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STAYING IN A **JAPANESE TEMPLE**

COOLCATIONS: THE NEW TRAVEL TREND

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by Agnieszka Fortuna

WARP SPEED AHEAD: IS STAR TREK TRAVEL FEASIBLE?

Is Star Trek-style space travel, jumping across galaxies in minutes, feasible at all? Not with current technology, but physics hasn't ruled it out entirely. The most discussed concept is the Alcubierre Drive, a theoretical idea that avoids breaking the speed of light by bending space itself. It creates a "warp bubble" that shrinks space in front of a spacecraft and expands it behind, letting the ship set off without moving through space faster than light. It's like surfing a wave of spacetime. But the obstacles are massive: the drive would require exotic matter with negative energy. Something never observed, let alone produced. NASA's Eagleworks and DARPA have studied the maths, but no working designs exist. For now, warp speed remains just beyond our reach, but as Captain Picard once said, "Things are only impossible until they're not."



warp speed | prędkość nadświetlna, prędkość zakrzywienia (przestrzeni)
feasible | wykonalny, możliwy do zrealizowania
at all | w ogóle
current | obecny, aktualny
to rule sth out | wykluczyć coś
entirely | całkowicie
to avoid sth | unikać czegoś, omijać coś
to bend space itself | zakrzywiać samą przestrzeń
warp bubble | bąbel (zakrzywienia) przestrzeni
to shrink sth | kurczyć, zmniejszać coś
spacecraft | statek kosmiczny, pojazd kosmiczny
to expand sth behind | rozszerzać coś z tyłu
to let sth do sth | pozwolić czemuś coś zrobić
to set off | wyruszyć w drogę, rozpocząć podróż
obstacle | przeszkoda, utrudnienie
drive | *tu:* napęd
to require sth | wymagać czegoś
let alone produced | nie mówiąc już o wyprodukowaniu
to remain beyond one's reach | pozostawać poza czyimś zasięgiem
Things are only impossible until they're not. | Rzeczy są niemożliwe tylko do momentu, gdy przestają takie być. / Rzeczy są niemożliwe, póki nie staną się możliwe.

FERRARI SETS SAIL – SORT OF



Just when you thought travel had taken every form imaginable, along comes a yacht that doesn't quite sail, and doesn't quite float either – it flies. Ferrari's latest venture, Hypersail, is a 100-foot foiling monohull, currently under construction and set to launch in 2026. It rises above the water on three hydrofoils and is powered entirely by renewable energy: solar, wind, and its own motion, with not a drop of fuel on board.

Developed in collaboration with naval architect Guillaume Verdier, Hypersail borrows liberally from Ferrari's hypercar expertise: carbon-fibre structures, dynamic aerodynamics, and the kind of engineering usually reserved for circuits, not coastlines.

It's not a yacht you can charter – yet. But it marks something more intriguing: a step toward travel reimagined, where motion becomes lighter, cleaner, and stranger. If speedboats once conquered leisure and sailboats defined adventure, Hypersail hints at a third category altogether: travel as experiment.

to set sail | wypłynąć w morze, wyruszyć w rejs, podnieść żagle
sort of | *tu:* w pewnym sensie
to sail | żeglować, płynąć pod żaglami
to float | unosić się na wodzie, pływać (o przedmiotach)
currently | obecnie, aktualnie
set to launch in X | planowany do wodowania w X, którego wodowanie planowane jest na X
hydrofoils | *tu:* skrzydła nośne
renewable energy | energia odnawialna
its own motion | swój własny ruch
with not a drop of fuel on board | bez ani kropli paliwa na pokładzie
naval | morski, marynarki wojennej
carbon-fibre | wykonany z włókna węglowego
circuit | *tu:* tor wyścigowy
coastline | *tu:* żegluga przybrzeżna / morska
to charter sth | czarterować coś, wynajmować coś (np. jacht)
speedboat | motorówka
to conquer sth | podbijać coś, zdobywać coś
leisure | czas wolny, rekreacja
to hint at sth | dawać coś do zrozumienia, sugerować

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STAYING OVERNIGHT IN A JAPANESE TEMPLE

For those weary of hotels that promise "authenticity" and deliver complimentary slippers, Japan offers something altogether more profound: the shukubō – a temple stay. Nestled in places like Mount Kōya (Kōyasan), Nagano's Zenko-ji, and Mount Haguro, these serene lodgings provide not only tatami-matted rooms and a plant-based meal shōjin ryōri, but also a curious sense of having paused time entirely.

Checking in to a temple means surrendering, gently and willingly, to a rhythm dictated by bells, incense, and monks with very early alarm clocks. Most stays last one or two nights, which is just long enough to question your attachment to your smartphone and, occasionally, your knees.

Guests are welcome to join morning prayers, meditation sessions, and even sutra copying, though participation is never obligatory. That said, turning up late to a 5:30 a.m. ceremony does rather defeat the point. As for rules, they are straightforward: shoes off, voices low, and under no circumstances should anyone attempt to Instagram the monks.

Whether or not you emerge spiritually transformed is beside the point. A temple stay offers the rarest kind of travel: the kind that takes you nowhere at all, except deep inside yourself.

overnight | przez noc, na nocleg
temple | świątynia
weary of sth | zmęczony, znużony czymś
to deliver sth | dostarczać czegoś
complimentary slippers | bezpłatne kapcie, kapcie w cenie
altogether | całkowicie, w sumie, ogółem
temple stay | pobyt w świątyni
nestled in sth | położony w czymś (np. w górach)
serene | pogodny, spokojny, idylliczny
lodgings | kwatera, zakwaterowanie
to check in to sth | zameldować się w czymś (np. w hotelu)
to surrender to sth | poddać się czemuś
incense | kadzidło
monk | mnich
to question one's attachment to sth | kwestionować swoje przywiązanie do czegoś, poddawać w wątpliwość swoje przywiązanie do czegoś
to join sth | dołączyć do czegoś
morning prayer | poranna modlitwa
sutra copying | przepisywanie sutr
though | chociaż
that said | pomimo tego
to turn up late to sth | spóźnić się na coś
to defeat the point | niweczyć sens czegoś, mijać się z celem
straightforward | prosty, nieskomplikowany, jasny
shoes off | zdjęte buty
voices low | *tu:* mówienie szeptem
under no circumstances | pod żadnym pozorem, w żadnym wypadku
to attempt to do sth | próbować, usiłować coś zrobić
to emerge spiritually transformed | wyłonić się/powrócić przemienionym duchowo
to be beside the point | nie mieć znaczenia, być nieistotnym
except | oprócz, z wyjątkiem



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COOLCATIONS: ESCAPING THE SWELTER

When European summers turn scorching hot and Mediterranean cities feel hotter than Hades, a new breed of traveller heads in the opposite direction – north. Coolcations have emerged as a stylish and sensible way to escape the swelter, favouring destinations where the crisp air still bites and the sun isn't trying to flatten you. Think Iceland, the Faroe Islands, Arctic Norway, or anywhere with fog, fleece, and a functioning breeze.

Originally born of climate necessity, wellness culture and remote-work fatigue have helped bolster this trend, adding a hint of escapism to the mix. As Andrew Harrison-Chinn, CMO of Dragon Pass, notes: "Travellers are opting for trips that align with their values. Nordic destinations offer something increasingly valuable to modern travellers: space, serenity, and sustainability."

And yet, even serenity has its price. Coolcations can be expensive, logistically tricky, and often lack the postcard glamour of their southern rivals. Some "off the beaten track" spots are so far off, they barely have a track at all. Limited infrastructure, fewer flights, and unpredictable weather mean you may return with more stories about delayed ferries than scenic hikes.

Still, for those willing to trade Aperol for anoraks, coolcations offer more than just lower temperatures. They offer relief, reflection, and the rare joy of not sweating through your own sightseeing.

swelter | upał, skwar
to turn scorching hot | stać się upalnym
breed | *tu:* typ/rodzaj
to head in the opposite direction | kierować się w przeciwnym kierunku
sensible | rozsądny, sensowny
to favour sth | sprzyjać czemuś, faworyzować coś, preferować coś
crisp | *tu:* rześki, ostry
to bite | *tu:* szczypać
to flatten sb | powalać, przytłaczać kogoś (np. o upale, zmęczeniu)
fleece | *tu:* polar, bluza polarowa
breeze | bryza
originally | pierwotnie, początkowo
remote-work fatigue | zmęczenie pracą zdalną
to bolster sth | wzmacniać coś
a hint of escapism | odrobina eskapizmu/ucieczki od rzeczywistości
to align with sth | być zgodnym z czymś
increasingly | coraz bardziej, w coraz większym stopniu
serenity | spokój, pogoda ducha
sustainability | zrównoważony rozwój
tricky | trudny, skomplikowany
to lack sth | być pozbawionym czegoś
off the beaten track | poza utartym szlakiem, na uboczu
spot | *tu:* miejsce
barely | ledwo, zaledwie, prawie wcale
track | szlak, ścieżka
unpredictable | nieprzewidywalny
delayed | opóźniony
ferry | prom
hike | wędrówka, wycieczka piesza
relief | ulga, ukojenie
to sweat through sth | pocić się przez coś
sightseeing | zwiedzanie

TROUBLESOME TRAVEL TALK

Planning a trip? The real journey might be navigating English travel terms. Let's have a look at a few that love to cause trouble.

Travel vs trip vs journey vs voyage

Travel
Used as both a verb and an uncountable noun, travel is the broadest and most abstract of the bunch. You can't have "a travel," but you can love travel, write about travel, or travel the world.
- "I've always wanted to travel through South America."
- "Travel broadens the mind – and empties the wallet."

Trip
A countable noun, trip refers to a specific outing or excursion – usually with a destination and a return. It can be short or long, work or pleasure, but it always has shape.
- "We took a weekend trip to the Lake District. It rained the entire time."

Journey
This focuses on getting from A to B. It doesn't necessarily involve a return and often has a bit of narrative drama.
- "The journey to the remote village took three buses, a ferry, and a fair amount of patience."

a few | kilka
of the bunch | spośród wszystkich, z całej grupy
to broaden sth | poszerzać coś
to empty sth | opróżniać coś
outing | wypad, wyjście
destination | *tu:* cel podróży
return | powrót
pleasure | przyjemność
to focus on sth | skupiać się, koncentrować się na czymś
to involve sth | wiązać się z czymś, obejmować coś
remote | odległy
ferry | prom
a fair amount of patience | spora dawka cierpliwości, dość dużo cierpliwości

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Voyage
A rather grand word, mostly used for sea travel or poetic metaphor. You'd rarely call your ferry to Calais a voyage, unless you're particularly theatrical.
- "Their honeymoon was a two-week voyage around the Norwegian fjords."

Arrive in vs. arrive at

Use **arrive in** for countries and big places:
- "We arrived in Scotland just as the rain did."

Use **arrive at** for specific sites:
- "We arrived at the hotel soaked and furious."

Luggage vs. Baggage

Both luggage and baggage mean the same thing: the suitcases, bags, and items you take when travelling. They are uncountable nouns, which means you can't say "a luggage" or "two baggages." Instead, you'd say:
- "How much luggage are you bringing?"
- "We had three pieces of baggage; all lost in transit."

So far, so interchangeable. The real difference emerges in figurative use: baggage is the one that travels into psychology.
- "He arrived with nothing but hand luggage – and years of emotional baggage."
- "She's still carrying a lot of personal baggage from her last job."

Luggage stays literal. Baggage, on the other hand, tends to unpack itself whether you ask it to or not.

Fare, Fee, Rate & Price

They all involve money changing hands, but the difference lies in what you're paying for.
A fare is what you pay to travel, e.g.: bus fare, taxi fare, train fare.
A fee is a service charge, e.g.: booking fee, visa fee, entrance fee.
A rate is usually a set cost per time or unit, e.g.: hotel rate per night, hourly parking rate.
And price is the most general word, e.g.: the total cost of whatever it is you're buying.
- "The train fare was £46, the booking fee £5, the hotel rate £90 a night – and the final price? More than it was worth."

Stopover vs. Layover

Both refer to breaks between flights, but the real difference lies in duration and intent.
A layover is usually short (typically under 24 hours), often just enough time to change planes.
A stopover is a longer pause, often planned and sometimes used as an excuse to explore a second city en route.
- "We had a seven-hour layover in Frankfurt. Just enough time to get bored and lose a charger."
- "On the way to Tokyo, we booked a two-day stopover in Seoul, the best decision of the whole trip."



unless | chyba że
honeymoon | miesiąc miodowy
vs.=versus | kontra
soaked | przemoczony
suitcase | walizka
instead | zamiast tego, w zamian
So far, so interchangeable. | Jak na razie, wszystko jest zamienne.
to emerge | wyłaniać się, pojawiać się
hand luggage | bagaż podręczny
literal | dosłowny
on the other hand | z drugiej strony
money changing hands | pieniądze przechodzące z rąk do rąk
to pay for sth | płacić za coś
train fare | opłata za przejazd pociągiem, bilet kolejowy
service charge | opłata za usługę, opłata serwisowa
entrance fee | opłata za wstęp
set cost per time or unit | ustalony koszt za czas lub jednostkę
worth | wart/y
breaks between flights | przerwy między lotami
duration | czas trwania, długość
intent | zamiar, intencja
excuse | wymówka, usprawiedliwienie
en route | *fr.* w drodze, po drodze
charger | ładowarka
to book sth | zarezerwować coś

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Europe's Top Ten

by **Paul Martin** from **www.go-native.pl**

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Have you ever wondered which European countries are the most popular among international tourists? In this quick guide, Paul Martin counts down the top ten destinations, revealing their most iconic hotspots, some off-the-beaten-track treasures, as well as the culinary experiences that deliver the most authentic taste of each country.

to wonder | zastanawiać się
to count down sth | wyliczać coś
to reveal sth | ujawniać coś
off-the-beaten-track | poza utartym szlakiem, niepopularny, mało uczęszczany



10. Netherlands (16 mln international tourists)

The Netherlands offers must-see attractions like Amsterdam's Canal Ring, the Van Gogh Museum, and Keukenhof Gardens in Lisse with its spring tulip display.
For lesser-known experiences, visit Zaanse Schans with its traditional windmills, or Texel Island for beaches and bird-watching. Enjoy culinary delights such as stroopwafels, raw herring, and Jenever, the juniper-flavoured gin-like spirit.

must-see | obowiązkowy punkt do zobaczenia, coś, co trzeba zobaczyć
spring tulip display | wiosenne kwitnienie tulipanów
lesser-known | mniej znany
windmill | wiatrak
stroopwafels | stroopwafle, holenderskie wafle z syropem
raw herring | surowy śledź
juniper-flavoured | o smaku jałowcowym
gin-like | podobny do ginu
spirit | *tu:* alkohol



9. Portugal (22 mln)

Portugal's capital, Lisbon, features historic neighbourhoods, yellow trams, and the UNESCO-listed Jerónimos Monastery and so much more. Porto is famed for its port wine cellars and challenging city walks, while the Algarve is a perennial suntrap. Off the beaten path, marvel at panoramic views from the rocky crag at Marvão, or trek the wild Trilho dos Pescadores coastal trail. Parque Nacional da Peneda-Gerês, the country 's only national park, boasts awe-inspiring peaks and waterfalls.
Enjoy sweet Pastéis de Nata tarts, or Porto 's meaty Francesinha sandwich alongside refreshing Vinho Verde wine or local beer.

to feature sth | mieć coś w ofercie
neighbourhood | sąsiedztwo, okolica, dzielnica
monastery | klasztor
famed for sth | sławny, znany z czegoś
perennial | nieprzemijający
suntrap | dobrze nasłonecznione miejsce
off the beaten path | poza utartym szlakiem, z dala od głównych szlaków turystycznych
to marvel at sth | podziwiać coś, zachwycać się czymś
crag | skała, ostry szczyt skalny
to boast sth | szczycić się, chwalić się czymś
awe-inspiring | budzący podziw
peak | szczyt (góry), wierzchołek
waterfall | wodospad
meaty | *tu:* mięsny, treściwy
alongside X | razem z X

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8. Austria (26 mln)

Vienna's imperial magnificence lives on in landmarks like Schönbrunn Palace, while Salzburg's baroque charm is framed by the Eastern Alps. Hallstatt, with its lakeside houses and historic salt mine is dreamlike but overcrowded.
For quieter experiences, Gesäuse National Park has rugged mountains and scenic trails, and Mostviertel's pear orchards showcase rural life. Bregenz, on Lake Constance, hosts a renowned floating stage and annual festival.
Austrian cuisine is epitomised by Wiener Schnitzel and decadent Sachertorte cake, best enjoyed with whipped cream in a traditional coffee house. Sample wines like Grüner Veltliner during a tasting in the Wachau Valley or at a cosy Viennese Heuriger (wine tavern).

