

Dictionary Update

Lesson 1 In yer face

Radio 5 vox pop:

I think it's quite good. It's quite, sort of, in yer face, but it's not too, sort of, fast and furious. You know, the sports news is there and that's something I really like.

Tony Thorne:

In yer face began as a slang phrase in the US and it was always used to criticise people's behaviour. It would mean that someone was being too assertive, or aggressive, or pushy. And now in Britain, in media talk and in conversation, it's usually used approvingly and it means, sort of, very confident and powerful and uninhibited. And that 'uninhibited', I think, is the clue, it's all about the British getting rid of their traditional reserve and their traditional shyness and being uninhibited.

in yer face

fast and furious

sports news

slang phrase

assertive

aggressive

pushy

in media talk

confident

powerful

uninhibited

clue

to get rid of sth

reserve

shyness

- (*slang*) bezpośredni, swobodny, na luzie

- zmienny i szybki, o szaleńczym tempie

- wiadomości sportowe

- wyrażenie slangowe

- asertywny, stanowczy

- agresywny

- rozpierający się łokciami, bezczelny

- w języku mediów

- pewny siebie (w dodatnim znaczeniu)

- silny, mocny

- bez zahamowań i kompleksów,
wyluzowany

- wskazówka

- pozbyć się czegoś

- rezerwa

- nieśmiałość

objaśnienia:

w wyrażeniu *in yer face* - *your* zostało ściągnięte do *yer*

uzupełnij zdania:

1. Somebody who can be described as 'in yer face' is (arrogant, shy, uninhibited).
2. When you feel positive about your ability to do things and be successful, you are (confiding, confident, confidential).
3. When you express your opinions strongly and with confidence, you are (pushy, arrogant, assertive).

odpowiedzi na www.bbc.pl

Lesson 2

Fat cats

vox pop:

The management in some companies are seen as overpaid **fat cats** because in many cases their pay and bonuses for the year are seen in the media and shown to be excessive by comparison to the lowest paid office worker in the company.

Tony Thorne:

This is one of those rhyming humorous nicknames like bigwig or hotshot, which is a very typically British way of mocking something. In this case it is something that people actually hate but something that they can't change. And it's all about these top businessmen, these top bosses who typically are awarding themselves enormous salaries and enormous bonuses, at a time when their companies may be losing money, may be going bankrupt - and the customers and the public and the shareholders, are all losing money.

fat cat	- osoba na wysokim stanowisku, która przyznaje sobie wygórowane pensje, podwyżki i premie
management	- kierownictwo, zarząd
to be overpaid	- otrzymywać zbyt wysokie wynagrodzenie
pay	- płaca, pensja
bonus	- premia
excessive	- wygórowany, nadmierny
by comparison	- w porównaniu
lowest paid office worker	- najmniej zarabiający urzędnik w biurze
rhyming	- rymujący się
nickname	- przezwisko
bigwig	- gruba ryba, ważna osoba
hotshot	- osoba odnosząca zawrotne sukcesy, 'cudowne dziecko'
to mock	- naśmiewać się, wyśmiewać
boss	- szef, zwierzchnik, kierownik
to award yourself	- przyznawać sobie
enormous	- ogromny
salary	- pensja
to lose money	- tracić pieniądze, źle prosperować
to go bankrupt	- zbankrutować, ogłosić upadłość
customer	- klient
shareholder	- akcjonariusz

uzupełnij zdania:

1. A fat cat is seen as somebody who is (underpaid, overpaid, badly paid).
2. Fat cats (accord, reward, award) themselves enormous salaries and bonuses.
3. They do it even at the time when companies are losing money or (going, getting, falling) bankrupt.

odpowiedzi na www.bbc.pl

Lesson 3 Head to head

vox pop:

They started off with a big group of young people and they ended up with just two guys **going head to head**, and the publicity round this was phenomenal. It was even on the side of buses, you know, big adverts saying: "Will and Gareth - the two finalists - go head to head tonight on television". Everybody was talking about it, it was in all the newspapers, it was just extraordinary!

Tony Thorne:

I think the image with **going head to head** is of two wrestlers, rugby players or American football players, locked together in single combat, in individual combat. It's a very kind of macho, very heroic way of thinking about two people competing in a very tense struggle. But it's not only used about actual sports, but very often used in the media, in conversation now. For example about two politicians, two business people engaged in a very tense negotiation, and it's all about individualism, and about power and about conflict and competition.

to go head to head	- zmierzyć się z kimś
to start off	- zacząć (się)
to end up	- skończyć (się)
publicity	- rozgłos
advert	- ogłoszenie
image	- obraz, imaż
wrestler	- zapaśnik
rugby player	- rugbista
to be locked in combat	- być zamkniętym w żelaznym uścisku walki
macho	- macho
to compete	- rywalizować
tense	- napięty, pełen napięcia, spięty
struggle	- walka
to be engaged in sth	- być zaangażowanym w coś (in negotiations – prowadzić negocjacje)
power	- władza, siła, potęga
competition	- rywalizacja

uzupełnij zdania:

1. They went head to (toe, neck, head) in the last round of the match.
2. The negotiations started (off, up, away) well.
3. But they ended (up, down, in) with no agreement.

odpowiedzi na www.bbc.pl

Lesson 4

Off your head, out of your head

vox pop:

The best thing about being a student is that you have very few responsibilities and you have lots of time to socialise, which means drinking lots of beer, going to the pub, and I have many happy memories of **being completely off my head**.

vox pop:

I've given up drinking for a month because, basically, I just **kept getting out of my head** all the time. And I realized that my health was going to be suffering in the long run. It has been really boring, though. And I can't wait until Saturday, because I'm finally going to be able to have a glass of wine with my dinner.

