly physical. But, in fact, it may be doctors, lawyers and accountants who should be most worried.

Apparently, it's more difficult for machines to deal with the physical world of space and colour than with systematic knowledge – the type of knowledge that earns doctors and lawyers big salaries today. Robots can't think for themselves yet, but computers are increasingly good at reproducing the knowledge of experts....

What about lawyers – are they human beings? Well, anyway, it's more likely that your doctor or lawyer will be a computer programme in future than that a robot will turn up to fix the leaking tap in your bathroom. Remember – robots can't deal with the physical world of space and colour, bathrooms and leaking taps....

<i>robots</i>	- roboty
<i>mundane</i>	- przyziemny, prozaiczny
<i>to assemble</i>	- składać, montować
<i>advanced</i>	- zaawansowany, nowoczesny
<i>to employ</i>	- zatrudniać
<i>employment</i>	- zatrudnienie
<i>to take over</i>	- przejąć
<i>lawyer</i>	- prawnik
<i>accountant</i>	- dyplomowany księgowy
<i>to deal with</i>	- uporać się z

<i>space</i>	- przestrzeń
<i>to earn</i>	- zarabiać
<i>salary</i>	- pensja, uposażenie
<i>to turn up</i>	- pojawić się
<i>to fix</i>	- zreperować
<i>leaking tap</i>	- ciekący kurek

## LESSON 13 BIG BROTHER

Big Brother is watching us on cameras in public places - in lifts, in shops, in the street. They're everywhere - surveillance cameras.

Many people think that surveillance cameras are a danger to individual privacy. Surveillance cameras are installed in order to reduce crime and ensure our safety.

But Big Brother may be listening to you, too....when you are having a conversation on the telephone. Many people believe there is an increase in telephone tapping. Perhaps Big Brother isn't tapping your phone after all, but he may have your name on a computer somewhere. He can have all your personal data on a computer database. Your personal data is being analysed by Big Brother!

Is big brother watching you on CCTV? - that's surveillance cameras on closed circuit television. Or is Big Brother listening to you and tapping your telephone? Or does he have your name on a computer database? Is Big Brother a danger to your individual privacy?

<i>Big Brother</i>	- Wielki Brat
<i>surveillance</i>	- inwigilacja
<i>CCTV</i>	- (Closed Circuit Television) – telewizja przemysłowa
<i>privacy</i>	- prywatność
<i>crime</i>	- przestępczość
<i>safety</i>	- bezpieczeństwo
<i>to install</i>	- zainstalować
<i>to reduce</i>	- zmniejszyć
<i>to ensure</i>	- zapewnić
<i>(tele)phone tapping</i>	- podsłuch telefoniczny
<i>database</i>	- baza danych
<i>personal data</i>	- dane osobiste

## LESSON 14 ESPIONAGE

Spies steal secrets. Military spies steal military secrets from other countries. Industrial spies steal economic secrets, they steal modern technology. They steal top secret information from companies through industrial espionage.

They install sophisticated bugging devices.

For years spies have been bugging places. But now they don't even need to bug a room. Now they can eavesdrop from outside a building, using high quality electronic equipment. It's called electronic eavesdropping.

Spies get top secret information from companies through industrial espionage. They can bug a place with microphones or eavesdrop electronically outside.

<i>espionage</i>	- szpiegostwo
<i>spy</i>	- szpieg
<i>to steal</i>	- kraść
<i>military</i>	- wojskowy
<i>industrial</i>	- przemysłowy
<i>economic</i>	- gospodarczy
<i>modern technology</i>	- najnowsza technologia
<i>intelligence</i>	- wywiad
<i>top secret</i>	- ściśle tajny
<i>sophisticated</i>	- skomplikowany, nowoczesny
<i>bugging device</i>	- aparatura podsłuchowa
<i>to bug</i>	- założyć podsłuch
<i>to eavesdrop</i>	- podsłuchiwać
<i>electronic eavesdropping</i>	- podsłuch elektroniczny

## LESSON 15 CRIME PREVENTION

What do I do if I hear my neighbour's burglar alarm? Well, if it's at night, I cover my head with a pillow...

During the day? I'd probably turn up the radio.

It would probably turn out to be a false alarm anyway.

One of the best ways to discourage crime is to get neighbours to watch out for unusual activities in their area. This cooperation between neighbours is known as a neighbourhood watch scheme. Neighbours who participate in those schemes often place stickers on their windows to deter would-be criminals.

We've looked at how neighbours are working to stop crime by organizing neighbourhood watch schemes. Burglar alarms are very popular but not everybody reacts to them because it's very often a false alarm. Electronic tagging is now sometimes used for low-risk criminals.

<i>crime prevention</i>	- walka z przestępczością
<i>burglar alarm</i>	- alarm antywłamaniowy
<i>burglar</i>	- włamywacz
<i>false alarm</i>	- fałszywy alarm
<i>effective</i>	- skuteczny
<i>neighbourhood watch scheme</i>	- system ostrzegania sąsiedzkiego
<i>sticker</i>	- nalepka

<i>to participate</i>	- brać udział
<i>would-be criminals</i>	- niedoszli/ potencjalni przestępcy
<i>to prevent</i>	- zapobiec
<i>to deter</i>	- powstrzymać
<i>do discourage</i>	- zniechęcić
<i>electronic tagging</i>	- elektroniczny system monitorowania skazanych przestępców
<i>low-risk criminal</i>	- przestępca, który nie stanowi wielkiego ryzyka dla otoczenia

## LESSON 16 STALKERS AND THEIR VICTIMS

We've been talking about stalkers and their victims. Stalking is on the increase now. It has become very widespread. Rock stars, film stars and sportsmen have all been the victims of stalkers. But now ordinary men and women become the victims of stalkers, too. One survey estimated that fourteen per cent of British women had been stalked at one time or another. Police are hoping that the situation will get better with new anti-harassment laws.

<i>stalker</i>	- prześladowca, który obsesyjnie śledzi i osacza swoją ofiarę
<i>victim</i>	- ofiara
<i>celebrities</i>	- osoby sławne i znane
<i>rock star</i>	- gwiazda muzyki rockowej
<i>royal family</i>	- rodzina królewska
<i>to be on the increase</i>	- rosnąć, zwiększać się
<i>widespread</i>	- rozpowszechniony
<i>ordinary</i>	- zwykły
<i>survey</i>	- badania, ankieta
<i>per cent</i>	- procent, procenty
<i>anti-harassment laws</i>	- ustawodawstwo zakazujące molestowania

## LESSON 17 PAPARAZZI

The paparazzi sell photos of the rich and famous to the popular press. The tabloids are prepared to pay a fortune for these photos – hundreds of thousands of pounds! And paparazzi can make a fortune on those pictures.

We've been talking about the paparazzi and the privacy laws. The paparazzi sell photos of the rich and famous to the popular press. The tabloids are prepared to pay a fortune for these photos. They thrive on scandal. But for the celebrities these photos are an invasion of privacy, and some countries are ready to introduce privacy laws to protect them.

<i>paparazzi</i>	- fotoreporterzy goniący za sensacją
<i>the rich and famous</i>	- ludzie bogaci i sławni
<i>photos, pictures</i>	- zdjęcia
<i>popular press</i>	- prasa popularna

<i>tabloids</i>	- brukowce
<i>to make a fortune</i>	- zbić fortunę, zrobić majątek
<i>to pay a fortune</i>	- zapłacić fortunę, majątek
<i>candid</i>	- szczery, tu: niedyskretny, nazbyt wiele ujawniający
<i>to thrive</i>	- kwitnąć, rozwijać się, prosperować
<i>invasion of privacy</i>	- naruszenie prywatności
<i>to introduce privacy laws</i>	- wprowadzić ustawodawstwo chroniące prawa do prywatności

## LESSON 18 COWBOY WORKMEN

Today we've been talking about cowboys. Not cowboys and Red Indians – but cowboy workmen. Cowboy builders, cowboy plumbers, cowboy electricians and decorators – who do bad work and charge a lot of money for it. In fact – they rip you off. Lots of people have been robbed by cowboy workmen, which means that they've been overcharged and cheated. And sometimes these cowboys 'accidentally' knock down a listed or protected building – so they can rebuild it later.

<i>cowboy workmen</i>	- fuzzerzy, partacze
<i>to do a bad job, to do bad work</i>	- knocić coś, partaczyć
<i>to rip off</i>	- zdzierać
<i>builder</i>	- budowlany
<i>plumber</i>	- hydraulik
<i>electrician</i>	- elektryk
<i>decorator</i>	- malarz, tapeciarz
<i>to charge</i>	- liczyć, pobierać opłatę
<i>to charge a lot of money</i>	- zdzierać, pobierać wysoką opłatę
<i>to rob</i>	- obrabować, tu: naciągnąć, złupić z kogoś skórę
<i>to overcharge</i>	- żądać wygórowanej zapłaty
<i>to cheat</i>	- oszukiwać
<i>accidentally</i>	- przypadkowo
<i>to knock down</i>	- zburzyć
<i>listed building</i>	- budynek chroniony

## LESSON 19 THE CONSUMER SOCIETY

Buy, buy, buy. Consume, consume, consume. Buy one, get one free. Buy two for the price of one. Buy three for the price of two. We are living in the age of the consumer society.

The consumer society has encroached on all our sacred institutions. Christmas has become a shopping craze, a consumer's paradise. It's become an opportunity to merchandise new products.

Products or souvenirs are specially made to promote films, clubs and exhibitions. Books, videos, and T-shirts are all elements of modern merchandising.

A watch-dog - no, it's not a dog, really. It's a person or an organization, whose job is to protect consumers' rights.

Watchdog organizations protect the consumer against poor quality products.

<i>consumer society</i>	- społeczeństwo konsumpcyjne
<i>to encroach</i>	- wdrzeć się, wtargnąć
<i>sacred</i>	- uświęcone
<i>shopping craze</i>	- szal kupowania
<i>consumer's paradise</i>	- raj konsumenta
<i>to merchandise</i>	- reklamować, lansować, promować
<i>souvenirs</i>	- upominki
<i>to promote</i>	- promować
<i>watchdog</i>	- jednostka nadzorcza, tu: broniąca praw konsumentów
<i>consumers' rights</i>	- prawa konsumentów
<i>poor quality product</i>	- towar złej jakości

## LESSON 20 MONEY, MONEY, MONEY

Now we can choose the way we pay. How about cash? Yes, some of us still pay in cash. Nothing in your pocket? Just pay by cheque or go to the nearest cash point. Or better still, spend now, pay later. Use a credit card! A charge card or a store card! The credit card company foots the bill, and you pay later – often with interest. So if you don't want to pay interest - use a debit card. (The money is debited automatically from your account).

<i>to choose the way we pay</i>	- wybrać sposób płacenia
<i>cash</i>	- gotówka
<i>to pay (in) cash</i>	- płacić gotówką
<i>to pay by cheque</i>	- płacić czekiem
<i>cash point</i>	- bankomat
<i>to withdraw money</i>	- wyjąć pieniądze (z konta)
<i>to spend</i>	- wydawać
<i>to pay</i>	- płacić
<i>credit card</i>	- karta kredytowa
<i>charge card, store card</i>	- karta płatnicza, karta stałego klienta
<i>to foot the bill</i>	- zapłacić rachunek
<i>interest</i>	- oprocentowanie
<i>debit card</i>	- karta debetowa
<i>to debit</i>	- odciągać sumę, obciążyć kwotą, debetować
<i>account</i>	- konto, rachunek

## LESSON 21 SUPERMARKETS

Nowadays you can buy everything, well, almost everything from a supermarket – food, newspapers, medicine, petrol.

Supermarkets offer banking facilities, too – you can withdraw your money from a cash point or ask for cash back at the checkout. You can even set up a savings account at your local store and, at the end of the day, have something to eat in the supermarket café.

Nowadays supermarkets stay open long hours. Once they were only open from 9 to 5, but now you can go in the evening to do your late night shopping. Some supermarkets are even open throughout the night – sounds like a sleepwalker's paradise.

<i>food</i>	- <i>jedzenie, żywność</i>
<i>newspapers</i>	- <i>gazety</i>
<i>medicine</i>	- <i>lekarstwa</i>
<i>petrol</i>	- <i>benzyna</i>
<i>banking facilities</i>	- <i>usługi bankowe</i>
<i>hole in the wall</i>	- <i>(pot.) bankomat</i>
<i>to ask for cash back</i>	- <i>poprosić o gotówkę płacąc kartą kredytową</i>
<i>checkout</i>	- <i>kasa</i>
<i>to set up a savings account</i>	- <i>złożyć konto oszczędnościowe</i>
<i>store</i>	- <i>duży sklep, supermarket</i>
<i>late night shopping</i>	- <i>zakupy do późna w nocy</i>
<i>to stay open long hours</i>	- <i>być otwartym do późna</i>
<i>sleepwalker's paradise</i>	- <i>raj dla somnabulika</i>
<i>to shop until you drop</i>	- <i>robić zakupy do upadłego</i>
<i>the sell-by date</i>	- <i>termin sprzedaży</i>
<i>the use-by date</i>	- <i>termin spożycia (ważności produktu)</i>

## LESSON 22

### FOOD LABELLING

But if it says "crisps" on the label, aren't there crisps inside the packet?

You have to read the small print. There may be all kinds of information hidden in the small print

For example: E-numbers...E262...acidity regulator, E621...flavour enhancer...

E110, E160b...colours.

We've been talking about food labelling. To find out what you're really eating, read the label. Look at the small print on the label. There may be all kinds of information hidden in the small print. Information about things like food additives with their E-numbers. But above all be careful about genetically modified foods. Genetically modified foods can be dangerous.

<i>food labelling</i>	- <i>etykietowanie, oznaczanie żywności</i>
<i>label</i>	- <i>etykietka, nalepka, naklejka</i>
<i>ingredients</i>	- <i>składniki</i>

<i>to read the small print</i>	- dokładnie się wczytać
<i>hidden</i>	- ukryty, schowany
<i>food additives</i>	- konserwanty
<i>genetically modified (GM) food</i>	- żywność genetycznie modyfikowana

## LESSON 23

### A SAD TALE OF A MURDERED CARROT

The modern food processing industry has damaged our food supply. Let's take a carrot, for example. It's a relatively healthy thing when pulled out of the ground, even though it was probably grown in depleted soil.

But then ... then it's taken to a processing factory, where some nutrients are removed so that the carrot will resist spoilage and look attractive. Next the carrot is packed in a fluid and transported to a storage warehouse, where it is freeze-dried. It spends months there, in a state of suspended animation.

Then it is thawed, washed, cooked, coloured orange with dye, and crammed into a can. Then it spends another month on a warehouse shelf, before it's taken to the supermarket. There it sits on a shelf for another month or so.

Finally it's bought and taken home, where it's heated up or microwaved, salted and buttered. At last it ends up on your plate! You look down at it. It still looks like a carrot. But it's not. It's a carrot cadaver...

<i>sad tale</i>	- smutna opowieść
<i>murdered carrot</i>	- zamordowana marchewka
<i>food processing industry</i>	- przemysł przetwórczy
<i>to damage</i>	- niszczyć
<i>supply</i>	- dostawy, zapasy
<i>depleted</i>	- wyjałowiony, zubożały, uszczuplony
<i>nutrients</i>	- składniki odżywcze
<i>spoilage</i>	- psucie, niszczenie
<i>storage warehouse</i>	- magazyn
<i>to freeze-dry</i>	- poddawać liofilizacji
<i>to thaw</i>	- tajać, rozmrozić
<i>dye</i>	- barwnik
<i>to cram</i>	- wtłaczać, wpychać na siłę
<i>to microwave</i>	- podgrzewać w mikrofalówce
<i>cadaver</i>	- trup, zwłoki

## LESSON 24

### FAST FOOD RESTAURANTS

We're talking about fast food. Fast food is cooked fast, served fast and often eaten fast. Some people call it junk food, but I love it.