magnificence | wspaniałość, przepych, majestat
landmark | *tu:* zabytek
salt mine | kopalnia soli
overcrowded | przepełniony, zatłoczony
rugged | *tu:* surowy
pear orchard | sad z gruszami
to showcase sth | prezentować, pokazywać coś
rural | wiejski
to host sth | gościć coś, być gospodarzem czegoś
renowned | renomowany, znany, sławny
floating stage | pływająca scena
annual | doroczny, coroczny
cuisine | kuchnia
epitomised by sth | ucieleśniony przez coś, najlepiej wyrażony przez coś
decadent | *tu:* wykwintny
whipped cream | bita śmietana
to sample sth | *tu:* degustować coś
cosy | przytulny, wygodny



WARTO ZAPAMIĘTAĆ!

to marvel at sth

podziwiać coś, zachwycać się czymś

7. Greece (27.8 mln)

Greece is steeped in ancient history, with Athens' Acropolis a must-see part of any walking tour. Greece's 6,000 islands are Europe's paradise, with Santorini's sunsets, Mykonos' nightlife, and Crete's mountains among the most-visited.
Nafplio, a former capital, and Zagori's stone bridges and Vikos Gorge offer unique escapes. A lesser-known island can be found at Ikaria, celebrated for its laid-back lifestyle and longevity of its residents.
Foodies will enjoy Moussaka, a hearty baked aubergine dish, and Horiatiki, a refreshing salad. No evening in a taberna is complete without a glass of ouzo, an anise-flavoured aperitif.

steeped in sth | przesiąknięty czymś, głęboko zanurzony w czymś
must-see | obowiązkowy punkt do zobaczenia, coś, co trzeba zobaczyć
sunset | zachód słońca
former | dawny
lesser-known | mniej znany
laid-back | wyluzowany, zrelaksowany, spokojny
longevity | długowieczność
foodie | *pot.* smakosz, łasuch, osoba kochająca jedzenie
hearty | *tu:* pożywny
aubergine dish | danie z bakłażana
anise-flavoured | o smaku anyżowym

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6. Germany (28.4 mln)

Berlin's Brandenburg Gate still symbolises European unity amidst difficult times, while Neuschwanstein Castle in the Bavarian Alps is busy but evokes a Disney-esque magic.
For quieter climes, the Black Forest's dense landscapes offer respite, while Rügen Island features historic seaside resorts and Jasmund National Park. Heidelberg, with its romantic cityscape and bustling university atmosphere, is perfect for a weekend getaway.
Diners should try Sauerbraten, a marinated beef pot roast, and Bratwurst, the famous sausages. Germany's celebrated beer culture is essential, with traditional beer gardens and breweries offering Pilsner, Weizenbier, and Kölsch.

amidst difficult times | w trudnych czasach
to evoke sth | wywoływać coś, budzić coś
dense | gęsty
respite | chwila wytchnienia, ulga, oddech
seaside | nadmorski
resort | kurort, ośrodek wypoczynkowy
bustling | tętniący życiem, ruchliwy, gwarny
getaway | ucieczka, wypad (np. weekendowy)
diner | bar szybkiej obsługi, restauracja (często stylizowana na amerykańskie bary z lat 50.)
marinated beef pot roast | marynowana pieczeń wołowa z garnka
sausage | kiełbasa
brewery | browar



5. United Kingdom (31 mln)

London's landmarks like the Tower of London and Buckingham Palace are essential for first-timers, but this global city offers much more. Edinburgh is charming, and becomes a capital of comedy during the August Fringe Festival.
Cornwall's sandy beaches, rugged coastlines, and fishing villages are worth the trip, while the Cotswolds' rolling hills capture English country life. In Pembrokeshire, Wales, explore coastal paths and historic castles dating back to Welsh Kings. British cuisine, though not world-renowned, offers must-tries like fish and chips, afternoon tea with sandwiches, pastries and scones (cream first, then jam!), and a full and hearty English breakfast to start your day.

first-timer | ktoś, kto robi coś po raz pierwszy
coastline | linia brzegowa, wybrzeże
worth sth | wart/y czegoś
rolling | falisty, falujący
world-renowned | światowej sławy
fish and chips | ryba z frytkami
pastries | ciastka, wyroby cukiernicze
scones | scones (rodzaj słodkich bułeczek, popularnych w kuchni brytyjskiej, często podawanych z dżemem i śmietaną)

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4. Italy (49.8 mln)

Italy's majesty has drawn sightseers for generations. Rome, the Eternal City, blends ancient wonders with modern vibrancy, while Florence, cradle of the Renaissance, shines in marble. Venice, with its canals and lagoon, remains a bucket list location despite the crowds.

Elsewhere, the Dolomites offer breathtaking landscapes for hiking and skiing, and in Puglia, explore the trulli houses of Alberobello, a UNESCO World Heritage site. Sicily's Aeolian Islands, like stylish Panarea and rugged Stromboli, are replete in volcanic beauty.

Italian cuisine is world-renowned. Naples is the birthplace of pizza, and each region has its own bounty of specialties. No visit is complete without artisanal gelato, available in a variety of flavours, and a Tuscan wine tasting tour will enable you to encounter varieties like Chianti and Brunello di Montalcino at source.

to draw sb | przyciągać kogoś
sightseer | turysta (szczególnie zwiedzający zabytki)
to blend sth with sth | po/łączyć coś z czymś, mieszać coś z czymś
cradle of the Renaissance | kolebka renesansu
to shine in marble | lśnić marmurem
bucket list location | miejsce z listy rzeczy do zrobienia w ciągu życia
despite X | po/mimo X
crowd | tłum
breathtaking | zapierający dech w piersiach
hiking | piesze wędrówki, turystyka piesza
trulli houses | domy trulli (charakterystyczne kamienne domki o stożkowatych dachach, typowe dla regionu Apulia we Włoszech)
replete in sth | obfitujący w coś, pełen czegoś
bounty of sth | obfitość czegoś, bogactwo czegoś
artisanal | rzemieślniczy, ręcznie wyrabiany
gelato | *wł.* lody
available | dostępny
to enable sb to do sth | umożliwić komuś z/robienie czegoś
to encounter sth | natknąć się na coś, spotkać coś
variety | *tu:* rodzaj



3. Turkey (50.5 mln)

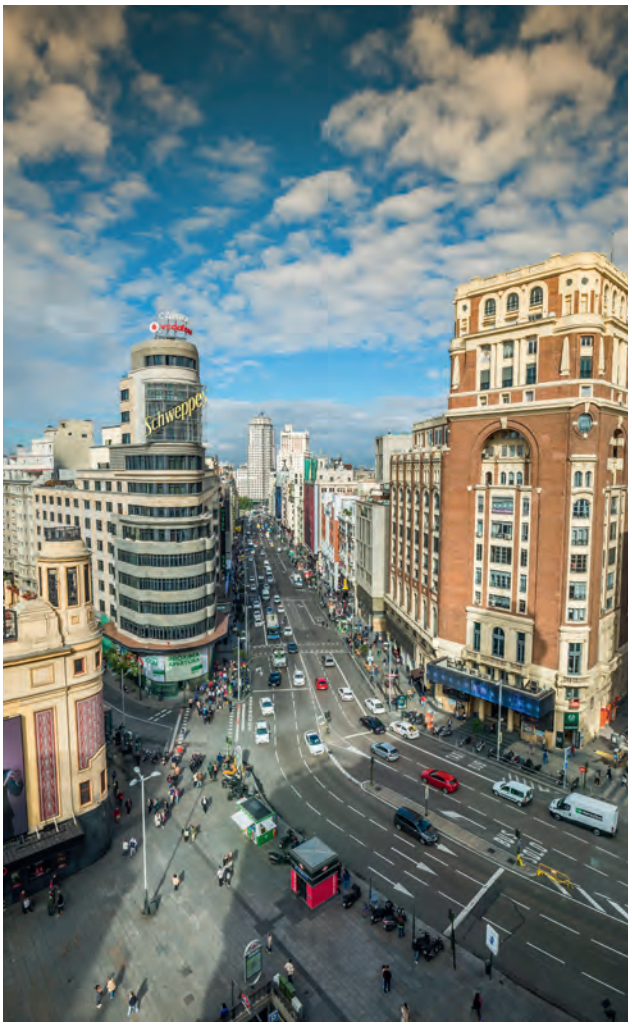
Istanbul, straddling two continents, serves as a gateway to both east and west. Admire the Hagia Sophia, Blue Mosque, and Topkapi Palace. Experience Cappadocia's surreal "fairy chimney" rock formations and take a hot air balloon ride for a sky-high view. Pamukkale's mineral-rich thermal waters are natural wonders not to be missed.

Go off-piste by visiting Kaş, a charming village on the Turquoise Coast with a bohemian vibe and ancient ruins, or the cliff-side Sumela Monastery in the Pontic Mountains. Butterfly Valley in Fethiye, accessible only by boat, boasts immaculate beaches bordered by azure waters.

Enjoy authentic Turkish kebabs like spicy Adana and succulent İskender. Satisfy your sweet cravings with baklava, a pastry filled with nuts and syrup, and wash everything down with Turkish tea in a çay bahçesi (tea garden) or rich Turkish coffee in a traditional kahvehane (Ottoman Coffee House).

to straddle sth | rozciągać się po obu stronach czegoś, obejmować coś
fairy chimney | bajkowy komin
sky-high | niebotyczny, bardzo wysoki
to go off-piste | zjeżdżać, jechać poza trasą (o narciarstwie)
immaculate | nieskazitelny, perfekcyjny, bez skazy
spicy | pikantny
succulent | soczysty
sweet cravings | ochota na słodkie
to wash sth down with sth | popić coś czymś

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2. Spain (71 mln)

Barcelona is a destination for the ages, with Gaudi's Sagrada Familia and Park Güell attracting the tourist hordes. Madrid, the capital, offers cultural richness with the Prado Museum, Royal Palace. Seville, the heart of Andalusia, features its Cathedral, Alcázar, and the lively Feria de Abril festival in spring.
Seek out the dramatic bridge across the El Tajo gorge in Ronda, Cudillero's charming fishing village with fresh seafood, or Albarracín's sunlit sandstone buildings. Valle del Ambroz in Extremadura is ideal for nature lovers with lush landscapes and outdoor activities.
Come for Paella, a traditional Valencian rice dish with seafood or mixed meats, and stay for tapas plates like patatas bravas, calamari, and Iberian ham. Round out your Spanish experience with sangria, a refreshing drink made from red wine and chopped fruit, perfect for those long sunny days, evenings and beyond.

to attract sth | przyciągać coś
to seek out sth | szukać, poszukiwać czegoś
gorge | gardziel
sunlit | oświetlony słońcem, nasłoneczniony
sandstone | piaskowiec
lush | bujny
outdoor | na świeżym powietrzu
seafood | owoce morza
mixed meat | mieszane mięsa
chopped | posiekany



1. France (79 mln)

Paris, the "City of Light," with its iconic Eiffel Tower, Louvre, and Notre-Dame Cathedral, has been the setting for countless personal stories. Why not add your own? Experience the joie de vivre of the French Riviera, with its stunning Mediterranean coastline and idyllically situated urban centres like Nice and Cannes.
Roam across Dordogne's river landscapes and prehistoric caves, or immerse yourself in Brittany's rich Celtic traditions. Alsace offers a unique blend of French and German cultures, while the Camargue's salt flats and marshes south of Arles are perfect for spotting flamingoes and the region's famous white horses.
France's culinary scene is legendary, with wine regions like Bordeaux, Burgundy and Champagne producing world-renowned vintages. The country's diverse cheese offerings, including Camembert, Brie and Roquefort, await you. Delight in delicate French croissants, macarons and éclairs from kerbside patisseries.

setting for sth | sceneria, tło dla czegoś
countless | niezliczony
joie de vivre | *fr.* radość życia
stunning | oszałamiający, zachwycający
urban | miejski
to roam across sth | przemierzać coś, włóczyć się po czymś
to immerse oneself in sth | zanurzyć się w czymś
salt flats | solniska, płaskie tereny pokryte solą
marshes | bagna, moczary
to spot sb/sth | dostrzec kogoś/coś
vintage | zabytkowy, klasyczny
including sth | włączając coś, w tym coś
kerbside | *tu:* łatwo dostępny, widoczne z ulicy, tuż przy ulicy
patisserie | *fr.* cukiernia

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Going Global

by **Paul Martin** from **www.go-native.pl**

With European travellers taking more trips outside the continent, nearly reaching the pre-pandemic high of 436 million, you might also be considering a major global getaway. Paul Martin reveals the ten most popular international destinations.

WARTO ZAPAMIĘTAĆ!

moss-draped

pokryty mchem

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to consider sth | rozważyć coś
major | główny
getaway | wypad, wyjazd
to reveal sth | ujawnić coś, odsłonić coś



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10. South Korea (17.5 mln international tourists)

South Korea's capital Seoul pulses with life, from its ancient palaces to the vibrant Gangnam district. Busan, on the southern coast, juxtaposes big city living with stunning beaches like Haeundae, whilst Jeju Island, a UNESCO World Heritage site, features the volcanic Hallasan Mountain with accessible trails to the summit.
In Gyeongju, the "museum without walls," explore dynastic history at Bulguksa Temple and Seokguram Grotto, or visit Suncheon to spot migratory birds in its vast reed fields.
Grill Korean BBQ at your table; try kimchi, bibimbap, soju, and makgeolli, staples of Korean cuisine.

ancient | starożytny, dawny
to juxtapose sth with sth | zestawiać coś z czymś
stunning | oszałamiający, zachwycający
UNESCO World Heritage site | obiekt Światowego Dziedzictwa UNESCO
to feature sth | *tu:* mieć coś, obejmować, zawierać coś
accessible | dostępny, przystępny
trail to X | szlak do X
summit | szczyt (góry), wierzchołek
without X | bez X
temple | świątynia
to spot sth | dostrzec, zauważyć coś
vast | *tu:* rozległy
reed fields | pola trzcinowe
staple | podstawowy składnik (np. diety)



9. India (17.9 mln)

The Taj Mahal in Agra is a symbol of eternal love that gleams in white marble. Jaipur, the Pink City, is known for its handicrafts markets and the 16th-century Amer Fort. Varanasi, India's spiritual heart, hosts nightly fire rituals along the Ganges.
In Ladakh, the Himalayas frame Tibetan prayer flags against deep blue skies, while Gujarat's Rann of Kutch, a white salt desert, shimmers under the full moon during the Rann Utsav cultural festival.
Masala chai, brewed with ginger, cardamom and cloves, warms the soul. Biryani, a fragrant rice dish with marinated meats or vegetables, has many varieties. Mango lassi, a chilled blend of mangoes, yoghurt and cardamom, cools in the oppressive heat.

eternal | wieczny
to gleam in white marble | lśnić białym marmurem
handicrafts market | targ rękodzieła, rynek wyrobów rzemieślniczych
to host sth | gościć coś, być gospodarzem czegoś
Tibetan prayer flags | tybetańskie flagi modlitewne
to shimmer | migotać, połyskiwać
brewed with ginger, cardamom and cloves | parzony z imbirem, kardamonem i goździkami
fragrant | pachnący, wonny
variety | *tu:* odmiana
to cool | chłodzić (się)
oppressive | *tu:* uciążliwy
heat | upał



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8. Vietnam (18 mln)

In Hanoi, stroll through the Old Quarter, and taste the famed egg coffee of condensed milk, egg yolks, sugar and robusta beans. Halong Bay, with its emerald waters and towering limestone islands, is best seen by cruise.
For explorers, Phong Nha-Ke Bang National Park is littered with vast cave systems, including Son Doong, the world's largest, or go kite surfing beyond stunning sand dunes in Mui Ne.
Pho, a staple broth with noodles is enjoyed throughout the country. Banh Mi, a delicious fusion of French and Vietnamese cuisine, is a crunchy baguette filled with meats and fresh vegetables.

to stroll through sth | przechadzać się po czymś
famed | sławny
condensed milk | skondensowane mleko
egg yolk | żółtko jajka
robusta beans | kawa robusta, ziarna robusta
emerald | szmaragdowy
limestone | wapień
is best seen by cruise | najlepiej podziwiać ze statku wycieczkowego
littered with sth | *tu:* usiany czymś
cave systems | systemy jaskiń, kompleksy jaskiń
including X | włączając X, w tym X
sand dune | wydma piaskowa
staple broth with noodles | podstawowy bulion z makaronem



7. Canada (22 mln)

Misty Niagara Falls, with its roaring waters, is best seen from a boat tour. Banff National Park's turquoise lakes, snow-capped peaks and diverse wildlife in the Rockies are truly unforgettable. Old Quebec's cobblestone streets and historic architecture reflect its deep French connections.
Gros Morne National Park offers a unique immersion into Newfoundland and Labrador's wild north, while Tofino on Vancouver Island is famed for its rugged surfer's coastline. Churchill in Manitoba, the "Polar Bear Capital of the World," attracts 10,000 ecotourists annually to see the bears and beluga whales.
Canadian cuisine is as varied as its scenery. Poutine features fries with cheese curds and gravy. Maple syrup is best enjoyed fresh from a Quebec sugar shack, and butter tarts are gooey pastries in flavours like raisin and pecan.