Tony Thorne:

These expressions **off your head** or **out of your head**, they're slangy, very much associated with young people, with teenagers, underage drinking and drunkenness and also going to clubs and perhaps taking drugs and being out of control and publicly out of control. But nowadays you hear an older generation using the same slangy expressions to mean, you know, going crazy, having a good time, being very uninhibited.

off your head, out of your head	- pod wpływem alkoholu albo narkotyków; również: szalony, rozszalały
responsibility	- obowiązek, odpowiedzialność
to socialise	- udzielać się towarzystwu
beer	- piwo
happy memories	- radosne wspomnienia
to give up	- <i>tu</i> : rzucić (nałóg)
health	- zdrowie
to suffer	- cierpieć
in the long run	- na dłuższą metę
boring	- nudny
I can't wait	- nie mogę się doczekać
slangy	- slangowy
to be associated with	- być związanym z
teenager	- nastolatek
underage	- niepełnoletni, nieletni, młodociany
underage drinking	- picie alkoholu przez niepełnoletnich
underage drunkenness	- upijanie się niepełnoletnich
drunkenness	- upicie się, pijaństwo
to take drugs	- brać narkotyki
to be out of control	- wymykać się spod kontroli, być nieopanowanym, pozbawionym hamulców
older generation	- starsze pokolenie
to mean	- znaczyć
to go crazy	- oszaleć, szaleć
to have a good time	- dobrze się bawić

uninhibited

- bez żadnych zahamowań

uzupełnij zdania:

1. When you drink too much, you can be (out, of, out of) your head.
2. A person who has not come of age yet is (under, over, same) age.
3. When you spend time with people in order to enjoy yourself, you (socialite, socialist, socialise).

odpowiedzi na www.bbc.pl

Lesson 5

Losing the plot

Marks and Spencer spokesman:

It has to be said that we lost touch with both the customers and the competition. We were very actively embarked upon a programme of expanding the business. With a lot going on, frankly we just, **we lost the plot** as far as the customers were concerned.

Tony Thorne:

Losing the plot, it's a very interesting expression. It seems to come originally from the idea of an actor, or even a writer or a director, making a play or a movie, who gets lost and forgets how the story is supposed to develop.

In general it means becoming confused and not to know what one is supposed to be doing. And it's a phrase which is typically used at the moment in Britain to criticise people who should know better - experts, people in power, people who are dominant in relationships.

to lose the plot	- stracić wątek
to lose touch with sb/sth	- stracić kontakt z kimś/czymś
customer	- klient
competition	- konkurencja
to embark upon sth	- przystąpić, zabrać się do czegoś; rozpocząć, podjąć coś
to expand the business	- rozwijać, rozszerzać przedsiębiorstwo
frankly	- <i>tu</i> : szczerze mówiąc
expression	- wyrażenie
play	- sztuka teatralna
movie	- film
to get lost	- zgubić się
to forget	- zapomnieć
story	- fabuła, historia, opowiadanie
to develop	- rozwijać się
confused	- dezorientowany, oszołomiony
people in power	- ludzie u władzy
dominant	- dominujący
relationships	- stosunki, relacje, związki między ludźmi

objaśnienia:

Marks and Spencer – nazwa znanego domu towarowego

with a lot going on - w sytuacji, kiedy wiele się działo

as far as the customers were concerned - jeśli chodzi o klientów

how the story is supposed to develop – jak historia ma się dalej toczyć

people who should know better – ludzie, którzy powinni wiedzieć lepiej, znać się na rzeczy, wiedzieć jak postępować

uzupełnij zdania:

1. When you're confused and you don't know what you're supposed to be doing – you've (left, lost, missed) the plot.
2. When you've lost contact with somebody or something, you've lost (feel, touch, it).
3. When you can't find the way, you are probably (left, lose, lost).

odpowiedzi na www.bbc.pl

Lesson 6

Losing it

vox pop:

So I'm on the bus and I'm late for work and it's really starting to annoy me – and the bus usually stops outside my office and I think I'm OK, but no, it stopped somewhere completely different. It was pouring with rain. So I **completely lost it** - had to get off the bus - walk to work in the pouring rain, was very late for work and was very very annoyed!

Tony Thorne:

You hear it a lot 'someone just lost it' meaning they became uncontrollably angry or agitated - and I think it's all about the fact that Britain today is a much more stressful, stressed out society. People are feeling the pressure of a very fast lifestyle.

to lose it	- stracić panowanie nad sobą, wściec się
to annoy	- złościć, zezłościć
to be pouring with rain	- (o ulewie) lać
I was very annoyed	- bardzo byłam zła
angry	- zły
agitated	- wzburzony
stressful	- stresujący
stressed out	- zestresowany
society	- społeczeństwo
to feel the pressure	- odczuwać presję
fast lifestyle	- szybki styl życia

uzupełnij zdania:

1. I lost my temper, became very angry and agitated – I simply lost (this, that, it).
2. When something causes stress, it is (stressful, stressed out, strained).
3. When people feel the effects of stress, they are (stressful, stressed out, stressing).

odpowiedzi na www.bbc.pl

Lesson 7 Transparency

Robert Marshall Andrews, MP:

My concern is that if **there is no transparency** then suspicions will arise which are wholly without merit. What we are asking for is that these accounts should be made available in order that that kind of **transparency shall exist**.

Tony Thorne:

The idea of transparency is all about this very current idea of people wanting trust - to be able to trust the government - to trust the business world. And **transparency is about** knowing what people's real motives are, what they really mean when they are doing something to you - and it's about the fact that we suspect that government, politicians, professionals don't reveal the real reasons for what they do.

transparency	- <i>dosł:</i> przezroczystość, przejrzystość; <i>tu chodzi o:</i> otwartość, szczerłość, pełne ujawnianie informacji
concern	- obawa, zaniepokojenie
accounts	- księgi rachunkowe
to be made available	- być udostępnionym
current	- obecny, bieżący
trust	- zaufanie
government	- rząd
business world	- koła biznesu
motive	- motyw
to suspect	- podejrzewać
professional	- zawodowiec, profesjonalista
to reveal	- ujawniać
reason	- powód, przyczyna

objaśnienia:

suspicions will arise – powstaną podejrzenia

wholly without merit – *tu:* całkowicie bezpodstawne

uzupełnij zdania:

1. Transparency is connected with (openness, cleverness, dishonesty).

2. It's about (revealing, concealing, exposing) the real reasons and real motives.
3. Where there is no transparency, suspicions may (rise, arise, raise).

odpowiedzi na www.bbc.pl

Lesson 8

Spin

Today Programme:

We may not like the label '**spin doctor**' – that American import of the early 90's, but it's here and it's become an indelible mark on the face of the Blair government, the business of turning news to your advantage, controlling, or trying to control the interpretations put on it.

Tony Thorne:

Spin is another of those slang expressions from sport - it means changing the direction of a ball when you throw it by throwing it in a clever way, by making it spin. But of course, what it means now is manipulating, managing the news so that you can decide what people understand and what people say.

