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ISSN 1896-4184

dwumiesięcznik nr 120
wrzesień-październik 2026
cena: 22,90 zł (w tym 8% VAT)

eprasa.pl d035dc8088

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PEOPLE AND LIFESTYLE

This time, we are featuring a topic that is more relevant than ever: cybersecurity. In this interview, Mateusz Chrobok – an expert and trainer in online security – shares his knowledge and practical advice. We invite you to explore his insights on how to protect yourself and your loved ones online in your everyday lives.

ENGLISH MATTERS
magazyn dla uczących się języka angielskiego
dwumiesięcznik

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by Hanna Danielczak-Ziadi

HOW TO CALM YOURSELF DOWN

The pace of modern life and ongoing social changes make it difficult for many of us to find peace and balance in our everyday lives. This can result from many factors, such as insufficient or unhealthy social relationships, setting the wrong priorities in our daily activities, being constantly bombarded with upsetting and negative news, poor living and dietary conditions, past trauma and many other reasons. So, how can we calm ourselves down and unwind?

Of course, everyone is different and has different needs and possibilities, but you can try a variety of methods, such as listening to podcasts with neutral, informative or even uplifting content (examples include Dział Zagraniczny, created by Maciej Okraszewski, Emilia Mielko's Daj Sobie Spokój podcast and Kammel Czanel by Tomasz Kammel – however, you should choose content that feels best for you), taking a walk in the woods (or another natural setting, such as a field, a country road or a mountain trail), doing some exercise, for example going for a run, immersing your face in cool water for a few to several seconds (this activates the so-called diving reflex, which briefly reduces nervous system arousal), taking a short nap (if possible), stroking your pet (if you have one), or reaching for your favourite book or film whose elements (such as the characters, music or scenery) have a positive effect on you.

Of course, carefully chosen music can also have a calming and soothing effect. It is also worth remembering to enjoy a moment of silence. Depending on what your eyes need most, you can either close them for a while or look at something that has a positive effect on you, such as green plants or other natural scenery.

What else would you add to this list? Send your suggestions to redakcja@colorful-media.pl. The authors of the three most interesting responses will receive a complimentary copy of a magazine of their choice.

to calm oneself down | uspokoić się, wyciszyć się
pace | *tu:* tempo
ongoing | trwający, dziejący się
to result from sth | wynikać z czegoś
insufficient | niewystarczający
setting the wrong priorities in our daily activities | ustalanie niewłaściwych priorytetów w naszych codziennych działaniach
being constantly bombarded with sth | być nieustannie bombardowanym czymś
upsetting | przygnębiający, niepokojący, denerwujący
poor living and dietary conditions | złe warunki życia i odżywiania
to unwind | zrelaksować się, odprężyć się
variety of sth | różnorodność czegoś
uplifting | podnoszący na duchu, budujący
content | treść, zawartość
to include sth | obejmować coś
to feel best for sb | być dla kogoś najlepszym
natural setting | naturalne otoczenie (przyroda)
mountain trail | górski szlak
immersing your face in cool water | zanurzenie twarzy w chłodnej wodzie
diving reflex | odruch nurkowy, odruch nurka
briefly | na krótko
nervous system arousal | pobudzenie układu nerwowego
taking a short nap | udanie się na krótką drzemkę
stroking one's pet | głaskanie swojego zwierzaka
character | *tu:* bohater
to have a calming and soothing effect | mieć uspokajający i kojący wpływ
to enjoy a moment of silence | cieszyć się chwilą ciszy
depending on sth | w zależności od czegoś
either... or... | albo... albo...
complimentary | darmowy



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GALLUP TEST

Hi! Would you like to learn more about your strengths? If so, it's worth taking the Gallup Test (officially called CliftonStrengths). Based on your quick, intuitive responses, it identifies your natural talents, personality traits and the extent to which they are developed. The assessment, first published in 1999 and based on the principles of positive psychology, was created by American psychologist Donald O. Clifton. The full version evaluates 34 different strengths and takes approximately 35-45 minutes to complete.

When taking the test, it's important not to overthink your answers. Instead, choose the response that feels most natural to you as quickly as possible. It's also recommended to discuss your results with a certified coach, who can help you understand your profile and decide which strengths you would like to develop further and which tendencies you may want to manage or reduce.

Taking the assessment and learning how to interpret your results can make everyday life easier and may even help you choose a career that better suits your natural abilities, as the test highlights both your strengths and your weaker areas.

strength | siła, mocna strona
worth sth | wart czegoś
personality traits | cechy osobowości
assessment | *tu:* test
principle | zasada
to evaluate sth | oceniać coś
approximately | około, w przybliżeniu
not to overthink one's answers | odpowiadać instynktownie, nie myśleć za długo nad odpowiedzią
instead | zamiast (tego)
to feel most natural to sb | być komuś najbliższym
certified coach | certyfikowany coach/trener
to develop sth further | dalej coś rozwijać
tendencies | tendencje, skłonności
to suit sth | pasować do czegoś
to highlight sth | podkreślać, uwydatniać coś



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THE /d/ SOUND

We're moving on with the phonetic alphabet, and this time we're looking at the consonant /d/, or the voiced alveolar plosive. Let's dissect the name.

First of all, we learn that the consonant is voiced: to make it, you'll have to engage your vocal cords. The adjective *alveolar* refers to the fact that, when making the sound, your tongue will be positioned close to the alveolar ridge – in this case, this means it'll touch the roof of your mouth just behind the upper front teeth. Finally, we learn that the sound is a plosive (or simply a *stop*), meaning it's made by stopping the airflow in your mouth and then suddenly releasing it.

The /d/ sound can be heard anywhere in a word. It's a common opening sound (door /dɔ:/, dog /dɒg/), middle-of-the-word sound (study /ˈstʌdi/, ready /ˈredi/), as well as a closing sound (need /ni:d/, blind /blaɪnd/).

The phoneme is, conveniently, usually represented simply with the letter *d* (dash /dæʃ/, drive /draɪv/). Sometimes, however, it's written as *de* at the end of words (decide /dɪˈsaɪd/, reside /rɪˈzaɪd/).

In a few exceptions, a written *d* becomes silent. Some of the best known examples include Wednesday /ˈwɛnzdeɪ/, handkerchief /ˈhæŋkətʃɪf/, and handsome /ˈhænsəm/. In addition, certain words of foreign origin feature a silent *d*, especially when it's followed by the letter *j*. Common examples: the country Djibouti /dʒɪˈbu:ti/ and the mythical Arabic supernatural being known as a djinn /dʒɪn/ (this one, however, can simply be anglicised to *genie*).

It's worth keeping in mind that the letter *d* isn't always pronounced as /d/. In modern English, it's really common

1 voiced alveolar plosive | dźwięczna spółgłoska zwarta (wybuchowa) dziąsłowa
voiced | dźwięczny
vocal cords | struny głosowe
alveolar ridge | wał dziąsłowy (miejsce za górnymi zębami, gdzie język dotyka przy wymowie niektórych głosek)
plosive | spółgłoska zwarta/wybuchowa
to release sth | uwolnić, wypuścić coś
middle-of-the-word | środkowy, w środku słowa
2 conveniently | wygodnie, w dogodny sposób
to include sth | obejmować, zawierać coś
handkerchief | chusteczka (np. do nosa), chusteczka materiałowa
3 worth sth | wart/y czegoś



– What is Danny /ˈdæni/ doing /ˈdu:ɪŋ/?
– He read /red/ an article about an American man who found /faʊnd/ oil in his garden /ˈgɑ:dən/. So, he decided /dɪˈsaɪdɪd/ to start digging /ˈdɪgɪŋ/ in ours in case we have some, too.

to dig | kopać

1 2 3

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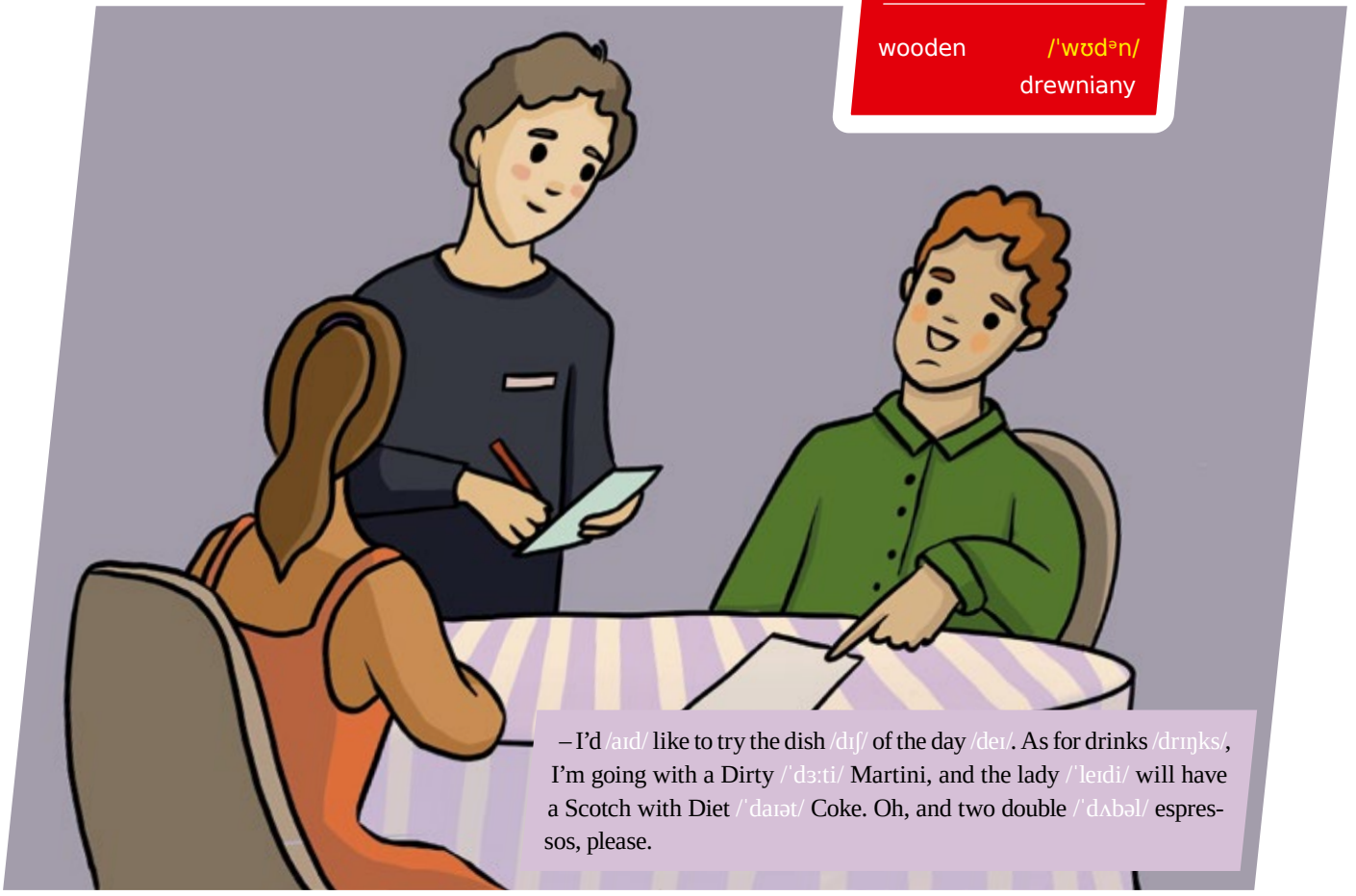
for the letter *d* followed by either *u* or *y* to get palatalised, meaning it will sound more like a /dʒ/. Let's take *education*, for example. Most native speakers will pronounce it as /ˌɛdʒʊˈkeɪʃən/, and not as /ˌɛdjʊˈkeɪʃən/ (even though it's not a mistake to do so; palatalisation to the /dʒ/ sound is simply so common nowadays that the original pronunciation is the one that has started sounding slightly 'off'). An example everybody knows: *we don't need no edjukayshun* (and not *edyookay-shun*) from Pink Floyd's *Another Brick in the Wall, Pt. 2*.

Palatalisation of /d/ is also common in connected speech. *Did you* becomes *didja*, *would you* becomes *wouldja*, and *could you* starts sounding like *couldja*. Another musical example: Elvis and his song *Didja' Ever – didja ever get one of them days when nothin' is right?*

Okay, let's get back to the standard /d/ sound and practice the pronunciation. To make the sound, raise your tongue so it touches the upper roof of your mouth, just behind the teeth. By doing so, you're creating the 'trap' for the air to stop in before rapidly releasing it. Now, all it takes is to voice out a sound, then catch the air in the aforementioned 'trap' and quickly release it. And the good news: it's the very same /d/ we've got in Polish, so your mouth already knows what to do. Just keep in mind that Poles tend to devoice the consonant to the /t/ sound, especially when it appears at the end of words (both *kot* and *kod*, for example, are pronounced /kɔt/). While the /d/ sound may get slightly devoiced in English as well, it's usually still distinguishable as /d/ – native speakers can easily tell *bat* and *bad* apart.

4 either... or... | albo... albo...
to get palatalised | ulegać palatalizacji, stawać się zmiękczonym
palatalisation | palatalizacja, zmiękczenie głoski
nowadays | obecnie
connected speech | mowa łączona
5 to raise sth | podnosić coś
to voice out sth | powiedzieć coś na głos
aforementioned | wyżej wymieniony, wspomniany wcześniej
to devoice sth | *tu:* ubezdźwięcznić coś
6 distinguishable | rozpoznawalny, odróżnialny, dający się odróżnić
to tell sth apart | odróżnić coś, rozpoznać różnicę między czymś

cloud	/klaʊd/ chmura
damp	/dæmp/ wilgoć
drink	/drɪŋk/ pić; napój
good	/gʊd/ dobry
rude	/ruːd/ niegrzeczny
tedious	/ˈtiːdiəs/ monotonny, żmudny
wooden	/ˈwʊdᵊn/ drewniany



– I'd /aɪd/ like to try the dish /dɪʃ/ of the day /deɪ/. As for drinks /drɪŋks/, I'm going with a Dirty /ˈdɜːti/ Martini, and the lady /ˈleɪdi/ will have a Scotch with Diet /ˈdaɪət/ Coke. Oh, and two double /ˈdʌbəl/ espressos, please.

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Lee Byung-hun: The Accidental Actor

by Paul Martin from
www.go-native.pl

Paul Martin charts the career of Lee Byung-hun, the South Korean actor who moved effortlessly from television heartthrob to global cinematic force. Now returning with director Park Chan-wook in the dark comedy No Other Choice, find out how his cool intensity and emotional precision make him one of the defining faces of modern Korean cinema.

accidental | *tu:* z przypadku
to chart sth | odnotować sukces na liście przebojów
effortlessly | bez wysiłku, z łatwością
heartthrob | bożyszcze tłumów, idol



Joint Security Area (JSA)

Accidental Actor

At first glance, Lee Byung-hun seems destined for the screen. Audiences around the world know his calm authority from films, Hollywood blockbusters and the masked Front Man in Squid Game. Yet his path into acting began almost by accident. Born in Seoul in 1970, Lee originally studied French Literature at Hanyang University, imagining a life as a college professor, far from the spotlight.

Everything changed in 1991 when a friend of his mother suggested he audition for a television talent programme run by the broadcaster KBS. Aged 21, Lee passed the audition despite having no real acting experience, and before too long, early roles in television dramas quickly made him a recognisable face of Korean entertainment.

Fame, however, brought unexpected pressure, exacerbated after the sudden death of his father, when Lee inherited significant family debts and became the main breadwinner. Acting, which had begun almost by chance, suddenly became a necessity.