roaring | *tu:* huczący
snow-capped | ośnieżony, pokryty śniegiem
peak | szczyt (góry)
cobblestone | bruk, kocie łby
to reflect sth | odzwierciedlać coś
immersion into sth | zanurzenie się w czymś
to attract sb | przyciągać kogoś
annually | corocznie, co roku
beluga whale | białucha
cuisine | kuchnia
scenery | krajobraz, sceneria, widoki
poutine | poutine (nazwa kandyjskiego dania)
fries with cheese curds and gravy | frytki z kawałkami sera i sosem pieczeniowym
maple syrup | syrop klonowy
Quebec sugar shack | kanadyjska cukrownia (*dosł.*"chata cukrowa" – miejsce, gdzie produkuje się syrop klonowy i często serwuje posiłki na jego bazie)
gooey pastries | kleiste, ciągnące się ciastka
raisin | rodzynka



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6. Malaysia (26 mln)

Kuala Lumpur's Petronas Towers rise tall among mosques and colonial buildings. Langkawi's 99 beachy islands are set within crystalline waters, with inland rainforests soaking up the wet season (March-November). Go wildlife trekking in one of the world's oldest rainforests in Taman Negara National Park.
In Borneo's Sarawak, visit the dramatic Mulu Caves, or meet the Iban and Bidayuh tribes. The Perhentian Islands, off the northeast coast, are perfect for snorkelling and diving, and in Penang, beyond George Town's colonial charm, discover fishing villages and hikes through Kek Lok Si Temple.
Try Nasi Lemak - coconut rice with sambal, anchovies, peanuts and egg - and Laksa, a spicy noodle soup varying by region from rich Asam Laksa to tangy Penang Laksa. Don't miss Teh Tarik, the frothy "pulled tea." Watching tea masters pour it is mesmerising.

mosque | meczet
to be set within sth | znajdować się w czymś, być usytuowanym w czymś
inland | śródlądowy, w głębi lądu
to soak up | chłonąć (coś), nasiąkać (czymś)
snorkelling | nurkowanie z rurką
hike | piesza wędrówka, wycieczka piesza
sambal | sambal (ostry sos lub pasta, popularna w kuchniach Azji Południowo-Wschodniej)
anchovies | sardele, anchois
peanuts | orzeszki ziemne, fistaszki
tangy | cierpki, kwaskowaty, ostry (o smaku)
frothy | spieniony, pienisty
"pulled tea" | 'ciągnięta herbata" (specjalnie przygotowywana herbata, np. Teh Tarik)
to pour sth | nalewać, wlewać coś
mesmerising | hipnotyzujący, urzekający, fascynujący



5. Japan (32 mln)

In Tokyo, the neon-lit capital, navigate the Shibuya Crossing with 500,000 other daily visitors. Kyoto, the former imperial seat, features the Golden Pavilion and Fushimi Inari Shrine's iconic red gates. View Mount Fuji from Kawaguchiko Lake or hike up-close, but time your visit for clear visibility.
Naoshima, "Art Island," blends contemporary art museums with traditional scenery. Yakushima Island is shrouded in ancient cedar forests, hiking trails, and hidden hot springs. Shirakawa-go in the Japanese Alps is famous for its gassho-zukuri farmhouses with snow-resistant thatched roofs.
Enjoy regional ramen variations, teppanyaki dining where chefs perform, and sake rice wine tastings. Matcha, finely ground green tea, is key in traditional ceremonies and desserts.

neon-lit | oświetlony neonami, neonowy
former | były, dawny
shrouded in sth | spowity czymś
hidden | ukryty
hot spring | gorące źródło
snow-resistant | śniegoodporny
thatched roof | dach kryty strzechą
to enjoy sth | cieszyć się, rozkoszować się czymś
chef | szef kuchni
to perform | dawać pokaz
sake rice wine tasting | degustacja wina ryżowego sake
finely ground | drobno zmielony



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4. Thailand (40 mln)

In Bangkok, historic temples like the Grand Palace and Wat Pho stand out against modern skyscrapers and bustling markets. Chiang Mai, in the northern mountains, is a cultural hub with a thriving craft culture. Phuket's stunning beaches and lively nightlife draw an international crowd.
Koh Lanta offers serene shores and cheeky monkeys, perfect for relaxation away from nearby Krabi's party scene. In northern Thailand, Pai is a favourite with backpackers for its relaxed pace, night markets and ethical elephant tourism.
Thai food is an art form. Pad Thai, a stir-fried noodle dish, is iconic. Tom Yum Goong, a spicy shrimp soup, and Mango Sticky Rice, a dessert with sweet mangoes and coconut sauce, are fragrant must-tries.

temple | świątynia
to stand out against X | wyróżniać się na tle X
skyscraper | drapacz chmur
bustling | tętniący życiem, gwarny, ruchliwy
hub | *tu:* centrum, ośrodek
thriving | prosperujący, kwitnący
craft culture | kultura rzemieślnicza
to draw sb/sth | przyciągać kogoś/coś
crowd | tłum
cheeky | bezczelny, zuchwały
backpacker | turysta podróżujący z plecakiem
stir-fried | smażony w woku, smażony szybko na dużym ogniu
shrimp soup | zupa krewetkowa
must-try | obowiązkowy, konieczny do spróbowania; coś, czego trzeba spróbować



3. Mexico (45 mln)

Cancun's beaches and turquoise waters offer relaxation and adventure, with nearby snorkelling, diving and Mayan ruins. Sprawling Mexico City boasts museums and historic sites like the Zócalo and Templo Mayor. Chichen Itza, a Wonder of the World, features the iconic El Castillo pyramid.
Copper Canyon provides solitude and trails larger than the Grand Canyon. Isla Holbox is ideal for ecotourism with its bioluminescent waters, and towns like Tulum and Taxco highlight Mexico's lesser-known heritage.
Tacos, mezcal, and mole – a complex sauce with chilli peppers, spices and sometimes chocolate – will leave your taste buds dancing long after you've left.

sprawling | *tu:* rozległy
to boast sth | po/szczycić się czymś
solitude | samotność, odosobnienie
bioluminescent | bioluminescencyjny
to highlight sth | podkreślać, uwydatniać coś
lesser-known | mniej znany
heritage | dziedzictwo



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2. China (66 mln)

China's landmarks watch over its rich history. Hike the rugged paths of The Great Wall and watch the sunset. In Beijing, the Forbidden City reveals imperial grandeur, while Xi'an's Terracotta Warriors, unearthed in 1974, guard the tomb of Qin Shi Huang, the first emperor.

Zhangjiajie National Forest Park's quartzite pillars and lush forests inspired the movie Avatar, Guilin's Li River winds through limestone karst hills, and Chengdu's Research Base of Giant Panda Breeding offers deep insights into these beautiful creatures.

Enjoy Peking duck with its crispy skin and tender meat, or dim sum, a Cantonese tradition of small dishes like steamed dumplings and baked buns, best paired with Chinese tea. For a potent drink, try baijiu, a heritage spirit distilled from fermented grains.

landmark | znany obiekt (np. historyczny), zabytek
rugged | nierówny, skalisty
unearthed | odkopany, odkryty (np. podczas wykopalisk)
to guard sth | strzec, pilnować czegoś
quartzite pillars | kwarcytowe filary
lush | *tu:* bujny
to wind through sth | wić się przez coś, przecinać coś
limestone | wapień
karst hills | wzgórza krasowe
insight into sth | wgląd w coś, zrozumienie czegoś
crispy | chrupiący
tender | delikatny, kruchy
dim | mdły
steamed dumplings | kluski/pierogi na parze
baked buns | pieczone bułeczki
heritage spirit | duch dziedzictwa, tradycji
distilled from sth | destylowany z czegoś
grains | ziarna, zboża



1. USA (79 mln)

The USA offers a wealth of attractions for all tastes. From the big cities of New York, Los Angeles, Miami or Vegas, to the Grand Canyon, one of the Seven Natural Wonders of the World that draws around 5 million visitors each year.

For unique experiences, explore Savannah, Georgia's antebellum architecture and moss-draped oaks, or Sedona, Arizona's red rock formations. Mackinac Island, Michigan, is a step back in time with its horse-drawn carriages, and Kauai, Hawaii is a joyful blend of American-Polynesian culture beneath flourishing emerald peaks.

In America, they eat big. Whether its Texas brisket, Kansas City ribs, New England clam chowder, Louisiana gumbo, or Tex-Mex dishes like fajitas and nachos, expect large portions. Craft beer and wine enthusiasts can explore microbreweries and regions like Napa Valley.

wealth of sth | bogactwo, obfitość czegoś
antebellum | przedwojenny (odnosi się do okresu przed wojną secesyjną w USA)
moss-draped | pokryty mchem
oak | dąb
horse-drawn carriage | powóz konny, dorożka
flourishing | kwitnący, prosperujący
to eat big | jeść obficie, dużo jeść
whether | czy
ribs | żeberka
clam chowder | zupa z małży (zagęszczona zupa, często o konsystencji kremu)
gumbo | gumbo (pikantna zupa lub gulasz, popularny w Luizjanie, z owocami morza, mięsem i warzywami)
fajitas | fajitas (danie kuchni meksykańskiej, paski mięsa lub warzyw podawane z tortillami)
microbrewery | mikrobrowar



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Travel – Price Watch

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by Paul Martin from **www.go-native.pl**

Budgets significantly influence the final destination for your holiday plans. Paul Martin examines various types of holidays, comparing budget-friendly options with luxurious alternatives.

price watch | śledzenie, monitorowanie cen
significantly | znacząco, znacznie
to influence sth | wpływać na coś
to compare sth with sth | porównywać coś z czymś



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With a 9-night holiday for a Eopean family of four averaging around £ 4,500, many are eager to find ways to save on travel. Conversely, some view vacations as an opportunity to enjoy the finer things in life and experience the best a destination has to offer. Let's explore some of the most extravagant holiday spots, and their more economical counterparts.

averaging around X | osiągając średnio X
eager to do sth | chętny do z/robienia czegoś
to save on sth | zaoszczędzić na czymś
conversely | i na odwrót
to view sth as sth | postrzegać coś jako coś
opportunity | sposobność
to experience sth | doświadczyć czegoś
spot | miejsce
counterpart | odpowiednik



Expensive City Break: London



Budget travellers in London spend £60-95 daily on accommodation, with even multiple-occupancy hostel beds averaging £33 per night. Public transport is also costly: a Visitor Oyster Card costs £5 plus fares, whereas the London Day Travelcard provides unlimited travel for £15.90 off-peak for Zones 1-4, or £22.60 peak for Zones 1-6. Dining at an inexpensive restaurant costs around £15-20 per head.
Luxury seekers can stay at The Ritz or Claridge's, with rooms from £290 to £829 per night, and feast at Michelin-starred restaurants where mid-range meals for two average £80. Premium hampers from Fortnum & Mason start at around £150 should you wish to take an elite taste of London back home with you.
However, visits to London can be economical with the right advice. Travel off-peak, or cycle on a city bike, visit free attractions like the British Museum or Hyde Park, eat in Brixton, Camden, or at a street food market like Borough Market, and find discounted theatre tickets online or at TXTS in Leicester Square.

multiple-occupancy | wielooosobowy
fare | opłata za przejazd/przelot
whereas | natomiast, podczas gdy
to provide sth | dostarczać, zapewniać coś
off-peak | poza godzinami szczytu, poza sezonem
seeker | poszukiwacz
to feast | ucztować
mid-range | średniej klasy, ze średniej półki cenowej
premium hamper | kosz prezentowy premium (zwykle z ekskluzywnymi produktami spożywczymi lub delikatesami)
however | jednak/że
discounted | przeceniony, objęty zniżką

Affordable City Break: Porto



In Porto, Portugal's beating heart of a second city, hostel beds start at €10 per night, with budget hotels ranging from €20-30. Mid-range hotels cost around €45-70 per night. Public transport is eminently affordable, with single metro tickets at €1.20 and a 24-hour Andante Travel Card at €7.
Food and drink are eminently affordable, with meals at lower-end restaurants costing around €5-10 and a three-course meal for two at mid-range establishments starting at around €30.
For luxury, vineyard resorts like Six Senses Douro Valley offer rooms starting at €1,450 per night, and feature a range of high-end amenities and panoramic vineyard views.

affordable | przystępny cenowo
beating | bijący
eminently | w najwyższym stopniu
single metro ticket | pojedynczy bilet na metro
lower-end | niższej klasy, z niższej półki cenowej
three-course meal | trzydaniowy posiłek
vineyard resort | ośrodek wypoczynkowy/kurort w winnicy
to feature sth | mieć w ofercie coś
high-end | wysokiej klasy, z najwyższej półki cenowej
amenity | udogodnienie, wyposażenie

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Expensive Beach Holiday: Maldives



The Maldives epitomises luxury, making it one of the world's priciest beach destinations. Accommodation costs can be exorbitant, with overwater villas at resorts like Conrad Maldives Rangali Island starting at $1,000 per night and reaching as high as $37,500 at the St. Regis Maldives Vommuli. These resorts offer private infinity pools, personal butlers and exclusive beach access. Gourmet meals are often included in all-inclusive packages, but dining at specialty restaurants can be as pricey as you wish it to be, with wine bottles priced up to $52,000 on offer. While activities like snorkelling and scuba diving are typically included, private yacht charters and helicopter tours can further increase costs.

to epitomise sth | stanowić ucieleśnienie czegoś, być kwintesencją czegoś, doskonale coś uosabiać
exorbitant | wygórowany
overwater | położony nad wodą
resort | kurort, ośrodek wypoczynkowy
infinity pool | basen bez krawędzi (dający iluzję nieskończoności lub łączenia się z horyzontem)
personal butler | osobisty lokaj
gourmet meal | wykwintny posiłek, posiłek dla smakoszy
pricey | *pot.* drogi
snorkelling | pływanie z rurką i maską
scuba diving | nurkowanie (z aparatem oddechowym)
to increase sth | zwiększać coś

Affordable Beach Holiday: Goa



Goa, India, is a budget-friendly beach destination that doesn't skimp on experience. Known for its vibrant culture, stunning beaches and affordability, Goa is a favourite among budget travellers. Accommodation ranges from guest houses starting at $10 per night to mid-range hotels at $50 per night. Even luxury resorts like the Taj Exotica Resort & Spa offer rooms for around $200 per night, providing great value. Dining in Goa is also very affordable, with meals at local restaurants costing $2-5. Fresh seafood and traditional Goan dishes like fish curry are popular and inexpensive. Activities such as beach hopping, water sports and exploring local markets are either free or low-cost, making it easy to enjoy a full vacation without overspending. Additionally, Goa's generally low cost of living allows travellers to stretch their budgets further.

to skimp on experience | iść na kompromis kosztem doświadczenia (np. rezygnować z pełni wrażeń, by zaoszczędzić)
stunning | oszałamiający, zachwycający, olśniewający
affordability | przystępność cenowa
to range from sth to sth | wahać się od czegoś do czegoś
beach hopping | odwiedzanie wielu plaż, "skakanie" po plażach (zwiedzanie różnych plaż, często w krótkim czasie)
either... or... | albo... albo...
without X | bez X
overspending | nadmierne wydatki, przekraczanie budżetu
to allow sb to do sth | pozwalać komuś coś zrobić
to stretch one's budgets further | sprawić, by budżet wystarczył na dłużej/na więcej

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Expensive Skiing: Gstaad



Gstaad, in the Swiss Alps, is known for its luxury and exclusivity. Luxury hotels like The Alpina Gstaad and Gstaad Palace offer rooms starting at CHF 820 (CHF means Swiss Francs, so about €830) per night, reaching up to CHF 10,000 for the most ornate suites. Even mid-range hotels average CHF 330 per night.