Micheal Portillo, Conservative MP:

What they're still doing even today is trying **to spin the story** instead of admitting that there's a problem and talking about how they're going to put it right.

spin	- manipulowanie informacjami (głównie przez rząd, w celu uzyskania korzyści politycznych)
spin doctor	- (<i>neg</i>) ekspert (rządowy), który tym się zajmuje
indelible	- nieścieralny, nie do wymazania
indelible mark	- plama nie do usunięcia/wymazania
to spin a ball	- podkręcić piłkę
to change direction	- zmienić kierunek
to throw	- rzucać
to manipulate	- manipulować
to manage	- zarządzać
to spin a story	- manipulować/przekręcić informację/wiadomość na własną korzyść
to admit	- przyznać
to put sth right	- naprawić, poprawić, zadośćuczynić

objaśnienia:

the business of turning news to your advantage – process przekręcania informacji na własną korzyść

uzupełnij zdania:

1. When you spin a ball, you make it (turn, twist, circle).

2. When you spin a story, you turn it to your (advantage, disadvantage, benefit).
3. An indelible mark is a mark you (can, can't, couldn't) get rid of.

odpowiedzi na www.bbc.pl

Lesson 9

Gap year

Gap year drama:

Father: The real question we're discussing is, should Emily go straight to university or should she **take a gap year** to kind of, you know, open up her mind to different possibilities in life?

Mother: Different possibilities in life? I'm not sure I like the sound of that.

Tony Thorne:

The **gap year** is an opportunity for young people to get some real life experience and some travel and adventure before they settle down into studying and then working. And they used to get this by going away to university; by going to university in another place and that was a tradition in Britain. But now, for economic reasons, because they have to pay for their education, a lot of young people stay at home and go to the nearest university. So the **gap year** has become a very important opportunity to leave home for the first time.

Prince William:

Basically, I just want **to enjoy my gap year** and hope that goes well and um ... so far, thanks to all of you it has gone very well and umm... basically I'm looking forward to going to university next year.

gap year	- rok przerwy przed pójściem na studia
to open up one's mind	- otworzyć się na coś, poszerzyć horyzonty
possibilities	- możliwości
opportunity	- okazja
experience	- doświadczenie
travel	- podróż
adventure	- przygoda
to settle down into sth	- zabrać się do czegoś
to go away to university	- studiować z dala od domu, w innym mieście
reason	- powód
to pay	- płacić
to stay at home	- zostać w domu
to leave home	- opuścić dom
to enjoy	- dobrze się bawić, cieszyć się czymś

to go well - powieść się, udać się
to look forward to - wyczekiwać, oczekiwać

uzupełnij zdania:

1. I'd like to (get, hold, take) a gap year before I go to university.
2. I'd like to travel a bit before I settle (in, into, down).
3. I'm not looking forward (to, into, at) going to university yet.

odpowiedzi na www.bbc.pl

Lesson 10

Been there, done that

vox pop:

Basically, I just realised that a lot of my relationships were the same in that they were OK, bit of companionship, but not loads to talk about and not really very exciting. So one day I just woke up and I thought: **“Been there done that got the T-shirt”** - I need something new now.

vox pop:

My friends used to make me go to lots of raves, with dancing music I didn't like very much. So I just, you know, **been there, I've done that, I've got the T-shirt**, so no more raves for me.

Tony Thorne:

“Been there, done that” or the longer form **“Been there, done that, got the T-shirt”** - it really means, you know, that you've been on holiday, or you've been to some sort of leisure complex, or to some sort of entertainment resort - and you've really done it, you've done everything and you don't want to go back there again. And it's a sort of, very smug, self-satisfied way of saying: “I'm a consumer, I've been everywhere, I've done everything”. This seems to be typically British. It's often, nearly always in fact, used sarcastically, used ironically or self-mockingly but I think it's still important that it refers to a kind of attitude about travel and consuming, that everything is too easy to buy, to find, to use. It's a kind of weary tired consumer who's been everywhere, done everything.

been there, done that	- (wszędzie) byłem, (wszystko) zrobiłem
got the T-shirt	- koszulkę kupiłem
relationship	- związek
companionship	- towarzystwo
loads	- mnóstwo
exciting	- ekscytujący, podniecający
to wake up	- obudzić się
rave	- rave, całonocna dyskoteka z muzyką techno, z narkotykami
leisure complex	- ośrodek wypoczynkowy

entertainment	- rozrywka
resort	- ośrodek
smug	- zadowolony z siebie
self-satisfied	- zadowolony z siebie
self-mockingly	- auto-ironicznie
attitude	- postawa, stosunek
weary	- znużony, zmęczony
tired	- znużony, zmęczony
consumer	- konsument

objaśnienia:

been there, done that, got the T-shirt – wszędzie byłem, wszystko zrobiłem, koszulkę (na pamiątkę) kupiłem – wyrażenie to wzięło się z kontekstu urlopowego, ale zrobiło się obecnie bardziej wszechstronne. Używamy go, kiedy chcemy powiedzieć, że czegoś, co robiliśmy w przeszłości, mamy już dosyć – i chcemy teraz czegoś nowego

uzupełnij zdania:

1. When you've had enough of something and want something new, you can say: "Been there, done (it, this, that), got the T-shirt."
2. A self-satisfied person is a (snug, smug, slack) person.
3. When you are tired, you are (weird, weary, aware).

odpowiedzi na www.bbc.pl



Lesson 11 Dumbing down

Tony Thorne:

In American English, dumb usually means 'stupid', in British English traditionally it meant 'unable to speak'. But now we're using it in Britain as well and we're using this expression '**dumbing down**' which means deliberately making something stupider – making, for example Hollywood movies or British television, less intelligent, less demanding. And it means aiming your media - your newspaper, your television, your movies - at the least intelligent audience which, of course, is the biggest audience.

dumb	- (<i>dosł</i>) niemy, niemowa; tępy, głupi
dumbing down	- obniżanie poziomu, sprowadzanie do najniższego wspólnego mianownika
deliberately	- celowo, rozmyślnie
stupider	- głupszy
demanding	- wymagający
to aim at sth/sb	- celować w coś/kogoś, wymierzać
media	- media
movie	- film
the least intelligent	- najmniej inteligentny
audience	- odbiorcy, słuchacze, widzowie,

publiczność, audytorium

uzupełnij zdania:

1. In British English 'dumb' traditionally meant (able, unable, disable) to speak.
2. In American English 'dumb' usually means (silent, stupid, numb).
3. Now 'dumbing down' means deliberately making something (less, more, most) demanding and intelligent.

odpowiedzi na www.bbc.pl

Lesson 12

Dumbed down

Vox pop:

I don't think British television has **dumbed down** over the years to any great extent. I think that there is a lot of quality programming and there is a lot of mass-market programming and there always has been.