This difficult period shaped both his personality and his craft. Outwardly he maintained the image of the confident young heartthrob audiences expected. Privately, however, Lee later admitted that he suffered from depression and panic attacks so severe that attending award ceremonies or appearing in front of crowds became overwhelming.

Watching On

But the work continued. Lee's transformation from television idol to serious film actor arrived with the 2000 film Joint Security Area (JSA), directed by Park Chan-wook. The project came at a moment of uncertainty for both men: Lee had endured several box-office disappointments, while Park's earlier films had struggled commercially.

The result was extraordinary. JSA, a tense drama about soldiers stationed along the militarised border between North and South Korea, became the highest-grossing Korean film of its time, attracting 5.8 mln viewers. Lee's performance as Sergeant Lee Soo-hyeok balanced military discipline with emotional vulnerability, revealing a far more complex performer than audiences had previously seen.

1 at first glance | na pierwszy rzut oka
to seem | wydawać się
blockbuster | przebój kasowy, wielki hit
path | ścieżka, droga
originally | pierwotnie, początkowo
spotlight | światło reflektorów; centrum uwagi
to audition for sth | brać udział w przesłuchaniu do czegoś
2 to pass sth | zdać coś (np. egzamin)
despite sth | po/mimo czegoś
recognisable | rozpoznawalny, łatwy do rozpoznania
fame | sława, popularność
exacerbated | *tu:* zaostrzony, pogłębiony
to inherit sth | odziedziczyć coś
significant | znaczący, znaczny
family debts | długi rodzinne
breadwinner | żywiciel rodziny, osoba utrzymująca rodzinę
acting | aktorstwo, gra aktorska
by chance | przez przypadek
craft | rzemiosło, fach; umiejętność
outwardly | na pozór, zewnętrznie
3 confident | pewny siebie
to admit that | przyznawać, że
severe | poważny, dotkliwy, ciężki
to attend sth | uczestniczyć w czymś, uczęszczać na coś
crowd | tłum
overwhelming | przytłaczający
to watch on | oglądać dalej, obserwować
4 to endure sth | przetrwać, znosić, wytrzymać coś
box-office disappointment | klapa finansowa
to struggle commercially | mieć trudności finansowe, nie odnosić sukcesu komercyjnego
extraordinary | niezwykły, wyjątkowy
militarised | zmilitaryzowany
the highest-grossing | najbardziej dochodowy, przynoszący największe wpływy
to attract sb | przyciągać kogoś, zainteresować kogoś
performance | występ, kreacja aktorska
emotional vulnerability | emocjonalna wrażliwość
to reveal sth | ujawniać, odkrywać coś
previously | wcześniej, uprzednio

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The Magnificent Seven

The film's success marked a turning point for Korean cinema. And as the industry began attracting greater international attention, Lee emerged as one of its most compelling faces. He reportedly watched the film repeatedly in cinemas, carefully studying audience reactions; an actor analysing not just his own performance, but the broader mechanics of storytelling.

Going Dark for Hollywood

Over the following decade, Lee's career took off far beyond domestic boundaries. But rather than protecting his domestic image as a heroic leading man, Lee deliberately chose darker roles on the global stage.

His Hollywood debut came with the masked ninja Storm Shadow in *G.I. Joe: The Rise of Cobra* (2009), a silent, lethal antagonist whose elegance and precision made him one of the film's most memorable figures.

In the action-comedy *Red 2* he appeared alongside Bruce Willis and Helen Mirren as a relentless assassin, while *Terminator Genisys* cast him as the iconic liquid-metal villain T-1000. Perhaps the most unexpected turn came in *The Magnificent Seven* (2016), where Lee played Billy Rocks, a knife-throwing gunslinger whose quiet loyalty gave the film one of its most intriguing characters.

Beyond the Villain

In Korean productions Lee continued to explore a far broader emotional and thematic range.

In 2015 he delivered one of his most celebrated performances in Inside Men, playing a political fixer who becomes a whistleblower. The role earned him a rare "triple crown" of acting awards at Korea's three major film ceremonies.

He followed this with the sweeping historical drama Mr. Sunshine, portraying Eugene Choi, a Korean-born American soldier returning to his homeland during a turbulent period in its history. The series became one of the highest-rated dramas in Korean

5 turning point | punkt zwrotny, przełomowy moment
to emerge as X | wyłaniać się, pojawiać się, zyskać rozgłos jako X
compelling | przekonujący, fascynujący, porywający, niezwykle interesujący
to take off | *tu:* odnieść sukces, zdobyć popularność
domestic | krajowy
boundary | granica, ograniczenie
deliberately | celowo, świadomie, umyślnie
6 lethal | śmiercionośny, zabójczy
relentless | nieustępliwy, bezwzględny
assassin | zabójca, zamachowiec
liquid-metal | wykonany z płynnego metalu
villain | czarny charakter, złoczyńca
turn | zwrot, obrót wydarzeń
7 gunslinger | rewolwerowiec
8 fixer | osoba rozwiązująca problemy, specjalista od trudnych spraw
triple crown | potrójna korona (osiągnięcie trzech najważniejszych sukcesów w danej dziedzinie)
sweeping | szeroko zakrojony
turbulent | burzliwy, niespokojny

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television history.

Perhaps the clearest example of Lee's maturity as an actor came with the 2023 film Concrete Utopia. Playing Young-tak, a seemingly dependable community leader hiding a violent secret, Lee explored the moral ambiguity of ordinary people acting under extreme pressure. The performance once again earned widespread critical acclaim and major acting awards.

No Other Choice?

Now, Lee's latest project, No Other Choice, reunites him with Park Chan-wook in a darkly comic exploration of modern economic anxiety. Lee plays Yoo Man-su, a middle manager who loses his job and spends more than a year unsuccessfully searching for work.

Gradually, desperation leads him to a shocking solution: eliminating his job rivals one by one. Lee portrays the character not as a monster but as a painfully ordinary man whose dignity slowly collapses under economic pressure.

His appearance, defined by an awkward moustache and a mess of "cringey dad" curls, is anchored by a constant, throbbing toothache. This dental pain is more than a plot point; it is a layered metaphor for Man-su's situation. Refusing to see a dentist in a desperate bid to save money, Man-su allows the physical rot to mirror his internal moral decline.

Overall, the film blends satire, violence and absurd humour, capturing anxieties about corporate culture and technological change. In Lee's hands, Man-su becomes frightening yet strangely sympathetic; a man trapped inside the logic of survival.

It is a character that fits neatly into Lee's long fascination with flawed, complicated men. For someone who entered the profession by chance, Lee Byung-hun has built a remarkably thoughtful career. And the accidental actor still seems interested in what comes next.

9 maturity | dojrzałość
dependable | godny zaufania, niezawodny
ambiguity | dwuznaczność, niejednoznaczność
ordinary | zwyczajny, przeciętny
to earn sth | zdobyć coś, zasłużyć na coś
widespread | szeroko rozpowszechniony
critical acclaim | uznanie krytyków, entuzjastyczne recenzje krytyków
major | główny, ważny, znaczący
acting award | nagroda aktorska, wyróżnienie za grę aktorską
to reunite sb with sb | połączyć kogoś z kimś ponownie, doprowadzić do ponownego spotkania kogoś z kimś
anxiety | lęk, niepokój, stany lękowe
middle manager | menedżer średniego szczebla
to search for sth | szukać czegoś
gradually | stopniowo
dignity | godność
to collapse | upadać; załamać się
appearance | wygląd, pojawienie się
awkward | niezręczny, krępujący
cringey dad | żenujący tata, tata wywołujący zażenowanie
curls | loki, kręcone włosy
to be anchored by sth | być dopełnionym czymś
throbbing | pulsujący, tętniący
toothache | ból zęba
plot point | element fabuły, ważne wydarzenie w fabule
layered | wielowymiarowy, złożony, mający wiele warstw znaczeniowych
to refuse to do sth | odmówić zrobienia czegoś
in a desperate bid to do sth | w desperackiej próbie zrobienia czegoś
to allow sth to do sth | pozwalać czemuś zrobić coś, umożliwiać coś
to mirror sth | odzwierciedlać coś, być odbiciem czegoś
internal | wewnętrzny
decline | upadek
to blend sth and sth | łączyć coś z czymś
violence | przemoc
to capture sth | uchwycić coś, oddać coś
10 trapped inside sth | uwięziony w czymś, zamknięty w czymś
flawed | mający wady, niedoskonały, nieidealny
to enter sth by chance | wejść gdzieś przypadkiem, trafić gdzieś przez przypadek
thoughtful | *tu:* przemyślany

Hallyu



The global expansion of Korean popular culture known as Hallyu, or the Korean Wave, first emerged in the late 1990s, when South Korean television dramas and pop music began gaining large audiences across East and Southeast Asia.

Series such as Winter Sonata and the growing popularity of K-pop music introduced international audiences to a new cultural export industry backed by heavy investment, creative experimentation, and a rapidly modernising media sector.

By the 2010s, Korean cinema had achieved unprecedented international recognition. Films such as Parasite, which won the Academy Award for Best Picture, and television series like Squid Game, which became one of the most watched shows in streaming history, demonstrated the global reach of Korean storytelling.

Actors like Lee Byung-hun have played an important bridging role. Moving comfortably between Korean productions and international films, Lee helped introduce global audiences to the distinctive tone of Korean cinema, where emotional intensity, social commentary and genre experimentation often coexist.

backed by sth | *tu:* oparty na czymś
to achieve sth | osiągnąć, zdobyć coś
recognition | uznanie, rozpoznawalność

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America's Quirkiest Laws

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POBIERZ CZYTNIK KODÓW: COLORFULMEDIA.PL/CZYTNIK

by Jonathan Sidor

American states and cities still hold on to some peculiar regulations that are bound to baffle visitors. Join *English Matters* for a tour of America's strangest local laws, their possible origins, and their lasting legacy.

quirky | dziwaczny, ekscentryczny, nietuzinkowy, osobliwy
to hold on to sth | trzymać się czegoś, zachować coś, nie pozbywać się czegoś
peculiar | osobliwy
to be bound to do sth | na pewno coś zrobić, być skazanym na zrobienie czegoś, być nieuchronnie zobowiązanym do zrobienia czegoś
to baffle sb | wprawiać kogoś w zakłopotanie, dezorientować, być dla kogoś zagadką
origins | pochodzenie, początki, źródła
legacy | dziedzictwo, spuścizna



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Blue Law Origins

America's strangest laws usually have some kind of historical justification. In many cases, these laws are "blue laws," which are regulations that restrict a certain activity on specified days. The most common example is the banning of alcohol consumption on Sundays.

Not surprisingly, these blue laws typically have religious origins. That actually might be how they got their names. One legend says that early American colonists printed moral codes on blue paper. Another thought is that Americans viewed their laws as blue to contrast with the regal redness of English authority. A third school of thought holds that the term comes from the word "blue-nosed," which describes people who see themselves as self-righteously moralistic and superior. The true origin, however, remains a mystery.

What's certain is that these early blue laws were meant to keep Sundays sacred. No trading, travelling, or other tomfoolery were permitted. These puritanical Americans believed that rest and religion should rule the day.

Sunday Surprises

While most states have loosened up since the days of yore, traces of these old codes linger. Some towns simply preserve them as a nod to tradition, while others may have just forgotten to cross them off the books.

For instance, certain small towns enforce "quiet hours" that restrict noisy lawnmowers or loud music on Sunday mornings. It may not be heavily policed, but if your neighbour gives you the side-eye while you're hammering nails before brunch, you know why. You can also find areas where activities like sports or dancing were banned until relatively recently. The idea was to keep the day calm and reflective, though it must've made weekends rather dull.

Remember the anti-dancing laws from the film *Footloose*? Those were partly inspired by real laws in states like Massachusetts, where activities like dancing, sports and cheerful singing were prohibited to curb delinquent behaviour from children.

Some more egregious cases involve businesses that have to close up shop for the day. It's illegal to sell furniture, home goods, or appliances in New Jersey's Bergen County on the Sabbath. In areas of Colorado and Indiana, car dealerships must be closed.

Elsewhere, regions of South Carolina and Minnesota limit hunting and fishing, and parts of Alabama prohibit alcohol sales until the afternoon hours – or at least after church services. Certain "dry counties" in several states across the South forbid alcohol sales entirely.

Several morality-based laws aren't limited to Sundays. North Carolina considers bingo to be a form of gambling, so rules surrounding how the game is played are rigidly enforced. For example, a single game can't last longer than five hours for whatever reason.

Animal Antics

A surprisingly large number of America's eccentric laws deal with our four-legged friends. These might seem outlandish today, but they often arose from real situations that got out of hand. Think of it as a classic case of "better safe than sorry."

Looking at these laws state by state, it appears as if each locale is trying to one-up the others. For example, Georgia banned tying a giraffe to a lamppost. In Wyoming, taking a picture of a rabbit between January and April requires an

1 justification | uzasadnienie, usprawiedliwienie
to restrict sth | ograniczać coś, nakładać ograniczenia na coś
banning of sth | zakazanie czegoś, wprowadzenie zakazu czegoś
actually | właściwie, tak naprawdę, w rzeczywistości
to print sth | drukować coś
to view sth as sth | postrzegać coś jako coś, uważać coś za coś
to contrast with sth | kontrastować z czymś, różnić się od czegoś
regal | królewski, majestatyczny
to hold that | uważać, twierdzić, być zdania, że
self-righteously | z poczuciem własnej nieomylności, moralizatorsko
superior | *tu:* lepszy
to loosen up | wyluzować
days of yore | dawne czasy
to linger | pozostawać, utrzymywać się
to preserve sth as sth | zachować coś jako coś
nod to sth | nawiązanie do czegoś, ukłon w stronę czegoś
to cross sth off the books | usunąć coś z rejestru/przepisów, formalnie znieść jakiś przepis
to enforce sth | egzekwować coś, wprowadzać coś w życie
lawnmower | kosiarka do trawy
heavily policed | ściśle kontrolowany, nadzorowany
to give sb the side-eye | spojrzeć na kogoś podejrzliwie, rzucić komuś nieufne spojrzenie
to hammer nails | wbijać gwoździe młotkiem
banned | zakazany
until relatively recently | do stosunkowo niedawna
though | chociaż
dull | *tu:* nudny
cheerful | pogodny, wesoły, radosny
prohibited | zabroniony, zakazany
to curb sth | ograniczać, powstrzymywać coś
delinquent | naruszający prawo
2 egregious | rażący, skandaliczny
to involve sth | obejmować coś, dotyczyć czegoś
to close up shop for the day | zakończyć pracę/działalność na dany dzień
appliances | urządzenia gospodarstwa domowego, sprzęt AGD
county | hrabstwo
Sabbath | szabat, *tu w znaczeniu*: niedziela
at least | przynajmniej, co najmniej
entirely | całkowicie, zupełnie
gambling | hazard, uprawianie hazardu
rigidly | rygorystycznie, surowo
enforced | egzekwowany, wprowadzany w życie
for whatever reason | niezależnie od przyczyny
animal antics | zwierzęce wybryki, zabawne zachowania zwierząt
to deal with sth | zajmować się czymś, radzić sobie z czymś
outlandish | dziwaczny, ekstrawagancki
to arise from sth | wynikać z czegoś
to get out of hand | wymknąć się spod kontroli
better safe than sorry | lepiej dmuchać na zimne
to one-up sb | przebić, prześcignąć kogoś, zrobić coś lepiej od kogoś
to tie sb/sth to sth | przywiązać kogoś/coś do czegoś
to require sth | wymagać czegoś

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official permit. Certain California cities have laws against feeding pigeons in public places, something that can land you a hefty fine. What about Arizona? There, it's illegal to let a donkey nap in your bathtub.