Ski passes are also expensive, with day passes ranging from CHF 49 to CHF 74, depending on the season. A six-day pass costs about CHF 327 for adults. Private ski lessons and guided tours will further increase costs, especially for premium services.
Gstaad's restaurants are equally expensive, with establishments often charging over CHF 100 per person. Michelin-starred establishments like Sommet offer gourmet tasting menus with top-tier ingredients. The après-ski scene is upscale, featuring exclusive bars and clubs where drinks can cost over CHF 20.

skiing | narciarstwo, jazda na nartach
to mean sth | oznaczać coś
to reach up to sth | sięgać do czegoś (np. do określonego poziomu, kwoty)
ornate | bogato zdobiony
suite | *tu:* apartament (w hotelu)
ski pass | karnet narciarski
depending on sth | w zależności od czegoś
adult | dorosły
guided tour | wycieczka z przewodnikiem
equally | równie
top-tier | najwyższej klasy, z najwyższej półki
ingredient | składnik
après-ski | après-ski (czas spędzany po jeździe na nartach, zazwyczaj na rozrywce, spotkaniach towarzyskich, często w barach u podnóża stoku)
upscale | ekskluzywny, z wyższej półki (o produktach, usługach, miejscach)

Affordable Skiing: Borovets, Bulgaria



Borovets, Bulgaria, offers an affordable and quality skiing experience as one of the country's oldest ski resorts. Budget hotels cost around €30 per night, mid-range about €60, and luxury hotels start at €100.
Ski passes are reasonably priced, with a day pass at €30 and a six-day pass at €150. Equipment rental starts at €15 per day. Dining is inexpensive, with meals at local restaurants costing €10-15 per person. The après-ski scene is lively and budget-friendly.
Borovets is ideal for families, beginners, and intermediate skiers, with 58 km of pistes and various runs and ski schools. The resort also offers activities beyond skiing, such as snowmobile rentals, horse riding, and visits to nearby attractions like the Rila Monastery.

reasonably priced | w rozsądnej cenie
equipment rental | wynajem sprzętu; wypożyczalnia sprzętu
lively | pełen życia, tętniący życiem
skier | narciarz
piste | stok narciarski, trasa narciarska
snowmobile rental | wynajem skutera śnieżnego; wypożyczalnia skuterów śnieżnych
monastery | klasztor

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Expensive Adventure Holiday: Galápagos Islands, Ecuador



The Galápagos Islands are a dream destination for adventure travellers, but they come with a hefty price tag. The high cost is due to the remote location and the need to preserve the ecosystem. Accommodation can be expensive, with luxury eco-lodges and cruises starting at $500 per night, and high-end options like the Pikaia Lodge costing several thousand dollars for a week.

Activities such as guided tours, snorkelling, and diving are often included in packages but can add to the cost if booked separately. Dining is also pricey, in large part due to the extra cost in importing many of the finer ingredients. Additionally, flights from mainland Ecuador to the Galápagos range from $400 to $600 for a round trip. Despite the high costs, the unique wildlife and pristine landscapes make the Galápagos Islands a once-in-a-lifetime adventure worth the investment.

to come with sth | iść w parze z czymś, wiązać się z czymś, mieć coś w zestawie/cenie
hefty price tag | wysoka cena, spory rachunek
due to sth | z powodu czegoś
remote | odległy
eco-lodge | ekologiczny domek turystyczny, ekologiczny ośrodek/schronisko (często w zgodzie z naturą, minimalizujący wpływ na środowisko)
cruise | rejs
in large part | w dużej mierze, w znacznej części
flight | lot
round trip | podróż w obie strony, przejazd w obie strony
despite sth | pomimo czegoś
once-in-a-lifetime | raz w życiu
worth sth | wart czegoś

Affordable Adventure Holiday: Cambodia



Cambodia offers an affordable adventure holiday, with ancient Khmer temples and fascinating wetlands. Accommodation is budget-friendly, with guest houses starting at $10 per night, mid-range hotels at $30, and luxury hotels from $100.

Activities like exploring Angkor Wat, trekking the Cardamom Mountains, and visiting Tonle Sap Lake's floating villages are either free or low-cost. Guided tours and adventure activities such as zip-lining and kayaking start at around $20. Dining is also inexpensive, with local meals costing $2-5. Overall, Cambodia delivers a rich and diverse adventure experience at a fraction of the cost of pricier destinations.

temple | świątynia
wetlands | mokradła, tereny podmokłe
to trek | wędrować, podróżować pieszo
zip-lining | tyrolka, zjazd na linie
diverse | różnorodny, zróżnicowany
at a fraction of sth | za ułamek (wartości) czegoś

Where to?

So, no matter your budget, there are options to suit all preferences. And remember, the true value of a holiday lies in the joy and memories of new discoveries. Happy travels!

to suit sth | odpowiadać czemuś

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Join the Festivities

by **Paul Martin** from **www.go-native.pl**

When combined with travel, the experience of taking part in a festival can be truly transformative. Paul Martin takes us on a tour of some of the world's most interesting celebrations, with advice on how to participate yourself.



Revelry

Festivals have always been powerful experiences that unite communities. From the nearly 3,000-year-old Akitu festival of Mesopotamia, still celebrated by some Assyrian peoples each spring, to modern music and arts festivals like Coachella in California, they all encapsulate the essence of shared human experiences.

The sheer number of festivals held worldwide each year is staggering. In Japan alone, there are approximately 300,000 cultural festivals annually, with millions of people witnessing or taking part in these celebrations as part of their travels. In this article, we'll explore five of the world's most fascinating festivals, each crucial for preserving and promoting cultural heritage, language and traditions.

Hair Freezing Contest, Canada

The Hair Freezing Contest, held annually at Eclipse Nordic Hot Springs in Whitehorse, Yukon, Canada, is a quirky winter festival where participants create frozen hairstyles by dipping their heads in the hot springs and letting the frigid air freeze their wet hair into sculptural masterpieces. The contest, originating in 2011 as part of the Yukon Sourdough Rendezvous festival, went viral in 2015.

0 **combined with sth** | połączony z czymś, w połączeniu z czymś
to take part in sth | brać udział, uczestniczyć w czymś
advice on sth | rada/porada na temat czegoś
1 **revelry** | zabawa, hulanka, ucztowanie
to unite sth | jednoczyć, łączyć coś
to encapsulate sth | zawierać coś w pigułce, ujmować/odzwierciedlać istotę czegoś
the sheer number of X | sama liczba X
staggering | oszałamiający, wstrząsający, zdumiewający
approximately | około, w przybliżeniu
annually | rocznie, co roku
to witness sth | być świadkiem czegoś
2 **crucial** | kluczowy, istotny, decydujący
to preserve sth | zachować, chronić coś
heritage | dziedzictwo, spuścizna
hair freezing | zamrażanie włosów
contest | konkurs, zawody
quirky | dziwaczny, ekscentryczny, osobliwy
to dip sth in sth | zanurzyć coś w czymś
hot springs | gorące źródła
frigid | lodowaty, przenikliwie zimny
sculptural | *tu:* przypominający rzeźbę
masterpiece | arcydzieło
to go viral | rozprzestrzenić się w internecie, stać się viralowym

1 2

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Running from late December to early March, when temperatures can drop to -20°C or lower, participants first soak their hair in the hot springs, then style it into rigid shapes in the freezing air, with cash prizes to be won for the most impressive results across various categories.

Drive about 28 kilometres from Erik Nielsen Whitehorse International Airport to reach the festival location, and choose to either stay on-site at the hot springs, or in hotels in nearby Whitehorse. Bring a bathing suit, warm clothing and hair styling props if you plan to participate.

Holi, India

Holi, the Festival of Colours, is one of India's most vivid celebrations, marking the arrival of spring and the triumph of good over evil. People play with colours, dance, sing and enjoy festive foods. In 2024, Holi was celebrated on March 25th.

The festival's highlight is the throwing of coloured powders (gulal) and water, which transform the streets into a kaleidoscope of hues. Water balloons and guns add to the festive chaos, while traditional music and dance fill the air. The night before Holi, bonfires are lit for Holika Dahan, symbolising the burning of evil.

To reach Delhi, Mumbai, or Jaipur, where the festival is at its most engaging, fly into international airports. Internally, use India's extensive railway network, but be sure to book train tickets early, especially during festivals. For Holi, wear old, preferably white clothes, and apply oil to your hair and skin to ease colour removal. Stay hydrated by drinking plenty of water before and after playing with colours. Be cautious in crowds, especially solo female travellers, by joining groups or attending organised events.

Hogueras de San Juan (Bonfires of Saint John), Alicante, Spain

The Hogueras de San Juan, or Bonfires of Saint John, is a fiery annual festival in Alicante, Spain, celebrating the arrival of summer and honouring Saint John the Baptist. From June 19 to June 24, the city comes alive with parades, fireworks, and the construction and burning of elaborate bonfires, known as hogueras, which are intricate structures made of wood, cardboard and papier-mâché, often depicting satirical scenes.

The highlight of the festival is La Cremà on June 24, where ninots (caricature effigies)

3 **to soak sth in sth** | moczyć coś w czymś
cash prize | nagroda pieniężna
either... or... | albo... albo...
to stay on-site at the hot springs | zatrzymać się na miejscu (na terenie) gorących źródeł
hair styling props | akcesoria do stylizacji włosów, rekwizyty fryzjerskie
vivid | żywy; jaskrawy, intensywny (o kolorze)
arrival of spring | nadejście wiosny
triumph of good over evil | triumf dobra nad złem, zwycięstwo dobra nad złem
highlight | główny punkt, najważniejszy moment, atrakcja
throwing of sth | rzucanie czymś
coloured powders | kolorowe proszki
kaleidoscope of hues | kalejdoskop odcieni, feeria barw
bonfire | ognisko
to be lit for sb/sth | być zapalonym dla kogoś/czegoś
the burning of evil | palenie zła
4 **engaging** | angażujący, wciągający, zajmujący

internally | wewnętrznie
extensive | rozległy
railway network | sieć kolejowa
to book sth | zarezerwować coś
to apply sth to sth | nałożyć olej na coś
to ease sth | *tu:* ułatwić coś
colour removal | usuwanie koloru, zmywanie farby
stay hydrated | pozostać nawodnionym, pić dużo płynów
cautious | ostrożny, rozważny
crowd | tłum
female traveller | turystka
to join sb/sth | dołączyć do kogoś/czegoś
to attend sth | *tu:* uczestniczyć w czymś
fiery | *tu:* ognisty
to honour sb | oddawać komuś hołd
to come alive with sth | ożywać czymś, tętnić życiem dzięki czemuś
intricate | zawiły, misterny
cardboard | tektura, karton
to depict sth | przedstawiać, ukazywać coś
caricature effigies | karykaturalne kukły, karykaturalne podobizny

3 4

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are set ablaze in a symbolic act of purification and renewal. The festivities transform Alicante, with major events taking place in central city locations like Plaza de Luceros and Postiguet Beach.

Alicante is easily accessible via Alicante-Elche Airport, with transport options readily available to reach hotels in the city centre, the best place to stay for easy access to events and attractions. For a scenic stay, consider beachfront hotels. Pack comfortable clothing and footwear, a light jacket for cooler evenings, and sun protection like sunglasses and hats. Wear older clothes if you plan to get close to the bonfires.

Night of the Radishes, Mexico

The Noche de Rábanos, or Night of the Radishes, is an offbeat festival held annually on December 23rd in Oaxaca City, Mexico. Celebrated since 1897, this event features intricate radish carvings by local artisans.

Originating from a Christmas market tradition where merchants carved radishes to attract customers, it has evolved into a formal competition with significant cash prizes. Artists carve oversized radishes into elaborate scenes depicting the nativity, local wildlife, mythical creatures and everyday Oaxacan life. The wider festival includes fireworks, parades, craft booths and food stalls selling traditional treats like buñuelos (doughnuts) and esquites (corn salad).

The specially grown radishes weigh up to 10 pounds, measure two feet long, and are not meant for consumption. Participants compete in various categories, including traditional and contemporary themes, with the grand prize for best traditional sculpture being MXD 15,000 (USD 900).

Combine a visit to the Noche de Rábanos with a wider Mexican tour of Mexico City, Puebla or Veracruz. Stay at a city centre boutique hotel with traditional Oaxacan decor. The festival is best enjoyed in the late afternoon and evening when the radish sculptures are illuminated, but arrive early to avoid long queues. As ever, be cautious in crowds.

Cooper's Hill Cheese-Rolling Festival, England

The Cooper's Hill Cheese-Rolling Festival, held annually on the Spring Bank Holiday in Gloucestershire, England, since 1826, is a thrilling, eccentric event. Participants chase a wheel of Double Gloucester cheese down a steep 200-yard hill, resulting in dramatic tumbles.

Despite the inherent risks, the festival attracts thousands of spectators and competitors from around the world, all eager to partake in or witness this chaotic spectacle. The festival includes multiple races for men, women and children, with



5 **to be set ablaze** | zostać podpalonym, stanąć w płomieniach
purification | oczyszczenie, puryfikacja
renewal | odnowa, odnowienie
accessible | dostępny
via X | poprzez X, za pośrednictwem X
to consider sth | rozważyć coś, wziąć coś pod uwagę
footwear | obuwie
to get close to sth | zbliżyć się do czegoś, podejść blisko czegoś
radish | rzodkiewka
offbeat | niekonwencjonalny, oryginalny, nietypowy
carving | rzeźba, rzeźbienie
to attract sb | przyciągać kogoś
to evolve into sth | ewoluować, przekształcić się w coś
competition | konkurs, zawody, rywalizacja
significant | znaczący, istotny, ważny
oversized | ponadwymiarowy, przerośnięty
nativity | szopka bożonarodzeniowa
to include sth | zawierać, obejmować, włączać coś
craft booth | stoisko z rękodziełem, stragan rzemieślniczy
food stall | stoisko z jedzeniem, stragan z żywnością
6 **doughnut** | pączek
corn salad | sałatka kukurydziana
to measure X | mierzyć X
to be not meant for consumption | nie być przeznaczonym do spożycia
to compete | rywalizować, konkurować
including sth | włączając coś, w tym coś
contemporary | współczesny
boutique hotel | hotel butikowy (mały, luksusowy hotel o unikalnym wystroju i spersonalizowanej obsłudze)
illuminated | oświetlony, rozświetlony
to avoid sth | unikać czegoś, omijać coś
queue | kolejka
thrilling | porywający, ekscytujący
to chase sth down sth | gonić coś w dół czegoś (np. zbocza)
a wheel of Double Gloucester cheese | krąg sera Double Gloucester
steep | stromy
to result in sth | skutkować czymś, prowadzić do czegoś
tumbles | upadki, przewroty, koziołki
despite sth | po/mimo czegoś
inherent | *tu:* nieodłączny
to partake in sth | brać udział w czymś, uczestniczyć w czymś
to witness sth | być świadkiem czegoś, oglądać coś

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the children's race taking place uphill for safety. The first race starts at noon, but it's advisable to arrive earlier than that if you want to secure a good viewing spot.

Stay nearby in Gloucester or Cheltenham, with options ranging from budget hotels to luxurious stays. Holiday cottages in the Cotswolds offer a charming alternative. To ensure a comfortable visit, wear sturdy shoes and bring waterproof clothing and sunscreen. Participants should seriously consider wearing protective gear like knee and elbow pads.

Where Else?

Of course, this list is by no means exhaustive. Perhaps you'd rather visit Germany for Oktoberfest, join the water fights during Songkran, Thai New Year, in April, or experience the pulsating energy of Rio's famous Carnival. Wherever you go, festivals offer a truly unique window into the heart of a culture, providing unforgettable experiences and helping forge connections with people from around the world.

7 **uphill |** pod górę, na wzniesieniu
it's advisable | jest wskazane, jest zalecane
to secure sth | zabezpieczyć coś, zapewnić sobie coś
to range from X to Y | wahać się od X do Y, mieścić się w przedziale od X do Y

8 **holiday cottage |** domek letniskowy, domek wakacyjny
to ensure sth | zapewnić sobie coś
sturdy | wytrzymały, solidny
waterproof | wodoodporny, nieprzemakalny
sunscreen | krem przeciwsłoneczny

9 **knee and elbow pads |** ochraniacze na kolana i łokcie
by no means | *tu:* w żadnym wypadku, bynajmniej
exhaustive | *tu:* wyczerpujący, kompletny
to experience sth | doświadczyć czegoś, przeżyć coś
to forge connections with sb | nawiązywać relacje z kimś, tworzyć więzi z kimś

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Hospitality Exchange

by Paul Martin from **www.go-native.pl**

So-called hospitality exchange services (HospEx), whereby travellers connect online with locals and stay in their homes for free, or at very low cost, have emerged in recent decades as a popular alternative to traditional accommodation options like hotels or B&Bs. But are they safe? Paul Martin investigates.

hospitality exchange | wymiana gościnności (system, w którym oferuje się nocleg w zamian za gościnę)
so-called | tak zwany
whereby | przez co, w wyniku czego, formalnie: zgodnie z którym
for free | za darmo, bezpłatnie
at very low cost | przy bardzo niskim koszcie, bardzo tanio
to emerge | wyłaniać się, pojawiać się
accommodation | zakwaterowanie, nocleg
B&B = bed and breakfast | pensjonat oferujący zakwaterowanie ze śniadaniem

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Hosting the World

When you were young, your parents probably told you not to talk to strangers. In general, this remains good advice. But increasingly, in our dual quests for affordability and for more authentic experiences, we're getting more accustomed to inviting unfamiliar people into our spaces, or indeed, being welcomed into theirs, especially during our travels.

Hospitality exchange services are just one way in which some of us are looking to embark on more personal journeys. Services like BeWelcome, Hospitality Club, and Pasporta Servo all facilitate direct interactions between hosts and guests, foster cultural exchange and create opportunities for uniquely immersive travel experiences.

In the Beginning

The concept of hosting distant wanderers has ancient roots, exemplified by Greek 'xenia' and Roman hospitality customs. In ancient Greece, xenia, overseen by Zeus, was a sacred duty, ensuring strangers were treated with respect and generosity. Similarly, Roman 'hospitium' emphasised a reciprocal relationship, making hospitality a binding social obligation.