It all started with the hamburger. The hamburger was named after Hamburg in Germany, not after ham! About one million hamburgers are sold every day in the world's burger chains.

Fast food was never faster than in the drive-in restaurant. You just drive in, open your car window, order your burger and drive away in minutes. And if you don't want to leave home or get into your car, just pick up the telephone and order a takeaway meal.

<i>fast food restaurants</i>	- restauracje, bary szybkiej obsługi
<i>fast food</i>	- dania na szybko, 'fastfudy'
<i>junk food</i>	- niezdrowe jedzenie
<i>French fries</i>	- frytki cienko krojone
<i>chips</i>	- frytki grubo krojone
<i>crisps</i>	- czipsy
<i>to serve</i>	- podawać, obsługiwać
<i>burger chains</i>	- sieć restauracji szybkiej obsługi typu McDonald
<i>drive-in restaurant</i>	- restauracja, w której danie można zamówić z samochodu
<i>to pick up the telephone</i>	- podnieść słuchawkę
<i>to order</i>	- zamówić
<i>takeaway meal</i>	- jedzenie na wynos

## LESSON 25 FLOWERS WITHOUT FRAGRANCE

For many years, flowers like roses and orchids have been selectively bred for colour, size and unusual shapes. However, in the process, their fragrance often disappears. They're beautiful to look at – but a big disappointment to smell. This is something of a horticultural mystery – nobody really knows why selectively bred flowers lose their fragrance.

Modern food has been robbed of nutrients by the conversion to monoculture. That's why, compared to the fresh foods people consumed a hundred years ago, fruit and vegetables we eat today are severely depleted in nutrients.

<i>fragrance</i>	- zapach (przyjemny), aromat
<i>rose</i>	- róża
<i>orchid</i>	- orchidea, storczyk
<i>carnation</i>	- goździk
<i>to breed</i>	- hodować
<i>smell</i>	- zapach (także nieprzyjemny)
<i>disappointment</i>	- rozczarowanie
<i>horticultural mystery</i>	- zagadka ogrodnicza
<i>to interfere</i>	- ingerować
<i>strawberry</i>	- truskawka
<i>conversion to monoculture</i>	- przejście na monokulturę
<i>fresh foods</i>	- świeża żywność

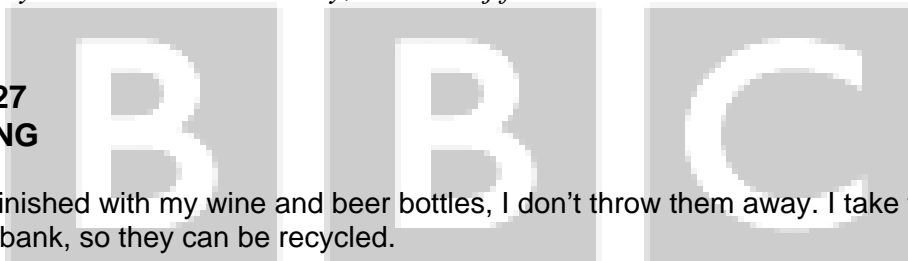
## LESSON 26 BOTTLED WATER

We're talking about water. Tap water and bottled water. Still and sparkling mineral water.

But bottled water seems like a crazy idea if you can turn on a tap. Bottled water is a booming business because people think it helps to make them fit and healthy. It's quite possibly one of the greatest cons of the twentieth century.

<i>bottled water</i>	- woda butelkowana
<i>tap water</i>	- woda z kranu
<i>mineral water</i>	- woda mineralna
<i>still water</i>	- woda niegazowana
<i>sparkling water</i>	- woda gazowana
<i>sparkling wine</i>	- wino musujące
<i>crazy idea</i>	- szalony pomysł
<i>to turn on a tap</i>	- odkręcić kurek
<i>con</i>	- oszustwo
<i>booming business</i>	- świetnie prosperujący interes
<i>fit and healthy</i>	- zdrowy, w świetnej formie

## LESSON 27 RECYCLING



When I've finished with my wine and beer bottles, I don't throw them away. I take them to the local bottle bank, so they can be recycled.

Hundreds of thousands of tonnes of plastic bottles are put in landfill sites. A lot of plastic doesn't go away, it isn't biodegradable, and it will stay around for hundreds of years. It will live longer than us! So, perhaps we should think twice about buying plastic which isn't biodegradable.

We've been talking about recycling. One simple way to take part in recycling is to take bottles to a bottle bank. Plastic bottles can be a problem. They aren't biodegradable. When they're put into landfill sites, they don't go away. They can stay around for hundreds of years. Environmental groups like Friends of the Earth ask us to think twice before buying plastic which is not biodegradable.

<i>recycling</i>	- recykling, utylizacja odpadów wtórnych, odzyskiwanie
<i>bottle bank</i>	- kontener na butelki do odzysku
<i>paper bank</i>	- kontener na makulaturę
<i>to recycle</i>	- utylizować, odzyskiwać
<i>waste products</i>	- odpady
<i>biodegradable</i>	- ulegający biodegradacji
<i>landfill sites</i>	- wysypiska śmieci
<i>to stay around</i>	- zostawać, nie znikać
<i>environmental groups</i>	- ugrupowania działające na rzecz ochrony środowiska
<i>Friends of the Earth</i>	- Przyjaciele Ziemi

## LESSON 28 OIL POLLUTION

This is the sound of rescued birds, which are covered in oil. And where does the oil come from? Often from the enormous ships which carry oil around the world, the supertankers.

Supertankers carry thousands of tonnes of oil around the world. But there is always the risk of the oil spill. In 1989 the supertanker Exxon Valdez spilled tonnes of oil off the coast of Alaska. The oil spill from the supertanker spread over an area of 12,000 square kilometers. This created an enormous oil slick. Around 35,000 sea birds were killed in the oil slick. Oil slicks poison sea life, clog up the feathers of birds and leak toxic chemicals into the sea.

We've been talking about oil spills and oil slicks. Oil is spilt into the sea by supertankers. It can also leak into the rivers from broken pipelines. Oil slicks poison sea life, clog up the feathers of birds and leak toxic chemicals into the sea. Detergents are used to break up oil slicks, but they themselves contain chemicals, which can damage wildlife, too.

<i>oil pollution</i>	- zanieczyszczenie środowiska ropą naftową
<i>rescued</i>	- wyratowany
<i>oil</i>	- ropa
<i>to spill</i>	- wylewać
<i>oil spill</i>	- wyciek ropy
<i>oil slick</i>	- plama ropy
<i>to poison</i>	- zatrwać
<i>sea life</i>	- morska flora i fauna
<i>to clog up</i>	- zapychać, zatykać
<i>feather</i>	- pióro
<i>to leak</i>	- wyciekać
<i>toxic</i>	- toksyczny, trujący
<i>pipeline</i>	- rurociąg
<i>to contain</i>	- zawierać
<i>wildlife</i>	- przyroda, flora i fauna

## LESSON 29 RICHES FROM THE SEAS

Although two-thirds of our planet is covered by the seas, we're still learning about the life forms which exist there. Until recently, the store of potential medicines from the sea remained untapped. Now, thanks to improved underwater exploration techniques, the marine environment is finally giving up its secrets.

For example, many different species of sponge from the warm seas produce unique substances which show high activity against leukemia cells.

It looks like the warm seas of some of the most beautiful places on earth are home to many potential new treatments.

<i>riches</i>	- bogactwo, zasoby
<i>life forms</i>	- formy życia organicznego
<i>store</i>	- zasoby, zapasy
<i>medicine</i>	- lek
<i>untapped</i>	- niewykorzystany
<i>underwater exploration</i>	- eksploracja mórz
<i>marine environment</i>	- środowisko morskie
<i>to give up a secret</i>	- ujawnić, zdradzić sekret
<i>species</i>	- gatunek, gatunki
<i>sponge</i>	- gąbka, gąbki
<i>high activity</i>	- duża aktywność
<i>leukemia</i>	- białaczka
<i>cell</i>	- komórka
<i>to be home to</i>	- być siedzibą czegoś
<i>treatment</i>	- leczenie, kuracja

### LESSON 30 TELEVISION

Digital TV gives you better picture quality and better sound quality. Digital TV gives you the picture quality of a film and the sound quality of a compact disc. You will need a decoder to receive digital TV.

If you can't afford a digital TV and want more channels – buy a satellite dish. A satellite dish puts you in touch with hundreds of broadcasters around the world. It gives you more choice. It gives you plenty of opportunity to improve your foreign languages.

Why don't you subscribe to cable TV? It's easier and cheaper to stay with terrestrial TV. It will give you an enormous choice of TV programmes through a revolutionary development - fibre optic cable. For example, with fibre optic cable 40 thousand telephone conversations can be carried at the same time!

OK. We've been talking about television. We heard about DTV - or digital television - which gives excellent picture and sound quality. If you want a bigger choice of TV programmes, and can't afford to buy a digital TV or a decoder, you could buy a satellite dish. However, it's easier and cheaper to stay with terrestrial TV. So why not have cable TV? Fibre optic cable makes it possible to carry thousands of TV programmes and telephone calls at the same time.

<i>fuzzy</i>	- zamazany, niewyraźny
<i>DTV</i>	- Digital Television, telewizja cyfrowa
<i>picture</i>	- obraz
<i>sound</i>	- dźwięk
<i>quality</i>	- jakość
<i>compact disc (CD)</i>	- płyta kompaktowa
<i>TV set</i>	- odbiornik telewizyjny
<i>satellite dish</i>	- antena satelitarna, talerz

<i>channel</i>	- <i>kanal</i>
<i>broadcasters</i>	- <i>rozgłoszenie radiowe i stacje telewizyjne</i>
<i>to subscribe</i>	- <i>wykupić abonament</i>
<i>terrestrial TV</i>	- <i>telewizja naziemna</i>
<i>revolutionary development</i>	- <i>tu: przełomowy wynalazek</i>
<i>fibre optic cable</i>	- <i>światłowód</i>

## LESSON 31 NEWSPAPER WARS

With so many modern forms of communication such as radio, TV and the Internet, newspaper companies now find it difficult to sell enough copies of their papers to survive. Many papers have a low circulation.

They use many methods to increase their circulation and to decrease the circulation of the other papers. Such strong competition has created the paper wars.

Newspaper companies use many methods to increase their circulation. One method is to offer cheap annual subscription; another is to sell a paper at a very low price for a month or two. Only big companies can afford this predatory pricing.

Newspapers also try to introduce new ideas. The problem is, however, that every time one company introduces a new idea, the other companies simply copy it!

<i>(news)paper wars</i>	- <i>wojny gazet</i>
<i>copy</i>	- <i>egzemplarz, numer</i>
<i>to survive</i>	- <i>przeżyć</i>
<i>circulation</i>	- <i>nakład</i>
<i>to increase</i>	- <i>zwiększyć</i>
<i>to decrease</i>	- <i>zmniejszyć</i>
<i>competition</i>	- <i>konkurencja, rywalizacja</i>
<i>annual subscription</i>	- <i>roczna prenumerata</i>
<i>predatory pricing</i>	- <i>drapieżna/agresywna polityka cen</i>
<i>to introduce new ideas</i>	- <i>wychodzić z nowymi pomysłami</i>

## LESSON 32 THE FEEL-GOOD FACTOR

OK. We've been talking about the feel-good-factor - a phrase that you can find almost every day in the media. Everything that makes you feel good has a feel-good-factor. It could be a romantic film with a happy ending, or a good book, or even a chance to win the lottery.

We're all depressed sometimes - overcome by problems. There's the war, the homeless and we lost at football. Or we could just be having a bad hair day and need something to give us the feel-good factor. But don't worry – things are looking up. You can switch off the radio now – and go to bed or for a walk. Or – better still – start revising the words and phrases from this lesson. That'll make you feel good!

<i>feel-good factor</i>	- miara dobrego nastroju
<i>opinion polls</i>	- sondaże opinii publicznej
<i>ruling party</i>	- partia rządząca
<i>honeymoon period</i>	- miesiąc miodowy
<i>overcome by problems</i>	- przytłoczony problemami
<i>war</i>	- wojna
<i>homeless</i>	- bezdomni
<i>bad hair day</i>	- dzień, w którym nic się nie układa (włącznie z włosami)
<i>things are looking up</i>	- wszystko pomyślnie się układa

### LESSON 33 SPIN DOCTORS

Yes, it's true, ladies and gentlemen. Sometimes politicians make mistakes and sometimes they say the wrong thing. Sometimes they even lie. But don't worry, because they have an expert who helps them. They have their own spin doctor.

He will put a favourable spin – or interpretation – on events. He will patch up, mend or even falsify things for politicians who are in trouble.

Politicians should be careful what they say and do. They should speak and behave in a correct way. They should be politically correct.

'Politically correct' in the 1980's had a positive connotation, but in the nineties it is almost pejorative.

<i>spin doctors</i>	- eksperci od działań marketingowych na rzecz rządu
<i>spin</i>	- tu: pochlebna interpretacja
<i>to make mistakes</i>	- robić błędy
<i>to say the wrong thing</i>	- powiedzieć coś niestosownego, pałać gafę
<i>to lie</i>	- kłamać
<i>party politics</i>	- polityka partyjna
<i>to put a favourable spin on events</i>	- korzystnie interpretować wydarzenia
<i>to patch up</i>	- załatać
<i>to mend</i>	- naprawić
<i>to falsify</i>	- sfalszować
<i>public image</i>	- publiczny wizerunek, wizerunek, percepcja
<i>politically correct</i>	- politycznie poprawny

### LESSON 34 FILMS... OR... MOVIES

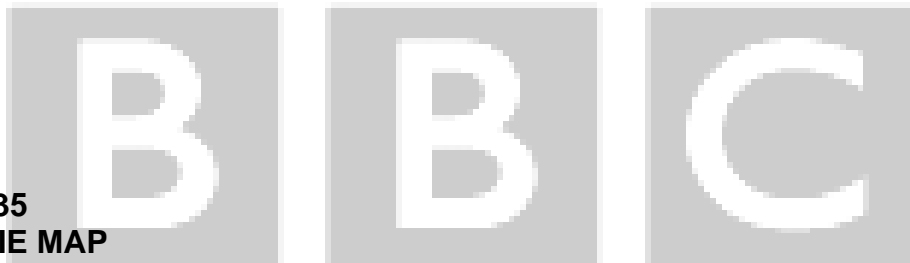
We've been talking about films - or - movies. About low-budget movies, which are cheap to make. And about box-office blockbusters, which make a lot of money.

Oh, yes. We've been talking about the storyline. Films with a simple storyline or a complicated plot. And about the soundtrack. I like the soundtrack from "Titanic", don't you?

He (Leonardo di Caprio) had the leading role, didn't he? But I liked the leading actress. Neither of them got an Oscar, although Kate Winslet was nominated for one, I think. But the film itself got lots of Oscars. This is usually the case – the Oscars go to the film which has been a success at the box office.

<i>film, movie, picture</i>	- <i>film</i>
<i>low-budget movie</i>	- <i>tani film, niskobudżetowy</i>
<i>box-office</i>	- <i>kasa</i>
<i>box-office blockbuster</i>	- <i>film kasowy, 'hit'</i>
<i>storyline, plot</i>	- <i>fabuła</i>
<i>soundtrack</i>	- <i>ścieżka dźwiękowa</i>
<i>leading actor</i>	- <i>główny aktor</i>
<i>to be nominated for an Oscar</i>	- <i>otrzymać nominację do Oscara</i>
<i>award</i>	- <i>nagroda</i>
<i>co-star, supporting actor</i>	- <i>rola drugoplanowa, aktor drugoplanowy</i>

## LESSON 35 THE MOVIE MAP



A new movie map is now available in England. The free guide is being handed out to foreign visitors – location seekers who want to see where the famous movies were actually shot. What is on the movie map? A total of a 120 film locations.