There are plenty of strange laws involving man's best friend, too. In Wisconsin, one town banned pets from beauty salons, but the law in question specifically calls out French poodles. Minnesota forbids transporting dogs inside a car that's on top of a trailer. While this one makes sense when thinking about an animal's wellbeing, it's still oddly specific. There is a popular urban legend that says it's illegal to make ugly faces at a dog in Clinton, Oklahoma, but no such law actually exists.

Cat lovers need not feel left out. An Illinois town requires felines to wear bells outdoors to protect the local bird population. One part of Georgia decreed that permits are needed for cats that "look wild." In Vermont, the municipality of Barre decided it was best not to let cats chase dogs around residential areas. Dogs, of course, can still pursue cats.

Food and Foolishness

Some American locales have culinary laws that sound like they come straight out of a comedy sketch. Towns in both Alabama and Kentucky have banned carrying ice cream cones in your back pocket. While this apparently stemmed from an obsolete movement to deter horse theft, the laws remain on the books.

What about meat? Places in Oklahoma penalise taking bites from another person's hamburger. A California county states that frogs can't be eaten if they die during a frog-jumping contest. If the animals happen to die after the competition, then consumption is fine. Finally, a Georgia town has an ordinance that specifically states fried chicken must be eaten with your hands, not utensils. This may be more tongue-in-cheek and not stringently enforced, but it's still in place.

There is one law about grub that just might take the cake. The city of Gary, Indiana made it illegal to go into a restaurant and intentionally sniff another person's meal. It makes you wonder how many people were guilty of doing this before the law was put into place, as it must have been enough to justify the piece of legislation.

Legal Lunacy

Many of America's strangest laws likely served some valid purpose in the past. The thing is, as crazy as they may seem, they still possess some value. They reflect a bit of nostalgia and are essentially a connection back to America's roots. Sure, they're completely bonkers, but they also add to each community's unique flair.

Fact File

You may remember the Biblical story of the Good Samaritan, who helped a stranger in need as others passed by. Well, some American cities have Good Samaritan laws designed to protect people in emergencies from being sued for unintentional harm. These laws encourage bystanders to offer aid, like giving first aid or calling 911, without fear of repercussions. Some places go further with "duty to rescue" laws, which require you to at least call for help if someone is in danger.

official permit | oficjalne pozwolenie, zezwolenie
to feed pigeons | karmić gołębie
hefty | *tu:* dotkliwy, znaczny
fine | grzywna
to let a donkey nap in sb's bathtub | pozwolić osłu na drzemkę w wannie
X in question | dany X, omawiany X, X, o którym mowa
to call out sth | wskazywać coś, zwracać uwagę na coś
to forbid sth | zabraniać czegoś
trailer | *tu:* przyczepa
oddly | dziwnie, osobliwie
to feel left out | czuć się pominiętym, wykluczonym
feline | kot
to decree | zarządzić, wydać dekret
to pursue sb/sth | *tu:* ścigać, gonić kogoś/coś
foolishness | głupota, nierozsądek, absurd
to come straight out of sth | pochodzić prosto z czegoś, wyglądać jak wyjęte z czegoś
ice cream cone | rożek lodowy, wafelek do lodów
apparently | najwyraźniej, podobno
to stem from sth | wynikać z czegoś, mieć źródło w czymś
obsolete | przestarzały, nieaktualny, wychodzący z użycia
to deter horse theft | zapobiegać kradzieży koni, odstraszać od kradzieży koni
to penalise sth | karać za coś, nakładać karę za coś
to take bites from sth | brać kęsy z czegoś, odgryzać kawałki czegoś
competition | konkurencja, rywalizacja, zawody
ordinance | rozporządzenie, lokalny przepis
utensils | sztućce
tongue-in-cheek | ironiczny, żartobliwy
stringently | rygorystycznie, surowo, bardzo ściśle
enforced | egzekwowany, wprowadzany w życie
grub | *pot.* jedzenie, żarcie
to take the cake | być najbardziej absurdalnym
to sniff sth | wąchać coś
guilty of sth | winny czegoś, mający coś na sumieniu
to be put into place | zostać wprowadzonym, zostać ustanowionym, wejść w życie
lunacy | szaleństwo, absurd, obłęd
valid | *tu:* uzasadniony
to reflect sth | odzwierciedlać coś
bonkers | *pot.* szalony, zwariowany, absurdalny
flair | *tu:* charakterystyczny styl
to pass by | przechodzić obok
in emergencies | w sytuacjach awaryjnych, w nagłych wypadkach
to be sued for unintentional harm | zostać pozwanym za nieumyślne wyrządzenie szkody/krzywdy
to encourage sb to do sth | zachęcać kogoś do zrobienia czegoś
bystander | świadek zdarzenia, osoba postronna, przechodzień
fear of repercussions | obawa przed konsekwencjami
"duty to rescue" laws | przepisy dotyczące „obowiązku udzielenia pomocy"/ „obowiązku ratowania"

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The Mystery of Area 51

by Jonathan Sidor

If you've spent any time dipping your toes into American pop culture, you've probably heard whispers about Area 51. Travel to this desert outpost with *English Matters* to see why it's launched a thousand conspiracy theories, inspired countless films, and kept curious minds awake for decades.



to dip one's toes into sth | spróbować czegoś, zacząć się czymś interesować
desert | *tu:* pustynny, odludny
outpost | placówka, posterunek, odległa baza
to launch sth | *tu:* zapoczątkować coś
to keep sth awake | nie pozwalać czemuś zasnąć, utrzymywać coś w stanie czuwania

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What Is Area 51?

Before we blast off into tales of little green men, it helps to know what Area 51 officially is, according to the US government. This strange slice of Nevada is part of the Nevada Test and Training Range, a massive military zone used by the US Air Force.

The site sits near Groom Lake, a dried-up salt flat that had strategic value for testing out spy planes during the Cold War. Far from prying eyes, this barren area was actually where the famous U-2 aircraft made its maiden flights in the '50s. The U-2 would go on to be used for covert reconnaissance missions over the Soviet Union.

As time passed, locals and visitors alike grew suspicious about all the activity taking place around Area 51. It became a symbol of mystery and a magnet for thrill-seekers from across the country. For years, Washington acted as if Area 51 didn't exist at all, which only added fuel to the conspiratorial fire. When any government refuses to admit a place is real, people tend to assume something fishy is going on. And so the legends surrounding Area 51 were born.

Where the Alien Rumours Began

Area 51 didn't become the world's favourite extraterrestrial address overnight. Its reputation swelled slowly, helped along by strange sightings and the occasional eyebrow-raising event.

One of the biggest sparks came from the Roswell incident of 1947. That year, something – we still don't know what – crashed to the ground by the small town of Roswell, New Mexico. The military claimed it was a weather balloon, but many Americans weren't buying it.



1 to blast off into sth | wystartować w coś gwałtownie; ruszyć w coś z impetem
according to X | według X, zgodnie z X
salt flat | solnisko, pustynia solna
far from prying eyes | z dala od ciekawskich spojrzeń, poza zasięgiem wścibskich oczu
barren | jałowy, pusty, bez życia
actually | właściwie, w rzeczywistości, tak naprawdę

maiden flight | pierwszy lot
covert reconnaissance mission | tajna misja rozpoznawcza
X and Y alike | zarówno X, jak i Y; X i Y tak samo
to grow suspicious about sth | zacząć coś podejrzewać, nabrać podejrzeń co do czegoś
thrill-seeker | osoba szukająca mocnych wrażeń, poszukiwacz adrenaliny
at all | w ogóle, ani trochę
to add fuel to sth | dolewać oliwy do ognia
to refuse to do sth | odmówić zrobienia czegoś
to admit sth | przyznać coś
fishy | podejrzany, dziwny, budzący wątpliwości
alien rumours | plotki o kosmitach, pogłoski o obcych
extraterrestrial | pozaziemski
overnight | z dnia na dzień
to swell | *tu:* zwiększać się
sighting | *tu:* obserwacja, doniesienie o zauważeniu czegoś
spark | *tu:* impuls, czynnik wywołujący zainteresowanie
weather balloon | balon meteorologiczny

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WARTO ZAPAMIĘTAĆ!

to add fuel to sth

dolewać oliwy do ognia

Over time, Roswell's tale tangled itself up with Area 51. Both Roswell and Area 51 are located in the American Southwest, so it's not hard to imagine why the two areas became linked. One conspiracy theory led to another, and the base eventually became the go-to hideout for supposed alien artefacts.

As UFO fever spread throughout the USA in the second half of the twentieth century, Area 51 was placed under more and more scrutiny. Add in the odd glint of top-secret planes zipping across the desert night sky every now and then, and locals began reporting flying saucers around Area 51 at an alarming rate.

Even today, talk of hidden spacecraft, reverse-engineered alien engines, and secret underground tunnels pops up in documentaries, podcasts and online forums.

Is any of it true? That remains to be seen. But the subject of Area 51 is still cracking fun to explore.

The Human Side of Area 51

As far as we know, Area 51 isn't run by aliens. On the contrary, many ordinary people work there – they just have highly irregular jobs.

Workers are often flown in from Las Vegas every morning on unmarked planes. In all likelihood, the US military oversees this whole operation, but nothing raises red flags like commuting on a mystery airline.

Former employees have gone on the record describing Area 51 as an extremely strict work environment. You can get into hot water simply for stepping into the wrong corridor. Mobile phones were

2 to tangle oneself up with sth | uwikłać się w coś, zaplątać się w coś
eventually | ostatecznie, w końcu
go-to | ulubiony, niezawodny, pierwszego wyboru
hideout | kryjówka
fever | gorączka
to spread throughout sth | rozprzestrzeniać się po czymś, szerzyć się w czymś
to be placed under more and more scrutiny | być poddawanym coraz dokładniejszej kontroli, coraz większemu nadzorowi
in the odd glint of sth | w sporadycznym/okazjonalnym błysku czegoś
to zip across sth | przemknąć przez coś, przelecieć szybko nad czymś
flying saucer | latający spodek
at an alarming rate | w alarmującym tempie, w niepokojąco szybkim tempie
spacecraft | statek kosmiczny
reverse-engineered | odtworzony metodą inżynierii wstecznej, przeanalizowany i skopiowany na podstawie gotowego produktu
to pop up | pojawić się nagle, wyskoczyć
cracking fun | świetna zabawa, super frajda
run by sb | zarządzany, prowadzony przez kogoś
on the contrary | wręcz przeciwnie
in all likelihood | najprawdopodobniej, z dużym prawdopodobieństwem
to oversee sth | nadzorować coś, sprawować pieczę nad czymś
to raise red flags | wzbudzać podejrzenia, budzić niepokój, zapalać „czerwoną lampkę"
to commute on a mystery airline | docierać do pracy tajemniczą linią lotniczą
former | były, dawny
employee | pracownik
to go on the record | wypowiedzieć się oficjalnie
corridor | korytarz

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banned long before the rest of us even had them, and conversations about work were absolutely verboten.

This hush-hush culture has created a sort of mythical aura around the staff. They're seen as gatekeepers of cosmic knowledge, even if most were likely doing routine engineering work.

Why All the Secrecy?

As delightful as alien theories are, there's a much more down-to-earth reason for Area 51's secrecy: military research. Testing advanced aircraft requires rigorous control over who can see what, and the US military understandably prefers not to share its technology with rival nations or anyone else snooping around.

Many of the supposed UFOs spotted over the years were likely prototypes of spy planes, like the SR-71 Blackbird or the F-117 Nighthawk. Both of these were developed in extreme secrecy. Their dazzling shapes and strange flight patterns looked nothing like what the public was used to with traditional aircraft, so witnesses naturally assumed something otherworldly was afoot.

3 banned | zakazany
verboten | *niem.* zakazany, niedozwolony
hush-hush culture | kultura tajemnicy, atmosfera ścisłej poufności i tajności
gatekeeper | strażnik, osoba kontrolująca dostęp do informacji, zasobów lub miejsc; „odźwierny" decydujący, kto ma dostęp do czegoś
down-to-earth | przyziemny
military research | badania wojskowe
to require sth | wymagać czegoś
to snoop around sth | węszyć wokół czegoś, szperać
spotted | zauważony, dostrzeżony
dazzling | olśniewający, oślepiająco jasny
witness | świadek
to assume | zakładać, przypuszczać
otherworldly | nieziemski, nadprzyrodzony, jak z innego świata
to be afoot | być w toku, dziać się, być przygotowywanym
4 nevertheless | niemniej jednak
to stay tight-lipped | zachować milczenie, nie zdradzać informacji, trzymać język za zębami
built-up | *tu:* narastający
downright | *tu:* wręcz

Nevertheless, the truth is a bit more boring. Staying tight-lipped isn't some conspiracy – it's part of the job.

Area 51 in Pop Culture

All the built-up mystery surrounding Area 51 has made it downright legendary in films and television. Hollywood can't resist a good alien story, and this base provides the perfect setting.

Blockbusters like *Independence Day* turned the site of Area 51 into a secret vault of extraterrestrial equipment, complete with a functional alien spacecraft. Even 2008's *Indiana Jones and the Kingdom of the Crystal Skull* had scenes set in a secret military warehouse in the Nevada desert named Hangar 51, an explicit reference to the infamous base. Furthermore, sci-fi television buffs will know shows like *The X-Files*, *Stargate SG-1*, and *Roswell* frequently made references to Area 51 and its otherworldly lore.

The internet age brought with it a wave of playful mockery. Who could forget the great "Storm Area 51" meme of 2019, when millions jokingly threatened to run across the desert to reveal the base's secrets? In the end, only a small crowd turned up, and no storming actually took place, but it was easily one of the most bizarre cultural moments of the decade.

to resist sth | opierać się czemuś, powstrzymywać się od czegoś
blockbuster | hit kinowy, przebój filmowy
furthermore | ponadto, co więcej
buff | pasjonat, entuzjasta
otherworldly | nieziemski, nadprzyrodzony
lore | podania, legendy, przekazy, mity związane z danym tematem
playful | żartobliwy
mockery | kpina, wyśmiewanie, drwina
to threaten to do sth | grozić, że coś się zrobi
to reveal sth | ujawniać, wyjawiać coś
5 actually | właściwie, w rzeczywistości, tak naprawdę
to take place | odbywać się, mieć miejsce
bizarre | dziwaczny, osobliwy, kuriozalny
to be drawn to sth | być przyciąganym przez coś, czuć pociąg do czegoś
to sit out of reach | znajdować się poza zasięgiem, być niedostępnym
buried | ukryty, schowany
riveting tale | fascynująca, porywająca opowieść
dash of danger | odrobina niebezpieczeństwa, nutka ryzyka
plausible | wiarygodny, prawdopodobny, przekonujący

A Lasting Obsession

At the end of the day, Area 51 captures our imagination because humans love a good mystery. We're drawn to anything that sits just out of reach, behind locked gates or buried under official silence.

Area 51 offers all the ingredients of a riveting tale: suspense, a dash of danger, and just enough truth to make even the wildest theories plausible. Whether you think Area 51 is housing E.T. and his friends as we speak, or is nothing more than a glorified airfield, its legend endures.