After World War II, American conscientious objector Bob Luitweiler and his friends founded Servas International, one of the earliest formal hospitality exchange networks. Servas aimed to bridge cultural divides and promote global peace by encouraging people to open their homes to travellers.

Servas operated by mail catalogue, where host details were published and members wrote letters of introduction to verify their identities and intentions. Today, Servas continues in over 100 countries, offering travellers short stays with hosts, shared meals and activities.

Going Online

The internet age has dramatically amplified the potential of hospitality exchange services. The first internet-based service, Hospex.org, launched in Poland in 1992, allowed members to search a host database and arrange stays via email. This evolved into Hospitality Club, founded in 2000 by Veit Kühne, which aimed for a more robust and user-friendly platform with enhanced security features.

Hospitality Club grew rapidly, reaching 100,000 members by 2006 and 400,000 by 2008. However, its growth slowed due to criticism over its legal

1 **stranger** | nieznajomy, obcy
increasingly | coraz bardziej, w coraz większym stopniu
dual | podwójny
quest for sth | pogoń za czymś, dążenie do czegoś, poszukiwanie czegoś
affordability | przystępność cenowa
to get more accustomed to sth | coraz bardziej przyzwyczajać się do czegoś, oswajać się z czymś
unfamiliar | nieznajomy, obcy, nieznany
indeed | w rzeczy samej
to embark on sth | wyruszyć w coś
to facilitate sth | ułatwiać, umożliwiać coś
immersive | angażujący, pochłaniający, zapewniający pełne zanurzenie w dane doświadczenie
distant | *tu:* z daleka
wanderer | wędrowiec, tułacz
ancient | starożytny, prastary
roots | korzenie, źródła

exemplified by sth | uwidoczniony przez coś, którego przykładem jest coś
overseen by sb | nadzorowany, sprawowany przez kogoś
sacred | święty, uświęcony
duty | obowiązek, powinność
to ensure sth | zapewnić, zagwarantować coś
generosity | hojność, szczodrość
to emphasise sth | podkreślać coś, kłaść nacisk na coś
reciprocal | wzajemny, obopólny
binding | wiążący, zobowiązujący
2 **conscientious** | sumienny, skrupulatny
objector | odmawiający, sprzeciwiający się
to found sth | założyć coś
to aim to do sth | dążyć do zrobienia czegoś, mieć na celu zrobienie czegoś
to bridge cultural divides | budować pomosty między kulturami, łączyć kultury
to encourage sb to do sth | zachęcać kogoś do zrobienia czegoś
host details | dane gospodarza, szczegóły dotyczące gospodarza

identity | tożsamość
stay | pobyt
to amplify sth | wzmacniać, potęgować, nagłaśniać coś
to launch sth | wprowadzać coś na rynek, uruchamiać, rozpoczynać coś
to allow sb to do sth | pozwalać komuś coś zrobić, umożliwiać komuś zrobienie czegoś
to search a host database | przeszukiwać bazę danych gospodarzy
to arrange stays via email | organizować pobyty za pośrednictwem poczty elektronicznej
robust | solidny (np. o systemie)
enhanced | ulepszony
security features | funkcje bezpieczeństwa, zabezpieczenia
however | jednakże, niemniej jednak
growth | wzrost
to slow | zwalniać, spowalniać
due to sth | z powodu czegoś, na skutek czegoś

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status and management, leading to a long decline into unusability.

BeWelcome, established in 2007 by former Hospitality Club members, is a non-profit, open-source HospEx service focused on real social connections. Managed by BeVolunteer, a French non-profit, and run by volunteers, BeWelcome emphasises transparency, democracy and privacy. Its 200,000+ members can host, stay, provide local information, or meet up for coffee without any expectation of reciprocity.

La Lingvo Internacia

Ĉu vi parolas Esperanton? (Or, in English, do you speak Esperanto)? You'll need to if you want to use Pasporta Servo, an exchange aimed exclusively at speakers of Esperanto, the constructed language created by L. L. Zamenhof, a Polish-Jewish ophthalmologist, in 1887. Zamenhof designed Esperanto to be an easy-to-learn, politically neutral language that could foster international communication and understanding, and today it's spoken as a second language by around 2 mln people.

In 1966, Argentine Rubén Feldman González founded Pasporta Servo, which was initially available via a printed directory and was designed to propagate the language of Esperanto, and offer speakers real opportunities to practise speaking it in combination with authentic travel experiences. The service transitioned online in 2008, and continues to this day despite challenges from social media platforms and online language learning applications.

Commercialisation

Couchsurfing, founded in 2004 by Casey Fenton, is a major player in the hospitality exchange space. Initially a non-profit 'gift economy' site where hosts did not charge for lodging, Couchsurfing emphasised altruism and quickly gained popularity. The term 'to couchsurf' even entered popular use and some dictionaries, much like how 'Google' has become a byword for 'online search.'

In 2011, Couchsurfing transitioned to a for-profit model, causing significant dissatisfaction among members when it accepted USD 7.6 mln in venture capital funding. The controversy deepened when Couchsurfing raised a further USD 15 mln a year later, and introduced paid verification and advertisements. The new business-focused administration clashed with the original vision, leading to founder Casey Fenton's departure in 2015.

3 **to lead to sth** | prowadzić do czegoś, skutkować czymś
decline into sth | spadek/degradacja do czegoś, staczanie się w coś
unusability | nieużyteczność, niezdatność do użytku
former | były, poprzedni
run by sb | prowadzony przez kogoś
volunteer | wolontariusz
without any expectation of reciprocity | nie oczekując niczego w zamian
4 **Polish-Jewish** | polsko-żydowski
ophthalmologist | okulista
to foster sth | wspierać, pielęgnować coś
initially | początkowo
printed directory | drukowany katalog
in combination with sth | w połączeniu z czymś
to transition online | przejść do internetu, przenieść się do sieci
despite sth | po/mimo czegoś
5 **major** | główny, duży, poważny
to charge for sth | pobierać opłatę za coś
lodging | zakwaterowanie
to gain popularity | zdobywać, zyskiwać popularność
to become a byword for sth | stawać się synonimem czegoś
to cause sth | powodować, wywoływać coś
venture capital funding | finansowanie typu venture capital, finansowanie kapitałem wysokiego ryzyka
to deepen sth | pogłębiać, nasilać coś
to raise sth | *tu:* zbierać coś (np. fundusze)
further | *tu:* kolejne
advertisement | reklama, ogłoszenie
to clash with sth | kolidować z czymś
departure | odejście

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Explicitly commercial entities have capitalised on the free-spirited nature of hospitality exchange and turned it into a profitable business model. Most notably, Airbnb, founded in 2008, allows users to rent out their homes or rooms for a fee and has become a major competitor in the hospitality industry. Vrbo, another significant player, offers vacation rentals and is part of the Expedia Group. These platforms have significantly impacted traditional hospitality businesses and led to calls for greater regulation due to their effects on housing markets in tourist towns and local economies.

Safety Concerns and Tips

While hospitality exchange services offer unique and enriching travel experiences, they also come with inherent safety risks. Inviting strangers into one's home or staying in theirs can certainly open you up to uncomfortable, or even dangerous situations. There have been reports of hosts making inappropriate advances, placing hidden cameras in intimate spaces, or even threatening and carrying out physical violence.

To address these safety concerns, many HospEx platforms have implemented various measures to enhance user security. Couchsurfing's previously mentioned verification system where users can pay a fee to verify their identity, added a layer of accountability, and BeWelcome has dedicated safety teams that investigate complaints and can ban members who display unsafe behaviour.

Ultimately, you should be aware that you are responsible for your own safety when using these services. To best ensure your well-being, follow these steps:

- First, always read any reviews left by previous guests or hosts to gauge trustworthiness.
- Second, trust your instincts; if something feels off, it's better to cancel a stay or leave early than to remain in an uncomfortable or unsafe situation.
- Third, have a backup plan, such as a nearby hostel or hotel, in case the situation with your host does not work out.
- Finally, let a friend or family member know where you are staying, share the host's contact information and address, and regularly check in with them to update your status.

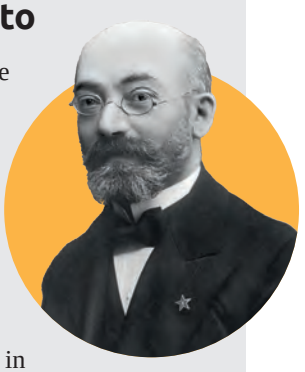
By following these tips and making full use of any safety features provided by your chosen platform, you can experience a rich, highly personal and highly local adventure. Wander in the footsteps of ancient Roman travellers and their hosts, wherever you go, to truly live by the mantra: when in Rome, do as the Romans do!

6 **explicitly |** wyraźnie
entity | jednostka, podmiot
free-spirited | o wolnym duchu, nieskrępowany, niezależny
to turn sth into sth | przekształcić coś w coś
most notably | zwłaszcza, w szczególności, przede wszystkim
fee | opłata
competitor | konkurent, rywal
to impact sth | wpływać, oddziaływać na coś
housing market | rynek mieszkaniowy
safety concerns | obawy dotyczące bezpieczeństwa, kwestie bezpieczeństwa
enriching | wzbogacający, ubogacający
inherent | nieodłączny
to make inappropriate advances | składać nieodpowiednie propozycje, narzucać się
hidden | ukryty, schowany
to threaten sb | grozić, zagrażać komuś
to carry out physical violence | dopuścić się przemocy fizycznej, stosować przemoc fizyczną

7 **to address sth |** zająć się czymś, rozwiązywać coś (problem)
to implement sth | wdrażać coś, wprowadzać coś w życie
measures | środki (np. bezpieczeństwa)
previously mentioned | wcześniej wspomniany, uprzednio wymieniony
layer of accountability | dodatkowy mechanizm dotyczący odpowiedzialności
complaint | skarga, zażalenie
to ban sb | wykluczyć kogoś
to display sth | *tu:* prezentować, wykazywać coś
ultimately | ostatecznie, w końcu
aware | świadomy
to gauge sth | ocenić coś (np. czyjąś wiarygodność)
trustworthiness | wiarygodność
to feel off | czuć się dziwnie/nieswojo, mieć złe przeczucia, czuć, że coś jest nie tak
to cancel sth | odwołać, anulować coś
backup plan | plan awaryjny, plan zapasowy
to work out | udać się, powieść się, zadziałać
to update one's status | aktualizować swój status

8 **provided by sth |** dostarczony, zapewniony przez coś
to wander in the footsteps of sb | wędrować śladami kogoś, iść w czyjeś ślady
when in Rome, do as the Romans do | Kiedy wejdziesz między wrony, musisz krakać jak i one. (*dosł.* : Kiedy jesteś w Rzymie, rób jak Rzymianie.)

Esperanto



Esperanto, the international auxiliary language created by L. L. Zamenhof, a Polish-Jewish ophthalmologist, in 1887, was designed to be an easy-to-learn, apolitical language that helps connect people. It was intended to serve as a universal second language, not to replace native languages but to act as a bridge between different linguistic communities. It features a straightforward grammatical structure, including 16 basic rules, and a vocabulary that can be expanded through the use of prefixes and suffixes.
Here are some words you need to know:

- Saluton – Hello
- Jes – Yes
- Ne – No
- Dankon – Thank You
- Bonvolu – Please

auxiliary language | język pomocniczy
to replace sth | zastąpić coś
community | społeczność, wspólnota
to feature sth | charakteryzować się czymś
straightforward | prosty, nieskomplikowany
to be expanded through sth | być rozwijanym/poszerzanym przez coś, być rozbudowywanym za pomocą czegoś
prefixes | przedrostki
suffixes | przyrostki

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Foreign Affairs Department (Dział Zagraniczny) – Maciej Okraszewski tells us what it's all about



by Hanna Danielczak-Ziadi, with thanks to Adam, who inspired this interview.

In this edition of *English Matters*, we present journalist Maciej Okraszewski, the creator of the Foreign Affairs Department (dzialzagraniczny.pl) – a place where you can learn about everything that isn't mentioned in mainstream media. Information from the Foreign Affairs Department is usually available in several formats – podcast, video, and article. Thanks to the Foreign Affairs Department, you can find out, for example, why Germans are arguing about heating, how family returns are changing Thailand, how the "owner" of Georgia is paralysing it with massive trees, why thousands of sighthounds are abandoned in Spain, and who rules the seas and oceans. Let's get started!

mentioned | wspomniany
available | dostępny
to find out | dowiedzieć się
to argue about sth | kłócić się, spierać się o coś
heating | ogrzewanie
owner | właściciel
Georgia | Gruzja
sighthound | chart
to rule sth | rządzić czymś

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Hello. I'm delighted that you could find the time for this interview.

Hello! No problem at all.

I learned about the Foreign Affairs Department from my 17-year-old son, and I must say I was impressed that he was the one to tell me about it, as well as discovering the existence of a source of information containing such original and inspiring content. Could you tell our readers a bit about yourself?

Sure. First of all, I still see myself as a simple guy from Łódź. Łódź is the most important city in my life in every way, also because it was the centre of my life for the first dozen or so years. I spent a lot of my childhood alone, as I'm an only child, and my parents worked very hard. My father would get up at 5 am, go to work, stop at a newsstand, buy Gazeta Wyborcza, come back with bread rolls and the newspaper, and when I woke up in the morning before school to make my breakfast, I would immediately open that Gazeta Wyborcza to the World section and read what Wojciech Jagielski was writing about Afghanistan, Chechnya, or the Democratic Republic of Congo. So, when the time came later to think about what to do after high school, I knew I wanted to leave Łódź, which was also a place that most of us were trying to escape from at that time. I think that well over half of the people from my year in high school left the city, and later the country too, because it was 2003, a year before Poland joined the EU. I knew I just wanted to see the world, and I wanted to tell stories from that world to other ordinary guys from Łódź, like me, who are also sitting in their kitchens, eating bread rolls, and reading about what's happening in Congo, for example.

Were your parents involved in travel or teaching in any way?

No, my parents weren't involved in those fields. They are doctors. They never travelled very much, but when they did, it was to visit our family in Brazil.

Given that our main mission is teaching foreign languages, I would like to ask how many languages you speak and how you assess their usefulness in accessing accurate information. Would it be possible at all to run a foreign affairs section, for example, knowing only Polish?

No. Even knowing only English, in my opinion, it wouldn't be possible. I'm proficient in English because my parents sent me to English classes. They really wanted me to know a foreign language. That was still during the PRL [Polish People's Republic]. So I've been speaking English since I was young. Later, in elementary school, my mother also decided that it would be good for me to learn German, because it's a language worth knowing. I used to speak German fluently, but I stopped using it after high school.

Of course, I also speak Spanish, and it's my favourite language.

Why is it your favourite language? When I use Spanish, my mood automatically improves. I've also heard that when you know several foreign languages, you acquire mentalities associated with those languages. They coexist within us. How is it for you?

When we use or speak other languages, our personality changes, and I think that my Spanish personality is simply my best personality.

Beautiful words for those who are learning Spanish.

Yes, it's my favourite language, only I speak Spanish in a strange way because I didn't really learn it formally, like I did English and German. I actually taught myself Spanish on the spot – a bit in Spain, a bit in South America.

That's probably the best way, right?

Yes, although in my case it means I mix different dialects. I can use Andalusian, Rioplatense, or sometimes I slip into "seseo"* in a single sentence. Andalusians say a lot of "s" instead of "c," for example, "muszaszo," "muszo"** instead of "muchacho," "mucho."

So instead of "c," they say "s," right?

It depends on which ones. You know, eastern Andalusia, western Andalusia, they're not the same, and there are also urban dialects, and so on. But I actually do that too, both because of that and because I have this really strong Rioplatense accent from Buenos Aires at times, so sometimes my brain automatically switches a word to a Portuguese word from Brazil, because, for example, I have problems with Portuguese from Portugal, although I also speak it.

Portuguese is very similar to Spanish. More similar than Italian, right?

Oh, definitely.

Do you also speak Swahili?

I used to, but only in the present tense. I spent a few months in Tanzania. In Tanzania, everyone communicates in Swahili due to free and universal public education, which is quite unusual for a Sub-Saharan African country. All primary education is conducted in this language, which served as a unifying factor for the nation, as there are over 150 different ethnic groups there.

When I arrived there and lived in the countryside, I had to learn a bit of Swahili. And since it's a language that was created as a mixture of various other languages, primarily for trade, it's incredibly simple. Like an East African Esperanto. After a few months, it allowed me to explore Zanzibar for free – everyone was shocked that I could communicate fairly fluently.

How did you come to focus on Afro-Latinos and the Iberian Peninsula?