Yes, film tourism is growing – it's estimated that 20% of overseas visitors to London come here because they have seen it in the movies.

'Shakespeare in Love' wasn't actually shot in the Globe Theatre. It was a recreation of the Rose Theatre. The Rose Theatre did actually exist in that time. Many people do think that the film was shot in the Globe Theatre, because it's very similar to the theatre in the film – which was, actually, a recreation of the Rose Theatre.

<i>movie map</i>	- <i>filmowa mapa</i>
<i>to be available</i>	- <i>być dostępnym, osiągalnym</i>
<i>free guide</i>	- <i>bezpłatny przewodnik</i>
<i>to hand out</i>	- <i>rozdawać</i>
<i>foreign tourists</i>	- <i>zagraniczni turyści</i>
<i>to seek</i>	- <i>szukać, poszukiwać</i>
<i>location seekers</i>	- <i>poszukiwacze filmowych wnętrz i plenerów</i>
<i>actually</i>	- <i>de facto, istotnie, rzeczywiście</i>

*to shoot a film*  
*overseas visitors*

- *kręcić film*  
- *zagraniczni turyści*

## **LESSON 36**

### **MEGASTARS**

We've been talking about very famous people. Not the stars, not even the superstars – the megastars.

How do megastars become so famous? Promotion, of course. All this media hype – headlines, interviews, reports and programmes.

To become a megastar you must have that special something – global appeal. But it's hard work, if you have global appeal. You have to go on all those tiring world wide tours.

<i>famous</i>	- <i>sławny</i>
<i>starlet</i>	- <i>gwiazdka</i>
<i>star</i>	- <i>gwiazda</i>
<i>superstar</i>	- <i>supergwiazda</i>
<i>megastar</i>	- <i>megagwiazda</i>
<i>promotion</i>	- <i>promocja, lansowanie, robienie reklamy</i>
<i>media hype</i>	- <i>szum, rozgłos, histeria w mediach</i>
<i>headlines</i>	- <i>nagłówki</i>
<i>interviews</i>	- <i>wywiady</i>
<i>reports</i>	- <i>doniesienia, relacje</i>
<i>appeal</i>	- <i>urok, powab, czar</i>
<i>world wide tours</i>	- <i>światowe tournée</i>

## **LESSON 37**

### **FASHION AND SUPERMODELS**

We've been talking about 'catwalk' – which has nothing to do with cats, and everything to do with extremely famous and highly paid supermodels. The kind of people who won't get out of bed for less than ten thousand dollars a day! Supermodels walk along the catwalk and parade designer clothes.

Designers used to earn most of their money from making individual clothes for rich people - haute couture. Nowadays they earn much more from ready-to-wear clothes and by selling designer perfumes and designer cosmetics and lots of other things with their name on.

<i>fashion</i>	- <i>moda</i>
<i>catwalk</i>	- <i>wybieg</i>
<i>to display</i>	- <i>prezentować, wystawiać</i>
<i>highly paid</i>	- <i>wysoko opłacane</i>
<i>to get out of bed</i>	- <i>wstać z łóżka</i>
<i>to parade</i>	- <i>prezentować</i>

*designer clothes*  
*designer*  
*ready-to-wear*

- *kolekcje słynnych projektantów*  
- *projektant mody*  
- *ubrania gotowe, masowo produkowane, konfekcja*

## **LESSON 38**

### **HOW TO GET A JOB**

We've been talking about going for an interview. And this was our advice: show your employer that you're reliable, hardworking, honest and punctual.

Prepare your curriculum vitae, ask for references, research the job.

You'll also need certain skills: communication and interpersonal skills and some basic computer skills, too. And finally: be enthusiastic, make a good impression, and – remember to leave a sweet smell behind you!

*job*

*interview*

*advice*

*reliable*

*hardworking*

*honest*

*punctual*

*good-looking*

*qualifications*

*experience*

*curriculum vitae*

*references*

*research the job*

*skills*

*communication skills*

*interpersonal skills*

*basic computer skills*

*to make a good impression*

*to leave a sweet smell behind*

- *praca*

- *rozmowa kwalifikacyjna*

- *rada*

- *solidny*

- *pracowity*

- *uczciwy*

- *punktualny*

- *przystojny, atrakcyjna*

- *kwalifikacje*

- *doświadczenie*

- *(CV) życiorys*

- *referencje*

- *dowiedzieć się, na czym polega praca*

- *umiejętności*

- *umiejętność łatwego komunikowania się*

- *łatwość w nawiązywaniu kontaktów*

- *podstawowe umiejętności komputerowe*

- *zrobić dobre wrażenie*

- *zostawić po sobie miły zapach*

## **LESSON 39**

### **ELECTRONIC RECRUITING**

When you apply for a job, it can take a long time to get an answer, because shortlisting candidates takes a long time. But now, there are a number of recruitment agencies, whose job is to sift through all the applications, so that companies are not deluged with CVs.

It works like this: the agency selects 5 or 6 suitable applicants from CVs sent electronically, then it shows them a corporate video, so that the candidates can learn something about the

company. Then the candidates are interviewed on film, which is later sent to the client company, and can be rewound any time. Very clever, don't you think?

<i>recruiting (recruitment)</i>	- <i>nabór do pracy, rekrutacja pracowników</i>
<i>to apply for a job</i>	- <i>złożyć podanie o pracę</i>
<i>shortlisting</i>	- <i>przygotowanie ostatecznej listy wybranych kandydatów</i>
<i>candidates</i>	- <i>kandydaci</i>
<i>recruitment agencies</i>	- <i>biura pośrednictwa pracy</i>
<i>to sift through</i>	- <i>przesiewać, selekcjonować</i>
<i>applications</i>	- <i>podania</i>
<i>to be deluged</i>	- <i>być zalanym</i>
<i>applicants</i>	- <i>kandydaci, osoby składające podania</i>
<i>corporate video</i>	- <i>wideo o przedsiębiorstwie</i>
<i>to be interviewed</i>	- <i>być na rozmowie kwalifikacyjnej</i>
<i>client company</i>	- <i>firma jako klient (innej firmy)</i>
<i>to rewind</i>	- <i>przewinąć (taśmę)</i>

## LESSON 40 JOB MARKET



We've been talking about the end of the jobs-for-life system. In the past employees of large corporations used to be sure that they'd be with the same company for most of their working lives. They had jobs for life. They had job security.

Nowadays there is a lot of insecurity. Workers are afraid of redundancies. However, in many countries, companies which make staff redundant, have to pay them compensation. The employees who lose their jobs get redundancy payments.

<i>job market</i>	- <i>rynek pracy</i>
<i>job for life</i>	- <i>stałe zatrudnienie, aż do emerytury</i>
<i>employee</i>	- <i>pracownik</i>
<i>corporation</i>	- <i>przedsiębiorstwo, zakład</i>
<i>security</i>	- <i>poczucie bezpieczeństwa</i>
<i>to feel secure</i>	- <i>czuć się bezpiecznym</i>
<i>job security</i>	- <i>gwarancja stałego zatrudnienia</i>
<i>insecurity</i>	- <i>brak poczucia bezpieczeństwa</i>
<i>redundancy</i>	- <i>zwalnianie z pracy na skutek redukcji etatów</i>
<i>to make sb redundant</i>	- <i>zwolnić kogoś z pracy na skutek redukcji etatów</i>
<i>to be made redundant</i>	- <i>być zwolnionym z pracy na skutek redukcji etatów</i>
<i>staff</i>	- <i>pracownicy, personel</i>

<i>compensation</i>	- <i>rekompensata, odszkodowanie</i>
<i>redundancy payment</i>	- <i>odszkodowanie za zwolnienie z pracy na skutek redukcji etatów, odprawa</i>

## LESSON 41 WORKAHOLICS

We're talking about workaholics. They work long hours. They even work at weekends or take their work home. They cannot stop working. They become addicted to work. Workaholics believe commitment to work will increase their chances of success. But it can also increase their chances of a heart attack or a nervous breakdown.

Many people work under a lot of pressure. They have stress problems at the workplace. They become stressed. They need help and advice. They need counselling.

The money earned in a job is important, but many people want to enjoy their work, they want job satisfaction.

<i>workaholic</i>	- <i>pracoholik</i>
<i>to become addicted</i>	- <i>wpaść w nałóg</i>
<i>commitment</i>	- <i>zaangażowanie, oddanie, poświęcenie</i>
<i>heart attack</i>	- <i>atak serca</i>
<i>nervous breakdown</i>	- <i>załamanie nerwowe</i>
<i>pressure</i>	- <i>presja</i>
<i>stress</i>	- <i>stres</i>
<i>to become stressed</i>	- <i>być zestresowanym</i>
<i>counselling</i>	- <i>poradnictwo</i>
<i>job satisfaction</i>	- <i>zadowolenie z pracy</i>

## LESSON 42 COMMUTING

If you commute, you travel a long distance every day between your home and your place of work. Commuters are passengers who have season tickets. The price of the season ticket is commuted – reduced – is less than a normal price. Hence the name – commuters.

Many commuters arrive by train during the busiest time of the morning – between 8 and 9 am. This is the rush hour, also called the peak hour - when the number of commuters reaches its peak.

Once the peak hour has finished the trains are almost empty. And you can get cheaper tickets if you travel off-peak.

We're talking about commuters and commuting. Commuters are passengers who have season tickets and who travel a long distance to work. The busiest time in the morning and in the afternoon is called the peak hour or the rush hour. Once the peak hour has finished, the trains are almost empty. And you can get cheaper tickets if you travel off-peak.

<i>commuting</i>	- dojeżdżanie do pracy (codzienne, na ogół pociągiem)
<i>to commute</i>	- dojeżdżać do pracy
<i>the price is commuted</i>	- cena jest obniżona
<i>commuter</i>	- osoba dojeżdżająca do pracy
<i>season ticket</i>	- bilet sezonowy, okresowy
<i>rush hour/peak hour</i>	- godzina szczytu
<i>off-peak</i>	- poza godzinami szczytu
<i>off-peak travel card</i>	- bilet jednodniowy (do kupienia po 9.30 rano)

## LESSON 43 THE POWER TO IMPRESS

We're talking about power lunches and power breakfasts and power dressing. They're status symbols – symbols of power and success. They're meant to impress other people. Power lunches – long and boozy business lunches used to be fashionable – they were in. Now they're out. Power breakfasts are in now. Short and businesslike, strictly no booze. Power dressing is still in – although padded shoulders are definitely out. Oh, and by the way – jeans are in.

We're talking about power lunches and power breakfasts. They're status symbols. They're meant to impress other people, but also to encourage bonding. However, power lunches – long and boozy lunches are out now. Power breakfasts are in - short and businesslike. No booze (unfortunately). And if you don't want lunch, you can have a bonding event. But make sure it's not seen as a bribe.

<i>power</i>	- władza, siła, potęga
<i>to impress</i>	- imponować, olśnić, robić wrażenie
<i>power lunches, breakfasts, etc.</i>	- robocze spotkania przy lunchu czy śniadaniu
<i>booze</i>	- trunek, alkohol, 'gorzala'
<i>boozy</i>	- mocno zakrapiany alkoholem
<i>fashionable</i>	- modny
<i>to be in</i>	- tu: być w modzie
<i>to be out</i>	- tu: wyjść z mody
<i>businesslike</i>	- rzeczowy, konkretny, dotyczący pracy
<i>power dressing</i>	- strojenie się w celu zaimponowania innym
<i>padded shoulders</i>	- wypchane ramiona, z wszytymi poduszkami
<i>status symbols</i>	- symbole statusu
<i>to encourage</i>	- zachęcać
<i>bonding</i>	- zacieśnianie więzi, scalanie, integracja
<i>bonding events</i>	- imprezy integracyjne
<i>bribe</i>	- łapówka

## LESSON 44 DOWNSHIFTING

We're talking about downshifting. Downshifting means changing your lifestyle – to a better one, I suppose. If you've had enough of the daily grind – pack it in! If you've had enough of the boring daily routine – pack it in. If you've had enough of a boring dead end nine-to-five job – pack it in, too.

Get a job that gives you enjoyment and satisfaction. You'll have less money, but more time. You'll enjoy life more!

My neighbour – for example.

He used to be an executive in an advertising company

He downshifted right down.

He packed in his job.

He's become a housewife.

He stays at home and looks after two children.

And he loves it!

She (his wife) makes a lot of money and has very little time for herself - and for her family. That's a big downside, don't you think?

*downshifting*

- rezygnacja ze statusu społeczno-zawodowego,  
dobrowolne przeszerogowanie w dół

*YUPPIE*

- Young Upwardly Mobile Professional Person, młoda  
ambitna osoba zawzięcie wspinająca się po szczeblach  
kariery zawodowej, karierowicz

*daily grind*

*pack it in!*

*boring*

*daily routine*

*dead end job*

*nine-to-five job*

*enjoyment*

*executive*

*advertising company*

*right down*

*housewife*

*to look after the children*

*downside*

- codzienna harówka

- skończ z tym!

- nudny

- codzienna rutyna

- praca bez perspektyw

- praca od 9-tej do 5-tej

- zadowolenie

- dyrektor

- agencja reklamowa

- do samego końca, do dołu

- gospodyni domowa

- opiekować się/zajmować dziećmi

- wada, szkopuł, negatywna strona

## LESSON 45

### LIFE AFTER DEATH

A man is dying, and as he reaches the point of greatest physical distress, he suddenly finds himself outside his own physical body. He watches himself being resuscitated by the hospital staff, he can see and hear what's happening around him - but other people can't hear him or see him. He's in a state of emotional turmoil.

Soon other things begin to happen. He feels he's moving very rapidly through a long dark tunnel towards a brilliant loving light. This 'Being of Light' shows him a panoramic playback of his life. At some point he approaches a barrier or border – where he sees the spirits of his dead relatives

and friends. He's overwhelmed by an intense feeling of joy and love, he wants to stay where he is, yet he's told that he must go back, as his time has not come yet. Reluctantly, he goes back to his body.

Later he tries to tell other people what happened to him, but he can find no words to describe it – the experience is ineffable. He also finds that people don't believe him – so he stops talking about it. Still, the experience affects his whole life profoundly – he completely loses the fear of death. In fact – he knows that death does not exist.

<i>life after death</i>	- <i>życie po śmierci</i>
<i>NDE</i>	- <i>Near Death Experience – stan prawie śmierci</i>
<i>to die</i>	- <i>umrzeć</i>
<i>distress</i>	- <i>męka, cierpienie, wyczerpanie</i>
<i>to resuscitate</i>	- <i>reanimować</i>
<i>hospital staff</i>	- <i>personel szpitalny</i>
<i>to move rapidly</i>	- <i>poruszać się szybko</i>
<i>brilliant light</i>	- <i>ośniewające światło</i>
<i>the being of light</i>	- <i>świelana postać</i>
<i>barrier</i>	- <i>bariera</i>
<i>border</i>	- <i>granica</i>
<i>spirit</i>	- <i>duch</i>
<i>dead</i>	- <i>nieżyjący, umarli</i>
<i>relative</i>	- <i>krewny</i>
<i>to be overwhelmed</i>	- <i>być przytłoczonym, pod ogromnym wrażeniem</i>
<i>reluctantly</i>	- <i>niechętnie</i>
<i>ineffable</i>	- <i>nie dający się wyrazić słowami, nie do opisania</i>
<i>profoundly</i>	- <i>głęboko, potężnie</i>
<i>the fear of death</i>	- <i>strach przed śmiercią</i>

## **LESSON 46**

### **CHRISTMAS**

Nowadays many people seem to forget the religious significance of Christmas. Instead, they concentrate on the secular, like shopping, eating, watching television and opening presents. Going to church is fairly low on the list of priorities. But seeing family and friends is one of the things we seem to enjoy most. Although, apparently, during the festive season we seem to have more arguments with family members than at any other time!