Vocab Builder

Conspiracy theories like those involving Area 51 are a treasure trove of colourful language. Here are a few expressions connected to secrecy and speculation:

- **Under wraps**: kept secret
- **Behind closed doors**: happening privately
- **Something fishy is going on**: something suspicious is taking place
- **Swept under the rug**: deliberately hidden or ignored
- **Skeletons in the closet**: embarrassing past events that are kept secret
- **Smoke and mirrors**: deception meant to mislead or obscure the truth
- **Under the radar**: hidden, unnoticed, or deliberately discreet
- **Cloak and dagger**: secretive, spy-like activity

involving X | dotyczący X, związany z X
treasure trove | skarbnica
a few | kilka, parę
deliberately | celowo, umyślnie, świadomie
deception | oszustwo, podstęp, wprowadzanie w błąd
to mislead sb | wprowadzać kogoś w błąd, zwodzić kogoś
to obscure sth | zaciemniać, ukrywać coś, utrudniać zrozumienie czegoś

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Do You Like the Digital World?

by Hanna Danielczak-Ziadi

This time, *English Matters* speaks to Mateusz Chrobok – an expert who works with technology and the digital world on a daily basis, including such important topics as online security.



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Colorful Media: What can people learn by using the educational platform uczmnie.pl?

Mateusz Chrobok: Uczmnie.pl was created in response to users' needs. It is primarily dedicated to cybersecurity and technology. We teach people how to navigate the digital world safely, starting with the basics of secure communication, through privacy protection, all the way to understanding threats such as phishing, malware and social engineering.

The platform is aimed both at people who are just beginning their journey with technology and those who want to deepen their knowledge. I have often been asked how to help in situations related to online security. I couldn't answer everyone personally, but it's important to me that cybersecurity is not reserved only for specialists. Everyone should understand the basics, because all of us use technology every day.

That's why we introduced a course, created by myself and the psychologist Kasia Kierzek, aimed at parents, and focused on how to help young people navigate the Internet. We've also launched courses on smart homes and on dealing with stalking, with a particular emphasis on the technological aspects of such activities. More than a dozen additional courses are currently in development.

CM: What does MC Media Group do?

MC: MC Media Group used to be the umbrella name for my business; today, it operates through several specialised brands.

Through uczmnie.pl, we create educational content. Daj Głos Studio consists of studios where we help companies and individuals who have something to say to create digital content. Through Daj Głos Media, we handle full-scale production for YouTube and streaming platforms (including the @MateuszChrobok channel with more than 175,000 subscribers), and we also publish newsletters.

In addition, under my personal brand, I continue to provide consulting services in cybersecurity and AI, as well as speaking at conferences. The team consists of more than ten people, and we combine technical expertise with the ability to explain complex topics in an accessible way.

Everything we do is driven by a mission of education, enhanced with a touch of humour. The medium itself is not the most important thing; rather, it is the message and the desire to positively influence society.

CM: I believe many people have never heard of AI-Devs. Could you tell us more about it?

MC: AI-Devs is an intensive five-week online course that I run together with Adam Gospodarczyk and Jakub Mrugalski. We teach developers and technology professionals how to build production-ready solutions based on artificial intelligence.

The programme covers five weeks of learning: from programming language models and integrating them with tools, through context management and Retrieval-Augmented Generation (RAG), to dealing with model non-determinism, active collaboration with AI, and building complete generative AI applications.

We teach a new approach to designing agent-based systems and how to build solutions that actually work in production environments, not just in demos. This is a key shift: AI is no longer a toy – it is becoming a tool for which someone must take responsibility.

CM: Is the Zero Trust concept the future of every modern network? If so, how will it affect the everyday Internet experience of the average person who is not a programmer?

MC: Absolutely. Zero Trust is not a passing trend but a natural evolution of network security. The traditional approach was based on the assumption that anything inside a corporate network could be trusted. In other words, we protected ourselves from external threats by building increasingly higher walls around our castle.

Zero Trust turns this logic upside down: trust nothing and no one by default – always verify.

For the average Internet user, this change is already visible, although not always consciously recognised. Consider a simple example: in the past, being physically present in the office was enough to gain access to company systems. Today, when working remotely, you must authenticate yourself through multiple steps – a

1

primarily | przede wszystkim, głównie
to navigate sth | poruszać się po czymś, radzić sobie z czymś
threat | zagrożenie
phishing | phishing, wyłudzanie danych (np. przez fałszywe wiadomości lub strony)
malware | złośliwe oprogramowanie
social engineering | inżynieria społeczna (manipulowanie ludźmi w celu uzyskania informacji)
aimed at sb | skierowany do kogoś
related to sth | związany z czymś, dotyczący czegoś
focused on sth | skupiony, skoncentrowany na czymś

2

to launch sth | uruchomić, rozpocząć coś
to deal with sth | zajmować się, radzić sobie z czymś
with a particular emphasis on sth | ze szczególnym naciskiem na coś, z położeniem szczególnego nacisku na coś
dozen | tuzin, dwanaście
umbrella name | wspólna nazwa
to consist of sth | składać się z czegoś
to handle sth | zajmować się czymś
to combine sth with sth | łączyć coś z czymś

3

driven by sth | napędzany czymś
enhanced with sth | ulepszony dzięki czemuś, wzbogacony o coś
production-ready solutions | rozwiązania gotowe do wdrożenia
to cover sth | obejmować coś
context management | zarządzanie kontekstem
Retrieval-Augmented Generation | generowanie wspomagane wyszukiwaniem, generowanie wspierane pobieraniem informacji
model non-determinism | niedeterministyczność modelu, brak pełnej przewidywalności modelu
approach to sth | podejście do czegoś
actually | właściwie, tak naprawdę, w rzeczywistości
average | przeciętny
assumption | założenie, przypuszczenie
to be trusted | być godnym zaufania, być uznanym za wiarygodnego
external | zewnętrzny
increasingly | coraz bardziej, w coraz większym stopniu
to turn sth upside down | wywrócić coś do góry nogami, całkowicie zmienić coś
trust nothing and no one by default | domyślnie nie ufać niczemu ani nikomu
visible | widoczny
although | chociaż, mimo że
consciously | świadomie
recognized | rozpoznany, uznany
to gain access to sth | uzyskać dostęp do czegoś
to work remotely | pracować zdalnie

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username, a password, a code from an authentication app, and sometimes even a confirmation on your phone.

The system will also verify what resources you should have access to and grant only the minimum necessary permissions. These are practical examples of Zero Trust principles in action.

Imagine a house with many rooms. In the old model, opening the front door gave you access to everything. In the Zero Trust model, every room has its own lock, and you must prove that you have the right to enter. Even if someone breaks into the hallway, they will not automatically gain access to the bedroom or office.

For everyday users, this approach means more verification steps, but also greater security and reduced risk. Multi-factor authentication, security keys and compartmentalised access are all elements of this model. It may be slightly less convenient, but it is significantly safer. Over time, technology will make these additional security measures increasingly seamless and less noticeable.

CM: In your opinion, what are the best programs or systems for protecting private users' networks, and which ones are best suited for protecting corporate networks? To the extent that such a distinction can be made.

MC: I am a strong supporter of open-source solutions, not because they are free, but because of the philosophy behind them. Open-source software can be independently verified. You don't have to rely on a vendor's marketing promises – you can check exactly what a given program does.

For private users, I highly recommend the Polish open-source project 2FAS, which offers both a password manager (2FAS Pass) and a two-factor authentication application (2FAS). These are the two most important tools everyone should have on both their smartphone and desktop computer.

A password manager generates and stores unique, strong passwords for every service you use. A 2FA application adds an extra layer of protection. The fact that 2FAS is open source means that the community can independently verify its security, and that is an enormous advantage.

In addition, it is important to keep your operating system and applications up to date and to use encrypted communication tools, such as Signal, when communicating with family and friends.

For businesses, the situation is more complex and involves a greater number of components. Most organisations require threat detection and response systems (EDR/XDR), network segmentation, and continuous monitoring. However, the most important thing – and this brings us back to Zero Trust – is not to buy products that simply promise "security," but to implement a comprehensive approach to protection, starting with people and processes, and ending with technology.

The most expensive firewall will not help if employees click on every link they receive in an email. Security is largely about awareness. Continuous education and staying up to date always pay off. As a result, companies not only avoid financial losses but also protect themselves from reputational damage.

CM: What should a person who is completely unaware of online threats – whether a child, an adult, or a senior citizen – pay attention to above all?

MC: Three things, regardless of age.

First, healthy skepticism. If something looks too good to be true, it probably is. A lottery win you never entered? An urgent transfer request from your "bank"? A message from a "friend" who suddenly needs money? It is always worth pausing and thinking before clicking or responding. Most attacks exploit our emotions.

Second, protecting your identity. The Internet never forgets. Every photo, comment, or location we share can potentially be used against us. There's no need to be paranoid, but it is worth thinking twice before posting personal information online. This is particularly important for children and seniors, who may not fully

4 resources | zasoby, materiały
to have access to sth | mieć dostęp do czegoś
to grant sth | przyznać coś, udzielić czegoś (np. dostępu, pozwolenia)
permission | pozwolenie, zgoda, uprawnienie
lock | zamek, blokada
to prove | udowodnić
multi-factor | wieloczynnikowy
compartmentalised | podzielony na części
less convenient | mniej wygodny
significantly | znacząco, znacznie
seamless | płynny, bezproblemowy, bez zakłóceń
less noticeable | mniej zauważalny, mniej widoczny
best suited for sth | najlepiej dopasowany do czegoś, najbardziej odpowiedni do czegoś
To the extent that such a distinction can be made. | O ile taki podział/takie rozróżnienie można w ogóle zrobić.
open-source solutions | rozwiązania open source, rozwiązania z otwartym kodem źródłowym
open-source software | oprogramowanie open source, oprogramowanie z otwartym kodem źródłowym
independently | *tu:* niezależnie
to rely on sth | polegać, opierać się na czymś
vendor's marketing promises | obietnice marketingowe producenta
given | *tu:* dany
password manager | menedżer haseł
two-factor authentication application | aplikacja do uwierzytelniania dwuskładnikowego

to store sth | przechowywać coś
layer | warstwa, poziom
advantage | zaleta, korzyść
to keep sth up to date | aktualizować coś
encrypted communication tools | narzędzia do szyfrowanej komunikacji
5 to involve sth | obejmować coś, wiązać się z czymś
threat detection | wykrywanie zagrożeń
network segmentation | segmentacja sieci, podział sieci na części
to implement sth | wdrożyć, zastosować coś
comprehensive | kompleksowy, wszechstronny, obejmujący wiele elementów
firewall | zapora sieciowa, firewall
employee | pracownik
awareness | świadomość
to stay up to date | być na bieżąco
to pay off | opłacić się, przynieść korzyść
financial loss | strata finansowa
reputational damage | szkoda wizerunkowa, uszczerbek na reputacji
6 unaware of sth | nieświadomy czegoś, niezdający sobie sprawy z czegoś
to pay attention to sth | zwracać uwagę na coś
above all | przede wszystkim, ponad wszystko
regardless of sth | niezależnie od czegoś, bez względu na coś
transfer request | prośba o przelew
worth sth | warty czegoś
to exploit sth | wykorzystywać coś (często w negatywnym sensie: nadużywać, wykorzystywać słabość)

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understand the permanence of a digital footprint. Someone who collects all those pieces of information may end up knowing far more about us than we assume.

Third, updates and passwords. It may sound boring, but it is fundamental. Keep your operating system, browser and applications updated. Do not use the same password everywhere. Enable two-factor authentication whenever possible. These simple measures eliminate the majority of common threats.

For seniors, I would add one more thing: never be afraid to ask for help. If something seems suspicious, consult a family member or someone you trust. Scammers rely on their victims acting under pressure and in isolation. A quick phone call to a loved one when in doubt can prevent many difficult situations.

CM: How can someone protect themselves from online stalking? For example, from a stalker sending messages through bank transfers (by writing messages in the transfer title field) or repeatedly interfering with accounts on marketplaces such as OLX by purchasing listed items despite multiple rejected transactions. Are there solutions that do not require creating entirely new accounts? Banks and online platforms often fail to respond to stalking reports, or are not prepared to deal with such issues.

MC: This is an extremely difficult and painful issue, because technology often lags behind real-world threats. I must admit that I was not fully aware of the scale of the problem until I met people who had become victims of this type of abuse.

Stalking through bank transfers, messages hidden in transfer descriptions, or harassment through online marketplaces are examples of situations for which many systems were simply not designed. We often do not realise that someone may give us a gift – such as a smartwatch configured in child-tracking mode – that continuously shares our location. They may also secretly place a tracking device, such as an AirTag, among our belongings. These are just a few examples. Unfortunately, there are many technical tools that can be misused by stalkers.

This is a complex issue, but several universal principles are important.

Documentation: Record every incident. Save screenshots, dates, times and message contents. This documentation is crucial both for law enforcement and for online platforms.

Formal reporting: Report stalking not only to the bank or platform but also to the police. Under Polish law, stalking is a criminal offence (Article 190a of the Criminal Code). A formal police report carries much more weight than a complaint submitted through a bank's customer service form.

Digital separation: Whenever possible, separate your public-facing accounts from your private life. Use a dedicated phone number and email address for online listings and public activities. The harder it is for a stalker to reach you, the better. Share your new contact details only with trusted family members and friends. Continue changing contact information if necessary until the stalker loses access to you. Unfortunately, in some cases, people within one's social circle may unknowingly or deliberately assist the stalker.

Putting pressure on institutions: Banks and online platforms often respond only to formal written complaints, preferably with proof of delivery, or after intervention by a lawyer. Unfortunately, submitting a report through a standard contact form rarely produces results. It may also be worthwhile to contact the Financial Ombudsman or consumer protection authorities.

As someone who works in cybersecurity every day, I believe we have a systemic problem when it comes to stalking. We need better regulations and better tools that allow victims to block stalkers at the infrastructure level, not merely at the level of individual accounts. I hope that financial institutions and online platforms will begin treating this issue with the seriousness it deserves.

7 permanence of a digital footprint | trwałość cyfrowego śladu, nieusuwalność śladu cyfrowego
to collect sth | zbierać, gromadzić coś
to assume | zakładać, przypuszczać
browser | przeglądarka internetowa
to enable sth | *tu:* włączać coś
two-factor authentication | uwierzytelnianie dwuskładnikowe/dwuetapowe
majority of sth | większość czegoś
to seem suspicious | wydawać się podejrzanym
to act under pressure | działać pod presją
when in doubt | w razie wątpliwości, gdy nie masz pewności

8 to interfere with sth | zakłócać coś, ingerować w coś
to purchase sth | kupić, nabyć coś
entirely | całkowicie
to fail to do sth | nie zrobić czegoś, nie zdołać czegoś zrobić
to lag behind sth | pozostawać w tyle za czymś
to be fully aware of sth | być w pełni świadomym czegoś
abuse | nadużycie; przemoc
harassment | nękanie, prześladowanie

9 to realise sth | zdać sobie sprawę z czegoś, uświadomić sobie coś
to share one's location | udostępniać swoją lokalizację
tracking device | urządzenie śledzące, lokalizator
belongings | rzeczy osobiste, mienie, dobytek
unfortunately | niestety
misused by sb | niewłaściwie używany przez kogoś, wykorzystywany w złym celu przez kogoś
crucial | kluczowy, bardzo ważny
law enforcement | organy ścigania, służby porządkowe
criminal offence | przestępstwo, czyn karalny
complaint | skarga, zażalenie
submitted through sth | złożony za pośrednictwem czegoś, przesłany przez coś
public-facing account | konto publiczne
within X | w obrębie X
unknowingly | nieświadomie, nie zdając sobie sprawy
deliberately | celowo, umyślnie
to assist sb | pomagać komuś, wspierać kogoś
to put pressure on sth | wywierać presję na coś, naciskać na coś
with proof of delivery | z potwierdzeniem doręczenia
to submit sth | złożyć, przesłać, przedstawić coś (np. dokument)
worthwhile | wart zachodu, opłacalny, wartościowy
Financial Ombudsman | rzecznik finansowy, instytucja rozpatrująca skargi finansowe
consumer protection authorities | organy ochrony konsumentów
when it comes to X | jeśli chodzi o X, w kwestii X
to allow sb to do sth | pozwalać komuś coś zrobić, umożliwiać komuś zrobienie czegoś

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CM: Referring to ScanMe, is there any easy-to-use and widely available equipment that can detect all kinds of eavesdropping devices?