Tony Thorne:

At the moment, particularly in Britain, this expression '**dumbing down**' is very popular because people, I think, are very worried about the way that traditional media, like the BBC, may be trying to change, trying to become more popular, more desperately popular. And people are also worried about the effect of digital television, satellite and cable television, which is going to produce hundreds of channels of very low quality entertainment broadcasting.

to dumb down	- celowo uprościć, obniżyć poziom, sprowadzić do najniższego wspólnego mianownika
to any great extent	- w jakimś większym stopniu
programming	- (<i>radio, TV</i>) ramówka
quality programming	- programy dobrej jakości
mass-market programming	- programy przeznaczone dla masowego odbiorcy
to be worried	- martwić się, niepokoić
desperately	- desperacko
effect	- efekt, skutek
digital television	- telewizja cyfrowa
channel	- (<i>radio, TV</i>) kanał
low quality	- zła jakość
entertainment broadcasting	- programy rozrywkowe

objaśnienia:

mass-market piszemy przed rzeczownikiem, np. *mass-market programming*

w pozostałych kontekstach piszemy **mass market**, np:
Their latest products are aimed at the mass market

uzupełnij zdania:

1. Ambitious programmes for a discerning audience can be described as (quantity, quality, superiority) programming.
2. Dumbed down programmes for a mass audience can be described as low quality (entertainer, entertaining, entertainment) broadcasting.
3. Goods produced for very (large, small, specific) numbers of people are mass-market goods.

odpowiedzi na www.bbc.pl

Lesson 13
Zero tolerance

News item:

Good evening. Seven top Tories re-open the national debate on cannabis today. Just as Anne Widdecombe was preaching **zero tolerance**, the seven revealed they'd all smoked pot as students...

Tony Thorne:

Nowadays it's used very often in Britain, for example to talk about, more about everyday life, about the workplace and bosses saying: 'we're having **zero tolerance** about things like employees using the internet when they are supposed to be working'. You hear about **zero tolerance** in schools – that schools are no longer going to tolerate things like lateness, kids using mobile phones in the classroom and things like this.

zero tolerance	- zero tolerancji
top	- <i>tu</i> : czołowy
Tory	- torys, członek brytyjskiej Partii Konserwatywnej
to re-open	- ponownie otworzyć, <i>tu</i> : zainicjować
national debate	- debata ogólnokrajowa
cannabis	- marihuana
to preach	- głosić, propagować, wygłaszać (kazania)
to reveal	- ujawnić
to smoke pot	- palić 'trawkę', 'marychę', 'hasz'
nowadays	- teraz, obecnie
to use	- używać, wykorzystywać, posługiwać się
everyday life	- codzienne życie
workplace	- miejsce pracy
boss	- szef, kierownik, dyrektor
employee	- pracownik
lateness	- spóźnienie, spóźnianie się
kid	- dzieciak
mobile phone	- telefon komórkowy

objaśnienia:

when they're supposed to be working – kiedy mają pracować

NB:

you can **preach** zero tolerance

you can **have** zero tolerance

uzupełnij zdania:

1. When you smoke cannabis, you smoke (pot, pan, cup).
2. When you (prey, pray, preach) zero tolerance on cannabis, you are not prepared to tolerate the habit.
3. In my school they're no longer going to (tolerate, tolerant, tolerance) kids using mobile phones.

odpowiedzi na www.bbc.pl

Lesson 14**24/7**

Vox pop:

I work in marketing, quite up scale. I have to do all the designing of all the different products as well as making the adverts and doing lots of business reviews and lots of work with figures that takes me such a long time, 'cause I'm not used to doing it, so I really have to work **24/7**, which leaves me feeling very stressed and very tired and I just want to crash out but I can't, 'cause I'm working all the time.

Tony Thorne:

This American expression, which comes from **24 hours a day, 7 days a week**, is about a new attitude to time and to lifestyle and to work. You often hear it as part of a promise or a boast - somebody saying that: 'I'll be there for you **24/7**' or 'I'm on line **24/7**'. People are working very hard, they're competing to stay long hours at work, shops are open all day and every day. We're becoming **a 24 hour, 7 day a week society**, in which people accept now that they are always potentially at work and always potentially available.

24/7 (twenty four seven)	- coś, co trwa bez przerwy i nieustannie, 24 godziny na dobę, 7 dni w tygodniu
marketing	- marketing
up scale	- <i>tu</i> : wysoko, na wysokim stanowisku
to design	- projektować
advert	- reklama
business review	- raport finansowy
figure	- <i>tu</i> : cyfra, liczba

stressed	- zestresowany
tired	- zmęczony
to crash out	- przespać się, 'paść'
expression	- wyrażenie
attitude	- postawa, nastawienie
lifestyle	- styl życia
promise	- obietnica
boast	- przechwałka
to be online	- być podłączonym do sieci
to compete	- rywalizować
society	- społeczeństwo
available	- dostępny, osiągalny

objaśnienia:

which leaves me feeling very stressed and very tired – co sprawia, że czuję się bardzo zestresowana i zmęczona

I'll be there for you 24/7 – zawsze będę mieć dla ciebie czas, zawsze możesz na mnie liczyć

zauważ:

mówimy

24 hours a day, 7 days a week

np:

He works **24 hours a day, 7 days a week**

ale, przed rzeczownikiem, w roli przydawki, wyrażenie to traci końcówki **s** liczby mnogiej, np:

We're becoming a **24 hour a day, 7 day a week** society

uzupełnij zdania:

1. We are becoming a (24 hours, 24 hours', 24 hour) a day society.
2. We are becoming a (7 days, 7 days', 7 day) a week society.
3. I'm so tired; I just want to crash (in, up, out).

odpowiedzi na www.bbc.pl

Lesson 15

Couch potato

Vox pop:

I think, at heart I really am a **couch potato** because I'm never happier than when I'm just lying around like a slob in front of a TV and eating, really. It's quite a happy state to be in, but I try not to do it too often because I feel a bit guilty doing it.