What we dislike about Christmas is the cost, the weather, family arguments, eating too much and being alone. So – don't forget that there are people out there who are simply very lonely during Christmas. Invite them for a Christmas dinner!

Mmm... Christmas dinner. Delicious. Listen – roast turkey... mmm...with stuffing...roast potatoes...sprouts. And – oh, yes – Christmas pudding, with raisins and nuts, and brandy butter. Oh, I can't wait!

*Christmas* - *Boże Narodzenie*

<i>religious significance</i>	- religijne znaczenie
<i>the secular</i>	- to, co świeckie
<i>shopping</i>	- zakupy
<i>watching television</i>	- oglądanie telewizji
<i>going to church</i>	- chodzenie do kościoła
<i>list of priorities</i>	- lista priorytetów
<i>apparently</i>	- o ile wiadomo
<i>festive season</i>	- okres świąteczny
<i>arguments</i>	- sprzeczki, kłótnie
<i>to dislike</i>	- nie lubić
<i>cost</i>	- koszt
<i>lonely</i>	- samotny
<i>delicious</i>	- smakowity, pyszny
<i>roast turkey</i>	- indyk pieczony
<i>stuffing</i>	- nadzienie
<i>roast potatoes</i>	- kartofle pieczone (bez skórki)
<i>sprouts</i>	- brukselka
<i>lashings</i>	- ogromne porcje
<i>raisins</i>	- rodzynki
<i>nuts</i>	- orzechy

## LESSON 47 CREATION MYTHS AND FACTS

The Christian cosmogony is one of a number that sees the world beginning through 'creatio ex nihilo' – creation from nothing. According to St. John's gospel – "all things were made by him", our Lord, Jesus Christ.

According to the ancient Chinese myth, Pan Ku evolved inside a giant cosmic egg. When the egg hatched, Pan Ku died. His eyes became the moon and the sun, his sweat the rain and his voice the thunder.

Chaos – a primordial void – from whom all created things proceeded - existed before order was imposed upon the universe. Chaos had several children with itself, including Nix – night, Erebus – darkness and Gaia –the earth.

The Mayas believed that the universe is continually being created and destroyed, repeating itself forever.

Hinduism, too, believes in a world being endlessly re-created.

According to scientists, the universe was created some 10 to 20 billion years ago by the Big Bang – a giant explosion. However, recently more stars have been found than the Big Bang theory allows for. The Big Bang might still end up being little more than a scientific myth.

<i>creation</i>	- tu: stworzenie świata
<i>myth</i>	- mit
<i>cosmogony</i>	- kosmogonia
<i>St. John's gospel</i>	- ewangelia według św. Jana

<i>to evolve</i>	- <i>rozwijać się</i>
<i>giant</i>	- <i>ogromny</i>
<i>to hatch</i>	- <i>wykluwać się, wylęgać</i>
<i>moon</i>	- <i>księżyc</i>
<i>sun</i>	- <i>słońce</i>
<i>rain</i>	- <i>deszcz</i>
<i>sweat</i>	- <i>pot</i>
<i>thunder</i>	- <i>grzmot, grom</i>
<i>primordial</i>	- <i>pierwotny</i>
<i>void</i>	- <i>próżnia</i>
<i>to impose order</i>	- <i>zaprowadzić porządek</i>
<i>darkness</i>	- <i>ciemność</i>
<i>scientists</i>	- <i>uczni</i>
<i>Big Bang</i>	- <i>Wielki Wybuch</i>
<i>scientific</i>	- <i>naukowy</i>

## LESSON 48

### MILLENNIUM – WHAT MILLENNIUM?

In AD 525 Pope John I had asked a theologian and an astronomer, Dionysius Exiguus to work out the future dates of Easter. Dionysius dated Easter from 'anno domini nostri Jesu' – the year of our Lord Jesus Christ.

Unfortunately, the year he used as that of Christ's birth was wrong. This was not really his fault, as no one knows the true date of Christ's birth, but scholars believe it should have been in 4 or 5 BC. This means that the millennium should have happened in 1996 or 1997!

Dionysius made another mistake – the base year he used for his calculations was AD 1 – anno domini one – simply because he didn't know the number zero! It wasn't his fault, really, as zero had not entered western mathematics as yet...

So, why all this hype, eh?

<i>Pope</i>	- <i>papież</i>
<i>theologian</i>	- <i>teolog</i>
<i>astronomer</i>	- <i>astronom</i>
<i>to work out</i>	- <i>obliczyć, wyliczyć</i>
<i>birth</i>	- <i>narodziny</i>
<i>fault</i>	- <i>wina</i>
<i>scholar</i>	- <i>uczony, erudyta</i>
<i>base</i>	- <i>podstawa</i>
<i>calculations</i>	- <i>kalkulacje, obliczenia</i>
<i>to enter</i>	- <i>wejść</i>
<i>mathematics</i>	- <i>matematyka</i>
<i>hype</i>	- <i>szum, wrzawa</i>

## LESSON 49 SMOKING, SMOKERS AND NON-SMOKERS

We've been talking about smokers, chain-smokers, passive smokers and non-smokers. Non-smokers are worried about the dangers of passive smoking for their own health. Some doctors believe there is a clear link between passive smoking and lung cancer. And they want curbs on smoking in public places, and in work places, too.

<i>smoking</i>	- <i>palenie</i>
<i>smoker</i>	- <i>osoba paląca, palacz</i>
<i>non-smoker</i>	- <i>osoba niepaląca</i>
<i>chain-smoker</i>	- <i>nałogowy palacz, taki który pali jednego za drugim</i>
<i>passive smoker</i>	- <i>bierny palacz</i>
<i>to be worried</i>	- <i>martwić się, być zaniepokojonym</i>
<i>danger</i>	- <i>niebezpieczeństwo</i>
<i>health</i>	- <i>zdrowie</i>
<i>link</i>	- <i>wieź, związek</i>
<i>lung cancer</i>	- <i>rak płuc</i>
<i>curb</i>	- <i>ograniczenie</i>
<i>public place</i>	- <i>miejsce publiczne</i>
<i>work place</i>	- <i>miejsce/zakład pracy</i>

## LESSON 50 ALCOHOL

Drinking wine, in moderation, is good for you. In fact, drinking the same quantity of alcohol over a long period is better than binge drinking. Going on a binge - drinking a lot of alcohol – especially spirits - at one go, is definitely bad for you. For example, it increases the risk of a sudden cardiac arrest. So – don't drink too much vodka!

In some countries people drink some wine with every meal without getting drunk...whereas in others they tend to go on binges and get drunk - especially in countries, where there is a binge culture. A binge culture means that drinking a lot is socially acceptable.

We've been talking about drinking wine and spirits. Drinking alcohol in large quantities at one go is called binge drinking. This can lead to a greater risk of a sudden cardiac arrest than if you drink the same amount over a longer period. In some countries people drink wine at every meal and in others they drink a lot at one go. It's difficult to do anything about it, especially where there's a binge culture - where drinking a lot is socially acceptable. In some countries, like Britain, it's not socially acceptable. So remember, you mustn't get drunk.... All right? Must never be legless or paralytic.

<i>drinking in moderation</i>	- <i>umiarkowane picie alkoholu</i>
<i>quantity</i>	- <i>ilość</i>
<i>binge</i>	- <i>popijawa, pijatyka, libacja</i>
<i>binge drinking, going on a binge</i>	- <i>pójść 'w tango', upić się</i>

<i>cardiac arrest</i>	- <i>atak serca</i>
<i>to get drunk</i>	- <i>upić się</i>
<i>binge culture</i>	- <i>zwyczaj picia na umór, upijania się</i>
<i>acceptable</i>	- <i>do przyjęcia, do zaakceptowania</i>
<i>spirits</i>	- <i>napoje alkoholowe wysokoprocentowe</i>
<i>at one go</i>	- <i>za jednym razem</i>
<i>legless, paralytic</i>	- <i>(pot.) pijany</i>

## LESSON 51 OBESITY

Obesity is a disease of our civilization. All over the world obesity is on the increase. Our waistlines are getting bigger. They're expanding. People are getting fatter and fatter.

OK, while you measure your waistline, remember – obesity is on the increase all over the world. Our waistlines are getting bigger and bigger. We're getting fatter and fatter. Why? - because we're eating too much and doing too little. It's a combination of calories on the plate and our lifestyle - a sedentary lifestyle.

We sit around all day and don't take enough exercise. And we eat the wrong food, too. Hamburgers and chips instead of fruit and vegetables. Remember – eat less fatty food and take more exercise!

<i>obesity</i>	- <i>otyłość</i>
<i>tape measure</i>	- <i>taśma miernicza (krawiecka)</i>
<i>to measure</i>	- <i>mierzyć</i>
<i>waistline</i>	- <i>pas, obwód w pasie, w talii</i>
<i>fat</i>	- <i>gruby</i>
<i>fatso</i>	- <i>(pot.) grubas</i>
<i>disease</i>	- <i>choroba</i>
<i>to be on the increase</i>	- <i>zwiększać się, rosnać</i>
<i>to expand</i>	- <i>rozrastać się</i>
<i>combination</i>	- <i>połączenie</i>
<i>sedentary lifestyle</i>	- <i>nieruchliwy, siedzący tryb życia</i>
<i>fatty foods</i>	- <i>żywność o wysokiej zawartości tłuszczu</i>
<i>to take exercise</i>	- <i>uprawiać sporty, ćwiczyć, gimnastykować się</i>

## LESSON 52 THE BATTLE AGAINST WRINKLES

Many people, especially women, dread the loss of their youthful looks. Every year, cosmetics companies are bombarding us with advertisements for new anti-ageing remedies – expensive anti-wrinkle creams and anti-wrinkle pills. However, the real cause of most wrinkles isn't just age – it's sun exposure, which breaks down the protein in the skin, called collagen. As a result – only two real weapons in the battle against wrinkles actually work: stay out of the sun or wear sunscreens with a high sun protection factor. Oh, and take vitamin A!

<i>battle</i>	- walka
<i>wrinkles</i>	- zmarszczki
<i>to dread</i>	- obawiać się, lękać, być przerażonym
<i>loss</i>	- utrata
<i>youthful looks</i>	- młodzięczy wygląd
<i>advertisements</i>	- reklamy
<i>anti-ageing</i>	- opóźniający procesy starzenia
<i>remedy</i>	- środek zaradczy, remedium
<i>anti-wrinkle creams</i>	- kremy przeciwzmarszczkowe
<i>sun exposure</i>	- wystawianie się na słońce
<i>to break down</i>	- niszczyć, rozkładać
<i>protein</i>	- białko
<i>collagen</i>	- kolagen
<i>weapons</i>	- broń, oręż
<i>stay out of the sun</i>	- nie wystawiaj się na słońce
<i>wear sunscreens</i>	- smaruj się kremami do opalania z filtrem
<i>sun protection factor (SPF)</i>	- określa poziom filtra ochronnego w kremie

## LESSON 53 COSMETIC SURGERY

Look in the mirror. Are you happy with what you see? All those wrinkles and sagging skin? Well, maybe it's time for a change. Why don't you go for some cosmetic surgery? Have a facelift?

Breasts too small? Go for silicone implants! Add a few kilos in the right places! Just think – you could have a new 'you' in a matter of hours.

Worried about your bulging stomach or flabby bottom? Cosmetic surgery has the answer. Try liposuction. Lose kilos in a few hours!

Go to the gym. Lose that extra weight. Get rid of the flab! Get fit!

<i>cosmetic surgery</i>	- operacja plastyczna
<i>sagging skin</i>	- obwisła skóra
<i>facelift</i>	- operacja plastyczna twarzy
<i>bulging stomach</i>	- sterczący/wystający brzuch
<i>belly</i>	- (pot.) brzuch
<i>liposuction</i>	- odsysanie tkanki tłuszczowej
<i>flabby</i>	- zwiotczały, obwisły
<i>bottom</i>	- (pot.) pupa
<i>to lose</i>	- stracić
<i>to add</i>	- dodać
<i>silicone implants</i>	- silikonowe implanty
<i>gym</i>	- siłownia
<i>to work out</i>	- ćwiczyć, trenować
<i>the flab</i>	- zwiotczale ciało

*to get fit*

*- poprawić kondycję/formę*

## **LESSON 54 SURGERY**

We've been talking about new advances in surgery. With modern technology, surgeons can carry out major operations with a high success rate. One of these advances is called keyhole surgery - a technique which makes operations less high risk.

Transplants were a sensation when first performed some three decades ago. Now the main problem is finding somebody who is prepared to donate, or give organs, like heart or kidneys. There are never enough organ donors.

The best solution is to carry a card agreeing to donate your organs when you die. Simply by signing a small piece of paper we can save lives.

<i>surgery</i>	- operacja, zabieg chirurgiczny, chirurgia
<i>advances</i>	- tu: postępy, osiągnięcia
<i>to carry out operations</i>	- dokonać operacji, operować
<i>rate</i>	- wskaźnik, procent
<i>keyhole surgery</i>	- laparoscopia
<i>transplants</i>	- przeszczepy, transplantacje
<i>to perform</i>	- (o operacjach, transplantacjach) przeprowadzać, dokonywać
<i>to donate</i>	- darować, ofiarować
<i>donor</i>	- dawca
<i>solution</i>	- rozwiązanie
<i>to sign</i>	- podpisać, złożyć podpis
<i>to save</i>	- ratować

## **LESSON 55 CLONING**

Films and books on science fiction have often played with the idea of reproducing exact copies of people. Suddenly science fiction has become science fact. We have our first real clone – it's not the human being – yet – it's Dolly the sheep.

Cloning has been used in agriculture for years. Even everyday products like tea are grown from clones.

It's surprising how quickly we accept new technology. I can't believe it's already over twenty years since the birth of Louise Brown, the first test tube baby. And did you know that 300,000 babies have already been born to infertile couples using this technique of in-vitro fertilization or IVF?

OK. We've been talking about clones and cloning. We've seen that a clone is an exact copy of a plant, animal or person and cloning will make it possible to produce identical people in the future. There are no human clones yet but there are over 300,000 test tube babies in the world because of in-vitro fertilization, or IVF.

<i>cloning</i>	- <i>klonowanie</i>
<i>to reproduce</i>	- <i>odtwarzać</i>
<i>exact copies</i>	- <i>identyczne kopie</i>
<i>clone</i>	- <i>istota sklonowana, klon</i>
<i>human being</i>	- <i>istota ludzka</i>
<i>agriculture</i>	- <i>rolnictwo</i>
<i>everyday products</i>	- <i>produkty codziennego użytku</i>
<i>test tube baby</i>	- <i>dziecko 'z probówki'</i>
<i>infertile</i>	- <i>bezpłodny</i>
<i>in-vitro fertilization (IVF)</i>	- <i>z łac. 'w szkle'; sztuczne zapłodnienie w warunkach laboratoryjnych</i>

## LESSON 56 THE HAZARDS OF CLONING

Dolly was cloned from genetic material taken from the udder of an adult sheep. Adult cells, unlike embryonic cells, have become specialised to perform a particular role in the body – in this case – milk production. So, during cloning, you are trying to re-programme a specialised cell, trying to persuade it to return to its childhood. As scientists grapple with the techniques used to manipulate genes, it's becoming clear that cloning may have serious health risks for both the cloned animal and its surrogate mother.