MC: ScanMe.com.pl is a project we are building precisely to answer that question. It is a system based on open-source software and readily available hardware that enables the detection of anomalies in the radio spectrum.

How does it work in practice? A ScanMe device scans frequencies ranging from 70 MHz to several GHz – the bands used by radio bugs, GSM transmitters, Wi-Fi and Bluetooth devices, and even drones. The system analyses the radio spectrum, looking for signal anomalies that should not be present in a given location, sudden changes in radio activity, or suspicious transmissions.

It is one of the startups I have been developing with my co-founders for years, and I have the impression that, due to the current geopolitical situation, it has become far more relevant than I originally anticipated.

It is important to emphasise that no device can guarantee the detection of every surveillance tool. Professional-grade espionage equipment can be extremely difficult to identify. However, ScanMe significantly increases the chances of detecting common threats and gives users a tool for independently monitoring their radio environment. The system first learns what is normal in its surroundings and then raises an alert whenever an anomaly appears.

CM: Given the rapid development of AI, is there a risk that fabricated videos could be used as evidence in court cases? In other words, is it possible for an expert programmer to determine whether a video or audio recording is authentic or manipulated?

MC: This risk is no longer theoretical – it already exists. Deepfake technology is advancing at an astonishing pace. Today, it is possible to generate a convincing video of someone saying words they never actually spoke within a matter of hours using publicly available tools.

Can an expert verify the authenticity of such material? For now, generally yes – but with important caveats. Analysis can reveal compression artefacts, inconsistencies in lighting, unnatural facial movements, or anomalies in the audio track. There are also tools for examining metadata, checking pixel continuity between frames, and verifying digital signatures.

However, this is an arms race. Every new method of detecting deepfakes is quickly countered by more sophisticated generation algorithms. What appears artificial today may become indistinguishable from reality a year from now.

That is why two factors are becoming increasingly important. The first is provenance – yes, I know it's a difficult word! – meaning documented information about where the material came from: who recorded it, when it was recorded, and with what device. More and more recording devices are beginning to embed such information automatically.

The second factor is cryptographic signatures – digital signatures embedded in content at the moment of recording that verify its integrity and confirm that it has not been altered.

Initiatives such as the Coalition for Content Provenance and Authenticity (C2PA) are working on standards that will enable reliable verification of content provenance and integrity.

Courts will have to adapt to this new reality. Audio and video recordings can no longer be treated as unquestionable evidence without additional verification. This is a change that judicial systems need to prepare for now. In fact, it applies to every type of content: text, images, and audio.

CM: What is most important to you in everyday life? Which aspect of life deserves the most attention?

MC: I want to feel that I leave behind more good than harm. That belief lies at the heart of why I do what I do. Like any profession, my work has both positive and negative consequences, and I try to remain aware of both.

The first important element is responsibility – responsibility for what I say, what I create, and how I influence others. In the world of technology, it is very easy to hide behind a screen and forget that there are real people on the other side. I try to remember that, whether I'm creating educational content or providing consulting services. I would never want to mislead anyone, although I know that, statistically speaking, mistakes are inevitable.

10 to detect sth | wykryć coś
eavesdropping device | urządzenie podsłuchowe, sprzęt do podsłuchiwania
hardware | sprzęt, podzespoły (komputerowe/techniczne)
to look for sth | szukać czegoś
originally | pierwotnie, początkowo
to anticipate sth | przewidywać coś, spodziewać się czegoś
to emphasise sth | podkreślać coś
surveillance tool | narzędzie nadzoru/monitorowania
professional-grade espionage equipment | profesjonalny sprzęt szpiegowski
to increase sth | zwiększać coś
to raise an alert | wywołać, podnieść alarm
given X | biorąc pod uwagę X, zważywszy na X
fabricated | sfabrykowany, podrobiony
to determine sth | określić, ustalić coś
to advance | rozwijać się
at an astonishing pace | w zdumiewającym tempie
convincing | przekonujący, wiarygodny
publicly available | publicznie dostępny
caveat | zastrzeżenie
to reveal sth | ujawnić coś
compression artefacts | artefakty kompresji (zniekształcenia obrazu/dźwięku po kompresji)
inconsistencies in lighting | niespójności w oświetleniu
11 arms race | wyścig zbrojeń
countered by sth | kontrowany przez coś
artificial | sztuczny
indistinguishable from sth | nieodróżnialny od czegoś
provenance | proweniencja, pochodzenie, źródło pochodzenia (np. treści, danych)
to embed sth | wbudowywać coś, umieszczać coś w czymś
altered | zmieniony, zmodyfikowany
Coalition for Content Provenance and Authenticity | Koalicja na rzecz Pochodzenia i Autentyczności Treści
reliable | wiarygodny, niezawodny
12 unquestionable | niepodważalny, bezdyskusyjny
evidence | dowód, dowody, materiał dowodowy
to apply to sth | dotyczyć czegoś, mieć zastosowanie do czegoś
to deserve sth | zasługiwać na coś
to remain aware of sth | pozostać świadomym czegoś
to mislead sb | wprowadzać kogoś w błąd
although | chociaż
inevitable | nieunikniony

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The second element is evolution and keeping pace with change. Technology evolves at a speed that demands constant learning. But this is not only about technology. It is about evolving the way we think, approach problems, and work. What worked a year ago may no longer work today. The pace of the modern world forces us to grow and adapt. I want to be a link in the chain that helps people understand these changes and navigate the digital world more effectively.

Another important principle for me is allowing oneself the freedom to make mistakes. That may sound paradoxical coming from someone who teaches security, but I believe that fear of failure is one of the greatest obstacles to growth. Mistakes are a natural part of the learning process; what matters is drawing lessons from them.

Ultimately, I believe that openness and communication are essential – both professionally and personally. Open-source software, open conversations and openness to different perspectives all help build trust. That is one of the reasons I value open-source solutions so highly: openness creates trust.

CM: How can people support your work?

MC: The simplest way? Take part in my courses or subscribe to my newsletter at newsletter.uczmnie.pl. Both help me reach a wider audience with cybersecurity knowledge, and the newsletter is completely free.

You can also visit chrobok.eu, where you will find all of my channels and contact information.

And the best form of support? Share knowledge with the people around you. If someone watches one of my videos or reads an article and then shows their grandfather how to enable two-factor authentication, or explains to a child why they should not click on suspicious links, that is exactly the kind of impact I hope to achieve.

13 to evolve | rozwijać się, ewoluować
to demand sth | wymagać czegoś
fear of failure | strach przed porażką, lęk przed niepowodzeniem
obstacle to growth | przeszkoda w rozwoju
ultimately | ostatecznie, w końcu
to take part in sth | brać w czymś udział
impact | wpływ
to achieve sth | osiągnąć coś



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Focus On Cybersecurity

Kamil Drożdżyk

The Internet is an ever-evolving space – and cybercriminals evolve right along with it. Security developers work around the clock to keep us safe, but no system is bulletproof. English Matters will teach you not only how to stay safe online, but also how to discuss cybersecurity with ease.

Fraudulent Methods

Let's begin with some common online fraud-oriented vocabulary. If you receive a suspicious email from a bank, a police officer, or a government agency, it's likely **phishing**. Fraudsters who specialise in phishing impersonate trusted entities to trick their victims into revealing sensitive information. It's usually achieved by creating a sense of urgency; for example, they'll tell you your account has been compromised and if you don't click the link they've just sent, you risk losing your life savings. What's behind the link? Most likely a fraudulent copy of your bank's website asking you to log in. Once you do, the scammers get full access to your account. When in doubt about whether you're dealing with a legitimate institution, Google the phone number and call them. They'll be able to tell you whether the message was genuinely from them.

Push payment fraud is a similar type of **social-engineering**-based scam. This

0 cybersecurity | cyberbezpieczeństwo
ever-evolving | stale ewoluujący, nieustannie się rozwijający
to evolve right along with sth | rozwijać się równolegle z czymś, ewoluować wraz z czymś
to work around the clock | pracować przez całą dobę, 24 godziny na dobę
bulletproof | niezawodny, odporny na ataki, *dosł.* kuloodporny
to discuss sth with ease | omawiać coś z łatwością
1 fraudulent | oszukańczy, fałszywy
fraud-oriented | ukierunkowany na oszustwo, służący oszustwom
suspicious | podejrzany, wzbudzający podejrzenia
phishing | phishing, wyłudzanie danych przez internet
fraudster | oszust
to impersonate sb | podszywać się pod kogoś
trusted | zaufany, godny zaufania
entity | podmiot, jednostka, organizacja
to trick sb into sth | nakłonić kogoś podstępem do czegoś
to reveal sth | ujawnić, wyjawić, zdradzić coś
sensitive | wrażliwy, poufny (np. o danych)
to create a sense of urgency | stworzyć poczucie pilności, wywołać presję czasu
account | konto, rachunek
compromised | naruszony, przejęty, zhakowany
to lose one's life savings | stracić oszczędności całego życia
scammer | oszust internetowy, naciągacz
to get full access to sth | uzyskać pełny dostęp do czegoś
legitimate | legalny, autentyczny
genuinely | naprawdę, rzeczywiście
push payment fraud | oszustwo polegające na nakłonieniu ofiary do samodzielnego wykonania przelewu
social-engineering-based scam | oszustwo oparte na socjotechnice

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one, however, can be a bit less elaborate. One of the most common scenarios is receiving a message from your relative or friend asking you for a quick bank transfer. The catch is – even though the message was sent from an account you know, it doesn't necessarily mean your friend sent it. After all, millions of social media accounts are hacked every year. After receiving such a message, call your friend directly to confirm whether they really need the money.

The above example is arguably the simplest form of the push payment fraud (also called **APP**), but it can get way more sophisticated than this. Dedicated scammers will play the long con, building online relationships for months or years (**romance scams** being a prime example), meticulously gaining trust and learning more about the victim's circumstances, to then ask for a large sum of money before disappearing. While online friendships can be genuine, treat any unexpected request for money as a red flag – regardless of how long you've known the person online.

Since we're talking money, it's worth mentioning **investment scams**. From the victim's perspective, they're the opposite of APPs; it doesn't feel like you're being asked for money – you're being *promised* financial gain. You'll get a message, or see an ad talking about a cryptocurrency platform, a forex trading scheme, or a high-yield investment fund. It'll probably say you don't even need to invest that much money to see returns. The crazy thing is you actually might see these returns at first. So, thinking it's legit, you'll keep at it with bigger and bigger sums. But, once the scammers figure they're pushing their luck, they'll pull the plug... and your investments will be gone.

This type of fraud is tricky to avoid, because the line between a legitimate platform and a fraudulent one isn't always clear. The recent Zondacrypto case shows that even a licensed, seemingly reputable company can turn out to be mismanaging or stealing user funds. When the cracks started showing, users found they could no longer withdraw their money. The broader category of scams where fraudsters build a seemingly legitimate platform only to disappear with user funds is commonly known as an **exit scam**.

New Tools

You can never be sure if what you see, read, or hear on the Internet is real. While it's been true pretty much since the Internet's conception, thanks to increasingly accessible AI tools, fake news, misinformation, and disinformation are running rampant in online spaces.

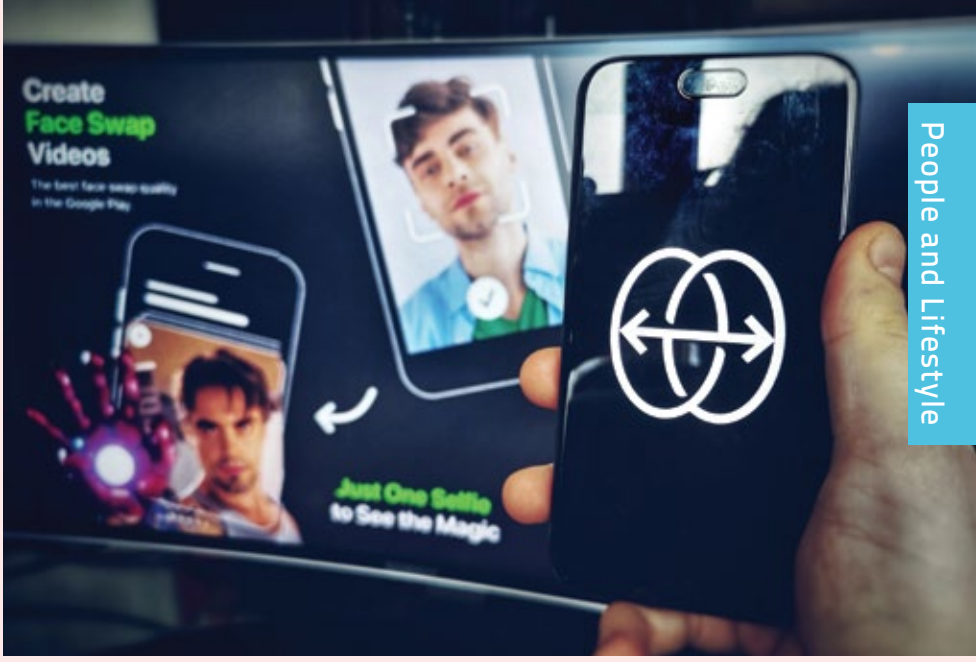
The emerging technology has already been added to the cybercriminal toolset. You might've seen **deepfakes** of celebrities and authority figures convincing you to invest in a brand new cryptocurrency or a seemingly lucrative trading scheme. Scammers use AI to make it look like, for example, Robert Lewandowski or Andrzej Duda are selflessly sharing secrets on how to get rich. It's their voice and their face, but it's not really them – it's just an AI-generated illusion.

But AI doesn't only let scammers impersonate famous people. So-called **voice cloning** scams are on the rise. All it takes for AI to learn one's voice is just a short audio clip. In May 2026, a California mum received a phone call from her distressed daughter. The daughter claimed she had been kidnapped by a Mexican cartel and asked her mother to pay a ransom of $5,400. After transferring the money, the mother called her daughter only to find out she had been at work the whole time; the daughter's voice was most likely cloned.