1 **containing sth |** zawierający coś
content | zawartość
first of all | po pierwsze
newsstand | kiosk
to join sth | dołączyć do czegoś
ordinary | zwyczajny
involved in sth | zaangażowany w coś
2 **given that |** zważywszy, że
to assess sth | ocenić coś
to run a foreign affairs section | prowadzić dział zagraniczny
worth sth | wart/y czegoś
fluently | biegle
to improve | polepszać się
to acquire sth | nabyć coś
on the spot | na miejscu
3 **although |** chociaż
to mix sth | mieszać coś
to slip into sth | *tu:* przerzucać się na coś
instead of sth | zamiast czegoś
to depend on sth | zależeć od czegoś
urban | miejski
to switch sth into sth | przerzucać coś na coś
definitely | zdecydowanie
due to sth | z powodu czegoś
primary education | podstawowa edukacja
conducted | prowadzony
in the countryside | na wsi
primarily | głównie, przede wszystkim
to allow sb to do sth | pozwolić komuś na z/robienie czegoś

1 2 3

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At first, I wanted to focus on Sub-Saharan Africa. That interested me more. My trip to Tanzania was my first big, independent trip. And that's when I realised that even with the language, I still felt like an outsider. I had a great ability to fit into different environments, and I still do, but despite that openness, I still felt like I didn't belong there. And there were a few situations that made me realise I would never truly be from there. Just my skin colour shows that I don't belong. And I could surprise someone by knowing the language, by knowing a local rapper, for example. But even so, it won't be a hundred percent like being one of the guys. And in my journalism, I wanted to convey to my readers, my potential readers out there, intimate information about the place where I am. I didn't want to write about politics, I wanted to tell stories about what people are going through. In Sub-Saharan Africa, there are so many languages and dialects, people spend years studying these languages and still don't fully master them. So at that stage, I decided it didn't make sense.

How did you deal with rejections when submitting your articles to various editorial offices, where you often heard, "Polish readers aren't interested in this"?

I continued working on things that didn't satisfy me, but every time I managed to tell a story about something that I thought was interesting, it actually gave me satisfaction. In the media, as a regular contributor, I persevered for many years, of course also doing various things on the side, because I couldn't survive financially. I was a copywriter in an advertising agency and did a few other things along the way, and in the afternoons I wrote my own texts – about what really interested me.

So, in short, you accepted the sad reality, the rejection, but you kept doing your own thing. And without a plan for whether it would work out or not, you just intuitively followed your own path.

Yes, I thought that if it interested me, it would probably interest some other people as well.

When did you start your blog?

In 2011.

So the podcast came a few years later, right?



Yes, the blog started in 2011 and gradually developed. I wanted to have a place where I could write something for myself. At first, I only wrote for a handful of friends. But over time, to my surprise, many people started appearing there

4 **to realise** | zdać sobie sprawę
to fit into sth | dopasowywać się do czegoś
despite sth | po/mimo czegoś
a few | kilka
to convey sth to sb | przekazywać coś komuś
to master sth | opanować coś
rejection | odmowa

to submit sth to sb | dostarczać coś komuś
contributor | *tu:* współpracownik
to persevere | wytrwać
without sth | bez czegoś
whether | czy
5 **gradually** | stopniowo
6 **handful of X** | garstka X

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– first a few dozen, then a few hundred, and towards the end even a few thousand. So after a few years, I started writing more articles than blog posts. I started the podcast in mid-2019, and in July, I published the first episode.

Was the podcast your idea?

I was burned out from commissioned journalism and writing. My partner told me then to start recording a podcast, and I kept arguing – I said that in Poland, nobody knows what a podcast is and nobody listens to podcasts. In the end, I decided okay, I'll do it for a change of pace, so I'll completely change the form of the content, while keeping the content itself, that is, my information to the world. An additional incentive for change was that I was constantly being invited to Tok FM, Polish Radio, TVN, Polsat, and so on, to comment on the events I specialise in, only that everywhere I got a maximum of about ten minutes. I was known, let's say, in the environment of people dealing with foreign affairs, because I did what I did well, so if someone else was also doing it, they knew my name and once, twice, three times I ended up in front of a microphone, it turned out that I was able to quite efficiently and quickly summarise the relevant information. I decided that I wanted to create a programme where we could sit down and talk about a topic for 40 minutes, for example, not for five. And that's how the podcast started, but it wasn't meant to be a professional job. It was supposed to be something I would do after hours, which is why I started Patreon, mainly at my partner's suggestion. I was initially against this idea, because I thought that since my work is pro bono, I can't be paid for it. But on the other hand, you have to live from something, right? I was still looking for work. I still held on to the idea that I was going to work in a corporation, and after hours, in the afternoons, make the programme for myself.

You didn't consider it as a source of income at all?

No, not at all, there was no such idea. However, what happened was that I uploaded this podcast, which almost no one listened to at the beginning because no one listened to podcasts. So, when I published the first episode, I think about 100 people listened to it in the first week. When I published, say, the second, third, it was already about 200-300, but it was still a relatively small number. Then I also started on Patronite – when the first payments appeared, I was surprised.

The situation changed during the pandemic, suddenly the number of orders for all the things I was doing dropped. Everything was focused on the coronavirus, I could write about the coronavirus, but it could also be done with agency materials, so I was no longer so needed. Secondly, the rates in the media were also lowered. For example, at Gazeta Wyborcza, I suddenly received only a quarter of my salary. That's a big reduction. And at the same time, it was also the time when Spotify started literally forcing podcasts on users in Poland. Many people only then found out that something like a podcast even exists.

So a corporate job was definitely not for you.

Exactly. I figured, if that's the case, I'll go all in on it, and a few years later, thanks to that, I'm still the only person doing it full-time, but I actually collaborate with seven different people on a contract basis.

Listening to your interview with Maciej Orłoś, I came across an interesting part where you mentioned dividing your financial income into different categories. You mentioned that one-third of the income goes towards living expenses, one-third goes to collaborators, and one-third is a savings fund – I thought then about travel – how did you get funds for that?

Travel was a big problem at every stage, and paradoxically, it still is now, only for completely different reasons. At the beginning, I could count on the support of my parents. Additionally, I worked – when I came to Warsaw, I quickly found a job and earned about 2,500 zloty a month, sometimes more, sometimes less, but on average I earned that 2,500, and that was 20 years ago, and 2,500 zloty for me was really a lot of money back then, which I mostly didn't spend because I have a rather frugal lifestyle. I wouldn't say minimalist, but, for example – I'm talking to you wearing pants that I've had for about 5 years, a T-shirt that's probably 10 years old, and on the chair hangs a sweatshirt that I've also had for about 10 years. I don't have big consumer needs, I only spent on things that I really needed.

So that's how you got money for travel?

Yes, but also an important element of those trips was that they were absolutely low-cost, I would just go somewhere, quickly meet someone, stay with those people, we would share food, I always ate very little, I just adapted flexibly to the situation. Someone had a piece of floor and I slept on that floor, but it's also important to note that it's completely different when you're 25 years old and completely different when you're 40, like I am now. I agree that around 40 you feel travel differently.

Do you still travel or is it no longer necessary now?

7 **dozen** | tuzin
burned out | wypalony
commissioned | na zlecenie
for a change of pace | dla odmiany
incentive | bodziec
to turn out that | okazać się, że
initially | początkowo
on the other hand | z drugiej strony
to look for sth | szukać czegoś

8 **source of income** | źródło dochodów
to upload sth | przesłać coś na stronę
payment | *tu:* wpłata
order | zamówienie
to drop | *tu:* odpadać
focused on sth | skupiony na czymś, skoncentrowany wokół czegoś
rates | *tu:* stawki
lowered | obniżony, obcięty
quarter | jedna czwarta
literally | dosłownie
to force sth on sb | *tu:* wmuszać coś komuś
to figure | stwierdzić
on a contract basis | na umowę zlecenie
to come across sth | natknąć się na coś
to divide sth into sth | dzielić coś na coś

9 **to count on sth** | liczyć na coś
on average | przeciętnie
to earn | zarabiać
pants | spodnie
sweatshirt | bluza
low-cost | niskokosztowy
flexibly | elastycznie

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Travel is still absolutely necessary. You have to be on the spot, talk to people, check for yourself how something looks and works, and so on. Nothing can replace that, no source of information. You need to have contacts, you need to travel. I'm abroad at least once a month. I just returned from Italy, I'm going to Budapest next week, next month I'll be in London, in June I'll be in Paris, and these are just the trips that are already booked.

Do you always go abroad with a specific idea in mind?

I go for specific purposes, but I divide trips into those that will yield material and those that won't, which is – and this is the problem I mentioned earlier – if I'm going to do a report, I have to be prepared for it and I have to have time allocated for it, now, in addition, I never travel alone anymore, I always travel with an operator who records video, because the report is created in three versions: in written form, in audio form and in video form.

You've lived in different countries – which place do you think is the best place to live?

Finland, Denmark, generally these Nordic countries with very developed systems of social care. However, the question arises whether we would really want to live there and whether these people are happy.

Empirical experience shows that Spaniards are much happier, even though objectively speaking it is not the best country to live in, because it has a multitude of different structural problems, starting with unemployment, social inequality, and so on, and of course corruption, which can even lead to something like the resignation of the king. On the one hand, we have objective factors, and on the other hand, a completely subjective, individual approach.

And personally, where was it best for you?

In Spain, without a doubt. I hope to return there permanently someday.

The world is obsessed with AI, chatGPT, and so on. Do these tools help you in creating your foreign affairs section? And in general, do you rely on them?

No, not at all, these tools don't help me from a substantive point of view. From a substantive point of view, I actually discourage everyone from using AI, because it's a tool that can't be trusted in that regard. However, in my work, these tools greatly improve the speed of translations. Because, as we discussed about languages earlier, I know several languages and I use them on an ongoing basis, on my own, but I also draw a lot of information from parts of the world where my dominant languages are not popular. Previously, I used Google Translator, which was very imperfect. ChatGPT is better in that regard.

Is there anything else you would like to tell our readers?

One thing I would like to convey is that, in my opinion we are on the verge of a great revolution in artificial intelligence, especially with regard to language systems – the way we communicate with people speaking other languages is literally going to be transformed. For example, there are already smartphones on the market where I can speak Polish and the smartphone repeats what I said, for example, in Kyrgyz. And it's a very good translation – I checked based on other language versions. I don't know if this is already in Poland, but they definitely have it in the UK, because I saw it just recently when I was there.

You can trust this device, but despite that, I strongly recommend everyone to learn a foreign language on their own, because translating the message literally is one thing – and this will certainly improve our communication to an absurdly good degree – but the machine will never translate the context. It will never translate a conceptual joke or subtext. And this can only be learned and understood by knowing a language very well. I'm not talking about language perfection, but about knowing certain tricks. For example, when I go to Andalusia, it's enough for me to say "no ni ná***" and every Andalusian knows what I mean, that you can talk to me differently. A machine will never translate that.

Thank you very much for your time. I wish you many successes. All the best. Until next time.

Greetings. Greetings to your son as well. Thank you very much.

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* seseo – seseo is a phonetic phenomenon occurring in the Spanish language, which consists of pronouncing the letters "c" (before the letters "e' and "i") and "z" as the letter "s". In other words, people who use seseo do not distinguish between the sounds of these letters and always pronounce them as "s".

** "muszaszo, muszo" is the phonetic transcription of the words "muchacho" (boy) and "mucho" (much) in a variety of Spanish that exhibits the phenomenon of seseo.

*** „no ni ná" – this is said only in Andalusia, commonly. It seems like a triple negation, but in reality, it is a lively affirmation of something. For example, person A says: "Did that really happen?", person B replies: "No ni ná!" and in practice it means: "Oh yes, definitely!"

10 **to replace sth |** zastąpić coś
abroad | za granicą
at least | przynajmniej
booked | zarezerwowany
to yield sth | dostarczać czegoś, skutkować czymś
social care | opieka społeczna
however | jednak/że
to arise | *tu:* nasuwać się
Spaniard | Hiszpan
unemployment | bezrobocie

on the one hand | z jednej strony
objective | obiektywny
approach | podejście
11 **without a doubt |** bez wątpienia
to rely on sth | polegać na czymś
not at all | wcale nie, w ogóle nie
from a substantive point of view | z merytorycznego punktu widzenia
to discourage sb | zniechęcać kogoś, odradzać komuś

in that regard | pod tym względem
on an ongoing basis | na bieżąco
to draw sth | *tu:* uzyskiwać coś
previously | wcześniej, uprzednio
to be on the verge of sth | być bliskim czegoś
device | urządzenie
12 **certainly |** na pewno
conceptual joke | żart sytuacyjny
greetings | pozdrowienia

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Dialogues – Conversations on the Go

WARTO ZAPAMIĘTAĆ!

travel insurance

ubezpieczenie podróżne

by Paul Martin from **www.go-native.pl**

There's something magical about travel. Whether you're squeezing your suitcase shut at 5 am, or watching the world blur past your train window, the journey itself is full of moments that test both your English and your patience! But with the right phrases (and a little charm), even stressful situations can become surprisingly smooth. In this edition of EM Travels, we follow a cast of travellers as they move through various real-life scenarios: at the airport, paying for parking, or seeking help in a medical emergency. We'll also catch them in some of those more spontaneous moments – meeting new people, swapping stories, or preparing for a climb. Think of it as your pocket-sized travel guide to English in motion.



POBIERZ NAGRANIA MP3

KOD DOSTĘPU: s38

LUB ODSŁUCHAJ NA STRONIE englishmatters.pl

POBIERZ CZYTNIK KODÓW: COLORFULMEDIA.PL/CZYTNIK

to squeeze one's suitcase shut at 5 am | dociskać swoją walizkę, by ją zamknąć o 5 rano
to blur | zamazywać się, rozmywać się (o kształtach, obrazie)
smooth | gładki, płynny
various | różny, rozmaity
to seek sth | szukać czegoś
to swap sth | *tu:* wymieniać się czymś
pocket-sized | kieszonkowy
in motion | w ruchu

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AIRPORT SECURITY



Security Officer: Laptop out. Liquids in a clear bag, please.
Lucy: Lucy: Yep, just a moment.
(She opens her hand luggage and quickly moves things into trays: laptop, coat, toiletries. She hesitates, then adds her umbrella.)
Security Officer: Shoes off as well, please.
Lucy: Oh, okay, sure.
(She steps out of her trainers and places them in a separate tray. The line behind her shuffles forward. She walks through the scanner – no beep.)
Security Officer: Thank you. Just wait over there while we check your tray.
(Lucy watches as her belongings reach the end of the belt. One tray is pulled aside.)
Second Officer: Is this yours?
Lucy: Yes.
Second Officer: There is an object we need to take a quick look at. Do you mind?
Lucy: Oh, really. OK. Not at all.
(The officer carefully opens the front pocket of her bag and removes a small travel hair straightener.)
Second Officer: This is what flagged it. It's fine, just needed to be sure.
Lucy: I should've taken it out.
Second Officer: No problem.
(He gestures to a nearby table.)
Second Officer: I also need to swab your shoes.
Lucy: Of course.
(He swabs both shoes with a small cloth and feeds the swab into a handheld scanner. A few seconds pass. Nothing unusual.)
Second Officer: All good. You're free to go.
Lucy: Thanks.
(Lucy starts gathering her things, relieved to be moving on.)

hand luggage | bagaż podręczny
trays | pojemniki, tacki (do kontroli bagażu)
toiletries | przybory toaletowe, kosmetyki
to hesitate | wahać się
to shuffle forward | posuwać się do przodu
to be pulled aside | zostać wezwanym na bok (do dodatkowej kontroli)
Do you mind? | Czy ma pan/pani coś przeciwko? / Czy to problem?
Not at all. | Absolutnie nie./W żadnym wypadku.
hair straightener | prostownica do włosów
to swab sth | pobierać wymaz z czegoś
to feed sth into sth | wkładać coś do czegoś, wsuwać coś do czegoś
to pass | mijać
to gather sth | zbierać coś
relieved | odczuwający ulgę, z ulgą

Conversation Matters

CASHLESS CAR PARK



Thomas: Excuse me – sorry to ask – but do you know how to pay here? The machine doesn't seem to be working.
Local Resident: Local Resident: Ah, yeah. That one's just for decoration now. You have to use the JustPark app.
Thomas: I thought maybe I was doing something wrong… but no. Just an app?
Local Resident: Afraid so. It used to take coins, but they switched it last year. Now it's app-only, or you can call the number on the sign.
Thomas: Hmm. We have these in Germany, too. They drive me mad. I never know if I have the right app, or the right code…
Local Resident (smiling): Same here. I miss just putting a pound in and sticking the ticket on the dash. Simple.
Thomas: Exactly! Not everything needs to be clever.
(They both glance at the sign for a moment.)
Thomas: I don't really like using apps for this sort of thing. But what can you do?
Local Resident: Yeah… not ideal. But if you don't pay, they're quick to fine you.
Thomas: That's what I've heard. I bet they take cash for that… I suppose I'll have to try the phone number.
(Pause.)
Thomas: I brought cash with me, but it's been pointless. Most places won't take it. I'm surprised.
Local Resident: Yeah, it's gone that way quickly since Covid. A lot of places around here are card-only now.
Thomas: Yeah, even at the fish and chips last night. Sign on the counter: "Contactless only."
Local Resident: Sign of the times, huh?
Thomas (smiling): Ahh, I'm on holiday. I'll try not to complain too much.
Local Resident: You're allowed a little grumble. You've earned it trying to park here.

cashless | bezgotówkowy
to seem | wydawać się
app | *pot.* aplikacja
Afraid so. | Obawiam się, że tak.
to switch sth | *tu:* zmieniać coś
to drive sb mad | doprowadzać kogoś do szału, wkurzać kogoś
to stick the ticket on the dash | kłaść bilet na desce rozdzielczej
to glance at sth | zerknąć na coś, rzucić okiem na coś
to fine sb | ukarać kogoś grzywną, nałożyć na kogoś mandat
to bet | zakładać się, obstawiać
pointless | bezcelowy, bezsensowny
at the fish and chips | w barze/lokalu z rybą i frytkami
counter | lada, kontuar (w sklepie, barze)
to complain about sth | narzekać na coś, skarżyć się na coś
You're allowed a little grumble. | Wolno ci sobie trochę ponarzekać/pomarudzić.
to earn sth | *tu:* zasługiwać na coś

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PAIN AT THE PUMP

Part 1 – At the Petrol Station, Málaga
Mike: Good morning. I think I've made a mistake. I filled the car with diesel, but it's meant to take petrol.
Cashier: Oh… did you start the engine?
Mike: No. I noticed the black nozzle and double-checked the key ring. That's when I panicked.
Cashier: Okay, that's good. If you haven't started it, it's not too serious.
Mike: It's a rental, I just picked it up this morning.
Cashier: Best to call the company. They'll have to send a mechanic or arrange a tow.
Mike: Right. Thanks for your help.