Many of the cloned animals suffer from genetic defects and fatal abnormalities. Many others are born healthy, but die soon afterwards. The rate of defect in the cloned embryos is about 50 per cent. Scientists don't yet know enough about cloning to understand what goes wrong.

<i>udder</i>	- <i>wymię</i>
<i>cell</i>	- <i>komórka</i>
<i>embryonic</i>	- <i>zarodkowy, w okresie zarodkowym</i>
<i>specialised</i>	- <i>wyspecjalizowany</i>
<i>to return</i>	- <i>wracać</i>
<i>childhood</i>	- <i>dzieciństwo</i>
<i>to grapple</i>	- <i>zмагаć się, siłować, borykać</i>
<i>surrogate</i>	- <i>surogat, (przym.) zastępczy</i>
<i>genetic defects</i>	- <i>wady genetyczne</i>
<i>fatal</i>	- <i>śmiertelny</i>
<i>healthy</i>	- <i>zdrowy</i>

## LESSON 57 MAPPING OUT DNA

Encoded in our genes are the instructions for life – the building blocks of DNA that determine nearly everything about us, from our eye-colour, to the diseases we might be prone to. A worldwide effort is underway to map out the three billion DNA building blocks that form our genetic make-up. It is hoped that the information can be used to develop treatments for a whole host of diseases, including cancer, arthritis, diabetes and heart disease.

<i>mapping out DNA</i>	- <i>mapowanie chromosomów</i>
<i>encoded</i>	- <i>zakodowany</i>
<i>building blocks</i>	- <i>cegiełki, klocki</i>
<i>DNA</i>	- <i>kwasy dezoksy-rybo-nukleinowe</i>
<i>to determine</i>	- <i>określać, decydować</i>
<i>prone to</i>	- <i>skłonny, mający skłonność, podatny na</i>
<i>underway</i>	- <i>w toku, w trakcie realizacji</i>
<i>to map out</i>	- <i>opracować mapę, mapować</i>
<i>genetic make-up</i>	- <i>wyposażenie/budowa genetyczna</i>
<i>to develop treatments</i>	- <i>opracować metody leczenia</i>
<i>host</i>	- <i>mnożność, mnóstwo</i>
<i>cancer</i>	- <i>rak</i>
<i>arthritis</i>	- <i>zapalenie stawów</i>
<i>diabetes</i>	- <i>cukrzyca</i>
<i>heart disease</i>	- <i>choroby serca</i>

## LESSON 58 WHAT MAKES US HUMAN

We are related to all living organisms through our DNA. We even share 75% of our genome with pumpkins! The difference in the genetic blueprint that builds a person or a pumpkin is not a large one. And when it comes to animals, the affinity between them and us is even greater. Take a chimpanzee, for example. His and our genetic blueprints are almost identical, with a mere 1.5% difference between them. So, what makes humans human and chimps chimps is decided by differences in the make-up of just a few genes we share.

Man's best friend – the dog – gets the same diseases we do. So, analysing the dog's genome helps identify genes responsible for diseases in humans. Dogs and humans share genes for a number of illnesses: blindness, diabetes and some cancers.

<i>human</i>	- <i>ludzki, człowieczy</i>
<i>to be related</i>	- <i>być spokrewnionym</i>
<i>genome</i>	- <i>genom</i>
<i>blueprint</i>	- <i>matryca, wzorzec</i>
<i>pumpkin</i>	- <i>dynia</i>
<i>affinity</i>	- <i>bliskość, podobieństwo</i>
<i>to share</i>	- <i>dzielić</i>
<i>blindness</i>	- <i>ślepotą</i>

## LESSON 59

## GAY GENE

The first evidence for a gay gene was published in 1993, amid massive publicity. The study looked at families with more than one homosexual member. The first thing they discovered was that in these families there were more relatives on the mother's side who were homosexual, than on the father's side. This suggested that there was something in the X-chromosome that might contribute to having homosexual orientation.

They looked at the X-chromosomes of pairs of brothers who were both homosexual to see if they had anything in common genetically that the heterosexual males in the same family did not have. And they found that 33 out of 40 pairs of gay brothers did all possess the same unusual bits of DNA, genetic material, on the X-chromosome. They concluded that this was strong evidence that somewhere there was a gene, or genes, predisposing to male homosexuality.

<i>evidence</i>	- dowód, dowody
<i>gay</i>	- gej
<i>publicity</i>	- rozgłos
<i>study</i>	- praca (naukowa), studium
<i>relative</i>	- krewny
<i>orientation</i>	- orientacja, skłonności, predyspozycje
<i>male</i>	- męczyzna <u>lub</u> męski, płci męskiej
<i>to conclude</i>	- dojść do wniosku
<i>to predispose</i>	- predestynować

## LESSON 60 LIFE EXPECTANCY

Scientists tell us that it will soon be normal to live to the age of 130 or more. Already, we are slowing down the ageing process. We are certainly getting healthier. A hundred years ago our life expectancy was around 40 years of age. Today, in the developed world, life expectancy is double that age and is sure to increase.

There is another factor at play now. Scientists are discovering the secrets of our genes. The genes, which cause haemophilia and muscular dystrophy, have already been tracked down. These diseases are disappearing with a lot of other killer diseases. They are disappearing as a result of a relatively new science – the science of genetic engineering.

<i>life expectancy</i>	- średnia długość życia
<i>ageing process</i>	- proces starzenia się
<i>developed world</i>	- kraje wysokoprzemysłowe
<i>factor at play</i>	- czynnik, który odgrywa rolę; który się liczy
<i>muscular dystrophy</i>	- zanik mięśni
<i>to track down</i>	- wytropić, zidentyfikować
<i>killer disease</i>	- choroba śmiertelna
<i>genetic engineering</i>	- inżynieria genetyczna

## LESSON 61 HEALTH AND DRUGS

Large numbers of people are hospitalized each year in the USA for a rather surprising reason. The reason is the medicine they have taken. Doctors tell us that around four million people every year go into hospital in the USA because of their medicine. They're ill because of modern drugs and their side effects. Some doctors say that the continued use of drugs has long term effects. It has the effect of weakening the immune system.

<i>drugs</i>	- <i>tu: leki, medykamenty</i>
<i>to be hospitalized</i>	- <i>być hospitalizowanym</i>
<i>medicine</i>	- <i>lekarstwa</i>
<i>side effects</i>	- <i>skutki uboczne</i>
<i>continued</i>	- <i>ustawiczny</i>
<i>use</i>	- <i>zażywanie, branie</i>
<i>long term</i>	- <i>długoterminowy, długofalowy</i>
<i>to weaken</i>	- <i>osłabiać</i>
<i>immune system</i>	- <i>system odpornościowy, immunologiczny</i>

## LESSON 62 MIRACLE DRUGS

Shyness used to be an attractive quality, but it's not anymore. Today we have to do something about shyness. Why? - because the world has changed. You have to be pushy to get on these days. You have to market yourself. If you want to have a career, you have to speak and act confidently. You have to be assertive. Being shy can mean being unemployed.

We buy drugs at the chemist's. We either buy them on prescription , or – if they don't need a prescription – we buy them over the counter.

<i>miracle drug</i>	- <i>pigułka-cud</i>
<i>shyness</i>	- <i>nieśmiałość</i>
<i>quality</i>	- <i>jakość, cecha</i>
<i>pushy</i>	- <i>z tupetem, rozpychający się łokciami</i>
<i>to get on</i>	- <i>dawać sobie radę</i>
<i>confidently</i>	- <i>pewnie, z pełnym zaufaniem (do samego siebie)</i>
<i>assertive</i>	- <i>stanowczy</i>
<i>at the chemist's</i>	- <i>w aptece</i>
<i>prescription</i>	- <i>recepta</i>
<i>to buy over the counter</i>	- <i>(o leku) kupić bez recepty</i>

## LESSON 63 ATHLETES AND DRUGS

The secret to becoming a successful athlete is training, training, and more training. But is training really enough? Some athletes also take drugs and human growth hormones.

Human growth hormones are much more difficult to detect with drug tests and so they are fast replacing other banned substances. The most common means of detection is by random drug tests.

They're prepared to take risks by breaking the rules. They risk everything by breaking the rules just so they can break the records.

<i>athlete</i>	- <i>sportowiec</i>
<i>training</i>	- <i>trening</i>
<i>drugs</i>	- <i>tu: środki dopingowe, doping</i>
<i>human growth hormones</i>	- <i>hormony wzrostu</i>
<i>to replace</i>	- <i>zastąpić</i>
<i>banned</i>	- <i>nielegalny, zakazany</i>
<i>random</i>	- <i>wyrywkowy, wybiórczy, 'na chybił trafił'</i>
<i>to break the rules</i>	- <i>łamać przepisy</i>
<i>to break the records</i>	- <i>bić rekordy</i>

## **LESSON 64 ALLERGIES**

Yes, it seems that nowadays people generally are suffering from more and more allergies. Many people are allergic to nuts – and some allergic reactions to nuts can be fatal. Other types of food people are often allergic to are: animal protein, milk and wheat. Another most common source of allergy is dust and pollen. People can be also allergic to drugs – penicillin, for example. Some of us are allergic to synthetic products, and some women are allergic to certain types of cosmetics.

Modern living seems to produce more dust and therefore more dust mites. And it's the dust mites people are allergic to. More people can now afford things which encourage dust mites – like thick carpets, double-glazing and central heating. Dust mites just love these conditions. So – what can we do about them? Open the windows and vacuum frequently. Kill the dust mites!

Yes, it seems that nowadays people generally are suffering from more and more allergies. Many people suffer from food allergies – they're allergic to certain food products, like nuts, wheat, or milk. Some food allergies can be fatal.

Another common source of allergy is dust and pollen. Modern living seems to produce more dust and therefore more dust mites, horrible little creatures, which live in the dust. They love thick carpets, double-glazing and central heating. So – remember, open the windows and vacuum frequently.

People can be also allergic to drugs – penicillin, for example. Some of us are allergic to synthetic products, and some women are allergic to certain types of cosmetics. Allergens are surrounding us!

<i>allergy</i>	- <i>alergia, uczulenie</i>
<i>nuts</i>	- <i>orzechy</i>
<i>fatal</i>	- <i>śmiertelny</i>
<i>animal protein</i>	- <i>białko zwierzęce</i>
<i>wheat</i>	- <i>pszenica</i>

dust	- kurz
pollen	- polen
dust mites	- roztocza
carpets	- dywany
double-glazing	- podwójne szyby w oknach
central heating	- centralne ogrzewanie
to vacuum, to Hoover	- odkurzać (odkurzaczem)

## LESSON 65 WINTER BLUES

It's widely believed that SAD – Seasonal Affective Disorder – is linked to excessive production of melatonin. SAD is a form of clinical depression that strikes many people during the short daylight hours of winter. During the darkest months of the winter melatonin production increases. Why? Because of the lack of light. When light strikes the eye, it “tells” the pineal gland to stop producing melatonin.

SAD is especially common in northern latitudes, where winter daylight is much shorter. There, SAD strikes about one in every thousand people. In the southern latitudes, where there is more sunlight, it strikes only about one in 16 thousand. Some researchers think that SAD causes the higher rates of suicide and alcoholism in places such as the Scandinavian countries.

Expose yourself to light, buy a few fluorescent lights, and turn them on when you wake up in the morning. They will tell your pineal gland to stop producing melatonin!

SAD	- Seasonal Affective Disorder (forma depresji klinicznej, na którą ludzie zapadają w okresie jesienno-zimowym)
excessive	- nadmierny
melatonin	- melatonina
pineal gland	- szyszynka
latitude	- szerokość geograficzna
daylight	- światło dzienne
sunlight	- światło słoneczne
to strike	- uderzać, atakować
researchers	- badacze, naukowcy
suicide	- samobójstwo
expose yourself	- tu: wystaw się
fluorescent lights	- jarzeniówki

## LESSON 66 STRESS AND MEMORY

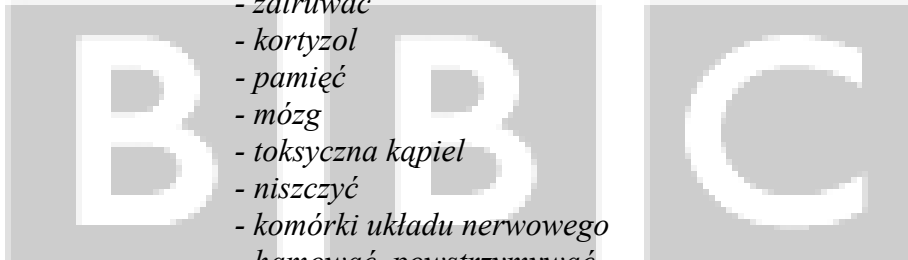
The stress response is a wonderful tool, but only for overcoming short-term problems. It was created tens of thousands of years ago in the process of evolution. It was created at a time when virtually all threats were physical - like running away from a tiger.

The chemical substances released during the stress response were burnt off with a vigorous physical reaction. These days, however, most threats are not physical, but psychological. The chemical substances released during the stress response are not burnt off. Instead they poison your brain.

When our bodies are under stress, they produce a hormone called cortisol, and there is a direct link between cortisol and memory function. Cortisol gives your brain a highly destructive 'toxic bath', which destroys nerve cells in your brain. The chemical appears to inhibit a person's ability to learn and retrieve information.

So, don't get stressed. Relax, meditate, pray, exercise.

<i>stress response</i>	- reakcja na stres
<i>tool</i>	- narzędzie
<i>to overcome</i>	- przezwyciężyć, zwalczyć
<i>virtually</i>	- faktycznie, praktycznie
<i>threat</i>	- groźba, zagrożenie
<i>to release</i>	- tu: wydzielać
<i>to burn off</i>	- spalać
<i>vigorous</i>	- energiczny
<i>to poison</i>	- zatruwać
<i>cortisol</i>	- kortyzol
<i>memory</i>	- pamięć
<i>brain</i>	- mózg
<i>toxic bath</i>	- toksyczna kąpiel
<i>to destroy</i>	- niszczyć
<i>nerve cells</i>	- komórki układu nerwowego
<i>to inhibit</i>	- hamować, powstrzymywać
<i>to retrieve (information)</i>	- odzyskiwać, przywoływać, przypominać sobie
<i>to get stressed</i>	- stresować się



## LESSON 67 STRESS AND COUNSELLING

We live in an era of super-stress. Stressed out – that's what we are. We suffer from mega-information syndrome – the daily bombardment of information upon our brains. An around-the-clock assault of phones, faxes, computers, radio, television, adverts, leaflets, and plain old noise. All this creates a formidable burden on our nervous system. And that's one of the reasons why we need counselling more and more.

Another reason why we seek counselling is that we understand more and more the need to get in touch with our feelings. We want to open up. But if you find it difficult to open up, just pick up the phone and dial. The advantage of telephone therapy is the anonymity. You can tell them all the horrible things you have done, all the evil thoughts you have, and they won't even see you!

<i>counselling</i>	- poradnictwo
<i>an around-the-clock assault</i>	- 24-godzinny atak

<i>advertises</i>	- reklamy
<i>leaflets</i>	- ulotki, broszurki
<i>plain old noise</i>	- zwykły hałas
<i>formidable</i>	- straszny, ogromny
<i>burden</i>	- ciężar
<i>to get in touch with</i>	- skontaktować się, porozumieć
<i>to open up</i>	- otworzyć się
<i>to pick up the phone</i>	- podnieść słuchawkę
<i>to dial</i>	- wykręcić numer
<i>advantage</i>	- zaleta
<i>evil</i>	- zło, zły

## LESSON 68 GLOBALISATION

In many ways global business is nothing new. From the ancient trade in silk and spices to offshore investments today, there's always been money to be made from opportunities abroad. But, two different developments make globalisation different – free trade and modern technology.