2 elaborate | skomplikowany, dopracowany, szczegółowo zaplanowany
relative | krewny, członek rodziny
catch | *tu:* haczyk
even though | mimo że, chociaż
after all | w końcu
arguably | prawdopodobnie
to get way more sophisticated than X | stać się znacznie bardziej zaawansowanym niż X
dedicated | *tu:* wyspecjalizowany w czymś
to play the long con | budować długoterminowe oszustwo, budować przekręt przez długi czas
meticulously | skrupulatnie, niezwykle dokładnie
to gain trust | zdobyć zaufanie
victim's circumstances | sytuacja życiowa ofiary, okoliczności dotyczące ofiary
genuine | prawdziwy, szczery
request for sth | prośba o coś
regardless of sth | niezależnie od czegoś, bez względu na coś
it's worth mentioning X | warto wspomnieć o X
it doesn't feel like X | nie wydaje się jak X; nie sprawia wrażenia X
forex trading scheme | schemat inwestycyjny związany z handlem walutami na rynku Forex
high-yield investment fund | fundusz inwestycyjny oferujący wysokie zyski
to see returns | osiągać zyski, widzieć zwrot z inwestycji
actually | właściwie, tak naprawdę, w rzeczywistości
at first | na początku
legit | *pot.* legalny, wiarygodny, autentyczny
to figure sth (out) | zrozumieć, rozgryźć, ustalić coś
to push one's luck | igrać z losem, przesadzać, posuwać się za daleko
to pull the plug | zakończyć coś nagle, przerwać projekt lub działalność, *dosł.* wyciągnąć wtyczkę
tricky | podstępny, skomplikowany, trudny
to avoid sth | unikać czegoś
seemingly | pozornie, na pierwszy rzut oka
reputable | renomowany, cieszący się dobrą opinią
to turn out | okazać się
to mismanage sth | niewłaściwie czymś zarządzać, źle czymś gospodarować
to withdraw sth | wycofać coś; wypłacić coś (np. pieniądze)
exit scam | oszustwo polegające na nagłym zniknięciu z pieniędzmi klientów/inwestorów
3 conception | *tu:* początek istnienia
increasingly | coraz bardziej, w coraz większym stopniu
accessible | dostępny, łatwo osiągalny
to run rampant | szerzyć się niekontrolowanie, rozprzestrzeniać się na dużą skalę
emerging | *tu:* rozwijający się
deepfake | deepfake, realistycznie spreparowany materiał audio, wideo lub obraz wygenerowany przez AI
to convince sb to do sth | przekonać kogoś do zrobienia czegoś
4 selflessly | bezinteresownie, altruistycznie
so-called | tak zwany
voice cloning scams | oszustwa wykorzystujące klonowanie głosu
to be on the rise | stawać się coraz częstszym
ransom | okup

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AI assistants such as ChatGPT, Google Gemini, or Claude will refuse to offer advice on illegal activities. Cybercriminals have found a way around it – on **the dark web**, they sell tools such as FraudGPT or WormGPT. These tools are specifically designed to help users perfect their scams. FraudGPT can assist scammers in writing malware, while WormGPT excels in writing convincing phishing emails without typos and awkward grammar, which just a few years ago were a dead giveaway of a scam. That particular red flag is quickly becoming obsolete.



Digital Hygiene

As explained in the interview with Mateusz Chrobok, Zero Trust is a cybersecurity model operating on the assumption that no user or device should be trusted. Now, let's take a look at what the user can do to stay safe on the Internet.

Most websites, apps, and services now offer **two-step verification (2FA)**, and it's worth turning on wherever you can. A login and password alone just don't cut it anymore. With two-step verification enabled, logging in requires a second confirmation: a code sent to your phone or email, or a push notification you have to approve. This ensures that even if somebody knows your login details, they still can't access your account unless they can also log into your email account or have access to your phone (which is rather unlikely). As an added bonus, you also get notified anytime somebody tries to log in using your credentials, giving you a clear signal it's time to change your password.

Speaking of passwords – while it may feel convenient to use one password for every single online account you own, it's actually a terrible idea. Once your password leaks (and chances are at least one of yours has, given that over 24 billion credentials are exposed every year), hackers can turn to a technique called **credential stuffing**. Cybercriminals will use bots to attempt to log in to various websites using leaked credentials and they are bound to get some hits. So, if you're using the same credentials for, say, Facebook and Instagram, if one of the accounts gets compromised, so does the other one.

Another thing you can do to make yourself a hard target for cybercriminals is simply limiting what you share on the Internet. Your **digital footprint** can tell people a lot about you, which makes you easy prey for scams relying on social engineering. The less a scammer knows about you, the more difficult it gets to concoct a believable phishing message, impersonate someone you trust, or manipulate you into sharing sensitive data.

Cybercrime is not the future of crime anymore – it's the present. However, unlike most threats, this one largely comes down to awareness. The best defence is knowing what to look out for. Hopefully, with the information from the interview and this article, you'll keep your head on a swivel when surfing the web.

5 to refuse to do sth | odmówić zrobienia czegoś
malware | złośliwe oprogramowanie
convincing | przekonujący, wiarygodny
typo | literówka
awkward | *tu:* nienaturalny
dead giveaway of sth | oczywista oznaka czegoś, niezbity dowód czegoś, coś co od razu zdradza prawdę
obsolete | przestarzały, nieaktualny, wycofany z użycia
device | urządzenie, sprzęt
worth sth | wart/y czegoś
to turn on | włączyć, uruchomić
to cut it | *pot.* wystarczyć, być wystarczającym
enabled | włączony, aktywowany, uruchomiony
to require sth | wymagać czegoś

push notification | powiadomienie push (wyskakujące powiadomienie w aplikacji)
to approve sth | zatwierdzić, zaakceptować coś
unless | chyba że
6 credentials | dane uwierzytelniające, dane logowania (np. login i hasło)
to feel convenient | wydawać się wygodnym, sprawiać wrażenie wygodnego
actually | właściwie, tak naprawdę, w rzeczywistości
to leak | wyciekać
given that | biorąc pod uwagę, zważywszy że
to turn to sth | zwrócić się ku czemuś, skorzystać z czegoś
credential stuffing | atak polegający na użyciu wykradzionych danych logowania do prób włamania się na inne konta
to attempt to do sth | próbować coś zrobić, podejmować próbę zrobienia czegoś

to get compromised | zostać naruszonym, przejętym, zhakowanym
7 digital footprints | cyfrowe ślady, ślady pozostawiane w Internecie
prey | ofiara, zdobycz
to rely on sth | polegać, opierać się na czymś
to concoct sth | wymyślić, spreparować, stworzyć coś (często coś fałszywego)
unlike X | w przeciwieństwie do X
threat | zagrożenie
to come down to sth | sprowadzać się do czegoś
awareness | świadomość, wiedza na temat czegoś
to look out for sth | uważać na coś, wypatrywać czegoś, zwracać uwagę na coś
to keep one's head on a swivel | zachować czujność, mieć oczy dookoła głowy

5 6 7

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Much Ado About Protein

by Agnieszka Fortuna

At some point, the supermarket fridge stopped being just a fridge and began to look like a small branch of a gym. Piątnica Skyr promises 26 grams of protein per bottle, Bakoma MEN offers a yoghurt drink with 23 grams per portion, and even popcorn has joined the workout plan: Khloé Kardashian's Khloud Protein Popcorn is marketed as a snack with 7 grams of protein per serving. Protein has become the nutrient with the best PR team. But the more protein labels we see, the more we need to ask whether we are feeding our bodies or feeding a trend.



WARTO ZAPAMIĘTAĆ!

cardiovascular

sercowo-naczyniowy

much ado about protein | wiele hałasu/zamieszania wokół białka (nawiązanie do sztuki W. Shakespeare'a *Much Ado About Nothing – Wiele hałasu o nic*)
protein | białko
branch of a gym | oddział, filia siłowni
to join sth | dołączyć do czegoś, zapisać się do czegoś
workout plan | plan treningowy
nutrient | składnik odżywczy
to feed sth | karmić coś

POBIERZ NAGRANIA MP3

KOD DOSTĘPU: **dc7**

LUB ODSŁUCHAJ NA STRONIE englishmatters.pl

POBIERZ CZYTNIK KODÓW: COLORFULMEDIA.PL/CZYTNIK

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A Viral Cup Of Cola

A good example came from Utah in 2024, when TikTok user Rebecca Gordon filmed herself filling a large gas-station cup with Diet Coke and adding a vanilla protein shake. The "protein Diet Coke" clip quickly reached millions of views, and other creators soon copied it across TikTok. It was less a new health discovery than a perfect example of modern food culture: take something familiar, add protein, and suddenly indulgence starts to look like a smart nutritional choice.

Where The Craze Came From

The current boom has older roots. Protein powders were already part of American bodybuilding culture in the 1950s, when figures such as Bob Hoffman marketed Hi-Proteen and other high-protein products to weightlifters. Later, low-carb and macro-driven diets such as Atkins, Dukan, South Beach and, more recently, keto helped move protein from the gym into weight-loss culture. Strictly speaking, keto is not a high-protein diet; it is usually high in fat, very low in carbohydrates and moderate in protein. But culturally, it did something important: it made carbohydrates look suspicious and turned macro-counting into everyday language. As diet culture moved from fearing fat to fearing carbohydrates, protein gained a reputation as the reliable macro. Social media then turned a nutritional concept into daily content.

Why Brands Love It

For food companies, protein is almost perfect. It sounds scientific but not frightening. It suggests fitness without demanding a gym membership, and it can make a pudding, bar or cereal feel more purposeful. Unsurprisingly, high-protein claims have spread across many food categories. At the same time, social media has poured rocket fuel on the trend. Nature noted



1 **viral** | wiralowy, szybko rozprzestrzeniający się w Internecie
to fill sth | napełniać coś
familiar | znajomy
indulgence | przyjemność, pozwolenie sobie na coś
nutritional | odżywczy
craze | szał, moda, obsesja na punkcie czegoś
protein powder | odżywka białkowa, proszek proteinowy

2 **weightlifter** | osoba uprawiająca podnoszenie ciężarów
low-carb | niskowęglowodanowy
macro-driven | oparty na makroskładnikach, skupiony na liczeniu makroskładników
carbohydrates | węglowodany
moderate in sth | umiarkowany pod względem czegoś, zawierający umiarkowaną ilość czegoś
macro-counting | liczenie makroskładników (białek, tłuszczów i węglowodanów)
to fear sth | bać się, obawiać się czegoś
reliable | godny zaufania
to turn sth into sth | zamienić, przekształcić coś w coś
daily content | codzienne treści, materiały publikowane każdego dnia
demanding | wymagający, trudny, wymagający dużego wysiłku
gym membership | karnet na siłownię; członkostwo w siłowni
to spread across sth | rozprzestrzeniać się po czymś, objąć coś
to pour rocket fuel on sth | dolać oliwy do ognia, gwałtownie coś przyspieszyć, *dosł.* dolać paliwa rakietowego

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in 2025 that TikTok searches such as "200 grams of protein a day" bring up dozens of how-to videos. Elsewhere, the trend appears as cottage-cheese flatbread, protein coffee and yoghurt-based recipes. Scroll for long enough, and you will find everyone from responsible nutrition creators, such as Emily English, who pairs protein with fibre and flavour, to gymfluencers who make a plain chicken breast look like proof that they have their life together. And, of course, the algorithm loves a number. "Thirty grams per meal" is easier to film than "eat a varied diet".

Why Are We So Hungry For Protein?

One reason is simple: protein matters. It helps build and repair tissues, supports muscle maintenance and often makes meals more filling. At the same time, it fits perfectly into the current wellness mood: age well, look strong, lose fat without feeling punished, and turn snacking into part of a healthy lifestyle. Registered dietitian Daphene Altema-Johnson, quoted by Johns Hopkins Bloomberg School of Public Health, puts it neatly: the obsession is driven by "the perception that more protein equals better health". In many ways, that sentence explains a lot of TikTok nutrition. Fibre, vegetables and whole grains do not produce the same quick hit of achievement, even though WHO guidance still points towards variety: fruit, vegetables, pulses such as beans and lentils, whole grains, nuts, seeds and lean protein sources.

So, How Much Do We Need?

For most healthy adults, official figures are fairly modest. Polish guidance from the National Centre for Nutrition Education gives an average adult need of about 0.9 g per kilogram of body weight per day. The British Nutrition Foundation gives a similar practical range: around 45 g daily for a 60 kg woman and 56 g for a 75 kg man. Older adults may need more to protect muscle; the British Heart Foundation suggests about 1–1.2 g per kg for people over 65, ideally spread across meals. Athletes and people who regularly lift weights may also benefit from higher intakes, but not infinitely. A major *British Journal of Sports Medicine* review found that protein supplementation improved gains from resistance exercise, but that the extra benefit levelled off at around 1.6 g per kg per day. In other words, more is not always better. A shake after the gym may be sensible; three shakes because an influencer has posted a "full day of eating" video may be overdoing it.

Are High-Protein Diets Safe?

In general, eating a little more protein than the minimum is not usually a cause for alarm. The risk rises when a high-protein diet becomes extreme, monotonous or heavily based on processed meat and ultra-processed snacks. Kidney specialists caution that very high protein intake may be risky for people with kidney disease or risk factors, partly because it can increase pressure within the kidneys' filtering units. The cardiovascular picture is more nuanced, but research and heart-health guidance both point in the same direction: protein sources matter. Lentils, fish and plain yoghurt do not have the same nutritional profile as processed meat or a protein bar.

When "Healthy" Gets Blurry

This is where the trend becomes murkier. Protein can give a product a health halo, but it does not magically change what the product is. After all, a high-protein cookie may still be a cookie. A ready-made shake may still contain sweeteners, emulsifiers and a long list of ingredients that have little to do with a balanced meal. That is why cardiologist Dr Tara Narula, quoted by ABC News,

4 to bring up sth | *tu:* pokazywać coś
dozens of X | dziesiątki czegoś
cottage-cheese flatbread | płaski chlebek z dodatkiem twarogu
scroll for long enough | *tu:* wystarczy trochę dłużej przewijać (ekran)
plain | prosty, zwykły
to have one's life together | mieć poukładane życie, ogarniać swoje życie
to matter | mieć znaczenie, liczyć się, być ważnym
tissues | tkanki
muscle maintenance | utrzymanie masy mięśniowej, podtrzymywanie mięśni
without feeling punished | bez poczucia bycia karanym/bez wrażenia, że sobie czegoś odmawiamy
registered dietitian | dyplomowany dietetyk, zarejestrowany specjalista ds. żywienia
to put sth neatly | ująć coś zwięźle/jasno
driven by sth | napędzany przez coś, wynikający z czegoś

to equal sth | równać się czemuś
whole grains | produkty pełnoziarniste
5 quick hit of achievement | szybkie poczucie satysfakcji z osiągnięcia czegoś
pulses | rośliny strączkowe
lentils | soczewica
nuts | orzechy
seeds | nasiona, pestki
lean protein sources | chude źródła białka
average adult | przeciętny dorosły
athlete | sportowiec, zawodnik
to lift weights | podnosić ciężary
intake | spożycie, przyjmowanie (np. pokarmu, kalorii, białka); także: pobór
infinitely | nieskończenie, bez końca
to improve sth | poprawić, polepszyć coś
to level off | ustabilizować się, wyrównać się, przestać rosnąć
sensible | rozsądny
to overdo sth | przesadzić z czymś
6 processed | przetworzony

ultra-processed | wysoko przetworzony, ultraprzetworzony
to caution | przestrzegać
kidney disease | choroba nerek
to increase sth | zwiększać coś, podnosić ryzyko czegoś
cardiovascular | sercowo-naczyniowy
heart-health guidance | zalecenia dotyczące zdrowia serca
to point in the same direction | wskazywać na to samo, prowadzić do tych samych wniosków, być zgodnym
protein bar | batonik proteinowy, baton białkowy
to get blurry | rozmywać się, stawać się niewyraźnym; *przen.*: zacierać się
murky | mętny, tu też: podejrzany
after all | w końcu, przecież, ostatecznie
emulsifier | emulgator
to have little to do with sth | mieć niewiele wspólnego z czymś

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Quick Label Check

These phrases are not just marketing. In the EU and the UK, "high protein" means that at least 20% of a food's energy value comes from protein, while "source of protein" requires at least 12%.

at least | co najmniej
to require sth | wymagać czegoś



has warned that mass-produced protein foods are not automatically healthier and may push fibre, vitamins and minerals from whole foods off the plate. Research points in a similar direction. A Spanish study published in *Nutrients* in 2024 looked at processed foods in the Spanish BADALI database carrying protein claims and found that about 90.8% were classified as "less healthy" under the model used by the researchers. Many were high in fat, sodium, free sugars or sweeteners. Similarly, the British Heart Foundation warns that many high-protein products contain added sugars or fats and may be higher in calories. In other words, the word "protein" is not the whole label – only one part of it.