Part 2 – Calling the Rental Company
Rental Agent: Hello, Autosol Rental, how can I help you?
Mike: Hi there. I've just picked up a car from your Málaga branch this morning, and I've accidentally filled it with the wrong fuel, diesel instead of petrol. I haven't started the engine.
Rental Agent: One moment… Okay. That's considered user error, sir. It's not covered by our basic rental agreement.
Mike: Right… I understand. So what should I do now?
Rental Agent: You'll need to cover the cost of draining the tank and transporting the vehicle. We can send a technician, but there is a call-out fee *and* *service charge*.
Mike: I see. Could you give me a rough idea of the cost?
Rental Agent: Depending on location and technician availability, it's usually between 250 and 400 euros.
Mike: Wow. That's much more than I expected, but I suppose I don't have much choice.
Rental Agent: Unfortunately not, sir. Would you like me to arrange the technician?
Mike: I suppose so, yes, please.
Rental Agent: OK. Location please?
Mike: Erm… yes… I'm at the Repsol station just off the A-7 in east Málaga.
Rental Agent: I'll pass that on. Expect a call from the technician within 30 minutes.
Mike: OK – thanks.
Rental Agent: We'll be in touch shortly, sir.



to start the engine | uruchomić, odpalić silnik
to notice sth | zauważyć, spostrzec coś
nozzle | dysza, końcówka (np. pistoletu do tankowania)
to double-check sth | sprawdzić coś dwukrotnie, upewnić się co do czegoś
key ring | kółko na klucze, brelok
rental | wynajęty; wynajem
to pick sth up | odebrać coś
to arrange a tow | wezwać lawetę
accidentally | przypadkowo, nieumyślnie
X instead of Y | X zamiast Y
covered by sth | objęty czymś, pokryty przez coś
basic rental agreement | podstawowa umowa wy/najmu
to cover sth | pokryć coś (np. koszty), obejmować coś
the cost of draining the tank | koszt spuszczenia paliwa ze zbiornika
call-out fee | opłata za wezwanie (np. serwisu, technika)
service charge | opłata za usługę, koszt obsługi
depending on sth | w zależności od czegoś
technician availability | dostępność technika
unfortunately | niestety
I'll pass that on. | Przekażę to dalej./ Przekażę tę informację dalej.

AT A SKI RENTAL SHOP IN GSTAAD

Employee: Grüezi! Renting or returning today?
Alex: Renting. Very much so. First time on skis and I've been told I need… everything.
Employee: No problem, we'll get you sorted. Start with your shoe size?
Alex: UK 9. Also, fair warning: I've never walked in ski boots. Or looked cool in a helmet.
Employee (smiling): Neither has anyone else. That's half the fun. Try these boots – snug is good, pain is bad.
Alex (grimacing): Feels like I'm wearing bricks... with straps.



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Employee: Not unusual. Try standing up – bend your knees a bit.
Alex (wobbling): Okay. Yep. I now move like an injured goat.
Employee (laughs): That means they fit. And hey, we've all been that goat. Helmet next?
Alex: Might as well complete the look.
Employee: Style comes later – survival first.
Alex: Spoken like someone who's seen things.
Employee: Mostly people skiing into fences. Let's keep you off that list.

ski rental shop | wypożyczalnia sprzętu narciarskiego
renting | wynajmowanie, wynajęcie
to get sb sorted | przygotować kogoś
helmet | *tu:* kask
neither | *tu:* ani
snug | ciasny, dopasowany, przylegający
brick | cegła
with straps | z paskami, z zapięciami
to bend one's knees | uginać kolana, zginać kolana
injured | ranny, kontuzjowany
Let's keep you off that list. | Zróbmy wszystko, żebyś na tę listę nie trafił/a.



AT THE HOSPITAL ON HOLIDAY



Reception Nurse: Hello. How can I help you?
David: Hi. My partner's feeling really unwell. We're visiting from the UK, she's had a high fever since last night and has been sick this morning. She's in the waiting area.
Reception Nurse: I'm sorry to hear that. Do you have her ID and health insurance details?
David: Yes, I've got her passport and her GHIC card. We also have travel insurance if you need it.
Reception Nurse: That's great. The GHIC will cover any medically necessary treatment. If we need anything beyond that, for example, private care or medication, we might need to note the insurance as well.
David: Of course. Whatever's needed.
Reception Nurse: Thank you. What's her full name and date of birth?
David: Lucy Hamilton. Fourteenth of March, 1990.
Reception Nurse: Got it. Is she able to come in, or do you need help bringing her through?
David: She can walk, just slowly.
Reception Nurse: That's fine. When we call her name, you'll go through the doors on the left. A triage nurse will see her first to check her vital signs.
David: Okay. Thanks. It's a bit overwhelming.
Reception Nurse: You did the right thing. And don't worry, most of our team speaks English, and we treat international visitors regularly.
David: That's a relief. Thank you.
Reception Nurse: You're welcome. We'll call her shortly. If you have any questions while you wait, just come back to the desk.

fever | gorączka
ID | dowód tożsamości, dokument tożsamości
health insurance details | szczegóły ubezpieczenia zdrowotnego
GHIC card | karta GHIC (Global Health Insurance Card, odpowiednik Europejskiej Karty Ubezpieczenia Zdrowotnego EKUZ w Wielkiej Brytanii)
travel insurance | ubezpieczenie podróżne
treatment | leczenie, opieka medyczna
private care | opieka prywatna
medication | leki, medykamenty
triage nurse | pielęgniarka/pielęgniarz przydzielająca/y pacjentów do odpowiednich stref w zależności od stanu
to check one's vital signs | sprawdzić czyjeś parametry życiowe (np. tętno, ciśnienie, temperaturę)
overwhelming | przytłaczający
relief | ulga

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AT A BEACH HOTEL IN THE ALGARVE, PORTUGAL

Anna: Hi – are these seats taken?
James: Not at all. Please, help yourselves.
Ben: Thanks. We've just come up from the beach for a bit of shade. The kids needed a break.
Fern: Ours, too. They've been in and out of the water all morning.
(Anna and Ben sit. There's a short pause as they all glance toward the beach.)
James: Is that your little one in the yellow sunhat?
Anna: Yes – that's Isla. And Leo's the one with the green spade.
Fern: I think they've found our two. That's Max with the football, and Clara's the one burying her sandals again.
Ben: Looks like they've already teamed up.
(They all smile as the children laugh in the distance.)
James: Are you here for long?
Anna: Ten days. We arrived on Monday. You?
Fern: Just a week for us. Got in on Sunday.



Ben: Where are you staying?
James: We're at the Praia Verde apartments – near the old bakery on the corner.
Anna: Oh, no way. We're just up the road from there – past the bike shop.
(A waiter brings over drinks. Everyone takes a moment to settle.)
Anna: First time in Portugal?
James: Yeah, we've always done Spain, but fancied a change this year.
Fern: It's been lovely so far.
Ben: Same for us. Nice and easy for the kids.
Anna: And good to just slow down a bit.
(A short pause. Everyone watches the children playing.)
James: We're heading into town tomorrow morning – just to walk around, maybe get a coffee.
Ben: That sounds good.
Anna: If you fancy joining, we're around.
Fern: We'd like that.

help yourselves | częstujcie się
to glance toward sth | zerkać w stronę czegoś, rzucać okiem na coś
spade | łopatka
to bury sth | zakopywać coś
to team up | połączyć siły, stworzyć zespół
bakery | piekarnia
on the corner | na rogu, na narożniku
to settle | *tu:* uregulować (np. rachunek)
to fancy sth | mieć na coś ochotę
to head into X | iść/jechać do X
If you fancy joining, we're around. | Jeśli macie ochotę dołączyć, będziemy w pobliżu/dajcie znać.

AT A CLIMBING BASE CAMP IN NEPAL

Guide: You two ready for the climb tomorrow?
Emma: As ready as I'll ever be. I didn't sleep much, nerves, I think.
Ravi: Same here. I keep going over my gear in my head, checking I haven't forgotten anything.
Guide: That's completely normal. It's a big challenge, but you're well prepared. Have either of you experienced altitude sickness before?
Emma: Not really. I've done some hikes, but nothing this high.
Ravi: I've trained, but this is different. The mountains here feel… serious.
Guide: They are. Just remember to listen to your body. Go slow, stay hydrated, and communicate with your group.



Emma: Honestly, I've never felt more out of my depth and more alive at the same time.
Ravi: Same. I was terrified during the final briefing, but now I just want to get going.
Guide: That feeling? It's part of the mountain. You respect it, it respects you. And don't worry, your guide team is here every step of the way.
Emma: Thank you. That really helps.
Ravi: Yeah, knowing we're not doing this alone makes a big difference.
Guide: You're not. We climb as a team.

climbing base camp | baza wspinaczkowa
gear | sprzęt, wyposażenie
altitude sickness | choroba wysokościowa, choroba górska
to do a hike | iść na wędrówkę, odbyć pieszą wycieczkę
to stay hydrated | utrzymywać nawodnienie, dbać o nawodnienie
to felt out of one's depth | czuć się zagubionym, czuć się, jakby się kogoś przerosło

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Travelling Tips

by Kamil Drożdżyk

Planning an international holiday can feel overwhelming, especially if you're new to travelling. If you're facing a trip to a faraway destination and feel a little anxious, don't worry – *English Matters* offers you practical tips to help you tackle your journey with confidence.

to feel overwhelming | czuć się przytłoczonym
to face sth | stawić czemuś czoła, zmierzyć się z czymś
faraway | odległy, daleki
anxious | niespokojny, zaniepokojony
to tackle sth with confidence | stawić czemuś czoła z pewnością siebie, zabrać się do czegoś z pewnością siebie



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FINANCES

Set a Budget

To avoid maxing out your credit card while on vacation, set a budget in advance. Plan your trip by deciding how much you're willing to spend each day. If you're not relying on an all-inclusive package, do some research. For example, check the menus of local restaurants online to estimate your daily costs for breakfast, lunch and dinner. Don't forget to look up the prices of tourist attractions near your accommodation as well. In fact, pre-booking tickets to popular landmarks can save you time, stress and unexpected expenses once you arrive.

to avoid sth | unikać czegoś
to set a budget in advance | ustalić budżet z wyprzedzeniem
to spend | *tu:* wydawać pieniądze
to rely on sth | polegać na czymś
all-inclusive package | pakiet all-inclusive, pakiet wszystko w cenie
to look sth up | sprawdzić coś
accommodation | zakwaterowanie



Chargeback

If you pay with a credit or debit card and are dissatisfied with a service or product, you may be able to use the chargeback function. This also applies to holiday packages. For instance, if your hotel turns out to be nothing like what was advertised on the tour operator's website, you have the right to dispute the payment. Contact your bank, explain the situation, and the bank will get in touch with the tour operator to try to resolve the issue. Depending on the circumstances, you may receive a full or partial refund through chargeback.
Chargeback is also useful if your holiday gets cancelled. Rather than waiting for the tour operator to refund your money, you may be able to get it back more quickly by asking your bank for a chargeback.

to pre-book sth | zarezerwować coś z wyprzedzeniem
landmark | charakterystyczny punkt; zabytek
expenses | wydatki, koszty
chargeback | zwrot środków na kartę płatniczą zainicjowany przez bank wydający kartę na prośbę klienta
to apply to sth | dotyczyć czegoś, mieć zastosowanie do czegoś

to turn out | okazać się
advertised | reklamowany
to get in touch with sb/sth | skontaktować się z kimś/czymś
to resolve sth | rozwiązać coś
depending on sth | w zależności od czegoś
circumstances | okoliczności
partial | częściowy
refund | zwrot pieniędzy

SAFETY

Tips

Safety Tips

Tourist-oriented places tend to be good hunting grounds for muggers, pickpockets and phone-snatchers. To avoid becoming a victim, don't make yourself an easy target. Keep your personal belongings (such as money, ID, phone) in a safe place, like a zipped pocket or a crossbody bag. Stay aware of your surroundings, and avoid taking too many selfies in crowded areas. The longer your phone is out, the higher the risk of a thief snatching it from your hands and disappearing into the crowd. If you're travelling to a place with a reputation for being unsafe, avoid going out alone after dark. If necessary, carry pepper spray, a taser (but only if it's legal in your destination), or another form of self-defence.
Additionally, there are often country-specific safety tips worth researching before you travel. It's always wise to gather information tailored to the place you're visiting.
Polish travellers may also want to register with the Odyseusz programme, which allows the Ministry of Foreign Affairs (MSZ) to contact them in case of emergencies.



mugger | bandyta, rabuś (napastnik uliczny)
pickpocket | kieszonkowiec
phone-snatcher | złodziej telefonów
victim | ofiara
personal belongings | rzeczy osobiste
ID | dowód tożsamości, legitymacja
zipped pocket | kieszeń zapinana na zamek
crossbody bag | torba noszona przez ramię (na skos)

to stay aware of sth | być świadomym czegoś, uważać na coś
crowded | zatłoczony
to snatch sth from one's hands | wyrwać coś komuś z rąk
to disappear into the crowd | zniknąć w tłumie
to go out alone | wychodzić samemu
pepper spray | gaz pieprzowy
taser | paralizator

self-defence | samoobrona
worth sth | warty czegoś
to research sth | badać coś, wyszukiwać informacje na temat czegoś
to gather sth | zbierać, gromadzić coś
tailored to sth | dopasowany do czegoś, skrojony na miarę czegoś
to allow sb to do sth | pozwolić komuś coś zrobić
emergency | nagły wypadek, sytuacja awaryjna

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HEALTH

Insurance

It's generally unwise to travel abroad without insurance. Most tour operators offer comprehensive insurance packages alongside holiday deals. Sometimes, you can purchase additional coverage to include incidents involving alcohol, theft or lost items.

Travel insurance is particularly important if you're travelling outside the European Union. For Polish travellers, the costs of transportation, medical care, and hospitalisation in non-EU countries can easily run into tens of thousands of zloty without insurance. If you're travelling within the EU, the situation is less dire – especially if you apply for the European Health Insurance Card (EHIC, Polish: EKUZ – Europejska Karta Ubezpieczenia Zdrowotnego). This card entitles you to access medically essential, state-provided healthcare during your stay in any of the 27 EU countries, as well as in Iceland, Liechtenstein, Norway, Switzerland and the United Kingdom, under the same conditions and costs as residents.

However, the European Commission stresses that EHIC is not a substitute for travel insurance. You could still face expenses in case of an accident or emergency, so having separate travel insurance remains important.

insurance | ubezpieczenie
to travel abroad | podróżować za granicę
without X | bez X
comprehensive | kompleksowy, pełny
to purchase sth | za/kupić coś
coverage | zakres ubezpieczenia, ochrona ubezpieczeniowa
to include sth | zawierać, obejmować coś
involving X | obejmujący, dotyczący X
theft | kradzież
medical care | opieka medyczna
to run into tens of thousands of zloty | sięgać dziesiątek tysięcy złotych, opiewać na dziesiątki tysięcy złotych
to travel within X | podróżować w obrębie X
to entitle sb to do sth | uprawniać kogoś do zrobienia czegoś
to access sth | uzyskać dostęp do czegoś, mieć dostęp do czegoś
state-provided | państwowy, zapewniany przez państwo
however | jednak/że



Food and Water

In most developed countries, tap water is safe to drink. However, in many developing countries, drinking tap water can pose health risks. In such places, it's best to avoid tap water completely and rely on bottled water instead.