In the 1970's, 70% of the world's labour force lived in countries that were largely protected from world markets. By the year 2000 this should be only 10%. And all economists agree that free trade increases wealth, because it allows individual countries to focus on what they do best.

Computers and telecommunications have linked together the world's financial markets. And transport costs have fallen, so that factories can now be located wherever wages are low or resources are cheap. Today the biggest companies are truly multinational.

<i>globalisation</i>	- globalizacja
<i>ancient</i>	- dawny, zamierzchły, starożytny
<i>trade</i>	- handel
<i>silk</i>	- jedwab
<i>spices</i>	- przyprawy
<i>offshore investments</i>	- inwestycje zagraniczne (zwykle w strefie, w której nie obowiązuje płacenie podatków)
<i>opportunities</i>	- okazje, możliwości
<i>free trade</i>	- wolny handel
<i>labour force</i>	- siła robocza
<i>protected</i>	- chroniony
<i>world markets</i>	- rynki światowe
<i>wealth</i>	- majątek, bogactwo
<i>to focus</i>	- koncentrować się
<i>to link</i>	- łączyć
<i>resources</i>	- zasoby, surowce, środki

## LESSON 69 LARGE COMPANIES AND TIGER ECONOMIES

Large companies control the world of business. They're major players on world markets. They increase their power through mergers – the joining of two or more companies together. Sometimes there's a lot of wheeling and dealing involved in the absorption of one company by another.

We're talking about downsizing – this happens when the size of the company goes down. Downsizing is really a euphemism for dismissals or redundancy. Companies often save money by reducing the number of workers. In this way a company can become more efficient, often replacing workers with computer controlled systems.

Companies and the economy grew very fast in some South East Asian countries, like Thailand and Malaysia. These newly developed countries use aggression and energy, like a tiger, to build their tiger economies.

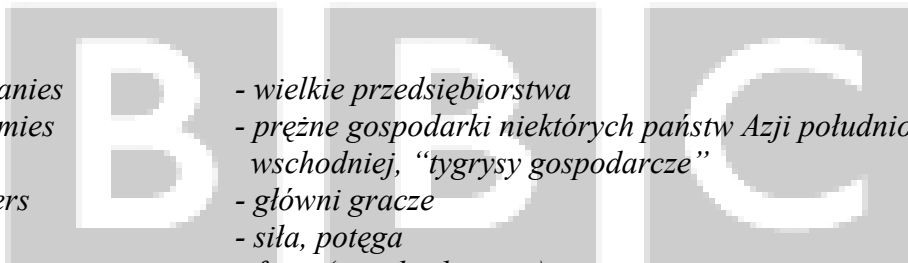
We've spoken about major players who dominate business. They increase their power through mergers and save money by downsizing. The tiger economies of some South East Asian countries are also major players on world markets. They use aggression and energy to build their fast-growing economies.

*large companies*  
*tiger economies*

*major players*  
*power*

*mergers*  
*wheeling and dealing*  
*downsizing*

*dismissal*  
*redundancy*  
*efficient*



- *wielkie przedsiębiorstwa*  
- *prężne gospodarki niektórych państw Azji południowo-wschodniej, "tygrysy gospodarcze"*  
- *główni gracze*  
- *siła, potęga*  
- *fuzje (przedsiębiorstw)*  
- *nieuczciwe metody prowadzenia interesów, machlojki*  
- *zmniejszenie przedsiębiorstwa, głównie poprzez redukcję etatów*  
- *zwolnienie z pracy*  
- *redukcja etatów*  
- *wydajny*

## LESSON 70 THE COMMON MARKET

Six European countries, including Germany, France and Italy, came together in 1958 to form an economic association. Since then the Common Market has grown and today it includes 15 members.

The European Union is a very emotional topic. People either support it, or are strongly against it. Those who are sceptical of it are called Euro-sceptics, and those who strongly support it are called Euro-philés.

Monetary union is probably one of the biggest problems facing individual nations. But it is slowly becoming a reality, even though we don't want our national currency to be replaced by the euro – or ecu.

<i>to come together</i>	- zebrać się, zejść
<i>to form</i>	- utworzyć
<i>economic association</i>	- stowarzyszenie gospodarcze
<i>Common Market</i>	- Wspólny Rynek
<i>European Union</i>	- Unia Europejska
<i>topic</i>	- temat
<i>to support</i>	- popierać
<i>to be against</i>	- być przeciw, oponować
<i>monetary union</i>	- unia walutowa
<i>to face</i>	- stać w obliczu czegoś
<i>currency</i>	- waluta

## LESSON 71 ECONOMIC FLUCTUATION

Economy is like a yo-yo. It always goes up and down. We have inflation followed by deflation. We have economic boom followed by recession. It's a cycle of boom and bust. We talk about inflation when the prices of food and everyday things start to go up – to increase quickly. But, because of that, the level of spending and economic activity decreases. Then the levels of employment, production and prices go down. What's the result? Deflation.

A period of economic prosperity is usually followed by recession. After recession business is good for some time, and then suddenly it's bad again. It's a cycle of boom and bust.

We've been talking about economic fluctuations. The economy is like a yo-yo, really. It always goes up and down. We have inflation or deflation followed by recession. After recession business is good for some time and then suddenly it's bad again. It's a cycle of boom and bust, isn't it?

<i>fluctuation</i>	- fluktuacje
<i>yo-yo</i>	- jo-jo
<i>to go up</i>	- iść w górę, podnosić się, rosnać
<i>to go down</i>	- iść w dół, opuszczać się, spadać
<i>inflation</i>	- inflacja
<i>deflation</i>	- deflacja
<i>economic boom</i>	- boom gospodarczy
<i>recession</i>	- recesja
<i>bust</i>	- krach, bankructwo, plajta
<i>prices</i>	- ceny
<i>to increase</i>	- zwiększać się, rosnać
<i>level of spending</i>	- poziom wydatków
<i>economic activity</i>	- działalność gospodarcza
<i>to decrease</i>	- zmniejszać się, maleć

*level of employment*  
*economic prosperity*

- *poziom zatrudnienia*  
- *rozkwit, dobrobyt gospodarczy, okres dobrej koniunktury*

## **LESSON 72**

### **FINANCIAL OPERATIONS AND SPECULATIONS**

Some dealers – or traders – have inside information about a company - they have prior knowledge of a company's financial situation. This means that they can buy and sell shares and make a fortune. But it's illegal to carry out insider trading.

Anybody with a personal computer can buy and sell shares through computer selling. You don't have to have large amounts of money! You can become a small investor. Lots of people are small investors nowadays.

In fact, many people never bought shares until the government encouraged them to invest money in state industries by selling them to private buyers. The government encouraged people to invest money – to buy shares – in newly privatized companies - when they were floated on the stock market. If you float a company on the stock market, you sell shares in it to the public.

We've been talking about currency speculators and insider trading. Insider trading allows dealers to make money illegally by buying or selling shares because they have prior information about a company. Computer selling means small investors can buy or sell shares at home. The privatization of state industries and the floating of new companies on the stock market have increased the number of small investors.

<i>speculations</i>	- <i>spekulacje</i>
<i>dealers, traders</i>	- <i>maklerzy, dilerzy</i>
<i>inside information</i>	- <i>poufne informacje</i>
<i>prior</i>	- <i>uprzedni, wcześniejszy</i>
<i>shares</i>	- <i>akcje</i>
<i>to make a fortune</i>	- <i>zbić fortunę, zrobić majątek</i>
<i>small investor</i>	- <i>drobny akcjonariusz</i>
<i>to encourage</i>	- <i>zachęcać</i>
<i>state industries</i>	- <i>państwowe gałęzie przemysłu</i>
<i>newly privatized</i>	- <i>niedawno sprywatyzowany</i>
<i>to float a company on the stock market</i>	- <i>wejść na giełdę</i>
<i>currency speculators</i>	- <i>spekulanci walutą</i>

## **LESSON 73**

### **CAPITAL**

The word 'capital' comes from the Latin word for 'head'. In this sense it's still used in the expression - 'per capita' - which means, literally - per head. Then there's 'capital punishment' - a type of punishment in which you lose your life, and once that very often meant losing your head!

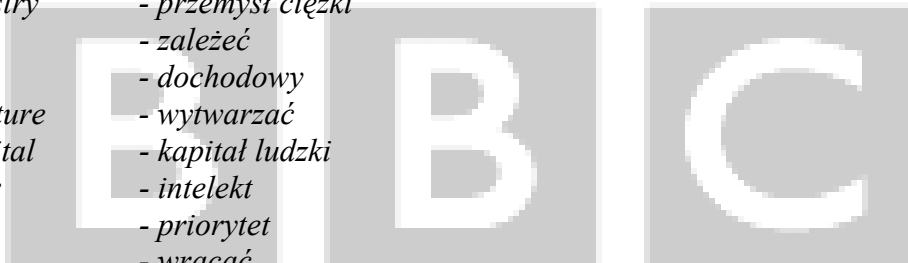
Over the years the meaning of 'capital' has gradually become more general - it's come to indicate things that are first or at the top - like capital letters or capital cities.

In the business sense, capital is the first money, the money that starts the company or allows it to do something new. Or, you could simply say - capital is the money that's used to produce more money.

Today, most new wealth is generated by service businesses, not heavy industry. And services depend on ideas! Some of the world's most profitable companies - such as Microsoft and Disney - don't actually manufacture anything. This means that investing in 'human capital' - or brainpower - is a high priority for most businesses.

Yes, it seems that the word 'capital' is returning at last to its original meaning - the head, and what's inside it...

<i>capital</i>	- <i>kapitał</i>
<i>head</i>	- <i>głowa</i>
<i>per capita</i>	- <i>na głowę (np. dochód)</i>
<i>capital punishment</i>	- <i>kara śmierci</i>
<i>capital letters</i>	- <i>drukowane litery</i>
<i>capital cities</i>	- <i>stolice</i>
<i>to generate</i>	- <i>generować, wytwarzać</i>
<i>service businesses</i>	- <i>przemysł usługowy</i>
<i>heavy industry</i>	- <i>przemysł ciężki</i>
<i>to depend</i>	- <i>zależać</i>
<i>profitable</i>	- <i>dochodowy</i>
<i>to manufacture</i>	- <i>wytwarzać</i>
<i>human capital</i>	- <i>kapitał ludzki</i>
<i>brainpower</i>	- <i>intelekt</i>
<i>priority</i>	- <i>priorytet</i>
<i>to return</i>	- <i>wracać</i>



## **LESSON 74**

### **INTELLECTUAL CAPITAL**

Take the American software firm, Microsoft. In 1997 its asset value was 13 billion dollars. But its market value was 119 billion. So, 106 billion of Microsoft's worth comes from other things, which can be defined as 'corporate knowledge' or - intellectual capital. Things such as the quality of its management and its huge research and development projects. Some of these advantages can be quantified, just like the value of a factory. But how do you put a price on such things as a creative atmosphere or a charismatic leader?

To secure their futures quite a few of the world's largest companies, such as the electronics firm, Motorola, and the restaurant chain, McDonald's, have established their own universities. They are already competing successfully with more traditional business schools.

Soon the world's most highly paid graduates will come from a hamburger college...

<i>software firm</i>	- <i>firma produkująca oprogramowanie komputerowe</i>
<i>asset value</i>	- <i>wartość aktywów</i>
<i>market value</i>	- <i>wartość rynkowa</i>
<i>worth</i>	- <i>wartość</i>

<i>corporate knowledge</i>	- <i>kapitał intelektualny przedsiębiorstwa</i>
<i>management</i>	- <i>dyrekcja</i>
<i>research and development projects</i>	- <i>program prac naukowo-badawczych</i>
<i>to quantify</i>	- <i>ująć ilościowo</i>
<i>to put a price</i>	- <i>wycenić</i>
<i>creative</i>	- <i>twórczy</i>
<i>charismatic</i>	- <i>charyzmatyczny</i>
<i>leader</i>	- <i>lider, przywódca, tu: szef, dyrektor</i>
<i>to secure</i>	- <i>zabezpieczyć</i>
<i>to establish</i>	- <i>założyć</i>
<i>to compete</i>	- <i>rywalizować, konkurować</i>
<i>graduates</i>	- <i>absolwenci</i>

## LESSON 75 VIRTUAL COMPANY

Unlike an ordinary company, a virtual company may do without offices and factories, and it may hardly have any full-time employees. It buys the services it needs at the time it needs them, and depends on computers and communications technology to keep in touch with suppliers, customers and staff.

You wouldn't call huge multinationals, such as Ford or Sony 'virtual companies'. These are firms with huge factories, offices and thousands of employees. But even the world's most powerful firms must now ask themselves – what is our core competence? Increasingly, many companies are concluding that they should employ outside firms to supply components and services, such as information technology, accounting, and even design and manufacturing.

So, perhaps the question now is not whether the virtual company has a future, but whether there is a future without virtual companies, and whether old-style companies will survive in the 21<sup>st</sup> century.

<i>virtual company</i>	- <i>przedsiębiorstwo wirtualne</i>
<i>to do without</i>	- <i>obyć się</i>
<i>full-time employee</i>	- <i>pracownik zatrudniony na pełen etat</i>
<i>suppliers</i>	- <i>dostawcy</i>
<i>customers</i>	- <i>klienci</i>
<i>staff</i>	- <i>pracownicy, personel</i>
<i>multinationals</i>	- <i>koncerny międzynarodowe</i>
<i>core competence</i>	- <i>główna specjalizacja i ekspertyza</i>
<i>components</i>	- <i>komponenty</i>
<i>design</i>	- <i>projektowanie</i>
<i>old-style company</i>	- <i>tradycyjne przedsiębiorstwo</i>
<i>to survive</i>	- <i>przeżyć, przetrwać</i>

## LESSON 76 THEORY X AND THEORY Y

'Theory X' and 'Theory Y' were the names given in the 1960's by an American psychologist, Douglas McGregor, to two contrasting sets of beliefs held by managers about workers. Theory X assumes that people don't like work and that they avoid it whenever possible. Therefore managers need to push their workers to get the best out of them, and bosses must provide workers with a highly structured work environment and clear systems of reward and punishment.

By contrast, Theory Y assumes that, in the right conditions, people like to work. Work is satisfying and, if people feel committed to their jobs, they will – in effect – manage themselves, producing the best results for the firm without the need for external controls. Managers should therefore give workers the responsibility and freedom to use their talents, as they judge best.

<i>contrasting</i>	- kontrastujący, przeciwstawny
<i>sets of beliefs</i>	- zespół poglądów, przekonań
<i>to assume</i>	- zakładać
<i>to avoid</i>	- unikać
<i>to push</i>	- pchać, popychać
<i>to get the best out of...</i>	- mieć (z kogoś lub czegoś) jak największy pożytek
<i>highly structured</i>	- o sztywnej strukturze
<i>work environment</i>	- środowisko pracy
<i>satisfying</i>	- dający satysfakcję
<i>committed</i>	- oddany, zaangażowany
<i>external controls</i>	- system kontroli zewnętrznej
<i>responsibility</i>	- tu: zakres odpowiedzialności
<i>freedom</i>	- wolność, swoboda
<i>as they judge best</i>	- według ich uznania, w sposób, jaki oni uznają za najlepszy

## LESSON 77 WHICH IS BETTER – THEORY X OR THEORY Y?

Which is better – Theory X or Theory Y? Without hesitation most people say – Theory Y. Why? - because it gives them responsibility, initiative and freedom to do their work. It gives them job satisfaction. It empowers them – it gives them the power to make decisions. And they don't like theory X – oh, no! Because it assumes that they're inherently lazy and need to be controlled all the time. However, if you ask the same people which leaders they most admire – you'll get a list of classic Theory X managers!