A Better Model of Healthy Living

A healthy lifestyle is not just a protein target. Poland's Healthy Eating Plate guidance still puts vegetables and fruit on half the plate, with whole grains and protein sharing the rest. It is less glamorous than a tub of powder, but more useful in real life: beans, lentils, eggs, fish, yoghurt, tofu, nuts and sensible portions of meat all do the job. Protein products can help too – on a busy day, after training, during a period of poor appetite or when a proper meal is not an option.

So, when the supermarket fridge starts to resemble a fitness studio – protein yoghurt, protein pudding, protein coffee, protein popcorn – there is no need to panic or to believe every label at face value. Protein matters, but health is bigger than one macro. Michael Pollan's rule, "Eat food. Not too much. Mostly plants," still fits neatly here. For anyone planning a serious diet change, a qualified nutritionist or dietitian may be a better guide than the loudest product in the fridge.

Dad Joke

Why did the bodybuilder buy expired protein powder?
Because there was no other whey.
Pronunciation note: whey and way sound the same.

whey | serwatka

7 to push sth off the plate | wyprzeć coś, odsunąć coś na dalszy plan, *dosł.* zepchnąć coś z talerza
protein claims | deklaracje/hasła reklamowe dotyczące zawartości białka
8 to warn | ostrzegać, przestrzegać
tub of powder | pojemnik/opakowanie proszku (np. odżywki białkowej)
9 to resemble sth | przypominać coś, być podobnym do czegoś
at face value | na pierwszy rzut oka, uznając coś za prawdę bez wnikania w szczegóły
to fit neatly | idealnie pasować

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Edinburgh: Written in Stone

POBIERZ NAGRANIA MP3
KOD DOSTĘPU: dc7
LUB ODSŁUCHAJ NA STRONIE englishmatters.pl
POBIERZ CZYTNIK KODÓW: COLORFULMEDIA.PL/CZYTNIK

by Paul Martin from
www.go-native.pl

Compact enough for a long weekend but deep enough to feel like an entire country in miniature, Edinburgh is a city of steep streets, unfolding views and unusually concentrated history. Paul Martin walks from Castle Rock to Holyrood, through closes, cafés and Georgian streets, to explore one of Europe's strongest short-break capitals.

unfolding | ukazujący się krok po kroku, odsłaniający się stopniowo
close | zaułek, ciasna uliczka
Georgian | *tu:* georgiański





WARTO ZAPAMIĘTAĆ!

sensible

rozsądny, praktyczny

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Royal Mile

City on the Rock

Edinburgh is small for a capital city, but that is part of its strength as a short-break destination. Its centre has the density of a much larger place compressed into a walkable area: the castle high above the city, the Old Town's narrow medieval spine, St Giles and the Royal Mile, Holyrood's mix of palace and modern politics, then the ordered Georgian streets beyond Princes Street Gardens.

The geography matters as much as the monuments. The Old Town feels tight and vertical, with closes slipping away from the main street and buildings stacked into the hillside; the New Town changes the rhythm, opening into cleaner lines, wider streets and planned elegance. That contrast is why the Old and New Towns are protected as a UNESCO World Heritage Site: together, they preserve two very different ideas of what a city can be.

Getting In

For Polish travellers, the practical checklist has become more serious since Brexit, but not difficult. You need a passport, and most visitors now also need a UK Electronic Travel Authorisation, currently costing GBP 20 and linked to the passport used for travel. It is a small but critical piece of admin that needs to be done before travel.

Edinburgh Airport has direct links with Polish cities including Gdańsk, Kraków, Poznań, Rzeszów and Warsaw, although routes and frequency should always be checked before booking. From the airport, the tram runs into the city centre and continues towards the Leith and Newhaven districts.

Choosing where to stay depends on budget and your tolerance for hills. The Old Town gives the most atmospheric location, but it also means cobbles, steps, slopes and higher prices. The New Town is still central but easier underfoot. Haymarket works well for tram and rail

1 **strength** | siła, moc, zaleta, mocna strona
short-break destination | miejsce na krótki wyjazd, cel weekendowego wypadu
density | gęstość, zagęszczenie
walkable | przyjazny dla pieszych, taki, po którym łatwo poruszać się pieszo
medieval | średniowieczny
spine | główna oś, centralny element
ordered | uporządkowany, zorganizowany

to matter | mieć znaczenie, być ważnym
to feel tight and vertical | sprawiać wrażenie ciasnego i pionowego
slipping away from sth | odchodzący od czegoś
stacked into the hillside | ułożony tarasowo na zboczu wzgórza, „wciśnięty" w zbocze
2 **to preserve sth** | zachować, chronić coś, utrzymać coś w niezmienionym stanie
currently | obecnie, aktualnie

3 **critical** | kluczowy, bardzo ważny
piece of admin | formalność, sprawa administracyjna
including sth | włączając, obejmując coś
although | chociaż
booking | rezerwacja
to depend on sth | zależeć od czegoś
cobble | kamień brukowy
slope | zbocze
easier underfoot | łatwiej się po nim chodzi

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connections. Leith is some way further out, but offers better value, good food and a less tourist-heavy base.

The Royal Mile

The obvious first route for any visitor is the Royal Mile, the historic spine running from Edinburgh Castle down to Holyrood, where the royal palace and Scottish Parliament sit almost side by side. It is busy for good reason; few streets give such a compact introduction to Edinburgh's political, religious and architectural history.

Begin at the Castle, but approach it with the right expectations. This is not a grand decorative palace; it is a fortress on volcanic rock, and its value lies in showing how Edinburgh grew around defence, monarchy, power and control. Booking ahead is sensible, especially in busier periods.

From there, the Royal Mile drops through the Old Town. Real Mary King's Close gives visitors access to a preserved network of streets and rooms that once sat at the heart of the Old Town before later building work left them sealed beneath the Royal Mile. It uses costumed guides and theatrical storytelling, but its real purpose is historical: to show how people lived in the city's older, darker and more crowded layers.

A City That Thinks

Edinburgh's New Town is the planned Georgian district north of the Old Town,

4 **tourist-heavy** | mocno oblegany przez turystów, pełen turystów
obvious | oczywisty
side by side | obok siebie
few | *tu:* kilka
to approach sth with sth | podchodzić do czegoś z czymś
fortress | twierdza, forteca
to book sth ahead | rezerwować coś z wyprzedzeniem
sensible | rozsądny, praktyczny
to leave sth sealed beneath sth | pozostawić coś ukrytym pod czymś
costumed guide | przewodnik w stroju historycznym
crowded | zatłoczony, pełen ludzi
layer | warstwa, *tu:* część miasta

Speak like a Scot

Scotland has its own rich mix of English, Scots and local expressions, and Edinburgh visitors will hear plenty of words that feel familiar but slightly different. You do not need to put on an accent – please don't – but a few phrases help you tune in.

to feel familiar | brzmieć znajomo
a few | kilka

Aye means "yes".
Example: **Aye, that's the way to the castle.**
Polish: Tak, tędy idzie się do zamku.

Wee means "small" or "little".
Example: **Let's stop for a wee coffee before we climb the hill.**
Polish: Zatrzymajmy się na małą kawę, zanim wejdziemy pod górę.

Nae bother means "no problem".
Example: **Thanks for your help. – Nae bother.**
Polish: Dzięki za pomoc. – Nie ma sprawy.

Dreich describes grey, wet, miserable weather. It may be the most useful Scottish word you learn.
Example: **It's a bit dreich today, so bring a coat.**
Polish: Dziś jest trochę szaro i mokro, więc weź płaszcz.

Bonnie means beautiful, especially in older or more poetic speech.
Example: **That's a bonnie view over the city.**
Polish: To piękny widok na miasto.

Ken means "know", though you are more likely to hear it in broader Scots than in tourist Edinburgh.
Example: **Do you ken where the station is?**
Polish: Wiesz, gdzie jest stacja?

The messages means shopping or errands.
Example: **I'm just going out for the messages.**
Polish: Wychodzę tylko po zakupy/załatwić kilka spraw.

Where do you stay? means "Where do you live?", not "Where is your hotel?"
Example: **Where do you stay? – I stay in Leith.**
Polish: Gdzie mieszkasz? – Mieszkam w Leith.

One final word matters in Edinburgh itself: a **close** is not just something nearby. It is one of the narrow lanes or passageways running off the Old Town's main streets.
Example: **Take the close on the left and you'll come out near the Royal Mile.**
Polish: Skręć w wąskie przejście po lewej, a wyjdziesz niedaleko Royal Mile.
Learn that one, and the city's map starts to make much more sense.



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Holyrood Palace

laid out from the late eighteenth century to relieve pressure on the crowded medieval centre. But this wasn't a straightforward housing project. In fact, it was an Enlightenment statement in stone: cleaner, more ordered, and built through straighter, wider streets, squares and terraces, and it attracted many of Scotland's great philosophers, scientists, economists and writers.

David Hume lived and worked in this intellectual world. Adam Smith, closely associated with the Scottish Enlightenment, helped shape modern economics. James Hutton changed how people understood the age and formation of the Earth. For visitors, this means the New Town is not simply "pretty Georgian architecture". It represents a moment when Edinburgh saw itself as a serious centre of European thought.

The literary layer is just as visible. Sir Walter Scott dominates Princes Street through the Scott Monument. Robert Louis Stevenson drew on the city's divided character in his writing. Muriel Spark gave Edinburgh one of its sharpest modern fictional portraits in *The Prime of Miss Jean Brodie*. In 2004, Edinburgh became the world's first UNESCO City of Literature. That title can sound like civic branding, but here it has substance.

Food, Festivals and the Bill

Edinburgh food is better and more varied than old jokes about Scottish cuisine suggest. Haggis, whisky and a cooked breakfast are available for anyone who wants the traditional version, but the city also has strong bakeries, seafood, vegetarian cafés, Indian restaurants, delis and pub food designed for cold weather and long walks.

Money is the awkward part. Edinburgh is expensive by Polish city standards, and the busiest periods can push accommodation prices sharply upwards. From 24 July 2026, a 5 percent visitor levy applies to the accommodation-only cost of most paid overnight stays, capped at the first five nights. That makes timing even more important. August is exciting, but it is rarely the best-value introduction to the city. May, June and September usually offer a better compromise.

What to Prioritise

For a first visit, the strongest paid choices are the Castle, Holyroodhouse and perhaps the Real Mary King's Close, depending on interest and budget. They give three different versions of the city: military and royal power at the top, royal residence at the bottom, and the older hidden city beneath the street.

The best free or low-cost choices are just as important. The National Museum of Scotland, the Scottish Parliament, the Royal Botanic Garden, the Water of Leith and the closes of the Old Town all add depth without turning the weekend into a list of ticket purchases. Edinburgh is expensive, but it can still be done intelligently if you spend on one or two major sights and let walking do much of the work.

5 laid out | rozplanowany, zaprojektowany, rozmieszczony
to relieve pressure on sth | odciążyć coś
straightforward | prosty, nieskomplikowany
Enlightenment statement | manifest oświecenia, wyraz idei oświecenia
to attract sb | przyciągać kogoś
to shape sth | kształtować coś
6 visible | widoczny
to draw on sth | czerpać z czegoś, wykorzystywać coś
divided | podzielony
civic branding | budowanie marki miasta, element promocji miasta, chwyt marketingowy
to have substance | mieć realną treść i wartość
varied | różnorodny, urozmaicony
haggis | haggis (tradycyjna szkocka potrawa z podrobów owczych, płatków owsianych i przypraw)
available for sb | dostępny dla kogoś
7 bakery | piekarnia
seafood | owoce morza
delis (= delicatessens) | delikatesy
awkward | niewygodny, kłopotliwy, problematyczny
to push sth sharply upwards | gwałtownie podnieść coś, spowodować nagły wzrost czegoś
accommodation prices | ceny zakwaterowania
visitor levy | opłata turystyczna, podatek turystyczny
to apply to sth | dotyczyć czegoś, mieć zastosowanie do czegoś
overnight stay | nocleg, pobyt obejmujący noc
capped | ograniczony do określonego limitu, objęty limitem
hidden | ukryty, schowany, mało znany
to add depth | dodawać głębi, wzbogacać coś
list of ticket purchases | lista biletów do kupienia
sight | atrakcja turystyczna, miejsce warte zobaczenia

5 6 7

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Luggage-Free, Stress-Free

by Agnieszka Fortuna

A suitcase can feel like a loyal companion – until it becomes a small, wheeled tyrant. It slows you down, makes every flight of stairs feel like a mountain and turns every station platform into a minor workout. Little wonder, then, that luggage-free travel is having a moment. For anyone who has ever dreamed of moving through a city with both hands free, it may be one of the lowest-fuss travel trends around. Here's how to make it work.



wheeled | na kółkach
minor workout | lekki trening, niewielki wysiłek fizyczny
little wonder | nic dziwnego, nie ma się co dziwić
lowest-fuss | wymagający najmniej zachodu, najmniej kłopotliwy, najprostszy w obsłudze

WARTO ZAPAMIĘTAĆ!

low-stakes

o niewielkim ryzyku

The Baggage that Comes with Baggage

The problem with luggage is not only that it is heavy, but that it starts to run the journey for you. It has to be dragged over pavements, hauled up stairs, squeezed into train aisles, watched in cafés, paid for at airports and, sometimes, waited for at a carousel that appears to have gone on strike. Checked bags are handled better than they once were, yet SITA still recorded 33.4 million mishandled bags in 2024. And "delayed" sounds harmless enough in a report, but not when you are standing in Reykjavík in loafers and your hiking boots are in Madrid. Factor in Ryanair's 20 kg checked-bag fee – roughly PLN 81–255 per flight, or up to about PLN 510 on a return trip, depending on the route, travel date and exchange rate – and it is clear that baggage comes with baggage.

What a Faff!

Tom: Are you all right with that suitcase, Sophie?
Sophie: Not really. The wheel has given up and the handle's snapped.
Tom: Well, that's not great, is it?
Sophie: No, this is less than ideal. I swear this thing weighs a ton.
Tom: You do look like you're struggling a bit.
Sophie: Struggling? I've been lugging this thing around all day. It's starting to do my head in.
Tom: Did you maybe pack too much?
Sophie: Maybe? I'm carrying half my life in this thing.
Tom: Can we leave it somewhere?
Sophie: I hope so, because I'm absolutely knackered.
Tom: Let's find a luggage-storage place near the station.
Sophie: Please. What a faff! I could really do without this.

What a faff! | Ale z tym zachodu!
The wheel has given up. | Kółko odmówiło posłuszeństwa.
The handle's snapped. | Rączka się urwała.
Well, that's not great, is it? | Trochę słabo.
This is less than ideal. | Delikatnie mówiąc, nie jest idealnie.
It weighs a ton. | To waży chyba tonę.
I've been lugging this thing around all day. | Taszczę to ze sobą przez cały dzień.
It's starting to do my head in. | Zaczyna mi to działać na nerwy.
I'm carrying half my life in this thing. | Mam w tym chyba pół życia.
I'm absolutely knackered. | Jestem kompletnie wykończona/wykończony.
I could really do without this. | Naprawdę nie jest mi to teraz potrzebne.