Tony Thorne:

Couch potato has taken on a new importance, really, in Britain today and it's very slightly changed its meaning or its emphasis. It doesn't necessarily refer just to TV anymore, but it does mean someone who takes no exercise and someone who eats too much. And it's become a very common phrase because obesity, being overweight, being fat has become an enormous problem, particularly among young people, and particularly in the US and the UK. The TV connection with **couch potato** is still there in the background, because a recent study in the USA has shown that children who have TV sets in their bedrooms are much more likely to be obese, much more likely to be overweight.

couch	- kanapa, leżanka, kozetka
potato	- kartofel, ziemniak
couch potato	- leń, który wyleguje się na kanapie
at heart	- w głębi ducha
to lie around	- wylegiwać się
slob	- nierób, leń, flejtuch, niechluj
guilty	- winny
to take on a new importance	- nabrać nowego znaczenia, nowej wagi
meaning	- znaczenie
to refer to	- nawiązywać do
to take exercise	- ćwiczyć, gimnastykować się, zażywać ruchu
common phrase	- często używane wyrażenie
obesity	- otyłość
overweight	- otyły, gruby
fat	- <i>tu</i> : gruby
connection	- więź, związek, powiązanie
background	- tło, kontekst, dalszy plan
recent study	- niedawne badania/sondaże
to show	- <i>tu</i> : wykazać
TV set	- telewizor
obese	- otyły

objaśnienia:

it's very slightly changed its meaning = **it has** very slightly changed its meaning

it doesn't necessarily refer to... – niekoniecznie nawiązuje do...

uzupełnij zdania:

1. I love lying (aside, around, round) like a slob in front of a TV, eating!
2. I've become quite (obese, obesity, obscene), I think.
3. Oh, dear, I must be a (sofa, couch, settee) potato!

odpowiedzi na www.bbc.pl

Lesson 16

Downshifting

News item:

Downshifting isn't just the preserve of the affluent middle classes in top City jobs. The pressures associated with the private sector are now also hitting the lower paid public sector. They, too, are seeking to downshift.

Tony Thorne:

The expression means moving to a more relaxed, less stressful way of life. Now, the UK these days has the longest working hours and the highest levels of work-related stress of all the EU countries. So, more and more people are **downshifting**. **Downshifting** often means, in practice, swapping a high pressure, high salary job in, say, finance or management for something lower paid with a more human dimension, like farming, part-time teaching, creative arts or therapy. And in Britain today it very often also involves moving from the city, to the country. A lot of British **downshiffters** are even leaving Britain altogether to live in France, Spain or Italy - places where the pace of life is slower and there's more space, and life is less expensive.

downshifting

- zawodowy 'ruch w dół', rezygnacja z wysokiego, dobrze płatnego, ale i stresującego stanowiska na rzecz gorzej płatnej i mniej stresującej pracy

preserve
affluent
middle classes
pressure
to hit

- domena
- zamożny, bogaty
- warstwy średnie
- presja, nacisk
- uderzać

lower paid
to seek

- mniej zarabiający
- szukać, zabiegać, ubiegać się o coś, dążyć do czegoś

expression

- wyrażenie

to move

- przenieść się

relaxed

- zrelaksowany

stressful

- stresujący

way of life

- styl życia

working hours

- godziny pracy

level

- poziom

work-related stress

- stress związany z pracą

to swap

- zamienić, wymienić

salary

- pensja

lower paid

- gorzej płatny

human dimension

- ludzki wymiar

farming

- rolnictwo, hodowla, uprawa

part-time teaching

- praca nauczycielska na pół etatu

creative arts

- sztuka i rzemiosło

city

- duże miasto

country

- wieś

to leave

- opuszczać, wyjeżdżać

pace of life

- tempo życia

space - przestrzeń

objaśnienia:

top City jobs – ważne stanowiska w londyńskiej City, dzielnicy finansjery
pressures associated with... – presje związane z ...

the EU = the European Union

zauważ:

city – miasto

the City – londyńska dzielnica City

uzupełnij zdania:

1. Downshifting means (swapping, swooping, scooping) a high pressure, high salary job for a lower paid job with less pressure.
2. He lives in London and has a top job in (city, City, the City).
3. He works long hours and suffers from (job, work, post)-related stress.

odpowiedzi na www.bbc.pl

Lesson 17
Control freak

Vox pop:

I'm certainly a **control freak**. I have two ways of doing things: my way and the wrong way. I have systems, my CD's are all in alphabetical order and I really, really hate it when anyone comes and messes anything up.

Tony Thorne:

'**Control freak**' is a slang term for someone who has an unhealthy need to control every aspect of their life and everyone else's, too. But even more often nowadays it describes the way politicians try to manipulate both their own party members and the media, and thereby the voters, not by doing their jobs, but by controlling how information on what they're doing is handled.

The new Labour government of Tony Blair has been accused of **control freakery**, the more recent noun form, even by its own supporters. Party members must be kept 'on message', that is, rigidly sticking to the government line, whatever their real opinions are - and the press and the broadcast media must only tell the public what the government wants them to.

control freak	- osoba odczuwająca przymus kontrolowania innych, siebie i całego otoczenia
wrong way	- zły sposób, zła metoda
CD	- płyta kompaktowa
alphabetical order	- porządek alfabetyczny
to mess sth up	- namieszać, narobić bałaganu

slang term	- wyrażenie slangowe
unhealthy need	- niezdrowa potrzeba
to manipulate	- manipulować
party member	- członek partii
media	- media
and thereby...	- i co za tym idzie ...
the voters	- elektorat
to handle	- obchodzić się, posługiwać, radzić sobie z czymś
Labour government	- <i>tu</i> : rząd brytyjskiej Partii Pracy
to accuse	- oskarżać, zarzucać, obwiniać
control freakery	- forma rzeczownikowa wyrażenia 'control freak'
supporter	- sympatyk, zwolennik
rigidly	- sztywno, rygorystycznie
to stick to	- trzymać się czegoś
government line	- linia/stanowisko rządu
the press	- prasa
the broadcast media	- radio i telewizja

uzupełnij zdania:

1. I'm a control freak, I hate it when people mess (up, down, in) my systems.
2. The Labour government has been accused of control (freak, freaking, freakery).
3. People don't like the way they (handle, grip, knob) information.

odpowiedzi na www.bbc.pl

Lesson 18

Dot. con

Vox pop:

I started working for a dot com in about 1998 and, I guess, one of the reasons for working in that industry was it was a new industry. It was very exciting and part of it was stock options, so these were potential riches in the future when the company did really well. The problem and **the dot. con** of it was that, when the company started running out of money because it wasn't making any money itself, there was nothing else to do, but to make redundant a lot of the people in the company, so I lost my job.