Similarly, in some developing countries, it's better to avoid eating food from street vendors. These establishments often operate outside strict hygiene regulations, increasing the risk of food borne illnesses.

Vaccines

Some countries require proof of vaccination before allowing entry. For example, travellers heading to Barbados must be vaccinated against yellow fever. Before you go abroad, always check the official government website (gov.pl) for up-to-date information on required and recommended vaccines for your destination.

to stress that | podkreślać, że
separate | oddzielny
tap water | woda z kranu
to pose health risks | stanowić zagrożenie dla zdrowia, nieść ryzyko dla zdrowia
bottled water | woda butelkowana
instead | zamiast tego, w zamian
street vendor | uliczny sprzedawca
establishment | *tu:* punkt gastronomiczny
to increase sth | zwiększać coś
foodborne illness | choroba przenoszona drogą pokarmową, zatrucie pokarmowe
vaccine | szczepionka
to require proof of sth | wymagać dowodu czegoś
vaccination | szczepienie
to allow entry | zezwolić na wjazd
to head to X | udać się do X, zmierzać do X
yellow fever | żółta febra
up-to-date | aktualny

Pocket First Aid Kit

When travelling, it's wise to make room in your luggage for some basic medicines. Band-aids, antiseptic wipes, painkillers, and antidiarrheals don't take up much space but can save you the hassle of searching for a pharmacy in case of a minor health issue. If you take any chronic medication, be sure to pack enough for the entire trip.

If you're heading to a sunny destination, don't forget sun protection. Getting a nasty sunburn on the first day can ruin the rest of your holiday. Pack a high-SPF sunscreen, sunglasses, and a hat to protect yourself from too much of a dose of UV rays.

With these tips in mind, you're ready to set off on your adventure with less stress and more confidence. Remember – a little preparation goes a long way, so sort out your finances, consider your safety, get travel insurance, pack your meds, and, most importantly, have a good trip!

pocket first aid kit | podręczna apteczka
to make room for sth | zrobić miejsce na coś
band aids | plastry (na rany)
antiseptic wipes | chusteczki antyseptyczne, chusteczki odkażające
painkillers | leki przeciwbólowe
antidiarrheals | leki przeciwbiegunkowe
to take up space | zajmować miejsce
hassle | kłopot, fatyga, zmartwienie
to search for sth | szukać czegoś
minor health issue | drobny problem zdrowotny
entire | cały
sun protection | ochrona przeciwsłoneczna
to get a nasty sunburn | doznać poważnego/nieprzyjemnego oparzenia słonecznego
high-SPF sunscreen | krem z filtrem o wysokim SPF
to set off on one's adventure | wyruszyć w swoją przygodę
confidence | pewność siebie
to sort sth out | *tu:* uporządkować coś
to consider sth | rozważyć coś, brać coś pod uwagę
meds | *pot.* leki, lekarstwa

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Organised Holidays or Independent Travel?

by Hanna Danielczak-Ziadi

In this issue of EM, we take a look at the topic of organised tours, package holidays, and schedules jammed with activities set for strictly defined times. Is this a good way to spend our free time, leave, or vacation, or quite the opposite? What do our respondents think?

Hmm... free time and having to get up at 7 a.m., for example? No, I'm definitely against it. After all, a time of relaxation and leisure is precisely for not looking at your watch, not being guided by times, or deadlines. The old saying sums it up, "Time flies when you're having fun," doesn't it? And if I'm on holiday, I want to be having fun.

Marika

Organised holidays? Maybe they're not such a bad idea, but I don't think I could handle two or three weeks following a set schedule. I think that when you have free time, it's nice if it's varied, and made to suit what I feel like doing on a given day – if I have the energy and mood for it, I'll happily visit many places and won't stop for a long rest. But then again, after two or three days, I might want to, say, sit on the beach or somewhere else, and just do nothing – just stare into the distance. So, thanks, but no thanks – organised holidays are not for me. I prefer travelling at my own speed.

Mark

Rushing breathlessly from point to point? From monument to monument? From one tourist attraction to another? Definitely not. I have often passed groups of hurried tourists led by guides, and I really don't like that style of sightseeing. Besides, I prefer to choose my own accommodation and eat in different places that I select on the fly while on vacation.

Wiktor

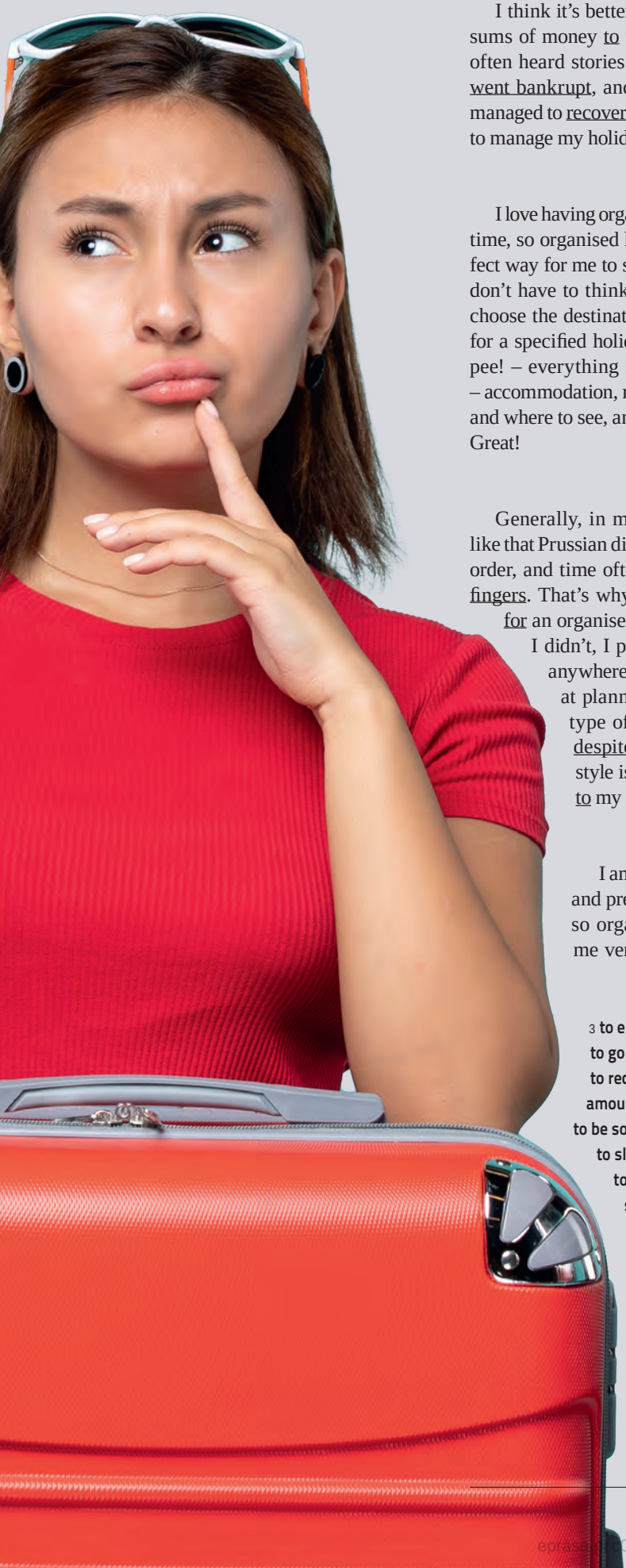


0 **package holidays |** wakacje zorganizowane
schedule | harmonogram, rozkład (zajęć), plan
jammed with sth | wypełniony czymś po brzegi, przeładowany czymś
or quite the opposite? | czy wręcz przeciwnie?, a może zupełnie na odwrót?

1 **definitely |** zdecydowanie, na pewno
after all | przecież, w końcu
saying | powiedzenie, przysłowie
Time flies when you're having fun. | Szczęśliwi czasu nie liczą. (*dosł.*: Czas leci, kiedy dobrze się bawisz.)
to handle sth | *tu:* radzić sobie z czymś, wytrzymać coś
to suit | pasować, odpowiadać, być odpowiednim (dla kogoś/czegoś)
on a given day | danego dnia

2 **to stare into the distance |** gapić się w dal, wpatrywać się w przestrzeń
at one's own speed | w swoim własnym tempie
to rush | śpieszyć się, pędzić
breathlessly | bez tchu, z zapartym tchem
hurried | w pośpiechu, zagoniony
sightseeing | zwiedzanie
besides | poza tym, oprócz tego
accommodation | zakwaterowanie, nocleg
on the fly | na bieżąco

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I think it's better not to entrust large sums of money to travel agencies. I've often heard stories about agencies that went bankrupt, and their clients never managed to recover their money. I prefer to manage my holiday budget myself.

Iza

I love having organised and structured time, so organised holidays are the perfect way for me to spend my vacation! I don't have to think about anything – I choose the destination, pay the amount for a specified holiday period, and yippee! – everything is sorted out for me – accommodation, meals, a plan of what and where to see, and when to see them! Great!

Caroline

Generally, in my daily life, I don't like that Prussian discipline and military order, and time often slips through my fingers. That's why I prefer to sign up for an organised holiday, because if I didn't, I probably wouldn't go anywhere... I'm not very good at planning, so for me, this type of holiday is spot-on, despite the fact that their style is somewhat contrary to my daily lifestyle.

Darius

I am a fan of punctuality and precise daily planning, so organised holidays suit me very well. Generally, I



deal with planning every day myself, so in the case of a vacation, I am very happy that buying such a holiday takes the obligation of doing what I do every day off my mind. And I go away with a smile on my face, relying on the travel organiser.

Nina

Organised holidays seem to me to be a quite convenient option for exploring a chosen corner of the world. Usually, the organiser knows the area well, which makes you feel safer and more secure – at least that's my optimistic assumption.

Brad

As you can see, there are as many opinions as there are people. Their views can be helpful if you are considering setting off on a trip, but, of course, the best option is to consider what suits you best, and do that regardless of what others say. Which option would you choose?

3 **to entrust sth to sth** | powierzyć coś czemuś
to go bankrupt | zbankrutować, splajtować
to recover sth | odzyskać coś (np. pieniądze, zdrowie)
amount | *tu:* kwota, suma
to be sorted out | być ogarniętym, załatwionym
to slip through one's fingers | przeciekać przez palce (o czasie, okazji)
to sign up for sth | zapisać się na coś
spot-on | trafiony w dziesiątkę, idealny, w punkt
despite sth | po/mimo czegoś
contrary to sth | sprzeczny z czymś, w przeciwieństwie do czegoś
4 **to take sth off one's mind** | zdjąć coś z głowy
to rely on sb | polegać na kimś
to seem | wydawać się
convenient | wygodny, dogodny
at least | przynajmniej
assumption | założenie, przypuszczenie
to set off on a trip | wyruszyć w podróż, udać się w drogę
regardless of sth | bez względu na coś, niezależnie od czegoś

3 4

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Travel Crossword

by Kamil Drożdżyk





ACROSS

4. a sandy area by the shore
5. a person from another country
7. a large private boat associated with luxury
9. an American word for 'holiday'
11. a personal document allowing people to travel abroad
15. a broad term for a place where you live or stay
16. reversal of a card payment after a dispute
18. a place to swim in (e.g. at a hotel)

DOWN

1. a low-cost lodging with shared rooms or dorms
2. a place in a hotel where guests check in and out
3. a big country located north of the United States
6. protection against financial loss in case of an injury, a health issue, theft, etc.
8. a country on the Iberian Peninsula, bordering France and Portugal
10. a permit to travel on a bus, train, or plane
12. a darkened shade of skin developed after exposure to sunlight
13. an organised trip visiting several places
14. a person visiting a place on holiday
17. a major mountain range spanning across central Europe

Answers: 1. hostel, 2. reception, 3. Canada, 4. beach, 5. foreigner, 6. insurance, 7. yacht, 8. Spain, 9. vacation, 10. ticket, 11. passport, 12. suntan, 13. tour, 14. tourist, 15. accommodation, 16. chargeback, 17. Alps, 18. pool

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Rack Your Brain

by Kamil Drożdżyk

1. True or False

a. Over 20 million tourists visit Canada every year.
b. Hospitality exchange services allow tourists to find free or low-cost accommodation.
c. There are more than 7,000 Greek islands.
d. The Odyseusz programme allows the Ministry of Foreign Affairs (MSZ) to contact Polish travellers in case of emergencies.
e. The Forbidden City is located in Mongolia.

Answer Key: a. true; b. true; c. false; d. true; e. false

2. Fill in the correct word. For each pair of sentences, use the same word twice.

exchange, travel, experience, host, budget

a. They ____ a lot – they've been to 90 countries.
The ____ agent said it was the best deal he could find.
b. Getting acquainted with foreign cultures is an amazing _____.
If you _____ any trouble during your stay, contact your tour representative.
c. Here, we ___ the Hair Freezing Contest.
The ___ of my Airbnb flat was kind and helpful.
d. We're looking for _____-friendly packages.
I always struggle to manage my _____ on holiday.
e. I'd like to _____ 200 Euros for Zlotys.
Hospitality _____ is often shortened to HospEx.

Answer Key: a. travel; b. experience; c. host; d. budget; e. exchange

3. Form adjectives from nouns.

a. friend
b. hospitality
c. tradition
d. eternity
e. immersion

Answer Key: a. friendly; b. hospitable; c. traditional; d. eternal; e. immersive

4. Match the words with their synonyms.

exchange, iconic, foreign, reflect, personal

a. swap
b. prominent
c. individual
d. non-native
e. mirror

Answer Key: a. exchange; b. iconic; c. personal; d. foreign; e. reflect

5. Which of these statements about Esperanto is not true?

a. Esperanto is the sixth most-spoken language in the world.
b. Esperanto was created in the 19th century.
c. Esperanto features 16 basic rules.
d. The creator of Esperanto was an ophthalmologist.

Answer: a

6. Which of these holiday destinations is known for its high-cost accommodation and diving?

a. Goa, India
b. The Maldives
c. Borovets, Bulgaria
d. Cambodia

Answer: b

7. Choose the adjectives and adverbs that best describe the climate of a desert.

a. arid, dry, scorching
b. moist, swampy, stuffy
c. lush, chilly, stormy
d. humid, muggy, harsh

Answer: a

8. What does the phrase to max out a credit card mean?

a. to earn a lot of money in a short period
b. to lose a credit card
c. to reach the limit of what one can spend
d. to own two or more credit cards

Answer: c

9. Which European country attracts the most tourists?

a. Spain
b. Italy
c. The Netherlands
d. France

Answer: d

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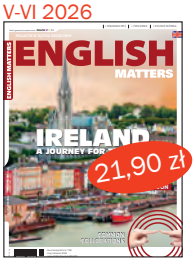
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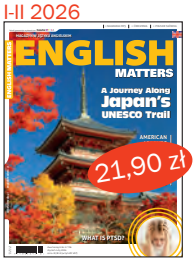
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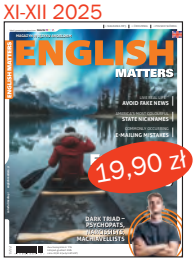
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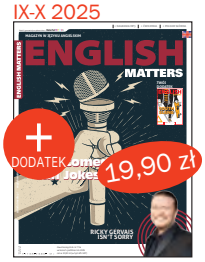
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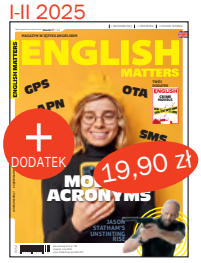
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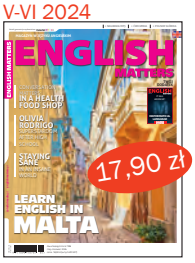

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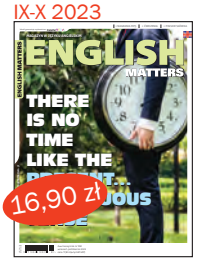

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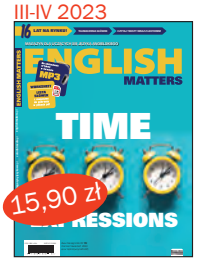

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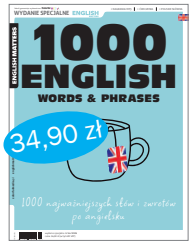
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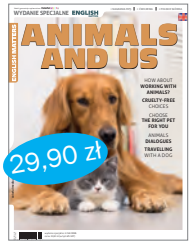

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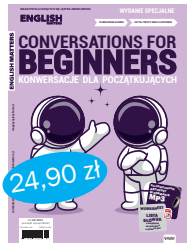


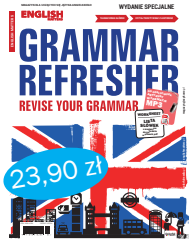


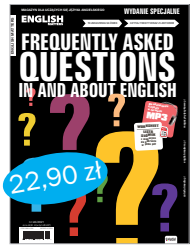
























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