So, has business become kinder and gentler to employees? Or has the management become cleverer? After all, you could argue that Theory Y is not essentially any more concerned with the happiness of workers than Theory X. In fact, just like Theory X, Theory Y aims to get employees to work in the way that makes most money for the company.

<i>without hesitation</i>	- bez wahania
<i>initiative</i>	- inicjatywa
<i>job satisfaction</i>	- zadowolenie z pracy
<i>to empower</i>	- dać możliwość podejmowania decyzji
<i>inherently lazy</i>	- leniwy z natury

<i>to admire</i>	- podziwiać
<i>essentially</i>	- zasadniczo
<i>to be concerned</i>	- przejmować się

## LESSON 78 BANKS WITHOUT BRANCHES

We're talking about branchless banks – banks without branches, which are all the rage at the moment. Many bank branches are being closed down, because telephone banking is taking over. Everybody thinks it's wonderful, except for bank employees who are losing their jobs. Well, some of them might have a future as telephonists or computer operators, but some of them will be made redundant.

Two thirds of bank transactions can be done on the phone or through the computer. Everybody thinks it's wonderful, except for bank employees who are losing their jobs and being made redundant. But you don't have to worry – if you want to bank through the Internet, and you haven't got computer at home – the banks are setting up touch-screen terminals in public places. Even in the supermarkets.

<i>branchless banks</i>	- banki, które nie mają oddziałów otwartych dla klientów
<i>branches</i>	- filie, oddziały
<i>rage</i>	- szal, moda
<i>to make redundant</i>	- zwolnić z pracy na skutek redukcji etatów
<i>bank transactions</i>	- transakcje bankowe
<i>to set up</i>	- zakładać
<i>touch-screen terminal</i>	- komputer z ekranem dotykowym

## LESSON 79 MARKETING

Manufacturers allow people to market their products in shops if they pay a lot of money. This right to sell is called franchising.

To attract our attention, many manufacturers or retail outlets send us information about their product by mail. This unwanted, or unsolicited mail is called junk mail. It's a form of advertising, of course.

Junk mail has become big business for special marketing companies who sell lists of addresses of prospective customers to manufacturers. They say the general rule is that for every 100 letters sent as junk mail, one of them will result in a customer.

<i>marketing</i>	- wprowadzanie na rynek za pomocą reklamy, marketing
<i>manufacturers</i>	- wytwórcy
<i>franchise</i>	- koncesja
<i>retail outlets</i>	- placówki handlu detalicznego
<i>unsolicited</i>	- niezamawiany, nieproszony
<i>junk mail</i>	- niezamawiane ulotki, broszury, reklamy przysyłane pocztą
<i>prospective</i>	- potencjalny, przyszły

## LESSON 80 THE MODERN FAMILY

Because of death, divorce or separation many children live with only one of their parents. They belong to a one-parent family.

Things have certainly changed. In the past, the mother looked after the children and the father worked. He was the breadwinner.

When couples stay together they bring up the children together. It also means that there are often two breadwinners.

Who does the housework? The husband and the wife. They share the workload.

Who looks after young children while the parents are at work?

A nanny? A child minder? An au pair? A baby-sitter?

They go to a crèche or a nursery.

We've been talking about one-parent families and have seen how some children are brought up by a lone parent. In the case of married couples there may be two breadwinners, which means couples have to share the workload at home in the evening and employ a child minder during the day.

<i>death</i>	- śmierć
<i>divorce</i>	- rozwód
<i>separation</i>	- separacja
<i>one-parent family</i>	- rodzina niepełna
<i>breadwinner</i>	- osoba zarabiająca na życie, główny żywiciel rodziny
<i>couples</i>	- pary
<i>to bring up</i>	- wychowywać
<i>housework</i>	- praca w domu
<i>workload</i>	- praca, obowiązki
<i>nanny</i>	- niania
<i>child minder</i>	- opiekunka do dzieci
<i>baby-sitter</i>	- osoba do popilnowania dzieci
<i>crèche</i>	- żłobek
<i>nursery</i>	- przedszkole
<i>lone parent</i>	- samotna matka lub ojciec
<i>married couples</i>	- pary małżeńskie
<i>to employ</i>	- zatrudniać

## LESSON 81 A MODERN WOMAN

According to an official survey a modern woman may be better educated, have a better job, earn more money than before, but she's still paid less than a man. She's more likely to work part-

time. Why? Because she's got a family to look after. She looks after the house, she looks after the children, she cooks, she cleans... and she washes the socks!

According to the survey, men still do nothing in the house - although they may change a light bulb occasionally or make a salad dressing!

<i>modern woman</i>	- <i>nowoczesna kobieta</i>
<i>to work part-time</i>	- <i>pracować na pół etatu</i>
<i>to look after</i>	- <i>zajmować się, opiekować</i>
<i>socks</i>	- <i>skarpetki</i>
<i>light bulb</i>	- <i>żarówka</i>
<i>salad dressing</i>	- <i>przyprawa do sałatki, sos</i>

## **LESSON 82 SMACKING CHILDREN**

We've been talking about smacking and corporal punishment. Corporal punishment has been outlawed in most European countries. In Britain it's been banned in schools since July 1998. At home, you can still smack your children as often as you like - as long as you don't use an implement, such as a stick, a cane, a belt – or even a slipper. However, some campaigners want to ban smacking too, saying that all forms of corporal punishment are degrading and may lead to violent attitudes later on in life.

<i>corporal punishment</i>	- <i>kary cielesne</i>
<i>to outlaw</i>	- <i>zdelegalizować</i>
<i>to ban</i>	- <i>zakazać</i>
<i>to smack</i>	- <i>dać klapsa, lekko uderzyć</i>
<i>implement</i>	- <i>narzędzie</i>
<i>stick</i>	- <i>kij</i>
<i>cane</i>	- <i>różga</i>
<i>belt</i>	- <i>pasek</i>
<i>slipper</i>	- <i>kapeć, pantofel</i>
<i>campaigners</i>	- <i>osoby prowadzące kampanię</i>
<i>degrading</i>	- <i>poniżający</i>
<i>violent</i>	- <i>agresywny</i>
<i>attitude</i>	- <i>postawa</i>

## **LESSON 83 TEENAGERS**

We've been talking about an end of the century survey on teenagers' attitudes in Britain today. We've learned that most teenagers want to own their own businesses and that forty-three per cent think that becoming a millionaire by the age of thirty-five is a career goal.

They don't respect politicians, but do respect policemen, doctors and teachers. They also want censorship of sex and violence on television and in films to continue. And they believe in happy families, which is a surprise when you think how many people get divorced these days.

<i>an end of the century survey</i>	- badania/ankieta przeprowadzona pod koniec stulecia
<i>teenagers</i>	- nastolatki
<i>goal</i>	- cel
<i>censorship</i>	- cenzura
<i>to get divorced</i>	- rozwieść się

## **LESSON 84**

### **STREET CREDIBILITY**

A mobile phone. A lot of people have them, but do they really need them? Some people need them, but some just like to be seen using one. For some people a mobile phone just looks good, it's fashionable, and it gives them street cred.

If you have street cred, it means that people of your age, usually young people, approve of you and accept you. It's about gaining acceptability – you share their views, their sense of fashion. It's peer pressure, too. You've got to be careful what you wear. Trainers are a good idea. But make sure your trainers are a well-known and fashionable make. Make sure you wear a designer label. You've got to be cool - if you want to have street cred!

We've been talking about street cred. To have street credibility, first buy a mobile phone. Then don't forget to wear trainers, but make sure they have a designer label. Try and wear designer clothes. It's so cool!

<i>mobile phone</i>	- telefon komórkowy
<i>fashionable</i>	- modny
<i>to have street cred(ibility)</i>	- być akceptowanym przez rówieśników i podziwianym jako osoba 'cool'; szpanować i imponować
<i>to gain acceptability</i>	- uzyskać akceptację
<i>to share their views</i>	- dzielić ich poglądy
<i>sense of fashion</i>	- styl ubrania
<i>peer pressure</i>	- naciski grupy rówieśniczej
<i>trainers</i>	- adidasy
<i>make</i>	- marka, firma
<i>designer label</i>	- znak firmowy projektanta mody
<i>cool</i>	- odłotowy, czadowy, wyluzowany, super – słowem: 'cool'
<i>designer clothes</i>	- odzież znanej firmy

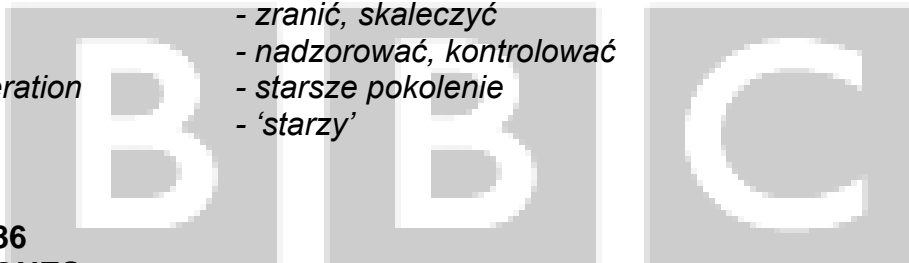
## LESSON 85 BODY PIERCING

We're talking about body piercing. Women have pierced their ears for ages, but now people are piercing their whole bodies... well, almost. Women and men pierce their ears, eyebrows, noses, tongues, lips, navels and other...sensitive parts of their bodies.

Cowboy piercers are inexperienced and untrained. They can injure your muscles. They don't monitor standards of hygiene. And they probably rip you off!

It's a rebellion against the older generation, the old fogies like me and you.

<i>body piercing</i>	- <i>kolczykowanie ciała</i>
<i>to pierce</i>	- <i>przekłuwać</i>
<i>eyebrows</i>	- <i>brwi</i>
<i>navels</i>	- <i>pępki</i>
<i>sensitive parts</i>	- <i>czułe miejsca</i>
<i>cowboy piercers</i>	- <i>tu: fuszerzy, partacze</i>
<i>inexperienced</i>	- <i>niedoświadczony</i>
<i>untrained</i>	- <i>nieprzeszkolony</i>
<i>to injure</i>	- <i>zranić, skaleczyć</i>
<i>to monitor</i>	- <i>nadzorować, kontrolować</i>
<i>older generation</i>	- <i>starsze pokolenie</i>
<i>old fogies</i>	- <i>'starzy'</i>



## LESSON 86 PHEROMONES

Today we've been talking about pheromones, chemical substances released by the body, which attract the opposite sex. Synthetic versions are now being added to aftershave. We've learned that women are attracted by these chemicals, detected on a sub-conscious level through the nose. However, humans rely heavily on sight and men can find a nice pair of legs, sorry – shoes, apparently - just as attractive.

It's all about money. Listen to this...scientists have taken pheromones from females...and put them in bottles... and then sold them... to women! They made a million dollars!

<i>pheromones</i>	- <i>feromony</i>
<i>to attract</i>	- <i>przyciągać</i>
<i>aftershave</i>	- <i>woda po goleniu</i>
<i>sub-conscious</i>	- <i>podświadomy</i>
<i>to rely</i>	- <i>polegać</i>
<i>sight</i>	- <i>wzrok</i>
<i>female</i>	- <i>kobieta, płęć żeńska</i>

## LESSON 87

## FALLING IN LOVE

They pinned advertisements around Pisa medical school seeking students who have fallen in love, who thought about their loved ones for at least four hours every day, but who had yet to have sexual relations. Surprisingly, they found some – 17 women and 3 men!

They measured the levels of serotonin in the lovestruck students' bloodstream and found them about 40 per cent below normal – about the same as they are in patients with obsessive-compulsive disorder.

Scientists think that there may be an evolutionary reason why lovers should lose their heads. Obsessive love creates an unrealistic mental image of the beloved. According to the theory, this ensures that interest is maintained long enough to produce offspring.

Tested a year later, the students' serotonin level were back to normal.

*to fall in love*

*to pin*

*advertisements*

*to seek*

*the loved ones*

*sexual relations*

*to measure*

*serotonin*

*lovestruck*

*bloodstream*

*obsessive-compulsive disorder*

*evolutionary*

*to lose your head*

*to maintain interest*

*offspring*

- *zakochać się*

- *przypinać, przyczepiać*

- *ogłoszenia*

- *szukać*

- *osoby ukochane*

- *stosunki płciowe*

- *mierzyć*

- *serotonina*

- *zakochany (po uszy)*

- *układ naczyniowy, tu: krew*

- *zachowanie obsesyjno-maniakalne*

- *ewolucyjny*

- *stracić głowę*

- *utrzymywać zainteresowanie*

- *potomek, potomstwo*

## LESSON 88

### ELECTRONIC DATING

Today we've been talking about electronic dating. About gizmos into which you input data about your perfect partner - their age, interests, education and profession. You also say what kind of relationship you are looking for - short-term, long-term, or just for the evening. Or maybe a one night stand, who knows? Then you go out and hope that you'll meet someone who's got a gizmo like you and has got the qualities you're looking for. If they have, then the gizmo vibrates to tell you it's found your ideal partner.

*electronic dating*

*gizmo*

*to input data*

*relationship*

- *elektroniczne romanse*

- *aparacik*

- *zaprogramować dane*

- *związek, romans*

<i>short-term</i>	- (o związku) krótki
<i>long-term</i>	- długi, na długie lata
<i>one night stand</i>	- znajomość na jedną noc

## LESSON 89 EXAMS

All over the world people, young and old, are revising or being coached in cramming colleges to pass exams which may be a waste of time. There are better ways of measuring someone's abilities and performance and academic achievement. How? By continuous assessment. By testing a student all year round, not just at the end of the year.

Exams discriminate against the intelligent, who are probably good at their subject, but not always good at passing exams. The smart ones learn the techniques of passing exams. And they often cheat!

Well, some people say that the pain of exams is a preparation for life. Because they're unfair – like life!

Exams! You pass them or you fail them - despite all the cramming and revising. Continuous assessment is better. It means that you're being assessed all year round. Exams discriminate against people who are good at their subject but aren't good at passing them. And they favour the smart ones who cheat! Oh, exams are like life - unfair!

<i>exams</i>	- egzaminy
<i>to revise</i>	- powtarzać (do egzaminu), utrzymywać
<i>to be coached</i>	- być przygotowywanym (np. do egzaminu)
<i>to cram</i>	- wkuwać
<i>to take exams</i>	- podchodzić do egzaminów, mieć egzaminy
<i>to pass exams</i>	- zdać egzaminy
<i>to fail exams</i>	- oblać egzaminy
<i>waste of time</i>	- strata czasu
<i>abilities</i>	- zdolności, umiejętności
<i>performance</i>	- wyniki w nauce, postępy
<i>academic achievement</i>	- postępy akademickie
<i>assessment</i>	- ocena
<i>to discriminate against</i>	- dyskryminować
<i>the intelligent</i>	- osoby inteligentne
<i>the smart ones</i>	- cwaniacy
<i>to cheat</i>	- oszukiwać
<i>preparation for life</i>	- przygotowanie do życia

## LESSON 90 LIFELONG LEARNING

Employers, lecturers and union leaders are keen that workers should keep pace with the changing international market-place.

You can keep pace with the changing international market-place through virtual universities. They exist through radio, television, correspondence and the new electronic media.

Distance learning is fairly new for business managers - for those wanting an MBA – a Master's in business administration.

Many managers can't take a full-time break from work. And regular attendance on a part-time day course is impractical. So they opt for distance learning.