Tony Thorne:

A dot. con (CON) is an internet based business that is worthless or useless. A couple of years ago there was the so-called dot.com boom, in which - people involved with starting up new online companies which had no real assets, just novel ideas on the internet - floated their companies on the stock

exchange and made huge amounts of money, which they spent very quickly. Shortly after that the bubble burst, these companies failed and a lot of investors lost everything. Now new companies who do business on the internet are treated with a great deal of wariness or even cynicism, hence **dot.con**.

dot	- kropka
con	- kant, oszustwo
dot. con	- upadła albo podupadająca firma internetowa
dot. com	- firma internetowa (od końcówki adresu: kropka com)
reason	- powód
industry	- przemysł
exciting	- ekscytujący, podniecający
stock options	- możliwość wykupienia akcji przedsiębiorstwa
potential riches	- potencjalne bogactwa
to do well	- dobrze prosperować, dobrze sobie radzić
to make money	- robić pieniądze
to make sb redundant	- zwolnić kogoś z pracy w ramach redukcji etatów
I lost my job	- straciłem pracę
internet based company	- firma internetowa
worthless	- bezwartościowy
useless	- bezużyteczny, niesprawny, beznadziejny
boom	- boom, rozkwit, gwałtowny wzrost
to start up	= to start
online company	= internet company
assets	- aktywa
novel	- nowatorski
to float	- (o akcjach) wyemitować
the stock exchange	- giełda
to spend	- wydawać
the bubble burst	- bańka prysła, skończyła się zabawa
to fail	- <i>tu</i> : upaść, zbankrutować
to lose	- tracić
to treat	- traktować
with a great deal of	- z dużą dozą
wariness	- ostrożność, rezerwa, nieufność
cynicism	- cynizm
hence	- stąd, dlatego

objaśnienia:

I guess - sądzę

when the company started running out of money – kiedy firmie zaczęło brakować pieniędzy

to float the company on the stock exchange – wyemitować akcje firmy na giełdzie

uzupełnij zdania:

1. A dot.com is an internet based (company, commodity, commerce).
2. A dot.con is an internet based business that is (worthy, worthwhile, worthless).
3. When you are made redundant, you (get, lose, keep) your job.

odpowiedzi na www.bbc.pl

Lesson 19 Foodies

Vox pop:

I am definitely a **foodie**. I watch all the TV programmes about food religiously. I usually have no intention of cooking them because the ingredients are quite often quite expensive and hard to get hold of, but I just love the idea of all the ingredients blending together and all these different cuisines combining.

Tony Thorne:

A **foodie** is someone who is very enthusiastic about food - about eating it or cooking it, or both. It refers especially to people in Britain who experiment with foreign menus or exotic recipes - and it's part of a recent revolution in eating habits in the UK. It's been known for a very long time that Britain has a poor record for cooking. But more recently, British tourists have come back from other countries determined to eat more interesting food and the UK probably now has the widest range of foreign restaurants in the world and the largest number of best selling cookbooks - and most amazingly for foreign visitors - dozens of TV programmes in which celebrity chefs teach viewers how to cook.

foodie	- łakomczuch, entuzjasta jedzenia i gotowania
food	- jedzenie, żywność
religiously	- <i>tu</i> : obowiązkowo
ingredient	- składnik
hard to get hold of	- trudny do zdobycia, trudno dostępny
to blend	- mieszać, miksować
cuisine	- kuchnia (np. kuchnia polska, kuchnia francuska)
to combine	- łączyć
enthusiastic	- entuzjastyczny
foreign	- zagraniczny
menu	- jadłospis
exotic	- egzotyczny
recipe	- przepis
eating habit	- nawyk/zwyczaj/sposób odżywiania się
poor record	- zła renoma, niskie notowania
determined	- zdecydowany, zdeteminowany
range	- asortyment, wybór, wachlarz, gama, zakres
best selling cookbook	- kucharski bestseller
visitor	- gość
dozen	- tuzin

celebrity chef - znany szef kuchni
viewer - widz

uzupełnij zdania:

1. Some exotic ingredients are expensive and hard to (catch, get, find) hold of.
2. Britain has a very (rich, poor, well off) record for cooking.
3. (Famous, infamous, ordinary) people are often referred to as celebrities.

odpowiedzi na www.bbc.pl

Lesson 20

Name and shame

News item:

Incompetent doctors are to be **named and shamed** under new proposals to restore the public's faith in the medical profession. After a series of scandals the government is setting up an independent commission with the power to investigate and expose doctors who pose a threat to patients.

Tony Thorne:

To name and shame is to identify someone and to declare publicly that they are guilty of some sort of wrongdoing. This is all part of a new culture in Britain that demands that everyone is accountable, and that those in power are forced to own up to their mistakes or crimes. Nowadays the term is popular with the British press, who delight in so called exposes - uncovering scandalous behaviour, whether it's serious or just trivial.

name and shame	- wymienić z nazwiska i publicznie napiętnować
incompetent	- nieudolny, niekompetentny
to restore the public's faith	- przywrócić zaufanie społeczne
medical profession	- zawód lekarza
to set up	- <i>tu</i> : powołać
independent	- niezależny
commission	- komisja
power	- uprawnienia, prawo, kompetencje
to investigate	- prowadzić dochodzenie
to expose	- ujawniać, obnażać
to pose a threat	- stanowić zagrożenie
patient	- pacjent
to identify	- zidentyfikować, wymienić z nazwiska
to declare publicly	- ogłosić publicznie
guilty	- winny
wrongdoing	- wykroczenie, występki, naganne postępowanie

to demand	- żądać
accountable	- odpowiedzialny (przed kimś za coś)
those in power	- ludzie u władzy
to be forced	- być zmuszonym
to own up to	- przyznać się do
mistake	- błąd
crime	- przestępstwo
to delight in sth	- czerpać z czegoś przyjemność
expose	- demaskatorska publikacja/program/artkuł
to uncover	- ujawnić, obnażyć
scandalous behaviour	- skandaliczne zachowanie
trivial	- trywialny, błahy, banalny

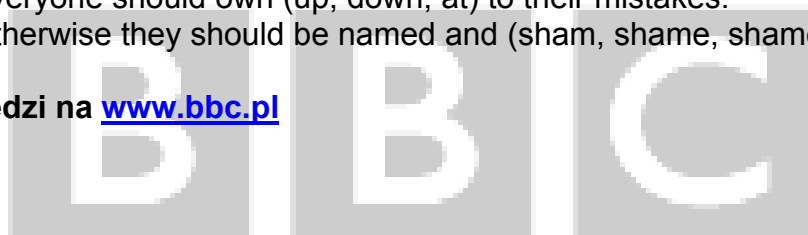
objaśnienia:

to demand that everyone is accountable – domagać się, aby każdy był publicznie odpowiedzialny za swoje postępowanie

uzupełnij zdania:

1. Everyone should be (account, accountant, accountable) for their actions.
2. Everyone should own (up, down, at) to their mistakes.
3. Otherwise they should be named and (sham, shame, shamed).

odpowiedzi na www.bbc.pl



Lesson 21

Feeding frenzy

Vox pop:

If there is a whiff of scandal somewhere, particularly with a famous person, the newspapers do jump on it and try to attack the story like a group of sharks. And there's a huge kind of **feeding frenzy** because the story is there, there's a whiff of scandal and everybody wants to get to it as quickly as possible.