Send It, Store It, Borrow It

The answer is not to become a radical minimalist, but to stop letting the suitcase follow you through every stage of the journey. One option is to send it ahead with services such as Send My Bag, Luggage Free or LugLess. In Poland, InPost has pushed the same idea into the Paczkomat age. Its Parcel Suitcase is designed to fit the largest parcel-locker compartment, comes with detachable wheels and a four-digit combination lock, and can be sent through the InPost app or SzybkieNadania.pl on selected Poland-Europe routes, including Italy, France, Spain, Portugal, Belgium, the Netherlands and Luxembourg. It is not a last-minute solution, as delivery is estimated to take three to five working days. Still, the first batch, priced at PLN 320, reportedly sold out within a day. Another option is to use airport bag-collection services such as AirPortr, which easyJet describes as a way to "travel suitcase-free to the airport". In Japan, Yamato Transport's Hands-Free Travel services, promoted together with the Japan Tourism Agency, offer delivery and temporary storage, so travellers can leave bags at airports, stations or hotels rather than drag them through the day. The third option is simpler still: rent, borrow or buy only what you need at the destination. None of this removes the need to plan, but it changes the central question from "How much can I carry?" to "How little do I really need with me?"

Try It On For Size

The next step in luggage-free travel is not just sending your suitcase ahead but asking whether you need to pack a wardrobe at all. In Japan, Any Wear, Anywhere – first trialled by Sumitomo Corporation and Japan Airlines – lets visitors rent clothes at their destination, with Sumitomo reporting an average saving of 7.7 kg of CO_2 per use during a JAL trial. Since

1 to come with sth | wiązać się z czymś
heavy | ciężki
to run the journey for sb | odbyć/przeprowadzić podróż za kogoś; pokonać trasę za kogoś
dragged over pavements | ciągnięty po chodnikach
hauled up stairs | wciągany, wnoszony po schodach
squeezed into train aisles | wciskany w przejścia w pociągach
watched in cafés | obserwowany, pilnowany w kawiarniach
paid for at airports | opłacany na lotniskach
waited for at a carousel | na którego się czeka przy taśmie bagażowej
to go on strike | strajkować
checked bags | bagaże rejestrowane (nadawane do luku samolotu)
to be handled | być obsługiwanym
mishandled | *tu:* zagubiony
delayed | opóźniony
harmless | nieszkodliwy, niegroźny
loafers | mokasyny, półbuty wsuwane
hiking boots | buty trekkingowe, buty górskie
checked-bag fee | opłata za bagaż rejestrowany
roughly | mniej więcej, w przybliżeniu
depending on sth | zależnie od czegoś, w zależności od czegoś
exchange rate | kurs wymiany walut
to send sth ahead | wysłać, nadać coś wcześniej
2 travel suitcase-free to the airport | podróżować na lotnisko bez walizki, bez bagażu
temporary storage | tymczasowe przechowywanie, tymczasowa przechowalnia
to remove sth | usuwać coś
to try it on for size | wypróbować coś
at all | w ogóle, ani trochę
first trialled by sb | po raz pierwszy przetestowany przez kogoś
to let sb do sth at sb's destination | pozwolić komuś zrobić coś w miejscu docelowym podróży
average | średni, przeciętny
JAL trial | test, próba przeprowadzona przez JAL (Japan Airlines)

1 2

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January 2026, MIMARU has offered the service to guests staying at its apartment hotels, where adult, child and family sets can be reserved online, collected at check-in and returned at a MIMARU property, another hotel or a convenience store.

For families, this may be where the idea really fits the bill: one Singapore-based traveller said bulky winter wear was hard to pack and that renting felt "like better value than filling a suitcase". The catch is fit. A Globetrender reviewer liked the concept but ended up with tiny jeans, short sleeves and a tracksuit that did not exactly scream effortless chic. Still, the model is spreading. In London, Deliveroo and HURR have offered designer dress rentals in as little as 20 minutes, with HURR's founder calling the service "faster than fast fashion itself". Clothes on demand will not suit every trip, but for bulky coats, children's outfits and last-minute city breaks, it is a travel idea worth trying on for size.

Leave The Kitchen Sink Behind

Some luggage is not really luggage at all, but awkward equipment: a travel cot, a car seat, skis, boots, helmets or a pushchair that folds beautifully in the advert and nowhere else. For families heading for a city break, a seaside holiday or the Alps, the practical answer is often to rent the bulky bits where they are needed. Babonbo delivers baby equipment such as prams, car seats and cots to hotels, airports and holiday flats. Ski Butlers brings skis and snowboards to selected accommodation in ski resorts, while Decathlon Rent in Poland offers skis, winter accessories and tourist equipment. Between checkout and a late flight, storage apps such as Bounce and Stasher can also turn shops, cafés and hotels into temporary left-luggage counters. This is where luggage-free travel becomes refreshingly practical: you are not trying to prove that you can survive on almost nothing; you are simply refusing to pack everything but the kitchen sink.

A Sensible First Attempt

A sensible first test may be a low-stakes city break, rather than a trip where the wrong shoes could ruin the weekend. It is worth keeping one small bag with medication, documents, a charger, a bank card and perhaps an emergency change of underwear. If clothes are being rented, proper measurements can save a lot of disappointment; if bags are being sent ahead, it is sensible to photograph them, read the return rules and check that the accommodation accepts deliveries. The maths matters, too: renting or borrowing is most likely to make sense when it replaces bulky, rarely used items, not when half the city has to move one T-shirt around. Luggage-free travel will not suit every traveller, budget or itinerary, but its real value may lie in the question it asks: how much do I genuinely need to carry? Often, the answer is less than the suitcase industry would like – and certainly less than your small, wheeled tyrant would have you believe.

3 adult | dorosły, osoba dorosła
collected at check-in | odebrany przy odprawie
convenience store | sklep typu convenience, mały sklep spożywczy z podstawowymi produktami (np. całodobowy)
to fit the bill | pasować, spełniać wymagania, być odpowiednim rozwiązaniem
bulky | duży i nieporęczny, ciężki, zajmujący dużo miejsca
renting | wynajmowanie, wypożyczanie
to feel "like better value than filling a suitcase" | wydawać się bardziej opłacalne niż zapełnianie walizki (*dosł.* „dawać poczucie lepszej wartości niż wypełnianie walizki")
The catch is fit. | Problem/haczyk to dopasowanie (np. rozmiaru ubrań).
reviewer | recenzent
to scream effortless chic | wyglądać bardzo stylowo bez wysiłku
to spread | rozprzestrzeniać się, szerzyć się
founder | założyciel
on demand | na żądanie, na życzenie
to suit sth | pasować do czegoś, odpowiadać czemuś
awkward | *tu:* niewygodny, nieporęczny
travel cot | łóżeczko turystyczne dla dziecka
car seat | fotelik samochodowy dla dziecka
helmet | kask
pushchair | spacerówka, wózek dziecięcy
to fold | składać, złożyć
advert | reklama, ogłoszenie
to head for a city break | wybrać się na krótki wyjazd do miasta

Did you know?

The rolling suitcase feels so obvious that it is almost shocking how late it caught on. In 1970, American luggage executive Bernard Sadow developed a suitcase with wheels after reportedly seeing airport equipment being rolled along on a wheeled platform. His patent was granted in 1972, but the design was still rather awkward: it rolled flat and was pulled with a strap. The suitcase most travellers recognise today came later, when airline pilot Robert Plath created the upright Rollaboard, with two wheels and a telescopic handle, in the late 1980s.

rolling suitcase | walizka na kółkach
to feel obvious | wydawać się oczywistym
granted | przyznany
to roll flat | toczyć się, jechać na płasko (np. walizka leżąca na boku zamiast stojąca pionowo)
pulled with a strap | ciągnięty za pasek/taśmę
upright | pionowy, stojący prosto

pram | wózek dziecięcy (zwłaszcza dla niemowląt)
storage app | aplikacja do wyszukiwania miejsc do przechowywania bagażu
to turn sth into sth | zamienić coś w coś, przekształcić coś w coś
temporary left-luggage counter | tymczasowa przechowalnia bagażu
to prove sth | udowodnić coś
to refuse to do sth | odmówić zrobienia czegoś
but | *tu:* z wyjątkiem
sensible | rozsądny
attempt | próba
low-stakes | o niewielkim ryzyku
4 charger | ładowarka
emergency change of underwear | zapasowa bielizna na wszelki wypadek
proper | właściwy, odpowiedni
measurements | wymiary
disappointment | rozczarowanie
to matter | mieć znaczenie, być ważnym
itinerary | plan podróży, harmonogram podróży
genuinely | naprawdę

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Paddington

Hanna Danielczak-Ziadi



This time, we invite you to enjoy a heartwarming film for audiences of all ages that follows the adventures of a lovable bear from Peru. After arriving in London, a series of unexpected events leads him to become a member of the colourful Brown family. The world premiere of this British-French production took place on 23 November 2014. The film was directed by Paul King and stars Hugh Bonneville, Sally Hawkins, Madeleine Harris and Samuel Joslin. The voice of the title character, Paddington, is provided by Ben Whishaw.

A wise bear always keeps a marmalade sandwich in his hat in case of emergency. Mądry niedźwiedź zawsze ma w kapeluszu kanapkę z marmoladą na nagły wypadek.

Follow these simple rules and you will always feel at home in London. Podążaj za tymi prostymi zasadami, a zawsze będziesz się czuł w Londynie jak w domu.

Jonathan, don't jump like that! Seven percent of childhood accidents start from jumping. Jonathan, nie skacz tak! Siedem procent wypadków dzieci zaczyna się od skakania.

But I'm gonna be an astronaut! Ale ja będę astronautą!

Oh, stranger-danger. Keep your eyes down. There is some sort of bear there. Probably selling something. O nie, jakiś podejrzany typ. Nie patrzcie w tamtą stronę. Tam stoi jakiś niedźwiedź. Pewnie coś sprzedaje.

Why don't we find you some help? Może znajdziemy ci jakąś pomoc?

I hope you don't mind me asking but shouldn't you be at home? Przepraszam, że pytam, ale czy nie powinieneś być w domu?

Oh, yes I should, but I haven't quite worked out how to find one. O tak, powinienem, tylko jeszcze nie wykombinowałem, jak go znaleźć.

What are you going to do now? I co teraz chcesz zrobić?

I thought I would just probably sleep there in that bin. Pomyślałem, że prześpię się w tamtym koszu na śmieci.

That's the spirit! Anyway… I o to chodzi! Tak czy inaczej…

Oh, yes please if it's no trouble. Tak, bardzo proszę, jeśli to dla Państwa nie kłopot.

Of course it isn't. Is it darling? Oczywiście, że to nie kłopot. Prawda, kochanie?

Not at all. W ogóle nie. A gdzież tam.

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Rack Your Brain

by Kamil Drożdżyk

1. True or False

a. Any Wear, Anywhere is a Japanese suitcase rental company.
b. Edinburgh is one of the largest European capitals.
c. 'Blue laws' restrict an activity on a specified day.
d. Tying a giraffe to a lamppost is banned in Georgia.
e. The divided nature of Edinburgh was one of the inspirations for Stevenson's Jekyll and Hyde.

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

2. Match the words with their synonyms.

baggage, available, hefty, forbidden, enforced

a. accessible
b. substantial
c. mandatory
d. luggage
e. banned

Answer Key: a. available; b. hefty; c. enforced; d. baggage; e. forbidden

3. Fill in each gap with the correct word.

a. Some American laws sound like they came out _____ a comedy sketch.
b. The royal palace and Scottish Parliament sit almost side _____ side in Holyrood.
c. I'm wondering how to _____ this whole luggage-free travel work.
d. The anti-dancing laws from Footloose were partly inspired _____ real American laws.
e. Hauling a heavy suitcase _____ the stairs is a workout on its own.

Answer Key: a. of; b. by; c. make; d. by; e. up

4. Match the phrasal verbs with their meanings.

to hold on to, to try on, to leave behind, to loosen up, to cross sth off

a. to keep something
b. to leave something without taking it with you
c. to relax
d. to wear a piece of clothing in order to see if it fits
e. to remove an item from a list

Answer Key: a. to hold on to; b. to leave behind; c. to loosen up; d. to try on; e. to cross sth off

5. According to the baggage-free travel article, how many bags did SITA record as mishandled in 2024?

a. 12 million
b. 33.4 million
c. 17,000
d. 123.6 million

Answer: b

6. Which Scottish Enlightenment figure is specifically credited with changing how people understood the age and formation of the Earth?

a. Adam Smith
b. James Hutton
c. David Hume
d. Walter Scott

Answer: b

7. Which of these words isn't both a noun and a verb?

a. pack
b. slope
c. travel
d. lunacy

Answer: d

8. Which of these statements about Edinburgh is NOT true?

a. Edinburgh is a capital city.
b. There are many hills in Edinburgh.
c. Edinburgh is known for its exceptionally affordable accommodation.
d. The city became the world's first UNESCO City of Literature in 2004.

Answer: c

9. Which of these American laws counts as a 'blue law'?

a. banning alcohol consumption on Sundays
b. penalising taking a bite of another person's hamburger
c. forbidding owning an ugly dog
d. enforcing fried chicken to be be eaten with one's hands

Answer: a

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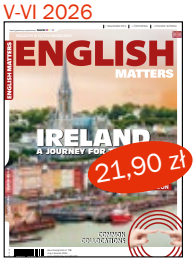
Numery archiwalne i wydania specjalne

Numery archiwalne **English Matters**

nr 119
VII-VIII 2026



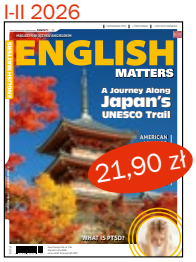
nr 118
V-VI 2026



nr 117
III-IV 2026



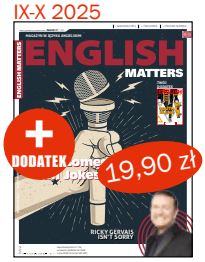
nr 116
I-II 2026



nr 115
XI-XII 2025



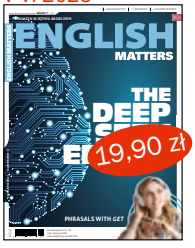
nr 114
IX-X 2025



nr 113
VII-VIII 2025



nr 112
V-VI 2025



nr 111
III-IV 2025



nr 110
I-II 2025



nr 109
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nr 108
IX-X 2024



nr 107
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nr 106
V-VI 2024



nr 105
III-IV 2024



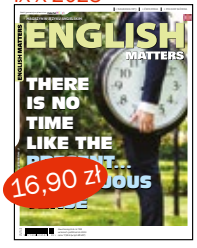
nr 104
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nr 103
XI-XII 2023



nr 102
IX-X 2023



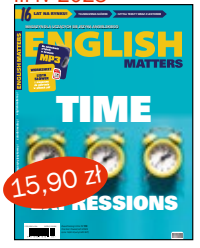
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nr 100
V-VI 2023

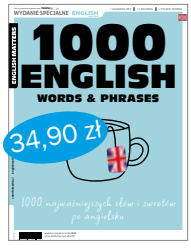


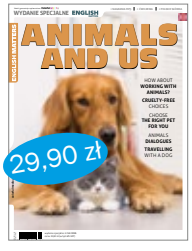
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III-IV 2023



Wydania specjalne **English Matters**





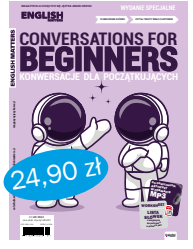


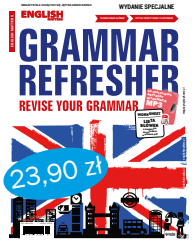


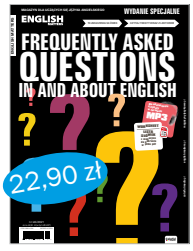




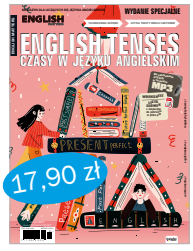






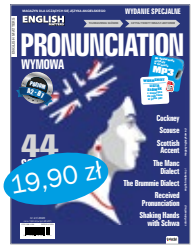














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Przy zamówieniach od 100,00 zł koszt wysyłki pokrywa wydawca.

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