Most of the work is done at home, of course. But some form of interaction is crucial – you know, personal contact, team-work and exchanging ideas.

We've been talking about lifelong learning. Many of us are learning on the job and through virtual universities. Many business managers opt for distance learning. They can't take a full-time break or regularly attend a part time course. Interaction is crucial in distance learning – this is achieved by having regular tutorials and mandatory residential schools in the holidays.

*lifelong learning*

*lecturers*

*union leaders*

*to keep pace with*

*international market-place*

*virtual universities*

*distance learning*

*MBA*

*Master's*

*business administration*

*to opt for*

*attendance*

*team-work*

*exchanging ideas*

*tutorials*

*mandatory*

*residential schools*

- *nauka przez całe życie, ciągle dokształcanie się*

- *wykładowcy*

- *przywódcy związkowi*

- *dotrzymywać kroku*

- *światowy rynek*

- *wirtualne uniwersytety*

- *kursy korespondencyjne, zaoczne itp.*

- *(Master of Business Administration)*

- *magisterium w zarządzaniu przedsiębiorstwem*

- *(pot.) magisterium*

- *tu: wydział zarządzania i administracji*

- *wybrać, optować, decydować się*

- *uczęszczanie, obecność*

- *praca zespołowa*

- *wymiana poglądów*

- *regularne spotkania z wykładowcą opiekującym się studentem lub grupą studentów*

- *obowiązkowy*

- *kursy wyjazdowe*

## **LESSON 91**

### **WEATHER**

The weather affects us all. But more than ever before we can be affected by freak weather conditions. 'El Niño' causes high winds and storms and has catastrophic effects on world climates.

Just think, forty years ago you could lie in the sun and roast on the beach for hours. But now five or ten minutes can be dangerous. The hole in the ozone layer caused by the CFC gases means that we have less protection from the sun's ultra-violet rays. As a result, we have seen a big increase in skin cancer.

We've been talking about the weather and particularly about freak weather conditions. Some people blame CFC gases. These gases have made a hole in the ozone layer, so it no longer protects us from the sun's ultra-violet rays. This has led to an increase in skin cancer. Freak weather conditions are also caused by El Niño, the heating of the water in the Pacific.

<i>weather</i>	- <i>pogoda</i>
<i>to affect</i>	- <i>wpływać, oddziaływać</i>
<i>freak weather conditions</i>	- <i>kaprysy, wybryki pogody</i>
<i>effect</i>	- <i>efekt, skutek</i>
<i>to lie in the sun</i>	- <i>leżeć na słońcu</i>
<i>to roast on the beach</i>	- <i>smażyć się na plaży</i>
<i>the hole in the ozone layer</i>	- <i>dziura ozonowa</i>
<i>CFC gases</i>	- <i>chlorowco-węglowodory, freony</i>
<i>ultra-violet rays</i>	- <i>promienie ultrafioletowe</i>
<i>skin cancer</i>	- <i>rak skóry</i>

## LESSON 92 BACKPACKING

To many young people, backpacking is still a free-spirited way to travel the world, shunning the comforts of package holidays and exploring foreign cultures on their own. But, according to new research, far from the romantic image, the modern backpacker is ignorant and destructive. In Goa, Thailand and India backpacking travellers are turning once idyllic beaches into ghettos, where they live on pizza, beer and drugs. And instead of paying attention to local culture and local sensibilities, they go to raves and full-moon parties, getting drunk, drugged and noisy.

<i>backpacking</i>	- <i>wędrówki z plecakiem</i>
<i>free-spirited</i>	- <i>wolny, niczym nie skrępowany</i>
<i>to travel the world</i>	- <i>zjechać świat</i>
<i>to shun</i>	- <i>unikać</i>
<i>comfort</i>	- <i>komfort, wygoda</i>
<i>package holidays</i>	- <i>zorganizowane wczasy/wycieczki</i>
<i>to explore</i>	- <i>badać</i>
<i>traveller</i>	- <i>podróżnik</i>
<i>to pay attention</i>	- <i>zwracać uwagę</i>
<i>local sensibilities</i>	- <i>lokalne 'wrażliwości' – zwyczaje, których lokalna ludność skrupulatnie przestrzega</i>
<i>raves</i>	- <i>rejwy</i>
<i>full-moon parties</i>	- <i>nocne imprezy pod gołym niebem</i>
<i>to get drunk</i>	- <i>upić się</i>
<i>to get drugged</i>	- <i>zadragować się</i>
<i>noisy</i>	- <i>głośny, hałaśliwy</i>

## LESSON 93 HOLIDAYS FOR SMOKERS

Smokers in many countries have an increasingly hard time. They can rarely light up in their workplace nowadays, and if they want to travel by plane, they suffer for hours, as most airlines have now banned smoking even on long-haul flights. However, one of the biggest travel agencies in Japan decided to stem the tide and it's now offering overseas tours especially designed for smokers. They work with the few airlines that haven't banned smoking yet, and they make sure that you can smoke at your destination hotel. At last! In a world where smokers are constantly coerced into trying to give up – somebody out there is respecting their rights!

<i>smokers</i>	- osoby palące, palacze
<i>increasingly</i>	- w coraz większym stopniu, coraz bardziej
<i>to light up</i>	- zapalić (papierosa)
<i>to ban</i>	- zakazać
<i>long-haul flights</i>	- długie, wielogodzinne loty
<i>travel agency</i>	- biuro podróży
<i>to stem the tide</i>	- powstrzymać trend
<i>overseas tours</i>	- wycieczki zagraniczne
<i>especially designed</i>	- specjalnie pomyślane, zaplanowane
<i>destination hotel</i>	- hotel docelowy
<i>to coerce</i>	- zmuszać, przymuszać
<i>to give up</i>	- (o paleniu) rzucić

## LESSON 94 DRESSING UP AND DOWN

Many tourists dress down when they go on holiday. They don't respect local customs. They dress as if they were sitting in their own back garden – wearing shorts, showing hairy chests and bulging stomachs. It's inappropriate in certain places – like churches or other places of worship. Tourists should observe local customs and religious requirements.

Local people very often suppress their feelings for the sake of the money the tourists bring.

<i>to dress up</i>	- ubierać się elegancko, stroić
<i>to dress down</i>	- ubierać się niedbale, niestosownie do okazji
<i>local customs</i>	- lokalne zwyczaje
<i>hairy chests</i>	- owłosione torsa
<i>bulging stomachs</i>	- wystające brzuchy
<i>inappropriate</i>	- nieodpowiedni, niestosowny
<i>places of worship</i>	- miejsca kultu religijnego
<i>to observe</i>	- przestrzegać
<i>requirements</i>	- wymogi, potrzeby

## LESSON 95 DRAGONS AND MONSTERS

There are plenty of eyewitness accounts of all types of fabulous creatures, but the scientific evidence is much harder to come by. Take for example Lake Monsters, like Nessie – the Loch

Ness monster. Many people have seen mysterious shapes moving in the Loch's waters, some have even photographed them, yet there's still no direct evidence that anything out of the ordinary lives in its depths.

There is also, allegedly, a monster living in Lake Champaign in New York State in the USA, and another one, apparently, in southern Argentina. And there are many similar reports from China, Russia and Australia.

<i>eyewitness accounts</i>	- relacje świadków naocznych
<i>fabulous</i>	- wspaniały, znakomity; tu: bajkowy, baśniowy
<i>creature</i>	- stworzenie, istota
<i>scientific evidence</i>	- dowody naukowe
<i>hard to come by</i>	- trudny do zdobycia/znalezienia
<i>mysterious</i>	- tajemniczy
<i>shape</i>	- kształt
<i>out of the ordinary</i>	- niezwykły, nadzwyczajny
<i>depths</i>	- głębie
<i>allegedly</i>	- rzekomo
<i>monster</i>	- potwór
<i>apparently</i>	- o ile wiadomo
<i>reports</i>	- relacje, doniesienia

## LESSON 96 FOOTBALL

The Mexican wave first became world-famous in 1986. During a world cup match in Mexico City, the crowd formed a human wave to amuse itself. And now you can have Mexican waves all over the world!

What's the difference between a red card and a yellow card? A yellow card is shown by the referee to a player who has committed a minor foul. It's a warning card. After two yellow cards a player is shown a red card. The player who gets a red card is sent off.

When is a golden goal needed in a match? A golden goal means that the first team to score in extra time will win a match. If there is no golden goal, a penalty shoot-out finally decides which team will win, but only in the World Cup.

<i>Mexican wave</i>	- meksykańska fala
<i>world-famous</i>	- sławna na całym świecie
<i>World Cup match</i>	- piłkarskie mistrzostwa świata
<i>crowd</i>	- tłum
<i>to amuse oneself</i>	- rozerwać się, zabawić
<i>red card</i>	- czerwona kartka
<i>yellow card</i>	- żółta kartka
<i>referee</i>	- sędzia
<i>player</i>	- tu: piłkarz
<i>to commit a minor foul</i>	- sfaulować (niegroźnie)

<i>warning</i>	- ostrzeżenie
<i>to be sent off</i>	- tu: być odesłanym z boiska
<i>golden goal</i>	- złoty gol
<i>to score</i>	- wbić gola
<i>extra time</i>	- dogrywka
<i>penalty shoot-out</i>	- rzuty karne

## **LESSON 97**

### **RUBBER**

Over two thousand five hundred years ago the Mayan Indians were using small balls of rubber to play ball games. And today the Amazonian Indians use rubber to make waterproof shoes. They do this by immersing their feet in liquid latex, which then solidifies around their feet.

He (Mr Macintosh) spread a thin layer of rubber between two sheets of cloth and pressed them together, making a sort of cloth sandwich with a rubber filling. This was made into raincoats – often called mackintoshes or macks.

When you add sulphur to natural rubber – it gives the rubber new properties. It makes it a much tougher material. And the more sulphur you add, the tougher it gets. So you can get very soft rubber – or you can get very hard rubber. This process is called vulcanization - after the Roman god of fire.

<i>rubber</i>	- guma
<i>ball games</i>	- gry w piłkę
<i>waterproof</i>	- nieprzemakalny
<i>to immerse</i>	- zanurzać
<i>liquid</i>	- ciekły, płynny
<i>latex</i>	- lateks
<i>to solidify</i>	- krzepnąć, tężeć
<i>to spread</i>	- rozciągać
<i>to press</i>	- zgniatać, przyciskać
<i>layer</i>	- warstwa
<i>sheets of cloth</i>	- płachty materiału
<i>filling</i>	- nadzienie
<i>raincoats</i>	- płaszcze przeciwdeszczowe
<i>properties</i>	- właściwości
<i>tough</i>	- mocny, twardy
<i>vulcanization</i>	- wulkanizacja

## **LESSON 98**

### **CEMENT**

Let's go back in time a few million years. Let tiny plankton gobble up some food and die. Let their bodies sink to the ocean depths. Leave their remains for a few million years, then dig out the resulting rock. Crush it and roast it along with sand, gravel and water, and let it dry. Our

civilization is built of this – cement.

The history of cement goes back a very long way. The ancient Egyptians used a cement-like mixture of lime and volcanic ash to make bonding material, which they used in the construction of pyramids. Concrete columns built by the Egyptians 3, 6000 years ago are still standing! Later, the skill was passed to the Romans. The most famous surviving Roman building, the Pantheon in Rome has concrete walls that are over 6 metres thick! But, with the fall of the Roman Empire, the skill of cement making was lost for well over a thousand years!

*to gobble up*

- *pożerać*

*to sink*

- *tonąć, opadać na dno*

*remains*

- *szczątki*

*to dig out*

- *wykopywać*

*to crush*

- *zgniatać*

*to roast*

- *wypalać*

*gravel*

- *żwir*

*lime*

- *wapno palone*

*volcanic ash*

- *pył wulkaniczny*

*bonding material*

- *spoiwo*

*concrete*

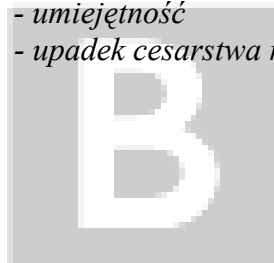
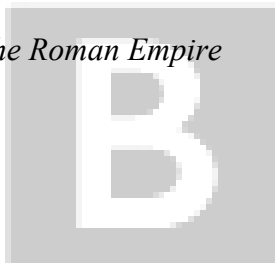
- *beton*

*skill*

- *umiejętność*

*the fall of the Roman Empire*

- *upadek cesarstwa rzymskiego*



## LESSON 99

### SOAP

Imagine one of our ancestors sitting by the fire and cooking a piece of greasy meat for supper. Some of the fat from the meat drops onto the ash below. The following morning our ancestor comes to clean up the mess. He takes the fat, now solidified and covered in ash, into his hands. He mixes the grimy goo in his hands and tries to get it off with water. And what does he find? That the goo he's just made helps him get clean. He's just invented soap!

One of the simplest ways to get clean is to wash using a plant. There are over a hundred different species of plants around the world that contain a substance called saponin, which works in a similar way to soap. Like the root of yucca plant. The bars of soap we buy today contain lots of plant material – plant oil to make the soap itself and plant fragrance to scent it.

*soap*

- *mydło*

*to imagine*

- *wyobrażać sobie*

*ancestors*

- *przodkowie*

*greasy*

- *tlusty*

*meat*

- *mięso*

*fat*

-  *tłuszcz*

<i>ash</i>	- popiół
<i>to clean up the mess</i>	- posprzątać brudy
<i>solidified</i>	- skrzepnięty, skawalony
<i>grimy goo</i>	- lepiąca się od brudu maź
<i>to get off</i>	- tu: wyczyścić, zmyć
<i>to lather</i>	- mydlić się
<i>to get clean</i>	- tu: umyć się
<i>to invent</i>	- wynaleźć
<i>plant</i>	- roślina
<i>species</i>	- gatunek, gatunki
<i>saponin</i>	- saponiny
<i>root</i>	- korzeń
<i>bars of soap</i>	- kostki mydła
<i>to contain</i>	- zawierać
<i>plant oil</i>	- olej roślinny
<i>fragrance</i>	- zapach, aromat
<i>to scent</i>	- perfumować

## LESSON 100 SANDWICH

In its basic form a sandwich consists of slices of meat, cheese, or other food placed between two slices of bread. Although this mode of consumption must be as old as meat...or cheese...or bread – the name was adopted only in the 18<sup>th</sup> century.

The sandwich was named after John Montagu, the 4<sup>th</sup> Earl of Sandwich. He used to have sliced meat and bread brought to him at a gaming table, so that he could continue to play as he ate. Apparently, one day in 1762, he spent 24 hours at a gaming table without any other food!

The sandwich is an amazing British export. Britain is exporting equipment and expertise in sandwich making all over the world. Sandwiches are now marketed as a lifestyle accessory – their design and choice of fillings are very important. Sandwiches are popular because people have less time and they no longer go to restaurants at lunch-time.

<i>sandwich</i>	- sandwicz (kanapka składająca się z dwóch kawałków chleba położonych wędliną, serem, mięsem itp.)
<i>slices</i>	- plasterki
<i>to place</i>	- umieścić
<i>mode of consumption</i>	- sposób jedzenia
<i>to adopt</i>	- (o nazwie) przyjąć
<i>earl</i>	- hrabia
<i>gaming table</i>	- stolik do gry
<i>export</i>	- eksport, tu: towar eksportowy
<i>to export</i>	- eksportować
<i>expertise</i>	- ekspertyza
<i>lifestyle</i>	- styl życia

*accessory*  
*design*  
*filling*

- *akcesoria, dodatki*  
- *konstrukcja, projekt; tu: wygląd, rodzaj*  
- *nadzienie; tu: to, co jest w środku kanapki*