Tony Thorne:

Feeding frenzy now refers especially to the ugly scenes of frenzied excitement that happen when the media decide to combine to attack someone's reputation. The UK media, especially the newspapers, are famous for getting together in a pack, to attack a public figure or an unpopular group in society.

Feeding frenzy can also describe other cases of groups of people competing frantically to get what they want - crowds of shoppers fighting to get into a shop when the seasonal sales are on, for example, or investors hoping to cash in on a stock market boom.

feeding frenzy	- <i>dosł.</i> szaleńcza uczta, szal pożerania, wielkie żarcie; <i>przen.</i> nagonka mediów, szaleńcza rywalizacja, chciwy konsumeryzm
whiff	- woń, zapach, posmak
famous	- sławny
story	- temat, sprawa, relacja, artykuł, historia
shark	- rekin
to refer	- odnosić się
ugly	- brzydki, paskudny, wstrętny
frenzied	- rozszalały, brutalny (np. atak)
excitement	- podniecenie
to happen	- wydarzać się, zdarzać
to combine	- połączyć (się)
pack	- stado, sfora, wataha, banda
public figure	- osoba na publicznym stanowisku
to describe	- opisać
case	- przypadek
to compete	- rywalizować
frantically	- szaleńczo, gorączkowo, rozpaczliwie, niepohamowanie
crowds of shoppers	- tłumy kupujących
to fight	- walczyć
seasonal sale	- sezonowa obniżka cen
investor	- inwestor
to cash in on sth	- zrobić na czymś pieniądze
stock market boom	- gwałtowna wyżka cen akcji na giełdzie

objaśnienia:

the newspapers do jump on it – gazety wskakują na/atakują temat

zauważ:

frenzy – gorączka, szal

frenzied – rozszalały, brutalny (np. atak)

frantic – szaleńczy, gorączkowy, rozpaczliwy

uzupełnij zdania:

1. Feeding frenzy refers to the media attacking a story like a (bunch, group, pack) of sharks.
2. Feeding frenzy is usually accompanied by ugly scenes of (frenzied, fraught, frail) excitement.
3. Feeding frenzy can also refer to greedy consumerism - groups of people competing (frantic, frenzied, frantically) to get what they want.

odpowiedzi na www.bbc.pl

Lesson 22

Chick lit

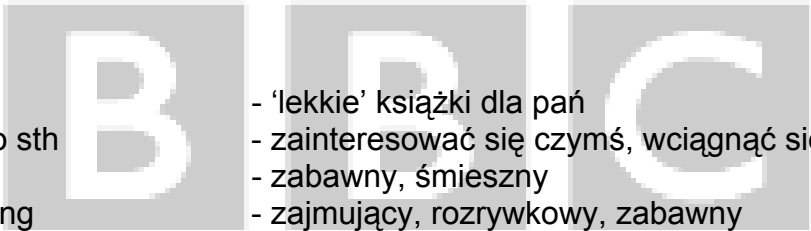
Vox pop:

I got, really, into **chick lit**, actually, from reading Bridget Jones. It's a really good book and very funny. A lot of my friends read that, so I read that as well. It was really good. Just very entertaining, very light-hearted, really showed a comic side of everyday life for young women and, yes, very amusing.

Tony Thorne:

It's now called **chick lit**, because 'chick' is a slang word from the 50's and 60's for girl and 'lit' is short for literature. But the nickname is usually ironic in that this isn't really literature, it's just entertainment.

These books are not aimed at young girls, but at young women in their twenties or early thirties, and they're written by young single women, too. It's significant perhaps, because it reflects the fact that many women are putting careers and material achievement above families and are marrying much later. So the obsession with romance and sex and staying attractive in a very competitive society goes on for much longer than it used to.

		
chick lit		- 'lekkie' książki dla pań
to get into sth		- zainteresować się czymś, wciągnąć się w coś
funny		- zabawny, śmieszny
entertaining		- zajmujący, rozrywkowy, zabawny
light-hearted		- lekki, napisany w żartobliwym tonie
amusing		- zabawny
chick		- cizia, 'panienka', babka
lit		= skrót od: literature
nickname		- przydomek
entertainment		- rozrywka
aimed at		- skierowany do
single woman		- kobieta niezamężna, bez partnera
significant		- ważny, znaczący
to put sth above sth		- przedkładać coś ponad coś
career		- kariera
material achievement		- zdobycze materialne
to marry		- wyjść za mąż, ożenić się
attractive		- atrakcyjny
competitive		- zmuszający do rywalizacji, konkurencyjny
society		- społeczeństwo

objaśnienia:

Bridget Jones – chodzi o "Bridget Jones's Diary" ("Pamiętnik Bridget Jones"), napisany przez Helen Fielding

'lit' is short for literature – 'lit' to skrót od słowa 'literatura'

it reflects the fact – odzwierciedla to fakt

(it) goes on for much longer than it used to – trwa (teraz) o wiele dłużej niż kiedyś

uzupełnij zdania:

1. 'Chick lit' is a nickname for books about (chicks, chicken, women).
2. I love chick lit. I've really got (to, into, inside) it recently.
3. I'm still single; I haven't (become, got, stayed) married yet.

odpowiedzi na www.bbc.pl

Lesson 23

Cool

IBM TV ad:

A: Wait until you hear this. This is so **cool**.

B: **Cool?**

A: **Cool!**

B: **Cool** is why my son needs new sneakers every month. **Cool** is why my daughter's hair is green and her boyfriend has a bolt through his nose.

Cool costs me money. **Cool!** ...You were saying?

A: This online purchasing system could save us millions

B: Millions? ...**Cool!**

Tony Thorne:

I think the word '**cool**' is so popular in Britain today, because in a very fast moving, stressful society like modern Britain, it suggests pleasure and it suggests relaxation. There are other slang expressions like, 'to chill out', meaning to take it easy, and 'laid back', meaning relaxed and unstressed, that have the same sort of feeling. But more than this, I think it suggests an attitude, the idea that we in Britain ought to learn to relax more, to enjoy life and to express our enthusiasm, too.

cool	- cool, super, 'spoko'
to wait	- czekać
to hear	- słyszeć
to need	- potrzebować
sneakers	- adidas, tenisówki
bolt	- bolec
to cost	- kosztować
you were saying?	- co powiedziałeś?
online	- <i>tu</i> : elektroniczny, komputerowy
to purchase	- kupić, nabyć

to save	- (za)oszczędzić
fast moving	- szybko poruszający się, zaganiany
stressful	- stresujący
society	- społeczeństwo
modern	- <i>tu</i> : współczesny
to suggest	- sugerować
pleasure	- przyjemność
relaxation	- relaks
slang expression	- wyrażenie slangowe
to chill out	- wyluzować się, zrelaksować
to mean	- znaczyć
take it easy	- nie przejmuj się
laid back	- wyluzowany
unstressed	- nie zestresowany, bez stresów
feeling	- odczucie, wrażenie; <i>tu</i> : konotacje
attitude	- postawa, nastawienie
to enjoy life	- cieszyć się życiem
to express enthusiasm	- wyrażać entuzjazm

objaśnienia:

we ought to learn to relax more – powinniśmy nauczyć się bardziej relaksować

uzupełnij zdania:

1. Chill (in, out, about), man, take it easy.
2. Look at him - he's very (lie, lied, laid) back; he never seems to get stressed about anything.
3. Try to relax more and (like, enjoy, prefer) life more.

odpowiedzi na www.bbc.pl

Lesson 24 Multicultural

Vox pop:

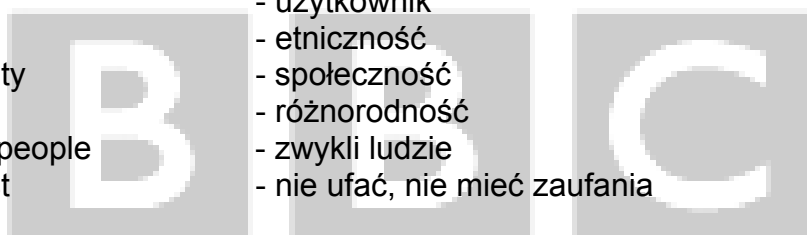
I feel and many teachers feel that mother tongue should be part of the curriculum in this school, because that will give them self-esteem, confidence and a relationship to their own way of thinking. The thing is, we must accept that we are living in a **multicultural** society.

Tony Thorne:

The word has been very popular, even fashionable, as used by local and central government and in education and the media, especially during the last decade or so. What's really interesting about '**multicultural**', is that not everyone thinks this word is either neutral or positive - it has different meanings for different users. It's like other words - ethnicity, community,

diversity - that have become official words that ordinary people sometimes distrust.

multicultural	- wielokulturowy
mother tongue	- język ojczysty
curriculum	- program nauczania
self-esteem	- poczucie własnej wartości
confidence	- pewność siebie
relationship	- stosunek, relacja, związek
way of thinking	- sposób myślenia
the thing is	- rzecz w tym, że ..., chodzi o to, że
society	- społeczeństwo
fashionable	- modny
local government	- władze lokalne
education	- edukacja, oświata
media	- media
decade	- dziesięciolecie, dekada
neutral	- neutralny
positive	- pozytywny
meaning	- znaczenie
user	- użytkownik
ethnicity	- etniczność
community	- społeczność
diversity	- różnorodność
ordinary people	- zwykli ludzie
to distrust	- nie ufać, nie mieć zaufania



uzupełnij zdania:

1. Your first language is your (mother, father, brother) tongue.
2. Your opinion about yourself is your self-(confidence, trust, esteem).
3. When you have a bad opinion about yourself, you have (little, low, high) self-esteem.

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Lesson 25 Middle England

News report:

The big international companies that Wales has been so successful in attracting have shown very little interest in the Cynon Valley. So, in towns like Aberdare, with the highest unemployment levels in Wales life on benefits or low pay has become the norm. Not surprisingly then, the concerns of **Middle England**, which all the main parties now seem to concentrate on, seem a very long way from the needs of people here.

Tony Thorne:

Middle England is phrase which refers to a sort of imaginary typical Englishness. It suggests the kind of, slightly conservative, moderate attitudes of the quiet middle classes - who may not approve of new ideas and new government policies, but who do make up an important section of society. It's interesting that the phrase refers to England, not Britain and I think this is because it's in some ways a reaction to, or opposed to the new idea of a multicultural, multinational Britain, where Scotland and Wales are expressing their own separate identities.

Middle England	- średniozamożna część społeczeństwa angielskiego, reprezentująca umiarkowane poglądy polityczne
international company	- międzynarodowy przedsiębiorstwo
Wales	- Walia
successful in sth	- odnoszący sukcesy w czymś
to attract	- przyciągać
to show very little interest	- okazywać bardzo mało zainteresowania
the Cynon Valley	- rejon Walii
unemployment level	- bezrobocie poziom
benefit	- <i>tu</i> : zasiłek
low pay	- niska płaca
to become the norm	- stać się normą
not surprisingly	- nic dziwnego, że
concern	- troska, niepokój, obawa
to seem	- zdawać się, wydawać się
way	- <i>tu</i> : droga
need	- potrzeba
phrase	- wyrażenie
to refer to	- odnosić się do
imaginary	- <i>tu</i> : teoretyczny, istniejący w wyobraźni
Englishness	- 'angielskość'; kwintesencja tego, co angielskie
slightly	- nieco
moderate	- umiarkowany
attitude	- postawa, nastawienie
quiet	- cichy; <i>tu</i> : taki, który nie wyraża głośno swoich poglądów
middle classes	- klasy/warstwy średnie
to approve	- aprobować
government policy	- polityka rządu
to make up	- <i>tu</i> : stanowić
section	- część, odcinek
society	- społeczeństwo
multicultural	- wielokulturowy
multinational	- wielonarodowy
to express	- wyrażać
separate	- oddzielny
identity	- tożsamość

objaśnienia:

highest unemployment level - najwyższy wskaźnik bezrobocia

life on benefits – życie na zasiłkach

they seem to concentrate on – zdają się koncentrować na

they seem a very long way from the needs of people there – zdają się być bardzo odległe od potrzeb tamtejszej ludności

uzupełnij zdania:

1. Middle England refers to the (moderate, modest, medium) attitudes of the middle classes.
2. Middle England (does, makes, consists) up an important section of society.
3. “Multinational Britain’ refers to Scotland and Wales expressing their own (identity, identities, identifications).

odpowiedzi na www.bbc.pl

